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All Classified Ads, Advertising & Articles for our next issue is 10 a.m., Wednesday March 31st.  
Our next issue is Tuesday, April 6th.



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

# The Aurora

newspaper

VOL. 31 NO. 13 MARCH 29, 2010 NO CHARGE  
14 WING • ESCADRE 14 GREENWOOD, NS



## Maritime Search and Rescue Exercise on the East Coast

## Exercice maritime de recherche et sauvetage sur la Côte Est

A C-130 Hercules and a C-149 Cormorant from 413 Squadron participated in a search and rescue exercise on March 2<sup>nd</sup> 2010. The exercise was done in conjunction with the HMCS Toronto and the Coast Guard Canadian Ship Edward Cornwallis and took place 40 nm east of Halifax harbour.

The Hercules had to find 3 simulated persons in the water and to drop them a search and rescue kit. Then, the Cormorant had to extract 2 persons from the water and to transport them to the HMCS Toronto. The other person was extracted by a rigid-inflatable boat and brought to the HMCS Toronto as well.

Un C-130 Hercules et un C-149 Cormorant de l'Escadron 413 ont participé à un exercice de recherche et sauvetage le 2 Mars 2010. L'exercice a été effectué en collaboration avec le NCSM Toronto et le navire Cornwallis de la Garde Côtière à 40 milles nautiques à l'Est du port d'Halifax.

Le Hercules a eu comme mission de retrouver 3 personnes simulées dans l'eau et de leur larguer un équipement de recherche et sauvetage. Par la suite, le Cormorant a dû extraire 2 personnes de l'eau et les transporter sur le NCSM Toronto. La 3<sup>e</sup> personne a été recueillie par un canot pneumatique et conduite à bord du NCSM Toronto.

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# The Easter Story - Fact or Fantasy

By: Padre Gord Poley

Who would you guess is the most successful defence attorney in the world? On page 547 of the *Guinness Book of World Records* it says that the "Most Successful Lawyer is: Sir Lionel Luckhoo... who succeeded in getting his 245<sup>th</sup> successive murder charge acquitted." Luckhoo was knighted twice by Queen Elizabeth II and became a distinguished diplomat and Justice on England's highest court. That's an absolutely astonishing feat that nobody in the world has come close to replicating... 245 successful murder trial defences in a row. No wonder he's renowned as the real life Perry Mason. One would have to have a tremendous analytical mind.

Wouldn't it be interesting to get an opinion from an expert like Luckhoo on the evidence for the resurrection of

Jesus Christ? Well, we're in luck, during his own spiritual journey, Luckhoo turned his expertise to the question of whether the resurrection of Jesus Christ fits the test of legal evidence. What was his conclusion? "I say unequivocally that the evidence for the resurrection of Jesus Christ is so overwhelming that it compels acceptance by proof which leaves absolutely no room for doubt." And then Luckhoo did the most logical thing he could do: he made a commitment of faith to Jesus Christ.

Again, this Easter, people all over the world will celebrate their faith in Jesus as the Risen LORD. "Come to St. Mark's on Easter Sunday and hear the case for the resurrection of Jesus for yourself".

**St. Mark's Chapel Holy Week & Easter Services**

1030 hrs Sunday, 28 March, Palm Sunday Procession &

Holy Communion (ACC) with Padres Peterson & Lauder. 1200 hrs Monday, 29 March, Holy Week Meditation with Padres Peterson & Lauder.

1200 hrs Tuesday, 30 March, Holy Week Meditation with Padres Peterson & Lauder.

1200 hrs Wednesday, 31 March, Holy Week Meditation with Padres Peterson & Lauder.

1900 hrs Thursday, 1 April, Maundy Thursday Service with Padre Staples.

1500 hrs Friday, 2 April, Good Friday Service with Padre Peterson.

0700 hrs Sunday, 4 April, Easter Sunrise Service & Breakfast with Padre Lauder.

1030 hrs Sunday, 4 April, Resurrection Sunday Service with Padre Poley.

## Youth Happenings at the 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

During the Easter holidays we will be closed for both Good Friday; April 2 and Easter Monday; April 5. Both the office and drop in pre-teen and teens hours are closed for those days. Saturday April 3 and Sunday

April 4 Pre-teen and Teen drop in hours remain the same. Regular business hours start Tuesday April 6. Thanks for your co-operation and have a happy Easter! For any questions call 765-8165.

**Boys Club  
Curling  
Monday March 29**

**4:30-5:30pm**

Boys meet at Greenwood Gardens to curl one last time! Bring your winter jacket, it's still cold on the ice! You can either be picked up at the rink or back at the Centre.

**Teen Council  
3-4pm**

Today we'll continue fundraising for Relay for Life, those not participating in the relay are welcome to

join us in the walk.

**Active Chicks  
Easter Egg Decorating!  
Wednesday March 31  
6-7:30pm**

**Bring Your Own Eggs!**

Active Chicks will be decorating Easter eggs this week, and making a beautiful basket to carry them home in!! Don't forget to bring your own hard-boiled eggs with you! See you Wednesday night!!

**Teen Activity  
Easter Egg Decorating!  
Thursday April 1  
6-7:30pm**

Teens come to the Centre to decorate eggs, Easter style! We'll have all the supplies; eggs, paint, food coloring and decorations! It may be a good idea to wear old clothes, in case it gets messy!

**Pre-teen Movie  
Night**

**Saturday April 3 - 6-8pm**

Showing: *Where the Wild things Are*; An adaptation of Maurice Sendak's classic

children's story, where Max, a disobedient little boy sent to bed without his supper, creates his own world--a forest inhabited by ferocious wild creatures that crown Max as their ruler.

**Teen Movie Night  
Saturday April 3  
8-10pm**

Showing: *Bandslam*; A new kid in town assembles a fledgling rock band -- together, they achieve their dreams and compete against the best in the biggest event of the year, a battle of the bands.



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# Décès d'un soldat canadien des suites de ses blessures

# CF Soldier Dies of Wounds in Edmonton Hospital

lundi 22 mars 2010

**Edmonton (Alberta)** — Le Cpl Fitzpatrick, de Prince George, en Colombie-Britannique, était un soldat d'infanterie âgé de 21 ans et membre du 3e Bataillon, Princess Patricia's Canadian Light Infantry, basé à la Base des Forces canadiennes Edmonton.

Le Cpl Fitzpatrick en était à sa première affectation opérationnelle. Il s'était enrôlé dans les Forces canadiennes en 2006 et servait en Afghanistan au sein de l'Équipe de liaison et de mentorat opérationnel depuis octobre dernier.

Le Cpl Fitzpatrick avait été grièvement blessé le 6 mars par l'explosion d'un dispositif explosif de circonstance durant une patrouille à pied menée conjointement par des soldats canadiens et afghans à 25 km à l'ouest de la ville de Kandahar dans le district de Zhari.

Il avait alors été soigné à l'Unité médicale multinationale de rôle 3 à l'aérodrome de Kandahar et avait ensuite été transporté au Centre médical régional de Landstuhl, en Allemagne. Le Cpl Fitzpatrick avait ensuite été transporté à l'Hôpital de l'Université de l'Alberta, à Edmonton, le 19 mars.

Son Excellence la très honorable Michaëlle Jean, gouverneure générale et commandante en chef du Canada, a fait la déclaration suivante à l'occasion du décès du Cpl Darren J. Fitzpatrick :

« Nous venons d'apprendre avec une profonde tristesse mon mari Jean-Daniel Lafond et moi que la guerre en Afghanistan a fait une

nouvelle victime parmi nos valeureux et courageux soldats.

« Le Caporal Darren James Fitzpatrick était en patrouille à l'ouest de Kandahar lorsqu'il a été blessé par une mine antipersonnel le 6 mars dernier. Il a malheureusement succombé à ses blessures, entouré des siens, samedi, à Edmonton.

« La grande famille militaire et le Canada perdent ainsi un homme remarquable et d'une très grande générosité.

« Le Caporal Darren James Fitzpatrick avait en effet énormément à cœur de servir son pays. En mission en Afghanistan, il était convaincu de l'importance cruciale de l'aide humanitaire apportée dans les collectivités de la province de Kandahar où la pauvreté, l'insécurité et le terrorisme sont des réalités quotidiennes.

« Du plus profond de notre cœur, et au nom de toutes les Canadiennes et de tous les Canadiens, nous offrons nos plus sincères condoléances à la famille, aux amis et aux compagnons d'armes du Caporal Fitzpatrick, en particulier à ceux du Princess Patricia's Canadian Light Infantry. Nous partageons leur chagrin et nos pensées les accompagnent. »



*Cpl Darren James Fitzpatrick served as a member of 3rd Battalion, Princess Patricia's Canadian Light Infantry, based at CFB Edmonton.*

*Le Cpl Darren James Fitzpatrick était membre du 3e Bataillon, Princess Patricia's Canadian Light Infantry, de la BFC Edmonton.*

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Monday, March 22, 2010

**Edmonton, Alberta** — Cpl Darren James Fitzpatrick, of Prince George, B.C., was a 21-year-old infantryman and a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry, based at CFB Edmonton.

This was Cpl Fitzpatrick's first operational tour. He joined the Canadian Forces (CF) in 2006, and had been serving in Afghanistan with the Operational Mentor Liaison Team since last October.

Cpl Fitzpatrick was critically wounded by an improvised explosive device during a joint Canadian/Afghan dismounted patrol 25 km west of Kandahar City in Zharey district on March 6.

He was treated at the Role 3 Multinational Medical Unit at Kandahar Airfield and was then moved to the Landstuhl Regional Medical Center in Germany. Cpl Fitzpatrick was evacuated from LRMC to the University of Alberta Hospital in Edmonton on March 19.

Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, issued the following statement on the death of Corporal Darren James Fitzpatrick:

"It was with great sadness that my husband, Jean-Daniel Lafond, and I learned that the war in Afghanistan had claimed a new victim from among the ranks of our valorous and courageous soldiers."

Corporal Darren James Fitzpatrick was on patrol west of Kandahar when he was wounded by an anti-personnel mine on March 6. Unfortunately, he succumbed Saturday to his injuries, surrounded by his loved ones in Edmonton.

"Canada and its extended military family have lost a remarkable and very generous man."

"Corporal Darren James Fitzpatrick cared very deeply about serving his country. On mission in Afghanistan, he was convinced of the crucial importance of humanitarian assistance for the communities of Kandahar province, where poverty, insecurity and terrorism are daily realities."

"From the bottom of our hearts and on behalf of all Canadians, we extend our most sincere condolences to the family, friends and comrades of Corporal Fitzpatrick, in particular those serving in the Princess Patricia's Canadian Light Infantry. We share their pain, and our thoughts are with them."

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# Blood Donor Clinic

By: **Eric MacKenzie**

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will continue to hold two day donor clinics as a result

of the outstanding 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 April 20<sup>th</sup> and Wednesday April 21<sup>st</sup>.

Donors can either give during the 1pm – 3pm time slot or the 5pm – 8pm evening slot on Tuesday the 20<sup>th</sup> or Wednesday the 21<sup>st</sup>. 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!

**Please note that if you get a flu shot, you must wait 2 days after the shot before donating blood.**

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 please call 1-888-236-6283 if you wish to book an appointment.

# Yoga Classes

Military Yoga classes are still running every Thursday

morning, in the Multi-purpose room from 7:30 - 8:30. This class involves endurance, strength and flexibility and is going to be a great way to start your day. The class starts with a warm up and then we continue into a flow focusing

on all levels of poses and finally end the class with a small relaxation. This class is open for all levels and can offer something for everyone! If you haven't stopped in to check it out yet, please do!

For all you *civilians*, I will

be starting another Beginner Flow class on Monday's from 4:30-5:30 p.m. This class is for people with some yoga experience; we will go over some of the fundamentals on postures and learn how to deepen your yoga practice with breathing techniques. The style of the class is Kripalu a discipline of Hatha yoga, which emphasises mental as well as physical health and in the true spirit of yoga, these

classes will place an equal emphasis on the development of body, mind, heart and spirit. The classes also take on a slight Vinyasa flow, and can be very challenging. It will be a great opportunity to explore yourself both physically and mentally while working with your Edge. Classes will begin Monday April 12th and the sessions will continue for 8 weeks. If there is enough interest I will also be running

an 8 week session starting on Thursday April 15th from 6:00 – 7:00 p.m. You must be pre-registered for these classes, please contact me as soon as possible as space will be limited. Also, if you have any other questions please feel free to contact me. I'm looking forward to another great session!

Aprill Denney 765-1494 ext 5651 email: Aprill.Denney@forces.gc.ca

## Notice

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For more information,  
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**The Aurora**



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Due to popular demand, The Aurora Newspaper is delighted to once again offer you the opportunity to participate in our **Business of the Week** advertising feature. The idea is simple:

- Six businesses run a business card ad for six weeks
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For more information on how you can take part in this exciting feature (**space is limited so don't delay!**) please contact:

**Anne Kempton**

Marketing Consultant

The Aurora Newspaper

765-1494 ext. 5833

[aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

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

The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel W.F. Seymour, CD, Wing Commander. Est publié chaque lundi par la 14 Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre.

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Circulation/Circulation: 5900 - Agreement No. 462268; Numéro de contrat 462268.

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Pen names may be permitted at the discretion of the Editor. Le rédacteur en chef peut,

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In case of typographical error, the liability of "The Aurora Newspaper" is limited to a refund of the space charged for the erroneous item. In case of advertisements accepted by telephone, "The Aurora" accepts no liability for error whatsoever. Errors must be brought to the attention of the editor within three (3) days after publication.

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

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

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(Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Aurora Newspaper of products and/or services in exchange for donations.

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

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# National Coaching Certification Program (NCCP)

## Introduction to Competition - Part B

### 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 "Introduction to Competition - Part B" Course on the weekend of April 30<sup>th</sup> - May 2<sup>nd</sup> 2010. This is the new Part B course (formally level 2), with intergraded NCCP material, be held in the Upper Multi Purpose Room of the 14 Wing Community Centre.

On Friday, April 30<sup>th</sup> from 6:00 p.m. - 10:00 p.m., you will learn 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

Saturday, May 1<sup>st</sup> from 8:30 a.m. - 4:00 p.m., will consist of the Teaching and Learning portion of the program, where you will learn to;

- To take a critical look at your own teaching
- To use several assessment tools
- Implement an appropriately structured and organized practice
- Make interventions that promote learning

Sunday, May 2<sup>nd</sup> from 9:00 a.m. - 12:00 p.m., will consist of the Basic Mental Skills portion of the program, where you

will learn to;

- Help athletes be mentally prepared for competition
- Integrate mental preparation strategies

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.



#### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### TENDER 10-05

##### J. Jordan & Bains Road Sidewalk Extension

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

- 553 meters of asphalt sidewalk;
- 460 meters of concrete curb;
- 553 square meters of asphalt concrete;
- 221 meters of storm pipe and leads;
- 1 headwall, 1 PVC manhole and 3 PVC yard basins;
- 1050 cubic meters of fill;
- 790 square meters of seed and soil; and
- Miscellaneous site work.

Specifications and tender forms may be viewed and picked up upon receipt of a non-refundable deposit of \$75.00 at the office of Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, NS

Specific inquiries pertaining to these tenders may be directed to Scott Quinn, P. Eng., Manager of Engineering Services at: [squinn@county.kings.ns.ca](mailto:squinn@county.kings.ns.ca) or 902 690-6195.

#### SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, April 15, 2010

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



PROJECT FUNDED THROUGH BUILD CANADA FUND

Tel: (902) 690-6195 Fax: (902) 679-0911

Toll Free: 1-888-337-2999

[www.county.kings.ns.ca](http://www.county.kings.ns.ca)



#### MUNICIPALITÉ DU COMTÉ DE KINGS

87, rue Cornwallis C.P. 100  
Kentville (Nouvelle-Écosse) B4N 3W3

#### SOUSSION 10-05

##### Prolongement du trottoir des chemins J. Jordan et Bains

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

- un trottoir en asphalte de 553 mètres;
- une bordure en béton de 460 mètres;
- 553 mètres carrés de béton d'asphalte;
- 221 mètres de conduites et de tuyaux pour l'écoulement pluvial;
- 1 mur de tête, 1 trou d'homme en PVC et 3 bassins de servitude en PVC;
- 1050 mètres cubes de remblai;
- 790 mètres carrés de graines et de sol;
- divers travaux préparatoires à la construction.

Vous pouvez consulter ou vous procurer le cahier des charges et les formules de soumission, du lundi au vendredi de 8 h 30 à 16 h 30, dès réception d'un dépôt non remboursable de 75 \$ par le bureau du Service du génie et des travaux publics situé dans le Complexe municipal, 87, rue Cornwallis, à Kentville. Il est également possible de consulter les soumissions au bureau de l'Association de la construction de la Nouvelle-Écosse du 260, avenue Brownlow, bureau 3, Dartmouth, Nouvelle-Écosse.

Les demandes de renseignements précises liées à ces soumissions peuvent être acheminées à Scott Quinn, Ing., directeur des Services d'ingénierie par courriel à [squinn@county.kings.ns.ca](mailto:squinn@county.kings.ns.ca) ou par téléphone au 902-690-6195.

#### LES SOUMISSIONS SCELLÉES SERONT ACCEPTÉES

JUSQU'À 14 H, le jeudi 15 avril 2010.

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



PROJET FINANCÉ PAR L'ENTREMISE DU FONDS CHANTIERS CANADA

Tél. : 902-690-6195 Téléc. : 902-679-0911

Numéro sans frais : 1-888-337-2999

[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

## "It's Your Move"

For all members of 14 Wing that will be posted this APS, there will be a General Posting-Out Briefing held at the theatre in Birchall Training Centre 8 April 2010 from 1000-1200 hrs. The morning will be comprised of briefs presented by The Greenwood Military Family Resource Centre (MFRC), Furniture and Effects (F&E) Section and Brookfield Global Relocation Services (BRGS),

formally known as Integrated Relocation Program (IRP). The 14 Wing IRP Coordinators will also be in attendance.

This is the only brief of this nature for personnel posted in APS 2010, and although participation is not mandatory it is strongly advised. There have been significant changes in the CF move process and they will be highlighted during the briefs.



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Limit one coupon per purchase. Coupon expires April 30th, 2010



# CFHA – ALFC News

## Residential Housing Units – Notice To Vacate

Residential Housing Unit (RHU) occupants are reminded that when you intend to vacate for Posting, Release and/or just moving to the local area, you are required to advise the CFHA Greenwood Housing Services Centre in writing at least 30 days in advance of the day you wish to vacate. It is also desirable that a pre-inspection of your RHU be arranged 60 days in advance of your scheduled March-Out. The knowledge obtained during this pre-inspection will assist you in your March-Out. Your cooperation is appreciated. Please call 765-1294 for information on written notice and to arrange the pre-inspection and march out appointments.

## Logements résidentiels – avis de départ

Les occupants des unités de logement résidentielles (ULR) ne doivent pas oublier que, s'ils prévoient quitter leur logement, que ce soit pour une affectation, une libération ou un simple déménagement dans la zone locale, ils doivent en aviser l'ALFC par écrit au moins 30 jours avant la date prévue du départ. Il est en outre souhaitable qu'une inspection préalable de votre ULR soit organisée 60 jours avant la date prévue de votre déménagement. L'information obtenue au cours de cette inspection préalable vous sera utile pour votre départ. Nous vous remercions de votre collaboration. Veuillez téléphoner au 765-1294 pour obtenir de l'information sur l'avis écrit et pour fixer les rendez-vous pour l'inspection préalable et celle au moment du départ.

**Changes?**  
Please be reminded that if you did not provide your PO Box number, home phone number or work number when you picked up your RHU keys, you are asked to contact the CFHA Housing Services Centre to provide this information as soon as possible. In addition, if there have been any changes in your household since you marched in such as promotions, change of phone number or change in household size, please call 765-1494 extension 5903

to update your information. Please help us keep our records up to date.

**Des changements?**  
Nous vous rappelons que, si vous n'avez pas donné votre numéro de case postale, votre numéro de téléphone à la maison ou celui au travail quand vous avez récupéré les clés de votre ULR, vous devez communiquer avec l'ALFC pour transmettre cette information dès que possible. Par ailleurs, si votre ménage a subi des changements depuis votre emménagement (comme une promotion, un nouveau numéro de téléphone ou un changement à la taille de votre ménage), nous vous demandons de téléphoner au 765-1494 (poste 5903) pour modifier votre dossier. Aidez-nous à garder nos dossiers à jour!

## Moratorium on Inter-Base Moves

Occupants are reminded that due to the upcoming active posting season (APS), to ensure that we have sufficient styles and quantities of Residential Housing Units (RHUs) available to meet the needs of incoming personnel, a moratorium has been placed on all inter-base moves through 1 September 2010. As a general guideline, requests for local moves will only be considered if there are exceptional circumstances. This policy does not apply to occupants requesting a larger RHU due to an increase to family size. These requests will still be processed accordingly.

## Moratoire sur les déménagements interbases

En raison de la nouvelle période achalandée des affectations et afin de disposer d'un nombre suffisant de logements de différents modèles pour répondre aux besoins du personnel entrant, l'ALFC impose un moratoire sur les demandes de déménagement interbase qui sera en vigueur à compter du 1<sup>er</sup> septembre 2010. Comme directive générale, les demandes de déménagement local seront prises en considération seulement dans des circonstances exceptionnelles. En cas de doute, les occupants sont invités à présenter leur demande à l'ALFC à des fins

d'examen. Cette politique ne s'applique pas aux occupants qui demandent une ULR plus grande en raison d'une augmentation de la taille de leur famille. Ces demandes seront encore traitées en conséquence.

## MQ Insurance

As a condition of occupancy, it is mandatory for Residential Housing Unit (RHU) occupants to carry public loss payable liability and property damage insurance covering loss or damage to the RHU and/or garage and to carry fire insurance for the contents of the RHU and/or garage.

Canadian Forces Housing Agency regulations require that a copy of your current policy be kept on file at all times. If you have not provided us with a copy of your current insurance policy, please do so as soon as possible. We also ask that you review your policy dates to ensure that CFHA has a copy of the most recent and valid policy for your unit. You can forward a copy of your policy agreement to our Greenwood office either by fax at (902) 765-1274 or by mail.

Failure to maintain insurance coverage constitutes a breach of Articles 7 and 8 of the Conditions of Occupancy so it is imperative that we have a current copy of your insurance on file at all times. Your co-operation in this matter is requested, and appreciated.

## Assurance des LF

Pour être en droit d'occuper un logement familial, l'occupant a l'obligation de souscrire une assurance de responsabilité civile contre les pertes ou dommages que pourrait subir le logement familial et/ou le garage, ainsi qu'une assurance contre l'incendie couvrant le contenu du logement familial et/ou du garage.

Conformément aux règlements de l'Agence de logement des Forces canadiennes (ALFC), une copie de votre police d'assurance en vigueur doit être conservée en tout temps dans votre dossier. Ainsi, si vous ne nous avez pas fourni une telle copie, nous vous prions de le faire dès que possible. Nous vous demandons aussi de vérifier les dates de votre police afin de vous assurez que l'ALFC

a une copie de la plus récente police valide pour votre unité. Vous pouvez envoyer une copie de votre police à notre bureau de Greenwood, soit par télécopieur au (902) 765-1274, soit par courrier à l'adresse ci-dessus.

Ceux qui ne maintiennent pas une protection enfreignent les articles 7 et 8 des modalités d'occupation. Il est donc impératif que nous ayons toujours une copie de votre police actuelle dans nos dossiers. Nous vous remercions de votre coopération à cet égard.

## Housesitter

Occupants are reminded that you are responsible for notifying CFHA when you will be absent from your RHU for a period of over 48 hours. You must provide CFHA, and the Military Police, with the name and phone number of the person who will be responsible for the RHU in your absence. This designated individual should check your home for maintenance issues regularly. CFHA does not have keys for you house and cannot enter without an occupant or designated person present.

## Personne surveillant le logement

Nous rappelons aux occupants des logements résidentiels qu'ils doivent prévenir l'ALFC lorsqu'ils prévoient s'absenter de leur logement pendant plus de 48 heures. Le locataire doit fournir à l'ALFC et à la police militaire le nom et le numéro de téléphone de la personne qui surveillera le logement en son absence. Cette personne devrait régulièrement venir s'assurer qu'il n'y a pas de problèmes nécessitant des travaux de maintenance. L'ALFC n'a pas les clés des logements et son personnel ne peut y entrer sans que le locataire, ou une personne qu'il a désignée, ne soit présent.

## Nova Scotia Power and Heating Oil Accounts

Occupants that are either vacating or moving into Residential Housing Units (RHUs) are reminded to contact the oil company provider and Nova Scotia Power to either cancel or commence accounts on the date of March In or March

Out. This makes billing from companies you are dealing with a lot easier, and saves future confusion about which party is responsible for invoices received after the date of March In or March Out. Thank-you.

## Comptes d'électricité et d'huile de chauffage – Nouvelle-Écosse

Les occupants qui quittent leur unité de logement résidentielle (ULR) ou qui emménagent dans leur ULR ne doivent pas oublier de communiquer avec le fournisseur d'huile de chauffage et Nova Scotia Power pour fermer ou ouvrir leur compte le jour de leur départ ou de leur arrivée. Il est ainsi beaucoup plus facile pour les entreprises visées d'effectuer leur facturation, et cela permet aussi d'éviter toute confusion quant à la personne responsable des factures reçues après la date de départ ou d'arrivée. Merci.

## Occupant Concerns

At the Canadian Forces Housing Agency (CFHA), the provision of quality client service is our main focus. As part of our commitment to deliver that service to you, our customers, we rely very much on your input to identify areas of concern.

If you have specific concerns about CFHA's maintenance programs or issues related to housing management, we ask that you bring your concerns to the attention of our office staff, by telephone, fax, e-mail or in person.

If the matter is neighbour or community related (i.e. pets, noise, disputes between neighbours, etc.), you are urged to discuss the situation with the source of the complaint and/or with the applicable ward representative of the Community Council, for their involvement and resolution.

## Sujets de préoccupation chez les occupants

À l'Agence de logement des Forces canadiennes (ALFC), notre priorité est d'offrir un service de qualité à nos clients. Comme nous nous sommes engagés à vous fournir ce service, nous comptons beaucoup sur vos commentaires pour cerner vos sujets de préoccupation.

Si vos sujets de

préoccupation sont liés à un programme d'entretien de l'ALFC ou à la gestion des logements, nous vous prions de bien vouloir vous adresser à notre personnel de bureau, soit par téléphone, télécopieur ou courriel, soit en personne.

Si vos sujets de préoccupation ont trait à un voisin ou à la collectivité (p. ex., animaux, bruit, dispute entre voisins, etc.), nous vous incitons à en parler directement avec les personnes concernées et/ou avec le représentant de votre quartier, de sorte que le Conseil communautaire intervienne et règle le problème.

## Residential Housing Area (RHA) Beautification

In an on-going effort to beautify our RHA, we encourage all occupants to take a special interest in maintaining your yards, to the collective benefit of all. You can make a difference and turn our RHA into an area where we can all be proud. This includes regular lawn maintenance (cutting, raking, etc) ensuring there are no vehicles parked on the grassed area, removing all refuse from the property, planting flowers and shrubs, etc. Occupants are also reminded of our Self Help Program which provides some items free of charge such as pelletized lime, fertilizer and grass seed.

## Embellissement de la Zone de Logement Résidentiel (ZLR)

Dans le but d'embellir notre ZLR, nous encourageons tous les occupants à s'occuper de l'entretien de leur cour, dans l'intérêt commun. Chacun peut contribuer à transformer notre ZLR en un quartier dont nous pouvons tous être fiers. A cette fin, vous pouvez vous occuper de l'entretien courant de la pelouse (tondre le gazon, ratisser, etc), vous assurer qu'aucun véhicule n'est stationné sur les surfaces gazonnées, enlever tous les débris du terrain, planter des fleurs et des arbustes, entre autres. Par ailleurs, on rappelle aux occupants qu'ils peuvent, par l'entremise du programme d'initiative personnelle, obtenir sans frais certains produits comme la chaux granulée, l'engrais et les semences à gazon.

# Bookmobile Schedule - April 2010

<b>Tuesday - 6 April</b>	
Upper Canard	10:00 - 10:45
Baxter's Harbour	11:15 - 12:00
Scott's Bay	1:00 - 1:45
Sheffield Mills	2:15 - 3:00
Canning	3:15 - 4:30
Centreville	5:45 - 6:45
<b>Thursday - 8 April</b>	
Dr. Arthur Hines School	10:45 - 11:45

Hants Shore Clinic	12:45 - 1:15
Cambridge (Hants Co)	1:30 - 2:15
Cheverie	2:30 - 3:00
Summerville	3:15 - 4:00
Upper Burlington	5:15 - 6:00
<b>Monday - 12 April</b>	
Cherryfield	1:30 - 2:15
East Dalhousie	2:30 - 3:30
Springfield	4:00 - 5:30

New Albany North	6:45 - 7:30
<b>Wednesday - 14 April</b>	
Mt Hanley	1:45 - 2:30
Margaretville	3:00 - 4:00
Morden	4:30 - 5:15
Wilnot Centre	6:30 - 7:30
<b>Monday - 19 April</b>	
Le Shaw School	10:00 - 10:50
Avonport	11:00 - 11:45

Belmont	1:15 - 2:00
Brooklyn	2:15 - 3:00
Ste. Croix (Hants Co)	3:15 - 4:00
Vaughan	5:30 - 6:30
<b>Tuesday - 20 April</b>	
Kings Rehab Centre	10:00 - 11:30
Casey'S Corner	12:45 - 1:30
Sunken Lake	2:00 - 2:45
White Rock	3:00 - 3:45

New Minas	5:00 - 6:30
<b>Wednesday - 21 April</b>	
Apple Blossom School	1:00 - 1:20
Waterville	1:30 - 2:15
Cambridge (King's Co)	2:30 - 3:15
Bess View Sub-Div	3:30 - 4:30
Coldbrook Centre	5:45 - 7:00
<b>Tuesday - 27 April</b>	
Calvary Baptist Academy	1:00 - 1:45

Charity Baptist School	1:50 - 2:25
Torbrook Mines	2:30 - 3:15
Meadowview	3:45 - 4:30
Aylesford	5:45 - 7:00
<b>Wednesday - 28 April</b>	
Maitland Bridge	10:15 - 11:15
Clementsvalle	12:15 - 1:15
Cornwallis Park	2:15 - 3:00
Bear River East	3:30 - 4:30
Bear River	5:45 - 7:00





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Offers available at participating dealers only. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. See participating Dealer for details. \*Offer valid from March 2, 2010 to April 30, 2010 (the "Program Period"). Receive \$1000 worth of selected Genuine Ford accessories, factory installed options, or \$1000 Customer Cash with the purchase or lease of a 2010 Ford Focus, Fusion, Mustang (excluding GT 500), Taurus, Escape, Edge, Explorer 4-DR, Expedition, E-Series, Transit Connect, and all Lincoln models delivered or factory ordered between March 2, 2010 and April 30, 2010. Taxes payable on total price of the vehicle, including accessories, factory options, and before deducting the \$1000 Custom Cash offer. This offer is subject to vehicle, accessories, and factory installed option availability. Dealer may sell for less. This offer applies \$1000 worth of accessories, factory options or \$1000 Customer Cash. Only one \$1000 Custom Cash offer may be applied toward the purchase or lease of an eligible vehicle. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory-order or delivery (but not a combination of both). This offer is combinable with the Commercial Connection Program. This offer is not combinable with CPA, GPC, Daily Rental Allowances, the Commercial Fleet Incentive Program (CFIP), or the A/V Z/D/F Plan Program. Rainchecks available on factory orders. Limited time offer. Offer may be cancelled at any time without notice. Some conditions apply. Offer available to residents of Canada only. See Dealer for details. \*\*Receive 0% APR purchase financing on all new 2010 Ford Focus (excluding S), Escape XLT 4-DR, and Taurus SE for \$12,999/\$16,999/\$25,999. Taxes payable on full amount of purchase price after delivery allowance \$1,000/\$3,000/\$5,000. Custom Cash of \$1,000/\$3,000/\$5,000. Freight and air tax of \$1,450/\$1,450/\$1,450 to be repaid is \$20,000. Down payment on purchase financing offers may be required based on approved credit. \*Purchase a new 2010 Ford Focus S/Fusion S/Taurus SE manual for a monthly payment of \$99 (Monthly payment divided by two gives twice a month payment of \$99) with a down payment of \$1650. Down payment may be required based on approved credit. Cost of borrowing is \$1,257 or APR of 6.99% and total to be repaid is \$4,256 (after delivery allowance of \$1,000 deducted and \$1,000 Custom Cash repaid). All purchase finance offers excludes freight and air tax of \$1,450 and PPSA, and all applicable taxes. Taxes are payable on the full amount of the purchase price. Twice a month payments are only available through internet banking and telephone banking. If offered by your financial institution. The customer is required to sign a monthly payment contract, and to ensure that the total monthly payment occurs by payment due date. \*Estimated fuel consumption ratings based on Transport Canada approved test methods. Vehicles equipped with 5-speed manual transmission. Actual fuel efficiency may vary based on driving conditions, vehicle load, and certain vehicle accessories. Misuse class per R.L. Polk & Co. (U.S.). Intermediate per R.L. Polk & Co. (U.S.). \*Compact car class. \*\*40 MPG relates to the 2009 Focus S model. \*Estimated fuel consumption ratings based on Transport Canada approved test methods. Offers may be cancelled at any time without notice. Some conditions may apply to the Graduate Recognition Program. See Dealer for details.





## Veteran of the Month

### Comrade Pearlle Whynot

Comrade Pearlle Whynot was born and raised in New Germany, N.S. and worked on his father's farm until the outbreak of the second world war. Pearlle joined the West Novies and took his training in Yarmouth and Debert. He was then shipped of to Scotland and England for more training. His first encounter with the enemy was in North Africa and Sicily. Next he went to Italy, he got married in Rome at the "Cistine Chapel". After fighting in the front line, he was assigned to Stretcher Bearer duties and driver in France, Belgium, Holland and Germany. On return from Europe he settled in Hamilton, Ont. and worked for 30 yrs. With the Salvation Army. His last move was back to Nova Scotia in 1993 and has become a member of Legion Br. 98. Branch 98 is proud to present Comrade Whynot as "VETERAN OF THE MONTH" for April /2010.

On the 5-7 March 2010, 26 CF Health Svcs Centre hosted the 43<sup>rd</sup> Annual Atlantic Regional Curling Medspiel at the Greenwood Curling Club. Seventeen teams consisting of personnel from Halifax, Gagetown and Greenwood participated in the event.

The Medspiel has quite a history; it was held at CFB Cornwallis for the first 25 years then it was moved to 14 Wing Greenwood when CFB Cornwallis closed in 1993. This event is eagerly awaited by both avid and novice curlers alike and it brings together Medical personnel from various locations. It provides an excellent opportunity for old friends to reminisce while bringing a respite from Old Man Winter. The opening ceremonies took place at 1645 hrs, 5 March 2010, with Maj Christine Drab opening the event and Mr Dave O'Brien throwing the ceremonial bedpan. After a fun filled weekend the closing ceremonies were held at 1430 hrs, 7 March 2010. The team from Gagetown (Graham Townsend, Peter Cook, Mike



**Dave O'Brien (organizer of the curling event for many years and he will be sadly missed by the Medical Clinic when he retires in May 2010) about to throw the Ceremonial Bedpan to officially open the Medspiel.** (Photo: Submitted)

Bennett & Rick Burchill) won the "A" division with his win over a team from Greenwood. "A" consolation was won by a Halifax team (Pete Shute, Peter Thibeault, Kim Thibeault & Damien Scott), "B" division was won by a Halifax team (Bill Frape, Greg Mooney & Daniel Beauchamps) and "C" division was won by a Greenwood team (Calvin MacDonald, Mike Crowe,

Andre Fagan & Josh Long).

There were door prizes held at the dance on Friday and Saturday to raise money for next year's event. We would like to acknowledge the following sponsors who made this event a success:

Calian / Subway / Tim Horton's / Dave & Barb O'Brien / Dr Mark Allan / Dr Bernard Badley / Dr Benedict Cooley / Life Care Respiratory

Svcs Ltd / Pharma Science / Levitt Safety Ltd / Mark & Bev Durling / Sharon Isenor / Baker Chiropractic Services Inc / Dr Douglas Legay / Atlantic Canada Superstore / Faith McStravick - The King George Inn / Blue Cross / Hot Pause Tanning Studio / Ernie Hatfield - Labatt Breweries of Canada / Dave Deveau - Kriscott Distributors and Gordon Luger - Lyreco.



## 26 CANADIAN FORCES HEALTH SERVICES CENTRE

*will be participating in*

# ACCREDITATION

*from*

## 14 - 15 April 2010

*with Surveyors from*



ACCREDITATION CANADA  
AGRÉMENT CANADA

*Driving Quality Health Services  
Force motrice de la qualité des services de santé*

**What is Accreditation?** The purpose of Accreditation is to assist health care facilities to identify their strengths and areas for improvement. This process will assist us in our continuous effort to better meet the needs of clients, staff and community partnerships.

**Who is Accreditation Canada?** Accreditation Canada is a voluntary, non-profit, non-government organization dedicated to improving the quality of health services.

**How will this affect you?** The impact on clinic operations will be minimal. The clinic has tried to schedule events so as to minimize the impact it will have on the delivery of care to you, our clients. The clinic will, however, be at minimum manning beginning at 1500 hrs on Thursday, 15 April 2010 to receive feedback from Accreditation Canada.

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# Subway Swimmers of the Week



**Joshua Svienson**  
Novice  
7yrs old, 1st year with GDSC  
Favourite Stroke: frontcrawl  
Other Interests: soccer and hockey



**Sabrina Baker**  
Age Group 1  
12 yrs old, 2nd year with GDSC  
Favourite Stroke: freestyle  
Other Interests: reading & writing



**Samantha Atkins**  
Nova Tech 1  
11 yrs old, 1st year with GDSC  
Favourite Stroke: breaststroke  
Other Interests: drawing & reading



**Jenna Green**  
Nova Tech 2  
10 yrs old, 1st year with GDSC  
Favourite Stroke: backstroke  
Other Interests: dance and skipping



## AEES Students Attend Tim Hortons' Camp

By: **Harper Metler, Rachel Holland and Madison Connell**

From February 8-10 the grade five students of Annapolis East Elementary School went on a field trip to Tim Hortons' Camp in Tatamagouche, NS. This was an opportunity for students to discover new things about themselves and their classmates as well as try new activities. Kick sledding, rock climbing, geo-caching,

learning survival skills and how to use a compass were just some of the things we got to try. Rock climbing was one of the most popular activities done at camp. Trust exercises had to be done before climbing to ensure that we had confidence in each other because the other six people on your team were keeping your safety rope taut. It felt amazing to climb fifty feet high! The last night of camp

featured a variety show around the sunken fire pit in the main lodge. Jokes were told, skits were acted out and songs were sung. Everyone had a great time sitting around the campfire. What was amazing was that we were learning – math, science, language arts, music, social studies, physical education and art - while we were having so much fun. A big thanks to Middleton Tim's for sponsoring our trip!



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**2007 Dodge Caliber SXT**  
4 Cyl, Auto, PS, PB, PW, PL, Air, Tilt, Cruise, Alloys, One Owner, 72,000 kms  
**Remaining Factory Warranty**  
**Priced to Sell at \$12,500**  
or \$65.00 Weekly (O.A.C.)




**We Welcome Trades**  
**On the spot financing at low interest rates (OAC) with no administration fees**

Stk#	Year	Make	Model	Body	Transmission	Colours	Kms	Price
<b>CARS</b>								
630U	2005	Toyota	Echo	4 Dr	Auto	Gold	102,000	\$ 8,995
632U	2006	Saturn	ION	4 Dr	Auto	Blue	79,000	\$ 8,995
478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,375
504U	2004	Chev	Aveo	4 Dr	Auto	Red	82,000	<b>SOLD</b>
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,450
534U	2006	Chev	Cobalt LT	2 Dr	Auto	Red	13,000	\$ 11,900
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
635U	2005	Pontiac	Grand Prix	4 Dr	Auto	Silver	65,000	\$ 10,900
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$ 11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$ 12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$ 10,800
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$ 13,500
620U	2008	Dodge	Avenger SXT	4 Dr	Auto	Grey	52,000	<b>SOLD</b>
625U	2006	Toyota	Matrix	5 Dr	Auto	Lt Blue	99,000	\$ 13,650
<b>TRUCKS, VANS &amp; SUVs</b>								
629U	2005	Pontiac	Montana EXT	Van	Auto	Green	100,000	\$ 10,900
499A	2004	Chev	Venture	Van	Auto	Green	86,000	\$ 7,900
599A1	2005	Honda	Odyssey EXL	Van	Auto	Grey	135,000	<b>SOLD</b>
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$ 11,900
621U	2007	Ford	Ranger Sport	Ext Cab, 4 Dr	Auto	Blue	57,000	\$ 12,995
627U	2005	Pontiac	Montana SV6	Ext Van	Auto	Silver	85,000	\$ 10,500
624U	2007	Ford	Ranger Sport	Ext Cab, 4x4, 4 Dr	Auto	Red	75,000	\$ 15,975
634U	2005	GMC	Sierra 8 cyl	Reg Cab, 2x4, 2 Dr	Auto	Blue	57,000	\$ 13,995
633U	2006	Pontiac	Torrent AWD	4 Dr	Auto	Silver	87,000	\$ 15,900
641U	2007	Jeep	Liberty	4x4	Auto	Red	110,000	\$ 14,900

**\*Rust check, Free Motor Vehicle Inspection for as long as you own the vehicle & a Full Tank of Gas with every vehicle sold.**  
**\*Except wholesale and as is units**

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**David Corkum (w) 765-2219 after hours 765-6466**

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Phone: 765-2555    826 Main St., Kingston Across from Best Western Aurora Inn  
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It is that time of year again!

## 14 Wing Greenwood Information Booklet 2010


We are getting ready to put together the 14 Wing Greenwood Information Booklet 2010. This **full colour, high glossy** publication provides information on all activities, squadrons and units on the Wing and is distributed to all new arrivals.

**Here is your chance to have your business featured in this booklet that will be a great reference for military households for an entire year!**

**Advertising sizes and rates:**

- 1/4 page \$400plus tax
- 1/2 page \$700plus tax
- Full page \$1200plus tax

**Call Anne at 765-1494 ext. 5833**  
**or E-mail: aurora@auroranewspaper.com**  
**Visit our website to view last year's guide at www.auroranewspaper.com**





# Greenwood Military Family Resource Centre Offerings

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

*Note: 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.*

## Child 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

### Children's Deployment Support Group

Sunday, April 11, 2010  
1:00 p.m. – 2:30 p.m.  
GMFRC

Registration Deadline:  
Thursday, April 8, 2010

### It's Time to Start Potty Training!

Tuesday, April 20, 2010  
9:30 a.m. – 10:30 a.m.  
FREE

Casual Childcare Room  
Registration Deadline:  
Friday, April 16, 2010

### Emergency Childcare Information Services

Thursday, April 22, 2010  
10:00 a.m. – 11:00 a.m.  
FREE

GMFRC  
Registration Deadline:  
Tuesday, April 20, 2010

### Respite Dates

## Wednesday, March 31, 2010

5:00 p.m. – 9:00 p.m.  
Children up to age 12

Registration Deadline:  
Monday, March 29, 2010

### Saturday, April 17, 2010

10:00 a.m. – 5:00 p.m.  
Max 15 participants  
Children up to age 12

Call reception to register at 765-5611.

Registration Deadline:  
Thursday, April 15, 2010

To meet the increased demand for respite childcare, deployed families can choose

### 1 of the 2 Saturday Respite Dates in April.

**Saturday, April 24, 2010**  
10:00 a.m. – 5:00 p.m.  
Max 15 participants

Children up to age 12  
Call reception to register at 765-5611.

Registration Deadline:  
Thursday, April 22, 2010

To meet the increased demand for respite childcare, deployed families can choose

### 1 of the 2 Saturday Respite Dates in April.

**Deployment Services**

*Coordinator: Ann Gaudet at 764-1494 local 5583 or email [Ann.Gaudet@forces.gc.ca](mailto:Ann.Gaudet@forces.gc.ca)*

## Upcoming programs or services

### Easter Brunch for Deployed Families

Saturday, April 3, 2010  
Brunch will be served at 11:00 a.m.

Annapolis Mess  
Registration Deadline:  
Tuesday, March 30, 2010

### Is your military member away?

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

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance,

outreach, & support to anyone who chooses to participate. Just give us a call!

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

## Employment and Education Services

*Coordinator: Kristen Lawson at 765-1494 local 1816 or email [kristen.lawson@forces.gc.ca](mailto:kristen.lawson@forces.gc.ca)*

## Upcoming Events

### First Aid / CPR – Level C

Thursday, April 8, 2010 & Friday, April 9, 2010  
9:00 a.m. – 4:00 p.m.

GMFRC Classroom #2  
Cost - \$60.00 for Military families & \$75.00 for Civilian

Registration Deadline:  
Thursday, April 1, 2010

### BoatSmart

Tuesday, April 13, 2010 & Wednesday, April 14, 2010  
5:00 p.m. – 8:00 p.m.

GMFRC Classroom #1  
Cost - \$55.00 for Military families & \$70.00 for Civilian

Registration Deadline:  
Tuesday, April 6, 2010

## Prevention, Support and Intervention Services

*Coordinator: Jennifer Hill at 765-1494 local 1811*

Email: [jennifer.hill12@forces.gc.ca](mailto:jennifer.hill12@forces.gc.ca)

## Upcoming Programs

### Rainbows

Starts Wednesday, April 7, 2010

(This is a 12 week program and will run every Wednesday)  
6:00 p.m. – 7:00 p.m.

GMFRC  
No Cost

We are currently registering children between the ages of 7-8 years.

### Care for the Caregiver

Meets the first and third Tuesday of each month starting April 6, 2010

11:00 a.m. – 12:00 p.m.  
No Cost

GMFRC  
No registration required, just drop in.

### Good Grief

Group meets first Monday of each month. April's meeting will be Monday, April 12, 2010 due to the holiday on April 5.

6:00 p.m. – 7:00 p.m.



## 26 Mar - 01 Apr How to Train Your Dragon

Sun 2&7 pm • Mon-Thur 7 pm  
Rated PG

## 02-08 Apr Clash of the Titans

Rated PG  
Fri-Sat 7 & 9:10 pm  
Sun-Thur 8 pm

## Resumes being Accepted

## Pre-paid Admission Cards

Regular eight card for \$40  
Sixteen card for \$75  
These may be purchased at the Zedex Theatre with cash or at The Inside Story (Greenwood Mall) using plastic.

[www.zedex.ca](http://www.zedex.ca)

## Kingston Legion



Prize Money  
Guaranteed: \$2,500

## BOOKLET BINGO

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

## Regular Games - \$100

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

Lic.#  
35542-96



## As of April 1, 2010, Nova Scotians can make a Personal Directive.

A Personal Directive allows people to put their personal care wishes in writing so they can be followed if they become incapable of making such decisions in the future.

Health care, nutrition, residence, clothing, hygiene, safety, comfort, recreation and support services are examples of matters that can be expressed in a Personal Directive, without requiring the assistance of a lawyer.

**Plan for your future.** Learn more about Personal Directives for you and your loved ones, go to [www.gov.ns.ca/just/pda](http://www.gov.ns.ca/just/pda) or call 1-800-670-4357.

NOVA SCOTIA



# Learning and Career Centre

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

## LCC Upcoming Workshops

### MARCH 2010

- 29 Power Point Level 1 • 1 day
- 30 Civilian Performance Planning & Review CPPR • ½ day
- 30 Personal Learning Plans (PLP) • ½ day
- 30 Access Level 3 (Part 1 of 2, ½ day, morning) • ½ day
- 30 Access Level 3 (Part 2 of 2, ½ day, morning) • ½ day

### APRIL 2010

- 08 Defence Ethics
- 12-13 Interpersonal Communication Skills • 3 days
- 16 Prior Learning Assessment (PLA), Day 1 of 10 • 1 day
- 20 Effective Meetings • 1 day
- 23 Prior Learning Assessment (PLA), Day 2 of 10 • 1 day
- 28 Myers-Briggs Type Indicator (MBTI) • 1 day
- 30 Prior Learning Assessment (PLA), Day 3 of 10 • 1 day

### MAY 2010

- 07 Prior Learning Assessment (PLA), Day 4 of 10 • 1 day
- 11-12 New Employee Orientation • 1.5 days
- 12 Future Planning (Civilian Employees under age 45) • 1 day
- 14 Prior Learning Assessment (PLA), Day 5 of 10 • 1 day
- 21 Prior Learning Assessment (PLA), Day 6 of 10 • 1 day
- 28 Prior Learning Assessment (PLA), Day 7 of 10 • 1 day

### JUNE 2010

- 01-02 Exploring the Leader in You • 2 days
- 04 Prior Learning Assessment (PLA), Day 8 of 10 • 1 day
- 11 Prior Learning Assessment (PLA), Day 9 of 10 • 1 day
- 15-16 Stepping Up to Supervisor • 2 days
- 18 Prior Learning Assessment (PLA), Day 10 of 10 • 1 day

### JULY 2010

- 06-08 Negotiation Skills • 3 days
- 14 Assertive Communications • 1 day

GMFRC  
No Cost  
Registration Deadline: April 6, 2010

#### Ongoing Services

- Emergency Shelter
- Assessment and Referral
- Short Term Support
- Crisis Intervention

Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

#### Special Events and Promotions

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

#### Upcoming events

**Easter on the Wing**  
Saturday, April 3, 2010  
1:00 p.m. – 3 p.m.  
Annapolis Mess

The GMFRC and 14 Wing Community Centre offers the 2<sup>nd</sup> Annual Easter on the Wing. Military and defence team families are invited for an afternoon of FREE Easter fun.

#### Red Friday

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

#### Volunteer Services

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

#### Volunteer Opportunities

**Easter on the Wing\***  
Saturday, April 3, 2010  
12:30 p.m. – 3:30 p.m.

Annapolis Mess  
Volunteers Needed: Many  
Need many volunteers to help with crafts, setting up the egg hunt, bunny helper, Easter bunny (in suit) and face painters (bunny faces).

#### Prize Canvassers

As soon as possible until April 23, 2010  
Timing is flexible  
Greenwood and surrounding area

#### Volunteers Needed: 2

Looking for some outgoing volunteers to travel around the local area and canvass for prizes for the Board of Director's Bingo.

\* **Awesome opportunities for our Youth Volunteers**

Kingston Legion Br 98 ~ April 2010						
Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail legion98sect@ns.sympatico.ca						
Sun	Mon	Tues	Wed	Thu	Fri	Sat
Events Subject to Change Without Notice. Members & Guests Welcome!				CRIB 1 MIXED DARTS	2 CLOSED	3 DART BINGO
4 NO BINGO	5 EUCHRE	6 BINGO	7 VALLEY DARTS	8 CRIB	9 BIG DEAL MIXED DARTS Chicken Cordon Blue	10 BREAKFAST CRIB LADIES DARTS SINGLES
11 BINGO DARTS Teams/Doubles BRANCH PLAY	12 EUCHRE	13 BINGO	14 VALLEY DARTS	15 CRIB	16 STABLE COUNTRY MIXED DARTS Chili	17 GEORGE BRITAIN DART SHOOT
18 BINGO	19 EXEC MTG EUCHRE	20 BINGO	21 VALLEY DARTS	22 CRIB	23 REBOOT MIXED DARTS Ribs/Caesar Salad	24
25 BINGO	26 EUCHRE	27 BINGO	28 VALLEY DARTS	29 CRIB	30 STRAIGHT OUT MIXED DARTS Fish & Chips	
Legion Calendar Sponsored by		<b>PHARMASAVE</b> VALLEY DRUG MART		613 Main St. KINGSTON 765-2103	488 Main St. LAWRENCETOWN 584-3366	26 Commercial St. MIDDLETON 825-4822

## ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~  
Sandwiches: \$2.30; Wraps - \$2.30; Sub Sandwiches - \$2.00  
All sandwiches & wraps will include fresh vegetable or fruit on the side.  
Vegetables & Dip - \$1.75; Cheese & Crackers - \$1.75  
Fruit & Dip - \$1.75; Tossed Salad - \$3.00 sm \$2.00  
Caesar Salad - \$3.00 sm \$2.00; Spinach Salad - \$3.00 sm \$2.00  
Bagels (Blueberry or Plain) - \$1.00; Yogurt - \$1.00;  
Yogurt Tubes - \$1.00; Yogurt Parfaits - \$1.25  
Fresh Fruit: Apples, Oranges & Bananas - \$1.00; Apple Slices - \$1.00  
Cheese Strings - \$1.00; Gold Fish Crackers - \$.50; Baked Lays - \$1.50;  
Rice Crispy Squares - \$.80; Smoothies: Mon, Wed, Fri - \$1.25  
Welch's Fruit Snacks - \$1.00; Milk - \$.35; Water - \$1.00  
Juice: Apple, Orange Wildberry & Seven Fruit - \$1.00;  
~~ Canteen Items - CASH ONLY ~~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.  
Ketchup, Mustard, Relish - \$.15 each; Mayo & Salad Dressings - \$.30 each  
Barbecue/Sweet & Sour Sauce - \$.40 each; Cream Cheese (Plain or Strawberry) - \$.40 each; Cheese Whiz - \$.30 each; Strawberry Jam - \$.15 each

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

Mar 29<sup>th</sup>: Oven Fries, Cheese & Gravy 2.50 • Yogurt Tube 1.00

Mar 30<sup>th</sup>: Beef Noodle Soup 2.00 • Chicken Caesar Wraps 3.00  
• Apple Slices 1.00

Mar 31<sup>st</sup>: Chicken Noodle Soup 2.00 • Sliced Ham & Potato, Vegetable 3.00 • Toss Salad 2.00 • Blueberry/Strawberry Smoothies 1.25

Apr 1<sup>st</sup>: Pizza Day 2.50 • Banana 1.00

Apr 2<sup>nd</sup>: Good Friday - No School

Daily Lunch Combo includes Main Entree, Dessert & Milk for \$3.50

## KINGSTON & DISTRICT SCHOOL

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

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

Mon: Hamburgers; Tues: Chicken Dinner; Wed: Early Dismissal;  
Thurs: Chicken Nuggets with Veggie Sticks - Cookie Day; Fri: Good Friday - No School

This menu brought to you compliments of:

## FRASER'S PRO Home Centre



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BRIDGETOWN • 1-902-665-4449  
www.frasers.ca



## Rainbows

Grief is a normal reaction to the loss of something and/or someone that was important to us. Allowing one to grieve is an important part of the grieving process. This is especially true for children, as they have not fully developed coping skills to aid them during this time and are not as developmentally prepared to journey through this process on their own.

Rainbows is a confidential peer support group that is facilitated by trained volunteers that aid in guiding children through discussions and exercises.

The mission statement of Rainbows is that it "fosters emotional healing among children grieving a loss from a life-altering crisis", such as separation/divorce, death of a family member, etc.

Date: Starts Wednesday, April 7, 2010

Time: 6:00 pm - 7:00pm

Location: GMFRC

Cost: Free

Rainbows runs consecutive Wednesday's for 12 weeks

We are currently registering children between the ages of 7-8 yrs. For more information or to register your child, please phone 765-5611

This program is also open to the civilian community, however, priority will be given to Military families.

Information obtained from www.rainbows.ca

## The Anglican Parish of Wilmot

*Welcomes You!*

**Holy Trinity in Middleton**      **All Saints' in Kingston**

244 Main St. (across from Tim's)      Pleasant St. (off Bridge St.)

8:00 a.m. BCP Eucharist      9:30 a.m. BAS Eucharist

11:00 a.m. BAS Eucharist & Sunday School      & Sunday School

Information: call the Parish Office 825-2326 or Administrator 825-2474

*Contemporary Faith, Catholic Worship & Living Community*

## Holy Week & Easter Services

Palm Sunday, March 28th

All Saints 9:30am • Holy Trinity 11:00am

Holy Monday, March 29th

Holy Trinity 7:00pm

Taize Prayers, Tuesday, March 30th

All Saints 7:00pm

Tenebrae, Wednesday, March 31st

All Saints 8:00pm

Mundy Thursday, April 1st

Holy Trinity 7:00pm (with foot washing)

Good Friday, April 2nd

All Saints 11:00am • Holy Trinity 3:00pm

Easter Sunday Services, April 4th

Holy Trinity 8:00am • All Saints 9:30am • Holy Trinity 11:00am



# 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.

## Volunteers Needed:

Spring has sprung and we've got leaves galore to rake. If you've got some time, please consider getting your exercise while contributing to your community. Call John Burfitt at 765-4829 and we'll arrange a time for a group effort. A great family opportunity to teach the kids the benefits of volunteering. Kingston Cemetery Committee.

## Ticket Auction

The Middleton and District Lions Club, Highway #10, Nic-

taux, will be holding a Ticket Auction on Saturday, April 3, 2010. The doors open at 10:00 a.m. and the draw starts at 2:00 p.m. sharp. 20 tickets for \$1.00, a 50/50 draw. Canteen open. Proceeds to CNIB, IWK and Lions International Haiti Crisis.

## The Valley Stamp Club

The Valley Stamp Club is holding its Annual Show & Exhibition on April 24/2010 at the Kentville Fire Hall from 9:00 a.m. - 4:00 p.m. Dealers will be in attendance & door prizes. Free Admission.

## Hymn Sing

Rachel Maclean joins us on April 11th at 7:30 p.m. to bring us an evening of inspiration as she shares with us her love of God and music. For this evening we will meet at the Wilmot Baptist Church on the corner of the Dodge Road and Highway One. Come out and enjoy with us Rachel's special presentation and your favourite hymns.

## Valley Autism Support Team

The April VAST meeting will be held on Thursday 1 April 2010 starting at 7:00 p.m. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave., Kingston. Program: Presentation on Project Lifesaver by Kings County Search and Rescue.

## Pour for the Cure Nictaux Hospital Auxiliary Tea

Sat. April 10 at the CF Centre Nictaux Baptist Church Time: 2:00 to 4:00 p.m. Price: \$5.00 Proceeds - Breast Cancer Information 825-6570 or 825-3386.

## Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No 98 of the Royal Canadian Legion. Fun day (cards & games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

## Sacred, Secular and Silly VI

Friday April 9: The Annapolis Valley Centre of the Royal Canadian College of Organists is holding Sacred, Secular and Silly VI, its annual fundraising concert, in Bridgetown Baptist Church, Bridgetown, on Friday April 9 at 7:30 p.m. The concert features performances by singers and instrumentalists from the Annapolis Valley. A freewill offering will be taken in support of the 2010 Organ Scholarship Fund. All are welcome to attend

and enjoy a diverse evening of quality music entertainment.

## Coffee Party

Kingston & District Health Auxiliary Coffee Party. Friday April 9, 2010 from 9:30 to 11:30 a.m. at the Kingston Fire Hall. Proceeds to: Palliative Care.

## Dahlia

Everything That You Want To Know will be presented by Nina Dandurand, Dahlia aficionado at 14 Wing Library, Monday March 29th, at 6:30 p.m. Phone 765-1494 ext. 5430 to register. Free will offering is appreciated.

## Helping Others

It is getting to be that time of year when we begin doing chores outside. Are you a senior or someone who needs help doing a small job around your home? There is help available for people living in the Greenwood/Kingston area. Please call New Beginnings Center at 765-8155 or e-mail [newbeginnings@ns.aliantzinc.ca](mailto:newbeginnings@ns.aliantzinc.ca)

## Valley Gay Men's Coffee House Group

Valley Gay Men's Coffee House Group is hosting it's 7th anniversary Gay, Lesbian, Bi-sexual dance on Saturday April the 3rd. For more information please contact David at (902)825-3197 or e-mail Dominic at [dominiccaldwell@hotmail.com](mailto:dominiccaldwell@hotmail.com)

## Giant Yard Sale

April 17 from 10:00 a.m. - 4:00 p.m. there will be a giant yard sale in the former Foodland parking lot in Kingston. All proceeds are for the Canadian Cancer Society's 2010 Middleton Relay for Life. Call 765-2723 or 824-3070 to book your table. You may also reserve a spot via e-mail at [relaymiddleton@gmail.com](mailto:relaymiddleton@gmail.com).

## Church Library Hours

The Kingston United Baptist Church Library will not be open Thursday evening April 1 but will be open again Thursday

evenings starting April 8 from 6:30 - 7:30 p.m. For info call 765-6735.

## Kingston Greenwood Minor Baseball Registration 2010

Greenwood Mall, 9 Apr. 6-9 p.m.; 10 Apr. 1-4 p.m.; 16 Apr 6-9 p.m. - 17 Apr. 1-4 p.m./ Additional Registration Times: April 12-15 8:30 a.m. - 4:30 p.m. at 14 Wing Community Center, Main Office. Cost: Tee Ball (4-6) \$35.00; Peewee (12-13) \$85.00; Rookie (7-8) \$45.00; Bantam (14-15) \$95.00; Mosquito (9-11) \$75.00. Things required to bring when registering: Health Card; Uniform Deposit; Cheque of \$50.00; Rec Card (if you have one). \*For further information or anyone interested in volunteering contact [kgminorball@gmail.com](mailto:kgminorball@gmail.com)

## West Kings PTSA

West Kings High School PTSA is proud to present two Spring concerts in support of our newly renovated Auditorium. The first concert (Sunday, April 11th, 3:00 pm) showcases the quality sounds of the Annapolis Valley Honour Choir, under the direction of Mr. Bill Perrot. The second concert (Saturday, April 24th, 7:00 pm) is a rare local opportunity to hear the wonderful Four Seasons Orchestra. Open-seating tickets for both concerts cost \$10.00 and are available at Kingston and Berwick Pharmasave Stores and the West Kings School office. Both concerts take place in the West Kings High School Auditorium, Highway #1, Auburn.

## Kingston Health Auxiliary Fashion Show and Luncheon

Friday, 30 April, 11:30 to 2:30 at the Kingston Lions Hall. Tickets are \$20.00 each. A \$10.00 tax receipt is available. Advance tickets may be purchased at the Kingston Pharmasave, Podiatric Clinic

(Greenwood Mall), Soldiers Memorial Hospital gift shop, and any member of the Kingston & District Health Auxiliary. Come, enjoy the entertainment, the food and the fashion show in support of our hospitals, VON, Mid-Valley Palliative Care and other healthcare partners.

## Kingston & District Health Auxiliary Coffee Party

Friday April 9, 2010, 9:30 to 11:30 a.m. at the Kingston Fire Hall. Proceeds to :Palliative Care.

## Toepics - Spring Power-skating Program

The Greenwood Skating Club is offering Spring Power sessions starting on Monday, March 29th. This 6 week program will be run by Cheryle Gaston - for more info contact Carol Breckon at 760-2111 or Cheryle at [sk8gr8@bellaliant.net](mailto:sk8gr8@bellaliant.net).

## ASDU/14SES 30th Anniversary Celebrations

5-6 August 2010. For information and registration, check out our website: English: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-eng.asp?id=1206>. French: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-fra.asp?id=1206>.

## Church Service

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

## Help Available

It is getting to be that time of year when we begin doing chores outside. Are you a senior or someone who needs help doing a small job around your home? There is help available for people living in the Greenwood / Kingston area. Please call New Beginnings Center at 765-8155 or e-mail [newbeginnings@ns.aliantzinc.ca](mailto:newbeginnings@ns.aliantzinc.ca).

## Jigg's Dinner

Thursday, April 8th, 4:30-6:15 p.m. Corned Beef, Cabbage, Vegetables & all the fixings. Apple Crisp for dessert. Holy Trinity Church Hall. Adults: \$12.00; Children under 12: \$7.00. Sponsored by St. Joseph's Men's Club.

## Lake Pleasant Campers Club Meeting

11 Apr 2010 at the Annapolis Mess (Upstairs). Registration 12:30 p.m. Meeting 1:00 p.m.

# HOROSCOPES

March 28 to April 3

## ARIES - Mar 21/Apr 20

Aries, start thinking about what you want to achieve in the next few weeks. Form a schedule and a plan of attack. Promise that you'll stick to the plan.

## TAURUS - Apr 21/May 21

Taurus, living in truth is crucial this week. If you were thinking about deceiving someone or telling a fib to get by, think again. There's more to a relationship than first appears.

## GEMINI - May 22/Jun 21

Gemini, be careful with your words this week to avoid saying the wrong thing. You might simply be trying too hard, so stop and think before saying something you might regret.

## CANCER - Jun 22/Jul 22

Cancer, you have the ability to conjure up a fantasy of how things should develop in your mind. The trouble is, fantasy is not reality. You may be heading for a letdown.

## LEO - Jul 23/Aug 23

Leo, sarcasm won't hide cynicism and you have to watch your tongue this week. You may inadvertently hurt someone and the consequences will run deep.

## VIRGO - Aug 24/Sept 22

Virgo, take the time to ask your friends and coworkers what they think before assuming that you know all the answers. Incorporate the results into your weekly plans.

## LIBRA - Sept 23/Oct 23

There will be hard work ahead of you, Libra, but you are not ready to dive in just yet. Resolve a nagging situation before taking on any new projects.

## SCORPIO - Oct 24/Nov 22

Scorpio, your optimism returns this week, but you are still cautious because you don't want to set yourself up for disappointment. Sound logic is the way to proceed.

## SAGITTARIUS - Nov 23/Dec 21

Sagittarius, the power of positive thinking can take you far. But don't put all of your eggs in one basket. You still need to work hard to achieve what you desire.

## CAPRICORN - Dec 22/Jan 20

Staying connected to the larger picture should make navigating the next few days that much easier. Live in the moment instead of a fantasy that you've set for yourself.

## AQUARIUS - Jan 21/Feb 18

Aquarius, it will prove tempting to get pulled into your dreams this week, but your resistance is strong enough to keep you on the ground. There will be time for daydreaming.

## PISCES - Feb 19/Mar 20

Pisces, don't be afraid to set your goals high. You need to be challenged in order to do your best work. Harmony arrives this week.

## FAMOUS BIRTHDAYS

MARCH 28 Lady Gaga, Singer (24)  
MARCH 29 Lucy Lawless, Actress (42)  
MARCH 30 Celine Dion, Singer (42)  
MARCH 31 Christopher Walken, Actor (67)  
APRIL 1 Susan Boyle, Singer (49)  
APRIL 2 Emmylou Harris, Singer (63)  
APRIL 3 Alec Baldwin, Actor (52)

Horoscopes brought to you compliments of:

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

**Just Fill in The Blanks. Three Easy Ways to Enter.**  
1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)  
2. Fax: 765-1717 3. Drop into our office located on School Road (Morfee Annex)

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, April 1, 2010.**  
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
<b>Limited to one win per family in a TWO MONTH PERIOD.</b>	
The winner will be drawn randomly from all correct entries. Only one entry per family per week.	
<b>Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!</b>	
1. What is the phone number for Cam's Cab	_____
2. The George Brittain Dart Shoot is on what date	_____
3. When is the minimum wage going up	_____
4. Whose ad has \$2 off cleansing products	_____
5. Accreditation will be held on what dates	_____

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

**Congratulations to last week's winner: RICHARD SANFORD**

**EAP**  
**Employee Assistance Program**

When you need someone to talk to, call:

**Al MacDonald...1532**  
**Wayne Atwater...5567**  
**Darlene Richards...3119**  
**Debby Benda...3340**



# Excellent Learning Opportunity at the LCC!

Attention all military and civilian personnel! Sign up today to the Prior Learning Assessment & Portfolio Development course!

The portfolio development course is designed to help you identify, organize and describe your past learning accomplishments. Throughout the ten-week process, participants will develop:

- A chronological record of your professional and personal achievements
- A brief narration of your life experience which will give the reader a good idea of who you are
- An explanation of your life, career or education objective
- A resume and a cover letter
- At least two narrative descriptions showing the nature and depth of your learning in a particular area of knowledge and or skills
- Documentation attesting to your claims

Upon completion of the Prior Learning Assessment & Portfolio Development course, participants will have a Skills and Learning portfolio that can be used as a self marketing tool in applying for jobs, a negotiating tool for training or advancement, and a valuable personal record of achievement and confirmation of learning.

Seating is limited, register today!

Prior Learning Assessment/Portfolio Development – 10 Days (every Friday for 10 weeks)

Course Instruction – 0830-1200hrs

Portfolio Prep Time – 1300-1600hrs

16 April 2010 – 18 June 2010

300199/0021

To register for this course please contact your Unit Training Coordinator. If you have any questions please feel free to contact the LCC at Local 5226 or +14 Wg LCC@greenwood.

## Sudoku

Solution page 14


	7	2	6		1			9
5		1		4	3	6		
3		6		9	5		7	
						8		5
		4	5	7			6	
			8					4
		9			7			8
	4	5					1	6
	3		4		2	9		

Level: Beginner

### Fun By The Numbers

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Sudoku brought to you compliments of:



954 Central Avenue  
Greenwood  
**765-6381**

## On April 1, 2010 Nova Scotia's minimum wage rates will increase.

The minimum wage will go up  
from \$8.60 to \$9.20 per hour.

The minimum wage for  
inexperienced workers will rise  
from \$8.10 to \$8.70 per hour.

Inexperienced workers have less than 3 months  
experience doing the type of work they are hired to do.

The minimum wage is set to increase  
to \$9.65 per hour on October 1, 2010.

For more information please phone,  
424-4311 (Halifax)  
1-888-315-0110 (Toll Free)

**NOVA SCOTIA**  
Labour and  
Workforce Development  
[www.gov.ns.ca/lwd/employmentrights](http://www.gov.ns.ca/lwd/employmentrights)

## PATRICK'S PUZZLE

### Maze Craze

Find your way through the maze.


START

FINISH


START

FINISH

Patrick's Puzzle brought to you compliments of:




954 Central Avenue  
Greenwood  
**765-6381**



authorized dealer  
Cellular Sales & Service  
Authorized Product Care Centre  
**765-2415**

## CUCINA AURORA



### Swedish Bacon Pancake

2 eggs, beaten  
1 1/2 - 2 cups milk  
1 cup flour  
1 tsp. salt  
1 tbsp. sugar  
6 slices bacon, fried

Put first five ingredients in blender. Mix. Cut bacon in pieces and fry. Add to batter. Grease an 8" X 8" pan. Pour batter into pan and bake at 425F degrees for 40 minutes. To serve 6 to 8, double recipe and use 9" X 13" pan.

## Canadiana Crossword

### Of Maids of the Map

By Bernice Rosella and James Kilner

Solution page 14

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ACROSS

1 Scottish hillside

5 Promos

8 Mount \_\_\_\_\_, Newfoundland

9 Opt

11 Saint \_\_\_\_\_, Carribean Island

12 Lake \_\_\_\_\_, Saskatchewan community

14 Colourless

15 Tobermory topper

17 Platter

18 Itin. item

19 \_\_\_\_\_, Central Alberta town

21 Cool down

22 Indian statesman

24 Weekdays

26 Americas org.

28 Hullabaloo

29 Word pair with opposite meanings

33 Obliterate

37 Sheltered side

38 Cheeses

40 Hive dweller

41 Head of hair

43 Steve Nash's org.

44 Tote \_\_\_\_\_, Saskatchewan hamlet

47 Sources

49 Film actor Keach

50 Stares in disbelief

51 Cat or cone preceder

52 Minerals

DOWN

1 \_\_\_\_\_, Manitoba hamlet

2 Steeplechase

3 Aristotle, familiarly

4 Stimulate

5 Brew

6 Damage

7 Slag

8 Hot or home follower

9 \_\_\_\_\_, Southern Ontario village

10 \_\_\_\_\_, Quebec community

13 Ogles

14 Write

16 Title character of eighties sitcom

19 Guitarist Allman

20 Assistants

23 Aussie icon

25 Dung beetle

27 \_\_\_\_\_, Nova Scotia port city

29 \_\_\_\_\_, Quebec address

30 Approaches

31 Creeds

32 Fairy Queen in Romeo and Juliet

34 Decreases

35 Grinch creator

36 Conger

39 \_\_\_\_\_, Central Saskatchewan village

42 Spirit

44 \_\_\_\_\_, Fraser Valley town

46 System or friendly preceder

48 Dory device

Weekly Crossword brought to you compliments of:

## BEST TOYOTA



840 Park St., Kentville  
(902) 678-6000



# Classified Ads

Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. 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 – Moving Sale.** Washer, Dryer, Stove, Golf Clubs, Lamps, TV's, lots of tools etc. Phone 765-3743. (3113-3tpb)

**FOR SALE – 4 Level, 3 Bedroom Family home located**

**C. HANSON DOWELL, Q.C.**  
250 Main St., Middleton  
**825-3059**

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**Ronald D. Richter**  
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in Nictaux. 2 Bedrooms, double paved driveway. 5 Appliances included. Wood electric heat. Nicely landscaped. \$156,500.00. Phone 825-2718. (3113-1tp)

## FOR RENT

**FOR RENT - LINCOLNSHIRE APT AVAILABLE, March & May. 2 bedroom apartment**

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Barristers • Solicitors • Notaries  
**Stephen I. Cole, LL.B.**  
**Craig G. Sawler, LL.B.**  
264 Main Street, Middleton, N.S.  
Tel: 902-825-6288  
Fax: 902-825-4340  
Email: info@colesawlerlaw.ca  
Website: www.colesawlerlaw.ca  
**Evening and Weekend Appointments Available**

*Durand, Gillis & Schumacher Associates*  
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**W. Bruce Gillis, Q.C.**  
**Blaine G. Schumacher, CD**  
(Also of the Alberta Bar)  
Counsel:  
**Clare H. Durand, Q.C.**  
(Non-Practicing)  
Phone (902) 825-3415  
Fax (902) 825-2522  
74 Commercial Street  
P.O. Box 700  
Middleton, NS  
B0S 1P0

**\$575.00 month excludes utilities. Live-in Super, secured building. Please call 765-6669. (3102-ufnB)**

**FOR RENT – Office space to rent in CANEX mall. 14 Wing Greenwood. 431 sq ft. Contact Ken Keddy at 765-6994 local 5423. (3111-1tp)**

**FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front**

## GUITAR GURU GUITAR LESSONS

Play & Learn in our comfortable home studio  
Electric or Acoustic Guitar  
All ages, all styles of music  
Beginner to Advanced  
Over 26 years experience  
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deck. Paved driveways with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3112-4tpB)

**FOR RENT – Two Bedroom apt on the 2nd floor. Located near Margaretville. Four piece bath. Stove, fridge and laundry hookups. \$395.00 plus utilities. Call 825-1765. (3112-2tp)**

**Future Glass and Mirror Ltd.**  
Sampson Dr., Greenwood  
902-765-2105  
SPECIALIZING REPAIRS/ REPLACEMENTS OF WINDSHIELDS  
ALSO: \*plateglass \*mirrors  
\*plexiglass  
\*vehicle accessories  
\*window & screen repairs  
Many Used Windshields Available at Reduced Prices  
"INSURANCE CLAIMS OUR SPECIALTY"

**Stop Smoking with Hypnosis**  
Cheryl Tardif, CD  
Certified Hypnotherapist  
Psychosynthesis  
1994 Lily Lake Road  
Middleton  
825-2286 Gift Certificates Available

**JASON BEZANSON ROOFING & CONSTRUCTION**  
9594 South Farmington  
RR1 Wilmot, NS B0P 1W0  
840-0552  
Specializing in Roofing • Free Estimates

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

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

## 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-ufnB)**

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

**SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours Call Mike at 242-2465 Greenwood/Kingston (3024-ufn)**

**SERVICE – CHILDCARE – I have full and part-time spots available at my in-home daycare. Healthy snacks and lunch provided. Lots of planned indoor and outdoor activities. Flexible days and hours. Walking distance to both Kingston Schools. Call Heather at 765-3825. (3111-4tpb)**

**SERVICE – Ms. Lori's family daycare has 2 full time spots available. Early childhood educator with programs from 12 months to 5 years. Country home. 5 minutes from Greenwood Mall. Phone 765-0684. (3111-4tp)**

**SERVICE – Seamstress, Pants hemmed for \$8.00/pair, other alterations done by the piece. Will do small projects as well. Call Tammy at 825-4871. (3110-4tp)**

**SERVICE – Is your current anti-virus software: Keeps you protected from "chat" infections, stops attacks from hijacked websites, lets you safely browse suspicious websites or run unknown applications, blocks hacker attacks to protect your identity, keeps your mailbox free from Spam, allows safe and uninterrupted gaming, compatible with Windows XP, Vista or 7. Authorized Reseller Avast Internet Security and other Avast products. You might qualify for up to 50% discount. Request a quote, risk free 30 days money back. No questions asked. Multi PC discount, multi years discount. http://www.pchelath.ca. Toll free: 1-888-847-0233. (3112-4tp)**

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Local & Long Distance Service

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16' Cube Van  
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**ENGLAND WE BUY FURNITURE**  
By the piece or lot.  
We do local moving  
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812 Maple Street Ext., Kingston

**DAN'S FIREWOOD**  
Hardwood, \$180 a cord  
Softwood, \$140 a cord  
Cut, Split, Delivered  
**Ph: 825-6424**

## David A. Proudfoot

Barrister \* Solicitor \* Notary

811 Central Avenue, PO Box 100  
Greenwood, NS B0P 1N0

Email: dap@davidproudfoot.com

Web: www.davidproudfoot.com

T: 902-765-3301 F: 902-765-6493



- Real Estate
- Family Law
- Wills / Estates
- Litigation
- Incorporations
- Consultations / Referrals

## Crossword Solution

B	R	A	E	A	D	S	
P	E	A	R	L	E	L	E
L	U	C	I	A	E	L	E
P	A	L	E	T	A	M	T
E	T	A	D	E	L	I	A
N	E	H	R	U	F	R	I
O	A	S	A	D	O		
A	N	T	O	N	Y	M	E
L	E	E	E	D	A	M	S
M	A	N	E	N	B	A	H
A	R	E	L	E	E	R	O
S	T	A	C	Y	G	A	P
S	N	O					

## Sudoku Solution

4	7	2	6	8	1	5	3	9
5	9	1	7	4	3	6	8	2
3	8	6	2	9	5	4	7	1
6	1	7	3	2	4	8	9	5
8	2	4	5	7	9	1	6	3
9	5	3	8	1	6	7	2	4
2	6	9	1	5	7	3	4	8
7	4	5	9	3	8	2	1	6
1	3	8	4	6	2	9	5	7

Co-sponsored by GNFRC and 14 Wing Community Centre  
**Easter on the Wing**  
Located at Annapolis Mess  
**Saturday April 3**  
**1-3pm**  
FREE!!! Easter Egg Hunt!  
Entertainment  
Cookie Decorating  
Crafts and so much more!  
For more info. Please call 765-3511 or 765-3163

En partenariat avec le CRFMG et le Centre Communautaire de la 14e Escadre  
**Pâques à l'Escadre**  
au Annapolis Mess  
**Samedi 3 avril 2010**  
**11h00 à 15h00**  
Chasse aux œufs Pâques  
Gratuit!  
Décoration de biscuits  
Ateliers de spectacles amusants  
Pour plus de renseignements téléphoner 765-3511 ou 765-3163



# Children's Deployment Support Group

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

The GMFRC is excited to offer a new Children's Deployment Program to Deployed Families of 14

Wing Greenwood. Our program is facilitated by trained GMFRC dedicated volunteers who have experience working with children of military families. Our program consists of three age

groups; 3 – 5yrs, 6 – 8 yrs and 9 – 12 yrs. Our goal is to work with parents and caregivers who have a loved one deployed to help build resilience, minimize stress and keep attitudes positive for their

children who are facing a military parent's absence. Children attending our monthly workshop will have opportunities to meet other children their age who are coping with a parent being away; enjoy fun

activities that involve the deployed parent; and learn ways to positively focus their energies throughout the deployment. Our next meeting will be on Sunday, April 11th, 2010 from 1:00 p.m. – 2:30 p.m. at the

GMFRC. If you would like to register your child/youth for our group, please stop by the GMFRC or call our receptionist at local 5611. If you have questions about our program please contact Kim.

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

## Paper Carrier

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Pine Dr., Hemlock Dr., Main St.,  
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Anyone interested in becoming a paper carrier for The Aurora Newspaper can fill out an application online or come into our office on School Rd. and your name will be placed on our waiting list.

For more information call 765-1494 local 5833.

We are also compiling waiting lists for all areas.

Carrier applications are available on our website

www.auroranewspaper.com

## APRIL 2010

The Annapolis Mess  
14 Wing Greenwood

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>THE ANNAPOLIS MESS WILL BE CLOSED ON GOOD FRIDAY AND EASTER MONDAY</b>				1 RCAF Mess Dinner	2 NO TGIF GOOD FRIDAY CLOSED	3
4 EASTER SUNDAY CLOSED	5 EASTER MONDAY CLOSED	6 Annapolis Entertainment Committee 1500 hrs Back Bar	7	8	9 TGIF JR Hosting Pork on a Bun	10 INFO Bar Darts Available from bartender
11 INFO Fridays TGIF • 1700 h • Events subject to change	12	13	14	15	16 TGIF WS Hosting Kentucky Fried Chicken	17 INFO Darts & Pool Balls are available from the Bar.
18 INFO Bar Daily Newspaper Available	19 Annapolis Council Meeting 1400 hrs High Flight Room	20	21	22	23 TGIF OM Hosting HAMBURGERS & Salad	24
25 INFO Non Alcoholic Beverages Available	26	27	28	29	30 TGIF JR Hosting Bake Beans Ham & Rolls	INFO Internet/wireless available in TV Lounge/Mess

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- ✓ Check belts and hoses
- ✓ Battery test and report on findings
- ✓ Up to 87-point inspection and report on findings
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“Under the Big Top”



**By: Kelly Clancey**  
*Everyone loves the Circus! It was all fun and games last week at the Morfee Annex Nursery School for Isaac and his classmates when the circus came to town. The classrooms were full of lions, tigers, monkeys, tightrope walkers, magicians and clowns. Circus animals and performers surfaced in every lesson. The week turned out to be a delight for both children and teachers alike. Thanks to all our parents for their extra effort in getting the children dressed and ready to join in the fun.*



**SWIMMING Lessons**

**REGISTRATION**  
AT THE INDOOR POOL

**March 29, 30, 31**  
Mon 29th • 9am-2pm  
Tues 30th • 11am-2pm  
Wed 31st • 2-6pm


Contact Yvonne Clarke: 765-1494 ext. 5564

Midget B Middleton Mustangs Win Greenwood March Break Tournament

**Submitted by: Shannon O'Rourke**  
After a tough grind the Midget B Middleton Mustangs won the Greenwood March Break Hockey Tournament. They did it in fine fashion defeating the Greenwood #2 team 6-2 in Game 1 with Justin O'Rourke named MVP. In Game 2 after taking a 2-0 lead in the first period they were given a wake-up call losing to the ultra tough comeback Dartmouth Whalers 5-2 with Carsen James named team MVP. In game 3 the team rebounded with a hard fought 6-3 win against West Hants with Goalie Josh Hill being named MVP. In the final all important preliminary round game the team came out flying and defeated Shelburne 5-2 with Carsen James once again being



named team MVP. This win was crucial as it guaranteed a Championship game against the only undefeated team in the tournament the Dartmouth Whalers. This gave the Middleton squad another chance to avenge the loss to the Dartmouth team in the prelims. The team came out playing and hitting hard and this time they played a very focused game lead by Mitchell Watton on the defence core and veteran players Colin Gillis, Spencer Roy and Mike McCabe the team soundly defeated the Whalers 6-1 to capture the coveted banner. Robert Bruce who was having penalty trouble all tournament got revenge by scoring a heartbreak goal right out of the box on a breakaway to put the team up by three goals. Donald Price was named the Team MVP. It should be noted that Kevin McCabe and his coaching staff have done a great job with these young men this season and has the team prepped for the SEDMHA tournament in Halifax April 1-4.




**DEADLINES**


for The Aurora Newspaper are as follows:  
12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by an electronic/digital (MS-Word® file) and a printed hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday. Or E-mail us at [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

**Visit The Easter Bunny**

**Wednesday 2-4**  
**Thursday 2-4 & 6:30-8**  
**Saturday 10-12 & 1-4**



**Photos available by Econo Color-\$5**



Closed to celebrate Easter, Good Friday & Easter Sunday.  
Open Easter Monday regular hours!

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Saturday 9:30-6, Sunday 12-5  
[www.greenwoodmall.ns.ca](http://www.greenwoodmall.ns.ca)

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