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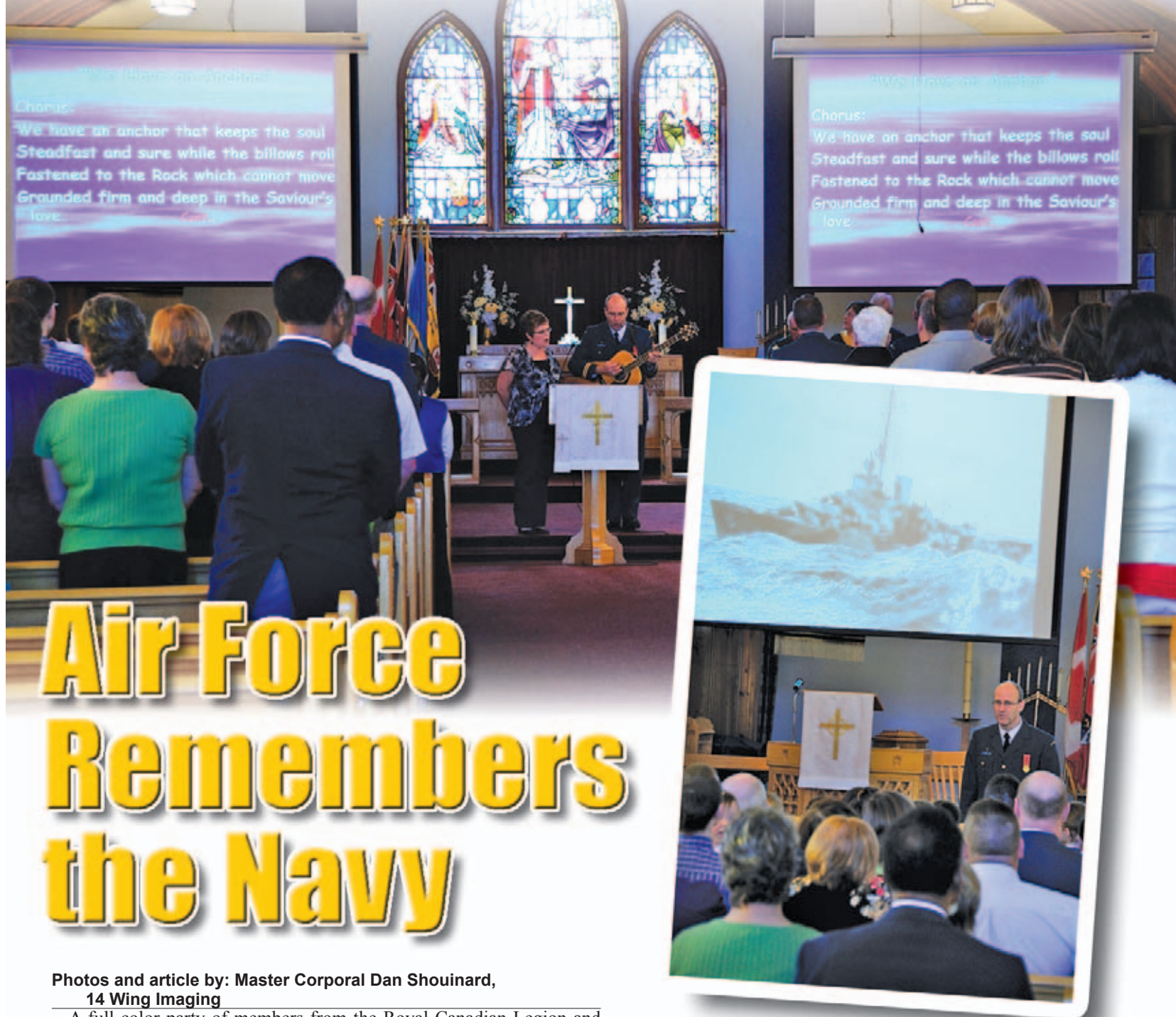


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The Aurora newspaper

VOL. 31 NO. 19 MAY 10, 2010 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS



Air Force Remembers the Navy

Photos and article by: Master Corporal Dan Shouinard,
14 Wing Imaging

A full color party of members from the Royal Canadian Legion and various military personnel from 14 Wing Greenwood, gathered at St. Mark's Chapel on May 2, 2010 to remember the sailors of the Royal Canadian Navy (RCN), the Merchant Marines and Squadrons of the Royal Canadian Air force during the Battle of the Atlantic.

"We need to remember what they (the fallen) have given up for us and pass this history on to the next generation so they may understand", comments the Chapel Life Coordinator, (Captain) Padre Gordon Poley, during his opening remarks.

Padre Poley also spoke of what vigilance sailors went through while carrying out over 25,000 crossings of the North Atlantic to England and back carrying over 181 million tons of supplies during the Second

World War and how their sacrifices in this battle have secured our freedom today.

This exceptional service included two vocal performances; "For the Beauty of the Earth" and "Alshlosa D'Avarim" from the Kings Chorale Children Chorus, directed by Shannon Patterson.

This annual event was even more poignant for remembrance as this is the 100th anniversary of the Navy.

The Royal Canadian Navy lost over 2,000 dead and twenty-four warships to this contribution of the war and more that 900 Royal Canadian Air Force and Canadian Army personnel were also lost.

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Drinking Water from Private Wells: Potential Health Impacts

Dr. Richard Gould, Medical Officer of Health, Health Promotion and Protection
Gary O'Toole, Director, Environmental Health, Health Promotion and Protection

A recent article published in the CMAJ (Private Drinking Water Supplies: Challenges for Public Health by Jeffrey W.A. Charrois, PhD) outlined the potential health threats from private drinking water supplies (<http://www.cmaj.ca/cgi/rapidpdf/cmaj.090956v1>). Given that approximately 40% of Nova Scotians obtain their drinking

water from private wells, this article has a great deal of local relevance.

The maintenance and testing of private drinking water wells in Nova Scotia is primarily the responsibility of the owner(s). This responsibility must be taken seriously as there are many factors that can lead to microbial or chemical well contamination. These include inadequate wellhead and ground water protection, improper construction and maintenance, natural sources of contamination and malfunctioning onsite sewage systems.

Microbial contamination

of the drinking water can lead to serious bacterial (enterotoxigenic E coli), viral (Hepatitis A) and protozoal (Giardia) infections. Chemical contamination of groundwater and drinking water wells can be caused by naturally occurring arsenic or uranium or from substances related to human activities.

Unfortunately, bacterial contamination of private drinking water wells in Nova Scotia does not appear to be rare. A Cape Breton survey of drinking water test results (2006) revealed the presence of total coliform and E. coli in 40% and 5% of wells respectively.

Wells in agricultural areas can have high levels of nitrate. Use of this water to mix formula or supplement breast milk can pose a risk for methemoglobinemia or "Blue Baby" syndrome in infants. Surveys in Kings County have shown nitrate concentrations exceeding the Canadian Drinking Water Quality Guideline in 15% to 21% of wells.

Improper use and disposal of chemicals and pesticides can contaminate

ground water and drinking water wells over a large area. Perchloroethylene (a dry cleaning solvent) has contaminated ground water and drinking water wells in areas of Hammonds Plains (2001) and Greenwood (2004). Such contamination can be persistent and cover wide areas.

Owners of private wells should test their drinking water for bacteriological quality at least every 6 months and for chemical quality every 2 years. Additional testing is recommended if there are concerns about flooding or runoff from heavy precipitation, malfunctioning onsite sewage systems or chemical spills. Owners should also ensure that their wells are properly constructed and well maintained. More information on well testing and actual testing kits are available at regional Nova Scotia Environment offices.

Nova Scotia Environment provides support to private drinking water well owners. It has developed pamphlets and booklets about water quality (e.g. The Drop on Water series) and well maintenance

in collaboration with Health Promotion and Protection. They are available at the Nova Scotia Environment offices and website (gov.ns.ca/nse/water/privatewells.asp) and offices. Nova Scotia Environment also administers regulations for the installation of drinking water wells and onsite sewage systems.

The province's water is a critical resource that must be responsibly protected and managed. Nova Scotia Environment is presently leading the development of a Provincial Water Resource Management Strategy. The Strategy is being developed in consultation with other government departments and agencies at the federal, provincial and municipal levels, a broad range of stakeholders and the general public.

The Strategy identifies 7 key actions:

- To protect the quality and quantity of water
- To increase the understanding of and value placed on water
- To plan and build with water in mind
- To enhance the manage-

ment of drinking water and wastewater systems

- To encourage water efficiency and conservation
- To improve access to information about water-resources

• To support community water-stewardship efforts

Two public consultation documents about the Strategy have been circulated since 2008. A final consultation document will likely be distributed in the spring or summer of this year.

Physicians can play an important role in protecting the health of their patients (and especially new parents) by reminding them about properly maintaining and testing their wells. When providing care, health care providers should be alert to the possibility that an illness could be caused by a waterborne microbial pathogen or chemical contaminant from the patient's well. Finally, physicians, both as individuals as well as through organizations such as DoctorsNS, can add their voices to the development of the Water Resource Management Strategy.

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!

Annnonce 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 Comité de direction du CRFM de Greenwood ou si vous avez des questions, téléphonez au Centre 765-5611. On vous attend en grand nombre!

Card of Thanks

Church Grove Cemetery in Melvern Square would like to thank everyone who helped clean the cemetery on May 1st.

Your support and help was greatly appreciated.

Church Grove Cemetery Committee

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

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Valley Podiatric Medical Centre

Notice to Patients

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765-3668 (foot)

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One Canadian Forces Member Killed by Improvised Explosive Device

CEFCOM NR – 10.007 - May 4, 2010

OTTAWA — One Canadian Forces member was killed after an improvised explosive device detonated during a dismounted operation, about 25 kilometres southwest of Kandahar City, in the Panjwayi District, at approximately 4:40 p.m. Kandahar time on 3 May 2010.

Killed in action was Petty Officer Second Class Craig Blake a member of Fleet Diving Unit (Atlantic), based in Shearwater, Nova Scotia. He was serving with Task Force 1-10.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. The commitment and sacrifice of our military and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province. Canada in partnership with the Afghan government and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region.



Petty Officer Second Class / Maître de deuxième classe Craig Blake.

Un membre des Forces canadiennes tué par un engin explosif improvisé

CEFCOM NR – 10.007 - le 4 mai 2010

OTTAWA — Un membre des Forces canadiennes a été tué après qu'un engin explosif improvisé eut explosé pendant une opération démontée à environ 25 kilomètres au sud-ouest de Kandahar City, dans le district de Panjwayi, vers 16 h 40, heure de Kandahar, le 3 mai 2010.

A été tué au combat, le maître de deuxième classe Craig Blake un membre de l'Unité de plongée de la Flotte (Atlantique), basé à Shearwater, Nouvelle-Écosse. Il servait avec la Force opérationnelle 1-10.

Nous pensons tous à la famille et aux amis de notre camarade canadien tué en cette période triste. L'engagement et le sacrifice de nos militaires et de leurs êtres chers aide à faire une différence dans les vies des gens de la province de Kandahar.

Ensembles, les Forces de sécurité nationale afghanes et la Force opérationnelle interarmées en Afghanistan continuent de conserver l'initiative dans la province de Kandahar. Le Canada, en partenariat avec le gouvernement afghan et la FIAS, demeure engagé à améliorer la situation de la sécurité pour établir les conditions pour la reconstruction et le développement dans la région.

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Youth Happenings at 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

Are you interested in the Family Trip to Halifax? Drop - in to the Community Centre to sign - up today, the deadline is May 11, just a few days away! Keep your eyes open for some great summer events like; June is Recreation

Month, Canada Day Skate Comp and Family Trips like Brier Island Whale watching and Upper Clements Park! For any information don't hesitate to call 765 - 8165. Here's what's happening this week.

Boys Club
Horse & Riding Club
May 10

6:00 - 7:00 p.m.

Boys ages 9 - 12, meet at the Greenwood Horse and Recreation Club (next to Dwight Ross). They will show us the up - keep of a horse and if we are lucky we will ride one of the horses!

Teen Council
May 11
3:00 - 4:00 p.m.

Teens meet at the Community Centre to discuss up-coming events and activities.

Active Chicks

Games & Out-Door Soccer
May 12
6:00 - 7:30 p.m.

Girls, grab your running shoes and come join me tonight for playground games and a big game of soccer! Don't forget to bring a water bottle and maybe some bug

spray!! See you there!

Teen Activity

Out - Door Games

May 13

6:00 - 7:30 p.m.

Teens, if the weather cooperates, we will go to the Apple bowl to play soccer, badminton or volleyball, which ever you decide!

Pre - teen Dance

May 14

6:00 - 8:00 p.m.

Cost: \$3.00

Pre - teens come to the C.C dance! It's only \$3.00 to get in, tell a friend, bring a friend, who knows you might meet some friends!

Movie Night

Pre - teen: 6:00 - 8:00 p.m.

Wallace and Gromit; A Matter of loaf and death; Wallace and his dog, Gromit, open a bakery and get tied up with a murder

mystery. But, when Wallace falls in love Gromit is left to solve the case.

Teen: 8:00 - 10:00 p.m.
Leap Year; A woman who has an elaborate scheme to propose to her boyfriend on Leap Day, an Irish tradition

Teen Trivia

May 11

6:00 - 8:00 p.m.

Teens come test your skill and knowledge, its Trivia night!

Family Trip

May 15

8:30 - 6:00 p.m.

Cost: \$40.00 per adult, \$25.00 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 10:00 - 11:30a.m. 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 - 4:00 p.m. 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 6:00 p.m. 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.

Teen Council Car Wash

May 29

11:30 - 3:30 p.m.

~ Obituary ~

GALWAY, Gerald Daniel Francis "Jerry"- 62 of Greenwood, passed away Thursday, April 29, 2010 after a courageous four year battle with cancer. Born in Halifax, he was a son of the late William and Dorothy Galway. With heavy hearts and lots of tears we say goodbye to a devoted husband, loving father and caring grandfather. On April 11 he celebrated 35 years of marriage to his best friend and love of his life Kathleen "Kay" Galway. Together they raised five children, instilling in each the importance of love and family through the love they shared with each other. After 40 years as a Flight Engineer; proudly serving with the Canadian Air Force Jerry retired his wings and assumed his rightful place as GrandDad. Jerry enjoyed spending time with his family and friends, often recalling stories of flying, always ready with a joke or an understanding voice whenever it was needed. Though he missed flying, never has there been a more proud grandfather; one who shared a special bond with each of his grandkids. Jerry thought of himself as an incredibly lucky man, he got to do a job he loved, spend his life with the woman he loved, have five wonderful children, and four beautiful grandchildren. Never a selfish man he enriched the lives of all who knew him, he will be missed more than he will ever know, and now an old Engineer will get his wings back. Jerry is survived by his wife, Kathleen "Kay" (Dugas); sons, Gerald "Jerry" & Melanie Galway, Stellarton; Christopher & Sophia Galway, Greenwood; Norman & Nicole Brown-Galway, Esquimalt, BC and Daniel Galway, Greenwood; daughter, Vera-Mae & Shaun Robertson, Trenton, ON. His baby dog, Molly, who never left his side and gave him so much love. Grandchildren, Ryan Daniel Galway; Dylan Gerald Galway; Mya Ellen Robertson and Abigail Phyllis Galway. Besides his parents, he was predeceased by brothers, Robert and David.

Visitation was held 7:00 to 9:00 p.m., Tuesday, May 4, 2010 in the Middleton Funeral Home, 398 Main Street, (902) 825-3448. The Funeral Service was held 2:00 p.m. Wednesday, May 5, 2010 in the Queen of Heaven Chapel, 14 Wing Greenwood, Father Tim Nelligan officiating with cremation to follow the service. Donations in memory may be made to the Canadian Cancer Society. Online condolences may be made through: www.middletonfuneralhome.com

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.



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.

The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel W.F. Seymour, CD, Wing Commander. Est publié chaque lundi par la 14 Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441
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12h00 pour les annonces publicitaires moins d'une demie page, le mercredi qui précède la semaine de publication. Les annonces publicitaires de plus d'une demie page ou demandant une épreuve doivent nous arriver par le mercredi à 12h00. Les documents doivent être dactylographiés et provenus avec le disque et une copie imprimée. Ils doivent aussi porter le nom, l'adresse et le numéro de téléphone de l'auteur. Ou Email: aurora@auroranewspaper.com

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

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Fishing Fun

A Great Season



Seen here are Chase and Caden from the Morfee Annex Nursery School enjoying a fun spring morning last week learning the ABC's of "Alphabet Fishing". Our school offers both English and French Immersion programs for Nursery School and Preschool aged children. For more information on any of our classes you can contact the schools director Maurina Duret at 765-1494 local 5301, or pick up one of the schools brochures at the 14 Wing Community Centre.

(Submitted by: Kelly Clancey)

The 2009/ 010 season proved to be a great one for the Greenwood Atom Rec 2 team. Even with late additions to the team the boys gelled quickly, worked hard and were met with great success! Their accomplishments included: Banner / Gold Medal at the November Bridgetown Tournament, Silver at the West Hants Birthplace of Hockey Tournament, the Banner (1st place) as the West Division Champions in the league and the overall Annapolis Valley Minor Hockey Gold Medal for the league.

Year end awards included: Most Improved – Kyle Smit, Most Sportsmanlike – Brent Avery, Most Dedicated – Tyler Badcock and the President's Award – Robbie Dowell. All the kids made us proud with how they conducted themselves both on and off the ice.

Thanks to the coaches for being so committed to the team and taking the time to coach the kids both individually and as a group. A coach can make or break a year and you guys made this one the kids. A special thanks to the team manager, Donna Smit for working so hard all year to keep things rolling smoothly and for being our voice when things got sticky. It is never easy to be a manager but Donna did an amazing job and we were very lucky to have her.

As we move on to face a new season all were in agreement that this will be hard to top. The coaches and kids made this season a memorable one and we parents are already missing our time at the rink cheering them on!



Front Row (L-R): Robbie Dowell, Alexis Tourangeau, Tyler Badcock, Geordie Backhouse and Alex Bourgoin Middle Row (L-R): Kyle Smit, Noah Cavanaugh, Alex Gagnon, Bailey Campbell, Sandon Gagnon, Dryden Duprey and Christian Hodder Back Row (Left to right) Head Coach: Trevor Campbell, Assistant Coaches: Sean Badcock, Jeff Dowell and G.P. Charrier Missing: Brent Avery, Derek Haines and Team Manager: Donna Smit.

Dance! Dance! Dance!

Submitted by: Rachel Holland, Madison Connell, Harper Metler, Grade 5 Journalism Enrichment Students

On Thursday, April 29th, the students of Annapolis East Elementary School participated in the International Day of Dance. Dance Nova Scotia sent information to the school about a competition they were running. The school with the greatest participation rate in a dance event could win eighteen hours of professional dance instruction. Our gym teacher, Mrs. Perry, loves competitions so we were in!

We had an assembly that began with a six hundred person conga line. There were many performances including the Mi'kmaq dancers, the Grade 3 Dance Club, the Grades 4-6 Dance Club, a teachers' dance, and two dances that the whole school



did together: Jai-Ho and I Gotta Feeling. We even got some of the parents who were watching to try the Jai-Ho! Everyone had a blast! The

winner of the competition has not been announced..

Congratulations

The mother-daughter team of Jackie Naugler (left) and Laura Horridge recently joined the Canadian Armed Forces and attended boot camp in St. Jean, Quebec. Both recruits graduated on February 11, 2010 and are now attending their respective trade courses in Borden, Ontario.

Jackie is attending the RMS course and Laura is on the SUPPLY course.

Good luck from all your family and friends.

413 (Transport & Rescue) Squadron

FAMILY DAY

~ 15 May 2010 ~
14 Hangar

9:00 a.m. to 4:00 p.m.

Events to include familiarization flights on the CC130 Hercules and CH149 Cormorant, Bouncy Castle, BBQ, Video Games, Various Military Demonstrations, Face Painting, and Much More.

All 413 (Transport & Rescue) Squadron members and family welcome!!!

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Comforting the Crying Baby

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

Coping with a baby's crying can be very frustrating. Because your baby can't talk, crying is one way which they communicate their needs to you. Usually the cries are

for food or a clean diaper, however sometimes their cries are for comfort. As soon as crying begins, try to figure out what is wrong. If you respond quickly to your crying baby then he/she learns to trust you. Babies do not cry because they are mean or because they are trying to annoy you. The best way

to deal with a crying baby is to know what to do. The first thing is to ensure that your baby's basic needs are met: does their diaper need changing, are they hungry, thirsty, warm, cold or sick.

A few simple tips to on how you can calm you're crying baby:

- Try and stay calm, babies can sense tension.
- Gently walk, dance or rock your baby.

- Take your baby for a ride in the stroller or for a drive in the car.
- Check the baby's clothing – make sure it's not too tight or that fingers and toes are not bent.
- Lay baby tummy down on your lap and gently rub or tap her/his back.
- Turn on music, run the vacuum, hair dryer or water – babies like consistent rhythmic noise.

- Wrap the baby in a soft, warm blanket.
- Sing to your baby.
- If nothing else works, then put baby in the crib and close the door for a few minutes. Go to another room and calm yourself down – be sure to check on baby every few minutes. Remember to ask for help – it is okay to have someone come over to watch baby while you take a break. Babies do not fol-

low your schedule, so what works one day to comfort your baby may not work the next time.

The GMFRC has a Casual Childcare Service available for times just like these. Parents can call and book a time for their child. If you think your baby has colic, a fever or is sick then contact your health care provider and have baby checked right away.

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.



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
671 Main St, PO Box 254
Kingston, NS B0P 1R0
p: (902) 765-2800 f: (902) 765-0807
www.kingstonnovascotia.ca

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 - Pat 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 - Pat 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 - 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.

Never Forget Who We Are

By Capt Michel Houle, FCE Ops, CFB Halifax

We are a group of Canadian Army, Air Force and Navy personnel retired or still serving, who have been deployed at least one time under the United Nations (UN) or North Atlantic Treaty Organization (NATO) command.

Any person wishing to wear the veteran's patch must meet this criterion. Our goals are, primarily, meeting and reminiscing and most importantly remembering those soldiers who never made it back home or did make it home but were wounded physically or emotionally. Wearing this patch is to represent the good name of the CF and to make the public aware of what sacrifices have been made. As a patch member, you will also share the responsibility of passing the knowledge and importance of the meaning behind these patches.

Rules of engagement:

- Veterans: We don't have any structure and we will never have one.
- This group of service and ex service members was created so that members can find old friends, stay in touch, share and mainly, remember our brothers and sisters at arms who have fallen in combat or who risk their lives in each mission that they participate in.
- We will have an official reunion each year (not mandatory). A mission is considered after a medal is awarded. We will wear our crests with pride because they represent who we are.
- No criminal affiliation will be accepted, no motorcycle club (MC) or one per cent crest will be part of our colours. Even though eight out of ten members own a motorcycle,

we are not a MC nor an association.

- Your crest and patches belong to you and will be worn by you only because it is your personal identity. You should never forget that when wearing your crest, you represent a family of brothers and sisters. When wearing the crest, no bad behaviour or conduct will be tolerated.
- Other memberships: Ladies: only a veteran's spouse and daughters may wear the ladies' crest and it is the veteran's responsibility to present the crest to the ladies.
- Supporter: to become a supporter, the person has to be referred by a veteran member and the veteran is responsible for his supporter.
- Veteran support: a Canadian citizen who served a mission with UN or NATO, or served with another military organization from another country or any soldier who served as an attaché under CF Command during a UN or NATO mission and has received his or her medal.
- The Veterans UN/NATO Group is not in any way affiliated with DND, Veterans Affairs Canada, the Royal Canadian Legion or any other veterans' organization.
- There is no annual fee, membership or association fee. All you have to pay for is your Veteran UN/NATO Canada crest Patch.
- All meetings, rides or activities are not mandatory.
- Our motto: Never forget who we are. Our website is <http://vetsunnatocanadaen.multiply.com>



Wise customers read the fine print: • * ** † ‡. \$ Why Canada Drives Event offers apply to retail deliveries of selected new and unused models purchased between May 1 and May 31, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for complete details and conditions. • \$18,499 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (24F) only and includes \$750 Consumer Cash Discount and \$500 Bonus Cash Offer. See participating retailer for complete details. Price excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. • Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. • ** Bonus Cash is offered on all new and unused 2010 vehicles except Dodge Challenger, Dodge Caliber CVP and Caliber SE PLUS and Sprinter models. Bonus Cash is a manufacturer-to-retailer incentive which will be deducted from the negotiated price after taxes. See your retailer for complete details. \$2010 Dodge Journey SXT (28K)/2010 Dodge Grand Caravan SXT (24H) shown. Price including applicable Consumer Cash Discount/Bonus Cash Offer: \$25,795/\$32,795. Prices exclude freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. † 10% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber, Canada Value Package and SE Plus. Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Journey (22F)/2010 Dodge Grand Caravan Value Package (24F) with a Purchase Price of \$18,499/\$19,999 financed at 0% for 36 months equals monthly payments of \$513.86/\$555.53; cost of borrowing of \$0 and a total obligation of \$18,499/\$19,999. Price excludes freight (\$1,400), licence, insurance, registration, any retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ‡ Variable Prime Rate up to 84 months is offered on most new 2010 vehicles on approved credit to qualified retail customers through TD Financing Services. Bi-weekly payments shown are based on 84 month terms. Variable rate is TD Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. Offer not valid for residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. † Based on 2010 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ‡ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. † Based on January through December 2009 R.L. Polk sales total registrations. © SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ® Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license.

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2010 Dodge Journey SXT shown.[§]



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Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers the next couple of weeks. For future and ongoing programs and services, please VIEW OUR NEWSLETTER OR MONTHLY CALENDARS ON-LINE at www.greenwoodmfr.ca or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

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

Greenwood Military Family Resource Centre

Education and Employment Services

Coordinator: Kristen Lawson at 765-1494 local 1816 or email at kristen.lawson@forces.gc.ca

Upcoming Events BoatSmart

Monday, June 14, 2010 & Tuesday, June 15, 2010
5:00 p.m. – 8:00 p.m.

GMFRC Classroom #1

Cost - \$55.00 for Military families & \$70.00 for Civilian
Registration deadline Friday, April 4, 2010

First Aid/CPR – Level C

Thursday, June 24, 2010 & Friday, June 25, 2010
9:00 a.m. – 4:00 p.m.

GMFRC Classroom #1

Cost - \$60.00 for Military families & \$75.00 for Civilian
Registration deadline: Tuesday, June 15, 2010

Prevention, Support and Intervention Programs

Social Worker: Jennifer Hill at 765-1494 local 1811
Email: jennifer.hill2@

forces.gc.ca

Upcoming Programs

*Please note some important changes to dates **

Care for the Caregiver

Meets the first and third Tuesday of each month
Tuesday, May 18, 2010
11:00 a.m. - 12:00 p.m.

No Cost

GMFRC

Registration deadline: Wednesday May 12, 2010

Good Grief

Monday, June 7, 2010
6:00 p.m. – 7:00 p.m.
GMFRC
No Cost

Lunch & Learn - "Managing your Toonies"

*New date is Tuesday, May 11, 2010

12:00 p.m. – 1:00 p.m.

GMFRC

No Cost

Registration deadline: Monday, May 10, 2010

Ongoing Services

- Emergency Shelter
 - Assessment and Referral
 - Short Term Support
 - Crisis Intervention
- Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

Child and Youth Programs

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

Upcoming programs or services

Respite Dates

Saturday, May 15, 2010

10:00 a.m. – 5:00 p.m.

Children up to age 12

Call reception to register at 765-5611.

Registration deadline: Thursday, May 13, 2010

Saturday, May 22, 2010

10:00 a.m. – 5:00 p.m.

Children up to age 12

Call reception to register at 765-5611.

Registration deadline: Thursday, May 20, 2010

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

Ongoing Programs

- Teen Council – Tuesdays at 14 Wing Community Centre
- Academic Tutoring Service
- Parent & Tot Program - Mondays
- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club – 1st and 3rd Thursday of each month with Public Health Nurse Change in time 9:30 - 11:00 a.m.
- Baby Club – 2nd and 4th Thursday of each month drop in meetings with GMFRC Volunteer Facilitator Emelye Smith. Change in time 9:30 - 11:00 a.m.

Deployment Services

Coordinator: Ann Gaudet at 764-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give us a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out there unless you let us know. All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to

participate. Just give us a call!
*For respite childcare offerings for deployed families, see details under Children and Youth Services

Special Events and Promotions

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

Ongoing Services

- Red Friday Promotions
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- GMFRC and Community Special events planning
- Morale Mail Packages to the Troops

Volunteer Services

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

Volunteer Opportunities

Bingo Helper

Monday, May 17, 2010
5:30 p.m. – 10:30 p.m.

14 Wing Annapolis Mess
Volunteers Needed: 10

Need volunteers to help with selling tickets, checking bingo cards, MFRC merchandise table, set up, clean up, selling booklets and selling dabbers.

Respite Childcare Provider*

Sat., May 15 and/or 22, 2010

Sat., June 12 and/or 26, 2010

11:00 am – 2:00 pm

GMFRC

Volunteers Needed: 2 for each date

AGM Childcare*

Wednesday, May 19, 2010

4:00 p.m. – 6:00 p.m.

GMFRC

Volunteers Needed: 5

*Suitable for our awesome

Youth Volunteers!

On-going Volunteer Opportunities

Board of Directors

If you are interested to be part of our Board of Directors and/or receive more information let me know and I will put you in contact with the recruiting BOD member. The GMFRC is a not for profit organization lead by a BOD that must be comprised of at least 51% civilian spouses of full-time serving CF members.

Warm Line Caller

A Warm Line Caller is a volunteer who has been trained by the GMFRC to provide a monthly call to families of a deployed member. The call is a wonderful way to connect with the families and to also inform them about the programs and services of the GMFRC. Two to three hours per month.

Rainbows Facilitator

Rainbows is a peer support program that helps children deal with difficult transitions such as divorce and deployment. This program involves a weekly commitment with session from

Tutors

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*Suitable for our awesome Youth Volunteers!

Veteran of the Month

Comrade Dave Geddes

Comrade Dave joined the RCAF in Halifax, Oct. 1959. After completing basic training at St Jean Quebec, he served at RCAF Station Penhold, RCAF Station Aylmer, Camp Borden, RCAF Station Namao, RCAF Station Resolute Bay, RCAF Station North Bay, 3 Wing, 1 Wing, CFB Trenton, CFB Greenwood, CFEHQ, and NDHQ. Dave served 42 years. with DND. As a member of Br. 98 he served two years as president and now is Zone Commander of Zone 8. Kingston Legion BR.98 is proud to present Comrade Geddes as "Veteran of the Month" May 2010.



Subway Swimmers of the Week

GMFRC • Feature of the Week

Deployment Services

Coordinator: Ann Gaudet at 765-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

Call for Deployment Planning Group Members

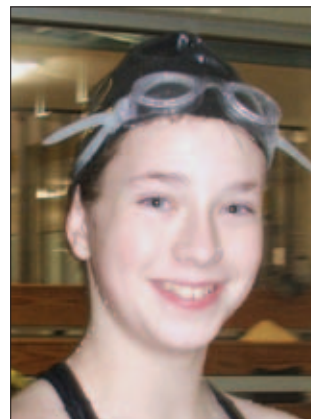
Due to the upcoming posting season the Deployment Planning Group is seeking individuals to help plan activities and special events for deployed families. We all experience family separations whether it is due to a deployment, IR posting, or career course, to name a few. We are looking for ideas for activities and events that will help our families feel supported and connected to each other. May be you have been posted in from another Wing or Base and you participated in an activity there that you would like to see here. This is your opportunity to help develop activities for you and other military families in our community to enjoy.



Kendall McDow
Novice, 6 years old
1st year with GDSC



Maria Winters
Novice, 6 years old
1st year with GDSC



Mya Gagnon
Age Group 2, 12 years old
3rd year with GDSC
Favourite Stroke: freestyle
Other Interests: Aikido and Horseback Riding



Larissa Coleman
Nova Tech 2, 8 years old
1st year with GDSC
Favourite Strokes: Backstroke and Breaststroke
Other Interests: Dance and playing any outdoor sport

Labrador Helicopter Update

On April 14, 2010, the long-awaited move of the forward fuselage section of Labrador helicopter 308 occurred. This section, along with the transmission, short blades and other pieces of the helicopter had been sitting outside of Hangar 2 since their arrival at 14 Wing in late November 2009. The move to 10 Hangar had been delayed as the allocated space for the helicopter's re-assembly was needed for higher operational purposes (the preparation of Sea King helicopters for shipment out West in support of the recent Winter Olympics). Weather delays were also a factor.

Thanks to Sergeant P.J. Lovitt from Heavy Equipment, a team of enthusiastic operators was made available for this important move. They were Maintenance Control Officer (MCO) 6, Mr. R. Parker, the Loader Operator; Master Corporal H.W. Russell, the Flat Deck Operator; MCO 6 Mr D. Lutz, Assistant/Guide; and Corporal S.M. Swansburg, Assistant/Guide. Notwithstanding the limited space that was available in front of the ongoing Dakota



restoration project, the move was completed quickly and without incident. As a consequence, the team of volunteers standing by to begin the re-assembly process was able to get to work immediately.

A great deal of progress has already occurred. The

interior of the aircraft has been cleaned out, and the sponsons and nose wheel have been attached. The volunteers who restored the Anson are once again at work on behalf

of the museum. They include Butch Fleury who is co-leader for this re-assembly project, Keith Brenson, Mike Dandurand, Brian Handley, Ernie Killen, Peter Miller and Al Sheppard. Joining this group is Jim Phillips, an ex-Labrador Flight Engineer, and Brian Myrah, an ex-Labrador Pilot. The re-assembly group is further augmented by a group of IMP experts led by Brent Whiteway and including "Willy" Wilen, Brian Chabassol, Bill Snow, Don Antle, Bob Robitaille, Earl Morrice and Fred Masson. Our thanks go to all these folks and their supervisor, Owen Collins, for providing their technical expertise and most enthusiastic support. Of note, Master Warrant Officer Lawrence from 413 Squadron provided a Labrador helicopter tool board to make the job that much easier.

We expect this project will be completed within two months time such that the helicopter will go on display in the museum's air park in time for the busy tourist season. Stay tuned!

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640U	2007	Dodge	Caliber SXT	4 Dr	Auto	Silver	72,000	\$ 12,500
630U	2005	Toyota	Echo	4 Dr	Auto	Gold	102,000	\$ 8,995
632U	2006	Saturn	ION	4 Dr	Auto	Blue	79,000	\$ 8,995
478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,375
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,450
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
635U	2005	Pontiac	Grand Prix	4 Dr	Auto	Silver	65,000	\$ 10,900
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$ 11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$ 12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$ 10,800
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$ 13,500
625U	2006	Toyota	Matrix	5 Dr	Auto	Lt Blue	99,000	\$ 13,650
647U	2009	Dodge	Avenger SE	4 Dr	Auto	Grey	47,000	\$ 14,900
644A	2006	Chrysler	Sebring Touring	4 Dr	Auto	Silver	70,000	\$ 10,995
TRUCKS, VANS & SUVs								
646U	2006	Dodge	Caravan	4 Dr	Auto	Tan	50,000	\$ 12,995
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$ 11,900
621U	2007	Ford	Ranger Sport	Ext Cab, 4 Dr	Auto	Blue	57,000	\$ 12,995
624U	2007	Ford	Ranger Sport	Ext Cab, 4x4, 4 Dr	Auto	Red	75,000	\$ 15,975
633U	2006	Pontiac	Torrent AWD	4 Dr	Auto	Silver	87,000	\$ 15,900
639U	2007	Ford	Edge SEL AWD	4 Dr	Auto	Purple	90,000	\$ 21,995
643U	2006	Ford	Escape XLT	4x4, 4 Dr	Auto	Grey	73,000	\$ 15,995

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

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Local Dancer to represent Atlantic Canada as Junior Miss Halifax 2010

Local DansXpress Dancer to represent Atlantic Canada as Junior Miss Halifax 2010 & many other dancers honoured at the Candance Regional Qualifier, including an invitation to dance in Spain with the Candance Fiesta Tour 2010.

On the weekend of May 1st at the Candance Atlantic Regional Dance Competition in Halifax, members of the DansXpress Dance Centre (under the direction of Rebecka Smith, proprietor, director & choreographer) competed for titles ranging in solos, duos, trios, lines and groups. The school walked away with top marks in Solo 12 and

under (Faith-Ann Fowler), Duo/Trio 12 and under (Meghan & Jenna Breckon), as well as many line and small group categories.

The Center has five competitive dance teams who all managed to walk away with awards in their categories along with lines & small groups that Ms. Rebecka individually chose to complement styles that suited not only the individual but the group as a whole in a variety of different dance styles.

The school teaches Modern, Hip Hop, Contemporary, various styles of Jazz, Tap, and Ballet just to name a few, and all areas were represented. On a special note, the DansXtreme dance team (8 & 9 years) made the Diamond

Dance Off which was only open to groups and lines that received a Diamond Award. The Dance Off was held on the Sunday evening at the Bella Rose Theatre. The group competed against eleven other dances and placed 3rd in comparison to the others that ranged from all ages.

One of the schools dancers in the solo category finished with the title of Junior Miss Halifax 2010, top mark in her respective age group and 1st runner up for the overall top mark for 12 & under in the competition. This secured her with the chance to represent the Atlantic Region at the Candance National Finals 2010 being held at Walt Disney World Florida. Along with this

title, Faith-Ann Fowler, and various other numbers from the school were also exclusively invited to perform with the Candance Fiesta Spain show team in 2010.

The solo Faith-Ann danced had a sentimental flare to it as it was choreographed and dedicated to her father and it showed her determination as she made flawless movements throughout the dance routine. Congratulations to Ms. Rebecka, owner of DansXpress, Faith-Ann and all dancers with their accomplishments in the various categories competed. BRAVO!

Faith-Ann Fowler (2010 Miss Junior Halifax representing Atlantic Canada at North American Nationals in Orlando Florida) & Ms Rebecka.



14 Wing Community Centre Family Trip Discover Downtown Halifax

The 14 Wing Community Centre will be hosting a Family Trip to Downtown Halifax **Saturday, May 15, 2010**. The bus will be leaving the Community Centre at **8:30 a.m.** and will be returning at **6:00 p.m.** Once the bus arrives in Halifax, this is an unsupervised trip; therefore, each participant is responsible for his or her own well-being. Please ensure you have proper identification and health card information with you. An adult (18 or older) must accompany

participants 12 and under.

Summary of Events:

Please arrive 10 minutes before we leave to ensure everyone is accounted for and that everyone has the proper identification. We will leave the Community Centre at 8:30am to arrive at Pier 21 Museum for 10:00 a.m.

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

The cost for the trip is as follows:

\$40 for adults and \$25 for children 15 and under; this includes Murphy's on the Water, Nature and Whale Watching Tour, Pier 21 museum visit and transportation.

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

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



Dwight Ross School Choir

Dwight Ross Elementary School Music teacher, Steve Reid, and the school choir took part in the Annual Spring Concert Showcase held at Pine Ridge School on April 15th. The choir also participated in the Annapolis Valley Music Festival at Acadia University in Wolfville on April 20th.

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 10th: Pancakes & Fresh Fruit 3.00 • Yogurt 1.00

May 11th: Salsa Baked Chicken Breast with Broccoli/carrots 3.00

• Toss Salad 2.00 • Baked Pretzels 1.00

May 12th: Soup/Roll 2.50 • Ham&Corn Chowder or Chicken Noodle or

Beef Rice • Chef Salad 2.00 • Blueberry/Strawberry Parfaits 1.25

May 13th: Pizza 2.50 • Banana 1.00

May 14th: Chicken Burgers with Lettuce & Slice of Tomato 3.00

• Apple Slices 1.00

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

school lunch menu

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: Nachos with Cheese Sauce & Veggies \$3.25; **Tues:** Potato Wedges with Corn on the Cob \$3.50

Wed: Chili & Garlic Bread \$3.50; **Thurs:** Mac & Cheese with Veggies \$3.25; **Fri:** Chicken Burgers \$3.50

This menu brought to you compliments of:

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KENTVILLE • 1-902-678-8044

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9 - 13 May
Iron Man 2

Sun-Thur 8 pm • Rated PG

14 - 20 May
The Back-up Plan

Rated PG

21 - 27 May
Shrek Forever After

Rated G

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Admission Cards Now before
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8 card passes for \$40

12 card passes for \$75

Admission Prices Increasing Shortly.

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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



Emergency Childcare – Do you have a childcare plan?

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

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide CF families with the tools & resources needed to prepare for the challenges and emergencies this unique lifestyle may bring. In order to support the CF member's ability to be available for operational duty, the family's needs must be acknowledged and identified

so we can prepare ourselves for emergency situations. For those CF families with children, Emergency Childcare Services will offer you the resources you need for emergency preparedness.

This childcare plan is NOT the same as the "family care plan" form you are required to have on file with your unit. Our Childcare Plan requires more information - is used as a tool in preparing for the family's emergency childcare arrangements - and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers

who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family emergency.
- When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable.
- When a single parent or both parents are CF members and they are unable to access the

regular childcare provider in a deployment or emergency situation.

- When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation.

- When there is a need for respite childcare due to the total family situation - including the CF member's work commitments.
- When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be

given by the GMFRC Child and Youth Services Coordinator in consultation with DMFS).

If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim Dixon.

Markland Lodge #99 Installation 2010



Officers for the ensuing 12 months for Markland Lodge #99 of Kingston on the registry of the Grand Lodge of Nova Scotia AF&AM.

Front L-R: Tr-B.Corkum, SW-R.Hendrickerson, WM-E.Mapplebeck, JW-Swiminear, Sec (Temp)-B.Williamson.

Back Row L-R: IPM-D.Kennedy, IG-R.Coleman, SD-S.Palmer, SS-F.MacMillan, Ty-W.Parks, Hist-W.Abbott, Ch-G. Leaman, JS-A.Bennet, DOC- G.Thomson, JD-R. Bersferd. Missing: Mar-Dave Rozee.

The 19th Hole

The Golf season has been underway for some time now so I guess it is time to start the articles again. Hopefully everyone has weathered the winter well and is now ready to practise and improve their golf swing. The weather has been incredible lately, can hardly believe how much the trees have filled in and the flowers are in bloom or at least poking their heads through the ground. The Course is in great shape for this time of year and the greens are filling in after being punched and filled.

We have a busy year planned for the course. The first big tournament is the Founders and Builders - which will be held the weekend of May 29 and 30th. So far there are 15 teams entered in this Mixed Scramble, check on the bulletin board for more info, or call the Pro Shop... 765-5800. Last year was the first tournament and those who played really enjoyed the weekend, so get a team and sign up.

There are several tournaments where volunteer help is needed, so check out the board and if you can spare a couple of hours, sign up.

Men's Night will start on May 11th, 9 Holes. Be sure to sign up at the Pro Shop before you go

out to play.

Ladies Morning Golf will start on May 13th at 10:00.

There are two section tournaments planned for May 14th. One starting at 10:00 (5 Tee Times) and one at 11:00 (15 Tee Times) Plan your golf game around these tournaments.

The Ladies Early Bird tournament is planned for May 16th, sign up sheet will be posted on the bulletin board in the Ladies Locker Room ...check it out and sign up. We need more ladies to support our in house tournaments. According to the schedule that I have Ladies Night will start on May 19th.

Even though it is early in the season, it is not too early to look after the course. Please replace your divots. Don't forget to keep up to the players in front of you and not just ahead of the ones behind... keep up the pace of play.

Until next week, enjoy your round of golf. Invite a friend to come out for a game of golf. (Green fee players get a reduced rate when playing with a member so encourage your friends to join you.)

WAR/PT

Business of the Week is Back!

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

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

- The cost for this is only

\$199.00 tax incl. per business

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

**Only
2 Spots
Left**

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



YMCA
We build strong kids,
strong families, strong communities

Federal Public Sector Youth Internship Program



CHANCE OF A LIFETIME!

**Paid Internship Opportunities at the:
Department of National Defence, Greenwood**

Are You:

Between the ages of 15-30?

Able to pass a security clearance check?

In need of work experience?

**Come to an Information Session & Interview
May 10th, 2010 at 10:00 a.m.**

**Where: 14 Wing Greenwood, Birchall Training Centre
Building 221, Main Floor, Classroom 4**

Presently there are 6 internships available for individuals who have not completed High School or GED.

**If you are interested, please send your resume to
josephine_tommy@ymca.ca
or contact us at: (902) 425-3464 ext. 222**

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) 825-3785

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



HOROSCOPES

May 9 - May 15

ARIES - Mar 21/Apr 20

Being an ambitious ram, Aries, you may find it hard to contain your energy this week. This can be good and bad for you, since others may be intimidated.

TAURUS - Apr 21/May 21

You will reach a high level of success this week, Taurus, thanks to your power of will and perseverance. However, being stubborn over one issue could cause alienation.

GEMINI - May 22/Jun 21

Your outgoing and pleasing nature enables you to make new friends, Gemini. Expect others to flock to you in the next few days. You can mesmerize them with any topic.

CANCER - Jun 22/Jul 22

Cancer, although you're secretive in nature, you may have to let the cat out of the bag this week. Share the details of something that has been troubling you. This way you can resolve it.

LEO - Jul 23/Aug 23

Others look to you for guidance, this week, Leo. Known as a natural leader, you have no trouble heading the pack. Just don't let your ego trip you up.

VIRGO - Aug 24/Sept 22

Perfection and punctuality are your hallmarks, Virgo, but this week you have trouble living up to this persona. Maybe you have too much on your plate?

LIBRA - Sept 23/Oct 23

Libra, you bring a fresh perspective to any situation. Therefore, a family member will ask what you think about something this week. Chances are you'll say a lot.

SCORPIO - Oct 24/Nov 22

You can be the undisputed winner of anything you set your mind to, Scorpio. Put that power to the test when you tackle some goals this week. You will be a force to reckon with.

SAGITTARIUS - Nov 23/Dec 21

Your curiosity leads you on a quest this week. Whether it's a long vacation or a simple day trip, travel is definitely in the plans. You will probably want to bring a friend along.

CAPRICORN - Dec 22/Jan 20

You will pursue a project that was left by the wayside, Capricorn. If you follow through this time, it'll get done in a short amount of time. Virgo needs your help Thursday.

AQUARIUS - Jan 21/Feb 18

Your deep sense of conviction puts you on a quest to unearth right from wrong at work, Aquarius. The trouble is, some people may not want their laundry aired.

PISCES - Feb 19/Mar 20

Nervous tension dots an otherwise happy week for you, Pisces. Perhaps you're thinking of something to do on the horizon.

FAMOUS BIRTHDAYS

- | | |
|--------|--------------------------------|
| MAY 9 | Rosario Dawson, Actress (31) |
| MAY 10 | Amanda Borden, Gymnast (33) |
| MAY 11 | Corey Monteith, Actor (28) |
| MAY 12 | Stephen Baldwin, Actor (43) |
| MAY 13 | Robert Pattinson, Actor (24) |
| MAY 14 | Miranda Cosgrove, Actress (17) |
| MAY 15 | Emmitt Smith, Athlete (41) |

Horoscopes brought to you compliments of:



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Toastmasters

Do you think you might like to MC an event someday? Does the thought entice and terrify you? Then you will love Toastmasters. We meet every Tuesday, 6:15 - 8:00 p.m. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (home of the Zedex Theatre), Classroom 7. Guests are invited to attend and watch and see why we come back each week. We learn by doing. See: Annapolis.freetoasthost.net or phone Christine at 825-1061 for further info.

Turkey Dinner

West Kings TADD/Safe Grad is having a free will offering Turkey Dinner at the Kingston Lions Hall Thursday May 20th from 4:30 - 6:30 p.m. Come out and support!

Help Available

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

Community Event

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

Gospel Concert

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

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 fixins and Dessert of Ginger Bread & Whipped Cream. Cost: \$8.00 per meal, \$8.50 delivered. Phone 765-2128.

Breakfast at the Aylesford United Church

Saturday, May 15, 2010 from 8:00 to 11:00 a.m. Free will offering. Sponsored by the Committee of Stewards.

Turkey Salad Take Out

Friday May 14th 11:00 a.m. to 1:30 p.m. Emmanuel Church, 37 Gates Ave., Middleton. \$8.00 per person. Info: Sally 825-3087; Shirley 825-2405.

Kingston & District Health Auxiliary

The Kingston & District Health Auxiliary monthly meeting will be held at The Aurora Best Western, on May 10 at 11:30 a.m. New members are welcome to our meeting and luncheon.

Macdonald Museum Annual General Meeting

Annapolis Valley Historical Society Annual General Meeting, Tues, May 25th, 7:30 p.m., Macdonald Museum, 21 School Street, Middleton. Special Guest will be Laurent d'Entremont, the storyteller. Free admission. All welcome. Phone 825-6116 for details.

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. Completed applications may be dropped off at either the Chapel or the Wing Chaplain's Office in the AVM Morfee Centre. Deadline: 31 May 10. Info: 765-1494 ext

5883.

Overeaters Anonymous

(OA) is a fellowship of men and women who, through shared experience and mutual support, are recovering from eating disorders that include Bulimics, Anorexics and Overeaters. No dues... no fees... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road. North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit www.oa.org.

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.

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.

ZX Cycle N Run Cycling Schedule

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

1800 - TAN Coffee at the Greenwood Mall; Sunday 1000 - TAN Coffee at the Greenwood Mall.

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.

Church Library Hours

The Kingston United Baptist Church Library is open to the public on Thursday evenings 6:30 - 7:30 p.m. Located upstairs in the Christian Education wing. Please use upper side doors off main parking lot. Excellent selection of Christian books, videos, CDs and DVDs. For further info, call 765-6735.

Chinese Ticket Auction

Ticket auction at the Kingston arena on May 15th, 11:00 a.m. - 2:00 p.m., draw starts at 2:15 p.m. Tickets 20/\$1.00. Admission \$1.00 under 12 free. Proceeds to Markland Lodge building fund.

VON Lunch Bunch

VON Annapolis Valley is pleased to partner with St. Anthony's Catholic Church on Mill Street in Berwick to host the first Lunch Bunch of May. Lunch Bunch begins at noon on May 11th and cost is \$7.00. Please call 678-1733 to register your reservation. We look forward to seeing you there!

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 1/2 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



**PRESENTS...
FIND & WIN**

Just Fill in The Blanks. Three Easy Ways to Enter.
1. Through our website: www.auroranewspaper.com
2. Fax: 765-1717 3. Drop into our office located on School Road (Morfee Annex)
No Central Registry or Canada Post please.
Deadline: Noon, Thursday, May 13, 2010.
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
-------------	---------------------

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

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

- Whose ad offers Cellular Sales & Service _____
- Who do you call for Fast, Economical, & Convenient Service on computers _____
- Where can you buy beet greens, radishes, spinach & tomatoes _____
- Whose ad says, "Check out our in store specials" _____
- Precision Driving Schools have full courses for how much _____

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

Congratulations to last week's winner: PATTI JAMIESON

2009 – 2010 Intersection “A” Division Final

The 14 Wing Greenwood Intersection “A” Division best of 3 Final proved to be an exciting one. The series was contested between the Defending Champion ACS Pylon Crushers and the CE / Fire Dept. Magnificent Seven.

The first game was won by the Magnificent Seven 3-2 in a very competitive game with Mark Beer and Craig Henman anchoring the defence while Paul Veinot had a strong game in nets. Don Davis scored what was to be the winner with a nice 20ft. snap shot.

Game two was taken by the ACS Pylon Crushers 6-3 in a must win situation, making the best of their opportunities. The Magnificent Seven made a late charge but it was too little to late.

Game three was the deciding game and it was filled with all the drama a hockey fan could ask for. With the Magnificent Seven taking an earlier 1-0 lead and didn't trail in the game. The Pylon Crushers tied the game 4-4 with an empty net man



Front Row (L-R): Don Davis, Paul Veinot.
Back Row (L-R): Jerome Dion, Craig Henman, Justin Roberts, Mark Beer, Asa Soderman.

advantage marker with 19 seconds remaining. This sent the game into a five minute over time period with both teams having good scoring opportunities to end it.

Having gone through the overtime period, the game

then went to a five man shoot out. Scoring for the Magnificent Seven, in order of scoring was Craig Henman, Don Davis and sealing the

deal was Justin Roberts. The lone tally for the Crushers was Steve (*the teacher*) Copeland. Mark Beer and Craig Henman displayed a stellar defensive game, while Paul Veinot in goal saved his best game for last, helping to lead the team to the “A” Division Championship.

In the post game interview with Don Davis it was revealed that he had been traded for the up coming season to Halifax Damage Control School for future consideration and a bag of pucks. Also Paul Veinot being the oldest member of the team ,possibly in the league, was asked about retirement would only say that has long as the Arena was wheel chair accessible, he would play on.

The Magnificent Seven would like to thank the League Executive and Official for another good year of Hockey.

Sudoku

Solution page 14

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

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Greenwood Mall

CUCINA AURORA

Television Trash

2 cups Fruit Loops
2 cups salted peanuts
2 cups sm. pretzel sticks (salted)
2 cups Rice Chex cereal
1 pkg. white almond bark

Mix together all dry ingredients in large bowl. In separate bowl melt entire package of almond bark in microwave. Pour over dry ingredients and mix well. Pour mixture in thin layer on wax paper. Let cool. Break into small pieces and store in airtight container.

Canadiana Crossword

On The Road Again

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		

ACROSS

1 Business jet
5 Sea, in Saguenay
8 Wild plum
12 Land measure
13 Harem salon
14 Japanese fashion magazine
15 Ahmadinejad's domain
16 _____oxcart (settlement era vehicle)
18 Ubiquitous delivery vehicle
20 Pastoral poems
21 Comedienne Luba
22 Lion sign
23 Tendon
26 Headlight genre
30 Canine comment
31 Toupe
32 Friend, to Francine
33 Quebec tourist transporter
36 Swagger
38 Prefix for conservative

DOWN

1 Not of the clergy
2 Beige
3 Show horse
4 Fail to follow suit (in Bridge)
5 Eel
6 Early garden
7 Car part, slangily
8 Vehicle for winter trail travel
9 Assess, as a tax
10 Russian city
11 Listening devices?

39 Word before wester
40 Spotted
43 _____wagon (dirty 30's vehicle)
47 Quebec passenger sled
49 Sketched
50 Revved
51 Bachelor suite
52 Avatar
53 Repudiate
54 Timid
55 Serpents

17 Metis hero Louis
19 Oath
22 Fall behind
23 Pouch
24 Irish paramilitary org.
25 John Ryan and J.P. Darche org.
26 Hasten
27 Food fish
28 Ratite
29 Putative louse
31 _____dunnit
34 Vitality
35 Ghanaian currency
36 Male child
37 _____buggy (northern tourism conveyance)
39 Run down
40 Food fish
41 Leaf
42 Metal
43 Dreary
44 Historical periods
45 Casual wkr.
46 It was, poetically
48 A titaness

Weekly Crossword brought to you compliments of:

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Crossword Solution

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

Sudoku Solution

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

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Golden Oldies Do It Again, and Again



Broken Wing Game participants.....(50+)

By Ken Landry the GOHC National Capital Region Reporter & Poet Laureate

Picture a bunch of graying and hair-challenged men, making their way on a surface of slippery frozen water, wearing sharp metal blades on the bottom of their boots and wielding a hooked club-like device, while trying to propel a 3-inch hard rubber disk into a rectangular net protected by an armed gladiator. If this sounds familiar, then it's the "good ole' hockey game", as Stompin Tom would sing, except it's being played by a group of fifty to eighty-some ice warriors at the ninth annual Labatt's Golden Oldies Masters Tournament held in Greenwood on the weekend of April 9th to the 11th. What a display of skating/passing/shooting/scoring/pizza eating and hydrating by a group of individuals who firmly believe in the adage that being over the hill is much better than being under it! Eight teams in two divisions (fifties plus and sixties plus) squared off, playing a gruelling four-game schedule in less than forty hours, in a series of battles to determine the ultimate victors. When it was all over, the whizzing Wings won the Grasshopper division and the undefeated Leafs captured the Sensei.

However, the real winners were the participants, all 120 of them. Enthusiastic and boisterous throughout the tournament, they played with the energy of their teen-aged years, cheering their teammates after every goal and their netminder after every save. They came from all over the province and ranged in age from the "baby" of the tournament, Rick Dobson, to the experienced eighty-three year old Al Peppard, of Middleton, who still zipped and dipsy-doodled up and down centre ice like



Garth Aalders & Leo Glavin, presentation of the "N.S. Legislature's Most Inspirational Skater Award".

a youngster half his age. And then there were the "walking wounded", some with pace-makers, replacement heart-valves, artificial hips and knees or others with just plain aches and pains, none of which appeared to slow them down when they got the puck and took off down the ice in a dizzying display of their hockey skills. At an age when

most people are beginning to take it easy and enjoy their "leisure" years, these tooth and hair-challenged seniors are still out there, skating circles around their rivals and driving pucks into the net, almost the same way they did it way back then, but in slower motion of course. Judging by the raucous hilarity in the dressing-



Holmsey Game Participants.....(60 +)



Garth Ward & Bob Landry, Presentation of the "Come Back Player Award".

rooms before and after the games and the on-ice/off-ice camaraderie, this tournament has had a rejuvenating effect of sorts, bringing together players from different vistas in a common goal, not just to score, but to have fun doing so, which might explain why the participants left the Greenwood arena with a smile on their face and a little extra bounce in their step. Once again, it was "mission accomplished" for

the tournament organizers and a promise to hold this

event again next year, during the Masters Golf Weekend.

Special kudos goes to individual award winners. Garth Aalders was the NS Legislatures Most Inspirational Skater, playing in his 7th decade at ZX Gardens. Garnet Ward was the Comeback Player after dealing with serious heart and cranial threats, and Barry Mitchell took the Donnie Neville award as the tournament MVP. The Golden Oldies wish to thank Billy Cox and his arena staff for all their support and for making the trains run on time.

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2010 Volunteer Dinner

Images: Cpl Jennifer Kusche, Image Tech, 14 Wing Imaging.

By: Eric MacKenzie - Community Recreation Coordinator

The 14 Wing Community Recreation Centre honoured their core of community adult and youth volunteers, as well as their sponsors and internal partners, on Tuesday 20 April 10. This event, held at the Kingston Lions Club, was made possible by the generous funding from SISIP Financial Services.

Roughly one hundred and thirty guests attended and close to one hundred volunteers, nineteen businesses and nine internal



Left to Right: Pam Mood and LCol Smith McBride.

partners were recognized for the outstanding contributions they have made to our programs during 2009. Without their support and assistance we would not have been able to provide the quality services, this past year, at 14 Wing.

The guest speaker for the evening was Ms. Pam Mood, CEO of Mood Coaching and Consulting, who focused her presentation on the "Impact of One." Pam gave an energetic, motivating and very entertaining message which drove home the underestimated collective impact of one.

To demonstrate this impact, she asked everyone to write down one thing they volunteered with this past week, and then asked everyone to place their post it note on the wall with the others. It was truly amazing to see 130 different ways that individuals volunteered their time benefit our 14 Wing Community. Each individual may have only contributed one thing but collectively our community was blessed to receive 130 different acts of kindness.

This message was also represented through everyone holding a single candle, which by itself would obviously only give a small amount of light. However, when all 130 candles were lit, the entire hall illuminated and reflected that collectively the impact of one can be very powerful.

After Pam's message, it was time to recognize our 2009 14 Wing Adult Volunteers of the year. The two deserving recipients were Rhonda Sanford, nominated by the Greenwood Horse and Recreation Club, and Cpl Wayne Fowler who was nominated by the Greenwood Figure Skating Club.

During the week of 18 April – 24 April 10 communities all across Canada celebrated National Volunteer Week, like we did on 20 April 10. The purpose of this week was to thank and honour all of those who donated their time to help others by supporting the causes in which they believe. A second purpose was to also increase awareness of the vital importance of Volunteerism in our 14 Wing community.

An amazing national volunteer statistic is that volunteer rates are highest among youth, and Nova Scotia teenagers contribute 18% more than their national peers. This wonderful fact is why we also take the time to award our 14 Wing Youth Volunteer of the Year Awards. The 2009 Youth Volunteer of the year awards were given to Kim Andrews, Melanie Pearce and Alex Pyne, who were all nominated by the 14 Wing Teen Council.

At the end of the awards presentations it was time for the cake cutting ceremony that included all five volunteer of the year recipients, LCol Smith McBride and Ms. Pam Mood.



Left to Right: Cpl Wayne Fowler, Rhonda Sanford, Pam Mood, LCol Smith McBride, Alex Pyne, Melanie Pearce, and Kim Andrews)



Part of Pam Moods' message was, when all 130 candles were lit, the entire hall illuminated and reflected that collectively the impact of one volunteer can be very powerful. Message received!

After the ceremony, all honoured volunteers and sponsors received their certificate of appreciation, signed by WComd Col. Seymour, and enjoyed a closing social.

Once again, we greatly appreciate all of the sacrifices, dedication, energy, enthusiasm and support shown this past year by our volunteers, sponsors and internal partners. As a result of your tremendous help, you all truly make 14 Wing a great Community to work and live in!

Our 14 Wing Honoured Volunteers:

Stephanie Allan • Kim Andrews • Colleen Baker • Adam Barnes • Gretchen Barnes • Linda Barnes • Olivia Beer • Class Bondy • Cpl Jessy Bouchard • Carol Breckon • Jenna Breckon • Meghan Breckon • Liam Bridge • MCpl Ken Caldwell • Brian Campbell • Guy Campbell • Amber Carmichael • Sandra Cathcart • Sgt Alain Chalifoux • Capt Nancy Gullison • Lori Crummey • Nicholas Crummey • LCol David Cummings • MCpl Yves Daigle • Cpl Mike Dymond • Mabel Dominey • Winston Dominey • Capt Dave Dunwoody • Arthur Embree • Danny Frame • Cpl Wayne Fowler • Richard Garneau • Jean Gendre • Bruce Gormley • Brian Graves • Janice Hamilton • Aimee Hemming • Donna Hill • Chris Hiltz • WO Norman Hutchings • Cameron Jackman • Sgt Paul Jackman • WO Brent Jones • Donna Kapchinsky • Sgt Murray Keddy • Anne Kempton • Capt Maryse Laliberte • Sgt Cheryl LeBlanc • WO Marc Leclerc • Beth Lennox • Sgt Patrick Lovitt • Paul MacKeigan • Cpl Helen Malo • Cpl Noel Martin • Tyler McDowell • Hazel McEwan • Marie-Anne McGraw • Sandi McLean • Sally Merriam • Lorette Millett • Maj Brenda Milligan • Peter Moreland • Kaye Moulton • Cpl Kevin Oickle • Gordon Oliver • Jennifer Ouellette • Cpl Dean Paquin • Melanie Pearce • Jamie Peppard • Keith Pinkerton • MCpl Chelsea Poole • MCpl Eli Poole • Alex Pyne • Erika Rice • Zena Rice • Stephanie Rowbottom • Tammy Rowbottom • Clifford Samms • Rhonda Sanford • Josh Sampson • Joanne Sealby • Eric Smith • Jim Spurrell • Cpl Rose Sveinson • Cindy Teal • Cpl Jason Tibbo • A.J. Walsh • Trevor Walsh • Eric Welin • Margie Welin • Mary Wredenhagen

As mentioned, without the financial support towards our programs and events, we would not be able to provide the quality services that we do. We would like to recognize the following sponsors and internal partners:

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