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

VOL. 31 NO. 16 APRIL 19, 2010 NO CHARGE

14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora



14 Wing Takes Gold & Silver

Story on page 8.

In the photo is the men's gold medal winning volleyball team from Greenwood. Being the winners of the Regional's they will now move on to the National Championship in Borden, Ontario hoping to bring home the National Gold Medal.

Back Row L-R: Cpl Tessier G, MWO McBride B, MCpl Swansburg P, Cpl Bedard-Theriot J.

Middle Row L-R: Pte Arsenault A, Pte Cole C, Maj Lalonde K, MCpl Collins. Front Row L-R: MCpl Giles J, Pte White A

Image: Pte Jessica Reynolds, Image Tech, 14 Wing Imaging

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Notes from the Dak #5

By Wayne Bailey

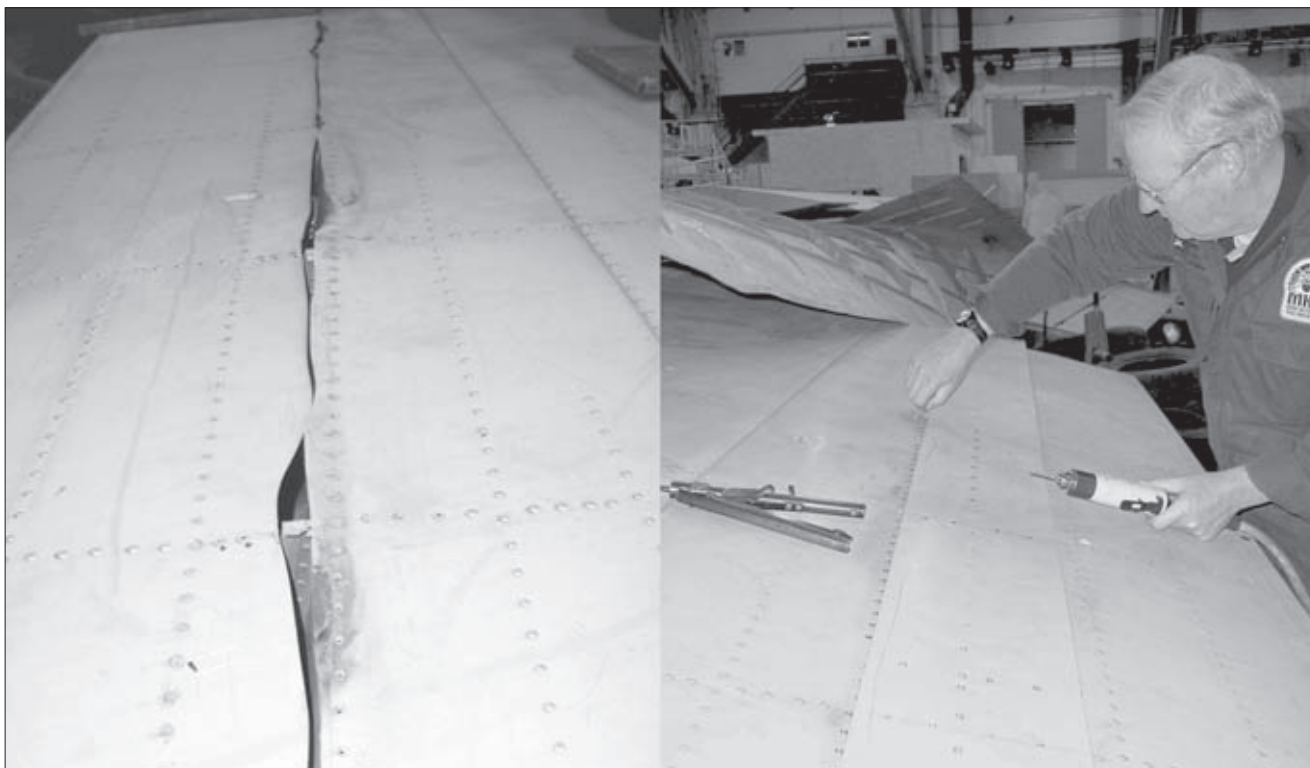
The many repairs to the basic structure and major components are finally nearing completion, and the members of the Restoration Team are able to focus on making our Dak #655B into a eye catching, static display. Now we can begin to recover the flight control surfaces, prepare the exterior for a refinish in the correct colours and paint scheme, and test fit major components and structures. The two Pratt and Whitney 1830 engines are nearing the completion of their cosmetic overhaul, thanks to Dave Richards and Brian Troniak, and will be hung on the firewalls. Project Leader Eric Welins experience

in sheet metal, and with help from Doc McKeil, Bob McElman and Chuck Calder, they can now begin with the overhaul and covering of the rudder, elevators and ailerons.

All the "picky" jobs like antennas, windows, doors and hatches are steadily taking shape with attention to Historical Detail by Bill Flynn and Russell Keddy. More big jobs are still to come. Challenging projects like converting the rudder, elevators and ailerons to aluminum surfaces, readying the mainplanes and tail assembly for installation, after preparing the complete outer surfaces for refinishing, will keep everyone well occupied for some time to come.

Dak Restoration Crew member Chuck Calder completes installation of a cover patch on the mainplane flapwell on our Dak 655B. Chuck was also on the recently completed Anson Restoration Team.

Images: Wayne Bailey



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 20th and

Wednesday April 21st. Donors can either give during the 1:00 p.m. – 3:00 p.m. time slot or the 5:00 p.m. – 8:00 p.m. evening slot on Tuesday the 20th or Wednesday the 21st. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

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.



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One Canadian Soldier Killed by Improvised Explosive Device

CEFCOM NR – 10.006 - April 11, 2010

OTTAWA — One Canadian soldier was killed by an improvised explosive device that detonated during a dismounted security patrol in Dand district at approximately 7:30 a.m. Kandahar time on 11 April 2010. The incident occurred in the vicinity of Belanday, Dand district, approximately eight-kilometres southwest of Kandahar City.

Killed in action was Private Tyler William Todd from the 1st Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a member with Task Force 3-09 Battle Group.

At this sad time, our thoughts and prayers are with the family and friends of our fallen Canadian comrade. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Members of Joint Task Force Afghanistan work with soldiers and police of the Afghan National Security Forces to improve security and build a better future for Afghans. Canada remains committed to bringing peace, stability and good governance to Afghanistan.



Private Tyler William Todd, 1st Battalion Princess Patricia's Canadian Light Infantry

Un soldat canadien tué par un engin explosif improvisé

CEFCOM NR – 10.006 - le 11 avril 2010

OTTAWA — Un soldat canadien est mort suite à la détonation d'un engin explosif improvisé pendant une patrouille à pied dans le district de Dand vers 07h30, heure de Kandahar, le 11 avril 2010. L'incident s'est produit dans les environs de Belanday, district de Dand, à environ huit kilomètres au sud-ouest de Kandahar City.

A été tué au combat soldat Tyler William Todd appartenant du 1^{er} Bataillon, Princess Patricia's Canadian Light Infantry, basé à Edmonton, Alberta. Il servait avec le groupement tactique de la Force opérationnelle 3-09.

En cette triste période, nos pensées et nos prières vont à la famille et aux amis de notre camarade canadien tué. L'engagement et le sacrifice de nos soldats et de leurs êtres chers nous aide à faire une différence dans la vie des gens de la province de Kandahar.

Les membres de la Force opérationnelle interarmées en Afghanistan travaillent avec les soldats et la police des Forces de sécurité nationale afghanes pour améliorer la sécurité et bâtir un meilleur avenir pour les Afghans. Le Canada demeure engagé à apporter la paix, la stabilité et la bonne gouvernance en Afghanistan.

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Relay For Life is Back for 2010!

We all know someone who has been affected by cancer, and although we aren't all doctors, nurses or researchers, there is a way everyone can help.

Imagine yourself with a group of your friends, family or co-workers. You gather together and decide to support one of the biggest causes in the world. You fundraise by

having a bake sale, raffle, comedy night, asking friends for donations or any other unique way you can think of to raise funds. Then, along with dozens of other teams you congregate on one night and celebrate your efforts with live music, games, comedy, food, and of course, the ever popular head shave! For twelve hours, you take turns walking the track in acknowledgement of a disease that

never sleeps. During this night we all take the time to CELEBRATE those who have survived cancer, REMEMBER those who haven't and FIGHT BACK with our dollars to support cancer research and other cancer programs.

Last year's event in Middleton raised over \$121,000. We had 165 Survivors, 505 participants and 1605 luminaries lining the track so that we could all walk a lighted

path...even at 3:00 in the morning!

The Canadian Cancer Society's Relay For Life is back in Middleton for 2010. This year's event will start on Friday, June 4th at 7:00 p.m. and continue until Saturday, June 5th at 7:00 a.m. If you want more information you may contact any of the following:

Wing representative - Capt. Lindsay Williams – LINDSAY.WILLIAMS@forces.gc.ca

Team information - Belle – mike.belle@ns.sympatico.ca

Volunteering - Sue – volunteer.relay@hotmail.com

Survivors - Marie – wayne.marie@eastlink.ca

You may also simply visit the website at www.cancer.ca. Also, check out our Facebook page, Middleton Relay For Life. We look forward to seeing you there!

~ Obituary ~

Baxter, George "Joey"
Kingston/Margaretsville, NS

BAXTER, George "Joey" of Kingston, died suddenly at home on Thursday, April 1, 2010. Born in Middleton, he was a son of the late Walter George and Doris Elaine (Early) Baxter. He served with the Royal Canadian Air Force for 32 years. Left to mourn are his loving partner Rima Carver, Kingston; daughter, Cheryl-Ann Meely, Kamloops, BC; step daughters, Denise Hetman, Kamloops, BC; Patti Milner, Kingston, ON; Tracy Hetman, Edmonton, AB; sister, Kathryn (Baxter) Durling, Bridgetown and brother, Carl Baxter, Lawrencetown; Cremation has taken place. A private Graveside Service was held in the St. Lawrence Cemetery, Kingston on Friday, April 9, 2010, Rev. Deacon Don Boudreau officiated. Donations in memory may be made to the Salvation Army or the Charity of Choice. Online condolences may be made through: www.middletonfuneralhome.com.

When we got involved in combat in Italy, the CO insisted that snipers must work in pairs, in case one got wounded. The one that he chose to work with me was a chain smoker. He eventually changed his mind which was good news.

We got reinforcement in eventually with many others. A man by the name of Charlie Fleet wanted to work with me even though he was not a sniper. After a few night trips out, he looked like of the best, and we got along very good.

Letter to the Editor

I was home in Deep Brook around 1980 when there was a knock on my door. There stood a very attractive middle aged lady and she called me by name. I said you are a stranger to me, but come in, make yourself at home and introduce yourself. She sat down and said my name is changed now but I am a sister of Charlie Fleet, who you will remember that's for sure. I immediately asked her how he was and she said he passed on quite a few years ago. She said he lived with his mother and sister, and never married. He talked a lot about a comrade named Oren Foster in his sleep and that is what has brought me to day. He talked about this comrade Foster who never knew what fear was; and was an expert with a rifle. I said that's not quite right, fear was always with me, but was able to

control it most of the time.

She said when Charlie came home he got a job on the last train that operated in Newfie, "The Bullet". After that Charlie never had a job. An unfortunate thing happened; he became an alcoholic and soon had a heart attack.

While we were in Italy on the Western Front Charlie would often say to me, let's go and stir them up a little tonight. We would usually find a good shell hole possibly a hundred yards from the German lines and settle down. Charlie had some of his weapons; hand grenades (milk bombs); several of them hanging on his belt and he knew how to use them. He would pull the pin with his teeth and throw one about a hundred yards; they were close to three pounds. The enemy would retaliate with their potato mashers; this is a

grenade that looks like a tin can with a handle. Some got too close for comfort.

I never thought Charlie was much of a drinker; sometimes a little Italian wine but that was about it. Many times when we were preparing for an early attack in the morning there was a rum ration, but that would only be about a mouth full. Most of it had been drank before it got to the front line which might have been a good thing in some ways.

The Italians were very good at brewing grape wine but much of it had been consumed by the German Army before we got there.

I was in combat eleven months, nine in Italy, and two on the Western Front. I never got a scratch and being a sniper is the most dangerous place in the Armed Forces.

(Note: Last Letter to the Editor, submitted by the late Oren Foster BEM, Deep Brook, NS)



NOMINATION DAY VILLAGE OF GREENWOOD Wednesday, APRIL 28, 2010

The Village Commissioners of Greenwood have adopted a nomination day by-law and hereby give notice that nominations for election for three upcoming vacancies for Village Commissioner; will be accepted on **Wednesday, April 28, 2010**.

Nomination Forms will be available at the Greenwood Village Office beginning April 7, 2009 for the following vacancies:

2 – three year terms

1 – one year term

All nominations must be in writing, in Application "Form A", and must be filed with the Clerk/Treasurer on April 28, 2010, between the hours of 8:00 a.m. and 1:00 p.m.; or by appointment during the week preceding Nomination Day. Only those persons duly nominated shall appear on the ballots, as candidates for election on **Election Day, May 11, 2010 at the Annual General Meeting, 7:00 p.m.** at the Greenwood Civic Building, RCAFA Hall, 904 Central Ave, Greenwood.

Marian Elsworth
Clerk-Treasurer
Village of Greenwood



Annual General Meeting

Tuesday April 27, 2010 • 7:00 pm

Kingston Arena (Upstairs)

ALL EXECUTIVE POSITIONS ARE OPEN

All nominations must be submitted to

Shaun Saunders at: ssaunders@eastlink.ca

Deadline for nominations is Friday April 23/10 at 6:00 p.m.

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 14e Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441
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Pen names may be permitted at the discretion of the Editor. Le rédacteur en chef peut, à sa discrétion, permettre l'utilisation de pseudonymes.

Opinions and advertisements appearing in "The Aurora Newspaper" are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the Printers.

L'escadre 14, Greenwood et les éditeurs laissent l'entière responsabilité de leurs textes et de leurs annonces publicitaires aux auteurs et aux annonceurs. Les opinions exprimées sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou du comité de rédaction.



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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.

En cas d'erreur typographique l'Aurora ne s'engage à rembourser que l'espace occupé par l'article dans lequel s'est glissé l'erreur. Lorsque les annonces publicitaires sont, reçues par téléphone l'Aurora n'accepte aucune responsabilité pour les erreurs qui pourraient se glisser dans le texte.

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

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

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included.

(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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email: aurora@auroranewspaper.com
website: www.auroranewspaper.com

Bravo Zulu

Photos are from 14 Wing Imaging unless stated otherwise.



WO Malcom Taylor is presented the CD2 by Col WF Seymore, Wcomd 14 Wing.



Sgt Bruce Hogan is presented the CD2 by Col WF Seymore, Wcomd 14 Wing.



Cpl Joanne Prost is presented the Special Service Medal by Col WF Seymore, Wcomd 14 Wing.



Captain Andre Boutin recieves his promotion from Lieutenant Colonel Cummings, Wing Operations Officer



Sgt Allen Beach is presented the CD2 by Col WF Seymore, Wcomd 14 Wing.



MCpl France Dupuis is presented the CD2 by Col WF Seymore, Wcomd 14 Wing.



Major Fera of 14 CES presenting the Squadron coin to MWO Stark in recognition for his outstanding performance during his CF express test. Reaching 11.5 on his shuttle run, 65 push-ups and 49 sit-ups.



Captain Rebecca Barton recieves her promotion to Major from the Wing Operations Officer, LCol Cummings. Maj Barton will be leaving Greenwood this year to start her new job in CFB Cold Lake.



Cpl Matthieu Truchon is presented with his new rank from Maj Smith, 14 AMS AMO.



Pte Ryan Walsh receives his first hook from Maj Smith, 14 AMS AMO.



Cpl Tim Murray received his 935.05 Airfield Specialty Certificate on 24 Feb 10 from Lt Mark Henneberry.



Cpl Mike Brown receives the CD Medal for 12 years of service from WLEO LCol Ubbens.



Judi Besharah receives WLEO Civilian of the Year Award from WLEO LCol Ubbens, Branch CWO Matthews, and HCol Edward Arsenault.



Sgt Mike Woodford receives the Theodore F Arsenault Trophy for WLEO Military Member of the Year from, WLEO LCol Ubbens, Branch CWO Matthews, and HCol Edward Arsenault.



Cpl Bruce Brandow recieves his promotion from WLEO LCol Ubbens.



Judi Besharah receives the WLEO Civilian Quarterly Award from WLEO LCol Ubbens.

Kingston Apple Blossom Princess Tea

Submitted by Michelle Shears, Kingston Apple Blossom Committee

The 78th Annual Apple Blossom Festival is just around the corner. This year's festival, *"Blossomed Here, Enjoyed Every Where"*,

will run from May 26 to 31. In anticipation of its continued participation in the Festival, the Village of Kingston and the Kingston Apple Blossom Festival Committee are pleased to present and invite you to attend the 2010 Apple Blossom Princess Tea.

This year the Kingston Apple Blossom Committee is reviving an old tradition: the silver service tea. This Silver Service Tea will feature 'not your ordinary tea sandwiches', various sweets and mini tarts, tea, coffee, and apple juice. The Princess Kingston Silver Service Tea will be held Sunday, April 25, 2010 from 2-4pm at the Kingston Lion's Hall. Admission cost of \$5 for adults and \$2 for children under 10 years of age.

Haley Macintosh, Princess Kingston 2009, and child attendant, Abby Shears, will conclude their year as the Village's Apple Blossom Representatives as they crown Princess

Kingston 2010, Olivia Switzer, and introduce the new child attendant, Kyra Jarvis. Afternoon entertainment will feature the musical stylings of Tim Vallillee, one half of the singing duo, Vallie.

The Village of Kingston is proud to present Olivia Switzer as Princess Kingston 2010.

Olivia is the 19 year old daughter of Adin and Wendy Switzer of Kingston. Olivia graduated from Vanier Collegiate, Moosejaw, Saskatchewan in 2008. While at Vanier Collegiate, Olivia was the President of the school's "SADD" chapter, captain of the cheerleading team and an Executive



member of the Student Council. Olivia has received several academic awards including a Major Academic Award on her

graduation, the Acadia Excellence Scholarship as well as District and Provincial Acting Awards while attending Vanier Collegiate.

Olivia attends Acadia University and is enrolled in the Bachelor of Business Administration Program, majoring in Marketing. She is employed as a Financial Services Representative with the Valley Credit Unions. She enjoys photography, cheerleading, skiing, reading, shopping and being with friends, family, and her dog, Scout.

We look forward to a beautiful afternoon with friends and family from across the Valley and hope to see you there.



The Village of Kingston

NOTICE OF BUDGET MEETINGS

The Kingston Village Commission has released its proposed 2010/11 Operating and Capital Budgets and will be holding budget meetings the following dates:

- Thursday, April 22, 2010 at 7:00pm
- Thursday, May 13, 2010 at 7:00pm

The proposed budget is available at the Village Office or on the village website. Any comments or queries regarding the budget may be directed to the Village Office at (902) 765-2800 or at info@kingstonnovascotia.ca.

All meetings are open to the public and are held at the Kingston Village office - 671 Main Street, Kingston, NS.

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www.kingstonnovascotia.ca



REMINDER

Control of Dogs and Cats

Dog Registration and Animal Control By-Laws

The Village Commissioners of Greenwood would like to issue this **reminder** Kings County By-Law # 71A, **Dogs** must be registered each calendar year and dogs must be kept in the care and control of owners. Failure to do so will result in a fine. Dog tags can be purchased at the village office.

Also Animal Control By-Law # 12A, it is an offence to allow a **Cat** to roam at large and may be impounded and sold or euthanized by the Animal Control Officer.

Marian Elsworth
Clerk-Treasurer
Village of Greenwood

Boys Active Living Week

By: Recreation Youth Worker; Megan LeMoine

Boys Active Living Week is from April 26-30, this is to encourage boys of all ages to engage in healthy lifestyles. We hope that increasing the exposure to physical activity, healthy eating and mental and emotional well being will encourage young men to pursue a life long participation in healthy lifestyles. On Tuesday April 27 to celebrate Boys Active Living Week, we are having a Boys Only; Bike-ride and Bowling (\$3 to bowl) from 6:00 – 8:00 p.m. Meet at the 14 Wing Community Centre with your own bike and helmet, helmets are necessary, if you don't have one, you can not participate. We will bike to the Greenwood Golf course and back and then head downstairs to the Greenwood Bowling Centre to bowl! Bring \$3 for one game or \$4 for two games. If you have any questions about this program please call 765-8165.

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14 Wing Takes Gold & Silver

Cover story continued.

By Graham White, F&S Centre, Sport Coordinator

14 Wing Greenwood hosted the Men's and Women's Atlantic Region Volleyball championship from the 6th to the 9th of April. This year we had 6 teams participate 3 in the Men's division 14 Wing, Gagetown and the defending champions 12 Wing Shearwater. We also had 3 teams participate in the Women's division Formation Halifax, Gagetown and the defending champions 14 Wing Greenwood. Both divisions provided exciting sets throughout the championship.

On to the finals: The ladies final took place at 0830 on the 9th of Apr, after the loss in the round robin to Halifax the 14 Wing Ladies realized that even though they were the defending champions they would have to put there best effort forward in order to defeat the team from Halifax. Halifax came out flying and Greenwood started a little slower than normal and as a result 14 Wing was down early by 2 sets. 14 Wing regrouped in the

third set and put forth a great performance resulting in a win. Knowing that Halifax only needed one more set to take away their title 14 Wing continued to play well. Halifax was not going away and in this set there were some tremendous rallies with the score bouncing back and forth. At the end of the set Halifax would emerge as the 2010 Women's Atlantic Region Champions.

Next the Men's final was ready to begin between 14 Wing and the defending champions 12 Wing Shearwater. As they had demonstrated in the Round Robin 14 Wing came out flying taking the first set easily. Greenwood men had not lost a set all tournament, unfortunately that was about to change. 12 Wing showed in the second set why they were the defending champions, answering everything that the home team through at them and coming out on top in the second set. It was clear that both teams came to play in the third set with the lead going back and forth until 14 Wing eventually came out on top. Now Greenwood

was up 2 sets to 1 and only needed 1 more set to dethrone the current champions. Once again 14 Wing came out flying and although 12 Wing did there best to swart Greenwoods efforts it was to no avail. 14 Wing Greenwood became the new Atlantic Region Men's volleyball champions.

This tournament showed the true spirit of sports and competition, the quality of the athletes and there overall performance was above average. The officials and volunteers who helped run the championship did a great job and their efforts are applauded. We would like to thank all those involved in the championship and congratulate the Halifax Women and the 14 Wing Men who are the new Atlantic Volleyball champions and wish them all the best at the upcoming National Championship in Borden 1-5 May. A special congratulation to both teams from 14 Wing for bringing home Gold and Silver.

Final standings: Men's - 14 Wing, 12 Wing, Gagetown. **Women's** - Halifax, 14 Wing, Gagetown.



The woman's gold medal winning team, Shearwater/Halifax combined. Being the winners of the Regional's they will now move on to the national championship in Borden, Ontario hoping to bring home the national gold medal. Back row left to right: Capt Jamie Macdonald, LS Rebecca Gallant, Lt Lauren Vera, LS Jennifer Burke, PO2 Charro LaKing, MCpl Inga Tonopa. Front row left to right: OS Karen Wiele, 2Lt Genevieve Poitras, PO1 Heidi Twellman. (Image: Pte Jessica Reynolds, Image Tech, 14 Wing Imaging)

Subway Swimmers of the Week

Submitted by: Michelle O'Reilly,
GDSC Secretary



Makaela Hurtubise
Nova Tech 1
9 yrs old
2nd year with GDSC
Favourite Stroke:
Breaststroke
Other Interests: Soccer,
Reading and Running Club

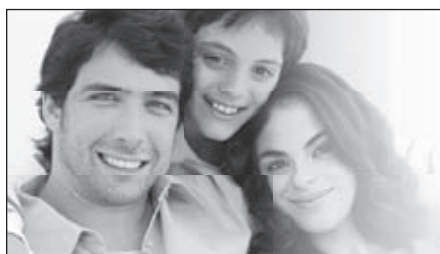
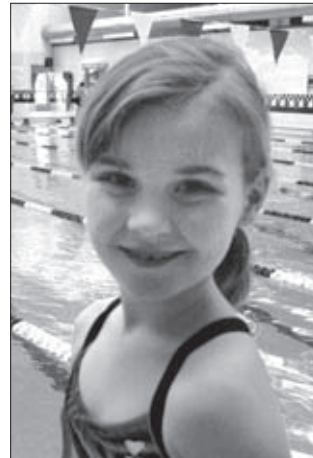


Sarah Houston
Nova Tech 2
10 yrs old
2nd year with GDSC
Favourite Stroke: Butterfly
Other Interests: mini
handball & triathlons in
summer

Maegan Currie
Nova Tech 1
11 yrs old
2nd year with GDSC
Favourite Stroke:
Breaststroke
Other Interests: Drawing,
Reading and Archery



Shaylin Hurtubise
Nova Tech 1
8 yrs old
1st year with GDSC
Favourite Stroke:
Butterfly
Other Interests: Math,
Soccer and exploring outside



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Parenting From Afar —Staying in Touch with Your Child During Deployment

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

Parenting during a deployment can be a challenge, staying in touch with your child can make a huge difference in how they feel about your time away from them. Young children may not understand where the parent went or why they couldn't go with them. A few ideas on how you can stay connected to your child during your deployment are:

- Send postcards home to your child showing where you have been
- Write separate letters/emails to each child in your family
- If you have older children, read the same books as they are reading and talk about what is happening in the story via email
- When writing letters to your children, let them know what activities you miss doing with them, and remind them that you will do them once again when you get home.
- Share with your child what your typical day is like (the

foods you eat, where you sleep, what you do)

- If you are able to chat with your child online, try playing a game of rock paper scissors

Military families have to make many emotional adjustments during a deployment, often children seem to gain confidence in themselves and become more independent. You can help your child know that it's okay to feel happy while you are away. It doesn't mean that they have forgotten the deployed parent, it simply means that they are finding other ways to find strength within themselves and support from friends and other family members while the deployed parent is away from home. Your Greenwood Military Family Resource Centre is a great place to find resources on parenting before, during and after your deployment. If you would like more information on how you can stay in touch with your child during your time away, please contact Kim Dixon at the GMFRC. Remember it is never too early or too late to get connected to your child during deployment.

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

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- **Improved TPMS Performance** - If you have a new car, you likely are plagued by a flashing light telling you your tire pressure is low. For example, one woman's light was going off every four to five weeks. After inflating with nitrogen, her light did not reappear for 53 weeks!
 - **More Predictable Pressure Fluctuation** - NASCAR teams use nitrogen so they can more accurately predict tire pressure fluctuation. Regular compressed air can fluctuate considerably when water vapour is present.
 - **Longer Rim Life** - Rim rust caused by condensation from water vapour and other gases can get caught in valves and create slow leaks in tires. Nitrogen is completely dry, so it eliminates the potential for condensation.
- Who Else is Using Nitrogen?**
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Mary's Islanders Dance Troupe Perform at the Canadian - Cuban Cultural Festival



Mary's Islanders Dance Troupe recently returned from Cuba where they participated in the Canadian - Cuban Sports and Cultural Festival. Once again they return deserving and proud ambassadors for Nova Scotia and Canada.

Mary Dunlop, Artistic Director for Mary's Islanders School of Dance, her husband and manager, Larry Dunlop, have traveled extensively with the dance troupe. Although the troupes performances on Parliament Hill, Festival of Cultures in the United States, two performances in Disney World and their performances at the International NATO Bazaar in Naples, Italy, were indeed wonderful experiences and opportunities, none compared to the overwhelming cultural experience they found in Cuba.

The Canada - Cuba Cultural Festival is a program specifically designed for children, in an art form, to experience a comprehensive overview of Cuban



Enjoying a day of R&R at Varadero Beach

the troupe traveled on one of the many subterranean rivers in one of the most extensive cave systems in the Americas. They were taken on a hike along a mountain river to a look out point 380 meters above sea level and then descended to the foot of a magnificent waterfall.

When not sight seeing, the troupe was kept extremely busy with performances, two of which were at Provincial Art Schools. The Cuban children from these schools attend regular academic classes during the morning and take dance classes in the afternoon. Their professional instructors are hired and paid by the Cuban Government. The caliber of these Cuban dancers was exceptional. Many were dancing at a professional level and the degree of discipline and dedication was indeed a sight to behold.

Mary's Islanders Dance Troupes performances here were greatly appreciated as witnessed by the roar of applause from the Cuban dancers, their instructors and the audience. After the performance the Cuban children pushed their way through the crowd to where the troupe was passing out Canada pins and flags. Wherever the troupe performed Canadian and Cuban flags flew side by side.

The Minister of Education arranged two additional exchange performances. One at the Cuban Community Centre and the other at the Cuban Cultural Centre. The troupe wowed the crowds as they danced to Clearly Canadian, downed in red and white uniforms and proudly carrying our Canadian Flag. Since baseball is considered Cuba's National pastime, Mary choreographed a baseball dance complete with numbered uniforms, baseball caps and bats that brought the cheering Cuban dancers and the audience to their feet. Irish, Scottish Country, Acadian and Maritime Step dancing were also performed by the troupe. World renowned, Edwardo Puibla, director of dance at the Cuban Cultural Centre was so taken by the dance troupe that he invited them back to take part in a Dance Extravaganza Celebration that takes place in May. Edwardos' dancers were experts in their dance abilities as they performed Afro/Cuban, Salsa, Cha Cha, Mambo, Ballet, Folklore and Latin dances. Each performance ended with an interaction of the Canadian and Cuban children dancing together.

When not performing, the troupe enjoyed Salsa classes nightly at

the hotel pool, the hot sun, white sand beaches and swimming in the Caribbean Sea. (Varadero and Santa Maria).

Before their whirlwind trip was complete, they had one more thing to do. They visited a local orphanage to do some humanitarian work. It was absolutely heart rendering as fifteen children, (ages one to seven) came down the orphanage stairs from their afternoon nap into the arms of the dance troupe, parents and chaperones. On behalf of Mary's Islanders Dance Troupe donations of clothes, shoes and of course teddy bears were presented to the orphanage. While being shown around the orphanage, they saw rows of children's shoes drying in the hot sun, little home made beds lining the two bedrooms and wee tables and chairs were

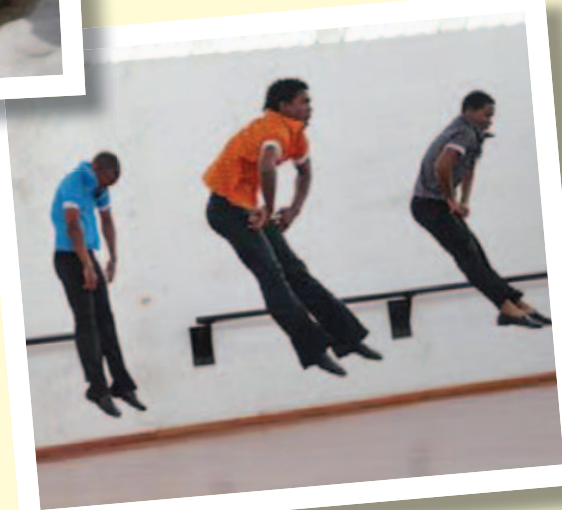


Carly Floris and Carley Garvock hold Cuban children during their humanitarian visit to a local orphanage.

culture and history from Columbus to Castro, with a focus on the study of the Afro - Cuban contribution to dance and music in Cuba.

Upon arrival at the airport, it was instantly apparent that the Cubans are a beautiful, gentle and friendly people. The Troupe was met by their guide, Giselle Ferron, stayed with the dance troupe 24/7 to share her expertise of Cuba's history and its' culture.

Some of the itinerary included a walking tour to Old Town Havana, Spain's gateway to the conquest of Latin America, where 144 buildings from the 16th and 17th Centuries are preserved. She led the troupe to the harbour entrance to visit Parque Historico Del Marro, a fortification built in the 17th Century to guard the city from attack by pirates. Their trip to the Vinales Valley was both mystifying and intriguing. The dancers were told of the significance of the formations here called "Mogotes" (odd hillocks considered mineral fossils) because they were created during the Upper Jurassic period. Beneath the valley floor,



Professional Latin dancers show off their extraordinary dance skills

arranged closely in a small kitchen area. To say that it was a humbling experience would indeed be an understatement, however, one look at the faces of these beautiful children and you knew that they were happy and well cared for. They don't have cell phones, I-pods or psp's, but they have love, shelter, food, education a doctor and nurse who live on the premises and a director who said that she works not for the money, but for love.

The final night at the hotel concluded with a spontaneous performance at poolside. A lively Maritime Step Dance was performed by the entire troupe that even included Artistic Director, Mary Dunlop.

Congratulations to this young group of ambassadors from Greenwood, Nova Scotia who have danced with the best of the best and who have learned, first hand, how very blessed we are to live in Canada where we are true, north, strong and free.



Taking time to pose for a quick picture just outside Havana



Mixing it up with a top Afro/Cuban dance Troupe at the Cuban Cultural Centre

GMFRC National Volunteer Week

Submitted by Janie Gagnon, GMFRC Coordinator of Volunteer Services

From April 18th to 24th, 2010 Canadian volunteers step into the spot light as communities across the country celebrate National Volunteer Week. A heart-felt thank you goes out to the volunteers of the Greenwood Military Family Resource Centre (GMFRC) for all the work they do helping out, giving back and having fun. Join the GMFRC in celebrating the incredible accomplishments of our volunteers during National Volunteer Week.

Annapolis Valley Honour Choir at West Kings



West Kings High School PTSA recently played host to “Voice Dance,” an outstanding concert by the Annapolis Valley Honour Choir, under the direction of William Perrot (Conductor) and Heather Fraser (Assistant Conductor). This concert, in support of the West Kings Auditorium Renovation Project, was extremely well received by all in attendance. We were treated to a wide variety of music covering many styles, languages and cultures, including Maritime, French Canadian and some highly rhythmic and energetic African pieces. The PTSA feels very lucky to have had the opportunity to showcase this high-calibre choral group and we’re greatly appreciative of their considerable time and talent in support of the school Auditorium.

We would like to take this opportunity to wish Bill the very best as he prepares to retire from his position as Honour Choir Conductor (after 12 years) and to welcome Heather as she takes on this role. If you’re looking for an opportunity to hear this remarkable group perform, there will be a farewell concert for Bill at Kingston Elementary School

at 7:30pm on June 5th. West Kings PTSA will also be presenting our second Spring Concert, highlighting the light orchestral sounds of the Four Seasons Orchestra, under the direction of Mr. Roger Taylor. This concert will take place on Saturday, April 24th, at 7:00 pm, at West Kings Auditorium. This is a rare local opportunity to enjoy this group, so drop by Kingston and Berwick Pharmasave stores or West Kings School for your tickets (\$10.00; \$5.00 for Seniors and Students).

14 Wing Library’s March Reading Challenge



The 14 Wing Library’s March Reading Challenge was a big success again this year. Thanks to Sobey’s, CANEX, Greenwood Bowling Center, Shoppers, Venus Video and McDonald’s for providing some of the prizes. The reading challenge winners are Samuel MacDonald, Rosalie Fredericks, Allyson Colwell and Nathaniel Barron.

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STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
08-29A	1986	GRAND NATIONAL	BLACK	6	A	AC,PW,3.8,TURBO	6700	28995
BOB	1997	RAV 4WD	GREEN	4	5	PW,PDL	220000	3995
10-480A	2000	ACURA 1.6 EL	SILVER	4	5	AC,S/R,PW,PDL	74000	5995
U1717	2002	RAV4 4WD BA	WHITE	4	A	AC,PW,PDL,CRU	103000	12995
09-561A	2003	CAMRY SE AA	RED	4	A	AC,PW,PDL,CRU	116000	10995
10376A	2003	CAMRY SE AA	RED	4	A	AC,PW,PDL,CRU	108000	10995
10-128A	2004	COROLLA CE BA	RED	4	5	AC,PDL,CD	98000	8995
10-359A	2004	TACOMA ACC CAB	DGREEN	4	A	2WD,AC,CRU,CD	115000	13995
10-237A	2005	MATRIX XR AA	RED	4	5	AC,PW,PDL,CRU	110000	11995
U1708	2005	LANDROVER LR3	RED	8	A	SE,LEATHER,S/R	65000	24995
U1727A	2005	PRIUS HYBRID	GREY	4	A	AC,PW,PDL,CRU	51000	14995
10-489A	2005	COROLLA LE AA	BEIGE	4	A	AC,PW,PDL,CRU	106000	10995
09-626A	2006	YARIS RS H/B	BLACK	4	5	3DR,AC,PW,PDL	92000	10995
10-261A	2006	CIVIC DX-G 4DR	GREY	4	A	AC,PW,PDL,CD	80000	12995
10-379A	2006	COROLLA CE BA	BLUE	4	A	AC,PDL,CD	75000	11995
10-407A *	2006	RAV4 4WD AA	BEIGE	4	A	AC,PW,PDL,CRU	98000	17995
10-431A *	2006	TACOMA ACC CAB	BEIGE	4	A	2WD,SR5,AC,PW	80000	17995
U1728	2006	MATRIX XR	SILVER	4	A	AC,PW,PDL,CRU	59000	13995
BOB	2006	COROLLA SPORT	SILVER	4	5	AC,S/R,PW,PDL	123000	11995
10-442A	2006	CIVIC EX 2DR	SILVER	4	5	AC,PW,PDL,CRU	62000	12995
09-616A	2007	ACCORD SE 4DR	RED	4	A	AC,PW,PDL,S/R	53000	17995
10-272A *	2007	ACCORD SE 4DR	SILVER	4	A	AC,PW,PDL,S/R	39000	17995
10-294A	2007	YARIS 5DR H/B	SILVER	4	A	LE,AC,PDL,PW	47000	11995
10-114A	2007	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	85000	16995
10-267C	2007	MAZDA 3 GS	SILVER	4	A	AC,PW,PDL,CRU	63000	13995
10-351A *	2007	COROLLA CE CA	DBLUE	4	A	AC,PW,PDL,CRU	80000	12995
U1729	2007	YARIS SEDAN	RED	4	A	AC,CD	71000	11995
U1731	2007	PRIUS HYBRID	BLUE	4	A	AC,PW,PDL,CRU	48000	17995
10-125A	2008	YARIS 3DR H/B	SILVER	4	5	CE,CD/MP3	36000	9995

Vehicle has the following ECP/EXT Warranty Coverage:

- * 10-272A: 4 yr--100,000 EXT.WARR/ In-Service: Mar. 26/07
- * 10-351A: 4 yr--100,000 EXT.WARR/ In-Service: Mar. 19/07
- * 10-214A: 5 yr--100,000 EXT.WARR/ In-Service: June 28/07
- * 10-431A: 4 yr--100,000 EXT.WARR/ In-Service: Aug. 03/06
- * 10-407A: 4 yr--100,000 EXT.WARR/ In-Service: Apr. 03/06

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840 Park Street Kentville, NS (902) 678-6000

14 Construction Engineering Squadron (CES) – TAV 10-012



Written by: Captain Mike Taylor, Deputy Officer in Charge 91 Construction Engineering Flight (CEF)

Gander Newfoundland (NL), at zero dark thirty on 31 January 2010, marked the start of another Technical Assistance Visit (TAV) to Kandahar, Afghanistan. This was the second TAV led by 14 Construction Engineer (CE) Squadron (CES) and the primary objective was the erection of the sixth, and final, Expeditionary Forces Aircraft Shelter System (EFASS) Hangars on X-Ray Ramp. An initial Construction Engineering TAV, led by 192 CEF from Aldergrove British Columbia (with 14 CES participation) was conducted in 2008 and a second TAV, led by Captain Steve Tucker from 144 CEF Pictou, was completed in Aug 2009.

14 CES, commanded by Major James Fera, is headquartered in Bridgewater Nova Scotia and is a Reserve heavy construction engineer unit comprised of a Headquarters Flight and three individual Construction Engineer Flights; 143 in Bridgewater NS; 144 in Pictou Nova Scotia; and 91 CEF located in Gander NL. Although predominately engineer trades oriented, 14 CES is also staffed by Resource Management Support (RMS) clerks, Mobile Support Equipment (MSE) operators, Vehicle Technicians, Supply Technicians and other classifications to ensure we remain deployable and self sufficient.

A staff check for a third CE TAV (10-012) was forwarded to 14 CES by 1 Canadian Air Division A4 CE Force Generation on 20 October 2009 seeking eleven personnel

in KAF for fourteen days to complete the EFASS hangar erection by 28 February 2010. The initial response was an eager volunteer list of twenty nine reservists and three Department of National Defence (DND) Civilian employees from across Canada. The TAV Team eventually selected was comprised of thirteen reservists (Gander / 8, Pictou / 2 and Bridgewater / 3) and two DND Civilian electricians (14 Wg Greenwood NS, and 4 Wing Cold Lake Alberta). Two of the team members were MSE Ops and the remainder were engineer tradesmen. The team started travelling on 31 March and arrived in Kandahar on 4 February, 2010 following an overnight stay in Trenton, two nights in Cologne Germany and one night in that “undisclosed location”.

The EFASS structure is

a very slick piece of kit. The only heavy equipment required to erect the 32 meter long x 24 meter wide x 12 meter high structure is an articulating boom man lift, and a forklift. Of course, several strong backs helped as well. The completed structure is large enough to perform maintenance on a CH-147 Chinook helicopter without removing the rotors. Packed in four twenty foot long sea containers, the EFASS was waiting for us on the Kandahar Air Field (KAF) Air Wing ramp; as were the hangar's manufacturer Field Service Reps (FSR) to oversee the construction.



Under the advice of the FSRs, the erection commenced with unloading the sea cans and installing the sill plates. As with any construction project, a square and level foundation is critical to the ultimate success; we ended up within two mm off square when measured diagonally.

One of the main components of the structure are the nine spans, each span consisted of



five aluminum spans that were bolted together with galvanized steel splines. The spans were preassembled on the ground with the lights installed as well as the tensioning cables and steel rods.



A unique feature of the EFASS is that no crane is required for erection. As heavy and awkward as they are, the spans are winched up using arm strength. One winch is set up on each side of the structure and utilizing mechanical advantage through three pulley rigging, each



span is lifted in approximately thirty minutes.

As the spans are erected, the polyethylene sheeting is installed. A different winching system is utilized and the skins slide up tracks built into the spans. To reduce the physical effort of winching, the skins are lubricated with a soap and water mixture as they are fed into the tracks.



The gable ends were installed and concurrently the overhead door frames and motors were assembled on the ground. Following the winching in of the frames, the doors were constructed and hooked up; the structure was effectively closed to the weather.



The installation of the 2,000 tonne capacity crane, the last minute walk about and the facility hand over, in less than two weeks signified the end of Phase I of TAV 3.

The initial fourteen day deployment “in country” was very quickly extended to fifty four days by the Engineer Support Unit (ESU) to enable the 14 CES TAV team to assist in a high volume of work orders, minor projects and preventive maintenance inspections.

A major undertaking involved the remaining three electricians. They developed and implemented a preventive maintenance program for the camp fire alarm system. All Canadian facilities were inspected, repaired where possible and had log books created. The remaining tradesmen and helpers assisted the CANCAP personnel with routine maintenance work orders and / or completed a diverse selection of work orders and projects.

Two unit ablation trailers



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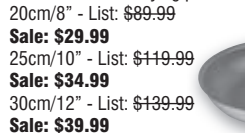
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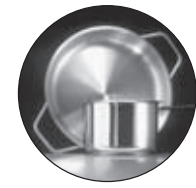
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\$199⁹⁹

KAF on 30 March the ESU was in the process of planning another TAV. It is clear that more opportunities will come for 14 CES members in theatre, and their sought after skills will continue to be put to excellent use.

CHIMO

Although the work schedule was seven days a week (1/2 day on Sunday) we still had time to relax. The gym facilities were outstanding

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Valley Bookmobile Schedule - May

Tuesday - 4 May

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

Thursday - 6 May

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

Monday - 10 May

Cherryfield	1:30 - 2:15
East Dalhousie	2:30 - 3:30
Springfield	4:00 - 5:30

New Albany North 6:45 - 7:30

Wednesday - 12 May

Mt Hanley	1:45 - 2:30
Margaretville	3:00 - 4:00
Morden	4:30 - 5:15
Wilmot Centre	6:30 - 7:30

Monday - 17 May

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

Tuesday - 18 May

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

Wednesday - 19 May

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

Tuesday - 25 May

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

Wednesday - 26 May

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

Greenwood Atom "A" Bombers Players of the Week



Matthieu Clavette

Position: Defense Number: 6
Favourite Hockey Team: Toronto Maple Leafs
Favourite Hockey Player: Alexander Ovechkin
What he would like to be when he grows up: SAR Tech like his dad



Spencer Breckon

Position: Centre Number: 13
Favourite Hockey Team: Toronto Maple Leafs
Favourite Hockey Player: Mats Sundin
What he would like to be when he grows up: NHL Player



Justin Vincent

Position: Forward Number: 17
Favourite Hockey Team: Boston Bruins
What he would like to be when he grows up: Police Officer

...let's talk about YOU

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

Welcoming Changes

Submitted by: Jennifer Hill, Coordinator of Prevention, Support and Intervention Services at 765-1494 local 1811

Change is constant in our world. Things, people, and places change on a daily basis. Changes can be big or small. One such change that

occurs within military families is deployment. This article explores embracing changes during deployment.

The changes that families experience during a loved ones deployment differ for each family. In my practice I see that that strength of military families remains consistent and continuous. It never ceases to amaze me in how much inner power and resiliency military families encompass.

When circumstances in our families change it can be very difficult to adjust. Everyone involved gets set in their routine and if there is a slight change it feels as if the world

begins to spiral. What we experience depends greatly on how we perceive the change. It is best to approach change with a positive mind set and embrace the changes as they come. "I've experienced being a deployed family before; I know I can get through it again".

Some successful strategies to employ while welcoming a change include:

- Planning - establish a new routine and make sure you set some time aside to practice self care. What can I learn from this change; how can I benefit from it?
- Set Goals - What are you hoping to achieve, how

will you do it and in what amount of time. This is an excellent way to self reflect and get to know yourself a little better.

- Look on the Bright Side - viewing your experience through a positive light will benefit not only yourself but everyone else involved. Being optimistic will boost your confidence and allow you to be 100% emotionally present.
- Remind yourself about a time when you have embraced and overcame a change before; remind yourself how you got through it and how strong you were to do so.

- Keep a daily journal and reflect on your past experiences to remind yourself how resilient and strong you are.

Change is inevitable in a military family. It is how you perceive and react to the change that can have lasting results. Your Greenwood Military Family Resource Centre is an excellent source to gain more information and support during a time of change. If you would like more information about coping with change contact Jennifer Hill. Keeping an open mind and remaining optimistic can make your change a pleasant one.

Notice

Effective Immediately
Announcements

There will be a charge for all Birthdays, Anniversaries, Engagements, Weddings, Births, Card of Thanks, & Memoriams

Text without a photo
2 col by 2 inches
\$15.00 (tax incl)

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Text without a photo
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Text with a photo
2 col by 4 inches
\$30 (tax incl)

There will be no charge for Military Obituaries of 150 words or less. For more information, contact Anne Kempton at 765-1494 local 5833

The Aurora

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

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Apr 20th: Chicken Noodle Soup 2.00 • Baked Ham & Potato Wedges 3.00 • Yogurt 1.00
Apr 21st: Chicken Rice Soup 2.00 • Macaroni & Hamburger 3.00 • Toss Salad 2.00 • Orange Slices 1.00
Apr 22nd: Tomato Soup 2.00 • Grilled Cheese 2.00
Apr 23rd: Taco Wraps 3.00 • Baked Apples 1.00
Daily Lunch Combo includes Main Entree, Dessert & Milk for \$3.50

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

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Mon: Grilled Cheese with Veggie Sticks; Tues: Sheppards Pie
Wed: Pizza Day; Thurs: Potato Wedges with Veggie Sticks - Cookie Day; Fri: Hamburgers

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Rated PG

23 - 29 Apr The Last Song

Fri-Sat 7 & 9:10
Sun-Thur 8 pm
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- Letter H - 80/20
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- Jackpot - 3 Chances
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14 Wing Community Centre Family Trip - Discover Downtown Halifax

By: Recreation Youth Worker; Megan LeMoine

Discover all that Downtown Halifax has to offer! We'll leave the Community Centre bright and early; 8:30 a.m. to arrive at our first destination, Pier 21, where 1.5 million immigrants, war brides and displaced adults and children have passed through the doors of Pier 21 from 1928-1971. If those walls could talk! We will enjoy the museum from 10:00 - 11:30 a.m. and

then hit the Halifax waterfront! From 11:30 a.m. - 1:15 p.m. we can grab some lunch, shop and enjoy the sights of the waterfront. Our next destination is Murphy's on the Water Nature and Whale Watching tour. From 1:30 - 4:00 p.m. we'll sail off on the Haligonian the third to hopefully see whales and other wildlife. On the boat there will be a canteen to purchase chips, pop etc, as well as a cash bar for those who are 19 and older. After our tour, we'll head back

to the Community Centre at 6pm to arrive just in time for supper! The cost for an adult; 17 and older is \$40, and for children 15 and younger that cost is \$25, which includes transportation, a guided tour of the museum and the Nature and Whale watching tour. This trip is going to be great; there is limited space so come to the Community Centre today to sign-up! If you have any questions about this trip, please call 765-8165.

Yoga Classes

MILITARY Yoga classes are still running every Thursday morning, in the Multi-purpose room from 7:30-8:30 a.m. 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 19th 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! April Denney 765-1494 ext 5651 email: April.Denney@forces.gc.ca

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

WWW.THEMEMORYPROJECT.COM

Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

1.866.701.1867

or by email: memory@historica-dominion.ca



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FOR YOUR INFORMATION

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

Greg Kerr
Member of Parliament/Député
West Nova/Nova-Ouest

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Toll Free/Sans Frais 1-866-280-5302
KerrG1a@parl.gc.ca

HOROSCOPES

April 18 to April 24

ARIES - Mar 21/Apr 20

No one can ever achieve perfect balance, Aries, so don't put so much effort toward this goal. There's no need to be perfect; you're fine just the way you are.

TAURUS - Apr 21/May 21

Everyone is waiting for you to get down to business, Taurus. The time is right to get to work and make everyone proud. But don't get too far ahead of the pack.

GEMINI - May 22/June 21

You're texting, calling, and emailing people all day long. No one can claim that you aren't the center of information. But you may be spending too much time gossiping instead of working.

CANCER - Jun 22/Jul 22

Agree to disagree with someone at your office. Sometimes an argument is not worth the effort, and proving a point does not lead to success. Take some time to relax on Tuesday.

LEO - Jul 23/Aug 23

Try to see the bright side of your employment situation, Leo. No job is perfect, including your own. But any job can have bright spots. Get a new perspective.

VIRGO - Aug 24/Sept 22

Don't criticize others, Virgo, when you're guilty of doing the same exact thing. Worry only about yourself the next few weeks. You'll be much happier that way.

LIBRA - Sept 23/Oct 23

The answer to a problem may seem obvious, Libra. But you may want to dig a little deeper. Chances are you are missing something if the answer is too easy.

SCORPIO - Oct 24/Nov 22

With so many tempting options, it can be extremely hard to make a decision, Scorpio. Don't fall for just glitter and glamour, however. Look for something of substance.

SAGITTARIUS - Nov 23/Dec 21

Some bit of information is escaping you, Sagittarius. Keep thinking and it will come back. Leo is a thorn in your side this week. But the problem will soon blow over.

CAPRICORN - Dec 22/Jan 20

Follow the routine and stick to the basics this week, Capricorn. Now is not the time to try something new. Go with what works. Aquarius offers good advice.

AQUARIUS - Jan 21/Feb 18

A great idea comes out of the blue and provides inspiration for future projects, Aquarius. Embrace it and enjoy the ride. Cancer means well but could be meddlesome.

PISCES - Feb 19/Mar 20

Nothing is set in stone this week, Pisces. So try a few different scenarios and you may discover something that works for you.

FAMOUS BIRTHDAYS

APRIL 18 Melissa Joan Hart, Actress (34)
APRIL 19 Tim Curry, Actor (64)
APRIL 20 Jessica Lange, Actress (61)
APRIL 21 Tony Danza, Actor (59)
APRIL 22 John Waters, Director (64)
APRIL 23 Valerie Bertinelli, Actress (50)
APRIL 24 Kelly Clarkson, Singer (28)

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Hear Ye, Hear Ye: Herbs, Tea & Plant Sale in Black Rock

The 2010 fundraiser for the Black Rock Trail Society is set for May 8, at the Black Rock Hall. Angie Jenkins will give a talk on herbs. The making of creams and decoctions will be demonstrated. See the recreation of a traditional apothecaries' shop, with stage hands Barbara, Donna, Shery and Irmgard in medieval costumes. Don't Miss It. Free Will Offering. Plant Sale 8:00 – 10:00 a.m., Herb Talk & Tea (light lunch) 10:00 a.m. – 12:30 p.m. (The 'Hall' is the Black Rock Culture & Recreation Center on Black Rock Road just before Canada Creek) For info call 538-3041 or 538-3389.

Spring Shopping Expo

April 30 - May 1. Local home-based businesses together in one place for your shopping convenience at New Beginnings Center, Bridge St, Greenwood,

6:00 - 9:00 p.m. on Friday, April 30th and 9:00 a.m. – 1:00 p.m. on Saturday, May 1st. Free admission. Donations to New Beginnings Center accepted at the door. Refreshments and door prize.

Annapolis Valley Giant Vegetable Growers Club (AVGVG)

The AVGVG meets upstairs in Berwick at the community policing office connected to the RCMP Detachment on Commercial Street. Each meeting is at 7:00 p.m. on the third Sunday of every month. Everyone is welcome. Our April 18th meeting will feature Jeff Reid talking about cold frames, how to get an early start, germination of seeds and wind protection go to - www.avgv.com.

22nd Annual M&M Meat Shops Charity BBQ Day for the Crohn's and Colitis Foundation of Canada

On Saturday, May 8, you can pay a little, eat a lot and help

raise money for The Crohn's and Colitis Foundation of Canada at the 21st Annual M&M Meat Shops Charity BBQ Day. Visit the M&M Meat Shops location at the Greenwood Mall (963 Central Avenue) and for a donation of \$2.50 you can enjoy a hamburger or hot dog, a drink and a bag of chips. All food and time is donated, so every penny raised goes directly to the CCFC for its research programs.

Wilmot Garden Club

The Wilmot Garden Club meets at the Melvin Square community hall at 7:00 p.m. on the third Wednesday of every month. Everyone is welcome. Our April 21st meeting will feature guest speaker Adrian DeMontForte with the topic the 'Japanese Garden' go to - www.wilmotgardenclub.net.

Middleton Fireflies Luncheon

Tuesday, April 27, 2010 from 11:00 a.m.-1:00 p.m. at the Middleton Fire Hall. Menu: Lobster Chowder; Corn Chowder; Hamburger Soup. Desserts: Rhubarb Crisp or Gingerbread, Tea/Coffee. For Deliveries in Middleton please call 825-3062 (Beverages not included in deliveries).

Digital Photography

Jim Spurrell, Dana and Gordon from the Wing Photo Club will be presenting a third Digital Photography workshop at 14 Wing Library, Wednesday 21st April at 6.30 p.m. Phone 765-1494 ext 5430 to register. These have been very popular sessions. Free-will offering is appreciated in support of the Library.

West Kings Concert Presentation

West Kings High School PTSA is proud to present the second of two Spring concerts in support of the newly renovated Auditorium. This concert, on

Saturday, April 24th, at 7:00 p.m., is a rare local opportunity to hear the wonderful Four Seasons Orchestra, under the direction of Mr. Roger Taylor. Open-seating tickets are available for \$10.00 (\$5.00 for Students and Seniors) at Kingston and Berwick Pharmasave stores and the West Kings School office. The concert will take place in the West Kings High School Auditorium on Highway #1 in Auburn.

Saturday Morden Breakfast

There will be a breakfast at the Morden Community Hall on Saturday, April 24th from 8:00 - 10:30 a.m. The menu will be scrambled eggs, sausage, ham, pancakes, homemade fishcakes, baked beans, juice, tea and coffee. It is a free will offering and all proceeds are for the Morden Community Hall.

K'ton/G'wood Living with Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will hold its April monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00-9:00 p.m. Monday, 19 Apr 10. Guest presenter for the evening is Jennifer McNeil, Dietician, Soldiers Memorial Hospital. Her power point topic will be "Nutrition, Diet and Cancer". Cancer patients, their family and friends or anyone seeking information on cancer are most welcome and encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce 765-3055.

Western Valley Minor Hockey Association

The Annual General Meeting will be held Tuesday April 27, 2010 at 7:00 p.m. at the Kingston Arena (Upstairs). All executive positions are open. All nominations must be submitted to Shaun Saunders at: ssaunders@eastlink.ca. Deadline for nominations is Friday April 23, 2010 at 6:00 p.m.

Emmanuel Church Women's Retreat

Join us at Emmanuel Church, 37 Gates Avenue, Middleton for a Women's retreat with guest speaker Ella Roberts of Halifax. Music by Shannon Walsh. Saturday, April 24th 9:00 a.m. to 4:30 p.m. For info: Pat 825-0999, Evelyn 825-6902, Shirley 825-2381. Pre registration required by April 16. Cost of \$15.00 includes dinner.

All Saints' A.C.W. will be holding their Annual Yard Sale

Where: All Saints' Church Hall, Pleasant Street, Kingston. When: Saturday April 24, 2010 8:00 a.m. - 12:00 p.m. What: Anything we can sell!

Annapolis Valley Health to hold Community Meeting

April 13, 2010- Annapolis Valley Health (AVH) remains concerned about accessibil-

CUCINA AURORA

Peanut Sauce

1/2 cup Chunk-style peanut butter
1 1/2 tbs. Soy sauce
1 tbs. Water
1/2 tsp. Sugar
2 drops Tabasco sauce
1 Clove garlic, minced
1/2 cup Water

Thoroughly combine the first 6 ingredients; slowly stir in the 1/2 cup water, mixing until smooth. Makes about 1 cup.

The Aurora newspaper PRESENTS... FIND & WIN

Just Fill in The Blanks. Three Easy Ways to Enter.
1. Through our website: 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 22, 2010.
Make sure you include your full name and phone number.

NAME _____ PHONE NUMBER _____
Limited to one win per family in a TWO MONTH PERIOD.
The winner will be drawn randomly from all correct entries. Only one entry per family per week.

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

1. Late soccer registration for 2010 is when: _____
2. Where is the World's Largest Garage Sale being held: _____
3. Who is having a Prime Rib Buffet on April 25: _____
4. Who is having a Factory Spring Sale from April 21st to April 25th: _____
5. Who has Wine Kits 25% off: _____

Pizza Delight

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

Congratulations to last week's winner: PATRICK BOURASSA

ity to services for the citizens served by Annapolis Community Health Centre (ACHC). We want to work with the community to continue to most effectively meet their health needs. Our goal is for ACHC to continue to be an important resource for the health of our citizens. AVH would like to welcome community members to attend a Community Meeting hosted by David Logie, Chair of AVH Board of Directors and Janet Knox, AVH President and CEO. We appreciated the community's participation in our first two community conversations, and plan to share what we heard from those two meetings. This Community Meeting will be set up as a panel discussion and will provide an opportunity for community members to ask questions. Dr. John Ross, Provincial Emergency Care Advisor for Nova Scotia, will be in attendance as well, to hear from the community and participate in the discussion. The Community Meeting will be held on: April 26, 2010, 6:00 - 8:00 p.m. -Desmond Piers Theatre, 268 Marine Drive (end of Broadway Avenue) Annapolis Basin Conference Centre, Cornwallis Park http://abcc.ca/uploads/ABCC_FacilitiesMap.pdf. **Overeaters Anonymous**

(OA)
A fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include BULIMICS, ANOREXICS and OVEREATERS. No dues ... no fees ... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit www.oa.org. **Valley Stamp Club Annual Show & Exhibition**
The Valley Stamp Club is holding its Annual Show & Exhibition on Saturday, April 24/2010 at the Kentville Fire Hall from 9:00 a.m. - 4:00 a.m. Dealers in attendance. Door Prizes & FREE ADMISSION. **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>. **Ex RCAF Airwomen's**

Luncheon
The next Ex RCAF Airwomen's Luncheon will be held at the Best Western Aurora Inn, Kingston, NS on Thursday, April 22nd at 12:30 p.m. For further information contact Terry Brown at 765-0532. **Church Grove Cemetery Clean-up**
Volunteers are needed for our cemetery clean-up on Stronach Mtn. Rd., Saturday, May 1st from 9:00 - 11:00 a.m. Rain date will be May 8th. Please bring rakes and come out for the 2 hour event. **Kingston Apple Blossom Princess Tea**
At the Kingston Lions Hall, 1482 Veterans Lane, April 25, 2010. From 2:00 - 4:00 p.m. \$5.00 for adults, \$2.00 children under 10. Featuring the musical styling of Tim Vallillee. Serving sandwiches, sweets, tea, coffee and juice. **Church Grove Cemetery**
Annual Meeting of the Church Grove Cemetery Co. will be held at the Melvern Square Community Hall, Wednesday, April 21st at 7:00 p.m. Hope to

see you there!
A Day of Munsch Spring Fling 2010
Saturday, April 24th from 10:00 a.m. till 2:00 p.m. The Kingston and District School presents, 'A Day of Munsch Spring Fling 2010.' Come on out and enjoy a fun day of activities and prizes! Every child will be entered for a chance to win a new bike! Donated by Canadian Tire Greenwood. Prizes, Sock Toss, Cookie Walk, Hot Dogs, Snow Suit Relays, Golf Putt, Hockey Shots, Bake Sale, Canteen, Fish Pond and Much, Munsch More!
The Kingston United Baptist Church Library
The Kingston United Baptist Church Library is open to the public on Thursday evenings 6:30 p.m. - 7:30 p.m. Located upstairs in the Christian Education wing. Please use upper side doors off main parking lot. Excellent selection of Christian books, videos, CDs and DVDs. For further info, call 765-6735. **Greenwood Skating Club**
The Greenwood Skating Club will be holding its An-

nual General Meeting at 6:00 p.m. on Tuesday, April 27th at the Greenwood Gardens. All skating club members are encouraged to attend. For further information, please contact Carol Breckon by email at carolbreckon@eastlink.ca or by telephone at 765-6645. **Kingston Health Auxiliary Fashion Show and Luncheon**
Will be held Friday, 30 April at the Kingston Lions Hall. Tickets are \$20 each. A \$10 tax receipt is available. Advance tickets only 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 health-care partners. Last purchase date for tickets will be on April 21 in the Greenwood Mall from 11:00 a.m. to 4:00 p.m. **VPI Meeting Thursday 29 March**
The Greenwood 14 Wing VPI will hold their monthly meeting on 29 March at the VPI Centre. For the meeting, Engines On at 1530 hrs, with Take Off planned for 1600 hrs. Check your itinerary and Flight Plan ahead. Bring your own TD funds. **IODE Rummage Sale**
Saturday, April 24 from 1:00 - 3:00 p.m., Nova Scotia Community College, Middleton. Thank you.

Sudoku

Solution page 18

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

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!

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PATRICK'S PUZZLE

Crossword Puzzle

1			2						
3									
					5				
6									
			7						

ACROSS


1. Relating to dogs
3. Hoofed animal
6. To consume
7. Parasite

DOWN


1. Hold close in arms
2. Most recent
4. Pass the tongue over
5. Garland of flowers

Answers:
Across
1. canine 3. deer 6. eat 7. tick
Down
1. cuddle 2. newest 4. lick 5. lei

Patrick's Puzzle brought to you compliments of:



Greenwood Mall



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

Canadiana Crossword

Old Pols Never Die

By Bernice Rosella and James Kilner

Solution page 18

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19		20	21			
		22					23			
24	25			26	27	28			29	30
31				32				33		
34			35	36				37		
		38				39	40			
	41			42		43			44	45
46				47	48			49		
50				51				52		
53				54				55		

ACROSS

1 Father
5 Bonkers
8 Expand
12 Old world buffalo
13 Prairie tribe
14 Uncommon
15 B of M and RBC machines
16 Sheltered side
17 Start the bidding
18 Hat style
20 Former Ontario Premier Bill
22 Fiddling emperor
23 Word before river or light
24 Unmannerly one
26 Indian state
29 Accounting pro
31 Buzz or hack follower
32 Summer to Serge
33 Apple or computer
34 Hosp. facility
35 Assignment
37 Peak

DOWN

38 S. Crosby or M. Weir
39 Famous Yukon MP Neilsen
41 Former Alberta Premier Ralph
43 Most scarce
46 Cygnet
47 Affirmative
49 South American aboriginals
50 Stated
51 Emergency response org.
52 Organic compound
53 Neat
54 Cask
55 Evaluate

DOWN

1 Swedish automobile
2 Absorbed in
3 Former Saskatchewan Premier Roy
4 Religious holiday
5 Former Prime Minister Brian
6 Eroded


7 Geste
8 Cower
9 Quick
10 Cyst
19 Hosp. hot spot
21 Macaws
24 Cow contagion
25 Dory device
27 UFO occupants
28 Former Ontario Premier David
29 Shaft feature
30 Bader or Bishop
33 Former New Brunswick Premier Frank
35 Voguish
36 King in Kamouraska
37 More ventilated
38 Tartan
40 Egyptian sun god
41 River featured in Guinness flick
42 No in Novobirsk
44 Glaswegian
45 Yarn
46 Big fast jet
48 Flightless bird

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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.

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FOR RENT - LINCOLNSHIRE
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FOR RENT – Office space to rent in CANEX mall. 14 Wing Greenwood. 431 sq ft. Contact Ken Keddy at 765-6994 local 5423. (3115-ufn)

FOR RENT – 2 new bedroom apartment. Five appliances included. Located in Kingston. Available asap. \$750.00 a month. Call Cathy at 242-2887 or 242-3009 or e-mail cathy@cathyandcompany-hairstudio.com. (3115-ufn)

FOR RENT – Location, Location, Location. Ideal apartment for a single person with a car. 3 kilometers north of NSCC on the ground floor of a 2 story home. A very private large treed lot over-

looks Middleton and Valley. All the following is included in the rent. Heat, elec., Wi-Fi, snow clearing and yard work. Use of a deck, private parking. All the usual stuff applies. No smoking indoors, security deposit. Lease if applicable and references. If you like reviews the previous 3 tenants will answer any questions. You have above the place. Asking \$650.00 a month. Pictures posted on web at www.middletonapartment.weebly.com. Please contact Cathy at cathy@healthybodies.ca. (3115-ufn)

FOR RENT – Available June 1, 2010. Victoria St. Middleton. Worry free retirement living at its best. 2-bedroom apartment. 1100 sq ft living space. Kitchen has 6 appliances. Hardwood floors, R2000+ construction, electric heat. Paved driveway, snow & garbage removal, lawn care included. Very

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FOR RENT – Senior apartments available immediately in Middleton, NS. Two-bedroom and one-bedroom units available. Call 760-0012 for more info. (3115-2tpb)

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FOR RENT – Two Bedroom duplex located at 23 Oakwood Drive in Forest Brook Subdivision and a two bedroom house located at 595 Sampson Drive in Greenwood. Both included fridge, stove, washer & dryer hookups.

FOR RENT

Greenwood - 989
Aurora Crescent,
2 BR Apt. \$500.00/
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SERVICES

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Mike at 242-2465 Greenwood/Kingston (3024-ufn)

OPEN HOUSE – Open house 91 Old Runway Drive (Off Lorcon Street.) Nictaux. Saturday April 24, 2010 2 to 4. 3-Bedrooms, 2 Bathroom, four level split. Call 825-2718 for directions. (3116-1tp)

WANTED

WANTED – To buy a small shed or rent a secure space to park my motorcycle during the night for the summer months in Greenwood. Please e-mail Geri at geraldinetobin@eastlink.ca. (3115-2tpb)

WANTED – Live in Caregiver needed to look after our elderly mother residing in Middleton, NS. She has MS, uses a wheelchair and needs assistance with dressing, bathing and toileting. Duties would also included meal preparation, housekeeping, book keeping, supervision of medication and companionship. A minimum of 1 year paid experience or 6 months caregiver training required. MS experience an asset. Call Jennifer at (h) 765-3381 or (c) 760-3371 for more details on the position. (3116-1tp)

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- Litigation
- Incorporations
- Consultations / Referrals

Crossword Solution

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

Sudoku Solution

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

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Bateaux**

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West Kings Newsletter - April

Dates to Remember:

April 22 – Report Cards going home

April 23 – Early Dismissal (11:00)

April 29 – 7:00-9:00 p.m. Parent/Teacher Interviews

April 30 – 12:00-3:00 p.m. Parent/Teacher Interviews

May 20 – Spring Concert 7:00 p.m.

May 21 – Safe Grade Turkey Dinner – Kingston Lions Hall

Annapolis Valley Options & Opportunities Showcase

is being held Thursday, April 29th at Centre Court in the County Fair Mall, New Minas from 6:30-8:00 p.m. We welcome you to view the various school exhibits and participate in interactive student demonstrations. This is a wonderful opportunity to learn more about the 02 program and to ask the 02 students questions about how the program is positively affecting their lives!

Congratulations to Elise Tessier, grade 12 student at West Kings, who participated in the Annapolis Valley Regional Science Fair and won four awards - the N.S. Dept. of Energy Renewable Energy Prize; the Enviro-Expo Award by Via Rail; the Acadia Sciences Award and the Gold Medallions in the Life Science Field. Elise was also selected to represent this region at the Canada Wide Science Fair in Peterborough at Trent University in May.

The 'Greenwood Players' Spring Production Murdered To Death' by Peter Gordon



Aidan Solar-Foster
portrays Thompkins



Kathryn Kelley
plays Elizabeth



Judith Doherty
as Mildred

This hilarious spoof, in the best of Agatha Christie traditions is set in a Country home in the 1940's, with an assembled cast of characters guaranteed to delight - Bunting the Butler; and English Colonel with the obligatory stiff upper lip; a shady French art dealer and his moll; the bumbling Police Inspector; and a well meaning local sleuth who seems to attract murder wherever she goes - they're all here and all caught up in the side splitting antics which follows the mysterious death of the houses owner.

The production runs from May 11th to May 15th inclusively at the AVM Morfee Centre. Curtain up at 7.30 p.m. nightly.

Graduate Class of 2010 and Parents/Guardians

Over a decade of public school education is quickly coming to a close. The staff at West Kings District High School would like to congratulate you on your accomplishments to date. As potential graduates we want to ensure that you, and your parents/guardians, are aware of the many responsibilities associated with graduation, which will be held on June 28th, 2010.

In preparation for what lies ahead, before and after graduation, please review the following information and don't hesitate to contact the Guidance Department if you require any assistance:

Potential Graduate List

Please check to ensure that your name is on the Potential Graduate List posted in the guidance office. Your legal name should appear on the list and your name should be spelled correctly. Please report any discrepancies to the guidance office immediately.

Graduation Ceremony

We encourage all students to attend the graduation ceremony but if you are unable to attend please inform the guidance office. Your high school diploma will be available for pick-up from the school for 5 working days after June 28th if you do not attend the graduation ceremony.

Graduation Fees

If you have not paid your grad fees please see Mrs. Dow in the main office. The fee is \$125 and cheques should be made payable to: West Kings District High School. A list of frequently asked questions regarding grad fees is available on our web site.

Graduation Gowns

If you have not been measured for a gown please see Mrs. Skidmore in the library by May 1st, 2010.

Grad Week Activities

Please keep posted to our website to watch for announcements regarding graduation week activities.

TADD/Safe Grad

Keep posted to our website as per above. The TADD/Safe Grad Committee is working hard to provide this important event so please support them in their fund raising efforts throughout the year.

Post Secondary Preparation:

It is important that all graduating students going to college or university check the West Kings web site for up to date information on scholarships, bursaries, awards, special programs, visits from post secondary representatives, student loans and any additional information that maybe of interest to students and parents. If you do not have access to a computer at home you are encouraged to use one of the computers in the school library, computer room, Counseling Department or visit the local community library.

The West Kings District High School website is: www.westkings.ednet.ns.ca.

A list of topics most relevant to grad students is attached.

Please keep informed so that you do not miss valuable

opportunities or the upcoming celebration of your success.

Junior Achievement – Economics of Staying in School – Thank you to our volunteers from the community for facilitating this program with our grade 9 students. Your strong message of the importance of staying in school resonated with many of our students. Special thanks to Brenda from Junior Achievement for coordinating the program, Mr. Connors class for the refreshments and the Royal Bank for sponsorship!

Parents as Career Coaches

is a 2-session workshop being held at West Kings on May 4th and 11th from 6:30-9:00 p.m. The program is intended for parents/guardians only. If both you and your spouse/partner are attending, please register separately. You can call 902-424-4264 to register. All inquiries can be e-mailed to: pacc@gov.ns.ca or contact W.K. Guidance Office at 847-4453. The two sessions are:

Session 1 – Uncovering Your Kid's Gifts and

Session 2 – Becoming your Kid's Talent Scout.



LATE REGISTRATION 2010

Saturday, April 22nd

From 6 pm to 8 pm

Greenwood Mall in Front of Cleve's

This is your last chance to register for soccer this season

Mens Masters	\$170.00
U16	\$145.00
U12 & U14	\$135.00
U8 & U10	\$100.00
U6	\$75.00
4 Yrs Parent & Tot	\$75.00

- You **MUST** have the player's HEALTH CARD at time of registration and Rec Cards for a \$5 discount.
- You **MUST** have \$50 Jersey deposit cheque per player.

For more information check out our website:
<http://kingstongreenwoodsoccer.org>

Or contact Michelle Cummings (registrar) at 765-3264 or
soccer_registration@hotmail.com

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When I'm stopped by the side of the road with lights flashing

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- leave an empty lane between us if you can do so safely

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Effective May 1, 2010, laws are changing for passing a stopped emergency vehicle with its lights flashing. Find out more at www.gov.ns.ca/tran

Deployed Families Easter Brunch



Left to Right: Hon Col Arsenault, LCol Ubbens, WCmdr Col Seymour, CWO Mathews, LCol Smith – McBride

Submitted by Ann Gaudet
GMFRC Coordinator of
Deployment Services
at 765-1494 local 5583
On Saturday, April 3rd the

GMFRC hosted the Annual
Easter Brunch for Deployed
Families at the Annapolis
Mess. Deployed Families
joined us for a morning of



Left to Right: Tracy Peckford, Chloe Peckford, with
Deployed Dad, MCPL Robert Peckford



Milk Shake Comes to School

By: Kelly Clancey

Last week at the Morfee Annex Nursery School the boys and girls were treated to a special visitor, when Trent brought his six day old baby calf "Milk Shake" to school to meet everyone.

The teachers and children would like to thank Mark & Kara, Trent's parents for taking time out of their busy day to bring Milk Shake to school, we all know a farmers work is never done ... they work from before sun up to after sun down!

Our school offers both English and French Immersion programs for Nursery School and Preschool aged children. For more information on any of our classes you can contact the schools director Maurina Duret at 765-1494 local 5301, or pick up one of the schools brochures at the 14 Wing Community Centre.

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Easter fun and a decadent brunch. We enjoyed a fabulous feast prepared by our volunteer cooks LS MacGillvray and MS Tremblett. Our many thanks go out to WCmdr Col Seymour, LCol Smith-McBride, LCol Ubbens, Honorary Col Arsenault and Mrs Arsenault, and CWO Mathews, for serving brunch to our families and being such great sports in donning the head dress of the day. We also need to thank our GMFRC volunteer crew who make all our events such a success with their continued commitment of time, ideas, and dedication. Without the continued support our 14 Wing families receive from our community, they wouldn't be "The Strength Behind the Uniform."

Safety & Health Week

HEALTH & SAFETY TRADE FAIR
"HOW SAFE ARE YOU?"
FREE ADMISSION

WHEN: Wednesday, 5 May 2010 1000 – 1500 Hrs
WHERE: 14 Wing, Annapolis Mess (Lounges A & B)

In celebration of North American Occupational Safety & Health Week the 14 Wing General Safety Office in conjunction with 14 Wing Health Promotions is hosting a Health & Safety Fair. The Fair is open to all DND/CF employees and their spouses, as well as the local business communities and the general public.

There will be numerous exhibitors with health & safety information kiosks and displays touching on issues from home & community safety to workplace safety. Drop by and browse the exhibits.

Door prizes will be drawn for throughout the day.

Don't forget to mark this event on your calendar.

Sponsored by 14 Wing General Safety Office & 14 Wing Health Promotions

Registration Event for OneMatch

Buccal (Cheek) Swab Event
14 Wing Greenwood
Wednesday April 21st
1000- 1500 hrs.
Club Copri Lounge,
Annapolis Mess
Sponsored by: 14 Wing Greenwood

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

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