

The Aurora newspaper

Mike Gillam, Kevin Bernon, Louis Gallant, Wade Seymour, Chris Hobson, Robyn Arnold.



14 Wing Hosts Regional Bowling Championship

(Photo: Pte Melissa Spence – 14 Wing Imaging)

The Atlantic Region Bowling Championship was hosted here at 14 Wing from the 22nd to the 27th of March. Historically 14 Wing has had a strong competitive team winning the championship in 2005, 2006 and 2007 only to be dethroned in 2008 by Halifax. The Greenwood team was determined to get the championship back after last years defeat especially while hosting the event. This year we had competition from Gander, Gagetown and our nemesis Halifax was back to defend their title.

We knew the competition was going to be tight and after the first days results we were sitting in third place. Gagetown had come out flying scoring 29 pts while Halifax was close behind with 25 pts. Greenwood was far behind with 16.5 pts and Gander was brining up the rear with 9.5 pts. Greenwood and Gander were hoping that they could get there game together for day 2 before it was too late. At the end of the second day the standings had changed, Gagetown was still in first place with 50.5 pts, with a good day of bowling Greenwood had moved into second place with 47 pts, Halifax had lost a little ground dropping down to third with 39 pts

and Gander after many close games was still in fourth with 23.5 pts. Gander was the only team at the competition that had 5 bowlers and was without a spare which did not allow them to make changes if someone was having a bad game which directly affected their results.

Going into the last day Greenwood new that if they did not bowl one of there best rounds they had no chance of taking the lead from Gagetown and reclaiming the Banner back. After a team meeting our 14 Wing bowlers were ready to bowl and as a result of some very good team play they ended up victorious in there endeavour to reclaim the title. Greenwood ended up with 61 pts and Gagetown was right behind with 54.5 pts and then Halifax with 52 pts. Once again a great team effort eventually was rewarded. Louis Gallant from Greenwood had a very solid competition winning Gold for High Average and High Single and Silver for High Triple.

We would like to thank Manager Tim Martell-Norman from the Bowling Centre for a great job hosting and also Volunteer Angela Fontaine for keeping stats for the championship. Congratulation to the 14 Wing Bowling Team.

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Blood Donor Clinic

By: Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will be holding another donor clinic at the 14 Wing Greenwood Community Centre on Tuesday April 21st. Donors can either give during the 12:00 – 3:00 p.m. time slot or the 5:00 – 8:00 p.m. evening slot on Tuesday the 21st. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

This clinic is made possible by the generous support from McDonald's and Tim Hortons. If you are interested in more information please call Eric MacKenzie at 765-1494 ext. 5337, and if you wish to book an appointment, please call 1-888-236-6283.

Stellar Line-up for First Ever Canadian Forces Halifax Rock Fest

April 14, 2009 — Tickets went on sale today for the first ever Canadian Forces Halifax Rock Fest.

To be held at Halifax's Citadel Hill on August 2, this world-class concert will feature Chickenfoot, Our Lady Peace, Finger 11, Sloan and other special guests including the winner of the Next Great Atlantic Rock Band as the opening act.

One of the few outdoor dates on their maiden Canadian tour, international superstars Sammy Hager, Michael Anthony, Chad Smith and Joe Santriani-Chickenfoot will be putting their stamp on this unique event by choosing to introduce their incredible sound to Atlantic Canada while music fans gather to celebrate Natal Day and connect with our military members and their families.

"This concert is about connecting people," says Frank Cleysen, Canadian Forces

Halifax Personnel Support Programs Manager and General Manager for the event. "We're connecting family, friends, neighbours and musicians in an evening of unbelievable entertainment. By including the deployed troops in this community celebration through Canadian Forces Television we hope to send a clear message of support to our servicemen and women while they are away from home."

With Our Lady Peace's new album scheduled to be released this summer, current popularity of Finger 11 and beloved Halifax home grown band Sloan, plus bus tours loading from most major cities in the Maritimes, tickets are expected to sell out quickly.

On sale at all Ticketpro locations, including the Personnel Support Programs Information Kiosks on site at CFB Halifax, music fans can pick up early bird tickets for \$65.00 individually or \$240.00 for a family and friends package (4 tickets). Early bird tickets registered online will be entered into a draw for a vehicle and the first 100 people to register their tickets will receive an exclusive

invite to the VIP party. After the early bird promotion ends on May 31, 2009, tickets can be purchased for \$75.00 each. VIP seating, which can be purchased for \$175.00, includes a great view, tables, chairs and catered service.

"We are so excited to be able to bring this concert on behalf of CFB Halifax to the Natal Day festivities," says Cleysen. "It's our way of thanking the people of Halifax for their contin-

ued support and at the same time boost the morale of our CF members. We have put together a great line up, bringing an incredible amount of talent to Atlantic Canada. The fact that it is happening on Citadel Hill, the place where this military city began, just adds to the excitement."

Canadian Forces Halifax and Q104 proudly present the Canadian Forces Halifax Rock Fest 2009. For more informa-

tion please visit halifaxrockfest.ca or Q104.ca or contact:

Lynn Devereaux
Event Communication Manager
Personnel Support Programs
Canadian Forces Base Halifax
Ph: (902) 427-4235
Fax: (902) 427-4238
Cell: (902) 452-6713
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1st Annual Air Force Run

Not to be outdone by the Army with their inaugural run this past summer on the 31st of May, 17 Wing Winnipeg will be putting on the 1st Annual Air Force Run.

14 Wing will be an active participant anticipating sending a group of 20 members of the 14 Wing Defence Team. Runners from 12 Wing Shearwater and 3 Wing Bagotville will also accompany the 14 Wing runners from the east.

Events include a 5km, 10km and ½ marathon (21.11 kms)

with a little over two months before the event there are a few unknowns such as team composition, however, I will pass on the information as presented to me in Winnipeg.

The W Comd and WCWO have accepted the 17 Wing Challenge to participate at the event. The proposed method of transport will be a C-130 Herc flight to Winnipeg on 30 May with a stop in Bagotville and return after the event on 31 May. On Wing accommodations for the 30th of May have been booked (20 rooms). We are looking at attracting members of the Wing to participate in all three categories within our 20-person team from all defence team employees.

In order to establish a well-rounded team, members are asked to provide a small resume of their running experience and proposed race to enter. All registrations will

be the responsibility of the participant. Any TD costs will be the responsibility of the sending unit.

As we get closer to the date more travel details will be available and passed on. The Air Force will also be adding the info the website at www.airforcerun.com

For addition info, or to pass on your email resume, please email Graham.White2@forces.gc.ca, 14 Wing Sports Coordinator.

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Thank You

To: Anne, Brian & Keith,

I extend my sincere thanks for the dedication, professionalism and expertise that you afford this newspaper each and every week.

As a team, we consistently produce a reliable, accurate, and outstanding publication to serve our community.

Being judged the best Canadian Forces Newspaper in Canada this year makes me extremely proud of you.

Stephen Boates
Managing Editor
The Aurora Newspaper



Congratulations to all the winners in the 2009 Better Newspapers Competition!

The Aurora Newspaper

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Une soldate canadienne a été tuée et quatre autres militaires blessés en Afghanistan

MDN/FC
CEFCOM NR-09.010 - le 14 avril 2009

OTTAWA – Une soldate canadienne a été tuée et quatre autres militaires ont été blessés lorsque leur véhicule a frappé une bombe artisanale dans le district de Shah Wali Khot au nord de la ville de Kandahar. L'incident c'est produit vers 17h00, heure locale de Kandahar, le 13 avril 2009.

A été tuée en action la cavalière Karine Blais du 12e Régiment Blindé du Canada basé à la Garnison Valcartier. Elle servait avec le groupement tactique du 2e Bataillon, Royal 22e Régiment.

Les quatre soldats blessés ont été évacués par hélicoptère à l'hôpital multinational de l'aérodrome de Kandahar. L'identité des soldats blessés ne sera pas révélée.

Pendant cette épreuve, nos pensées vont vers la famille et les amis de notre défunte camarade.

Tous les membres de la Force opérationnelle à Kandahar pensent à la famille et aux amis de notre camarade tombée au cours de cette triste journée. Nous n'oublions pas son sacrifice alors que nous continuons à apporter la sécurité et l'espoir aux gens de la province de Kandahar.

Le cavalier Karine Blais a été tué le 13 avril 2009 lorsque le véhicule dans lequel elle voyageait a heurté une bombe artisanale dans le district de Shah Wali Khot, au nord de la ville de Kandahar.
(credit/source: DND/CF MDN/FC)



Trooper Karine Blais was killed on April 13, 2009, when the vehicle she was travelling in hit an improvised explosive device in Shah Wali Kowt, north of Kandahar City.

One Canadian soldier killed and four others injured in Afghanistan

DND/CF
CEFCOM NR-09.010 - April 14, 2009

OTTAWA – One Canadian soldier was killed and four others were injured when their armoured vehicle struck an improvised explosive device north of Kandahar City in the Shah Wali Kowt District. The incident occurred at approximately 5:00 p.m., Kandahar time, on April 13, 2009.

The fallen soldier is Trooper Karine Blais, from 12e Régiment Blindé du Canada based at Canadian Forces Base Valcartier. Trooper Blais was serving

with the 2nd Battalion, Royal 22e Régiment Battle Group.

The injured soldiers were evacuated by helicopter to the Multinational Medical Unit at Kandahar Airfield. Their names will not be released.

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

All members of Task Force Kandahar are thinking of the family and friends of our fallen comrades during this sad time. We will not forget their sacrifice as we continue to bring security and hope to the people of Kandahar Province.

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Western Valley Vixens Bantam 'A' Champions



Western Valley Vixens Bantam 'A' Champions.

(Photo: Submitterd)

On April 13, 2009, the Western Valley Vixens defeated Bedford 4 – 2 to capture the South Conference Female Hockey Federation Bantam 'A' championship banner. They applied pressure on the Bedford team from the start of the game and never let up until the final buzzer. Every player gave their full effort. They played as a team and won as a team.

“It was an amazing hockey season for the Western Valley Bantam Vixens which was made up of 14 talented girls, a great coaching staff, and wonderful volunteers and parents. It was evident that from the start that the girls were going to have a great season on and off of the ice. There were many memorable events that happened throughout the hockey season from amazing plays that each of the girls did to a fashion and talent show by the coaches during a tournament in Moncton and then a trip to Provincials in early March where 3 girls earned individual awards and the team earned the “Fair Play” Banner. Many friendships were built that will last a lifetime. It

is definitely safe to say that each player has learned a great deal from the coaching staff and become better players because of it.

Some of our girls will be moving onto Midget hockey next year and we wish them the best of luck as well as to the girls who will remain in Bantam. This is a team that is going to find it very difficult to play without each other as they have bonded so well throughout the season. Their coaches have always said that these are an amazing bunch of girls who should be proud of themselves and all that they have accomplished. Hard work, determination, dedication, and the will to take the good with the bad certainly paid off and helped make this team a winner.

The game of hockey was invented by boys but definitely was perfected by girls; that holds true for this exceptional hockey team. It is very sad to see this season come to an end but like true hockey players I am sure they cannot wait to do it all over again

next year. Way to go vixens!”, Brent Chamberlain – Parent.

The Bantam Vixens were also entered into a draw through the Scotia bank and won “The Ultimate Banquet”. This entitles them to a banquet for up to 150 guests, a current NHL Player attends as well as motivational speakers. Great job Girls.

Marty, Sean and Graham would like to send a special thanks to all the parents who night after night, from arena to arena got their girls there. We had a blast coaching your girls and really appreciate your encouragement for them to play hockey. Girls, thanks for showing up every practice and every game, even on dance nights, your dedication to your team made our jobs a lot easier. Thank you.

We would also like to say thanks to our manager/s Steven and Libby Avery, our 50/50 Chick Terry Peters, Brigitte Martin, Pam Bent, Patti Mann, and Janice Fancey for all their help. Brent and Kelly Chamberlain for all the photos and DVD's.

2009 CF Running National Championship

This year's Ottawa Race Weekend is being held in Ottawa, ON., 22 - 24 May. Our annual CF National Running Championship is being held in conjunction and in partnership with the Ottawa race weekend.

All CF members who wish to participate in this year's CF National Running Championship must contact the 14 Wing Sports Coordinator Mr. Graham White with your intent to participate and copies of your official race results for the distance you wish to participate in (5k, 10k, ½ or full marathon).

Your result(s) must demonstrate that the member has:

a. met the qualifying times for their respective gender and age category and race distance he or she wishes to compete in as per chart below, and;

b. ensure that race result must have been achieved on a sanctioned race within the last 12 months of the race day including results of last year CF National Championship if you attended.

Please Note: Those who wish to compete, as part of the Atlantic Region entry, must register through your Sports Coordinator and not with the Ottawa Marathon. This will be done for you through your Regional

Sports Director. Last year over 20 participants from the Atlantic Region were sent to Ottawa to participate.

Those qualifying and wishing to run in multiple races are to indicate their

times and events at the same time for ease of registration.

For more information please contact Mr. Graham White Loc 5753 and check the race weekend web site out at www.runottawa.com

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20-24	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
25-29	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
30-34	3:15:00	3:30:00	1:35:00	1:45:00	39:00	45:00	19:00	25:00
35-39	3:30:00	3:45:00	1:40:00	1:50:00	44:00	50:00	22:00	27:00
40-44	3:30:00	3:45:00	1:45:00	1:55:00	45:00	51:00	22:00	27:00
45-49	3:40:00	4:00:00	1:48:00	1:58:00	45:00	53:00	25:00	30:00
50-54	3:45:00	4:00:00	1:53:00	2:05:00	50:00	58:00	30:00	35:00
55 & OVER	4:30:00	4:45:00	1:55:00	2:20:00	55:00	65:00	35:00	45:00

The Maritime Proving and Evaluation Unit will be hosting their 50th Anniversary / Reunion July 7-10 in Greenwood, N.S.

Former alumni interested in attending are encouraged to contact event organizers using the information below.

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The Aurora newspaper

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

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

Promotion of Private Businesses in articles submitted for publication is not

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2009 Primary Registration
Dwight Ross Elementary School
Monday & Tuesday May 4 & 5



Dwight Ross Elementary School will be holding their Primary Registration on May 4th and 5th for all students starting school in September 2009. Registration is by appointment only; if you have a child eligible to start school in September and have not received an appointment time for registration, please call the school at 765-7510.

Parents are reminded that all children **must** be five years of age on or before December 31, 2009 in order to begin school in September 2009.

McNabb
50th Wedding Anniversary



Family and friends are invited to celebrate **Al and Corinne's 50 years of marriage.**
An open house to celebrate this milestone will take place

Sunday, April 26, 2009 from 2 to 4 p.m.
at the
Berwick Legion Hall, Main Street East.
Best wishes only.

Al and Corinne were married 09 May 1959 in Christ Church, Berwick, by Rev. Austin Munroe

YOU AUTO KNOW

~ Nitrogen Tire Inflation ~

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

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

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

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

comes in contact with other materials, oxygen causes oxidation. Oxidation can make rubber brittle and cause it to lose tensile strength. In addition, at high temperatures and pressures, oxygen reacts and damages inner tire liners and belt packages; and nitrogen does not.

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

Other Benefits:

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

light did not reappear for 53 weeks!

- More Predictable Pressure Fluctuation - NASCAR teams use nitrogen so they can more accurately predict tire pressure fluctuation. Regular compressed air can fluctuate considerably when water vapour is present.
- Longer Rim Life - Rim rust caused by condensation from water vapour and other gases can get caught in valves and create slow leaks in tires. Nitrogen is completely dry, so it eliminates the potential for condensation.

Who Else is Using Nitrogen?

- NASCAR
- Commercial Airlines
- Canadian Government
- Food Processors and Packagers

For more information on Nitrogen Tire Inflation call 765-6337 and ask for Jim.



CANADIAN TIRE

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Spring Special

Four tires changed over from Winter to Summer Reg. 49⁹⁹
Front end Alignment Reg. 59⁹⁹
Four Tires filled with Nitrogen Reg. 19⁹⁹

This week only, the whole package Reg. 129⁹⁹ **Now 99⁹⁹**

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Spring Special • Four tires changed over from Winter to Summer Reg. 49⁹⁹
- Front end Alignment Reg. 59⁹⁹ - Four Tires Filled with Nitrogen Reg. 19⁹⁹

THIS WEEK ONLY RECEIVE THE WHOLE PACKAGE
Reg. 129⁹⁹ **Now 99⁹⁹**

With this Coupon
Greenwood Location Only See Store for Details Exp. April 27, 2009

ANNOUNCEMENT

Dr Robert Todd

will be leaving the area the end of April.

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

For appointments continue to phone 825-1095.



NOMINATION DAY VILLAGE OF GREENWOOD Wednesday, APRIL 29, 2009

The Village Commissioners of Greenwood have adopted a nomination day by-law and hereby give notice that nominations for election for two upcoming vacancies for Village Commissioner; will be accepted on **Wednesday, April 29, 2009.**

Nomination Forms will be available at the Greenwood Village Office beginning April 13, 2009 for the following vacancies:

2 – three year terms

All nominations must be in writing, in "Form A", and must be filed with the Clerk/Treasurer on April 29, 2009, between the hours of 8:00 a.m. and 1:00 p.m.; or by appointment during the week preceding Nomination Day. Only those persons duly nominated shall appear on the ballots, as candidates for election on **Election Day, May 12, 2009 at the Annual General Meeting, 7:00 p.m.** at the Greenwood Civic Building, RCAFA Hall, 904 Central Ave, Greenwood.

Marian Elsworth
Clerk-Treasurer
Village of Greenwood

Greenwood Minor Hockey General Meeting

The Annual General Meeting for Greenwood Minor Hockey is scheduled for 21 April, 2009 at 7:00 p.m. in the Bombers Room at the Arena.



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Subway Swimmers of the Week

Madison Steele
Summer Swimmer
8 years old
1st year with GDSC
Favourite Strokes:
Butterfly and Freestyle
Other Interests: dance,
gymnastics & soccer

Donovan LeBlanc, FL
9 yrs old
1st year with GDSC
Favourite Stroke:
Backstroke
Other Interests:
NASCAR, soccer & bike
riding

Makaela Hurtubise
FL Competitive
8 years old,
1st year with GDSC
Favourite Strokes:
Breaststroke & Freestyle
Other Interests: soccer,
choir, biking & reading

Madison Connell,
Summer Swimmer
9 years old
1st year with GDSC
Favourite Stroke:
Breaststroke
Other Interests: dancing

Skater of the Week

The Greenwood Skating Club Presents the JC's Hot Tubs and Pools Skater of the Week:

Jenna Breckon

Age: 10 Grade: 5

School: Kingston and District School

Skating Level:

Senior StarSkater

Coach: Cheryle Gaston

Started Skating:

3 years old

Highest Tests Passed:

Bronze Interpretive,

Sr. Bronze Freestyle,

Jr. Silver Dance, Gold

Skills and Juvenile

Competitive Test

Favourite Figure Skater:

Jeffrey Buttle

Other Hobbies: Dance,

Swimming, Singing &

Piano



GMFRC • Feature of the Week

Employment and Education Services

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

Learn to Write Creatively at the GMFRC!

Monday, May 4th, 2009 for 6 consecutive weeks

7:00 p.m. – 9:00 p.m.

GMFRC Classroom 1

\$70.00

Registration deadline: Thursday, April 30th, 2009

We will be hosting a creative writing facilitated by a well known author for newspapers, publishers and magazines for over 30 years. The course will be held over a 6 week period on Monday nights beginning May the 4th. We will explore the process of writing and present the many aspects of writing

fiction, non-fiction, articles and freelance. Through practical writing exercises, we will develop the elements of creativity, style, development of in-

terest, clarity and editing. This is a wonderful opportunity to share common interests with individuals with similar interests and get constructive feed-

back on current literature that you have created. To register please call us at 765-5611 or visit us at the GMFRC. Sign up now to get your seat!



VILLAGE OF KINGSTON NOMINATION DAY APRIL 29, 2009

The Kingston Village Commission would like to give notice that nominations, for the upcoming positions of **Village Commissioner**, will be accepted on **April 29, 2009**.

Nomination Forms will be available at the Kingston Village Office beginning April 6th for the following vacancies:

2 – three year terms

All nominations must be in writing, in "Form A", and must be filed with the Village of Kingston on **April 29, 2009**, between the hours of **8:00 a.m. and 4:00 p.m.**; or by appointment during the week preceding Nomination Day.

Only those persons duly nominated shall appear on the ballots, as candidates for election. **Election Day** will be held on **Wednesday, May 13, 2009** at 7:00 p.m. at the **Annual General Meeting** at the **Kingston Fire Hall, Sparky St.**

Anyone wishing more information may contact:

Kingston Village Office
671 Main St., P.O. Box 254

Kingston, NS

B0P 1R0

765-2800

e-mail: kingsvil@ns.alianzinc.ca

VILLAGE OF KINGSTON

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Come and meet one of our recruiters.

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

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Venez rencontrer un agent de recrutement.

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

**COMBATTEZ
AVEC LES FORCES CANADIENNES**

FORCES.CA

1-800-856-8488

JOIN US
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8th Annual Golden Oldies Tournament

Submitted by: R.E.H.

8th Annual Golden Oldies Tournament was as good as the first if not better.

It's all over except the bragging rights for eight teams who participated in the Golden Oldies eighth annual Oldtimers Hockey Tournament held here in Greenwood the weekend of 3rd-5th April 09.

This year the organising committee split the players into

two age groups, 50 and over and 60 and over. They also put the teams in two divisions, making it fairer for the older groups of players.

Most games in the round robin series were pretty close with only a couple of blowouts such as 8-3 or 7-2. But then one team, (the Hawkes) who lost 8-3 in the round robin game turned it around and beat the Bruins 5-4 in overtime in the fi-



Gathered around Paul Allenbach (82 yrs)(center), the oldest hockey player participating in the Golden Oldies Tournament, are (L to R): Al Peppard (81 yrs), Golden Oldie Leo Glavine (age u/k), John Charest (75 yrs) and Bob Holmes (75 yrs).



Congratulating the Easter Bunny of the tournament are Paul Allenbach, Al Peppard, Ken Landry (Ottawa), John Charest (The Bunny), Jerry Meade and Bob Landry (Golden Oldies Boys).

nal game for the Holmesy trophy "50, Go Figure."

Other final results were the Canadians over the Leafs 7-6 in overtime in the over 60 division for the Lady Good trophy. In the Broken Wing trophy over 50 division finals the Wings defeated the Rangers 7-6 and the Senators beat the Maroons by the same score 7-6, for the Swan Song trophy. Many hands make it easy

work to run a tournament so in the paragraph we dedicate a big thank you to all of the guys and girls who donated their free will time and effort to help with all the little jobs that pop up, such as moving stuff, cleaning dressing rooms, keeping the score board up to date, and the list goes on.

A big vote of thanks this year goes to Mike Beck who has run the time clock for the

past several years. Lets not forget the rink staff Dave, Denis, Jim and Bill with their hired staff who go the extra mile to find a lost or misplaced dressing room key," Thanks Guys." To the referees, good job guys somebody's gotta do it. There are good losers and some losers who hate to lose.

Oh yes, kudos to the bar help, Pat, Heather, Barb and whomever I missed. Last but not least are the donors who donated refreshments and cheese etc. We can't name you all here but your names are in the program with the team line-ups who participated in the year's tournament.

The recipients of the extra trophies were awarded to Kings West MLA Leo Glavine, The "Donnie Neville Trophy" presented by John MacDonald, was presented to Leo for his humanitarian accomplishments. The Kings

West MLA award was presented to John Charest of Berwick by Leo Glavine and a new trophy this year in honour of Scott Haight who passed away awhile back, was presented to John Yuill of Kentville by Mike Stefura of The Senators.

John Yuill is what you call a survivor; after a severe heart attack last winter John had triple bypass surgery and is now back playing hockey.

And as life goes on, so does our tournaments. Don't forget to enter your name to Bob Landry at 847-1124 for the fall tournament in September or October 2009.

Your morning smile – when a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.

That's it sports fans, I'm outta space, have a good week and we'll see ya at the rink.

**Wing Personnel Selection Office
Announcement**

**SCAN
TRANSITION
& MEDICAL
SCAN
SEMINARS**

**19 - 20 May SCAN Seminar
20 - 21 May Medical SCAN**

Birchall Training Centre Theatre

SCAN Seminars assist members and their families in planning, preparing and achieving their personal and professional transition to the civilian environment. Members are strongly encouraged not to wait until their last year of service to attend a SCAN Transition Seminar but to attend one at the mid-point of their career and then again prior to release to gain any updated information.

Deadline for Registration is 4 May 2009

More information and registration forms are available on WPSO website or contact Verilea Warren at local 5390.

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

NOTICE

FLUSHING OF SEWER MAINS

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

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

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

The Municipality apologizes for any inconvenience this may cause.

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

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

**Make a Difference
RECYCLE**

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

Heading to Esquimalt? Registration is Filling up Fast

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Employment Tip

Submitted by: **Stephanie Townsend, Coordinator of Adult Programs and Employment Services at the GMFRC 765-1494 local 1816.**

Negotiating salary can be a touchy subject for many employment seekers. A few

tips and tricks when discussing salary include:

- Try to put off talking about salary until a firm job offer has been made. When you have a firm job offer it becomes a great opportunity for the company to see the

value of your skills and they will be more willing to be flexible on pay scales in order to acquire your assets.

- Compare your skills with others in the trade and determine what these skills are worth to an employer. Being armed with competitive wage information is a great way to influence the employer to stick to a competitive wage bracket.
- Determine what your findings are for a realistic salary range to cover your expenses. However, when negotiating with the employer focus on what your value to the company is rather than what you need to cover monthly living expenses. The employer may not be interested in what you need to pay bills but more inclined to pay a greater amount for the value of your skills.

To learn more about employment tips and tricks, contact Stephanie.

Abatement Massage Therapy Clinic

Is pleased to announce the addition of **Jenna Daniels RMT** to our staff.

Beginning April 21, Jenna will be booking appointments for treatment of everything from TMJ (jaw pain) to plantar faciitis (foot pain).

Call today to book your appointment for a deep tissue massage, or a "not so deep" tissue massage.



The choice is yours.
Call 765-8500
976 Central Ave, Greenwood



Daffodil Days

Donna and Arlene Hinds sold bunches of brilliant daffodils at the Kingston Post Office recently in support of the Canadian Cancer Society. These ladies cheerfully toiled from 10:00 a.m. until closing time for three days. Pictured is Myrtle Pemberton purchasing her bouquet from Donna and Arlene, as Postmaster Louise Harris looks on.

(Photo: Submitted)

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www.avdha.nshealth.ca

2009 Canadian Forces National Championships – A Look Back

After hosting and winning the Atlantic Region Men's Championship in dramatic overtime fashion, the 14 Wing hockey community was alive and well in preparation for the 2009 CF Hockey national held this year 21-27 March in Halifax.

Three members of the 14 Wing team were also selected as augmentees to represent the Atlantic Region as members of the Halifax Mariners competing at the CF ladies National Championship in Shearwater the same dates.

The 14 Wing Ladies, Capt Mary MacDonald, Cpl Lindsay Doyle and Cpl Karen Lindsay under the guidance of coaches Rocky Thorne and Blair Ross attended tournaments and practice sessions in preparation of this year's national. You see, the Atlantic entry the past two years had finished in the top of the standings after the round robin only to be defeated in the crossovers, something this year they were determined not to let happen.

The 14 Wing Men had just defeated Halifax who had taken the Atlantic Region and National title for the past several years in fact the last time the Bombers went to the national was in 1998.

The tournament started off with a combined meet and greet at the Keith's Brewery Market in Halifax who hosted 250 players, coaches, officials and organizers of the event on Saturday evening. Play started early Sunday morning with the men's first contest taking place immediately after the opening ceremonies at 1330. The 14 Wing men were the show as the "Blonde Bomb-

ers" outfitted in their never seen before RCAF Flyers jerseys stood out amongst the 10 teams on the ice. The team started out slow and, although coming back in the third against Cold Lake, lost a close 4-3 decision. Next, the men faced what many considered the top team in the tournament, the Ontario entry from Kingston. A slow start once again could not be made up in the third despite outscoring their opponents late in the game suffered a 7-3 loss. Coach Winston Clements got the team together and addressed the two factors that had been working against them, penalties and a slow start. Their next game with Val Cartier was a barn-burner with the Atlantic team tying the score with less than two minutes to go. Quebec went ahead with less than a minute to go and despite a cross bar and post the Bombers were on the short end of a 5-4 decision. The Bombers fate was now in their own hands as the final contest with Pacific (Comox) was their ticket to the playoffs.

The boys responded in their second game of the day in a see-saw offensive match finishing strong with a 7-5 victory. Wade Sutton MVP. I don't know who exactly first said that anything can happen in the playoff's however, it is true, as the number four Bombers played great defensive hockey and took advantage of Cold Lake's mistakes squeaking out a 3-2 victory. Ali Laaouan was selected as the MVP.

The stage was now set for the Men's final game with a high flying Val Cartier squad fresh of the upset of Kingston vs. the team driven Bombers

from Greenwood. The final game started off as many the others had for the Bombers by getting behind early with a few penalties and despite a gritty never give up attitude lost to a younger, faster group of hockey players receiving CF National Silver medals. Many thanks to the Bombers coaching staff Winston Clements and Kevin Hynes for a great season of entertaining hockey.

On the ladies side they started out on Sunday with an impressive 7-1 routing of the Prairie all stars 7-1. Kirstin Lindstol MVP. Monday was a busy day for our ladies as they

played two games responding with decisive victories over Pacific 3-1 and Quebec 4-0. MVP's for the games both Atlantic players Charlene Arsenault and Monique Ryan. Tuesday had the undefeated Atlantic team playing contender Ontario, and despite heavily out shooting them after two periods, the score remained very close. Halifax owned the third period and eventually after over 40 shots the Ontario keeper could no longer stop the determined Halifax offence that went on to win 5-3, with the Ontario keeper as the MVP. The stage

was set for the once again Atlantic entry to face their nemesis Prairie who had ousted them the previous year. The focused group of Atlantic players put all that to rest with a convincing 6-2 win. MVP, 14 Wing's Mary MacDonald. It was now a date in the final with the Ontario girls who were led by their all star goaltender. In the final both teams played cautious hockey with Halifax once again having lot's of shots deadlocked with the Ontario team until the third, when they scored three unanswered goals on route to a 4-1 win and undefeated tournament, cap-

turing CG Gold in 2009. The 14 Wing ladies were very happy with the way they were welcomed onto the team and attributed the team's success to the leadership of the coaching staff, seasoned veterans and remaining focused throughout the championship.

The words of Colonel Cooper, the Hockey Sports Patron praised the efforts of all players, coaches, officials, fans and the exceptional job that Halifax did in hosting the 2009 Nationals. It indeed had a maritime flavour including the presentation of Sou'Wester to the National winning teams.



Members of the CF National Silver Medalist Men's Bombers:

Cpl Winston Clements
Pte Jonathon Doyle
Cpl PO Poulin
MCpl Dave McDowell
MCpl Derek Putnam
PO2 Troy Brown
Cpl Brock McIntyre
Maj Ali Laaouan
PO1 Jamie Lockie
Cpl Jeff Hull
Cpl Mike Pastuck
Cpl Mycael McGraw
Cpl Tony Foster
Cpl Vincent Canuel
Cpl Bradley Saunders
Cpl Carey Boozan
MS Rene Lavoie
Cpl Chris Burns
Sgt Wade Sutton
Cpl Andrew Glessing



Happy Easter from the Active Chicks!



Wow!! I saw the most beautiful Easter eggs on Wednesday night! The Active Chicks used their imaginations and a combination of dyes, elastics, stick-ers and crayons to create some very unique Easter eggs! They also decorated some homemade baskets to carry their eggs home in! Thank-you so much Olivia and Brenda for all your help, especially with the clean up! Thanks also to Brett, Liam, Allison and Kelsey for all your help too!

The Learning and Career Centre is pleased to present a Lunch & Learn By Commercial Safety College



**Keynote
Speaker
Roy Nichols**



Topics:

Programs offered by the Commercial Safety College

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



When: Thursday, 18 June 2009
Time: 1200-1300 hrs
Where: LCC, Room 204, Upper Level,
Birchall Training Centre

REGISTRATION IS REQUIRED

Interested persons may register
by contacting the LCC at local 5226 or 5227

Emergency Childcare – Do You Have a Childcare Plan?

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

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide CF families with the tools & resources you need to prepare for the challenges & emergencies this unique life-style may bring. In order to support the CF member's ability to be available for operational duty, the family's needs must be acknowledged and identified so we can prepare ourselves for emergency situations. For those CF families with children, Emergency Childcare Services will offer

you the resources you need for emergency preparedness.

This childcare plan is *not* the same as the "family care plan" form you are required to have on file with your unit. Our Childcare Plan requires more information- is used as a tool in preparing for the family's emergency childcare arrangements- and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/

caregiver is unavailable due to illness or any other family emergency

- When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable
 - When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation
 - When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation
 - When there is a need for respite childcare due to the total family situation- including the CF member's work commitments
 - When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with DMFS)
- If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim.

We will find a way.

www.cansofcom.forces.gc.ca
www.csor.forces.gc.ca
www.jtf2.forces.gc.ca

Find Your Way at CANSOFCOM

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

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

Regular or Reserve Force, regardless of your element, CANSOFCOM employs most CF trades and occupations, and, if you are *really* up for a challenge, there are a few jobs unique to Canada's Special Operations Forces (SOF).

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

We will find a way.

www.cansofcom.forces.gc.ca
www.csor.forces.gc.ca
www.jtf2.forces.gc.ca

GMFRC • Feature of the Week

Volunteer Services

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

Occupational Health, Safety and Wellness Trade Fair

**Wednesday, May 06, 2009
9:30 a.m. to 12:30 and/or 12:30 to 3:30 p.m.
Annapolis Mess Lounge A & B
Volunteers Needed: 2**

Paired with a staff member, the volunteer must be comfortable speaking with members of the public, able to help set up and man the GMFRC table displaying information about all GMFRC wellness services.

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

Study Skills for Youth (13 yrs & up)

**Wednesday, April 29th, 2009
6:00 p.m. – 7:00 p.m.
GMFRC
FREE**

**Registration deadline: Monday, April 27th, 2009
Facilitated by: Lauchlin MacLean – GMFRC
Volunteer Tutor**

Good study habits are a skill that when mastered can really make a difference for students of all ages. Join us for an evening of tips tricks and techniques designed for parents/ caregivers of children aged 13 years and up. *Students are asked not to attend this session; we will be holding a study session for students at a later date.

SPONSORSHIP PROGRAM

**14 Wing Greenwood
is Celebrating 100 Years
of Flight**



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

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

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

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





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CANADA'S CHOICE

CASH DISCOUNTS UP TO \$6000* PLUS YOUR CHOICE

UP TO **\$2000** IN
MOPAR® ACCESSORIES*

OR

UP TO **\$1500** IN
EXTENDED SERVICE PLAN**

OR

UP TO **\$1250** IN
NO CHARGE OPTIONS†

OR

UP TO **\$1000** IN
BONUS CASH REBATE‡

#1 SELLING CROSSOVER IN CANADA^Ω

LOWEST PRICED 7 PASSENGER VEHICLE IN CANADA††

2009 DODGE JOURNEY SE CANADA VALUE PACKAGE

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

★★★★★

NHTSA 5 Star Front and Side Impact‡



Cash purchase for
\$18,999*

Price includes Bonus Cash Rebate

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



2009 DODGE CALIBER SXT

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

★★★★★

NHTSA 5 Star Front and Side Impact‡



Cash purchase for
\$16,488*

Price includes No Charge Options

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



#1 SELLING MINIVAN IN CANADA^Ω

2009 DODGE GRAND CARAVAN SE CANADA VALUE PACKAGE

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

★★★★★

NHTSA 5 Star Front and Side Impact‡



MSRP \$27,295

Made in Canada!

Ask your retailer about the 2009 Dodge Grand Caravan



Cash purchase for
\$18,999*

Price includes Bonus Cash Rebate

1 of 17 vehicles that get 9.4L/100 km (30 mpg) Highway or better!

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

- ✓ 390 hp 5.7L HEMI® V8 with MDS and VVT
- ✓ 5-speed automatic transmission
- ✓ 4-wheel disc brakes with ABS
- ✓ Power windows, locks and heated mirrors
- ✓ Electric shift, part-time 4WD
- ✓ SIRIUS™ Satellite Radio
- ✓ Class IV hitch receiver
- ✓ Class-exclusive[¶] coil spring rear suspension
- ✓ Electronic Stability Program (ESP™)



MSRP \$37,995

Cash purchase for
\$29,488*

Price includes No Charge Options plus Ram Bonus Cash Rebate



AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

BEST NEW PICKUP TRUCK

chrysler.ca

jeep.ca

dodge.ca

FOR INNOVATION, SAFETY, FUEL EFFICIENCY AND VALUE
JUST LOOK FOR THE SIGN.

VISIT YOUR ATLANTIC CHRYSLER, JEEP®, DODGE RETAILER

Wise customers read the fine print: *, **, †, ‡, ¶. These limited time offers apply to retail deliveries of selected new and unused 2009/2009 models purchased between April 1st and April 30th 2009 from participating retailers. Offers must be used at the time of purchase or lease of an eligible vehicle. Maximum Canada's Choice amounts do not apply to 2009/2009 Dodge Caliber, Jeep Compass, PT Cruiser, PT Cruiser Convertible, Sebring Sedan, Avenger, Dakota, Wrangler/Wrangler Unlimited, Journey, Sprinter and Patriot models. See your retailer for details. Canada's Choice offers do NOT apply to Dodge Caliber Base (PMCL48), Dodge Grand Caravan CV (RTK53) and Dodge Challenger models. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for specific details and conditions. * Mopar accessories rebate amount includes taxes and installation and must be used at time of purchase or lease of an eligible vehicle towards the purchase/installation of Mopar parts and accessories. Any unused portion of the Mopar accessories rebate will not be refunded and may not be banked for future use. ** Extended service plan rebate may be used towards the purchase of any Chrysler Canada Service Plan. Any unused portion of this rebate will not be refunded and may not be banked for future use. † Bonus Cash will be deducted from the negotiated purchase/lease price of an eligible vehicle after taxes. Bonus Cash may be used to reduce vehicle price or reduce monthly payments. Alternatively customers may choose a cheque for the Bonus Cash amount. ‡ A \$1500 Ram Bonus Cash Rebate will be deducted from the negotiated price after taxes. See your dealer for details. Ram Bonus Cash Rebate applies only to retail deliveries of selected new and unused 2009/2009 Dodge Ram 1500 models purchased between April 1st and April 30th 2009 only. See participating retailer for details. Ω Based on June through December 2008 R.L. Polk sales total registrations. †† Based on Ward's 2009 Middle Cross/Utility vehicle segmentation. Requires Flexible Seating Group. ¶ Based on Automotive News full-size pickup segmentation. • \$6,000 Cash Discount is offered on the 2009 Grand Caravan. Cash Discounts are deducted from the negotiated price before taxes and may not be combined with subsidized lease or purchase financing rates. Δ Based on 2009 Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ‡ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2009 model year Dodge Journey, Caliber, Grand Caravan. © Jeep is a registered trademark of Chrysler LLC.™ SIRIUS and the dog logo are trademarks of SIRIUS Satellite Radio Inc.

DODGE
Caravan Kids
PROUD SPONSOR OF HOCKEY ACROSS CANADA

SIRIUS
SATELLITE RADIO
INCLUDES 1 YEAR PREPAID SUBSCRIPTION



Greenwood Military Family Resource Centre Offerings

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

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

Employment and Education Services
Coordinator: Stephanie Townsend at 765-5611 local 1816 or email employmentgmfrcc@eastlink.ca
Upcoming programs or services

CF Recruiting

Monday, April 20th, 2009

1:00 p.m. – 5:00 p.m.

GMFRC Classroom 1

Free

Flower Arrangements

Tuesday, April 21st, 2009

1:00 p.m. – 4:00 p.m.

GMFRC Classroom 2

\$15.00 (10 free spots for GMFRC Volunteers)

Military Home Based Business Group – 2nd Annual Spring Shopping Expo

Saturday, May 2nd, 2009

10:00 a.m. – 2:30 p.m.

Queen of Heavens Church, Greenwood NS

Donation at the door

Creative Writing

Monday, May 4th, 2009 for

6 consecutive weeks

7:00 p.m. – 9:00 p.m.

GMFRC Classroom 1

\$70.00

Registration deadline:

Thursday, April 30th, 2009

Mosaics Workshop

Thursday, May 14th, 2009

9:00 a.m. – 12:00 p.m.

GMFRC Classroom 2

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Counselling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning

ness Planning

- Information on Military Home-based Business Network
- Magazines and Books exchange
- Employment Computer Available
- Portfolio Development

Community Information Services

Coordinator: Nicole Godin at 765-1494 local 5941 or email nicole.godin@forces.gc.ca

Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- Outreach to Reserve Units

Deployment Services

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

Deployed Families Adult Dinner Out

Thursday, April 30th, 2009

5:30 p.m. – 8:30 p.m.

Location: To be Determined

Pay the cost of your own meal

Registration deadline: Mon-

day, April 27th, 2009

Deployed Families Adult

Pool Night at Dooly's

Monday, May 4th, 2009

8:00 p.m. – 10:00 p.m.

Location: Dooly's in Greenwood

Registration deadline: Call 765-5611 by Friday May 1st, 2009

Deployed Families Pamper Me Day

Saturday, May 9th, 2009

1:00 p.m. – 5:00 p.m.

Location: GMFRC Classroom 1

Cost: Complimentary

Registration deadline: Wednesday, May 6th, 2009. Call 765-5611

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 or email shannon.doubleday@forces.gc.ca

Couples Retreat

Friday, June 12th and 13th, 2009

Milford House Cabins (located 23 km south of Annapolis Royal)

Fee: \$100 per couple

Contact 765-5611 for registration

Registration limited to first 12 couples.

Warline Caller Training

Monday, May 25th, 2009

6:00 p.m. – 8:00 p.m.

GMFRC

FREE

To register call 765-5611

Registration deadline:

Thursday, June 4th, 2009

Ongoing Services

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

Children And Youth Services

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

Upcoming programs or services

Respite Dates

Thursday, April 30th, 2009

5:00 am – 9:00 pm

Children up to age 12

Free to CF Families who currently have a partner deployed

Registration deadline: Thursday, April 29th, 2009

Ongoing Services

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

Volunteer Services

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

Upcoming workshop

Publicity at Trade Fair

Wednesday, May 6th, 2009

9:30 a.m. to 12:30 p.m. and/ or 12:30 p.m. to 3:30 p.m.

Annapolis Mess Lounges A & B

Volunteers Needed: 2

Children's Deployment Support Group

Monday, May 11th, 2009

5:30 p.m. – 8:30 p.m.

GMFRC Casual Childcare

Volunteers Needed: 2

Warm Line Callers

Ongoing need

Flexible (2 hours per month)

GMFRC or from home

Registration deadline:

Open

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

Gym Preparation and Facilitator for Tumble Tots

Every Wednesday

9:00 a.m. – 11:00 a.m.

GMFRC Gym

Volunteers Needed: 1

Set up and facilitate

Wednesday gym program

* Suitable for our awesome Youth Volunteers!

Zedex Theatre
765-8848

April 19 - April 23
Sun - Mon 8 p.m.

17 Again
Rated PG

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

Dolby EX Digital Sound
Come See it on the Big Screen www.zedex.ca

Kingston Legion

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

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

Regular Games - \$100

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

Lic.#
35542-96

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: \$1.50; **Baked Lays:** \$1.50; **Flat Earth:** \$1.50;

Smart Popcorn: \$1.50; **Frozen Juice Bars:** Orange & Cherry - \$1.00;

Rice Crispy Squares: \$1.00; **Smoothies:** Mon, Wed, Fri - \$1.25;

Juice: Apple, Orange & Seven Fruit - \$1.00; **Milk:** \$0.35; **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:** \$1.5 each; **Mayo & Salad Dressings:** \$0.30 each;

**Barbecue/Sweet & Sour Sauce:** \$0.40 each

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

Apr 20<sup>th</sup>: Beef Noodle Soup 1/75 • Chicken Nuggets & Corn on the Cob 2.50 • Pudding 1.00

Apr 21<sup>st</sup>: Chicken Noodle Soup 1.75 • Baked Ham & Potato Wedges 2.50 • Orange Slices 1.00

Apr 22<sup>nd</sup>: Corn Chowder 1.75 • Meatballs, Potato & Vegetables 2.50 • Fruit Cocktail 1.00

Apr 23<sup>rd</sup>: Chicken Rice Soup 1.75 • Macaroni & Hamburger 2.50 • Baked Potato 1.25 • Toss Salad 1.50 • Watermelon 1.00

Apr 24<sup>th</sup>: Minestrone Soup 1.75 • Apple Slices 1.00

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

**school lunch menu** KINGSTON & DISTRICT SCHOOL

|                                                                                   |                                      |
|-----------------------------------------------------------------------------------|--------------------------------------|
| <b>Whole Sandwiches</b>                                                           | <b>Snacks</b>                        |
| 1/2 Sandwiches (Asst. fillings) ..... \$1.15                                      | Cheese & Crackers ..... \$1.00       |
| Subs/Kaisers/Wraps ..... \$2.25 - \$2.50                                          | Fresh Fruit ..... \$0.75 - \$1.25    |
| <b>Hot Foods</b>                                                                  | Gold Fish Crackers ..... \$0.50      |
| One Hot Food Daily ..... \$2.50                                                   | <b>Miscellaneous</b>                 |
| Cup of Soup ..... \$1.00                                                          | Bread & Butter ..... \$0.50          |
| Bowl of Soup ..... \$2.00                                                         | Bagel ..... \$1.25                   |
| <b>Beverages</b>                                                                  | Cream Cheese ..... \$0.50            |
| Milk ..... \$0.35                                                                 | Cheese Whiz ..... \$0.50             |
| Choc. Milk ..... \$1.30                                                           | <b>Freezer Items</b>                 |
| Juice Small ..... \$1.00                                                          | Frozen Yogurt ..... \$1.25           |
| Juice Medium ..... \$1.25                                                         | Yogurt Tubes ..... \$1.00            |
| Bottled Water ..... \$1.25                                                        | <b>Desserts</b>                      |
| Yp ..... \$1.25                                                                   | Muffins ..... \$1.00                 |
| V8 Juice ..... \$1.00                                                             | Cookies (small) ..... \$0.35         |
| <b>Salads</b>                                                                     | Biscuits ..... \$1.00                |
| Assorted Salad Plates ..... \$2.50                                                | Yogurt ..... \$1.25                  |
| Fruit Plate ..... \$1.75 - \$2.25                                                 | Fruit Salad ..... \$1.00             |
| Veggies & Dip ..... \$1.00                                                        | Other Assorted Desserts ..... \$0.75 |
| Apple Snacks ..... \$1.00                                                         | Special Treat Days ..... \$1.50      |
| Daily Specials (Mon-Thur): Price Includes Main Course, Drink and Dessert - \$3.25 |                                      |
| Mon: Shappard Pie; Tues: Spaghetti & Garlic Toast;                                |                                      |
| Wed: Meat Balls & Rice; Thurs: Chicken Burgers; Fri: Assorted Menu                |                                      |
| This menu brought to you compliments of:                                          |                                      |

**FRASER'S PRO Home Centre**

BERWICK • 1-800-959-3727  
KINGSTON • 1-902-765-3111  
KENTVILLE • 1-902-678-8044  
BRIDGETOWN • 1-902-665-4449  
[www.frasers.ca](http://www.frasers.ca)

**Kingston Greenwood Minor Baseball Registration**

April 11  
from 11:00 – 1:00 p.m.

April 17  
from 6:00 – 8:00 p.m.

April 18  
from 11:00 – 1:00 p.m.

April 24  
from 6:00 – 8:00 p.m.

April 25  
from 11:00 – 1:00 p.m.

All at the  
Greenwood Mall

Please ensure that you have health card and a \$50 uniform deposit cheque.

For more information please contact Alicia Arenburg at 765-3249.



# LCC Upcoming Workshops

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

## April 2009

- 21 Personal Learning Plan/Civilian Performance Review • ½ day
- 21 Visio, \$110.00 per person • 1 day
- 23 Job Experience Training (JET) Info Session, 1100-1200hrs • 1 hour
- 27 Publisher Level 1, \$110.00 per person • 1 day
- 28 Access Level 2, \$110.00 per person • 1 day

## May 2009

- 04 Power Point Level 2, \$110.00 per person • 1 day
- 5-7 Pre-Retirement Planning, civilian age 45 and older • 3 days
- 05 Front Page Level 1, \$110.00 per person • 1 day
- 11 Project Level 1, \$110.00 per person • 1 day
- 12 HTML, \$110.00 per person • 1 day
- 14 Lunch & Learn: Adult Education • 1 hour
- 19 Windows XP, \$110.00 per person • 1 day
- 20-21 Interpersonal Communication Skills • 2 days
- 25 Project Level 2, \$110.00 per person • 1 day
- 26 Harassment Prevention for Employees • 1 day
- 26 Front Page Level 2, \$110.00 per person • 1 day
- 28 Harassment Prevention for Supervisors • 1 day

## June 2009

- 01 Excel Level 3, \$110.00 per person • 1 day
- 02 Word Level 2, \$110.00 per person • 1 day
- 3-4 Understanding My Leadership Style • 2 days
- 08 Outlook Level 2, \$110.00 per person • 1 day
- 09 Access Level 3, \$110.00 per person • 1 day
- 15 Excel Level 1, \$110.00 per person • 1 day
- 16 Introduction to Internet, \$110.00 per person • 1 day
- 18 Lunch & Learn: Commercial Safety College • 1 hour
- 22 Word Level 3, \$110.00 per person • 1 day
- 23 Power Point Level 1, \$110.00 per person • 1 day
- 29 Excel Level 2, \$110.00 per person • 1 day
- 30 Introduction to PC, \$110.00 per person • 1 day

## July 2009

- 06 Access Level 1, \$110.00 per person • 1 day
- 07 Outlook Level 1, \$110.00 per person • 1 day
- 09 Stress Management • 1 day
- 13 Word Level 1, \$110.00 per person • 1 day
- 14 Power Point, Level 2, \$110.00 per person • 1 day
- 14-16 Negotiation Skills • 3 days
- 20 Publisher Level 1, \$110.00 per person • 1 day
- 21 Project Level 1, \$110.00 per person • 1 day
- 27 HTML \$110.00 per person • 1 day
- 28 Access Level 2, \$110.00 per person • 1 day

# West Kings Looking for New Seating!



If you were able to come and see FOOTLOOSE in the AV room at West Kings, you will understand why the West Kings Parent Teacher Student Association is fundraising to replace what is left of the wooden AV room CHAIRS! The chairs were originally installed in 1967. They are so dated that replacements cannot be found anymore! Blocks of chairs are being taken out of the outside sections of the theatre as a source of spare parts for the middle sections.

The PTSA has earmarked \$25,000.00 to get this project going but they are asking friends and alumni of West Kings to jump on board or on cushions and help out!

## GMFRC • Feature of the Week

### Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-1811 or 765-5611

### Connecting Friends Changes

Connecting Friends was a self help group designed to meet the needs of women within our military community. Over the last year, participation in this group has declined; as a result Connecting Friends will no longer run in its original form. The GMFRC is exploring the development of alternative self help groups which will meet the current needs of our community. If you have an idea, or are interested in participating/leading a group please contact us to explore this opportunity.

## 14 Wing Library

# BOOK SALE

Hard covers ~ \$1.00

Paperbacks ~ \$0.25

Located at AVM Morfee Centre,  
School Street 765-1494 Loc. 5430

### Donations Levels are as follows:

Platinum sponsors - \$200.00+

Gold sponsors - \$100.00? \$199.99

Silver sponsors - \$50.00 - \$99.99

Sovereign sponsors - under \$50.00

A permanent plaque will be mounted in the updated AV Room recognizing Platinum, Gold and Silver sponsors. Sovereign sponsors will also be recognized in a leather-bound journal.

Interested supporters can call the school at 847 4440 for more information. Cheques can be made out to West Kings PTSA.

Next year, with your help, when West Kings puts on another show, (there's already rumblings), the audience will be sitting in comfortable, durable seating in a venue that everyone will be proud to call their own!

## Paper Carriers

# WANTED

We are compiling  
a waiting list for  
**ALL PAPER  
ROUTE AREAS.**

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

Applications are also available on our website

**www.auroranewspaper.com**



## Lake Pleasant Campers Club • Cabin Rental



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

The only items you must provide include bedding, food and other convenience items to make your stay a pleasant one.

### To book the cabin:

Call 902-547-2882

### Bookings can be of 2 weeks duration.

Check in time - 1300 hrs

Check out time - 1100 hrs

### Members with Rec Card:

\$35.00 per night

\$210.00 per week (Monday to Sunday)

### Non Members:

\$40.00 per night

\$240.00 per week

**www.lakepleasant.ca**



**I'm not his mother  
but he's my baby.**

**Become a Foster Parent.**

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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.

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*...visit 14 Wing Library*

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Monday ..... 1-5pm & 6-8pm  
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\* Sunday ..... 1-4pm

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Closed on holidays and holiday weekends throughout the year.

# HOROSCOPES

April 19 to April 25

## ARIES - Mar 21/Apr 20

Aries, romantic endeavours don't go exactly how you planned, but that doesn't mean they're unsuccessful. This week you'll find you're introspective.

## TAURUS - Apr 21/May 21

Taurus, your energy is waning and you still have to make it through the week. You will be rewarded on Wednesday for your hard efforts. Sagittarius is key this week.

## GEMINI - May 22/Jun 21

Give your life a mini overhaul, Gemini. Clear out the clutter, including any relationships that have not proven advantageous through the years.

## CANCER - Jun 22/Jul 22

Don't let too many things bother you this week, Cancer. Harness an easygoing personality and you will find that things roll off your back quite easily.

## LEO - Jul 23/Aug 23

Financial troubles will not go away with the wave of a magic wand, Leo. It may be a good time to sit down with a professional and work through your spending habits.

## VIRGO - Aug 24/Sept 22

A disagreement with your romantic partner leads to confusion and tension around the house, Virgo. Gemini could prove a sounding board for your concerns.

## LIBRA - Sept 23/Oct 23

You have to make up some time you wasted with an activity that didn't pan out, Libra. This could mean clocking a few extra hours on the job. Don't expect much fun this week.

## SCORPIO - Oct 24/Nov 22

Scorpio, a bitter tongue gets you in trouble. However, you manage to talk yourself out of the trouble you created. Just watch what you say for the time being.

## SAGITTARIUS - Nov 23/Dec 21

As luck would have it, you're swimming in good fortune this week, Sagittarius. You'll find a few extra bucks hidden in a coat pocket, or you will get some good news on the phone.

## CAPRICORN - Dec 22/Jan 20

Capricorn, when plans are being made, it is in your best interest to just go with the flow. Now is not the time to draw any added attention your way.

## AQUARIUS - Jan 21/Feb 18

Memories will last longer if you document them instead of just filing them in the recesses of your brain, Aquarius. Think about getting photos and mementos in order.

## PISCES - Feb 19/Mar 20

A stroke of inspiration sends you on a wild goose chase, Pisces. Just don't stray too far off the beaten path this week. Love is in the air.

## FAMOUS BIRTHDAYS

- APRIL 19 Kate Hudson, Actress (30)  
APRIL 20 Carmen Electra, Actress/Model (37)  
APRIL 21 Tony Danza, Actor (58)  
APRIL 22 Jack Nicholson, Actor (72)  
APRIL 23 John Cena, Wrestler (32)  
APRIL 24 Chipper Jones, Athlete (37)  
APRIL 25 Hank Azaria, Actor (45)

Horoscopes brought to you compliments of:

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Auto Clubs Accepted

## Spring Shopping Expo

Saturday, May 2, 2009 from 9:00 a.m. to 2:00 p.m. at Queen of Heaven Church, CFB Greenwood. Free admission; Donations to Queen of Heaven Church will be accepted at the door. Take a break! Bring a friend, enjoy some refreshments, and do some shopping while supporting home-based businesses in your community.

## Chinese Auction 1st Middleton Scouts

There will be a fund raising Chinese Auction for 1st Middleton Scouts at the Royal Canadian Legion Branch #1 on Victoria Street, Middleton from 9:00 a.m. to 2:00 p.m. on the 25th of April. Tons of great prizes! All proceeds go towards the scouts attending Scotiamb 09 in Cape Breton. Please come out and support our youth.

## Community Breakfast

Saturday April 25, 8:00-10:00 a.m. There will be a Community Breakfast held at the Kingston Baptist Church, Main Street, Kingston. For a free-will offering, enjoy a full, hot, delicious breakfast. All are welcome!

## Benefit Concert

Benefit Concert for the Saltzman family whose dairy barn was destroyed by fire. At New Beginnings Center, 1151 Bridge St., Greenwood, Sunday, April 26th at 2:00 p.m. Paul Marshall and other musicians. Information: 765-8155.

## Morden Saturday Breakfast

The Morden Community Hall will be having a breakfast on Saturday, 25th of April from 8:00 to 10:30 a.m. The menu will be scrambled eggs, ham, sausage, pancakes, homemade fishcakes, baked beans, toast, juice and tea/coffee. It is a free will offering and all proceeds are for Morden Community Hall projects.

## Kingston Greenwood Minor Baseball General Meeting

Kingston Greenwood Minor Baseball will be holding a meeting for the general public on April 22nd at 7:00 p.m. at the 14 Wing Community Centre room upstairs. For more information about this meeting contact Alicia Arenburg at 765-3249.

## Farmer's Market Public Meeting

There will be a public meeting at the Kingston Lions Hall on the 5th May, 2009 at 7:00 p.m. The purpose of this meeting is to gather interest for a potential farmer's market in the Kingston area. Public and producers welcome. The Farmers' Markets of Nova Scotia Coordinator will be in attendance to answer questions. For more information, contact John Marshall at 765-3068.

## Kingston Lions Club Annual Yard Sale

The Kingston Lions Club will be holding their Annual Indoor Yard Sale 9th May, 2009 at the Kingston Lions Hall from 8:00 am - 1:00 pm. An assortment of appliances, clothing, household items, toys, books are just a few of the items that will be on display. Proceeds for Lions charitable work.

## Mother's Day Dinner

Celebrate Mother's Day at the Kingston Lions Hall on the 10th May 2009. Menu: Full course meal with a choice of Prime Rib of Roast or Herb Baked Salmon, live music during and after dinner. Cost will be \$40.00 per couple; doors will open at 6:00 pm serving time 7:00 pm. Advance tickets only and may be purchased at T&S Office Essentials Kingston. Please indicate choice of meal. Proceeds for Lions charitable work.

## Silent & Live Auction

Thursday, April 23rd, 8:00 - 11:00 p.m. at Dooly's, in the Greenwood Mall. Play pool for free while you bid on many items, such as power tools, a night at a B & B, a sightseeing tour by air, etc. Must be 19 or older to attend. Payment by cash or cheque only. In support of Rainbow Riders Gymnastics Club.

## ZX Cycle N Run Cycling Schedule

All rides will depart from T.A.N. coffee shop at the Greenwood Mall. Times for April will be Tues/Thurs at 1730 and Sun morning at 1000. We will modify these times as daylight and/or rider preferences dictate. All levels of

riders are encouraged to participate and everyone will be accommodated. If you are interested in using the road bikes from the gym please contact Dean Peach at sports stores for bookings. These are fair weather rides, rain or snow will cancel. We will also do mountain bike rides on Thursdays once the trails have defrosted and been raked, expecting mid May at the latest.

## Welcome Wagon Baby Shower

All moms-to-be in the Valley are invited to attend the Welcome Wagon Baby Shower on Sunday, April 26th at 10:30 a.m. at the Berwick Lion's Hall. Admission is free. Lots of great door prizes to be won. Come and bring a friend. Pre-register by e-mailing or calling Christine at 538 9372 or [christineww@eastlink.ca](mailto:christineww@eastlink.ca)

## Welcome Wagon 50 Plus Showcase

All folks 50 and over in the Valley are invited to attend the Welcome Wagon 50 Plus Showcase on Sunday, April 26th at 1:30 p.m. at the Berwick Lion's Hall. Admission is free. Lots of great door prizes to be won. Come and bring a friend. Pre-register by emailing or calling Christine at 538 9372 or [christineww@eastlink.ca](mailto:christineww@eastlink.ca)

## Annual Yard Sale

All Saints' A.C.W. will be holding their Annual Yard Sale. Where: All Saints' Church Hall, Pleasant Street, Kingston; When: Saturday April 25, 2009 - 8:00 a.m. - 12:00 p.m. What: Anything we can sell!

## Country Show

Al White, Family and Friends with Ken Best. Three Rivers Community Centre - Sat. May 2, 2009. 7:30 p.m. Freewill Offering, to be donated.

## 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 information, call 765-6735.

## Community Event

Contemporary Worship Service Sundays at 10:45, New Beginnings Center 1151 Bridge St., Greenwood. Children's program available during the Service. Coffee and fellowship time after the Service.

## Annapolis Valley Bluegrass & Oldtime Music Association Presents

Janet McGarry & Wildwood - Opening Band: Ground Speed (Matt Lunn, Glen Parker, Graham Moorehead, Taylor Huntley). May 3rd 2:00 p.m. at the Berwick Lions Hall. 50/50 & Canteen available. Admission: \$10.00 at the door. Information: Bill Dempsey at 538-0052 OR 538-9259; Doug Corkum at 624-9492. 'We support Children's Wish Foundation'

## Variety Show

In support of the IWK. Middleton Lions Hall, 8921 Hwy #10 Nictaux; Sunday, May 3 2009. Music supplied by: The Beatons (Darrin and Monica Beaton and Carl Vroom), Rob & Brad Jamieson & Friends, Taylor Express. 50/50 Draw, Silent Auction, Canteen. Free Will offering with proceeds to the IWK Health Centre Foundation.

## Annual Meeting of the Church Grove Cemetery

Melvorn Square Community Hall. Wednesday, April 22, 2009 at 7:00 p.m. Clean-up Day will be Saturday, May 2. In the event of inclement weather, May 9. Lot owners are invited to attend the meeting.

## Kingston/Greenwood Living With Cancer Support Group

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

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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, April 23, 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.

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

1. What kind of products does Mood Crafts sell \_\_\_\_\_
2. Who has joined Abatement Massage Therapy Clinic \_\_\_\_\_
3. When is 2009 Primary registration at Dwight Ross School \_\_\_\_\_
4. When is the Spring Shopping Expo \_\_\_\_\_
5. Charlene Rowlandson works for what Real Estate Co. \_\_\_\_\_

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

**Congratulations to last week's winner: BERNIE HALBOT**

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**Air Force Association of Canada**

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# Youth Happenings at the 14 Wing Community Centre

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

Hello everyone this week there is a lot going on at the Community Centre. Last weekend the GMFRC and The Community Centre hosted their first Easter Egg Hunt Event. There was so much going on like a magic show egg hunt cookie decorating and more. We had so many families and youth show up in turn making that day a big success. Thanks to everyone who attended and for those who helped. In the meantime here is what's going on this week at the Community Centre.

**Boyz Club**  
*New Time and Date!*  
Thursday April 23<sup>rd</sup> 2009  
**Skating**  
4:30-5:30 p.m. at Greenwood Gardens Arena

Hey boys I know the winter season is behind us now but don't pack it up right away. This Thursday evening we will be going skating over at the Greenwood Gardens Arena with the Active Chicks. All who are wishing to participate must bring a helmet.

It will be a fun time so come on out and join us.

**Teen Activities**  
Tuesday April 21<sup>st</sup> 2009  
Soccer  
6-7 p.m.  
Hey Teens this Tuesday night we will be playing some soccer down at the Community Centre. Last time we had a blast playing in the gym. If the weather is nice we can head up to the field and play outdoors. See you there.

**Active Chicks**  
Wednesday April 22<sup>nd</sup>, 2009  
Active Chicks will be cancelled tonight due to the Volunteer reception but come join Brendan and I Thursday afternoon at the Greenwood Arena for an hour of ice-skating from 4:30 - 5:30 p.m.!

**Community Centre Flash Dance**  
Friday April 24<sup>th</sup> 2009  
Pre-Teens 6-8 p.m.  
Teens 8:30-11:30 p.m.  
This dance is all about flashy things. Its spring so we want to keep the theme bright and shiny. So lets all get pumped up for summer with Friday's Flash Dance. We will be selling glow sticks and if

you can wear something white that way you're extra bright under the black lights. There will be prizes for the brightest flashiest person at the dance.

**Mario Kart Tournament**  
Sunday April 26<sup>th</sup> 2009  
Pre-Teens 2-4 p.m.  
Teens 5-7 p.m.  
\$2.00 Registration Fee

Hey boys and girls come take part in our Mario Kart Tournament for the Wii. All youth interested in participating will take part in a round robin style tournament. Whoever has the most wins will be declared the winner. The winner will receive a gift card for the greenwood mall. See you there and good luck to those who are participating.

**Look What's Playing at the Community Centre**  
**Ice Cream Sundae Movie Night!**  
Saturday April 25<sup>th</sup> 2009  
We will be serving Ice Cream Sundaes with both teen and

pre-teen movies. Each Sundae is \$2.00 and we will fill it with your favourite toppings like chocolate sauce caramel chocolate chips and more.

**Pre-Teen Movie Night**  
Every Saturday is pre-teen movie night. The fun starts at 6 p.m. and runs until 8 p.m.. Admission to the movie is free with your membership card or \$1.00 drop in fee. This week will be watching "Bed Time Stories". Adam Sandler stars in this movie as the janitor of a big hotel. Only a few people seem to like Sandler but that doesn't bother him. Sandler's niece and nephew come to stay with him and strangely the bedtime stories that he tells them start to come true in the real world. Sandler try's to use this to his advantage but somehow something always seems to go wrong. This move is rated G.

**Teen Movie Night**  
Teen movies run from 8:30 - 10:30 p.m.. Admission to the movie is free with your mem-

bership card or \$2.00 drop-in fee. This week the teens will be watching "The Rocker". This hit comedy is about an eighties rock band drummer that was kicked out of his band unexpectedly just before they make it to the big time. Robert (the drummer) spends the next 20 years trying to re-

deem himself and just when he is about to give up hope a golden opportunity pops up. His nephew's high school band is desperately looking for a drummer. Robert makes the cut for their band because there is nobody else and that's where the fun starts. This move is rated PG-13.

### Youth Centre Drop in Hours

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

## Canadiana Crossword

**Crazy Canucks**  
By Bernice Rosella and James Kilner  
Solution page 18



- ACROSS
- 1 Legs, slangily

5 Sicilian mountain

9 Pass

12 Plant part

13 Skiing Hall of Famer Ken

14 Decay

15 Ruse

17 Self

18 Young lady

19 Skiing Hall of Famer Dave

21 Bestow

24 Neighbour of Huron

25 Wound

26 Musical tempos

30 Increases

31 Homer's

32 Stock mkt. offering

33 Skiing Hall of Famer Gerry

35 Vicious

36 Giant oil Co.
- 37 Undemanding

38 Popular pop

40 Early Roman road

42 Eggs

43 Skiing Hall of Famer Steve

48 Hawaiian garland

49 Brainchild

50 Prayer ender

51 Sin

52 Whitetail or Fallow

53 Gape
- DOWN
- 1 Argon or Neon

2 Creation

3 Soviet orbiter

4 Ski race

5 Ages

6 Lambs

7 No in Nairn

8 Looked up to

9 Beer factories

10 Berra or bear

11 British upper class
- 16 school

20 Gadget

21 Ratites

22 Amazon tributary

23 Dilapidation

24 Grace and skill

26 As well

27 Falsify

28 Moon fish

29 Electronics giant

31 Vapid

34 S

35 Skiing Hall of Famer David

37 Co. chief

38 Ski

39 At all times

40 Notion in Noranda

41 Ski lift

44 Praiseful poem

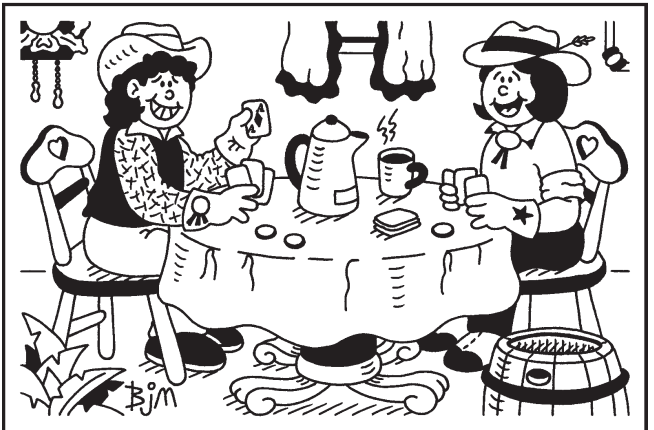
45 Little to Burns

46 Place to be in lilac time

47 Hostel

Weekly Crossword brought to you compliments of:

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



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Card in man's hand is missing. 2. Brace on chair is missing. 3. Pocket appears on pants. 4. Leaf on plant is colored in. 5. Medalion on tie is colored in. 6. Label on coffee pot is colored in. 7. Hatband is colored in. 8. Knobhole in barrel has moved. 9. Fold in tablecloth has moved. 10. Steam above cup has moved. 11. Heart on chair is upside down. 12. Window sill is different.

Com Parrot brought to you compliments of:

954 Central Avenue  
Greenwood  
**765-6381**

## PATRICK'S PUZZLE

### Sports Crossword

ACROSS

1. Number of points

4. Group of players

5. Scoring with a ball in sports

DOWN

1. Team Activities

2. Field or domain of activity

3. Condition of being physically fit

Answers:

Across

1. Score

4. Team

5. Goals

Down

1. Sports

2. Realm

3. Fitness

Patrick's Puzzle brought to you compliments of:

authorized dealer  
Cellular Sales & Service  
Authorized Product Care Centre  
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T: 902-765-3301 F: 902-765-6493

## Crossword Solution

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

# Classified Ads

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

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

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

## FOR SALE

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

FOR SALE - Newly renovated mini home, 1938 Glebe Rd,

Greenwood 3/4+acres, paved drive and garage \$72,000 Call 765-4644 (3012-ufn)

FOR SALE - Bungalow with 3 bedroom / 1 bathroom at 982 Harmony Road on a 1/2 acre lot. \$129,900 www.propertyguys.com Property ID #0005007 Call Bryan (902) 765-3643 (3016-4tp)

FOR SALE - Cremation Urns, 2 styles available in three sizes - small \$15.00, Medium \$25.00 and large \$35.00, available in gold, maroon and almond. Stone like surface Located at 3884 #1 Hwy

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South Berwick. Call 902-538-7141 Dorothy Fraser (3013-4tp)

FOR SALE - Lift chair - Used one month. Asking \$650 obo For more information please call 765-8416. (3014-3tp)

YARD SALE - Sat, Apr 25<sup>th</sup>, 8:00 - 1:00 p.m. at 564 Ben Phinney Rd above Melvern Sq off Stronach Mtn Rd. Rain date May 2<sup>nd</sup>. (3016-1tp)

FOR SALE - Legend 4 wheel motorized scooter with new batteries and 5ft. ramp. Asking \$1700.00 new was \$2700.00) AMG wheel chair with double wheels asking \$175.00 (new \$300.00) HUGO rolling walker with seat asking \$120.00 (new \$200.00) AMG-Alum. Folding walker (adult bronze) asking \$50.00 (new \$85.00) All items were rarely used and are in like new condition. For more information call 765-1069 or 341-2107. (3016-1tp)

## FOR RENT

FOR RENT - KINGSTON 3 bedroom house with fridge/stove. \$550.00 per month plus utilities. For more info contact Glengary Properties Management at 765-2421. (3013-ufn)

FOR RENT - Neily Crescent Apartment Located off Bridge Street in Greenwood. Newly built 2 bed-

room apartments, fridge, and stove included. Laundromat located in building. Conveniently located to all amenities. \$600.00 per month. Please call 765-0788 for more information. (3015-ufn)

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

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

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

FOR RENT - CLEAN, MODERN ONE BEDROOM APARTMENT. Suitable for professional person. Fully furnished, Fridge/stove microwave, washer/dryer and deep freeze included and much more, 1013 Main St Kingston, good location. Private paved parking, non-smoker and no pets. \$800.00 per month includes all utilities as well as phone and high speed internet.

Available now. Call 765-6741(3016-1tp)

FOR RENT - 2 bedroom upper apartment, located at 1471 Bridge St. Kingston. Fridge/stove included, utilities extra. \$420.00 per month. References required, available May 15<sup>th</sup>. Call 825-2544 for more information. (3016-2tp)

FOR RENT - Greenwood, near Zellers. 2 bedroom adult apartment. Fridge/stove, lawn care and paved parking provided. Utilities extra, no pets please \$480.00 per month Call 765-8203 (3016-2tp)

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

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

SERVICE - Wilnot Self Storage. Newer building, clean secure units, 10'x12', 8'x12' and 10'x15', prices vary. Call 825-3452 (3016-1tp)

SERVICE - Jump2Q Dog Agility is offering introductory agility courses, basic obedience courses and puppy classes. All classes are starting soon. For more info please call Brigitte at 902-242-2474 or email b\_eisengruber@yahoo.ca (3016-1tp)

SERVICE - Bilingual handyman carpenter available, 25 years of

experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours Call Mike at 242-2465 Greenwood/Kingston (3016-4tp)

SERVICE - Pegasus Boxing Presents an evening of Amateur Boxing, 02 May, 7:00 p.m. Doors open at 6:00 p.m. at the Greenwood Community Centre. Admission \$10.00. (3016-2tp)

## WANTED

WANTED - Esthetician, great job opportunity. Please call Stark Headquarters at 765-8850 or 765-9113 (3016-1tp)

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

Help Wanted - Dempsey Corner Orchards is looking for help at their u-pick and farm market. We are looking for someone who is outgoing and has great people skills. If you already know how to bake, it would be a huge asset, but we're also willing to teach you, if you are willing to learn. Our season runs from May to November, so the winters are all yours, but our busiest time is on the weekends, so they are mandatory. You must be willing to work weekends. Duties: Interacting with customers. Baking, cooking, operating the cash register, feeding goats, chicks, bunnies, sheep and piglets and stocking shelves. Please forward your resume to: Dempsey Corner Orchards 2717 Route #221 RR#3 Aylesford, NS B0P 1C0 (3015-2tp)

WANTED - In home childcare, light housekeeping. Help required full-time for 3 children ages 3, 2 and 1 year old. Mom with reduced mobility will be home. Non smoker. For more information call 847-0595 (3016-1tp)

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# The 19th Hole

I guess the season is about to begin. It has been a long winter and most of us are ready! Since we aren't open, (hoping to open April 17 or 18 (...weather permitting) there isn't a lot to report except that this year is the 50th Anniversary of the Greenwood Golf Club and there are a few things planned. The committee working on the Anniversary are requesting any club pictures for the last 10 years and the history to go along with them.

To kick off the season the Club is having a "Tea Party" for all members past and present. Come out and reminisce, share some

stories and view all the old photos from years gone by. It will be held May 3rd from 1:00 - 3:00 p.m. Keep in mind the fashions of 50 years ago and there will be prizes for the best decorated hats. There will be a small fee of \$5.00. Hope to see everyone there.

There is also a Mixed Scramble planned for the weekend of May 30th... call the Pro shop for info (765-5800) and it is also on the club web site. Look forward to seeing everyone at the event.

More information about the up-coming events in the next issue...this information is just to get to thinking!



# Toepics - Greenwood Skaters Get Tips from Canada's Greatest Coach!



**Front Row (L-R): Jenna Breckon, Erika Rice, Gabrielle Crossley, Alex Robert.**

**Back Row (L-R): Douglas Leigh, Alyssa Aquino, Meghan Breckon, Janice Morgan.** (Photo: Submitted)

Easter weekend may have brought the Easter Bunny, but Greenwood skaters and 75 others from across the province hit the ice to get some tips from Canada's greatest skating coach.

Last Friday and Saturday was an exciting time for all when Douglas Leigh, coach of Olympic medalists Brian Orser and Elvis Stojko was in Greenwood to share his winning ways as a part of the Valley Regions Annual Spring Fling Seminar.

Each year the region hosts this event at the Greenwood Arena and this year's event was a smashing success. Skaters from Sydney to Yarmouth descended on the area to experience a taste of what some of our skaters par-

ticipate in every summer.

For the past four years, several of the Greenwood skaters have spent time in Barrie Ontario skating at Mr. Leigh's world renowned 'Mariposa Training Center'. Assisting Mr. Leigh was Janice Morgan also from Barrie, leading the skaters in off-ice jump classes and on-ice spin classes.

A fun dance class was presented by Acadia Students Katie and Stephanie and all was topped off by a moving lecture from Doug

about being passionate about your goals and always expecting more of yourself. Parents and skaters alike were pleased with the two-day event and are looking forward to next year already. For some, it was their first experience and for others, they got the chance to have a master give them pointers.

As we hit the halfway mark on our spring session, the skaters also attended spring competitions last weekend...results next week!

## Taekwondo Interclub Competition

Students from the Durling's Taekwondo in Greenwood recently competed at the annual Interclub Competition held at Ecole Rose des Vents. This was a friendship event with Durling's club competing against Wagner's Taekwondo clubs from across the province. All of the greenwood students placed in the top 3 of their fighting divisions.



**(Back Row - Left to Right): Master Greg Durling, Devin Pollock, Christopher Jamieson, Ben McIntyre, Ryan Durling, Spencer Breckon, Christopher Banks.**

**(Front Row - Left to Right): MacKenzie Selig, Rodrigo Meier, Django Meier, David Jones, David Gibson, Abby McIntyre.**

**(Missing from Photo): Tristan Goulette, Jamie Breckon, Andrew Garbutt, Tianna Russell, Sarah-Jane Russell.**

## Countless people are living again...

*...because someone like Norma gave her permission.*

*Pat, Katelyn and Norma O'Shea  
West Bay, Nova Scotia*

*"It was our privilege to  
honour her wishes."*

Norma O'Shea was a bright, happy person who loved to help others. Now she's helping dozens of others live because she chose to be an organ and tissue donor.

Norma's husband, Pat, and daughter, Katelyn, knew her wishes all along. They had talked about it as a family. That decision gives them great comfort today.

Hundreds of Nova Scotians are still waiting for their turn. Will you be someone who helps?

**Please sign up to be a donor on your health card, and talk to your family about your wishes.**

Find out how at [legacyoflife.ns.ca](http://legacyoflife.ns.ca)

**NOVA SCOTIA**  
NOUVELLE-ÉCOSSE  
Health  
Santé

**Legacy of Life**  
Nova Scotia Organ and Tissue  
Donation Program

**Don de vie**  
Programme de don d'organes  
et de tissus de la Nouvelle-Écosse



## GMFRC Early Childhood Education Program



**Children in the 4-year-old Early Childhood Education Program are participating in a science experiment. Chase Barron looks on as Rachel Power and Kyla Leblanc create volcanoes.**

The Early Childhood Education Program at the GMRC is a site-specific program, licensed by the Nova Scotia's Department of Community Services. It has been serving this community since 2002.

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

The curriculum provides developmentally age appropriate activities that foster growth in all areas. Early literacy and school readiness skills are incorporated into the program. Children are encouraged to partici-

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

The E.C.E program is separated into two groups: one for each age level. Currently there is a 2.5 to 3 year old program and a 4 to 5 year old program. Fall Registration for 2009-2010 is currently underway. If you would like more information on these programs contact Brenda Virtue-Ellis at 765-1494 local 5053.

## 2nd Annual Spring Shopping Expo

**Where:** Queen of Heaven Church, CFB Greenwood  
Corner of Church St and Kingswood Place

**When:** Saturday, May 2, 2008  
9am – 2pm

**Cost:** FREE Admission

Donations to Queen of Heaven Church will be accepted at the door.

### Take a break!

Bring a friend, enjoy some refreshments, and do some shopping while supporting home-based businesses in your community.

**Refreshments Available! Win a Door Prize!**

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## The Centennial of Flight Committee

presents

## Contests for Youth

AGES 6 TO 18



**Poster, Essay and Photo Contest**  
entries due  
**APRIL 27<sup>TH</sup>**

**Model Contest**  
**APRIL 25<sup>TH</sup>**  
at the  
**Greenwood Mall Centre Court**

Details at  
[www.GREENWOOD100YEARS.com](http://www.GREENWOOD100YEARS.com)

**Sunday April 26th, 2009**  
**10:00 am sharp**

# ZX 10K

**GREENWOOD ROAD RACE**

Come out and enjoy smiling faces and a fantastic facility at 14 Wing Greenwood. With lots of free parking, hot showers, draw prizes and more, this is a great way to start the running season!

Both races take place at the 14 Wing Fitness & Sports Center, Greenwood, Nova Scotia approx. 1.5 hours from Halifax. Take Highway 101, exit 17.

The 10km race is a single loop fairly flat course with one hill and two water stops. The 5km is a very flat out and back course with one water stop.

**ENTRY FEES:**

- \$20.00 Before April 19th, 2009
- \$17.00 For Run Nova Scotia and Military Members before April 19th, 2009
- \$25.00 After April 19th, 2009 and on Race Day (NO DISCOUNTS)

Registration forms can be picked up from the 14 Wing Fitness & Sports Centre or printed from our website [www.zx10k.ca](http://www.zx10k.ca) or on the Run NS calendar at [www.runnovascotia.ca](http://www.runnovascotia.ca). Register on-line at [www.zx10k.ca](http://www.zx10k.ca)

**FOR MORE INFORMATION CONTACT**

Eric Travis  
PO Box 912  
Berwick, NS  
B0P 1E0  
[eric.travis@forces.gc.ca](mailto:eric.travis@forces.gc.ca) 1-902-760-1013

**REGISTER EARLY!**  
FIRST 500 REGISTRANTS WILL RECEIVE A QUALITY RACEBAG & PRIZES!



## Centennial of Flight Committee Presents: CHARITABLE BINGO NIGHT



## Flyers Bingo

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

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

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

17 PRIZE GAMES

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

Permit # AGA-221863-08