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The Aurora newspaper



Warrant Officer
Wayne Snider (Left),
Head Flight Engineer
with 405 Squadron,
Major Richard Hone
(Center), Flight
Commander and Acting
Commanding
Officer of 405
Squadron, and
Captain Bruno
Parent (Right)
405 Squadron
Historian.
Photographed
with the
propeller from a
World War II Avro
Lancaster that flew
with 405 Squadron
(when they were
part of Bomber
Command).



(Above Photo by: MCpl Paul Lee,
Canadian Forces Imagery Technician)

A Piece of History Delivered to 14 Wing Greenwood

By: Captain Scott Spurr

It was a cool clear moonlit night almost sixty five years ago when Avro Lancaster ND587 from 405 Squadron, (the Royal Canadian Air Force) took off from its base from Gransden Lodge in Britain to commence its bombing run in Europe. The Lancaster was part of the Pathfinder Force of the Royal Air Force's (RAF) Bomber Command during the Second World War and found itself attacked by a German fighter over central Belgium. The German Messerschmitt Bf110 night fighter shot down the Lancaster that night and the plane crashed near Gallaix, Belgium killing its seven man crew.

...continued on page 3.



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By Capt Rob Scholte

The CP-140 Aurora patrol aircraft has evolved from not only being a premier Anti Submarine Warfare (ASW) platform but also to one of the most versatile aircraft in the Canadian Forces. Within the last few

CP-140 Aurora's Deploy to South West Asia

years the aircraft and crews have conducted sovereignty missions to the north, fishery patrols on the three coasts of Canada, search and rescue missions, drug interdiction operations with federal and international authorities, civil aid missions, participated in major Canadian Forces operations and of course ASW.

Now the operational tasking is to provide high quality image mapping of Afghanistan, which will provide significant updated geographical and

structural information to strategic and tactical commanders located in the Afghan theatre of operations. This will ultimately aid the troops on the ground in the success of their missions. Two Block One Aurora's from Comox and two crews, one from 405 Long Range Patrol (LRP) Squadron (Sqn) 14 Wing Greenwood, Nova Scotia and the other from 407 (LRP) Sqn 19 Wing Comox, British Columbia have deployed to South West Asia to join the Theatre Support Ele-

ment of Operation (OP) Athena.

As with any Aurora deployment, the required maintenance and technical support elements are in place. The technicians from 14 Air Maintenance Squadron from Greenwood and 407 Sqn Comox's main objective is to keep the aircraft serviceable so the aircrew can carry out the thirty planned missions to meet the mapping requirements of OP Athena commanders. With temperatures reaching highs of fifty Celsius any unservicability will mean re-

pairs in less than ideal conditions. With this mission we are working very closely with military and civilian personnel from the Canadian Forces Mapping and Charting Establishment (MCE) located in Ottawa. This group of professional, dedicated personnel are responsible for the overall operation of the high technical camera on board the aircraft as well as the precise development and reconstruction of all the images produced from the missions.

Training for this operation began well before the scheduled deployment dates. Initially the Vanguard aircrews and technicians from both Wings had to complete the readiness training requirements needed by all personnel prior to deploying overseas. As well each of the aircrews had to complete a series of crew qualifications as directed by 1 Canadian Air Division before their departure date. With the new Applanix camera on board, crews then had to familiarize themselves with the camera operation and how to best navigate the aircraft to ensure accurate, precise imagery. This training was conducted in Ottawa using an Aurora from 19 Wing Comox. Aircrews and technicians met, worked and flew with for the first time with the MCE personnel, developing procedures and fine tuning all aspects of operations for the planned imagery missions. Upon return to their respective Wings and

Squadrons, both crews had a myriad of planning and confirming to finalize prior to their departure. Flight profiles, airspace requirements, airdromes within the area of operations, radio frequencies and call signs, aircraft parts, survival gear, medicals, dentals, clothing requirements and a long list of other items which certainly included time with family and friends. During this same time period endless emails, phone calls and conferences were held by senior personnel to ensure all the logistical and administrative support required for the detachment was secured, which was not an easy task. The detachment advance party departed one week before the next group arrived and worked endless hours to ensure a smooth transition from operations in Canada to operations from our host nation.

Sixty-eight personnel, under the command of Lieutenant Colonel Jim Irvine, were in place by early May. The two CP-140 Aurora's with the Applanix cameras installed were flown to our location by support crews from 405 and 407 LRP Sqn's. The first mission of a projected thirty in the Aurora's role of OP Athena was successfully flown May 13th by 405 Sqn. Excellent imagery was captured and the tireless effort put forward by all members of the detachment had been finally substantiated – another operational success for the CP-140 Aurora.

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Desert Demons, 407 Squadron from Comox British Columbia (BC) lands in Camp Mirage (CM) after a successful flight of aerial survey collection over Afghanistan. This is one of many flights for the Airborne Mapping Unit (AMU) flying out of CM and was one of the largest Applanix missions to date.

(Photo by: Cpl Charlotte McShane)

A Piece of History Delivered to 14 Wing Greenwood Cover story continued.

On Friday, May 15, 2009 Lieutenant Colonel (LCol) Mark Chinner who is currently serving with the North American Treaty Organization Airborne and Control System Squadron Two in Geilenkirchen, Germany flew in and presented a propeller and other artefacts from the crashed Lancaster to current members of 405 (Long Range Patrol) (LRP) Squadron (405 Sqn) at the Greenwood Military Aviation Museum.

The presentation of these artefacts to 405 Sqn was due to the dedication and hard work of Mr. David Sinclair who was the nephew of Flight Lieutenant William Sinclair, a member of

the Lancaster crew. Several other individuals also participated in helping to locate the aircraft as well as make arrangements to have the items transported to the Wing.

After his parents died, David Sinclair found some old papers dealing with the death of his uncle and this sparked his curiosity and in 2003 he embarked on his research to find out exactly what happened to his uncle and his crew-mates. Following several years of research, the location of the Lancaster was discovered and the artefacts were removed and were donated to the present day version of 405 Sqn.

The RAF policy during the war for this Squadron was to have the crews made up from a mixture of nationalities. So, the Lancaster had one Australian, two Canadians and four British personnel. This particular crew had flown several missions together and were involved in almost every major bombing mission into Germany and France during 1944.

The crew consisted of Flight Lieutenant William McLaurin Chase who was an Australian from Yanathan, Victoria and he was the pilot and skipper of the crew. The navigator, Flight Lieutenant Gordon Winston Knupp was from Minesing, Ontario, and Pilot Officer Claude Michael Sylva came from Smith Falls, Ontario. Flight Sergeant Ronald Denver Daniels of Cefn, Denbighshire, North Wales was the tail gunner, and the wireless operator/air gunner was Flight Sergeant John Thomas Gill from Nottingham, England. Flight Engineer Flight Sergeant James Mathew Buckley was from Delph, Lancashire and the final member of the crew was Flight Lieutenant William Sinclair from Crieff in Perthshire, Scotland.

Major Richard Hone, Aircrew Flight Commander and acting Commanding Officer (CO) 405 (LRP) Sqn accepted the artefacts from LCol Chinner and then handed them over to Major Richard LeBlanc, Wing Heritage Officer for safekeeping at the Greenwood Military Aviation Museum. The CO 405 Sqn will be determining where the final resting spot for the artefacts will be, whether as part of the museum or on display within Sqn lines.

CFHA - Office Closure 08:30 hrs to 10:30 hrs (24 Jun 2009)

The CFHA office will be closed from 08:30 hrs to 10:30 hrs on Wed 24 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 (24 juin 2009)

Le mercredi 24 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'assistance non urgent, il y a lieu de laisser un message dans la boîte vocale du numéro 902-765-1294. Après la séance de for-

mation, 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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Financial Well-being after Release: *plan ahead!*

From: Marie Navarro, Communications Coordinator, Communications and Marketing, SISIP Financial Services

When releasing from the Canadian Forces (CF), either to retire or start a new career, consider reviewing your release and retirement options, along with your life insurance needs: there will be a number of questions and considerations you may wish to ponder:

How can I know if I will have enough money to retire?

Being adequately informed and prepared for your release or retirement is what *Financial Planning* is all about; its ultimate purpose is to help you meet your specific retire-

ment needs, goals and dreams. Assessing those needs is a crucial step in this process which takes an all-encompassing look into your personal finances to tailor a plan specifically for you and your family, in order to help secure your financial future.

What can a financial planner do for me?

A financial planner can help you begin the process by completing a *Release Projection* to assess your financial status at time of release, considering but not limited to the following:

- Your after-tax income for the year of your release and beyond;
- How much of your severance pay can be

transferred to your RRSP;

- Your CF pension and other sources of income; and
- *Your investments.

If simply retiring, a Retirement Projection will help determine how much you will need for your actual retirement and show you how to plan adequately to that end, as well as estimate your life insurance needs. The sooner you start planning for retirement, the better off you will be.

Speaking of insurance...

Do I still need life insurance after release?

- Completing an Insurance Needs Analysis will help determine your specific insurance needs, so your family or your loved ones, will have sufficient money to live on;
- As a CF member, your SISIP Financial Services (SISIP FS) insurance coverage is trans-

ferred to Insurance for Released Members in a seamless process where coverage and premiums remain the same, and if transferred within 60 days of release, no medical disclosure is required;

- Alternatively, you can apply for new coverage, as well as increase it to a maximum of \$400K subject to approval by the insurer.

Releasing from the CF is a major change in your life. Be sure to consult a licensed SISIP FS professional (financial planner, insurance representative) to help you prepare for the next stage in your life, and secure your financial well-being and that of your family.

*Mutual funds provided through FundEX Investments Inc.

This article is for general information purposes and reflects solely the opinion of the writer.

Blood Donor Clinic - Two Day Donor Clinics

By: Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will now be holding two day donor clinics as a result of the support from our local communities. Let's respond and take advantage of this opportunity by filling up two full days with appointments. If we can double our one day attendance,

over both days, Canadian Blood Services may be able to collect enough donations to save over a thousand lives!

The next two day donor clinics will be held at the 14 Wing Greenwood Community Centre on Tuesday June 16th and Wednesday June 17th. Donors can either give during the 1pm - 3pm time slot or the 5pm - 8pm evening slot on Tuesday the 16th or Wednesday the 17th. If you are

interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

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



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

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

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Ailing Fisherman Hoisted to Safety by Greenwood Cormorant

Submitted by: Capt Scott Spurr, Public Affairs Officer, 14 Wing Greenwood

May 25, 2009 - 14 WING GREENWOOD - At around 1:00 p.m. yesterday afternoon, (May 24, 2009) a crewmember of the fishing trawler, *Ocean Concord*, suffering from chest pains, was airlifted to the safety of a 14 Wing Greenwood based Cormorant helicopter by members of 413 (Transport and Rescue) Squadron (Sq) and transported to Cape Breton Regional hospital in Sydney, Nova Scotia.

The MEDEVAC (medical evacuation) occurred off the coast of Nova Scotia, approximately 200 kilometers south of Sydney after JRCC Halifax (Joint Rescue Coordination Centre) received a request for assistance from the crew of *Ocean Concord*. A CC-130 Hercules also based at 14 Wing Greenwood aircraft provided top cover for the helicopter during the hoist.



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Steve Boutlier, 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.

- A front-end cover, also known as a bra, protects the entire front end of the car against stone chips and bugs. Choose one made with breathable vinyl to protect against fading or clouding and keep the car's finish looking new.
- CarFlector, a hard acrylic piece that protects the full width of the hood of the car by deflecting bugs and stones, can be easily installed with no drilling.

- To bring fresh air in, while keeping the damaging effects of rain out, an acrylic window vent visor is self adhesive and easy to install. The fact that it reduces wind noise is also a definite plus for drivers and passengers alike.

- Designed specifically for each vehicle, a grille guard is perfect for SUV and truck drivers wishing to protect the headlights and grille areas of the vehicle from many things including animals and tree branches. In addition to protecting the front end of the vehicle, grille guards help to dress it up.

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Exp. June 8, 2009

Thank You

Liz Tomas and Lynn MacDonald would like to express their heartfelt gratitude to those who helped their mother, Joan MacDonald through her recent illness.

Thank you to all who lifted her spirits with visits, letters and phone calls from family and friends.

Special thanks to those who contributed to "Joan's meals-on-wheels" and dropped off food and "goodies" to the house.

Thank you to Dr. Maguire, VON, Palliative Care, Home Care, Mona and Mary Lou – Mom's caregivers, Wendell, Kingston United Church, Middleton Funeral Home and many others.

Thank You

Trooper Corey Joseph Hayes, age 22 passed away in Afghanistan, March 20th, 2009. He left behind two families who love and miss him very much. A special thank you to our families, friends, church family, hockey family and work family along with our community for the outpouring of sympathy and love shown to us in cards, visits, E-mails, kind words, hugs, errands and gifts of food. Thank you for donations made in the memory of Corey. Thank you for helping us see past the pain to the love and memories!

Joe Hayes, Mary Moretto, Bethany Hayes, Craig and Kyle Moretto.

Le bien-être financier à la retraite, une question de planification!

De Marie Navarro, coordonnatrice des communications, communications et marketing, Services financiers du RARM
Au moment de la libération des Forces canadiennes (FC), que ce soit pour prendre votre retraite ou amorcer une nouvelle carrière, pensez à examiner les options qui s'offrent à vous, ainsi que vos besoins en assurance vie; plusieurs questions vous viendront alors sûrement à l'esprit :

Comment savoir si j'ai assez d'argent pour prendre ma retraite?

La planification financière vise à vous informer adéquatement en vue de la libération ou de la retraite et son objectif ultime consiste à combler vos besoins, réaliser vos buts et vos rêves. L'analyse de ces besoins est une étape essentielle dans ce processus qui prend en compte tous les aspects de vos finances personnelles, permettant ainsi de dresser un plan exclusivement pour vous et votre famille, afin de vous aider à protéger votre avenir financier.

Qu'est-ce qu'un planificateur financier peut faire pour moi?

Le planificateur financier amorce le processus en faisant une Projection en vue de la libération qui évaluera votre situation financière au moment de votre libération en examinant certains facteurs, dont :

- vos revenus après impôt durant l'année de la libération et les années subséquentes ;
- la part de l'indemnité de départ que vous pouvez transfé-

rer dans un REÉR ;

- le montant de votre pension des FC et autres sources de revenu ; et
- vos placements*.

S'il s'agit tout simplement de votre retraite, une *Projection de retraite* vous aidera à déterminer le revenu dont vous aurez besoin et la manière de planifier pour y parvenir. Vous obtiendrez également une estimation de vos besoins en assurance vie. Plus vous commencez à planifier tôt, meilleure sera votre qualité de vie.

Et, puisque nous parlons d'assurances...

Ai-je toujours besoin d'assurance-vie à la retraite?

- Remplir une Analyse des besoins en assurance vous permettra d'établir les besoins spécifiques en matière d'assurance, pour que votre famille et vos êtres chers puissent vivre amplement ;
- À titre de membre des FC, vous pouvez facilement convertir votre assurance vie des Services financiers du RARM (SF RARM) en Assurance pour membres libérés. Votre garantie et vos primes demeurent alors les mêmes et aucune preuve d'assurabilité n'est nécessaire si vous convertissez dans les 60 jours suivant la date d'entrée en vigueur de votre libération ;
- Sinon, vous pouvez demander une nouvelle couverture d'assurance ou augmenter celle que vous possédez déjà, jusqu'à 400 k\$, sous réserve de l'approbation de l'assureur.

La libération des FC est un cap important dans votre vie. N'oubliez pas de consulter un professionnel qualifié des services financiers du RARM (planificateur financier ou représentant en assurance) qui vous épaulera durant votre transition et vous aidera à garantir votre bien-être financier et celui de votre famille.

*Fonds communs de placement fournis par FundEX Investments Inc.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

GMFRC • Feature of the Week

Deployment Services

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

Deployed Families Adult Pool Night at Dooly's

Monday, June 8th, 2009

8:00 p.m. – 10:00 p.m.

Location: Dooly's, 963 Central Avenue, Greenwood

Cost of pool compliments of Dooly's

Registration deadline: Friday, June 5th, 2009

Call 765-5611 to Register

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

Middleton Vet Services



Greenwood Animal Hospital



We are pleased to announce that Dr. Shannon Smith has joined our team of Vets, practicing in both small and large animal medicine.

Dr. Dave MacHattie • Dr. Teresa Speelman
Dr. Sara Bates • Dr. Natasha Cairns

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!

Heading to Esquimalt? **\$359,900 inc gst** **NO STRATA FEES!**

Parkdale Creek at westhills

PHASE II GRAND OPENING JUNE 13 + 14th
12:00-4:00p.m.
Corner of Glen Lake Rd. & Parkdale Dr. Victoria, BC
** SOME PHASE I FLOOR PLANS STILL AVAILABLE **
CONTACT MIKE HARTSHORNE 250.474.6003

Home Type	Purchase Price	Down Payment	Potential Rental Income	Net Monthly Payment*
3 Bd with 1 Bd legal suite	\$419,900	10%	\$800	\$873

* 3.85% interest, 35 year amortization, includes CMHC insurance premium of 2.5% (net of suite income).

www.ParkdaleCreek.com

This Weeks Specials

External 160 GB Hard Drive • \$85.00 + HST
External 250 GB Hard Drive • \$99.95 + HST
External 320 GB Hard Drive • \$119.95 + HST



Old Mill Computer Services

619 Central Ave. Greenwood, N.S.

(902) 765-0566

Call For More Info or Drop In



If your "Honey-Do List" is looking kind of sick!

Call:



The Honey Do Doctor

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Replace

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Graham
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Comprehensive Eye Examinations
Latest Eyewear Fashions and Contact Lenses

New Patients Welcome

Zellers Plaza • Greenwood
(902) 765-2715

Big Clean-Up... Big Success

**Submitted by: Maj
SC Latter, Pres 14 Wing
Community Council**

On May 21, 2009, a team of 20 volunteers gathered to assist in the clean-up of the common areas surrounding the RHUs (PMQs). Those of you who have recently walked through the woods and other common areas surely noticed an improvement. In less than two hours, all common areas in the RHUs were completely covered. It is worthy of mention that over the last three years, the amount of refuse collected has steadily de-

creased, a very positive sign that the yearly cleanups are having a positive impact.

This year's event was another tremendous success. The clean-up crews were led by your Ward representatives, Capt Keith Cusson, Sgt Keeping, Sgt Goodall. I want to express my warmest thanks to all of those who participated and to their supervisors, who allowed them to participate during a work day. The cleanup would not have been as successful without the support we received.

I would like to extend my

thanks to Wing Environment (Allan Pearson), for providing gloves, and garbage bags. As well, I would like to thank Wing Transport for the use of a 1/2-ton truck for the day. Thanks to the MFRC, for allowing us access to their spaces. Finally thanks to Valley Waste Resource Management for the delivery and retrieval of the dumpster at a moment's notice. The welfare of the community, whether it is the people or the area itself, is of highest importance in my duties as president of the community council. Along with this annual event,

the Community Council is also responsible for many other activities and events that directly affect the 14 Wing Community, its residents, or the community at large.

For more information on the 14 Wing Community Council or to volunteer as a Ward Representative, please contact our Admin Assistant, Terri, at 765-1494 ext 5341.

Auto Hobby Club - Sealed Bid Auction Info

The former 14 Wing Auto Club assets are being sold by sealed bid auction at the Fitness and Sports Centre 2-4 June 2009.

Viewing of the items will be from 1400-1600 on Tuesday the 2nd and Wednesday the 3rd of June. All sealed bids must be in by 1200 on Thursday the 4th of June.

The winning bid will be contacted and items must be paid for and picked up by 15 June, 2009.

All items are sold on a "as is" where is" basis and the buyer is responsible for pick up of the items.

For additional information contact: Fred Williams, Fitness and Sports Director at 5498.

Marie et Guy's House Bread FRENCH BAKERY

609 Main Street, Kingston (back of Pharmasave)

~ Tous nos pains sont
fabriqués artisanalement.

~ Nous utilisons des Farines issues
de l'agriculture biologiques.

~ Ils sont sans additifs ni conservateurs
et n'ont pas de sucre
et matières grasses ajoutés.

~ All of our breads are
artisan home made.

~ We only use organic
certified flours.

~ There are no preservatives
or additives and no sugar
or fat are added.



We even sell breads at
"The Country Store"
in Greenwood Mall



Nova Scotia Votes
June 9, 2009



ADVANCE POLL

Nova Scotia voters who are unable to vote on election day, Tuesday, June 9, 2009 may do so at an advance poll.

DATES

Friday, June 5, 2009

Saturday, June 6, 2009

TIMES

10 am to 8 pm

10 am to 8 pm

LOCATION

The polling locations of the advance poll are given on the Voter Information Card (VIC) sent to your home. If you have not received a VIC, please contact the returning office at the telephone number below.

**You can still be added to the List of Electors at the polls and vote.
You must be:**

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



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

VOTERS REQUIRING SPECIAL ASSISTANCE

Voters who require special assistance to vote and who are unable to go to their polling station can vote by write-in ballot. These voters can appoint an agent to receive and return their write-in ballot on their behalf. 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.

**The deadline for issuing a write-in ballot to an agent of a voter is
Saturday, June 6, 2009 at 8:00 p.m.**

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

**Count Yourself In...
Vote with Nova Scotia**

Christine McCulloch, Q.C.
Chief Electoral Officer

**ELECTIONS
NOVA SCOTIA**
www.electionsnovascotia.ns.ca

NOTICE OF GRANT OF POLL

Provincial General Election

ORDINARY POLLING DAY – Tuesday, June 9, 2009

Returning officers for the electoral districts of the Province of Nova Scotia have granted a poll for the elections now pending.

The names of candidates officially nominated in each electoral district are posted at the headquarters of the returning officer.

A Voter Information Card (VIC) is being mailed to every person whose name is on the list of electors.

The VIC provides information on when and where to vote.

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

**Count Yourself In...
Vote with Nova Scotia**

Christine McCulloch, Q.C.
Chief Electoral Officer

**ELECTIONS
NOVA SCOTIA**
www.electionsnovascotia.ns.ca

Uplifting Activity: CF Airlift Support Competition Revived at 8 Wing

By: Tom Philp, Contact Staff

How do you demonstrate capability, procedural knowl-

edge, team spirit and your readiness as an air movements squadron? You host a rodeo, but with a little less sawdust than the cowboy kind.

Airlift Support Competitions (ASC) were common in the Canadian Air Force for many years, allowing units from across the nation to challenge each other's aircraft loading prowess in lively, but friendly exercises. Known as Air Mobility Rodeos, they came to an abrupt halt in Canada after the terrorist attacks in the United States on September 11, 2001, when operational games took a back seat to enhanced security on all bases.

This year, thanks to the efforts of Warrant Officer Keith Telfer, 2 Air Movements Squadron (AMS) and other organizers, the Canadian Forces ASC was revived at 8 Wing/CFB Trenton.

"I've been involved with a number of these exercises over the years, and helped get this one going," Telfer said. "It's a huge morale booster for the service people who spend their days getting dirty loading and unloading aircraft."

Telfer was a member of the Master's Team, a group of five veteran Loadmasters and Traffic Technicians with a

combined service time of 172 years. Their flying time exceeds 35,500 hours; not surprising for a group whose collective ages total 273 years!

"We were the old guys, so we called our team 'Jurassic Pork,' which refers to the 'pig coin' used by members of our trade," Telfer said. "All loadmasters end up getting greasy and dirty as a pig."

The "old guys" competed against five-member airlift teams – qualified Traffic Technicians (Tfc Techs), Loadmasters and Officers – from most of the 8 Wing squadrons, TRSET (Transport and Rescue Standards Evaluation Team) and visiting squads from as far away as Greenwood, Nova Scotia (14 AMS), and Winnipeg, Manitoba (1 Canadian Air Division). Participants, including observers and judges also travelled to Trenton from Ottawa.

Corporal Adam Whynot, 14 AMS, who has been a Tfc Tech for a mere five months, "learned a lot" as a member of his unit's Team Porkchop, comprised of three Greenwood members and two "aces" from Trenton. More importantly, he had a good time at the 8 Wing rodeo.

"I think the most important thing for me was the great exposure to so many people in my trade," he said. "The level of skill displayed; the teammanship; learning how to

lead your team through a challenge; it was all straight across the board and it's been a pleasure working alongside these folks."

The skills challenges included large and small forklift activities, pallet netting, baggage inspection, basic facts and trivia quizzes and the combined team exercise of preparing, documenting and loading a four-wheel-drive truck onto a CC130 mock-up, to the satisfaction of a Loadmaster-judge. Other tasks included a suitcase toss, D-4 mule and baggage cart handling, strap rolling, tri-wall transfer and something no credible rodeo would be without – the three-person mechanical bull-riding challenge.

Captain Amanda Ives, Deputy Commanding Officer, 2 AMS, was part of Team Blackberry. Along with Capt Kevin Gillis (a former MSE Op - Mobile Support Equipment Operator), former Tfc Tech, Capt Claude Caron and two other officers, Capt Ives at one point found herself underneath a vehicle being secured to the deck of the mock-

up aircraft.

That combined team challenge was presented to competitors this way:

"You're the on-coming shift. The out-going shift managed to load the vehicle onto the C-130 leaving the ground loading ramps in place. They have secured the vehicle with one MC-1 strap. You are to complete the loading, securing the vehicle and closing up the C-130. Team will have 10 minutes to tie down the line crew cab to the best of their ability inside the C-130 Mock up located in CTT building with 6 chains fwd, 4 chains aft, and 2 bumper straps. GLR must be secured to the ramp after loading and ADS arms must be connected. The ramp will be parallel to the ground. This will be considered as the ramp and door closed. Timed event with points deducted for each chain and device or strap not tightened, improperly hooked up or not used from a total of 1000 points."

"This was a fun event for the officer team. We usually don't do a lot of chaining," Capt. Ives said. "Because

three of our five team members had limited exposure, we had to rely on (our experts) to give us guidance and assistance."

"It was a great experience and provided us with a better understanding of what the troops go through when they are tasked with chaining down a vehicle," she said.

The task that challenged Private Natasha Smith, 2 AMS the most was "moving the K-loader backwards through a maze" in order to load a retrieved pallet, an exercise her team completed "in an awesome way."

"We're a very competitive bunch. We even showed the Jurassic Pork team, who we called 'Team Geriatrics' a thing or two," Pte Smith said. "We saw them out there in their wheelchairs, with their oxygen tanks, trying to keep up with us, and just had to feel sorry for them!"

Pte Smith's squad also delivered the coup de grace to the Master's Team on the final day of competition: each Jurassic Porker received his own personal package of Depends.



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BINGO**

Thursday, 7:30 p.m.

Regular Games – \$100

- 4 Early Bird Mini \$30
- 2 50/50 Specials
- Double Action – 50/50
- Letter H – 70/30
- Lucky 7 – Progressive
- Bonanza – Progressive
- Jackpot – Progressive
- 3 Cookie Jars

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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.





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Communiquez avec un représentant des SF RARM pour vous aider.

*Pas d'information médicale requise si effectué dans les 60 jours suivant votre libération.



www.sisip.com • 1-800-267-6681 • Greenwood 902-765-6714

Archie Llewellyn Pierce

August 11, 1920 – August 19, 1995

Archie Llewellyn was born on August 11, 1920, in North Kingston, Nova Scotia, Canada and was the third child born to Quida Lucinda (Harris) and Clayton Abner Pierce. The family lived on Bishop Mountain in North Kingston until he was three years old, then moved to Forest Glade and later to Victoria Vale. Archie attended school in both of these districts.

Archie had ten brothers and sisters, they were Howard Maxwell (1919-1992), Douglas Arden (1919-1981), Thelma Kisboro (DesChamp) Raddon (1922) of Ontario, Russell Forest (1923-1924), Ardis Lavenia Schofield (1924-1996), Ethel Berneice Griffin (1926) of Kingston, NS, Elma Marie Tomkinson (1927-1973), Hazel Atheia Downie (1929) of Margaretsville, NS and Carl Aubrey (1930-1992). In later years Archie's parents divorced and his father remarried. He and his new wife, Gloria had a daughter named Melba (1945-2005) who, in the latter years, moved into her late parent's home on Victoria Drive, Kingston where they had lived for many years.

As a youth, Archie enrolled in classes at the Kingston Bible College, boarding at the college and paid his board by tending to the heating system and doing any jobs he was called upon to do.

During this time he joined the Western Nova Scotia Regiment Militia. In 1937 he was employed in a logging camp with a group of hard working men. On the day that war was declared they immediately left the woods and on the following day Archie signed on with the Regiment for active duty but was discharged 3 months later as being medically unfit. This however did not deter him from joining up. He went to Halifax and signed on as a stoker on board a freighter, the S.S. Magog, bound for England as part of Convoy HX52. The ship was torpedoed and sunk by enemy action, a German U-Boat (Kpt Lt Otto Kretschmer) on July 5, 1940, off the coast of Ireland. Archie was rescued by a Swedish ship called the Fida. Once he and the other survivors were hauled on board the ship they were stripped of their wet clothes and wrapped in wool blankets. The men were given wooden clogs for their feet. Archie did not think too much of the wooden clogs as they did not offer much warmth. The Swedes then tipped brandy into the survivors as

they took them to the nearest port. Archie had pneumonia and had to stay in hospital in Ireland until he recovered. From there he went to England and joined the RAF on July 17, 1940, just in time for the Battle of Britain. His Royal Air Force number was RAF1354639. He was posted to an Air Force Base in Ickenham, Middlesex County, where he met and married Vera Noreen Byles of Ruislip in November of that same year. He was posted to several RAF stations during which time Carolyn Freda and Russell Clayton were born.

In the latter part of 1942, Archie was transferred to the RCAF and re-posted to India. He sailed there on board the Duchess of Richmond, which stopped in South Africa for a short stay en route. He remained in India for three long years writing to his new bride daily and worked as an ambulance driver and heavy equipment operator throughout this time. While he was there he prayed everyday that if he ever got back to Nova Scotia, he would never leave again. This promise he kept true 'til his dying day. After the hostilities ended, he returned to England for a few weeks then arrived back in Nova Scotia in February 1946. Vera and the children followed across the Atlantic on the Queen Mary, docking at Pier 21, Halifax on the 27th of May, 1946. They then bought a small farm in a hollow on the road between Middleton and Margaretsville, NS and set to work farming and fishing while raising their family.

They had 9 more children (eleven in all, 7 boys and 4 girls). During the early years on the farm their daughter,



Archie Llewellyn Pierce on his Wedding Day. - Nov. 27, 1940.

Joyce Barbara was born but sadly passed away at 6 months of age, in October 1947. Following Joyce was (Arden) Lester, Raymond James, Melvyn Gordon, Keith Allan, Michael Frederick, Scott Graham, Noreen (Fallis) and Linda Joy. Archie farmed successfully for 18 years when a spinal injury made it impossible for him to continue. In 1964 the family moved about one mile down the road into Margaretsville, to a much larger house where he continued to fish and farm on a much smaller scale. He then focused on lobster/fishing as his livelihood, having so many healthy, strong sons to assist. On October 29, 1971, his son Melvyn was killed in a car accident and shortly after that the family moved inland to Torbrook Mines. They lived there quite happily as the family grew older and one by one

moved out. By 1990 with only the two of them left at home, they decided to move to Greenwood, into a nice little bungalow and were very happy. There, Archie stayed until his passing on August 19, 1995. He had several ailments in his later years and in the end

leukemia took him. Throughout this time he remained at home and was cared for by his every-loving wife Vera, surrounded by his large family who visited incessantly.



Archie Pierce coming home from the hospital after having yet another blood transfusion... his treatment for leukemia. May 1995.

Lovingly remembered and written by Noreen Fallis, daughter of Archie Llewellyn Pierce.



Clayton Abner Pierce, Jan. 13, 1897 - Aug. 6, 1969



Image: Department of National Defence

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

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



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14 Wing Library - Serving those who read!

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

Hello from your local library. June has arrived along with a bounty of beautiful blossoms. Many of us have been trying to enjoy the outdoors...but wow the black flies and mosquitoes

have been thick! Special days this month are Father's Day on June 21st, the Summer Solstice June 21st and St. Jean Baptiste Day on June 24th

Happenings: We are still selling tickets on our RCAF Tartan throw which was donated by a generous patron. It is on display at the front of

the library along with tickets. Come in and participate. All proceeds go to the betterment of the library, plus you may be the lucky winner!

In recent months we have been working at updating our library collection and have added new books to the gardening and travel sections.

DONATIONS – Thank you to patrons who have donated books during the past month.

OVERDUE BOOKS – Please check under beds, on shelves and in closets for any borrowed books that you have FORGOTTEN TO RETURN to 14 Wing Library as fines add up quickly!! Other patrons may like to read them too. If you are unable to come to the library personally, don't forget that there is a 24 hour drop box for your convenience.

IF YOU HAVE BEEN POSTED: PLEASE RETURN YOUR LIBRARY BOOKS BEFORE YOU LEAVE!

BOOK SALE – We have a large variety of HARDCOVER NOVELS at \$1.00 each. PAPERBACKS are only .25 cents and CHILDREN'S books are \$1.00 A BAG! They are added to weekly and are all worth checking out!!

Library Hours*
Monday
1-5 p.m. & 6-8 p.m.

Tuesday
10 a.m. - 1 p.m. & 2 - 5 p.m.
Wednesday
1 - 5 p.m. & 6 - 8 p.m.
Friday
12 noon - 4 p.m.
Sunday
1 - 4 p.m. to May 31st

*Sundays we will be CLOSED June 7th to mid September

***Special Note- "Under The Story Tree" story hour will resume again after Wing Welcome. Many thanks to Miss Lizon and Miss Cathy their helpers for this terrific program.**

THANK YOU VOLUNTEERS!! - A very special thanks goes to all of our valuable volunteers who have been doing yeoman work; everything from covering books, shelving books, constructing new shelving and computer work these past few months in making the library a better place. Merci beaucoup to all for your dedication!

BOOKS FOR JUNE - Fiction:
Paths of Glory/Jeffery Archer; Borderline/Nevada Barr; Being Elizabeth/Barbara Taylor Bradford; No Such Creature/Giles Blunt; A Very Private Plot/William F. Buckley Jr; Fortress of Dragons/C.J. Cherryh; Bad Luck and Trouble/Lee Child; Starvation Lake/Bryan Cruley;

Dark Watch #3 Oregon Files/Clive Cussler; Plague Ship #5 Oregon Files/Clive Cussler; Fatally Flaky/ Diane Mott Davidson; Confession/Lee Gowan; Black Ops/W.E.B. Griffin; True Colors/Kristin Hannah; The Killing Ground/Jack Higgins; No Cure For Death/Hazel Holt; Cry Spy/William Hood; The Borgia Bride/Jeanne Kalogridis; A Matter of Principle/David Manuel; Fidelity/Thomas Perry; Secret of the Pink Carnation/Lauren Willig;

Non-Fiction – *A Lion Called Christian/ Anthony Burke & John Rendall; Always Looking Up/Michael J. Fox; Writing Personal Notes & Letters/ Editors of Victoria Magazine; Great Canadian Plant Guide; Garden Bird Facts/ Marcus Schneek; Fodor's France 2009; Fodor's Hawai'i 2009; Lonely Planet Central America on a Shoe-string; Canadian Hikers & Backpackers Handbook; The Ultimate Book of Doing Up Old Junk; Better Homes & Gardens Garden Basics; Canadian Gardening Small Space Gardens; The Home Depot Landscaping 1-2-3.*

En francais – *Une seconde d'inattention/David Baldacci; Le Coeur des flames/Nicholas Evans; Anges*

& Demons/Dan Brown.

DVD – The Cider House, Kung Fu Panda and Twilight

Library Services
14 Wing Library offers the community the following services: Free Book, Audio Books, Video (DVD & VHS) and Magazine Loans, © Friendly Library Assistance, 24-Hour Book Drop, Phone Renewals, Community Computers, Internet Access and Printing, Photocopying and Faxing.

We have 3 community access computers – 2 with internet access and 1 for word-processing and soon-to-be installed library search engine. Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation.

French language books - DID YOU KNOW that we have a large selection of FRENCH Fiction and Non Fiction for both adults and children?

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

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



Greenwood Golf Club Food Specials for June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BLT Sandwich & Fries	2 Potato Skins Topped with Bacon & Cheese with Sour Cream Men's Night Special Potato Skins Glass of Draft	3 3pc Fried Chicken & Fries Ladies Night Special Chicken Taco Wraps	4 Thunder Crunch Burger & Fries	5 Fish Burger & Fries 2-Ball Special Pork Sandwich & Fries	6 Weekend Special Cheddar Sausage on a Roll with Fries
7 Weekend Special Cheddar Sausage on a Roll with Fries	8 Chicken Caesar Wrap	9 6 Wings & Fries Men's Night Special 6 Wings & Fries Glass of Draft	10 Thunder Crunch Chicken Strips & Fries Ladies Night Special Haddie Bits & Fries	11 Popcorn Chicken & Fries	12 Liver & Onions with Potato & Mixed Vegetable 2-Ball Special Chicken Stir Fry & Rice	13 Weekend Special Hot Hamburger Sandwich with Fries & Mixed Vegetable
14 Weekend Special Hot Hamburger Sandwich with Fries & Mixed Vegetable	15 Thunder Crunch Chicken Strips & Fries	16 Hot Roast Beef Sandwich with Fries & Mixed Vegetable Men's Night Special Deep Fried Pepperoni Glass of Draft	17 Soft Beef Taco & Fries Ladies Night Special Chicken Quesadilla with Sour Cream & Salsa	18 Cabbage Rolls & Rice	19 Grilled Chicken Burger & Fries 2-Ball Special St. Louis Style Ribs & Fries	20 Weekend Special Chicken Breast topped with Salsa & Cheese with Rice and Mixed Vegetables
21 Weekend Special Chicken Breast topped with Salsa & Cheese with Rice & Mixed Vegetables	22 Hot Turkey Sandwich with Fries & Mixed Vegetable	23 Haddie Bits & Fries Men's Night Special Haddie Bits & Fries Glass of Draft	24 Cheddar Sausage on a Roll with Fries Ladies Night Special BLT Sandwich & Fries	25 3pc Fried Chicken & Fries	26 Hot Hamburger Sandwich with Fries & Mixed Vegetable No 2-Ball	27 Weekend Special Roast Beef Dip Sandwich & Fries
28 Weekend Special Roast Beef Dip Sandwich & Fries	29 Popcorn Chicken & Fries	30 Whistle Dog & Fries Men's Night Special Whistle Dog & Fries Glass of Draft				

Greenwood Golf Club Kitchen • 765-1494 ext 1611 • www.greenwoodgolfclub.ca

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Letter to the Editor

Dear Editor,

There must be a few who will remember this great ace in the Royal Air Force, in England, during World War II. He was sort of an instructor in pre war days, but met with an accident and lost one leg. So he was out of a job but when war broke out in 1939 he started to bug the air ministry to get in to the Royal Air Force, as a fighter pilot. But they tried to convince him that he could not control a high-speed fighter with an artificial leg. But he refused to take that as an answer, and gave the Air Ministry no peace.

In the early summer of 1940 the word got around that the enemy had a massive air force and could strike England at any time. The R.A.F. was training pilots as fast as possible but more German bombers were appearing over England every day. So they thought about Doug Bader and decided to give him a chance even though he only had one good leg.

When the Battle of Britain started in the summer of 1940 Bader was a Squadron Leader, and his score of enemy bombers shot down was increasing daily. Many of the pilots who flew with him had nothing but praise for his skill at handling a spitfire with only one good leg.

In the late summer of 1940 German attacks started to taper off, due to heavy losses and they were preparing to attack Russia. Then the R.A.F. started sweeps across France and they went after anything that looked like German occupation. So Bader got in on this but his luck ran out. His aircraft was hit so he had to bail out over enemy territory. But an unfortunate thing happened, his artificial leg caught on something so he was soon on the ground and taken prisoner. The German officer in command must have been a human being, as he got in contact with the R.A.F. and told them that he had a prisoner with one leg. He said that if anyone would like to drop off a leg they can do so, and will not be attacked. So Bader got a new leg and remained a prisoner in France for two years.

I saw a film made about him after the war ended, it was called, "Spitfire Pilot", and it was very good.

Oren Foster B.E.M.,
Deep Brook



Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

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



De Havilland D.H. 98 Mosquito

Initially, the Royal Air Force rejected the de Havilland Mosquito; however, after the company demonstrated the prototype in November 1940, the RAF changed its mind. The subsequent orders, which became larger as the Mosquito demonstrated its versatility, resulted in de Havilland of Britain subcontracting production to its subsidiary de Havilland Canada (DHC).

Dubbed the "Wooden Wonder" because it was built almost entirely of birch and balsa, the building of this plane in Canada made use of many skills and companies that might otherwise not have been used in aircraft production. The first aircraft flew on 23 September 1942, with another 1032 to follow in eight variants. The first Canadian Mosquitoes reached England in August 1943, being flown across the North Atlantic.

During the war, 10 RAF

squadrons received Canadian-built Mosquitoes on bomber and fighter operations. The United States Army Air Force used the DHC-built F-8 photographic reconnaissance version in Europe. In Canada, 133 Squadron used Mosquitoes to protect Canada's West Coast; their main operational use being to chase the Japanese incendiary balloons that were launched against North America from December 1944 to April 1945. They did not have the opportunity to shot down any.

Most of the Mosquitoes that remained in Canada after the war were sent to the Nationalist Chinese Air Force.

At least 151 are known to have been sent, with ex-RCAF pilots providing

the training. The RCAF stopped operating the Mosquito soon after the war, although there were plans to equip RCAF Auxiliary Squadrons with the aircraft.

Several Mosquitoes made it onto the Canadian civil register post-war. Kenting Aviation of Toronto used three Canadian-built aircraft for aerial photography while Spartan Air Services used British-built Mosquitoes.

Canadian-built Mosquitoes thus made an important contribution to the war effort, while production in Canada allowed a greater use to be made of Canadian resources and skilled workers.

La Royal Air Force (RAF) rejette d'abord le de Havilland Mosquito, mais elle change d'avis après une démonstration du prototype effectuée par l'entreprise en novembre 1940. Plus le Mosquito fait montre de sa polyvalence, plus les commandes sont volumineuses, ce qui incite la de Havilland of Britain à sous-traiter la fabrication de ce modèle auprès de sa filiale, la de Havilland Canada (DHC).

Puisqu'il est essentiellement composé de bouleau et de balsa, cet avion reçoit le surnom de « Merveille en bois » (Wooden Wonder). En le fabricant au Canada, on

met à profit de nombreuses compétences et entreprises qui n'auraient peut-être pas servi à la production d'avions

autrement. Le premier appareil vole le 23 septembre 1942 et 1 032 appareils de 8 modèles le suivent. Les premiers Mosquito canadiens arrivent en Angleterre en août 1943 après avoir survolé l'Atlantique Nord.

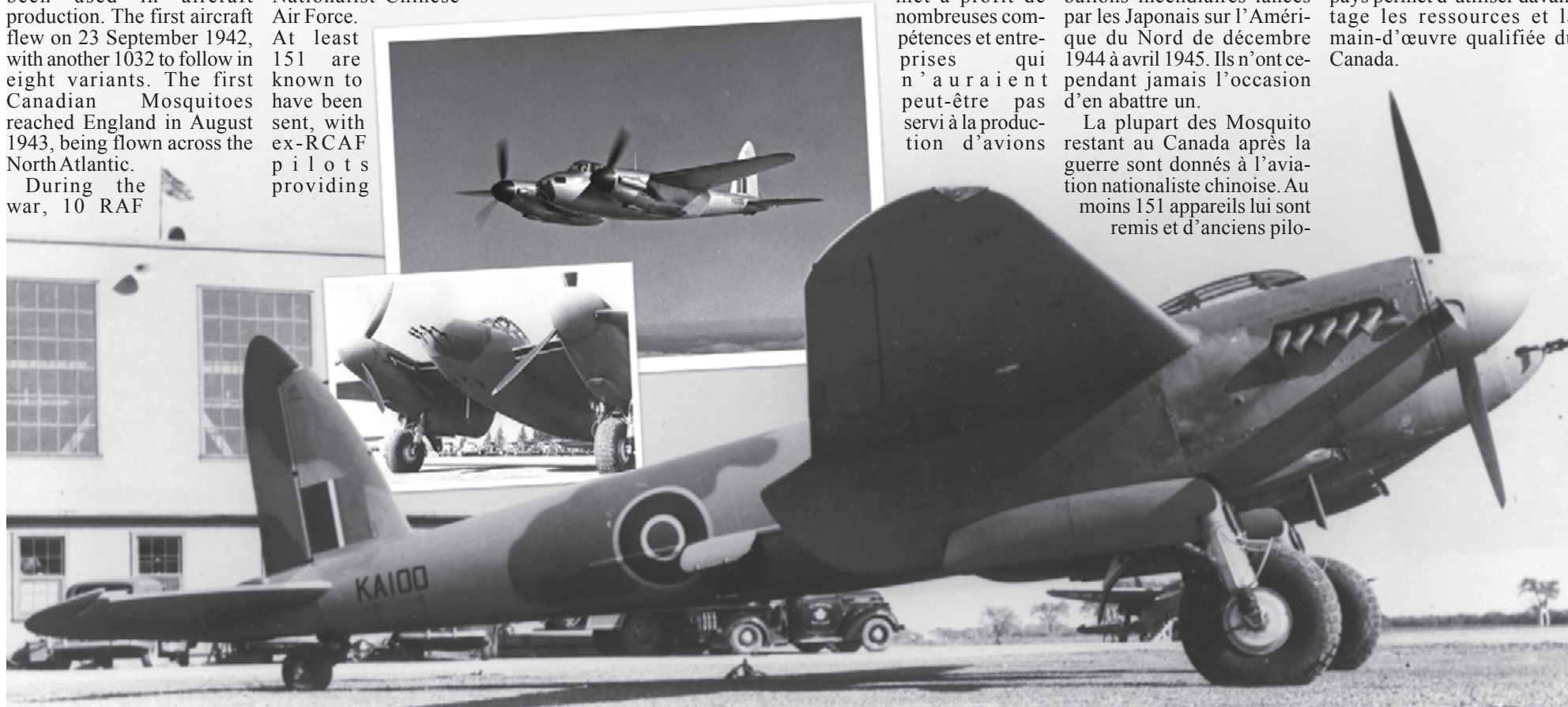
Durant la guerre, 10 escadrons de la RAF reçoivent des Mosquito fabriqués au Canada pour des opérations de chasseurs et de bombardiers. La United States Army Air Force utilise en Europe le F-8 de reconnaissance photographique fabriqué par DHC. Au Canada, 133 escadrons se servent de Mosquito pour défendre la côte Ouest du pays, surtout contre les ballons incendiaires lancés par les Japonais sur l'Amérique du Nord de décembre 1944 à avril 1945. Ils n'ont cependant jamais l'occasion d'en abattre un.

La plupart des Mosquito restant au Canada après la guerre sont donnés à l'aviation nationaliste chinoise. Au moins 151 appareils lui sont remis et d'anciens pilo-

tes de l'ARC assurent l'entraînement. L'ARC cesse d'utiliser les Mosquito peu après la fin de la guerre, bien que certains plans prévoient de munir les escadrons auxiliaires de ce type d'avion.

Plusieurs Mosquito figurent sur le registre civil canadien après la guerre. La Kenting Aviation, de Toronto, utilise trois appareils fabriqués au Canada pour prendre des photographies aériennes, tandis que la Spartan Air Services emploie des Mosquito fabriqués en Angleterre.

Les Mosquito fabriqués au Canada contribuent donc grandement à l'effort de guerre, et leur fabrication au pays permet d'utiliser davantage les ressources et la main-d'œuvre qualifiée du Canada.



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14 Wing Member Wins Gold



Leading Seaman (LS) Danielle Lidstone, Canadian National Championship Gold Medal winner in Sparring and Silver Medal in patterns.

(Photo: Private Gerald Cormier, Image Tech, 14 Wing Imaging).

LS Danielle Lidstone and her husband were posted from Halifax to Greenwood. One of the biggest challenges she has faced was keeping up with her training in ITF Taekwon Do. When she arrived in Greenwood she looked for a Martial Arts Club that offered ITF Taekwon, unfortunately there are none in the area. Needless to say,

as TKD is a considerable part of her she was distraught. She resigned herself to the fact that she would have to train on her own while heading to Halifax once a week, if lucky to get in a session or two. This proved to be very difficult for many reasons, mainly sparring. Sparring is the Art of fighting. In order to become proficient, you need a partner, to which she had none. LS Lidstone entered the Eastern Canadian Championships held in Halifax on the 21st of February hoping to do well even though her training had been adversely affected by the move to Greenwood. All the time and hard work she had put in to her training paid off placed with a fantastic result of Gold in sparring and Silver in patterns. This finish earned her a chance to compete at the ITF Canadian Championships being held in Montreal in April. The thought of participating in this competition made her nervous, knowing that the level of competition would be very high. With this in mind she knew that if she was to have any chance of being successful she must increase her training and preparation. Fortunately for her that was around the time the PSP staff hired a new fitness instructor by the name of Josh Leddicotte. Danielle feels that she owes Josh a great deal of gratitude for his help and would like to thank him for his assistance.

Danielle set out for Montreal on the 23 of April, both nervous and excited. The venue for the championships was the Universite de Quebec a Montreal. The first part of the competition was patterns, which she performed on the morning of the 25th. She felt

like a wreck. Oddly, patterns make her so nervous she thought for sure that she would be knocked out in the first round. Danielle was competing against five other girls and held it together quite well and managed to win a Silver Medal. The next round she had to compete in was sparring, the fighting phase of the tournament. Danielle was slated to spar in the late afternoon and the waiting started to get the better of her. She was feeling a little out of her league as she watched all of these great competitors around her practicing and preparing for this event. It is a strange thing when you head to this level of competition, everyone is trying to size you up to see if they are in the same age category and weight class as you and the mood becomes very intense. She first felt it when she participated in the World Cup in Riva del Garda, Italy in October 2008 and had never experienced it before and it can make you second-guess yourself. When she was finally called she felt weak with anticipation, then she saw the competitors! Danielle is a very short fighter at 5'2 and 125 pounds (Lightweight). Most of the girls in her category are usually a lot taller and this makes it difficult to get inside their reach. Her first match was a girl from Quebec and they are renowned for their sparring abilities and wouldn't you know, she was about 5'9. Danielle felt very intimidated for the first time in her Martial Arts career. She was stretching and kicking before the match and I was starting to wonder what she was doing there, with such little preparation. But as always as soon as the referee said go,

the adrenaline kicked in and her height advantage no longer was an issue! Danielle did very well and dominated the match and advanced to the next round. Her next match was against one of her own team-mates! Danielle was so excited that Janet and her would be fighting for the Gold and Silver medal, but they both were there to win. It was a gruelling match, usually

opponents from the same school go light on each other, but they both gave it all they had and held nothing back. Danielle fought hard and went on to win the Gold medal. She was so proud! She is now training for her black belt, and has hopes of advancing to the World's next year and has already been invited to the 4th ITF World Cup to be held in Las Vegas in early

2010.

We at 14 Wing would like to take this opportunity to congratulate LS Danielle Lidstone for an outstanding performance, though she faced adversity in her training program, she overcame this with the desire to win. Winning Gold and Silver I am sure will provide her with some extra incentive to pour into her training.

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 Squadron 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.wtiso.ca. Registration deadline is 12 Jun 09.

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 offering 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.

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\$40.00 per night
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www.lakepleasant.ca

Foosball Anyone?

Submitted by: Sai, Youth Recreation Worker, 14 Wing Community Centre

If you have recently visited the 14 Wing Community Centre at all, you may have noticed the recent addition of a new Foosball table in the Pool Room. The staff here would all like to send their thanks to Lisa Garand and her family, for generously donating the Foosball table.

Making use of the new table are (from L to R) Trevor Walsh, and brothers Brayden and A.J. Walsh.



West Kings Newsletter

Dates to Remember:

June 3 - Variety Concert 7:00 PM - A.V. Room
 June 5 - Early Dismissal
 June 11 - Sr. Music Recital 7 PM - A.V. Room
 June 12 - N.S. Math 12 & Adv. Math 12
 June 17 - N.S. Eng. 12 & Eng. Comm. 12
 June 19 - N.S. Chemistry
 June 22 - Grade 12 Prom
 June 25 - Grade 12 Graduation
 June 26 - Grade 9 Graduation
 June 29 - Last Day of School

Principal's Report:

Here we are at June again, hard to believe. There's an obvious sense of urgency in the school as we hunker down for the last few weeks and prepare for our 2009 graduation. There is no question that it will be incredibly busy for everyone, but I know in a blink of an eye it will come and go and we will be ramping up for September again. The focus of my letter this month is appreciation. First, thank you to all those who supported our PTSA Golf Tournament last month. We felt it was very successful and know it could not happen without significant contributions from our local businesses and organizations. The Kingston Lions provided a great meal and the Greenwood Golf Club was incredibly accommodating to our needs. Thank you to Jeff McBean for all his hard work and efforts in getting the tournament set up, it would not have happened without him. Congratulations to the winning team made up of West Kings students Sean Letourneau, Evan Bayers, Chad MacMillan and Cory Marcotte, they did the school proud!

I also want to congratulate Breanna Coombs on her receiving the Lieutenant Governor's Medal at Horton High School last month. As with all our previous recipients, she

is an outstanding student, making excellent contributions to the life of her school and her community. Thank you, Breanna, for being role model and example to your peers. I want to acknowledge and thank a number of staff members who will be leaving us at the end of June. Michelle Jeffrey and Dave Galloway will be leaving West Kings for Horton High School. I want to thank them for everything they have done for our school community and wish them all the best in the next phase of their professional lives. They will be missed. Catherine Crook, Bill Perrot, Hugh Hanson, and Wayne Lincoln will all retire at the end of this month and I want to extend my appreciation for the many contributions they have made. Their work extended well beyond academics into the personal lives and horizons of many students. From fine arts to technology and athletics, from environmental science to, well, Elvis - they have touched many lives and enriched the learning experiences for countless students. Lastly, a general note of thanks to all community members for all they do to support our school over the course of the year. Coaches and volunteers, our PTSA members, our friends at our local Lions organizations, all the local branches of the Royal Canadian Legion, businesses, individuals, parents and guardians, all of 14 Wing Greenwood, you all play a significant role in the life of our school and community. On behalf of all staff and students, thank you, our work is obviously challenging, but it is nevertheless made easier by your support and efforts.

Mike Ouellette, Principal
Community Talent Showcase - June 3rd the Community is invited to an evening filled with student and local talent. Auditions are being

done to provide the Community with the most enjoyable evening possible. The show starts at 7:00 p.m. and admission is free-will offering. All are welcome!

Peaceful Schools Yard Sale and Celebration for Change Bake Sale

On June 6th the Peaceful Schools Committee is hosting a yard sale in Ravenwood. If you have anything to donate please drop it off at the school or we can arrange pick up. Please call or see Ms. Hennebery at 847 4453, Valerie Paquette, Student Executive for Peaceful Schools, or Quinn Bonner, Committee Member.

The "Celebration for Change" Bake sale is to heighten awareness of all of the children around the world who are not registered at birth and do not get to celebrate their birthday. So if you are skilled in the kitchen, then any bake goods donations would be appreciated. All of the money raised will go towards our legacy program aimed to raise money to build a school in Sierra Leone with Free The Children, an amazing organization focused on engaging and empowering youth.

Any support, no matter the amount, would be greatly appreciated - together we can make a difference.

Grad Week 2009

Prom:

Date: Monday, June 22nd/09

Place: Annapolis Mess, 14 Wing

Time: Procession at 8:00. Grads are asked to arrive between 7:30 - 7:45 p.m.

Dance: 8:00 - 11:00 p.m.

Prices: Free to Grads who have paid grad tax (\$20.00 for guests & includes Prom &

Safe Grad Activities).

Safe Grad:

Date: Monday, June 22nd

Time: Immediately following the Prom, 11:30 p.m. until 6:00 a.m. Doors close at midnight. Transportation: Free buses will be available from 14 Wing to West Kings. All students must travel by bus from 14 Wing to West Kings.

Grad Banquet: Date: Tuesday, June 23rd

Place: Kingston Lions Hall
 Time: Refreshments 5:30 p.m., Meal 6:00

Price: Free if Grad Tax is paid (\$15.00 other grade 12s)

Graduation Exercises: Date: Thursday, June 25th 7:00 p.m.

Place: Kingston Arena

Time: Grads are to assemble by 5:45 p.m. in order to pick up their grad gowns and find their place in the line up. If you would like one more chance to do a walk-through, be at the arena at 5:30 p.m. The ceremony begins at 7:00 p.m. More detailed information is available on the West Kings web site at www.westkings.ednet.ns.ca

Congratulations to the winners of our spring raffle:

Rachel O'Reilly - Skybox tickets for Cirque de Soleil
 Paula Griffin - chair, June Salsman - \$60. Sobey's gift certificate; Alex Clark - \$20. gift certificate from Apple Lane Farm; Colin Atwood - spring door ornament.

Thank you to all our supporters.

Members of the TADD/SAFE Grad held a successful turkey dinner at the Kingston Lions Hall on May 20th. A Big "thank-you" to the Lions for their continued support and to all who attended the dinner.

Community News

Berwick Farmers' Market will be holding its first market day on Thursday, June 11 at the Berwick Town Hall. The Market will take place from 4:00 to 8:00 p.m. every Thursday until October 15. There will be lots of local farmers and producers there so come and support this local initiative. This is a great opportunity to get some fresh and local produce. Meet me at the apple!

Bake-off: Time to dust off your cookbooks and seek out your most delectable dessert recipes. Kingston's 50th Steer Barbeque is fast approaching and The Aurora Inn is sponsoring the Udderly Delicious Dessert Bake Off. First prize is dinner for two at the Aurora Inn. Wow! Now that's a prize worth trying to win! As this is our 50th anniversary of the Steer BBQ we hope to have lots of and lots of entries this year. So challenge your friends and neighbours to create the most decadent dessert ever! There is no age limit, so youth are encouraged to submit entries as well. Entry forms are available at the Kingston Village Office. On Sat, July 11 amid all the other events at the Kingston Arena, you will find the Udderly Delicious Dessert Bake Off kiosk near the Bingo and the crafters. Please have your dessert at the arena by 1:00 p.m. for judging at 3:00 p.m. Refrigeration is available. Once the desserts are judged by our panel of culinary experts, dessert portions will be available for sale to the salivating public. Yum. Questions? Call 765-2800.

Defensive Driving Course Monday & Tuesday, June 8th

& 9th, 2009 - 6:00 - 9:00

GMFRC Classroom 1 Cost: \$20.00

Registration Deadline: 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. Join us June for a two night course as we offer the opportunity through the GMFRC for you to become a safe, defensive driver. Participants must be 16 years of age to participate in this course. Come in and register soon as the seats fill up fast!

Canadian Parents for French The Camp Registration Night is being held to inform Valley parents of the summer camps CPF runs in French, which are available to all children and families in the area. You may register your child on site following the presentation. CPF requires that parents become members to take advantage of the summer camp programs. Most of the annual membership fee of \$25.00 goes back to the Valley chapter to support its efforts

Camp Registration Night- Thursday, June 4 at 6:30 p.m. at the Coldbrook School. Your child could win a free week at camp. The Valley Chapter Annual General Meeting will immediately follow camp presentation. Agenda includes: election of the executive organizing the chapter activities, activity organizers. AGM & Nominating Chair: Rob Baker - Please contact for more information rob.baker@ns.sympatico.ca or (902) 678-7101

GMFRC • Feature of the Week

Children and Youth Services

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

Little Ladies Tea Party

Wednesday, June 10th, 2009

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

GMFRC

\$10 per child

Children 3 - 5 years

Registration Deadline: Friday, June 5th, 2009

It's an afternoon of all things 'girlie' as we enjoy a tea party together...princess style. We will do ballroom dancing, eat dainties and create a beautiful craft to take home. Participants are asked to dress in their most beautiful gowns! Space is limited to 10 princesses. Parents do not need to stay for this session.

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Future Flyers Meet the Snowbirds

By: Lieutenant Clark Sollows

What a day! On Wednesday, May 20th at 14 Wing Greenwood, the Base was opened up to residents of the Valley for a family day highlighted by a performance from the Canadian Forces Snowbirds Aerobatic Team. This event was one of many events 14 Wing is hosting this year to celebrate the Centennial of Flight celebrations in Canada.

The event got under way at 3:00 p.m. and Mother Nature treated those who attended with light winds and bright sunshine, which made for perfect weather for the event. Kids and their families got the chance to enjoy a variety of aviation related activities before the air show took flight at 6:30 p.m. The Alexander Graham Bell Museum

made the trip down from Baddeck and was on hand to construct tetrahedral kites with the kids who had a blast flying their creations around the field. The Nova Scotia Art Gallery put on aviation arts and crafts and let the kids' dreams take flight as they constructed a wide range of creations to celebrate the 100th year anniversary. Also on the go was a model building event and a paper airplane making contest which challenged kids to construct the most aerodynamic airplanes out of paper and to see how far they could fly them.

The creations from the model, poster, photo and essay contest were on display that included some spectacular models made by Valley resident Lou Vautour. The Na-

tional Centennial of Flight committee was nice enough to bring down a CF-18 cockpit simulator for the day from Ottawa that ended up being almost as popular as the Bounce Kingdom, which most kids simply couldn't get enough of. Families also got to take in an elaborate display from 413 (Transport & Rescue) Squadron Search and Rescue Technicians and their capabilities along with a display from the Wing Fire Hall.

From 14 Wing, static aircraft on display included the CP-140 Aurora, CC-130 Hercules, and CH-149 Cormorant along with a CF-18 from Bagotville, Quebec. The Wing was lucky enough to have on display the Silver Dart Replica which flew in Baddeck back in February to mark the

100th year anniversary of flight in Canada. Those in attendance were also treated to the official unveiling of the restored Anson aircraft by the Greenwood Aviation Museum. The hard work of the restoration team was brought to light as the public finally had the chance to take in the beautiful job that was done to bring this piece of history to its current state. The Museum was kind enough to put the recently donated Zenair aircraft on display and the Air Cadets had a glider static to show off to the crowds. The Cadets also participated in the day with a drill demonstration where they put on a show with their noticeably precise and synchronized drill movements.

With the singing of our

National Anthem by Christiana Armstrong, the air show got under way at 6:30 p.m. with the Canadian Forces Snowbirds Aerobatic Team taking to the sky for a flawless performance in beautiful weather. The team wowed those in attendance with a number of new aerobatic formations including the Silver Dart formation to commemorate the Centennial of Flight. After the Snowbirds finished, it wasn't long before the CF-18 Demonstration aircraft took to the sky in a thrilling Centennial of Flight paint scheme. Through a series of low speed manoeuvres and wicked high-speed passes, the audience was shown the awesome ability of Canada's multi-role fighter aircraft.

After the completion of the

air show, kids were able to get up close with the Snowbirds and CF-18 teams for autographs as they made their way from their cockpits over to the crowds. As dusk began to settle over the Valley, the event began to wind down as people started to make their way to the main gate having experienced a spectacular tribute to Canada's Centennial of Flight.

When all said and done, it is estimated that upwards of 5,000 people came to 14 Wing to participate in the event with scores of others watching the aerial display from other vantage points in the area. With the first aerial display at 14 Wing since the early nineties being such a great day, it is hopeful in the years to come that Valley residents will be able to take in such events on a more regular basis. What a Day!

~~~~~ See Center Spread for Photo Collage ~~~~~



## WINNERS! Centennial of Flight Contests for Youth

For the past few months, youth in the valley have been hard at work preparing posters, photos, models and essays for competition in the Centennial of Flight Contests for youth. The Centennial of Flight Committee organized the contests to allow local youth to showcase their talents and win fantastic prizes while learning about the history of flight. After their entries were expertly judged, the results were announced in front of thousands of people at the Future Flyers Event on May 20<sup>th</sup>, 2009, and the deserving young winners accepted their prizes. Winners ages 10 to 14 each won a special chocolate bar with a silver ticket hidden inside. The ticket allowed them exclusive entry into the Greenwood Military Aviation Museum on Friday May 22<sup>nd</sup>, where they spent the night at the museum doing loads of fun-filled activities. If you are interested in seeing the exciting winning entries created by these local bright young minds, look for them in upcoming issues of the Aurora Newspaper, and on the Centennial of Flight website, [www.greenwood100years.com](http://www.greenwood100years.com), where you will also find information about coming events.

Congratulations to all the winners listed to the right:

## Future Flyers Meet the Snowbirds Event Winning Coin Draw Numbers

Below are the winning coins from the draw that was held on Thursday, 21 May/09 as part of the Future Flyers Meet the Snowbirds event. Winners can claim their prizes by contacting the OPI, Lt Clark Sollows, at local 3531.

1. Framed Silver Dart photograph autographed by Canadian Astronaut Bjarni Tryggvason: **Coin # 61**
2. "Support the Troops" T-Shirt autographed by the Snowbirds Air Demonstration Team: **Coin # 29**
3. Personalized trip to the CP140 Full Flight Simulator: **Coin # 326**
4. Sight-seeing flight with the Greenwood Flight Center (2 prizes were available): **Coin # 112 and # 461**
5. Nintendo Wii Bundle Package: **Coin # 94**

| Name                | Age | Category                                         | Prize                  |
|---------------------|-----|--------------------------------------------------|------------------------|
| Poster Contest      |     |                                                  |                        |
| Chloé Statham       | 6   | Poster Contest Rookie First Place                | Certificate and Ribbon |
| Justin Stoddard     | 14  | Poster Contest Intermediate First Place          | Night at the Museum    |
| Jordan Stoddard     | 15  | Poster Contest Senior First Place                | Plaque-mounted poster  |
| Photography Contest |     |                                                  |                        |
| Laura Richardson    | 11  | Photo Contest Junior First Place                 | Night at the Museum    |
| Luke Smith          | 12  | Photo Contest Intermediate First Place           | Night at the Museum    |
| Kayley Melanson     | 16  | Photo Contest Senior First Place                 | Plaque-mounted poster  |
| Model Contest       |     |                                                  |                        |
| Brendan Boswell     | 7   | Model Contest Rookie Scratch Built First Place   | Certificate and Ribbon |
| Brodie Carter       | 8   | Model Contest Primary Scratch Built First Place  | Certificate and Ribbon |
| Brooke Cogswell     | 10  | Model Contest Junior Kit Built First Place       | Night at the Museum    |
| Michael Arenburg    | 11  | Model Contest Junior Kit Built First Place       | Night at the Museum    |
| Kaitlyn Lightfoot   | 10  | Model Contest Junior Kit Built Second Place      | Night at the Museum    |
| Brandon Oden        | 11  | Model Contest Junior Scratch Built First Place   | Night at the Museum    |
| Keely Shaye Reid    | 11  | Model Contest Junior Scratch Built Second Place  | Night at the Museum    |
| Andrew Garbutt      | 14  | Model Contest Intermediate Kit Built First Place | Night at the Museum    |
| Essay Contest       |     |                                                  |                        |
| Abby Marion         | 11  | Essay Contest Junior First Place                 | Night at the Museum    |
| Erica Thiesen       | 11  | Essay Contest Junior Second Place                | Night at the Museum    |
| Jacob Webber        | 11  | Essay Contest Junior Third Place                 | Night at the Museum    |
| Shannon Kroetch     | 12  | Essay Contest Intermediate First Place           | Night at the Museum    |
| Courtney McNeil     | 12  | Essay Contest Intermediate Second Place          | Night at the Museum    |
| Nicole Verstichelen | 12  | Essay Contest Intermediate Third Place           | Night at the Museum    |
| Kalie Wetter        | 12  | Essay Contest Intermediate Third Place           | Night at the Museum    |
| Jared McGuirk       | 12  | Essay Contest Intermediate Third Place           | Night at the Museum    |



Judged the "Best Canadian Forces Newspaper 2009" by the Canadian Community Newspapers Association



At the Canadian Community Newspaper Association Awards Banquet held in Montreal on May 21, 2009, Managing Editor Stephen Boates accepted the 1st Place Award on behalf of The Aurora Newspaper from Mr. Brian McCrystal, Past-president, Canadian Community Newspaper Association.

CANADIAN  
Community Newspapers  
ASSOCIATION

# 2009 better newspapers competition

225 - Best Canadian  
Forces Base Paper

Class 2251

Judge:  
Rosaleen L. Dickson

First Place  
CFB Greenwood (NS)  
The Aurora Newspaper

The front page of The Aurora is spectacular, with an almost 3D rendition of its people doing whatever is most significant at the moment.



The back page is equally lively and colourful, and a busy classified ads section and fact-filled listing of coming events make this paper as useful as it is friendly. Managing Editor Stephen Boates is supported by a good team and this paper's casual ac-

ceptance of items in both official languages is delightful. With an emphasis on good health and well being, The Aurora makes good reading. It is uplifting, welcoming, newsy and provides great pictures of the local folks living the good life at Greenwood.

## Join The Renew Your Life Challenge Today!

WIN 1 Of 5  
\$1000 Prizes

### Start Today!

Starting the Renew Your Life Challenge is easy. Simply pick up your free copy of 'Take Charge Of Your Health - 6 Steps Towards Well Being' and get started with Step 1 today. It's easy and will not disrupt your daily routine.

### Share Your Story and Win!

Helping others on the path to wellness is a great gift to share. By sharing your personal story with us and explaining how the Renew Your Life Challenge positively impacted your health, you can win 1 of 5 \$1000 Cash Prizes for the most inspiring and impactful testimonial. See brochure for details.

In today's toxic society your health is under constant attack. Poor diet, processed foods and a lack of physical activity take their toll every day. On top of that, add in pollution, chemicals, and pesticides and it is easy to see why our health is deteriorating. The Renew Your Life Challenge is your chance to take control and improve your health, or maintain your already good health.

In six simple, easy to perform steps, you will cleanse and detoxify your entire body by specifically targeting some of the main causes of poor health.

The Renew Your  
Life Challenge  
will help you

- ✓ Improve Overall Health
- ✓ Increase Energy
- ✓ Eliminate Toxic Load
- ✓ Decrease Risk of Disease

- ✓ Improve Digestion
- ✓ Eliminate Constipation
- ✓ Improve Nutrient Absorption

FOR MORE INFORMATION VISIT IN-STORE

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Greenwood (902) 765-4766

Receive **\$2 OFF**  
your purchase of ANY\*  
**Renew Life Product**

\*Individual Organic Fibre Bars, ForSMART Bars & DigestMORE 20 caps Excluded



Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, or request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 • 1273 North Service Road East • Oakville, ON • L6H 1A7  
\* Limit one coupon per purchase. Coupon expires June 30th, 2009.





# Future Flyers Meet the Snowbirds

May 20th, 2009

Canada

All images were taken by members of 14 Wing Imaging Section and the montage was created by Pte Vicky Lefrancois of 14 Wing Imaging.



# The 2<sup>nd</sup> Annual Run the Runway Event

**By: Captain Scott Spurr**

The second running of the Run the Runway Event will get underway on Friday, June 19, 2009. The start for the run will be at the Air Movements Unit building at 10:15 a.m. and then participants will run/walk East on runway 30/12. This year's event will not only be open to all military and DND personnel, but their families as well!

This event is part of the Wing Commander's ongoing Wing Wellness Campaign and is part of the Wing's commitment to the Canadian Forces Health and Fitness Strategy and to the National Defence's men and women serving at home and abroad.

The run will consist of two portions and participants can chose to either run/walk the 2.5 kilometre route or run the 5

kilometre route. As the event will be held on a Friday, members and their families are encouraged to wear red as part of the Support the Troops campaign. Red Support the Troops tee shirts are available at the Canex if anyone would like to purchase one.

Last year's run had approximately 889 participants and the organizers of this year's event hope to have more than one thousand!

After the event, there will be post-race refreshments and closing remarks by the Wing Commander who will also be opening the run as well.

The Wing also issues a challenge to all Units/Squadrons to encourage as many of their people and families to partake in this occasion as a way to embrace a healthy lifestyle.

(Photo by: Cpl Shane Rudderham, Image Tech, 14 Wing Imaging).



## Preparing for "Big School"

The first steps toward big school ... are never easy ones, especially for Moms & Dads. But with the help of Graham Linney and Cecil Whynot the bus driver the boy and girls from Morfee Annex Preschool class sailed through the rules without a hitch. Last week the boys and girls had the opportunity for their first school bus ride, a practice run for the days ahead at "big school". Proving once again you are never too young to learn the rules of the road or the "bus".

For more information about the schools English or French Immersion Nursery and Preschool programs or to register for the Fall 2009 programs please contact Maurina Duret at 765-1494 ext. 5301. Spaces from our Fall programs are filling fast!

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825-4722

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



Season Opens: May  
Long Weekend 2009  
Closes: Thanksgiving  
Weekend 2009



Bookings for 2009 Season start 1 April 2009  
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| Cottage Contents                                                                                                                                                                                                                                                                                                                                  | Amenities                                                                                                                                                                                                                                                                                             | Your Responsibilities                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Fridge/Stove (full size)</li><li>• Beds (3)<br/>2 singles, 1 double</li><li>• Microwave</li><li>• Toaster Oven</li><li>• Sofa</li><li>• Clock Radio</li><li>• Table &amp; Chairs</li><li>• Kettle</li><li>• Fire Pits</li><li>• Barbeque (full size)</li><li>• Patio Furniture</li><li>• TV/VCR</li></ul> | <ul style="list-style-type: none"><li>• Club House</li><li>• Games Room</li><li>• Canoe/Paddle Boat Rental</li><li>• Shower Facility</li><li>• Laundry Facility</li><li>• Beach (unsupervised)</li><li>• Canteen (seasonal)</li><li>• Firewood</li><li>• Hay Rides</li><li>• Special Events</li></ul> | <ul style="list-style-type: none"><li>• Food and Beverages</li><li>• Linen</li><li>• Utensils/dishes</li><li>• Pots &amp; Pans</li><li>• Other conveniences<br/>required to make<br/>your stay an<br/>enjoyable one</li></ul> |

| Cottage Rentals    | Rec Card Holders                            | Non-Rec Card Holders |
|--------------------|---------------------------------------------|----------------------|
| Day                | \$30.00                                     | \$35.00              |
| Week / 7 nights    | \$210.00                                    | \$245.00             |
| • includes 13% HST | Damage Deposit for all Cabins is \$50/Cabin |                      |



# Support Our Troops: What You Can Do!

Submitted by Michelle Thibodeau Wagner, GMFRC Coordinator of Special Events and Promotions 765-1494 local 1421 or email: michelle.thibodeau-wagner@forces.gc.ca

Showing support for our troops and their families can come in many different forms and can be done in many different ways.

The yellow ribbon has become a symbol of support for deployed troops, no matter where they are in the world; an acknowledgement of the sacrifice they, and their families, make for our country. A symbol which states "we thank you for what you are doing and are thinking of you while

you are away." Displaying a yellow ribbon in your yard, on your car or on your lapel can reassure a soldier that we believe in them and the job they are doing. Knowing that others support their soldier provides a morale boost to the families who are keeping the home fires burning.

Red Fridays are a day each week to simply wear red to show support for our troops. Such a simple act can mean so much to our troops and their families. Make a note on your calendar. Encourage family, friends and coworkers to wear red each Friday and watch the sea of red grow each week.

Acknowledging the unique lifestyle of military families is

a significant show of support. A parent can be away from their children for six months or more, many changes can take place during that time, especially where small children are involved. Milestones such as the first step and first birthday can be missed by the deployed member, moments that non military members take for granted that they won't miss. The continual posting cycle from province to province means new jobs, schools and friends approximately every 3 years. The stress of operational requirements can have a huge impact on the family unit. Military families rise to the occasion and find ways to embrace the lifestyle

they have chosen....Military Families are truly the Strength Behind the Uniform.

Volunteering at the Greenwood Military Family Resource Centre (GMFRC) can be another important way to show Support to our Troops. The GMFRC (a not for profit organization) relies heavily on fundraising efforts and volunteers to make each and every program happen. Some services the GMFRC provide are employment assistance for spouses, emergency child care planning, counselling services, deployed family activities and morale mail packages to the troops. A few hours given can mean a great deal.

Most importantly, thank a

soldier. It's a very proud moment for a military member and spouse when a complete stranger shakes their hands and says a simple "thanks for doing what you do; you are doing a great job." Definitely a moment that will not be quickly forgotten. Simple; doesn't cost a thing, but has an everlasting impact.

Show your support where you can. Keep in your thoughts our military families who allow the Canadian Forces to achieve their tasks, think about the soldier away from home. Show your pride in your Canadian Forces.

If you would like more information please contact Michelle.

## IN THE SWIM

Swimming is good exercise; it involves the use of almost all the muscles in the body. Water resistance is greater than air resistance, so the muscles have to work harder. Swimming will build your muscle strength, endurance, and cardiovascular fitness. Consistency is the key, the greater your endurance will be and your speed will also improve! Swimming improves the body's use of oxygen, increases lung function, stimulates circulation, promotes proper breathing and burns about 3 calories a mile (64 lengths) per pound of bodyweight. An average 150 pound person can burn up to 900 calories in a 30 minute mile.

By: Patrick Giffin

In our yard in Kingston on 23 May we were visited, in most cases, by both genders of Red Crossbills, Chipping Sparrows, Red-eyed Vireos, Yellow-rumped Warblers, Common Grackle, A. Crow, Common Raven, Black-capped Chickadees, A. Robin, Song Sparrows, Pine Siskins, A. Goldfinch, Purple Finch, Ruby-throated Hummingbirds, Dark-eyed Juncos, Downy Woodpeckers, Red Squirrels, a Grey Squirrel, 2 Chipmunks, and at 0400 I heard Barred Owls calling in the woods behind our property. During the week Rose-breasted are seldom seen but often heard as are Red and White-breasted Nuthatches and Hairy Woodpeckers. We credit the owls for having reduced our squirrel population from a regular 6 to a maximum of 2 near our feeders. One evening, near dusk, I was surprised that 2 Hummers, I think females, shared the same feeder without conflict. Perhaps at this time of day, hummingbirds are too tired to fight! We are providing, Black-oil Sunflower Seeds, Nyger, mixed seed, suet, water and a brew for the hummers. During the week, our back lawn is visited by a healthy looking Rabbit. The back of our property interfaces with approx. 50 acres of mixed woodland with wet areas.

Birding between Kingston and Margaretsville we saw the following: on Marshall Rd. just north of the 101, Green-winged Teal, Yellow Warbler, C. Geese, Common Grackle, Song

## For the Birds

Sparrow, then at Walker's Brook, Chestnut-sided Warbler, Common Yellow-throated Warbler, Red-breasted Grosbeak, at the pond by the bridge in Melvern Square, Red-winged Blackbirds, Red-eyed Vireo, Yellow Warbler, Tree and Barn Swallows, on hwy#362 heading towards Spa Springs Eastern Kingbird, heading north on Ruggle's Rd., Barn and Tree Swallows, American Kestrel, many Bobolinks, Song and American Tree Sparrows, at Phinney's Pond Tree and Barn Swallows, Yellow-rumped Warbler, pr. Mallard Ducks, Canada Geese, Blackburnian Warbler, Hairy Woodpecker, Red-eyed Vireo, at Margaretsville Ducks Unlimited, 2pr Wood Ducks, Canada Geese, 2 pr of Mallards and adult female Mallards monitoring the activity of several ducklings, Tree, Barn and Cliff Swallows, Pileated Woodpecker. Overlooking the bay, at the end of Cottage Lane, Margaretsville, we saw 5 Common Loon, 100+ White-winged Scoters, and 6, Double-crested Cormorants in flight.

The Bobolinks on Ruggle's Rd. were numerous, more than we had ever seen at any location, females were evident too; they seemed to return into the depth of the grasses, unlike the

males which often perched on the fence and along the hydro/telephone lines. They were most plentiful in a field that was above average pastureland yet not the quality of a hay or grain crop. We saw Bobolinks at other locations along our route; however, they were most numerous on Ruggle's Rd. The Swallows were most active at the Margaretsville Ducks Unlimited Property; at least 30 lined up on the hydro line making it easier to decide on species, Tree were most plentiful, then Barn and Cliff. We confirmed 6 Cliff. I cannot recall having seen swallows hitting the water's surface in pursuit of insects before, they often did this at Phinney's Pond; causing a significant splash without seeming to impede progress.

In Morden, Gary Myers wrote: "The feeders are getting the usual AG and Purple Finches, Blue Jays, Starlings, Crows, Chickadees, Song Sparrows, Downy Woodpeckers, Mourning Doves and Pheasants. Yesterday a Merlin passed over the yard but apparently didn't see anything worth stopping for. I heard but didn't see, a Catbird on Thursday, we seem to have one m, RT Hummingbird who is a regular visitor and so far our Tree Swallows have not returned." We are at 765-8688, p\_giffin@hotmail.com.



### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### TENDER 09-07

##### DUALLY TRUCK CRANE

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders for the supply of one – Dually Truck Crane

Specifications and tender forms may be viewed and picked up at the office of the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Bob Blackmore, Engineering Assistant at: [rblackmore@county.kings.ns.ca](mailto:rblackmore@county.kings.ns.ca) or 902 690-2454.

**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, June 11, 2009**

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

Tel:(902) 690-6195 Fax: (902) 679-0911  
Local from Kingston & Greenwood (902) 847-3051  
Toll Free: 1-888-337-2999  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)



### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### TENDER 09-09

##### CARGO TRAILERS

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders for the supply of the following: one 14' x 7' ramp gate trailer, and one 14' x 7' barn gate trailer.

Specifications and tender forms may be viewed and picked up at the office of the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Tammie Bezanson, Engineering Assistant at: [tbezanson@county.kings.ns.ca](mailto:tbezanson@county.kings.ns.ca) or 902 690-6113.

**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, June 11, 2009**

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### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### TENDER 09-08

##### PUBLIC WORKS TRACTOR

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders for the supply of a tractor (John Deere 5093E or similar), equipped with the following attachments: one loader attachment, one mower attachment, and one backhoe attachment.

Specifications and tender forms may be viewed and picked up at the office of the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Tammie Bezanson, Engineering Assistant at: [tbezanson@county.kings.ns.ca](mailto:tbezanson@county.kings.ns.ca) or 902 690-6113.

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**Al MacDonald ..... 1532**

**Wayne Atwater ..... 5567**

**Darlene Richards .. 3119**

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## The 107 Valley Wing

904 Central Ave.  
Greenwood



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Section Parties or other  
celebrations.

# Through the Eye of the PSI

**Submitted by Shannon  
Doubleday, GMFRC  
Coordinator of  
Prevention, Support  
and Intervention  
Services 765-1494  
local 1811**

*"Back and forth our star  
will fly, racing through the  
nighttime sky".*

("Night Catch" Brenda  
Ehrmantraut)

It's funny what happens  
when you catch a star, it  
really can bring you  
anywhere. Throughout my

family life, and career, I  
have had the opportunity  
to hitch a ride on many a  
star. Some of these trips  
were expected, even  
planned, others were a  
surprise. Although some of  
these surprises, like the  
much lamented short  
notice posting, can be  
sources of stress; I have  
inevitably found that as  
each star wanes, many  
others burn bright. Oppor-  
tunity and growth is often  
found within accepting the

challenge to catch a star,  
even when it is surrounded  
by a cloud of  
unpredictability, and  
insecurity. I truly believe  
that is has been the ride,  
bumps, bruises and all,  
which has positively  
impacted my life more than  
the final destination. Each  
bump represents a lesson,  
the opportunity to decide  
the life that I want to live  
and the person that I want  
to be. Some stars you  
choose to let fly by,

perhaps the time is not  
right, or perhaps you just  
don't have the energy to  
grab on. Other stars are  
simply so big that their  
gravitational pull implores  
you to take action and do  
something different. It is  
these that create opportu-  
nity for transformation. So  
take a deep breath, feel  
the tingle of excitement  
ripple through your  
senses, and reach out to  
your star.

I would like to take this

opportunity to thank the  
14 Wing community for  
their open arms and minds.  
Although my time here has  
been short it has been  
vibrant. I have had the  
opportunity to work  
alongside amazing families,  
and have learned a great  
deal from each client who  
graced my office with their  
presence. Thank you, for  
challenging me become a  
better clinician. And now I  
reach out to grab a handful  
of my star...and breath.

# The 19<sup>th</sup> Hole

**Submitted by: Wendy  
Richardson**

I am not sure the warm  
weather has hit us yet, one  
day it is nice and the next we  
are bundled up and almost  
wanting our mitts. Soon....we  
will have a summer.

Recapping the events of  
last week.

**Friday night 2 Ball** has  
started and the first night  
there were 33 people who  
came out for some golf fun. It  
was a great day to be on the  
course. except for the mosqui-  
toes. Dallas said for every bug  
she squashed, there were 300  
to take its place....no exag-  
geration to that story. Despite  
the bugs and allergy attacks  
everyone had a fun time. Low

score honours went to Wayne  
Cathcart and Ruth Hunter.  
Low putts went to Clark  
Moulaison and Sandra  
Cathcart. High score went to  
Millie McDonald and Mike  
Worr....what an honour for his  
first time out. High putts went  
to Greg McNeil and his partner  
Dallas Harrigan. Greg and  
Dena showed up just in time  
to save Dave from golfing  
alone with Dallas. Thanks  
guys, also, thanks for shar-  
ing the Bug spray....though  
Dallas thinks it only angered  
the bugs. Don't forget to come  
out next week and enjoy some  
fun at the Friday Night 2-  
Ball....Best deal in town.

**The Ladies held their Early  
Bird tournament** on Sunday  
and we all finished just before  
the rain came down. Good Tim-  
ing. There were 15 ladies who  
competed and the winners in  
the B event were: 3rd L.N. Sue  
Burke; 2nd L.N. Alice Langill  
and 1st L.N. Audrey Costin:  
In the A event 3rd L.N. was a  
new comer Debra Moulaison:  
2nd L.N. was Sandy Wharry  
and 1st L.N. was Sandra  
Cathcart. The Field Low Gross

was won by Donna Hill with  
an 88 and the Field Low Net  
was won by Wendy  
Richardson with a 72. The 50/  
50 was also won by Wendy.  
Their was a short meeting af-  
ter and it was brought to our  
attention that the Jr. Co-  
ordinator is looking for some  
help on the driving range dur-  
ing the Jr. Clinic...if you are  
interested and have some free  
time, give Brent Jones a call  
or leave a message for him at  
the Pro Shop. Ladies, we also  
need some help looking after  
the flower beds, so give  
Donna a call if you can help.

Betty Saltzman will be look-  
ing after the Tournaments  
this year....unless someone  
else would like to volunteer  
to help out. There are three  
tee times blocked for ladies  
on Thursday morning, be  
there before 8:45 a.m. and the  
times start at 9:00 a.m. The  
next Ladies tournament is  
June 21st, The Rose Bowl.  
Sign up sheet is in the La-  
dies Locker Room. By the  
way, the locker room looks  
great and the new Birdie Tree  
donated by Donna Hill and

made by Marcel is really  
sharp. Ladies don't forget to  
keep track of your chip ins,  
birdies etc.....ask Sandra if  
you are not sure about these.

**Men's Night - May 26/09**  
26 Golfers - 18 Hole Stroke  
Play

**1St. Division:** 1St. Gross -  
Scotty Cooper; 2Nd. Gross -  
Carey Boozan Jr.; 1St. Net -  
Charlie Costin; 2Nd. Net -  
Randy Anderson; Skins:  
Boozan Jr.(1), Cooper (2),  
Boozan Sr.(2), Dave Costin(1),  
Anderson(1)

**2Nd. Division:** 1St. Gross -  
Bill McDonald; 2Nd. Gross -  
Pat Grist; 1St. Net - Pete Foy;  
2Nd. Net - Ian MacKenzie.  
**Skins:** G.Arsenault(1), B.  
Milligan(1), I MacKenzie(1),  
B.McDonald(1), G. Watters(1)

**3Rd. Division:** 1St. Gross -  
Ray Allen; 2 Nd. Gross - Fred  
Tappen; 1 St. Net - Ron  
Jenkins; 2 Nd. Net - Doug  
McEwan. **Skins:** Tappen(3),  
Jenkins(3), J.Arsenault(2)

**June 2/09 - 18 Hole Stroke  
Play**

Remember to put full names  
on scorecard. If you don't,  
you know where they will be

filed. Doug & Scotty.

**Next week the Base  
Playdowns** will be held Mon-  
day Tuesday and Wednesday  
starting at 10:00 a.m. Mens and  
Ladies night as usual and In-  
tersection starts on Wednes-  
day. On Thursday the Jr.  
Ranks have a tournament  
starting at 10:00 a.m. with ten  
tee times booked and then on  
Friday there is a Shotgun at  
9:00 a.m. for the Middleton  
Rotary....followed by Friday  
Night 2-Ball.

There are people out there  
who are abusing the cart path  
signs, please use the cart  
paths wherever possible, the  
ground is still soft in some  
spots and tearing the course  
up with the carts isn't help-  
ing. Please remember to re-  
place the divots and repair  
the ball marks. This is our  
course, show pride in it and  
help the maintenance staff  
out by doing these little  
things. Also, remember to  
KEEP UP THE PACE OF  
PLAY...if you are playing  
slow, let the group behind  
you play through.

Enjoy your round of golf.

## 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**

## Aqualeader Water Safety Instructor Course & Water Safety Instructor Course (AWSI & WSI)



### 14 Wing Fitness & Sport Centre

June 5, 6, 7 & June 26, 27, 28

Friday • 6:30 - 9:00 p.m.

Sat & Sun • 9:00 a.m. - 4:00 p.m.

**Attendance on all dates is mandatory**

**Cost \$200.00 per person**

To enroll please call Yvonne Clarke  
Aquatics Supervisor at 765-1494 ext 5564

**New !**  
*speedo*

**Vanquisher  
Goggles  
for sale**

Coming soon for Kids & Adults

For more information  
call Yvonne Clarke  
Aquatics Supervisor at  
765-1494 ext 5564





# News from Eta Master Chapter Greenwood

Now that the good weather is here and our snowbird members have returned from southern comfort, we have been out and about learning about our community.

Dennis Kingston, Academic Chair at NSCC's, Annapolis Valley Campus (AVC) brought us up to date about the programs at NSCC with a PowerPoint presentation and tour of the Middleton facility. The NSCC AVC consists of three unique sites in Digby, Middleton and Lawrencetown and offers a diverse range of programs. There is truly something for everyone, with programs in traditional occupations as well as programs that are on the leading edge of technology. Approximately 400 full-time and 400 part-time students attend AVC, which is a tremendous asset to our community. Some students come half-way around the world to attend our NSCC campus, due to its international reputation in Geomatics. NSCC facilities are also used to benefit the social and economic well-being of the region with initiatives such as Ingeonuity (a business incubation centre), an Applied Geomatics Research Group, a community computer recycling facility

and an Adult Day Program that operates in conjunction with the VON and Valley Regional Health Authority.

There are programs geared to those who have been out of school for awhile and want to re-enter the workplace, certificate programs in human services and trades areas as well as highly technical offerings in the Geomatics field. The Middleton campus is also the only NSCC facility in the province to offer a new diploma program in Energy Sustainability Engineering Technology. This program is in response to increasing demand for both sustainable development and housing that is adaptable to meet the changing needs of inhabitants. Starting this fall, students from various courses at NSCC will collaborate to construct an Eco-home which has been named the "Pilikan Project" (a Mi'kmaq word meaning New Home). This will be a demonstration project that showcases state of the art renewable energy systems and construction techniques. We were impressed to see the many new programs and community initiatives that have started at NSCC. We were also impressed with the energy and enthusiasm that the students showed

us during our visit. We were introduced to Liam Wadman, IT systems graduate and 1st place winner of the Innovative Ideas Competition, a new initiative co-sponsored by Ingeonuity (the NSCC Business Incubation Centre), the Students in Business program and Annapolis Ventures.

Principal, Jim Stanley was also on hand to greet us during our tour and everyone at NSCC went out of their way to provide famous Annapolis Valley hospitality. AVC will award certificates and diplomas to 260 graduates at Convocation ceremonies that take place at the Middleton Campus on June 9th.

Another interesting program had our members meet at Sobeys Conference Room in Greenwood for an 11 am cooking demonstration and lesson on healthy meal preparation by Chef Kevin Wagner from Bear River. He cooked a delicious lunch for us consisting of warm cabbage salad, vegetarian chili with cornmeal muffins and fruit and oatmeal bars served with vanilla ice cream. After the cooking session at Sobeys, we continued on to the Greenwood Military Aviation Museum at 14



**Eta Master members enjoy a tour of the NSCC's Annapolis Valley Campus conducted by Dennis Kingston, Academic Chair.**

Wing Greenwood for a tour of the facility led by Guy Campbell, husband of Eta Master member, Sharon. We were taken on a mock-up of the rear of an Argus aircraft, which was used at Greenwood before the Aurora aircraft came into use. As all Eta Master members have a direct connection to the military, we enjoyed seeing the full-sized planes that are on display at the museum as well as the memorials of military heroes, miniature models of Second World War planes from various countries and the models of Armed Forces men and women in work and

full dress. Renowned artist Geoff Bennett had an exhibit of his work "Aviation History in Art" on display at the museum as part of the 14 Wing Greenwood Centennial of Flight Celebration.

Beta Sigma Phi is an International Women's Organization dedicated to Life, Learning and Friendship. Nova Scotia Eta Master Chapter,

Greenwood, is the most senior chapter operating in the Annapolis Valley and includes members who come all the way from Windsor and Clementsvalle to attend meetings.

If you would like to learn more about Beta Sigma Phi in the Annapolis Valley please contact Shae Griffith, President, Eta Master chapter at 825-5800.

**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

## GREENWOOD MILITARY FAMILY RESOURCE CENTRE WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood  
Tel: (902) 765-5611 • Fax: (902) 765-1747  
Email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Website: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)

### Community Information Services

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

### Deployment Services

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

### Child, Youth and Parenting Services

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

### Prevention, Support and Intervention Program

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

### Volunteer Services

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

### Second Language Services

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

### Adult Programs and Employment Services

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

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

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

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

### Services de renseignements à la communauté

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

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

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

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

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

### Programme de prévention, soutien et intervention

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

### Services de bénévolat

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

### Services de langue seconde

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

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

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

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



# Bravo Zulu Promotions & Presentations

Photos are taken by 14 Wing Image unless stated otherwise.



Cpl Lunn receives her promotion from 404 Squadron CO LCol Baird and Squadron CWO Gaudreault.

(Photo submitted)



Pte Neufeld receives his promotion from 404 Squadron CO LCol Baird and Squadron CWO Gaudreault.

(Photo submitted)



MCpl Hunter receives his promotion from 404 Squadron CO LCol Baird and Squadron CWO Gaudreault.

(Photo submitted)



MCpl Kareem Shehata receives the CD from 404 Squadron HCol Graham and 404 Sqn CO LCol Baird.

(Photo submitted)



Pte Humber receives her promotion from 404 Squadron CO LCol Baird and Squadron CWO Gaudreault.

(Photo submitted)



Maj Kohler receives the CD 2 from 14 Wing Commander Col Joyce with his son, Pte Kohler in attendance.

(Photo submitted)



MCpl Shawn Heighington receives the CD from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)



MCpl Brian Jackson receives the CD from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)



MCpl Scott Wheaton receives the CD from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)



Capt Thomas MacHardy receives his promotion from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)



WO Lowell O'Keefe receives his promotion from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)



Capt Kevin Matheson receives the CD from 14 WComd Col Joyce and 404 Squadron HCol Graham.

(Photo submitted)





Sgt Rob Butt receives the Commanding Officer's Commendation from 404 Squadron CO LCol Baird.  
(Photo submitted)



Pte Dyer receives his promotion from 404 Squadron CO LCol Baird and Squadron CWO Gaudreault.  
(Photo submitted)



MCpl Darryl Keith receives his new rank from Major Baillie, DCO 14 AMS.



Sgt Renee Noftall receives the Commanding Officer's Commendation from 404 Squadron CO LCol Baird.  
(Photo submitted)



Cpl Robert Bennett receives the "For Professionalism" Flight Safety Award from LCol Garbutt, CO 14 AMS.



Pte Scott Arsenault receives his first hook from Major Baillie, 14 AMS DCO.

## TSF Top Apprentice



On Wednesday, 22 April 2009, 14 AMS Training and Standards Flight (TSF) graduated another apprentice course, AVN 0901. Course dates were from 02 Feb 09 to 22 Apr 09. CP140 apprentices arriving from CFSATE Borden are sent to TSF for their flight line servicing and elementary tasks, as well as their pre-OSS training before proceeding to their CP140 aircraft type course. From each course, the apprentice who displays superior professionalism, dedication, and leadership qualities, while performing their assigned tasks is awarded the Maj Al MacInnis Award for Top Apprentice.

The recipient of the Maj Al MacInnis Award for Top Apprentice from AVN 0901 is Cpl Peter Jefferson. Bravo Zulu Peter and keep up the excellent work.



Pte Samuel Cormier receives his first hook from Major Travis, 14 AMS AMSO.



Sergeant (retired) Jason K. McNeil receiving the CD 1 from the Wing Commander Colonel Derek Joyce on Thursday, May 14, 2009 at the Wing Headquarters foyer. Sergeant McNeil retired from the Canadian Forces as a Signals Operator on November 23, 2008 after 22 years of service.  
Photo: Captain Scott Spurr.



## CWO Hudson's Farewell

CWO Gordon Hudson's farewell was held on 08 May 09. After 33+ years CWO Hudson has moved on the reserves. He served both as the Supply Administration Officer and as Wing LEO Branch Chief Warrant Officer. Above he received a farewell gift from Wing Supply/Foods Squadron as well as Commanding Officer's commendation for his work as Branch CWO. CWO Hudson also received his Certificate of Service for 33+ years of Regular force service.  
(Photo collage submitted)



# Youth Happenings at the 14 Wing Community Centre

**By: Youth Recreation Worker: Sai Sherwood**

Well, as May draws to a close, and June comes sweeping on in, we're looking forward to keeping you occupied with some fun activities.

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, so be

sure to drop by and pick up your copy of the calendar, or give us a call at 765-8165! Here's what's happening this week at the 14 Wing Greenwood Community Centre.

## Boy's Club Monday June 1<sup>st</sup>, 2009

Basketball  
4:30 - 6:00 p.m.

Boys, if you missed the bicycle ride, come on out Monday night and meet the new Recreation Youth Worker, Sai Sherwood!! You can show him all your basketball tricks and maybe teach him some warm-up games! Invite a friend to join you, Boy's Club is a blast!!

## Teen Activities

**Tuesday June 2<sup>nd</sup>, 2009**

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

Teens, grab your bicycles and meet Sai and I at the Community Centre at 6:00 p.m! We'll head over to the Duck Pond and check out the trails there and if you're up for it we can try the trails behind the French School. Bring some ice-cream money too!!

## Active Chicks

**Wednesday June 3<sup>rd</sup>, 2009**

Kingston Duck Pond  
Fitness Trails  
6:00 - 7:30 p.m.

Bring Ice-cream Money!!

Active Chicks will be meeting at the Duck Pond Wednesday night to walk or jog around the fitness trails! We'll stop and try all the fitness stations, especially the rock climbing wall! Later, we'll all walk up to Dairy Queen for

an ice-cream treat, so don't forget to bring some ice-cream money! Parents can meet us at DQ at 7:30 p.m. See you there!!

## Pre-Teen Movie Night

Every Saturday is pre-teen movie night. The fun starts at 6 pm and runs until 8:00 p.m. Admission to the movie is free with your membership card or \$1 drop in fee. This week we will be watching Dr. Dolittle: Million Dollar Mutts (PG). Kyla Pratt returns as Maya Dolittle, the animal whisperer in DR. DOLITTLE: Million Dollar Mutts. Maya's off to college when a Hollywood starlet seeks out her canine counsel to help with her depressed Chihuahua. When she experiences the razzle-dazzle of Hollywood, Maya's plans for college get put on the backburner. With her faithful sidekick, Lucky, Maya sees past L.A.'s rich and famous and stays true to what's really important in her life.

## 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 Forever Strong (PG13). A talented but troubled high-school rugby star gets a second shot at redemption after being sentenced to serve time in a Salt Lake City boys' home and landing a coveted spot on the famed Highland High School rugby team. Rick Penning (Sean Faris) was the star player on his Arizona rugby team until his life took a turn for the worse. Now, after a fateful brush with the law, Rick finds himself out of the spotlight and forced to ponder the consequences of his actions in a Salt Lake City juvenile detention center. As fate would have it, however, Salt Lake's famed Highland High rugby team could use a player like Rick. With a little help from the coach, Rick may even be able to lead the Highland High team to the national championships. When Rick discovers that the team they'll be competing against is none other than his old team from Arizona, which is coached by his father, the deciding game takes on a newfound sense of gravity in the eyes of the ambitious young athlete.

## Youth Centre Drop in Hours

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

## GMFRC • Feature of the Week

### Volunteer Services

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

## 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 structured group of children who are experiencing a deployment. There are three age groups to be facilitated. Must have experience working with children, able to work independently and be dependable. Please contact Janie Gagnon, Coordinator of Volunteer Services if you would like to be a part of this adventure!

## CRFMG - Publicité de la semaine

Service de bénévolat

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

## Animateur(trice) du groupe de support pour les enfants de familles déployées

Formation offerte en juin (date flexible)

Formation donnée entre 8H00 et 16H00

(horaire flexible)

CRFMG

Bénévoles demandés: 3

Animez de façon structurée un groupe d'enfants vivant la séparation d'un parent dû à un déploiement. Les enfants seront divisés par groupes d'âges. Vous devez avoir de l'expérience de travail avec les enfants, être capable de travailler indépendamment et être fiable. Si vous voulez prendre part à cette aventure S.V.P. contactez Janie.

## 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

## Standard First Aid/CPR Level C

Thursday & Friday, June 11<sup>th</sup> & 12<sup>th</sup>, 2009

9:00 a.m. - 4:30 p.m.

GMFRC Classroom 1

\$50.00

Registration Deadline: Friday, June 5<sup>th</sup>, 2009

Do you live alone or with your family? Statistics say that we are more likely to use First Aid and CPR on our close friends and family or ourselves than on a stranger. If your course needs updating or you need to be newly certified, sign up for our Level C First Aid/ CPR course offered the 11<sup>th</sup> and 12<sup>th</sup> of June at the Greenwood MFRC from 9:00 a.m. until 4:30 p.m. Seats are limited and they fill up fast so sign up today!

## 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](http://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](mailto:roderick.reeves@forces.gc.ca).



## Paper Carrier

# WANTED

for the following area:

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



## EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre

MFSP  
MILITARY FAMILY  
SERVICES PROGRAM



PSFM  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES



## Summer Camp Leader Part-Time Seasonal Position

The Summer Camp Leader is responsible for the implementation of the summer recreation program for children aged 3 - 5 years at the Greenwood Military Family Resource Centre.

The ideal candidate should possess the following skills and education:

- Experience working with children age 0-5 years.
- Understanding of the unique needs of military children.
- Bilingual is an asset.
- A Current First Aid/CPR Certificate is required

Hand deliver, fax or e-mail job applications no later than 4:00 p.m., Friday, June 12<sup>th</sup>, 2009 to:

Kim Dixon, Coordinator of Child, Youth and Parenting Services  
Greenwood Military Family Resource Centre  
AVM Morfee Centre, School Road  
Greenwood, NS  
Fax: 902-765-1747  
E-mail: [home@greenwoodmfrcc.ca](mailto:home@greenwoodmfrcc.ca)

Only those selected for an interview will be contacted.



# Shopping with Children

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

Summer vacation is that magical time of the year when we all toss our watches aside, and live life by our own schedules. There are no school lunches to pack, busses to catch or even homework to help out with. Yes, it is indeed summer... however, vacation or not, we still need to go to the grocery store to buy those yummy summertime snacks or purchase items for that week long camping trip. We now find ourselves having to take our children shopping with us for these items, as school or daycare may be closed for the summer. This once simple task may now be somewhat more dramatic or even stressful. It is important to keep in mind that shopping is hard for kids. The following are a few tips to keep in mind before you head out to stock up your cupboards:

- Try to plan trips to the grocery store after meals/naps if you can.
- Tell your children before leaving where you are going, what you will be doing, and what they can have.
- Take a small snack such as crackers, juice – depending on how long you might be.
- Bring a small favourite toy to play with while your child sits in the shopping cart.

- Make a game out of trying to find items on your list. Ask your child to keep their eyes open for certain things, and see if they can spot them before mommy or daddy does.

Remember, it is hard for children to stay in one position for long periods of time. To reduce your stress and ensure your child's safety, have him/her sit in the children's seat area of the cart with their legs dangling down, or have them hold your hand or even assist you with pushing the cart if they are too big for the seat. As we all know even the best-planned trips to the store can lead to a temper tantrum. If in spite of your best efforts your child has a tantrum, you should never threaten to leave your child, keep your cool and try to help him/her calm down. It is natural to feel embarrassed by your child's actions, and as you stand there during a total meltdown, you feel as through every single person in the store is watching your situation and judging you. No matter how frustrating it is,

never walk away and leave your child alone in the cart or leave them in the car. Sometimes the best solution is to just leave your cart and go home. Make arrangements to have a friend or family member provide childcare while so you can choose another time or day to go for groceries.

If you would like more information on parenting topics or would like to meet with Kim to discuss any parenting question or concerns you may have, please call.

## EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre



### Administrative Receptionist - bilingual

**Job-shared position (2 days per week);  
One year term**

The Administrative Receptionist is primarily responsible for confidential receptionist duties for the Greenwood Military Family Resource Centre. There is also a requirement for administrative support such as maintaining daily stats, registration for courses, and collecting, depositing, and balancing daily revenues.

**Probationary Period:** 3 months  
**Responsible to:** Executive Director

#### QUALIFICATIONS REQUIRED:

- Strong written and oral communication skills in both official languages
- Community College Diploma in Office Administration
- Minimum of 3 years experience working within a community or social service agency
- Very good knowledge of public relations is required
- Demonstrated proficiency in the use of Microsoft Word, Excel, Access, Outlook and the Internet
- Ability to organize and prioritize workload effectively to meet deadlines
- Excellent organizational skills
- Sensitivity and tact in dealing with people.
- Working knowledge of IT office requirements

Awareness of risk management issues as well as a strong belief in the principle of volunteerism is required. A good understanding of the unique needs of military families is necessary, as well as the ability to work both independently with little supervision and as part of a team.

#### Hours and Salary

- 15 hours weekly (occasional evening & weekend hours are required). Flexibility will be required
- Salary: \$12 per hour

**The successful candidate will be prepared to commence employment on 6 July 2009.** Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, **on or before 4:00 pm on Wednesday, June 17, 2009 to:**

Margaret Reid email: [margaret.reid@forces.gc.ca](mailto: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

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

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

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)

## EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre



### Réceptionniste-administrative - bilingue

**Position temps partagé (2 jours semaine);  
terme d'un an**

Le, la réceptionniste administrative sera prioritairement responsable du maintien de la confidentialité des informations liées à la réception du Centre des ressources pour les familles militaires de Greenwood et devra répondre aux exigences liées au support administratif. Collecter, compiler et produire quotidiennement des rapports statistiques. Accumuler, balancer et préparer les dépôts de revenu reçus des clients.

**Période de probation:** 3 mois

**Sous la supervision:** Directrice exécutive

#### QUALIFICATIONS REQUISES :

- Excellentes habileté de communication orales et écrites dans les deux langues officielles.
- Diplôme d'études collégiales en administration de bureau.
- Minimum de 3 ans d'expériences de travail avec une agence de service social ou communautaire.
- Une bonne connaissance en relations publiques est exigée.
- Démontre des compétences dans l'utilisation des logiciels Microsoft Word, Excel, Access, LAN et Internet.
- Habilité à organiser et prioriser efficacement la charge de travail afin de respecter les échéances.
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance des systèmes informatiques et de leur fonctionnement.

Être conscient des situations demandant une bonne gestion du risque et appréciation et croyance dans les principes du bénévolat. Avoir une bonne compréhension des besoins uniques des familles militaires et une habilité à travailler de façon indépendante, sous peu de supervision, ainsi qu'en équipe.

#### Horaire et salaire :

- 15 heures par semaine (occasionnellement en soirée et fin de semaine), flexibilité requise.
- Salaire: 12\$ de l'heure.

**Le candidat sélectionné débutera l'emploi le 6 juillet 2009.** Des vérifications du dossier criminel, Registre d'abus d'enfant et enquête de sécurité.

L'appliquant(e) doit soumettre par télécopieur, poste, ou courriel une lettre couverture et curriculum vitae soulignant clairement ses habiletés à répondre aux exigences du poste. **Soumettre votre application avant 16:00 le mercredi, 17 juin**

Margaret Reid courriel: [margaret.reid@forces.gc.ca](mailto:margaret.reid@forces.gc.ca)  
Directrice exécutive (format MS Word or PDF)

Centre de ressources pour les familles militaires de Greenwood fax: (902) 765-1747

Casier Postal 582, Greenwood, N-É, B0P 1N0

Les applications peuvent aussi être déposées en personne à la réception du CRFMG. Le CRFMG est situé au Centre AVM Morfee, rue School, à Greenwood.

*Noté qu'uniquement les candidat(e)s sélectionné(e)s en entrevue seront contacté(e)s:*

Le CRFM de Greenwood respecte l'équité en matière d'emploi. Vous pouvez en apprendre plus sur le CRFMG au: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)

## EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre



### 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](mailto: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](http://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](http://www.greenwoodmfr.ca) or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

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



May 31<sup>st</sup> - June 4<sup>th</sup>  
Sun - Thurs • 8 p.m.

## Ghosts of Girlfriends Past

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.co](http://www.zedex.co)

## 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](mailto:employmentgmfr@eastlink.ca)

### Upcoming programs or services

#### Military Home Based Business Group Meeting

Thursday, June 4<sup>th</sup>, 2009

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

GMFRC Classroom 2

FREE

#### Defensive Driving Course

Monday & Tuesday, June 8<sup>th</sup> & 9<sup>th</sup>, 2009

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

GMFRC Classroom 1

\$20.00

Registration Deadline: Monday, June 1<sup>st</sup>, 2009

#### Standard First Aid/CPR

Level C

Thursday & Friday, June 11<sup>th</sup> & 12<sup>th</sup>, 2009

9:00 a.m. - 4:30 p.m.

GMFRC Classroom 1

\$50.00

Registration Deadline: Friday, June 5<sup>th</sup>, 2009

#### CF Recruiting

Monday, June 22<sup>nd</sup>, 2009

1:00 p.m. - 5:00 p.m.

GMFRC Classroom 1

FREE

### Employment Ongoing Services

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

### Community Information Services

Coordinator: Nicole

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

### Ongoing Services

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

### Deployment Services

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

### Upcoming programs or services

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

Monday, June 8<sup>th</sup>, 2009

8:00 p.m. - 10:00 p.m.

Location: Dooly's in Greenwood

Registration deadline: Friday, June 5<sup>th</sup>, 2009

Call 765-5611 to Register

#### Deployed Families Card/Craft Club

Monday, June 15<sup>th</sup>, 2009

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

GMFRC

Registration deadline: Friday, June 12<sup>th</sup>, 2009

Call 765-5611 to Register

#### Deployed Families Adult Dinner Out

Tuesday, June 30<sup>th</sup>, 2009

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

Location: To be Determined

Pay the cost of your own meal

Registration deadline: Friday, June 26<sup>th</sup>, 2009

Call 765-5611 to Register

#### Is your military member away?

If you have a military family member who is away (spouse, son, daughter, part-

ner, 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*

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### Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-5611 or email [shannon.doubleday@forces.gc.ca](mailto: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](mailto:kim.dixon@forces.gc.ca)

### Upcoming programs or services

#### Youth Council

Tuesday, June 2<sup>nd</sup>, 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

Last day for tutoring program is Tuesday, June 30<sup>th</sup>, 2009

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

Last day for facilitated program is Monday, June 22<sup>nd</sup>, 2009

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

Last day for facilitated program is Tuesday, June 23<sup>rd</sup>, 2009

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

Children 1 - 2 years

FREE

Drop in - no registration required

### TumbleTots

Every Wednesday in the gym

Last day for facilitated program is Wednesday, June 17<sup>th</sup>, 2009

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

Last day for facilitated program is Thursday, June 18<sup>th</sup>, 2009

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 13<sup>th</sup>, 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 11<sup>th</sup>, 2009

and Tuesday, June 30<sup>th</sup>, 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 29<sup>th</sup>, 2009

and Tuesday, June 30<sup>th</sup>, 2009

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

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Children up to age 12

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and Tuesday, June 30<sup>th</sup>, 2009

5:00 p.m



# Learning and Career Centre

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

## 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  
F o l d e r s \ \_ L o d g e r  
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!**

## LCC Upcoming Workshops

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

### JUNE 2009

- 02 Word Level 2, \$110.00 per person • 1 day
- 3-4 Understanding My Leadership Style • 2 days
- 08 Outlook Level 2, \$110.00 per person • 1 day
- 09 Access Level 3, \$110.00 per person • 1 day
- 15 Excel Level 1, \$110.00 per person • 1 day
- 16 Introduction to Internet, \$110.00 per person • 1 day
- 16-17 Speed Reading & Memory Techniques, cost pro-rated • 2 days
- 18 Lunch & Learn: Commercial Safety College • 1 hr
- 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

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

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

## Greenwood Military Aviation Museum

"Saving your past for your future"

**June to August**  
7 days a week 9 am to 5 pm  
**September to May**  
Tuesday to Saturday 10 am to 4 pm

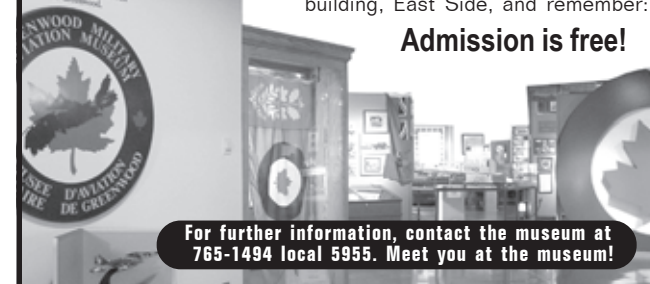
We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

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

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

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

**Admission is free!**



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

## GMFRC • Feature of the Week

### Special Events and Promotion

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

### Red Fridays

On Friday, June 5<sup>th</sup> some of the GMFRC's wonderful volunteers will be out and about in the community looking for people showing their support for our troops by wearing red. Red Fridays are a day each week to simply wear red to show your support for our troops. Such a simple act can mean so much to our troops and their families. Make a note on your calendar. Encourage family, friends and coworkers to wear red each Friday and watch the sea of red grow each week. Get caught wearing red and you might get a prize or get your picture taken!

## ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~

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

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

**June 1<sup>st</sup>:** Assorted Sandwiches 2.00 • Fruit Yogurt 1.50 • Vegetables & Dip 1.50 • Cheese & Crackers 1.50 • Watermelon 1.00

**June 2<sup>nd</sup>:** Hamburgers with Lettuce & Slice of Tomato 2.50  
• Cheeseburger with Lettuce & Slice of Tomato 3.00  
• Orange Slices 1.00

**June 3<sup>rd</sup>:** Chicken Caesar Wraps 2.50 • Toss Salad 1.50  
• Apple Slices 1.00

**June 4<sup>th</sup>:** Fish Cakes & Potato Wedges 2.50 • Sherbet 1.00

**June 5<sup>th</sup>:** Tomato Soup & Grilled Cheese Sandwich 2.50 • Yogurt 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:** Grilled Cheese; **Tues:** Pasta Day; **Wed:** Fish Wedge & Veggies;  
**Thurs:** Hamburgers; **Fri:** Chicken Burgers

This menu brought to you compliments of:

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# FOR YOUR INFORMATION

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

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

### Nictaux Baptist Church Seeking Youth for a Musical

Nictaux Baptist Church seeking ages 13+ male and female individuals interested in being part of a for Hard-hitting... Powerful... Real... Flashback, a youth musical that deals with some of the hard questions of life, provides your teens a strong vehicle with which to share the message of God's unchanging faithfulness. Students identify with the struggles of a Christian girl trying to effectively

share Christ's love while combating ever-present peer pressure. The powerful and surprising ending will move audiences of all ages. Created by Barney and Carter Robertson. Auditions will be scheduled for all interested please contact 825-2029 and leave detailed message.

### Youth Music Group SHOUT to Perform on June 14<sup>th</sup>

Kingston United Church's own youth music group SHOUT will give a concert on Sunday, June 14<sup>th</sup> at 1:00 p.m. at Kingston United

Church, 733 Main Street. They will share their repertoire of music and singing. A free will offering will help to support their work for the coming fall season.

### Kingston UCW Spring Yard Sale

The United Church Women of Kingston United Church, 733 Main Street, will be hosting its Annual Spring Yard Sale on Saturday, June 6<sup>th</sup> starting at 10:00 a.m. Many items will be available. All proceeds will go to support the work of the UCW.

### Wilmot & Area Neighbourhood Watch Association

The Wilmot & Area Neighbourhood Watch Assoc. will meet on Monday, June 1, 2009 at 7:00 p.m. in the Christian Fellowship Centre. Come and pick up your 2009 Newsletter. All are welcome.

### Au bout de mes rêves

Les élèves du secondaire de l'école Rose-des-Vents présenteront un théâtre musical le 19 juin prochain. «AU BOUT DE MES RÊVES» est une pièce qui allie danse et chant sur fond théâtral. Au coeur d'une discussion, un groupe d'adolescent veut améliorer le monde. Une bouteille sera retrouvée à la mer ce qui débute la pièce. Le tout vous sera présenté avec un pot pourri de belles chansons d'auteurs-compositeurs français. Cette pièce sera présentée devant le public le 19 juin à 20h00 à l'école Rose-des-Vents. Les billets sont en vente au coût de \$5.00 par personne en communiquant au 765-7100 (demander Chantal). On vous y attend en grand nombre.

### Kingston Lions Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tuesday 9 June 09 at the Kingston Lions Hall from 11:30 a.m. - 1:00 p.m. Menu: Turkey dinner with coffee, tea and desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

### Class of 1989, 20 Year Reunion

West Kings District High, Auburn, NS. July 31- August 2, 2009.

Please visit our web page for schedule and registration: [www.westkings89.com](http://www.westkings89.com) or contact: Glenna (nee Legge) Poehl 678-6160, [gleggy@yahoo.ca](mailto:gleggy@yahoo.ca) or Debby (nee Graveline) Belyea 204-778-3192, [debby71@mts.net](mailto:debby71@mts.net).

### Nictaux Fire Ettes 3rd Annual Yard Sale

The Nictaux Fire Ettes are holding their 3rd annual Giant Yard Sale at the Nictaux Fire Hall on Saturday June 20<sup>th</sup> from 8:00 a.m. - 1:00 p.m. On site barbecue and canteen. For table rentals or if you have any items to donate please call 765-3927.

### Yard & Bake Sale Aylesford United Church

Yard & Bake sale at the Aylesford United Church hall on Saturday, June 13/09 from 8:00 a.m. to 1:00 p.m. Everyone is welcome. Sponsored by the Committee of Stewards.

### Breakfast at the Aylesford United Church

Breakfast at the Aylesford United Church on Saturday, June 20, 2009 from 8:00 a.m. to 11:00 a.m. Free will offering. Sponsored by the Committee of Stewards.

### Public General Meeting for the Western Kings Rink Association

4 June 2009 at 7:00 p.m. in the arena located at Westwood Street Kingston, N.S. Election of new Executive Officers will take place at this time. If you are interested in any positions please contact Mona Arseneault 765-8635. Nominations will be taken from the floor.

### Chinese Auction & Yard Sale

Chinese Auction & Yard Sale being held Sunday, June 14<sup>th</sup>, 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.

### Valley Autism Support Team

The June VAST meeting will be held on Tuesday 9 June start-

ing at 7:00 p.m. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave, Kingston. Program: Kym Hume, Chair AMAT, will bring us up-to-date on AMAT activities and will brief us on the Survey Questionnaire. Please note change of date. Contact: Norm Donovan 765-3883.

### Ravenwood Yard Sale

The Ravenwood Sub-Division Yard Sale will be held 6 June 2009 from 9:00 a.m. - 2:00 p.m., Rain or Shine. Largest sub-division yard sale in the valley.

### Lunch with Mike Gushue

To all members of Central Annapolis Valley Chamber of Commerce, Mike Gushue, Managing Director, Annapolis Digby Economic Development Agency will be presenting at a Central Annapolis Valley Chamber of Commerce Luncheon, Wednesday, June 3<sup>rd</sup>. The luncheon will take place at Falcourt Inn, Nictaux. The luncheon will start at 12:15 p.m. with a brief business meeting and lunch. Lunch is \$15.00 all in. Mike will discuss what the Annapolis Digby Economic Development Agency, ADEDA, has done for our business community in the past year and what the ADEDA plan is for the next year. We will also receive an update on the Digby ferry and the wood pellet plant. Please plan to attend this informative presentation. Contact the CAVCC office to reserve your seat. Seating is limited, so register today!

### Kings SPCA Shelter Volunteer Orientation Sessions

Sunday 7 June, 1:00 p.m. til 2:00 p.m. OR Wednesday 10 June, 6:30 p.m. til 7:30 p.m. Get an overview of the work we'll need, meet the Shelter Manager and Tour the Facility. We'll get the paperwork out of the way and set up your training and work schedule! All welcome, be part of a great new experience. Kings SPCA Shelter is on County Home Road in Waterville. Turn at the Waterville Fire House, go past the ReHab Centre, we are on the right side of the road in a great new building. [www.kingsspa.com](http://www.kingsspa.com).

### Kingston Area Seniors Association

### Association

Meet the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No 98 of the Royal Canadian Legion Kingston. Fun day (Cards & Games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Roger's at 765-3292.

### Kingston & District Health Auxiliary

Will be holding a Coffee Party Friday, 12 June, 2009 from 9:30 a.m. - 11:30 a.m. In the Kingston Fire Hall. Proceeds to VON. Help Support Soldiers Memorial Hospital and District Health Care. VON Volunteers will be in attendance with their quilt display. Please join us - It Benefits Everyone.

### "Singing For Supper" Food Bank Drive

There will be a Variety Show at New Beginnings Centre Greenwood, 1151 Bridge St., to raise funds for the Kingston Food Bank on June 5<sup>th</sup> at 7:00 p.m. Performers will include the Best Sisters, Bob Forrester, Brody & Logan Best and Friends. Please come and support this important cause and enjoy a great evening of music!

### Appreciation Day Sale

In appreciation of the support we have received from our volunteers, hospital staff and public, the Carousel Gift Shop, Soldiers' Memorial Hospital is holding an APPRECIATION DAY SALE, June 11<sup>th</sup>, 2009 from 10:00 a.m. - 4:00 p.m. We are offering 15% off all gift items plus No Tax. Thank you for your continued support. Carousel Gift Shop Committee.

### 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 7<sup>th</sup>, 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: \$5.00 for members; \$8.00 for guest shooters; no charge for observers. All welcome!

### ZX Cycle N Run Club June Cycling Schedule 2009

All rides will depart from the parking lot at T.A.N Coffee at the Greenwood Mall. All skill levels welcome. Tues at 1800 Road Ride; Thur at 1800 Mountain Bike Ride; Sun at 1000 Road Ride. For info call Mike 538-1224.

### Annual Giant Yard Sale

Indoor/Outdoor, Sat, June 13<sup>th</sup> from 8:00 a.m. to 1:00 p.m. Emmanuel Church 37 Gates Ave, Middleton. Including: Plant and Book Tables, also Bake Sale and BBQ. Rain or Shine.

### Annual Spring Yard Sale

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

On Thursday, 11 June at 7:00 p.m. at the Melvern Square Community Hall, 165 Bridge St, Melvern Sq., The Mid Valley Women's Connection presents: our special Feature ...Tina Hiltz... Habitant for Humanity "A hand up not a hand out". Our Special Speaker...Elaine Passey... Relationships and You". Plus, coffee, tea, and dessert for only \$6.00! Newcomers Welcomed! We appreciate your reservations! Please call Velma at 825-4747, or email: [veljour@gmail.com](mailto:veljour@gmail.com)

# HOROSCOPES

May 31 to June 6

## ARIES - Mar 21/Apr 20

With some room for negotiation you can actually see something you want come within reach, Aries. Quick thinking is your key to success on Monday.

## TAURUS - Apr 21/May 21

Romantic endeavors will have to be put on hold for the time being, Taurus. You have bigger fish to fry this week, especially in the work department.

## GEMINI - May 22/Jun 21

Kind words go a long way to helping someone out, Gemini. This person can use as much support as you're willing to offer. Wednesday is a day to play catchup.

## CANCER - Jun 22/Jul 22

Cancer, tough times call for even tougher measures. Expect that you will seriously be put to the test in the next few weeks. A shining example is made.

## LEO - Jul 23/Aug 23

Don't let others take advantage of your benevolent nature, Leo. The tides can quickly turn if you require them to do so. Make the most of a meeting this week. It is a big one.

## VIRGO - Aug 24/Sept 22

Virgo, you can't trust someone who is close to you and that is very frustrating You, and you alone must work out the situation. Think hard about what is best.

## LIBRA - Sept 23/Oct 23

You know your strengths and weaknesses, Libra, and now it's time to put your strengths to the test. Work assignments seem overwhelming this week, but you'll pull through.

## SCORPIO - Oct 24/Nov 22

Lately it seems you're being hit with the one-two punch of bad news, Scorpio. Do the only thing you can: Pick yourself up and dust yourself off.

## SAGITTARIUS - Nov 23/Dec 21

Big changes are in store if you keep your eyes on the horizon, Sagittarius. Lady Luck just may make a visit to you in the next few days. You can certainly use it.

## CAPRICORN - Dec 22/Jan 20

Capricorn, too much information can be a bad thing for you this week. You may want to tune out for a while and just enjoy spending some time inside of your head.

## AQUARIUS - Jan 21/Feb 18

You will be called upon to provide emotional support to someone who needs it, Aquarius. You have to be a rock that this person can lean on. It will be rewarding for you, also.

## PISCES - Feb 19/Mar 20

Pisces, a little sunshine can brighten your mood. A trip somewhere warm and sunny, or even a day in the yard, can work wonders.

### FAMOUS BIRTHDAYS

- MAY 31 Brooke Shields, Actress (44)
- JUNE 1 Heidi Klum, Model (36)
- JUNE 2 Dana Carvey, Comic (54)
- JUNE 3 Lalaine, Actress (22)
- JUNE 4 Russell Brand, Actor/Comic (34)
- JUNE 5 Pete Wentz, Musician (30)
- JUNE 6 Harvey Fierstein, Actor (57)

Horoscopes brought to you compliments of:



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# PRESENTS... FIND & WIN

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2. Fax: 765-1717
3. Drop into our office located on School Road (Morfee Annex)

**No Central Registry or Canada Post please.**

**Deadline: Noon, Thursday, June 4, 2009.**

Make sure you include your full name and phone number.

| NAME                                                                                                                                                           | PHONE NUMBER |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <i>Limited to one win per month.</i>                                                                                                                           |              |
| <i>The winner will be drawn randomly from all correct entries. Only one entry per person per week.</i>                                                         |              |
| <b>Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!</b> |              |
| 1. Where is Marie et Guy's House Bread located _____                                                                                                           |              |
| 2. Whose goal is 'happy dogs and satisfied customers!' _____                                                                                                   |              |
| 3. Who is looking for Paper Carriers _____                                                                                                                     |              |
| 4. Where can you get 'Switchflops' _____                                                                                                                       |              |
| 5. Who is the Honey Do Doctor _____                                                                                                                            |              |

**This contest is brought to you by:**



## Pizza Delight, Greenwood

# 765-4477

**Congratulations to last week's winner: WILLIAM J. BOWERS**



# One Month Until Summer Camp!

The countdown is on! Only one month until you can join us for some fun in the sun at the 14 Wing Community Centre Summer Camps. If you are between the ages of 6 and 12, you can come check out our French or Day Camps, or if you are between the ages of 9 and 14 you might want to join in on the action at Sports Camp! There will be 8 weeks full of fun activities, games, crafts and some cool trips that will be sure to keep you busy all summer long!! We will be having a Summer Kick-Off party for all interested campers and parents/guardians on Monday June 29<sup>th</sup> from 1:00 p.m. - 3:00 p.m. and then camps will begin the next day on Tuesday

June 30.<sup>th</sup> Camp hours will start at 9am and finish at 3:00 p.m., Monday to Friday, except on July 1<sup>st</sup> and August 3<sup>rd</sup> when there will be no camp. Registration fees this summer will be \$65 per child or \$60 for each additional child in the same family per week. A before care service will be offered from 7:30 - 9:00 a.m. and an after care service from 3:00 - 4:30 p.m. Each service will cost an additional \$10 per week or \$2 per day. Registration for all camps will begin Wednesday, June 17<sup>th</sup> at 9:00 a.m. at the 14 Wing Community Centre. Please note this change in date!! Camps fill up quickly so if you are planning on joining us this summer register ASAP!

We have almost finished planning the weekly themes and activities so stay tuned for more information in the upcoming editions of the Aurora or feel free to call us at the Community Centre at 765-1494 ext. 5341, 5337 or 5331.

# Multicultural Coffee Group

What is culture to you? Is this the colour or your skin, place of birth, family history, beliefs and traditions...or perhaps all of these combined? For the most part, based on our own individual histories, we all experience our culture slightly differently. Some would view this as a difference which separates us from one another; in contrast some consider these differences reason to celebrate. Brigitte Thesen, a volunteer with the GMFRC, embodies the value of celebrating cultural diversity.

Her journey of being a cultural minority, and resulting choice to overtly challenge cultural bias on a larger scale is simply inspirational. Brigitte's enthusiasm and energy echoes throughout the halls of the GMFRC, and has fuelled the development of the new Multicultural Coffee Group.

In a meeting last month I asked Brigitte what her purpose was in developing the Multicultural Coffee Group, to which she responded with arms waving and a contagious smile "To

have a good time! I want this to be about building friendships and knowing that this is a place you don't have to worry about your accent". The Multicultural Coffee Group will kick off on Wednesday July 15, 2009 from 1:00 -3:00 p.m. at the Greenwood Military Family

Resource Centre; it will continue to meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. This is an open group functioning on a drop-in basis, no registration is required. Everyone is welcome! For more information call Stephanie Townsend at 765-5611.

ComParrot®

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

www.comparrotpuzzles.com

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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 missing. 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.

PATRICK'S PUZZLE

Cat Word Find

Just in time for Adopt a Shelter Cat Month, see how many related words you can find and circle in the puzzle.

ADOPT  
CAT  
FELINE  
FUR

HUMANE  
KITTEN  
NEUTER  
PET

PURR  
SHELTER  
SPAY  
WHISKERS

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

Cat Scramble

Unscramble the words to complete the sentences.

1. Many people E C W L D A their cats.

2. L F E E N I is of or relating to cats.

3. In shelters there are many cats to D A T O P.

4. Cats like to U B R up against people.

Answers: 1. declaw 2. feline 3. adopt 4. rub

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\* Sunday ..... 1-4pm

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Canadiana Crossword

All About O's

Solution page 30

By Bernice Rosella and James Kilner

1 2 3 4 5 6 7 8 9 10 11

12 13 14

15 16 17

18 19 20 21

22 23 24 25 26

27 28 29 30 31

32 33 34

35 36 37

38 39 40

41 42 43 44 45

46 47 48 49 50 51

52 53 54

55 56 57

ACROSS

1 Black cuckoo

4 Apparel

8 House in need of repairs

12 Large integer

13 Indigo dye

14 Skirt genre

15 Lout

16 Nigerian people

17 First name for a fraulein

18 Impel

20 Japanese money

22 Simpson trial judge

23 Weather disturbances

27 Convent or monastery

30 Ms Deer or Ms Rabbit

31 Hurt

32 Incite

33 Shaft feature

34 Drunkard, slangily

35 Bit of matter

36 Craze

37 Gnat

38 Tropical flower

40 Journalist Francis and Singer Ross, to friends

41 Biblical yes

42 Take a breath

46 Poet

49 Sound off

51 Make less bright

52 Ended

53 Lip

54 Rascal

55 Used car lot item

56 Cross

57 Child

DOWN

1 Upon

2 Close by

3 Intelligence

4 Merriment

5 Word before Saxon

6 Skeleton part

7 Flower

8 ATV model

9 Spiritual being

10 Peg

11 Poetic open

19 Colourful

21 Summer to Stephane

24 Foray

25 Chinese dynasty

26 Wild plum

27 Exchange premium

28 Rude one

29 Bench in Beaulieu

30 Father

33 Corpse

34 Expression of distaste

37 Coined

39 Electricity source

40 Aussie dog

43 Mine entrance

44 Luxury veh.

45 Pre or ex follower

46 Body, slangily

47 Cheer in the coliseum

48 Radioactivity unit

50 Japanese Capital

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# 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 combus-

tion 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)

**Downsizing Sale** - 6th & 7th June 09. Furniture, glassware, old dishes and books etc. 1716 Matthews Lane Ravenwood. (3021-2tp)

**FOR SALE** - New 8 ft wooden

Gazebo, floor and roof fully assembled. Sides assembled but need to be fastened together. Roof and sides shingled. Value \$3500.00 asking \$2000.00 OBO Call 765-0640. (3022-2tp)

**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 1st, \$450.00. Also 2000 Honda Shadow 1100 for sale \$3800.00 OBO call Mike 242-2465 (3019-3tp)

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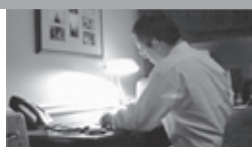
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- Real Estate
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**Crossword Solution**

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

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We have airline approved kennels in stock at great prices, we will arrange the flight, look after your pets until you're ready for us to take them to the airport!

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Skip the mess of tomato juice...  
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# June is RECREATION Month!

| Sun                                                                              | Mon                                                                                    | Tues                                                                         | Wed                                                                                         | Thu                                                                                 | Fri                      | Sat                                                                                 |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|
|  | <b>KGSC Registration</b><br>Annual Amanda Forster Tournament running from June 17-19th | <b>Teen Activity Bike Ride</b><br>6-7 p.m. from the 14 Wing Community Centre | <b>Active Chicks</b><br>Meet at Kingston Duck Pond for 6 p.m.<br>Bring money for ice cream! |  | <b>Live it Everyday!</b> |  |

with walking trails. Based on 1 yr lease rent is \$800.00 per month (Dec-Mar), \$1,000.00 per month (Apr-Nov). Security deposit required. Call 847-5622 or 765-6686 evenings. (3022-2tp)

## SERVICES

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

## Classified Ads Continued

**SERVICE** – Wilmot Self Storage. Newer building, clean secure units, 10'x12', 8'x12' and 10'x15', prices vary. Call 825-3452. (3022-1tp)

**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 experi-

ence 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)

**CHILDCARE PROVIDER** – Would like to take care of children in my home, Mon-Fri. Excellent care, 25 years experience. Snacks and lunch provided, reasonable rates, call Rhonda at 765-3092. (3022-2tp)

## WANTED

**WANTED** – Babysitter needed for summer months. 2 children ages 10 and 5, valid drivers license required Call 765-2039. (3022-2tp)

**14 Wing Community Centre Contact #'s 765- 1494**  
**Susan MacDonald** ext. 5331 Community Recreation Director  
**Eric MacKenzie** ext. 5337 Community Recreation Coordinator  
**Terri Abbott** ext. 5341 Recreation Admin. Assistant  
**Youth Recreation 765-8165**

## Greenwood Bowling Centre

Open 7 Days a Week  
MAKE Your Reservation Today  
Every Monday & Wednesday Afternoon 1-4 p.m.  
All U Can Bowl Just \$ 5.00  
Every Monday & Wednesday Eve 6-9 p.m.  
ALL GAMES \$ 1.00  
Help us Celebrate 100 Years  
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For more info call 765-1494 ext 5631  
www.5pinbowling.ca  
Family Fun for Everyone  
Keep Fit Bowl a Bit



14 Wing  
Greenwood



## Certificate in Business Management

### The Program

Acadia University's Certificate in Business Management brings the academic experience of one of Canada's top universities directly to you. The program consists of 30 credit-hours of courses from Acadia's F. C. Manning School of Business. The Certificate will provide you with a thorough knowledge of the functional areas of management. After completion, you will have management skills to help you succeed in the military or as a business professional.

### Program Availability

The program is open to military personnel, DND civilian (public and non-public) employees, and members of the surrounding community.

### Advantages

- **LEARN FROM THE BEST:** All courses are taught by Acadia University faculty.
- **ON BASE:** No travelling — all courses will be available to you in Greenwood.
- **ADVANCED STANDING:** Possible credit for ILQ, PLQ, and OPME courses.

### Contact

For more information, contact the Wing Personnel Selection Officer (WPSO):

w14.wps0@forces.gc.ca  
(902) 765-1494, ext. 5528

More information is also available on our website:



http://14wing.openacadia.ca  
1-902-585-1434 • 1-800-565-6568

### Register NOW!

Where: Birchall Training Centre, Classroom 4  
When: Tuesdays and Thursdays from 3 – 6 PM

Course Duration Dates:  
Organizational Behaviour – 15 Sept. to 1 Dec. 2009  
Communication 2 – 17 Sept. to 3 Dec. 2009

14wing.openacadia.ca



## BIRCHALL



## Leadership Collection Dedication

The LCC in partnership with the Wing Commander  
Is pleased to present a Lecture by:

The Canadian Forces Leadership Institute

"The CF Leadership Doctrine and Profession of Arms"

Birchall Theatre  
09:30 – 12:00  
June 11<sup>th</sup>, 2009

**Registration Deadline: 29 May 09**  
**CONTACT:** local 5226/5227 or e-mail +LCC Course  
Loading@Greenwood



# Veteran of the Month



## Comrade Frank Clement Verbieren

Comrade Frank was born in Gilly, Belgium, Nov. 11, 1922. He joined the RCAF in 1943 and served during the 2<sup>nd</sup> WW until 1946.

He re-enlisted in 1949 as an Aero Engine Tech. While stationed at Greenwood he found the time to construct several homes. With 27 years of service Frank retired as a Warrant Officer. Comrade Frank now lives in Kingston and is a member of the Kingston Legion. Kingston Legion Br.98 is proud to present Comrade Verbieren as "VETERAN OF THE MONTH" June/2009.

## Babysitting Opportunities for Teens

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

The Greenwood Military Family Resource Centre (GMFRC) recognizes the need for short-term childcare for military families during the summer months, and will be re-offering the Teen Babysitting Service this summer. This is a great opportunity for teens that are looking at making a few extra dollars babysitting during the months of July & August at the GMFRC. Teens must have completed a Babysitting Course, First Aid /CPR, and be 16 years old and up.

Teens interested in participating in this project are asked to drop off their resumes at the GMFRC reception desk by Friday, June 12<sup>th</sup>, 2009 to the attention of Kim Dixon.

**THE LARGEST FURNITURE DISTRIBUTOR IN CANADA IS**

# LIQUIDATING THEIR WAREHOUSE INVENTORY

**DON'T MISS**  
this once in a lifetime event.  
\$3 Million worth of fine furniture,  
leather furniture and bedding must  
be liquidated down to the bare walls  
including fixtures, office furniture  
& equipment at  
**BANKRUPTCY PRICES**

**AFTER  
25  
YEARS**

**DON'T MISS THIS  
ONCE IN A LIFETIME  
OPPORTUNITY!**

The massive furniture and bedding liquidation sale at bankruptcy prices is happening now!  
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.

**SUNDAY NOON-5 PM • SPECIAL VICTORIA DAY HOURS MAY 18TH 10 AM-6 PM**  
**TUES 10 AM-6 PM • WED CLOSED TO RESTOCK • THURS 10 AM-8 PM • FRI 10 AM-8 PM • SAT 9 AM-5 PM**

**538-9688**  
**100 SOUTH STREET  
BERWICK INDUSTRIAL PARK**