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The Aurora

newspaper

VOL. 31 NO. 24 JUNE 14, 2010 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS



Daniel Weiher (Center) with SAR Tech, Cpl Mike Neilson (Left) and the Commanding Officer of 413 (T&R) Sqn, LCol Mike Atkins (Right).
(Image: Pte Jessica Reynolds, 14 Wing Imaging)

Crash Survivor Visits 413 Rescue and Transport (T&R) Squadron

Daniel Weiher was a passenger travelling home to Digby on a friend's 1968 Piper Cherokee 140 from Ottawa on January 6, 2009. After refuelling in Quebec City, the aircraft departed for Saint John, New Brunswick around five a.m., but thirty minutes later it had disappeared off the radar.

Daniel recalls the weather in Quebec City was good with clear skies, but it quickly deteriorated to white out conditions. Navigation Canada reported that the aircraft had contacted air controllers with orientation problems, but due to the breaking up of communications, the tower was unable to remain in contact. Authorities were notified of a possible plane crash, which launched an operation to locate the distress beacon. The Joint Rescue Co-ordination Centre at CFB Trenton, Ontario, was initially contacted by the Ontario Provincial Police in Smiths Falls after the detachment received a 911 call from a cell phone, thus determining that the plane had crashed near Buckland, Quebec.

Three Canadian Forces helicopters, a Coast Guard helicopter and a Hercules aircraft were sent to the area to search for the aircraft. Weather continued to pose a challenge until 9:15 a.m., when a Griffon helicopter from CFB Bagotville, Quebec spotted the aircraft and inserted a Search and Rescue Technician

(SAR Tech) to the scene. Two more SAR Techs parachuted to the site shortly after from an on scene C-130 Hercules aircraft. At 10:30 am, Rescue 911, a Cormorant helicopter from Greenwood recovered the two survivors, and transported them to a Coast Guard station helipad in downtown Quebec to awaiting ambulances.

Daniel vaguely remembers the impact of hitting a tree after being thrown from the aircraft. He recalls coming to in the snow and hearing screams from the wreckage. Realizing it was one of the other passengers, he started to move towards the plane to assist, but felt and heard a snap as his leg broke beneath him. Determined to help the other passenger, Daniel held his leg and still managed to get to the plane and help the passenger that was trapped in the inverted aircraft. It was then, that the two called 911 on the cell phone and were able to pass enough information and keep a signal long enough to be tracked before the battery died. For the next few hours in the storm, he could hear the sounds of the helicopters and aircraft flying above. Weather prevented any visual contact, but he remained positive that they would be rescued.

Daniel sustained numerous injuries from the crash and for the past seventeen months has been on a continuous road to recovery.

He suffered from a broken leg and shoulder, extensive damage to his face, and severe frost bite to his fingers and toes. He had many surgeries to help in his recovery with more to follow. His feet are very sensitive making it difficult to walk on rocky roads and he finds the weather elements affect him more than before the accident.

Even though he struggled though the pain of recovery, Daniel was determined to find and thank his "rescuers". He had spent time searching the internet for information on the accident, but there always seemed to be conflicting reports or lack of information. Daniel then received the "413 (T&R) Sqn" coin, a commemorative coin passed on from a member of the squadron to a person being rescued. Daniel sent a letter to the Commanding Officer of the squadron telling his story and requesting to thank the crew, in person. This, being a rare request for the members of 413 (T&R) Sqn, was immediately approved and he was invited to join the members for their annual Honours and Awards ceremony. Daniel, accompanied by his girlfriend Emily Smith, spent the day with the members of the Sqn. They toured the hangar, SAR Tech shop and both Cormorant and Hercules aircrafts before attending the ceremony as guests of honour.

... story continued on page 2.



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RMC Saint-Jean to Host International Meeting

Military personnel and academics from all over the world will meet in Saint-Jean-sur-Richelieu.

The Royal Military College Saint-Jean will host the *International Meeting on*

Military Academies, Colleges and Schools from November 3 to 5, 2010. Military personnel, professors and academics from around the world will meet to explore topics of interest regarding the academic and

professional training of future military officers.

Topics like the *raison d'être* of military academies—their mission, their history—as well as the teachings they offer—what to teach, how to teach?—

will be discussed. Additionally, the question of culture will be explored. For example, what kind of military culture is passed on? How do military and civilian cultures co-exist? If you are interested in

submitting a proposal as a presenter, or would simply like to attend the event as a participant, please go to <http://www.cmrsj-rmcsj.forces.gc.ca/col-col/ria-ima/index-eng.asp> for additional information.



Une rencontre internationale au CMR Saint-Jean

Des militaires et des universitaires du monde entier à Saint-Jean-sur-Richelieu.

Le Collège militaire royal de Saint-Jean accueillera la *Rencontre internationale sur les académies, collèges et écoles militaires*, du 3 au 5

novembre prochains. Des militaires, des professeurs et des chercheurs universitaires de partout dans le monde s'y réuniront pour se pencher sur des enjeux importants touchant ces institutions qui forment de futurs officiers aux plans

intellectuel et professionnel.

Des aspects tels les raisons d'être des académies militaires – leur mission, leur histoire – ainsi que les enseignements qu'on y dispense – quoi enseigner, comment enseigner? – seront abordés. On

s'intéressera également à des questions de culture : quelle culture militaire y transmet-on? Comment la culture militaire et la culture « civile » y cohabitent-elles?

Que vous vouliez soumettre une proposition de

communication ou simplement assister à l'événement, des informations détaillées ainsi que le formulaire d'inscription sont disponibles à l'adresse suivante : <http://www.cmrsj-rmcsj.forces.gc.ca/col-col/ria-ima/index-fra.asp>.

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

14 WING GREENWOOD

RUN THE RUNWAY
25TH JUNE 2010

Who? All CF and DND personnel, their families and (new this year!) all retirees (walkers/runners/joggers/volunteers).

What? 2.5/5 km Run/Walk-the-Runway.

Where? Start/finish line is behind 7 Hangar (Air Movements Unit building).

When? Friday, 25 June 2010.
Registration at 0930 hrs, run/walk at 1015 hrs.

Why? Wing Commander's ongoing commitment to the Wing Wellness Campaign/CF Health and Fitness Strategy.

Challenge yourself! Challenge your friends/co-workers!!
Challenge your unit/Squadron!!!

Support Our Troops

Crash Survivor Visits 413 Rescue and Transport (T&R) Squadron

... cover story continued.

Throughout the day, Daniel remained open about the accident as he shared his memories from the crash and stories of his recovery to the Sq. Captain Andrew Mercer was the Aircraft Commander on scene, and was able to give Daniel and Emily an extensive

tour of the Cormorant as well as describe in detail more information of the rescue. Daniel remembers coming in the door of the helicopter before passing out, and then coming to again as he was being loaded in the ambulance. The First Officer of the crew was the Sq's Commanding Officer,

Lieutenant Colonel (LCol) Thibault, who is currently posted in Ottawa. Master Corporal (MCpl) Aresenault, currently posted to Goose Bay, was the Flight Engineer. Daniel spent the afternoon with Corporal (Cpl) Mike Neilson, the SAR Tech that cared for him during his transport to Quebec City, as well as Sergeant (Sgt) JP Benoit, the team Lead SAR Tech who had cared for the other survivor. In an emotional meeting, both SAR Techs were honoured to received Daniel's thanks and gratitude. The three were able to reminisce about the events that occurred that day, with Cpl Neilson and Sgt Benoit providing Daniel with the details of his rescue and condition, and he explained the extent of his injuries, his recovery and future procedures.

Throughout this traumatic ordeal, Daniel has maintained a positive attitude, which he knows will play a monumental role in the success of his recovery. He jokes that he would like to give skydiving a try in the future, saying that if he can survive without a parachute, he should have no problems landing with one. As Daniel continues his journey ahead with the love and support of his family and friends, we at 413 (T&R) Sq. would like to wish Daniel all the best for a speedy recovery and many future successes, as well as a very special thank you to both Daniel and Emily for honouring us with their presence.

Ad Vigilamus Undis
Capt Colette Kenney

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Un soldat canadien tué par un dispositif explosif de circonstance

CEFCOM NR – 10.012 - le 7 juin 2010
OTTAWA — Un soldat canadien a été tué par l'explosion d'un dispositif explosif de circonstance au cours d'une patrouille à pied à environ 15 kilomètres au sud-ouest de Kandahar City, dans le district de Panjwayi, vers 6 h 30, heure de Kandahar, le 6 juin 2010.

A été tué au combat le Sergent Martin Goudreault du 1 Combat Engineer Regiment, basé à Edmonton, Alberta. Il servait en Afghanistan à titre de membre du groupement tactique du 1^{er} Bataillon, The Royal Canadian Regiment.

Tous les membres de la Force opérationnelle interarmées Afghanistan pensent à la famille et aux amis de notre camarade tué pendant cette période difficile. Nous n'oublions pas le sacrifice de ce soldat alors que nous continuons à apporter la sécurité et l'espoir au peuple de la province de Kandahar.

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



Sergeant Martin Goudreault - Sergent Martin Goudreault

One Canadian soldier killed by improvised explosive device

CEFCOM NR – 10.012 - June 7, 2010
OTTAWA — One Canadian soldier was killed after an improvised explosive device detonated during a foot patrol, about 15 kilometres southwest of Kandahar City, in the Panjwayi District, at approximately 6:30 a.m. Kandahar time on 6 June 2010.

Sergeant Martin Goudreault Killed in action was Sergeant Martin Goudreault from 1 Combat Engineer Regiment, based in Edmonton, Alberta, and was serving in Afghanistan as a member of the 1st Battalion, The Royal Canadian Regiment Battle Group.

All members of Task Force Afghanistan are thinking of the family and friends of the fallen soldier during this difficult time. We will not forget this soldier's sacrifice as we continue to bring security and hope to the people of 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. Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province.

Tim Hortons Camp Day – Thank You!

Thank you for your support of Tim Hortons Camp Day, when more than 3,500 Tim Hortons stores in Canada and the United States donated their entire coffee sales, in addition to funds raised through other Camp Day events and activities, to the Tim Horton Children's Foundation. This special day raised an unbelievable \$9.7 million CDN! We are extremely grateful for the support and generosity of our customers, Store Owners, staff,

special guests and media who participated in Camp Day 2010.

The funds raised on Camp Day this year will help more than 14,000 deserving children to one of six Tim Horton Children's Foundation camps - all expenses paid. Each camp offers a wide range of first-class programs and activities that encourage campers to embrace and overcome challenges. The experience is designed to build self-confidence, self-esteem,

leadership skills and provide campers with a positive view of their true potential.

On behalf of Tim Hortons, the Tim Horton Children's Foundation and the thousands of children you have helped send to camp this year, thank you very much.

Sincerely, Bill Moir
 Chief Brand and Marketing Officer, Tim Hortons President, Tim Horton Children's Foundation

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 aurora@auroranewspaper.com

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.greenwoodmfr.ca or 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.

Education and Employment Services

Coordinator: Kristen Lawson at 765-1494 local 1816 or email kristen.lawson@forces.gc.ca

lawson@forces.gc.ca

Upcoming Program

First Aid/CPR – Level C
Tuesday, June 22, 2010 &
Wednesday, June 23, 2010
9:00 a.m. – 4:00 p.m.
GMFRC

\$60.00 for Military families & \$75.00 for Civilian

Registration Deadline: Tuesday, June 15, 2010

Prevention, Support and Intervention Programs

Social Worker: Jennifer Hill BSW, SWC at 765-1494 local 1811 or email jennifer.hill2@forces.gc.ca

Upcoming Programs

Good Grief

*note time change due to summer hours

Monday, July 5, 2010

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

GMFRC

FREE

Registration Deadline: Friday, July 2, 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.

Coordinator Of Child and Youth Services

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

Upcoming programs or services

Little Boys Super Hero Party

Tuesday, June 22, 2010

10:00 a.m. – 11:30 a.m.

Children aged 3 – 5 years

GMFRC

\$10/child

Registration Deadline:

Friday, June 18, 2010

Respite Dates

Tuesday, June 22, 2010

5:30 p.m. – 8:30 p.m.

Children up to age 12

Call to register at 765-5611.

Registration Deadline:

Monday, June 21, 2010

Saturday, June 26, 2010

10:00 a.m. – 5:00 p.m.

Children up to age 12

Call to register at 765-5611.

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.

Ongoing Programs

- Teen Council – Tuesdays at 14 Wing Community Centre
- Academic Tutoring Service - ongoing
- Parent & Tot Program - Mondays
- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club – 1st and 3rd Thursday of each month

- with Public Health Nurse
- Baby Club – 2nd and 4th Thursday of each month are drop-in

Deployment Services

Coordinator: Ann Gaudet at 764-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

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.

Laugh Craft Connect – Container Gardening

When: Tuesday, June 22, 2010.

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

Location TBD

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.

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.

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 Child and Youth Services

Special Events and Promotions

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

Upcoming events

Run the Runway

Friday, June 25, 2010

10:00 a.m. -11:15 a.m.

Join with GMFRC staff, military families and CF members to run or walk the runway. Don't forget to wear red!!

Canada Day on the Wing

Thursday, July 1, 2010

1:00 p.m. – 3:00 p.m.

Annapolis Mess

The GMFRC and 14 Wing Community Centre offers the 2nd Annual Canada Day on the Wing. Everyone is invited for an afternoon of Canada Day fun. *Skateboard competition begins at 12p.m. Check it out!

Red Friday

Don't forget to wear red on Fridays to show your support of the men and women of our Canadian Forces.

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

Volunteer Services

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

Volunteer Opportunities

Red Friday Random

Friday, June 11, 2010

2 hours between 9:00 a.m. and 3:00 p.m.

Volunteers needed: 6

You will be walking around Greenwood in pairs, handing out prizes to people wearing Red Support the Troops Shirts.

Respite Childcare Provider*

Saturday, June 12, 2010

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

GMFRC

Volunteers needed: 4

Hanging Yellow Ribbons to Welcome the Troops Home

Monday, June 14, 2010

1:00 p.m. to 3:00 p.m.

Meet at GMFRC

Hanging yellow ribbons around Greenwood to welcome back deployed members.

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*



The Aurora Newspaper Offices will be closed to allow for block leave from Tuesday July 27, 2010 until Monday August 9, 2010. Returning at 8:00 a.m. Tuesday August 10, 2010. There will be no newspaper published on August 3 and August 9, 2010!



The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel W.F. Seymour, CD, Wing Commander. Est publié chaque lundi par la 14e Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441
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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

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

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Business of the Week THE CLEAN TECHS

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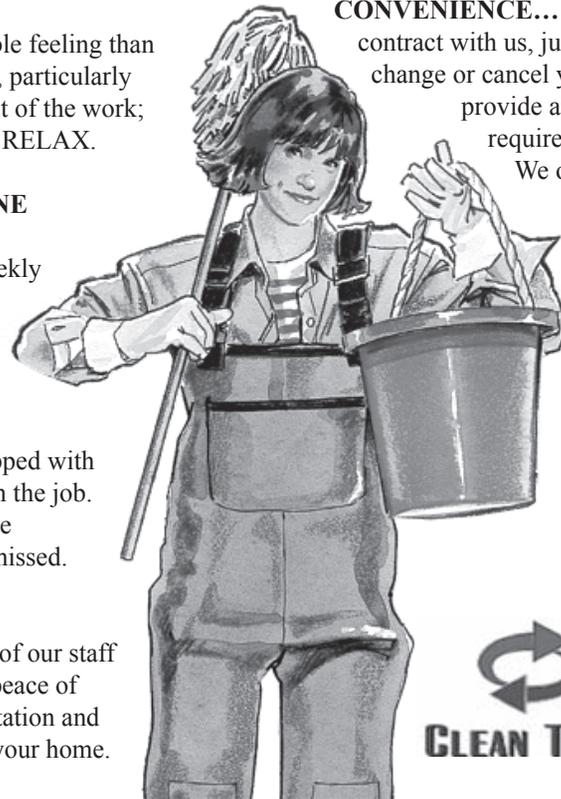
CLEANING THE VALLEY ONE HOUSE AT A TIME!

Whether you need weekly, bi-weekly or monthly services it's time to free yourself from the household cleaning. Your home will be cleaned with attention to detail by our professional and friendly staff. Our staff are equipped with all the supplies needed to perform the job. They also follow a comprehensive checklist to ensure nothing gets missed.

OUR STAFF...

Our staff make us GREAT! Each of our staff are bonded and insured for your peace of mind. Our staff go through orientation and are supervised prior to servicing your home.

CONVENIENCE... You will never have to sign a contract with us, just give us two days notice to change or cancel your scheduled cleaning. We provide all the supplies needed, if you require a certain product we will get it. We offer convenient credit card payment so you never have to remember to leave cash or checks.

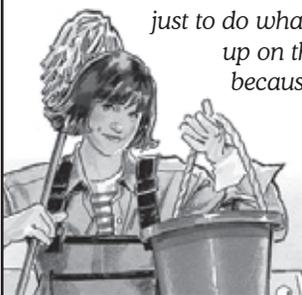


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Employment Opportunity



Br. 098 Secretary

Royal Canadian Legion Br. 098 Kingston is seeking to hire an experienced, detail-oriented, conscientious person as a permanent part-time secretary.

Office experience is required as well as excellent interpersonal, computer and communication skills. Must be bondable.

Hrs Mon-Fri, 12 noon - 4 and two evenings per month.

To apply please send resume to Royal Canadian Legion Br. 098 at email: legion98sect@ns.sympatico.ca mail to: P.O. Box 2, Kingston, NS, B0P 1R0 via fax: 765-2479.

Deadline for applications: June 18, 2010

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Bravo Zulu

Images by 14 Wing Imaging unless otherwise indicated.

On a bright & beautiful afternoon 14 Air Maintenance Squadron had the pleasure to hold the semi-annual Honours & Awards Presentation on 22 April 2010.



LCol Flynn, CO 14 AMS, presents Capt Brian Neal with his Commission Script.



MCpl Marty Langteigne receives the CD from LCol Flynn, CO 14 AMS.



Various accolades were presented.



LCol Flynn presents MCpl Warren Reinhart with the CD.



LCol Flynn, CO 14 AMS, presents MCpl Mark O'Keefe with the CD.



Cpl Noel Martin receives the CD from LCol Flynn, CO 14 AMS.



Cpl Jason Cheeke receives the CD from LCol Flynn, CO 14 AMS.



Capt Neal accepts the 14 AMS Excellence Award from LCol Flynn on behalf of the AMCRO Section, who, under strong leadership, demonstrated exceptional vision and dedication in their thorough response to the AMSET audit and in preparation for the MASIS transition. The paradigm shift they have enabled in transferring from paper records to electronic has been amazing to behold, and the efforts made to develop the AMMIS knowledge and auditing capabilities of the AMCRO section to rectify Sqn shortfalls identified in the AMSET audit, have been noteworthy. The AMCRO Team have truly demonstrated the meaning of Excellence.



LCol Flynn presents Capt Maxime Leclerc with the Air Force Officer Development Program Completion Certificate.



LCol Flynn presents Lt Nadia Kang with the Air Force Officer Development Program Completion Certificate.



LCol Flynn, CO 14 AMS presents Cpl Rose Sveinson with the CD.

Bravo Zulu Continued

Images were submitted unless otherwise indicated.



LCol Flynn, CO 14 AMS, presents the 14 AMS Performer of the Quarter for Jan - Mar 10 to Cpl Nowotczynski. He is an exceptionally talented technician who possesses remarkable problem-solving abilities. He demonstrated ingenious structural prowess and foresight during the design and manufacture of three extremely complex Block III Operational Mission Simulator consoles, enabling General Dynamics to install the latest technology in the CP140 Aurora Flight Simulator. He skilfully utilized this assignment as a valuable training initiative for junior technicians and apprentices. Cpl Nowotczynski's exemplary devotion and loyalty to 14 AMS and the Canadian Forces truly stands out day after day and he is most deserving of the 14 AMS Performer of the Quarter Award. (Image: 14 Wing Imaging)



Sgt Dave McDowell accepts the Squadron Chief Warrant Officer's Award from 404 Sqn CWO Doug Harry and 404 Sqn CO LCol Ron Walker.



MCpl Kenneth Scanlan receives his promotion from LCol Flynn, CO 14 AMS.



MCpl FS MacEachern is presented the CD by the 14 WOps O, LCol DF Cummings.



Capt MD Winters is presented the CD by the 14 WOps O, LCol DF Cummings.



Private Trained (Pte T) Belley receives his promotion from LCol Atkins, Commanding Officer of 413 (T&R) Squadron.

Kingston Recreation Summer Day Camp

It's that time of year again folks; summer! Which everyone knows means...Summer Day Camp! Our Summer Camp will begin the week of Monday June 28th and continue until Friday August 20th with no camp on Canada Day or Natal Day. This means games, crafts, and fun in the sun. All of these and more right here at the Kingston Village Summer Day Camp. We have been working hard to get things ramped up this year as we look forward to making new friends, trips to Oaklawn Zoo, Aylesford Lake, Port George, the Kingston Fire Hall, we will be teaming up the Middleton Day Camp, and even venturing



to Yogi Bear Camp ground for a day or two throughout the summer! So dust off your sunscreen bottles and come sign up at the Kingston Village Office on 671 Main Street in Kingston, right next to King of Donair and the Village Post Office between 8am and 4pm Monday to Friday or email us at recreation@kingstonnovascotia.ca. This camp is available for kids ages 5-12, but hurry, only 20 spots available for each week! We are anticipating lots of outdoor activities, visits from community members and having lots of just good old fashioned fun. Hope to hear from you soon!



Active Chicks on the Move!

Active Chicks were on the move Wednesday night as they bicycled through town and over to Dwight Ross School! Everyone stopped to play on the outdoor equipment and then it was off to Avery's for a well deserved Ice-cream treat! A big thanks to Olivia, Alex and Chris, your help is always appreciated!

*If you want to drink ~
That is your business
If you want to stop drinking ~
We can help.*



AA meetings every Tuesday at 8 p.m.
at St. Mark's Protestant Chapel

Homecoming & Reunion

Submitted by Jennifer Hill BSW, SWC, Prevention Support and Intervention Services Social Worker 765-1494 ex 1811

It was Dorothy in the Wizard of Oz who spoke wise words when she said "there is no place like home".

This is it; the countdown is almost over - less than a handful of sleeps until your deployed loved one returns.

Homecoming can be a time where many emotions are circling as you continue to wait until that plane arrives. You may feel anxious, excited, or uncertain; it is normal to feel opposing emotions and know that there are many other people who are going through a similar experience.

There are several things to expect when your partner/loved one returns;

- You have changed and have become more independent. This change can be perceived as a negative or positive.
- They may feel somewhat hurt that you have managed so well without them. You may need to offer reassurance

that they have been missed and have not been replaced.

- They may be disengaged from household expectations and family routine. Be patient and take gradual steps toward reintegration.
- They may appear more quiet and withdrawn as they adjust to home life again. Do not be alarmed, this is normal.

Communication is an important key when reuniting and reintegrating. These tips could also be considered for family and friends of single members. Some simple tips you could try include:

- Think before you speak. This is something our parents taught us and is important to consider during the reintegration time. Choose your words wisely and give thought to what you want to say before saying it.
- Be patient with your loved one and do not criticize what the other has to say. Keep an open mind and speak respectfully to one another.

- Take a moment and discuss your wants and needs; you may be surprised that you each have very different ideas. This could be a time to explore a compromise.
- Speak clearly and make sure that the other person understands your message.
- Listen actively and restate what the other person has said to ensure you clearly understand them.
- Go slow, do not expect change to happen over night - take things slow and let them happen naturally.
- Connect with others who have experienced deployment; whether through peers, a counsellor, padre, or someone else you trust.

Your local GMFRC is a great resource to connect families to support programs and services specific to the unique military lifestyle. To explore our programs and gain insight into the services offered through the Prevention Support and Intervention Program please contact me, Jennifer Hill BSW, SWC.

Military Families Serve our Country with Distinction

Submitted by: Michelle Thibodeau Wagner, Coordinator of Special Events and Promotions, Greenwood Military Family Resource Centre 765-1491 local 1421 michelle.thibodeau-wagner@forces.gc.ca

on our loved ones. They did not volunteer for service-but serve they do, and with great distinction."

Often times it is forgotten that even though military families can't be identified by the Canadian Combat patterned uniform, they do indeed serve this country. Military families serve this country by supporting their soldier and the family at home

during deployments, missions and taskings. They support their soldier through postings, courses and the general daily demand of being a Canadian Forces Soldier. By taking care of everything on the home front, military families allow the soldier to carry out their mission without worry, keeping the task at hand as priority. Focused soldiers equal successful operations.

It's not always easy to be a military family. It certainly comes with both its rewards and its trials. Not having your spouse at home for a week, 2 months, 6 months, 10 months or more can seem an eternity. Kudos to military families for holding it all together during holidays, birthdays, mowing and snow blowing seasons.

Military Murphy's Law is, when a soldier is away... it will happen, so Kudos to military families for learning how to fix a leaky pipe with duct tape and managing the late night trips to outpatients with a sick child. Military Families are the Strength Behind the Uniform.

As Canada Day approaches,

now is a wonderful time to express our support for our troops and our military families. Let's all display a yellow ribbon and wear red on Friday. Both are simple things to do but important things to do. It's something we can all do easily but what a statement we can make together as a community!

According to Retired General Rick Hillier "Military life places significant demands

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CFRC Halifax Re-locating to New Space

Having maintained a presence in downtown Halifax for 20+ years, Canadian Forces Recruiting Centre Halifax will be moving to a new location on Mumford Rd in Halifax. The new office space will reflect the "common look and feel" which will be the signature concept for Recruiting Centres across the country.

The Scotia Square location will close its doors to the public effective 12 Jun 10 and re-open on 28 Jun 10 in its new location at: Mumford Professional Centre 6960 Mumford Road Suite 130, Halifax, NS B3L 4P1 1.800.856.8488



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Incentives and rebates are available now on: the purchase of hybrid bucket, waste and delivery trucks; fuel efficiency upgrades to Class 8 heavy duty trucks (ie. freight tractors and trailers)

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*(first come, first serve)

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Jumpstart

Giving All Kids A Sporting Chance...

By Jill Jackson,
Community Recreation Director

Canadian Tire continues to team up with several local Kings County and Hants County Recreation partners to continue to implement "Jump Start", a financial assistance program for kids. The Jump Start program gives all kids a chance to participate in organized Sport and Recreation programs that they would otherwise not have the opportunities due to financial restraints. Recipients of these grants must be between the ages of 4-18 years and the grant will not exceed a maximum of \$300 per application. Funding will be for ongoing sport and recreational activities or programs.

To obtain an application in Kingston or Greenwood, drop by the Greenwood Canadian Tire store and see Debbie Parks or Jill Jackson at the 14 Wing Community Centre.

The application is an easy and simple form that can be filled out and sent or dropped off to one of the partners listed on the application. Applications are accepted three times a year and the deadline for applications is the 30 Jun 2010. Brochures and applications can also be picked up at the 14 Wing Community Centre. For more information on this great program that gives kids a chance contact Jill at 765-1494 ext 5331. We believe all kids should have the chance to run, skate, play and grow, give kids a chance!

AEES Students Support Heart & Stroke



During the week of May 31 to June 4, students at Annapolis East Elementary School in Middleton showed their support for the Heart & Stroke Foundation in a couple of ways. The children brought in donations to go towards research funding, and in return received a paper heart to put their name or a loved one's name on to be displayed on the Heart Wall in the gym. Also, to demonstrate ways to keep their own hearts healthy, they participated in Hopps and Jump Rope for Heart activities during their gym classes during the week. Shown are some of the students from Ms. Rodda's 5R class being active in front of the Heart Wall.

Canada Day
On the Wing
July 1

Family Fun
at The 14 Wing Community Centre

12-3:30pm- Skateboard Competition
12-3pm- BBQ Canteen
1-3pm Free Family Games
2-4pm- Free Family Swim

For More Info, Please call 765-1494 ext. 5337, 1421 or 765-8165

14 Wing Community Centre

Summer Camp

Sports, Day & French camps

July 5th - August 26th
9:00am - 3:00pm

Before & After care available

REGISTRATION

- Online: June 15th at 8am contact Jill Jackson at 756-1494 ext. 5331 to set up your account and password
- Onsite: June 17th at 9am at the community centre

For more information call 765-1494 ext. 5341, 5331



Canada's CC-130J Hercules prepares for takeoff from Lockheed Martin's manufacturing plant in Marietta, Georgia.
(Credit: Lockheed Martin)

Super Hercules: Now in Canada

By Joanna Calder

June 8, 2010 - "It's a bird! It's a plane! Yes! It's Super Hercules!"

Our first CC-130J Hercules – the "Super Hercules" – arrived home at 8 Wing Trenton, Ont., on Friday, June 4.

"This truly is an historic day for 8 Wing, for the Air Force,

for the Canadian Forces and, one could say, for the country," said Assistant Chief of the Air Staff, Major-General Tom Lawson, during the arrival ceremony at 8 Wing.

The day started bright and early at Lockheed Martin's manufacturing plant in Marietta, Georgia. Minister MacKay and Rona Ambrose,

Minister of Public Works and Government Services Canada, took possession of Hercules tail #130601 by accepting a symbolic key from Jim Grant, Lockheed Martin's vice-president of business development for air mobility.

By 11:30 a.m., the new aircraft was circling over Trenton, to the cheers and applause of the crowd gathered on the tarmac below. After landing, it taxied to a stop with a clearly elated Peter MacKay, Minister of National Defence, waving from the open hatch on the top of the aircraft.

But before the arrival ceremony began there was one piece of official business to take care of. The aircraft, crew, passengers and cargo had to clear Customs.

"I just told Customs I had \$25 million to declare," joked Minister MacKay when he took the podium.

"We are very proud of the missions that Canadian Forces conduct, around the world and here at home," he went on to say. "And in order to do that important job we have to equip them properly. That is exactly what the Government of Canada is doing with the Canada First Defence Strategy."

"The result of the Hercules program is 454 jobs in Canada [and] \$2.3 billion in industrial regional benefits. So that means jobs for Canadians and support for Canadian businesses," Minister Ambrose told the crowd.

Minister MacKay described the "long and distinguished history of Canadian airlift".

"This proud tradition emerged during the crucible of the Second World War. It carried on through the darkest days of the Korean War [and] then into the 1960s. And ladies and gentlemen, think about how far we've come since that time.

"[Since the first Canadian Hercules was delivered nearly 50 years ago, it has] been almost everywhere and done almost everything the Canadian Forces asked of them.

"The CC-130s and their crews carry the lifeblood of

operations when they fly. They move everything from socks to spare parts, from mail to machine guns. And they've done so with dependability and with distinction."

MGen Lawson continued Minister MacKay's praise for Canadian airlift capabilities. "Tactical airlift is the lifeline of the CF, and the Hercules is often going to be among the first – if not the first – aircraft on the ground in any operation."

Both Ministers and MGen Lawson thanked Lockheed Martin, Canadian and American governmental departments, the Canadian project team and the U.S. Air Force for helping bring the aircraft into early and under budget. "Congratulations!" said Minister Ambrose.

Major Mark Goulden, who co-piloted the new Herc on its flight to Trenton, has logged

4,500 hours on older model Hercules.

"The best thing about the new Herc is the increase in power and the new avionics," he told the Trentonian newspaper. "The flight was exciting and it's a proud day for 436 Squadron and 8 Wing. The flypast was a real thrill."

MGen Lawson had words of praise for 8 Wing personnel. "I congratulate all members of 8 Wing who have worked tirelessly to help integrate this new capability into wing and squadron operations, and doing that while you're holding down the myriad responsibilities that you do. I thank you for it.

"The Air Force is better positioned now than at any other time in recent memory to protect Canadian interests here at home and around the world.

"Welcome to the Hercules J model," he concluded.

Hinds Card of Thanks

I would like to take this opportunity to express my sincere thanks and appreciation to each and everyone near and far who came on Saturday, March 20th, 2010 to help celebrate my 60th Birthday Party at the Kingston United Baptist Church.

A special thank you to my sister Donna and Minnie Rogers who organized the party for me; to Carolyn Crossley, Gerald and Shirley Sawler, Wendy Banks for decorating the Church Hall; Rev Leon Langille for the beautiful solo; Jim Spurrell for taking the photos; the McNeil family, our MLA Mr Leo Glavine, Minnie Rogers and the ladies for the lovely food and to each and everyone for the gifts, love offerings, cards, food brought in for the party from friends; the ladies at the bank for the lovely photo they did for me.

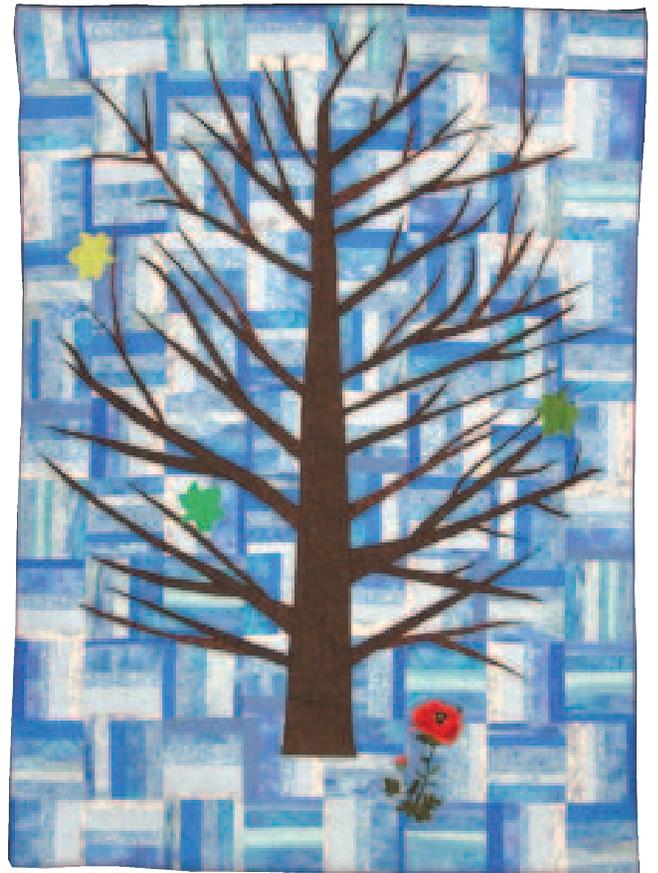
Again my sincere thanks and appreciation to each and every one.

May God Bless You all.
Arlene Hinds

Support the New Kingston Legion Quilt Fund

The Legion has had a beautiful quilt of a tree made to help us raise funds for a new Legion. The tree was chosen because it's used to build so many of the day to day things we have come to depend on and the bricks are the foundation that ensure stability and longevity. Anyone can purchase a cloth leaf or brick which will have your name or name of a love one or company place on it and sewn on to the quilt which will be hung proudly in the Legion for all to see. The cloth leaves can be purchased at the Legion for \$10.00 and the bricks for \$25.00. Please except our sincere gratitude for your support in our endeavour to offer our veterans, community and members better service.

More details will follow in the coming weeks. Anyone wanting more information can call the Kingston Legion Office at 765-4920.



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New Kingston Legion Fundraisers

The Kingston Legion is planning to build a new Legion however, to do this we need the support of the local communities. We are planning a number of fund raisers which will take place over the next year with the first being an outdoor event which will take place on the Legion and Lions Club property. The fund raiser is open to everyone and will take place on the 26 June from 10:00 am until 6:00 pm. There will be local entertainment all afternoon, beer garden, food, cotton candy, face painting, games and more; so come on out and have a fun day while supporting our veterans and local Legion.



Fisherwomen for "Relay for Life!"

Submitted by Shirley Penney, CWL Communications Chairperson

Back Row: Anita Frittenburg, Debra Poley, Audrey Nichols, Wanda MacInnis, Anne Kempton. Front Row: Shirley Penney, Myra Jesso, Nancy Fleury, Alice Morgan (missing from photo: Christine Beck)

Queen of Heaven CWL and St. Mark's Guild ladies participated in the Relay for Life on 4 Jun and raised \$3,378.72. Thank you to all who supported us in reaching our goal.

CUCINA AURORA



Bite Sized Cherry Cheesecakes

- 1 (8 oz.) pkg. cream cheese, softened
- 1 egg
- 1 tsp. vanilla
- 1 can cherry pie filling
- (Also need "petit four" or miniature muffin tins (1 or 2) and fluted papers)

Beat cream cheese, egg and vanilla until smooth. Pour into lined muffin tins, approximately 2/3 full. Bake at 325 degrees for 12 to 15 minutes. Cool. Center will sink. Then spoon a cherry on each cheesecake.

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10-359A	2004	TACOMA ACC CAB	DGREEN	4	A	2WD,AC,CRU,CD	115000	13995
10-318A	2004	MATRIX XR BA	RED	4	A	AC,S/R,PW,PDL	114000	9995
10-574A	2004	TUNDRA ACC CAB	SILVER	8	A	2WD,AC,PW,PDL	174000	11995
10-237A	2005	MATRIX XR AA	RED	4	5	AC,PW,PDL,CRU	110000	11995
10-489A	2005	COROLLA LE AA	BEIGE	4	A	AC,PW,PDL,CRU	106000	10995
10-431B	2005	TACOMA REG CAB	SILVER	4	5	2WD,AC,CD	36000M	12995
10-492A	2005	ECHO SEDAN	RED	4	A	PDL,CRU,CD	60000	8995
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10-261A	2006	CIVIC DX-G 4DR	GREY	4	A	AC,PW,PDL,CD	80000	12995
10-379A	2006	COROLLA CE BA	BLUE	4	A	AC,PDL,CD	75000	11995
10-407A	2006	RAV4 4WD AA	BEIGE	4	A	AC,PW,PDL,CRU	98000	17995
U1728	2006	MATRIX XR	SILVER	4	A	AC,PW,PDL,CRU	59000	13995
U1734	2006	SIENNA CE AA	DBLUE	6	A	AC,PW,PDL,CRU	87000	17995
U1741	2006	COROLLA CE SE	SILVER	4	5	AC,S/R, PW,PDL	95000	10995
11-13A	2006	CAMRY LE AA	DBLUE	4	A	AC,PW,PDL,CRU	69000	14995
10-562A	2006	COROLLA CE BA	BLACK	4	A	AC,PDL,CRU,CD	117000	9995
U1743*	2006	MATRIX XR AA	GREY	4	A	AC,PW,PDL,CRU	72000	12995
09-616A	2007	ACCORD SE 4DR	RED	4	A	AC,PW,PDL,S/R	53000	17995
10-114A	2007	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	85000	16995
10-351A*	2007	COROLLA CE CA	DBLUE	4	A	AC,PW,PDL,CRU	80000	12995
10-289A	2007	COROLLA CE CA	BLUE	4	A	AC,PW,PDL,CRU	102000	10995
10-421A*	2007	C MATRIX TRD	RED	4	5	AC,PDL,CRU,CD	63000	12995
08-72A*	2007	CAMRY LE AA	BEIGE	4	A	AC,PW,PDL,CRU	56000	17995
U1739	2007	COROLLA CE BA	SILVER	4	5	AC,PDL,SPOILER	74000	10995
11-14A	2007	CAMRY LE AA	SILVER	4	A	AC,PW,PDL,CRU	86000	16995
U1740	2007	TACOMA DBLCAB	DBLUE	6	A	4WD,TRD,LOADED	63000	29995
11-8A	2007	CAMRY HYBRID	GREEN	4	A	AC,PW,PDL,CRU	57000	20995
10-555A	2008	COROLLA SPORT	DGREY	4	5	AC,PW,PDL,CRU	38000	15995

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Youth Happenings at 14 Wing Greenwood Community Centre

By: Recreation Youth Worker; Megan LeMoine

Drop into the Centre to get your June calendar, there's so much happening; Spa Night for girls only! Beach Party Dance, Teen Bingo, and so much more! If you are new to the area, come and get your Pre-teen (9-12) or Teen (13-18) membership, with a valid Rec. Card your membership is free! If

you don't have a Rec. Card, don't worry, for a Pre-teen card it's only \$6, and a Teen card, it's only \$12, for the whole year! If you have any questions about any of the programs or events listed below, please contact Megan at 765-8165. Here's what's happening this week.

Boys Club Father/Son Golfing Monday June 14 6-7pm

Boys, bring your Father's or someone special to the Greenwood Golf Course for a Father/Son introduction to golfing. Please meet at the Golf course. If your Father or someone special is not able to make it, because of work or other commitments, no worries! **Teen Council**

Tuesday June 15 3-4pm

Teens, meet at the Community Centre to discuss our upcoming 'End of Year Celebration', school's almost over! We will also be making Father's Day cards for our friends at Tibbett's nursing home.

Teen Bingo Tuesday June 15 6-8pm Cost: \$1

Teens bring your lucky socks to Teen Bingo! It only costs \$1 to play, with lots of great prizes to win! See you there!

Active Chicks Father/Daughter Picnic Wednesday June 16 6-7:30pm

Girls, bring your Father or

someone special to our 1st annual Father/Daughter picnic! We'll play games at the Community Centre, then enjoy a snack, please bring your own snack to share with your Father or someone special!

Teen Activity Visiting Tibbett's Thursday June 17 6-7pm

Teens, tonight we are going to visit our friends at Tibbett's nursing home to deliver Father's day cards. Please meet at the Community Centre just before 6pm.

Hockey & Tennis Saturday June 19 3-4:30pm

Pre-teens and teens, come to the Centre to celebrate June

is Recreation Month! We will practice our skills and have a game of hockey and tennis!

Movie & Treat Night June 19

Pre-teen: 6-8pm Movie; Old Dogs Two friends and business partners find their lives turned upside down when strange circumstances lead to them being placed in the care of 7-year-old twins.

Teen: 8-10pm

Movie; The Lovely Bones Centers on a young girl who has been murdered and watches over her family - and her killer - from heaven. She must weigh her desire for vengeance against her desire for her family to heal.

Special Events

Spa Night Tuesday June 22 6-7:30pm Cost: \$2

Pre-teens and teens, relax and un-wind for an evening of spa treatments. Mary Kay consultant; Allie Hebb will talk to us about skin and nail care, show us how to apply just the right amount of make-up, then we'll have manicures, pedicures and facials! Pre-registration is necessary!

Beach Party Dance Friday June 25 Pre-teen: 6-8pm \$3 Teen: 8:30-11pm \$4

Surf's up! Wear your sandals, shades and sun block to the Beach Party dance! We'll have a BBQ and pop for sale; \$1 each!



13 - 17 June The A-Team
Sun-Thur 8 pm
Rated PG

18 - 24 June Prince of Persia: The Sands of Time
Friday-Sat 7&9:15 pm
Sun-Thur 8 pm
Rated PG

25 - 29 June Killers
Friday-Sat 7&9 pm
Sun-Thur 8 pm
Rated PG

Save Money & Buy Pre-Paid Admission Cards Now before Box Office prices increase.
8 Admissions - \$40
16 Admissions - \$75
Admission Prices Increasing Shortly.
www.zedex.ca

Kingston Legion

BiNGO
Prize Money Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m. Tuesday, 7:30 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



In Thanks and Recognition

Submitted by Michelle Shears

The apple blossoms have come and gone and so has the 78th Apple Blossom Festival. The Kingston Apple Blossom Committee would like to take this time to recognize those who made this year's Festival what it was.

Congratulations are extended to the 78th Apple Blossom Royal Party: Emily Rafuse, Princess Windsor and Queen Annapolisa, Josie Zakhour, Princess Digby and First Lady in Waiting to our own Princess Kingston, Olivia Switzer, Second Lady in Waiting: It has not been since 1994, when Princess Kingston Marlee Gertridge was crowned Queen Annapolisa, that Kingston has stood among the Royal Party. Well done Olivia!

Apple Blossom weekend is a significant event in the lives of those young ladies chosen to represent their communities as Princess but

also for those younger children who are chosen to attend their princess: the child attendant. Kyra Jarvis, daughter of Bruce and Jacqueline Jarvis, was more than excited to attend Coronation Ceremonies and the Grande Street Parade with Princess Olivia. Additionally, Kyra was one of the attendants chosen to present a traditional gift to the new Queen Annapolisa~ a special privilege and honour for Kyra.

The Jarvis family was particularly busy on Saturday during the Grande Street Parade, as Captain Bruce Jarvis was the pilot of the Aurora that conducted the fly past marking the beginning of the Grande Street Parade.

The Kingston Apple Blossom Committee would like to acknowledge and thank those organizations, businesses and persons who directly supported Princess Kingston in the 78th Apple Blossom Festival. Thank-you to

each and every one for all you have done, no contribution has gone unnoticed.

The Village of Kingston & Village Commission, Royal Canadian Legion Branch #98 Ladies Auxiliary, Kingston Lion's Club and the Royal Canadian Legion Branch #98;

Country Traditions Flower Shoppe, Hair Expressions, Cathy & Co, T&S Office Essentials & Printing, Balloon Boutique, SunRay Cleaners, Grampie's Country Barn, HE Armstrong Mechanical, Zedex Theatre, Shear Solutions, Pharmasave, Merry Maids, We Engrave, King of Donair, Parkway Antiques and Fraser's Timbremart;

Tracy Fischer, Sharon Beardsley, Marion Yahnkee, Barb Godin, Gloria Haiplik, Muriel West, Janice Hatfield, Andrew Davis, Abby Beaman, Paul Parsons, Ann MacLaren, The Kingston United Church, The Baker family, Dave Shears, Greg Towne and David Feener and Dan Lundrigan.

If you are interested in becoming a member of the Kingston Apple



Princess Kingston 2010, 2nd Lady in Waiting to Queen Annapolisa the 78th, Olivia Switzer and Child Attendant, Kyra Jarvis at Coronation Ceremonies, University Hall, Wolfville, NS.

(Image: Jason Calnen, Light and Lense Photography)

Blossom Committee, please contact with Village Office at 765.2800, Monday through Friday between 8am and 4pm for more information.

The committee is an open committee and we encourage anyone to participate and be a part of the Festival from behind the scenes.



Canadian Cancer Society Société canadienne du cancer

Thank You.

The Canadian Cancer Society would like to thank the many daffodil and door-to-door volunteers throughout Nova Scotia who dedicated their time and effort to support the fight against cancer.

Our work would not be possible without you; thank you for being an integral part of what we do. Together, we are making cancer history.

The Canadian Cancer Society continues to lead the fight against cancer.

www.cancer.ca

WOSM Surf & Turf

June 26th @ the mess

\$15 Steak & Lobster
\$8 Steak only

Contact the mess office for information ext 5470

Get Ready for Summer Camp Registration!

The time has come to start registering for the 14 Wing Community Centre Summer Camps! We offer an eight week Day Camp and French Camp for campers between 6-12 years of age and Sports Camp designed for campers between 9-14 years of age. It is our plan to provide you with the convenience of being able to register from home with our new online registration at <http://bk.cfpsa.com/greenwoodpub/index.asp> which will be available starting at 8:00 a.m. on Tuesday, June 15th (this service is for valid Community Recreation card holders only). If you would like to register online please contact Jill Jackson at 765-1494 ext. 5331 to set up your account and password. Please note that we will also hold on-site registration at the Community Centre, starting at 9:00 a.m. on Thursday, June 17th.

Our 2010 camps will start on Monday, July 5th and run until Thursday, August 26th. Please note that there will be no camp on Monday, August 2nd or Friday, August 27th.

All three summer camps are held Monday to Friday, with camp running from 9:00 a.m. - 3:00 p.m. We also offer a before care service from 7:30 - 9:00 a.m. and an after care service from 3:00 p.m. - 4:30 p.m. at an extra cost of \$10 per service, per week or \$5 per service, per day (per camper). The costs of our camps are either \$65 per child (\$75 during trip weeks) if the camper has a valid Community Recreation card or \$75 per child (\$85 during trip weeks) if they do not, and there is also no discount when registering additional children.

Our Summer Camp Supervisors have started and are very busy planning all the exciting activities and events that we

will be offering. Please see our themes page for a description of the weekly themes, activities and trips we have planned.

If you have any specific program related questions, please call 765-1494 ext. 5341 and ask for one of our three camp supervisors. For all other general inquiries please call 765-1494 ext. 5341, 5337, or 5331.

Canada Day on the Wing!

In just over two weeks, we will be celebrating Canada's 143rd birthday with our second annual Canada Day on the Wing event! The 14 Wing Community Centre and Greenwood Military Family Resource Centre have partnered to offer a large Canada Day event for our CF families and the surrounding communities.

Our Canada Day festivities will kick off with our annual Canada Day skateboard competition. To enhance this year's event, the Community Centre has once again teamed up with "Limitless Skate & Snow", from the Greenwood Mall, to offer a great skateboard and BMX competition for ages 9-18. Registration will take place from 11:00 a.m. - 12:00 p.m., on July 1st, and the event will run from 12:00 p.m. to approximately 3:30 p.m. There will be five divisions (beginner, intermediate, advanced, BMX and 19 and older) and the cost to register is \$5. To learn more about the skate competition please contact Megan LeMoine at 765-8165.

Once the Skateboard and BMX 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:

12:00 p.m. - 3:00 p.m.
Canteen Barbecue is available
1:00 p.m. - 3:00 p.m.
FREE Carnival games and treats, Tattoos, a Fire Truck Visit, and other fun in the sun activities!

2:00 p.m. - 4:00 p.m.
FREE Family Swim & Fun Pool Games/Contests

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

The Nova Scotia Life Saving Society has once again graciously donated a towel and water bottle as part of the prizes we'll be giving away during the event. The vision of the Nova Scotia Life Saving Society is to make Nova Scotia a water smart and a water active province. They encourage all Nova Scotians to enjoy all the water activities we have available but to also take extra care when swimming this summer.

If you would like to learn more, please call the 14 Wing Community Centre at 765-1494 ext 5337 or contact Michelle Thibodeau-Wagner, Special Events Coordinator at GMFRC at 765-1494 ext. 1421.

DAY CAMP

WEEK 1: TRI-CAMP KICK-OFF (July 5 - July 9)

We will kick-off the first week of camp with a dodge ball tournament, fun crafts, a JELLO treat and an exciting celebration of the 2010 Canada Games Torch!

WEEK 2: ANCHORS AWAY (July 12 - July 16)

Ahoy pirates! This week we will be digging for edible worms and watching a pirate themed movie! Also, a trip to Pirates Cove is a must to go for a swim!

TRIP: PIRATES COVE!

WEEK 3: JUNOIR CHEF (July 19 - July 23)

This week we will be learning how to keep a clean and safe cooking area and baking some yummy treats! Also, we'll be going to Sobey's for a store tour and cooking lesson!

WEEK 4: MAD SCIENTISTS (July 26 - July 30)

Get on your lab coats because this week we will be conducting mini experiments and be given challenges to do in small groups! Also a trip to the IMAX!

TRIP: IMAX

WEEK 5: WILD ADVENTURES (August 3 - August 6)

This week we will be heading out for a walk to the duck pond where we will meet French Camp for a picnic! Also, Thursday we will be TIE DYING so don't forget to bring a white shirt!

WEEK 6: WHEN I GROW UP (August 9 - August 13)

We're going to the Discovery Centre this week to check out some cool experiments! We will also have some visits from special guests throughout the week!

TRIP: DISCOVERY CENTRE

WEEK 7: LETS PARTY (August 16 - August 20)

Everyday is a different holiday! Don't forget to dress up for Halloween on Thursday because we're going trick-or-treating!

WEEK 8: TAKING THE STAGE (August 23 - August 26)

This week we will get our ten minutes of fame as we will be making and performing our very own plays! We will also be getting a dance lesson from a special guest and baking a treat for snack!

TRIP: AYLESFORD LAKE

FRENCH CAMP

WEEK 1: TRI-CAMP KICK-OFF (July 5 - July 9)

In French Camp, we'll be kicking off the summer with paper maché, a field day with Day Camp and an exciting celebration of the 2010 Canada Games Torch!

WEEK 2: BON VOYAGE (July 12 - July 16)

All aboard!! This is our traveling adventure week! We'll be starting things off by exploring China, France and Hawaii! We'll also be going on a trip to the IMAX!

TRIP: IMAX

WEEK 3: PETIT PICASSO (July 19 - July 23)

Ready, set, PAINT! This week is all about art! Campers will be painting, sculpting and sketching! We'll also be going on a walk to Sobey's to make our own mini-pizzas!

WEEK 4: IN THE JUNGLE (July 26 - July 30)

This week is all about animals! We'll kick the week off by making our own binoculars to prepare for a scavenger hunt! We'll also be making frog paperweights! To end the week we'll be going to Pirates Cove for a swim!

TRIP: PIRATES COVE

WEEK 5: SOLEIL, SOLEIL!! (August 3 - August 6)

This week is all about the sun! We'll be going on a walk to the duck pond for a picnic and having a yoga lesson!

WEEK 6: JUNIOR EINSTEIN (August 9 - August 13)

It's all about science this week as we plant our own seeds, make silly putty, eat some yummy treats and go on a trip to the Discovery Centre!!

TRIP: DISCOVERY CENTRE

WEEK 7: BONNE FÊTE (August 16 - August 20)

It's holiday week at French Camp!! We'll have an Easter egg hunt, go to a birthday party, watch a Christmas movie and much more!

WEEK 8: READY, SET, GAMES! (August 23 - August 26)

It's the last week at French Camp! We'll be playing lots of games, goings to the lake and having a big camp party to end the summer off with a bang!

TRIP: AYLESFORD LAKE

SPORTS CAMP

WEEK 1: TRI-CAMP KICK-OFF (July 5 - July 9)

We'll be kicking off the summer with some favourite camp games, a dodgeball tournament and an exciting celebration of the 2010 Canada Games Torch!

WEEK 2: SOCCER WORLD CUP (July 12 - July 16)

This week will be loaded with soccer action as we host our own World Cup tournament and take a trip to the IMAX for a movie in 3D!

TRIP: IMAX

WEEK 3: MULTISPORT MAYHEM (July 19 - July 23)

Get ready to try a new sport each day this week and bring your bike and helmet for a trip to the Greenwood Horse & Recreation Club!

WEEK 4: GO CANADA GO! (July 26 - July 30)

This week we'll play Canada's two National sports, HOCKEY & LACROSSE (no skates needed) and go on a trip to the Discovery Centre!

TRIP: DISCOVERY CENTRE

WEEK 5: AMAZING ADVENTURES (August 3 - August 6)

Are you up for an adventure? If so, this is the week for you! Get ready for non-stop action and pack your bags for an OVERNIGHTER!

WEEK 6: NET & RACQUET ACTION (August 9 - August 13)

Get ready for a week filled with volleyball, badminton, tennis and more, as well as a trip to the waterslides at Pirates Cove!

TRIP: PIRATES COVE!

WEEK 7: EXTREME SURVIVOR CHALLENGE (August 16 - August 20)

We'll break into teams for a week full of contests and games, including a bike challenge, so bring your bike and helmet again this week!

WEEK 8: BASKETBALL EXTRAVAGANZA (August 23 - August 26)

We'll end the summer off with some basketball games, a trip to the lake, and of course our end of summer party!

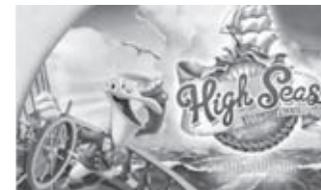
TRIP: AYLESFORD LAKE

ATTENTION

All Mariners and Other Ocean Lovers!

REGISTRATION
DEADLINE!

27 June 2010



ST. MARK'S AND QUEEN OF HEAVEN
CHAPELS

are set to run an exciting
VACATION BIBLE SCHOOL
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16-20 August 2010

We have an exciting expedition planned
on the high seas to explore the mighty love of God!

For more information and to register your kids,
call Padre Frank Staples
765-1494, local 5545

The 19th Hole

What a change in course conditions ...on Monday June 7th we went out to play the back nine and I don't remember seeing that much water on the course ...it was like the spring floods had hit us. I am sure that by the time this article goes to print it will have changed, but it sure was wet out there. When we said we needed rain, the course was getting dry, I am not sure we meant that much rain in such a short period of time. It is ...what it is!

I don't think we had any winners at the Eden Classic Ladies tournament... other than Sandy Adams and Connie Armstrong won the 50/50 ...nice win.

There were no winners from Greenwood in the NS Four

Ball... they ended up with only being a one day tournament.

Hopefully I will have better news next issue. There are several teams going to the Strawberry Classic at Paragon and we have quite a few people playing the Legion Tournament.

The Schedule for next week looks like this:

Tuesday June 15th- 10:00 ten tee times - Wo & Sgts Mess;
- Men's Night - 3-Man Scramble sign up at 2:30 for a 3:00 Tee off. Meal to follow the golf.

Wednesday- June 16th- 413 Squadron. 9:00 Shot Gun start;
- Ladies Night

Thursday June 17th - Ladies Morning 9:00; Mid a.m. Practise Rounds

Friday, Saturday and Sunday: Nova Scotia Mid- Amateur; Friday Night 2-Ball

Until next issue, Hit 'em Long and Straight, Keep up the Pace of Play and don't forget to replace your divots and repair the ball marks on the greens.

Fifteen ladies were out to play a three person Texas Scramble on the evening of Wednesday 9 Jun 10. Scores ranged from plus 3 to plus 10 and the winners were the teams of Sandra Cathcart, Erma Raines and Sandy Adams in first place and Margie Welin, Joan Dixon and Sharyn Trimm in second place. The 50/50 winner was Sharyn Trimm.

WAR

Red Cross Says More Emphasis Needed On Water Safety

National Water Safety Week HALIFAX - With at least 15 drownings and other water-related deaths in Atlantic Canada in the first five months of 2010, the Canadian Red Cross says Water Safety week is an opportunity for parents, caregivers and anyone involved in activity on or near water to redouble safety efforts, especially supervising children around water.

Since the vast majority of drowning victims in Canada, including all of those in the Atlantic provinces so far this year have been males not wearing personal flotation devices or PFDs, the Red Cross says it may be more effective to urge women to pressure the men and boys in their lives to take water safety more seriously.

Red Cross research shows that children ages 1 to 4 and

males ages 15 to 44 are at the greatest risk of drowning, and that backyard pools are especially dangerous for small children who are also the most vulnerable group for near drowning. PFDs are not worn by the vast majority of drowning victims.

"It takes only minutes for a child to disappear from sight or a noseful of water for a baby to drown, so whether it's a pool, bathtub or the beach, watch children around water and stay within reach," said Wayne Young, Red Cross director of injury prevention in Atlantic Canada.

Four-sided fencing and self-closing, self-latching gates are a must for backyard pool safety, according to the Red Cross, which also urges parents or caregivers to always empty portable toddler pools whenever

they're not being used or are not supervised.

Each year, more than 175,000 children worldwide drown while up to three million experience a near-drowning, often resulting in permanent brain damage. Atlantic Canada sees an average of 20-30 drowning deaths per year so with at least 15 before the peak summer swimming and boating season has even begun, Young said it's cause for even greater concern and vigilance.

Among Canadian Red Cross programs to encourage water safety is an online contest at www.redcross.ca/swim offering safety tips and chances to win Nexcare prize packages. In Atlantic Canada, it also offers free short-term loans of personal flotation devices (PFDs) along with swimming and water safety lessons tailored to groups from

pre-schoolers to adults including those who supervise children in or near water.

"Swimming skills alone aren't always enough to save a life," said Young. "Learning more broadly about water safety is key to preventing an emergency in or on the water."

For individual or groups who don't invest in PFDs or self-inflating lifejackets for occasional outings on or near water, Canadian Red Cross offices in Bridgewater, Dartmouth, Kentville, Sydney, Truro and Yarmouth can provide free short-term loans of PFDs.

"We would rather lend someone a PFD and have our staff ensure a proper fit than to hear of yet another drowning because someone didn't have the time or resources to buy a sufficient number of PFDs or

perhaps even worse, loses a child whose PFD failed because it was the wrong size or not correctly worn."

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NEW PATIENTS WELCOME



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SOUSSION 10-08

Trottoir de Centreville - Phases 1, 2 et 3

Le Service du génie et des travaux publics de la Municipalité du Comté de Kings sollicite des soumissions pour l'approvisionnement et la mise en place des éléments suivants :

Phase 1 - Intersection chemin Sherman Belcher/Route 359 - Chemin Lydiard

- un trottoir en asphalte de 750 mètres;
- une bordure en béton de 448 mètres;
- tous les travaux connexes.

Phase 2 - Du chemin Lydiard à la rue Saxon :

- un trottoir en asphalte de 710 mètres;
- une bordure en béton de 463 mètres;
- tous les travaux connexes.

Phase 3 - Rue Saxon - Sud du n° 1688 (adresse municipale)

- un trottoir en asphalte de 635 mètres;
- une bordure en béton de 417 mètres;
- tous les travaux connexes.

Vous pouvez consulter ou vous procurer le cahier des charges et les formules de soumission, du lundi au vendredi de 8 h 30 à 16 h 30, dès réception d'un dépôt non remboursable de 100 \$ par le bureau du Service du génie et des travaux publics situé dans le Complexe municipal, 87, rue Cornwallis, à Kentville. Il est également possible de consulter les soumissions au bureau de l'Association de la construction de la Nouvelle-Écosse du 260, avenue Brownlow, bureau 3, Dartmouth, Nouvelle-Écosse.

Les demandes de renseignements précises liées à ces soumissions peuvent être acheminées à Scott Quinn, Ing., directeur intérimaire du Service du génie et des travaux publics, par courriel à squinn@county.kings.ns.ca ou par téléphone au 902-690-6195.

LES SOUMISSIONS SCÉLÉES SERONT ACCEPTÉES JUSQU'À 14 H le mercredi 30 juin 2010

La Municipalité se réserve le droit de rejeter toutes les soumissions ou d'accepter toute soumission qu'elle jugerait plus avantageuse. Elle n'est pas tenue d'accepter la soumission la moins-disante. La Municipalité se réserve également le droit de renoncer à la formalité, au vice de forme ou au détail de procédure dans toute soumission présentée.

PROJET FINANCÉ PAR L'ENTREPRISE DU FONDS CHANTIERS CANADA

Tél. : 902-690-6195 Téléc. : 902-679-0911
Numéro sans frais : 1-888-337-2999
www.county.kings.ns.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

NOTICE TO RESIDENTS

PERSONAL TAX EXEMPTION 2010/2011

The Council of the Municipality of the County of Kings directs, by policy, that an exemption be granted for the taxation year 2010/2011 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$140.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Whose total gross income from all sources for the year 2009, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but including the income of all members of the same family residing in the same household, is less than **\$30,000** gross income, and;

Where property is jointly owned, only one tax exemption shall be allowed and the sharing in such exemption shall be on the basis of ownership in such joint property.

Applications for such tax exemption will be received at the Municipality prior to **July 31, 2010**.

Paula Delorey, Tax Clerk
pdelorey@county.kings.ns.ca

Tel: (902) 690-6144 Fax: (902) 679-2820
Toll Free 1-888-337-2999
www.county.kings.ns.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

TENDER 10-08

Centreville Sidewalk, Phase 1, 2 & 3

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders for the supply and placement of the following:

Phase 1-Sherman Belcher/Hwy 359 Intersection - Lydiard Road:

- 750 meters of asphalt sidewalk;
- 448 meters of concrete curb; and
- Associated work.

Phase 2-Lydiard Road to Saxon Street:

- 710 meters of asphalt sidewalk;
- 463 meters of concrete curb; and
- Associated work.

Phase 3-Saxon Street - South of civic 1688

- 635 meters of asphalt sidewalk;
- 417 meters of concrete curb; and
- Associated work.

Specifications and tender forms may be viewed and picked up upon receipt of a non-refundable deposit of \$100.00 at the office of Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, NS

Specific inquiries pertaining to these tenders may be directed to Scott Quinn, P. Eng., Acting Manager of Engineering and Public Works at: squinn@county.kings.ns.ca or 902 690-6195.

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Wednesday, June 30, 2010

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

PROJET FINANCÉ PAR LE FOND CANADIEN DE LA CONSTRUCTION

Tel:(902) 690-6195 Fax: (902) 679-0911
Toll Free: 1-888-337-2999
www.county.kings.ns.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.

HOUSE OF COMMONS CHAMBRE DES COMMUNES

Greg Kerr
 Member of Parliament/Député
 West Nova/Nova-Ouest

233 Water Street Yarmouth, BSA 1M1
 Office/Bureau (902) 742-6808
 Fax/Télécopieur (902) 742-6815

14373 Highway 1 Wilmot, N.S. B0P 1W0
 Office/Bureau (902) 825-2320
 Fax/Télécopieur (902) 825-3785

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

HOROSCOPES

June 13 - June 19

ARIES - Mar 21/Apr 20
 Aries, you have never needed any help getting noticed and nothing is different about this week either. You will be the life of the party and others will flock to you.

TAURUS - Apr 21/May 21
 It's time to let loose a little, Taurus, Though it may not seem like you have the permission to do so, go out and have fun and everything will be OK. Work certainly will wait.

GEMINI - May 22/June 21
 Gemini, things might be a struggle this week because you are so tired. You have had a lot of responsibilities and the tasks will continue through this week, too.

CANCER - Jun 22/Jul 22
 Delegation is your best friend this week, Cancer. With so much on your plate you will have to farm out some work to others or you will face a meltdown.

LEO - Jul 23/Aug 23
 Leo, sit down with past bills and spend some time working through your finances. It is time to get a budget in place so you can stop some of the financial bleeding.

VIRGO - Aug 24/Sept 22
 Virgo, a battle of wills could put you in a peculiar spot on Tuesday. In your quest to have everything orderly, you actually cause a lot of confusion in the process.

LIBRA - Sept 23/Oct 23
 Libra, big changes on the horizon excite you about things to come. Keep your head about you and work through each step a little at a time.

SCORPIO - Oct 24/Nov 22
 Scorpio, you like to be ahead of the game and this week you will find you're planning for something that is still months ahead in the future. It's alright to be prepared.

SAGITTARIUS - Nov 23/Dec 21
 Shift your thought processes from recreation to business, Sagittarius. An opportunity presents itself and you need to have your business sense in full force to work through the details.

CAPRICORN - Dec 22/Jan 20
 Capricorn, you may need to rethink your priorities this week. A scenario that you had cast aside actually may be the way to go in the future. Give it a little more thought.

AQUARIUS - Jan 21/Feb 18
 Frustration and boredom are usually linked, Aquarius. You need to learn how to enjoy the things you have instead of looking toward other things that you can acquire.

PISCES - Feb 19/Mar 20
 Pisces, romantic endeavours are in full force this week. You would think that Valentine's Day occurred in June.

FAMOUS BIRTHDAYS

- JUNE 13 Ally Sheedy, Actress (48)
- JUNE 14 Donald Trump, Mogul (64)
- JUNE 15 Neil Patrick Harris, Actor (37)
- JUNE 16 Diana DeGarmo, Singer (23)
- JUNE 17 Venus Williams, Athlete (30)
- JUNE 18 Carol Kane, Actress (58)
- JUNE 19 Paula Abdul, Choreographer (48)

Horoscopes brought to you compliments of:

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www.morsetowing.ca **24 HOUR SERVICE**

Take-Out Lobster Lunch

Celebrate Canada Day with a Take-Out Lobster Lunch. A freshly cooked 1 1/4 lb. lobster with potato salad, coleslaw with Strawberry Shortcake. 1 July 2010, 11:15 a.m. - 1:30 p.m. (or as supply lasts). Holy Trinity Church Hall, Middleton. Sponsored by Holy Trinity Anglican Church.

Wilmot Garden Club

The Wilmot Garden Club meets at the Melvin Square community hall at 7:00 p.m. on the third Wednesday of every month. Our next meeting is June 16th. Everyone is welcome. Go to - www.wilmotgardenclub.net

Charity Auction

The Knights of Columbus, Council 6297 Greenwood/Middleton will be holding their Annual Charity Auction on June 19th inside St. Monica's Church Hall, 41 Connaught Ave. Middleton. It will be combined Chinese Auction and Silent Auction. There will be a bake table, fifty-fifty draw and canteen facilities available. Doors open at 10:00 a.m. and draw starts at 2:00 p.m. For more info contact Kent Sill at 765-2734.

Vacation Bible School

'High Seas Expedition' Vacation Bible School takes place July 26-30 at Middleton Baptist Church! All kids age 3 - grade 6 are invited to this exciting week which runs from 9:30 - 11:45 a.m. each morning! Free registration. Our Special Closing & BBQ is Sunday, August 1 at 10:45 a.m. For more info or to pre-register please phone Holly at 825-3537.

Western Valley Wings

Minor Football
 "Building Character Through Football" Summer Camp for Tackle Football. Where: Rotary Park, Middleton; When: Ages 13 & under - Monday, July 19th - Friday, July 23rd - 10:00 a.m. - 1:00 p.m. daily. Ages 15 & under - Monday, July 26th - Friday, July 30th

10:00 a.m. - 1:00 p.m. daily. Cost: \$125.00; All football gear provided; Souvenir Camp Jersey. Call or e-mail to reserve your spot as space is limited. open to males and females from Aylesford to Bridgetown. We will forward you a registration form. Contact: Coach Mike Upward - 825-6500 or e-mail: mikeupward43@hotmail.com.

Port George Country Jamboree

The 28th Anniversary of the Port George Country Jamboree takes place Saturday, July 31st in Port George, rain or shine. Gates open at 7:00 a.m. Pancake breakfast from 7:00 - 9:00 a.m. and the "giant" all day Flea Market (200 tables) starts at 7:00 a.m. 11 hours of fantastic "live country music" by local artists starts at 9:00 a.m. Enjoy fabulous food like fish & chips, strawberry shortcake, lobster rolls, fruit smoothies or just a hamburger or hotdog. Watch the little ones having fun in the "bouncer" and riding the "kiddie train". Kids can enjoy "Face Painting", "The Duck Pond", "Lolly Pop Pull", and our "Chip Hop" for prizes. Supper 4:00 - 6:00 p.m. includes homemade baked beans with ham and potato scallop, desert and tea or coffee. Call 825-3860 for camping information. This is a family event with no alcohol allowed. Last year we had over 3000 people from all over Nova Scotia and beyond attend. Lots of food & fun for everyone! For more info please call 765-3225 or check out our web site at www.countryjamboree.ca.

Helping Others

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

Church Service

There is Church Service held each Sunday morning at 10:45 a.m. at New Beginnings Center in Greenwood. Experience a time of praise and worship and then join us for lunch. There is also Kid's Church during the Worship Service for children ages 4 - 11 years old.

Harmony Baptist Church Strawberry Supper

June 30th, from 4:30-6:30 p.m. Freewill offering. Supper will consist of potato salad, ham, tomatoes, cucumbers, roll, coleslaw, and strawberry shortcake with whipped cream.

Annual Fun Fair & Ticket Auction

St. Mary's Elementary School, Aylesford, Friday, June 18, 2010 from 1:00 - 2:45 p.m. and 5:00 - 7:00 p.m. All are welcome! We will be having a Barbeque and Games, Ice Cream, Entertainment, Bake Sale, Bounce Kingdom along with Karaoke.

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>.

Fundy Folk at the Evergreen Theatre

Hosted by Daniel Heikalo, open mikes by Nat Fulton, Sarah Pound and others, Saturday June 19 at 8:00 p.m. Reservations: online www.evergreentheatre.ca e-mail: evergreentheatre@gmail.com phone 902-825-6834. The Evergreen returns to its roots as

Fundy Folk Night for an evening. Featured performer and host will be Daniel Heikalo. Joining in with 15 minute open mikes will be Nat Fulton, Sarah Pound and one or two others.

Udderly Delicious Dessert Bake Off

As the weather heats up and you are putting together your summertime agenda, plan to attend the Kingston Steer Barbeque, held Sat, July 10, at the Kingston Arena on Westwood Street, Kingston. It is our village festival and, over the years, the Steer Barbeque has evolved into a weekend of fun. And although July is a month away, good cooks, young and old, should begin to thumb through their recipes to prepare for the Udderly Delicious Dessert Bake Off. This year, prizes will be awarded in two categories: adult and youth. Desserts should be at the Kingston Arena by 2:09 p.m. for judging at 3:00 p.m. Refrigeration will be available. Following the judging, dessert portions will be sold. Registration forms will soon be at the Village Office (902-765-2800). Challenge your friends to prepare the very best dessert ever! Muriel West - UDDBO Committee.

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.

Festival of Flowers

Advanced notice: All Saints Anglican Church, Pleasant Street, Kingston is hosting a Festival of Flowers and Arts & Crafts Show on Saturday, July 10th from 1:00 - 4:00 p.m. Participants would be welcome.

The Aurora newspaper PRESENTS... FIND & WIN

Just Fill in The Blanks. Three Easy Ways to Enter.
 1. Through our website: 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, June 17, 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!

1. What number do you call to take guitar lessons _____
2. When is the WO/SM Surf & turf _____
3. When is on site registration for Summer Camp at 14 Wing Community Centre _____
4. Whose ad says, "Let's Talk Dirty" _____
5. The statement "Get all fired up for Father's Day", is on whose ad _____

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

Congratulations to last week's winner: MARLA WARD

Greenwood Military Family Resource Centre Summer Hours

GMFRC Summer Hours of Operation:
 Starting on Monday, July 5th, 2010 the GMFRC Hours of Operation for the summer will be 8:00 a.m. to 4:00 p.m. Monday to Friday (closed in the evenings). Regular hours will resume Tuesday, September 7th, 2010.

Casual Childcare Service:
 Last day of Casual Childcare will be Thursday, June 23, 2010. The Casual Childcare Service will be closed for the months of July and August. Regular hours will resume in September.

Interested in forming a 14 Wing Skate Park Club?

The 14 Wing Community Centre held a successful skate park focus group, on Fri May 21st, where roughly twenty individuals attended. During this meeting, it was decided to start a new Greenwood Skate Park Club, similar to the former Greenwood Skate Union.

This Club would be opened to all ages, and all park users (skateboards and BMX). The first order of business will be to determine the benefits of

becoming a member of the Club (discounted entrance fees to competitions, portion of annual membership dues spent on upgrades to the park, etc) and decide how to spend the allocated grant funding that we have received to provide upgrades to the park.

Forming this Club will improve our chances to be approved for grants and the success of our fundraising initiatives, since we will have a group of committed

members who are dedicated to helping improve our park.

If you are interested in being part of this Club then please attend our first meeting set for Wednesday June 23rd from 3:30 - 4:30p.m. inside the 14 Wing Community Centre Conference Room. This is your opportunity to voice your opinions and recommend the changes that you would like to see.

This Club, in partnership with Limitless Skate and

Snow, will allow all users of the park to provide feedback on where our grant funding should be spent, and collectively set a plan in place for what direction we would like to see our park go. Please note that the Community Centre Conference Room is located on the second floor of the Centre.

If you have any questions or ideas, but unable to attend, please call Eric MacKenzie at 765-1494 ext. 5337

Town of Middleton Youth Ambassador Candidates Selected

JUNE 9, 2010

MIDDLETON -- The Youth Ambassador Program Selection Committee is pleased to announce the following candidates from Middleton Regional High School for the Youth Ambassador Program: Kristina Callanan; Janyne Crocker and Lauren Perry.

The successful candidates were introduced to Town Council Monday, June 7th. The candidates will represent Middleton at different community functions over the summer months. In early September one of the three candidates will be chosen as Youth Ambassador for their Grade 12 year.

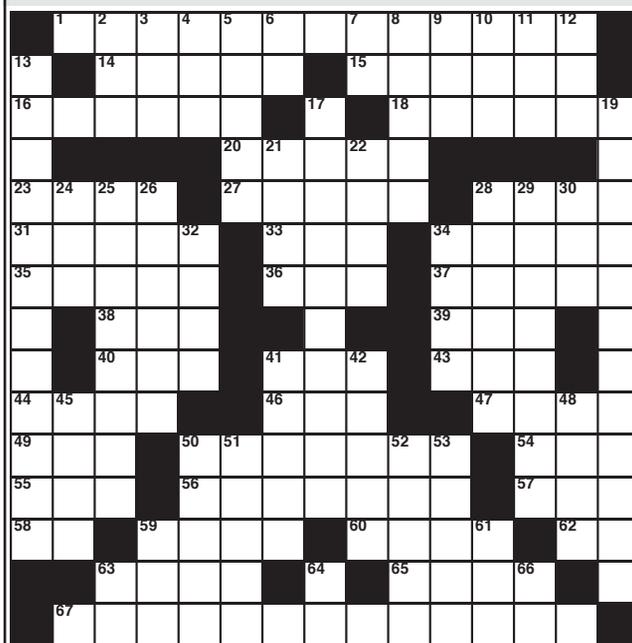
The Youth Ambassador will be presented by the Town with a \$1,000 scholarship at the June 2011 graduation ceremony. For further information please contact Jan Davis at 825-4949.

Canadiana Crossword

Scrambled Leaders

By Bernice Rosella and James Kilner

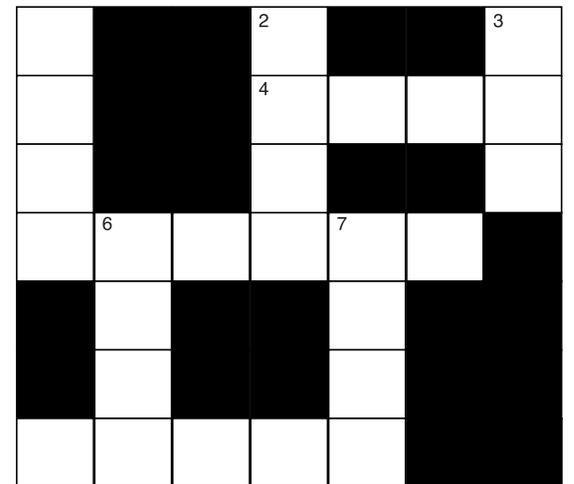
Solution page 18



- ACROSS**
- 1 hnerpeeatpsh
 - 14 Ubiquitous biscuits
 - 15 Saps
 - 16 Cruciferous veggie
 - 18 Cashflow
 - 20 Make happy
 - 23 Farm implement
 - 27 Chops finely
 - 28 Delhi dress
 - 31 Shelter
 - 33 Letters denoting alias
 - 34 Spanish province
 - 35 Protozoa
 - 36 Treasure Island
 - 37 writer's monogram
 - 37 Fragrance
 - 38 Baseball stat
 - 39 Dandy
 - 40 Salt in Saguenay
 - 41 Hockey icon Apps
 - 43 Tolkien tree creature
 - 44 Passed away
 - 46 Consumed
 - 47 Meat, so to speak
 - 49 Unwell
 - 50 Agreements
 - 54 Japanese theatre
 - 55 Alberta gold
 - 56 Highway exit
 - 57 Athletes' hangout
 - 58 slangily
 - 58 Compass pt
 - 59 Israeli folk dance
 - 60 Playing card
 - 62 Tipplers' org.
 - 63 Dances in Dorion
 - 65 Norwegian royal
 - 67 Ideigceepsupl
 - 17 jkayotcanl
 - 19 ehimayzblae
 - 21 Truthless one?
 - 22 Earl Grey and Oolong
 - 24 Escape
 - 25 Mislead a buyer
 - 26 Ducks feet , say
 - 28 Skirt
 - 29 Receiving willingly
 - 30 Edge
 - 32 Fastener
 - 34 Eatery
 - 41 Pelvic bones
 - 42 Dormouse
 - 45 Racket man
 - 48 Popular sauce
 - 50 Island with a reef and lagoon
 - 51 Blaspheme
 - 52 Swine breed
 - 53 Ashlar
 - 59 Harold, familiarly
 - 61 Lip off
 - 63 Lateral leader
 - 64 Promo
 - 66 BTO

PATRICK'S PUZZLE

Crossword Puzzle



ACROSS

- 4. Chore or job
- 5. Force or vigor
- 8. An explosion

DOWN

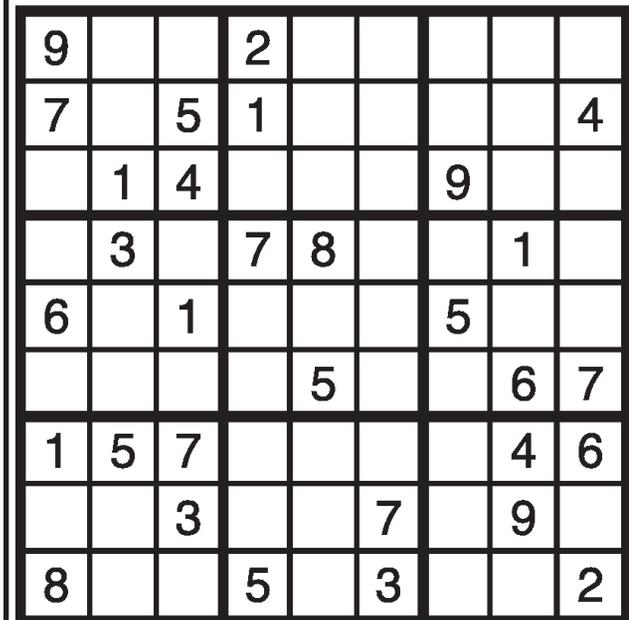
- 1. One of the 4 elements
- 2. Five-pointed shape
- 3. Part of the atmosphere
- 6. Small, metal spike
- 7. Present

Answers:
 Across
 4. task 5. energy 8. blast
 Down
 1. fire 2. star 3. sky 6. nail 7. gift

Patrick's Puzzle brought to you compliments of:

Sudoku

Solution page 18



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:

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Tri County Communications
 Greenwood Mall



Bedtime Stories

Grade Primary students at Dwight Ross Elementary School were treated with a special visitor at their annual event entitled "Bedtime Stories". Lt Col Walker from the school's partnered 404 Squadron joined the group on May 27th and read a special Robert Munsch book. A good time was had by all who attended.



Healthy-Eating How-To

By: Megan LeMoine; Recreation Youth Worker

To celebrate 'June is Recreation Month' we invited Stacy Hanninen, Register Dietician to the Community Centre to give us a 'hands-on' approach to healthy eating. We had a great time learning how to make, fruit and yogurt parfaits, vegetable wraps and chicken stir-fry! The only rule was that everyone had to try something new, preferably vegetables! Thanks Stacy for showing the teens that healthy eating can be very enjoyable and tasty!

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.  
**June 14<sup>th</sup>:** Chicken Nuggets & Veggies 3.00 • Apple Slices 1.00  
**June 15<sup>th</sup>:** Taco Wraps 3.00 • Watermelon 1.00  
**June 16<sup>th</sup>:** That's a Wrap 3.00 • Turkey, Ham, Chicken Salad, & Vegetable • Strawberries 1.00  
**June 17<sup>th</sup>:** 4-6 - Field Day - Hot Dog, Drink, Dessert • P-3 - Fridge items only, Sandwiches, Wraps, Subs, Fruit Plates, Vege Plates, Cheese & Crackers  
**June 18<sup>th</sup>:** P-3 Field Day - Hot Dog, Drink, Dessert • 4-5 - Fridge Items Only  
**Daily Lunch Combo includes Main Entree, Dessert & Milk for \$3.50**

## 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

**Date:** Tuesday, June 22, 2010  
**Time:** 6:00 p.m. to 8:30 p.m.  
**Location:** TBD  
**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.

## 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 Camp for Preschoolers

**Session #1 (July 5, 2010 –July 9, 2010)**  
**Session #2 (July 12, 2010 –July 16, 2010)**  
**Session #3 (July 19, 2010 –July 23, 2010)**  
**Session #4 (July 26, 2010 –July 30, 2010)**  
**9:00 a.m. – 12:00 p.m.**  
**\$45.00/child**  
**Ages: 3 – 5 years**  
**Registration Deadline:** Every Thursday prior to each weekly session

Children aged 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 aged 3 – 5 love to do! We will be hiking, lots of running, exploring, games, playground activities and of course 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.

| school lunch menu                                                                               |                 | KINGSTON & DISTRICT SCHOOL    |                 |
|-------------------------------------------------------------------------------------------------|-----------------|-------------------------------|-----------------|
| <b>Hot Foods</b>                                                                                |                 | <b>Salads</b>                 |                 |
| One Hot Food Daily.....                                                                         | \$2.50 - \$3.00 | Caesar Salad .....            | \$2.50          |
| Cup of Soup .....                                                                               | \$1.00          | Chicken Caesar Salad .....    | \$3.30          |
| Bowl of Soup.....                                                                               | \$2.00          | Greek Salad .....             | \$3.30          |
| Teachers Plate.....                                                                             | \$3.75 - \$4.25 | Spinach Salad.....            | \$3.30          |
| <b>Sandwiches / Wraps</b>                                                                       |                 | Potato Salad.....             | \$1.00          |
| (Assorted fillings - Roast Beef, Chicken Salad, Ham & Cheese, Turkey, Egg, Cheese, Tuna etc...) |                 | <b>Beverages</b>              |                 |
| Sandwich 1/2.....                                                                               | \$1.30          | Milk.....                     | \$0.35          |
| Fresh Fruit Small / Large.....                                                                  | \$1.50 - \$3.00 | Chocolate Milk.....           | \$1.50          |
| Sandwich Deluxe 1/2 / Full.....                                                                 | \$1.65 - \$3.00 | Juice Small .....             | \$0.75          |
| Wraps 1/2 / Full.....                                                                           | \$1.65 - \$3.30 | Bottled Water .....           | \$1.25          |
| Croissant Deluxe 1/2 / Full.....                                                                | \$1.65 - \$3.30 | Yop.....                      | \$1.50          |
| <b>Snacks</b>                                                                                   |                 | Apple Juice.....              | \$1.50          |
| Cheese.....                                                                                     | \$0.80          | V8 Juice .....                | \$1.00          |
| Fresh Fruit (apple/banana/orange) .....                                                         | \$1.00          | <b>Desserts</b>               |                 |
| Fresh Fruit Small / Large.....                                                                  | \$1.50 - \$3.00 | Muffins.....                  | \$1.00          |
| Veggie & Dip Small / Large.....                                                                 | \$1.50 - \$3.00 | Cookies (small) .....         | \$0.35          |
| Nacho Chips & Salsa.....                                                                        | \$1.25          | Biscuits.....                 | \$1.00          |
| Bagel w/Cream Cheese (CO).....                                                                  | \$1.25          | Yogurt / Yogurt Parfait.....  | \$1.00 - \$1.25 |
| Bagel 1/2 w/Flavored CC & Fruit.....                                                            | \$1.50          | Cinnamon Bun .....            | \$1.25          |
| Boiled Egg.....                                                                                 | \$1.00          | Apple Delight.....            | \$1.25          |
| Gold Fish Crackers .....                                                                        | \$0.60          | <b>Condiments / Cutlery</b>   |                 |
| Pepperoni & Cheese.....                                                                         | \$1.25          | Ketchup, Mustard, Relish..... | \$0.15 ea       |
| Sun Chips or Frito Chips.....                                                                   | \$1.50          | Mayo / Salad Dressing.....    | \$0.30 ea       |
| Welch's Chews.....                                                                              | \$1.25          | Fork/Knife/Spoon.....         | \$0.05 ea       |
| <b>Freezer Items</b>                                                                            |                 | Cream Cheese pkg.....         | \$0.50 ea       |
| Frozen Juice Bar.....                                                                           | \$1.25          | Cheese Whiz pkg.....          | \$0.50 ea       |
| Yogurt Tubes.....                                                                               | \$1.25          | Butter pkg.....               | \$0.25 ea       |
| <b>Daily Specials: \$3.25 - \$3.75 (provides a hot meal, dessert and white milk)</b>            |                 |                               |                 |
| <b>Mon:</b> No School for Students; <b>Tues:</b> Grilled Cheese Sandwich \$3.25                 |                 |                               |                 |
| <b>Wed:</b> Spaghetti with Garlic Bread \$3.50;                                                 |                 |                               |                 |
| <b>Thurs:</b> Pizza Day \$3.50; <b>Fri:</b> Assorted Menu \$3.25                                |                 |                               |                 |
| This menu brought to you compliments of:                                                        |                 |                               |                 |

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# 2 DAYS ONLY

Tuesday, June 15 & Wednesday, June 16, 2010

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