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VOL. 30 NO. 21 MAY 25, 2009 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora newspaper



(photo by:
Pte Melissa Spence,
Image Tech,
14 Wing Imaging)



14 Wing Fitness & Sport Centre's Fabulous Facelift

*Wing Commander
Col Derek Joyce lays a Centennial
of Flight coin at center court
of the new gym floor.*

*Support staff from left to right are:
Administration Branch MWO Power,
F&S Centre Facility Coordinator
Nicole Peppard,
WCWO Hamalainen,
PSP Manager Mike Taylor,
WLEO Col Ubbens,
WCE CWO MacDonald,
W Admin O LCol Smith McBride.*

Written by: Mike Taylor, 14 Wing Personnel Support Programs Manager

Been to the gym lately? If not you are missing out on the penultimate piece of the Wing Commander's Wellness Campaign. On the heels of very successful wellness programming in 2008, the focus in 2009 has been facility improvements. A spectacular new hardwood floor in the Fitness and Sports Center, new lighting and decorative signage in the pool, new state of the art equipment in the weight room and cardio rooms, and facility upgrades at the Greenwood Golf Course, the Greenwood Horse and Riding Club, the Skateboard Park and the Lake Pleasant Campers Club are just some of the features of the Wing's unparalleled investment in the wellness of its community and its military members. During this Centennial of Flight Year give yourself a chance to fly, by purchasing your 14 Wing Community Recreation Association Card today.

Become a part of the Wellness Revolution in 2009, check out our website at www.14wingfitness.com and/or explore our membership options, programs and features by contacting Ms. Teri Abbott at the Community Recreation Center 765-1494 ext 5341 e-mail terri.abbott@forces.gc.ca or Ms. Marsha England at the Fitness and Sports Center 765-1494 ext 5412 e-mail marsha.england@forces.gc.ca. Article continues at PSP Corner on page 4.

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NAOSH Week 2009 - The Curtain Falls



By: Roger Walsh, CRSP
WGSO

On 4 May 09 Col Joyce, Wing Commander, CWO Flawn, A/WCWO, LCol Ubbens, WLEO along with members of the 14 Wing Workplace Health & Safety Committee mustered at the 14 Wing Main Gate to raise the North American Occupational Safety and Health (NAOSH) flag officially marking the com-

mencement of the week's activities. Numerous activities were held throughout the week to promote health & safety and this year's theme "Make It Home Safe Every Day".

On Wednesday 6 May the Wing General Safety Office hosted a Health & Safety Fair in the Annapolis Mess with over 25 kiosks promoting a wide range of health & safety (H&S) products and services. Exhibitors included numerous provincial H&S service providers as well as many of our own 14 Wing H&S affiliated disciplines. In conjunction with the Health & Safety Fair, a lunch & learn was hosted by the Wing General Safety office

with Mrs. Judith Swift of the Canadian Diabetes Association providing a very informative presentation on "Diabetes, What You Need To Know". Many thanks to Colleen Hodder and UNDE, Local 80403 for generously sponsoring the H&S Trade Fair lunch & refreshments. Our collective thanks also goes to MCpl Peckford, IC Catering, MS Savard, Function Coordinator and Annapolis Mess Staff for their most noteworthy efforts in contributing to the success of this event.

On Thursday, 7 May the Wing General Safety Office hosted Maria Davila & Judith Dejeu, Disability Insurance Plan Managers with Sun Life Financial. Madame Davila and Madame Dejeu provided morning and afternoon information sessions at Birchall Theatre to civilian staff and their responsible managers & supervisors on the Sun Life Disability Insurance Plan and associated material.



14 Wing NAOSH Week 2009 Flag Raising. Left to right, Maj Glen Watters, Management co-chair WWHSC, LCol Ron Ubbens, WLEO, A/WCWO Mark Flawn, Anne Lidstone, Labour co-chair WWHSC, & Col Derek Joyce, W Comd prepare to hoist the NAOSH Flag to kick-off NAOSH Week 2009.

(Photo: Private I Thompson, Image Tech, 14 Wing Greenwood)

The Wing General Safety Office would like to acknowledge all who contributed to the success of NAOSH Week by putting on displays, participating in the activities and Wing Imaging for coverage of the various events. NAOSH Week 2009 at 14 Wing Greenwood was clearly a success thanks to the efforts of many. That's really

what health and safety is all about, the contribution and participation of all to ensure a safe and healthy workplace. Although the curtain has fallen and NAOSH Week has wrapped-up for another year, our collective commitment to health and safety must continue to ensure "We All Make It Home Safe Every Day".

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MSE Safety Corner



**By: MCpl Macdonald, MSE
Safety**

Sharing the road

Once again the weather has turned nice outside. Now it is time to remember that pedestrians and vehicles will once again be sharing the roads more frequently. Many people will hit the streets and sidewalks in the local area and around the base to go running, jogging and marching.

It is especially noticeable heading out towards the base golf course. There are many people using this road for physical activity and now the golf course on the base is open, the vehicle traffic has increased.

The 14 Wing Mobile Support Equipment (MSE) Section would like to provide some tips that drivers and pedestrians should follow:

Pedestrians:

- Obey the rules of the road: cross at intersections or in pedestrian safety zones.
- Be vigilant at both intersection and non-intersection locations, especially in urban areas.
- Never run into the roadway from behind stopped or parked vehicles.
- Walk against traffic along roadsides without sidewalks

or on rural roadways.

- Wear bright or reflective clothing when walking, especially at night.
- Never assume that motorists will yield, even if you have the right-of-way.

Motorists:

- Always be on the lookout for and yield to vulnerable road users, even if they don't have the right-of-way.
- Always obey traffic signals and control signs.
- Pay particular attention to younger children playing on streets and to senior citizens

crossing at intersections.

- Pay particular attention to workers in temporary work zones.
- Be prepared for vulnerable road users to appear unexpectedly at both intersection and non-intersection locations, on both urban and rural roadways.

Motorists travelling on or off the base are reminded to slow down and yield the right-of-way to all pedestrians and marching troops on the roads.

The 14 MSE Safety staff wish all a safe and happy summer.

CFHA - Office Closure 08:30 hrs to 10:30 hrs 26 Jun 2009

The CFHA office will be closed from 08:30 hrs to 10:30 hrs on Fri 26 Jun 09 to permit all staff members to participate in a training session. If Residential Housing Unit (RHU) occupants require immediate assistance, they are requested to contact 825-7319. If

the request is not of an immediate nature, occupants are requested to leave a voice message at (902) 765-1294. Your message will be addressed by a staff member when the training session has concluded. Your cooperation and understanding is appreciated.

Fermeture du bureau de l'ALFC, de 08:30 h à 10:30 h le 26 juin 2009

Le vendredi 26 juin 2009, le bureau de l'Agence de logement des Forces canadiennes (ALFC) fermera ses portes de 08:30 h à 10:30 h afin de permettre à tous les membres du personnel de participer à une séance de formation. Les occupants des unités de logement résidentiel (ULR) qui auront besoin d'une assistance immédiate pendant les heures indiquées sont priés de composer le 825-7319. Par ailleurs, en cas de besoin d'as-

sistance non urgent, il y a lieu de laisser un message dans la boîte vocale du numéro 902-765-1294. Après la séance de formation, les membres du personnel donneront suite à votre message. Nous vous remercions à l'avance de votre collaboration et de votre compréhension en la matière.

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Serving Those
Who Serve



Cover story continued.

The 14 Wing Fitness and Sports Center is already held in high regard in both the military and civilian communities. Its open lobby concept, raised running track, squash courts, fitness and massage therapy rooms, 25 meter eight lane pool, kiddie pool and waterslide mark it as the hub of fitness and wellness in the Annapolis Valley.

The crowning jewel in the Facility Improvement Plan is the Fitness and Sports Center's new gym floor. Planted at center court, reminiscent of the Canadian Loonie buried at center ice during the hockey final of the 2002 Olympics, is a Centennial of Flight memorial coin which will memorialize the opening of the new floor and 100 years of powered flight in Canada. The installation of this floor involved a company whose credits include installation of the basketball court

for the Utah Jazz of the National Basketball Association. We feel that any design capable of sustaining the health and wellness of seven foot 300 pound basketball players should most certainly meet the varied needs of our military and community customers. The long term health implications of conducting our sports and fitness programs on a forgiving wooden floor with underlay will be significant with a tangible reduction in sports injury and chronic back, hip and knee problems.

The Fitness and Sports Center strength and conditioning and weight rooms have been modernized and tailored to meet the needs of our visitors. The squash courts are outstanding and massage therapy is available on site. New lighting in the pool will brighten an already brilliant aquatic facility which is home to extensive military and family programs. A long and suc-

cessful partnership with the Greenwood Dolphins Swim Club has been captured and celebrated through the establishment of an aesthetically beautiful polished metal dolphin caricature sign on the facilities interior wall, crafted by Valley resident Marshall Ennis.

Membership in the 14 Wing Greenwood Community Recreation Association has benefits that extend beyond the wonderful facilities. We have a campground at Lake Pleasant, a Horse and Riding Club near the Wing, an 18 hole golf course and an outstanding recreation program with numerous clubs one can join ranging from archery to wood hobby. For as little as \$76 per year for military members/ \$152 per year for military families, or \$158 per year for civilians/ \$316 per year for civilian families you can be part of the Wellness Wave Join the 14 Wing Community Recreation Association today!

PSP Corner



Wing Comd and WCWO tip off great new facilities and programs for 2009.

(photo by: Pte Melissa Spence, Image Tech, 14 Wing Imaging)



DEADLINES

for The Aurora Newspaper are as follows:

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

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wishes to welcome

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Continuing Promise 09

Submitted by: Lieutenant (N) C.M. Myers, Canadian Forces Health Services Public Affairs Officer

SANTO DOMINGO, Dominica Republic—Master Corporal Bailey, Dental Technician with Canadian Forces Health Services, inspects dental instruments at the Veterans Hospital site in Santo Domingo as part of Exercise Continuing Promise 09. Continuing Promise 09 is a U.S. Navy-led humanitarian and civil assistance mission to areas of the Caribbean and Latin America.

MCpl Bailey is one of 15 CF Health Services members on board the USNS COMFORT between 1 April and 23 May. A second group of 14 CFHS members join the hospital ship on 22 May to complete the four month deployment.

For more information on CP09 visit www.southcom.mil/continuingpromise2009



(Photo: Lt Marguerite Dodds-Lepinski)

*If you want to drink ~
That is your business
If you want to stop drinking ~
That is our business.*



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

Everyone Welcome!!!!

The Kingston/Greenwood Community Health Board invites
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"Current issues with gambling in the Annapolis Valley!"

At our Annual General Meeting

Audrey Shields, Clinical Therapist-Gambling Awareness & Treatment
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Wednesday, June 3rd

Kingston Fire Hall

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

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Exp. June 1, 2009

The 19th Hole

Submitted by: Wendy Richardson

Soon it will be summer....I hope! This weather has got to change, it is so cool....but we golf anyway. All this drizzly and cool weather is great for the course, but now we need more sun to bring out the buds on the trees and make the flowers bloom. The course is looking great, hats off to the maintenance staff.

The Ladies Wednesday night has started and on the first night there were 19 ladies out and the winner of the 50/50 draw was Pat Wilson. The ladies played a 3 person scramble and the winners were Doris, Janet and Donna: 2nd went to Betty, Laurie and Carolyn: and 3rd went to Sheila, Cindi and Pat. The next Ladies night is May 27th and all ladies are welcome to come out and give this great game a try. Next issue will have the results of the Ladies Early Bird Tournament.

The Mens Opening Tournament was held on May 16th with both good attendance and GOOD weather. The 18 holes stroke play tourney was followed by a delicious meal in the

clubhouse. The Field Low Gross was won by Stu Nauss and The Field Low Net was won by Ray Hunter. Gross Winners were as follows:

- (A) 1st- Scott Cooper, 2nd- Mike Logan
 - (B) 1st- Glenn Watters, 2nd- Glen Paul
 - (C) 1st -Wayne Cathcart , 2nd Weldon Rideout
 - (D) 1st- Shawn Cooze ,2nd- Claude Desrochers
- The Net Winners were as follows:
- (A) 1st- Wayne Pellerine 2nd Ian MacKenzie
 - (B) 1st- Danny Snow 2nd-Ralph Fevens
 - (C) 1st- Len MacDonald 2nd- Bill G MacDonald
 - (D) 1st- Ray Allen 2nd Ron Richter

The Closest to the Pin winners were: #3 Mike Logan, #8 Steve Greenwood, #11 Wayne Cathcart and #13 Brian Milligan. Thanks to all for supporting the tournament and making it a success and thanks also to the players who helped with the scoring. Charlie we hope your back is feeling better.

Men's Night was held on May 19/09 with 27 Golfers in a 3 man Scramble - 9 Holes.

Winners: Pat Griss, Steve Greenwood, Don Abbott - 35(retro)
Second: Mike Dalton, Shawn Cooze, Fred, Tappen - 35(retro)
Third: Bill MacDonald, Ralph Fevens, Nelson Mullen - 35(retro)

Skins: #1 Hole- Gary Arsenault, Wayne Cathcart, Merle Toole

#6 - Mike Dalton, Shawn Cooze, Fred Tappen

Winner of the 50/50 - Nelson Mullen \$25.00

May 26 - 18 Holes - Stroke Play - Sign up in the pro shop. \$8.00 per person, skins included. Tee is blocked from 3:00 - 5:00 p.m. If you play earlier you must play with someone else who is playing in Men's Night. Card to be signed by all those participating. Full names on cards and they are to be left with the pro shop staff. Thanks to all who showed up for our first night. It would be nice if we all played after 3:00 p.m., so we could have a little fun in the clubhouse after our round.

A full schedule of Men's Night events will be posted on our June Clubhouse schedule.

Congratulations to Betty and Dean Saltzman who played in the Clare Lobster Classic and came home with prizes. Well done. Sunday was brutal rain day, but we all enjoyed the weekend anyway.

Nice to see Sherri Moore, Dallas Harrigan back at the Pro Shop and welcome to Corrina Sullivan and Liz Murphy....they are the friendly facing you meet when you sign in to golf. (AND MEMBERS, PLEASE REMEMBER TO SIGN IN BEFORE YOU GO TO THE TEE BOX). Welcome back to Jackie MacDonald and Nicole Henshaw....these are the young ladies on the Beverage cart. Helping to keep everyone fed from the kitchen are Rose, Kitty and Erin....nice to see everyone back and welcome to the "new kids on the block".

Remember to replace your divots, repair the ball marks and wave people through if you are playing slow.

Until next week, have a great game of golf.

Friday Night is Family Night at the Greenwood Bowling Centre!

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

By reservation only!

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

Call 765-1494 ext. 5631 or www.5pinbowling.ca to reserve!

GMFRC • Feature of the Week

Deployment Services

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

Deployed Families Adult Dinner Out

Thursday, May 28th, 2009

5:30 p.m. - 8:30 p.m.

Location: To be determined

Pay the cost of your own meal

Registration deadline: Monday, May 25th, 2009

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

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

GMFRC • Feature of the Week

Children and Youth Services

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

Moving with Children

Monday, June 1st, 2009

9:30 am - 10:30 pm

GMFRC

Cost: Free (Childcare provided on site free of charge)

Registration Deadline: Friday, May 29th, 2009

Moving can be a stressful and exciting time for military families. Join us for a workshop geared towards CF families who have children aged 2 - 12 years. Our goal is to provide parent/caregivers with ideas and resources that will make your posting a little easier this summer.

Heading to Esquimalt? Registration is Filling up Fast

PHASE 1 - 20 Quality Homes Now Under Construction

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ParkdaleCreek.com
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JUNE — **The Annapolis Mess** 14 Wing Greenwood — **2009** —

Sun	Mon	Tues	Wed	Thu	Fri	Sat
50/50 Draws During TGIF's this summer: Raising money for Centennial of Flight Campaign	1	2	3	Jr Ranks' Golf Tournament	TGIF - WS Hosting Fish & Chips Live Band "REG IVANY TRIO"	6 Jr Ranks' 13 Fishing Derby Lake Pleasant
INFO Fridays TGIF - 1700 h Back Bar Entertainment 2000 - 2400 h • Events subject to change	8	Annapolis Entertainment Meeting 1500 h Back Bar	10	11	TGIF - JR Hosting BURGERS & SALADS "KARAOKE" w/ BOB DEVEAU	12
14 INFO Internet/wireless available in TV Lounge/Mess	15	16	17 WO's & Sgts' Golf Tournament	18	TGIF - OM Hosting CHICK/SHRIMP KABOB & SALADS Live Band "TIM & VINNY DUO"	19 20
21 INFO No more movies over the summer	22	23	24	25	TGIF - WS Hosting KFC Live Band "JIM & I"	26 27 INFO Back Bar Daily Newspaper Available
28 INFO Darts & Pool Balls are available from The Back Bar.	29	30 INFO Non Alcoholic Beverages Available	INFO Back Bar Darts Available	WO's & Sgts' Mess members SURF & TURF 11 July 09		

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www.annapolismess.com • Back Bar Entertainment on Friday Nights

National Coaching Certification Program (NCCP) - Designing a Basic Sport Program Module (4 hours)

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

The National Coaching Certification Program (NCCP) is a coach training and certification program for 65 different sports that is offered in both official languages. NCCP workshops are designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team.

The 14 Wing Community Centre will be of-

fering the "Designing a Basic Sport Program" Module (4 hours) on Friday June 5th 2009. This module, running from 6:00 p.m. until 10:00 p.m., will be held in the Upper Multi Purpose Room of the 14 Wing Community Centre. This module is a component of the Part A course (formal level 1) with intergraded NCCP material.

After finishing this module, you will know how to design a basic sport program that meets

the training and competition needs of your athletes. In particular, you will be able to:

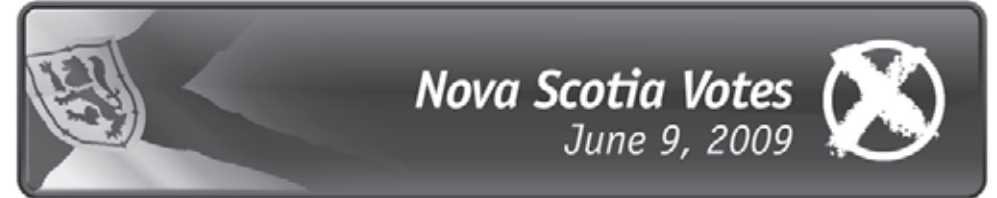
- Develop a program structure based on opportunities for training and competition
- Establish indicators of athlete development in your program
- Develop practice plans that reflect season training priorities

Please note that the course registration fee is \$35 and you must be 16 years of age prior to or on the date of the course. Also, please note that these courses fill up quickly on a first come first serve basis.

If you would like to register, or to learn more about this module, please call Eric MacKenzie at 765-1494 ext 5337.

7th Annual Communication & Electronics Golf Tournament

The 7th Annual Atlantic Region C&E Golf tournament will be held this year from 18-19 Jun 2009. A four person scramble format will be used with the first round being played at the beautiful Berwick Heights golf course and the second round at the Challenging Greenwood Golf Club. The tournament is shaping up to be one of the best ever with great food, prizes and entertainment. You can sign up individually, a partial team or a complete team of four. Maj. Steven Wood 14 WTISO would like to extend a personal invitation to all former members of the C & E branch, business associates and any affiliates interested in joining our Sqn for two fun filled days. This is a great opportunity to get reacquainted with old friends and perhaps make some new ones. For more information you can contact the Tournament Chairman Cpl David Cleghorn 902-765-1494 ext. 3556 or Tee Master MCpl Jessy Trepanier 902-765-1494 ext. 5272. For additional tournament information, to register or to browse pictures from previous tournaments please visit our website: www.wtis.ca. Registration deadline is 12 Jun 09.



SPECIAL AND ADVANCE POLLS

Nova Scotia voters who are unable to vote on Election Day, Tuesday, June 9, 2009 may do so at a special or an advance poll.

SPECIAL POLLING DAYS

DATES	TIMES
Thursday, May 28, 2009	12 noon to 8 p.m.
Friday, May 29, 2009	12 noon to 8 p.m.
Saturday, May 30, 2009	12 noon to 8 p.m.
Monday, June 1, 2009	12 noon to 8 p.m.
Tuesday, June 2, 2009	12 noon to 8 p.m.
Wednesday, June 3, 2009	12 noon to 8 p.m.

ADVANCE POLLING DAYS

DATES	TIMES
Friday, June 5, 2009	10 a.m. to 8 p.m.
Saturday, June 6, 2009	10 a.m. to 8 p.m.

QUALIFICATIONS

Any eligible voter may vote at the special poll or advance poll. If your name is not on the List of Electors, you must be added using a certificate to vote. These are available from the Revision Assistant at the special and advance poll voting locations. Bring personal identification showing your name, civic address and signature.

LOCATION

The locations of special and advance polls are given on the Voter Information Card (VIC) sent to your home. If you have not received a VIC by May 29, 2009, please contact the returning officer at the telephone number below.



Special and advance polls are held in premises accessible to those with a physical disability.

ABSENTEE VOTING

Voters can vote by write-in ballot if unable to vote in person at the special or advance polls, or on election day. A write-in ballot is a blank ballot on which you write in the name of the candidate for whom you are voting, or your party of choice. Write-in ballots are available from your local returning office now. If you are not on the List and would like to vote by write-in ballot, you can be added to the List using the same application you complete to request a write-in ballot.

For information contact Elections Nova Scotia at
424-8584 or Toll-free: 1-800-565-1504
TTY: 424-7475 or Toll-free TTY: 1-866-774-7074
www.electionsnovascotia.ns.ca

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Christine McCulloch, Q.C.
 Chief Electoral Officer

ELECTIONS
NOVA SCOTIA
www.electionsnovascotia.ns.ca

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- Training and education programs throughout your career
- A stimulating work environment and competitive salary
- Opportunities to work close to home and abroad

Come and meet one of our recruiters.

WHEN: Monday, May 25, from 1 p.m. to 5 p.m.
WHERE: Greenwood MFRC
AVM Morphee Centre
School Road, Greenwood

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- Des programmes de formation tout au long de votre carrière
- Un salaire compétitif
- La possibilité de travailler près de chez vous ou à l'étranger

Venez rencontrer un agent de recrutement.

QUAND: Lundi 25 mai, de 13 h à 17 h
OU: CRFM Greenwood
AVM Morphee Centre
School Road, Greenwood

COMBATTEZ AVEC LES FORCES CANADIENNES

FORCES.CA **1-800-856-8488**

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ENGAGEZ-VOUS

Canada

For the Birds

By: Patrick Giffin
19 May 09

In Kingston, Annette Bourgeois saw a bird, approximately the size of an American Goldfinch, with a greenish/yellow body and a grey looking throat and head. It ignored the seeds that other birds were taking from feeders and from the ground; instead it appeared to be investigating an unoccupied Nest Box. Referring to, "Birds of North America", a Golden Field Guide, Annette thought this individual was most like a Connecticut Warbler although she had not noticed an eye-ring; this species would be considered a very rare sighting for NS. We discussed the possibility of it being a Mourning Warbler: without further details we left it at that. Referring to the Mourning Warbler, Richard Stern commented; "We get them in thick, tangled, 2nd growth, bushy areas on the

N. Mountain, e.g. at Baxter's Harbor, and Blomidon Prov. Park. They are usually one of the latest Spring migrants to arrive. They generally stay low, and skulk, and are hard to see." Perhaps this individual was investigating the nest box and area in search of insects which are its preferred food. After capturing an insect the Mourning Warbler removes its wings and legs, then swallows the body whole! Bug Sushi!

In woodland near his cottage at Trout Lake, Gerald Keil was startled when a large bird took off at very close range. At the base of a tree, near the water's edge, he discovered a grassy, nest lined with feathers and down, containing 10, large, white, eggs larger than a domestic hen's egg. Based on nest location, number, size and colour of the eggs, the size and colour of the departing bird we expect Gerald has discovered a nest belonging to a Canada

Goose. UFN surveillance will be at long range, with binoculars. Recently, Barbara and I have had the pleasure of watching a Canada Goose family, with 6 offspring at Arthur Uhlman's pond.

Tony Chaulk's NSMC count day highlights were: Rose-breasted Grosbeak, male, Ruby-throated Hummingbird, Tree Swallow and Purple Finch. NSMC Coordinator, Sheila Hulford reported, "Very few birds of prey were seen: 1 Bald Eagle, a Harrier, a Red-tailed hawk and a Sharpie. At the shore, 213 Black Scoters were observed, along with Common Eiders and other scoters. As for warblers: Yellow, Yellow-rumped, Chestnut-sided, Palm, Black-throated Green, Parula, Black and White, Nashville, Ovenbird, and Northern Waterthrush. There were plenty of finches, sparrows, one Northern Cardinal, one Bobolink, two Red Crossbills, a Rusty Blackbird, and 50 A. Robins on a

Nictaux driveway."

In Kingston, our neighbours Ross and Jill arrived home at about 2230. In their headlights, in a tree near the end of their driveway, they saw a pair of Owls. Ross returned to his office to get a camera: a 10 minute drive: the owls were not disturbed by their presence or by the camera's flash. The owl's appeared to be kissing. Bernard Forsythe advised us that the "kissing" is part of the pair bonding exhibited by this species which mate for life. It is also possible that the male could have been feeding the female. Nesting takes place this time of year and the female will not leave the nest unless called by her mate to receive food that he has obtained. During the nesting phase and rearing of the offspring, the adult, male's sole responsibility is to gather food for the entire family. Of 18 owl, nest boxes, monitored by Bernard, only 5 have eggs: this is directly

related to the shortage of food resulting from the depth of snow this winter. The following day, in these woods, we saw a number of Northern Parula, Ovenbirds and a female, Brown-headed Cowbird. At our feeders we had Red Crossbills, Purple Finches, Rose Breasted Grosbeaks, Chipping Sparrows, a White-throated Sparrow and Common Grackles.

In Middleton, at Adora Parson's feeders there were, male Northern Cardinal, m, f, R u b y - t h r o a t e d Hummingbirds, a f, Rose-breasted Grosbeak and a Robin building a nest on Herb's Ham Radio Antenna. Low power UFN.

Helene Van Doninck, DVM, at the Cobequid Wildlife Rehabilitation Centre reports, "CW is still with us but as I suspected the flight feathers all dropped off of the injured wing along with some skin. I need to grab her tomorrow to make sure

none of the bone went with it. Otherwise she is eating up a storm and seems happy."

From Trout Lake, Ted Kajdas reports: "Female hummers have arrived. Right on schedule, one week after the males had staked out territorial boundaries we have 4f, 3m, hummers at camp. I suspect there may be more however they won't stay still long enough. At one feeder it appears that a mature female and I suspect last year's sibling feed together. The two feeders on the east side of camp are reserved for females only, while the other two on the south side are for the male species. The male, Purple Finches are in full courting colours. It is interesting to watch one male perform his vaudeville dance for a female friend at one of our platform feeders. Seems to me this ritual is also performed by the human species during their younger years. We are at 765-8688, p_giffin@hotmail.com



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

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

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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

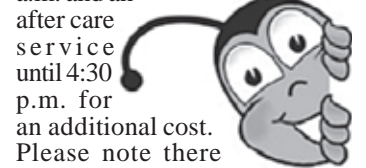
Summer Day Camps Just Around the Corner!

Submitted by: Eric MacKenzie, 14 Wing Community Centre

Who's excited for summer camp? We are! Here at the 14 Wing Greenwood Community Centre, our summer camp

coordinators are busy planning 8 fun filled weeks of summer camps. Day Camp and French Camp will be offered for children ages 6-12 years old and Sports Camp for children ages 9-14 years

old. Please note that due to the last day of school on Monday, June 29th, this will be the new date of the Summer Kick-Off Party and the first day of camp will be on Tuesday, June 30th. The camps will continue all summer long Monday to Friday from 9:00 a.m. to 3:00 p.m. and will wrap up on August 21st. A before care service will be available beginning at 7:30 a.m. and an after care service until 4:30 p.m. for an additional cost. Please note there will be no camp on July 1st and August 3rd. **Registration for all camps will begin on Wednesday, June 17th at 9:00 a.m. at the 14 Wing Community Centre. Please note this change from last week's article.** Spaces are limited and fill up quickly on a first come first serve basis. We have tons of new ideas and are currently planning weekly themes and activities that we will share once they have been confirmed as well as camp prices in the upcoming editions of The Aurora Newspaper.



For more information, updates and changes you can also call the Community Centre at 765-1494 ext. 5341, 5337, or 5331.

14 Wing Greenwood Search & Rescue Spotters Volunteers List

413 Squadron CASARA office will be running a Military Spotters course in the next few months. This will be to act as a vital part of 413 Squadron during actual searches as a spotter. You would be required to fly on the Hercules and Cormorant. You must be a CF member (Regular or Reserve). For more information or if interested, please call Sgt. Al Daigle at local 3113 and leave a message.

Under The Story Tree

Tuesday May 26th
is our last Story Tree for the season at 14 Wing Library.

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

Air Force Day Acknowledged on Parliament Hill

By: Stela Susic, D Air PA

Parliamentarians took the time to tip their hats to members of the Air Force on May 12 as part of the third annual Air Force Appreciation Day.

With the help of Senator Joseph Day, the Air Force Association of Canada (AFAC), a non-profit organization, arranged a tribute in the Senate of Canada and a reception on the Hill to recognize the effort Air Force personnel invest into ensuring peace and security on the national and international stages.

Senator Day kicked off the tribute in the Senate chamber with a brief statement. "It was through great effort, perseverance and bravery that the Canadian Air Force was able to develop into the proud organization that it is today," said Senator Day. "It provides many important services within Canada, including search and rescue operations; military security backup for major events, and the training of NATO personnel. The Canadian Armed

Forces is also very active internationally, including transporting military personnel, equipment and humanitarian supplies to many places throughout the world. It is also active in leading participation in NORAD and NATO missions, including Afghanistan.

Five Air Force members including Lieutenant-General Angus Watt, Chief of the Air Force, were in attendance during the Senate tribute. "It was incredible," said Maj Andrew McCorquodale, one of the Air Force members. "It's a great honour to be recognized like that."

That evening, they and other Air Force personnel walked down the marble floors of the Hill's Centre Block on their way to a reception where senators and Members of Parliament once again expressed their appreciation and support for Air Force work.

"I extend our sincere gratitude to our country's leaders, our country's specialists in the aerospace industry,

and our country's finest in uniform. All of you have played an outstanding role in shaping and preparing our Air Force for today and tomorrow," said AFAC's President John Melbourne.

"...It is important...to celebrate the accomplishments of an organization, a national institution, and indeed, I feel, a national treasure," added Chief of the Air Staff Lieutenant-General Angus Watt. "We have challenges...but we also have a great team, good support from parliamentarians, our Minister, our government and the people of Canada."

Member of Parliament and Parliamentary Secretary to the Minister of National Defence, Laurie Hawn (Edmonton Centre), agreed, saying, "The job Air Force does is incredible. [It] is alive and well, and doing what its country needs it to do around the world. The Air Force is an intricate part of what Canada is and what Canada does; my hat is off to you."



Air Force members (from left to right) Capt Gillian Parker, Maj Andrew McCorquodale, LGen Angus Watt, Maj Jonathan Nelles, and Capt Meagan McGrath were in attendance during the Senate tribute to the Air Force on May 12. / Les membres de la Force aérienne, (de gauche à droite) le Capt Gillian Parker, le Maj Andrew McCorquodale, le Lgén Angus Watt, le Maj Jonathan Nelles, et le Capt Meagan McGrath, étaient présents durant l'hommage rendu par le Sénat le 12 mai.
— credit/source: Cpl Kevin Sauvê, D Air PA / DAP Air

Journée de reconnaissance de la Force aérienne à la Colline parlementaire

Stela Susic, DAP Air

Les parlementaires ont rendu hommage aux membres de la Force aérienne à l'occasion de la troisième Journée annuelle de reconnaissance de la Force aérienne, le 12 mai.

Avec l'aide du Sénateur Joseph Day, l'Association de la Force aérienne du Canada (AFAC), un organisme sans but lucratif, a organisé l'événement au Sénat et une réception à la Colline

parlementaire afin de souligner les efforts que les membres de la Force aérienne consacrent à l'établissement de la paix et de la sécurité au Canada et sur la scène internationale.

Le Sénateur Day a lancé l'hommage à la Force aérienne par une déclaration à la salle du Sénat.

« C'est grâce à des efforts, une persévérance et un courage inouïs que la Force aérienne du Canada est

devenue la fière organisation qu'elle est aujourd'hui », a déclaré le Sénateur Day. « Elle procure au Canada de nombreux services importants, comme des opérations de recherche et de sauvetage, des renforts de sécurité militaires lors de grands événements et l'entraînement de soldats de l'OTAN. Les Forces canadiennes sont aussi très actives dans le monde; elles transportent par exemple du personnel militaire, de l'équipement et des secours humanitaires vers de nombreux endroits. Elles exercent également des rôles de premier plan dans le cadre de missions du NORAD et de l'OTAN, y compris en Afghanistan. »

Cinq membres de la Force aérienne, dont le Lieutenant-général Angus Watt, Chef d'état major de la Force aérienne, étaient présents durant l'hommage rendu par le Sénat. « C'était incroyable », a indiqué le Maj Andrew McCorquodale de la Force aérienne. « J'avoue que c'est tout un honneur de recevoir une telle reconnaissance. »

En soirée, ils se sont joints à d'autres membres de la Force aérienne pour traverser les couloirs de marbre de l'Édifice du Centre et se rendre à une réception, où sénateurs et députés leur ont une fois de plus manifesté leur reconnaissance et leur appui.

« Je transmets notre profonde gratitude aux dirigeants de notre pays, aux spécialistes de notre industrie aérospatiale et aux valeureux militaires du Canada. Vous avez chacun exercé un rôle prépondérant dans l'évolution de notre Force aérienne, de sorte qu'elle est prête à relever les défis d'aujourd'hui et de demain », a déclaré M. John Melbourne, président de l'AFAC.

« (...) Il est important (...) de célébrer les réalisations de cette organisation, une institution nationale, et je dirais même, un trésor national », d'ajouter le Lieutenant-général Angus Watt, Chef d'état-major de la Force aérienne. « Il y aura toujours des obstacles à franchir (...), mais nous avons la chance d'avoir une excellente équipe et de jouir d'un bon appui de la part de nos parlementaires, de notre ministre, de notre gouvernement et de la population du Canada. »

M. Laurie Hawn, secrétaire parlementaire du Ministre de la Défense nationale et député d'Edmonton-Centre, abonde dans le même sens. « La Force aérienne fait un excellent travail, a-t-il dit. Solide et active, elle accomplit ce que notre pays attend d'elle sur la scène internationale. La Force aérienne fait partie intégrante de la fibre du Canada et des réalisations du Canada : bravo et merci. »

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

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

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.

NOVAM QUAERE SCIENTIAM

Maritime Proving and Evaluation Unit
PO Box 5000 Stn Main
Greenwood, NS B0P 1N0

Email: mpeu50th@gmail.com
Phone: (902) 765-1494 ext. 3354 / 3335
Fax: (902) 765-1206

VPI Red Tie Luncheon



Submitted by: Derek Squire

The Greenwood Wing of VPI has held an annual luncheon on or about May Day since the days of the Cold War, to recognise our potential foes. Firstly, it was the Soviet Union, and now it is the Russian Navy and in the last few years, the Chinese Peoples Liberation Army Navy, that concern and hold our atten-

tion. The Russian Navy has re-emerged in recent years with the help of petro-dollars, to take up station in the North Atlantic, the Caribbean, the Mediterranean, the Arctic, and the Indian Oceans. The healthy state of the Chinese economy has allowed PLAN to become more prominent in recent years as it takes up the status of a superpower.

The Lions Club of Kingston presented a catered meal, which was well received by all. This year in the "Toast to the Red Navy", Eric Wood recognised the resurgence of our potential foes. Thereafter, Captain Dave Dunwoody presented an interesting briefing on UAVs in the Canadian Military. Colonel (Ret'd) Gerry Morey gave a



Eric Wood presents a VPI plaque to Col. (Ret'd) Gerry Morey at the Red Tie Luncheon.

well-received update on the modifications and projects in which his company "L-3" and the CF are currently involved.

The only dress regulation

for the Red Tie Luncheon states that all participants have to wear a red tie in commemoration of May Day. Uniforms, flying suits, sport jack-



Capt. Keith Cusson welcomes Capt. Dave Dunwoody, one of our presenters, as a new member of VPI.

ets and sweaters festooned with a red tie are "de rigueur" for this function.

The Red Tie Luncheon is held not to honour a poten-

tial adversary or to degrade him, but to recognise an imaginable rival and to allow us to possibly better understand his point of view.



Some of the attendees to the Red Tie Luncheon of 2009.

GMFRC • Feature of the Week

Second Language Service/Service de langue seconde
Coordinator/Coordonnatrice: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

Souper Franco-femmes

Le vendredi, 29 mai 2009

Kings Arms Pub de Kentville.

Les frais de votre souper

Avant le 22 mai en appelant Sylvie au 765-5611.

Transport : Réunion dans le stationnement du CRFMG à 5:30 pour covoiturage.

Vous pouvez vous rendre sur le site du Kings Arms Pub pour avoir un aperçu du menu offert et l'ambiance qu'on y retrouve au : www.kingsarmspub.ca. C'est la chance de passer une soirée entre francophones, faire de nouvelles connaissances et qui sait, peut-être se faire de nouvelles amies. Venez découvrir un endroit charmant et passer une soirée en bonne compagnie. Réservez votre place pour une soirée de pur plaisir.

Franco-Femmes Dinner

Friday, May 29th, 2009

Kings Arms Pub, in Kentville

Cost of your meal only

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404 Squadron Investiture Ceremony of HCol Lloyd Graham

Submitted by: Captain Dorothy Wiebe, Air Combat Systems Officer

The selection and appointment of an Honorary Colonel (HCol), a tradition that began in the Army, is one that takes numerous levels of command time and effort to identify, seek concurrence and recommend a suitable candidate for this prestigious appointment. As the tenure of HCol Byron Reynolds came to a close, Lieutenant-Colonel (LCol) Doug Baird, Commanding Officer (CO) of 404 (LRP&T) Squadron was faced with the task of finding a successor to HCol Reynolds. A submission by a squadron member recommended Mr Lloyd Graham, a retired Air Navigator, as a candidate for this honour. Mr. Graham was officially announced as the new HCol for 404 (LRP&T) Squadron, on 2 Feb 09 by the Minister of National Defence, the Honourable Peter McKay.

Born in Vermilion, Alberta 17 September 1937 HCol Graham completed 35 years service with the Canadian Forces during the period 1958-1993. During his career he had

eight flying tours accumulating some 6641 flying hours as an Airborne Interceptor (AI) navigator on CF100 fighters; lead Radio Officer (RO) and an instructor on Maritime Patrol Neptune and Argus aircraft; and Long Range (LR) navigator and instructor on the Argus and Aurora aircraft. Squadron supervisory responsibilities included duties as Flight Commander, Chief Tactical Instructor, Chief Standards Officer, and Chief Simulator Officer on these various tours.

HCol Graham's staff duties included responsibility as Staff Officer Evaluation and Requirements, Maritime Air Group Headquarters, Halifax, NS (1975-1978); Commanding Officer Canadian Forces Recruiting Center, St. John's, Newfoundland and Labrador (1982-1986); and Base Operations duties as Ops Center Director and Chief Plans Readiness and Requirements from 1989 until retirement in 1993. Various secondary duties and numerous upgrading, operational and training courses were also completed, including a year at CF Staff College in Toronto, ON. Throughout his career HCol



404 LRP&T Squadron Honorary Colonel Lloyd Graham, 14 Wing Commander Colonel Derek Joyce and 404 LRP&T Squadron Commanding Officer Lieutenant Colonel Doug Baird during the 404 Squadron Investiture Ceremony.

Graham has served in the community with organizations such as: Kiwanis Club Member in Comox, BC and St. John's, NL - Fundraising Chair, Co-founder, Past President and Director of the Lake George Property Owner's Society, Lake George, NS. His

various awards and decorations are as follows: Appointed as an Officer of the Order of Military Merit - Dec 1989; Canadian Forces deco-

ration - two bars; Base Commander's Commendation - Jan 1993; Honorary Life Member of the Lake George Property Owners Society - 1998;

and Remarkable Senior's Award, Province of Nova Scotia - Jun 2003.

After receiving the authorization of his appointment, the next order of business was to have HCol Graham invested as our HCol during a ceremony held at the Annapolis Mess. On 7 May 2009 at 2 pm, HCol Graham gathered with family, friends and Squadron members, past and present, at the Annapolis Mess for the formal HCol Investiture Ceremony. This was followed by a meet and greet where HCol Graham had the opportunity to officially meet with the current members of 404 Squadron. Following the formal Investiture Ceremony, the festivities continued later that night with a Mixed Mess Dinner held in honour of the recently invested HCol. Approx 200 people attended the event which was a fitting, fun-filled end to an eventful day.

404 (LRP&T) Squadron is honoured to have Mr Graham as our HCol and look forward to his involvement in various Squadron activities.

RCAF Association News

Submitted by: Lou Andre

The draw for the homemade crocheted bedspread was made on May 13. Paul Scoville, who made and donated the beautiful spread, drew the lucky ticket. The winner was Mary Dunlop of Aylesford. Congratulations, Mary. Greg Spradbrow, Pres., and Faye Hartlen, Ways & Means, look on as Pauline shows the winning number. Thanks to all who participated, especially, Howard Stratton.



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10-87A	2001	RAV4 4WD	SILVER	4	A	AC,PW,PDL,CRU	156000	10995
09-356A	2003	COROLLA LE	BEIGE	4	A	AC,PW,PDL,CRU	89000	10995
09-402A	2005	COROLLA CE BA	BEIBE	4	A	AC,PDL,CD	75000	11995
09-472A	2005	COROLLA CE BA	RED	4	A	AC,PDL,6 DISC	83000	11995
10-49A	2005	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	64000	15995
10-38A	2005	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	113000	13995
09-374A	2006	PURSUIT G5	SILVER	4	5	CD, SPOILER	93000	7995
09-340A	2006	HIGHLANDER HYB	BLUE	6	A	HYBRID,LOADED	70000	24995
08-225A	2006	PT CRUISER	SILVER	4	A	AC,PW,PDL,CRU	62000	9995
09-524A	2006	PRIUS HYBRID	RED	4	A	AC,PW,PDL,CRU	63000	20995
09-366B	2006	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	78000	12995
10-30A	2006	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	83000	16995
10-26A	2006	COROLLA CE	BLUE	4	A	AC,PW,PDL,CRU	84000	12995
U1560	2007	KAWASAKI 1600	BLK/RED	2	5	MEANSTREAK	1400	13995
U1642	2008	YARIS SEDAN	SILVER	4	A	A/C	22000	14995
U1638	2008	YARIS SEDAN	RED	4	A	A/C	23000	14995
U1653	2008	PRIUS HYBRID	BLUE	4	A	AC,PW,PDL,CRU	51000	24995

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A Historical Moment for CISM Volleyball

By: Ken McDonald, Chef d'Equipe - CF CISM Men's Volleyball

The expression "Nobody will remember who came in Second" will not apply to the Canadian Forces CISM Men's Volleyball Team who will long remember a recently captured Silver at the Canadian National Championship in Calgary this weekend, 8-10 May 09.

Throughout the round robin, our team battled against former and current top CIS and former National Team members to squeak in a 3rd place finish and earning a spot in the semi finals. Having previously lost to the 2nd place University of Calgary Dinos, there was little doubt the guys would need to play exceptionally well for a chance to make history and play for Gold. In mild disbelief, the team found themselves up 2 sets ahead of a very strong Dino team, only to falter a bit to lose the 3rd. Outstanding passing and outside hitting by Cpl Ivan Karin, 2Lt Gord Lee and the ever present Cpl John Ready flying out of the back row made kill after kill. Sensing a victory in the 4th set, team captain and veteran setter, Cplc Dennis Noel, continued to challenge the Dino's block with some excellent set selections to middle players 2Lt Conor Murphy and Cpl Eric Sirois. Each time the team seemed to be losing momentum, Libero, Capt Guillaume Tremblay would come up with a spectacular dig, re-energizing everyone's efforts. Huge support from Lt(N) Mike St Pierre, 2Lt Matt Lorrain, OCdt Bobby Hartzell and OCdt Simon Dakin made it easy for Coaches Mr. Denis Gaboury and Capt Craig Johnston to rest starters throughout the tournament. With history a mere few points away, a final push was all it took for a chance to play in the Finals and the guys were not to be denied. A dream was now a reality.

The Sunday afternoon Final would not go as well however. With the addition of several players to the opponents' roster not seen in round robin play, the CISM team was to fall in 3 straight sets to a very strong and experienced Alberta Club team, which consisted of many of the Country's top players. Despite a somewhat disheartening finish, Coach Denis Gaboury was very pleased with everyone's tournament performance. "This is a historical moment

for the CISM Men's Volleyball program", said Denis. "I am very proud of the Team." This was indeed a proud moment. For a group who can only practice together a few times a year, a silver medal at the prestigious Canadian Open is an accomplishment few teams get to enjoy. While the team has competed in Provincial and National Championships since the early 90's, their best finish at a National tournament was 4th in Ottawa in 2002.

The team physiotherapist, Capt Dan Trudel, should be equally proud. His treatment of some very sore athletes and a few minor injuries was key to our player's great performance. Capt Trudel's talents were also put to good use treating a few serious injuries to players from other teams. Kudos to you, Dan. Special mention goes to the Volleyball Patron, BGen John Collin, for taking the time out of his very busy schedule to support the team in Calgary is equally warranted. We sincerely appreciated your support, Sir.

The Canadian Nationals was but a stepping-stone in this year's schedule as the team now prepares for the 30th CISM World Military Volleyball Championship. This year's event will be held in Rio de Janeiro, Brazil from 20 - 30 Jun 09. There are also plans for a pre-tournament training camp at the US Marine Corps Base in Cherry Point, North Carolina with our American CISM friends.

The CF CISM Volleyball Program is always looking for new talent within the



Back row (L-R): Denis Gaboury (Head Coach)(Ottawa), Cpl John Ready (Trenton), Lt Matthieu Lorraine (Ottawa), Lt(N) Mike St-Pierre (Esquimalt), Cpl Eric Sirois (Valcartier), 2Lt Conor Murphy (Portage La Prairie), Cpl Ivan Karin (Ottawa), Capt Craig Johnston (A/Coach)(Ottawa), Capt Daniel Trudel (Trainer)(Kingsgton). Front row (L-R): Ocddt Gordon Lee (Rmc Kingston), Cplc Dennis Noel (Valcartier), Capt Guillaume Tremblay (Winnipeg), Ocddt Robert Hartzell (Rmc Kingston), Ken McDonald (Chef d'équipe)(Comox). Absent: Ocddt Simon Dakin (Rmc Kingston).

(Photo: Ken McDonald)

Regular and Reserve Force for both the men's and women's teams. If you feel you have the leadership and volleyball experience needed to attend one of our selection camps, we would very much like to hear from you. All contact information is located on the following CISM Web site: <http://www.cismcanadateams.com>

Many thanks to all those who have supported the team throughout this season.

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Aquatics Supervisor at 765-1494 ext 5564



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Oaklawn Farm Zoo Visit

The children at the GMFRC Early Childhood Education 3 Year-Old Program went to the Oaklawn Farm Zoo. The children took time out of their busy morning to pose for a picture. The Early Childhood Education Program is currently accepting registrations for Fall 2009. If you would like more information on the E.C.E programs offered contact Brenda Virtue-Ellis at 765-1494 local 5053. Left to Right: Morgan Lawrence, Riley Carroll, Alexa Russell,

Abby Comer, Brandon Jennings, Darian Sampson, Cole Stockman. Back Row: Brenda Virtue-Ellis.



Submitted by: Marian Elsworth, Clerk Treasurer, Village of Greenwood
Princess Greenwood Courtney Harrison and her child attendant Krika Snow enjoyed a wonderful wardrobe showing tea.

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530/U	2007	Ford	Focus SES Wagon	4cyl,Auto,A/C,Heated seats	48k	\$14,995	\$12,995	\$140
540/A	2006	Pontiac	G6 Sedan	V6,Auto,A/C,Alloys,Loaded	53k	\$15,995	\$14,995	\$162
584/U	2006	Ford	Fusion SEL	V6,Auto,A/C,Leather,Loaded	65	----	\$13,995	\$151
534/A	2006	Chev	Cobalt 2dr LT	4cyl,Auto,A/C,Alloys,Loaded	12k	\$13,995	\$12,995	\$140
582/U	2006	Ford	Fusion SE	4cyl,Auro,A/C,PW,PL,PM	91k	----	\$11,995	\$130
586/U	2005	Mazda	3	4drSedan,4cyl,Auto,A/C,PL,KE,CD	98k	----	\$12,995	\$140
587/U	2005	Pontiac	Montana SV6 ExtVan	V6,Auto,Dual A/C,DVD,Loaded	102k	----	\$11,995	\$130
589/U	2005	Dodge	Grand Caravan	V6,Auto,A/C,Quads,Stow'n Go	108k	----	\$10,995	\$119
570/U	2005	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,CD	93k	----	\$ 9,995	\$109
576/U	2005	Chev	Optra LS Wagon	4cyl,Auto,A/C,PW,PL	95k	----	\$ 9,995	\$109
550/U	2005	Chev	Cobalt	4cyl,Auto,A/C,CD,Spoiler	70k	\$10,995	\$ 9,995	\$109
484/U	2005	Ford	500 SE	V6,Auto,A/C,PW,PL,Cruise	120k	\$14,995	\$ 9,995	\$109
562/U	2005	Pontiac	Montana Ext	V6,Auto,A/C,8pass,Loaded	109k	\$ 9,995	\$ 8,995	\$ 90
575/U	2005	Saturn	ION 2 Sedan	4cyl,Auto,A/C,PW,PL	96k	----	\$ 8,995	\$ 90
561/A	2004	Dodge	Grand Caravan	V6,Auto,A/C,DVD,Loaded Ann.Ed	118k	\$ 9,995	\$ 8,995	\$118
499/A	2004	Chev	Venture	V6,Auto,A/C,Quads,PW	84k	----	\$ 8,995	\$118
526/U	2004	Nissan	Sentra	4cyl,Auto,A/C,CD	100k	\$ 9,995	\$ 8,995	\$118
478/U	2004	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,Cruise	94k	\$10,995	\$ 7,995	\$107
580/U	2004	Kia	Rio RS	4cyl,Auto,PS	88k	----	\$ 6,995	\$ 94
569/U	2004	Hyundai	Accent GL	4dr,4cyl,Auto,PS,Tilt,CD	92k	----	\$ 6,995	\$ 94
504/U	2004	Chev	Aveo 4dr	4cyl,5spd,PS	81k	\$ 9,995	\$ 6,995	\$ 94
502/U	2003	Chrysler	PT Cruiser	4cyl,Auto,A/C,Alloys,Loaded	93k	\$10,995	\$ 7,995	\$120
-----	2002	Pontiac	Sunfire	2dr,4cyl,Auto,A/C,PW	95k	----	\$ 6,995	\$120
517/C	2001	Saturn	SCI 3 dr coupe	4cyl,5spd,till,CD				
TRUCKS & SUVs								
553/A	2008	Ford	Ranger Sport S/C	V6,Auto,A/C,CD,Cruise,Sirius Radio	13k	----	\$15,995	\$149
583/U	2008	Ford	Escape XLT	4cyl,Auto,FWD,Loaded	139k	----	\$14,995	\$140
588/U	2005	Ford	Ranger Sport S/C	V6,5spd,A/C,Alloys,Liner	63k	----	\$11,995	\$130
585/U	2006	Ford	Ranger Sport S/C	V6,5spd,Alloys,Liner,TowPL				
579/U	2006	Ford	Ranger Sport S/C	V6,5spd,Alloys,CD	47k	----	\$10,995	\$119
584/U	2005	Suzuki	Grand Vitara JLX	V6,Auto,A/C,Loaded				
560/U	2005	Chev	Equinox LS	V6,Auto,A/C,Alloys,Loaded				
584/A	1999	Suzuki	Grand Vitara JX	4cyl,5spd,PW,PL				

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Kingston Summer Day Camp 2009

Come and join us this summer at the Kingston Summer Day Camp. We are now in the early stages of planning all our fun activities and outings for the summer. We will continue

GMFRC • Feature of the Week

Volunteer Services

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

Facilitator Little Boys Super Hero Party

Monday, June 1, 2009
12:30 p.m. to 2:30 p.m.
GMFRC

Volunteers needed: 1

To facilitate a fun party geared toward young boy's aged 3 to 5 years, where you will be offering a craft, snack and an afternoon of adventure. Everything will be pre-purchased by a staff member. Please contact Janie Gagnon, Coordinator of Volunteer Services if you would like to be apart of this adventure!

Service de bénévolat

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

Publicité de la semaine

Animateur party de supers héros pour garçons de 3 à 5 ans

Lundi le 01 juin 2009

12 :30 à 14 :30

CRFMG

Bénévoles demandés : 1

Venez offrir une après-midi de plaisirs à nos Supers Héros. Vous les aiderez avec leurs bricolages, collation et chasse aux trésors. Tout sera prêt à l'avance pour vous. Contactez Janie Gagnon, Coordinatrice du service aux bénévoles, si vous désirez passer du temps avec nos supers héros

to run the Day Camp out of the Kingston Rec Hut adjacent to the Western Kings Arena while continuing day trips to Yogi Bear Camp Ground, 14 Wing Greenwood Pool, visiting other Day Camps, and using Kings Transit to keep costs down as we travel to various attractions throughout the beautiful Annapolis Valley.

We will continue our popular activities like playing games, making new friends, water games, arts & crafts, having community people come and share with the day camp, outdoor scavenger hunts and introducing new games and activities throughout the course of the summer.

Camp will run from Monday

June 29th with no camp on Canada Day Wednesday July 1st and run until Friday August 21st. Hours will be 8:00 a.m. until 3:30 p.m. with before care starting at 7:30 a.m. and after care running until 4:00 p.m. daily. Costs will be \$55 for the week with family discounts available and \$15 per day. Additional costs for before and/or after care. Please call now at 765-2800 to book your spot in the day camp and also come to the Kingston Village Office at 671 Main Street to fill out your registration form or you can email us at kingstonrec@ns.aliantzinc.ca. Official registration will run from Monday June 8th until Friday June 26th through the Village Office 8:00 a.m. – 4:00 p.m.

GMFRC • Feature of the Week

Employment and Education Services

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

Learn to drive defensively at the GMFRC

Monday & Tuesday, June 8th & 9th, 2009

6:00 p.m. – 9:00 p.m.

GMFRC Classroom 1

\$20.00

Registration deadline: Monday, June 1st, 2009

Are you a new or existing driver in need of a defensive driving course? You are now required to have a defensive driving course to proceed through the graduated licensing system in Nova Scotia. In June we are offering the opportunity through the GMFRC for you to become a safe, defensive driver. Come in and register soon as the seats fill up fast!

~ PUBLIC NOTICE ~ GMFRC Annual General Meeting & Family Fun Event

Come and enjoy the ceremony of our Annual General Meeting followed by a clown show and complimentary BBQ. This year the Board of Directors would also like to express our appreciation for the GMFRC staff and encourage you to come out and help us. This great family event will take place on Wednesday, May 27th, 2009 starting at 4:00 p.m. at the AVM Morfee Centre (School Road, Greenwood). FREE childcare is provided during the brief meeting.

IMPORTANT: Members of the public are encouraged to visit the GMFRC web-site at www.greenwoodmfr.ca to review the proposed by-law changes.

Please contact the GMFRC to register your children 6 months to 3 years to ensure adequate childcare is available. If you are interested in the Board of Directors or have any questions please call the Centre at 765-5611. We look forward to seeing you!

Rapport Annuel et Activités familiales du CRFM de Greenwood

Venez-vous joindre à nous pour l'annonce du Rapport Annuel du CRFM de Greenwood, suivi d'un spectacle de clown et un souper BBQ. Cette année, dans un geste de reconnaissance, le comité de direction encourage le public à s'impliquer en aidant le personnel du CRFM de Greenwood dans l'organisation de cette activité. Cet événement familial se tiendra le mercredi, 27 mai 2009, à 16h00 au Centre AVM Morfee (rue School à Greenwood). Le service de Garde d'enfants sera offert gratuitement durant la présentation.

IMPORTANT: Les membres de la communauté sont encouragés à visiter le site web du CRFMG au www.greenwoodmfr.ca pour lire les amendements proposés aux règlements administratifs.

S.V.P. téléphonez le CRFM afin de réserver le service de garde pour les enfants de 6 mois à 3 ans. Si vous êtes intéressé à faire parti du Comité de direction du CRFM de Greenwood ou si vous avez des questions, téléphonez au Centre 765-5611. On vous attend en grand nombre!

Mental Health Services 26 Canadian Forces Health Services Centre

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

Mental Health Services Team:

Manager: SLt Yvonne Luedee, MSW, RSW

Social Work Officers:

2 i/c Capt Michelle MacIsaac, MSW, RSW

Michelle Hammond, MSW RSW

Joe Beninati, MSW, RSW

Mental Health Nurse: Dale Young, BN, RN

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

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

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

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

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.



Visit us on the web @

www.auroranewspaper.com

or Email us @

aurora@auroranewspaper.com

Paper Carrier

WANTED

for the following areas:

Plainsview S/D

- Aldred, Bridge, Glengary, etc.

West Bridge St.

- Belmont, Bishop, George, etc.

Pine Ridge S/D

- Elm, Magee, Palmer, etc.

Falls River S/D

- Beaver, Carol, etc.

We are also compiling waiting lists for all areas.

Carrier applications are available on our website

www.auroranewspaper.com





Dress Up Days

Who doesn't remember dressing up like a princess or a cowboy when he or she was little...well the tradition continues. This week at Casual Care, Cassie Taylor, along with Emily and Morgan Christopherson bring us back to those carefree days. Casual Childcare is offered on a first come first serve basis for children from age 3 months to 12 years. This year's program will run until June 26th inclusively and reservations can be made by phoning Miss Coreen at 765-1494 ext.1817. Hope to see you soon!

Progressive Run Training

WEEK	RUN-WALK TRAINING SESSION	SESSIONS PER WEEK	TOTAL RUN TIME	TOTAL WALK TIME
1	walk 1 min, run 5 min, walk 1 min (X 4 sets)	4	20 min	8 min
2	walk 1 min, run 8 min, walk 1 min (X 3 sets)	4	24 min	6 min
3	Walk 1 min, run 9 min, walk 1 min (X 3 sets)	4	27 min	6 min
4	walk 1 min, run 10 min (X 3 sets)	4	30 min	3 min

Submitted by: Aprill Denney, Physical Exercise Specialist

Let's get ready to RUN THE RUNWAY! We don't have much time left before the big event, so as long as you are in good basic health and capable of brisk walking for 20 to 30 minutes without breathlessness, this program will be appropriate for you. This program should be done at least 3-5 times per week. All running should be done at a conversational pace, meaning that you can easily talk while running. During your cardiovascular workout, your heart rate should be within 60% and 85% of your maximum heart rate. You can check your heart rate on your neck or wrist, taking a 10 second count and multiplying by 6. If it is higher than this range you need to work at a reduced intensity. If your heart rate is lower than 60% you will need to increase intensity. Always remember to do a warm up of 5-10 minutes where you gradually increase the intensity

of the intended activity without injury. Also, when you are finished, you should complete a 5-10 minute cool down to bring your heart rate back to a normal resting state, this will also help to prevent muscle stiffness or soreness. If you start at the beginning and you feel it is too easy, try the next week the following session, or add an extra set on the end. Week four is a perfect way to complete the fun run, taking a walking break every 10 minutes. GOOD LUCK and HAVE FUN!

GREENWOOD BOWLING CENTRE

Summer Hours

as of 11 May 2009

Bowling Schedule

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

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

For More Information telephone 765-1494 ext 5631.

www.5pinbowling.ca

Together in Church

Queen of Heaven Chapel

Sunday Schedule

11 a.m. (English Mass)

St. Mark's Chapel

Sunday Schedule

10:30 a.m. Divine Worship

Switchboard..... 765-1494

Wing Chaplain

Padre Art Crawley ext 5119

Wing Chaplain's Admin Assistant

Ms Diane McKeage ext 5883

Chapel Life Coord - St. Mark's

Padre Harold King ext 5541

Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ext 1960

Unit Chaplain

Padre George Helou deployed

Chaplain (BTL)

Padre Mike Peterson ext 5835

Chaplain (BTL)

Padre Gord Poley ext 5545

Emergencies

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

...let's talk about

YOU

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

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre

MFSPPROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

PSFM

Coordinator of Prevention, Support and Intervention Services

Full Time Position

The Greenwood MFRC requires a Coordinator of Prevention, Support and Intervention Services, who as a member of a multi-disciplinary team of professionals, is responsible for the design and delivery of services to enhance the social functioning and emotional well being of Canadian Forces families. Mandated services include education and prevention, self-help groups, assessment and referral, short- term intervention and crisis support.

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

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

Probationary Period: 3 months

Responsible to: Executive Director

QUALIFICATIONS:

- A Bachelor of Social Work degree (and be eligible or registered with the appropriate provincial licensing body); or equivalent combination of undergrad/masters degree education and experience.
- Three years experience in crisis management, family education, short-term intervention, and family support.
- Demonstrated high degree of interpersonal effectiveness, empathy, commitment to teamwork and strong understanding and application of ethical principles.
- Experience in the development, implementation, facilitation and evaluation of adult education and training, group dynamics, crisis intervention, family violence, abuse, attachment, dynamics and processes.
- Excellent assessment skills as well as sensitivity in dealing with and tolerating highly stressful situations.
- Demonstrated ability to effectively manage crisis situations.
- Excellent communication and interpersonal skills; ability to function collaboratively in a flexible and creative manner required.
- Have a clear understanding of the community development process and a working knowledge of community resources.
- Skilled in office procedures, administration, operation of office equipment, and computer programs.
- Knowledge of the unique challenges of the military family lifestyle
- Ideal candidate is bilingual

Hours and Salary

- 37.5 hours per week – flexibility is required
- Salary: \$38,000 annually

The successful candidate will be prepared to commence employment as soon as possible. Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before 1600 hrs Wednesday, June 10th, 2009 to:

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

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

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

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers for the next couple of weeks. For future and ongoing programs and services, please visit our website

at www.greenwoodmfr.ca 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.



May 24-28
Sun • 2 & 7 pm
Mon-Thurs • 7 pm

Night at the Museum

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



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



Employment and Education Services

Coordinator: Stephanie Townsend at 765-5611 local 1816 or email employmentgmfr@eastlink.ca
Upcoming programs or services

CF Recruiting
TBA June 2009
GMFRC Classroom 1
FREE

Military Home Based Business Group Meeting
Thursday, June 4th, 2009
9:30 a.m. – 11:30 a.m.
GMFRC Classroom 2
FREE

Defensive Driving Course
Monday & Tuesday, June 8th & 9th, 2009
6:00 p.m. – 9:00 p.m.
GMFRC Classroom 1
\$20.00

Registration deadline: Monday, June 1st, 2009

Standard First Aid/CPR Level C
Thursday & Friday, June 11th & 12th, 2009
9:00 a.m. – 4:30 p.m.
GMFRC Classroom 1
\$50.00

Registration Deadline: Friday, June 5th, 2009

Employment Ongoing Services

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

Outreach and 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 kim.dixon@forces.gc.ca
Upcoming programs or services

Deployed Families Adult Dinner Out

Thursday, May 28th, 2009
5:30 p.m. – 8:30 p.m.

Location: To be Determined

Pay the cost of your own meal

Registration deadline: Monday, May 25th, 2009

Call 765-5611 to register

Deployed Families Adult Pool Night at Dooley's

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

Location: Dooley's in Greenwood

Registration deadline: Friday, June 5th, 2009

Call 765-5611 to register

Deployed Families Card/Craft Club

Monday, June 15th, 2009
9:00 a.m. – 11:00 a.m.

GMFRC

Registration deadline: Friday, June 12th, 2009

Call 765-5611 to register

Is your military member away?

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

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

* For respite childcare offerings for deployed families, see details under Children and Youth Services

Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-5611 or email shannon.doubleday@forces.gc.ca
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

Youth Council

Tuesday, June 2nd, 2009
4:00 p.m. – 5:00 p.m.

14 Wing Community Centre

FREE

Youth aged 14 and up

Academic Tutoring Service

Monday, Tuesday, Wednesday

Time scheduled with families & tutor

Children in grade P-12

FREE

A tutor request form is available at GMFRC

Parent & Tot Program

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

Children 3 – 5 years

FREE

Drop in – no registration required

Toddler Tuesdays Program

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

Children 1 – 2 years

FREE

Drop in – no registration required

Tumble Tots

Every Wednesday in the gym

9:30 a.m. – 10:30 a.m.

Children 1 – 5 years

FREE

Drop in - no registration required

Baby Club

First and third Thursday of every month at the GMFRC

10:00 a.m. – 12:00 p.m.

Parents with infants aged 0 – 1 yr.

FREE

Drop in – no registration required

Respite Dates

Saturday, June 13th, 2009
12:00 p.m. – 5:00 p.m.

Children up to age 12

Free to CF Families who currently have a partner deployed

Registration deadline: Thursday, June 11th, 2009

and

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

Children up to age 12

Free to CF Families who currently have a partner deployed

Registration deadline: Monday, June 29th, 2009

Volunteer Services

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

Manning craft tables during the Air Show *

Wednesday, May 20th, 2009

2 shifts: 3:00 p.m. to 5:30 and 5:30 p.m. to 8:30 p.m.

14 Wing Parade Square close to the arena

Volunteers needed: 18

Come and help man 4 tables of craft activities for all age groups. We will have a kite building, paper airplane, model helicopter, and an art craft from Nova Scotia Art Gallery. Get to know your community, interact and socialized while helping big and small children or children at heart with their piece of art.

Childcare Provider during the GMFRC Annual General Meeting (AGM) *

Wednesday, May 27th, 2009

3:45 p.m. to 5:00 p.m.

GMFRC casual care and Gymnasium

Volunteers Needed: 6

Assist with casual care, doing crafts and activities with the children while their parents are attending the AGM.

Support the Troops Awareness Promoter

Greenwood Mall

Friday, May 29th, 2009
1:00 p.m. to 4:00 p.m.

Volunteer needed: 2

Greenwood Mall

Childcare can be provided free of charge

Manning table of Support the Troops items to generate awareness and sell items

Little Boys Super Hero Party

Monday, June 1st, 2009
12:30 p.m. to 2:30 p.m.

GMFRC

Volunteers Needed: 2

To facilitate a fun party geared toward young boy's aged 3 to 5 years

Little Ladies Princess Tea Party

Wednesday, June 10th, 2009

12:30 p.m. to 2:30 p.m.

GMFRC

Volunteers Needed: 2

To facilitate a fun tea party geared toward young girl's aged 3 to 5 years

Children's Deployment Support Group, childcare provider*

Monday, June 15th, 2009
5:30 p.m. – 8:30 p.m.

GMFRC Casual Childcare

Volunteers Needed: 3

Children's Deployment Support Group Facilitator

Training in June (flexible with date)

Training between 8:00 a.m. and 4:00 p.m. (flexible with time)

GMFRC

Volunteers Needed: 3

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

Must be available to work 2 hours per month in the evening.

Computer Database De-

sign

Anytime in June
Between 8:00 a.m. to 4:00 p.m. (flexible)

GMFRC

Volunteers Needed: 1

Help design a database to be used at reception

Greenwood 101 Volunteer Committee

First Meeting on Tuesday, June 23rd, 2009

9:00 a.m. to 10:30 p.m.

GMFRC

Volunteer Needed: 5 (looking for some bilingual volunteers)

Plan, develop, and organize a new component to the 14 Wing Welcome Program called "Greenwood 101".

This program will help new families feel welcome, receive information, and ease the transition to their new community.

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)

* *Suitable for our awesome Youth Volunteers!*

Military or Civilian Defence Team Members

"Book Club in a Bag"

Offered by your LCC

Submitted by Kim Smith,
LCC

Would you like to start your own Reading Group? Not sure how to get started? The LCC can help! Our previous book club selections have been collecting dust in our library ... but *no more!* We are now offering previous book club selections to any Unit of military or civilian Defence Team members who want to start their own club.

We will provide guidelines on how to get your group up-and-running, *plus* loan you the books. You will find Index of titles at

M:\14 Wing Public Shared Folders_Lodger Units\Learning and Career Centre\LCC Book Club in a Bag

All titles are linked to their discussion guide.

How it Works

The LCC's new "Book Club in a Bag" is a great new program we offer to 14 Wing Reading Clubs.

One member of your club (the Chairperson) will sign for all copies of the Book Club Book. The LCC Book Club in a Bag includes:

- All copies of the selected book, bagged and numbered

- A sign out sheet the Chairperson will use to track who has the books (all our books are numbered for easy tracking, i.e. "copy 1 of 6")
- A laminated Discussion Guide which you can use to keep your discussion moving along during your discussion meeting.

When signing out the books (this must be done in person), the Chairperson will inform the LCC staff of the date of the discussion meeting. The due date of the "Book Club in a Bag" will be set within a week following the discussion meeting.

The Chairperson is responsible for the books, and the "Book Club in a Bag" must be returned to the LCC **intact and complete**. In other words, if one or two copies have not yet been returned to the Chairperson, the Chairperson is responsible to request an extension from the LCC, rather than return only a partial set.

Kim Smith has chaired the LCC Book Club meetings since our book club's inception. Please contact Kim at local 5226 for more information, and to reserve your "Book Club in a Bag" today! Happy Reading!

Learning and Career Centre

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

LCC Upcoming Workshops

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

MAY 2009

- 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
- 03-04 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
- 16-17 Speed Reading & Memory Techniques, cost pro-rated • 2 days
- 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



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

GMFRC • Features of the Week

Prevention, Support and Intervention Services

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

Multicultural Women's Coffee

The GMFRC has some keen volunteers who are interested in developing a weekly Multicultural Women's Coffee group. "It's nice to go somewhere where you don't have to worry about having an accent", this will be an open group welcoming women from all walks of life. Designed to build relationships, share stories, and knowledge; the Multicultural Women's Coffee will provide the opportunity to celebrate differences and find a commonality. For more information please contact Shannon Doubleday.

Couple's Retreat – CANCELLED

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

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

ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~

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

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

~~~ Canteen Items - CASH ONLY ~~~

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

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

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

May 25<sup>th</sup>: Oven Fries, Cheese, Gravey 2.50 • Caesar Salad 1.50  
• Frozen Yogurt Tube 1.00

May 26<sup>th</sup>: Spaghetti & Meat Sauce 2.50 • Garlic Bread .50  
• Caesar Salad 1.50 • Orange Slices 1.00

May 27<sup>th</sup>: Corn Chowder 1.75 • Chicken Drums & Potato Wedges 2.50  
• Pudding 1.00

May 28<sup>th</sup>: Pizza Factory 2.50 • Banana 1.00

May 29<sup>th</sup>: Pancakes & Fresh Fruit 2.50 • Frozen Juice Bars 1.00

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

## Annapolis Café

### 14 Wing Food Services

All Prices include HST

**Breakfast Full** ..... \$5.55

**Breakfast Light** ..... \$3.30

(Beverage & Toast or Cereal)

**Lunch Full** ..... \$11.10

**Lunch Light** ..... \$6.65

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

**Dinner Full** ..... \$11.10

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

## Meal Hours

**Breakfast** ..... 0600 - 0900

**Weekend & Holidays** ..... 0600 - 1100

**Weekend Brunch** ..... 1100 - 1315

**Lunch** ..... 1100 - 1315

**Dinner** ..... 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

## KINGSTON & DISTRICT SCHOOL

### school lunch menu

#### Whole Sandwiches

1/2 Sandwiches (Asst. fillings) ..... \$1.15  
Subs/Kaisers/Wraps ..... \$2.25 - \$2.50

#### Hot Foods

One Hot Food Daily ..... \$2.50  
Cup of Soup ..... \$1.00  
Bowl of Soup ..... \$2.00

#### Beverages

Milk ..... \$0.35  
Choc. Milk ..... \$1.30  
Juice Small ..... \$1.00  
Juice Medium ..... \$1.25  
Bottled Water ..... \$1.25  
Yop ..... \$1.25  
V8 Juice ..... \$1.00

#### Salads

Assorted Salad Plates ..... \$2.50  
Fruit Plate ..... \$1.75 - \$2.25  
Veggies & Dip ..... \$1.00  
Apple Snacks ..... \$1.00

#### Snacks

Cheese & Crackers ..... \$1.00  
Fresh Fruit ..... \$0.75 - \$1.25  
Gold Fish Crackers ..... \$0.50

#### Miscellaneous

Bread & Butter ..... \$0.50  
Bagel ..... \$1.25  
Cream Cheese ..... \$0.50  
Cheese Whiz ..... \$0.50

#### Freezer Items

Frozen Yogurt ..... \$1.25  
Yogurt Tubes ..... \$1.00

#### Desserts

Muffins ..... \$1.00  
Cookies (small) ..... \$0.35  
Biscuits ..... \$1.00  
Yogurt ..... \$1.25  
Fruit Salad ..... \$1.00  
Other Assorted Desserts ..... \$0.75  
Special Treat Days ..... \$1.50

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

Mon: Pizza Subs; Tues: CLOSED; Wed: Assorted Menu;  
Thurs: Special Treat of the Day; Fri: Lasanga & Salad

This menu brought to you compliments of:

## FRASER'S PRO Home Centre



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KENTVILLE • 1-902-678-8044  
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www.frasers.ca





# FOR YOUR INFORMATION

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

FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted each week either in person to our offices located on School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: [aurora@auroranewspaper.com](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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# HOROSCOPES

May 24 to May 30

ARIES - Mar 21/Apr 20

Aries, your eyes are open and looking for new possibilities. It could be romance, business or a combination of both. Either way, you'll impress the crowds with your charisma.

TAURUS - Apr 21/May 21

Taurus, this week is a good time to get over some grievance you've been holding onto for some time. Let the wounds heal and get on with your life. Brooding won't help.

GEMINI - May 22/Jun 21

Gemini, you're feeling aggravated with a co-worker who feels he or she knows everything. Even though you know the truth, keep it to yourself so you don't start an argument.

CANCER - Jun 22/Jul 22

Sometimes there's no avoiding the issue, Cancer. This week you have to meet it head on so you can get on with your life. It may take some time, but it will happen.

LEO - Jul 23/Aug 23

Leo, your enthusiasm might overwhelm family and friends this week. So don't be surprised if they don't share your level of excitement. Just embrace it all yourself and have fun.

VIRGO - Aug 24/Sept 22

If you are single Virgo, this is your week for exploring new romantic opportunities. Attached Virgos can spend time with their partners strengthening the relationship.

LIBRA - Sept 23/Oct 23

Libra, you feel a bad mood coming on but you know it is just temporary and will blow over. Gemini helps you get over the barrier a little quicker.

SCORPIO - Oct 24/Nov 22

Scorpio, you feel pretty confident about what you want out of life and this week you set a plan in motion to get those things you desire the most.

SAGITTARIUS - Nov 23/Dec 21

There's nothing to be gained by dancing around an important issue, Sagittarius. You simply have to go for it this week and take the proverbial bull by the horns.

CAPRICORN - Dec 22/Jan 20

You are feeling pretty good this week, Capricorn. Then some really good news comes your way and you will be on Cloud 9 for some time. Others are jealous of your fortune.

AQUARIUS - Jan 21/Feb 18

Aquarius, you must be the disciplinarian at work or at home this week. You really don't relish the idea of wielding power, though, even though it must be done.

PISCES - Feb 19/Mar 20

Use your energy to round up people for a good cause, Pisces. Organize a march or a clean-up committee.

## FAMOUS BIRTHDAYS

|        |                                 |
|--------|---------------------------------|
| MAY 24 | Priscilla Presley, Actress (64) |
| MAY 25 | Stacy London, Fashion Guru (40) |
| MAY 26 | Stevie Nicks, Singer (61)       |
| MAY 27 | Joseph Fiennes, Actor (39)      |
| MAY 28 | John Fogerty, Singer (64)       |
| MAY 29 | Melanie Brown, Singer (34)      |
| MAY 30 | Wynonna, Singer (45)            |

Horoscopes brought to you compliments of:

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Auto Clubs Accepted

## Community Breakfast

Saturday May 30, 8:00 - 10:00 a.m. There will be a Community Breakfast at the Kingston Baptist Church, Kingston. For a free-will offering, enjoy a full, hot breakfast. All welcome.

## Spring Casserole Buffet Supper

All Saints ACW will be holding a Spring Casserole Buffet Supper. Where: All Saints Anglican Church Hall, Pleasant Street, Kingston. When: Thursday, May 28 from 4:30 p.m. - 6:30 p.m. What: a selection of salads, casseroles and desserts. Adults: \$8.00. Children \$4.00. Family rates are available. There will be take out! Contact: Sheila Hulford 765-4023.

## Annual Brickton Casserole Supper

Saturday, May 30, 4:30 p.m. - 6:00 p.m. at Brickton Community Hall. A delicious variety of homemade casseroles, salads, rolls, coffee, tea & scrumptious desserts. Adults \$ 8.00, children under 12 \$ 5.00. Proceeds towards a new "green" climate control system. Everyone welcome.

## Saturday Morden Breakfast

The Morden Community Hall will be having a breakfast on Saturday, 30th of May from 8:00 a.m. 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 United Church Annual Spring Yard Sale

Kingston United Church 733 Main Street Kingston will be holding its Spring Yard Sale on Saturday June 6 from 10:00 a.m. on. Yard sale items, plants, canteen facilities available. To be held rain or shine.

## Kaleigh French Reaching

## Out Globally Society (KFROGS)

This years theme is: "Day for Global Change". Main Point: The Kaleigh French Reaching Out Globally Society (KFROGS) is hosting its second annual Day for Global Change on Sunday June 7, 2009. This day-long family event takes place at the Look-Off near Canning, and includes a 5 km & 10km walk/run, pancake breakfast, BBQ, live entertainment by local performers, adult beverage tent, bouncy castle, pony poo lottery, pony rides, silent auction, and memorial service for Kaleigh. Come for a day of fun, and support a good cause: Proceeds support local youth on volunteer missions globally. For more information, please visit [www.kfrog.ca](http://www.kfrog.ca) or call 582-3022.

## "Feed the Children" Spaghetti Supper

"Feed the Children" Spaghetti Supper is being held in aid of the breakfast program at Annapolis East Elementary School, Middleton, Tuesday, May 26, from 4:00 - 6:30 p.m. Spaghetti, garlic bread, dessert & beverages are included & live music! Cost is \$8 for adults, and \$4 for children (free for kids under five years of age). Tickets available at Pharmasaves in Middleton & Kingston and at the door. This event is sponsored by Foresters - Princess Marie Branch. For more info call: Shirley, 825-2405.

## Kingston United Baptist Church Library

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

## North Mountain Gun Club Military Shoot

The NMGC will hold a multi-position military rifle shoot at its range in Forrest Glade on Sunday, June 7th, for military rifles with issue iron sights. Period uniforms and gear are encouraged. Lunch served at noon. Shoot starts at 1:00 p.m. Cost: \$5 for members; \$8 for guest shooters; no charge for observers. All welcome!

## Chinese Auction & Yard Sale

Chinese Auction & Yard Sale being held Sunday, June 14th, 2009 at the Aylesford Lions Hall from 10:00 a.m. - 2:00 p.m. There will also be a Touch n' Take Table, 50/50 Draw and Canteen available. Yard Sale tables are only \$5.00 each! To reserve a table or for more information please contact Betty Hebb at 847-1918 or Vicky Puttick at 242-2557. Come out and join us. All proceeds go to the Children's Wish Foundation of Canada.

## The New Lucky Stars 4-H Club Talent Show Fundraiser

The New Lucky Stars 4-H Club in Melvern Square is holding a Talent Show Fundraiser. June 13th from 1:30 to 3:30 p.m. at the Melvern Square Community Center. Admission is Free will offering at the door. Homemade dessert and coffee and tea will be available for purchase.

## A Talk on Problem Gambling

The Kingston/Greenwood Community Health Board invites the public to attend a talk on Problem Gambling by Audrey Shields, Clinical Therapist, Gambling Awareness and treatment, Mental Health & Addiction Services, AVH at our Annual General Meeting Wednesday, June 3rd, 6:30 p.m. at the Kingston Fire Hall. Everyone Welcome!

## Wine, Books and Library Centennial Project

The topic is wine in a presenta-

tion offered by the Annapolis Valley Beaver Creek Winery at the Middleton Library on Monday, June 1 at 7:30 p.m. Friends of the Library invite the public to learn about the production of quality fruit wines and later view plans of the library's on-site project marking the town's centennial. Reception to follow.

## VPI Meeting

The Greenwood 14 Wing VPI will hold their monthly meeting on Thursday 28 May at the VPI Centre. Engines on for the meeting at 1530 hrs, with Take Off planned for 1600 hrs.

## Ex-Airwomen's Lunch

The next get together will take place at the Mid-Valley Motel on Wednesday May 27th at noon. For more info call Marie Vautour at 765-0584.

## Annual Spring Talent Show

Annual Spring Talent Show will be held at New Beginnings Center, 1151 Bridge St., Greenwood on May 29th at 7:00 p.m. Everyone is welcome to attend. Admission is \$5.00. For information phone Anne at 765-2928 or New Beginnings Center at 765-8155 or email [woodburya@nsac.ca](mailto:woodburya@nsac.ca).

## Contemporary Worship Service

Contemporary Worship Service, Sundays at 10:45 a.m., at New Beginnings Center 1151 Bridge St., Greenwood. Kid's Church program is offered during the Service for children up to age 11. Coffee and fellowship time after the Worship Service. Everyone is invited to attend.

## Greenwood Health Auxiliary

The May meeting of the Greenwood Health Auxiliary will be held Wednesday, May 29th at 1:00 p.m. in the Greenwood Mall Board Room. Note change of place and time.

# Auto Hobby Club - Fixed Asset Sealed Bid Auction

The 14 Wing Auto Hobby Club has been closed for five years now and despite several attempts to find an affordable structure or build an adequate facility the bottom line is that there will not be an Auto Hobby Club at 14 Wing and the assets of the former club are to be sold by sealed bid by the 4th of June 2009. The assets will be available for viewing at the Fitness and Sports Centre the 2nd and 3rd of June with all bids to be in by 1600 Thursday the 4th of June. The winner bid will be informed and payment and pick up of the item/ items will be required NLT 11 June, 2009. Items include, auto hoists, compressors, balancers, air/ mechanical tools, benches act. A full inventory will be available by contacting Fred Williams, 765-1494 ext 5498.

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

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

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

No Central Registry or Canada Post please.  
Deadline: Noon, Thursday, May 28, 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 is Stephan Somerset's phone number \_\_\_\_\_
2. Who is building a new car company \_\_\_\_\_
3. When does Nova Scotia vote \_\_\_\_\_
4. Where is Parkdale Creek located \_\_\_\_\_
5. Who has Automotive Transponder keys \_\_\_\_\_

**Pizza Delight**

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

**Congratulations to last week's winner: KIM GOODALL**

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**Air Force Association of Canada**

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## Youth Happenings at the 14 Wing Community Centre

### Youth Recreation Worker TBA

Wow! It's hard to believe we were in the month of May and so far the weather has been perfect! It's great to see everyone enjoying the outdoors: bicycling, skateboarding, walking and playing in the park! There are lots of great activities planned at the Community Centre this month including an overnight trip to Lake Pleasant for the teens! For more information, just drop by the Community Centre and pick up your May calendar or call 765-8165! Here's what's happening this week at the 14 Wing Greenwood Community Centre.

#### Boyz Club

**Wednesday May 25<sup>th</sup>, 2009**  
**Bicycle Ride**  
**4:30 – 6 p.m., Bring Ice-cream Money!**

Boys, grab your bikes and your helmets and meet me at the Community Centre at 4:30! We'll cruise all the local trails, including the Duck Pond and the dirt tracks behind the French School!

We'll also stop and grab an ice-cream cone or cool drink at Avery's, so be sure and bring some pocket change! See you there!

#### Teen Activities

**Tuesday May 26<sup>th</sup>, 2009**

#### Soccer

**6:00 – 7:00 p.m.**

Let's hope for good weather Tuesday night Teens, so we can play outdoor soccer! All you need is your running shoes, a water bottle and your best friend to join you! Hope to see you there!

#### Active Chicks

#### Day & Time Change

**Thursday May 28<sup>th</sup>, 2009**

#### Swimming

**Time 6:15 – 7:45 p.m.**

Yeah, we finally get to swim again girls! I hope Thursday night works for everyone; we'll meet at the Community Centre at 6:15 to sign-in and then we can walk over together. Invite a friend to join you, it's more fun to swim with a buddy!

**Attention Pre-Teens & Teens**

The Pool Tournament

schedule for May 31<sup>st</sup> is cancelled but will be rescheduled in June. Sorry for this delay but stay tuned for lots of fun activities coming up in June including the pool tournament!

#### ICE CREAM SUNDAE MOVIE NIGHT!

**Saturday May 23<sup>rd</sup> 2009**

We will be serving ice cream sundae's with both the Pre-Teen and Teen movies. Each sundae is \$2 and we will stock it full of all your favourite goodies like chocolate chips, sprinkles, and some delicious chocolate and caramel sauces. Mmmmmm! See you there!

#### Pre-Teen Movie Night

Every Saturday is pre-teen movie night. The fun starts at 6:00 p.m. and runs until 8:00 p.m. Admission to the movie is free with your membership card or \$1 drop in fee. This week will be watching "Paul Brant: Mall Cop" rated PG This hilarious comedy is based around a single father who works at the local mall as a security guard or as some would like to call him "Mall Cop". Although his job doesn't seem too serious to most people it quickly takes a turn when there is a heist at the Megaplex and the number one mall cop is assigned to save the day.

#### Teen Movie Night

Teen movies run from 8:30 – 10:30 p.m. Admission to the movie is free with your membership card or \$2 drop-in fee. This week the teens will be watching "Paul Brant: Mall Cop" rated PG See the Pre-Teen movie for all the details

## Employment Tip

**Submitted by: Stephanie Townsend, Coordinator  
Employment and Education Services at the GMFRC  
(902) 765-1494 local 1816**

When faced with the need to further your education, it can be exciting and nerve-racking all at the same time. Whether you want to take a course to fill a need for knowledge on a subject or you require the upgrade to change or advance your career, there are many educational options to choose from. Many institutions cater to individuals working full time by offering solutions like night classes or online courses that you work on at your own pace. Educational advancement is never a waste and you may be surprised at the use of these resources in areas you never thought possible.

You can obtain information about your options by visiting the GMFRC where there is an extensive educational resource library of schools across the country and you will have the opportunity to discuss options that work best for you.

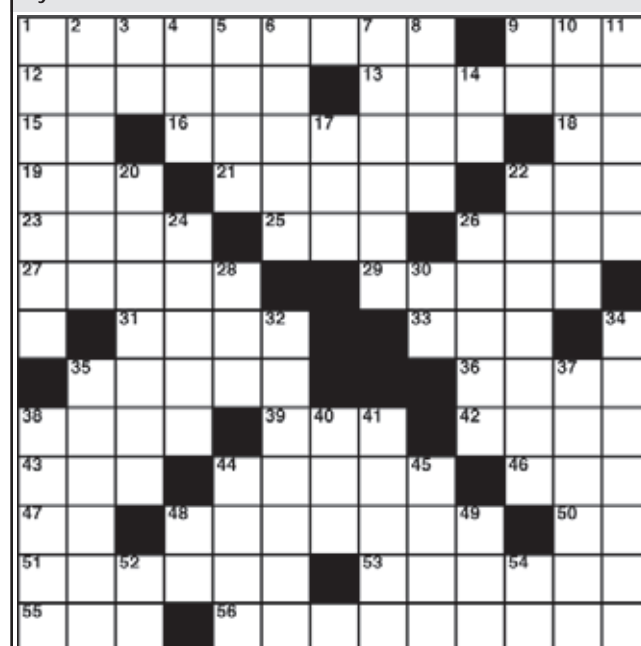
For more information on this employment tip or on employment services in general, contact Stephanie Townsend, Coordinator of Employment and Education Services.

## Canadiana Crossword

### Canadian Icons

Solution page 22

By Bernice Rosella and James Kilner



#### ACROSS

- 1 Greatest Canadian nation builder
- 9 Half a fly?
- 12 Mountainous
- 13 Canada's greatest international jurist
- 15 Truckers tech
- 16 Greatest Canadian peacekeeper
- 18 Polish currency (abbr)
- 19 Auction action
- 21 Snooze
- 22 Prompt
- 23 Baseball's Slaughter
- 25 Receptor
- 26 Some service club members
- 27 Promotes
- 29 Mid-east desert
- 31 Young sow
- 33 Greatest Canadian cancer fighter
- 35 Transparent
- 36 Lady of song
- 38 Charles, abridged

- 39 Int. news agency
- 42 Soon
- 43 Males
- 44 Digger of fifties TV
- 46 RCMP rank
- 47 Hosp. unit
- 48 Sound systems
- 50 Yes, to Sergio
- 51 Print errors
- 53 Activity
- 55 Canadian whiskey
- 56 Comforting (var)

#### DOWN

- 1 Shakespeare character
- 2 Pigmentation anomaly
- 3 Cdn. news agency
- 4 Bathe
- 5 Aces
- 6 Cole's sidekick
- 7 Light sources
- 8 Descend
- 9 Toronto, slangily
- 10 Greatest Canadian environmentalist
- 11 Gardner and others
- 14 Canadian news
- 17 One-time Blackhawk coach
- 20 Greatest Canadian Premier
- 22 Early auto horns
- 24 Piggy places
- 26 \_\_\_\_ Gay
- 28 P. Hearst abductors
- 30 Word before only
- 32 The "Fuddle duddle" man
- 34 Greatest Canadian medical innovator
- 35 Greatest Canadian hockey broadcaster
- 37 Opens a website
- 38 Applaud
- 40 In an
- 41 Intestinal
- 44 Baseball's Mel and kin
- 45 Crazy
- 48 One of the Americas (abbr)
- 49 Juan de Fuca e.g.
- 52 Business letter ref.
- 54 Roman 2

Weekly Crossword brought to you compliments of:

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### ComParrot<sup>®</sup> by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



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Solution: 1. Leaf on flower is missing. 2. Batting helmet is different. 3. Stitching on baseball is missing. 4. Rock in flowerbed is hidden. 5. Shoe lace is hidden. 6. Number on jersey is different. 7. Pocket on ball glove is colored in. 8. Heel on shoe is colored in. 9. Crest on batting glove is colored in. 10. Flower has moved. 11. Bandage on boy's arm has moved. 12. Crest on bat is wider.

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Counsel:

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B0S 1P0

# 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](mailto: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** - Mini home in Wilmot 2/3 bedrooms, 4 Danny St (across from Frenchy's). Recently renovated, new roof, some new windows, neutral paint throughout, fridge/stove, dishwasher and shed included. New Price \$37,900 call 765-9127 after 4:00p.m.

**FOR SALE** - Osburn 1600, high efficiency wood stove

using advanced combustion system. EPA certified, the stove is 6 years old, a new one would cost \$1500.00. Asking \$800.00 OBO call 765-4367 (3021-3tp)

**FOR SALE** - 4 Goodyear Regatta all season tires, P185 65R 15. Asking \$225.00 call 765-0437 (3020-2tp)

**DOWNSIZING SALE** - 6<sup>th</sup> & 7<sup>th</sup> June 09. Furniture, glassware, old dishes and books etc. 1716 Matthews Lane Ravenwood. (3021-2tp)

**FOR SALE** - 31 foot Damon Motor-home \$24,000.00 or best offer, must sell new paint job in

perfect condition. 6 cylinder Cummings diesel pusher 11 mpg. Onan generator, Refrigerator freezer 2 roof air conditioners 902-242-2636. (3020-2tp)

**FOR SALE** - Corner china cabinet \$250.00, rose wing back recliner \$300.00, Queen Anne chair with down filled cushions \$300.00 and electric lawnmower little use \$125.00. Call 765-8416 (3021-3tp)

**FOR RENT**

**FOR RENT** - Large 2 bedroom apartment in Kingston, available June 1<sup>st</sup>, \$450.00. Also 2000 Honda Shadow 1100 for sale

\$3800.00 OBO call Mike 242-2465 (3019-3tp)

**FOR RENT** - 1 bedroom apartment in Wilmot. Includes heat, lights, fridge/stove, and shared washer/dryer. References and security deposit required. \$400.00 per month. Call 765-0838 after 6:00 p.m. (3021-2tp)

**FOR RENT** - Apartments in Middleton. Call for details 825-3424 or 825-2606 (3019-3tp)

**FOR RENT** - 1<sup>st</sup> June Greenwood - 2 bedroom adult apartments near Mall, fridge/stove, snow removal, paved parking and lawn care. No animals. \$490.00 per month plus utilities. Call 765-8203 (3019-4tp)

**FOR RENT** - LINCOLN-SHIRE APT AVAILABLE,

in Kingston, 2 bedroom apartment with balcony available Aug 1<sup>st</sup>, \$550.00 month excludes utilities. Live-in Super, secured building. Please call 840-0683. (3020-ufn)

**FOR RENT** - 2 bedroom duplex in Greenwood \$525.00 per month plus utilities no pets call 765-4132 (3020-ufn)

**FOR RENT** - 3 bedroom bungalow, Greenwood, Rivercrest Lane. Fridge/stove, dishwasher included, available immediately. \$850.00 per month plus utilities. No pets, lease required. Call 902-405-2440 (3020-4tp)

**FOR RENT** - Quiet area central Aylesford. Energy efficient lower level 2 bedroom duplex apartment. Adult building. Fridge/

stove supplied, washer/dryer hook-up, lawn mowed. Only quiet adult with good rental history need inquire. \$375.00 monthly phone 765-2042. (3020-2tp)

**FOR RENT** - Large 3 bedroom home in Middleton. Available June 1<sup>st</sup>, in-floor heating. \$850.00 per month plus utilities. Call 844-0606. (3021-4tp)

**FOR RENT** - 2 bedroom apartment in quiet subdivision in Greenwood. 4 appliances, cable TV and high speed internet included. Non smoker, no kids and no pets. Ideal for senior couple \$650.00 call 765-6343 (3020-2tp)

**FOR RENT - COMING TO GREENWOOD ON IR??** New 1 bedroom bright apartment in a quiet country setting. Fully furnished and equipped fridge, stove, washer, dryer. Rent includes all services except phone and cable. No smoking, no pets. Call Joe

**APARTMENT FOR RENT**

2 Bedroom Residential Duplex, 14 Maplewood Lane, Forest Brook Park Subdivision, Kingston, Nova Scotia. \$525.00 / month + utilities  
Call 765-3301 to view

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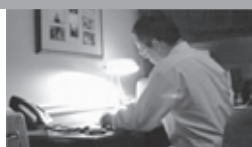
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**Crossword Solution**

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | C | D | O | N | A | L | D | T | S | E |
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| C | B |   | P | E | A | R | S | O | N |   | Z |
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| E | R | R | A | T | A |   | A | C | T | I | O |
| R | Y | E |   | S | U | C | C | O | R | I | N |

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# Children's Deployment Support Group



Submitted by Jennifer MacLeod, GMFRC Program Support Assistant

The Children's Deployment Support Group takes place at the Greenwood Military Family Resource Centre monthly where we provide support to children of a deployed parent(s). Having the military as part of your life can be exciting, but it can

also be tough at times when you have to be separated from your parent(s) because of their duties. This support group helps encourage children to talk about their feelings and how the separation affects them. They might have some big questions such as, "What's going to happen on special occasions like holidays and my birthday," or "Will the family rules be the same." We

talk about some suggestions for handling a separation and different emotions that are experienced during the cycle of deployment. This is a facilitated program by the Coordinator of Children and Youth Services, Kim Dixon. If you would like further information please contact Kim at 765-1494, local 1812.

(Photo by: Kim Dixon).

## Classified Ads Continued

765-1898 or 5215 on base. (3020-4tp)

FOR RENT - Available July 01/2009. 2 bedroom duplex in Wilmot. Fridge/stove, cable TV, washer/dryer hookup, garage. References and security deposit required. \$550.00/month. Call 847-5412 after 3PM. (3020-2tp)

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

FOR RENT - 1 bedroom apartment with heat and lights, laundry, snow removal and access to garage included. No pets. Please call 765-9113 for inquiries. (3021-1tp)

FOR RENT - Lot for Mini home in quiet trailer park surrounded by forest, Wilmot area. Phone (902) 678-8922. (3021-1tp)

## 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 - 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 (3020-4tp)

SERVICE - OK Corral Paint Ball Games. Hwy 201, Paradise, 10 min West of Middleton. All equipment supplied. Call for bookings or for more info call 824-2058. Lots of fun for the whole family. (3020-8tp)

SERVICE - The Cooperators offers great travel insurance for expenses you may incur out of province. Protect you and your family. Plans start as low as \$16.00 for 7 days. Call 765-3334 or visit us at 780 Central Ave Greenwood. (3019-3tp)

CHILDCARE PROVIDER - Mother of 2, two full time positions available in my home in Bowlby Park Subdivision. F/A and CPR qualified. Snacks and lunch provided, call Alisa at 765-2981(3021-2tp)

## VEHICLES

FOR SALE - 2000 Pontiac Montana Van. Good condition, must be seen. 166,000km, MVI until Aug 09, asking \$2500.00 Call 765-6870 (3020-2tp)



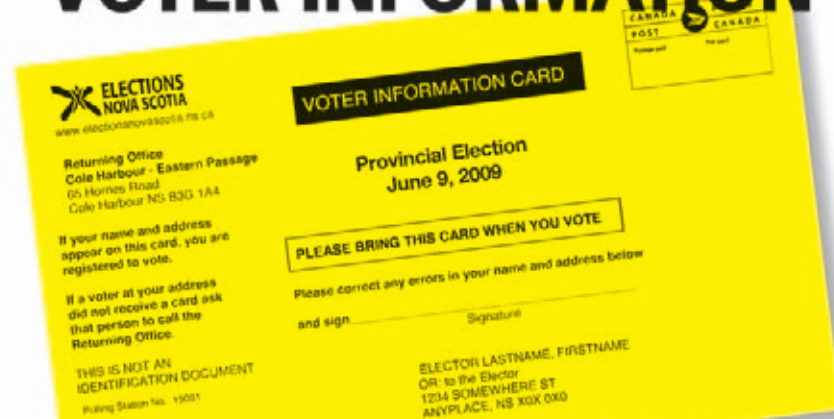
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ADVERTISE IN  
The Aurora  
Newspaper

Call Anne at  
765-1494 local 5833  
to book your spot!



## VOTER INFORMATION



**Everyone whose name is on the List of Electors for the June 9, 2009 Provincial General Election should receive a Voter Information Card (VIC)**

This VIC tells you the times and places for voting and confirms that you are on the List of Electors. It's bright yellow.

If you believe you are eligible to vote and do not receive your VIC by May 29, 2009, please contact the Returning Office, at the telephone number below.

If you are on the List of Electors and bring your VIC with you when you vote, the voting process will be easier.

## You can still be added to the List of Electors if you are:

- 18 years of age or older on June 9, 2009
- a Canadian Citizen
- a resident of Nova Scotia since November 4, 2008

Personal identification is required.

Contact the Returning Office to find out how to be added to the List and the polling station at which you vote.

## ABSENTEE VOTING

Electors can vote by write-in ballot or at the Special or Advance polls, or on Election day. A write-in ballot is a blank ballot on which you write the name of the candidate for whom you are voting, or your party of choice. Write-in ballots are available from your local returning office now. If you are not on the List and want to vote by write-in ballot, you can be added to the List using the application for a write-in ballot and vote by mail or in person at the returning office.

For information contact Elections Nova Scotia at  
424-8584 or Toll-free in Nova Scotia: 1-800-565-1504  
TTY: 424-7475 or Toll-free TTY: 1-866-774-7074  
[www.electionsnovascotia.ns.ca](http://www.electionsnovascotia.ns.ca)

**Count Yourself In...  
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Christine McCulloch, Q.C.  
Chief Electoral Officer



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# Greenwood Horse & Recreation Club Spring Events



Submitted by: Rhonda  
Sanford

Finally the weather has warmed and the horses are shedding their winter coats. With the nice weather comes the opportunity to get outside again and tackle the many projects we have planned for the summer. Greenwood Horse & Recreation Club (GHRC) is replacing fences, installing new stall floors, and rebuilding one of our outdoor riding rings. This work will go on for most of the summer as we continually upgrade our facility but, would not be possible without the commitment of a most amazing group of hardworking, dedicated volunteers. Mike, Clint and Peter all deserve recognition for their efforts.

Our lesson program is in full swing with beginner, intermediate and advanced lessons five evenings per week. Limited openings are still available. Plans are also underway for week long summer camps in July and August. Information regarding camps once complete, will be posted in The Aurora Newspaper.

We are still taking bookings for Birthday Parties. With four parties to date, the feedback has been terrific. The kids are enjoying the opportunity to ride and experience horses, while the parents don't have a house to clean after the party is over. We offer a large room with seating for 15, fridge, washroom facilities and, soon to be included, BBQ facilities.

**Upcoming events include:**  
Bowie Langille Clinic  
June 6 - 7  
Nick Valentine Clinic  
July 18 - 19

For more information on these events call GHRC 765-2310 or stop in and talk to the staff. Visitors are always welcome.

Special note to all gardeners - we have LOTS of FREE horse manure available for your spring planting.

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25  
YEARS**

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All fine furniture, leather furniture & bedding are priced at up to 80% off.  
Everything must be liquidated before the deadline to terminate this sale.

## SAVINGS OF UP TO 80%

on fine furniture, leather furniture & bedding

## EVERYTHING MUST GO!

Shop early for best selection. Limited quantities of some items.  
First come first served only - No Holds or Layaways

VISA, MASTERCARD, DEBIT CARD, CASH, will be accepted. Finance interest & payment, FREE FOR ONE YEAR.

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