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14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora newspaper



405 Squadron Alert Lancaster Crash Memorial

By Captain Mike Cormier

During the years that followed the end of WWII the Canadian North was still very much a frontier. Northern settlements depended heavily on resupply from the south via ships and aircraft. At that time, flying large aircraft in the Canadian Arctic was a novelty, and few airmen had a great deal of experience with the challenges of Arctic flying.

In early 1950, the United States Navy had begun planning a resupply mission called OP NANOOK 50. This involved sending two icebreakers with cargo ships to resupply Arctic weather stations at Resolute Bay, Alert and Eureka, as well as to resupply Thule Air Force Base in Greenland. Additionally, Canada tasked 405 'Eagle' Squadron, at Greenwood Nova Scotia, to support OP NANOOK by providing two Lancaster aircraft and crews. One Lancaster was to be available at all times to fly ice reconnaissance, while the other was to be ready on the ground for search and rescue operations.

On 31 July 1950, in support of OP NANOOK, 405 'Eagle' Squadron Lancaster (#965) flew an Arctic survey, surveillance and resupply mission. The mission included an air drop of vital supplies and mail at Alert, the most northerly permanently inhabited station in the world. Unfortunately,

during the drop one of the parachutes caught the aircraft controls causing it to crash. Sadly all nine crewmembers perished.

Those lost on board Lancaster 965 that day were:

Wing Commander D.T. French, DFC	Aircraft Captain
Flight Lieutenant L.M. (Lorne) McLean	Navigator
Flight Lieutenant J.F.L. Swinton	Radio Officer
Flying Officer J.R.G. Dube	Navigator
Flying Officer T.D. (Del) Martin	Co-Pilot
Flying Officer J.E. McCutcheon	Radio Officer
Leading Aircraftman R.L. Sprange	Flight Engineer
Dr. D.W. Kirk	Department of Mines & Surveys
Mr/Colonel (Ret.) C.J. (Charles) Hubbard	U.S. Weather Bureau

On 30 July 2010, 60 years after the tragic crash of Lancaster 965, 405 Long Range Patrol Squadron will be hosting a ceremony at 14 Wing Greenwood to unveil a memorial stone. The stone will join others along the Memorial Walkway at the Greenwood Military Aviation Museum, and offers a quiet place to contemplate and remember those that have been lost for the greater good of our nation.

405 Long Range Patrol Squadron would like to include as many past Squadron members, family members, and friends as possible in this event.

continued on page 2.



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405 Squadron Alert Lancaster Crash Memorial

...continued from cover story.

Anyone interested in participating in this event is requested to please contact the Event Coordinator Major Jason Kenny at (902) 765-1494 (ext 3670) or e-mail JASON.KENNY@forces.gc.ca, or to contact the Deputy Event Coordinator Captain Mike Cormier at (902) 765-1494 (ext 3491) or e-mail MICHAEL.CORMIER@forces.gc.ca.

Active research is ongoing to locate the families of those lost in the crash. Anyone

with knowledge as to where surviving family members now reside is requested to please contact the Deputy Event Coordinator Captain Mike Cormier at (902) 765-1494 (ext 3491) or e-mail MICHAEL.CORMIER@forces.gc.ca.

The Greenwood Military

Aviation Museum has established a fundraising Trust Fund to pay for the memorial stone. Companies and individuals wishing to contribute to this memorial may do so by sending a cheque to the Museum as follows:

Greenwood Military

Aviation Museum
C/O Captain Rob Scholte
405 Long Range Patrol Squadron
14 Wing
PO Box 5000 Station Main
Greenwood NS BOP 1N0
Cheques can be made out to the "Greenwood Military

Aviation Museum" and annotated "965 Memorial". Donations are tax deductible and receipts will be issued.

Support in helping make this memorial stone project a success would be greatly appreciated.

Adjusting: A Strength of Military Families

Submitted by Jennifer Hill, GMFRC Coordinator of Prevention Support and Intervention Services 765-1494 ex 1811

When something in our lives changes whether it's a posting, deployment, new school there is some form of loss that takes place.

Our ability to adjust to different situations greatly depends on our emotions: are we sad, angry, anxious, excited, and / or afraid about the change. Is it a fear of the unknown or excitement about an adventure? Knowing how you feel and how your family feels is the first step to take when trying to adapt to the new situation.

If your family is experiencing a change it is important to

find positive ways to adjust.

Adjusting can be difficult, especially for any children, as various forms of change feel like they are life long. Adjusting can take time, its important to take small steps and be patient. Some tips to help you prepare and adjust could be:

- Coming up With a Plan - If you are aware that something will be changing, take some time and develop a plan. If you are being posted try doing some research on the town you are going to. Talk to friends or family who have visited the place before. Having a plan will help you to feel prepared and in control.
- Making Sure that everyone is on the Same Page - Give everyone in your family an open opportunity to share with

one another how they are feeling about the change. This will help them feel that they are included in the process and have some control over the situation.

- Letting the Kids Help - If you have children this could also be a good time to involve them in the planning process. Let them write a list of things they want to do when they get there. This will help get them excited for an 'adventure'.
- Getting Connected - If you are adjusting to a move you can try different ways to get involved in some of your communities activities; your local MFRC is a great way to start and get you connected.

If you would like more information on adjustment during a change please contact Jennifer Hill at the GMFRC.

2010 Men's Atlantic's Cash Bowl Back in Greenwood

Submitted by: Tim Martell-Norman, 14 Wing PSP, Greenwood Bowling Centre

A great big thanks to all those that participated in the Men's Atlantic's Cash Bowl this year. The event started 28 March 2010 and finished 02 April 2010. Six days of some of the best Bowlers in the Atlantic's competing for a prize pool of just over \$7200.00. There were great matches and good times had by all.

A big thanks to Ernie Hatfield of Labatt's for the prizes donated. Thanks to the Youth bowling executives from both Greenwood and Weymouth for all the fund raising through out the week. Both Youth Bowling Organizations were able to raise some badly needed funds for their programs. Remember the kids are the future of our sport. To all the sponsors from the Greenwood and surrounding areas your support was greatly appreciated. Thanks to the Tournament Chairperson Ashley

Gavel and his committee for all there hard work in bringing the event back to 14 Wing Greenwood. Lastly to my staff for hanging in there Great Job Shauna, Jason and Karen.

The following are the stats for the event:

Top 5 Averages :

Mitch Seary	254.39
John Wash	249.92
Wade Seymour	249.19
Nathan Leblanc	246.21
Mitch Maloney	244.35

Teams

1 st Place	\$3200.00	The Leftovers P.E.I.
2 nd Place	\$1700.00	Holiday Lanes Nfld.
3 rd Place	\$1100.00	Game Over N.S.
4 th Place	\$ 760.00	Greenwood Selects N.S.
5 th Place	\$ 500.00	Noise Makers P.E.I.

Thanks again to everyone for all your cooperation.

Attention Interested Volunteers

The Kingston/Greenwood Minor Baseball Club is having their Annual General Meeting on April 29, 2010 at 7:00 p.m. at 14 Wing Community

Centre, upper multi purpose room. The topics of Discussion will be: Upcoming Season, Clinics (umpire, pitching, etc) Coaches, Election of Officers

and other Volunteer Positions.

We would love to have your involvement and are looking forward to agreeat season of Minor Baseball but we cannot do it without the support of volunteers. Please come in and find out

more on how you can get involved. For more info contact Jill Jackson, Recreation Director at 765-1494 ext 5331. Or Minor Ball President, Alicia Arenburg at 765-3245. Hope to see you on the 29th.



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14 Wing Deputy Judge Advocate (DJA)

By Sergeant Pete
Nicholson

In September of 1999 the Deputy Judge Advocate (DJA) position was established on site at 14 Wing Greenwood to provide legal advice to the 14 Wing Command Team. Legal support is primarily in the areas of operations, military justice and military administrative law and to ensure that all operations and activities are conducted in accordance with the laws of Canada and International law.

Since July of 2007, Lieutenant Commander (LCdr) Robyn Barnet has been the Wing legal advisor (the 4th legal advisor since the office opened). In 1999 she enrolled in the Naval Reserves with Her Majesty's Canadian Ship (HMCS) Scotian as a Supply Technician. LCdr Barnet graduated from law school in 2001, and then articulated with Nova Scotia Legal Aid in their Criminal Law office, and was called to the Nova Scotia Bar in 2002, at which time she completed a component transfer to the Judge Advocate General Branch. Her first posting was to Geilenkirchen, Germany as the Deputy Judge Advocate (Europe) from 2003-2007. During this time she did a tour



The 14 Wing Deputy Judge Advocate, Lieutenant Commander Robyn Barnet and Legal Assistant Cathy MacKenzie.
(Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

in Bosnia, as Deputy Legal Advisor to the Commander of North American Treaty Organization Stabilization Force (NATO SFOR), from July to November 2004. In the near future we will see LCdr Barnet deploying to Afghanistan from May 2010 to January 2011 as a

legal mentor to the 205th Afghan National Army Corp Headquarters at Camp Hero in Kandahar.

LCdr Barnet would not be

able to perform her duties without the tireless efforts, knowledge and assistance of her Legal Assistant Cathy MacKenzie. Cathy came to

the office from the Federal Department of Justice, and has been with the office since it opened 10 years ago, and is a key member of the team. Prior to joining the DJA Greenwood office, Cathy has been employed with the public service since 1976 with various Government Departments. She came to the Greenwood area in 1996 with her husband on his retirement posting. As both the daughter and wife of former military members, Cathy's entire life both in Canada and abroad has been in a military environment.

The Deputy Judge Advocate (DJA) Greenwood reports to the Assistant Judge Advocate

General (AJAG) Atlantic in Halifax, and provides legal support to not only 14 Wing Greenwood but also 5 Wing Goose Bay, 9 Wing Gander and Canadian Forces Station St John's.

The DJA office has a mandate to provide limited legal aid assistance to support Canadian Forces members. The DJA does not provide personal legal advice, but may be able to assist you in finding the appropriate legal support. Their office is located on the ground floor of Wing Head Quarters room 137, local 5623. They also have a webpage which is accessible on the DIN through the 14 Wing Home Page.

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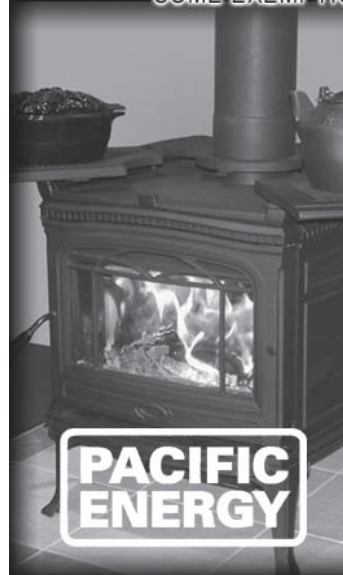
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PSP Corner

Biggest Loser (Winners)

14 SES concluded its Biggest Loser contest Monday the 12th of April with a luncheon and awards ceremony. The contest commenced early in the New Year and consisted of 5 teams (20 players) mostly from 14 SES, but with a few from 404 Squadron, Wing Operations, and Headquarters. The goal was, of course, to loose a few pounds. But along the way we accomplished much more. The numbers by themselves were quite impressive;

Total weight lost – 226lbs.

(average 11.3 lbs or approx. 6% per person). Perhaps more importantly, we all feel better about ourselves, have more energy, and had a lot of fun with the competition. Many of us have made significant changes in our lifestyle, including, regular exercise, healthier eating habits and at least one person quit smoking! Most of us have committed to continuing with these positive changes and several have not yet reached their final goal.

The winning team was "The Incredible Hunks" consisting

of Padre Gord Poley, Capt Pete Dietert, Capt Colin Timmons, and Sgt Kevin Madower with a combined total of 37% or 83 lbs. lost. The individual winners were; 1st - Padre Gord Poley (17% or 35 lbs)!

2nd - Laurie Prenzel, 3rd - Debbie Pothier, and 4th - Capt Pete Dietert.

Many people contributed to the success of our contest and we would like to mention a few; Justine Ridgeway and Lt Denise Vidito for all their organizational assistance, Eric Plante (Fitness Coordinator) for conducting all our weigh-ins and compiling out stats, and Lisa White from Wing



Health Promotions for advice and motivational prizes. As well, Subway Restaurant, Cleve's Sporting Goods,

and Sondi Deglan (Message Therapist) donated prizes in keeping with our healthy lifestyle promotion.

Congratulations to all our contestants. Remember that we are all winners if we strive for healthier living!

GMFRC • Feature of the Week

Children and Youth Services

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

Crafty Kids – Mother's Day Gift

Wednesday, May 5, 2010

6:00 p.m. – 7:30 p.m.

GMFRC

\$5.00 per child

Ages: 6 – 11 years old

Registration deadline: Thursday, April 29, 2010

Bring a friend and head on over to the GMFRC together as we make a beautiful bracelet for Mom to wear on her special day. Children participating in this workshop will also enjoy a simple snack and drink while they are working hard on their creations. Parents are not required to stay for this session. Space is limited to 10 children.

14 Wing Air Force Triathlon/Duathlon

The 14 Wing Air Force Triathlon/Duathlon will be held on 13 June 2010 right here on base. Join the fun whether you participate or cheer on your friends. Three distances (including relays) are offered to ensure maximum participation.

Triathlon: 750m swim – 20k bike – 5k run

Triathlon: 300m swim – 10k bike – 3k run

Duathlon: 5k run – 20k bike – 5k run

This will be a pool-swim event. The entire course is on base. The first 100 participants to register will receive a tech shirt. You can visit the race website at the following address; <http://www.14wingtriathlon.50webs.com/>

If you want to participate, please visit www.atlanticchip.ca for registration.

If you would like to volunteer for the event, please send your name and coordinates to Capt Choquette at 404 Squadron local 3584 or at the following e-mail address; denis.choquette@forces.gc.ca.



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9am–1pm, Sat, May 1, 2010

Cost: FREE Admission (Donations will be accepted at the door.)

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



Spring Cleanup...



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

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Emergency Preparedness Week

May 2-8, 2010

GetPrepared.ca

72 hours... Is your family prepared?

Submitted by: Captain David Wm. Nelson, A3 Readiness and Evaluation, 14 Wing Operations / A3 Plans Wing Operations

Natural disasters may be beyond our control, but there are ways to reduce the risk and possible consequences for whatever emergency we might face - whether natural or human-induced.

The 15th annual Emergency Preparedness Week (May 2-8, 2010), encourages Canadians to be prepared to cope on their own for at least the first 72 hours of an emergency while rescue workers help those in urgent need. This special week is a national effort of provincial and territorial emergency management organizations, coordinated through Public Safety Canada.

14 Wing personnel are encouraged to contact **(Captain Dave Nelson, loc: 3219)**, our Wing Emergency Response Plan coordinator, to learn more about our organization's role in emergency response.

By taking a few simple steps, you and your family can become better prepared to face a range of emergencies - anytime, anywhere. It is important to:

- **Know the risks** - Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare,
- **Make a plan** - It will help you and your family know what to do, and
- **Get an emergency kit** - During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at

least 72 hours in an emergency.

These three simple steps will better prepare you and your family to face a range of emergencies.

The Emergency Preparedness Week site, www.GetPrepared.ca (or your EMO or local website) contains listings of activities during EP Week and more resources to help you and your family prepare for all types of emergencies.

This week, I encourage you to take concrete actions to be better prepared. Canadians expect their governments to show leadership in dealing with emergencies and we all have a role to play. Experience has shown that individual preparedness goes a long way to help people cope better—both during and after a major disaster. Get an emergency kit now - it can make a world of difference later.

15 facts about emergency preparedness

Here are 15 facts to mark 15 years of getting better prepared for emergencies.

- Roughly 3,500 earthquakes are recorded in Canada every year.
- Canada gets more tornadoes than any other country except the U.S., averaging about 50 tornadoes per year.
- The worldwide cost of natural disasters has skyrocketed from \$2 billion in the 1980s, to \$27 billion over the past decade.
- Canada's first billion dollar disaster, the Saguenay flood of 1996, triggered a surge of water, rocks, trees and mud that force 12,000 residents to evacuate their homes.
- Some hailstones are the size of peas while others can be as big as grapefruit.
- Approximately 80% of Canadians agree that having an emergency kit is necessary to their safety, yet only one-third of Canadian households have prepared or bought an

emergency kit.

- In 2009, Manitoba's Red River recorded its second highest spring flooding in nearly 100 years. Nearly 3,000 people were evacuated from their homes.
- Ice, branches or power lines can continue to break and fall for several hours after the end of an ice storm.
- The deadliest heat wave in Canadian history produced temperatures exceeding 44°C in Manitoba and Ontario in 1936. Rail lines and bridge girders twisted, sidewalks buckled, crops wilted and fruit baked on trees.
- In 2007, the Prairies experienced 410 severe weather events including tornadoes, heavy rain, wind and hail, nearly double the yearly average of 221 events.
- The coldest temperature reached in North America was -63°C, recorded in 1947 in Snag, Yukon.
- The largest landslide in Canada involved 185 million m³ of material and created a 40 m deep scar that covered the size of 80 city blocks in 1894 at Saint-Alban, Quebec.
- Hurricanes are bigger and cause more widespread damage than tornadoes (a very large system can be up to 1,000 kilometres wide).
- 79% of Canadians say it is important to have a family emergency plan, yet on only 33% have prepared one. Complete yours online at www.GetPrepared.ca.
- One of the most destructive and disruptive storms in Canadian history was the 1998 ice storm in Eastern Canada causing hardship for 4 million people and costing \$3 billion. Power outages lasted for up to 4 weeks.

(The above material was derived from Public Safety Canada's Emergency Preparedness Week Toolkit @ http://www.getprepared.gc.ca/promo/_fl/ep-wk-tlkt-2010-gov-eng.pdf)

Toastmasters International Speech Contest

Greenwood, Nova Scotia

Annapolis Valley
Toastmasters hosts this year's Area 9 International Speech Contest at the Birchall Training Centre (home of the Zedex Theatre) 14 Wing Greenwood on Saturday 1st May 2010 between 10:30 a.m. to 2:30 p.m. The event is open to the public. Cost is free and refreshments are available.

Toastmasters from clubs

in Halifax, Dartmouth, Yarmouth and Greenwood are to compete in public speaking on their way to the world championships in Palm Springs, California, August 2010. The journey is long and hard, with over 30,000 members worldwide competing for the coveted 10 finalists' spots. This is a prestigious event. Only three Canadians have held the position of world public speaking champion:

in 1960, 1971 and 1986.

Toastmasters International is a non-profit organization with over 235,000 members in over 12,000 clubs and over 100 countries. Toastmasters offers a proven and enjoyable way to improve your communication and leadership skills.

For more information contact Edward Wedler (c/o The Inside Story 902-765-6116).

Business of the Week is Back!

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

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured as the **Business of the Week**
- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy

• The cost for this is only

\$199.00 tax incl. per business

For more information on how you can take part in this exciting feature (**space is limited so don't delay!**) please contact:

Anne Kempton

Marketing Consultant
The Aurora Newspaper
765-1494 ext. 5833
aurora@auroranewspaper.com
www.auroranewspaper.com



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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Les Débrouillards from Greenwood win the Judges' Award at the FLL International Robotics Competition in Atlanta, Georgia

Team Les Débrouillards - meaning "the Resourceful Ones" - from École Rose-des-Vents, represented Nova Scotia at the international robotics competition "For Inspiration and Recognition of Science and Technology" (FIRST) Lego League (FLL), taking place in Atlanta, Georgia from April 14th to 17th. This year, 82 teams from 32 countries participated

in the event. The FLL is a program that, in addition to robotics, also involves studying, researching and finding solutions to a thematic problem put forth - this year's theme being "Smart Move", addressing issues with the environment.

The Judges' Award is presented for unique efforts, performance, and dynamics that merit recognition - giving

the judges the freedom to recognize the team for which a standard award does not exist. Les Débrouillards demonstrated outstanding professionalism by helping a team from Newfoundland and Labrador in resolving their technical difficulties, and displayed extraordinary team spirit by overcoming several language barriers - particularly while interacting with their paired team coming from South Korea.

It was a long road to the competition in Atlanta since the win at the provincial level at Acadia University in January, the Team ramping up the training and successfully fundraising over \$9,000 in just under 10 weeks. The whole Team would like to heart fully thank their sponsors and everyone that generously donated to the cause, enabling them to attend this unique experience. A list of the sponsors can be found on the Team's website at www.lesdebrouillards.webs.com.

While Les Débrouillards were well prepared for the competition, they unfortunately encountered some technical difficulties with their own robot in the early runs. Upon troubleshooting and performing some modifications, they managed a score of 295/400 on their



Front row: Team: Michaël Perreault, Alexandra Rousseau, Malek Bergeron, Luc Rousseau, Gabriel Ouellet, Olivier Ferland.

Back Row: Nichole Bergeron, Ray Rousseau, Agatha Bourassa, and mentor Riley Troke-Barriault

last run, ranking them 46th out of 82 teams in robot's performance.

This was truly a success for Les Débrouillards, participating in the international event after only two years of competing

in the FLL. The kids and coaches alike learned a great deal, and with the experience obtained in this major event, they are ready to tackle next year's challenge, sporting the "Bio-Medical" theme. The Team would sincerely

like to thank everyone for the ongoing support, and is looking forward to share its knowledge with other FLL teams and schools interested in the program.

Ray Rousseau,
Coach "Les Débrouillards"



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



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- ✓ Additional manufacturer mail-in rebates may be available on selected tires. See ford.ca for details.

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All offers expire April 30, 2010. See service advisor for complete details. Applicable taxes and provincial levies not included. Applies to single rear wheel vehicle only. *Based on a 2010 Ford Fusion V6 automatic that has a fuel consumption rating of 10L/100 km in combined city/highway driving (company tested), a year driving distance of 24,000 km and \$1.02 per litre for gasoline. Improved fuel efficiency and emission reduction levels depend on model, year and condition of vehicle. See service advisor for complete details. ††Ford Protection Plan is only available for non-commercial cars and light trucks. ††An eligible Ford, Motorcraft® or Ford-approved part fails due to a defect in material or workmanship, wear out or rust through, it will be replaced at no charge as long as the original purchaser of the part owns the vehicle on which the part was installed. *Up to 5 litres of oil. Disposal fees may be extra. Does not apply to diesel engines. **Applies to winter tires that are already mounted and balanced on rims. ††Inspection does not apply to vehicles with rear drum brakes. Drum brakes may require additional parts and labour at an additional cost. See service advisor for full details. ††Excludes emergency brake pads or shoes. ††Limited time offer. In order to receive a competitor's advertised price, tires must be purchased and installed at your participating Ford Dealer. Offer only available at participating Ford dealerships. This offer is valid on the cost of the tire only and does not include labour costs, valve stems, mounting, balancing, disposal or taxes. The competitor's advertised price must have been printed within 30 days of the sale and the tires must be the same brand, sidewall, speed and load ratings as shown in the competitive advertisement. Competitor's advertised prices do not include clay advertisements, the wholesaler, online tire retailers, crosstown, special order, discontinued clearance or liquidation offers. Offer may be cancelled or changed at any time without prior notice. See your service advisor.

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

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.



Nadine Malo - Assistant to everyone.



Jeff Pocock as The Butler.



Employment Opportunity Bar/Branch Manager

Royal Canadian Legion Br. 098 Kingston is seeking an experienced, detail-oriented, conscientious person to coordinate, supervise and direct all aspects of bar and branch operations. Responsibilities include but are not limited to control and monitoring of financial, stock, staff, tax, catering and payroll functions.

Accounting credentials and managerial experience are required as well as excellent interpersonal, communication skills and must be bondable. For a detailed job description and/or to apply please contact the Royal Canadian Legion Br. 098 at email: legion98sect@ns.sympatico.ca or mail to: P.O. Box 2, Kingston, NS, B0P 1R0 or via fax: 765-2479.

YOU AUTO KNOW

~ Have Your Suspension Checked ~

For comfort and safety inspect those shocks and struts.

Cruising down the road with a friend, your car hits a bump and your car bottoms out. "Man, did you feel that?" asks your passenger. "The rear end of your car was kissing the ground hard. "You have got to get some new shocks."

Steve Boutilier, Service Manager for Canadian Tire, Greenwood says, "the truth is you did not feel a thing. You have been driving with bad shocks for a long time, unaware that your car fails to hug the road on a curve or that it bounces from side to side on a rough road".

You did not notice this for the same reason you did not notice your children growing taller or your parents turning grayer. It all happens gradually. This is why motorists should be aware of failing shocks or, depending upon your vehicle, struts.

Steve explains, "One misconception about these components is that their purpose is strictly to ensure a more comfortable ride. Not so. The primary function of shock absorbers and struts is to help your car maintain steady contact with the road."

In addition, good shocks and/or the struts that incorporate shock absorbers, save wear and tear of other components. Tires, steering linkage, ball joints, springs and CV joints may need premature replacement when these components fail to perform.

A shock/strut depends upon hydraulic action for resistance that controls the up-and-down motion, aka "ride control". When this component wears, developing a leak, an under-car inspection will disclose an oily deposit on the tubular part of the component.

To guard against this situation, have these components inspected whenever your car is being serviced, or at least every 25,000 kms, advises Steve.



For more information on all your automotive care needs contact Steve & his staff at the Greenwood Canadian Tire.



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Exp. May 3, 2010

Health & Safety Takes Commitment

"How Safe Are You?"

02 to 08 May 2010

North American Occupational Safety & Health (NAOSH) Week is being celebrated the week of 2nd to 8th May 2010. The goal of NAOSH Week is to focus on reinforcing and strengthening our commitment to health and safety through solid risk management practices, education and injury and illness prevention. This can only be accomplished by starting today and asking your self "How Safe Are You"?

This year's continuing slogan: "Safety and Health, A Commitment for Life" reflects the need to focus on the concept of health and safety and the vigilance and dedication required to the principles of hazard and risk control management.

This year's theme "How Safe Are You" challenges each and every one of us to

pose that question. Are we safe or not safe? Have you ever taken the time to ask that very interesting question? Weather it be cutting the grass, taking down those Christmas decorations, driving on a busy highway or just performing the daily tasks associated with our jobs we have a tendency to try to get things done as quickly and efficiently as possible. Although this type of attitude allows us to find more efficient ways of doing things, efficiency only enhances production or the task when safety is a key component of the processes from the onset. As with many accomplishments in life there is an associated journey we pursue to achieve our outcomes and successes. Over the years I have come to realize that "Safety" is one such journey. It's a road or journey that leads us home safely at the end of every work

day, thus it is extremely important that we lay out the proper safety road map and look for better ways to ensure we reach our ultimate destination safely. Regardless of the safety journey we embark on there will always be hazards and risks along the way. The

take responsibility for health and safety and be pro-active in identifying potential causes of injury and illness. Once identified; we must ensure appropriate action is taken to correct these causes so that no one becomes injured or ill. We can all take action



key is to look for and identify these signs, follow the proper rules for the road and travel our journey with care. There have always been differing philosophies surrounding accidents and safety. Some may philosophize that accidents simply happen while others may suggest that "safety" happens. Accidents and safety are different sides of the same coin related to such common concepts as risk and benefit. Even though there may be an element of chance and uncertainty related to both concepts, I would offer that accidents and safety don't just "happen"; they are caused. We must continue to instill and promote a "safety culture" that strives for zero injuries, illnesses and most importantly zero fatalities. To ensure we are all safe and make it home safely to our family and loved ones every day; we all must

to improve our processes, programs and performance in occupational health and safety. By doing so; we can make our work environments home environments and communities safer and healthier places.

We must all be pro-active safety leader's weather at work or in our communities and spread the message that health and safety is a way of life. In the workplace, we can work towards instilling a very powerful form of social energy called a positive safety culture, which focuses on putting the organizations priorities on protecting people's health and safety. We can all work towards recognizing and supporting community initiatives that help to protect the public and spread the health and safety message. Let's ensure that this year you take the time to

ask "How Safe Are You"? I am confident that the answers will lead to ensuring a safer environment for yourself, your family, your workplace and your community.

14 Wing General Safety and 14 Wing Health Promotions wishes each and every one a safe, healthy and enjoyable NAOSH week

14 Wing will kick off NAOSH Week 2010 with a NAOSH flag rising Monday, 0815 hrs, 3 May 10, and has numerous activities planned for the week as outlined below.

NAOSH Week Activity Schedule

Monday, 3 May 10

0815 Hrs – NAOSH Flag Raising, 14 Wing Main Gate - The Wing Commander or designate and Wing Workplace Safety & Health Committee members will raise the NAOSH Flag at the Main Gate.

Wednesday, 5 May 10

1000 – 1500 Hrs – OH&S Trade Fair, Annapolis Mess, Lounges B & C – A health & safety trade fair with kiosks/display booths of 14 Wing Health & Safety disciplines as well as community level H&S service providers will be set up. Door Prizes will be drawn.

1030 Hrs – Official opening of H&S Trade Fair by Wing Commander or designate, Annapolis Mess, Lounge B- Wing Commander or designate will officially open Trade Fair;

1000-1045 Hrs – Health & Safety Seminar; Annapolis Mess, Lounge A- "How to be



Fit & Safe at the Same Time" – Come hear our F&S staff as they present "Exercise Safe" tips on how to ensure we stay fit and healthy will preventing injury at the same time;

1100-1145 Hrs – Health & Safety Seminar; Annapolis Mess, Lounge A- "Safe Lifting & Material Handling" – Come enjoy an informative presentation by our 26 Cf Health Services folks as they educate on safe lifting and material handling practices.

1300-1345 Hrs – Health & Safety Seminar; Annapolis Mess, Lounge A – "Getting a Good Night's Sleep" – Come hear Eileen Donahoe, 26 Cf Mental Health Services as she will provide some interesting facts about sleep as well as pass on tips to improve sleep hygiene and your ability to sleep.;

1400-1445 Hrs – Health & Safety Seminar; Annapolis Mess, Lounge A – "ERGONOMICS At Work Or At Home How You Can Make A Difference" – Please join D/WGSO Mr. Dave Mailman for an informative session on office/computer workstation ergonomics and learn some practical tips to make your home or office environment a safer place and minimize the risk of soft tissue injuries.

GMFRC 'Spring Fever' BINGO

On Monday, May 17th, The Greenwood Military Family Resource Centre's (GMFRC) Board of Directors is hosting a BINGO fundraiser. The cost is \$15.00/participant (includes entrance, 1 booklet for all 15 games & a door prize ticket). Additional booklets are \$2.50 each. The event is being held at the Annapolis Mess from 7:00 - 10:00 p.m. (doors open at 6:00 p.m.). Come out and join us for lots of BINGO fun - over \$2,000 worth of prizes to be won! Licensed establishment - Must be 19 years to participate. For more information contact the MFRC at 765-5611.

Safety & Health: A Commitment for Life



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



FOIRE DE LA SANTÉ ET DE LA SÉCURITÉ

La Semaine SNASST 2010 • 2 – 8 mai

Santé et sécurité: un engagement pour la vie!

Êtes-vous vraiment en sécurité?

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QUAND : Mercredi le 5 mai, 2010 à 1000 - 1500 heures.

OÙ : 14 Escadre, Mess Annapolis (salons A & B)

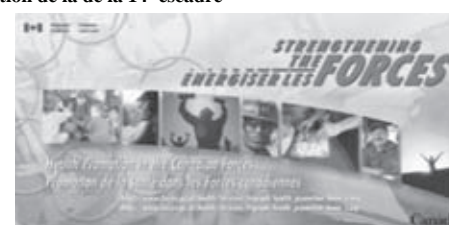
Pour marquer la Semaine de la santé et de la sécurité au travail en Amérique du Nord, le Bureau de sécurité de la 14^e escadre en conjonction avec le Bureau de la promotion de la santé, vous accueille à la foire de la santé et de la sécurité. La foire est ouverte à tous les employés du DDN et des FC et à leurs épouses, aussi qu'aux commerces de la région et au public général.

Il y aura plusieurs kiosks d'information sur la santé et la sécurité traitant de sujets concernant la sécurité à la maison, au travail et dans la communauté. Venez faire un tour pour voir notre exposition.

Des prix d'entrée seront tirés au fil de la journée.

N'oubliez pas de noter cet événement sur votre calendrier.

Une initiative du Bureau de la sécurité générale de la 14^e escadre et du Bureau de la promotion de la de la 14^e escadre





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Offers available at participating dealers only. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. See participating dealer for details. *Offer valid from February 17, 2010 to April 30, 2010 (the "Program Period"). Receive up to \$1,000 of selected genuine Ford accessories at no extra charge with the purchase or lease of any new 2010 Ford F-150 (excluding Ranger), Sport Trac, Ranger, or Super Duty delivered or factory ordered between February 17, 2010 to April 30, 2010. Taxes payable on total price of the vehicle, including accessories. Offer is subject to vehicle and accessory availability. Dealer may sell or lease for less. \$1,000 is not redeemable for cash and can only be applied to genuine Ford 2010 accessories. This offer applies up to a maximum of \$1,000 worth of accessories. Retail accessories may exceed \$1,000. Factory installed accessories are not eligible under this offer. Only one offer may be applied toward the purchase or lease of an eligible vehicle. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory-order or delivery purchase/lease (but not a combination of both). This offer is combinable with the Commercial Connection Program. This offer is not combinable with CPA, GPC, Daily Rental Allowances, the Commercial Fleet Incentive Program (CFIP), or the ANZ/DF-Plan Program. Branches available on factory orders. Limited time offer. Offer may be cancelled at any time without notice. Some conditions apply. See dealer for details. **Offer valid from April 30, 2010 to April 30, 2010 (the "Program Period"). Any customer who, at the time of purchase/lease (including financing), is an owner or lessee of a Ford Ranger, Explorer, Sport Trac, or F-150 (excluding F-150 Super Duty) will be eligible for \$350 in customer cash (the "Incentive") towards the purchase or lease of an eligible vehicle during the Program Period. The eligible vehicle must be delivered and/or factory-ordered from your Ford Motor Company of Canada, Limited dealer during the Program Period in order to receive the Incentive. Offer only valid at participating Ford of Canada dealerships. Offer is non-transferable. Trade-in of the applicable Qualifying Conquest/Loyalty Model is not required in order to qualify for the Incentive. Eligible customers will have the option of using the Incentive as a down payment or receiving a rebate cheque from Ford of Canada (but not both). The Incentive is transferable to immediate family members living within the same household. Only one (1) Incentive may be applied towards the purchase or lease of one (1) Eligible Vehicle. Each customer is able to receive the Incentive on up to a maximum of two (2) separate Eligible Vehicle purchases/leases during the Program Period if valid proof is provided that the customer is the owner/lessee of two (2) separate Qualifying Conquest/Loyalty Models. Each customer will be required to provide proof of ownership/registration of the applicable Qualifying Conquest/Loyalty Model and the ownership/registration address must match the address on the new Buyer's Agreement or lease agreement for the Eligible Vehicle. This offer is subject to vehicle availability and may be cancelled at any time without notice. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory-order or delivery (but not a combination of both). This offer is combinable with the Commercial Connection Program. On eligible vehicles, for small fleets with an eligible PIN, this offer can be used in conjunction with the Commercial Fleet Incentive Program (CFIP). This offer is not combinable with CPA, GPC, Daily Rental Allowances, any other Direct Offer, e-Bonus or Private offer, and the current \$500.00 Targeted Loyalty Program (Program #2056). The Incentive is only available for use by Canadian residents and is in Canadian funds. Taxes payable on full amount of purchase price before Incentive is deducted. Dealer may sell or lease for less. See dealer for details. ***Based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2009. *Estimated fuel consumption ratings based on Transport Canada approved test methods. Vehicles equipped with 5-speed manual transmission. Actual fuel efficiency may vary based on driving conditions, vehicle load, and certain vehicle accessories. Models class per R.L. Polk & Co. (U.S.)/Intermediate per R.L. Polk Canada, Inc. (Canada). **Based on 2002/2000 Fuel Consumption Guide Data published by Natural Resources Canada for the 2.3L 4-cylinder 5-speed manual transmission Ford Ranger F-150 Model. *5.4L 3.5L 3.9L of all new compact pickup trucks sold in Atlantic Canada (Atlantic, NB, NS, PE) in 2008 were Ford Rangers based on R.L. Polk Canada, Inc. vehicle registrations, January 2008 through December 2008. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. Some conditions may apply to the Graduate Recognition Program. See dealer for details.

atlanticford.ca

Greenwood Military Family Resource Centre (GMFRC)

By: Sergeant Pete
Nicholson - 14 Wing
Photojournalist

Located in the back of the blue GMFRC building is the office of Michelle Thibodeau-Wagner, the Coordinator of Special Events and Promotion for the GMFRC. Michelle began with the Centre five years ago as a valued volunteer who contributed over a hundred hours each year. With her wealth of experience and background in marketing Michelle was the ideal candidate when the new Coordinator of Special Events position was created a year ago. When she isn't running a community event, Michelle's time is spent on the phone or emailing businesses

SPECIAL EVENTS

and families garnering very positive results! Deployed families are always included in every activity that is planned!

The GMFRC hosts Special Events throughout the year. Great events like an Open House, National Family Week activities and the annual Christmas Breakfast. They are also involved in conjunction with the 14 Wing Community Centre with several other events which include Easter on the Wing, Canada Day on the Wing, Christmas on the Wing (with the support of the Wing Council), and a Family snowshoe day. Special

Events use more "volunteers" than any other program in the centre. The promotions are mostly local events like Sobeys Anniversary BBQ lunch, Yellow ribbon campaign, Canada Day Yellow Ribbon on trees and local business signage to support troops, Red Shirt Friday's, Red Friday walk and lunch, Spaghetti supper, Kingston duck pond walk, adopt an apple tree at Johnsons orchard in Harmony and the Deployed Troop Awareness-Yellow Ribbon blitz!

Another huge activity is Morale Mail for our deployed



personnel. Five times a year, Valentines Day, Easter, Canada Day, Halloween and Christmas the GMFRC sends care packages to all of 14 Wing's deployed troops. Also at Christmas, they work with local elementary schools on a special project called "Adopt the Troops for Christmas". The children provide handwritten notes, cards, and crafts while local businesses

provide shirts and various other merchandise. Both of these activities generate very positive feedback from the families and members.

With exceedingly excellent support from the Wing, the office of the Coordinator of Special Events and Promotion successfully promotes awareness throughout the local communities of what a Military family experiences!

While the GMFRC has expanded their Awareness Campaign beyond their mandate, The GMFRC provides the only constant that most families have! They see that community awareness and recognition of the military lifestyle goes a long way in offering military families a connection to their community.

<http://www.greenwoodmfr.ca>

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Family Fun

Submitted by:Ann Marie Chalifoux
Staff, students and families of Dwight Ross Elementary School enjoyed the many activities offered at their first and very successful Family Fun Fair held April 16th.

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CARS								
640U	2007	Dodge	Caliber SXT	4 Dr	Auto	Silver	72,000	\$ 12,500
630U	2005	Toyota	Echo	4 Dr	Auto	Gold	102,000	\$ 8,995
632U	2006	Saturn	ION	4 Dr	Auto	Blue	79,000	\$ 8,995
478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,375
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,450
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
635U	2005	Pontiac	Grand Prix	4 Dr	Auto	Silver	65,000	\$ 10,900
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$ 11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$ 12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$ 10,800
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$ 13,500
625U	2006	Toyota	Matrix	5 Dr	Auto	Lt Blue	99,000	\$ 13,650
647U	2009	Dodge	Avenger SE	4 Dr	Auto	Grey	47,000	\$ 14,900
644A	2006	Chrysler	Sebring Touring	4 Dr	Auto	Silver	70,000	\$ 10,995
TRUCKS, VANs & SUVs								
499A	2004	Chev	Venture	Van	Auto	Green	86,000	\$ 7,900
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$ 11,900
621U	2007	Ford	Ranger Sport	Ext Cab, 4 Dr	Auto	Blue	57,000	\$ 12,995
624U	2007	Ford	Ranger Sport	Ext Cab, 4x4, 4 Dr	Auto	Red	75,000	\$ 15,975
633U	2006	Pontiac	Torrent AWD	4 Dr	Auto	Silver	87,000	\$ 15,900
639U	2007	Ford	Edge SEL AWD	4 Dr	Auto	Purple	90,000	\$ 21,995
643U	2006	Ford	Escape XLT	4x4, 4 Dr	Auto	Grey	73,000	\$ 15,995

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14 Wing Community Centre Family Trip - Discover Downtown Halifax

The 14 Wing Community Centre will be hosting a Family Trip to Downtown Halifax Saturday May 15, 2010. The bus will be leaving the Community Centre at 8:30 a.m. and will be returning at 6pm. Once the bus arrives in Halifax, this is an unsupervised trip; therefore, each participant is responsible for his or her own well-being. Please ensure you have proper identification and health card information with you. An adult (18 or older) must accompany participants 12 and under.

Summary of Events
Please arrive 10 minutes before we leave to ensure everyone is accounted for and that everyone has the proper identification.

We will leave the Community Centre at 8:30 a.m. to arrive at Pier 21 Museum for 10:00 a.m.

We will enjoy the sights of the museum from 10:00 - 11:30 a.m. Then from 11:30 - 1:15 p.m. you can have lunch and shop on the water front on your own. Next we'll reconvene at Murphy's on the Water for our Nature and Whale Watching boat tour, from 1:30 - 4:00 p.m. On our boat, the Haligonian the third, there is a canteen and a cash bar. If the weather is not permitting we will contact you in advance to either re-schedule or refund your deposit.

The cost for the trip is as follows;
\$40.00 for adults and \$25.00 for children 15 and under; this

includes Murphy's on the Water, Nature and Whale Watching Tour, Pier 21 museum visit and transportation.

Children 12 and under must be accompanied by an adult (18 or older) at all times! Children between 13 and 17 may have their parents/guardians fill out a permission form if they wish to go by themselves. Please note you are responsible for you own well-being at all times!

Only Rec. Card holders, Military members and their families can sign-up for this trip. Please drop in to the 14 Wing Community Centre to get all the information or call 765-8165 and we would be happy to answer any questions.

Youth Happenings

By: Recreation Youth Worker; Megan LeMoine

Boys Club Swimming Monday April 26

GMFRC • Feature of the Week

Prevention, Support and Intervention Services

Coordinator: Jennifer Hill at 765-1494 local 1811 or email at jennifer.hill2@forces.gc.ca

Good Grief

Wednesday, May 5, 2010

*Group normally meets first Monday of each month however due to a staff Professional Development day on Monday, May 3, 2010 Good Grief has been rescheduled to Wednesday, May 5, 2010.

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

GMFRC

No Cost

Registration Deadline: Wednesday, April 28, 2010

This group is designed for bereavement and grief support. Good Grief helps participants to explore and to cope with the grieving process.

This group allows a supportive and open environment to share experiences with loss and gain insight and understanding through peer support.

6:30-7:30pm

Boys meet at the Community Centre and we can walk to the F&S Centre for casual swim. Make sure you bring your Rec. Card or your pre-teen member card.

Teen Council
Tuesday April 27
3-4pm

Teens we need to decorate for the Hollywood Dance! Bring your creativity!

Active Chicks
Playground Games
Wednesday April 28
6-7:30pm

Girls, meet at the C.C to go out-side on the playground for fun games like tag, grounders and I spy. If the weather isn't cooperating, we'll have our games in-side in the gym.

Teen Activity
Swimming
Thursday April 29
6-7:30pm

Teens, meet at the C.C to walk as a group to the F&S

Centre for casual swim. Bring your rec. card, towel and trunks!

Hollywood Dance

Friday April 30

Pre-teen: 6-8pm \$3

Teen: 8:30-11:30pm \$4

Calling all divas, tonight it's your time to shine! Come dressed as your favourite movie star or singer, who knows, you might be discovered!

Boys Active Living Week

Tuesday April 27

Bike ride and Bowling

Cost: \$3

Time: 6-8pm

Boy's ages 9-18 come celebrate Boys Active Living Week! Meet at the C.C to go on a bike ride from 6-7pm. Then we'll come back to the C.C and go bowling at the Greenwood Bowling Centre from 7-8pm, make sure you bring \$3 for bowling!

Family Trip; Discover Downtown Halifax

Saturday May 15

8:30-6pm

Cost: \$40 per adult \$25 for child 15 and under

Discover all that Downtown Halifax has to offer! We'll leave the Community Centre bright and early; 8:30am to arrive at our first destination, Pier 21. We will enjoy the museum from 10-11:30am and then hit the Halifax waterfront! From 11:30-1:15 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 1:30-4pm we'll sail off on the Haligonian the third to hopefully see whales and other wildlife. After our tour, we'll head back to the Community Centre at 6pm to arrive just in time for supper! 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.

Youth Centre Drop in Hours

	Pre-Teen (ages 9 - 12)	Teens (ages 13 - 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

MAY

The Annapolis Mess
14 Wing Greenwood

2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
INFO Bar Darts Available from bartender	INFO Darts & Pool Balls are available from the Bar.	INFO Internet/wireless available in TV Lounge/Mess	INFO Non Alcoholic Beverages Available	INFO Bar Daily Newspaper Available	INFO Fridays TGIF • 1700 h • Events subject to change	1
2	3	4	5	6	TGIF WOSM Hosting KARAOKE Donairs	7
9	10	11	12	13	TGIF OM Hosting Subway	14
16	17	18	19	20	TGIF JR Ranks Hosting BBQ Sausage	21
23	24	25	26	27	TGIF WOSM Hosting Steak	28
30	31					29

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Vegetarian Pasta Casserole
Soups, salads, and desserts
\$16.95 pp + HST

Evening Dinner Special

Starter, Entrée, Dessert, Coffee/Tea

Entrees:

Halibut, Supreme of Chicken,
Rolled Pork Loin, Roasted Strip Loin
\$27.00 pp + HST

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[illegible]

Greenwood Military Family Resource Centre Offerings

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

Note: To keep costs down, the only methods of payment accepted for workshop registrations is cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration.

Prevention, Support



25 - 29 Apr
The Last Song
Sun-Thur 8 pm
Rated PG

30 Apr - 6 May
Date Night
7 - 13 May
Iron Man 2

Resumes being Accepted

Pre-paid Admission Cards
Regular eight card for \$40
Sixteen card for \$75
These may be purchased at the Zedex Theatre with cash or at The Inside Story (Greenwood Mall) using plastic.
www.zedex.ca

Kingston Legion

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BOOKLET BINGO

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

Regular Games - \$100

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

Lic.#
35542-96



and Intervention Services

Coordinator: Jennifer Hill at 765-1494 local 1811

Email: jennifer.hill2@forces.gc.ca

Upcoming Programs

*Please note some important changes to dates and times**

Good Grief

Wednesday, May 5, 2010

Group normally meets the first Monday of each month however, due to a staff Professional Development day on Monday, May 3, 2010 Good Grief has been rescheduled to Wednesday, May 5, 2010

6:00 p.m. – 7:00 p.m.

GMFRC

No Cost

Registration Deadline: Wednesday, April 28, 2010

Lunch & Learn- "Managing your Toonies"

*New date is Tuesday, May 11, 2010 not Tuesday, May 4, 2010 as previously advertised.

12:00 p.m. – 1:00 p.m.

GMFRC

No Cost

Registration Deadline: Wednesday, May 5, 2010

Care for the Caregiver

Meets the first and third Tuesday of each month

Meeting for Tuesday, May 4, 2010 has been Cancelled due to a staff Professional Development day.

Next meeting date: Tuesday, May 18, 2010

11:00 a.m. - 12:00 p.m.

No Cost

GMFRC

No registration required, just drop in.

Child and Youth Services

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

Upcoming programs or services

Children's Deployment Support Group

Sunday, May 2, 2010

1:00 p.m. – 2:30 p.m.

Free

GMFRC

Registration Deadline: Thursday, April 29, 2010

Crafty Kids – Mother's Day Gift

Wednesday, May 5, 2010

6:00 p.m. – 7:30 p.m.

GMFRC

\$5.00 per child

6 – 11 years old

Registration Deadline: Tuesday, May 4, 2010

Respite Dates

Saturday, April 24, 2010

10:00 a.m. – 5:00 p.m.

Max 15 participants

Children up to age 12

Call reception to register at 765-5611.

Registration Deadline: Thursday, April 22, 2010

To meet the increased demand for respite childcare, deployed families can choose *1 of the 2 Saturday Respite Dates* in April.

Tuesday, April 27, 2010

5:00 p.m. – 9:00 p.m.

Children up to age 12

Call reception to register at 765-5611.

ANNAPOLIS EAST ELEMENTARY SCHOOL



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

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

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

**Apr 26<sup>th</sup>:** Oven Fries, Cheese & Gravy 2.50 • Yogurt Tube 1.00

**Apr 27<sup>th</sup>:** Chicken Caesar Wraps 3.00 • Apple Slices 1.00

**Apr 28<sup>th</sup>:** Chicken Noodle Soup 2.00 • Macaroni & Hamburger 3.00  
• Toss Salad 2.00 • Blueberry/Strawberry Smoothie 1.25

**Apr 29<sup>th</sup>:** Pizza Day 2.50 • Banana 1.00

**Apr 30<sup>th</sup>:** Meatballs, Rice & Broccoli 3.00 • Jellied Fruit 1.00

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

765-5611.

Registration Deadline:

Monday, April 26, 2010

**Saturday, May 15, 2010**

10:00 a.m. – 5:00 p.m.

Children up to age 12

Call reception to register at 765-5611.

Registration Deadline: Thursday, May 13, 2010

To meet the increased demand for respite childcare, deployed families can choose *1 of the 2 Saturday Respite Dates* in May.

**Saturday, May 22, 2010**

10:00 a.m. – 5:00 p.m.

Children up to age 12

Call reception to register at 765-5611.

Registration Deadline: Thursday, May 20, 2010

To meet the increased demand for respite childcare, deployed families can choose *1 of the 2 Saturday Respite Dates* in May.

## Deployment Services

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

## Upcoming programs or services

### Laugh Craft Connect

Monday, May 3, 2010

Country Traditions

6:00 p.m. to 8:30 p.m.

Free for deployed families, register early because we are limited to 5 deployed family members. \$30.00 for other community members

Flower Arranging is back by popular demand, create your own Mother's Day themed flower arrangement.

### Pamper Me Day

Saturday, May 8, 2010

Annapolis Mess

1:00 p.m. to 3:00 p.m.

Registration Deadline: Friday, April 30, 2010

Register early there are only 20 spaces available and registration is limited to deployed families only.

### Is your military member away?

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

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

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

## Special Events and Promotions

*Coordinator: Michelle Thibodeau Wagner at 765-1494 local 1421 or email [michelle.thibodeau-wagner@forces.gc.ca](mailto:michelle.thibodeau-wagner@forces.gc.ca)*

## Upcoming events

### Red Friday

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

## Volunteer Services

*Coordinator: Janie Gagnon at 765-1494 local 5938 or email at [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)*

*janie.gagnon@forces.gc.ca*

## Volunteer Opportunities

**Respite Childcare Provider\***  
Sat., May 15 and/or 22, 2010  
Sat., June 12 and/or 26, 2010  
11:00 am – 2:00 pm

GMFRC

Volunteers Needed: 2 for each date

## Respite Childcare Provider\*

Monday, May 3, 2010

5:30 p.m. – 8:30 p.m.

GMFRC

Volunteers Needed: 1

## Health & Safety Booth Attendant

Wednesday, May 5, 2010

9:45 a.m. – 3:15 p.m.

Annapolis Mess

Volunteers Needed: 2

Set up and tear down booth, assist GMFRC staff with information about the centre

## Mother's Day Craft Facilitator\*

Wednesday, May 5, 2010

5:30 p.m. – 7:30 p.m.

GMFRC

Children ages 6-11

Volunteers Needed: 1 Adult, 1 Youth

## Childcare for Pamper Me Day\*

Saturday, May 8, 2010

12:00 p.m. – 3:30 p.m.

GMFRC

Volunteers Needed: 5

## Pamper Me Day\*

Saturday, May 8, 2010

12:00 p.m. – 3:30 p.m.

Annapolis Mess

Volunteers Needed: 5

Set up, greeter, replenishing, manning chocolate fountain and clean up.

## AGM Childcare\*

Wednesday, May 19, 2010

4:00 p.m. – 6:00 p.m.

GMFRC

Volunteers Needed: 5

*\* Suitable for our awesome Youth Volunteers!*

### Whole Sandwiches

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

### Hot Foods

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

### Beverages

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

### Salads

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

### Snacks

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

### Miscellaneous

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

### Freezer Items

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

### Desserts

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

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

**Mon:** Pizza Buns with Oranges; **Tues:** French Toast with Ham & Apple Sauce  
**Wed:** Chicken Nuggets with Veggie Sticks; **Thurs:** Spagetti with Garlic Toast - Cookie Day; **Fri:** Chicken Burgers with Veggie Sticks

This menu brought to you compliments of:

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## Notice

### Effective Immediately

### Announcements

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

**Text without a photo**  
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**\$15.00 (tax incl)**

**Text with a photo**  
**2 col by 2 ½ inches**  
**\$20 (tax incl)**

**Text without a photo**  
**2 col by 4 inches**  
**\$25 (tax incl)**

**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**





# Bravo Zulu

Photos are from 14 Wing Imaging unless stated otherwise.



LCol Flynn, CO 14 AMS presents the 14 AMS Excellence Award to Cpl Michelle White. During a Flight Safety (FS) Investigation of a Prop build up, Cpl White, not satisfied that the initial assessment was the origin of the problem, initiated a static balance check. Normally carried out at the contractor level, this procedure revealed the number two blade to be significantly out of balance. Should this precautionary step not have been executed, the prop assembly would otherwise have been built up, re-installed on an aircraft and failed the dynamic balancing check. Cpl White's innovation and determination directly identified the root cause, led to successful closure of the FS, reduced 3rd line cost, and averted significant unproductive person hours, quickly returning an aircraft to operational status.



LCol Flynn, CO 14 AMS presents the 14 AMS Excellence Award to Cpl Valerie Graham for her unwavering professionalism. Cpl Graham dedicated countless hours of preparation to the MASIS roll out; she was instrumental in the gathering, converting and importation of complex and intricate data into the MASIS format in a timely manner. Her continuous liaison with both civilian and military establishments such as CFTCC, ATESS, Wing Supply, Wing Fin, Snap-On and the MASIS team ensured that all the data from internal and external agencies was imported into the MASIS Data Base correctly. The extraordinary time and effort she devoted toward preparing the CP140 and 14 AMS for MASIS demonstrated her tremendous dedication and unequalled professional demeanour.



MCpl Duncan Haldane must be commended for his tireless efforts in support of the Squadron Flight Safety Program. In the last year, he has been unrivalled in providing assistance and expert knowledge to the 14 AMS Flight Safety Program. His input has contributed to the timely investigation and closure of numerous Flight Safety incidents. Incidents of particular mention are FSOMS Files 139390 and 139626, identifying the incorrect routing of the nose wheel steering cables. In these occurrences, MCpl Haldane provided substantial support in finding the answers to "how and why" the unserviceabilities occurred, as well as providing viable preventive measures that will mitigate a reoccurrence. FSOMS 134612, which identified the Right Main Landing Gear failing to retract, is another fine example of MCpl Haldane's positive impact. His continuous involvement in the preliminary investigation greatly contributed to the lead investigator finding the root cause of the incident and implementing the necessary preventive measures. MCpl Haldane's proactive approach and unwavering commitment towards Flight Safety is indicative of a seasoned professional technician who is setting the example for others to emulate. MCpl Haldane is truly deserving of the 14 AMS Safety Award.



Sgt Colm Kennedy was awarded the Commanding Officer's Commendation for his outstanding leadership and resourcefulness while preparing aircraft CP140115 for induction into the Aircraft Incremental Modernization Program. Aircraft 115, initially identified for retirement, was in deep rob status and preservation; not intended to fly again. With the decision to reintroduce the aircraft to the operational fleet, Sgt Kennedy, thriving under difficult circumstances and an aggressive induction schedule, overcame numerous resource challenges in order to return the aircraft to a flyable state. His efforts have been instrumental and a positive influence in maintaining the CP140 fleet on the road to modernization.



MCpl Nigel Ross receives his promotion from LCol Flynn, CO 14 AMS. His promotion was effective 01 Dec 2009; member was on parental leave and was officially presented with his new rank on 15 April 2010.



Pte Ryan Pyke receives his first hook from Maj Colwell, 14 AMS AMSO 13 Apr 10.



Maj Colwell, 14 AMS AMSO, presents Pte Patrick Fluet with his first hook 13 Apr 10.



Pte Anthony Bangay receives his first hook from Maj Smith, 14 AMS AMO.



Maj Smith, 14 AMS AMO, presents Pte Jamie Arseneau with his first hook.



Maj Smith, 14 AMS AMO, promotes A/L Cpl Tracie Gaudet.



Captain Mario Andre receives his promotion from Lieutenant Colonel Cummings, Wing Operations Officer on the 20th of April.



# FOR YOUR INFORMATION

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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West Nova/Nova-Ouest

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## HOROSCOPES

April 25 to May 1

### ARIES - Mar 21/Apr 20

You are feeling a big scattered, Aries, and it's because of the high-energy, high-intensity type of week that is coming up. You may need to find a place to decompress.

### TAURUS - Apr 21/May 21

You feel like you want to do something out of the ordinary this week, Taurus. But it could be better to stick to the status quo. Otherwise you may ruffle a few feathers.

### GEMINI - May 22/Jun 21

Gemini, you have more options than you first realized. It's time you put your plan into action and get busy. Pisces proves to be a big help on Thursday. You can use the assistance.

### CANCER - Jun 22/Jul 22

Cancer, your mind is full of ideas, but you have no plan of attack. You can't just go in without a few ideas on how to proceed. Think it over a little more and have patience.

### LEO - Jul 23/Aug 23

Although you feel confident and have a lot of energy behind you, Leo, now is not the time to take the next step. That's because you need some more financial backing.

### VIRGO - Aug 24/Sept 22

This week's circumstances test your ability to multitask, Virgo. If you look at it as a game, it could be easier to make it through the week unscathed. Avoid stress.

### LIBRA - Sept 23/Oct 23

Your lighthearted attitude enables you to sail through stressful situations without much anxiety, Libra. Teach this technique to high-strung relatives that can use some calming.

### SCORPIO - Oct 24/Nov 22

You give off an air of casualness this week, Scorpio, but inside your feelings are rumbling beneath the surface. That's because you have a lot on your mind.

### SAGITTARIUS - Nov 23/Dec 21

Expect a complete lack of concentration this week, Sagittarius. That's because you have a financial situation to deal with and it's taking up all of your brain activity.

### CAPRICORN - Dec 22/Jan 20

Capricorn, you are feeling a bit irresponsible, even if you have pressing items to handle. That's because you have been taking on too much and your mind is saying it needs a break.

### AQUARIUS - Jan 21/Feb 18

You won't make a lot of sense to others this week, Aquarius, but that's OK since you know what you need to get done. Real estate plans are in full force.

### PISCES - Feb 19/Mar 20

You don't know when to stop talking, Pisces, and others are tired of the "it's all about you" attitude. Be more humble.

### FAMOUS BIRTHDAYS

APRIL 25 Jason Lee, Actor (40)  
APRIL 26 Michael Damian, Actor (48)  
APRIL 27 Sheena Easton, Singer (51)  
APRIL 28 Jay Leno, Talk Show Host (60)  
APRIL 29 Michelle Pfeiffer, Actress (52)  
APRIL 30 Kirsten Dunst, Actress (28)  
MAY 1 Tim McGraw, Singer (43)

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### Church Grove Cemetery Clean-up

Volunteers are needed for our cemetery clean-up on Stronach Mtn. Rd., Saturday, May 1<sup>st</sup> from 9:00 - 11:00 a.m. Rain date will be May 8<sup>th</sup>. Please bring rakes and come out for an hour or two.

### Mother's Day Tea & Sale

Mother's Day Tea & Sale hosted by the Nictaux Baptist Friendly Club, Saturday, May 8 from 2:00 - 4:00 p.m., Nictaux Christian Family Centre. Come enjoy a cup of tea/coffee, sandwiches and sweets for \$3.00. There will be a bake table, craft table and a display of "classic" aprons from ladies in our community. Door prizes and a free apron to the first 9 mothers. Everyone welcome.

### Chinese Auction

The Kitchen Kuties of Soldiers Memorial Hospital is hosting a Chinese Auction on May 6th at the Nictaux Fire Hall with all proceeds for the Relay for Life.

### Annapolis Valley Bluegrass & Oldtime Music Association

Multi award winning, 'New Ground', fiddle player, female singer, band of the year and nominated for many more awards. Opening band our very own, 'Valley Blue', May 2<sup>nd</sup> starting at 2:00 p.m. at the Berwick Lions Hall. 50/50 draw, Canteen. Price \$6.00. Door prize, two passes to the Nova Scotia Bluegrass Festival. Call Bill at 844-0374; Doug at 624-9492 or James at 584-3047. We support the Children's Wish Foundation.

### Creamed Lobster Supper

Thursday, April 29<sup>th</sup> from 4:30-5:30 p.m. and 6:00-7:00 p.m. Creamed Lobster with Vegetables Pineapple Angel-food and Tea/Coffee. \$20.00 per plate at the Baptist Church Family Living Centre, corner of School and Church Street, Middleton. Proceeds to the

### Twelve Baskets Food Bank.

### 1st Middleton Scouts Annual Yard Sale

1st Middleton Scouts will hold their Annual Yard Sale at the Middleton Branch #1 Royal Canadian Legion on 01 May from 9:00 a.m. - 2:00 p.m. in support of the Annapolis County Scout Camp. Any donations can be dropped by appointment by calling 825-2048. We also have a limited amount of tables for interested sellers at 5 dollars per table. Any further information please call.

### Middleton Community Garden Meeting

On Monday, April 26 at 6:30 p.m. the Middleton Community Garden committee will meet in the library of the Middleton Baptist Church. If you are interested in playing a mentor role, or having a garden plot, please attend. All welcome. For more information and directions, please call Velma at 825-4747, or Barbara at 825-3631.

### Precept Ministries Event - Middleton Baptist Church

On Saturday, May 08, 3 Workshops will be offered at Middleton Baptist Church through Precept Ministries International. Topics include: How to Study New Testament Letters; Discover 4 Yourself - How to teach kids how to study; Finding your Place of Service. For cost and more information, please call Cynthia Symonds at 765-8724 or visit [www.preceptministries.ca](http://www.preceptministries.ca).

### 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.

### May Day Supper

Saturday, May 1, 2010 - 4:30-6:00 p.m. at the Kingston United Church, located at 733 Main Street, Kingston, Nova Scotia. Proceeds for Centennial Garden & Centennial Rock. Menu: Juice, Rolls, Tossed Salad, Spaghetti, Garlic bread Dessert, Tea/Coffee. Cost: \$8.00 Under 12 -\$5.00 - Family 4 plus \$25.00. For further information contact: Mark Rutherford - 825-1588 or [dragon92@eastlink.ca](mailto:dragon92@eastlink.ca).

### Ornamental Grasses

"Cultivating Ornamental Grasses" workshop will be presented by Tony Chaulk, enthusiastic gardener. At 14 Wing Library, Monday April 26th at 6:30 p.m. Phone 765-1494 ext 5430 to register. Free-will offering to help support the Library is appreciated.

### ZX Cycle N Run Cycling Schedule

Road Rides have begun for the season and will resume the same schedule as last year. All levels of riders are welcome. Road bikes are recommended. Rides depart from TAN Coffee at the Greenwood Mall and ride distances and routes vary. Rain at the start time and location will cancel. If there is enough interest we will add/blend mountain bike rides into the schedule. Tuesday 1800 - TAN Coffee at the Greenwood Mall; Thursday 1800 - TAN Coffee at the Greenwood Mall; Sunday 1000 - TAN Coffee at the Greenwood Mall.

### Community Event:

A Free Public Lecture by Dr. Janice Keefe on: Our Aging Society - Who Cares? A Nova Scotia Reality Check. In support of Caregivers Awareness Month. May 5, 2010, 7:00

p.m. at the Bella Rose Arts Centre (Halifax West High School), Or Watch LIVE online at: [www.caregiversNS.org](http://www.caregiversNS.org)

### Beginnings Center Church Service

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

### Need Help Doing a Small Job Around Your Home?

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

### Herbs, Tea and 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 salves and decoctions will be demonstrated. See the recreation of a traditional apothecaries' shop. Plant sale 8:00 - 10:00 a.m., Herb talk and tea (light lunch) 10:00 a.m. - 12:30 p.m. Free will offering for ingo call 538-3041 or 538-3389

### RCAFA NEWS 107 Valley WING

Mothers Day Dinner. May 09, 2010. Come out and treat the mother in your life to a great dinner of: Pan Fried Haddock. Baked Potatoes. Medley Vegetables & Chocolate Cream Puffs for Dessert. \$25.00 for couples. \$15.00 single. Members and guests welcome. Limit of 50 persons. Drinks 18:30. Dinner 19:00 Hrs.

### Saturday, May 22 - Air Cadet Revue Parade

11:00 Hrs. Birchall Bldg Parking Lot on Base. Come out and show your support for our cadets. Everyone welcome. **Kingston Area Seniors Association**

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

### Valley Gay Dance

There will be a valley GLBT dance Sat. May 1st 9:00 p.m. - 1:00 a.m. in Nictaux all are welcomed for more info call 825-3197.

### Toastmasters

Three speakers will expand their communication skills Tuesday (April 27), 6:30 - 8:00 p.m. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (home of the Zedex Theatre), Classroom 7. Guests are invited to attend and watch and see why we come back each week. We learn by doing. See: <http://an->

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

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, April 29, 2010.**  
Make sure you include your full name and phone number.

| NAME                                                                                                                                                           | PHONE NUMBER |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Limited to one win per family in a TWO MONTH PERIOD.</b>                                                                                                    |              |
| The winner will be drawn randomly from all correct entries. Only one entry per family per week.                                                                |              |
| <b>Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!</b> |              |
| 1. Who is looking to hire a Full Time Farm Manager                                                                                                             | _____        |
| 2. Where can you buy 4 litres of milk for \$5.99                                                                                                               | _____        |
| 3. What business is "pulling out all the stops for Mother's Day"                                                                                               | _____        |
| 4. Who is looking to hire a Bar Manager                                                                                                                        | _____        |
| 5. Who is having a No Tax Storewide Sale                                                                                                                       | _____        |

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

**Congratulations to last week's winner: MILLIE CLOW**



napolis.freetoasthost.net/ or phone Christine at 825-1061 for further info.

**Church Library Hours**

The Kingston United Baptist Church Library is open to the public on Thursday evenings 6:30PM - 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.

**Indoor Yard Sale**

There will be an Indoor Yard Sale with canteen available on

15 May 2010 from 9:00 a.m. to 2:00 p.m. at the Kingston United Church, Highway # 1, Kingston. Proceeds for TOPS # 4655 Kingston Chapter.

**Greenwood Skating Club**

The Greenwood Skating Club will be holding its Annual General Meeting at the Greenwood Gardens on Tuesday, April 27th at 6:00 p.m. All club members are encouraged to attend. For further information, please contact Carol Breckon by telephone at 765-6645 or by e-mail: carolbreckon@eastlink.ca

# Blood Donor Clinic

**By Eric MacKenzie, Community Recreation Coordinator**

Canadian Blood Services held another successful two day Blood Donor clinic at the 14 Wing Community Centre on Tuesday April 20<sup>th</sup> and Wednesday April 21<sup>st</sup>. Over 250 donors came to support this worthy cause and as a result 219 donations were collected, which can be used to save over 650 lives! Canadian Blood Services will hold their next two day clinic at the Kingston Lions Club on Monday June 28<sup>th</sup> and Tuesday 29<sup>th</sup> 2010. The Clinics will return to the 14 Wing Community Centre on Wednesday September 8<sup>th</sup> and Thursday September 9<sup>th</sup> 2010.

Canadian Blood Services is holding two day clinics as a result of the support from our local communities. Let's continue to 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


**Grand View Manor Ticket Auction**

15<sup>th</sup> Annual Ticket Auction, Saturday, May 1, 2010 from 11:00 a.m. to 1:00 p.m. Draw starts at 1:15 p.m. Tickets 20/\$1.00. Canteen available, Proceeds to resident activities.

**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-fra.asp?id=1206>. French: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-eng.asp?id=1206>. Tickets, priced at \$5.00 for all, will be available at the door.

## CUCINA AURORA



### Mexican Rub

2 tbs. Chili powder; hot  
1 tsp. Ground cumin  
1 tsp. Dried oregano  
1 tsp. Garlic powder  
1 tsp. Salt  
1/4 tsp. Ground cloves

Mix all ingredients. Rub the seasonings on chicken, beef, pork or fish.  
Bake or barbecue.

## Canadiana Crossword

### On Noah's Ark

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 |    |    |    |    | 56 |    |    | 57 |    |    |

**ACROSS**  
1 Computer clutter  
5 Canadian Manufacturing Standards org.  
8 Impulse  
12 Currency of Bangladesh  
13 Indian city  
14 Northern Ireland  
15 Plant part  
16 Golfer Mackenzie  
17 Svelte  
18 Rooster  
20 Twice, to Tiberius  
22 Letters denoting psychic powers  
23 Take a drag  
27 Bit of news  
30 Wild ox  
31 \_\_\_\_ La Biche  
32 City of Caesars  
33 Pro's opposite  
34 Try out  
35 Wood sorrel  
36 Pick a pocket  
37 Pasta sauce  
38 Textile

**DOWN**  
1 Knife  
2 Legal or chute preceder  
3 Similar  
4 Breed of cat  
5 Holding device  
6 Melancholy  
7 Breed of horse  
8 Breed of pig  
9 Go quickly  
10 Deadly sin  
11 Checkers pieces  
19 Shade tree

21 Sign, in a way  
24 Brews  
25 Cobbler's concern  
26 Prefix denoting outside  
27 Starting point  
28 Crazy to Carlos  
29 Wet nurse  
30 Hooligan  
33 Breed of chicken  
34 Breed of dog  
36 Brazilian city  
37 Nuptial or natal prefix  
39 Breed of beef cattle  
40 Drained  
43 South American aboriginal  
44 Ancient scandinavian  
45 Responsibility  
46 Deli offering  
47 Ocean inlet  
48 Grump or dump trailer  
50 Flightless bird

**Weekly Crossword brought to you compliments of:**

## Sudoku

**Solution page 18**


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

Level: Beginner

**Fun By The Numbers**

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

**Sudoku brought to you compliments of:**




954 Central Avenue  
Greenwood  
**765-6381**

## PATRICK'S PUZZLE


### What's the Difference?

There are five things different between Picture A and Picture B. Can you find them all?

**A**




**B**




*Answers: 1. missing hat 2. missing fishing lure in hat 3. two flowers in soccer girl's hair 4. garden girl has darker hair 5. missing shovel*

**Patrick's Puzzle brought to you compliments of:**



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954 Central Avenue  
Greenwood  
**765-2415**

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# Classified Ads

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

## FOR SALE

**FOR SALE** - 4 low profile tires. Good condition. Used only one season. Chrome rims included. \$1000.00 or best offer. Please call 765-0822 after 5:30 P.M. (3117-2tpb)

## FOR RENT

**FOR RENT - LINCOLNSHIRE APT AVAILABLE**, March &

**May. 2 bedroom apartment \$575.00 month excludes utilities.** Live-in Super, secured building. Please call 765-6669. (3102-ufnB)

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

**FOR RENT** - 2 new bedroom

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apartment. Five appliances included. Located in Kingston. Available as soon as possible. \$750.00 a month. Call Cathy at 242-2887 or 242-3009 or e-mail cathy@cathyandcompanyhairstudio.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 overlooks 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 about the place. Asking \$650.00 a month. Pictures posted on web at www.middletonapartment.weebly.com. Please contact Cathy at rocket@ns.sympatico.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 quiet area. 10 minute walk to all amenities.

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## Help Wanted

Dempsey Corner Orchards U-Pick and Farm Market is seeking full time & part time staff to work in the kitchen and retail outlet. Available immediately and until the end of October. If you have high energy, can multi-task and bake a pie or are willing to learn please email your **RESUME ONLY** to: dempseycornerorchards@ns.aliantzinc.ca or mail it to: Dempsey Corner Orchards RR#3, Aylesford, NS B0P 1C0



## SERVICES

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

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

**SERVICE** - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours Call Mike at 242-

2465 Greenwood/Kingston (3024-ufn)

**SERVICE** - Annie's Palm readings & Tarot readings. To book an appointment, please call 765-0712 or e-mail angels\_helper@live.ca. (3117-5tpb)

**SCUBA COURSE** - A beginners' course may be held at CFB Greenwood. Course is open to military and dependants age 12 and up and in good physical condition. Tentative schedule is for two full weekends of instruction (Friday evening to Sunday Afternoon), perhaps June 4 and 11 weekends, and one full weekend of ocean diving. Cost not yet set but will be approximately \$300.00. If interested, please reply before May 10 to rolymorrison@netscape.net or Roland at 902-463-3796. (3117-1tpb)

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## Help Wanted

Dempsey Corner Orchards U-Pick and Farm Market is seeking a full time farm manager. Responsible for the day to day operations of a small mixed farm. Must have tractor experience. Available immediately up until the end of October. Please email your **RESUME ONLY** to: dempseycornerorchards@ns.aliantzinc.ca or mail it to: Dempsey Corner Orchards, RR#3, Aylesford, NS B0P 1C0

## David A. Proudfoot

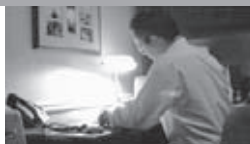
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- Real Estate
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## Crossword Solution

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

## Sudoku Solution

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



# **Annonce d'intérêt public - Rapport Annuel et Activités familiales du CRFM de Greenwood**

Venez-vous joindre à nous pour l'annonce du Rapport Annuel du CRFM de Greenwood, suivi d'un souper BBQ. Cet événement familial se tiendra le mercredi, 19 mai 2010, à 16h00 au Centre AVM Morfee (rue School à Greenwood). Le service de Garde d'enfants sera offert gratuitement durant la présentation. S.V.P. téléphonez le CRFM afin de réserver le service de garde pour les enfants de 3 mois à 5 ans. Si vous êtes intéressé à faire parti du Conseil d'administration du CRFM de Greenwood ou si vous avez des questions, téléphonez au Centre au 765-5611. On vous attend en grand nombre!

- Develop a program structure based on opportunities for

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

CFS Alert provides support to Environment Canada and Arctic researchers, maintains signals intelligence facilities, and geolocation and High Frequency and Direction Finding facilities to support search and rescue and other operations.

bike to the Greenwood Golf course and back and then head downstairs to the Greenwood Bowling Centre to bowl! Bring \$3.00 for one game or \$4.00 for two games. If you have any questions about this program please call 765-8165.

**OPEN TO AUTHORIZED PATRONS ONLY**

# Together in Church

## Queen of Heaven Chapel

### Sunday Schedule

11 a.m. (English Mass)

## St. Mark's Chapel

### Sunday Schedule

10:30 a.m. Divine Worship & Sunday School

*Switchboard* ..... 765-1494

### Wing Chaplain

#### Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ..... ext 1960

#### Wing Chaplain's Admin Assistant

Ms Diane McKeage ..... ext 5883

### Unit Chaplain

Padree Robert Lauder ..... ext 5886

#### Chapel Life Coord - St. Mark's

Padre Gord Poley ..... ext 5541

### Unit Chaplain

Padre Mike Peterson ..... ext 5835

### Unit Chaplain

Padre Frank Staples ..... ext 5545

### Unit Chaplain

Father Claude Pigeon ..... deployed

### Emergencies

In an emergency, you can reach

a chaplain anytime through

Wing Operations at

(902) 765-1494 ext. 5457.

A stylized illustration of a dove in flight, facing left. The dove has its wings spread wide, showing detailed feather patterns. It is positioned in the bottom right corner of the page, partially overlapping the 'Emergencies' section.



# Greenwood Golf Club - (GGC)



By: **Sergeant Pete Nicholson, 14 Wing Photojournalist**

With the unusually warm start to spring and perfect weather conditions, the Greenwood Golf Club (GGC) officially opened on the 18<sup>th</sup> of March, the earliest date in recent course history. I spoke with Manager Mike McCory

and Club President Major Tom Gorman for their outlook on the season.

The highlight event for the 2010 season will be the Nova Scotia Golf Association Mid-Amateur golf tournament scheduled for 18-20 June. 160 of the best golfers over twenty-five years old in the province will get to experience this great course. On the news front, this year will see new membership options. Payroll deductions for Military members or the option to use pre-authorized bank debit; payments for both plans are spread out over the remaining months in the current Fiscal Year which ends in March 2011. This equals out to approximately thirty dollars a pay or sixty dollars per month which combined with the lowest rates around makes being a member very affordable! A yearly membership is just \$590.00 for a military member Rec card holder and \$625.00 for civilians. Regular Green Fee rates are a fantastic deal at \$34.00 and \$20.00 for 18 and 9 holes of golf respectively. Members of the Legion, Annapolis Mess, or Community Centre (Recreation Card Holder) can visit their respective organizations and receive a voucher for \$10.00 off a regular 18-hole green fee! If you show your military ID, you will receive a 20% discount off



the regular Green Fee rate. You are not going to beat these prices anywhere.

The focus of the GGC is not only on golfers but on what this course can provide to 14 Wing sections & Commanding Officers! The personable and dedicated GGC staff is incredible. The large spacious club house provides a great venue for functions such as section *mugouts*, or a quiet lunch with a great view! Being local is convenient and helps promote the health and welfare of the members of the Wing, helping build esprit de corps and bringing a lot more to the 14 Wing community than once thought.

The GGC is a competitive business focused on continuous improvement and self-sustainment. A major misconception is that the club is funded by the Wing, which

is not the case; all funding is Non-Public so memberships and green fees are the major revenue generators. The local market is saturated with lots of choices out there for the golfing consumer – we will continue to focus on our core strengths by providing the most enjoyable and affordable golf experience with the friendliest atmosphere.

With natural competitiveness between all the local courses (there are five courses within a thirty kilometre radius of Greenwood) what does the future hold for the Greenwood Golf Club? Well the first concern is trying to make it more enjoyable for the members! Other considerations were to get the membership to 400 members; hold tournaments for the Wing, local businesses, and charities; generate a better sense of community (it's called a Club for a reason) and trying to find ways to utilize the clubhouse

in the off-season (partnership with Personnel Support Program Fitness Centre for cross-country skiing or snowshoeing for example)

If you spend four of seven days at the golf course, maybe you could find a couple of hours a week to volunteer your time to contribute to your club. The GGC needs your help at both the Executive Committee level and the general volunteer level to assist with running tournaments and pitching in when required. Volunteering for the club does your community the greater good! Contact the club President, Major Tom Gorman at 765-1494 ext 3606 if you're interested in helping out.

Did you know that it is cheaper to buy a membership than to golf once every week through the season? Visit <http://greenwoodgolfclub.ca> for more information.



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