



The Aurora

newspaper



(L-R): are Mary-Lou Graham (Guild Mbr); Johanna Benning (Q of V Coord); Liz Heinrich (Guild Pres); WComd Col Derek Joyce.



Quilts of Valour

On Sunday, 14 June 2009, WComd Col Joyce presented a quilt on behalf of the St. Mark's Chapel Guild to Ms. Johanna Benning, the Quilt of Valour Coordinator for NS.

The St. Mark's Chapel Quilt was the first 'Quilt of Valour' made in Nova Scotia.

The quilt was pieced by members of the Guild and machine quilted by Brenda Hulan.

The mission of 'Quilts of Valour - Canada' is to ensure that our wounded Canadian soldiers are recognized for their bravery and commitment of their true patriotism to our country.

We give this support through the presentation of quilts of comfort made for our military service people.

Anyone or any group interested in making a quilt for a wounded soldier may contact Johanna at: nsquilts@gmail.com. Please put Q o V in the subject line of any emails.

For information on Quilts of Valour see the web site: Quilts of Valour - Canada

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Anson #7135 Started Life in Amherst N.S.



(Photo submitted)

By Wayne Bailey

On a recent trip to the Annapolis Valley, Amherst Businessman and amateur historian Mr. Bob Barnes handed a Journal, featuring Canadian Cars and Foundry's wartime involvement in the construction of the Anson aircraft to Greenwood Military Aviation Museum

Board Member Wayne Bailey. The donation of this booklet is a welcome addition to the Archives of the Museum, and contains the names and photos of many of the people who brought their unique skills, talents and diligent efforts to the wartime effort at a time of great need.

This Journal compiled and written by Dartmouth resident Weston Baxter recounts many of the events that happened during the planning and construction of the Anson and conveys a sense of the work ethic found in Amherst. This year marks the 100th Anniversary of powered flight in Canada and the

construction of Anson aircraft in Nova Scotia is one of many proud moments in Canadian Aviation History. The museum, our Anson reconstruction crew, and 14 Wing Greenwood, appreciate and thank Mr. Bob Barnes and Mr. Weston Baxter for their efforts and the donation of this journal.

Exercise, Exercise, Exercise

By: WO Hutchings, Wing Supply

On the 5th of June, 14 Wing successfully completed a test of its Emergency Response Plan. This year's exercise occurred at the POL (Petroleum Oils Liquids) compound aka the fuel farm. The scenario was built around a simulated fuel tender with a leak in one of his pumping pipes. These trucks pump at 30 litres per minute, therefore time of discovery is critical. In true exercise form, immediately upon discovering the leak the POL operator shutdown operation and the Base



alarm sounded. This initial action coupled with the fuel tender performing his emergency drill prevented the fuel from reaching the river. Next on scene was the Fire Department where they continued with the confinement of the fuel spill and the sealing of the leak. Lastly the Hazardous

Material Response Team performed the cleanup duties.

Of course, this being a Wing exercise it also involved other members of the 14 Wing team on both the Mission Support and Operations sides of the base. As with the completion of all exercises, this

one will be dissected by the 14 Wing Emergency Response Team looking for areas to improve and quality assured the process. Overall the exercise was a success as no members of 14 Wing were injured and the surrounding terrain was preserved from contamination.

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One Canadian soldier killed in an explosive device strike

CEFCOM

OTTAWA (June 14, 2009) — A Canadian soldier was killed as a result of an explosion of an improvised explosive device (IED). The incident occurred in the vicinity of Panjwayi District, approximately 20 km southwest of Kandahar City at around 12:30 p.m., Kandahar time, June 14, 2009.

Killed in action was Corporal Martin Dubé from the 5e Régiment de génie de combat based at Canadian Forces Base Valcartier near Quebec City. He was serving as a member of the Joint Task Force Headquarters.

Corporal Dubé was responding to a call to neutralize two IEDs when one of them exploded.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

While our ultimate goal remains to leave Afghanistan to Afghans, in a country that is better governed, more peaceful, and more secure; let's not consider the tragic death of our soldiers as a failure of our mission as this is precisely what our enemy is counting on. Our collective efforts here are making a noticeable difference in helping Afghans reclaim their lives from oppression and deplorable living conditions.



Corporal Martin Dubé was responding to a call to neutralize two IEDs when one of them exploded. Le caporal Martin Dubé répondait à un appel pour neutraliser deux EEI lorsqu'un d'eux a explosé. — credit/source: CF Photo

Un soldat canadien a été tué par un engin explosif

COMFEC

OTTAWA (le 14 juin 2009) — Un soldat des forces canadiennes a été tué suite à l'explosion d'un engin explosive improvisé (EEI). L'incident s'est produit dans les environs du district de Panjwayi, à environ 20 km au sud-ouest de Kandahar City, vers 12 h 30, heure de Kandahar, le 14 juin 2009.

A été tué au combat le caporal Martin Dubé du 5e Régiment de génie de combat basé à la Base des Forces canadiennes Valcartier près de Québec. Il servait à titre de membre du Quartier-général de la Force opérationnelle Interarmées Afghanistan.

Le caporal Dubé répondait à un appel pour neutraliser deux EEI lorsqu'un d'eux a explosé.

Bien que notre objectif ultime demeure de laisser l'Afghanistan aux Afghans, dans un pays qui soit mieux gouverné, plus paisible et plus sécuritaire, nous ne devons pas considérer le décès tragique de nos soldats comme un échec de notre mission puisque c'est précisément ce que l'ennemi espère. Nos efforts collectifs ici font une différence notable pour aider les Afghans à reprendre leur vie malgré l'oppression et des conditions de vie difficiles.

Blood Donor Clinic Now Two Full Days

By: **Eric MacKenzie, Community Recreation Coordinator**

Canadian Blood Services held another successful two day Blood Donor clinic at the 14 Wing Community Centre on Tuesday June 16th and

Wednesday June 17th. Over 210 donors came to support this worthy cause and as a result 178 donations were collected, which can be used to save roughly 534 lives! Canadian Blood Services will be returning for a two-day clinic at

the Kingston Lions Hall on August 25th & 26th.

Canadian Blood Services will now be holding two-day clinics as a result of the support from our local communities. Let's respond and take advantage of this opportu-

nity by filling up two full days with appointments. If we can double our one day attendance, over both days, Canadian Blood Services may be able to collect enough donations to save over a thousand lives!

If you are interested in booking an appointment to give blood or to volunteer at this next two-day clinic, please call 1-888-236-6283.

The 14 Wing Community Centre would like to thank Tim Hortons and McDonalds for their continued sponsorship towards this event.

Get Noticed

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Bike Rodeo July 4th, 2009

14 Wing Military Police, with the assistance of the CANEX, Personal Insurance and members of the Community Centre Teen Council invite anybody aged 2-14 (plus adult supervision) to the Greenwood CANEX parking lot, where they will be hosting a Bike Rodeo. Bring along your bicycle, and helmet, and get them checked over by the Military Police. There will also be a display from the Fire Department, plus chances to win prizes! Participants have the chance to win a bicycle and helmet in a draw by the CANEX, and parents have a chance to win a Bluetooth® Headset from Personal Insurance.

Celebrate Canada Day with the 14 Wing Community Centre and GMFRC!

If you are looking for a way to celebrate Canada Day with your family, then we have a full afternoon of fun for you! The 14 Wing Community Centre and GMFRC have partnered to offer a large Canada Day event for our CF families and the surrounding communities. In just over one week, our Canada Day festivities will kick off with our annual Canada Day skateboard competition. To enhance this year's event, the Community Centre has teamed up with "Limitless Skate & Snow", from the Greenwood Mall, to offer a great skateboard competition for ages 9-18. Registration will take place from 11am - 12pm, on July 1st, and the event will run

from 12pm to approximately 3:30 p.m. There will be three divisions (beginner, intermediate and advanced) and it will cost \$5 to register.



• 1pm - 3pm
FREE Carnival games and treats, Tattoos, a Fire Truck Visit, and other fun in the sun activities!

• 2pm - 4pm
FREE Family Swim & Fun Pool Games/Contests

Please note that to help control parking and safety, at this time, Church St. will be closed during the events.

If you would like to learn more, please call the 14 Wing Community Centre at 765-1494 ext 5337 or 5331 or contact the GMFRC at 765-5611

Once the Skateboard competition is under way, other great festivities will then begin. The Community Centre and GMFRC will be hosting outdoor Family Fun Canada Day activities at the Community Centre and outdoor Swimming Pool.

The schedule is as follows:

• 1pm - 3pm Canteen Barbecue is available

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The Aurora newspaper

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2008 WINNER
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Notice to 14 Wing Greenwood Married Quarters Residents

Reference:

DAOD 4007-2 Fire Protection Services NFPA 291

From: 14 Wing Fire Chief and Staff.

The 14 Wing Fire Department will be conducting Hydrant Flow Testing on base and in the Married Quarters.

The purpose of conducting Hydrant Flow Testing is to identify any deficiencies and to ensure the water main and delivery system is serviceable.

The testing will be conducted Monday through Saturday between the hours of 1730 to 2100 hrs during the month of Aug 09.

You may incur some water discoloration or sediment during the time of testing, it is recommended that you do not do any laundry at this time due to water may discolor your cloths.

For more information concerning the Hydrant Flow Testing, please contact the 14 Wing Fire Department at 765-1494 extension 5206.

K.B. Ochitwa
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Steve Boutlier, Service Manager for Canadian Tire Greenwood says between rain, bugs, stones and sun, there are many elements out there that can cause damage to vehicles, resulting in premature rusting which ultimately affects the life of a car. The automotive team at Greenwood Canadian Tire has a few suggestions on how to protect the car against the elements and increase its longevity.

- A front-end cover, also known as a bra, protects the entire front end of the car against stone chips and bugs. Choose one made with breathable vinyl to protect against fading or clouding and keep the car's finish looking new.
- CarFlector, a hard acrylic piece that protects the full width of the hood of the car by deflecting bugs and stones, can be easily installed with no drilling.

- To bring fresh air in, while keeping the damaging effects of rain out, an acrylic window vent visor is self adhesive and easy to install. The fact that it reduces wind noise is also a definite plus for drivers and passengers alike.
- Designed specifically for each vehicle, a grille guard is perfect for SUV and truck drivers wishing to protect the headlights and grille areas of the vehicle from many things including animals and tree branches. In addition to protecting the front end of the vehicle, grille guards help to dress it up.

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Fermeture du bureau de l'ALFC, de 08:30 h à 10:30 h le **24 juin 2009**

Le mercredi 24 juin 2009, le bureau de l'Agence de logement des Forces canadiennes (ALFC) fermera ses portes de 08:30 h à 10:30 h afin de permettre à tous les membres du personnel de participer à une séance de formation. Les occupants des unités de logement résidentiel (ULR) qui auront besoin d'une assistance immédiate pendant les heures indiquées sont priés de composer le 825-7319. Par ailleurs, en cas de besoin d'assistance non urgent, il y a lieu de laisser un message dans la boîte vocale du numéro 902-765-1294. Après la séance de formation, les membres du personnel donneront suite à votre message. Nous vous remercions à l'avance de votre collaboration et de votre compréhension en la matière.

CFHA - Office Closure 08:30 hrs to 10:30 hrs **24 Jun 2009**

The CFHA office will be closed from 08:30 hrs to 10:30 hrs on Wednesday 24 Jun 09 to permit all staff members to participate in a training session. If Residential Housing Unit (RHU) occupants require immediate assistance, they are requested to contact 825-7319. If the request is not of an immediate nature, occupants are requested to leave a voice message at (902) 765-1294. Your message will be addressed by a staff member when the training session has concluded. Your cooperation and understanding is appreciated.

Sports Trivia

By Bill Sheridan

1. What song is played every time Ricky Vaughn comes into a game?
2. Who was the sportswriter for the Charlestown Chiefs, who wrote the story about moving to Florida?

3. What was Burt Reynolds character name in original film titled The Longest Yard?
4. What were the two characters names in White Men Cant Jump?
5. What does the voice say in Field of Dreams?
6. In 8 Seconds, what does the 8 signify?

7. In Happy Gilmore, who does Happy fight with during the Pro-Am tournament?
8. In Caddyshack, what is the prize for the best caddy?
9. In the Abbott and Costello's, Who's on First? Comedy sketch, who is in the battery?

10. What was the type of dive that Rodney Dangerfield's character completed in Back to School?
11. What sport is the movie Kansas City Bomber about?
12. With which sport does Forrest Gump win a scholarship?
13. Who was Daniel Eugene Ruettinger?
14. Who is Ernie Pantusso?
15. What sports star died of embryonal cell carcinoma?
16. Who was Jerry McGuire's sole client?
17. What movie became known as 'Top Gun in

Race Cars'?

18. What sport was portrayed in Kingpin?
19. In Tin Cup what is Roy McAvoy's score on the 18th hole?
20. Who is Gordon Bombay?

Answers

1. Wild Thing, from the film Major League, played by Charlie Sheen
2. Dickie Dunn
3. Paul Crewe
4. Billy Hoyle (Woody Harrelson) and Sidney Deane (Wesley Snipes)
5. a) If you build it, he will come, b) Ease His Pain, & c) Go the Distance
6. How long a rider must stay on to get a score

7. Bob Barker
8. Scholarship with a win in the Caddy Tournament
9. Pitcher; Tomorrow & Catcher; Today
10. Triple Lindy
11. Roller Derby
12. Football
13. His story was told in the movie Rudy.
14. Coach on Cheers portrayed by Nicholas Colasanto
15. Brian Piccolo, in Brian's Song
16. Rod Tidwell
17. Days of Thunder
18. Bowling
19. 12
20. Emilio Estevez's role in the Mighty Ducks

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Yoga Classes

Military Yoga classes are still running every Thursday morning in the Multi-purpose room from 7:30-8:30 p.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. This class is open for all levels and can offer something for everyone from beginner to advanced!

For all you civilians, I will be starting another Beginner 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 a dis-

cipline of Hatha yoga, which emphasises 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. The classes also take on a slight Vinyasa flow, and can be very challenging. It will be a great opportunity to explore yourself both physically and mentally while working with your Edge. Classes will begin Monday July 6th 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. I'm looking forward to another great session!

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



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42nd Annual CWL Convention

The 42nd Annual Convention of the Military Ordinariate Provincial Council of the Catholic Women's League (CWL) of Canada was held 6 - 10 May at CFB Petawawa. The CWL has over 98,000 members across Canada while the Military Ordinariate has 298 of those members within its organization.

The Convention was organized by St Francis of Assisi Council, Petawawa, and they hosted a great Convention. We send our thanks to the Council for doing a fantastic organizing job and for taking great care of all delegates.

The theme of this year's convention was Women of Peace and Hope. This theme was adopted by the National CWL for the period 2008-2010. It seemed very appropriate as the Convention was in Petawawa as the last of 2800 troops are about to return from their efforts in Afghanistan. The families and friends of these troops are certainly hopeful for peace!

There were many guests at this year's convention. They included the Bishop of the Military Ordinariate, His Excellency Donald J. Theriault, and our National CWL Presi-

dent, Danielle McNeil-Hessian. The Bishop celebrated Opening Mass with us on Friday evening. Ms McNeil Hessian facilitated a workshop regarding our theme of peace and hope. Our guest speaker at the banquet, Ms Lyn Smith of the Child Poverty Action Network, spoke of child poverty, particularly in Renfrew County. She spoke of how to become involved in the network and also spoke of what could be done with no formal funding and a small group of motivated people.

The Mickey Scott Fund was established in 1996 by Terri Scott in memory of her husband who was very sup-

portive of her work within the CWL. The fund assists in the costs associated with convention for one of our new members. By attending convention they learn more about the CWL. This year's recipients were Patricia Cooper from the Kingston Council and Kathie Renaud from the Ottawa Council. Congratulations to both of them.

Delegates from 14 Greenwood included Katherine Stevenson, local CWL President, Jean Spencer, local Secretary, Fr Tim Nelligan, Military Ordinariate Spiritual Advisor, and Audrey Nichols, Military Ordinariate Education & Health Chairperson.

The Convention was a wonderful weekend of camaraderie and spirituality. Much business was accomplished by the group attending. We look forward to our next Convention to be held in Borden, ON next spring. (Prepared by: Michelle Gagne, Communications Chairperson, c/o Joan Crawford, 765-4228, jrcrawford@ns.sympatico.ca)

OPENING JULY 6

at the Greenwood Mall

Valley Podiatric Medical Centre

We are very pleased to announce that renovations are taking place and that we are therefore able to commence seeing patients on July 6th. Our telephone number is being activated sometime on the 25th of June and we will be leaving a voice message on it asking for the name and telephone numbers of those seeking appointments. This number will be checked and you will be contacted to make a mutually convenient time.

Our number is: 765-3668 (foot)

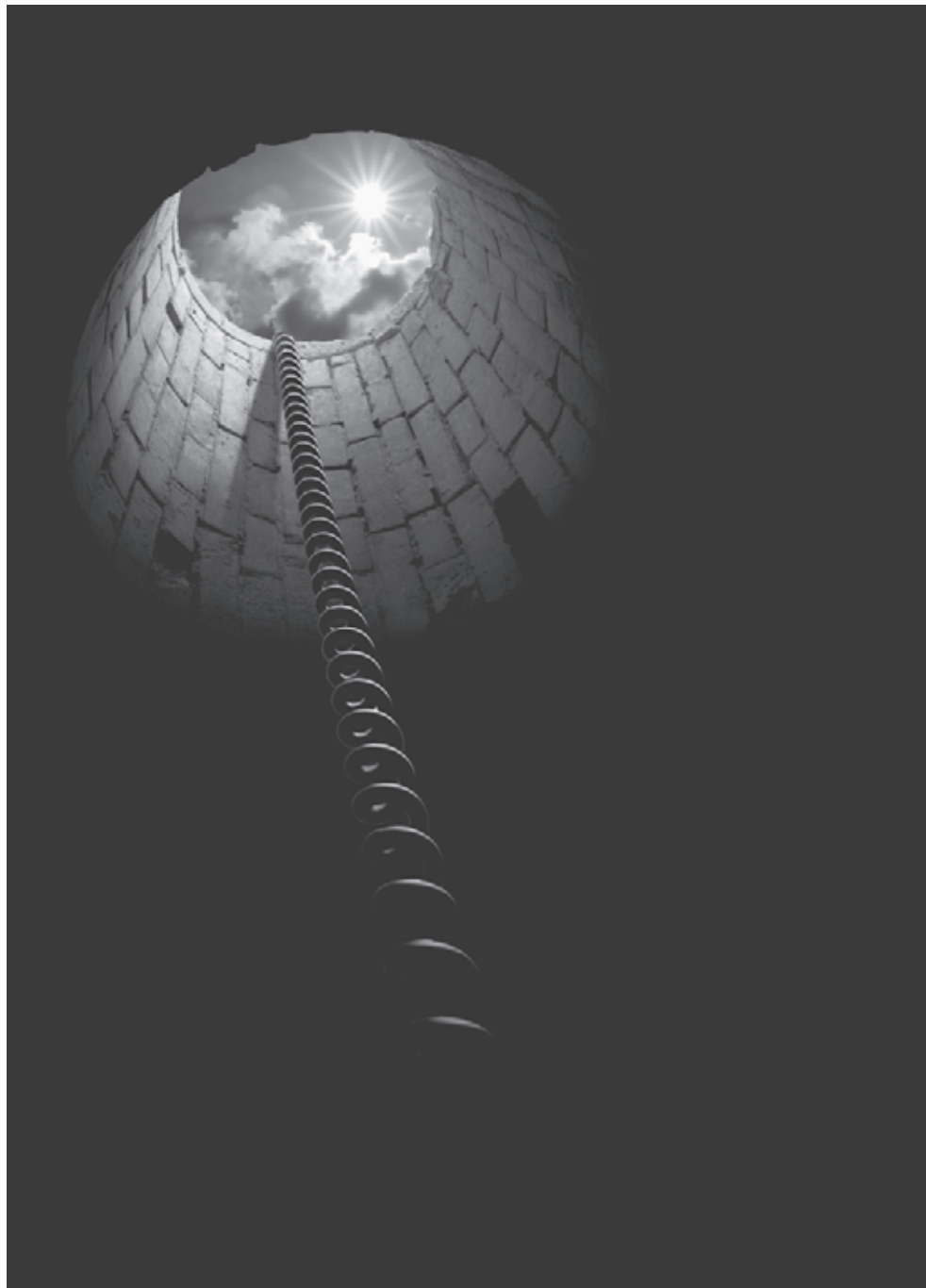
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Thursday, June 25

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Schedule of Events

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11:30-1:30 VON Blood Pressure & Handwashing Demonstration

2:00 Bingo with Jackpot \$50.00

Enjoy complimentary refreshments, Musical Entertainment, Make & Take Crafts with Atlantic Fabrics & Prize Draws all Day.

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For the Birds

By: Patrick Giffin

We are delighted that the flightless birds prevailed over those with wings of Red.

In Lahave, Bob and Cheryl Richards entered their backyard, screened, gazebo to find an American Robin having its way with the bowls containing water and cat food. The Robin seemed in good form regardless of it having crashed through an aluminum screen. The Robin took flight, in good form, through the open door.

Our son Michael was sitting just inside the open doors of his garage when a male, Ruby-throated Hummingbird approached, nose to nose, hovered at about 50cm, then departed without a sample. This proves, what we have always known, Michael is a sweet, colourful, person.

On his property in Kingston, alerted by a screaming sound, Curtis Curry watched a Song Sparrow struggling to escape from the talons of a Sharp-shinned Hawk as it transited his lawn area. It appeared as though the hawk had a hold on the sparrow's stomach, which allowed the inverted, sparrow to continue flapping its wings. We assume that the sparrow's flapping interfered with the hawk's flight efficiency causing it to land on Curtis's lawn. Intent on performing a rescue, Curtis was already in motion, arriving just as the hawk landed simultaneously releasing the sparrow. Fortunately, Curtis's presence prompted the hawk's leaving for a nearby fencepost. The hawk remained on the post for some time, projecting its most terrifying, red-eyed, glare at Curtis. It eventually departed, outclassed and outweighed, 480:1. We understand Curtis's instincts, but do not recommend coming between a raptor and its food. Hardhat, eye shield, and thick leather

gloves would be minimum requirements. A juvenile, Sharpie has yellow eyes; adult's eyes are red!

In Morden Gary Myers wrote: "I was watching a flock of Herring Gulls with the odd Great Black-backed Gull among them sitting on the rocks when all of a sudden there was a great kerfuffle as they all scattered when a Peregrine Falcon, landed where the gulls had been. He sat for a while then decided the gulls were too sharp for him and left. There was also a Merlin flying around. I first spotted him a surprisingly long way out on the water repeatedly making unproductive dives toward the water before heading back toward the woods." Based on Gary's photo, I'd say this Peregrine is a juvenile that needs to work on its food collection techniques!

Ted Kajdas reports: "The 'Lonesome Canada Goose' with the broken wing on the Nictaux River has not been seen for the past two weeks. Either it has moved up river to a more serene environment to get away from the fishermen or it succumbed to a coyote. Spotted 2, large, Snapping Turtles on the Nictaux, one at the mouth of the river where it joins the Annapolis and the other at the bridge below the Falcourt Inn. This is our largest fresh - water turtle next to the Alligator Turtle. Can be 17 inches and 50 lbs. Carapace with 3 ridges of knobby plates, usually worn flat in older specimens, rear margin toothed and often algae covered. Eggs; 8 - 80, average 25, laid usually in June in a hole 6 inches deep near water. Age: up to 20 years. This is our most widely distributed and most consumed turtle, occurring in almost every state in the USA and every province in Canada. Ref: Field Guide to North American Wildlife, Henry Collins Jr. At Trout Lake Stream we observed a female Common Merganser with 6 ducklings swim-

ming upstream, 5 following in line and the 6th riding "piggy back" on its mother. The Hummers are still in aerial combat fighting over our 4 feeders. The highlight this weekend was a visit by a Red-Headed Woodpecker. At home, we found a dead baby owl amongst the wood pile, most likely a Bared Owl by appearances. The carcass was intact and did not appear to have been molested by predators. It may have plunged to its death from the tall pines in our back yard."

On 15 June, 1330-1530 Barbara and I drove from Kingston to Port George via Melvern Square, Victoriavale, Margaretsville DU, and Delusion Rd. We saw: 3 or less of the following: Northern Parula, Yellow Warbler, Common Yellowthroat, Chipping Sparrow, Eastern Wood Peewee, Eastern Kingbird, Red-eyed Vireo, Gray Catbird, Bobolink, Savannah Sparrow, Belted Kingfisher, Double Crested Cormorant, Ovenbird, Hermit Thrush, Wood Ducks, Northern Flicker, Red-breasted Grosbeak, Sharp-shinned Hawk, House Sparrow, Downy Woodpecker, Hairy Woodpecker, Common Grackle, Purple Finch, Eastern Phoebe, Tree Swallow, and 58 Common Eider, 13 Black-legged Kittiwakes, several Song Sparrows, A. Robins, Canada Geese and youngsters, several Herring and Great Black-backed Gulls, several American Goldfinch.

Thank you to all who contribute to these articles. Thank you to The Aurora Newspaper, administration and staff. Articles may appear intermittently until October, at that time, with your support, we hope to provide regular articles. We are always interested in your observations and will do our best to find answers to your questions. We are at 765-8688, p_giffin@hotmail.com

Canadian Helos Back British, Afghan Troops to Smash Taliban Drug Factories

NATO - ISAF

KABUL, Afghanistan (June 9, 2009) – International Security Assistance Force and Afghan national army troops have destroyed a major Taliban drug centre in a series of night raids in Helmand.

In two separate helicopter-borne strikes, around 450 troops from The Black Watch, 3rd Battalion, The Royal Regi-

ment of Scotland, and 100 ANA soldiers, found and destroyed more than 5500 kg of opium paste in a large and well coordinated air-land operation.

The operation destroyed ten narcotic manufacturing facilities, and as well as the opium security forces confiscated 220 kg of morphine, more than 100 kg of heroin,

148 kg of cannabis plus a range of chemicals used in the drug production process - including 5800 kg of ammonium chloride and 2500 kg of sulphur. Also found were eight AK-47 machine guns, three pistols, and 900 rounds of ammunition.

The operation was backed by British and Canadian helicopters and multi-national fast aircraft including US jets

flown from USS Eisenhower in the Gulf. British Royal Engineer improvised explosive device experts and Royal Artillery forward air controllers were also involved.

Lieutenant Colonel Stephen Cartwright, the Commanding Officer of 3 SCOTS, said: "This has been an important operation against the illegal narcotics industry and represents a significant set-

back for the insurgency in Helmand Province. The Jocks of 3 SCOTS Battle Group simply provided the wider security to the professional and courageous Afghan security forces who have destroyed a considerable amount of narcotic material.

"The link between the insurgents and the narcotics industry is proven as militants use the money derived from the drug trade as a principle source of funding to arm themselves with weapons and conduct their campaign of intimidation and violence. By destroying this opium and the drug making facilities we are directly target their fighting capability. The operation has been well received by the Afghan people."

The Jocks and the ANA had to battle through fierce defence from the Taliban firing rocket-propelled grenades and machine guns as they landed late at night on 31 May in the Upper Sangin Valley, 20km south of Kajaki.

The troops fought off the assault, quickly uncovering several heroin manufacturing 'laboratories' which included a large quantity of opium in the villages of Nangazi, Banekza and Sar Puzeur.

Sergeant Rab McCready, a platoon sergeant, said: "Landing on a hot [under contact] helicopter site at night could have been dangerous and confusing. I was very

proud of the way the Jocks gripped the situation. The training just kicked in."

Led by soldiers from the ANA, the joint forces searched compounds for narcotic manufacturing facilities, drug caches and illegal weapons.

In temperatures of 45 degrees, the battle group continued into the following day before extracting from the desert in the early hours of 2 June, after spending more than 30 hours on the ground.

A second airborne raid was launched three days later, starting late at night on 5 June in the same area around the villages of Chahardah and Bustanzay, and was completed the following morning.

Lieutenant Harry Pierce, 7 Platoon Commander, Bravo Company, said: "This was the hardest operation we've conducted, a real test of endurance. The Afghans led the break-in and they were on the ball. The Jocks were outstanding in confusing and complex terrain and against well conceived and 360 degree insurgent attacks.

Corporal Paul Innes from Ballingary, Fife, a section commander in 7 Platoon, said: "The toughest acts of being an infantry soldier were tested in the op - dealing with a casualty, locating and fixing an enemy sniper and having the guts to cross open ground under fire. It was a test and we passed."

GMFRC • Feature of the Week

Children and Youth Services

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

Summer Fun Camps

Dates:

Week 1 (Monday, July, 6th – Friday, July 10th)

Week 2 (Monday, July 13th – Friday, July 17th)

Week 3 (Monday, July 20th – Friday, July 24th)

Week 4 (Monday, July 27th – Friday, July 31st)

Time: 9:00 a.m. -12:00 a.m.

GMFRC

3 – 5 years

\$40.00 per child

Registration Deadline: Tuesday, June 30th for the Week 1 (Monday, July, 6th – Friday, July 10th).

Children ages 3 – 5 years are invited to join us for fun in the sun preschool style! Our summer camp will focus on the many summer activities that children love to do! We will be hiking, lots of running, exploring, games, playground activities, and making new friends. Our camp is a recreation based camp; therefore the children will not be making crafts – unless we have a rain day. Children must be able to use the washroom independently, and enjoy an active outside atmosphere. Parents do not need to stay for these sessions. A yummy snack will be included each day. Enrolment is limited to 12 children each session. Please register by calling reception at 765-5611. Children need to be registered each individual week.

GMFRC • Feature of the Week

Special Events and Promotion

Coordinator: Michelle Thibodeau-Wagner at 765-1494 local 1421 or email at Michelle.Thibodeau-Wagner@forces.gc.ca

Upper Clements Park

Every Friday throughout the summer Upper Clements Park will offer military members a free premium bracelet on Fridays starting on June 26th. **Military identification must be shown in order to receive the bracelet.** ** Discount applies to military members only.

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 Adult Dinner Out

Tuesday, June 30th, 2009 • 5:30 p.m. – 8:00 p.m.

Location to be determined

Pay the cost of your own meal

Registration deadline: Friday, June 26th, 2009

Share a meal with other deployed spouses/parents and make valuable connections.

Please Note: Respite childcare is available that evening from 5:00 p.m.-9:00 p.m. in the GMFRC Casual Care Room. When you call to register for the dinner, let us know if you will be using the respite service



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Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

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



Fleet 80 Canuck

In 1944, J.O. Noury, of Stoney Creek, ON designed and built a high-wing monoplane. Fleet Aircraft of Fort Erie, bought this aircraft and the design rights in preparation for what it saw as a post-war boom in aviation. After flying and modifying the prototype, Fleet began production of what it named the Model 80 Canuck.

The Canuck was a two-seat aircraft with very easy handling characteristics. As such it proved very popular amongst flying clubs, charter airlines and private pilots. Fleet exported 24, with 19 going

to Argentina. Fleet also developed floats for the aircraft, which served very well. Fleet also built one Model 81, a Model 80 with an extra seat in the baggage compartment.

Despite the fact that Fleet built 198 Canucks between 1945 and 1947, it had overextended itself by overestimating the market. Forced to re-organize, the rights to the Canuck, as well as all remaining parts were sold to Leavens Brothers of Toronto. They in turn built 25 aircraft and supplied

the components for a 26th, which the St. Catherines Flying Club assembled. The rights were finally sold to Marcel Dorion Aviation of Montreal.

With over 225 Canucks built in Canada, the aircraft was one of the most popular Canadian designed and built post-war aircraft for flying clubs. Many Canadian pilots still look back fondly upon the Canuck.

Le Fleet 80 Canuck

En 1944, J.O. Noury, de Stoney Creek (Ontario), conçoit et fabrique un monoplan à voilure haute. La Fleet Aircraft, de Fort Erie, achète l'appareil et les droits de conception pour se préparer à ce qu'elle considère comme un boom d'après-guerre dans

le domaine de l'aviation. Après avoir fait voler le prototype et l'avoir modifié, elle entreprend de produire un appareil qu'elle nomme modèle 80 *Canuck*.

Le *Canuck* est un biplace très facile à piloter. Il connaît donc beaucoup de succès auprès des aéroclubs, des ex-

ploitants de vols d'affrètement et des pilotes privés. La Fleet Aircraft en exporte 24, dont 19 en Argentine. Elle met également au point des flotteurs très utiles pour l'appareil. En outre, la Fleet Aircraft construit le modèle 81, c'est-à-dire un modèle 80 qui compte une place additionnelle dans la soute à bagages.

Même si la Fleet Aircraft fabrique 198 *Canuck*, de 1945 à 1947, elle surestime le marché et en entreprend donc trop pour ses moyens. Contrainte de se réorganiser, elle vend les droits liés au *Canuck*, ainsi que toutes les pièces restantes, à la Leavens Brothers, de Toronto. À son tour, l'entreprise fabrique 25 appareils et fournit les pièces d'un 26^e avion, qui est assemblé par le St. Catherines Flying Club. Les droits sont finalement vendus à Aviation Marcel-Dorion, de Montréal.

Compte tenu des 225 *Canuck* et plus construits au Canada, l'appareil fait partie des avions d'après-guerre conçus et fabriqués au Canada les plus en vogue auprès des aéroclubs. De nombreux pilotes canadiens se souviennent encore avec fierté du *Canuck*.



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Kick-Off to Summer!

Interested in summer camp at the 14 Wing Greenwood Community Centre? If so, you are invited to our Summer Kick-Off Party here at the 14 Wing Community Centre on Monday, June 29th from 1:00-3:00pm. Kids and their parents/guardians can come meet the staff, check out the facilities, have a blast

The 19th Hole

The weekend of June 13-14 the Strawberry Classic was held at the Paragon Golf Course.

Several of our members took part in the tournament but only Sandi and Dave Wharry came home with prizes. The weather held out and to my knowledge, no one got wet. It was fun to see so many golfing friends and it is always fun to play another course. Most of us had trouble with the greens, much slower than ours and three putts were not uncommon.

Hats off to the organizers of their tournament, it was a fun time. Special thanks to the Willets for arranging tee times so that our house guests were all out in the same half of the draw.

Congratulations to Chris Larsen on his Hole in One on June 9th. He was golfing with James Baskey, Andy Sweet and Glen Robinson during the 14 SES Tournament and he used a 5 Iron on the 8th Hole to Ace the Hole. *Nice shot!*

Friday Night 2-Ball was cancelled on June 12th...inclement weather. This is still the best deal in town, so don't hesitate to come on and give golf a try.

The members of the 14 Wing Golf Course will be holding a golf equipment sale at the Golf Course parking lot on 27 June from 1300-1700 (Rain date will be June 28th during same times) Clubs, balls, carts and other new or used equipment will be offered by members at very reasonable prices. For further info contact Wayne 765-6516. Everyone welcome.

The Pro Shop is having a 15% off men's clothing, shoes and outer-wear in honour of Fathers Day. Sale runs June 17th - 24th.

Next issue will have the results of the Mixed scramble on Sat. June 20th and also the results of the Ladies Rose Bowl tournament.

The Legion tournament was held June 11 and 12th. Charlie Costin and Dwight Richardson were the Low Gross winners this year and Glen Carver and Dave Wheeler were the Low Net winners. 1st DIV: 1st Div: Gary Bond and Doug Carpenter : 2nd LG Scottie

Cooper and Mike McCorry: 2nd L.N. Ian MacKenzie and Wayne Cathcart: 3rd L.N. Glen Paul and Brian Walker. 2Nd DIV: 2nd L.N. Doug Smith and Gerry McGarry: 3rd L.G Chris Carruthers and Gerry Arnold. Thanks to all the organizers and to the Greenwood Ladies who helped out with registration and scoring. Mark this date on your calendar... Aug 13 and 14th...Legion Senior Golf Tournament ...contact Doug Carpenter or Dwight Richardson for more info.

Tuesday Men's Night was a 3 person scramble. The winners were Carpenter, Cooper and Foy: 2nd Belanger, Fallis and Glavine and 3rd Grist, Fevens and Lenton. Skins were won by Grist, Fevens and Lenton #2; McDonald, Mullen and Desroches #3; Belanger, Fallis and Glavine #6; Carpenter, Cooper and Foy #7 and Anderson, McEwan and Croucher #17. There were 30 men out for Men's Night and the 50/50 was won again by Fred Tappen...two weeks in a row. Next week, June 23 will be Stroke Play...18 holes. Sign up in the Proshop and remember, you have to play with someone else who is playing Men's Night.

Next week's schedule looks something like this:

Monday June 22 - WC Section 4-Tee times 0800

Tuesday June 23 - Wcomm Cup 0900 Shotgun and then Men's Night

Wed June - 24. Intersection and Ladies Night

Thurs. June 25 - 404 Squadron 0900.. 15 Tee Times (LADIES MORNING 8:37-8:45)

Fri June 26th - Members Shotgun 0800 and Camp Fore Kids 1300 Shotgun

NO Friday Night 2-Ball that night

June 27-30th - Golf Regionals 12 Tee Times starting at 1000.

Don't forget Canada Day is July 1st...it would be nice to see everyone in Red and White and proudly waving our Flag on that day.

Until next issue, enjoy *The Challenge*...we have a great course here in Greenwood.

on the Bounce Kingdom and enjoy all the crafts and games we have planned. There will even be cotton candy! What better way to celebrate the end of school and the beginning of summer! (By the way, the party is free!)

Registration for all camps is now available but please note that spaces are limited and have already began filling up quickly on a first come first serve basis. See our themes page for activities and trips that we have planned in each camp. Week #1 will cost \$40/ week per child and Weeks #2-8 will cost \$65/ week per child and \$60/ week per each additional child in the family. A before care service will be available from 7:30-9:00am and an after care service from 3:00-4:30pm for an additional cost of \$10/ week per service or \$2/ day per service. Accepted methods of payment include cash, debit or credit

cards. Please note that post-dated cheques will not be accepted and payment must be received prior to the child entering camp. You will need to bring all of your child's medical information in order to register (MSI number, Doctor's name and number, allergy information, etc.)

Day Camp and French Camp will be offered for children ages 6-12 years old and Sports Camp for children ages 9-14 years old. The camps will start on Tuesday, June 30th and will continue all summer long Monday to Friday from 9:00am to 3:00pm and will wrap up on August 21st. Please note there will be no camp on July 1st and August 3rd.

For more information, updates and changes, please check the upcoming editions of the Aurora or call us at the Community Centre at 765-1494 ext. 5341, 5337, or 5331.

DAY CAMP

WEEK 1: DAY CAMP KICK-OFF (June 30 - July 3)

Come join us as we kick off the summer with a bang! We will create fun summer crafts, play games in the sun and head down to the bowling alley for some GLOW BOWLING!

WEEK 2: JUNIOR EINSTEIN (July 6 - July 10)

Join us as we create, explore and discover science! Be prepared for a bang as we take a trip to the DISCOVERY CENTER for more science.

WEEK 3: TIS THE SEASON (July 13 - July 17)

This week we will celebrate Christmas, Halloween and more! We will end the week with a trip to PUTTING EDGE!

WEEK 4: WALK OF FAME (July 20 - July 24)

This week we will pamper and spoil ourselves as we live the life of celebrities. We will bring out our inner director as we create our own plays! Then we will head to the IMAX for the new movie ICE AGE 3 in 3D!!!

WEEK 5: WILD ADVENTURE WEEK (July 27 - July 31)

Up for an adventure? Come and join us as we search, hike and learn survival skills. We will face some wild creatures when we head to OAKLAWN FARM ZOO for a day of animal adventure.

WEEK 6: GAME, SET, MATCH (August 4 - August 7)

Bring your game face this week as we stretch and dance our way to a week full of different challenges and games. We will be heading to Sports camp for a day to shoot some hoops, and then downstairs for some GLOW BOWLING!

WEEK 7: ART WEEK (August 10 - August 14)

This week we will draw, paint, sculpt and design master pieces! Come and bring your creative ideas to the Community Centre, then we will head to AYLESFORD LAKE for a relaxing day in the sun!

WEEK 8: WHEN I GROW UP (August 17 - August 21)

What do you want to be when you grow up?? This week we will explore the world of different occupations. We will even head to SOBEYS for a cooking lesson and host our own Camp Olympics!!

FRENCH CAMP

WEEK 1: French Camp Kick-Off (June 30 - July 3)

This week, we will be doing lots of fun crafts and games in a carnival theme! Also, we'll be going on a trip to Sobey's & competing in a cookie decorating contest!

WEEK 2: Mardi Gras Madness (July 6 - July 10)

Let's celebrate Mardi Gras! We'll be making crafts, playing games & making our very own Mardi Gras costume! A special guest will appear and wow the kids with some magic! Also, we'll be going GLOW BOWLING!

WEEK 3: On a Safari Ride (July 13 - July 17)

This week we will be exploring the wild! All week long we'll be making "wild" animal crafts & treats and play some wild games! Trip: Oaklawn Farm ZOO!

WEEK 4: Blast from the Past (July 20 - July 24)

Get your time-traveling boots on! This week we'll be making a Time Machine to explore the past & the future. We'll start in the dinosaur age and then move ahead in time to make our own robots! TRIP: Imax for the new Ice Age 3 movie in 3D!!!

WEEK 5: A Passport to Adventure (July 27 - July 31)

All aboard! This week we'll be jet-setting across the world to explore countries like, India, Australia & Mexico! Also, a yoga lesson & GLOW BOWLING!

WEEK 6: Crazy Inventions (August 4 - August 7)

It's time to explore the world of science! This week we'll be making cool crafts like tie-dye and silly putty. We'll also be doing some cool experiments and inventing our own rockets! TRIP: Discovery Center!!!

WEEK 7: Enviro-Heros (August 10 - August 14)

Enviro-heros to the rescue! This week is all about saving the environment! We'll be making crafts from recyclables and also going on an adventure walk! TRIP: Aylesford Lake!

WEEK 8: Let the Games Begin (August 17-August 21)

1-2-3, Go Team! This week we'll be playing games and activities every day! We'll even have our own Camp Olympics!

SPORTS CAMP

WEEK 1: Sports Camp Kick-Off (June 30 - July 3)

This week will be short, but sweet! We'll go play some squash as well as lacrosse, volleyball, badminton and more!

WEEK 2: Soccer Week (July 6 - July 10)

We'll be learning skills and playing drillz, World Cup, a tournament and more! Also, we'll be going on a road trip to WINDSOR PLAYLAND for the waterslide & go-karts!

WEEK 3: Martial Art Mania (July 13 - July 17)

Get ready for a week filled with taekwondo, aikido, boxing, and judo from trained professionals! We'll also be going GLOW BOWLING!

WEEK 4: Hockey Week (July 20 - July 24)

This week is full of hockey madness, but don't worry, no skates needed! Also, we'll go to the IMAX to see Ice Age 3 in 3D!!!

WEEK 5: The Adventures of Sports Camp (July 27 - July 31)

Pack your bags and bring your bike for a week full of adventures including hiking, biking, yoga, our infamous OVERNIGHTER & more!

WEEK 6: Basketball Week (August 4 - August 7)

If basketball is your game, this is the week for you! Come shoot some hoops and also enjoy a trip to PUTTING EDGE for glow-in-the-dark mini put!!!

WEEK 7: Ultimate Survivor Challenge (August 10 - August 14)

Do you have what it takes to outwit, outplay and outlast? We'll break into teams for a week full of contests and games and we will also go on a trip to AYLESFORD LAKE!!

WEEK 8: Action Satisfaction (August 17 - August 21)

Our final week will be full of non-stop action including our own ROCK-CLIMBING at Ground Zero Climbing Gym, GLOW BOWLING, our end of summer party, and more!

14 Wing 2008 Fitness, Sport and Health Promotion Awards

The 14 Wing Fitness, Sports and Health Promotion Staff held a breakfast on May 21st at 0900 in the Annapolis Cafe to recognize all those on the Wing who made contributions to the 14 Wing Fitness, Sports and Health Promotion Programs in 2008.

We would like to start by thanking all those who helped make this event a success.

WTIS, WFOODS, and the staff of The Aurora Newspaper were all key players in the success of the event.

The breakfast is designed to thank all those who are involved in our programs such as the volunteers who assist in running both the Inter-Section and Wing Team programs, coaches who give up their time to help improve our teams so they can compete at the Regional and National level.

Also recognized are the Fitness and Aerobic instructors who donate their time and run noon hour classes and other programs to improve the Wing fitness level.

Many thanks to our silent partners behind the scenes that without their help our programs could not survive, such as the Aurora Newspaper, Transport, Accommodations, Wing Imaging, Supply, Wing Foods, WTIS and the Annapolis Mess.

Once again our feature sponsor SISIP, came through with their generous financial support, which enables us to appropriately thank all those deserving people on the Wing who contribute greatly to our



Fitness, Sports and Health Promotion programs.

The morning started out with the guest speaker CP01 (Ret'd) Doug Wright who entertained all with some pretty interesting stories of both his career that also intertwined with some high level sporting events that he had the opportunity to participate in.

A movie entitled 1948 RCAF Flyers this was picked to coincide with the Centennial of Flight year that was very well received.

The breakfast is also a venue for recognizing those who were selected as recipients of the annual Wing sports awards.

This year we made a change to the Male/Female Fitness

Achievement Award. We introduced the category of 35+ which coincides with the actual breakdown for the Express Test. This category was introduced so we could recognize all those Wing personnel who strive to maintain a maximum fitness level.

The Male/Female Fitness Achievement Award winners are as follows, Male 34- MCpl Nicolas Ruel, 35+ Maj Eric Travis, Female 34- MCpl Audrey Bourgoin and Female 35+ Capt Tammy Hiscock.

Next the announcement and presentation of the category winners as follows:

- Coach of the Year – Maj Gilles Couture 404 Squadron,
- Official of the year – Maj Jeff McBean WOPS,
- Team of the Year – 14 Wing Squash Team,
- Female Athlete of the Year

– Capt Mary MacDonald Dental Det,

Male Athlete of the Year – Cpl Chris Burns WSUP

and last but certainly not least Volunteer of the Year – Cpl Brad Ross 14 AMS.

Those Wing award winners are then forwarded to Command for a chance at winning the Command award.

This year Greenwood did extremely well by winning 2 categories at the Command level and the Wing Commander presented these successful candidates with their letters announcing their achievement to: Air Command Team of the Year – Squash Team and Air Command Female Athlete of the Year – Capt Mary MacDonald Dental Det.

Both award winners are now put forward to compete for the title of CF award win-



ner in their respective category and will attend the Sports Award Banquet in November in Ottawa.

Congratulations to all award winners and also all of those who have supported our programs in 2008 including the co-workers and supervisors of our athletes.

The Wing Commander took the stage and elaborated on the importance of the CF Fitness, Sports and Health Promotion Programs and how all those involved are motivated

and leaders at work and play.

With this the second year in the CF Health and Physical Fitness Strategy the results at 14 Wing for their fitness (exemptions highest ever), Sports (best run in 20 years) and Health Promotion programs running at full capacity.

We anticipate another busy year and encourage all those that participate, support and facilitate all strive to improve themselves along with our Wing programs in the upcoming year.

Employment Tip

Submitted by: Stephanie Townsend, Coordinator of Employment and Education Services at the GMFRC

Are you self-employed or wishing you could be? Running a business at home can quickly bring up new challenges and soon make you realize that it takes a lot of time and effort to stay on track. So how do you stay motivated and get all of those daily tasks finished? Create a to-do list. Individuals working away from home have a list of things that need to be completed that day and this list can be just as helpful for individuals working at home. Writing a detailed schedule for yourself for the day will help you finish the tasks you wanted to complete and support the success of your home based business.

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!

Greenwood Minor Hockey Presents

2009 Hockey School

27 - 31 Aug 09
(Thursday-Monday)

Up to 24 hours of on-ice instruction
excellent coach to player ratio

Group will fill up fast so register early.

3 separate age groups but limited to 36 skaters and 6 goalies per age group

Due to schools starting prior to Labour Day Weekend, this year's school has been shortened to 5 days instead of the normal 6 days

Registration may be done by calling the 14 Wing Community Recreation Centre at 765-1494 local 5341/5331 or in person.

Costs:

\$170 for rec card holder (\$100 down with remainder by 15 Aug 09) for groups 1 & 2, \$140 for group 3

\$200 non-rec card holder (\$120 down and remainder by 15 Aug 09) for groups 1 & 2, \$170 for group 3

Friday Night is Family Night at the Greenwood Bowling Centre!

Bring the whole family for 2 hours of glow bowling and a large pepperoni pizza for only **\$35**

By reservation only!

Price based on 1 lane, 2-6 people. Additional lanes extra. Offer only available Friday Nights 6-10 pm.

Call 765-1494 ext. 5631 or www.spinbowling.ca to reserve!

Merci à tous les participants!

Le CRFMG tient à dire un GROS merci à toutes les personnes qui ont répondu au sondage « Dites-nous ce que vous en pensez » du Programme des services aux familles des militaires qui s'est tenu du 11 mai au 11 juin 2009. Les réponses au sondage ont été envoyées à Ottawa, où elles seront compilées et les résultats renvoyés au CRFM de Greenwood. Il s'agit d'un outil formidable pour nous aider à découvrir ce que vous, en tant que membres de notre collectivité, pensez de votre CRFM local et nous faire part des services, des programmes ou des cours que vous aimeriez voir offerts. La réussite du CRFMG ne serait pas possible sans votre soutien, vos idées et votre participation.

Félicitation

Nancy Osmond, gagnante du 1^{er} prix, une console de jeu Wii avec un Wii Fit Annie Lavoie, gagnante du 2^e prix, un certificat cadeau de 100 \$.

Thank You to all Participants!



Nancy Osmond, picking up her prize from Nicole Godin, GMFRC Coordinator of Outreach and Community Information Services.

(Photo: Mary Wredenhagen)



Annie Lavoie, picking up her \$100 gift certificate at the GMFRC.

(Photo: Nicole Godin)

The GMFRC would like to say a BIG thank you to everyone who participated in the Military Family Services Program "Think outside the Box" Survey that was held from May 11th to June 11th, 2009. The Survey has been sent back to Ottawa where everything will be tallied and the results will be sent back to us here at the Greenwood MFRC. This is a great tool to help us find out what you, the members of our community, think of your local MFRC and what services, programs, or courses you would like to see offered. The success of your GMFRC would not be possible with-

out your support, ideas, and involvement.

Congratulations

The 1st prize winner of the Wii Console and Wii Fit was Nancy Osmond. The 2nd prize winner of the \$100 gift certificate was Annie Lavoie.

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USED INVENTORY

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08-29A	1986	GRAND NATIONAL	BLACK	6	A	AC,PW,3.8TURBO	6700	30995
10-48A	1998	TERCEL 4DR	BLUE	4	A	AM/FM/CASS.	196000	4495
09-472A	2005	COROLLA CE BA	RED	4	A	AC,PDL,6 DISC	83000	11995
10-38A	2005	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	113000	13995
09-374A	2006	PURSUIT G5	SILVER	4	5	CD, SPOILER	93000	6995
09-524A	2006	PRIUS HYBRID	RED	4	A	AC,PW,PDL,CRU	63000	20995
09-366B	2006	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	78000	12995
10-30A	2006	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	83000	16995
10-26A	2006	COROLLA CE	BLUE	4	A	AC,PW,PDL,CRU	84000	12995
10-15A	2006	AVALON XLS	BLUE	6	A	LEATHER/LOADED	120000	18995
U1560	2007	KAWASAKI 1600	BLK/RED	2	5	MEANSTREAK	1400	13995
10-94A	2007	COROLLA LE AA	SILVER	4	A	AC,PW,PDL,CRU	35000	15995
STEVEN	2007	RANGER SPORT	RED	6	5	2WD,AC,SUPERCAB	30000	12995
U1642	2008	YARIS SEDAN	SILVER	4	A	A/C	22000	14995
U1638	2008	YARIS SEDAN	RED	4	A	A/C	23000	14995
U1653	2008	PRIUS HYBRID	BLUE	4	A	AC,PW,PDL,CRU	51000	24995

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CAPS Inaugural Baby Shower a Success

By: Lacey Sheppy

Mrs. Felicity Cat is officially the most popular feline in Annapolis County.

About 80 people attended a baby shower for the new mother of six – currently in care at the Companion Animal Protection Society (CAPS) – June 14 in Margaretsville.

“There were a lot of people here I’ve never seen before,” said CAPS president Anna Clark, who runs the foster home where Mrs. Felicity lives.

CAPS is a volunteer-run, not-for-profit organization in Annapolis County that rescues abandoned animals from the local pound and places them in foster homes until

permanent homes can be found. It is currently caring for 140 adult cats, 20 kittens and four dogs.

The baby shower was the first event of its kind for the organization and Clark is hoping to make it an annual event.

“I knew with kitten season starting that we’d be overwhelmed with babies and we needed supplies,” she said, adding about 50 kittens are born into CAPS care every year. “We hoped people would support us with this and they did.”

Several visitors brought gifts for Mrs. Felicity’s kittens – named Twister, Jaxxon, Digger, Mopsy, Boo-Boo and Joey – including food, for-

mula, blankets, stuffed animals, toys and catnip.

The shower also doubled as an open house for CAPS and those who attended spent time with some of the kittens, adult cats and dogs available for adoption.

Many people also filled out adoption applications, something visitor Linda Surette was glad to see.

The Kingston resident often donates much-needed items like food and cleaning supplies to the organization.

“The foster homes are very nice, well looked after and well-kept,” said Surette. “The nicest people run CAPS with a lot of dedication and a lot of love.”



Eight-year-old Eden Bishop, left, and her father, Mike, play with seven-week-old Smudgy the kitten at the Companion Animal Protection Society (CAPS) open house and baby shower June 14 in Margaretsville. (Photo: Lacey Sheppy).

Atlantic Region Golf Championships!

At the end of this month, Greenwood will be hosting a very exciting Golf Regional Tournament from 26-30 June 2009. This year, the National Championships have been brought back and will be played in Shilo. The chance to compete at the National level is going to fire up all competitors, and participants will be playing towards the goal of winning Regional’s and making it to Nation-

als! The participants in this year’s tournament will be coming from Halifax, Fleet, Shearwater, Gagetown, Moncton, Gander, St. John’s, Goosebay and your very own hometown proud defending champions, Greenwood!

There will be a Meet and Greet held for participants at the Golf Club, on June 27th at 1630. Good luck to all those involved!

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506/A	2008	Ford	Focus SE Sedan	4cyl,Auto,A/C,PW,PL,HS	50k	---	\$14,995	\$140
530/U	2007	Ford	Focus SES Wagon	4cyl,Auto,A/C,Heated seats	48k	\$14,995	\$12,995	\$140
540/A	2006	Pontiac	G6 Sedan	V6,Auto,A/C,Alloys,Loaded	53k	\$15,995	\$14,995	\$162
584/U	2006	Ford	Fusion SEL	V6,Auto,A/C,Leather,Loaded	65	---	\$13,995	\$151
534/A	2006	Chev	Cobalt 2dr LT	4cyl,Auto,A/C,Alloys,Loaded	12k	\$13,995	\$12,995	\$140
582/U	2006	Ford	Fusion SE	4cyl,Auro,A/C,PW,PL,PM	91k	---	\$11,995	\$130
594/U	2005	Mazda	3 5dr Hatchback	4cyl,5spd,A/C,Alloys,Loaded	71k	---	\$13,995	\$151
586/U	2005	Mazda	3 Sedan	4cyl,Auto,A/C,PL,KeylessEntry,CD	98k	---	\$12,995	\$140
587/U	2005	Pontiac	Montana SV6 ExtVan	V6,Auto,Dual A/C,DVD,Loaded	102k	---	\$11,995	\$130
593/U	2005	Pontiac	Montana SV6 ExtVan	V6,Auto,A/C,PW,PL,Cruise,CD	98k	---	\$10,995	\$119
589/U	2005	Dodge	Grand Caravan	V6,Auto,A/C,Quads,Stow'n Go	108k	---	\$10,995	\$119
570/U	2005	Chev	Oprtra LS	4cyl,Auto,A/C,PW,PL,CD	93k	---	\$ 9,995	\$109
576/U	2005	Chev	Oprtra LS Wagon	4cyl,Auto,A/C,PW,PL	95k	---	\$ 9,995	\$109
550/U	2005	Chev	Cobalt	4cyl,Auto,A/C,CD,Spoiler	70k	\$10,995	\$ 9,995	\$109
484/U	2005	Ford	500 SE	V6,Auto,A/C,PW,PL,Cruise	120k	\$14,995	\$ 9,995	\$109
575/U	2005	Saturn	ION 2 Sedan	4cyl,Auto,A/C,PW,PL	96k	---	\$ 8,995	\$ 90
590/U	2004	Volvo	XC70	2.5T,AWD,Auto,Fullyloaded	164k	---	\$13,995	\$182
561/A	2004	Dodge	Grand Caravan	V6,Auto,A/C,DVD,Loaded	---	---	---	---
499/A	2004	Chev	Venture	V6,Auto,A/C,Quads,PW	84k	---	\$ 8,995	\$118
592/U	2004	Hyundai	Accent GL Sedan	4cyl,Auto,A/C,PW,PL	25k	---	\$ 8,995	\$118
526/U	2004	Nissan	Sentra	4cyl,Auto,A/C,CD	100k	\$ 9,995	\$ 8,995	\$118
591/U	2004	Hyundai	Accent GSI 2dr	4cyl,Auto,A/C,Sunroof,CD	93k	---	\$ 7,995	\$107
478/U	2004	Chev	Oprtra LS	4cyl,Auto,A/C,PW,PL,Cruise	94k	\$10,995	\$ 7,995	\$107
580/U	2004	Kia	Rio RS	4cyl,Auto,PS	88k	---	\$ 6,995	\$ 94
569/U	2004	Hyundai	Accent GL	4dr,4cyl,Auto,PS,Tilt,CD	92k	---	\$ 6,995	\$ 94
504/U	2004	Chev	Aveo 4dr	4cyl,5spd,PS	81k	\$ 9,995	\$ 6,995	\$ 94
-----	2002	Pontiac	Sunfire	2dr,4cyl,Auto,A/C,PW	95k	---	\$ 6,995	\$120
TRUCKS & SUVs								
553/A	2008	Ford	Ranger Sport S/C	V6,Auto,A/C,CD,Cruise,Siri	13k	---	---	---
583/U	2008	Ford	Escape XLT	4cyl,Auto,FWD,Loaded	139k	---	\$14,995	\$140
588/U	2006	Ford	Ranger Sport S/C	V6,5spd,A/C,Alloys,Liner	63k	---	\$11,995	\$130
560/U	2005	Chev	Equinox LS	V6,Auto,A/C,Alloys,Loaded	---	---	---	---
-----	2003	Ford	F150 King Ranch	4wd,5.4L,Auto,Crew Cab,Loaded	81k	---	\$18,995	\$315
-----	2000	Jeep	TJ Sport	4wd,4.0L,Auto,Soft & Hard Tops	135k	---	\$ 8,495	---

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Rachel Power and Mercy Jenereaux practice their sorting and patterning skills with these activities.

Sorting 101

Submitted by: Brenda Virtue-Ellis, GMFRC Early Childhood Educator 765-1494 local 5053.

The GMFRC Early Childhood Education Program is licensed through Nova Scotia's Department of Community Services. It has been serving the community since 2002.

The program is designed to meet the social, emotional, cognitive, fine and gross motor needs of children. The program strives to meet the unique individual needs of all children.

The curriculum provides developmentally age appropriate activities that foster growth in all areas. Early literacy and school readiness

skills are incorporated into the program. Children are encouraged to participate and explore their environment through cognitive activities, circle time, gross motor, and dramatic play, art and music. Children are encouraged to participate in the selections of topics for the in-depth studies. This provides concrete learning opportunities for the children.

The E.C.E program is separated into two groups: one for each age level. Currently there is a 2.5 to 3 year old program and a 4 to 5 year old program. Fall Registration for 2009-2010 is currently underway. If you would like more information on these programs contact Brenda.

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

Vive les dinosaures!

Anthony Lamothe uses his imagination to bring dinosaurs back to life at Casual Care this week with Miss Coreen and his friends. Anthony and his brother Alexy attend childcare twice a week while their mother participates in second language training at the Birchill Centre.

For more information on Casual Childcare please phone Miss Coreen at 765-1494 ex.1817.

Vive les dinosaurs!



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<p>Sale \$ 1⁹⁵ GREAT BUY</p> <p>Assorted Vegetables. (reg. \$2.99) 33-3304</p>	<p>Sale \$ 14⁹⁵ 25% OFF</p> <p>12" Assorted Hanging Baskets. (reg. \$19.99) 33-3812</p>	<p>Sale \$ 5⁹⁵ GREAT BUY</p> <p>1 gal. Hostas and Assorted Perennials. (reg. \$8.99) 33-4808 33-4907</p>	<p>Sale \$ 4⁹⁵ 30% OFF</p> <p>1 gal. Tomatoes or Peppers. (reg. \$6.99) 33-3330</p>
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Game 5	\$1036	Played Out
Game 6	\$2036	Played Out
Game 7	\$1036	Played Out
Game 8	\$2036	Played Out
Game 9	\$1036	Played Out
Game 10	\$2036	Played Out
Game 11	\$1036	Played Out
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Centennial of Flight Essay Contest Winners

To mark the 100th anniversary of powered flight in Canada, an essay contest was held by the Centennial of Flight committee of Greenwood which challenged youth to learn about significant aircraft and aviators in Canadian history. In the Junior category for ages 10 and 11, youth were challenged to answer the question, "In your opinion, what is the best air-

craft and why is it the best?" Abby Marion, a contestant from Florida, had the winning response with her essay on the Cessna 180. In the Intermediate category, youth ages 12, 13 and 14 were asked "What person or group of people made the most significant contribution to aviation in Canada?" Twelve year old Shannon Kroetch's essay about the first

Canadian female commercial pilot won first place for arguing the significance of the contribution of Rosella Bjornson to Canadian aviation. Shannon won a ticket to the fun-filled Night at the Museum event, and Abby received a certificate and ribbon. Congratulations to both winners. Their pictures and essays are included here:



Wing Command Colonel DW Joyce presents Shannon Kroetch with her first place certificate for the Intermediate Essay Contest.

(Photo: MCpl Andrew Collins, Image Tech, 14 Wing Imaging)

Shannon's Entry for the Centennial of Flight Essay Contest

I'm doing my Centennial Flight essay on Rosella Marie Bjornson. Rosella was born July 14, 1947. On her 17th birthday, Rosella had her very first flying lesson, and received her Private Pilots license 2 months later.

In 1967, after she studied geography and geology while attending the University of Calgary, she obtained her Commercial License. And in the same year, accompanied by her female co-pilot, completed the Alberta Centennial Air Race in 1st place.

In 1969, Rosella Bjornson obtained her Instructors rating, and began instructing flying lessons at the flying club in Winnipeg. In 1 year she had reached her Instructors Rating and had also started teaching at the

Flying Club in Winnipeg and in a year had reached her Class 2 Instructors Rating. On May 25th, 1972, Rosella was presented with the 89th Gold Seal of Proficiency from the Royal Canadian Flying Clubs Association.

While she was in Winnipeg, she started involving herself in the organizing of the Manitoba Chapter of the Ninety Nines, the international organization of Women's Pilots. While she was completing her last year of instructing, she spent her spare time training a squadron of air cadets. In the year, 1973 Rosella married Bill Pratt. While she was pregnant, she wasn't able to fly but she returned to work in 1980 as first officer on the Boeing 737 with PWA which had purchased transair.

Rosella and her husband moved to Edmonton and the couple flew for PWA. She got pregnant once more in 1984 and was involved in talks with Transport Canada about letting pregnant pilots fly as long as her doctor was present. Soon, that happened. The regulations were changed so that pregnant women could still fly and go to work while pregnant.

Rosella had received a lot of awards in 1988, such as:

- In June she was inducted into the International Forest of Friendship in Atchison, Kansas.
- A Certification of Appreciation in recognition of her leaderships in the activities of the organization.
- A Pioneering Award from the western Canada Aviation Museum in Winnipeg.

During the winter of 1990, Rosella Marie Bjornson had been offered the position of the first female captain with Canadian Airlines International and accepted. She was the first woman to be promoted to captain with a huge air carrier.

In 1991, during the National Transportation Day kick-off celebrations in Halifax, N.S., Rosella received the National Award of Achievement, as well as during the NTW Conference in Winnipeg, she was the recipient of the Manitoba Award of Achieve-

ment. The reason they gave her the Award of Achievement is because she was setting an example of innovation and initiative and bringing confident and measurable advancements of compelling and surviving benefit to conveyance in Canada.

In 1990, the Alberta Government displayed Rosella in a poster campaign "Dream/Dare/Do" encouraging youth to set plenty of goals and fight for them. In 1997 Rosella Marie Bjornson was initiated as a Member of Canada's Aviation Hall of Fame.



Abby Marion at home with her cat. Abby won first place for the Junior Essay Contest. (Photo submitted)

Abby's Centennial of Flight Essay Contest Entry

Junior Category: What is the Best Aircraft? The Cessna 180

In my opinion, the best aircraft is the American built Cessna 180. Geraldine Mock even choose it to use for her first flight around the world! The Cessna 180 is the best aircraft because it can drive on land, land and float on water, and of course; fly in the air. Also why I think the 180 is the best aircraft is because it has large wings and they are thin too; enabling short takeoff time. Although the 180 is no longer in production, I still think it is the best aircraft.

Did you know that the Cessna 180 can be a boat, car, and airplane too? Well, it's true! The 180 can have special floats attached to the wheels to make it float and land on water. It has also been recorded that the 180 can make a 50 mile highway drive making it a car too! Of course, the 180 is also an airplane as well!

The Cessna 180 is also one of the heaviest Cessna models ever, but still I think

it is the best aircraft. In fact, many Forest Services and rural airports and airlines use the 180 to search woods and forests and air travel. This is because if has an improved engine of all the Cessna Models and it can have 2 to 6 seats depending on what the plane is used for. The 180 is also very aerodynamic with thin and small wings. These are the two reasons why I think the 180 is the best aircraft.

From being able to float on water, drive like a car, or just be an airplane; each Cessna 180 is different. That's the biggest reason why I think the 180 is the best aircraft. Each 180 can be modified to the pilots specifications. And, the Cessna 180's name is different in every country as the 180 is operated in over 40 countries like Canada, The USA, and Brazil; that also helps make it different. Do you think the Cessna 180 is the best aircraft? If so, why?

CANEX www.canex.ca
14 Wing Greenwood

Support our Troops

thePersonal Home and Auto Group Insurance

Bike Rodeo

Join us and you could win a
Bicycle & Helmet!
from **CANEX**

*1 of 2 Bicycle/Helmet prizes each to be won: chosen by random draw from all participants.

Greenwood CANEX Parking Lot

4 July 2009
1000 - 1200 hrs.

- Ages 2 to 14
- Bring your own Bicycle and helmet
- Military Police Bike Safety Checks
- Fire Department display

Plus...

Parents fill out a ballot for your chance to win a **Bluetooth® Headset** from

thePersonal Home and Auto Group Insurance

Annapolis Valley Bookmobile Schedule June/July

Monday - 29 June

Avonport 11:00 - 12:00
 Belmont 1:15 - 2:00
 Brooklyn 2:15 - 3:00
 Ste. Croix (Hants Co) 3:15 - 4:00
 Vaughan 5:30 - 6:30

Tuesday - 30 June

Kings Rehab Centre 10:00 - 11:30
 Casey's Corner 12:45 - 1:30
 Sunken Lake 2:00 - 2:45
 White Rock 3:00 - 3:45
 New Minas 5:00 - 6:30

Thursday - 2 July (Note - Change of day due to Jul 1st holiday)

Waterville 1:30 - 2:15
 Cambridge (King's Co) 2:30 - 3:15
 Bess View Sub-Div 3:30 - 4:30
 Coldbrook Centre 5:45 - 6:45

Tuesday - 7 July

Calvary Baptist Academy 1:00 - 1:45
 Charity Baptist School 1:50 - 2:25
 Torbrook Mines 2:30 - 3:00
 Meadowview 3:30 - 4:15
 Aylesford 5:30 - 6:15

Wednesday - 8 July

Maitland Bridge 10:15 - 11:15
 Clementsvale 1:15 - 2:15
 Cornwallis Park 2:30 - 3:15
 Bear River East 3:30 - 4:30
 Bear River 5:30 - 7:00

Tuesday - 14 July

Upper Canard 10:00 - 10:45
 Baxter's Harbour 11:15 - 12:00
 Scott's Bay 1:00 - 1:45
 Sheffield Mills 2:15 - 3:00
 Canning 3:15 - 4:30
 Centreville 5:45 - 6:45

Thursday - 16 July

Hants Shore Clinic 1:30 - 2:00
 Cambridge (Hants Co) 2:15 - 2:45
 Cheverie 3:00 - 3:45
 Summerville 5:15 - 6:00
 Upper Burlington 6:15 - 6:45

Monday - 20 July

Cherryfield 1:30 - 2:15
 East Dalhousie 2:30 - 3:30
 Springfield 4:00 - 5:30
 New Albany North 6:30 - 7:15

Wednesday - 22 July

Mt Hanley 1:00 - 1:45
 Margareville 2:00 - 3:00
 Morden 3:30 - 4:15
 Wilmot Centre 5:30 - 6:30

Monday - 27 July

Avonport 11:00 - 12:00
 Belmont 1:15 - 2:00
 Brooklyn 2:15 - 3:00
 Ste. Croix (Hants Co) 3:15 - 4:00
 Vaughan 5:30 - 6:30

Tuesday - 28 July

Kings Rehab Centre 10:00 - 11:30
 Casey's Corner 12:45 - 1:30
 Sunken Lake 2:00 - 2:45
 White Rock 3:00 - 3:45
 New Minas 5:00 - 6:30

Wednesday - 29 July

Waterville 1:30 - 2:15
 Cambridge (King's Co) 2:30 - 3:15
 Bess View Sub-Div 3:30 - 4:30
 Coldbrook Centre 5:45 - 6:45

Crossword Solution

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

GMFRC • Feature of the Week

Employment and Education Services

Coordinator: Stephanie Townsend at 765-1494 local 1816 or email at Townsend.SC@forces.gc.ca

Multicultural Coffee Group

Wednesday, July 15th, 2009

1:00 p.m. - 3:00 p.m.

GMFRC Classroom 1

FREE

What is culture to you? Is this the colour of your skin, place of birth, family history, beliefs and traditions... or perhaps all of these combined? For the most part, based on our own individual histories, we all experience our culture slightly differently. Some would view this as a difference which separates us from one another; in contrast some consider these differences reason to celebrate. Brigitte Thesen, a volunteer with the GMFRC, embodies the value of celebrating cultural diversity. Her journey of being a cultural minority, and resulting choice to overtly challenge cultural bias on a larger scale is simply inspirational. Brigitte's enthusiasm and energy echoes throughout the halls of the GMFRC, and has fuelled the development of the new Multicultural Coffee Group.

The Multicultural Coffee Group will kick off at the GMFRC; it will continue to meet on the 1st and 3rd Wednesday of each month. This is an open group functioning on a drop-in basis, no registration is required. Everyone is welcome! For more information call Kristen at 765-1494 local 1816.

GREENWOOD BOWLING CENTRE

Summer Hours

as of 11 May 2009



Bowling Schedule

Monday	9-12 p.m.	Reservation Only
	1-4 p.m.	(\$5 special)
Tuesday	9-12 p.m.	Reservation Only
	1-4 p.m.	(\$5 special)
Wednesday	9-12 p.m.	Reservation Only
	1-4 p.m.	(\$5 special)
Thursday	9 am-11 a.m.	Open Play
		By Reservation Only
Friday	2-5 p.m.	Casual Bowling
	6-10 p.m.	Cosmic Bowl (glow)
Saturday	1-4 p.m.	Casual Bowling
Sunday		CLOSED

All reservations 4 lanes or more require a deposit to be paid at the time of booking.

For More Information telephone 765-1494 ext 5631.

www.5pinbowling.ca

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



Coordinator of Deployment Services

(Full Time Position)

As a member of a multi-disciplinary team of professionals, this Coordinator is responsible for the education, information and outreach to families of Defence Team members who are required to be absent from the family because of military duties.

Provides a wide range of direct individualized and group services to family members.

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

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

Probationary Period: 3 months

Responsible to: Executive Director

Qualifications

- Undergraduate degree in the Social Sciences/Community Development field
- Five years experience in program development, management, and evaluation
- Clear understanding of the community development process is essential
- Working knowledge of community resources in the catchment area is required
- Demonstrated ability in facilitating workshops
- Advanced communication skills, both written and oral
- Awareness of risk management issues

Hours and Salary

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

The successful candidate will be prepared to commence employment immediately. Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email (MS Word or PDF format) a cover letter and resume clearly outlining their ability to fulfill all position requirements, **on or before 4:00 p.m. on Tuesday, June 30th, 2009 to:**

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

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

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

The Greenwood MFRC is committed to employment equity. Please visit www.greenwoodmfr.ca to learn more about the Greenwood MFRC.

CUCINA AURORA



Classic Mustard Vinaigrette

- 2 tbs. Dijon mustard
- 1 Clove garlic; minced
- 1/2 cup Extra-virgin olive oil
- 2 tbs. Red wine vinegar
- 2 tsp. Chopped parsley or basil
- Salt and pepper; to taste

Place the mustard, garlic, and olive oil in a medium bowl. Add the vinegar whisking constantly to make a smooth liquid. Add the freshly minced herbs, salt and pepper, and mix well. Store in a salad cruet or tightly covered container in the refrigerator for up to a week.

Mental Health Services

26 Canadian Forces Health Services Centre

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

Mental Health Services Team:

Manager: SLt Yvonne Luedee, MSW, RSW

Social Work Officers:

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

Mental Health Nurse: Dale Young, BN, RN

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

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

We are located at the Morfee Centre, School Road

Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members.

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

The Kingston Steer Barbeque, 50 Years and Counting

By: Muriel West

It's the middle of June, and most barbeques have been fired up for weeks now. But that home barbeque just can't duplicate the succulent flavour the Lions are able to create each year when they prepare the steer on the giant spit at the Kingston Arena the 2nd Saturday of July. My, one waits an entire year for the chance to enjoy a meal like that: thick slices of steamy beef garnished with various salads, fresh Nova Scotia grown vegetables, pickles, and soft, fresh bread. Or, if one fancies something a little more casual, there are the Burger Bits, which are delicious morsels of tender beef served over a bun, smothered in gravy with plump, crispy fries to dress up the plate. Devouring a meal of Burger Bits is part of my children's fondest summer memories...

This Kingston Steer Barbeque has been going on for many years now and from that fundraiser 50 years ago, a tradition was born. The steer is now our official Village symbol and villages and towns all over the Valley know Kingston as "the Home of the Steer Barbeque". Our village crest features two steer heads and we even have a special postal cancellation stamp, which also features the steer heads.

By the way, the steer needs a name and your suggestions for a name are welcome. Contact the Village Office with your submissions.

So in less than a month from now, the festivities will commence. On Friday, July 10 a lovely bronze plaque is going to be re-dedicated to those members of the community who organized the first Steer Barbeque. At 5:00 p.m. folks can gather downtown across from the Drug Store amid the beautiful gardens and shrubbery that adorn Main Street. Meet the Town Crier for Kings County and see the descendants of the 10 founders receive certificates honouring the initiative of their forefathers and be proud to be a part of this wonderful Village.

Later that evening, young people with an appetite for music will be gathering at Centennial Park across from the arena for something a little less solemn, because Glen Abriel has organized "Our Valley's Got Talent". Youthful musicians will compete as Jerry Neville from AVR/Magic 97 & BJ Maclean execute the evening's agenda beginning at 6:00 p.m. and ending at 9:00 p.m. You might want to bring along lawn chairs to enjoy the evening in comfort. I understand that local cancellations Demi Beamier & Elizabeth Furniss will be making

appearances. And don't worry if you didn't have time to make dinner: hot-dogs, hamburgers, fries, and beverages will be available for sale. From the Centennial Park between musical numbers you will be able to watch a tireless team of Lions as they prepare to cook the steer. You see, they cook the meat all night, outdoors, next to the Recreation Hut.

And then on Saturday, which is July 11th, the big day begins with a breakfast down at the Fire Hall on Sparky Street. From 7:00 - 10:00 a.m. the firemen prepare and serve a hearty and scrumptious meal. And you won't want to linger at the Fire Hall much past quitting time because the Street Parade will be on the move from Old Brook Road at 10:45, down Main Street, and up Westwood Street to the arena, arriving at just about noon. As this year is our golden anniversary of the Steer Barbeque, an Aurora Fly Past is going to add a special thrill to this year's events because 2009 also marks 100 years of flight in Canada. So if you have a business or a group or a club and you fancy building a float or making a presentation in the Parade, you probably ought to lay some plans and register your entry by going on to the Village website: www.kingstonnovascotia.ca. Consider making an extra special effort to "beef" up this year's parade with a creation that celebrates our, as yet, unnamed steer.

After the parade arrives, the field at the arena comes alive with activity. When you arrive, you will want to line up to buy your tickets. Actually, you might want to take a tip from me: it might be clever to get those tickets before the parade even begins so that you can avoid

the long lines of eager beavers sweltering in the hot July sun. Tickets are on sale all day, beginning at 10:00 a.m. Bracelets for kids are \$8.00.

Among other things, the Parade features floats from the many village and towns in the Annapolis Valley and riding on these floats are the Apple Blossom Princesses and their child attendants, and our own Princess Kingston, Hailey Mackintosh, will be hard to miss, accompanied by Abby Shears, her charming child attendant. Please support Hailey and Abby as they host the royal party in our Village. Hailey, Queen Annapolis, and all the other fair ladies will be introduced to the crowd after the parade ends. Other dignitaries will be present as well to bestow greetings and the entire afternoon will be packed with an entertainment program that you won't want to miss. Again, those folding lawn chairs you have in your trunk might come in handy so you can balance your plate of food and not miss a beat as you devour your meal.

After 12:00 noon, when the steer comes off the barbeque, to get the beef and salad plate, you need to step inside the arena where an army of volunteers work in shifts to serve up hundreds of meals. Tables are set up inside if you need to get out of the sun. When you have finished your meal, you will want to wander around the arena and admire the multitude of interesting crafts lining the perimeter. And if you are inclined, bingo is also set up in the arena for your enjoyment.

If you are still hungry, strawberry shortcake and milk shakes are available outside at one of the windows at the Recreation Hut. And youngsters may tease for some cotton candy, also for sale at the Recreation Hut.

But I would like to encourage you to scout around in the arena until you find the *Udderly Delicious Dessert Bake-Off* to salivate over the best selection of desserts you may ever see in one place in this Village. The Aurora Inn sponsors this competition each year and you are encouraged to enter this contest yourself if you are handy in the kitchen. First prize is a dinner for two at the Aurora Inn, and that is some prize, folks! Other prizes will also be awarded this year. When the judges have finished judging and the presentations are made, dessert portions will be available for sale for one ticket. If you or someone you know wants to enter, contact the Village Office. Entries must be presented by 1:00 p.m. Actually, they need not be baked: any sort of delicious dessert qualifies. Yum!

Outside, the entertainment will rev up as the afternoon passes. John Pierce and Brian Mulligan will, no doubt, provide a little comedic entertainment of their own as they MC the afternoon's program. So, having eaten yourself into a stupor, you might want to settle down to enjoy the line-up:

12:00 - 1:00 p.m.

X Dance

1:00 - 2:00 p.m.

David Burbine, Bluegrass

2:00 - 3:00 p.m.

Paul Marshall & Friends, Country

3:00 - 4:00 p.m.

Chris Palmer/Hughie MacDonald/Gina Potvin, Easy listening

4:00 - 5:00 p.m.

Dane Can-X-tion

5:00 - 6:00 p.m.

James Frank, Bluegrass

If you want to get up and roam around to burn off all those calories you just ingested, a Bikers Show and Shine will be set up in Centennial Park and a contest is going on so don't miss your chance to vote for the best bike. And the Fire Department is going to have a display of some pretty impressive equipment for the public to inspect. Yes folks, besides cooking up a mean breakfast, these men want to share their knowledge and skill at saving our property and our lives when we are faced with an emergency - like exploding from over-eating! For that, they will be offering their services by manning a First Aid tent.

And what about the kids? Well, there is going to be several Bounce Kingdoms to help shake down all that good food and cotton candy. And a Kiddy Train will be running, which the little ones just love. Lots of us old kiddies will be vying for a seat on the horse & wagon rides as they move through neighbouring streets.

In the evening, after the meal has ended, the arena is set up for a dance that always draws lots of energetic folks looking for a fun evening. So if I have kindled your interest and you would like more details about the weekend's events, you could check out the Village website for additional information. Sure hope you find the time to spend at least part of your day with us all at the Kingston Steer Barbeque, the 2nd weekend of July, to celebrate the 50th anniversary of our as yet unnamed steer. Remember, if you think up a great name, submit your idea at the Village Office and his name will be chosen by the judges and announced at the Barbeque. Hope to see you there.

Together in Church

Queen of Heaven Chapel

Sunday Schedule

11 a.m. (English Mass)

St. Mark's Chapel

Sunday Schedule

10:30 a.m. Divine Worship

Switchboard 765-1494

Wing Chaplain

Padre Art Crawley ext 5119

Wing Chaplain's Admin Assistant

Ms Diane McKeage ext 5883

Chapel Life Coord - St. Mark's

Padre Harold King ext 5541

Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ext 1960

Unit Chaplain

Padre George Helou deployed

Chaplain (BTL)

Padre Mike Peterson ext 5835

Chaplain (BTL)

Padre Gord Poley ext 5545

Emergencies

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



Golf Equipment Sale

Members of the 14 Wing Golf Course will be holding a golf equipment sale in the Golf Course parking lot on 27 Jun 09 from 1300 to 1700 hrs. (Rain Date will be 28 Jun 09 during the same times).

Clubs, balls, carts and other new and used equipment will be offered by the members at very reasonable prices.



For more info contact Wayne at 765-6516.

HAVE YOU BEEN POSTED?

Please RETURN
14 WING'S LIBRARY
BOOKS,
to the LIBRARY
BEFORE you LEAVE.

THANK YOU!

GMFRC • Feature of the Week

Volunteer Services

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

Summer Camp Assistants*

- Dates:**
Week 1 Monday, July 6th – Friday, July 10th
Week 2 Monday, July 13th – Friday, July 17th
Week 3 Monday, July 20th – Friday, July 24th
Week 4 Monday, July 27th – Friday, July 31st

Time: From 8:30 a.m. to 12:00 p.m.

Where: GMFRC Casual Care Room

Volunteers needed: 2 per day

Assist the summer camp leaders with the children's program. Must enjoy working in a group setting with children ages 3 to 5 years. If volunteer have children ages 3 to 5 years, they can attend camp for free while volunteering. Bilingual volunteers needed.

CRFMG - Publicité de la semaine

Service de bénévolat

Coordonnatrice Janie Gagnon au 765-1494 local 5938 ou courriel à Janie.Gagnon@forces.gc.ca

Assistants pour le camp d'été

Date :

1^{ère} semaine lundi le 6 juillet au vendredi le 10 juillet

2^{ème} semaine lundi le 13 juillet au vendredi le 17 juillet

3^{ème} semaine lundi le 20 juillet au vendredi le 24 juillet

4^{ème} semaine lundi le 27 juillet au vendredi le 31 juillet

De 8h30 à 12h00 (midi)

Où : salle de la halte-garderie du CRFMG

Bénévoles demandés : 2 par jour

Devra assister les chefs de camp avec les programmes pour enfants. Doit aimer travailler en groupe avec des enfants de 3 à 5 ans. Si le/la bénévole a des enfants du même âge, ils pourront participer au camp gratuitement au moment où l'adulte exécute son bénévolat. Nous avons besoin de bénévoles bilingues.

Learning & Career Centre Upcoming Workshops

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

JUNE 2009

- 23 Power Point Level 1, \$110.00 per person • 1 day
- 25 Defence Ethics • 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

GREENWOOD MILITARY FAMILY RESOURCE CENTRE

WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood

Tel: (902) 765-5611 • Fax: (902) 765-1747

Email: home@greenwoodmfr.ca • Website: www.greenwoodmfr.ca

For locations and contact information of all Canadian/Military Family Resource Centres, please visit www.mfr.ca or call 1-877-280-3636

Outreach and Community Information Services

- **Welcome and Community Orientation** GMFRC Website (www.greenwoodmfr.ca), GMFRC Welcome Packages and online Virtual Welcome Package, new arrivals registration, GMFRC welcome calls to newly posted families, welcome GMFRC visit/tour and welcome gift to newly posted families, education information on posting service
- **Information and Referral** E-Mail Information Service (quarterly), Welcome Packages from other MFRCs, Outreach, information, support and assistance to CF family members of 14 Wing Greenwood and Reserve Units in Aldershot, Bridgewater, Yarmouth and Pearson Peacekeeping Training Center, Clementsport, Information Database on the services available to the community, referral to government and civilian agencies, GMFRC promotion/advertising, resources

Deployment Services

- Outreach, information, support, and assistance to CF family members during deployment, TD, and IR.
- Pre & Post Deployment information packages.
- Warm line contact during separation
- Social gatherings for the whole family will provide opportunities to connect with and support each other during periods of separation.
- Monthly Deployment newsletter
- Pre and post deployment briefings and screenings
- Video Tele Conferencing (VTC)

Children & Youth Services

- Activities and initiatives for children and youth
- Parent & Tot activities, Early Childhood Education Program, Youth Council, various activities/workshops for children under 12 years, Tutoring, Life Skills workshops for youth
- Parent/Caregiver education and support services
- Parent and caregivers information sessions, parenting workshops & resources, information on childcare in the area, appropriate information and referrals for children with special needs, Adult/Teen sitter registry, Daycare/Childcare facility listings, Baby Club
- **Emergency Childcare & Respite Services**
- Information sessions on Emergency Childcare & Respite eligibility, quality childcare resources/information, education &

assistance with childcare planning, 24/7 access to emergency childcare & respite services, group respite offerings for deployed families

Casual Childcare

- Licensed Casual Childcare Services

Prevention, Support and Intervention Program

- **Education and Prevention**
- Personal growth & wellness workshops (i.e. Anger Management, Communication Skills), Rainbows Program (grief & loss), Roundel Emergency Housing
- **Assessment and Referral**
- Needs/risk assessment, referred to appropriate community resources, clients supported throughout the referral process
- **Self-Help Groups**
- Peer support groups, Women's group, awareness of and referral to community based support groups (i.e. Al-Anon)
- **Short-Term Intervention/Crisis Support**
- Short-term counseling (individual and family), crisis support, client advocacy

Volunteer Services

- Volunteer Involvement and Leadership
- Recruiting, screening, training, orientation, evaluation, and recognition, placements designed for individual interests and talents, On-the-job training; develop new or existing skills, professional development courses and workshops available, volunteer recognition activities, volunteer opportunities for teens aged 12 – 18 years

Second Language Services

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

Employment and Education Services

- **Education Programs:**
- Food Handling Course, First Aid / CPR, Defensive Driving Course
- Education & Employment Fair, CF Recruiting
- **Self Care & Self Improvement Workshops:**
- International Women's Day Celebrations
- **Leisure Programs:**
- Sewing, Creative Writing, Military Home-Based Business Group
- Creative Painting on Clay, Flower Arrangements, Card Stamping

Special Events and Promotion Services

- Red Friday Promotion
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- Morale Mail Packages to the Troops
- GMFRC and community special events

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



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 (MFR), 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.

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

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

Pour obtenir les coordonnées de tous les Centres de ressources pour les familles des militaires/canadiens consultez le site web www.crfm.ca ou téléphonez le 1-877-280-3636

Services de renseignements à la communauté et services de soutien

- **Bienvenue et Orientation communautaire**
- Trousse de bienvenue de Greenwood, trousse de bienvenue virtuelle du CRFMG, Inscription des nouveaux arrivants, appels de bienvenue du CRFMG, service d'accueil et cadeau de bienvenue du CRFMG pour les nouveaux arrivants, pochettes d'accueil provenant des autres CRFM
- **Information et Orientation**
- Bulletin électronique du CRFMG (trimestriel), Site web du CRFMG, promotion/publicité du CRFMG, base de données sur les collectivités, extension de services à la force de réserve, services d'orientation vers des agences gouvernementales et civiles, en plus de diverses autres ressources

Services à la famille lors d'un déploiement

- Sensibilisation, information, soutien et assistance aux membres des familles des FC lors d'un déploiement, d'un service temporaire ou d'une RI
- Trousse d'information pré-déploiement et post-déploiement
- Appels téléphoniques de soutien durant la période de déploiement
- Service gratuit d'envoi de colis
- Les réunions mondaines offrent l'occasion aux familles d'établir des liens réciproques et de se soutenir mutuellement pendant l'absence d'un des leurs
- Bulletin mensuel sur le déploiement
- Séances d'information et évaluation avant et après le déploiement, campagne de sensibilisation sur le soutien au déploiement
- Vidéoconférence (VC), permettant aux familles des militaires d'être en contact avec les membres de leur famille qui sont à l'étranger

Service pour enfants, jeunes et parents

- **Activités et initiatives pour les enfants et les jeunes**
- Activités pour enfants et bambins, Programme d'éducation à petite enfance, comité des jeunes, activités diverses et ateliers à l'intention des enfants de moins de 12 ans, tuteurat, ateliers d'aptitudes à la vie quotidienne à l'intention des jeunes
- **Éducation et services de soutien pour parent/gardien** - Séances d'information à l'intention des parents et des pourvoyeurs de soins, ateliers et ressources sur le rôle parental, information sur les services de garde d'enfants dans le secteur, information appropriée et orientation vers les services de garde pour enfants ayant des besoins spéciaux, registre de gardien(ne)s pour adolescents et adultes, Liste des services de garde
- **Service de garde en situation d'urgence et le service de relève pour les familles dont le membre est déployé**
- Séances d'information sur l'admissibilité aux services de garde d'urgence et de relève, ressources/renseignements fiables sur les services de garde d'enfants, éducation et aide à la planification des services de garde
- l'accès aux services de garde d'urgence et de relève 24 heures sur 24, 7 jours sur 7, offres de services de garde de relève pour les familles déployées
- **Services de garde occasionnelle**
- Services de garde occasionnelle autorisée du CRFMG

Programme de prévention, soutien et intervention

- **Éducation et prévention**

- Ateliers sur la croissance personnelle et le mieux-être (p. ex. maîtrise de la colère et aptitudes en communication), Programme Arc-en-ciel (chagrin et perte), foyer d'accueil d'urgence Roundel
- **Évaluation et orientation**
- Évaluation des besoins/risques, orientation vers les ressources communautaires essentielles, soutien aux clients tout au long du processus d'orientation
- **Groupes d'entraide**
- Groupes de soutien par les pairs, groupes de femmes
- Information et orientation vers les groupes d'entraide communautaire (p. ex. Al-Anon)
- **Intervention à court terme et soutien en temps de crise**
- Services de counseling de courte durée (personnes et familles), Soutien en temps de crise, défense des droits de la famille

Services de bénévolat

- Recrutement, sélection, formation, orientation, évaluation et reconnaissance
- Orientation des bénévoles en fonction de leurs domaines d'intérêt et de leurs talents
- Formation pratique en cours d'emploi; acquisition de nouvelles compétences et amélioration des connaissances
- Cours et ateliers de perfectionnement professionnel
- Activités de reconnaissance des bénévoles
- Opportunités de bénévolat pour les jeunes de 12 à 18 ans

Services d'aide à l'emploi et l'éducation

- **Aide à l'emploi**
- Création et modification de CV et de la lettre de présentation, évaluation/orientation professionnelle, aide à la recherche d'emploi
- Perfectionnement des techniques d'entrevue, planification des petites entreprises, information sur le réseau militaire des petites entreprises indépendantes, échange de magazines et de livres, ordinateur disponible pour la recherche d'emploi, élaboration d'un dossier d'emploi, liste à jour des emplois disponibles

Programmes éducatifs

- Cours de manipulation des aliments, cours de premiers soins/RCR
- Cours de conduite préventive, salon de l'éducation et de l'emploi, recrutement des FC, ateliers de croissance et de soins personnels,
- Journée internationale de la femme
- **Programmes de loisirs**
- Couture, création littéraire, réseau des petites entreprises indépendantes (PME), peinture créative sur argile, arrangement floral

Services de langue seconde

- Enseignement des langues secondes (cours de français et d'anglais)
- Activités de renforcement des liens entre francophones (organisées trimestriellement)
- Ressources et informations disponibles dans les deux langues officielles

Événements spéciaux et items de promotion du CRFMG

- Promotion du vendredi rouge
- Promotion de la campagne du ruban jaune « soutenons nos troupes »
- Campagne de sensibilisation au déploiement auprès de la communauté
- Coordination de la campagne « la famille La force conjointe »
- Service de colis pour les membres militaires en déploiement
- Événements spéciaux pour la communauté du CRFMG

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

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).



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

CF Recruiting
Monday, June 22nd, 2009
GMFRC Classroom 1
FREE

Multicultural Coffee Group

Wednesday July 15th, 2009

1:00 p.m. – 3:00 p.m.
GMFRC Classroom 1
FREE

Employment Ongoing Services

- Résumé and Cover Letter Creation and Modification
- Résumé Updating
- Career Assessment / Counseling
- 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
- Outreach to Reserve Units

Deployment Services

Coordinator: Vacant
765-5611

Upcoming programs or services

Deployed Families Adult Dinner Out
Tuesday, June 30th, 2009
5:30 p.m. – 8:30 p.m.

Location: To be Determined

Pay the cost of your own meal

Registration deadline: Friday, June 26th, 2009

Call 765-5611 to Register
Deployed Families Adult Pool Night at Dooly's

Monday, July 6th, 2009
8:00 p.m. – 10:00 p.m.

Location: Dooly's in Greenwood

Registration deadline: Friday, July 3rd, 2009

Call 765-5611 to Register
Deployed Families Card/Craft Club

Wednesday, July 22nd, 2009

9:00 a.m. – 11:00 a.m.
GMFRC

Registration deadline: Monday, July 20th, 2009

Call 765-5611 to Register
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 Children and Youth Services.

Prevention, Support and Intervention Services

Coordinator: Vacant
765-5611

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 kim.dixon@forces.gc.ca

Upcoming programs or services

Summer Teen Babysitting Program

Monday to Friday
Thursday, July 2nd, 2009 to Friday, August, 21st, 2009
8:30 a.m. – 3:30 p.m.
GMFRC

\$5 per family per hour
Children ages 3 months and up

Must book in advance with the Coordinator of

Child and Youth Services
Youth Council

Tuesday, June 30th, 2009
4:00 p.m. – 5:00 p.m.

14 Wing Community Centre

FREE
Youth aged 14 and up

Academic Tutoring Service

Monday, Tuesday, Wednesday

Last day for tutoring program is Tuesday, June 30th, 2009

Time scheduled with families & tutor

Children in grade P-12
FREE

A tutor request form is available at GMFRC

Parent & Tot Program

We meet every Monday

Last day for facilitated program is Monday, June 22nd, 2009

9:30 a.m. – 10:30 a.m.
Children 3 – 5 years

FREE

Drop in – no registration required

Toddler Tuesdays Program

We meet every Tuesday

Last day for facilitated program is Tuesday, June 23rd, 2009

9:30 a.m. – 10:30 a.m.
Children 1 – 2 years

FREE

Drop in – no registration required

Respite Dates

Tuesday, June 30th, 2009
5:00 p.m. – 9:00 p.m.

Children up to age 12

Free to CF Families who currently have a partner deployed

Registration deadline: Monday, June 29th, 2009

and **Saturday, July 4th, 2009**
12:00 p.m. – 5:00 p.m.

Children up to age 12

Free to CF Families who currently have a partner deployed

Registration deadline: Friday, July 3rd, 2009

Volunteer Services

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

Up-coming workshop

Canada Day BBQ, Craft, Promotion*

Wednesday, July 1st, 2009
1:00 p.m. – 4:00 p.m.

Community Centre (Base outside pool)

Volunteers Needed: Many

Help us cook on the BBQ, help children with craft activities and sell some Support the Troops red t-shirts.

Facilitator Training

Trainings: Introduction on Monday, July 08th, 2009 from 1:00 p.m. to 2:00 p.m.

• General on Monday, July

13th, 2009 from 10:00 a.m. to 12:00 p.m.

• Specifics to be determined with Kim Dixon GMFRC

Volunteers needed: 2 or more

To facilitate a group of children who are experiencing a deployed parent(s).

Must be available to work 2 hours per month during the evening, starting in September 2009.

Ribbon Blitz during Steer BBQ

Saturday, July 11th, 2009
12:00 p.m. – 2:00 p.m.

Around Kingston Arena

Volunteers Needed: 2

Summer Camp Assistants*

Dates:

Week 1 Monday, July, 6th – Friday, July 10th

Week 2 Monday, July 13th – Friday, July 17th

Week 3 Monday, July 20th – Friday, July 24th

Week 4 Monday, July 27th – Friday, July 31st

Time: From 8:30 a.m. to 12:00 p.m.

Where: GMFRC Casual Care Room

Volunteers needed: 2 per day

Assist the summer camp leaders with the children's program. Must enjoy working in a group setting with children ages 3 to 5 years.

If volunteer have children ages 3 to 5 years, they can attend camp for free while volunteering. Need some bilingual volunteers.

Support Our Troops BBQ and Awareness

Friday, July 24th, 2009
10:30 a.m. – 2:30 p.m.

Saturday, July 25th, 2009
10:30 a.m. – 4:00 p.m.

Greenwood Sobey's

Volunteers needed: 5 per shift

Canada Day Yellow Ribbon

Friday, June 26th, 2009
1:00 p.m. – 4:00 p.m.

Civic Centre to Sobey's

Old Canadian Tire to CANEX

Sobey's to Duck Pond

Volunteers Needed: 10

To staple ribbons to poles and trees. Requires carrying and climbing. Must work in pairs.

Comité francophone

End of July

Time unknown

GMFRC

Volunteers Needed: Many

Plan the calendar of francophone activities.

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

Zedex Theatre
765-8848

June 21st - June 23rd
Sun - Tues • 6:45 p.m.
HELD OVER
The Hangover
Rated 14A

June 21st - June 23rd
Sun - Tues • 9 p.m.
Angels & Demons
Rated 14A

June 24th - July 2th
Wed - Sat • 6:30 & 9:30 p.m.
Sun - Thurs • 7 p.m.
Transformers
Rated PG

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



Lake Pleasant Campers Club • Cabin Rental



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

The only items you must provide include bedding, food and other convenience items

to make your stay a pleasant one.

To book the cabin:
Call 902-547-2882

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

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

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

www.lakepleasant.ca

Canadian, American Troops Learn Urban Combat Skills

training)
 * *Suitable for our awesome Youth Volunteers!*

Special Events and Promotions

Coordinator: Michelle Thibodeau Wagner at 765-1494 local 1421 or email michelle.thibodeau-wagner@forces.gc.ca

Upcoming events Red Friday

Don't forget to wear red to show support to our troops

Each Friday

Awareness Team Meeting

Monthly meeting of the Support our Troops Awareness Team.

New members always welcomed and encouraged to attend.

Tuesday, June 23rd, 2009
 9:30a.m. - 11:00a.m.

Canada Day

Celebrate our country's birthday with the Greenwood Military Family Resource Centre and 14 Wing Community Centre.

Wednesday, July 1st, 2009
 1:00p.m. - 4:00 p.m.

14 Wing Community Centre

Ongoing Services

- Red Friday Promotions
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- GMFRC and Community Special events planning
- Morale Mail Packages to the Troops

Staff Sgt. Carlos Lazo, 302nd Mobile Public Affairs Detachment

DVIDS, U.S. DoD
 RAPID CITY, S.D. (June 10, 2009) — Urban combat has become a major part of modern warfare over the last six years, giving more and more Soldiers outside of the infantry a taste of urban combat.

Military Operations in Urban Terrain training prepares Soldiers from all branches of the Army for this new aspect of modern warfare, teaching tactics that can keep them safe and alive in combat, as well as acting as a team to accomplish their mission.

"The biggest obstacle Soldiers face in an urban setting ... is they haven't worked with one another enough to know what each others role are," said Staff Sgt. Dustin D. Douglas, MOUT obstacle course trainer, Mobilization Support Team One, 1st Battalion, 383rd Regiment of Des Moines, Iowa. "But with practice and training, they should be able to get to that level of confidence with each other."

Douglas, a native of Burlington, Iowa, along with other Soldiers of the 383rd, are training fellow service members from both the U.S. and Canada as part of the Golden Coyote training exercise.

"We have medical units out here, we have transportation units, we have a whole gamut

of units across the spectrum," said Maj. Bill C. Kuhfahl, MOUT officer in charge, 383rd Regt.

Training begins with a classroom phase, to get their mental focus on what is going to happen today, said Douglas. From the classroom, Soldiers move on to phase two, better known as the "tape house." A tape house consists of small stakes placed in an open area and connected to each other by tape to represent a building with rooms.

"The phase two portion is where they are actually going to do the training; they are going to see a demonstration first from some of my instructors. After that, we will break it down, step-by-step, on how to do it and then we have them run through it ... so they can get comfortable with what their doing," said Douglas.

Once the Soldiers feel more comfortable going through the motions, they move on to a practical exercise, said Douglas.

"Then they get an operations order...and they run through a mission," he said. "They go into a town, secure [it], and clear out any insurgents as necessary and deal with any noncombatants."

Paintball guns are used in place of real weapons to provide a real-world aspect to the training, said Douglas.

"We use paint balls to

simulate bullets coming at them, so they can tell if they get hit," he added.

Along with providing a more realistic environment, the use of paint balls helped keep the training entertaining.

"I had a lot of fun," said Spc. Kay J. Cuka, Detachment 3, 155th Engineer Company of Wagner, S.D. "I wish I could have shot more paint balls."

Along with being fun for the service members, both Douglas and Kuhfahl feel this training is essential to all Soldiers, including National Guard and Reserve.

"You never really know when you might find yourself in a theater of operations and you might have to do this," said Kuhfahl. "It may not be your MOS [military occupation specialty], it may not be your job, but you may end up doing something like this if the situation calls for it, so its essential that every Soldier know their part, and at least have a familiarity with how to do it," said Kuhfahl.

Douglas also hopes that at the end of the training, all the participating Soldiers take something back from the training to their units.

"I hope they take away a good training aspect," said Douglas. "What we tried to teach them and hopefully take it back to their unit to teach other Soldiers."



MCpl Joleil Duquette (bottom) and Cpl Dave Illi take time to practice building-clearing tactics during Military Operations in Urban Terrain training at West Camp Rapid, S.D. The Canadian unit was training with American units on MOUT tactics during this year's Golden Coyote training exercise held in the Black Hills of South Dakota.

— credit/source: Staff Sgt. Carlos Lazo, 302nd Mobile Public Affairs Detachment

Annapolis Café

14 Wing Food Services

All Prices include HST

Breakfast Full \$5.55

Breakfast Light \$3.30

(Beverage & Toast or Cereal)

Lunch Full \$11.10

Lunch Light \$6.65

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

Dinner Full \$11.10

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

Meal Hours

Breakfast 0600 - 0900

Weekend & Holidays 0600 - 1100

Weekend Brunch 1100 - 1315

Lunch 1100 - 1315

Dinner 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

KINGSTON & DISTRICT SCHOOL

school lunch menu	
Whole Sandwiches	Snacks
1/2 Sandwiches (Asst. fillings) \$1.15	Cheese & Crackers \$1.00
Subs/Kaisers/Wraps \$2.25 - \$2.50	Fresh Fruit \$0.75 - \$1.25
Hot Foods	Gold Fish Crackers \$0.50
One Hot Food Daily \$2.50	Miscellaneous
Cup of Soup \$1.00	Bread & Butter \$0.50
Bowl of Soup \$2.00	Bagel \$1.25
Beverages	Cream Cheese \$0.50
Milk \$0.35	Cheese Whiz \$0.50
Choc. Milk \$1.30	Freezer Items
Juice Small \$1.00	Frozen Yogurt \$1.25
Juice Medium \$1.25	Yogurt Tubes \$1.00
Bottled Water \$1.25	Desserts
Yop \$1.25	Muffins \$1.00
V8 Juice \$1.00	Cookies (small) \$0.35
Salads	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: Assorted Menu; Toonie Tuesday: \$2 for a Hot Dog & Ice Cream, Bring Your Own Drink; Wed-Thurs: Marking Days - No School; Fri: Snack & Breakfast - Closed for the Year - Field Day - Bring Your Own Lunch

This menu brought to you compliments of:

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 KINGSTON • 1-902-765-3111
 KENTVILLE • 1-902-678-8044
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www.frasers.ca

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.



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. These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

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

Located at AVM Morfee Centre, School Street

Monday 1-5pm & 6-8pm
Tuesday 10am-1pm & 2-5pm
Wednesday 1-5pm & 6-8pm
Friday 12-4pm
* Sunday 1-4pm

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



HOROSCOPES

June 21 to June 27

ARIES - Mar 21/Apr 20

Aries, now is the perfect time to make a financial assessment and impart some changes to your budget. Allocating funds for different necessities is wise.

TAURUS - Apr 21/May 21

Hold on to your hat, Taurus. This is going to be one wild ride this week. It'll take a lot of determination to make it through unscathed, but if anyone can handle it, it's you.

GEMINI - May 22/June 21

There's a lot to get done, Gemini, but you simply do not have the time to get it all done. Now is the time to call out to those you trust for a helping hand.

CANCER - Jun 22/Jul 22

Cancer, shift focus for a while and look to your romantic life, which could use a little help these days. If you're attached, spend time with your special someone.

LEO - Jul 23/Aug 23

There's a lot of friction in the air, Leo, and you're not sure what to do with this charged atmosphere. Better lie low for a while until things get quieter and more to your liking.

VIRGO - Aug 24/Sept 22

This week you will likely find you need some help at home and a break. It's not a sign of weakness if you ask for help, Virgo. Take a day or two to recharge your batteries.

LIBRA - Sept 23/Oct 23

A change of heart leaves you open for momentary weakness, Libra. As long as you hold your ground you won't get taken advantage of. Work pressures increase.

SCORPIO - Oct 24/Nov 22

You get some news, and while it's not entirely good news, it's not bad news either. So you'll just have to keep a wait-and-see attitude for the time being.

SAGITTARIUS - Nov 23/Dec 21

Something you do this week, Sagittarius, will put you in the hot seat. Even family members will be hesitant to support your actions. You will simply have to make amends.

CAPRICORN - Dec 22/Jan 20

Capricorn, it seems like you're butting heads all this week. If you take a good look, it's you who are being difficult. Lighten up and you will have an easier time of it.

AQUARIUS - Jan 21/Feb 18

You're generally a positive sort of person, Aquarius, but even you are having trouble mustering a good outlook on this week. Just hope the days fly by quickly.

PISCES - Feb 19/Mar 20

There's not much you can do to change a situation, Pisces, so why exert energy unnecessarily? Just wait for things to work out.

FAMOUS BIRTHDAYS

- JUNE 21 Meredith Baxter, Actress (62)
- JUNE 22 Cyndi Lauper, Singer (56)
- JUNE 23 Jason Mraz, Singer (32)
- JUNE 24 Sherry Stringfield, Actress (42)
- JUNE 25 George Michael, Singer (46)
- JUNE 26 Derek Jeter, Athlete (35)
- JUNE 27 Madylin Sweeten, Actress (18)

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Habitat for Humanity Yard Sale & BBQ

Saturday, June 27th at DeCoste Kitchens, 769 Main St. Kingston. Habitat for Humanity's Valley project is having a giant community yard sale and we need you and your stuff! Tables will be provided for \$5.00 and we are asking that you donate 10% of your profits at the end of the day to Habitat for Humanity HRM/AV. There will also be a BBQ and a bake table. If you are interested in a table call 690-5344 or email at habitat.av@gmail.com

Celebrate Canada Day

Celebrate Canada Day with a Lobster Take-Out: a freshly cooked 1-1/4lb lobster, potato salad, coleslaw, tomato, cucumber, roll and strawberry shortcake; \$20.00 for each take-out. Holy Trinity Church Hall, Middleton, July 1st, 11:15 - 1:30 p.m. or as supplies last. Sponsored by Holy Trinity Church. Deliveries in town, call 825-4758.

Community Breakfast

On Saturday June 27th, 8:00 to 10:00 a.m. there will be a Community Breakfast held at the Kingston Baptist Church, Main St, Kingston. For a free-will offering come and enjoy breakfast with us - all are welcome. Please note that we will not be holding community breakfasts during the summer months, but we will resume in September.

Canada Day Weekend Rink Dance

There will be a Canada Day Weekend Rink Dance held at the Middleton Arena on July 4th from

9:30 p.m. - 1:30 a.m. Live music by local band Joker's Right. Must be 19 years or older. All proceeds support Middleton Minor Hockey Association.

'Crocodile Dock' Vacation Bible School

Takes place July 27-31 at Middleton Baptist Church! All kids age 3-grade 6 are invited to come to this awesome day camp! Our camp runs from 9:30 - 11:45 a.m. each morning (Monday-Friday). For more information & to pre-register please phone Holly at 825-3537 or pick up a brochure today at the church office. Bring your friends!

Toastmasters Club

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

Canada Day Celebration

1:00 - 3:00 p.m., Wed, July 1st, Macdonald Museum, Middleton. Free refreshments, entertainment, children's activities. No admission charged to museum, July 1st only. Ernie Marshall & Friends will provide musical entertainment. Phone 825-6116 for more information.

vide musical entertainment. Phone 825-6116 for more information.

From the Cradle to the Grave

Opens at Macdonald Museum, Middleton, July 1st. Features artifacts on birth, marriage and death. Free admission opening day only. Phone 825-6116 for more information.

Happy 50th Barbie

Exhibit featuring over 50 old and new Barbies, opened June 18th and continues to Dec. 14th. Admission charged. Phone 825-6116 for details.

VPI Meeting

The Greenwood 14 Wing VPI will hold their monthly meeting on 25 June at the VPI Centre. This will be the last meeting before we regroup in September. Engines On for the meeting at 1530 hrs, with Take Off planned for 1600 hrs.

107 Valley Wing RCAF A News

Annual Yard Sale will be held at 107 (V) Wing 904 Central Ave. Greenwood, rain or shine. From 0900 until 1300 hrs on 27 June 2009. BBQ & Hot Dogs will be available. We proudly support our cadets.

Contemporary Worship Service

Held Sundays, 10:45 at New Beginnings Center, 1151 Bridge St., Greenwood. We have Kid's Church for children 3 - 11 yrs. at 11:00. A time of fellowship and coffee follows the Worship Service and we enjoy a potluck "Love Lunch" together once a month. Everyone is welcome and we look forward to meeting you.

Bottle Drive

1st Middleton Scouts will be having a Bottle Drive on Saturday 27 June from 8-12 a.m. in support of them attending Scotiajamb 09 in Cape Breton. Please leave bottles on doorstep if not home and we will pick up. Please Call Lucille at 825-2048 for further inquiries. Thank-You for your support.

Annual Yard Sale

Melvem Square and area annual yard sale on Saturday, July 4, 2009 starting at 8:00 a.m. rain or shine.

Kingston Area Seniors Association

The Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No 98 of the Royal Canadian Legion Kingston. Fun day (Cards & Games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Roger's at 765-3292.

Strawberry Supper

There will be a Strawberry supper at the Harmony Baptist Church July 8, 2009, 4:30 - 6:30 p.m. Freewill Offering. Potato Salad, Ham, coleslaw, tomatoes, cucumbers, rolls, strawberry shortcake, whipped cream.

Saturday Morden Breakfast

The Morden Community Hall will be having a breakfast on Saturday, 27th of June from 8:00 - 10:30 a.m. The menu will be scrambled eggs, sausage, pancakes, homemade fishcakes, baked beans, juice, tea/coffee. It is a free will offering and all proceeds are for the Morden Community projects.

PICK ME UP

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NAME _____ **PHONE NUMBER** _____

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

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

- When is the Bike Rodeo at the CANEX being held _____
- Who has New Rockwood Tent Campers _____
- The telephone number fro MRM Painting Services is _____
- When is the Greenwood Mall's Senior's Appreciation Day _____
- Who is having a Mid Season Garden Centre Clearance Sale _____

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

Congratulations to last week's winner: TOM FRANKLIN

The 107 Valley Wing



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Canadian Guns Watch Over Our Southern Neighbours



District, Afghanistan; 18 May 2009 — The crew of an M777 howitzer conducts an indirect fire mission. (credit/source: Lt Katherine Fontaine, GT 2R22Er)

R, a component of the 2nd Battalion Royal 22e Régiment Battle Group, is the third Canadian troop armed with M777 howitzers and 91-mm mortars to provide indirect fire support to the American battalion.

The co-operation with the Americans is more than an enriching experience, and that goes for both organizations. If our southern neighbours have shown an aptitude for infrastructure and resupply, we have demonstrated skill in employing artillery in a variety of operations. The troop's command post team has adapted quickly to the nuances the Americans bring to fire discipline: from our training, in which Canadian observers controlled every aspect of fire, we have moved on to a method that gives us the freedom to choose the load and the number of rounds to fire. Be-

ing infantry soldiers with a special qualification, rather than gunners by trade, the American observers enthusiastically accept advice from our more experienced members, also improving their fire discipline, which gives them greater effectiveness in getting the effects they want on the ground.

If our troop has had the opportunity to fire, on average, one mission every three days, it's thanks to the fact that the battalion's fire support officer is both very open to training missions, and keenly aware of how indirect fire can benefit their operations. We have already had a chance to fire spe-

cialized munitions at very long range, something our troop sergeant-major had never seen in his 21-year career! Fired vertically, the rounds attained a height of more than 68,000 feet. For this occasion, the meteorological section produced a 27-line message, a record for the Afghanistan deployment so far.

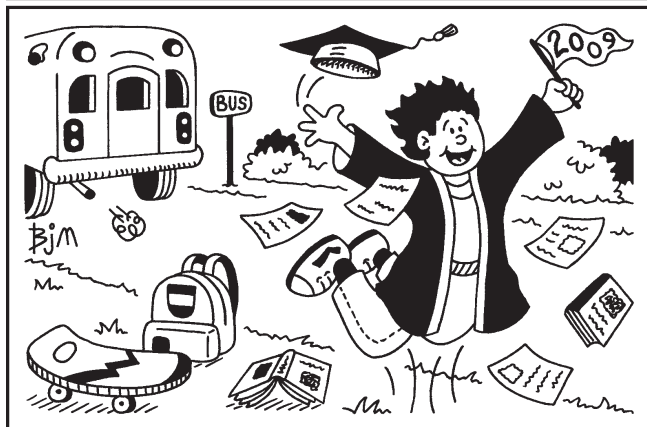
Working with a foreign army has given our troop of Batterie R an opportunity to prove its shooting ability and to accomplish missions outside the traditional Canadian pattern. For some of our radio operators, it is also a chance to refine their skills in the language of Shakespeare!

Lieutenant Katherine Fontaine - Batterie R, Groupement tactique du 2e Bataillon du Royal 22e Régiment

Operations are going full blast at our forward operating base in Afghanistan's

Maywand District. We are engaged in an unusual collaboration, in which the 2nd Battalion of the 2nd Regiment of Infantry, U.S. Army, better known as 2-2 Infantry, is supported by a troop of Canadian artillery. Our troop of Batterie

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



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Stripe on backpack pocket is missing. 2. Writing on book is missing. 3. Tassel on graduation cap is missing. 4. Collar on shirt is colored in. 5. Toe on shoe is colored in. 6. Picture on paper is colored in. 7. Tailpipe on bus has moved. 8. Light on side of bus has moved. 9. Grass behind skateboard has moved. 10. Window on bus is larger. 11. Sign is taller. 12. Pencil is longer.

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PATRICK'S PUZZLE

What's the Difference?

There are 5 things different between Picture A and Picture B. Can you find them all?



Answers: 1. barn is pink 2. missing clouds 3. missing spots on cow 4. cow has more udders 5. missing steering wheel

Patrick's Puzzle brought to you compliments of:

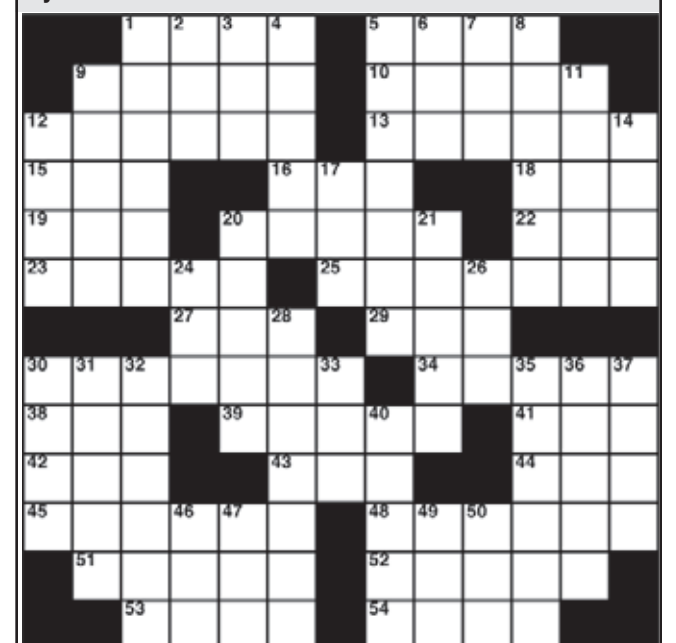
Tri County Communications
Greenwood Mall
TELUS
authorized dealer
Cellular Sales & Service
Authorized Product Care Centre
765-2415

Canadiana Crossword

A Bountiful Buffet

Solution page 17

By Bernice Rosella and James Kilner



- ACROSS**
- 1 Matrimonial _____
 - 5 Dairy _____
 - 9 Sound of Music character
 - 10 Invalidate
 - 12 Bowls
 - 13 Took a chance
 - 15 Visual communication
 - 16 European common mkt.
 - 18 Siamese citizen
 - 19 Brazilian city
 - 20 _____ Fairclough
 - 22 Employ
 - 23 Control system
 - 25 Deranged
 - 27 Bishop's vestment
 - 29 Slurp
 - 30 Foodstuff
 - 34 Feigned
 - 38 Brew
 - 39 Winter happenings
 - 41 Sri Lankan
 - 42 Sea to Serge
 - 43 Word after neither
 - 44 Wager
 - 45 _____ Rico
 - 48 Motor fuel rating
 - 51 Frantic
 - 52 Acclaim
 - 53 Be without
 - 54 Icelandic poems
 - 20 Ruler of winds
 - 21 Unworldly ones
 - 24 Brewery
 - 26 Accounting pro
 - 28 Unleavened bread
 - 30 Seduce
 - 31 Small intestine
 - 32 Red River
 - 33 Tewkesbury toilet
 - 35 Ukrainian sausage
 - 36 Happening
 - 37 _____ Squares
 - 40 Corresponded
 - 46 Nucleic acid
 - 47 Twitch
 - 49 _____ Tongues
 - 50 Smidgeon
 - 17 Canadian labour
- DOWN**
- 1 Medicinal bean
 - 2 Onassis, for one
 - 3 Family
 - 4 Artist's prop
 - 5 _____ sausage
 - 6 Black cuckoo
 - 7 Hosp. workers
 - 8 Inuit blubber dish
 - 9 Sweet _____
 - 11 Tenancy
 - 12 Nanaimo _____
 - 14 Expired

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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.

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FOR SALE - 94 Kawasaki Bayou 220 cc, 2X4 very good condition. All papers available. \$1,300 OBO. Call after 5 p.m. 902-665-4056. (3025-1tp)

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(3022-ufn) FOR RENT - RETIREMENT APARTMENTS - New 2 bedroom units in Kingston. Ground level, walking distance to all amenities. \$690.00 per month plus utilities, guaranteed no rent increases. Call (902) 825-6929. (3021-10tp)

FOR RENT - 2 bedroom duplex apartment. Fridge/stove included, utilities extra. Asking \$550.00 per month, available July 1st. Call 765-4906 (3023-4tp)

FOR RENT - 10 Meadow Lane and 156 Main St Middleton. Both \$700.00 per month plus utilities,

available July 15th Call 765-0224 for more information. (3024-2tp)

FOR RENT - Quiet area central Aylesford. Energy efficient lower level 2 bedroom duplex apartment. Adult building. Fridge/stove supplied, washer/dryer hook-up, lawn mowed. Only quiet adult with good rental history need inquire. \$375.00 monthly phone 765-2042. (3023-2tp)

FOR RENT: Lovely, large English Tudor style home, massive stone fireplace, patio, landscaped, paved driveway, 2 bedrooms located 5 minutes from 14 Wing Greenwood and shopping mall in quiet residential neighborhood. Includes 6 appliances. \$950 monthly. Call 670-

6522 (3024-4tp)

FOR RENT - 2 Bedroom ground floor apartment near Paragon, with washer / dryer, fridge / stove provided. Large kitchen and bedrooms. Apartment completely renovated, lawn care, snow removal provided. Storage Shed on large private lot. Available July 1st. \$525 per month, plus utilities. For more info or to view, phone 765-9274. (3025-2tp)

FOR RENT - Spacious water front cottage on Lake George. \$600 per week. Call 765-6849 to rent. (3025-1tp)

FOR RENT - 1 bedroom apartment Kingston, heat and lights, fridge/stove, washer/dryer, snow removal, lawn care, parking in garage included, no pets. Call 765-9113 (3025-1tp)

FOR RENT - 2 bedroom apartment in Wilmot. Includes heat, hot water, fridge/stove, cable

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Classifieds Continued

TV, and shared washer/dryer. Adult building. References and security deposit required. \$475.00 per month. Call 765-0838 after 6:00 p.m. (3025-1tp)

FOR RENT – Apartment for rent in Forest Brook Park Subdivision. Available July 1st. \$575 a mos. Phone 840-3709 or 825-6096. (3025-2tp)

FOR RENT – Large, modern 2 bedroom apartment with hardwood floors. Available July 1st. Quiet adult 4-plex secure building, close to Paragon Golf Course. Rent is \$550.00/mth. Plus utilities. Coin laundry provided. Call 765-4646 anytime for appt to view. (3025-3tp)

FOR RENT - Spacious 4 bedroom, 2 bathrooms, garage, family room, games room, dining room, kitchen with appliances, located on 3 acre lot, 5 min drive from CFB Greenwood front gate. No smoking. \$850 per mos. Ph: 403-502-6079. (3025-ufn)

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

SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates—flexible hours Call Mike at 242-2465 Greenwood/Kingston (3024-ufn)

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. (3020-8tp)

SERVICE – Childcare available in my Kingston (Ravenwood Subdivision) home. Approved by the Kings County Family Resource Centre, Family

Home Daycare Program (licensed through Community Services). Portable subsidy for families who qualify. Open Monday - Friday from 7 am to 5:30 pm. Snacks and lunch provided. Smoke free environment. Fenced in backyard. Contact Melanie at 765-4858 for more information. (3024-2tp)

SERVICE – DJ Martin Landscaping, all lawn maintenance, lot cleaning, wood chipping. Call Jim at 760-0554 (3025-4tp)

SERVICE – Palm and Tarot Reading by Annie, Kingston area. Gift certificates available for any occasion. Call 765-0712 for an appointment. (3025-8tp)

SERVICE - Childcare: Willing to provide childcare to children of all ages. Experienced, First Aid/CPR, Criminal Check and Child Abuse Register. Will provide snacks, lunch and receipts. Please call Paula 242-2445 or 7601436. (3025-1tp)

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thing's like Quiche, High Tea Sandwiches, Savoury Pasties THE ONLY THING TO STRAIN IS YOUR TEA! Take a chance or Phone ahead 1-902-242 2359 Hours of Opening: 10 am till late at night! Mon-Sat, Sun 1p.m. till late (3025-1tp)

MOVING SALE - 171 Commercial Street, Middleton June 27 & June 28, 9AM-1PM—indoors. Student moving—futon, TV & stand, Dining table and folding bar stools, computer desk, dishes, pots & pans, microwave etc. Call 538-0617 or 825-7599. (3025-1TP)

YARD SALE – June 27 9 am to 1 pm. Multi family at 564 McLair Avenue - 568 Brandy Avenue—Behind Ultramar Gas Station in Greenwood. Rain date June 28. Toys, bikes, books, and household items. (3025-1tp)

WANTED

WANTED – Strawberry pickers. L&S Evans & Son Ltd, 13842 Hwy #1 Wilmot. Phone 825-4416 (3024-3tp)

WANTED – Karaoke Host. Must be a singer and MC. All equipment supplied. Weeknights and week-ends. Phone 760-2166. (3025-2tp)

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West Kings Envirothon Team Wins Provincial Competition



West Kings Team # 1 along with Catherine Crook are accepting their \$2,000.00 cheque from the sponsors of the Envirothon competition. The cheque will help with the teams expenses to go to North Carolina. Catherine is shown with the trophy which will be on display at West Kings for another year.

Envirothon is an educational program that augments existing school curriculum with real-life issues concerning the environment. The goal is to create, on part of the students, a desire to learn about the natural environment and to discover that they individually and collectively can make a difference in maintaining a natural balance between the quality of life and the quality of the environment.

West Kings District High School has participated in the Envirothon competition for the past 17 years with their Biology teacher and dedicated adviser, Catherine Crook. West Kings won their first provincial title last year and had an amazing trip to Flagstaff, Arizona.

Sponsored by the Nova Scotia Forestry Association, West Kings District High School's team # 1 of 4 students (Christa Skinner, Bronson Joudrey, Dominik Kiss and Brianna Coombs) were tested on their knowledge of aquatic ecology, forestry, soils/land use, wildlife and the current issue, Biodiversity and a Changing World. In addition to

testing critical skills, our team participated in written, hands-on, and public speaking activities.

Team West Kings won the Provincial Competition held at Acadia University on May 2nd, 2009 and will now represent the school and the province at the National Canon Envirothon Competition being held at the University of Asheville, North Carolina, from August 2-8, 2009. Unfortunately, Brianna Coombs will not be able to be part of the traveling team so Melaine Lowe and Kody Horsnell (members of West Kings Team # 2) have joined the original three. These five young people will, as soon as exams are over, begin their studies and fund raising activities to ensure that all expenses are met and that they will have an outstanding result at the end of the competition.

The team would like to thank Ms. Crook for all her hard work and dedication to the Envirothon team over the years and wish her a great retirement.

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CANADA DAY SKATEBOARD COMP
JULY 1ST
 @ the Greenwood Skatepark

Registration Begins @ 11:00
 Competition Begins @ 12:00
 Winner Circle Approx @ 3:30

Open to youth ages 9-18. Each youth will be judged on a 90 second run. The top 5 youth from each division will then be allowed a 2nd 90 second run. These two runs will then be combined to determine first, second, and third place. Grand Prize to be \$500!

Registration cost is \$5, and all youth will be placed into a drawing to win additional cash prizes.

For more info, or to pre-register please call Kelly @ 785-0765

Youth Happenings at the 14 Wing Community Centre

By: Youth Recreation Worker: Sai Sherwood

June is drawing to a close, but there are still some great activities to look forward to at the Community Centre. The Community Centre Notice board gets updated on a weekly basis. Be sure to take a look as you go past it.

There are lots of great ac-

tivities planned at the Community Centre this month, so be sure to drop by and pick up your copy of the June calendar, or give us a call at 765-8165! Here's what's happening this week at the 14 Wing Greenwood Community Centre.

Boyz Club
Monday June 22nd, 2009

After many, many requests, the Boyz Club will be playing Badminton tonight! Meet in the Community Centre Gym at 4:30.

Teen Activities
Tuesday June 23rd, 2009
Tonight the teens will be going golfing. Meet at the Community Centre at 6pm. We'll then go over to the driv-

ing range. Cost \$6.00 for balls.

Active Chicks
Thursday June 25th, 2009
Swimming
6:30 – 8:00 pm
Active Chicks will be meeting at the Community Centre tonight at 6:30 to sign-in and then we'll be walking over to the pool together! Grab a friend; swimming is always fun with a buddy! See you there!

Mic Mac Mall/Glow golf trip

Wednesday June 24th, 2009
Cost is \$6 per person. Children under the age of 13 will require the supervision of an adult aged 19 or over. The bus will be departing the Community Centre at 12:00pm, returning at 8:00pm. For more information, or to sign up, call 765-1494x5341.

Welcome Summer Schools Out Carnival

Friday June 26th
Pre-Teens 6-8 pm, \$2.00
Teens 8:30-11:30 pm, \$3.00
This will be an 'enhanced dance'...there will be music and dancing, but also a whole lot of fun and carnival themed games...such as feats of strength, freaky hidden talent competition, juggling competition, rubber chicken games...and much more....

Also, there will be free snowcones, free cotton-candy (with filled out needs assessment), free popcorn, tattoos, and loads of prizes.

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 8 pm to 11 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

Canada Day Skate Competition

July 1st
Registration cost is \$5.00
Three divisions: Beginner (9-11), Intermediate(12-14), Advanced (15-18)

Great Prizes for the winners, plus everyone is entered to win a door prize—both the participants and the spectators! This year everybody has a chance of winning some cool stuff.

Bike Rodeo

July 4th, 2009 1000-1200hrs
14 Wing Military Police, with the assistance of the CANEX, Personal Insurance and members of the Community Centre Teen Council invite anybody aged 2-14 (plus adult supervision) to the Greenwood CANEX parking lot, where they will be hosting a Bike Rodeo. Bring along your bicycle, and helmet, and get them checked over by the Military Police. There will also be a display from the Fire Department, plus chances to

win prizes! Participants have the chance to win a bicycle and helmet in a draw by the CANEX, and parents have a chance to win a Bluetooth® Headset from Personal Insurance.

Whale Watching Trip

Sunday, July 26th
9:45am-8:30pm
Cost: Age 13 plus – \$35.00, Ages 12 & under - \$25.00
Please sign up by Friday, July 24th

Once again, we will be going whale watching, at Brier Island Whale and Seabird Cruises. The above prices include return transportation, but not meals. Under 13's will need to be accompanied by an adult aged 19+. Spaces are limited to 40 people, so early registration is recommended. You can book your place at the Community Centre Main Office.

Pre-Teen Movie Night


Every Saturday is pre-teen movie night. The fun starts at 6 pm and runs until 8 pm. Admission to the movie is free with your membership card or \$1.00 drop in fee. This week we will be watching *Short Circuit*, Rated: PG. Number 5, one of a group of experimental military robots, undergoes a sudden transformation after being struck by lightning. He develops self-awareness, consciousness, and a fear of the reprogramming that awaits him back at the factory. With the help of a young woman, Number 5 tries to evade capture and convince his creator that he has truly become alive.

Teen Movie Night

Teen movies run from 8:30 – 10:30 pm. Admission to the movie is free with your membership card or \$2.00 drop-in fee. This week the teens will be watching *Short Circuit*, Rated: PG. Please see above for a description of this movie.

RED FRIDAY Don't forget to wear RED on Friday to show your support to the troops. There is no better way to make a statement and to say thank you to the men and women of the Canadian Forces than to proudly wear red on Friday. Drop by the Greenwood Military Family Resource Centre (GMFRC) to see us and buy a T-shirt to show your support!!! 100% of proceeds from the sale of Red T-shirts go directly to support GMFRC programs and services.

For more information please contact Michelle Thibodeau Wagner, GMFRC Coordinator of Special Events and Promotions at 765-1494 local 1421 or email at michelle.thibodeau-wagner@forces.gc.ca.



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

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

Cottage Contents	Amenities	Your Responsibilities
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Club House Games Room Canoe/Paddle Boat Rental Shower Facility Laundry Facility Beach (unsupervised) Canteen (seasonal) Firewood Hay Rides Special Events 	<ul style="list-style-type: none"> 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
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JC's Hot Tubs and Pools FUNDRAISER

~ WHERE ~
Top Hat Bar and Grill
(behind Greenwood Mall) in Greenwood

~ WHEN ~
Saturday June 27, 2009 at 4:00 p.m.

~ WHAT WE WILL HAVE ~
A Chinese Auction, Steak and Stein for \$10.99 and a Dance to Follow

You can purchase tickets for the Steak and Stein either at the door or by contacting:
Sadie-Anne Conway at 765-1196 or Manon Dube at 765-1494 ext 1643.



DEADLINES

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

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RECYCLE

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, 14 Wing Greenwood 765-1494 ext. 5367



EAP

Employee Assistance Program

When you need someone to talk to, call:

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


GMFRC Little Ladies Princess Tea Party

Submitted by: Jennifer MacLeod, Program Support Assistant

We had a royal gathering at the GMFRC where your little princess socialized with other royal heiresses. Our princesses dressed in their finest gowns and jewels and nibbled on dainty delicacies and sipped on specialty tea, while enjoying the beautiful table linens. Our royal activities included etiquette lessons, magical tales, flower arrangements and ballroom dancing.


This is a wonderful program where imagination comes to life for your little princess. If you would like more information on children programs at the GMFRC, please contact the Co-ordinator of Children and Youth Services, Kim Dixon, at 765-1494, local 1812.

(Photo submitted by: Jennifer MacLeod)

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Register NOW!
Where: Birchall Training Centre, Classroom 4
When: Tuesdays and Thursdays from 3 - 6 PM

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The Program

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Program Availability

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- **ON BASE:** No travelling — all courses will be available to you in Greenwood.
- **ADVANCED STANDING:** Possible credit for ILQ, PLQ, and OPME courses.

Contact

For more information, contact the Wing Personnel Selection Officer (WPSO):

w14.wps0@forces.gc.ca
(902) 765-1494, ext. 5528

More information is also available on our website:



<http://14wing.openacadia.ca>
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The Active Chicks would like to say a big "Thank-You" to the 14 Wing Greenwood Fire Hall! What an awesome night for the girls; they learned to put out fires with the fire extinguisher, knock over barrels with the fire hose, and use the coolest equipment to find someone in a dark and smoky room! Thanks to everyone who helped out with the tour, the girls had a blast!

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Sunday, June 28th