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# GO Habs GO!

*Master Corporal Stephane Clavette who is a Search and Rescue Technician from 413 (Transport & Rescue) Squadron based here at 14 Wing Greenwood. The MCpl is a big fan of the Canadiens and this photo was taken from a C-130 Hercules Aircraft while flying over Summerside P.E.I. on Thursday, May 13, 2010 just after the Canadiens eliminated Pittsburgh from the playoffs.*

(Image submitted)

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# Ombudsman Now Accepting Nominations for the Special Recognition Award

National Defence and Canadian Forces Ombudsman  
**OTTAWA (May 5, 2010)** - Every year, the Ombudsman's Office asks for assistance in identifying individuals within the Defence community – members of the Canadian Forces, employees of National Defence, and/or family members – who have made a significant contribution to the Defence community and who may qualify for an Ombudsman's Special Recognition Award.

The Ombudsman's Special Recognition Award recognizes

individuals and groups across the Defence community who have clearly gone above and beyond the normal requirements of their job to help others in resolving a specific problem, or who have brought positive and lasting change to the Defence community through improvements to their workplace, existing policies, regulations or the quality of life of DND/CF members.

Anyone in the Defence community can submit a nomination directly to our Office. This year's nomination period closes

on June 14, 2010.

A commendations ceremony honouring award recipients will be held in Ottawa in October 2010. Award recipients will receive a framed citation and an engraved glass sculpture.

Additional information on the award criteria and nomination process can be found on our website at [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca) or by calling Ms. Althea Basudde, Communications Officer, at 613-995-8698.

## L'Ombudsman accepte maintenant des mises en candidature pour la Mention d'honneur spéciale

Ombudsman de la Défense nationale et Forces canadiennes  
**OTTAWA (le 5 mai 2010)** - Toutes les années, le Bureau de l'Ombudsman sollicite de l'aide pour identifier des personnes faisant partie de la communauté de la Défense – des membres des Forces canadiennes, des employés de la Défense nationale et (ou) des membres de leur famille – qui ont apporté une contribution importante au sein de la communauté de la Défense, qui pourraient remplir les conditions pour recevoir la Mention d'honneur spéciale de l'Ombudsman.

La Mention d'honneur spéciale de l'Ombudsman sert à

reconnaître le travail des militaires et des employés civils qui sont allés au-delà des besoins et des exigences normales de leur emploi pour aider d'autres personnes à résoudre un problème en particulier ou qui ont apporté des changements favorables et durables au sein de la communauté de la Défense en améliorant leur milieu de travail, les politiques existantes ou la qualité de la vie du personnel du MDN et des FC.

Tout membre de la communauté de la Défense peut présenter une mise en candidature directement à notre Bureau. La période de mise en candidature de cette année se termine le

14 juin 2010.

Une cérémonie de remise des Mentions d'honneur aura lieu à Ottawa en octobre 2010. Tous les lauréats recevront une attestation encadrée et une sculpture de verre portant une inscription gravée.

Pour obtenir des renseignements additionnels sur les critères d'admissibilité et sur le processus de mise en candidature, veuillez consulter notre site Web à l'adresse : [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca) ou communiquer avec Althea Basudde, agente des communications, au 613-995-8698.

# Russian Observation Aircraft Takes to Canadian Skies Under International Treaty

NR - 10.041 - May 17, 2010

**OTTAWA** - A Russian Federation aircraft will conduct an aerial observation mission over Canada under the authority of the Treaty on Open Skies on May 18-20, 2010.

A Tupolev TU-154M aircraft, which arrived at 8 Wing Trenton yesterday, will be accorded its legal right of unimpeded observation overflight of Canadian territory, in fulfillment of

Canada's obligations as a State Party to the Treaty on Open Skies. Using an array of onboard imagery systems, the aircraft can observe and verify objects of interest, such as military installations, industrial complexes, population centres, and transportation facilities.

The Treaty on Open Skies, which entered into force on January 1, 2002, promotes increased confidence and transparency amongst the 34 nations that are party to the

Treaty. Canada has conducted a number of observation flights over other States Parties, including the Russian Federation, Belarus, Croatia, Georgia, Ukraine, and Bosnia and Herzegovina.

This flight marks the sixth time a foreign State Party

will conduct an observation flight over Canada, the first having taken place in September 2004. Canadian military escorts and technical specialists will be onboard the Russian aircraft throughout the observation mission to ensure compliance and

safety by monitoring imaging systems and adherence to the agreed flight route and profile.

Canada is a signatory to several security treaties, including those dedicated to the elimination, reduction or control of weapons of mass destruction and conventional

armaments. The Treaty on Open Skies is one example of how Canada exercises its commitment to reducing the threat of armed conflict by increasing trust and confidence through developing greater openness and transparency amongst states.

## Un avion d'observation Russe dans le ciel du Canada en application d'un traité international

NR - 10.041 - le 17 mai 2010

**OTTAWA** - Un avion de la Fédération de Russie effectuera une mission d'observation aérienne au-dessus du territoire du Canada en vertu du Traité « Ciel ouvert », du 18 au 20 mai 2010.

L'avion chargé de cette mission, un Tupolev

TU-154M, est arrivé à la 8<sup>e</sup> Escadre Trenton hier. Conformément à ses obligations en vertu du Traité « Ciel ouvert », le Canada l'a autorisé à effectuer un vol d'observation au-dessus du territoire canadien. Grâce à ses divers systèmes d'imagerie, l'avion russe est capable d'observer et de vérifier les secteurs qui présentent

un intérêt stratégique : installations militaires, complexes industriels, centres de population et installations de transport.

Le Traité sur le régime « Ciel ouvert », qui est entré en vigueur le 1<sup>er</sup> janvier 2002, favorise la transparence et l'établissement de liens de confiance entre les 34 États Parties du Traité. Le Canada a exercé ses droits en vertu du Traité en effectuant un certain nombre de vols d'observation au-dessus du territoire d'autres États Parties, dont la Fédération de Russie, le Bélarus, la Croatie, la Géorgie, l'Ukraine et la Bosnie et Herzégovine.

Ce vol marquera la sixième fois qu'un avion d'un autre pays signataire du Traité effectuera un vol d'observation au Canada. La première fois, c'était en

septembre 2004. Une escorte composée de spécialistes militaires canadiens sera à bord de l'avion russe tout au long de sa mission d'observation, pour assurer la sûreté, vérifier la conformité des systèmes d'imagerie et garantir le respect de l'itinéraire convenu.

Le Canada est signataire de plusieurs traités de sécurité, incluant ceux destinés à éliminer, réduire ou à contrôler les armes de destruction massive et les armes conventionnelles. Le Traité sur le régime « Ciel ouvert » est un exemple parmi d'autres de la façon dont le Canada respecte son engagement de limiter et d'abaisser le seuil des conflits armés, et de renforcer la confiance et la sécurité en encourageant l'ouverture et la transparence entre les nations.

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# Un membre des Forces canadiennes tué dans un attentat suicide

CEFCOM NR – 10.009 - le 18 mai 2010

**OTTAWA** — Un membre des Forces canadiennes voyageant à bord d'un convoi de l'OTAN a été tué après qu'un insurgé eut fait exploser un dispositif explosif de circonstance placé dans un véhicule au milieu du convoi, dans Kaboul vers 08h00, heure locale en Afghanistan, le 18 mai 2010.

A été tué le colonel Geoff Parker du Royal Canadian Regiment, travaillant au Quartier général du Secteur Central de la Force terrestre. Au moment du décès, le colonel Parker faisait partie d'une équipe de l'OTAN se préparant pour une prochaine mission.

Nos pensées et nos prières accompagnent la famille et les amis de notre camarade canadien tué en cette période difficile. L'engagement et le sacrifice de nos soldats et de leurs êtres chers aident à faire une différence dans les vies des gens de la province de Kandahar.

Ensemble, les Forces de sécurité nationale afghanes et la Force opérationnelle interarmées en Afghanistan continuent de conserver l'initiative dans la province de Kandahar. Le Canada, en partenariat avec le gouvernement afghan et la FIAS, demeure engagé à améliorer la situation de la sécurité pour établir les conditions de la reconstruction et du développement dans la région.

# One Canadian Forces Member Killed by Suicide Bomber

CEFCOM NR – 10.009 - May 18, 2010

**OTTAWA** — One Canadian Forces member travelling in a NATO convoy was killed after an insurgent detonated a vehicle borne improvised explosive device between the convoy of vehicles in Kabul at approximately 8:00 a.m. local Afghanistan time on 18 May 2010.

Killed in action was Colonel Geoff Parker from the Royal Canadian Regiment, working at Land Force Central Area Headquarters. At the time of his death, Colonel Parker was in Kabul as part of a NATO team preparing for their upcoming mission.

Our thoughts and prayers are with the family and friends of our fallen Canadian comrade during this sad time. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province. Canada in partnership with the Afghan government and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region.



Colonel Geoff Parker.

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# Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers the next couple of weeks. For future and ongoing programs and services, please VIEW OUR NEWSLETTER OR MONTHLY CALENDARS ON-LINE at [www.greenwoodmfrcc.ca](http://www.greenwoodmfrcc.ca) or [www.familyforce.ca](http://www.familyforce.ca) or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

Note: 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.

Greenwood Military Family Resource Centre

Registration Deadline: Tuesday, June 15, 2010

## Prevention, Support and Intervention Programs

Social Worker: Jennifer Hill at 765-1494 local 1811 or email: [jennifer.hill2@forces.gc.ca](mailto:jennifer.hill2@forces.gc.ca)

## Upcoming Programs Care for the Caregiver

Tuesday, June 1, 2010  
Meets the first and third Tuesday of each month

11:00 a.m. - 12:00 p.m.

FREE

GMFRC

Registration Deadline: Thursday, May 27, 2010

## Good Grief

Monday, June 7, 2010

6:00 p.m. - 7:00 p.m.

GMFRC

FREE

Registration Deadline: Monday, May 31, 2010

## Ongoing Services

- Emergency Shelter
- Assessment and Referral
- Short Term Support
- Crisis Intervention

Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

## Child and Youth Programs

Coordinator: Kim Dixon at 765-1494 local 1812 or email [kim.dixon@forces.gc.ca](mailto:kim.dixon@forces.gc.ca)

Upcoming programs or services

## Father's Day Craft

Wednesday, June 16, 2010

6:00 p.m. - 7:30 p.m.

Children 6 - 11 years

GMFRC

\$10/child

Registration Deadline: Friday, June 11, 2010

## Little Boys Super Hero Party

Tuesday, June 22, 2010

10:00 a.m. - 11:30 a.m.

Children 3 - 5 years

GMFRC

\$10/child

Registration Deadline: Friday, June 18, 2010

## Respite Dates

Saturday, June 12, 2010

10:00 a.m. - 5:00 p.m.

Children up to age 12

Registration Deadline: Thursday, June 10, 2010

To meet the increased demand for respite childcare, deployed families can choose 1 of the 2 Saturday Respite Dates in June.

Saturday, June 26, 2010

10:00 a.m. - 5:00 p.m.

Children up to age 12

Registration Deadline: Thursday, June 24, 2010

To meet the increased demand for respite childcare, deployed families can choose 1 of the 2 Saturday Respite Dates in June.

## Deployment Services

Coordinator: Ann Gaudet at 764-1494 local 5583 or email [Ann.Gaudet@forces.gc.ca](mailto:Ann.Gaudet@forces.gc.ca)

Upcoming programs or

## services

### Family Pre-Welcome Home Party!

Sunday, June 6, 2010

1:00 p.m. to 2:30 p.m.

At the Greenwood Military Family Resource Centre

For Deployed Families

FREE

Registration Deadline: Thursday, June 3, 2010

Come and have pizza and make your own Welcome Home banner. We will provide all the supplies, pizza and goodies.

### Laugh Craft Connect— Container Gardening

Tuesday, June 22, 2010

6:00 p.m. to 8:30 p.m.

Location: TBA

Cost: Free for Deployed Families and \$25.00 for non-deployed community members.

Registration Deadline: Monday, June 14, 2010.

Space is limited to 10 Adult Deployed Family members and 10 Adult Community Members. Come out and join us for a lesson in container gardening.

### Call for Deployment Planning Group Members

Due to the upcoming posting season the Deployment Planning Group is seeking individuals to help plan activities and special events for deployed families. We all experience family separations whether it is due to a deployment, IR posting, or career course, to name a few. We are looking for ideas for activities and events that will help our families feel supported and connected to each other. Maybe

you have been posted in from another Wing or Base and you participated in an activity there that you would like to see here. This is your opportunity to help develop activities for you and other military families in our community to enjoy.

### 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 us 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

## Volunteer Services

Volunteer Manager: Janie Gagnon at 765-1494 local 5938 or email [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)

## Volunteer Opportunities

### Respite Childcare Provider\*

Saturday, June 12, 2010

10:00 a.m. to 5:00 p.m.

GMFRC

Volunteers needed: 4

### Fathers Day Craft Facilitator\*

Wednesday, June 16, 2010

5:30 p.m. - 7:30 p.m.

GMFRC

Volunteers Needed: 2

To facilitate a craft for children aged 6-11 years.

### Little Ladies Tea Party Facilitator\*

Friday, June 18, 2010

9:30 a.m. - 11:30 a.m.

GMFRC

Volunteers Needed: 2

To facilitate a tea party for girls aged 3-5 years.

### Little Boys Super Hero Party Facilitator\*

Tuesday, June 22, 2010

9:30 a.m. - 11:30 a.m.

GMFRC

Volunteers Needed: 2

To facilitate a fun and imaginative activity for boys aged 3-5 years.

### Respite Childcare Provider\*

Tuesday, June 22, 2010

5:30 p.m. to 8:30 p.m.

GMFRC

Volunteers needed: 2

\* Suitable for our awesome Youth Volunteers!

## On-going Volunteer Opportunities

### Board of Directors

If you are interested to be part of our Board of Directors and/or receive more information let me know and I will put you in contact with the recruiting BOD member. The GMFRC is a non profit organization lead by a BOD that must be comprised of at least 51% civilian spouses of full-time serving CF members.

### Warm Line Caller

A Warm Line Caller is a volunteer who has been trained by the GMFRC to provide a monthly call to families of a deployed member. The call is a wonderful way to connect with the families and to also inform them about the programs and services of the GMFRC. Two to three hours per month.

### Rainbows Facilitator

Rainbows is a peer support program that helps children deal with difficult transitions such as divorce and deployment. This program involves a weekly commitment.

### Tutors

To provide educational assistance to children enrolled in elementary, junior and high school that are experiencing difficulties with a particular subject. You must enjoy working with children and have a comfort level in the subject area.

One hour per week - for 7 weeks.

### Toy Inspection, Maintenance, and Washing\*

To help with sanitizing and the security check of all toys in the Casual Care room and Early Childhood Education rooms.

\* Suitable for our awesome Youth Volunteers!

## Holy Moly here we go again!

Dempsey Corner Orchards is open once again, come on out and visit the petting zoo and laugh at spring, sprang and sprung, our new baby lambs. The tea room is open, the crafty loft is bulging at the seams or check us out at [www.dempseycorner.com](http://www.dempseycorner.com).

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In case of typographical error, the liability of "The Aurora Newspaper" is limited to a refund of the space charged for the erroneous item. In case of advertisements accepted by telephone, "The Aurora" accepts no liability for error whatsoever. Errors must be brought to the attention of the editor within three (3) days after publication.

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The deadlines 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 the disk and 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](mailto:aurora@auroranewspaper.com)

12h00 pour les annonces publicitaires moins d'une demie page, le mercredi qui précède la semaine de publication. Les annonces publicitaires de plus d'une demie page ou demandant une épreuve doivent nous arriver par le mercredi à 12h00. Les documents doivent être dactylographiés et provenus avec le disque et une copie imprimée. Ils doivent aussi porter le nom, l'adresse et le numéro de téléphone de l'auteur. Ou Email: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included.

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Individuals or groups shall not make any offer of promotion in The Aurora Newspaper of products and/or services in exchange for donations.

La promotion d'entreprises privées sournis en forme d'articles n'est pas permise, excepté dans les cas d'appréciation pour dons ou seulement le nom de la compagnie est inclus. (Compagnies ou individus qui sont présentement en arriérés ne pourront être publiés. Les individus ou groupes ne pourront pas faire d'offres de promotions de produits et/ou de services en échange de donations dans The Aurora Newspaper. Mail Subscriptions are available at the following rates:

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website: [www.auroranewspaper.com](http://www.auroranewspaper.com)

## Move Over Legislation

Effective May 1, 2010, laws are changing for passing a stopped emergency vehicle with its light flashing. Police officers, firefighters, paramedics and other emergency personnel are at risk when stopped on the roadside. This law will help to protect them. On a road with two or more lanes in your direction, you must slow down to 60km/h or follow the speed limit if it is less and move over into a lane further

away from the stopped vehicle if you can do so safely. Fines are doubled for speeding past a stopped emergency vehicle with its lights flashing. Western traffic services will be conducting enforcement primarily through education for a short period of time to allow the motoring public to become more familiar with the new legislation.

For more information you can find out more at [111.gov.ns.ca/tran](http://111.gov.ns.ca/tran)

## Information Sessions at 14 Wing Community Centre

To kick-off 'June is Recreation Month' we are having a Information Session called- Healthy Eating How-to! Registered Dietician Stacy Hanninen will bring all her goodies on June 1 from 3:00 – 4:00 p.m. to show the Teens how to make a meal that is inexpensive and very healthy too! This Session is free, free, free! Space is limited to 12 people, so drop-in to the Centre to sign-up for this great opportunity! If you have any questions please call Megan at 765-8165.

### EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre



#### Volunteer Services Manager Full-Time Position

The Volunteer Services Manager is responsible for the recruitment, training, program development, and support of the GMFRC's team of over 200 volunteers. Responsible to the Executive Director, the Manager will ensure our youth and adult volunteers embrace personal and professional growth opportunities with meaningful contributions through the work we do in our military community.

#### The ideal candidate should possess the following skills and education:

- Post-secondary education in Human Resource Management or a related social science field from a recognized college or university.
- excellent interpersonal, oral, and written communication skill with the ability to facilitate presentations and workshops; and must be computer literate in Microsoft Office programs, including MS Access.
- experience working in a not-for-profit organization with an in-depth knowledge of volunteer management and community development.
- able to work both independently and as part of a team in a fast-paced environment, with the ability to organize and prioritize workload effectively to meet deadlines.
- experience working with, and subscribe to, the principles of the Canadian Code for Volunteer Involvement and have an excellent track record of establishing and maintaining community partnerships.
- an understanding of the unique needs of military families is necessary and a working knowledge of community resources in the catchment area is required.
- Awareness of risk management issues as they pertain to volunteers and clients as well as a strong belief in the principles of volunteerism is required.
- Bilingualism is a definite asset.

Hand deliver, fax, or e-mail cover letter and resumé no later than 4:00 p.m., Tuesday, June 8, 2010 to:

Margaret Reid, Executive Director  
Greenwood Military Family Resource Centre  
AVM Morfee Centre, School Road  
Greenwood, NS B0P1N0  
Fax: 902-765-1747  
E-mail: [margaret.reid@forces.gc.ca](mailto:margaret.reid@forces.gc.ca)

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

You can read more about the GMFRC at: [www.greenwoodmfrcc.ca](http://www.greenwoodmfrcc.ca)

# Business of the Week ~ Wags & Wiggles ~

## Dog grooming and boarding



Wags & Wiggles, goal's are to provide the HIGHEST LEVEL OF CARE POSSIBLE to you, and especially your dog. We take the responsibility of caring for your friend VERY SERIOUSLY, because we know, like our own pets, that yours are also a valued member of your family. We offer one on one grooming services in a cage free environment, air conditioned, deluxe boarding with emphasis on dog socialization, self-wash services, doggy day care and airport pick-up and delivery.

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### Let's Talk Dirty ...

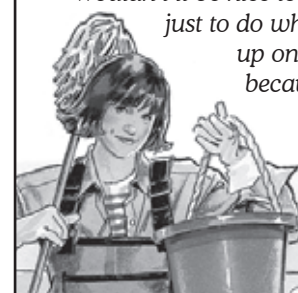
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# The 19th Hole

Golf is an interesting sport....how hitting a little white ball around 18 holes for anywhere from the 60 to 150 strokes can be addictive, is beyond me....BUT IT IS! One day you go out and have a great round, the next day you are like a new golfer, but only one good hole erases all the bad shots and you can't wait to get at it again. Funny game this game we call (and love)....GOLF!

The Ladies held their Early Bird tournament on May 9th. What a great day and we had over 20 ladies taking part.... awesome. Although it was pretty windy, the weather was great. I had the pleasure of golfing with the Field Low

net winner and the 1st Low net winner in the 1st Div.... they didn't go deep enough in prizes for me to get one! Funny thing happened on the 18th hole....when I asked Sandra C what colour the flag was, she said, "Blue....just aim for the blue flag"...well, I was about 280 yards out and hit the blue flag is exactly what I did....but it was the blue 200 yard marker....does that indicate what kind of day I had. One of the groups saw a coyote between #4 and #7.... one thought it was a small deer and another thought it was a large dog....whatever in size....he has the right of way.

Results of the Early Bird: Field Low Net- Sandra Cathcart: 1st Div: 1st low Net:

Queenie Bond, 2nd Low Net: Sheila Johnson, 3rd Low Net: Deena McNeil, Low Gross: Betty Saltzman, Least Putts: Audrey Costin and Donna Hill, 2nd Div: 1st Low Net: Sue Burke, 2nd Low Net: Doris Sampson, 3rd Low Net: Gail Croucher, Low Gross: Sandy Adams, Least Putts: Janet Campbell and Erma Rains.

Thanks to Donna and Sheila who helped with the registration and scoring, and a big Thanks to Betty for organizing another lunch.... Yummy. We had a short meeting and Betty filled us in on the plans for the year.... some discussions were held and Betty will take our ideas back to the Club executive.

Thanks to Gail Croucher for volunteering to be our Vice President. Special thanks to Alice and Margie who will be our Course Beautification Committee and to all those who volunteered to look after the gardens around the course.

More info in the next couple of weeks. Thanks to all who attended the tournament and the meeting. Congratulations to all the winners.

Mens Night is in full Swing....until the end of May, they are only playing 9 holes: Here are the results from the first couple of weeks: May 11th: 1st Division: 1st LG- Doug Carpenter, 2nd LG- Scott Cooper: 1st LN- Larry Youden, 2nd LN- Randy Anderson and Skins: Randy

Anderson #3. 2nd Division: 1st LG- Charlie Costin: 2nd LG- Len Gregory: 1st LN- Wayne Cathcart: 2nd LN- Ralph Fevens: Skins Doug Smith #1: L Gregory #2 & #8. 3rd Division: 1st LG- Phil Allan: 2nd LG- Frank Croucher: 1st LN- Jack Keddy: 2nd LN- Mike Pineo and skins Keddy #3 and #8, Desrochers #5 and Allan #6. The winner of the 50/50 was Pat Patterson. We are waiting for Gift Certificates from the Club....envelopes will be left at the Pro Shop.

Mens Night May 18th: 1st Div: 1st LG- Scott Cooper: 2nd LG- Ken Theriault: 1st LN- Doug Carpenter: 2nd LN- Dan Smith and Skins Cooper #1, Lake #4 and Grist #6 and 8. 2nd Div: 1st LG- Charlie Costin: 2nd LG Bill McDonald: 1st LN- Mike Marshall and 2nd LN- Pat Patterson Skins: Tappen #3, Marshall #4 and Costin #5. 3rd Div: 1st LG- Doug Nelson: 2nd LG- Ray Hunter, 1st LN- David Adams and 2nd LN- Merle Toole: Skins J.P. Melong #6 and Desrochers #9. 50/50 winner was Doug Smith. Waiting for Gift Certificates from the Club: Envelopes will be left at the Pro Shop a.s.a.p.

Congratulations to our Greenwood golfers who won prizes at the Paragon 6-6-6 tournament. They got pretty wet and cold on the Saturday, but the weather improved on Sunday and they were able to bring home some winnings. 3rd LN in the 1st Div: Scott Cooper and Doug Carpenter: 3rd LG in the 2nd Div: Pat Grist and Paul Vantassel: 2nd LG in the 3rd Div: Bill McDonald and

Randy Anderson: 3rd LN in the 3rd Div: Neil Pritchett and Jason Kenny and 2nd LN in the 4th Div: Pete Foy and Ralph Fevens. Great job guys!

The calendar for the week of May 24th - 30th looks like this: May 24th - Victoria Day....enjoy a round of golf and don't forget to bring a friend. May 25th - Men's Night. May 26th - Intersection and Ladies Night. May 27th - CE Shotgun 9:00 a.m. .... Med Ctr. Golf Day 3:00 (4 Tee Times). May 28th - Founder's and Builders Practise Round. May 29 & 30th Founder's and Builders Mixed Scramble.

The Club is still looking for volunteers to help with the NSGA Mid-Amateur tournament (June 18 - 20).... sign up sheets are on the bulletin board in the Hallway.

Now that the greens are filling in, I noticed there are a lot of ball marks, it doesn't take much to repair your ball marks. Stop and take a minute to it....it's your course, so help to look after it. The same goes with replacing your divots.... it's not like you don't know when you take a divot....so please take time to replace it.

By the time this is printed, our kitchen will be open for the year. We have a great facility so take advantage of the bar and kitchen for lunch or after your round of golf. We need to use the facility to make it profitable.

So until next issue, Hit 'em long and straight and enjoy this wonderful game of golf. Don't forget to take a friend out for a game of golf, non-members get a reduced rate when golfing with a member. WAR/PT

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- 1 Bonanza - Progressive
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## Senior's Appreciation Day

**Thursday, May 27th**  
**Centre Court**

### Schedule of Events

- 11 am - 1 pm VON Blood Pressure & Glucose Clinic
- 11 am - 2 pm • Live Entertainment - "Annapolis East String Band"
- Annapolis Valley Dahlia & Gladiolus Society
- Valley Podiatric Medical Centre with Dr. Ackland
- 2 pm BINGO - Jackpot \$50
- 11 am - 3 pm Refreshments, create a craft and prize draws

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### Everyone Welcome!!!!

The **Kingston/Greenwood Community Health Board** invites you to come hear about

#### "Our Collaborative Health Planning Journey"

We will present our Community Health Plan with recommendations based on results from our Community Survey

At our Annual General Meeting

**Monday, June 7th 2010**

**Annapolis Mess, 14 Wing Greenwood**

**7:00 pm**

**\*Refreshments Provided\***

For more information contact  
Kingston/Greenwood Community Health Board  
Phone: 765-4541  
Web: [www.avdha.nshealth.ca/community/kgchb](http://www.avdha.nshealth.ca/community/kgchb)  
Email: [kgchb@eastlink.ca](mailto:kgchb@eastlink.ca)



Wise customers read the fine print: • • • • • \$ Why Canada Drives Event offers apply to retail deliveries of selected new and unused models purchased between May 1 and May 31, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for complete details and conditions. • • • • • \$26,499 Purchase Price applies to 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) only and includes \$5,750 Consumer Cash Discount and \$500 Bonus Cash Offer. See participating retailer for complete details. Price excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. • • • • • Consumer Cash Discounts are offered on most new 2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. • • • • • Bonus Cash is offered on all new and unused 2010 vehicles except Dodge Challenger, Dodge Caliber CVP and Caliber SE PLUS and Sprinter models. Bonus Cash is a manufacturer-to-retailer incentive which will be deducted from the negotiated price after taxes. See your retailer for complete details. 10% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Example: Ram 1500 Quad Cab SXT 4x4 (24A+AGR) with a Purchase Price of \$26,499 financed at 0% for 36 months equals monthly payments of \$736.08; cost of borrowing of \$0 and a total obligation of \$26,499. Price excludes freight (\$1,400), licence, insurance, registration, any retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. • • • • • Variable Prime Rate up to 84 months is offered on most new 2010 vehicles on approved credit to qualified retail customers through TD Financing Services. Bi-weekly payments shown are based on 84 month terms. Variable rate is TD Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. Offer not valid for residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. • • • • • Ram 1500 offers the most powerful engine under 6.0L in its class. #Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Ram 1500. \$2010 Ram Crew 1500 Laramie with optional equipment shown. Price including applicable Consumer Cash Discount/Bonus Cash Offer, \$41,240. Price excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. See your retailer or go to [www.ramtruck.ca](http://www.ramtruck.ca) for complete details. • • • • • SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. • • • • • Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license.



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# Bugs-On-a-Log!

*Believe it or not, the Active Chicks were eating bugs on Wednesday night! Thanks to Jacqueline from Sobey's, they were very edible bugs! She showed the girls how to use carrots, celery, frosting, raisins, and skor bits to make a bug-on-a-log! The bugs were eaten as fast as they were made. Thank-you Jacqueline for your creativity and to Sobey's for providing the supplies! Thanks also to Olivia and Alex for all your help, especially with the clean-up!*

# Xi Kappa Career Chapter News



**Submitted by: Joyce Jacques, Xi Kappa Member**

Beta Sigma Phi Founder's Day was celebrated this year with a luncheon at the Old Orchard Inn. On the left is Cheryl, a Xi Kappa member pinning the "Woman of the Year Pin" on President, Nina.

Nina was chosen by her sorority sisters for her enthusiasm, and leadership during the year. Congratulations to Nina on receiving this honour.

This year Founder's Day was hosted by Xi Rho. Members renewed friendships, enjoyed a great lunch and found out what lies ahead for next year's theme. Thank you Xi Rho for a job well done.



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Xi Kappa Members Esther (L) and Judy (R) enjoy Glamour Night at the Nova Scotia Community College, Middleton. Have you ever seen so many nail colors to choose from? Our members treated themselves to pedicures, manicures or facials. It is a wonderful, relaxing evening and enjoyed by all. Our Social Committee always comes up with new ideas and events for our members to try.

This one is very popular. Visit the Beta Sigma Phi website for details on the history of this international organization [www.betasigmaphi.org](http://www.betasigmaphi.org) <<http://www.betasigmaphi.org/>>. If interested in membership, being reinstated or finding out more, contact a member in your area.

**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 from Mama Sofia's for only \$40 !**

By reservation only, prices based on 1 lane, 2-6 people.  
Additional lanes extra • Offer only available Fridays 6-10pm

**Call 765-1494 ex. 5631 or email [gbcbowlingstaff@eastlink.ca](mailto:gbcbowlingstaff@eastlink.ca) to reserve!**

# Calling all Units/Sports Teams/Schools/Businesses!



## Regional Science Fair

Dwight Ross Elementary School had exceptional representation at this year's Regional Science Fair held at the NSCC Kingstec Campus in Kentville between March 29th and April 1st. The above group received their participation certificates at the school's monthly Good News Awards assembly.

Hi! My name is Julie Theisen and I am volunteering to have my head shaved for cancer donations. Once I have raised at least \$500.00 in donations to the Canadian Cancer Society, I will have my head shaved at the Middleton Relay for Life on June 4, 2010. As an incentive to sponsors, I will have the name of the most generous sponsor "tattooed" on my newly-shorn head (the henna should be visible for a few weeks). The two runners-up will have their names applied to a t-shirt which I will wear to various sporting and social events throughout the Valley this summer.

To date, the largest donation I have received is from 26 CF H Svcs C (14 Wing Greenwood Medical Clinic). If you would like the name of your loved one/unit/business/school/sports team/etc. displayed for thousands to see, please consider sponsoring this worthwhile cause. Receipts provided for donations over \$10.00. juliet@student.ednet.ns.ca; 825-6810.



## Subway Swimmer of the Week

**Larissa Coleman**  
Nova Tech 2  
8 yrs old, 1st year with GDSC  
Favourite Strokes: Backstroke and Breaststroke  
Other Interests: Dance and playing any outdoor sport

## Freeman's Auto Sales

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632U	2006	Saturn	ION	4 Dr	Auto	Blue	79,000	\$ 8,995
478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,375
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,450
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
635U	2005	Pontiac	Grand Prix	4 Dr	Auto	Silver	65,000	\$ 10,900
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$ 11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$ 12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$ 10,800
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$ 13,500
625U	2006	Toyota	Matrix	5 Dr	Auto	Lt Blue	99,000	\$ 13,650
647U	2009	Dodge	Avenger SE	4 Dr	Auto	Grey	47,000	\$ 14,900
644A	2006	Chrysler	Sebring Touring	4 Dr	Auto	Silver	70,000	\$ 10,995
650/U	2007	Chrysler	Sebring Touring	4 Dr	Auto	Blue	32,000	\$ 13,900
<b>TRUCKS, VANS &amp; SUVs</b>								
646U	2006	Dodge	Caravan	4 Dr	Auto	Tan	50,000	\$ 12,995
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$ 11,900
621U	2007	Ford	Ranger Sport	Ext Cab, 4 Dr	Auto	Blue	57,000	\$ 12,995
624U	2007	Ford	Ranger Sport	Ext Cab, 4x4, 4 Dr	Auto	Red	75,000	\$ 15,975
633U	2006	Pontiac	Torrent AWD	4 Dr	Auto	Silver	87,000	\$ 15,900
639U	2007	Ford	Edge SEL AWD	4 Dr	Auto	Purple	90,000	\$ 21,995
643U	2006	Ford	Escape XLT	4x4, 4 Dr	Auto	Grey	73,000	\$ 15,995
499A	2004	Chev	Venture	4 Dr	Auto	Green	90,000	\$ 7,900

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# Bravo Zulu

Photos are from 14 Wing Imaging unless stated otherwise.

## 14 Air Maintenance Squadron Participate in a Squadron Sports Day

On 29 Mar 2010, 14 Air Maintenance Squadron (14 AMS) members had the opportunity to participate in a Squadron Sports Day.

The day's events enabled members to socialize and share much laughter throughout the day and remain

competitive at the same time!

There were numerous activities to be involved with: curling, basketball, volleyball, spin class, and hockey. Following the friendly competition, those in Squadron gathered at the Annapolis Mess for lunch to share

numerous subs from Subway.

To keep the spirit of the day alive, and recognize some special individuals, a few presentations were made by LCol Flynn, CO 14 AMS, and the Squadron Chief, CWO Pitman:



MCpl Dan Shouinard receives the curling award for his amazing victory dance for each shot his team made.



Sometimes awards are presented for the best shot made but this award was presented to MCpl Stephen Paine for the best fall into a fellow team mate, and best team spirit.

Two hockey awards were presented:



The smallest hockey award was presented to Cpl Tony Foster for being a royal pain to fellow teammates and attaining the most penalties during a game!



During the basketball games, usually most people like to get the ball in the basket but Cpl Nicholas Skipper received his award for the "most missed shots during a game"!



Cpl Glen Nearing received this award for his extreme fluctuations in heart rate and failed ground testing during the spin class.



The larger hockey award was presented to Sgt Pat Rice for his sportsman attitude.

The 14 AMS Entertainment Committee put a great effort into ensuring the day was successful.

**Are you a Commuter?**  
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 journey fly by.*

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 Greenwood Library  
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Maj Colwell, 14 AMS AMSO, presents Pte Thomas Skora with his first hook 13 Apr 10.



Deputy Fire Chief WO Martin receiving promotion to MWO Martin from Maj Tromp J.D. and MWO Clayton from WCE. Image: Cpl Savory Wing Fire Department.



14 Wing Construction Engineering Squadron's MWO Brian Stark effective 1 April 10. Image submitted.



14 Wing Construction Engineering Squadron's Sgt Daug Nauss effective 1 April 10. Image submitted.

## New Equipment at the 14 Wing Community Centre!

Come down to the Centre to check-out our new and improved equipment!

We received \$500 from Sogo Active to purchase a Wii fit, Wii fit balance board and games, Tony Hawk Ride board and game for Wii and an out-door Croquet set for the summer months! Sogo Active

wants Canadian youth to get active and have fun! Sogo partners with community organizations called 'Community Hosts', who have available facilities and experience. Sogo Active encourages youth to give input in applying for this particular grant; Aimee Hemming as well as Teen Council members have given

me their input and have identified certain items at the Centre that need upgrading or would be cool to have! This is your chance to try something new and get active! So come to the Centre to check-out our new equipment, if you have never been to the Centre, now is your chance; try something new!



Master Corporal (MCpl) Condon receives the Canadian Decoration (CD) from LCol Atkins. Image submitted.



Master Corporal (MCpl) Cox receives the Canadian Decoration (CD) from LCol Atkins. Image submitted.



Master Corporal (MCpl) Snow receives the Canadian Decoration (CD) from LCol Atkins. Image submitted.



Master Corporal (MCpl) Putnam receives the Canadian Decoration (CD) from LCol Atkins. Image submitted.



Master Corporal (MCpl) Rogers receives his ROTO 6 coin for his participation in OP Athena from LCol Atkins. Image submitted.



LCol Atkins presents Captain (Capt) Beaumier with his C130 Hercules 5000 Hour Club certificate and pin from Lockheed Martin. Image submitted.



LCol Atkins presents Sergeant (Sgt) Cox with his C130 Hercules 2000 Hour Club certificate and pin from Lockheed Martin. Image submitted.



LCol Atkins presents Captain (Capt) Sampson with his C130 Hercules 2000 Hour Club certificate and pin from Lockheed Martin. Image submitted.



LCol Atkins presents Capt Brennan with the Ian Fraser Award from the Canadian Coast Guard for distinguished service under complex conditions during a 2007 Search and Rescue mission on the rocky shore of Glacial Creek, 5 kilometres south of Deserted Bay, near Jarvis Inlet. Image submitted.



LCol Atkins presents Capt Pellerin with the Ian Fraser Award from the Canadian Coast Guard for distinguished service under complex conditions during a 2007 Search and Rescue mission on the rocky shore of Glacial Creek, 5 kilometres south of Deserted Bay, near Jarvis Inlet. Image submitted.



Corporal Walbourne receives a Flight Safety Award for professionalism from LCol Atkins. Image submitted.



Lcol Atkins presents Second Lieutenant (2Lt) Fitzgerald with his Commissioning Scroll. Image submitted.



Capt Leroux receives a certificate for his successful completion of all components of Officer Professional Military Education (OPME) from LCol Atkins. Image submitted.



2Lt Gibson receives a certificate for his successful completion of all components of Officer Professional Military Education (OPME) from LCol Atkins. Image submitted.



Cpl Oliver receives 2 awards of Excellence for the 2009 Department of National Defense Photography Contest from LCol Atkins. Image submitted.



LCol Atkins presents MCpl Bodden with a letter of appreciation from LCol O'Keeffe for his participation in the Race Across America 2009. Image submitted.



Capt Marcus receives his certificate for his successful completion of the Air Force Officer Development (AFOD) Program Block II from LCol Atkins. Image submitted.

...let's talk about **YOU**

Send your articles and photos to: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

# FOR YOUR INFORMATION

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

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 Member of Parliament/Député  
 West Nova/Nova-Ouest

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 Fax/Télécopieur (902) 742-6815

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 Fax/Télécopieur (902) 825-3765

**Toll Free/Sans Frais 1-866-280-5302**  
**KerrG1a@parl.gc.ca**



# HOROSCOPES

**May 23 - May 29**

**ARIES - Mar 21/Apr 20**  
 It may take a little work, Aries, but you'll finally reach your final destination. Not much else will occupy your time for a while. Enjoy the break.

**TAURUS - Apr 21/May 21**  
 Adventure is your middle name this week, Taurus. The only trouble will be figuring out what you want to do or where you want to go. A few friends want to come for the ride.

**GEMINI - May 22/June 21**  
 Maybe you should check inside of your wallet, Gemini. Things are looking a bit sparse in the financial department lately. Reign in spending now before it's too late.

**CANCER - Jun 22/Jul 22**  
 It's difficult to get everything done, Cancer, if you try to tackle it all yourself. You'd be better delegating a few tasks to coworkers or relatives for the time being.

**LEO - Jul 23/Aug 23**  
 There's not much you need to do this week. Think of being in a supervisory role and let others do the grunt work, Leo. Rest up for when the real work begins.

**VIRGO - Aug 24/Sept 22**  
 You need to bend someone's ear for a while, Virgo, but the list of candidates are slim. That's because you have been abrasive for a few days now. Start smiling instead.

**LIBRA - Sept 23/Oct 23**  
 Your romantic partner is much more easy going than you need him or her to be at this time, Libra. This person is causing you to be lax in the things you need to get done.

**SCORPIO - Oct 24/Nov 22**  
 Stay calm and don't let others see that you may be full of butterflies, Scorpio. Presenting a solid impression is the key to surviving something this week.

**SAGITTARIUS - Nov 23/Dec 21**  
 Just when you need a friend, Sagittarius, someone unexpected comes along. Could this be the chance to rekindle a lost relationship? Perhaps surprises are in store.

**CAPRICORN - Dec 22/Jan 20**  
 Dig in deep, Capricorn. That's because you are going to be consumed with work life for the next few days. Those you love will have to accept your sacrifice for success.

**AQUARIUS - Jan 21/Feb 18**  
 There's more to you than meets the eye, Aquarius. You like to be a little mysterious, especially this week when surprises will work in your favor. Leo has something to share.

**PISCES - Feb 19/Mar 20**  
 Creativity is the name of the game, Pisces, and you need a project where you can let your creative side flourish.

**FAMOUS BIRTHDAYS**  
 MAY 23 Drew Carey, Comic (52)  
 MAY 24 Priscilla Presley, Actress (65)  
 MAY 25 Mike Myers, Comic (47)  
 MAY 26 Lenny Kravitz, Singer (46)  
 MAY 27 Joseph Fiennes, Actor (40)  
 MAY 28 Jesse Bradford, Actor (31)  
 MAY 29 LaToya Jackson, Singer (54)

*Horoscopes brought to you compliments of:*

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## Morden Saturday Breakfast

There will be a breakfast held at the Morden Community Center on May 29th from 8-10:30 a.m. The menu will be scrambled eggs, ham, sausage, pancakes, homemade fish-cakes, baked beans, juice, tea and coffee. It is a free will offering and all proceeds are for the Morden Community Hall.

## School Concert

Pine Ridge Middle School Concert Thursday, May 27, 7:00 p.m. 625 Pine Ridge Ave, Kingston. Free-will admission. More info contact 765-7570.

## Community Breakfast

Saturday May 29, 8:00-10:00 a.m. There will be a Community Breakfast at the Kingston Baptist Church, Main St., Kingston. For a free-will offering, come and enjoy a delicious, hot breakfast. Our format has changed to a varied menu with table service. All are welcome. Please note this will be our last monthly breakfast until September. Have a great summer!

## Special Brunch

Sunday May 30th, 12:00 noon at St. Monica's Church Hall, Middleton. This is in support of Knights of Columbus charities. Only \$4.00. Sponsored by Knights of Columbus, Greenwood/Middleton Council. Pancakes, Sausages, Hash Browns, Ham and Eggs. Everyone welcome. Contact Kent Sill at 765-2734 for more information.

## Spring Casserole Buffet Supper

All Saints' ACW will be holding a Spring Casserole Buffet Supper at the All Saints' Church Hall, Pleasant Street, Kingston on Thursday, May 27 4:30 p.m. - 6:30 p.m. A large selection of salads, casseroles and desserts. Adults - \$ 9.00 Children - \$ 4.00, Family rates

are available. There will be take-out!

## Kingston United Church Women Annual Spring Yard Sale

Saturday, May 29, 2010 beginning at 10:00 a.m. at 733 Main Street Kingston. Plant table and canteen facilities available. Sale to be held rain or shine.

## Flea Market

Harmony Baptist Church is hosting a Flea Market on Saturday June 12th, 2010. 9:00 a.m. - 3:00 p.m. We will have a bar-b-que, hot coffee and tea, and juice. Plenty of items for sale, including baked goods. If you wish to rent a table (\$15/table), please contact Joanne or Ted @ 242-2136. Fundraising is to aid the expansion plans of Crandall University (formerly Atlantic Baptist University).

## Wilmot Garden Club

The Wilmot Garden Club will be holding their annual Spring plant sale on May 22. The sale will commence at 8:00am at Goucher's Market on the corner of Stronach Mountain Road and Highway #1. Go to - [www.wilmotgardenclub.ca](http://www.wilmotgardenclub.ca)

## Valley Animal Shelter Annual Plant Sale

The Valley Animal Shelter will hold its Annual Plant Sale on Saturday, May 29th, 8:00 a.m. to 12 noon, at 36 Elm Street Jefferson Pines. This year you'll find many wonderful treasures including primroses (enough to create your very own primrose path), hostas, phlox, delphiniums. Painted daisies, tomatoes, ornamental grasses and much, much more. There's literally something for everyone. For more information (including directions), please call Jennifer at 765-6629.

## Celebrating with Violets

The Annapolis Valley African Violet Society will mark the 50th anniversary of the African Violet Society of Canada

and the 100th anniversary of the Canadian Navy at this year's African Violet Show, Tea and Sale "Celebrating with Violets" on Saturday May 29, 2010 in St. John's United Church Hall Main Street Middleton from 2:00 to 4:00 p.m. Admission \$3.00.

## Country Music Show

June 5th at 7:00 p.m., New Beginnings Center - 1151 Bridge St. Greenwood. Featuring Paul Marshall & "Best of Intentions" Band, along with Ed & Lee Boutilier, Heather Best & Bob Forrester.

## Helping Others Without any Expectations

Helping others is not a new concept but, helping strangers without any expectations is! This is exactly what the New Beginning Center is doing for the community in the Greenwood / Kingston area for seniors and people unable to do it themselves. This is done by volunteers of the New Beginnings Center at no cost. Do you need help with small chores like, lawn cutting, house cleaning, grocery shopping, small repairs in the home, etc. Please call New Beginnings Center at 765-8155 or e-mail [newbeginnings@ns.aliantzinc.ca](mailto:newbeginnings@ns.aliantzinc.ca).

## C.W.L. Education Bursary

High School Grads who are members of Queen of Heaven Chapel and going on to post-secondary education are invited to apply for the CWL Education Bursary. Applications available at the Wing Chaplain's Office and the Chapel. Completed applications may be dropped off at either the Chapel or the Wing Chaplain's Office in the AVM Morfee Centre. Deadline: 31 May 10. Info: 765-1494 ext 5883.

## Friends of the Greenwood Library Society

The "Friends" will be having their first meeting on Wednesday

June 9th at 7:00 p.m. in the 14 Wing Library. This gathering is open to all civilian and military persons interested in joining the group of "friends" who are planning several projects that will enhance our library. We need your help and look forward to meeting you.

## VPI Meeting 27 May

The regular monthly meeting will be held on Thursday 27 May at the VPI Centre. If volcanic ash does not become an issue in the ZX area, Engines On will be at 1530 hrs, and Take Off is scheduled for 1600 hrs. Check Notams for Delays and Cancellations.

## The Kingston/Greenwood Community Health Board Annual General Meeting

The Kingston/Greenwood Community Health Board invites the public to come hear about "Our Collaborative Health Planning Journey". We will be presenting our Community Health Plan with recommendations based on results from our Community Survey, at our Annual General Meeting. Our AGM will be Monday June 7th at 7:00 p.m. at the Annapolis Mess, 14 Wing Greenwood. Light refreshments provided.

## ASDU/14SES

30th Anniversary Celebrations, 5-6 August 2010. For information and registration, check out our website: English: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-eng.asp?id=1206> French: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-fra.asp?id=1206>

## Third Annual Spring Tea and Sale

Torbrook Mines United Church Workers on June 5th from 2:00 - 4:00 p.m. Admission \$5.00. At the Three Rivers Community Centre. Variety Tea Lunch with Ice Cream Sundaes, Jewellery, Home-made Jams and Jellies, selection of Used and New Gifts.

## Kingston Area Seniors Association

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. Fun day (cards & games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

## Coffee Party

Kingston & District Health Auxiliary, will be holding a Coffee Party on Friday June 11, 2010, at the Kingston Fire Hall from 9:30 a.m. - 11:30 a.m. Proceeds go to VON. Everyone is welcome.

## Greenwood Health Auxilliary Meeting

The general meeting of the Greenwood Health Auxilliary will be held at St Marks Annex on May 31, 2010 at 1:00 p.m. Please plan to attend as we finalize our 50th anniversary plans.

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

**Just Fill in The Blanks. Three Easy Ways to Enter.**  
 1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)  
 2. Fax: 765-1717 3. Drop into our office located on School Road (Morfee Annex)

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, May 27, 2010.**  
 Make sure you include your full name and phone number.


**NAME PHONE NUMBER**  
**Limited to one win per family in a TWO MONTH PERIOD.**  
 The winner will be drawn randomly from all correct entries. Only one entry per family 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!**

- Who has living displays: \_\_\_\_\_
- Who is having a spring sale from May 23 to May 29: \_\_\_\_\_
- What is the phone number for J.L. Taxi: \_\_\_\_\_
- Who has a summer menu in June: \_\_\_\_\_
- When is senior's day at the Greenwood Mall: \_\_\_\_\_

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

**Congratulations to last week's winner: PAUL SNOW**



# Preparing Your Pre-school Child for Return & Reunion

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

It's hard to believe that many months have past since mom or dad left for deployment. We have completed two seasons, countless numbers of garbage days and a few very special holidays. That very special date circled on the calendar that was once pages away, now lies directly underneath this month - just waiting to be revealed - finally! This time for deployed families is extremely exciting as we all prepare to welcome home our mom or dad from deployment.

For children, in particular children aged 3 - 5 year olds, preparing for return & reunion is a mixed bag of emotions. Your child may be full of everything from energy to anxiety. You can help your child manage this mixture of emotions by engaging them in some concrete activities such as showing them how much they have grown, reviewing with them some of the new skills they have mastered during this time (learning to buckle or ride a bike ect), as well as making a list of all the little things that may have happened while the deployed parent was away

(Change in hair, new friends, or a lost tooth!). Be sure to pass on this information to the deployed parent so that they can also start preparing for reunion. This is a good time to let your partner know of any changes that have occurred at home regarding new routines for the children.

During this deployment children have learned new skills and have become a little more independent. Your child has probably become more flexible, resourceful and better able to try new things. Take a moment to sit down together to write all of these amazing accomplishments down - this is a wonderful

way to build self esteem in your child! Remind your child of how they have changed during the time that mom or dad was away and how proud you are of all the hard work they have done during this time.

For the parent that has been deployed, now is a good time to share with your child how you have changed while you've been away. Little things such as dad growing a new beard or shaving one off, maybe mom cut off her ponytail while she has been deployed or your skin is now very tanned are just a few changes that you can share with your child to help them prepare for how you have changed during your time away from home. Your Greenwood Military Family Resource Centre is a great place to contact if you would like some help preparing for return and reunion. We have a wealth of resources available to assist you and your family during this time. Our Children's Deployment Support Group will be meeting on Sunday, June 6<sup>th</sup> to make Welcome Home banners - be sure to pre-register for this activity by calling our reception desk at 765-5611 by Thursday, June 3<sup>rd</sup>. Programs such as this are geared to meet the needs of our military children, as together we celebrate our unique lifestyle.

## GMFRC • Feature of the Week

### Volunteer Services

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

### Looking for Tutors

To provide educational assistance to children enrolled in elementary, junior and high school that are experiencing difficulties with a particular subject. You must enjoy working with children and have a comfort level in the subject area.

One hour per week - for 7 weeks.

### CRFMG - Publicité de la semaine

#### Service de bénévolat

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

### Recherchons des Tuteurs

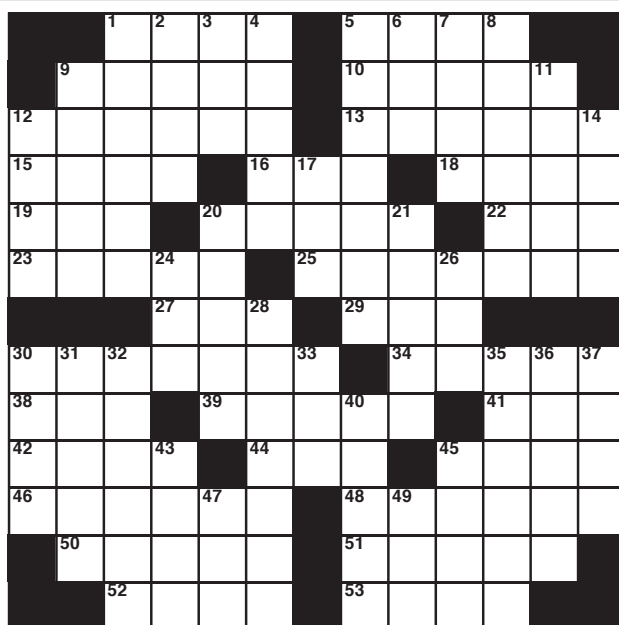
Aidez des enfants fréquentant l'école primaire et secondaire qui connaissent des difficultés dans une matière particulière. Il faut aimer travailler avec les enfants et connaître suffisamment la matière donnée. Une heure par semaine pendant sept semaines.

## Canadiana Crossword

### Political Rhyme Time

Solution page 14

By Bernice Rosella and James Kilner



- |   |                          |  |
|---|--------------------------|--|
| <b>ACROSS</b>                               | 41 Arabic org.           | Satellites                             |
| 1 Parkinson's drug                          | 42 Yemeni port           | 11 Pacifics                            |
| 5 Ranks                                     | 44 Arabic outer          | 12 Forums                              |
| 9 Gary's junkets = Doer's _____             | 45 Circle parts          | 14 Baseball team                       |
| 10 Skilled                                  | 46 Cave                  | 17 Sock                                |
| 12 Premier Robert's potables = Ghiz's _____ | 48 Ingestion             | 20 Ancient stone marker                |
| 13 Average                                  | 50 Sounded like a kitten | 21 Excite                              |
| 15 Cookie                                   | 51 Civil disorders       | 24 Guido note                          |
| 16 Recede                                   | 52 Rel. heroines         | 26 Grocery Co.                         |
| 18 Partial                                  | 53 Northern Canadians    | 28 Dion's wish list = Stephane's _____ |
| 19 Partner of Don at CBC Sports             |                          | 30 Apple creation                      |
| 20 Liturgical vestment                      |                          | 31 Refined lady                        |
| 22 Cariou or Asper                          |                          | 32 Harper's pouts = Steve's _____      |
| 23 Possession                               |                          | 33 Bennett monogram                    |
| 25 Fur coat in Francoeur                    |                          | 35 Clergyman                           |
| 27 Showed the way                           |                          | 36 Layton's handlers = Jacks _____     |
| 29 Slump                                    |                          | 37 Ancient Irish tongue                |
| 30 Piercer                                  |                          | 40 Scottish land owner                 |
| 34 Spot in Tadousac                         |                          | 43 Salamander                          |
| 38 Daisy _____                              |                          | 45 Egyptian sun god                    |
| 39 Mosey                                    |                          | 47 Ms Ruff                             |
|   | 9 First weather          | 49 Never in Nuremberg                  |

Canadiana Crosswords brought to you compliments of:

## PATRICK'S PUZZLE

### What's the Difference?

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



Answers: 1. grass is lighter 2. man's hat 3. woman has two earrings 4. sign has a "6" 5. beverage is darker

Patrick's Puzzle brought to you compliments of:

## Sudoku

Solution page 14

2	5	6		7	4			9
7	9	3	2				1	
	2				8			
9		4		3	1			8
8				9				7
	1			6			3	
6			9	3	7			
	7	9		1	5	8		2

Level: Beginner

### Fun By The Numbers

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Sudoku brought to you compliments of:



954 Central Avenue  
Greenwood  
765-6381



## BEST TOYOTA

840 Park St., Kentville  
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# Classified Ads

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.

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

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

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FOR SALE - Kitchen table and four chairs (Maple) asking \$300.00, Miracle Maid Vacuum cleaner - Make me an offer, and a pair of top quality binoculars asking \$175.00 or best offer. Phone 375-2091. (3120-2tp)

**FOR SALE** - Queen size hydraulic bed. Made by Auping, Holland. Individual adjustable mattress. Solid cherry wood frame. Feather bed mattress covers and queen size duvet included. Asking \$550.00 phone 825-2484. Have answering machine. Phone 825-2484.

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**765-2544 765-2555**

(3121-1tp)  
**FOR RENT**  
**FOR RENT - LINCOLNSHIRE APTS** available now. 2 bedroom apartment \$525.00 a month excludes utilities. Live-in Super, secured building. 1 Bedroom apartment available Aug 1, 2010. \$475.00 a month excludes utilities. Please call 765-6669. (3102-ufnB)

**FOR RENT** - Office space to rent in CANEX mall. 14 Wing Greenwood. 431 sq ft. Contact Ken Keddy at 765-6994 local 5423. (3115-ufn)  
**FOR RENT** - Located in Kingston. Small 2-bedroom mobile. Utilities included. \$525.00 per month. Phone 847-5046. (3119-ufn)

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**FOR RENT** - 2-Bedroom lower level apartment. Fridge, stove, lawn care included. Located in subdivision behind Greenwood Mall. Now available. Call Susan at 765-4206. \$550.00 per month plus utilities. (3121-ufn)

**FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3118-8tpb)**

FOR SALE - Fales River subdivision, Greenwood. Great

**GUITAR GURU GUITAR LESSONS**  
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retirement home. 1232 SQ. FT, all one floor. Large living room. Spacey kitchen. Lots of cupboards. Dining area with built in china cabinet and patio doors to deck. Large family room with angel stone mantle. Laundry room with storage cabinets and entry to fenced back yard. 2 storage sheds. Oil heat. 3 Bedrooms. 1.5 baths, new roof in April. Walking distance to Greenwood Mall, CFB Greenwood and all amenities. Immediate occupancy. \$98,000.00. Phone 765-0390 (3121-1tp)

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**Crossword Solution**

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

**Sudoku Solution**

2	5	6	1	7	4	3	8	9
4	8	1	3	5	9	2	7	6
7	9	3	2	8	6	1	4	5
1	2	7	5	4	8	6	9	3
9	6	4	7	3	1	5	2	8
8	3	5	6	9	2	4	1	7
5	1	2	8	6	7	9	3	4
6	4	8	9	2	3	7	5	1
3	7	9	4	1	5	8	6	2

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# Youth Happenings at 14 Wing Community Centre

**By: Recreation Youth Worker; Megan LeMoine**

Come to the Centre to get your June calendar! Did you know? June is Provincial Recreation Month! There is an event or activity scheduled almost every day in June! Biking, roasting marshmallows at Yogi-bear campground, Father's day activities, 'Spa Night', dances, movie and treat night, and so much more! If you have any questions please call 765-8165. Here's what's happening this week.

## Boys Club & Active Chicks

**Wednesday May 26**  
**Swimming**  
**6-7:30pm**

Boys and girls; meet at the Community Centre to get signed in, and then we'll walk as a group to the F&S Centre. Bring your flippers; it's going to be a blast!

**Teen Council**  
**Tuesday May 25**  
**3-4pm**

Teens, we need to make a game-plan for our 'End-of-Year/Grad Celebration! Bowling, flashlight tag, scary movies are just some of the ideas I have heard! Bring your

ideas and imagination!  
**Active Chicks & Boys Club**

**Wednesday May 26**  
**Swimming**  
**6-7:30pm**

Boys and girls; meet at the Community Centre to get signed in, and then we'll walk as a group to the F&S Centre. Bring your flippers; it's going to be a blast!

**Teen Activity**  
**Thursday May 27**  
**Horse & Riding Club**  
**6-7pm**

Teens; meet at the Greenwood Horse and Recreation Club; see Megan for directions! There we will meet some horses, learn how to brush and clean a horse and then go for a little ride!

**Dance**  
**Friday May 28**  
**Pre-teen: 6-8pm \$3**

It's time for another dance! Both Pre-teens and Teens are having a dance tonight! Teens 13-18 come to the Community Centre, there will be great music, prizes for silly games and you never know who you'll meet!

**Movie & Treat Night**  
**Treat cost: \$3**  
**Pre-teen: 6-8pm Movie-to**

be announced

Teen: 8-10pm Movie-*Extraordinary Measures*; A drama centered on the efforts of John and Aileen Crowley to find a researcher who might have a cure for their two children's rare genetic disorder.

**Special Events**  
**Teen Council Car Wash**

**May 29**  
**11:30-3:30pm**

Please support the teens at 14 Wing C.C, who are trying to raise money for an 'End of year celebration'. Our car wash will be at the Irving parking lot. Come show your support! Any donation will be greatly appreciated!

**Information Sessions; Healthy Eating How-to**

**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 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

**Tuesday June 1**  
**3-4pm**  
Registered Dietician, Stacy Hanninen will teach us how

to cook healthy meals! Teen only! There are only 12 spots available so please sign-up with Megan before May 28!

## 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

### Little Ladies Tea Party

**Friday, June 18, 2010**

**10:00 a.m. – 11:30 p.m.**

**\$12.00/child**

**Age: 3 – 5 years**

**Registration Deadline: Tuesday, June 15, 2010**

It's a morning of all things "girlie" as we enjoy a tea party together ... Princess Style. We will do ballroom dancing, sample some yummy dainties and create a beautiful craft to take home. Participants are asked to dress in their most beautiful gowns! Space is limited to 10 Princess's. Parents do not need to stay for this session.

## GMFRC • Feature of the Week

**Deployment Services**

Coordinator: Ann Gaudet at 765-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

### Laugh Craft Connect—Container Gardening

**Tuesday, June 22, 2010**

**6:00 p.m. to 8:30 p.m.**

**Location TBA**

**Cost: Free for Deployed Families and \$25.00 for non-deployed community members.**

**Registration Deadline: Monday, June 14, 2010.**

**Space is limited to 10 Adult Deployed Family members and 10 Adult Community Members.**

This event is open to all adult community members. Come out and join us for a lesson in container gardening. We will have a special guest come and teach us the about container gardening while we create a beautiful arrangement to beautify our own yard. This event will fill quickly so register early to be sure you get a spot. Are you new to the area? Come and meet a new friend or bring a friend along.

## Classifieds Continued

able at my in-home daycare. Healthy snacks and lunch provided. Lots of planned indoor and outdoor activities. Flexible days and hours. Walking distance to both Kingston schools. Call Heather at 765-3825. (3118-4tpb)

**SERVICE – C & R Contracting Ltd.** Home renovations, new home construction. Also commercial renovations available. ECB and liability insurance in place. Phone 844-0489. (3119-5tpb)

**SERVICE – TELEGRAPH TEA ROOM.** For all new people to the area of Kingston & Greenwood and beyond... WELCOME! Come

and enjoy our delightful Tea Room and discover other activities and interests happening here! Open from 10 in the morning till 11:30 at night! We are always open so you can get the chance to come in your busy schedules. We serve beautiful teas and a fait trade coffee, there are Tea time treats and a ploughman lunch, also delicious Quiche. Located on Bridge Street, Melvern Square, 4 doors down from the community centre, just outside the village of Kingston. Tele: 1-902-242-2359 or check out our Facebook Telegraph Tea Room and Garden School for ALL details. (3120-1tp)

## CUCINA AURORA



### Spicy Tuna Dip

13 oz. can Tuna  
6.5 oz. jar Jalapeño chillies, chopped  
Chopped cilantro  
1 Onion, minced  
1/2 cup Mayonnaise

Mix Tuna with chillies and jalapeño liquid. Add onion to Tuna mixture. Stir in mayonnaise until consistency is mushy. Sprinkle cilantro on top and serve with tortilla chips. Makes 1 1/2 cups.

## ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~  
**Sandwiches:** \$2.30; **Wraps:** \$2.30; **Sub Sandwiches:** \$2.00  
All sandwiches & wraps will include fresh vegetable or fruit on the side.  
**Vegetables & Dip:** \$1.75; **Cheese & Crackers:** \$1.75  
**Fruit & Dip:** \$1.75; **Tossed Salad:** \$3.00 sm \$2.00  
**Caesar Salad:** \$3.00 sm \$2.00; **Spinach Salad:** \$3.00 sm \$2.00  
**Bagels (Blueberry or Plain):** \$1.00; **Yogurt:** \$1.00;  
**Yogurt Tubes:** \$1.00; **Yogurt Parfaits:** \$1.25  
**Fresh Fruit:** Apples, Oranges & Bananas - \$1.00; **Apple Slices:** \$1.00  
**Cheese Strings:** \$1.00; **Gold Fish Crackers:** \$.50; **Baked Lays:** \$1.50;  
**Rice Crispy Squares:** \$.80; **Smoothies:** Mon, Wed, Fri - \$1.25  
**Welch's Fruit Snacks:** \$1.00; **Milk:** \$.35; **Water:** \$1.00  
**Juice:** Apple, Orange Wildberry & Seven Fruit - \$1.00;  
~~ Canteen Items - CASH ONLY ~~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.  
**Ketchup, Mustard, Relish:** \$.15 each; **Mayo & Salad Dressings:** \$.30 each  
**Barbecue/Sweet & Sour Sauce:** \$.40 each; **Cream Cheese (Plain or Strawberry):** \$.40 each; **Cheese Whiz:** \$.30 each; **Strawberry Jam:** \$.15 each

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

**May 24<sup>th</sup>:** Victoria Day • No School

**May 25<sup>th</sup>:** Chicken Caesar Wraps 3.00 • Apple Slices 1.00

**May 26<sup>th</sup>:** Macaroni & Hamburger 3.00 • Toss Salad 2.00  
• Blueberry/Strawberry Smoothie 1.25

**May 27<sup>th</sup>:** Pizza Day 2.50 • Jellied Fruit 1.00

**May 28<sup>th</sup>:** Oven Fries with Cheese & Gravy 3.00 • Yogurt Tube 1.00

**Daily Lunch Combo includes Main Entree, Dessert & Milk for \$3.50**

## KINGSTON & DISTRICT SCHOOL

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

**Daily Specials:**

**Mon:** Victoria Day • No School; **Tues:** Pizza Bun with Veggie Sticks \$3.25  
**Wed:** Chicken Dinner \$3.75; **Thurs:** Assorted Menu \$3.25; **Fri:** Hamburgers \$3.50

This menu brought to you compliments of:

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# Special Visitor Comes to Morfee Annex Nursery School

By: Kelly Clancey

Last week Miss Maurina's French Immersion class had a surprise visit from a special friend, Allie from Kingston Elementary School. Allie spent some of her day off from "Big School" to come and read a story to the boys

and girls.

Our school offers both English and French Immersion programs for Nursery School and Preschool aged children. For more information on any

of our classes you can contact the schools director Maurina Duret at 765-1494 local 5301, or pick up one of the schools brochures at the 14 Wing Community Centre.

## 7th Annual Pamper Me Day!



Nicki Musgrove from Nova Scotia Community College, pampering deployed family member Cheryl Hickey.

Submitted by Ann Gaudet GMFRC Coordinator of Deployment Services 765-1494 local 5583 or email: [Ann.Gaudet@forces.gc.ca](mailto:Ann.Gaudet@forces.gc.ca)

On Saturday, May 8th, the Greenwood Military Family Resource Centre (GMFRC) hosted the 7th Annual Pamper Me Day event. This Mother's Day event acknowledges and supports the spouse or family members whose loved one is away on deployment. Thanks to the generosity of our community through the donation of services and gifts for ladies our event was a success. The ladies felt pampered, appreciated and that the dedication of our troops and their families is recognized and supported by our community.

The GMFRC would like to thank the following business for their contribution to our event: Abatement Massage, Annapolis Mess, Annapolis Valley Wellness Centre, Arbonne, Avon, Balloon Boutique, Can Do Salon, Cathy and Co, Creative Wanderings, Country Store, Curves, Donna Jones RCT, Jewelled Daydreams, Lola's Touch of Beauty, Mary Kay, Mood Crafts, Nan's Rock Shop, Nova Scotia Community College Esthetics, Shopper's Drug Mart, Sit a Bit Massage, Spiritual Connections, The Nail Diva, The Military Home Based Business Group, and TNT Nails.



Donna Jones RMT, performing pampering reflexology on deployed family member, Debbie Green.

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Sale \$5<sup>95</sup>

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Sale \$19<sup>99</sup>

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Sale \$12<sup>95</sup>

2 gal. Roses. (reg. \$14.99) 33-5715



Sale \$4<sup>95</sup>

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