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# The Aurora

newspaper



The Greenwood Bombers pose for a victory photo at the end of the Atlantic Regional Men's Hockey Championships.

(Photo:  
Pte Melissa Spence  
- 14 Wing Imaging)

Submitted by: Kevin Hynes – Coach, 14 Wing Greenwood Bombers

After 10 years of hard work and determination the 14 Wing Greenwood Bombers have finally defeated the 8-time defending champions from Formation Halifax. The Large Base Men's Hockey Atlantic Regional Championship took place at 14 Wing Greenwood in the Greenwood Gardens from 11-13 Feb 09. The teams participating in the championship were CFB Gagetown, 14 Wing Greenwood and Formation Halifax, which consist of Halifax, Fleet and Shearwater.

The first game of the Regionals saw the Halifax Mariner's team narrowly defeat the CFB Gagetown Warriors with a final score of 4-3. The second game of the Regionals saw the 14 Wing Greenwood Bombers defeat the CFB Gagetown Warriors with a final score of 4-2. The third and final round robin game saw the Halifax Mariners defeat the 14 Wing Greenwood Bombers with a 9-6 score.

With Halifax finishing 1st after the round robin competition with a record of 2-0, they would be the home team in a rematch against the 14 Wing Greenwood Bombers who finished 2nd after the round robin. The rematch would also be the Championship game which took place on Friday, 13 Feb 09 at 10:00.

The Mariners came out strong taking a 1-0 lead in the early minutes of the final. The Bombers replied with a tally of their own. The Formation Halifax Mariners took a 2-1 lead into the dressing room after the first period. In the second period the 14 Wing Bombers went down by another goal and were facing a 2-goal deficit. At this time the Bombers rallied and by the end of the second period the score would be all tied up 3-3. The Bombers started the 3rd period quickly taking a 5-3 lead within the first 3 minutes. The Mariners replied with a goal of their own with 13 minutes remaining. With only 1:30 left in the 3rd period the Mariners pulled their goalie and called a timeout. Following the restart the Mariners tied the game with a re-directed shot from the blue line with only 1:09 remaining in the game.

Although the Bombers were down about the goal they were extremely driven and determined to win this Championship. The first 10 minutes into Overtime was like a see-saw swaying back and forth with everyone on the edge of their seats. With approximately 14 minutes remaining Cpl Carey Boozan received a pass in the neutral zone and skated towards the Mariner's goal. Once he crossed the blue-line he wound up and fired the puck into the twine behind the Mariner's goalie. The entire team was ecstatic with the goal and to finally dethrone the

Halifax Mariner's from their 8-year winning streak.

The tournament MVP was Cpl Tony "T-Dogg" Foster with an exceptional showing of hard work, determination and grit for the entire Regionals. Individual team awards were also given to Cpl PO Poulin and MS Rene Lavoie.

Team members are as follows: Coach – Capt Kevin Hynes, Coach – Cpl Winston Clements, Team Captain – Maj Ali Laaouan, Asst team Captains – PO1 Jaime Lockie, Cpl Jeff Hull and Cpl PO Poulin. Pte Johnathan Doyle, Cpl Brock McIntyre, MCpl Derrik Putnam, Capt Donald Armstrong, Cpl Mike Pastuck, Cpl Carey Boozan, Cpl Mycael McGraw, Cpl Vincent Canuel, Cpl Tony "T-Dogg" Foster, Cpl Brad Saunders, MCpl Steve Copeland, MCpl Dion Collins, MS Rene Lavoie and Lt Adam Pearson.

On behalf of the entire 14 Wing Greenwood Bombers we would like to say thank you to the WComd, Col Joyce, as well as all of the Wing CO's and their units for allowing their members to participate at the Regional Championship. Without this support we would be unable to ice a team. We would also like to thank the PSP staff especially Dean Peach and Bill Cox who helped us out every step of the way with equipment, ice time and almost everything else we needed. Finally, we would like to thank all the fans that came to cheer us on and celebrate with us in this momentous victory. Thank you to all.

## ...Dynasty Dethroned

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# Attention! Attention! Attention!

## Town Hall Meeting

Thank you for completing the Survey. The results will be presented at the 11th March Meeting

**Everyone Welcome  
Please Attend!**

Arena Partnership Project

On Tuesday the 27th of January at the Kingston Fire hall a Town Hall meeting was held by the steering committee and consultant for the Arena Partnership Project proposed for the Kingston / Greenwood area. Over one hundred participated in this the first of two Town Hall meetings.

This initial meeting was to offer what had taken place to date by the partners and the findings learned from the facility stakeholders by the consultant hired to

determine the feasibility of such a venture.

This meeting also featured the introduction on the Arena Partnership Project survey which will provide valuable feedback from the community that will be communicated at the second Town hall meeting scheduled for Wednesday the 11th of March, 7:00 p.m. at the Kingston Fire Hall.

Should you have any questions please contact Fred Williams 765-1494 ext 5927.

**11 March  
7:00 p.m.  
Kingston  
Fire Hall**



**The Annual DFS Flight Safety Briefing**

Coming Soon to a Theatre near You!

**Birchall Training Centre Theatre**  
10 Mar 09 @ 1300 hrs  
11 Mar 09 @ 0900 & 1300 hrs  
12 Mar 09 @ 1300 hrs  
**404 Sqn Theatre**  
10 Mar 09 @ 1800 hrs

THIS PRESENTATION WILL AFFECT YOU!

Canada

## Annual Directorate of Flight Safety Visit - 10-13 Mar 09

The annual Directorate of Flight Safety (DFS) briefings and visit by the DFS Colonel Doiron and his team will take place 10-13 Mar 09. This visit is always the highlight of the flight safety year as it allows DFS to meet with 14 Wing personnel, and to deliver a series of educational Flight Safety presentations to all Wing personnel. As in previous years, the briefing will review the past year's significant incidents and accidents providing some analysis of trends and highlighting concerns in our flying operations. This annual visit to the Wing is an

opportunity for 14 Wing personnel to learn of flight safety issues concerning 14 Wing and other Wings.

Flight Safety is an on-going process that all members of 14 Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness.

The Wing Commander, Colonel D.W. Joyce, and the Wing Flight Safety Officer, Major Dave Bolton, highly encourage all personnel to attend one of the briefings. So please make the effort to take in one of the briefs and meet the DFS team.

To ensure maximum participation and to meet personnel schedules DFS will be providing five separate briefs as scheduled below:

- 10 Mar 09- Birchall Training Centre Theatre, 1300 hrs; All Wing personnel invited. Note: Only 180 seats available
  - 10 Mar 09- Hornell Centre Theatre, 1800 hrs; All Wing Evening Shifts invited.
  - 11 Mar 09- Birchall Training Centre Theatre, 0900/1300 hrs; All Wing personnel invited. Note: Only 180 seats available
  - 12 Mar 09- Birchall Training Centre Theatre, 0900 hrs; All Wing personnel invited. Note: Only 180 seats available
- Further information can be obtained from the WFS office local 3679 or 3732. See you there!



**Community Health Boards of the Annapolis Valley**

**WE NEED TO HEAR FROM YOU**

The Community Health Boards of Annapolis Valley are going to survey the community in **February and March** to develop community health priorities and make recommendations to Annapolis Valley Health

Listen for "Community Health Board" when you answer the phone.

If you receive a phone call, please take the time to answer the survey to help shape the health of *your* community.

*Together we can make a difference!*







Middleton, NS 825-6160 ext. 357	Kingston, NS 765-4541	Berwick, NS 538-7088	Kentville, NS 681-2524	Wolfville, NS 542-1244
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# Sadie's Truck Stop (TEME Canteen) Grand Re-opening

By: 2Lt Mark Henneberry

I love the smell of sizzling bacon in the morning. There was an unusual aroma wafting through 8 Hangar this morning as bacon, sausage,

eggs, and toast replaced the usual smells of diesel and grease. The Hangar, which is normally echoing with sounds of engines, pneumatic tools and voices,

was filled with laughter and noises of over seventy 'trucker breakfasts' being prepared by TEME senior staff and enjoyed by all who attended.

Friday morning marked the grand re-opening of Sadie's Truck Stop after undergoing much needed renovations from Dec '08 to Feb '09. The name 'Sadie' was chosen in honour of a piece of EME history during World War II. During the winter of 1943, in a town that had been reduced to rubble near Lanciano, Italy, RCME troops discovered a beautiful statue of a peasant girl, virtually untouched amidst the ruins. Rescued by the troops, she was reassigned to the RCME Workshop Control Office and became affectionately known

as Sadie. Today she stands guard at CFSEME in Borden, ON.

The completion of these renovations marks the first time in almost twenty years that Sadie's has been updated. Improvements include; a new larger kitchen, complete with gleaming countertops and cabinetry, a more comfortable canteen area, freshly painted with plenty of room to relax, and the addition of a brand new study area providing much needed computer access. As with most renovations, much of what you don't see is the most critical part of construction. Before any of the new cabinets or furniture could be put in place, members from WCE's carpenter, steam, electrical,

paint, and plumbing shops worked tirelessly upgrading water and electrical lines, framing in, drywall and giving Sadie's a fresh coat of paint. WTIS installed new LAN access and upgraded existing phone service within the new

study area. This team effort was recognized when Maj Watters presented a number of certificates of appreciation, on behalf of TEME, to the various WCE shops that helped us achieve our renovation goals.



Over 70 TEME members enjoyed breakfast served by the senior staff on Friday morning.

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# Stay Active: *Eat Like a Champion!*

Nutrition Month 2009 offers key messages for consumers on how to eat well and live well for their active lifestyles.

- Eating Well with Canada's Food Guide can help active teens and adults eat like a champion
- Following Canada's Food

Guide helps meet energy and nutrient needs to fuel an active lifestyle.

- Vegetables and Fruit, Grain Products and Milk and Alternatives provide healthy carbohydrates to fuel active muscles.
- Milk and Alternatives and Meat and Alternatives provide high quality protein to build and repair muscles.
- Foods from all the food groups provide vitamins and minerals, which help convert food into energy your body can use, help

ward off infection and build strong bones and muscles.

- Fuel your active lifestyle with food!
- Healthy eating, regular physical activity and enough sleep are safe ways to achieve an active, healthy lifestyle.
- Products like stimulants, muscle building or weight loss supplements are not needed to get the most out of your activity or to gain muscle or lose weight.
- What and when you eat and drink can help you get the most from your

workout

- Have some fluid and a small meal a few hours before your workout. The best meal is mostly carbohydrate, with some protein and a little fat. A good example is a peanut butter sandwich on whole grain bread with a banana and a glass of water.
- Bring water with you and sip it during your workout to stay hydrated.
- After your workout, food and fluids help your body recover. If meal time is several hours away, a small snack and a healthy

refreshing beverage can help. Ideal snacks include a handful of almonds, a glass of chocolate milk, and a small bowl of whole grain cereal with milk or a small pita with hummus.

- Healthy eating and physical activity go hand in hand
- Following Canada's Food Guide helps meet energy and nutrient needs to fuel an active lifestyle.
- Canada's Physical Activity Guides can help you make wise choices about physical activity. For information on how often,

how much, how hard and what type of activity is best for you, go to [www.paguide.com](http://www.paguide.com). The guides and handbooks also provide a number of tips on getting and staying active, even with a busy lifestyle.

- To find a qualified fitness professional, visit the Canadian Society for Exercise Physiology at [www.csep.ca](http://www.csep.ca)
- Whether you're revving up for your first 5 km run or wanting some straight talk about nutrition for physical activity, Registered Dietitians are your best source for trusted advice on healthy eating
- To find a Registered Dietitian in your local area, visit Find a Nutrition Professional at [www.dietitians.ca/find](http://www.dietitians.ca/find)
- Ask your doctor for a referral
- Call your local public health department or community health centre
- Call the Dietitians of Canada Consulting Dietitians Network toll free at 1-888-901-7776
- The above information can be found at: [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) your 'go to' source for trusted nutrition information and fun healthy eating ideas.

For more information or to register for upcoming nutrition workshops and programs contact the 14 Wing Health Promotion Offices at 765-1494 ext 5388/5389.



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## Apple Blossom Princess



### Village of Greenwood

The Village of Greenwood is seeking candidates who are interested in the role of Princess Greenwood for the 77<sup>th</sup> Annapolis Valley Apple Blossom Festival. Candidates must be between the ages of 19 and 23, from Greenwood or the surrounding area and be available for the six days of the festival. Rules and guidelines available at [www.appleblossom.com](http://www.appleblossom.com)

The experience of being Princess Greenwood will give the candidate valuable experience in public speaking skills, interpersonal skills and self-confidence. Applications available at the village office 904 Central Avenue between 8 am and 1 pm or contact the village at [greenwoodns@eastlink.ca](mailto:greenwoodns@eastlink.ca)

Deadline for applications March 20, 09



## Clothing Stores New Hours of Operation

To more effectively support 14 Wing operations, effective 3 Mar 09, Wing Supply Clothing Stores hours of operation have been permanently adjusted as follows:

**Monday – Friday, 0800 to 1300 hrs (including lunch hour)**

For emergencies that fall outside these hours, contact MS Jim Dicks, 2IC Clothing, at loc 5045 or Sgt Sean Nickerson, NCO IC Clothing, at loc 5572.

This change will allow Wing Supply Clothing Stores to establish a new Taskings Cell to support clothing issues related to operational deployments. All appointments for operational deployments should now be made by contacting the Clothing Stores Taskings Cell at loc 5871.

Your cooperation is greatly appreciated.

Originator  
S.A.R. Nickerson  
Sgt  
NCO IC Clothing Stores  
Local 5572

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Price Chopper

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Wilson's Drug Mart

### Bridgetown

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**Greenwood**  
Avery's Farm Market  
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### Greco Pizza

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NEEDS Convenience Store  
Post Office  
Shoppers Drug Mart  
Smoke Shop (Greenwood Mall)

### Sobeys

Tim Hortons (Central Ave.)  
The Aurora Newspaper Office  
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### Avery's Farm Market

Best Western Aurora Inn  
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### Avery's Farm Market

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

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

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# Set Your Sights on Healthy Eating!

## Promoting nutrition in CF dining halls

### Want to:

- Learn more about nutrition?
- Eat better and have more energy at work?
- Improve your eating habits?

Set Your Sights on Healthy Eating is brought to you by *Strengthening the Forces*, an initiative of the CF Health Services in partnership with CF Food Services. The program's goal is to increase the availability of healthier food choices at CF dining facilities and to encourage more diners to make these choices.

The Set Your Sights on Healthy Eating Campaign will start up again during Nutrition month 2009 at the 14 Wing Annapolis Mess. Look for the healthier food choice symbols, point-of-choice messages and tabletop messages to help you to make the healthier menu choice.

### Did you know that...

- On average, adults spend 60% of their awake time at work
- We eat almost half of our meals outside the home
- 7% of CF personnel eat most of their meals at base/wing dining facilities

*Set Your Sights on Healthy Eating* offers information to guide nutritious choices posted in the food service areas and on tables in the dining area. You have a wealth of information at your fingertips that can help you make healthier choices and begin cultivating healthier eating habits. By opting for entrees marked by the symbol, you'll be taking one more step to support healthy eating.

...So when you head to the 14 Wing Annapolis Mess in 9 Mar 2009 Set Your Sights on Healthy Eating!

For more information contact the Health Promotion's Office at 765-1494 ext 5388/5389.

# YOU AUTO KNOW

## Increase Horsepower, Improve Fuel Economy with Synthetic Motor Oils!

Spring's arrival brings warmer weather, spring-cleaning and, for motorists, it brings the annual spring oil change. Jim Luddington, Service Manager for Canadian Tire, Greenwood says, of the many motor oils on the market, many people prefer synthetic motor oils for the superior year-round

protection and engine performance they deliver.

Synthetic motor oils offer many advantages over conventional motor oils. Even though synthetics have been around for nearly three decades, customers are only just now becoming aware of these high-tech lubricants.

The relationship between friction and engine horsepower is easy to perceive. Reduce friction, and an engine's pistons, gears and power train will operate more efficiently, producing more power. The greater the friction, the greater the dissipation of power will be. In order to produce an equal amount of power with petroleum, you must expend

a greater amount of energy (fuel ignition).

A feature article in the September 1999 issue of *Corvette Fever* magazine offered readers tips on five ways to gain up to 40 more horsepower. One of these tips, which the magazine called "free Horsepower", was to switch to synthetic motor oil.

Synthetic motor oils reduce friction and allow great engine-operating efficiency, increased power and reduced fuel usage.

In addition to increased horsepower, synthetic oils enable motorists to save money due to other benefits.

Jim says an Eaton Truck Components brochure recently highlighted four ways people could save money using synthetic lubricants.

- Save money on lube by changing at less, frequent intervals.
- Save money in reduced fuel usage (increased fuel efficiency).
- Save money on reduced downtime.
- Save money on long-lasting seals.

Numerous tests have demonstrated the increased fuel efficiency of synthetic lubricants. Because they are more resistant to viscosity breakdown, synthetic motor oils last longer. Their thermal stability offers better protection against deposit formation and sludge. Their oxidation resistance and resistance to burn-off results in lower oil consumption.

In short, the benefits of synthetics are extensive. For this reason, many believe that synthetic motor oils will be the lubricant of choice in the new millennium.



For more information on synthetic motor oils and other automotive needs contact Jim at Greenwood Canadian Tire 765-6338.

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## Under The Story Tree

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

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



# RVCI - All Years 50th Anniversary Reunion

**July 10 & 11, 2009 - Moose Jaw, SK**

Riverview Collegiate Institute will be 50 Years old in 2009! The reunion is open to everyone who ever attended or worked at RVCI. Spouses, partners, significant others are also welcome.

Present, former staff members and their guests are invited to participate in the reunion weekend at no charge and as our guests.

Mark July 10 & 11, 2009 in your calendar and come back to

Riverview to meet your former classmates and staff and have some fun!

www.rvcialumni.org is an alumni designed site that is offering updated information about the reunion as we get closer to July. Please encourage others to register on the web site if they want to receive RVCI Alumni Newsletters.

**To register:**

Log into www.rvcialumni.org

Print the registration form

Mail the registration form along with the required funds to:  
RVCI 50 All Years Reunion Committee  
c/o Riverview Collegiate Institute  
650 Coteau Street West  
Moose Jaw, Saskatchewan  
S6H5E6

Questions or want to help with the reunion? *Indicate on your registration form or email: rvcialumni@gmail.com*  
*Spread the word about the reunion!*

## Les 4 et 5 juillet 2009: fin de semaine anniversaire à la 8e Escadre Trenton

La 8e Escadre/BFC Trenton se propose de souligner quatre anniversaires importants les 4 et 5 juillet 2009 : le 100e anniversaire du vol à moteur, le 85e anniversaire de la Force aérienne, le 60e anniversaire des Grilles commémoratives du Programme d'entraînement aérien du Commonwealth britannique et le 25e anniversaire du Musée national de la Force aérienne du Canada. Trenton soulignera la Fin de semaine des Forces canadiennes au moyen d'un spectacle aérien qui viendra commémorer et célébrer ces anniversaires et les capacités des Forces canadiennes, de leur effectif et de leur équipement.

Centième Anniversaire du vol à moteur au Canada – Le 23 février 1909, un traîneau hippomobile tirait le curieux «

aérodrome » sur la surface gelée de la baie de Baddeck, sur le lac Bras d'Or, en Nouvelle-Écosse. Plus d'une centaine de résidents s'étaient rassemblés sur la rive pour apercevoir ce nouvel engin : le Silver Dart, un aéronef expérimental revêtu de soie japonaise de ton argent et composé d'un cadre d'acier et d'éléments de bambou, de bois et de câble. J.A.D. McCurdy, concepteur et pilote, a pris les commandes. L'expérience a d'abord échoué. Puis, au deuxième essai, M. McCurdy a laissé le Silver Dart prendre doucement l'air et a survolé le lac sur une distance de 30 mètres. Il venait d'accomplir le premier vol à bord d'un appareil à moteur, plus lourd que l'air, au Canada et dans l'empire britannique. Le reste appartient à l'histoire.

Quatre-vingt-cinquième Anniversaire de l'ARC – En février 1923, le roi Georges V approuvait l'ajout du qualificatif « Royale » au nom de la jeune Aviation du Canada. Lors de la publication des King's Regulations and Orders, le 1er avril 1924, l'Aviation royale canadienne a officiellement commencé à exister. Au fil des quarante-quatre années suivantes, jusqu'à ce que l'intégration rassemble les trois armes des forces armées pour former les Forces canadiennes, l'Aviation royale canadienne s'est acquittée fièrement de ses devoirs en temps de paix comme en temps de guerre. C'est sur cette assise, celle de l'ARC, que reposent la fierté et l'honneur de la Force aérienne du Canada. Per Ardua ad Astra.

Soixantième Anniversaire

des Grilles commémoratives – C'est aux premières lueurs du jour, le 17 décembre 1939, qu'a eu lieu la signature de l'accord créant le Programme d'entraînement aérien du Commonwealth britannique (PEACB). Une décennie plus tard, des dignitaires des quatre pays participants (Royaume-Uni, Canada, Australie et Nouvelle-Zélande) se rassemblaient devant des milliers de spectateurs, à Trenton, pour dévoiler les Grilles commémoratives du PEACB. Ce jour-là, le 30 septembre 1949, la contribution du PEACB à la victoire au terme de la Deuxième Guerre mondiale et la place de Trenton en tant que plaque tournante du Programme d'entraînement aérien du Commonwealth ont été officiellement reconnues.

Vingt-cinquième Anniversaire du musée national de la Force aérienne du Canada – Les premiers efforts visant la création d'un musée où serait préservé le fier patrimoine canadien de la

Force aérienne et où seraient commémorés les aviateurs et aviatrices qui ont fièrement servi dans ses rangs en temps de paix comme en temps de guerre ont été entrepris à la fin des années 1960. Au moment du 60e anniversaire de l'ARC, le 1er avril 1984, ce rêve s'est finalement réalisé lors de l'ouverture au public du Musée commémoratif de l'ARC. Depuis ces humbles débuts dans un petit appentis voisin du gymnase de la BFC Trenton, l'actuel Musée national de la Force aérienne du Canada est devenu le plus important attrait touristique de la région, lui qui attire chaque année 44 000 visiteurs dans la ville de Quinte West.

La plupart des activités (défilé, renouvellement de l'inauguration des grilles commémoratives, spectacle aérien, vols, exposition à terre) se dérouleront à la 8e Escadre/BFC Trenton. On espère aussi obtenir de la Marine qu'elle fasse la contribution d'un navire ou d'un canot

pneumatique à coque rigide et qu'elle donne des démonstrations sur l'île Bakers et dans les environs et obtenir de l'Armée de terre des véhicules terrestres.

Le renouvellement de l'inauguration des grilles sera tout aussi grandiose et comprendra une brillante parade du drapeau consacré des escadrons aériens, anciens et actuels, de Trenton. La fin de semaine anniversaire, qui aura lieu les 4 et 5 juillet 2009, soulignera les quatre anniversaires et célébrera d'autres événements, notamment au moyen d'une exposition des Forces armées, d'un concert en direct, d'un dîner de gala et d'une démonstration aérienne où seront représentés les Snowbirds, la fameuse équipe canadienne d'acrobaties aériennes, le CF-18 de démonstration et des aéronefs anciens authentiques qui lieront le passé au présent.

Nous croyons que cette fin de semaine attirera dans les villes, villages et collectivités des environs des visiteurs et des recettes. La Fin de semaine des Forces canadiennes est ouverte à tous; elle est gratuite et les trois services des Forces canadiennes y seront représentés au moyen d'une série de démonstrations interactives et dynamiques sur terre et dans les airs. Il s'agira d'une fin de semaine intéressante et distrayante pour les familles de l'Ontario, des autres provinces et des états américains voisins. De 30 000 à 40 000 personnes y sont attendues.

N'hésitez pas à consulter notre site : [www.cfbtrenton.com](http://www.cfbtrenton.com)

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Are you a veteran of World War II, Korean War, Peacekeeping operations or a current member of the Canadian Forces?  
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The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT Canada



**Meeting Time Change**

**The Village Commission's monthly Regular Session Meeting**

on

**Wednesday, March 11th, 2009 at 7:00 p.m.**

**has changed to 1:00 p.m. of the same day.**

Kingston Village Office Tel: 765-2800



**KINGSTON RECREATION**  
**March Break Day Camp**

**WHERE** : Kingston Recreation Hut by the Western Kings Arena.  
**WHEN** : Monday March 16th - Friday March 20th 8:00am - 3:30pm  
**COST** : \$55 per child for the week or \$ 15 per day  
**AGE** : Boys and Girls aged 5 - 12 years old.

Five days of play and fun times. Monday to Friday 8:00am to 3:30pm.

To register visit the Kingston Village Office. We will have fun playing games, doing crafts, outdoor team building, activities, meeting interesting folks from our own community and making new friends. If you need further information please call the Village office at 765-2800.





# 8 Wing Trenton "Anniversary Weekend" 4-5 July 2009

As you are aware, 8 Wing/CFB Trenton is commemorating 4 significant Anniversaries 4-5 July 2009: 100th Anniversary of Powered Flight; 85th Anniversary of the Air Forces; 60th Anniversary of the British Commonwealth Air Training Plan Memorial Gates; and the 25th Anniversary of the National Air Forces Museum of Canada. We are hosting Canadian Forces Weekend with an Air Display to commemorate and celebrate these Anniversaries and showcase the capabilities of the Canadian Forces, its members and equipment.

The 100th Anniversary of Powered Flight in Canada: On 23 February 1909, a horse-drawn sleigh pulled the strange "aerodrome" on to the frozen water of Baddeck Bay on Bras d'Or Lake, Nova Scotia. Over a hundred curious locals gathered along the shore to catch a glimpse of this new curiosity: the Silver Dart, an experimental aircraft built of steel frame, bamboo, wood, wire and covered in silver Japanese silk. J.A.D. McCurdy, designer and pilot, climbed aboard. At first the experiment was disappointing. Then, on his second attempt, McCurdy eased the Silver Dart into the air and flew 30m over the lake. McCurdy had achieved the first powered heavier-than-air flight in Canada and the British Empire. And the rest, as they say, is history.

The 85th Anniversary of the RCAF: In February 1923, King George V approved the prefix "Royal" being added to the young Canadian Air Force. When the "King's Regulations and Orders" appeared on the 01 April 1924, the Royal Canadian Air Force officially came to life. For the next forty-four years, until integration brought all three services together into the Canadian Force, the Royal Canadian Air Force served proudly in war and peace. Upon this RCAF foundation is built the pride and honour of Canada's Air Force. Per Ardua Ad Astra.

The 60th Anniversary of the Memorial Gates: In the early morning hours of 17 December 1939, the Agreement creating the British Commonwealth Air Training Plan (BCATP) was signed. A decade later, dignitaries from the four participating nations - the United Kingdom, Canada, Australia and New Zealand - gathered before thousands of spectators to unveil Trenton's BCATP Memorial Gates. On that day, 30 September 1949, the BCATP's contribution to victory in the Second World War, and Trenton's place as "the hub of the British Commonwealth Air Training Plan", were formally recognized.

The 25th Anniversary of the National Air Force Museum of Canada: In the late 1960s efforts began to create a museum to preserve Canada's proud Air Force heritage and to commemorate the airmen and airwomen who had proudly served in peace and war. On the 60th anniversary of the RCAF, 1 April 1984, the dream finally became reality when the doors of the RCAF Memorial Museum first opened to the public. From these humble beginnings in a small "lean-to" beside the CFB Trenton Gym, today's National Air Force Museum of Canada now welcomes 44,000 visitors annually to the City of Quinte West, making it the region's largest tourist attraction.


The majority of the activities (parade, Memorial Gate rededication, air display and flying, and ground displays) will take place at 8 Wing/CFB Trenton. It is also hoped that the Navy will contribute a ship or a RHIB with demonstrations, which will be held in and around Bakers' Island, as well as the Army providing land pattern vehicles.

The rededication of the gates will be an equally grand affair and will include a brilliant trooping of the colours of the air squadrons of Trenton, past and present. The 'Anniversary Weekend', 4-5 July, will highlight the four anniversaries and will also celebrate other events, which

include an Armed Forces display, a live band concert, a gala dinner, and an aerial display featuring Canada's famed Snowbirds aerobatic team, the CF 18 Demonstration aircraft, and vintage aircraft that will link the past with the present.

We believe that this weekend will bring visitors and revenue to the surrounding towns, cities and communities, as well as a far. The Canadian Forces Weekend is free to all and will feature all three elements of the Canadian Forces with a series of interactive and dynamic displays on the ground and in the air. The intent is to provide an interesting and entertaining weekend for families from Ontario, the other Provinces, and adjacent States. We anticipate attendance in the neighbourhood of 30,000-40,000.

Come visit our site: [www.cfbtrenton.com](http://www.cfbtrenton.com)



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**NOTICE TO RESIDENTS**

**PERSONAL TAX EXEMPTION 2009/2010**

The Council of the Municipality of the County of Kings directs, by policy, that an exemption be granted for the taxation year 2009/2010 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$130.00; 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 2008, 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 \$20,000 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 **June 30, 2009.**

**Paula Jones, Tax Clerk**  
[pjones@county.kings.ns.ca](mailto:pjones@county.kings.ns.ca)

Tel: (902) 690-6144 Fax: (902) 679-2820  
 Local from Kingston & Greenwood: (902) 847-3051  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)





## Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

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



### Vickers Viking IV

The Vickers Viking IV was the first amphibian aircraft to be used in Canada and was the first aircraft purchased by the Canadian government after the First World War. Seeking to replace the Curtiss HS2-L, the government chose the Viking IV in 1923. Vickers in the United Kingdom built two and shipped them to Canada, while its Canadian subsidiary set up an aircraft manufacturing plant and built the remaining six in Canada.

The Viking IV was designed to carry five persons; however, the government, as a matter of economy, chose to install a 375 horsepower Rolls Royce Eagle engine instead of the designed 450 horsepower Napier Lion. The RCAF's Vikings could therefore carry only three people. The aircraft also sported a mahogany hull, which required that the aircraft be pulled out of the water each

night and its hull oiled. Used primarily for aerial photography in RCAF service, Vikings operated from western Ontario into Saskatchewan in this capacity. Because of the limited carrying capacity of the aircraft, the crew often had to live off the land. The aircraft were also used for customs and fisheries patrols off the west coast and for forest protection. The last RCAF Viking was struck off strength in 1931.

There was also one civilian Viking IV in Canada. Laurentide Air Services purchased aircraft G-CAEB in June 1922 after which it had an interesting history. Roy Grandy flew the aircraft on a 1400 km flight in 1924 to deliver Treaty Money to aboriginals along the west shore of James Bay, taking several days to complete what had previously required

weeks. G-CAEB was also used in 1925 to fly prospectors to various sites in northern British Columbia and Yukon, using Dease Lake as a base, thereby becoming the first aerial mineral exploration in northwest Canada. The aircraft was destroyed in September 1932 when a fuel line broke while airborne. The pilot landed safely in the Strait of Georgia and he and the occupants successfully evacuated the plane.

Le Vickers *Viking* IV a été le premier avion amphibie utilisé au Canada, en plus d'être le premier appareil acheté par le gouvernement du Canada après la Première Guerre mondiale. Cherchant un remplaçant au Curtiss HS2-L, le gouvernement a choisi le *Viking* IV en 1923. Vickers, au Royaume-Uni, a construit deux appareils et les a expédiés

au Canada, tandis que sa filiale canadienne a mis en place des installations qui lui ont permis de construire au pays les six autres appareils.

Le *Viking* IV avait été conçu pour le transport de cinq personnes; toutefois, par souci d'économie, le gouvernement a choisi d'équiper l'avion du moteur Rolls Royce Eagle d'une puissance de 375 hp plutôt que du moteur Napier Lion de 450 hp normalement prévu. Par conséquent, les *Viking* de l'ARC ne pouvaient transporter que trois personnes. De plus, il fallait sortir l'avion de l'eau tous les soirs afin d'en graisser la coque en acajou. Servant principalement à la photographie aérienne au sein de l'ARC, les *Viking* ont été utilisés dans ce rôle de l'Ouest de l'Ontario jusqu'en Saskatchewan. Compte tenu de la capacité

d'emport limitée de l'avion, l'équipage devait fréquemment assurer sa propre subsistance. L'avion a également servi à des opérations de surveillance des frontières et des pêches au large de la côte Ouest, ainsi qu'à des missions de protection des forêts. Le dernier *Viking* de l'ARC a été retiré du service en 1931.

Il y a également eu un *Viking* IV civil au Canada. Laurentide Air Services a acheté l'appareil immatriculé G-CAEB en juin 1922, lequel a par la suite connu une histoire intéressante. En 1924, aux commandes de l'avion, Roy Grandy a effectué un vol de 1400 km afin de remettre aux Autochtones de la côte ouest de la baie James la somme qui leur revenait en vertu d'un traité, opération qui a pris quelques jours plutôt que les nombreuses semaines qu'il fallait auparavant. En 1925, le G-CAEB a également servi à transporter des prospecteurs à de nombreux endroits dans le Nord de la Colombie-Britannique et au Yukon, à partir de la base de Dease Lake, réalisant ainsi la première opération d'exploration minière par voie aérienne dans le Nord-Ouest du Canada. L'avion a été détruit en septembre 1932, à la suite de la rupture en vol d'une conduite de carburant. Le pilote a réussi à amerrir sans problème dans le détroit de Géorgie, et lui-même et les autres occupants ont pu quitter l'appareil.



## WV Pee Wee 'AAA' Spartans

Since the last article Western Valley (WV) had a home game against the Acadia Axemen. This game started out with Acadia putting on the pressure the first period of the game leading 2-0. The boys turned it around scoring 4 unanswered goals winning the game 5-3. Scoring for the Spartans with a two goal effort was Grant Janes, single tallies by Brett

Tidman, Will Johnston and Alex Rawding. Goaltender Kyle Gordon.

The following weekend the Spartans were headed to Truro for a home at home series against the Bearcats. The game started out well for the Spartans with a very strong first period. They continued the trend in the Third period winning the game 4-0. Leading the scoring for the Spartans

with a hat-trick was Zach Moody and a single tally by Alex Rawding. Goaltender Bryceon Wade.

The next day brought on the rematch; this game started out good for the Spartans, but was unable to capitalize in the first period. The Spartans fell behind in the third period finding themselves down 5-2, with a late charge and the score being 5-4, the Spartans pulled their

goalie but were unable to tie the game up, losing 5-4. Scoring for the Spartans with all single tallies was Emmerson Coulter, Alex Rawding, Zach Moody and Grant Janes. Goaltender Kyle Gordon.

The following weekend brought on the final game for the Spartans in the Aliant Mainland League play against the Acadia Axemen. This game was

not the best game the Spartans played this year and found themselves down early in the game. The boys slowly turned the game around winning 8-6. Leading the way in scoring for the Spartans with a hat-trick was Grant Janes, a two goal effort by Alex Rawding and single tallies by Ryan Thibeault, Zach Moody and Lucas Kane. Goaltender Bryceon Wade.

The next couple of weeks bring on some exhibition games for the Spartans as they get geared up for the Aliant Mainland Pee Wee AAA Tournament which will be held at the West Kings Arena Mar 6-8. Come out and cheer on your Spartans and catch some great hockey action as the boys try to advance to Provincials.



# The New Tax-Free Savings Account

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Like every Canadian, serving and former members of the Canadian Forces will need to put money aside in order to achieve their financial goals and objectives. These may include purchasing a home, financing their children's education, investing for their retirement, starting a small business or taking that big vacation.

Now, with the introduction of the new Federal Government's Tax Free Savings Account (TFSA), Canadians 18 years of age or older who have previously filed an income tax return can contribute up to \$5,000 every year into an account that grows tax-free.

**Other benefits & features of the TFSA**

- Any amount of the funds can be withdrawn at any time, for any purpose without tax consequences.
- Income earned along with withdrawals will not affect eligi-

bility for benefits such as Canada child tax and employment insurance, in addition to tax credits like the GST, etc.

- Unused contribution room from previous year(s) is carried over into following year(s).
- Funds withdrawn can be put back in following year(s).
- It is a great savings option for those with little or no RRSP contribution room left.
- You can contribute to your spouse's TFSA.

**How does a TFSA differ from a RRSP**

The RRSP is primarily designed to save for your retirement; the TFSA is like an RRSP for everything in your life. Both plans offer tax advantages, but there are key differences.

- RRSP contributions are deductible from your taxable income, thereby reducing the amount of taxes you pay in any given year, by deferring the tax bill into the future. *Your contribu-*

*tions to a TFSA will not be tax deductible but you will not be taxed on any investment income or capital gains.*

- Withdrawals from an RRSP are added to your income, unless you use them for the Homebuyers Plan or Lifelong Learning Plan. *Withdrawals made from your TFSA do not impact your taxable income or your contribution room.*

Starting January 2009, the extremely flexible TFSA will help you meet your financial goals and objectives. Contact your professional financial advisor today!

SISIP Financial Services  
Pierre S. Goulet, CFP, FMA, FCSI  
Practice Manager – Financial Planning & Insurance

This article is for general information purposes only; for more specific information please contact a professional financial advisor.

# Le nouveau Compte d'épargne libre d'impôt,

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Désormais, avec le lancement du nouveau compte d'épargne libre d'impôt (CELI) du gouvernement fédéral, les Canadiens âgés de 18 ans et plus, qui ont déjà soumis une déclaration de revenus, peuvent contribuer chaque année jusqu'à 5 000 \$ à un compte d'épargne qui s'accumule libre d'impôt.

**Autres avantages et caractéristiques du CELI**

- Vous pouvez retirer de l'argent de votre compte en tout temps et à n'importe quelle fin sans devoir payer d'impôt.
- Ni le revenu gagné dans un CELI, ni les retraits d'un tel compte n'affecteront vos droits à des prestations ou crédits comme la prestation fiscale canadienne pour enfants, l'assurance emploi ou la TPS.
- Les droits de cotisation inutilisés pourront être reportés aux années suivantes.
- Les montants retirés du compte peuvent y être déposés à nouveau les années suivantes.
- C'est un outil d'épargne idéal pour ceux qui ont atteint, ou presque, leur seuil de cotisation à un REER.
- Vous pouvez cotiser au CELI de votre conjoint.

**Quelles sont les différences entre un CELI et un REER?**

Le REER vise principalement à mettre de

côté pour votre retraite. Le CELI, c'est un peu comme un REER, mais pour vos besoins tout au long de votre vie. Les deux régimes offrent des avantages fiscaux, mais présentent d'importantes différences.

- Vos cotisations à un REER sont déductibles de votre revenu aux fins de l'impôt,

ce qui réduit le montant d'impôt que vous devez payer à la fin de l'année, reportant ce paiement à plus tard. *Par contre, vos cotisations à un CELI ne sont pas déductibles de votre revenu, mais vous n'aurez pas à payer d'impôt sur les revenus de placement ni sur les gains*

*en capital.*

- Vos retraits d'un REER s'ajoutent à votre revenu, à moins d'utiliser ces fonds dans le cadre du Régime d'accession à la propriété ou du Régime d'encouragement à l'éducation permanente. *Les retraits d'un CELI ne modifient pas votre revenu*


*imposable ni vos droits de cotisation.*

Dès janvier 2009, la polyvalence du CELI vous aidera à atteindre vos objectifs financiers. Communiquez avec votre conseiller financier dès aujourd'hui!

Services financiers du RARM

Pierre S. Goulet, CFP, CGF, FICVM  
*Gestionnaire spécialisé – Planification financière et assurances*

*Cet article fournit des renseignements généraux. Pour obtenir plus de détail, veuillez communiquer avec un conseiller financier professionnel.*



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

**TAX SALE**

**PUBLIC NOTICE** is hereby given that the following lands are liable to be sold for arrears of taxes due to the County of Kings as described below, and that unless such taxes with interest and expenses are sooner paid I shall proceed to sell the said land at Public Auction, Council Chambers, Municipal Complex, Cornwallis Street, Kentville, Nova Scotia on the 4th day of March 2009 at 10:00 a.m. in the forenoon:

1	# 00100528 Royal Bank of Canada 401 Bligh Rd Woodville Land <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: C10</b>	\$1,886.12	15	# 03017044 Tim & Crystal Mapplebeck 2653 Victoria Rd Aylesford Mtn Land Dwellings <b>ZONED: F1</b>	\$2,279.36	25	# 05980291 Thomas Kam-Lun Ko 1008 Marina Dr Lot 5 New Minas Dwelling <b>ZONED: R2</b>	\$6,698.67
2	# 00290696 David M. MacNab 1163 Morden Rd Weltons Corner Land Dwelling <b>ZONED: F1</b>	\$2,494.28	18	# 04010655 John J. Robinson & Allison Malcom 912 Bluff Rd West Brooklyn Land Dwelling Garage <b>ZONED: F1</b>	\$1,600.04	28	# 08045690 Sheffield Mills Poultry Co Ltd 9082 No 221 Hwy Lot A1 Sheffield Mills Manufacturing/Processing Meat Processing <b>ZONED: A1</b>	\$4,261.97
5	# 00488925 Kathleyn B. Brothers 1175 McKittrick Rd North Kentville Land <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: R1</b>	\$1,878.87	19	# 04011325 Jerry Hopkins 1243 Schofield Rd North Kentville Land Dwelling Building <b>ZONED: R2/R3</b>	\$3,302.77	30	# 08070555 Starrs Point Development Ltd Parkway Dr Lot 10AC-3 Port Williams <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: M1</b>	\$7,066.89
6	# 00818186 Pearl Cleveland 4116 No 1 Hwy South Berwick Land Dwelling <b>ZONED: R7</b>	\$2,422.55	20	# 04183991 Glendon William Silver 1679 Brow of Mountain Rd Viewmount Land 1972 Pyramid Mobile Serial #605SATK532M <b>ZONED: F1</b>	\$610.13	33	# 08109745 Marian Bourque Charles Rand Rd Bennett Bay Land <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: R6</b>	\$654.44
10	# 01433571 David Bowers 19 Beattie Drive Windermere 1974 Mobile 14x56 Chinook Serial 56GB1669 <b>ZONED: A1</b>	\$1,122.46	21	# 04303202 Mildred Oressa McDonald 1522 Magee Rd Kingston Land Dwelling <b>ZONED: R1</b>	\$6,252.97	34	# 08114277 Robert Rock Victoria Rd Land <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: R2</b>	\$575.28
11	# 01512188 Dale Allen 540 Davison St Robinson Corner Land 1974 Mobile 12X48 Ser #DL6035Z <b>ZONED: F1</b>	\$1,610.91	24	# 04540778 Robert & Darlene Parrish 1254 Gospel Rd Lot A Glenmont 1974 Mobile Garage <b>ZONED: R6</b>	\$1,428.39	37	# 09805591 Tim & Crystal Mapplebeck Australia Rd Aylesford Mountain Land <b>NOTE - HST IS APPLICABLE ON PURCHASE PRICE</b> <b>ZONED: A1</b>	\$552.58

Terms: Taxes, interest and cost owing. (The amount advertised) to be paid at the time of sale by cash, money order, debit, certified cheque from the bank (will not be accepted if not certified) or lawyer's trust cheque, **PLUS \$ 81.08 CERTIFICATE OF SALE REGISTRATION TO BE PAID AT THE TIME OF SALE**, balance of your bid to be paid by cash, money order, debit or certified cheque within three (3) days after the sale.

**The Municipality of Kings makes no representations or warranties to any purchaser regarding the fitness, geophysical or environmental suitability of the land(s) offered for sale for any particular use and are being sold on an "as is" basis only.**

This advertisement will be maintained and updated on our website.

**Bill McKennan, Director of Corporate Services and Municipal Treasurer**

Tel:(902) 690-6144

Fax: (902) 679-2820

Local from Kingston & Greenwood (902) 847-3051

www.county.kings.ns.ca



## ~ A Thankful Family ~

We, the daughters of the late Jean (John) Andre Martel of Kingston, who passed away peacefully at home on January 8, 2009, wish to express our heartfelt thanks to everyone for their outpouring of sympathy and love through phone calls, visits, cards, food, e-mails and charitable donations during his illness and passing.

Thanks to the members of the Royal Canadian Legion, Kingston; who were present to offer their support both before and after his death. Special mention to Dave Geddes (President); Don MacCoy (Service Officer); Rick Tibbel (Chaplin); Scott Pollon (Branch Piper); Mary Hatheway (Organist); Linda Desmond & Staff (Caterers); and John MacDonald (Custodian).

Sincere gratitude to Dr. Yafai, Dr. Merryweather and Dr. Bethune for seeing him through his treatments after his lung cancer diagnosis in 2007; and when treatment was no longer an option, the Palliative Care Team of Dr. McNally, Dr. Burgess and Katrina Patterson. Along with V.O.N. Nursing and V.O.N. Home Support they were available to us day and night, not only to help with the task of caring for our father but also to guide us through each phase of his illness and to prepare us for the next. Kindness and compassion accompanied each visit.

Our appreciation to Father Gerald Saulnier for administering Last Rites; and to Gary and Tom from the Middleton Funeral Home for the respectful manner in which they cared for our father after his passing as well as their expressions of compassion shown to all members of our family.

Special thanks to Linda Martin (Annapolis Valley At Home Senior Care) for agreeing on very short notice to care for Dad for a few hours on Christmas Eve and Christmas Day, allowing us to spend some time with other family members who were not directly involved in his everyday care; and to Linda's family for pitching in and helping with Christmas preparations at home during her absence.

In every family of friends there is always one who stands out in times of need simply by not standing out; by being quietly invisible but always waiting in the wings, ready to perform those tasks that are so necessary but not immediately thought of by the grieving family. And we realize later that our burden has been lightened once



again because one more thing we "just remembered" has already been taken care of by our Dad's buddy, Louise "Weezee" Mantha. That's what Weezee does, she takes care of people. And more importantly, when it was all over and everyone we had come to depend on and leaned on for so long had returned to their own lives and we were left alone in our grief, Weezee was still there. She helped clear out the apartment, held us while we cried, listened and laughed with us over silly family stories, sang and danced with us between the boxes in the kitchen and helped with all the little details that need attention when a loved one dies. That's our Weezee.

Sacrifice is an important part of any family dynamic. A huge thank you to Denis for all his running around and managing to live in two places at the same time in order to make things work; and to the rest of our loved ones we left behind for allowing us the time away from our own homes in order to be where we were most needed.

Lastly, and most importantly, if there is any truth to the saying "behind every cloud there's a silver lining", we would like to thank our father for his final gift to us. It is with both sad and happy hearts that we mourn his passing. He saw a strength and solidarity in his daughters we weren't sure we possessed. The last six weeks of his life we not only shared the sadness of his suffering and impending passing, but also the joy it brought each of us as we worked together to fulfill his wish to spend the short time he had left being cared for at home surrounded by those he loved. Caring for him during his illness we continued to create memories as a family and especially as sisters; whether it was on a good day when we surrounded the hospital bed installed in the living-room and happily played "remember when" or those difficult days when we took turns administering the drugs that were necessary to make him comfortable. We will always be thankful for the times we didn't have to drive to the hospital on bad roads and spend long hours in a room sitting on a hard chair feeling helpless. We were blessed to have had this time with him, and with each other, and we are especially thankful that God gave us the opportunity to give back to a parent who had given us so much.

*Deborah, Brenda & Ingrid*

## Take a Stand Lose Grand!

**Submitted by: Aprill Denney**

14 Wing Health Promotion and the Fitness and Sports Centre staff are going to be partnering up for the most exciting weight loss program this year! Have you ever thought you wish you could lose some weight but lack the motivation and necessary tools on how to properly achieve your goals? Well you're in luck because we are offering all defence team members the chance to "Take a Stand and Lose Grand." This program will include one hour classroom sessions with the Health Promotion Director who will offer components of the Weight Wellness weight loss program. In addition, the new Physical Exercise Specialist from the Fitness and Sports Centre will provide personal training sessions that will provide participants with the necessary skills to improve their health and fitness levels. Advice will

also be available for individualized programs. This can be the chance to reach new goals and make lifelong changes in your life. Prizes will be awarded for those who LOSE GRAND!

The initial weigh in will consist of height, weight, and waist circumference. Your progress will be tracked for your own personal feedback.

To confirm and to ensure you are registered you MUST attend the information session that will be held on 22 April from 1200-1400 at the F&S Centre classroom. The program will run every Wednesday from 1200-1400 starting 29 April for eight continuous sessions.

Seats are limited so if you wish to pre-register contact Edith Tremblay at 765-1494 ext 5388.

Take a Stand and Lose Grand is open to military members and their spouses, DND and NPF employees are also welcome to attend.



Image: Department of National Defence

### SERVING THOSE WHO SERVE The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

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

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



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# Youth Happenings at the 14 Wing Community Centre

By: **Brendan Loughnane**  
**Youth Recreation Worker**

Hello everyone we're into March now and that just means one step closer to summer! It also means a one-week / two-weekend vacation from school. That break should be nice. If you are looking for something to do over the break we have got a few things planned for that week. On March 17<sup>th</sup> we are having a trip to Ski Martock. The prices will be the same as last months trip but this time we are going to be leaving a little later in the morning so we can stay there to ski or board under the lights at nighttime. We all had a great time on February's trip up there so come join us for this one. On Friday March 20<sup>th</sup> we have got a couple lanes rented for some glow bowling down at the bowling alley. Also on Sunday March 22<sup>nd</sup> we will be going skating and drinking some hot chocolate. We will keep you posted with more details closer to the break. If

you have any questions or need more info you can call Brendan at 765-8165. In the meantime here is what's going on this week at the Community Centre.

**Boyz Club**  
Monday March 2<sup>nd</sup> 2009  
Basketball  
4:30 – 6:00 p.m.

Hey boys this week we will be meeting in the gym at the Community Centre to play some basketball. We'll start the night with a few games like bump and 21 then we will play a couple full court games. Its going to be a fun night see you there!

**Teen Activities**  
Tuesday March 3<sup>rd</sup> 2009  
Indoor Soccer  
6:00 – 7:00 p.m.

Hey teens this Tuesday night we are going to play some soccer upstairs in the gym. This would be a good way to get some practice in before the season starts. Hope to see you there.

**Active Chicks**  
Wednesday March 4<sup>th</sup> 2009  
Tobogganing

6:00 - 7:30 p.m.  
Hey girls this week will be going coasting over at the hill behind the Community Centre. We will meet here and once everyone is signed in we will walk over to the hill as a group. Remember to dress warm and you can bring your own sled if you want to. See you all there.

**Look What's Playing at the Community Centre**  
**Pre-Teen Movie Night**  
Every Saturday is pre-teen movie night. The fun starts at 6:00 p.m. and runs until 8:00 p.m. Admission to the movie

is free with your membership card or \$1.00 drop in fee. This week will be watching Beverly Hills Chihuahua. This movie is rated G. This Chihuahua is used to the luxury life of living in Beverly Hills but gets lost when on a vacation to Mexico. She quickly has to learn how to fend for herself on the tough streets until she can figure out how to get back home.

**Teen Movie Night**  
Teen movies run from 8:30 – 10:30 p.m. Admission to the movie is free with your membership card or \$2.00

drop-in fee. This week the teens will be watching The Haunting of Molly Hartley. This movie is rated PG-13. Molly's Parents make a deal with the devil to save her life. When Molly gets older the devil comes to collect and terrible things start to happen to Molly.

## Youth Centre Drop in Hours

	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

## GMFRC • Feature of the Week

**Child/Youth and Parenting & Emergency Childcare Services**  
Coordinator: Kim Dixon at 765-1494 local 1812 or email at [dixon.k@forces.gc.ca](mailto:dixon.k@forces.gc.ca)

**Babysitting Course**  
**Monday, March 16th, 2009**  
**8:30 a.m. – 3:30 p.m.**  
**Youth aged 11 yrs and up**  
**\$25.00**  
**Registration deadline: Monday, March 9<sup>th</sup>, 2009**

Providing care to children is a big responsibility. You are the person who ensures their safety and well being while their parent/caregivers are away. Whether you are babysitting for an hour for a neighbor, or wanting to make some extra money during the summer at the GMFRC Teen Sitter Program, a Babysitter Training Course is an essential workshop that provides youth with valuable life-skills training. Our goal at the GMFRC is to offer programs that promote optimal development for our youth. Youth are required to bring a brown bag lunch. This course is limited to 15 participants. If you would like further information, please contact Kim Dixon, Child/Youth and Parenting Services Coordinator, at 765-1494, local 1812.



## Notice: Product Recall



## Avis de rappel de sécurité

## Deluxe 12 V Heated Seat Cushion, manufactured by Elegant

Canadian Tire is recalling the Deluxe 12 V Heated Seat Cushion (**Canadian Tire product number 32-1427-4**) manufactured by Elegant. It has been determined that due to a manufacturing defect, the insulation that surrounds the heating elements could shift, and in some cases cause the fabric to heat and smolder. There have been some reported cases of smoldering and as a result we are asking customers to **discontinue the use of the Elegant product immediately** and to return it to their local Canadian Tire for a refund or exchange.

Please note that this recall applies **ONLY** to those units manufactured by Elegant from January 2007 to February 2008. This product was manufactured by 2 different vendors. Only the units previously manufactured by Elegant are being recalled. The units which are currently manufactured by SonJoy are still suitable for use.

How the unit manufactured by Elegant can be identified:

UPC CODE: 0 27323 60248 3



## Coussin chauffant de luxe de 12 V fabriqué par Elegant

Canadian Tire rappelle le coussin chauffant de luxe de 12 V (**numéro d'article Canadian Tire 32-1427-4**) fabriqué par Elegant. En raison d'un défaut de fabrication, l'isolant entourant les éléments chauffants pourrait bouger et le tissu risque de chauffer et même de brûler. Dans certains cas rapportés, le coussin chauffant a brûlé ; c'est pourquoi nous demandons aux clients de **cesser immédiatement d'utiliser le produit de marque Elegant** et de le retourner au magasin Canadian Tire de leur localité afin d'obtenir un remboursement ou de l'échanger.

Veuillez noter que ce rappel ne s'applique **UNIQUEMENT** qu'aux produits fabriqués par Elegant de janvier 2007 à février 2008. Pour identifier les produits touchés par ce rappel, regardez l'étiquette située à l'arrière du coussin. Les étiquettes comportant la marque « Elegant » ou le CUP (code universel des produits) 0 27323 60248 3 sont touchées par le présent rappel.

Façon d'identifier les produits fabriqués par Elegant :

CUP : 0 27323 60248 3





# International Women's Day Celebrations – Tokens of Appreciation

Submitted by **Stephanie Townsend, GMFRC Coordinator of Adult Programs and Employment Services**  
765-1494 local 1816  
email: **Stephanie.Townsend@forces.gc.ca**

Think of the special women who have touched your life. Wives, mothers, sisters, aunts, cousins, co-workers, nieces and grandmothers –

they all have something in common: they are powerful influences that play important roles in our lives. We often overlook the struggles and barriers that women are facing and have faced in our dramatic history and can easily take their role in society for granted. The intent of International Women's Day is to celebrate the political, social and economic

accomplishments of women throughout history. The first International Women's Day was celebrated on March 19<sup>th</sup>, 1911 in Denmark, Germany, Austria and Switzerland. It is now celebrated globally, and is considered a holiday in some countries such as Russia, China, and Bulgaria. The tradition is now held annually on March 8<sup>th</sup> with hundreds of celebrations from

across the globe in many forms such as political demonstrations, theatrical events and parades. These world wide events can be viewed at the International Women's Day website: [www.internationalwomensday.com](http://www.internationalwomensday.com). We encourage you to visit the website and take advantage of all of the historical information, event announcements and general knowledge to educate your family on the many barriers women have faced and still face in current society.

Join us at the GMFRC as we

celebrate International Women's Day by acknowledging the women of our community with tokens of appreciation from March 4<sup>th</sup> until March 9<sup>th</sup>, 2009. All women who come to the centre during these few days will receive a free "empowering women" piece of merchandise by our themed author Suzy Toronto, and their names will be put into a draw for a basket which will be drawn on the 9<sup>th</sup> of March. It is our hope that this will show support to all of the contributing ladies of our military families who make such



a difference in forming their part in society and their roles in supporting Strength Behind the Uniform.

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Application deadlines for the 2009-2010 year are **May 1, 2009** for the university scholarships, and **May 8, 2009** for students applying for the trades scholarships at the NSCC.

For more information on energy-related career choices and to find out how to apply, contact your high school guidance counselor or visit: [www.gov.ns.ca/energy](http://www.gov.ns.ca/energy) or call (902) 424-4575



## Employment Tip

Submitted by **Stephanie Townsend, Coordinator of Adult Programs and Employment Services**  
at 765-1494 local 1816  
email: **Stephanie.Townsend@forces.gc.ca**

Coming across on your resume as confident and having a positive attitude is an important part of getting

that interview where you can sell yourself. There is a quote that reads "Whether you think you can or can't do something, either way you are probably right" – Anonymous. This is a fitting description of how we think at times when applying for positions. It can affect our confidence level and sometimes stops the

individual from even applying. So keep a positive internal dialogue – it could be the key to a great resume and a potential position.

For all your Employment Assistance needs, please come to the GMFRC and talk to Stephanie Townsend, our Adult Programs & Employment Services Coordinator.

## Skater of the Week

The Greenwood Skating Club Presents the "Berwick Building Supplies"

### Skater of the Week:

Name: **Michaelle Brown** Age: 8  
School: Dwight Ross Grade: 3  
Skating Level: Junior StarSkater  
Coach: Karyn Brown  
Started Skating: 3 years old  
Highest Tests Passed: CanSkate Level 5  
Favourite Figure Skater: Brian Orser  
Favourite Part of Skating: Spinning  
Other Hobbies: Listening to music, crafts & reading.



## World Day of Prayer



**Friday, March 6th, 2009**

**7:00 p.m.**

**St. Mark's Protestant Chapel**  
Church Street  
14 Wing Greenwood  
**Everyone Welcome**



# From the Desk of Mu

By: Dallas Frampton

Here I sit on another snowy day wondering when we will see the first blush of Spring. Most of us are looking forward to packing away the mittens, hats and scarves that have been utilized a lot this winter. Despite the winter weather the ladies of Beta Sigma Phi have had lots to keep their minds off the snow that is piling up outside. But we are certainly looking forward to Spring.

This year MU chapter will be hosting Founders Day. We are putting our heads together preparing and planning. We did have time though to have some fun and informative programs. Margie demonstrated to us just how much sugar we consume in a day. Did you know that on any given day we can consume up to 93 teaspoons of sugar!!!! Most of that is hidden in processed foods

and we never see it, but that does not mean it is not there. Anita gave a demonstration on Reflexology, Karen and Anne



**MU's newest member Anne Kempton is this year's Valentine Princess!**

had a guest come in to talk to us about our inner self and we all had a short Reiki reading. We had the opportunity to sample and smell some of the

soaps and lotions from a local home based business; Jennifer Christopherson from Creative Wanderings gave us a presentation educating us on the difference between a soap and a detergent. We left there with samples and a better understanding what we wash ourselves with. We ended 2008 by having a potluck supper at the home of Anita. Everyone dressed in their seasonal finest and prepared a yummy dish for everyone to sample. We had a hard time getting up from the table, there was so much to choose from!

2009 started off with the postponement of some of our meetings due to bad weather. We weren't sure we would ever meet in January at all. But it let up enough for us to squeeze in a couple meetings. So far this year we have made teacup candles, learned about

colour and how it affects how we look and feel, and we were given a presentation about Ovarian Cancer. In Canada this year 2700 women will be diagnosed with Ovarian Cancer, of those 1500 will die. Those statistics need to change and the only way to do that is to become aware of the signs and symptoms of the disease. As women we need to make

women aware of what we can do to help each other. This is one of the purposes of the Sisterhood of Beta Sigma Phi, "life, learning and friendship". In keeping with the friendship aspect we welcomed two new people to our fold, last year Anne Kempton joined us and this year we welcomed Wendy Robar to our group. We are delighted to have both women in our group. Both

women bring their uniqueness to us and we appreciate them for that.

So here I still sit watching the snow fall from the sky, dreaming of warmer days, but warmed by the thoughts of my friends and sisters in Beta Sigma Phi. If you are interested in joining Beta Sigma Phi, or have any questions about our organization please call Karen Clow at 765-6268.

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506/U	2007	Ford	Taurus SE	V6,Auto,A/C,Alloys,Loaded	48k	\$14,995	\$12,995	\$111
540/A	2006	Pontiac	G6 Sedan	V6,Auto,A/C,Alloys,Loaded	53k	\$15,995	\$14,995	\$143
499/U	2006	Chev	Uplander LS	V6,Auto,A/C,PL,PW,CD	82k	\$14,995	\$11,995	\$115
534/A	2006	Chev	Cobalt 2dr LT	4cyl,Auto,A/C,Alloys,Loaded	12k	\$13,995	\$12,995	\$124
553/U	2005	Ford	Focus ZX5 SES	4cyl,Auto,A/C,Heated seats	---	---	---	---
570/U	2005	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,CD	93k	---	\$ 9,995	\$113
550/U	2005	Chev	Cobalt	4cyl,Auto,A/C,CD,Spoiler	70k	\$10,995	\$ 9,995	\$113
484/U	2005	Ford	500 SE	V6,Auto,A/C,PW,PL,Cruise	120k	\$14,995	\$ 9,995	\$113
562/U	2005	Pontiac	Montana Ext	V6,Auto,A/C,8pass,Loaded	109k	\$ 9,995	\$ 8,995	\$102
556/U	2005	Ford	Freestar SE	V6,Auto,A/C,Fold'n Go Rear	---	---	---	---
515/U	2004	Honda	Civic SE	4cyl,Auto,A/C,CD,PL,Spoiler	65k	\$13,995	\$11,995	\$132
561/A	2004	Dodge	Grand Caravan	V6,Auto,A/C,DVD,Loaded Ann.Ed	118k	\$ 9,995	\$ 8,995	\$102
562/U	2004	Pontiac	Grand AM SE	V6,Auto,A/C,Alloys,Loaded	75k	\$ 9,995	\$ 8,995	\$102
526/U	2004	Nissan	Sentra	4cyl,Auto,A/C,CD	100k	\$ 9,995	\$ 8,995	\$102
552/U	2004	Mazda	MPV	V6,Auto,A/C,Quads,Loaded	98k	\$ 9,995	\$ 8,995	\$102
476/A	2004	Pontiac	Grand AM SE	4cyl,Auto,PW,PL,Alloys	100k	\$ 8,995	\$ 7,995	\$ 90
478/U	2004	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,Cruise	94k	\$10,995	\$ 7,995	\$ 90
569/U	2004	Hyundai	Accent GL	4dr,4cyl,Auto,PS,Tilt,CD	92k	---	\$ 6,995	\$ 79
504/U	2004	Chev	Aveo 4dr	4cyl,5spd,PS	81k	\$ 9,995	\$ 6,995	\$ 79
547/U	2004	Pontiac	Montana	V6,Auto,A/C,Quads,PW,PL	137k	\$ 7,995	\$ 6,995	\$ 79
502/U	2003	Chrysler	PT Cruiser	4cyl,Auto,A/C,Alloys,Loaded	93k	\$10,995	\$ 7,995	---
-----	2002	Pontiac	Sunfire	2dr,4cyl,Auto,A/C,PW	95k	---	\$ 6,995	---
517/C	2001	Saturn	SCI 3 dr coupe	4cyl,5spd,tilt,CD	129k	---	\$ 4,995	---
542/A	1997	Mercury	Sable Wagon	V6,Auto,PW,PL	---	---	---	---
<b>TRUCKS &amp; SUVs</b>								
553/A	2008	Ford	Ranger Sport S/C	V6,Auto,A/C,CD,Cruise,Sirius Radio	13k	---	\$15,995	\$135
547/A	2007	Ford	Escape XLT AWD	V6,Auto,A/C,Alloys,Loaded	---	---	---	---
572/U	2006	Ford	F150 XLT Reg Cab	V6,Auto,A/C,PW,PL,Cruise	---	---	---	---
573/U	2006	Ford	Ranger Sport S/C	4wd,V6,Auto,A/C,Alloys	---	---	---	---
560/U	2005	Chev	Equinox LS	V6,Auto,A/C,Alloys,Loaded	74k	---	\$12,995	\$143
545/U	2005	Ford	Ranger Edge S/C	V6,Auto,A/C,Alloys,Cruise	51k	\$14,995	\$11,995	\$132
547/B	2003	Ford	Escape XLS	4wd,V6,Auto,PW,PL	---	---	---	---
538/A	1993	Ford	Ranger XLT S/C	4Litre,4wd,Auto,CD,Alloys	---	\$ 3,995	\$ 2,995	---

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452246	20" TV/DVD Combo .....	Now	\$67.99	Reg	\$169.99
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621046	Water Filter Single .....	Now	\$29.99	Reg	\$59.99
621060	Lotus Water System .....	Now	\$79.99	Reg	\$199.99
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550334	1200w Generator .....	Now	\$149.99	Reg	\$299.99
540061	Dirt Hound 60L Cart Shopvac .....	Now	\$109.99	Reg	\$219.99
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544770	500 PC Rotary Kit .....	Now	\$53.99	Reg	\$179.99
546805	Makita Laminate Trimmer .....	Now	\$59.99	Reg	\$119.99
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589240	275pc Socket Set .....	Now	\$159.99	Reg	\$399.99
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833371 - 834217	60% Off Asst. Hockey Skates .....	Now	\$31.99-\$87.99	Reg	\$79.99-\$19.99
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398675	Simonz Electric Pressure Washer .....	Now	\$169.99	Reg	\$349.99
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279897	Razor Pocket Mod Scooter .....	Now	\$174.99	Reg	\$349.99
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595350	Cuchi Planters-Set of 3 .....	Now	\$8.99	Reg	\$29.99
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595421	31 Gal Flex Pond Kit .....	Now	\$51.99	Reg	\$129.99
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880184	Breezes Wicker Loveseat .....	Now	\$64.99	Reg	\$129.99
881379	10'x12' Aluminium Patio Awning .....	Now	\$164.99	Reg	\$329.99
990505	Black & Decker 24v Lawnmower .....	Now	\$154.69	Reg	\$386.74
997223	Cordless Powermower .....	Now	\$199.10	Reg	\$497.77

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429276	7pc Artisan Cookset .....	Now	\$91.99	Reg	\$229.99
429503	Farberware 11pc Knifeset .....	Now	\$11.99	Reg	\$39.99
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432175	Betty Crocker Citrus Juicer .....	Now	\$8.99	Reg	\$29.99
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# Meet the Bombers

**Submitted by: Maxine Buckler**  
Our Greenwood Pee Wee Rep Team has been very busy over the past month. The team has competed in two

tournaments as well as their regular scheduled games. On February 6<sup>th</sup> the team traveled to Alberton, PEI to play in their first away tournament of the year. All games were played at the Jacques Cartier Arena in Alberton. The stats were as follows:  
Game 1 against the host team Alberton (4-1). Game 2

against O'Leary (5-0) and Game 3 against Tignish (11-0). With 3 wins and only one goal scored against us we finished first in our division sending us to the semi-finals on Sunday. Playing against a very strong Evangeline team the Bombers fell short and lost 6-0. The team finished third overall. MVP's for the games were: Chris Fewer;

Mathew Beaudry; Jordan Taylor; and Anthony Jacques. Top scorers: Anthony Jacques 6 goals; Mathew Beaudry 5 goals and Jordan Taylor 3 goals. The team had a great time and played exceptionally well together.  
This past weekend the team traveled to Digby for another tournament. Their first game against Berwick didn't get them off to a good start losing 3-1. But coming back with true Bomber spirit they came together in their next game and tied against the Shelburne team 2-2. With one game left to play they gave it their all and pulled out a win over Clare 4-3. They finished 3<sup>rd</sup> overall in the tournament. MVP's for the weekend were Chris Fewer, Jordan Taylor and Justin Parker. Top scorers were Jason Murray and Brandon Rafuse.  
Thanks to all the parents, grandparents, family and friends who come to support and cheer on the team whether we are at home or away. GO BOMBERS GO!

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## A Great Way to Meet New Friends!

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

Children attending the GMFRC Children's Deployment Support Group meet monthly to share our deployment experiences as children & youth with each other in a relaxed and fun environment. Our program is developed for children & youth, aged 3 years and up who have a parent/caregiver currently deployed, or who have experienced a deployment in their family with in the past six months. The goal of our group is to provide opportunities for children & youth to connect with others who are also experiencing a deployment in their family. Parents are not required to stay for these meetings, however are welcomed to attend our Adult Deployment activity that is offered during the same time as the Children's Group. Please contact Paula Davison, our GMFRC Coordinator of Deployment Services at local 5583 for information on this activity. If you would like to register your child/youth for our group, please contact our receptionist at local 5611.

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# 14 Wing Library - Serving Those Who Read!

**By: Judy McCool and Liz Tappen**  
AVM Morfee Centre, Greenwood - 765-1494, local 5430

Hello from your local library. Spring is just around the corner...or so the calendar tells us. One can actually notice the extended amount of daylight. Daylight Savings time change is March 8<sup>th</sup> don't forget to "spring" your clocks ahead one hour.

Happenings and Special Events for March include Mar 1<sup>st</sup> – St David's Day, when the Welsh will celebrate. Mar 2<sup>nd</sup> – Dr Seuss's Birthday; Mar 8<sup>th</sup> – International Women's Day; Mar 17<sup>th</sup> – St. Patrick's Day.

However, the biggest news for March is our "READING CHALLENGE" in which all library members are invited to participate. It is open to all ages, pre-school to 105 years! Come in, sign up, check out some books and start reading!! There are great prizes to be won.

**Community Volunteer**

**Income Tax Program**  
Appointments are now being taken for the Community Volunteer Income Tax Program. Appointments can be made for Tuesdays at 10, 11 and 12 pm for the months of March and April. Special requirements; please phone the library at 756-1494 ext. 5430.

**Overdue Books**  
We have recently sent out some letters reminding patrons of their overdue books. Please check under beds, on shelves and in closets for any borrowed books that you have forgotten to return to 14 Wing Library as fines add up quickly!! We have a 24-hour drop box for your convenience but actual fines must be paid during open hours. Thank you in advance.

**Library Hours**  
Monday – 1:00 – 5:00 p.m.  
& 6:00 – 8:00 p.m.  
Tuesday – 10:00 a.m. – 1:00 p.m. & 2:00 – 5:00 p.m.  
Wednesday – 1:00 – 5:00 p.m. & 6:00 – 8:00pm  
Friday – Noon – 4:00 p.m.

Sunday – 1:00 – 4:00 p.m.  
**\*Special Note:** "Under The Story Tree" story hour is held on Tuesdays at 10:30. Please call to register your little ones.

**Thank You**  
The 14 Wing Library has been favoured by several generous patrons during the past month. Peter G presented a book repair workshop for staff and volunteers; The Houde family donated a fabulous collection of children's English and French books; Cheryl and BJ donated a working printer; Roeland made a generous gift; three anonymous gifts of children's videos, a collection of Mary Higgins Clark books, and a collection of French language adult fiction all in spotless condition. Thank you all for your generosity, it goes a long way to improving our library.

**Books for March**  
**Fiction** – *Stolen/Kelly Armstrong; Dawns Light – 4<sup>th</sup> in series/Terri Blackstock; The Stabbing In The Stables/Simon Brett; The Quilters*

*Homecoming/Jennifer Chiaverini; Scarpetta/Patricia Cornwell; Ava Comes Home/Lesley Crewe; The Associate/John Grisham; Coventry/Helen Humphreys; Knit Two/Kate Jacobs; Tell It To The Skies/Erica James; Stormy Weather/Paulette Jiles; This Side of Heaven/Karen Kingsbury; Made In The USA/Billie Letts; Wicked - #1/Gregory Maguire; Son of a Witch - #2/Gregory Maguire; Dead Souls/Ian Rankin; The Origin of the Species/Nino Ricci; Rebels of Ireland/Edward Rutherford; Testimony/Anita Shreve; The Secret Servant/Dan Silva; The Fruit of Stone/ Mark Spragg; The Story of Edgar Sawtelle/David Wroblewski.*

**Non-Fiction** – *Pilates Over 50/Lesley Ackland; Final Passages/Judith Ahronheim, M.D. & Dorn Weber; Bodies of Evidence/Dr. Scott Christianson; Our Endangered Values/Jimmy Carter; M M15s First Spymaster/Andrew Cook; Grow Organic/DK Book; Your Older Cat/ ; Clean Up Your Diet/Max Tomlinson;*

*All-Time Favorite Casseroles. En francais – Les Fruits Sauvages de la Passion/Elizabeth Walker; A tombeau ouvert/Kathy Reichs; Ou est-tu?/Marc Levy.*

**DVD** – *Mr. & Mrs. Smith, The Departed, Curious George and Strawberry Shortcake*

**Centre Stage Book Display** - All Things Irish will be featured for March – folk stories, Irish writers, Irish glass, and travel in the Emerald Isle. A great month to explore these books.

**Library Services**  
14 Wing Library has three community access computers – two with internet access and one for word-processing( and soon-to-be installed library search engine.) Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation, 765-1494 ext 5430.

Quelques faits concernant votre bibliotheque de la 14<sup>ei</sup> Escadre et ses services – Saviez-vous que la bibliotheque de la 14<sup>ei</sup> Escadre se procure et conserve du materiel en

francais ainsi qu'en anglais? Saviez-vous que du materiel en francais est disponible dans differents domaines – Romans et literature pour adultes, jeunesse et enfants. Saviez-vous qu'il y a actuellement plus de 5,000 articles en francais presentement disponible? Faits-vous des etudes enfrancais ou participez-vous a un programme d'immersion en francais? Travaillez-vous sur un projet? Ou etes-vous simplement a la recherche d'un livre interessant a lire? Nous avons quelque chose pour vous...venez visiter votre bibliotheque de la 14<sup>ei</sup> Escadre!

**Membership**  
A reminder to all, that 14 Wing Library is a public library open to military and civilians. Membership is free, but the benefits are priceless. We invite all our registered patrons to visit us but if you're not already a member, drop in and sign up to enjoy your local library.

Reading Opens Doors! So come and open the doors to 14 Wing Library.

## March Break Day Camp at the 14 Wing Community Centre


**By: Brendan Loughnane Recreational Youth Worker**


Hello everyone it is hard to believe that March Break is almost here, but it's true! If you're looking for something to do over that long week away from school then look no further. If you are between the ages of 6 and 12 we have got the perfect solution. Our March break day camp runs from Monday March 16<sup>th</sup> to Friday March 20<sup>th</sup>. Each day we have planned lots of fun activities that revolve around different themes. Those themes are as follows:

- Monday is "Meeting and greeting"
- Tuesday is "Mad Science Day"
- Wednesday is "Fun in the Sun Day"
- Thursday is "Wild Animal Safari Day"
- Friday is "Chillaxing Friday"

Each day your child will get to participate in fun programs that are based around that day's theme. Each day starts a 9:00 a.m. and ends at 3:00 p.m. Before and after care is also available. Before care runs from 7:30 to 9:00 a.m. and after care is from 3:00 to 4:30 p.m. Registration starts on Wednesday March 4<sup>th</sup> at 9:00 a.m. The cost is \$60.00 for the whole week and \$55.00 for your second son or daughter. If you're only interested in coming for a few days then you can pay \$15.00 a day. Before and after care is an additional \$5.00, per service, for the whole week or \$2.00 per service, per day.

If you have any questions or need some more info you can call Brendan at 765-8165 or Eric MacKenzie at 765-1494 ext. 5337.




Kingston Legion Br 98 ~  ~ March 2009

Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail [legion98members@ns.sympatico.ca](mailto:legion98members@ns.sympatico.ca)

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 BINGO	2 EUCHRE	3 BINGO	4 VALLEY DARTS	5 CRIB	6 MIXED DARTS STABLE COUNTRY SCALLOPS	7 BREAKFAST MIXED DARTS BINGO OVER 50 DARTS
8 BINGO	9 EUCHRE	10 BINGO	11 VALLEY DARTS	12 CRIB	13 MIXED DARTS 4 WAY STOP ANNES CABBAGE ROOLS	14 JOURDY WEDDING CRIB IN LOUNGE
15 BINGO	16 EXEC MTG EUCHRE	17 BINGO	18 VALLEY DARTS	19 CRIB	20 MIXED DARTS DJ RICHARD PULLED PORK SANDWICH	21 LADIES INVITATIONAL DARTS
22 BINGO	23 GEN MTG	24 BINGO	25 VALLEY DARTS	26 CRIB	27 MIXED DARTS GOOD FEELIN BAND FISH & CHIPS	28 AWARDS BANQUET ZONES OVER 50 DARTS
29 BINGO	30 EUCHRE	31 BINGO	Events Subject to Change Without Notice. Members & Guests Welcome!			


Legion Calendar Sponsored by



613 Main St.  
KINGSTON  
765-2103

488 Main St.  
LAWRENCETOWN  
584-3366

26 Commercial St.  
MIDDLETON  
825-4822



Vous considérez l'éducation en français pour vos enfants?

Thinking about French education for your children?

L'école Rose-des-Vents de Greenwood...

+ Fait partie du Conseil scolaire acadien provincial;

+ Est la seule école publique francophone dans la Vallée de l'Annapolis;

+ Va de la pré-maternelle à la 12<sup>e</sup> année;

+ Suit le programme du Ministère de l'Éducation de la Nouvelle-Écosse;

+ Vise la maîtrise des 2 langues officielles;

+ Enseigne le français langue première (et non langue seconde comme les écoles d'immersion) et l'anglais langue première (même programme que les écoles anglophones);

+ Offre le programme de 4 ans « Grandir en français » gratuit à temps complet;

+ Offre les services de transport à la grandeur de la Vallée;

+ Offre une vie étudiante riche et stimulante en français!

VOUS AIMERIEZ DISCUTER DES POSSIBILITÉS D'INSCRIRE VOS ENFANTS À L'ÉCOLE FRANCOPHONE?

VOUS AIMERIEZ EN SAVOIR D'AVANTAGE SUR NOS PROGRAMMES D'ÉTUDES ET LES OPTIONS DISPONIBLES AU SECONDAIRE?


VOUS N'ÊTES PAS CERTAINS DE RÉPONDRE AUX CRITÈRES D'ADMISSIBILITÉ?

Venez nous rencontrer le 10 mars prochain à 19h00:

École Rose-des-Vents  
6, chemin Bedford  
Greenwood, Nouvelle-Écosse  
<http://erdv.ednet.ns.ca>

Communiquiez en tout temps:

Téléphone: (902) 765-7100  
Télécopieur: (902) 765-7107  
[erdv@csap.ednet.ns.ca](mailto:erdv@csap.ednet.ns.ca)



Mon école,  
mes avantages de vie,  
ma réussite!

You would like to know if your children are eligible for French education?

.....



# Junior Provincial Swim Championships

Greenwood Dolphins Swim Club (GDSC) has returned home from the Junior Provincial Swim Championships in Antigonish, Cape Breton. Attending the meet was Josh Gendre, Austin Nowotczynski, Stephanie Delisle, and Sarah O'Reilly of the senior age group. Many best times were achieved throughout the three day meet. Five medals were also achieved in the finals. Sarah O'Reilly received gold in 100 metre Breaststroke (1:27.35), a gold in the 200 metre butterfly (3:50.50), and a silver in 100 metre Freestyle (1:16.12). Josh Gendre received silver medal in the 200 metre fly (1:57.92), and Austin

Nowotczynski received a bronze medal in 400 metre free (14:54.58). Congratulations Dolphins!



(Back row): Josh Gendre, Austin Nowotczynski  
(Front row) Stephanie Delisle, Head Coach Janice Hamilton, Sarah O'Reilly

## GMFRC • Feature of the Week

### Volunteer Services

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

### Easter Deployment Mail Out

Friday, March 13<sup>th</sup>, 2009

9:00 a.m. – 12:00 p.m.

GMFRC Classroom #1

Volunteers Needed: 6

To prepare packages and get boxes ready for mail out to send to troops. It is a fun time and a way to feel connected to the member and to give back to them for what they sacrifice each and every day.

## Paper Carriers

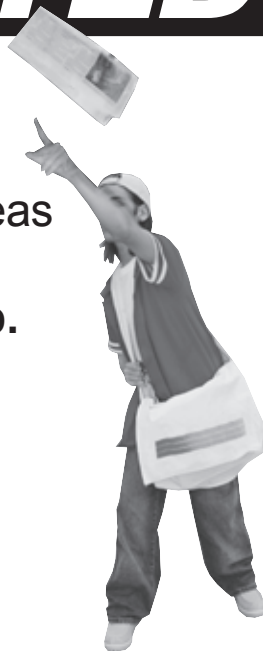
# WANTED

We are compiling  
a **waiting list** for  
all paper route areas  
~ **except for** ~  
**Ravenwood Sub.**

Please apply at  
our office at the  
Morfee Annex on  
School Road.

Applications are also available on our website

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



# Veteran of the Month



## Leo P. Myers

Leo spent his early years in Eastern Passage N.S. In 1953 Leo joined the RCAF as an Air Frame Tech. and took his basic training in St. Jean, Que. He then underwent trade training at Camp Borden, Ont. Bases Comrade Leo served at were Chatham, NB, 2 Wing Grostinquin, France, 101 Com Flight Shearwater as Tech Crewman and flew 900+ hours on C47 Dakota's. Leo also did a tour At CFB Summerside, PEI and a tour at CFB Cold Lake, AB. He then transferred to CFB Greenwood in 1976 and retired in 1986. Leo and Vivian are proud parents of three children and grandparents for five. They reside in Fales River Sub-Division, Greenwood. Leo has been a member of Kingston Legion Br.98 for the past 23 years. Kingston Legion is proud to present Comrade Myers as "Veteran of the Month", March 2009.



## Alternative Dispute Resolution

### Greenwood Dispute Resolution Centre



Maj. Bob Sealby

**Call 5530**

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

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

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

## GMFRC • Feature of the Week

### Deployment Services

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

### Deployed Families Adult Pool Night at Dooly's

Monday, March 09<sup>th</sup>, 2009

8:00 p.m. – 10:00 p.m.

Location: Dooly's, 963 Central Avenue, Greenwood

Registration deadline: Call 765-5611 by

Friday March 6<sup>th</sup>, 2009

Cost of pool compliments of Dooly's

Share a night of pool with other deployed spouses/parents and make valuable connections. This is our first pool night so come out and join in the fun, there is no cost and beginners are more than welcome.



## THE MUNICIPALITY OF THE COUNTY OF KINGS

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

### TENDER #09-01

### Supply of Chemicals for the Greenwood Water Utility

The Municipality of the County of Kings' Department of Engineering and Public Works invites tenders for the supply of the following chemicals for the Greenwood Water Utility from April 1, 2009 to March 31, 2010:

13,200 kg Sodium hydroxide, 50% solution

2,400 liters Sodium hypochlorite, 12% solution

Specification packages are available at the office of the Dept. of Engineering and Public Works, 87 Cornwallis St., Kentville from Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Sealed tenders will be received up to **2:00 p.m. Thursday, March 19, 2009** and should be addressed to:

Satu Peori, Operations Manager, Dept. of Engineering and Public Works, Municipality of the County of Kings, P. O. Box 100 Kentville, N. S. B4N 3W3

Opening of tenders will be public and held at 2:00 p.m. in the Boardroom of the Municipal Complex, 87 Cornwallis St., Kentville, N. S.

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest, 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.

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

Tel: (902) 690-6195 Fax: (902) 679-0911  
Local from Kingston & Greenwood (902) 847-3051  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)



# Baby Equipment Loan Program at the GMFRC

Submitted by: Kim Dixon, GMFRC Coordinator of Child, Youth and Parenting Services at

765-1494 local 1812

Are you having family or friends visit and need to borrow a piece of baby equipment for a short period

of time? If so, then the GMFRC is here to help! For only \$2.00/day per item plus a \$5.00 refundable deposit, you can borrow a wide variety of baby equipment items such as: car seats, booster seats, portable playpens/cribs, and highchairs. To reserve your equipment please contact our receptionist at 765-5611.

## Winter Fun!



The children at the GMFRC Early Childhood Education 4 Year-Old Program take a break from a morning of sledding. The children enjoyed the fresh air and physical activity.

Front Row: Kristina Rememda, Charlie Boudreau, Mitchell Thomas, Kyla Leblanc, Chase Barron, Mercy Jenereaux, Ella Featherstone. Back Row: Charolette Paul and Dawn Rememda

If you would like more information on the Early Childhood Education Programs offered at the GMFRC

contact Brenda Virtue-Ellis at 765-1494 local 5053.

(Photo Submitted)

## JOIN THE FUN!!

14 Wing Library is having a

### Reading Challenge

during the month of March.  
Open to all members.  
Come in and register.  
Start Reading ... PRIZES!



## CUCINA AURORA



### Garlic Aioli

1 lg. Egg  
1 tbs. Dijon mustard  
1 tbs. Chopped garlic  
Juice of one lemon; Salt  
Freshly ground white pepper  
1 cup Vegetable oil

In the bowl of a food processor, fitted with a metal blade, combine the egg, mustard, garlic and lemon juice. Season with salt and pepper. With the machine running, add the oil in a steady stream until the mixture is pale in colour and thick. Remove from the processor and refrigerate for 1 hour.

Yields: 1 1/2 cups.

## Seeking a Head Song Bird to Lead a Small But Mighty Flock

St Mark's Chapel Choir is seeking a Choir Director. A dedicated group that meets once a week (Thursday evenings) for practice and then Sunday at 1030 hrs for worship, St Mark's choir is a group that has fun while making music together. If you are interested please contact Padre HJ King, 765-1494, local 5541, or Kathy Cormier, local 5546 to discuss the position and its terms. Blessings.

## GMFRC • Feature of the Week

### Adult Programs and Employment Services

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

### Learn to drive defensively at the GMFRC

Monday & Tuesday, March 9<sup>th</sup> & 10<sup>th</sup>, 2009

6:00 p.m. – 9:00 p.m.

Classroom 1

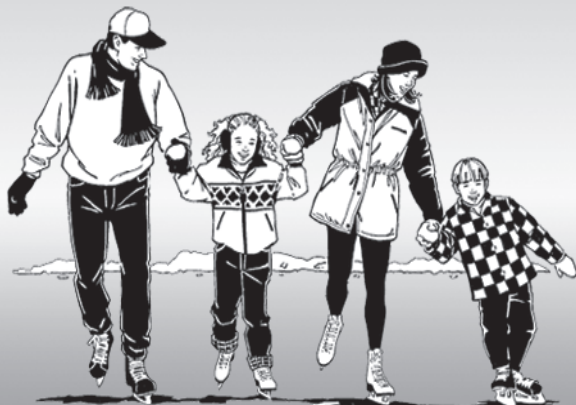
\$20.00

Registration Deadline: March 4<sup>th</sup>, 2009

Are you a new or existing driver in need of a defensive driving course? You are now required to have a defensive driving course to proceed through the graduated licensing system in Nova Scotia. Join us as we offer the opportunity through the GMFRC for you to become a safe, defensive driver. Participants must be 16 years of age to participate in this course. Come in and register soon as the seats fill up fast!

## Public Skate Come One Come All

Greenwood Gardens Public Skating takes place Saturday evenings from 7:00 to 8:00 p.m. and Sunday mornings from 11:00 a.m. to 12:00 noon. The skate is free for Military and valid Rec Card holders. There is a drop-in fee of \$4.00 for those without Rec Cards. Although helmets are not mandatory they are strongly suggested. Come out and enjoy a great winter tradition.



## Need a Hand?

Community Volunteer Income Tax Program

## Besoin d'un coup de main?

Programme communautaire des bénévoles en matière d'impôt

Volunteers, trained by the Canada Customs and Revenue Agency, can help you complete your income tax and benefit return.

Des bénévoles, formés par l'Agence des douanes et du revenu du Canada, peuvent vous aider à remplir votre déclaration de revenus et de prestations.

To find out if you are eligible or to make an appointment call:  
Pour savoir si vous êtes admissible, ou pour prendre rendez-vous, téléphonez au:

**765-1494 Local 5430**

You can meet with the volunteers!  
Vous pouvez rencontrer les bénévoles!

**March 3, 13, 17, 24 & 31**  
**April 7, 14 & 21** (if needed)

To be held at the 14 Wing Library, Greenwood  
By appointment only (765-1494, local 5430)

Bring all your tax papers and forms with you.

This service is free!

Apportez tous vos feuillets et formulaires d'impôt.

Ce service est gratuit!

[www.ccra.gc.ca/volunteer](http://www.ccra.gc.ca/volunteer)

[www.adrc.gc.ca/benevole](http://www.adrc.gc.ca/benevole)



# GMFRC Cookie Grams 2009

Written by: Jennifer  
MacLeod, GMFRC  
Program Support  
Assistant

It was a great day for spreading kindness and love to our community family and friends with the Greenwood Military Family Resource Centre's Cookie Grams. It was a very busy and productive week(s) with the GMFRC volunteers as they dedicated their time to the preparation, selling, and delivery of the beautifully wrapped cookies. Thank you to each one of you who volunteered at the GMFRC, as your hard work and dedication is very much appreciated!

Our 2009 Cookie Gram Committee members (Lorlie Thompson, Sharon Hurtubise, Shirley Peck, Kim McMahon, Lisa Garand, and Laurie Jarvis) devoted countless hours to make sure that this year was a huge success. Without you this event would not have been possible and a big thanks to each of you.

The ladies (Cecilia Munoz, Laurie Jarvis, Shirley Peck, Kim McMahon, Sharon Hurtubise, and Lorlie Thompson) who helped sell cookies and sat by an open door on the coldest days of the year. Those that helped wrap the cookies (Kristi

During, Laurie Jarvis, Christine Austin, Barbara Wood, Sharon Hurtubise, Veronica MacNamara, Kim McMahon, Marie-Pierre Nadeau, Jan Hipman, Nadia Kange, Valérie Daigle, Lorlie Thompson, Micheline D'Amico, Samantha D'Amico, Pam Lowe, and Kathy Kelly) worked quickly and hit an all time record of completing the task in half a day!

Shayla Tobin and Lois Tobin spent hours cutting rolls of ribbon and curling each piece, a very tedious job that was done with grace and smiles. Both of you added that special touch to our cookie grams.

Thank you to our community who helped us advertise (14 Wing Greenwood, The Aurora Newspaper, local radio stations, base churches, Kingston Elementary School, Pine Ridge Middle School, École Rose des Vents, Dwight Ross Elementary, West Kings, Annapolis East Elementary, Middleton Regional High School, Morfee Annex Nursery School, NSCC, and Greenwood Mall) our Cookie Grams event and those that purchased cookies.

Tammy Belanger, store owner of Green Leaf Enterprise, supplied the GMFRC with 1,666 ft of cellophane, which



Photo taken by Karen Doiron

was used to wrap the cookies. Our fabulous youth volunteers (Jessica Cunningham, Caelan Frampton, Sarah Sauvé, Vincent Sauvé, Corrine Sauvé, Angela Mackenzie, and Ian Mackenzie) were very helpful cutting the cellophane.

Our 2,136 cookies were made by Sobey's Bakery Manager, Karen Stennet and her hard working team, who did a remarkable job in baking and dipping the cookies for our big event. Brad Potts, Sobey's Store Manager, thank you for

allowing us to partner together with you for another remarkable year. We have an incredible community!

On the day of delivery, our GMFRC volunteers (Jean Leroux, Valérie Daigle, Veronica MacNamara, Micheline D'Amico, Dan Bertrand, Sharon Hurtubise, Jan Hipman, Kim McMahon, Shirley Peck, Laurie Jarvis, Lorlie Thompson, and Christine Austin) helped put smiles on people's faces. A special thank you goes to CWO Gaudreault

for helping deliver cookies on the OPS side of base. Thank you for the laughter you shared with our hard working military men and women! A year that will not be forgotten!

For me I always thought that Valentines Day is *just* another day to celebrate with family and friends, until I had the opportunity to meet a very grateful man who showed me that what we do here at the GMFRC is important. On Friday, February 13, 2009, the day of Cookie Gram delivery I had the task of delivering cookies to a deployed spouse. If you recall, the weather was cold, snowing with drifting snow. I had a fair distance to drive and was contemplating in going back to the GMFRC, because the road

conditions were unfavourable. I persevered and kept going until I reached my destination and was greeted by a young boy and their family dog. I knew that I was going to a deployed spouses' home, but assumed that it was dad that was away. As you can guess, I was wrong. Dad had greeted me at the door with big smiles on his face and was telling me that he was on the computer talking with his wife. Upon passing him the cookie gram from the GMFRC deployment group, he started telling me how much he appreciated us at the GMFRC and what we do is important. With tears filling up in his eyes, he let me know that to him, this cookie gram isn't *just* cookies, it is love. It shows that people care even if you think you're all alone. He is so grateful for the services we offer him, his family and community. After a hug and a wave good-bye I left with a new outlook at what we do at this centre. Next year when it comes time to filling out a tag to attach to a cookie gram, stop and think, is there someone that you can reach out to, show kindness and love...after all it is more than just a cookie you're sending!

Thank you to all who participated, purchased, and supported the Greenwood Military Family Resource Centre. All proceeds from the Cookie Grams sale will go to the volunteer program at the centre. If you would like more information about volunteering, please contact Janie Gagnon, Volunteer Services and Second Language Services Coordinator at 765-1494, local 5938.

## Haven't yet visited the Learning and Career Centre?

Are we still the best-kept secret on the Base?

If you are a **military member** or **civilian** employee, you have access to all services the LCC offers.

VISIT OUR WEBSITE

<http://hr.ottawa-hull.mil.ca/lcc-cac/>

or drop in!

We are located on the upper level of the Birchall Training Centre  
**We're so much more than just courses:**

- Career Development/Advisory • Learning Advisory
- Personal and Professional Development Courses
- Computer Courses • Loaning Resource Library
- Internet Café • Book Club • Career and Learning Software

**Want to relax on your lunch hour?**

Why not drop over and browse our shelves, lounge while watching a video, borrow a book and listen to your favourite tunes, surf the net on our high-speed internet computers, or simply drop in and say hello.

**You're always welcome!**

**Why not drop in and check us out!**

**We're open daily**

**Monday to Friday, from 0800-1600 hrs**  
(including lunch hour).

## Mental Health Services 26 Canadian Forces Health Services Centre

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

### Mental Health Services Team:

**Manager:** SLt Yvonne Luedee, MSW, RSW

**Social Work Officers:**

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

**Mental Health Nurse:** Dale Young, BN, RN

**Psychologist:** Eileen Donahoe, PhD, Registered Psychologist

**Psychiatrist:** Dr Mark Johnston, (Medical Referral required)

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

We are located at the Morfee Centre, School Road  
Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members.

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

## Greenwood Military Aviation Museum

"Saving your past for your future"

**June to August**  
**7 days a week 9 am to 5 pm**

**September to May**  
**Tuesday to Saturday 10 am to 4 pm**

We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

For that "hard to find item for that someone special" browse in the **Museum Store** for items such as mess dress items, videos, books, badges, clocks, flags, licence plates, clothing, lapel pins, caps, limited edition prints and an extended selection of models, decals and paints. Remember us for your medals and mounting requirements. If we don't have it, we will order it!

The display aircraft are now part of the museum complex and are located next to the parking lot.

The museum is now located in the Canex building, East Side, and remember:

**Admission is free!**



For further information, contact the museum at 765-1494 local 5955. Meet you at the museum!



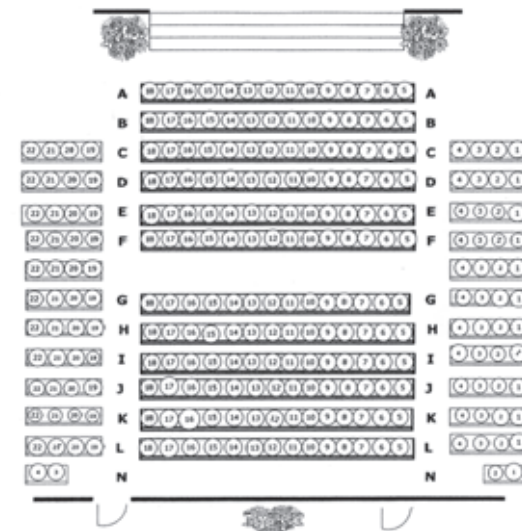
# West Kings Production of FOOTLOOSE

*West Kings is gearing up for the final month of rehearsals, as our show gets ever closer despite the onslaught of snow days! We are offering an extra performance this year due to the overwhelming response we had for GREASE tickets last year. Show dates are now Tuesday, March 31, Wednesday, April 1, Thursday April 2, Friday April 3 at 8:00 p.m. and Saturday April 4 at 2:00 p.m. and a final 8:00 p.m. performance.*

*Tickets are now on sale BY RESERVATION ONLY at the school office - 847-4440. Check out the West Kings website for more details!*



Four down home Bomont boys getting ready for the arrival of that Chicago kid, Ren.



Map of the seating plan of West Kings High School AV room

In the late fall of 1943 we, the West Nova's were held up at the Sangro River. One night 'B' Company was designated to attack a strong point in the enemy lines. In one platoon thirty men were picked which was a fighting patrol, and no one knew at this time if it was strong enough. We left about two in the morning in not the best weather. It was raining heavily at times, occasionally changing to snow.

I think the leader was lost sometimes, it was very dark and we slogged in mud, often to our knees. Suddenly at the first streak of light in the east, we came under heavy German machine gun fire and men went down all around.

The leader yelled, "every man for himself". I took off and about this time a heavy squall of snow hit us, this no doubt saved my life. I must have broke the four-minute mile but stopped for a breath, no one was with me.

I was not too sure what direction to take, but kept on and suddenly an old Italian house loomed up in front of me. But edging a little closer, something that was good to see, a red cross on the door, a first aid post.

Suddenly the door opened and a Sergeant beckoned me to

## Letter to the Editor:

come in. He wanted to know what had happened and if there were any casualties. Then he looked in my eyes, poured a glass of black liquid and said drink this. I drank half of it, then coughed, also lost my breath. It was rum, and me not used to drinking, it could have proved fatal.

I woke up about three hours later, not feeling very good lying on the floor in a wet uniform. They had thrown a blanket over me.

I got to my feet and the Sergeant pointed to where the West Novas should be, so I was about to find them.

There were five men left from that thirty, the Sergeant, two

from Clements Port, the Germans; and myself had taken prisoner one. One from Clementsport was badly wounded, he lost an eye and had an arm partially blown off.

I met the one in Yarmouth. He was taken prisoner that night. He ended up in East Germany working on a farm, and was later liberated by the Russians.

Oren Foster B.E.M., Deep Brook, NS

### GREENWOOD MILITARY FAMILY RESOURCE CENTRE WORKING FOR FAMILIES

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

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

Email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Website: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)

#### Community Information Services

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

#### Deployment Services

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

#### Child, Youth and Parenting Services

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

#### Prevention, Support and Intervention Program

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

#### Volunteer Services

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

#### Second Language Services

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

#### Adult Programs and Employment Services

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

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

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

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

#### Services de renseignements à la communauté

- Site Web du CRFMG ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca))
- Service de renseignements par courriel (trimestriel)
- Services d'accueil pour les nouveaux arrivants
- Base de données sur les services offerts à la communauté
- Services d'orientation vers des agences gouvernementales et civiles
- Documentation sur diverses ressources disponibles
- Pochettes d'accueil provenant des autres CRFM

#### Services à la famille lors d'un déploiement

- Services d'approche, information, soutien et aide aux familles des membres des FC lors de déploiement et d'affectation temporaire
- Trousse d'information sur le déploiement
- Sans frais 1-888-739-0339 et accès gratuit à un service de courriel
- Consultation confidentielle
- Rencontres sociales
- Sensibilisation auprès de la communauté

#### Service d'information sur l'éducation à l'affectation

#### Programmes pour enfants, jeunes et parents

- Service de halte-garderie
- Programme éducatif pour la petite enfance
- Prêt d'équipement pour bébés
- Programmes pour parents et bambins
- Rencontre pour parents et nouveaux-nés
- Listes de gardiennes et de gardiens d'enfants (adolescents et adultes)
- Ateliers pour enfants et adolescents (pour les 0 à 18 ans)
- Service de prêt de jouets (ludothèque)
- Service de tutorat à court terme
- Service de garde en situation d'urgence
- Service de relève de la garde
- Préparation de plans de garde des enfants
- Renseignements reliés à l'éducation parentale

#### Programme de prévention, soutien et intervention

- Programmes de prévention
- Intervention à court terme
- Intervention en temps de crise
- Appels téléphoniques durant la période de déploiement
- Foyer d'accueil d'urgence
- Collection de ressources
- Animation de groupes d'entraide et orientation
- Médiation familiale
- Ressources disponibles à l'enfance en difficulté d'apprentissage

#### Services de bénévolat

- Placements faits selon les intérêts et les talents individuels
- Formation pratique : acquérir de nouvelles aptitudes ou développer celles déjà existantes
- Accumuler de l'expérience pour améliorer son curriculum vitae
- Cours et ateliers de perfectionnement professionnel disponibles
- Activités de reconnaissance des bénévoles
- Jeunes bénévoles (pour les 12 à 18 ans)

#### Services de langue seconde

- Cours de langue seconde
- Activités en français
- Soirée cinéma en français

#### Programmes pour adultes et services d'aide à l'emploi

- Cours ou ateliers pour adultes axés sur l'acquisition de connaissances ou de compétences nouvelles
- Programmes reliés à la santé et au bien-être
- Services en langues secondes
- Services aux réservistes
- Échange de livres et de magazines
- Rencontres sociales
- Événements spéciaux
- Recherche d'emploi et techniques d'entrevue
- Orientation professionnelle et choix de carrière
- Liste à jour des emplois disponibles
- Préparation de curriculum vitae
- Documentation sur le marché du travail
- Accès à des programmes de recyclage et de formation
- Information sur le recyclage scolaire
- Groupe des petites entreprises (pour les conjoint(e)s militaires)
- Service de recherche d'emploi pour les jeunes travailleurs

Le CRFM de Greenwood adhère au Code de protection des renseignements personnels des services aux familles des militaires tiré du Code type sur la protection des renseignements personnels de l'Association canadienne de normalisation. Pour de plus amples renseignements sur le Code de protection des renseignements personnels, veuillez communiquer avec le CRFM ou consulter notre site Web à l'adresse suivante : [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca).

## Together in Church

### Queen of Heaven Chapel

#### Sunday Schedule

11 a.m. (English Mass)

### St. Mark's Chapel

#### Sunday Schedule

10:30 a.m. Divine Worship

Switchboard ..... 765-1494

#### Wing Chaplain

Padre Art Crawley ..... ext 5119

#### Wing Chaplain's Admin Assistant

Ms Diane McKeage ..... ext 5883

#### Chapel Life Coord - St. Mark's

Padre Harold King ..... ext 5541

#### Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ..... ext 1960

#### Unit Chaplain

Padre George Helou ..... ext 5886

#### Chaplain (BTL)

Padre Mike Peterson ..... ext 5835

#### Chaplain (BTL)

Padre Gord Poley ..... ext 5545

#### Emergencies

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





# Greenwood Military Family Resource Centre Offerings

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

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



March 1st - 5th • 8 p.m.

## Friday the 13th

Rated 18A

While you are at the theatre enter to win an iPod Nano. We will be giving away 1 a month.

Dolby EX Digital Sound  
Come See it on the Big Screen [www.zedex.ca](http://www.zedex.ca)

## Kingston Legion BINGO

**Prize Money Guaranteed: \$2,500**

### BOOKLET BINGO

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

**Regular Games - \$100**

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Double Action

Lic.#  
35542-96



### Adult Programs and Employment Services

*Coordinator: Stephanie Townsend at 765-5611 local 1816 or email [employmentgmfr@eastlink.ca](mailto:employmentgmfr@eastlink.ca)*

### Upcoming Programs or Services

#### International Women's Day - Tokens of Appreciation

March 4<sup>th</sup> - 9<sup>th</sup>, 2009  
GMFRC Reception  
Celebrating women in our lives!

#### Defensive Driving Course

Monday & Tuesday, March 9<sup>th</sup> & 10<sup>th</sup>, 2009

6:00 p.m. - 9:00 p.m.  
Classroom 1  
\$20.00

Registration Deadline: March 4<sup>th</sup>, 2009

#### Emergency First Aid (EFA/CPRC) Level A

Tuesday, March 17<sup>th</sup>, 2008  
8:30 a.m. - 4:30 p.m.  
GMFRC Classroom 1

\$30.00

Registration Deadline: March 13<sup>th</sup>, 2009

#### Stampin' Up! Class

Wednesday, March 18<sup>th</sup>, 2009

6:00 p.m. - 9:00 p.m.  
Classroom 2  
\$15.00

Registration Deadline: March 16<sup>th</sup>, 2009

#### CF Recruiting

Monday, March 23<sup>rd</sup>, 2009  
1:00 p.m. - 5:00 p.m.  
Classroom 1

Free  
CFAT Testing available

#### 2<sup>nd</sup> Annual 14 Wing Education & Career Fair

Thursday, March 26<sup>th</sup>, 2009  
9:30 a.m. - 2:30 p.m.

Annapolis Mess, 14 Wing Greenwood

#### Free Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Counseling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on Military Home-based Business Network
- Magazines and Books exchange
- Employment Computer Available
- Portfolio Development

### Community Information Services

*Coordinator: Nicole Godin at 765-1494 local 5941 or email [godin.n@forces.gc.ca](mailto:godin.n@forces.gc.ca)*

#### Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome

- package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- GMFRC Family Fun Day

### Deployment Services

*Coordinator: Paula Davison at 765-1494 local 5583 or email at [Davison.PL@forces.gc.ca](mailto:Davison.PL@forces.gc.ca)*

### Upcoming Programs or Services

#### Deployed Families Adult Pool Night at Dooly's

Monday, March 9<sup>th</sup>, 2009  
8:00 p.m. - 10:00 p.m.

Registration deadline: Call 765-5611 by Friday March 6<sup>th</sup>, 2009

#### Deployed Families Fun Sunday Roo's

Sunday, March 8<sup>th</sup>, 2009  
1:00 p.m. - 4:00 p.m.

Location: Roo's Playhouse Greenwood Mall

Registration deadline: Call 765-5611 by Wednesday, March 4<sup>th</sup>, 2009

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

Monday, March 23<sup>rd</sup>, 2009  
6:00 p.m. - 8:00 p.m.

GMFRC

Registration: Call 765-5611 and register before Friday, March 20, 2009.

Don't forget to register your children for the Fun/Support Group.

#### Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give Paula a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out there unless you let us know.

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

\* For respite childcare offerings for deployed families, see details under Child/Youth & Parenting Services

### Prevention, Support and Intervention Services

*Coordinator: Shannon Doubleday at 765-5611 local 5938 or email at [Doubleday.CS@forces.gc.ca](mailto:Doubleday.CS@forces.gc.ca)*

#### Connecting Friends

Every Wednesday  
9:30 a.m. to 11:30 a.m.

At the GMFRC  
Open to the public

Childcare is available through the GMFRC Casual Childcare Service. For more information about Connecting Friends please call Shannon and to schedule childcare please call Coreen at 765-1494 local 1817.

#### Couples Retreat

Friday, May 29<sup>th</sup> and Saturday, May 30<sup>th</sup>, 2009

GMFRC

Watch the Aurora for pending details on costs and workshops

#### Ongoing Services

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

### Child/Youth and Parenting & Emergency Childcare Services

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

### Upcoming Programs or Services

#### Youth Council

Tuesday, March 3<sup>rd</sup>, 2009  
3:30 p.m. - 4:30 p.m.

14 Wing Community Centre

#### FREE Youth aged 14 and up Children's Deployment Support Group

Monday, March 23<sup>rd</sup>, 2009  
6:00 pm - 8:00 pm

GMFRC

FREE

Children & Youth aged 3 yrs and up.

Registration deadline: Thursday, March 19<sup>th</sup> 2009.

#### Academic Tutoring Service

Monday, Tuesday, Wednesday

Time scheduled with families & tutor

Children in grade P-12

FREE

A tutor request form is available at GMFRC

#### Parent & Tot Program

We meet every Monday  
9:30 a.m. - 10:30 a.m.

Children 3 - 5 years

FREE

Drop in - no registration required

#### Toddler Tuesdays Program

We meet every Tuesday  
9:30 a.m. - 10:30 a.m.

Children 1 - 2 years

FREE

Drop in - no registration

### required Tumble Tots

Every Wednesday in the gym

9:30 a.m. - 10:30 a.m.

Children 1 - 5 years

FREE

Drop in - no registration required

### Baby Club

First and third Thursday of every month at the GMFRC

10:00 a.m. - 12:00 p.m.

Parents with infants aged 0 - 1 yr.

FREE

Drop in - no registration required

### Respite Dates

**Saturday, March 14<sup>th</sup>, 2009**

GMFRC

12:00 p.m. - 4:00 p.m.

Children aged 12 years and under who currently have a deployed parent/caregiver.

Registration deadline: Thursday, March 12<sup>th</sup>, 2009

**Tuesday, March 31<sup>st</sup>, 2009**

GMFRC

5:00 p.m. - 9:00 p.m.

Children aged 12 years and under who currently have a deployed parent/caregiver.

Registration deadline: Tuesday, March 30<sup>th</sup>, 2009

### Volunteer Services

*Coordinator: Janie Gagnon at 765-1494 local 5938 or email at [Gagnon.JMC@forces.gc.ca](mailto:Gagnon.JMC@forces.gc.ca)*

### Upcoming Workshop

#### Warm Line Callers Training

Monday, March 2<sup>nd</sup>, 2009  
6:00 p.m. - 8:00 p.m.

GMFRC

Free for volunteers

Register by calling 765-5611

#### Babysitting Course (for 11 years to 18 yrs old) \*

Monday, March 16<sup>th</sup>, 2009  
8:30 a.m. - 3:30 p.m.

GMFRC

Free for Volunteers

Register by calling 765-5611

#### Stampin' Up with the GMFRC

Wednesday, March 18<sup>th</sup>, 2009

6:00 p.m. - 9:00 p.m.

GMFRC Classroom 2

Free to the first 10 volunteers who register or \$15 per person

Register by calling 765-5611

#### Employment Fair\*

Thursday, March 26<sup>th</sup>, 2009  
9:30 a.m. - 2:30 p.m.

Annapolis Mess

Open to everyone

#### Conflict Resolution Phase 1 (RCE)

Tuesday & Thursday, April 7-8-9, 2009

8:30 a.m. - 4:00 p.m.

Community Centre

Multipurpose Room

Free for volunteers and only open to volunteers and military members

### Register by calling 765-5611 Interview Skills Workshop\*

Thursday, April 16<sup>th</sup>, 2009  
1:00 p.m. - 3:00 p.m.

GMFRC Classroom 1

Free for volunteers

Register by calling 765-5611

### Conflict Resolution Phase 2 (CML)

Wednesday & Thursday, April 22 & 23, 2009

8:30 a.m. - 4:00 p.m.

Community Centre

Multipurpose Room

Free for volunteers and only open to volunteers and military members

Register by calling 765-5611

### Volunteer Opportunities

#### Easter Deployment Mail Out

Friday, March 13<sup>th</sup>, 2009  
9:00 a.m. - 12:00 p.m.

GMFRC Classroom #1

Volunteers Needed: 6

#### Warm Line Callers

Ongoing need

Flexible (2 hours per month)

GMFRC or from home

Registration deadline: Open

Volunteers needed: Many (you will receive a prior training)

#### Gym Preparation and Facilitator for Tumble Tots

Every Wednesday  
9:00 a.m. - 11:00 a.m.

GMFRC Gym

Volunteers Needed: 1

Set up and facilitate

Wednesday gym program

#### Parenting Information Bulletin Board

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Maintain and update

bulletin board

\* Suitable for our awesome

Youth Volunteers!

### Second Language Service/Service de langue seconde

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

### Soirée Cinéma Gratuite en Français!

Titre: Bienvenue chez les Ch'tis

Comédie

Jeudi 26 février 2009

19h00

Centre Birchall, 2<sup>ième</sup> étage,

École des Langues de la 14<sup>e</sup>

Escadre

Films et popcorn gratuit!

**French Movie Night!**

Title: Bienvenue chez les Ch'tis

Comedy

Thursday, Feb. 26<sup>th</sup>, 2009

7:00 p.m.

Birchall Centre, 2<sup>nd</sup> floor, 14

Wing Language School

Free movie and popcorn!



# Learning and Career Centre Mission Statement

“People working together to foster a learning culture – within the Defence Team – many places, many ways.”

## LCC Upcoming Workshops

Please note prices on LCC Computer Courses have increased as follows: full-day course \$110.00

**MARCH 2009**

04 Civilian Performance Plan & Review (PLP) • ½ day  
09 Access Level 3, \$110.00 per person • 1 day  
10 Outlook Level 2, \$110.00 per person • 1 day  
16 Introduction to Internet, \$110.00 per person • 1 day  
17 Excel Level 1, \$110.00 per person • 1 day  
23 Power Point Level 1, \$110.00 per person • 1 day  
24 Word Level 3, \$110.00 per person • 1 day  
24 Joint Learning Program: Employment Equity (TBC) • 1 day  
30 Introduction to Computers, \$110.00 per person • 1 day  
31 Excel Level 2, \$110.00 per person • 1 day

**LCC COMPUTER COURSES**  
**New Schedule for April – July**

**APRIL 2009**

06 Outlook Level 1, \$110.00 per person • 1 day

07 Access, Level 1, \$110.00 per person • 1 day  
14 Word, Level 1, \$110.00 per person • 1 day  
20 Project, Level 1, \$110.00 per person • 1 day  
21 Visio, \$110.00 per person • 1 day  
27 Publisher, Level 1, \$110.00 per person • 1 day  
28 Access, Level 2, \$110.00 per person • 1 day

**MAY 2009**

04 Power Point, Level 2, \$110.00 per person • 1 day  
05 Front Page, Level 1, \$110.00 per person • 1 day  
11 Project, Level 1, \$110.00 per person • 1 day  
12 HTML Intro, \$110.00 per person • 1 day  
19 Windows XP, \$110.00 per person • 1 day  
25 Project, Level 2, \$110.00 per person • 1 day  
26 Front Page, Level 2, \$110.00 per person • 1 day

**JUNE 2009**

01 Excel, Level 3, \$110.00 per person • 1 day  
02 Word, Level 2, \$110.00 per person • 1 day

08 Outlook, Level 2, \$110.00 per person • 1 day  
09 Access, Level 3, \$110.00 per person • 1 day  
15 Excel, Level 1, \$110.00 per person • 1 day  
16 Introduction to Internet, \$110.00 per person • 1 day  
22 Word, Level 3, \$110.00 per person • 1 day  
23 Power Point, Level 1, \$110.00 per person • 1 day  
29 Excel, Level 2, \$110.00 per person • 1 day  
30 Introduction to PC, \$110.00 per person • 1 day

**JULY 2009**

06 Access, Level 1, \$110.00 per person • 1 day  
07 Outlook, Level 1, \$110.00 per person • 1 day  
13 Word, Level 1, \$110.00 per person • 1 day  
14 Power Point, Level 2, \$110.00 per person • 1 day  
20 Publisher, Level 1, \$110.00 per person • 1 day  
21 Project, Level 1, \$110.00 per person • 1 day  
27 HTML Intro, \$110.00 per person • 1 day  
28 Access, Level 2, \$110.00 per person • 1 day

## Service de langue seconde Second Language Service

**Coordonnatrice: Janie Gagnon au 765-1494 local 5938 ou courriel [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)**

**Cours De Langues Secondes Printemps 2009**

**Dates :** Du mardi, 14 avril 2009 au lundi, 22 juin 2009

**Durée :** 10 semaines pour un total de 60 heures (trois heures par jour, deux fois par semaine).

**Endroit :** Centre Birchall, deuxième étage à l'École des Langues.

**Coûts :** Pour les conjoint(e)s des membres

des FC, dépendant(e)s de militaires qui ont 14 ans et plus, et membre des FC, 50\$ remboursable après avoir complété au moins 85% du cours.

**Pour les autres participants : 100\$**

Garderie offerte gratuitement pour les familles militaires durant les heures d'ouverture de la garderie du CRFMG

**Inscription :** Avant le vendredi 3 avril 2009 à la réception du CRFMG

Le nombre de place est limité – *inscrivez-vous le plus tôt possible!*

**Téléphone :** La réception au 765-5611

**Submitted by: Coordinator Janie Gagnon at 765-1494 local 5938 or email at [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)**

**GMFRC Second Language Training Spring 2009**

**Dates:** Tuesday, April 14, 2009 to Monday, June 22, 2009

**Duration:** 10 weeks for a total of 60 hours (three hours twice a week)

**Location:** Birchall Centre on the Base, 2<sup>nd</sup> floor, Language School.

**Cost:** For military spouses, Canadian Forces

members, and dependants over 14 years of age: \$50.00 refundable upon completion of 85% of classes

All other participants: \$100.00 (Free childcare is offered to Military Families during GMFRC childcare hours)

**Registration:** Before Friday, April 03, 2009 at the GMFRC reception.


**LIMIT of 8 students per class – register early to avoid disappointment!**

**Phone:** Reception 765-5611

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9 :00-12 :00			Français Modules 2		Français Modules 2
1800-2100	Anglais Module 9	Français Modules 3-5	Anglais Module 9	Français Modules 3-5	

	Monday	Tuesday	Wednesday	Thursday	Friday
9 :00-12 :00			French Modules 2		French Modules 2
1800-2100	English Module 9	French Modules 3 5	English Module 9	French Modules 3-5	

ANNAPOLIS EAST  
ELEMENTARY  
SCHOOL



~ The following items are available at the Cafeteria daily ~

**Sandwiches:** \$2.00; **Wraps** - \$2.00; **Sub Sandwiches** - \$2.00;  
All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.

**Vegetables & Dip** - \$1.50; **Cheese & Crackers** - \$1.50;  
**Fruit & Dip** - \$1.50; **Tossed Salad** - \$2.50 sm \$1.50;  
**Caesar Salad** - \$2.50 sm \$1.50; **Spinach Salad** - \$2.50 sm \$1.50;  
**Yogurt** - \$1.00; **Yogurt Tubes** - \$1.00; **Yogurt Parfaits** - \$1.25;  
**Fresh Fruit:** Apples, Oranges & Bananas - \$1.00; **Fruit Squiggles** - \$1.50;  
**Gold Fish Crackers** - \$.45; **Baked Lays** - \$1.50; **Flat Earth** - \$1.50;  
**Smart Popcorn** - \$1.50; **Frozen Juice Bars:** Orange & Cherry - \$1.00;  
**Rice Crispy Squares** - \$.80; **Smoothies:** Mon, Wed, Fri - \$1.25;  
**Juice:** Apple, Orange & Seven Fruit - \$1.00; **Milk** - \$.35; **Water** - \$1.00;

~~~ **Canteen Items - CASH ONLY** ~~~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.

**Ketchup, Mustard, Relish** - \$.15 each; **Mayo & Salad Dressings** - \$.30 each;  
**Barbecue/Sweet & Sour Sauce** - \$.40 each

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

**Mar 2<sup>nd</sup>:** Beef Noodle Soup 1.75 • Oven Fries, Cheese, Gravy 2.50  
• Frozen Yogurt Tube 1.00

**Mar 3<sup>rd</sup>:** Chicken Noodle Soup 1.75 • Spaghetti & Meat Sauce 2.50  
• Garlic Bread .50 • Caesar Salad 1.50 • Orange Slices 1.00

**Mar 4<sup>th</sup>:** Corn Chowder 1.75 • Meatballs, Rice, Vegetables 2.50  
• Pudding 1.00

**Mar 5<sup>th</sup>:** Pizza Day 2.50 • Banada 1.00

**Mar 6<sup>th</sup>:** Meatball Soup 1.75 • Pancakes with Fresh Fruit 2.50  
• Frozen Juice Bars 1.00

Daily Specials can be purchased for \$3.25 • Main Entree, Milk & Daily Dessert

Annapolis Café

14 Wing Food Services

All Prices include HST

**Breakfast Full.....\$5.55**  
**Breakfast Light.....\$3.30**  
*(Beverage & Toast or Cereal)*

**Lunch Full.....\$11.10**  
**Lunch Light.....\$6.65**  
*(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)*

**Dinner Full.....\$11.10**  
**Dinner Specialty (Steak Night, etc.) \$13.90**

Meal Hours

**Breakfast.....0600 - 0900**  
**Weekend & Holidays.....0600 - 1100**  
**Weekend Brunch.....1100 - 1315**  
**Lunch.....1100 - 1315**  
**Dinner.....1600 - 1830**

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KINGSTON &  
DISTRICT SCHOOL

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

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

**Mon:** Grilled Cheese & Soup; **Tues:** Full In-Service Day;  
**Wed:** Meat Balls & Rice; **Thurs:** Hamburgers; **Fri:** Chicken Nuggets

This menu brought to you compliments of:

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# FOR YOUR INFORMATION

## UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS

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

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

Located at AVM Morfee Centre, School Street

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

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Closed on holidays and holiday weekends throughout the year.



# HOROSCOPES

March 1 to March 7

## ARIES - Mar 21/Apr 20

Romance is fun and exciting this week, Aries. Clearly it is what keeps the hop in your step. Don't shy away from new opportunities. Take time out of your busy schedule.

## TAURUS - Apr 21/May 21

Taurus, if you have been edgy and uncomfortable around others, this is a good week to set aside time to figure things out. Work on your people skills.

## GEMINI - May 22/June 21

This week, you'll find extra time to catch up on chores. Don't waste it away. You face your worst enemy on Tuesday and Wednesday: downtime at work. Stay focused.

## CANCER - Jun 22/Jul 22

Have a case of the winter blues? Spring is right around the corner, so get out and have some fun. Head outdoors and enjoy the weather, whatever it may be, Cancer.

## LEO - Jul 23/Aug 23

Money is tight this week, Leo. Watch your spending. Tired of trying to figure out your life's mission? Relax and roll with the punches; the answers will come.

## VIRGO - Aug 24/Sept 22

Looking for a new job? Try especially hard this week to not let new opportunities scare you off. Know your skills and learn their value. Network and network for you.

## LIBRA - Sept 23/Oct 23

Use this week wisely, Libra. Study your romantic relationship carefully and figure out what you're missing. Are you and your partner making equal efforts?

## SCORPIO - Oct 24/Nov 22

It's a busy week for you, Scorpio, and you'll find little time to even breathe. That's OK. A busy routine equals happiness for you. A new project has you interested.

## SAGITTARIUS - Nov 23/Dec 21

Put some movies on your calendar this week, Sagittarius. Lately you seem to have let others' favourite things get in the way of your own. At home it's best to keep your guard up.

## CAPRICORN - Dec 22/Jan 20

Settle down and focus this week, Capricorn. Colleagues are depending on you to get the job done — and to get it done fast. But distractions are hard for you to pass up.

## AQUARIUS - Jan 21/Feb 18

A social event on Saturday has you confused. It seems as though your close friends always have other plans. Still, Saturday presents a good opportunity for socializing.

## PISCES - Feb 19/Mar 20

You're called upon for many decisions this week, Pisces. A romantic partner is feeling neglected, and you'll be asked to change.

## FAMOUS BIRTHDAYS

|         |                                |
|---------|--------------------------------|
| MARCH 1 | Ron Howard, Director (55)      |
| MARCH 2 | Chris Martin, Singer (32)      |
| MARCH 3 | Jessica Biel, Actress (27)     |
| MARCH 4 | Patricia Heaton, Actress (51)  |
| MARCH 5 | Eva Mendes, Actress (35)       |
| MARCH 6 | Rob Reiner, Director (62)      |
| MARCH 7 | Willard Scott, Weatherman (75) |

Horoscopes brought to you compliments of:

## Neighbourhood Watch

The Wilmot & Area Neighbourhood Watch Association will meet on Monday, March 2, 2009 at 7:00 p.m. in the Christian Fellowship Centre in Wilmot. Search and Rescue information will be presented. All are welcome. For information: contact 765-6773 or 765-8776.

## At the Evergreen

Gypsophilia with guest Erin Costello, Saturday March 7 at 8:00 p.m. Evergreen Theatre, East Margaretsville NS. Reservations – web: [www.evergreentheatre.ca](http://www.evergreentheatre.ca). For more information - e-mail: [evergreentheatre@gmail.com](mailto:evergreentheatre@gmail.com) or phone 902-825-6834.

## Toastmasters

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

## Soccer Referee Clinic

A Soccer Referee Clinic, for new refs, will be held in the 14 Wing Community Centre Mar 13th to 15th. Cost for the clinic, including this year's registration, is \$100.00. More information and applications can be found at "www.soccerns.ca/referee\_clinics.asp". Allow two weeks for pre-course material. Additional clinics, including refresher, can also be found at this website.

## Indoor Cycling Classes

Looking for a challenge? Why not try Indoor Cycling. Whether a cyclist or not, you can benefit from this aerobic non-impact class. This is a group fitness session led by certified indoor cycling instructors who will offer a variety of workouts. A water bottle, small hand towel and a willingness to sweat are all that is required. Classes are held in the Indoor Cycling room upstairs (at the pool end) at the F & S Center. Class Times: Mon, Wed, Fri, at Noon for 45 minutes; Tues, Thurs at 5:00 p.m. for 60 minutes; Sat at 9:00 a.m. for 90 minutes.



## Halifax Mooseheads Tickets!

By Eric MacKenzie Community Recreation Coordinator

If you like hockey and enjoy the excitement of watching an entertaining game in person, then you'll have a great time at a Halifax Mooseheads hockey game! Tickets for this 08/09 QMJHL season are now available at the 14 Wing Community Centre. We have four tickets available, to anyone with a Recreation card, for all regular season home games, and sell each ticket for \$12.00. These four seats are located together and are in row G (7 rows up) of section 5. If you are interested in seeing a game, simply call the Community Centre at local 5341, 5337 or 5331.

## Three Rivers Community Centre

The Three Rivers Community Centre Association services the communities of Fales River, Tremont, Meadowvale, Torbrook, and parts of Nictaux and Wilmot. We will be holding our annual general meeting at 2:00 pm on March 15th in the community centre located at 41 Messenger Road, Torbrook. All are invited to attend to help support your community. Come see what we have done over the past year! We hope to see you all there.

## Annapolis Valley Bluegrass & Oldtime Music Association

Presents: In Concert - New Ground, Opening Band - Country Grass. April 5th at 2:00 p.m. at the Berwick Lions Hall. 50/50 and Canteen available. Admission: \$10.00 at door. For more information: Bill Dempsey at 538-0052 or 538-9259; Doug Corkum at 624-9492. We support Children's Wish Foundation.

## The Mid Valley After 5 Women's Connection

Invites you to dessert and coffee on Thursday, March 12, 2009 from 7:00 – 9:00 p.m. Our special feature is Terri Thomas from the Telegraph Tea Room – the Valley's newest tea room and gardens. All free trade and organic products. Our special speaker is Heather Lemmon, her topic: Super Woman I Am Not. Please join us at Melvern Square Community Hall at 165 Bridge Street, Melvern Square. Cost is \$6.00 inclusive. For reservations, contact Velma at 825-4747 or email [veljour@gmail.com](mailto:veljour@gmail.com). Affiliated with Stonecroft Ministries.

## Kingston Lions Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tuesday 10 March 09 at the Kingston Lions Hall from 11:30 a.m. – 1:00 p.m. Menu: Roast Beef dinner with desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

## St. Mark's Chapel Guild Meeting

The March Meeting of St. Mark's Chapel Guild will be held on Monday, March 2nd at 7:00 p.m. in the Chapel annex. All ladies in the congregation are encouraged to attend for the meeting and refreshments.

## 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 Kingston. Fun day (Cards & Games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Roger's at 765-3292.

## Church Library Hours

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

## Roast Beef Supper

The Wilmot Baptist Church will host a St. Patrick's Day Roast Beef Supper on Thursday, March 5, 2009 from 4:30 - 6:00 p.m. (Snow date, Saturday, March 7, 2009) in the Christian Fellowship Centre in Wilmot. Adults - \$10.00, Children - \$5.00. Take-outs available. Attractive Silent Auction also from February 22 - March 13, 2009.

## Kingston & District Health Auxiliary Meeting

A meeting of the Kingston & District Health Auxiliary will be held in the Kingston Fire Hall at 1:00 p.m., 3 march 2009. Everyone is welcome.

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

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

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, March 5, 2009.**  
Make sure you include your full name and phone number.

| NAME                                                                                                                                                           | PHONE NUMBER |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Limited to one win per month.                                                                                                                                  |              |
| The winner will be drawn randomly from all correct entries. Only one entry per person per week.                                                                |              |
| <b>Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!</b> |              |
| 1. The Smart Money is on a _____ plan.                                                                                                                         |              |
| 2. Staikos Homes Ltd is _____ minutes to CFB Trenton.                                                                                                          |              |
| 3. When is Kingston's Recreation March Break Day Camp _____                                                                                                    |              |
| 4. What is the phone number for Moon Magic _____                                                                                                               |              |
| 5. Whose business has a wide assortment of keys _____                                                                                                          |              |

**This contest is brought to you by:**  
**Pizza Delight, Greenwood**  
**765-4477**  
**Congratulations to last week's winner: TOM FRANKLIN**

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For more information call 765-8415 after 12:30 p.m.

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# Toepics - Strong Greenwood Team Heads to Starskate Provincial Championships

This weekend, 20 Greenwood Club skaters hit the ice of the 'Fountain Rink' in St Margaret's Bay for the 2009 Starskate Provincial Championships.

3 Senior skaters competed for spots on the Nova Scotia National Starskate Team competing in Fredericton in March. We wish luck to Diane Malo, Alyssa Aquino and Hayley VandenHuevel.

Other senior skaters vying for titles were Erika Rice, Meghan Breckon, Faith Ann Fowler and Jenna Breckon. New to the competition scene this year are 4 of our juniors on the rise. Alex Robert, Audrey Duquette, Gabrielle Crossley and Ashley Chater all tested their skills in the introductory events on Friday. Sunday morning saw the Club's developing Pre-Juvenile Synchro Team 'Aurora' challenge for a medal. Check back next week for all the official results. This event brings the official winter season to an end and



**Greenwood skaters stand ready to face provincial challenge!**

skaters are already looking ahead to the spring training that will take place from March to May. Look for exciting updates about our year-end fun days - spring seminar with Doug Leigh - and ANNUAL General Meeting. Check out our website at [www.greenwoodskatingclub.ca](http://www.greenwoodskatingclub.ca) for info on Spring Powerskating and Adult/Teen Skate Programs.

## Canskate Corner

The annual Karen Norman Funs skate is fast approaching on March 8th in Greenwood and we have about 100 skaters entered for this amazing and fun day of skating. Watch next week for information about this great event.

## PATRICK'S PUZZLE

### Cheerleading Word Find

Just in time for National Cheerleading Week, see how many related words you can find and circle throughout the puzzle.

|           |           |         |
|-----------|-----------|---------|
| BALL      | JUMP      | ROOT    |
| CARTWHEEL | MUSIC     | SCORE   |
| CHEER     | PLAY      | TEAM    |
| FOOTBALL  | REHEARSAL | UNIFORM |

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

### Cheer Scramble

Unscramble the words to complete the sentences.

1. Cheerleaders provide P S U T R P Q for the team and entertain the crowd.
2. Many cheerleaders are former T G Y S A M N S.
3. At one point in history all cheerleaders were L A E M.
4. X T S A E is the cheerleading capital of the U.S.

Answers: 1. Support 2. Gymnasts 3. Male 4. Texas

Patrick's Puzzle brought to you compliments of:

**Tri County**  
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## GMFRC • Feature of the Week

Second Language Service/Service de langue seconde  
Coordinator/Coordonnatrice: Janie Gagnon at 765-1494 local 5938 or email at [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)

### Soirée Cinéma Gratuite en Français!

Titre: Bienvenue chez les Ch'tis

Comédie

Jeudi, 26 février 2009 • 19h00

Centre Birchall, 2<sup>ème</sup> étage, École des Langues, sur la Base  
Films et popcorn gratuity!

### French Movie Night!

Title: Bienvenue chez les Ch'tis

Comedy

Thursday, February 26<sup>th</sup>, 2009 • 7:00 p.m.

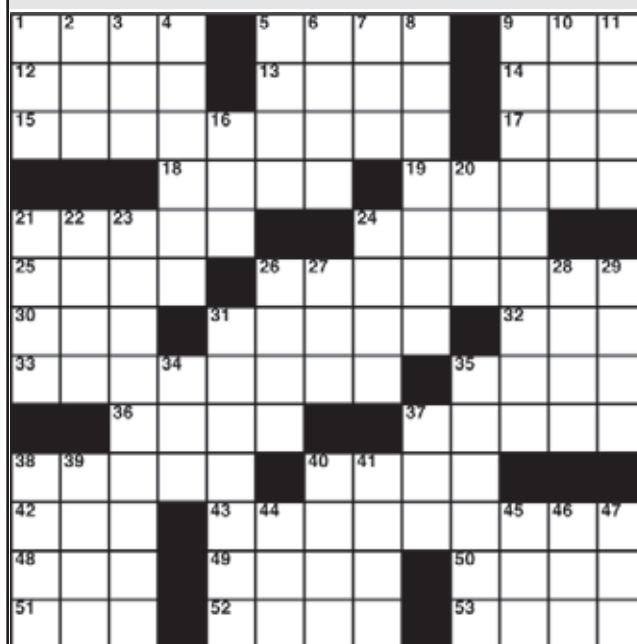
Birchall Centre, 2<sup>nd</sup> floor, Language School on the Base  
Free movie and popcorn!

## Canadiana Crossword

### Let's Go Skiing

By Bernice Rosella and James Kilner

Solution page 26



#### ACROSS

- 1 Spat
- 5 Used auto, sometimes
- 9 Battle of Br. winner
- 12 Wings
- 13 Arab oil org.
- 14 Guido's high note
- 15 Skiing destination near Rossland
- 17 \_\_\_\_ Peaks (Skiing destination near Kamloops)
- 18 Antis
- 19 Particles
- 21 Hindu ascetic
- 24 \_\_\_\_ calling!
- 25 Lake below Huron
- 26 Skiing destination near Invermere
- 30 Cap
- 31 Au Basques and Alberni
- 32 One of a gaming trio
- 33 Atmosphere
- 35 Party
- 36 Skittish
- 37 Downy duck

- 38 Arabian or Percheron
- 40 Hive inhabitants
- 42 Alberta gold
- 43 Skiing destination near Whistler
- 48 Chemical ending
- 49 Vow
- 50 Jai \_\_\_\_
- 51 Firmament
- 52 National Park in British Columbia
- 53 Otto or k.d.

#### DOWN

- 1 Seadog
- 2 \_\_\_\_ de France
- 3 Overnight sensation
- 4 Rocky mountain skiing destination
- 5 Encouraging, in a way
- 6 Epic poems, for short
- 7 In a
- 8 Spanish eighths
- 9 Penetrated
- 10 Astringent
- 11 Enthusiasts
- 16 Receptor
- 20 Scottish peak
- 21 Greek cheese
- 22 Semitic tongue
- 23 Skiing destination near Canada's highest city
- 24 Feed a pot
- 26 Shetland or Dartmoor
- 27 Circle part
- 28 Ships officer
- 29 Maple
- 31 Hairstyle
- 34 Passports and Health cards e.g.
- 35 About money
- 37 Cry of fear and loathing
- 38 Cultivates
- 39 Sow sound
- 40 Sponge or mud follower
- 41 Reverberation
- 44 Laos native
- 45 Writing paper
- 46 Hominid
- 47 Humongous

Weekly Crossword brought to you compliments of:

**Peter Hebb** at 59 Webster St., Kentville, N.S.

1-800-565-2605  
Cell: 825-8157

**Valley Stationers Ltd.**  
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## ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



[www.comparrotpuzzles.com](http://www.comparrotpuzzles.com)

© 2009 Bonnie J. Malcolm



Solution: 1. Pocket on man's shirt is missing. 2. Stand on small clock is missing. 3. Top of clock in dome is missing. 4. Fold appears in paper bag. 5. Knot in lady's tie is colored in. 6. Bottom of clock on wall is colored in. 7. Pendulum on clock has moved. 8. Clock key has moved. 9. Lady's hat is wider. 10. Window is larger. 11. Pen is longer. 12. Design on clock is upside down.

Com Parrot brought to you compliments of:

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- Real Estate
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## Crossword Solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | I | F | F |   | R | E | P | O |   | R | A | F |
| A | L | A | E |   | O | P | E | C |   | E | L | A |
| R | E | D | R | E | S | O | R | T |   | S | U | N |
|   |   |   | N | A | Y | S |   |   | A | T | O | M |
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# Classified Ads

Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Classified advertisements can be accepted by telephone if paying by Credit Card. Call Keith 765-1494 ext. 5440. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content.

## FOR SALE

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

**FOR SALE** – Even heat Kiln with accessories, about 20 molds and assorted glazes. Phone 825-2439 (3008-3tp)

**FOR SALE** – Large building lot 3km west of Greenwood. 220foot frontage on the Ward

## FOR SALE FIREWOOD

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

## DUPLEX FOR RENT

16 Maplewood Lane,  
Kingston, Nova Scotia  
2 Bedroom; fridge/  
stove incl. Available  
March 1, 2009  
\$525.00 / month  
+ utilities  
Call **765-3301**  
to view

Rd, and over 500 feet back to the Black River. 2.38 acres of flat and partly treed land. Call 765-2499 (3008-4tp)

## FOR RENT

**FOR RENT** – 2 bedroom duplex in country but close to amenities. Few minutes from Kingston or Greenwood perfect for seniors or retirees. In floor heat, attached garage, 5 appliances, front veranda and back patio. All ceramic and laminate flooring, paved driveway, snow removal and lawn care. 902-765-4709 (3001-ufn)

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

**FOR RENT** – 43 Geiger Dr, 2 bedroom duplex available Jan 15". Fridge/stove,

## FOR RENT

Brand new house.  
Large 3 bedroom in town of Middleton.  
Walk to all amenities.  
Fridge/stove/washer/dryer/dishwasher included. Fully fenced in back yard.  
\$900 a month plus utilities.  
Phone **844-0606**

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820 Main Street, Kingston  
**765-2544 765-2555**

washer/dryer hook-up provided. Large Living room, partially renovated, lawn care/snow removal provided, electric heat. \$500.00 per month plus utilities. For more info contact Glengary Properties at 765-2421.

**FOR RENT** - 2 bedroom Mobile in Greenwood area. Available Mar 1st. No dogs, fridge/stove included, \$450.00 per month Call 765-4644 (3008-2tp)

**DUPLEX FOR RENT** – Worry free retirement living in a quiet subdivision, 49 Geiger Dr Kingston. All newly renovated, windows, doors, siding and roof re-shingled. Inside was totally redone with new ceramic tile and laminated flooring. Freshly painted, all new interior doors, new trim and finish. New vanity in bathroom, counter top in kitchen, new sinks, taps and fixtures. All new appliances and a private backyard. Phone 765-0339. (3009-4tp)

**FOR RENT** - 3 bedroom house for rent, centrally located between Greenwood and Kingston, lots of storage, no smoking, references required, \$625/mo + Util. 847-0664 (3009-2tp)

**FOR RENT** – 2 bedroom mini home in Subdivision behind Greenwood Mall \$575.00 plus utilities Contact D. Wade at 765-4101 (3009-ufn)

## GUITAR GURU GUITAR LESSONS

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

## For sale: Winnipeg

Totally renovated 3 bedroom home 10 mins from 17 Wing.  
For more info, contact  
David Thompson  
(204) 255-4204

## WANTED

**Part-time  
Personal Caregiver**

Female, 59 years old, with physical disability, requires part-time caregiver for personal care and homemaking. The part-time position is mainly for Saturdays and Sundays, 9:00 a.m. to 1:30 p.m. and occasional backup during the week, if required. A Formal CCA or equivalent would be preferred. Must have first aid certificate, CPR and be able to do heavy lifting. Previous experience preferred.  
**Call 242-2096.**

## SERVICES

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

**SERVICE** – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours Call Mike at 242-2465 (3009-2tp)

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

**SERVICE** – Telegraph Tea Room & School of Gardening Invites All Garden Enthusiasts to a Talk & Tea. March 10th, 17th, 24th, at 7pm. Speaker: Adrian de Montfort, Horticulturist and Garden Designer. Topic: Introduction to Clay Soil and its uses as a growing medium. The Evening: Talk for about 30 minutes, followed by Questions and Discussion and Sharing of Knowledge. Accompanied by an English Tea or Coffee and a variety of cakes and fancies. There is no time limit on the close of the evening, all wanting to linger are welcome. Hosts: Terri & James of Telegraph Tea Room, 127 Bridge Street, Melvern Square. Costs: \$15.00 or \$12.00 if attending 2 or more evenings. Telegraph Tea Room phone # 1-902-242 2359 or email [rosemorran@eastlink.ca](mailto:rosemorran@eastlink.ca)

**CHILD CARE** - Full-time

quality childcare available in Kingston. Provider has early childhood studies diploma. 2 years childcare experience and other certificates, references available. Please call Rebecca at 765-3511 for more info. (3008-3tp)

**SERVICE** - Telegraph Tea Room The Telegraph Tea Room Welcomes you to Relax in our Tea Room and enjoy a fine English Tea. Freshly Baked Tea Time Fare and the cozy ambiance of an English Afternoon Tea, served All Day from 10am till 5pm, and from 7pm till late Mon to Sat. Sundays we are open from 1pm onwards. The Fair Trade Gift shop will be open upstairs soon. Horticulture Courses start March 10th, please call for details. Advertised as Tea and Talk. 1-902-242 2359 We look forward to your visit. Your Hosts Terri & James (3009-1tp)

## VEHICLES

**FOR SALE** – 2005 Chrysler Sebring Touring LXI. 4 door, 35,000km, automatic - transmission, windows, seat, locks, mirror. Sun roof and remote starter. Summer tires included, \$8,500.00 phone 538-7407 after 6:00 p.m. (3007-3tp)

## WANTED

**WANTED** – Senior Crib player for Thursday nights at the Kingston Legion. If interested call 765-4137. (3009-1tp)

**WANTED** – Esthetician, great job opportunity. Please call Stark Headquarters at 765-8850 or 765-9113 (3009-1tp)

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## Greenwood Bowling Centre

Open 7 Days a Week  
MAKE Your Reservation Today  
Every Monday & Wednesday Afternoon 1-4 p.m.  
All U Can Bowl Just \$ 5.00  
Every Monday & Wednesday Eve 6-9 p.m.  
ALL GAMES \$ 1.00  
Help us Celebrate 100 Years  
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For more info call 765-1494 ext 5631  
[www.5pinbowling.ca](http://www.5pinbowling.ca)

*Family Fun for Everyone  
Keep Fit Bowl a Bit*



# Western Valley Pee Wee AA Vixens Gearing Up for Provincials



*In Halifax TASA VS Western Valley Vixens: Vixens #23 Jessica Perry's persistence in the TASA net pays off big with 2 goals.*



*Saturday February 14th, 12:45 p.m. in Kingston: Halifax Hawks VS Western Valley Vixens - #35 Brianne Saunders knocks away the puck as Halifax Hawks try to break out of there end!*



*Sunday February 15<sup>th</sup>, 11:00 a.m. in Cole Harbour: Cole Harbour VS Western Valley Vixens - Vixen Goalie Morgan Benjamin makes the save as #28 Josie MacDonald holds off Cole Harbour's #18.*



*Back Row – Larry Wotton (coach), Natasha Wotton, Lyndsay Lockie, Josie MacDonald, Corey O'Brien, Rebecca Morton, Haley McDowell, Brianne Saunders, Bob Banks (coach), Gordon Brown (Head Coach)  
Front Row – Courtney Foster, Hillary Dort, Maridith Brown, Heather Burke, Catherine Morton, Rachael Banks, Jessica Perry, Kristyna Dobson, Caleigh Fayant.*

The Western Valley Pee Wee Vixens, who play in the Tier 1 South Conference Female Hockey League, continue to show improvement as they head toward Provincials. With 2 wins against Cole Harbour (2-0), TASA (7-0), and a loss against Halifax (5-2) this past weekend, the girls are currently sitting in third place in their league. League playoffs begin on February 21<sup>st</sup> with Western Valley facing Bedford first in a round robin format.

their consistency to finish the league on a strong note.

The Western Valley team consists of players from Middleton to Berwick this season. The team has taken on the task of hosting Provincials in Middleton from March 27<sup>th</sup>-29<sup>th</sup> and they are looking forward to a very exciting weekend of hockey and friendship.

Centennial of  
Flight Contests

Model  
Photography  
Essay  
Poster

Each entry has a chance to win one of many exciting prizes, based on the age category for each contest. First place winners of the Rookie and Primary categories will have their pictures in The Aurora Newspaper. Senior first place winners will win a framed Centennial of Flight poster. Winners of the Junior and Intermediate categories will win exclusive Silver Tickets, admitting the winners into an exciting "Night at the Museum" event in May.

For contest rules go to: [www.greenwood100years.ca](http://www.greenwood100years.ca)

Prizes!  
Prizes!  
Prizes!

| Age Categories |              |
|----------------|--------------|
| 6 and 7        | Rookie       |
| 8 and 9        | Primary      |
| 10 and 11      | Junior       |
| 12 -14         | Intermediate |
| 15 -18         | Senior       |

Tonight everything Glows!

Friday March 13th

WONDERLAND  
DANCE

\$2 Pre-Teens 6:00-8:00  
\$3 Teens 8:30-11:30

At the 14 Wing Community Centre



# Carpenter Team Wins Provincial Club Championship

The weekend of February 20-22 the Greenwood Curling Club and the Truro Curling Club hosted the Provincial Ladies and Men's CLUB CHAMPIONSHIP. This is the second year for this championship and the first year that the winners will be going to a National in November.

The Dominion of Canada General Insurance Company (THE DOMINION) is the sponsor for this event and as stated in their booklet..."Those who play this great game will tell you that curling is one of the most social activities Canadians enjoy. It's a sport where physical skill is combined with team work and strategy. We play by the rules without the need for a referee. Curlers are taught to be honest, not how to cheat without getting caught. These underlying principles governing the sport of curling align perfectly with the values of THE DOMINION. In recent years, the attention of Canadians has been focused on elite curlers. WHY NOT?

Our curlers are the best in

the world. We believe that something is missing, however, and that is a national championship for the "regular club" curler. THE DOMINION CURLING CLUB CHAMPIONSHIP is intended to fill this gap. We want to give every club curler the opportunity to compete beyond their club for a Canadian title. We hope that you will share our view and enthusiasm as we, together, create this new NATIONAL CHAMPIONSHIP.

The NS Women's Club Championship was held at 14 Wing Greenwood Curling Club Feb 20-22. There were 12 women's teams in attendance. The clubs that participated were Dartmouth, Lakeshore, Glooscap, Mayflower, Clare, Amherst, Middleton, Truro, Berwick, Windsor, Wolfville and 14 Wing Greenwood. The Greenwood team was Tammy Ring (Skip), Carolyn Dale (Mate), Hazel McEwan (2nd) and Pat Simms (Lead). The team won their first game against Dartmouth but lost the next two in the last end. A brief opening was held Friday evening with a small

reception. Julie Morley from the NSCA and Brian Campbell (VP) welcomed the curlers to Greenwood. On Saturday Leigh Armstrong from the National Sponsor The Dominion greeted the curlers and explained their role in this major event. The runners up were from Lakeshore and they

received Dominion back packs. The winners were from Glooscap and they won curling brooms, and kit bags as well as an expense paid trip to the National Event to be held at St George's Country Club in Toronto. The winning team members are Yvonne Martin (Skip), Jill Alcoe-

Holland (Mate), Sandra Walker (2nd) and Allison Seamone (Lead).

Doug Carpenter (Skip), Tom Litsas (3rd), Eric MacKenzie (2nd) and Dwight Richardson (Lead) represented Greenwood Curling Club in Truro and won all 6 games. They defeated the team from

Dartmouth to earn the right to represent Nova Scotia at the National Championship at St. Georges Golf and Country Club, Etobicoke, Ontario in November. The team certainly curled well and were thrilled with their achievements. Eric's parents were there to watch their son win and he was so pleased that they were able to witness the event. Brian, Debbie and Wendy drove up to watch the final game and they were excited to watch the game unfold in our favour. The men received the same prizes as the two women's teams...no doubt they will be sporting their new jackets and Provincial crests some time soon. Already I have seen Tom and Eric using their new Balanced Plus brooms...can't wipe the smile off their faces. Doug was over heard telling some of the Greenwood curlers that is was 32 years between Provincial wins...32 years ago he was on the winning Provincial Branch Junior team...guess you never give up on the idea of going to a National.

The Greenwood Curling Club wish the guys the best at THE NATIONAL and we know they will represent our club well.



Photo: (Left to Right) Doug Carpenter (Skip), Tom Litsas (3rd), Eric MacKenzie (2nd) and Dwight Richardson (Lead).



It is that time of year again!

## 14 Wing Greenwood Information Booklet 2009

We are getting ready to put together the 14 Wing Greenwood Information Booklet 2009. This full colour publication provides information on all activities, squadrons and units on the Wing and is distributed to all new arrivals.

Here is your chance to be featured in this booklet that is a business reference for military households.

Advertising sizes and rates:

1/4 page \$400 plus tax

1/2 page \$700 plus tax

Full page \$1200 plus tax

Back page \$**SOLD** tax

Call Anne  
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Visit our website to view last year's guide at  
www.auroranewspaper.com



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### USED INVENTORY



| STOCK # | YEAR | MAKE           | COLOUR | M | T | OPTIONS          | KMS    | PRICE |
|---------|------|----------------|--------|---|---|------------------|--------|-------|
| 08-29A  | 1986 | GRAND NATIONAL | BLACK  | 6 | A | AC,PW,3.8TURBO   | 6700   | 30995 |
| 04-341A | 1999 | SOLARA SE V6   | BLACK  | 6 | A | SUPERCHARGED     | 134000 | 10995 |
| 08-293A | 2003 | SX 2.0 SPORT   | BLUE   | 4 | A | AC,PW,PDL,CRU    | 68000  | 6995  |
| 09-318A | 2004 | ELANTRA VE     | MAROON | 4 | A | AC,PW,PDL,CRU    | 25000  | 9995  |
| 07-237A | 2005 | DAKOTAQUADCB   | SILVER | 8 | A | ST,4X4,AC,CD     | 80000  | 14495 |
| 09-271A | 2005 | COROLLA CE BA  | GREEN  | 4 | 5 | AC,PDL,CD        | 105000 | 10995 |
| 09-362A | 2005 | COROLLA CE BA  | SILVER | 4 | 5 | AC, PDL, CD      | 75000  | 11995 |
| 09-414A | 2005 | COROLLA CE AA  | GREY   | 4 | A | CD               | 125000 | 8995  |
| 09-402A | 2005 | COROLLA CE BA  | BEIBE  | 4 | A | AC,PDL,CD        | 75000  | 12995 |
| 09-366A | 2006 | MERCEDES B200  | BLUE   | 4 | A | AC, PW, PDL, CRU | 15000  | 21995 |
| 09-374A | 2006 | PURSUIT G5     | SILVER | 4 | 5 | CD, SPOILER      | 93000  | 8495  |
| 09-340A | 2006 | HIGHLANDER HYB | BLUE   | 6 | A | HYBRID,LOADED    | 70000  | 24995 |
| 08-225A | 2006 | PT CRUISER     | SILVER | 4 | A | AC,PW,PDL,CRU    | 62000  | 9995  |
| U1658   | 2006 | TACOMA ACCCAB  | BLACK  | 4 | 5 | 2WD,CD           | 85000  | 14995 |
| 09-426A | 2006 | COROLLA CE CA  | RED    | 4 | A | AC,PW,PDL,CRU    | 58000  | 13995 |
| U1641   | 2007 | CAMRY LE AA    | WHITE  | 4 | A | AC,PW,PDL,CD     | 10000  | 20995 |
| U1656   | 2007 | CAMRY LE AA    | GREY   | 4 | A | AC,PW,PDL,CRU    | 38000  | 18995 |
| 09-469A | 2007 | YARIS 3DR H/B  | RED    | 4 | 5 | CD               | 81000  | 10995 |
| U1642   | 2008 | YARIS SEDAN    | SILVER | 4 | A | A/C              | 22000  | 15995 |
| U1638   | 2008 | YARIS SEDAN    | RED    | 4 | A | A/C              | 23000  | 15995 |
| 08-342A | 2008 | YARIS SEDAN    | GREY   | 4 | 5 | AC,PW,PDL,CD     | 32000  | 14995 |
| U1653   | 2008 | PRIUS HYBRID   | BLUE   | 4 | A | AC,PW,PDL,CRU    | 51000  | 24995 |

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