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VOL. 31 NO. 18 MAY 3, 2010 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora newspaper



14 Wing Hosts Road Races

Runners of all ages came out to participate in the 5 Kilometre Fun Run and are off to a great start. (Images: Cpl Jennifer Kusche, Image Tech, 14 Wing Greenwood)

By: Captain Maryse Laliberte

Bradley Piggott, age 19, races to an over-all first place finish in the ZX 10 Kilometre Road Race with a time of 33 minutes and 40 seconds. He was also the first place finisher in the Male Junior Runners category.

Last Sunday, April 25, 2010, 14 Wing Greenwood hosted the 31st edition of the Greenwood (ZX) 10 kilometre (km) Road Race and 5 km Fun Run. This annual event highlights the beginning of the running season for runners all across the province. The races were organized by the members of the 14 Wing Cycle-N-Run Club with the support of numerous volunteers and local businesses.

Runners of all levels gathered at the 14 Wing Fitness & Sport Centre to participate in one of the two events. Mother Nature showed up right on time for the race, pushing the rain away and leaving in its place a sunny, scattered sky which created perfect running conditions. Wing Commander Bill Seymour and Chief Warrant Officer Mike Whitman started the events at 10:00

a.m. and there were 239 runners with ages ranging from seven years old to seventy-nine years old!

This year, the event went international! The ZX 10 km had a parallel edition at a camp located in Southwest Asia. The outstanding initiative of Master Corporal Brian Milligan allowed 14 Wing Mission Support Squadron personnel currently deployed at the camp to take part in the local event via Skype while away from home. Twenty-nine participants took the start at the same time as the Greenwood's participants even though their weather was thirty-one degrees Celsius!

Nineteen year old Bradley Piggott was the first to cross the finish line in Greenwood with a time of thirty-three minutes and forty seconds. He was followed closely by his brother, Matthew Piggott, also nineteen years old, who took the second place with a time of thirty-four minutes and nineteen seconds. The third place overall went to twenty-seven year old Tyler Reddy who had a time of thirty-five minutes and thirty-five seconds.

The Road Races were once again a great success! Runners in Greenwood were able to talk with the runners overseas throughout the event

using the video chat system installed in the Fitness & Sport Centre. Run Nova Scotia members were able to accumulate points toward the Timex Series and the Run Nova Scotia Series, which will allow the top runners to represent the province in the National Championship.

An event of this magnitude would not have been possible without the amazing work and the numerous hours of all the volunteers. The sponsorship of local businesses was also a key element to ensure the success of the race. Thanks to our sponsors Fraser's Building Supplies, B&H, Cleve's Source of Sport, Pizza Delight, Country Store, Save Easy Berwick, McDonalds Greenwood, Tim Hortons, Avery's Farm Market, Atlantic Superstore, Cora Breakfast, Jungle Jim's, Kingston Diner, Best Western Aurora Inn, Pharmasave Kingston, SISIP Financial, K-Rock 89.3, Magic 94.9 and 14 Wing Greenwood. For more information about the race and results, please visit our website www.zx10k.ca.

Also read, "Theatre Support Element Run ZX 10 Road Race" page 16.

Getting Married? - Consider buying life insurance

By: Denise Ray, Insurance Representative, SISIP Financial Services, Petawawa

Congratulations, you are getting married! You have chosen the person you want to spend the rest of your life with and now you are making plans.

Your marriage will unite you and your spouse in many important ways including your finances. You are now financially responsible to your partner. You may have debts

or you may be planning to buy a home or start a family. Whatever your plans, you have probably spent some time budgeting for the future as you start your new life together.

But, what is the one thing that your financial plan depends on? Income! Without income, your plans, your dreams and your financial security may come to a crashing halt.

Consider what would happen should you or your

spouse pass away prematurely. The income is no longer there, but the debt and the needs will be! This responsibility to your partner must be addressed. You can do this by making sure you have a current will and proper life insurance.

Let's face it, we all know we are going to die someday. Still, we don't like to admit it or plan for it, so most of us put off arranging our wills or buying life insurance. There are many reasons for this, perhaps we believe we can

delay the inevitable, or like most of us, you think life insurance is not the most thrilling topic. It is not, but it can offer you peace of mind and, imagine the scenario if you don't take care of things.

It is not usually the cost of the insurance or the cost of drawing up a will that prevents us from having them in order...It is simply procrastination or fear. However, the importance of a will and proper insurance cannot be overstated.

Some people think "I'm young, I'm healthy, I don't need life insurance"; this however, is precisely when you should be considering it. Your premiums will be low because of your age and you will be more likely to be approved because you are in good health. In fact, it is not just money that buys life insurance; it is your good health. Are you going to be in good health in the future?

The purpose of life insurance is to protect the

"quality of life" of your survivors. Life insurance is for them, not you. It is meant to ensure that there will be sufficient financial resources available to meet the needs of your family.

Speak to a SISIP Financial Services life insurance professional today. They can assist you in determining your needs and ensuring your family's future is protected.

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

Vous vous mariez? - Songez à l'assurance vie

Denise Ray, représentante en assurance, Services financiers du RARM, Petawawa

Félicitations, vous vous mariez! Vous avez choisi la personne avec qui vous voulez passer le reste de votre vie, et vous faites maintenant des plans.

Votre mariage unira votre conjoint et vous de bien des façons importantes,

y compris sur le plan de vos finances. Vous êtes maintenant responsable financièrement envers votre conjoint. Vous avez peut-être des dettes ou envisagez acheter une maison ou fonder une famille. Quels que soient vos plans, vous avez sans doute consacré du temps à dresser un budget pour l'avenir et votre nouvelle vie ensemble.

Par contre, quel est l'élément unique sur lequel repose votre plan financier? Le revenu! Sans revenu, vos plans, vos rêves et votre sécurité financière pourraient s'effondrer complètement.

Songez à ce qui arriverait si votre conjoint ou vous mouriez prématurément. Il n'y aurait plus de revenu, mais les dettes et les besoins

ne disparaissent pas! Vous devez vous acquitter de votre responsabilité envers votre partenaire en vous assurant d'avoir un testament à jour et une assurance vie adéquate.

Admettons-le, nous savons tous que nous allons mourir un jour. Toutefois, nous n'aimons pas l'admettre ou nous y préparer, alors la plupart

d'entre nous remettons à plus tard la préparation d'un testament ou l'achat d'une assurance vie. Cela s'explique de plusieurs façons : peut-être que vous croyez pouvoir retarder l'inévitable ou comme la majorité des gens, vous pensez que l'assurance vie n'est pas le sujet le plus passionnant. Et vous avez parfaitement raison. En revanche, ces démarches vous offrent la tranquillité d'esprit et, après tout, imaginez le scénario si vous ne vous préparez pas en conséquence.

Ce n'est généralement pas le coût de l'assurance ou de la préparation d'un testament qui nous empêche de mettre de l'ordre dans nos affaires, mais simplement la procrastination ou la peur. Toutefois, on ne saurait trop insister sur l'importance d'un testament et d'une couverture d'assurance adéquate.

Certains se disent : « Je suis jeune, je suis en santé, je n'ai pas besoin d'assurance vie ». C'est pourtant précisément

le moment d'y songer. Vos primes seraient basses en raison de votre âge et vous avez de bien meilleures chances d'être approuvé, car vous êtes en santé. En fait, ce n'est pas seulement l'argent, mais aussi votre bonne santé qui vous procurent de l'assurance vie. Serez-vous en bonne santé à l'avenir?

L'assurance vie a pour objet de protéger la « qualité de vie » de vos survivants. Ce n'est pas pour vous que vous achetez l'assurance vie, mais bien pour eux. Elle vous permet de veiller à ce que les membres de votre famille aient suffisamment de ressources financières à leur disposition pour combler leurs besoins.

Communiquez dès aujourd'hui avec votre représentant en assurance des Services financiers du RARM. Celui-ci vous aidera à évaluer vos besoins et à assurer l'avenir de votre famille.

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

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Communiquez avec un représentant des SF RARM pour vous aider.

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

Annual Meeting Notice

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 18th, 2010 at 7:30 p.m. in the Kingston Fire Hall.

- * Presentation of Financial Statements for April 1/09 - March 31/10.
- * Presentation of Budget for April 1/10 - March 31/011.
- * Set the area rate at 6 cents per \$100 of assessment.
- * Election of Commissioners.

All interested persons are invited to attend.

Marilyn Wilkins, Secretary/Treasurer
Kingston District Fire Commission
P.O. Box 528, Kingston, N.S. B0P 1R0

Kingston Fire Hall Rental

All enquiries re hall rental and use, please call 765-2358.

Allie Pierce Memorial Award

Students graduating from Middleton Regional High School and West Kings High School going on to further studies and residing in the Kingston Fire District may apply for the Allie Pierce Memorial Award. Information can be obtained by calling 765-8158 or email mwilkins@ns.sympatico.ca

Canadian Blood Services Conducts OneMatch Stem Cell and Bone Marrow Swab Clinic at 14 Wing

By: Able Seaman Amber Justice

On Wednesday April 21, 2010, OneMatch.ca and the Canadian Blood Services held a Bone Marrow Awareness/Buccal Swabbing Event at the 14 Wing Annapolis Mess. More than 130 people came out to have their cheek's swabbed and be added to the OneMatch database which may allow them to become a potential match for someone and save that person's life!

Hundreds of Canadians are in need of transplants

every year and fewer than 30 per cent of patients who need them are able to find a match within their own families. The rest rely on the generosity of a donor who has volunteered to give stem cells to anyone in need and that is why events such as this are very important.

Not every person who joins the program will be asked to donate stem cells, but every person who joins gives additional hope to stem cell transplant patients and may very well be the one match

who saves a life. Of those who are found as a match, the average length of time they spend on the Network is seven years. That is why joining is a long-term commitment. People who register must be committed to donating stem cells to anyone who needs them.

If you are healthy, between the ages of 17 and 50, and are willing to donate stem cells to anyone in need, you may be able to help please visit www.onematch.ca for more information.

I would like to thank Anne Stroud from OneMatch and all of my volunteers and supporters who helped make this day a huge success.

The Canadian Blood Service held a "One Match" event at The Annapolis Mess. Private Matt Morrison and Master Corporal Tammy Kline enthusiastically greet the donors.

(Sgt Pete Nicholson)



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Career Transition Services Workshop

The Career Transition Services Program (formerly called the Job Placement Partnership Program) offered by Veterans Affairs Canada is pleased to offer interactive three-day workshops on CF bases across the country. The workshops are comprised of six half-day modules including: Career Assessment, Résumé Basics, Job Search Strategy and Techniques, Interview and Negotiation Strategies, a Résumé Clinic and an Interview Clinic.

To register, please visit <https://jpprightfromhome.ca/EventsCalendar/> or phone 1-888-221-2202. The next one will be held on June 15 - 17 from 0830 - 1600 hrs at the Birchall Training Centre in Classroom #7.

For more info please contact Ms Verilea Warren - SCAN Coord/Ed Offr, 765-1494-5390.



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14 Wing Greenwood SCAN Seminar, 01 - 03 June 2010

Dates: 01 - 02 June (SCAN) & 3 June (Medical SCAN)
Timings: 0800 - 1600 hrs

Location: 14 Wing Greenwood, Birchall Training Centre Theatre

Eligibility: Regular Force, Full-time Primary Reserve members, and their spouses/common law partners

Dress: Civilian attire preferred

Purpose: The purpose of this Second Career Assistance Network (SCAN) Seminar is to prepare Canadian Forces members and their families for transition to retirement or a second career. All members are highly encouraged to attend this seminar periodically throughout their career, beginning at the half-way mark and again prior to retirement/release, or prior to a medical release. These seminars provide information of the following subjects: Career transition services, release procedures, pensions, SISIP coverage after release, will and estate planning, education reimbursement, and support and benefits for ill or injured members.

Registration: Registration deadline is 14 May 2010. Contact the SCAN Coord for a registration form, or visit the WPSO website at: <http://greenwood.mil.ca/14wing/admin/W%20Pers%20Admin%20O/WPSO/scan.htm>

Submit the form to the SCAN Coord by fax (765-1707) or deliver to Room 113 in the Birchall Training Centre.

For more info please contact Ms Verilea Warren - SCAN Coord/Ed Offr, 765-1494-5390.



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.

Scan Transition & Medical SCAN Seminars

1-2 June 10 SCAN Seminar
3 June 10 Medical SCAN

Birchall Training Centre Theatre

SCAN Seminars assist members and their families in planning, preparing and achieving their personal and professional transition to the civilian environment. Members are strongly encouraged not to wait until their last year of service to attend a SCAN Transition Seminar but to attend one at the mid-point of their career and then again prior to release to gain any updated information.

Deadline for Registration is 14 May 2010

More information contact Verilea Warren at local 5390 or visit the WPSO website, where the registration forms can be found.

Based in Business Program for Entrepreneurs

Based In Business provides retiring or medically releasing Canadian Forces members with the resources to start or grow an existing business. Through this three-phase program in association with Memorial University, candidates will be able to obtain the necessary resources to run a successful business. This program is at no cost but requires application and selection for the program. In Phase One, interested Canadian Forces members logon to www.basedinbusiness.ca to complete online modules developed by SIFE volunteers. The second phase of the program is a five-day entrepreneurial training camp held at the Faculty of Business of Memorial University. Selected participants are brought to the University, free of charge, and bunk-up in residences on campus. The third phase of the program is a year long mentorship program with the Institute of Chartered Accountants of Newfoundland and Labrador. Each participant is matched with a Chartered Accountant, helping them answer questions in the year following the training camp. For more information please refer to www.basedinbusiness.ca or contact Nancy Wadden at nancy@sifememorial.ca.

For more info please contact Ms Verilea Warren - SCAN Coord/Ed Offr, 765-1494-5390.

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

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

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

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

On peut s'abonner par la poste, aux taux suivants:

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Rest of the world/Reste de monde: \$75.00 + HST per year/par année.

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B0P 1N0**



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Fire Chief's Corner - Spring Cleanup

Do you feel stressed and overwhelmed that spring clean up is fast approaching and your decision to be made on what to discard and what to salvage.

Our days are longer than ever before and many people are finding themselves stuck in a rut and feel overwhelmed with the tasks of daily living. With such busy lives it's even more important that your home be a sanctuary and place to relax and rejuvenate. If you are constantly surrounded by mess and a never ending to do list it will be more difficult to take time for yourself.

Every aspect of your home influences your life, either physically or emotionally. It has a direct impact on your time, finances, health, relationships and your overall happiness and well being.

- When people are in balanced and harmonious environments they:
- are much happier
- work better
- are efficient and productive
- understand more easily, as a result, learn faster
- feel in control
- enjoy life, themselves, and whatever they do
- have an overall contentment surrounding them

On the other hand, people in chaotic environments often feel:

- lost
- anxious
- dissatisfied
- disappointed
- overwhelmed
- unhappy
- rushed

SPRING Clean up

S – Scan: Walk around your home and look and see what needs to be done. Make a checklist of what you want to do in each room and area of your home. Each room should have it's own page. Writing down your "to do's" will take it off your mind.

P – Plan: Decide when you are going to tackle each project. Make a plan of action, and do one room or area at a time. Mark the job into your calendar, and stick to it. Be realistic of what you want to accomplish and how long it will take. By breaking tasks down into manageable chunks, it will be easier to stay focused.

R – Reclaim: What is the purpose of each area in your home? If your basement has been taken over by clutter – get it out! It should be YOUR own! Reclaim your space and decide what you want the area to be used for and remove anything

that doesn't belong there.

I – Involve: Have the whole family help out. You should not be the only one responsible for cleaning up. If there are projects or tasks that you can't do, or know you won't do without help, then ask for it. If everyone in the home is involved, they will be more likely to help keep it up.

N – Needs: What are your needs versus your wants? You may need to clear out your overflowing closet, but want to wash the windows. Work on your needs first, then when you have more time work on the wants. Set your priorities for each space in order of importance and time available.

G – Goals: Set goals for how you want your space to look and feel like. When you

accomplish a task that takes you towards your goal, reward yourself. It feels great when you can cross something off your list. Celebrate that!

How to do it

Now that you know, what you want to do focus on one area of the room at a time. Pick up an item only once and make decisions quickly. It is KEEP, DONATE or TOSS. If you're unsure about an item and are not quite ready to let it go, put it in a box to SAVE. Pack it away for 6 months and see if you go looking for the item. If you haven't needed it in that time frame, time to let it go. Start a regular donate box that you can add to as you find things in your home you no longer need. When the box is full, drop it off at a donation

centre.

Everything in your home should have a purpose and a destination. That means that you need a reason to have it and a place to keep it. Store items where they make sense for you. When you are looking for something what is the first spot you think it would be? That's where it needs to stay. It should be logical and accessible. The key is to be consistent about putting things back in that destination so that you'll be able to find it quickly and easily when you need it.

The key thing to remember is that your life is constantly changing, and so is the "stuff" in it. You will periodically have to review what is working and what's not. Then you can revise it to better suit your

needs at the moment.

Get in the Organizing Habit!

If you want to change your space, you need to change your habits. You cannot change others, but by changing your habits and routines, you will rub off on them and theirs will change as well. Your space did not get disorganized overnight and it won't be easy to change your habits to get organized, but it will be well worth it. Need reminders? Leave yourself sticky notes inside cupboard doors, in your drawers, under the sink... You'll get used to doing them... and then won't need reminders to keep you on track. Organizing is about making things easier and simpler to manage.

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Sunday, May 9th, 2010
11:00 am - closing

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— **Roast Hip of Beef** —
*slow roasted tender AAA beef,
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lightly breaded and mildly seasoned breast of chicken

\$16.95 Plus Tax
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or by email: memory@historica-dominion.ca

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Are You Hiding Out Through Your Deployment? You're Not Alone.

Submitted by Ann Gaudet
GMFRC Coordinator of
Deployment Services
765-1494 local 5583 or
email at Ann.Gaudet@
forces.gc.ca

When our spouses are deployed many of us use this time as an opportunity to set life changing goals. Some of us want to take a second language course, go to the gym, learn a new hobby, eat

healthier or even go back to school. Deployment can be an opportunity for self growth and personal development. We start out with such great intentions and then something happens and we slip into a sort of deployment depression.

I too have experienced deployment depression; I have eaten a bag of popcorn for dinner while standing in the kitchen, staring at the

mountain of dishes piled in the sink. Something I would have nagged at my spouse for doing. Sometimes I wouldn't leave my house for several days and didn't speak to my friends or family for days on end. At the time I thought I was just feeling lonely and blue, not the strong military spouse we all read and hear about and frankly I was a little ashamed of myself. After all, these were huge boots to fill being the strong, resilient, courageous, independent military spouse that every other deployed spouse was being, or so I thought. We are called upon to handle parenting alone for long periods of time, make sure everyone gets to school, meals

are on the table, practices are attended, homework is done, clean clothes are available and, if you are like me, work a full time job on top of that. I felt like I was a fraud. But what we forget is that military spouses are human too, and as humans we are allowed to feel lonely, depressed, overwhelmed, apathetic, and scared, especially during deployments.

I have connected with many deployed spouses in this position, as well as have been a deployed spouse, and we all share similar stories. For instance the mom at home with two children under the age of three who told me that if she managed to brush her teeth and comb

her hair in the same day that it was then a "good day". The Deployed spouse who just couldn't get motivated to leave the house and go to the store, or not taking care of herself and living up to the goal of using respite and casual childcare so she could go to the gym. For me I thought why make a nice dinner and fold the laundry when it was just me. My point is that we are human and sometimes we just need to get out and talk and learn from each other. The longer we dwell in negative actions the harder it is to break the momentum.

Taking part in activities that interest you outside the home

can help you ease your anxiety and relieve some of the stress associated with deployments. Connecting with others who are going through a deployment helps to alleviate the feelings of isolation and the misconception that you are not coping well with the deployment.

If you have suggestions for activities or a social get together that would interest you or you think would interest anyone else who is coping with a deployment give me a call, stop in to the GMFRC, or drop us a line. If you think that you just need to talk, your GMFRC family is hear to listen and help make suggestions to make your deployment easier.

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.

Casual Childcare and ECE Program Closed May 3rd, 2010

Casual Childcare and the ECE Program at the Greenwood Military Family Resource Centre would like to inform the public that in order for staff to participate in Professional Development Training, our programs will not be running

Monday May 3rd. Programs will resume as scheduled Tuesday May 4th, 2010. We apologize for any inconvenience this may cause.

Sincerely, Childcare Staff



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~ NOTICE ~



VILLAGE OF GREENWOOD ANNUAL GENERAL MEETING

The Chairman of the Village Commissioners of Greenwood gives notice that the village commissioners have called for the **ANNUAL GENERAL MEETING OF THE ELECTORS** to be held at the Greenwood Civic Building, RCAFA hall, 904 Central Avenue, Greenwood on **Tuesday the 18th day of May, 2010 at 7:00 p.m.**

AGENDA

- Copies of Financial Statements and Auditors Report for 2009-2010
- Presentation of Village Budget for 2010-2011
- Chairman's Report
- Election of three commissioners; two for (3) year terms, one (1) for one year term
- New Business

Please Note; Four nomination forms were submitted for commissioner. Candidates for election are;

- Robert Baker
- Tom Bondy
- Richard Nickerson
- Jim Robinson

All residents of the Village of Greenwood are encouraged to attend. Please support your commission.

Marian Elsworth
Clerk-Treasurer, Village of Greenwood

Take a Stand Lose Grand

On 04 November 2009, Health Promotion and the Fitness Staff partnered to bring the Wing "Take a Stand Lose Grand" for the second time. This class took the principles of the Weight Wellness program and combined them with weekly exercises classes to help individuals meet their Fitness and Lifestyle goals. Participants met for mandatory sessions every Wednesday from 1200-1400.

The first part of the session was classroom information and discussions, and then participants got the chance to workout! The classes included many different aspects of training and were designed to give the participants tools to take with them on their fitness journey. As a result when the program was complete they would have the knowledge and skills to succeed in their quest of health and wellness.

The participants got the chance to experience everything from Cardio, Weights, Stability Ball, TRX, Track Class, Circuit Training, and Team Competitions. Throughout this adventure there were many highlights and inspirational moments, goals



were made and achieved, Fitness Accomplishments and Lifestyle changes were noticed among all the participants.

Everyone who participated in this program showed their dedication and willingness to improve their lifestyle and we would like to thank you all for taking this journey with us. Prize winners were chosen based on dedication, motivation, enthusiasm, participation and overall Lifestyle changes, the winners are as follows; Cpl Dan Martin most weight lost male, Cpl Lynn Norris Most Weight Lost Female, Darlene Glibbery Biggest Lifestyle Change, and Sgt Geoff Robbins Most Improved Student.

The next TSLG will be offered in the fall of 2010. To register for the upcoming Weight Wellness evening class contact 14 Wing Health Promotion at 765-1494, ext 5388. To find out more about Weight Wellness and other Strengthening the Forces Health Promotion Programs visit our webpage: www.14winghealthpromotion.com

National Coaching Certification Program (NCCP)

By: Eric MacKenzie, Community Recreation Coordinator

Postponement of Introduction to Competition - Part B

Due to low interest, the 14 Wing Community Centre has postponed the "Introduction to Competition - Part B" Course scheduled for the end of April and hope to be able offer this course during the weekend of 28, 29 and 30 May 10. However, in order to do so, we require sufficient interest and at least 8-10 participants.

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

The 14 Wing Community Centre would like to offer the "Introduction to Competition - Part B" Course on the weekend of May 28th - May 30th 2010. This is the new Part B course (formally level 2), with intergraded NCCP material, would be held in the Upper Multi Purpose Room of the 14 Wing Community Centre. Please note that you do not have to have completed your **Part A** as a pre-requisite to register for this course.

On Friday, May 28th from 6:00 p.m. - 10:00 p.m., you will learn how to design a Basic Sport Program that meets the training and competition needs of your athletes. In particular, you will be able to:

- Develop a program structure based on opportunities for training and competition

- Establish indicators of athlete development in your program
 - Develop practice plans that reflect season training priorities
- Saturday, May 29th from 8:30 a.m. - 4:00 p.m., will consist of the Teaching and Learning portion of the program, where you will learn to;
- To take a critical look at your own teaching
 - To use several assessment tools
 - Implement an appropriately structured and organized practice
 - Make interventions that promote learning

Sunday, May 30th from 9:00 a.m. - 12:00 p.m., will consist of the Basic Mental Skills portion of the program, where you will learn to:

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

Please note that the course registration fee is \$35.00 and you must be 16 years of age prior to or on the date.

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

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



The Village of Kingston

**NOMINATION DAY
May 26, 2010**

The Village of Kingston will receive nominations for the office of one (1) Commissioner. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 26, 2010.

Nomination papers are available at the Village Office or on our website. Per the Kingston Nomination Day/Election Process By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than one candidate is nominated by Nomination Day, Election Day is designated as Tuesday, June 8, 2010 at the Kingston Annual General Meeting. Meeting location is the Kingston Fire Hall, 670 Sparky Street.

The Village of Kingston
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Come Celebrate!! MIDDLETON SUN CENTER'S 26th Anniversary • Thursday, May 20th

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Book session times early, this is the busiest day of the year!
Everyone who uses a session today can draw from the prize bucket!
(Prizes range from a month unlimited to packettes of lotion!!)

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There will be snacks and punch all day

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Hours Mon-Fri 9am-7pm (later by appt.) Sat. 9am-1pm (later by appt) Sunday 1pm-4pm



LCC Upcoming Workshops

May 2010	Orientation - 1.5 days	Assessment (PLA),
07 - Prior Learning	12 - Future Planning	Day 5 of 10 - 1 day
Assessment (PLA),	(Civilian Employees	21 - Prior Learning
Day 4 of 10 - 1 day	under age 45) - 1 day	Assessment (PLA),
11-12 - New Employee	14 - Prior Learning	Day 6 of 10 - 1 day
		28 - Prior Learning
		Assessment (PLA),
		Day 7 of 10 - 1 day

Earth Day



A group of Dwight Ross Elementary School students celebrate Earth Day by cleaning up around their school.

- June 2010**
- 01-02** - Exploring the Leader in You - 2 days
 - 04** - Prior Learning Assessment (PLA), Day 8 of 10 - 1 day
 - 11** - Prior Learning Assessment (PLA), Day 9 of 10 - 1 day
 - 15-16** - Stepping Up to Supervisor - 2 days
 - 18** - Prior Learning Assessment (PLA), Day 10 of 10 - 1 day

- July 2010**
- 06-08** - Negotiation Skills - 3 days
 - 14** - Assertive Communications - 1 day

Come Join the Greenwood Underwater Club...

Experience Scuba Diving in the Maritimes

Looking for new members who are qualified or wanting to be qualified in scuba diving. The Greenwood Underwater Scuba Club (GUSC) is looking for new members as well as a new executive committee to help form and direct the clubs future growth. The club has lost many of it's members due to high number of postings /retirements. Presently the club can offer a members; compressed air, scuba tanks, buoyancy compensators, pool usage for scuba skills practice. All training and upgrading is handled by a local dive instructor, which provides a excellent opportunities to meet fellow local divers in the area, and experience the world under the planet's waters. All interested please contact Perry Lockhart (Pres) at 765-1494 ext.3314 or 847-0854



14 Wing Skate Park Focus Group!



If you have any ideas, suggestions or concerns for our community skate park, then please attend our focus group set for Friday May 21st from 3:30 - 4:30 p.m. inside the 14 Wing Community Centre Conference Room.

This is your opportunity to voice your opinions and recommend the changes that you would like to see. This focus group, in partnership with Limitless Skate and Snow, will allow the users of the park to provide feedback on where our grant funding should be spent. Plus, another purpose of the focus group will be to determine what interest exists for forming a Skate Park club? Those who attend will have the opportunity to win door prizes that have been generously donated by Limitless Skate and Snow! Please note that the Community Centre Conference Room is located on the second floor of the Centre. If you have any questions or ideas, but unable to attend, please call Eric MacKenzie at 765-1494 ext. 5337. (Image by: 14 Wing Imaging)

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FltEd 2010 – A Great Success



All the instructors have a unique combination of technical aviation experience and expertise.

By: Lloyd Graham held on Wednesday, 14 April, Lawrencetown Elementary
The last Flight Education and had 63 grade six students Schools. This visit was the
(FltEd) program for 2010 was from the Annapolis East and eleventh in a series that

started in January with nine Valley schools and concluded with some 626 students, staff and escorts visiting the Greenwood Military Aviation Museum (GMAM) for a 2.5 hour instructional tour. The success of this eight-year program is directly attributed to the dedicated team of retired and current military and civilian volunteer instructors who show up weekly, on Wednesday mornings, to support this unique museum program. All the instructors (21 of 24 seen above) have a unique combination of technical aviation experience and expertise that they willingly share with each other and the students. Ideally, 12 –16 instructors are required for each session. Some travel a considerable distance, one from as far away as the Gaspereau Valley, to work with these young visitors. Over the years the teachers and students have regularly commented on their visits. This note from a young Middleton student sums up how most of them feel about their museum experience this year:

My favourite part was ...all of it! It was very interesting. It was really neat how you had the engines and planes so that we could have almost a live experience. I can't thank you enough for volunteering your time to help us learn. I had so much fun! I hope I can come again. Thank you!"

If you feel that you have some time to offer the community and would like to help, the museum is always looking for new people to work with this great team of volunteers. Check our web page <http://gmam.ca/> for more details or drop in for a visit.

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Generous Donation



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

The Ladies 7 – A – Side Soccer League stopped by the Greenwood Military Family Resource Centre (GMFRC) with a very generous donation to our centre in support of military families. This dynamic group of ladies from the local community donated funds to the GMFRC to be used to help provide programs and services to families here at 14 Wing Greenwood experiencing a deployment. Pictured accepting the cheque on behalf of the GMFRC is Megan Venner, Board of Directors Secretary from Tammy Bowker and Jade Cavenough of Ladies 7 – A – Side Soccer League. (Photo: Karen Doiron)

Card of Thanks

~ Baker ~

Special thanks to our daughters Shelley and Kim for hosting our 50th Wedding Anniversary Party. Thanks to Stewart K. Thanks for all the beautiful cards, flowers, gifts and plaques. Also thanks to the Fire Department Ladies Auxiliary and Harmony Ladies for the delicious food. We will never forget all 250 friends and family who shared in our celebration.



Love to all, Bob and Laurine

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BOB	1997	RAV 4WD	GREEN	4	5	PW,PDL	220000	3995
U1717	2002	RAV4 4WD BA	WHITE	4	A	AC,PW,PDL,CRU	103000	12995
10376A	2003	CAMRY SE AA	RED	4	A	AC,PW,PDL,CRU	108000	10995
10-359A	2004	TACOMA ACC CAB	DGREEN	4	A	2WD,AC,CRU,CD	115000	13995
10-318A	2004	MATRIX XR BA	RED	4	A	AC,S/R,PW,PDL	114000	9995
10-237A	2005	MATRIX XR AA	RED	4	5	AC,PW,PDL,CRU	110000	11995
U1708	2005	LANDROVER LR3	RED	8	A	SE,LEATHER,S/R	65000	24995
10-489A	2005	COROLLA LE AA	BEIGE	4	A	AC,PW,PDL,CRU	106000	10995
10-431B	2005	TACOMA REGCAB	SILVER	4	5	2WD,AC,CD	36000M	12995
09-626A	2006	YARIS RS H/B	BLACK	4	5	3DR,AC,PW,PDL	92000	10995
10-261A	2006	CIVIC DX-G 4DR	GREY	4	A	AC,PW,PDL,CD	80000	12995
10-379A	2006	COROLLA CE BA	BLUE	4	A	AC,PDL,CD	75000	11995
10-407A	2006	RAV4 4WD AA	BEIGE	4	A	AC,PW,PDL,CRU	98000	17995
U1728	2006	MATRIX XR	SILVER	4	A	AC,PW,PDL,CRU	59000	13995
BOB	2006	COROLLA SPORT	SILVER	4	5	AC,S/R,PW,PDL	123000	11495
10-442A	2006	CIVIC EX 2DR	SILVER	4	5	AC,PW,PDL,CRU	62000	12995
10-505A	2006	FORESTER X 4DR	RED	4	A	AC,PW,PDL,CRU	69000	15995
U1734	2006	SIENNA CE AA	DBLUE	6	A	AC,PW,PDL,CRU	87000	17995
11-13A	2006	CAMRY LE AA	DBLUE	4	A	AC,PW,PDL,CRU	69000	14995
09-616A	2007	ACCORD SE 4DR	RED	4	A	AC,PW,PDL,S/R	53000	17995
10-272A *	2007	ACCORD SE 4DR	SILVER	4	A	AC,PW,PDL,S/R	39000	17995
10-294A	2007	YARIS 5DR H/B	SILVER	4	A	LE,AC,PDL,PW	47000	11995
10-114A	2007	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CD	85000	16995
10-351A *	2007	COROLLA CE CA	DBLUE	4	A	AC,PW,PDL,CRU	80000	12995
U1729 *	2007	YARIS SEDAN	RED	4	A	AC,CD	71000	11995
10-478A *	2007	CAMRY LE V6	SILVER	6	A	AC,PW,PDL,CRU	54000	17995
10-289A *	2007	COROLLA CE CA	BLUE	4	A	AC,PW,PDL,CRU	102000	10995
10-421A *	2007	MATRIX TRD	RED	4	5	AC,PDL,CRU,CD	63000	12995
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- * 10-478A: 4 yr--100,000 EXT.WARR/ In-Service: Nov. 02/07
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Greenwood Curling Club News

Submitted by Hazel McEwan

The Greenwood Mens' Closing Bonspiel was another success story – there were thirty-two teams competing this year.

Special thanks to Ernie Hatfield (Labatts) for his sponsorship – really appreciate it. Also, thanks to all those who volunteered and helped make the Spiel a success – Sandra C., Kathy M., Judy G., Doug McE., Mary W., Sue H., Jan McK., Dave R., - many hand make light work.

Dave Ronaldson's team were the overall winners – congratulations to Dave, Eric

MacKenzie, Ted White and Roger Brooks. (Since the spiel Roger underwent surgery and is resting comfortably at home – Get well soon, Roger ... no more? Tormenting? The nurses!). Runner up was Donnie Smith's rink from Berwick/Halifax. Third and fourth winners were Lou White & team and Art Faulkner & team.

The "A" Consolation Event winners were: Doug Carpenter,

Tom Litsas, Dwight Richardson and Brian Walker – they defeated the Bill Winter team in the finals.

The "B" Event winners were the David Backman team who defeated the Grant Romkey foursome in the finals. The third and fourth winners were the Calvin MacDonald team and the Jerry Winters team.

The "C" Event winners were the Danny Christianson foursome who defeated the Rick

Green team (this was their first time at the Spiel – well done!). The third and fourth teams were the Granchelli and Duhme teams.

The first team out winners! Were Pete Henry, Butch Sullivan, Doug MacLeod and Dave Canning.

Congratulations to all the winners!

The Curling Club held their Pot Luck Supper and Prize

presentation night on Saturday, April 24th – WOW, what an awesome meal! Congratulations to all the League winners and a Special Congratulations to our "Volunteer of the Year" winner – Dave Ronaldson. Dave is certainly deserving of this award – he is always available to help with the Ladies & Mens Bonspiels, Mens and Mixed Leagues – Our Club survives because of people like Dave –

"Thanks for all you do".

After a short meeting the evening ended with a dance.

Have a safe and happy summer and we'll all meet again next year at the Greenwood Curling Club – we will be kicking off our curling season with the Aurora Mixed Bonspiel October 29-31st (first 24 teams – more info contact Hazel 765-6177 or Wendy 765-6787 or wdrichardsonb@eastlink.ca.

14 Wing Library - Serving those who read!

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

Hello from your local library. May is here and so is the spring weather – Hooray! Special days are Mothers Day on May 9th; Nurses Day on May 12th, and Victoria Day on May 24th.

14 Wing Library hosted workshops on RRSPs, Dog Agility, Dahlias, Lawns and Digital Photography over the past few months. We would like to send a **Big Thank You** to the knowledgeable people who gave these interesting presentations and also **Thank You** to those who attended!

The library will be closed on Sunday May 23rd and Monday May 24th to celebrate the holiday. *This will finish our Sunday opening until after Thanksgiving.*

Happenings: The Reading Challenge was a huge success with over 80 participants. Our winners were: Up to

5years- Nathaniel Barron; 6-10years- Allyson Colwell; 11-16 years-Samuel MacDonald and 17-105 years- Rosalie Fredericks.

Thank you to all of the sponsors who provided prizes.

Donations – Many thanks to patrons who have donated books during the past month. We gratefully accept current titles in both fiction and non fiction for adult or juvenile reading.

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

If you are moving this summer please remember to return your library books and not pack them up! Thank you.

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

Library Hours*
Mon. • 1-5pm & 6-8pm
Tues. • 10am-1pm & 2-5pm
Wed. • 1-5pm & 6-8pm
Fri. • Noon-4pm
Sun. • 1:30-4pm until May 16

We will be commencing our Summer Hours on May 23 - Sunday-Closed until after Thanksgiving

***Special Note- "Under The Story Tree"** story hour will continue on Tuesday 4 May 2010 at 10:30 am. With Miss Donna. Please register your little ones.

Thank You Volunteers! - A very special thanks goes to all of our valuable volunteers who have been doing yeoman work these past few months in making the library a better place, everything from shelving books, housekeeping, covering books to computer work. We were fortunate to have some of them attended the Volunteers Reception at the Lions Club. We all had a fun time, and were motivated by the guest speaker Pam. Merci beaucoup.

Books for May
Fiction: Stork Naked/Piers Anthony
The Strength of His Hand-#3
Chronicle of Kings/Lynn Austin
Faith of My Fathers-#4 Chronicle of Kings/Lynn Austin
The Postmistress/Sarah Blake
The Friends We Keep/Holly Chamberlin
The Silent Sea-#7 Oregon Files/Clive Cussler
The Vulture Fund/Stephen W.Frey
Eden's Gate/David Hagberg
Deeper Than Dead/Tami Hoag
For God and Glory/Tim Jeal
Traveling With Pomegranates/Sue

Monk Kidd
The Dark Half/Stephen King
A Peculiar Grace/Jeffrey Lent
Alligator/Lisa Moore
House Rules/Jodi Picoult
Vision In White-#1 Bride Quartet/Nora Roberts
Bed of Roses-#2 Bride Quartet/Nora Roberts
Third Watch-#3 AD Chronicles/B & B Thoen
Fourth Dawn-#4 AD Chronicles/B & B Thoen
Non-Fiction – The Smart Canadians
Guide to Saving Money/Pat Foran
Dogs, The Ultimate Care Guide/Prevention Pets
Biplanes, Triplanes & Seaplanes/Michael Sharpe
The Complete Book of Juicing/Michael T. Murray, N.D.
Get House Smart/Readers Digest
Antique Trader Royal Doulton Price Guide/Husloen
Step By Step Tennis Skills/Deutscher Tennis Bund
Ricke Steves' London 2009
En francais – Un amour assassin/Julie Garwood
Suzanne et la province/Madeleine Chapsal
Lumiere Morte/Michael Connelly
Les secrets de Shancarrig/Maeve Binchy
Vous revoir/Marc Levy
DVD – Evan Almighty; Murder On

The Orient Express
Library Services

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

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

There is a usage fee for non-members; library members may use for the first half-hour at no cost.

French language books
DID YOU KNOW that we have a large selection of French Fiction and Non Fiction for both adults and children? Saviez-vous que la bibliotheque de la 14e Escadre se procure et conserve du materiel en francais ainsi qu'en anglais?

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

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

Notice

Effective Immediately
Announcements

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

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

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

The Aurora



2 - 6 May
Date Night
Sun-Thur 8 pm
Rated PG

7 - 13 May
Iron Man 2
Fri-Sat 7 & 9:15
Sun-Thur 8 pm
Rated PG

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

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET
BINGO

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

Regular Games - \$100

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

Lic.#
35542-96



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.

May 3rd: Chicken Nuggets & Corn on the Cob 3.00
• Blueberry Buckle 1.00
May 4th: Mac & Cheese 3.00 • Baked Potato 1.50 • Toss Salad 2.00
• Fresh Fruit Cup 1.00
May 5th: Sliced Ham & Potato Wedges 3.00 • Caesar Salad 2.00
• Yogurt Tubes 1.00 • Sub-way Orders are Due Today
May 6th: Corn Chowder 2.00 • Sub-way 2.50 • Raspberry Smoothies 1.25
May 7th: Taco Wraps 3.00 • Orange Slices 1.00
Daily Lunch Combo includes Main Entree, Dessert & Milk for \$3.50

KINGSTON & DISTRICT SCHOOL

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: Poutine with Veggies \$3.50; **Tues:** Lasagna with Garlic Toast \$3.50
Wed: Grilled Cheese with Veggie Sticks \$3.25; **Thurs:** Chicken Nuggets with Veggies \$3.25; **Fri:** Hamburgers \$3.50

This menu brought to you compliments of:

FRASER'S PRO Home Centre

BERWICK • 1-800-959-3727
KINGSTON • 1-902-765-3111
KENTVILLE • 1-902-678-8044
BRIDGETOWN • 1-902-665-4449
www.frasers.ca



Public Notice - GMFRC Annual General Meeting & Family Fun Event

Come and enjoy the ceremony of our Annual General Meeting followed by a complimentary BBQ. This great family event will take place on Wednesday, May 19th, 2010 starting at 4:00 pm at the AVM Morfee Centre (School Road, Greenwood). FREE childcare is provided during the brief meeting. Please contact the GMFRC to register your children 3 months to 5 years to ensure adequate childcare is available. If you are interested in the Board of Directors or have any questions please call the Centre at 765-5611. We look forward to seeing you!

Announce 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!

Village of Kingston to Run Western Kings Rink During Summer Months

Kingston, NS, April 27, 2010 -- The Village of Kingston and Western Kings Rink Association have signed an agreement to allow the village to run the facility during the non-ice season. This initiative will provide for greater recreation activities, community usage and programs to be run during the summer when the arena would normally be closed for the season.

This partnership is the culmination of months of discussions between the Village and Rink Association to make the facility available year-round. "We recognized that the arena was under-utilized," says Wayne Fowler, Chair of the Western Kings Rink Association. "As a volunteer board, we didn't have the ability to run it during the summer. Fortunately, Kingston was able to provide the resources to make this happen."

Board membership for the Western Kings Arena has been declining over the past couple of years. The board is actively trying to recruit more members to shore up membership numbers.

The Village of Kingston is now taking bookings for the facility. The village plans to make the arena available for recreational leagues such as ball or roller hockey, to hold community events or for other commercial activities. A large meeting area is also available to be booked.

"The Western Kings Arena is an integral part of the community," says Tom Beardsley, Chair of the Kingston Village Commission. "This partnership will make the arena stronger, make the village stronger, and

continue to make the arena available for years to come. This agreement will help achieve that."

Booking the arena may be made through the Kingston Village office at (902) 765-2800.

H.A.R.T.'s 1st Annual Golf Tournament!

Submitted by: Laurie Wheeler, H.A.R.T.

The Homeless Animal Rescue Team (of Aylesford) is having their first annual golf tournament on July 2nd, 2010. This fundraiser is being held at Eden Golf & Country Club in Paradise. This entire event is being put together by Michael Hunt (with help also from his wife Heather, who owns 4 Paws on Earth Pet Spa & Boutique in Granville Ferry). Registration is \$60.00 per player or \$240.00 per team. Pre-registration is required. Contact Michael Hunt at 532-7297 or 824-1770. Registration includes an 18 hole round of golf and a full roast dinner afterwards. Participants will receive

a re-useable eco-bag with contents included from various Sponsors. There will be great items to be auctioned off as well. If you are not a golfer, but wish to attend the supper that is fine too. For \$18.00 you will get the full roast dinner and bidding privileges on all auction items. Tickets MUST be purchased in advance for the supper as well. The prize presentation and the dinner will follow directly after golf is completed at approximately

5:00 p.m. in the Eden Golf & Country Club Banquet Room. Shotgun start at 0900, Texas Scramble. Prizes for each player: putting challenge on the practice green, hole-in-one, closest to the pin challenge, and longest drive. Please contact Michael Hunt for ALL information with respect to this fantastic fundraiser. We also have the option of sponsoring a hole for a \$100.00 donation - your company name would be clearly visible on a stake

at the hole, as well as noted on all upcoming advertising for the tournament. To find out what some of the items being auctioned off are please ask Michael Hunt! You can also email Michael at: 4pawsonearth@bellaliant.com Dress code is in effect (collared shirts, slacks, no steel spikes). H.A.R.T. is a registered not-for-profit organization that works extremely hard rescuing animals. Please visit H.A.R.T.'s website: www.valleyhart.com

Kingston Legion Br 98 ~ May 2010						
Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail legion98sect@ns.sympatico.ca						
Sun	Mon	Tues	Wed	Thu	Fri	Sat
Events Subject to Change Without Notice. Members & Guests Welcome!						BREAKFAST DARTS LADIES ZONES
2 BINGO DARTS LADIES	3 EUCHRE	4 BINGO	5 VALLEY DARTS	6 CRIB	7 MIXED DARTS CHICKEN WINGS & FRIES	8
9 BINGO	10 EUCHRE	11 BINGO	12 VALLEY DARTS	13 CRIB	14 STABLE COUNTRY MIXED DARTS FISH & CHIPS	15 CRIB
16 BINGO	17 EXEC MTG EUCHRE	18 BINGO	19 VALLEY DARTS	20 CRIB	21 REBOOT MIXED DARTS SCALLOPS	22 AIR CADET BANQUET
23 BINGO	24 EUCHRE GEN MTG	25 BINGO	26	27 CRIB	28 STRAIGHT OUT FISH & CHIPS	29
30	31					
Legion Calendar Sponsored by		PHARMASAVE VALLEY DRUG MART		613 Main St. KINGSTON 765-2103	488 Main St. LAWRENCETOWN 584-3366	26 Commercial St. MIDDLETON 825-4822

For people who love the kitchen, incredible savings on Paderno's Pots for Eternity and a huge range of other kitchenwares. Hurry, Sale ends May 9th!



PADERNO



65% OFF! 12pc Copperline set is made from heavy weight stainless steel with an encapsulated copper base. 25 year warranty, dishwasher safe, oven safe, and good for use on all stovetops - including induction. Set includes: 1.5, 2, 3 & 4L saucepans, 5L Dutch oven, 24cm/10" fry pan, steamer, 5 covers. List \$799.99: **\$279.99**

75% OFF!
20cm fry pan with egg poacher.
List: \$139.99
\$34.99

56% OFF!
20pc flatware set.
List: \$89.99
\$39.99

56% OFF!
15" Enamel baker pan available in red and blue. List: \$79.99
\$34.99

77% OFF!
1L saute pan with cover.
List: \$149.00
\$34.99

BARGAINS!
25cm Platinum fry pan.
List: \$109.99
30cm Platinum fry pan.
List: \$119.99
from **\$24.99**

72% OFF!
42cm stainless roaster with BONUS baster and lacer set.
List: \$359.99
\$99.99

Mother's Day Sale UP TO 77% OFF MAY 5 - 9

GREENWOOD
Greenwood Home Hardware
963 Central Ave. (902) 242-7777

Information & Dealer listings:
1-800-A-NEW-POT or www.paderno.com
Quantities are limited, please be early. Sale items may not be exactly as shown. Not all locations open Sunday.

FOR YOUR INFORMATION

UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

233 Water Street
Yarmouth, BSA 1M1
Office/Bureau (902) 742-6808
Fax/Télécopieur (902) 742-6815

14373 Highway 1
Wilmot, N.S. B0P 1W0
Office/Bureau (902) 825-2320
Fax/Télécopieur (902) 825-3765

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



HOROSCOPES

May 2 - May 8

ARIES - Mar 21/Apr 20

This week will be a positive one, Aries. That's thanks to your inherent tendency to be hardworking in all aspects of life. Your level of motivation can't be topped.

TAURUS - Apr 21/May 21

Financial gains will increase this week, Taurus. This could be due to work with friends or siblings, which enables your cash flow to grow. Now's the time for purchase power.

GEMINI - May 22/Jun 21

You could find your thought patterns are a little more unrealistic than in weeks past, Gemini. Don't make careless decisions that you will regret later on.

CANCER - Jun 22/Jul 22

Cancer, this week you prove more assertive than ever before. It could be because you have your eyes on a prize and you're ready to make your goals a reality.

LEO - Jul 23/Aug 23

Finances are of the utmost importance, Leo. You need to enforce financial planning in your life and avoid any form of speculation. Otherwise you could be in trouble.

VIRGO - Aug 24/Sept 22

Expect some levels of pressure and stress to rise this week, Virgo. Health issues may infringe on your ability to do your work to the best of your ability.

LIBRA - Sept 23/Oct 23

Libra, you will experience growth due to a lot of hard work and dedication. While this week may seem all about getting ahead, there is some time for kicking back as well.

SCORPIO - Oct 24/Nov 22

You will find overall stability and happiness with your family life, Scorpio. Rather than letting work pressures lead your life, focus more on your home relationships.

SAGITTARIUS - Nov 23/Dec 21

You will experience some challenges and hurdles this week, Sagittarius, but they are nothing that will keep you down for long. Help from a friend gets you out of a pickle.

CAPRICORN - Dec 22/Jan 20

Positive things outweigh the negative ones this week, Capricorn. That's a good thing for you, seeing as you've needed to turn your luck around. Leo is a pest on Tuesday.

AQUARIUS - Jan 21/Feb 18

A reunion with a friend could increase your income in an unexpected way, Aquarius. Gains can come out of the blue and from sources you never imagined.

PISCES - Feb 19/Mar 20

Your mind is angry and unsettled, Pisces. Do not make any major decisions while you are feeling aggressive. It could prove troublesome.

FAMOUS BIRTHDAYS

- | | |
|-------|------------------------------|
| MAY 2 | Lily Allen, Singer (25) |
| MAY 3 | Frankie Valli, Singer (73) |
| MAY 4 | Mike Dirnt, Bassist (38) |
| MAY 5 | Adele, Singer (22) |
| MAY 6 | Tom Bergeron, TV Host (55) |
| MAY 7 | Taylor Abrahamse, Actor (19) |
| MAY 8 | Darren Hayes, Singer (38) |

Horoscopes brought to you compliments of:



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ONLY INDEPENDENT TOWING COMPANY IN OUR AREA

24 HOUR SERVICE

www.morsetowing.ca

Mother's Day Supper

Melvorn Square Community Center, Saturday, May 8, 2010 for 4:30 p.m. to 6:00 p.m. Full Course Turkey Dinner, Homemade Rolls, Gingerbread/whipped cream, Tea - Coffee. Price: Adults \$10.00; Children \$5.00.

Valley Autism Support Team

The May VAST meeting will be held on Thursday 6 May 2010 starting at 7:00 pm. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave, Kingston. Program: Presentation by the Manager of Child & Youth Mental Health Annapolis Valley Health. She will discuss the services available for children and youth with ASD.

Roast Pork Supper

Saturday May 15, 4:00-6:00 p.m. There will be a roast pork supper held at the Kingston Baptist Church, Main St, Kingston. Meal includes roast pork, potatoes and vegetables, with all the fixings, plus homemade pies for dessert. Price is adults \$10.00, children \$5.00. No take out. All are welcome.

Gospel Concert

Sunday May 16, 7:00 p.m. There will be a gospel concert at the Kingston Baptist Church, Main St, Kingston, with Jean Marshall Betuik. Fellowship time with refreshment to follow. All are welcome.

C.W.L. Education Bursary

High School Grads who are members of Queen of Heaven Chapel and going on to post-secondary education are invited to apply for the CWL Education Bursary. Applications available at the Wing Chaplain's Office and the Chapel. Deadline: 31 May 10. Info: 765-1494 ext 5883.

Annual Plant Sale

The Valley Animal Shelter will hold its annual plant sale on Saturday, May 29th, 8:00 a.m. - 12:00 noon, at 36 Elm

Street, Jefferson Pines. This year you'll find many wonderful treasures including primroses (enough to create your very own primrose path), hostas, phlox, delphiniums, painted daisies, tomatoes, ornamental grasses and much, much more. There's literally something for everyone. For more information (including directions), please call Jennifer at 765-6629.

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.

Celebrating with Violets

The Annapolis Valley African Violet Society will mark the 50th anniversary of the African Violet Society of Canada and the 100th anniversary of the Canadian Navy at this year's African Violet Show, Tea and Sale "Celebrating with Violets" on Saturday May 29, 2010 in St. John's United Church Hall Main Street Middleton from 2:00 to 4:00 p.m. Admission \$3.00.

Kingston Lions Community Luncheon

The Noon Luncheon will be held at the Kingston Lions Hall on Tuesday 11 May 2010 from 11:30 a.m. until 1:00 p.m. Menu: Chicken Supreme with all the fixings and a desert of Ginger Bread & Whipped Cream. Cost: \$8.00 per meal, \$8:50 delivered. Phone 765-2128.

"Fun & Games"

An interactive exhibit for young and old alike is now at the Macdonald Museum in Middleton (21 School Street) and continues through to October. Museum is open from

10:30 a.m. to 4:30 p.m., Mon-Fri. Admission charged. Call 825-6116 for more information.

Tips for Entertaining At Your Home

It's all about Hospitality when The Falcourt Inn demonstrates the Art of Entertaining as the New Horizons series continues at the Rosa M. Harvey Library, Middleton; on Tuesday, May 11 at 7:00 p.m. From napkin folding, formal table settings to serving food and beverage are presented.

ASDU/14SES

30th Anniversary Celebrations, 5-6 August 2010. For information and registration, check out our website: English: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-eng.asp?id=1206>. French: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-fra.asp?id=1206>.

Rosemary Chapter I.O.D.E.

Rosemary Chapter I.O.D.E. will hold a Public Speaking Contest for Grades 7 & 8 of the Middleton Regional High School, May 11th, at 7:00 p.m. in the school library.

AES Spring Concert

The Annapolis East Elementary School Choirs present their annual spring concert with special guests, The 14 Wing Greenwood Military Band, on Wednesday, May 5, 2010. The concert will take place in the Annapolis East Elementary School Gymnasium at 7:00 p.m. Free Will offering at the door. Come and experience the joy of music.

Church Library Hours

The Kingston United Baptist Church Library is open to the public on Thursday evenings 6:30PM - 7:30PM. 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.

"Sonlight"

The Gospel group "Sonlight" will be performing in concert at New Beginnings Center in Greenwood on May 16th at 2:00 p.m. Admission is Free Will Offering. Refreshments will be served during the intermission. You are guaranteed of a wonderful afternoon of music and inspiration. <http://www.new-beginnings-center.com/events.html>

Kim Dunn and Thom Swift in Concert

Friday May 7 at 8:00 p.m. Evergreen Theatre, East Margaretsville NS. A Music Nova Scotia Bringing It Home Event. Reservations/information online: www.evergreentheatre.ca; e-mail: evergreentheatre@gmail.com; phone 902-825-6834.

Concert on Monday

Concert Monday, May 3, 7:00 p.m., Pine Ridge Middle School featuring Grade 8 Bands from Coldbrook and Kingston. Free admission.

Mother's Day Turkey Supper

May 9th, 4:30 - 6:00 p.m. at the Middleton Firehall. Turkey with all the fixings and Almost-Blackforest cake for dessert. Adults \$12.00, children under 12 \$6.00. Takeouts available in the Middleton area, for deliveries call 825-4758 by 6:00 p.m. Saturday, May 8th. On Sunday call 825-3246. Sponsored by the Anglican Church Men's Club.

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

The Aurora Newspaper

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

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

No Central Registry or Canada Post please.

Deadline: Noon, Thursday, May 6, 2010.

Make sure you include your full name and phone number.

PRESENTS...

FIND & WIN

NAME

Limited to one win per family in a TWO MONTH PERIOD.

The winner will be drawn randomly from all correct entries. Only one entry per family per week.

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

- What is the phone number for Ernst Locksmithing _____
- Who has a \$50 gift Certificate on framed prints _____
- Iron Man is playing at the Zedex Theatre on what dates _____
- What business includes tax in tanning prices _____
- Whose ad says, Recycle your Ride _____

PHONE NUMBER

This contest is brought to you by:

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: KATHY DAVIS

Red is More Than a Colour

Submitted by: Michelle Thibodeau Wagner, Coordinator of Special Events and Promotions, Greenwood Military Family Resource Centre 765-1491 local 1421 michelle.thibodeau-wagner@forces.gc.ca

What do colours bring to mind when we see them? We see all colours of the rainbow everyday, everywhere we look. What do they mean to us? Colours can make us remember somewhere we have visited, something we have been through, someone who means something to us. Colours can provide a personal connection.

Colours can make us happy and sad, they can make us aggressive or emotionally calm. Colour can bring on intense emotions, such as sorrow or pride. Colours are powerful and have meaning and emotion related to them.

Think about Red Friday. Why should you bother to wear a red on a Friday? What difference does a colour make?

Red Friday means different things to different people. It can mean you support a co-worker who is in Afghanistan, it can mean you miss a son who is stationed in Comox; it can mean

you support the job your significant other has been asked to do by our country.

Wearing red on Friday can mean you are in awe of military families who serves this great country of ours just as much as their soldier. Wearing red can be in respect of those who have given their lives to protect and preserve our way of life.

Wearing red can provide an example to our children that it's important to remember what has happened in the past and to ensure it doesn't happen again. Wearing red can show patrons of your business that you appreciate and respect the job they do.

Why should a soldier wear red on Friday? It seems odd to some I'm sure. Why should they "support" themselves? What about showing support for coworkers, their military families, veterans and setting an example in our community? It's important to all.

Red is more than a colour, it's a conveyance of emotion, respect and support. As proud Canadians, we should all wear Red on Friday. It's a simple thing to do and it's an important thing to do.

14 Wing Greenwood Bowling Centre

We would like to take this opportunity to thank all of our customers. As the bowling season comes to a close we wish that all of our bowlers have a safe and happy summer.

We hope that your visits with us through out the season were joyful and the spirit of the sport of 5-pin bowling

stays young in us all.

Many thanks to all of those whom volunteered to kept our game alive and well in Greenwood enjoy your summer see you next season.

Good Times Roll @ Greenwood Bowling Centre
Keep Fit Bowl a Bit
Tim Martell-Norman, 14

Wing PSP, Bowling Centre 5631
Manager E-mail: gbcbowling@east-link.ca
Phone: 902-765-1494 ext link.ca

PATRICK'S PUZZLE

Barbecue Word Find

Just in time for barbecue season, see how many related words you can find and circle in the puzzle.

BARBECUE	FLAVOR	SLOW
BEEF	GRILL	SMOKE
CHICKEN	PORK	TASTY
FIRE	RUB	VEGETABLES

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

Sudoku

Solution page 14

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

Level: Beginner

Fun By The Numbers

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

Sudoku brought to you compliments of:

'STAGE 2'

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• Sofa Gallery • Mattress Centre
• Furniture & Appliances

963 Main Street
Port Williams
542-7888 or 1-800-257-6314
Mon-Wed: 8-5:30 Thurs-Fri: 8-9 Sat: 8-4

Barbecue Scramble

Unscramble the words to complete the sentences.

- Some chefs prefer **R C L H A O A C** grills.
- It's safer to grill **T E D O I U**.
- Add spicy barbecue **E S C A U** to food.
- Flip burgers with a **T L A S P A U**.

Answers: 1. charcoal 2. outside 3. sauce 4. spatula

Patrick's Puzzle brought to you compliments of:

Tri County Communications
Greenwood Mall

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

CUCINA AURORA

Unbelievable Hotdogs

1/2 cup chili sauce
1/2 cup grape jelly
1 tablespoon prepared mustard
1 package hotdogs - (12 ounces)

In a sauce pan combine chili sauce, jelly and mustard. Heat mixture stirring occasionally to blend ingredients. Cut franks into 1/2" diagonally slice pieces. Add to warm mixture.

Canadiana Crossword

On the Money

By Bernice Rosella and James Kilner

Solution page 14

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				58	

ACROSS

1 Ump

4 Bucks

9 Imperial weight meas.

11 Lennon's lady

12 Slavic porridge

13 Ontario's _____ locks

14 Image on our penny

16 Broadcast

17 Cobbler's tool

18 Chuck Berry lyric

20 Image on our \$10 bill

23 Plant part

24 Word before pod and after sweet

25 17th Greek letter

27 Implant

30 Processes a hide

32 Image on our \$50 bill

34 Only

35 Young salmon

37 Core

39 Petals

40 Scarce

42 Image on our \$5 bill

44 Image on our 5 cent coin

46 Brother, slangily

47 RBC or CIBC cash serv-er

48 Image on our Toonie

53 Canadian mil. unit

54 Saying

55 Crow bar

56 What'd ya say?

57 Oil of lemon grass

58 Soul to Serge

10 Persona Non Grata

13 Image on our 10 cent coin

15 Indian city

19 Fades

20 Elects

21 Joint

22 Vista

26 Possess

28 Norse goddess

29 College official

31 Serb or Croat

33 Backache

36 Drill

38 Cask

41 Wear away

43 Burglarize

44 Expose

45 Inscribe

49 Roman god

50 Environmental protection org.

51 Provide with ordinance

52 Whiskey genre

Weekly Crossword brought to you compliments of:

Peter Hebb

at 59 Webster St., Kentville, N.S.

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Cell: 825-8157

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

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

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 SALE – 6 Remote Control aircrafts. Complete with radios and receivers.

Extra equipment included. Asking \$1200.00 or best offer. Phone 584-3996. (3118-2tpb)

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FOR RENT - LINCOLNSHIRE APT AVAILABLE, March & May. 2 bedroom apartment \$575.00 a month excludes utilities. Live-in Super, se-

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(Also of the Alberta Bar)

Counsel:

Clare H. Durand, Q.C.

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Phone (902) **825-3415**

Fax (902) **825-2522**

74 Commercial Street

P.O. Box 700

Middleton, NS

B0S 1P0



cured 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 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.

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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

Future Glass and Mirror Ltd.
Sampson Dr., Greenwood
902-765-2105
SPECIALIZING REPAIRS/ REPLACEMENTS OF WINDSHIELDS
ALSO: *plateglass *mirrors *plexiglass *vehicle accessories *window & screen repairs
Many Used Windshields Available at Reduced Prices
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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. \$750.00 per month. Call Joan or Cindy for further information. 765-4400. (3115-6tp)

FOR RENT – Room for rent in bungalow located in Berwick. Ideal for seniors. Walking distance to hospital. \$300.00 a month utilities included. Own TV located in room. Must provide own groceries. Non smoking. Available as soon as possible. Call Charlene at 375-2091. (3117-2tpb)

FOR RENT – 2-Bedroom apt located on Main Street in Kingston. Heat & Lights

U-LOCK Storage Units
6'x7'x10' up to 16'x12'x10'
Starting at \$65.00 a month
ALSO
Storage For
Auto - Boats - Campers
Close to 14 Wing
Military Discount on Units
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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

included. Non smoking. Available May 1st \$700.00 a month plus damage deposit. Please leave message. Phone 678-5665. (3117-2tpb)

FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3118-8tpb)

ROOMMATE WANTED – Looking for a roommate. Military members only. Must like pets. Charming

GUITAR GURU GUITAR LESSONS
Play & Learn in our comfortable home studio
Electric or Acoustic Guitar
All ages, all styles of music
Beginner to Advanced
Over 26 years experience
Call Steve 825-6553

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Complete Mobile Service • repairs • replacements • truck sliders
20 YEARS OF EXPERIENCE!
Middleton 825-3659 or Digby 245-8163

country cottage just 5 minutes from CFB Greenwood. 2 bathrooms, 5 appliances included. Phone 840-1659. (3118-1tpb)

FOR RENT – House for rent in Middleton, 3 bedrooms, 2 bathrooms, 5 appliances, new woodstove and large yard. Available June 1st. \$850.00 a month plus utilities. Call 584-7227. (3118-1tpb)

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

Ernst Locksmithing Commercial • Residential
Locks Re-keyed, Repaired & Installed
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Web: www.davidproudfoot.com

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



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

Crossword Solution

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

Sudoku Solution

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

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

Youth Happenings at the 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

Boys Club
Cooking Class \$2 pre register!

May 3
4:30-6pm

Boys ages 9-12 sign-up before April 30 for 'Cooking Class'! We'll make our own unique mini pizzas! You have to sign-up before April 30! Call 765-8165 for more info!

Teen Council
May 4
3-4pm

Today teens, we'll be making Mother's Day cards for our friends at Tibbits nursing home. We'll provide the supplies.

Active Chicks
Mother's Day Craft & Cooking with Sobeys!
May 5th
6-7:30pm

Active Chicks will be meeting at the Community Centre Wednesday night to make something yummy to

eat with Jacqueline from Sobeys and than in honour of our Moms' the girls will be making a Mother's Day Craft. All you need to bring with you is a photo of yourself, or a photo of you and mom together, and a wooden frame to paint! See you there!!

Teen Activity
Delivering Mother's Day Cards

May 6
6-7:30pm

Tonight we'll be delivering our Mother's day cards to Tibbits!

Movie Night
Pre-teen 6-8pm: TBA
Teen 8-10pm: TBA

Special Events
Teen Trivia

May 11

Teens get ready to test your knowledge, it's 'Trivia Night!'

Pre-teen Dance

May 14

Time: 6-8pm

Cost: \$3

Pre-teens shimmy and

shake to the Community Centre for the dance tonight!

Family Trip

May 15

8:30-6pm

Cost: \$40 per adult, \$25 per 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.

Bravo Zulu

CORRECTION NOTICE: The following two Bravo Zulu entrees were incorrectly displayed in last weeks edition of The Aurora Newspaper. Our apologies for the mistake. Photos 14 Wing Imaging.



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.



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.

Classifieds Continued

experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours Call Mike at 840-0529 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)

SERVICE - I have full and part-time childcare available at my in-home daycare. Healthy snacks and lunch provided. Lots of planned indoor and outdoor activities. Flexible days and hours. Walking distance to both Kingston schools. Call Heather at 765-3825.

(3118-4tpb)

SERVICE - Babysitter available. Looking for someone to care for your child? I am available in my home Monday to Friday with many years of experience. Call 242-2465. (3118-2tpb)

LOST AND FOUND

LOST & FOUND - Found at Doolley's a ladies sterling silver ring with stone. Please call 765-0075.

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?

Admission gratuite

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





Maj Watters (OC MSS) and LCol Andy Cook (TSE CO) interact live, via Skype, by showing the banner which was given to them by members of Greenwood Minor Hockey. Background shows TSE personnel from Greenwood actively looking at the screen.

Theatre Support Element Runs ZX 10 Road Race

By: Master Corporal Brian Milligan

Personnel from 14 Mission Support Squadron (14 MSS) may be far away from home but for a short while, on Sunday the 25th of April, it didn't feel that way!

Members from Theatre Support Element (TSE) took part in the annual Greenwood ZX 10 Road Race via Skype connection. Personnel at the camp were thrilled to participate in a "real time" event being held

at home. Before the race started Major Glenn Watters presented a banner, received from Greenwood Minor Hockey, to TSE Commanding Officer (CO), Lieutenant Colonel Andy Cook, while members of Greenwood Minor Hockey looked on. The banner has been hung in the mess hall for everyone to see. Thank you for thinking of us!

Although no records were broken by any of our participants it was never really about that,

it was about connecting with back home for a few hours and showing everyone that all is well at our deployed location. Our motto here is "One Team One Mission" which goes well with 14 Wings motto "Operate As One". Safe to say that we both deliver!

Thank you to 14 Wing for all of your support and we will see you some time in June.

14 Mission Support Squadron (14 MSS)

Greenwood Horse and Rec Club Activities

Submitted by Rhonda Sanford

The Fat and Furry winter series finished on April 18, 2010 with a large crowd in attendance to watch the participants have a great time on their horses. Division Hi Point Champion coolers were awarded to Mike Armstrong and Jett who won the open division and to Katelyn Bland and Raine who won the novice division. Reserve trophies were awarded to Heather Swan and Midnight - Open Division and Jacquelyn Whalen and Gypsy - Novice Division.

Thank you to Tip Top Tack Shop for donating coolers and prizes, Debbie Young for donating trophies and Annavale Co op for your support. Also a huge thank you to the wonderful group of volunteers that assisted with the many duties required to make this series a success.

Membership renewal time is here again. Cost of GHRC membership is still a bargain at \$40.00 for individual and \$80.00 for the whole family. A Community Rec pass is also required and prices vary depending upon activities being requested. Contact



Katelyn Bland & Raine.



Mike Armstrong & Jett.

(Images submitted by Rhonda Sanford)

the Rec Center @ 765-1494 local 5341. Please note that both passes are required to use the GHRC facility.

On May 16 from 12:00 noon - 2:00 p.m. the GHRC will be hosting an Open House to invite the community in to tour our beautiful facility. We will be providing pony rides and a BBQ as well as riding demonstrations of various disciplines. A fun and interesting afternoon for the family.

Other events coming up:

May 22/23 Bowie Langille Clinic
June 4,5,6 Terry Myers Clinic
June 14 - 20 France Varnier Clinic and Symposium
June 27 Tip Top Tack Shop Walk

Trot Show

GHRC also provides a lesson program for ages 6 through to adult. Spaces are available though limited.

Our facility is also available for children's birthday parties but you must book early to ensure the date you want as our limited free weekends fill quickly.

For more information on any of the activities or events listed please call 765-2310.

Boston Bound

Twenty seven years and counting, Mr. Robin Foley has led Berwick and District's School bands on multi educational band tours. These tours over the years have taken Berwick School students across Canada and of course to Boston, Massachusetts. This year forty eight talented young musicians in grade eight and nine under Mr. Foley's direction will perform for schools in the greater Boston area. Both concert and stage bands will be taking part in these performances.

To provide the opportunity for forty eight students to travel to the United States for a week with the majority of expenses paid is only made possible by the countless hours spent fundraising by the dedicated efforts of the band parents and students. The limited expenses the students incur are only for some of the meals while away.

These students not only have a chance to showcase their musical abilities but also to participate in a wide range of educational experiences that some would not have an opportunity to experience without this trip. Some of the highlights of the tour will include a visit to the Boston Science Museum, New England Aquarium, Fleet Center which is the home of the Celtics and Bruins, Shear Madness which is a comedy mystery play and the most anticipated event will be seeing the musical band the Blue Man group.



(L-R): Noah Mathews, Mr. Foley, Logan Morton and seated from left to right are Ashley Spicer and Samantha Kennedy. Congratulations to both Logan and Ashley who received music scholarships from the Spring Concert Showcase held last week at Pine Ridge School, in Kingston.

In addition to planning and practicing for the Boston trip, Mr. Foley is also heavily involved preparing the other three school bands for upcoming events. The grade seven students will be attending the Atlantic Band Festival in Halifax at Mount St. Vincent University in May. This large band festival attracts schools from across Canada and the

United States. Not to be left out, the Grade Six Elementary Band and the Grade Five Beginner Band will be performing at the Annapolis Valley Music Festival in Wolfville later this month. All of the Berwick and District school bands do very well at these festivals obtaining high marks and it is not uncommon for them to obtain the gold award.

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RED FRIDAY

Don't forget to wear RED on Friday to show your support to the troops. There is no better way to make a statement and to say thank you to the men and women of the Canadian Forces than to proudly wear red on Friday. Drop by the Greenwood Military Family Resource Centre (GMFRC) to see us and buy a T-shirt to show your support!!! 100% of proceeds from the sale of Red T-shirts go directly to support GMFRC programs and services.

For more information please contact Michelle Thibodeau Wagner, GMFRC Coordinator of Special Events and Promotions at 765-1494 local 1421 or email at michelle.thibodeau-wagner@forces.gc.ca.