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By: Sergeant Pete Nicholson, 14 Wing Photojournalist

The streets and back roads in and around the Greenwood, Nova Scotia area are being well travelled by an elite and dedicated group of personnel from 14 Wing. They are the 14 Wing Nijmegen team led by Captain (Capt) Craig Little, from 404 Long Range Patrol and Training Squadron. These privileged Canadian Forces men and women are nearing the mid point of their training for this years Nijmegen March in Holland which will take place July 19 – 22, 2011.

The Nijmegen March also known as Vierdaagse (Dutch for "Four day

The Nijmegen March also known as Vierdaagse (Dutch for "Four day Event") is the largest marching event in the world. This event is the 95th edition of the four-day, 160 km march, which is a grueling examination of individual physical fitness and endurance. The Nijmegen March is not just military orientated as it is comprised of civilian groups, police/

(Image: Sergeant Pete Nicholson, 14 Wing Photojournalist)

emergency services, military and cadet teams from all over the world.

The 14 Wing Nijmegen Team started training April 1st of this year with thirty-four participants and as of April 27th, they are now down to eighteen. This attrition is mainly due to operational deployments and injury. When they are ready to depart for Holland there will be eleven team members. Each person tries to train three to four days per week, consisting of strength and weights, yoga and of course marching! By the end, each marcher will have walked approximately 720 kilometers with a 10 kilogram rucksack in preparation for this event.

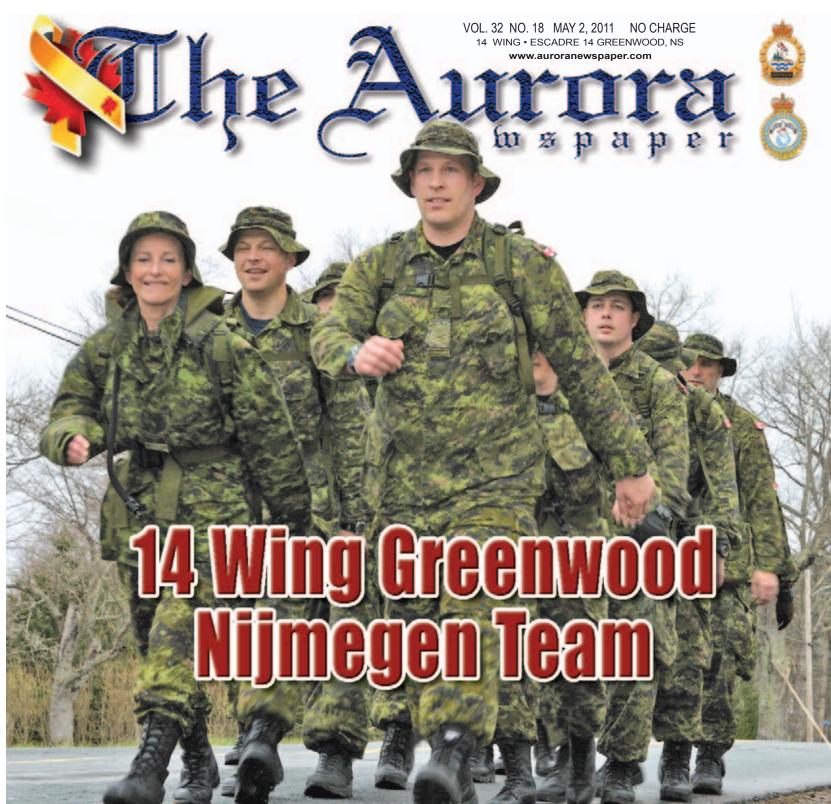
Weather has not proven to be a factor as of yet, but the temperatures in the Annapolis Valley in Nova Scotia are warming up. As they march along the roads of Greenwood and Kingston area, many Valley residents

...continued on page 2.









GMFRC Deployment Services - Who is Entitled?

GMFRC Coordinator of Deployment Services, 765-1494 local 5583 or e-mail Amy.Snow@ forces.gc.ca

GMFRC Deployment Services are available to anyone who is experiencing a "family separation" as a result of a family member being away from home for more than 24 hours due to operational commitments. This includes deployment,

(such as pre-deployment training), courses, and GMFRC definition of family Services can be provided to the spouses, children, parents, brothers/sisters, and friends, etc of a deployed member - whomever the member indicates as a loved one requesting services. GMFRC Deployment Services are available to family members

temporary duty (TD), training of deployed 14 Wing regular force and reservists; to family members who live in the imposed restriction (IR). The Greenwood and surrounding area but whose deployed is very broad and Deployment member is deployed from another base or wing; and to family members of 14 Wing Civilian Personnel deployed overseas.

The services available to deployed families include morale mail, information packages, telephone outreach calls, social and support

activities, quarterly GMFRC newsletters, special events, and respite childcare to name a few. All services offered by Deployment Services are on a voluntary basis, so you can choose which services you would like to receive. It is very important that the deploying member visit us at the GMFRC and complete a pre-deployment family information form to let us know of family members requiring support during their

deployment. Without this information we do not know that you are in need of our services. If for any reason your deploying loved one was unable to complete this form please give the GMFRC a call at 765-5611. If the member is already away, we can still complete the necessary paperwork required to provide you with any of the programs/services/activities that may interest you.

Upcoming activities and

services for April include Card Club Craft Night, Easter Brunch for Deployed Families, Pamper Me Day, and Children's Deployment Support Group. Respite Childcare is available every month to give the parent at home a much-needed break while their CF member is away on duty. For more information or to register for any event please call 765-

Les Services d'aide au déploiement du CRFMG - A qui sont-ils destinés ?

Soumis par: Amy Snow, coordonnatrice des Services de déploiement du CRFMG. Téléphone: 765-1494, poste 5583. Courriel: Amy.Snow@ forces.gc.ca

Quiconque vit une séparation familiale parce qu'un membre de sa famille est à l'extérieur en raison d'un engagement opérationnel de plus de 24 heures peut

déploiement du CRFMG. Ces temporaire, la formation (par exemple, la formation préalable au déploiement), les cours et les restrictions imposées. La définition qu'utilise le CRFMG pour désigner la famille est très large et les Services d'aide au déploiement peuvent donc être offerts aux conjoints, aux enfants, aux parents, aux frères

profiter des Services d'aide au et sœurs, aux amis ou autre familles militaires dont d'un membre déployé – bref, services incluent notamment la personne que le militaire les déploiements, le service a indiquée comme étant un proche qui a besoin de ces services. Les Services d'aide au déploiement du CRFMG sont offerts aux familles des membres en déploiement de la Force régulière et de la Réserve de la 14^e Escadre, ainsi qu'aux familles qui vivent à Greenwood et dans les environs, mais dont le proche est affecté à partir d'une autre base ou d'une autre escadre, ou est un membre du personnel civil de la 14^eEscadre en déploiement à l'étranger.

un membre est déployé comprennent notamment les colis de réconfort, les trousses d'information, les contacts téléphoniques, des activités sociales et de soutien, le bulletin trimestriel du CRFMG, des événements spéciaux et le service de garde de relève pour n'en nommer que quelquesuns. Les services offerts par les services d'aide au déploiement sont offerts sur une base volontaire, vous pouvez donc choisir seulement ceux que vous désirez recevoir. Mais il est très important que le Les services offerts aux militaire passe au CRFMG

pour remplir le formulaire de renseignements avant de partir en déploiement, afin de nous indiquer quels membres de sa famille ont besoin de soutien pendant qu'il est parti. Sans ces renseignements, nous ne pouvons savoir si vous avez besoin de nos services. Si pour une raison quelconque votre proche a été dans l'incapacité de compléter le formulaire, n'hésitez pas à nous appeler au 765-5611. Si le militaire est déjà parti, nous pourrons tout de même remplir les formalités requises pour que vous puissiez profiter des programmes, services et activités qui vous intéressent.

Parmi les activités et les services à venir en avril mentionnons une soirée avec le club de confection de cartes, le brunch de Pâques pour les familles des militaires déployés, la journée « Dorlotons-nous » et le groupe de soutien pour les enfants dont un proche est en déploiement. Le service de garde de relève est offert tous les mois afin de permettre aux parents de faire une pause dont ils ont grandement besoin pendant que leur conjoint militaire est absent. Pour en savoir davantage ou pour vous inscrire à une activité, veuillez communiquer au 765-5611.



THE MUNICIPALITY OF THE COUNTY OF KINGS

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NOTICE OF PUBLIC HEARING

GREENWOOD WATER UTILITY APPROVAL OF AMENDMENTS

The Municipality of the County of Kings has made an application to the Nova Scotia Utility and Review Board, on behalf of the Greenwood Water Utility for approval of amendments to its Schedule of Rates and Charges for Water and Water Services and its Schedule of Rules and Regulations

A PUBLIC HEARING of the Nova Scotia Utility and Review Board is scheduled for TUESDAY, JULY 5, 2011 at 11:00 a.m. at the RCAF 107 Valley Wing Hall, 904 Central Ave, Greenwood.

A copy of the application can be found on the Municipal website www.county.kings.ns.ca or by calling 690-6164, or by emailing toickle@county.kings.ns.ca A copy can also be viewed at the Village Office, 904 Central Ave, Greenwood.

Further information may be obtained by contacting Scott Quinn, Manager of Engineering and Public Works, at 690-6164 or by email at squinn@county.kings.ns.ca

Tel: (902) 690-6195 Fax: (902) 678-0911 Tel: 1-888-337-2999 www.county.kings.ns.ca

14 Wing Greenwood - Nijmegen Team

...cover story continued.

show their support by waving to them or honking their horns and cheering, especially on Saturdays, as they pass by. This display further encourages the team to accomplish the Nijmegen March.



At the time of writing this article, the team members were; Captain (Capt) Craig Lewis, team second in Command; Capt Marc Beaumier, Capt Etienne Gignac-Bouchard, Master Corporal (MCpl) Andy Bartlett, Leading Seaman Steve Collins, Corporal (Cpl) Gary Harbers, Cpl Robert Hulan, Cpl Peter Jefferson, Cpl Matthew Pond, Cpl Vera Wells, Cpl Shanna Wheaton, Cpl Michelle White, Cpl Daniel Wiswell, Private (Pte) Jeffery Clarke, Pte Victoria Cross, Pte Brian Mann and Pte Richard Morrison.

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http://www.airforce.forces.gc.ca/v2/index-eng.asp

Community Gateway Site

http://www.cfcommunitygateway.com/en/index.asp

14 Wing Greenwood Site

http://www.airforce.forces.gc.ca/14w-14e/index-eng.asp

Personnel Family Support Services

http://www.cfpsa.com/en/

National Defence and the Canadian Forces http://www.forces.gc.ca/site/home-accueil-eng.asp

Combat Camera

http://www.combatcamera.forces.gc.ca/common/ combatcamera/home-eng.asp

Recruiting

http://www.forces.ca/

Military Family Resource Centre

http://www.familyforce.ca/splash.aspx

http://www.vpinternational.ca/

Update from Trapani

By: Major Jim Hutcheson, TFL Trapani Detachment Public Affairs Officer

The Chief of Air Staff, Lieutenant General (LGen) Andre Deschamps and Deputy Commander of the Canadian Expeditionary Force Command (CEFCOM) Major General Alain Parent, paid a visit to the men and women of Task Force Libeccio at Trapani, Italy on April 21, 2011...exactly one month to the day after their CF-18s' first mission over Libya.

LGen Deschamps informally addressed the task force gathered at Zulu ramp, expressing his pride in the professionalism and dedication they continue to demonstrate. He noted that they are making a valuable contribution to the coalition, which is particularly important during the critical early days of the military operation if a political resolution to the situation in Libya is ultimately to be achieved.

In the 34 days since LGen Deschamps bid them farewell at their departure ceremony from 3 Wing, Bagotville on March 18, the six CF-18s from 425 Squadron have carried out more than 140 sorties in the skies over Libya. Their ongoing mission is to maintain the No-Fly-Zone, help enforce the arms embargo, and to protect Libyan citizens from the threat of attack. The multi-role, upgraded CF-18 is an ideal aircraft for the complex and dynamic environment in this theatre of operations. Able to conduct both air-to-air and air-to-ground missions and to adjust in-flight to the changing conditions on the ground, the aircraft continues to make a significant contribution to this multi-national effort. While they have engaged and destroyed numerous verified targets on the ground, including electronic warfare sites and ammunition bunkers, sometimes mission success means coming back without using their weapons. The careful selection and verification of targets, along with strict Rules of Engagement, are designed to minimize the risks of collateral damage or harm to civilians. In the words of the Task Force Libeccio CF-18/CC-150T Detachment Commander, Lieutenant Colonel Sylvain Menard, "We are here to help the people of Libya, not to harm them. The loss of one innocent life is one too many.

In addition to the fighter component, Task Force Libeccio includes two CC-150T Polaris strategic air-to-air refuelers also based in Trapani, two CP-140 Aurora Long Range Patrol aircraft based nearby at Sigonella Naval Air Station, Italy and the Air Component Command detachment in Poggio-Renatico, Italy. The two Auroras, one each from 19 Wing Comox and 14 Wing Greenwood, are supporting the arms embargo by patrolling the skies off the coast of Libya. This is an essential part of the effort to establish stable conditions on the ground, which will allow for effective humanitarian assistance and evacuation operations. The improved and impressive capabilities of the upgraded Aurora have allowed it to detect and report vessels that may be in contravention of the United Nations Security Council Resolutions. It has also been used to help develop the overall picture of what is taking place off the coast of Libya.

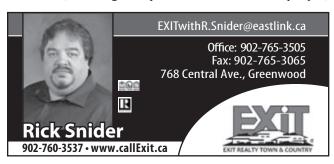
The deployed tankers are emblematic of the cooperative



A CP-140 Aurora surveillance aircraft operated by the Canadian Forces long range patrol squadrons waits on the flight line in Sigonella, Sicily on 7 April 2011.

coalition nature of this operation. They provide fuel not only for Canadian CF-18s, but also to a wide range of other compatible fighter aircraft from numerous other nations, including Britain, France, the United States, Sweden, Italy and Qatar. In the first five weeks of operations, they have provided over three million pounds of fuel to other aircraft, giving them the added range and endurance they need to carry out their missions safely and effectively. The 437 Squadron tanker aircraft and crews from 8 Wing Trenton were also essential in supporting the rapid response of our CF-18s as they made the long trip from Bagotville to Trapani at the start of the deployment.

The rapid response of Canada's Air Force was impressive by any standard. Less than 24 hours after the passage of United Nations Security Council Resolution 1973 and the resulting order to deploy, our aircraft were in the air from Bagotville en route to Italy. The next day the fighter aircraft and essential support personnel were on the ground in Trapani, and a day later they were ready for their first mission. This timeline clearly demonstrates not only the dedication, training and professionalism of our people,





An air combat systems officer from 407 Long Range Patrol Squadron, Comox, checks coordinates aboard a CP-140 Aurora.

(Images: Corporal Marc-André Gaudreault, Canadian Forces Combat Camera)

but also the impact that transformation has had in creating a flexible and responsive Air Force that truly puts the "expedite" in "expeditionary."

The duration of this deployment is still unknown, but the Air Force is committed to supporting this important operation for as long as it is needed. Contingency plans have been prudently developed to rotate personnel if required in the coming weeks and months. Their ultimate mission success is also greatly dependent on the excellent support provided by CF personnel back in Canada, as well as from the families and loved-ones of those who are deployed. The nation of Italy has also been an excellent host to the forces from Canada and many other nations as they pursue their common goal of helping the people of Libya.





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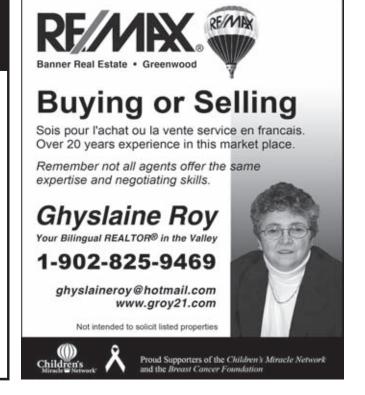
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You are Invited to the GMFRC Deployment Services 7th Annual Pamper Me Day!

Submitted by: Amy Snow, GMFRC Coordinator of Deployment Services, 765-1494 local 5583 or e-mail Amy. Snow@forces.gc.ca

Saturday, May 7 2011 1:00 p.m. – 4:00 p.m. **GMFRC**

FREE

Register by: Tuesday, May 3

**Respite Childcare is available from 10:00 a.m. - 5:00 p.m.

The GMFRC Deployment Services cordially invite you to the 7th Annual Pamper Me Day! In its 7th year this day has become a wonderful time to honour the amazing women of deployed families. Come and enjoy a calming afternoon full of pampering and delicious desserts sure to relax you and to satisfy any sweet tooth! The goal of this afternoon is to celebrate Mother's Day and give you that much deserved

break! After just a couple of hours you will leave feeling refreshed and not only will you enjoy an afternoon of pampering you will also have the chance to win gift bags filled with treats to continue the pampering at home!

Space is limited so register early to avoid missing out on this amazing opportunity. Respite childcare is available on this day from 10:00 a.m. - 5:00 p.m. so please indicate if you require childcare when registering.

Vous êtes invités à notre 7^e journée annuelle «Dorlotons-nous»!

Soumis par : Amy Snow, Coordonnatrice des services d'aide au déploiement du CRFMG, 765-1494 poste 5583 ou par courriel à Amy.Snow@forces.gc.ca

Date: le samedi 7 mai 2011 Heure: de 13 h à 16 h Lieu: CRFMG Coût: GRATUIT

Date limite d'inscription: le mardi 3 mai 2011

**Un service de garde de relève sera offert de 10 h à 17 h Les Services d'aide au déploiement du CRFMG vous invitent cordialement à leur 7^e journée annuelle «Dorlotonsnous»! Pour la septième année, cette journée devient une occasion de rendre hommage aux femmes formidables des

familles de militaires. Venez passez un après-midi de détente à vous faire dorloter et vous faire offrir de délicieux desserts qui ne manqueront pas de vous détendre et de ravir les amoureuses de sucreries! Cette activité vise à souligner la fête des Mères et à vous donner une pause bien méritée! Après quelques heures, vous vous sentirez revigorée et non seulement aurez-vous passé un après-midi de détente, mais vous courrez aussi la chance de gagner un sac-cadeau rempli de gâteries pour que vous puissiez continuer à vous dorloter à la maison!

Pour ne pas manquer cette formidable activité, appelez tôt pour vous inscrire car les places sont limitées. Pour l'occasion, le service de garde de relève sera offert de 10 h à 17 h; si vous en avez besoin, veuillez nous le faire savoir lorsque vous nous appellerez.

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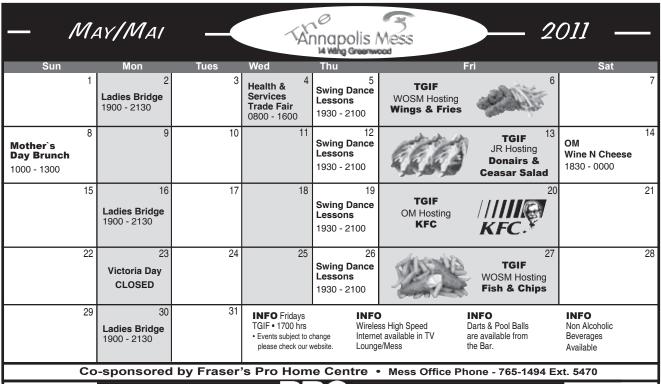
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Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by the disk and hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday. Or E-mail us at aurora@auroranewspaper.com

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

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Aurora Newspaper of products and/or services in exchange for donations.

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

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

Sparky 5km Fun Run/Walk

Submitted by: Captain Patrick Armstrong, TEAM Kingston, Joints in Motion

Are you new to the area and looking to meet people? Are looking for fun family activities you can participate in? Want to complete your first 5km event? Well here's an event for

The first Sparky 5km Fun Run/ Walk hosted by TEAM Kingston of the Nova Scotia Arthritis Society's Joints in Motion program. TEAM Kingston is a group of people that in 2008 joined together under the Arthritis Society's Joints the Motion program to help raise money for treatments/programs and awareness about the effects of arthritis on people of all ages. Since starting we have raised over \$44,000. In 2009 Statistics Canada reported that over 190,000 Nova Scotians live with one of over 100 forms of Arthritis. At the end of our fundraising year, all members will complete at least a half marathon at the Walt Disney World Marathon in January 2012. Some team members will be completing the Goofy Challenge, which includes 5km January 6th, Half Marathon January 7th and Full Marathon January 8th!

Our event, although a fundraiser towards our goal, is centered around a fun family/community event that will bring people together for a relaxed, not timed 5km Run or Walk around the community of Kingston. Kids of all ages welcome, pet friendly event (must be on leash).

June 4th, 2011 starting 9:00 a.m. at the Kingston Fire Station, participants will set out on a route that is 95% on the sidewalks of Kingston. Sparky and the EHS Bearamedic will be on hand to cheer all participants to their finish line. There will be a water station at roughly the halfway point sponsored by Valley Pharmasave Kingston. Registration is \$10/person or \$25/family and can be done by emailing: captain007@eastlink. ca or by mail to Kingston Fire Department, c/o Sparky 5km Fun Run/ Walk, P.O. Box 322, Kingston, NS, B0P 1R0.

This will be an event everyone is talking about so don't miss it! Inquiries can also be sent to captain 007@eastlink.ca.





Business of the Week ~ Evergreen Theatre ~

Local Theatre Presents Second Juno Award Winner This Year

from CFB Greenwood, the Evergreen Theatre in Margaretsville seems at times to be one of the best kept secrets in the area. And this in spite of widespread postering, a robust web presence and kudos from entertainers from Nova Scotia, the rest of Canada and further abroad for being one of their favourite places to play!

The Evergreen Theatre was created in 1999 from the former Evergreen Baptist Church, a 160 year old building in East Margaretsville, just minutes from the Bay of Fundy over the North Mountain. It was a community run enterprise from the beginning, relying on volunteer labour and donations for its gradual but fairly extensive renovations. The altar was replaced with a good sized stage with full curtains and professional lighting, and the rather spartan pews with soft seat theatre seating (the latest set being obtained from the demolition of a major Halifax Nunnery). Soundwise, the compact size (36 feet square)

A mere 15 minute drive and wooden construction make for a very acoustic experience, with two weeks, depending on who many performers performing with no sound gear at all.

But a theatre with no performers is just another building. The most astonishing thing about the Evergreen to most people is how it can attract such an array of professional performers from across Canada. The list of acts that have graced its stage is a who's who of Canadian musicians including such well known figures as Joel Plaskett, George Canyon, Matt Minglewood, Melanie Doane and many others. While the Evergreen is primarily a concert hall, professional travelling theatre companies who can squeeze on to its stage are featured when available.

From March until December there are performances about every



is travelling through at the time. 2011 Juno award winner Old Man Luedecke opened our season in March this vear. Our Mother's Day (May 8) performer is another Nova Scotian who brought home a Juno this year, Meaghan Smith.

With a seating capacity of 115, there is hardy a bad seat in the house. And one is treated to a very intimate up close performance with artists who are usually wandering around at break time or at the end of the night kibitzing with the audience. And break time is made all the sweeter by the efforts of the Middleton Band Association who, as their most successful fundraiser, offer homemade treats and fair trade coffee.

Full program listings and a wealth of information about our performers including videos and links are available at our website www.evergreentheatre. ca. There are also driving directions (in the Contact section) and tickets can be purchased online. Hope to see you at the Evergreen!



Evergreen Theatre

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Wing Logistics and Engineering Annual Mess Dinner

Lieutenant Michelle Guertin, Traffic O TEME

Lieutenant-Colonel Letourneau, Wing Logistics and Engineering (WLE) Officer, hosted the annual WLE Branch Mess Dinner on 14 April 2011 at the Annapolis Mess. The event was well attended by a good mix of WLE military and civilian personnel from Construction Engineering, Supply and Food Services, Telecommunications and Information Services. Transportation and Electrical and Mechanical Engineering, Environment, WLE Headquarters staff and 14 Construction Engineering Squadron (Bridgewater). The Guest of Honour was Colonel Mark Matheson, former 14 Wing Logistics Officer from 2000 to 2003 and currently the Deputy Chief of Staff

Other distinguished guests were 14 Mission Support Squadron Honorary Colonel Ed Arsenault (former 14 Wing Logistics Officer 1994-96), Annapolis East Elementary School Principal Mr. Karl West, Wing Commander Colonel Bill Seymour and Wing Chief Warrant Officer CWO Jim Jardine.

The evening was enhanced by the outstanding service and support provided by the Annapolis Mess and Café staff. As well, the evening was majestically accompanied by the professional musical talents of the 14 Wing Band and Piper.

Upon completion of the traditional and formal aspects of the Mess Dinner, personnel adjourned to the more relaxing venues and quickly became immersed in Branch camaraderie. The event went well into the evening (morning for some) and culminated with Support at Canada Command. a very energetic and bragging



rights generating a crud was an extremely successful

rurnament. opportunity for 180 members hectic year and look forward of the WLE Branch to reflect to the upcoming challenges hectic year and look forward

ceiving from Lieutenant-Colonel Letourneau, Wing Logistics and Engineering (WLE) Officer, a token of appreciation on behalf of the WLE Branch for his participation as Guest of Honour during the WLE Mess Dinner

Le Colonel Matheson reçoit du Lieutenantcolonel Létourneau, Officier de Logistique et de Génie de l'Escadre (L&G Ere), un cadeau de remerciement de la part de la division de L&G Ere pour sa participation en tant qu'invité d'honneur au dîner régimentaire L&G Ere 2011.

(Image: submitted)

on a very tumultuous and and expectations for the WLE Branch, 14 Wing and the



Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two Commissioners. Nominations accepted at the Village Office no later than 4:00pm on Wednesday, May 18, 2011.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election 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 two candidates are nominated on Nomination Day, Election Day is designated as Saturday, June 4, 2011 with an advance poll on Tuesday, May 31, 2011. Poll location is Kingston Village Office, 671 Main St, Kingston.

Greg Towne, Village Clerk clerk@kingstonnovascotia.ca

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

Kingston Lions 50th **Charter Night Thank You**

Submitted by: Lion Bob Lyle, Kingston Lion's Club

On behalf of the Kingston Lions Club we would like to extend our sincere thanks to all who supported our club on its 50th Charter Anniversary. Special thanks are extended to Jim Lamb of Meadow Brook Meat Market who prepared the BBQ Pork & Turkey, Kingston Volunteer Fire Department for a job well done in serving the meal and cleanup, the Royal Canadian Legion Branch # 98 for

preparing & cooking the vegetables and an excellent job in cleanup. To our Guests and all attendees, you made our 50th Charter Anniversary a tremendous success. We hope to continue in service to our community for many more vears to come.

Sincerely, Charter Night Chairman, Lion Bob Lyle.



Dîner militaire annuel du service de logistique et d'ingénierie de la 14e Escadre

Submitted by: Sous-**Lieutenant Michelle** Guertin, Traffic O TEME

Lieutenant-colonel Létourneau, l'Officier de Logistique et de Génie de l'Escadre (L&G Ere), était l'hôte du dîner régimentaire annuel de la division L&G Ere le 14 avril dernier au Mess Annapolis. L'événement a vu la participation active d'un bon nombre de membres civils et militaires du Génie construction, Approvisionnement et Services d'alimentation, Télécommunications et services d'information, Transport et Génie électrique et mécanique, Environnement, Quartier général L&G Ere et 14e Escadron de Génie construction (Bridgewater). L'invité d'honneur était le Colonel Mark Matheson, ancien Officier de Logistique de la 14^e Escadre entre 2000 et 2003 et présentement le Chef d'état-major adjoint –

autres invités distingués on de soutien à la mission Ed Arsenault (ancien Officier de Logistique de l'Escadre 1994-96), le Directeur de l'École élémentaire Annapolis East M. Karl West, le Commandant de l'Escadre Bill Seymour et l'Adjudant-chef de l'Escadre Jim Jardine.

La soirée a été

du Canada. Parmi les De plus, la soirée a été majestueusement pouvait compter le Colonel accompagnée par les talents honoraire du 14º Escadron musicaux professionnels de la Musique et d'un cornemuseur de la 14e Escadre. Après les parties traditionnelles et formelles du dîner régimentaire complétées, les participants se sont retirés vers les lieux plus relaxants et ont rapidement été immergées dans la camaraderie de la division. L'événement agrémentée par le service s'est poursuivi jusque tard et le soutien hors-pair en soirée (tôt en matinée fourni par le personnel du pour certains) et a été

Soutien au Commandement Mess et Café Annapolis. couronné par un tournoi de la division L&G Ere fut « crud » des plus enlevants qui a procuré un droit de vantardise à l'équipe gagnante.

Le dîner régimentaire de

une occasion extrêmement réussie pour 180 membres de la division L&G Ere pour effectuer un retour sur une année excitante et occupée et pour jeter un coup d'œil sur les défis et attentes auxquels feront face la division de L&G Ere, la 14e Escadre et les Forces canadiennes.







For more information about programs and services please view our newsletter and monthly calendar on-line at www.familyforce.ca

*To register or for more information call 765-5611 or drop-in at the GMFRC located at the AVM Morfee Centre on School Road, Greenwood.

Methods of payment accepted are cash or cheque. Payment is required at the time of registration.

FRANCOPHONE

Franco-femmes Vendredi 27 mai

au restaurant The Port Pub à Port Williams

Le coût de votre repas Inscription: avant le mardi 24 mai

Des mets concoctés à partir de produits locaux, de la nourriture de qualité, une atmosphère enjouée et des discussions en français, tout cela vous tente? Joignez-vous à nous et rencontrer un groupe de femmes francophones qui désirent passer une bonne soirée tout en discutant et en mangeant un bon repas

YOUTH

Resume Writing & Interview Skills for Teens

Tuesday, June 7 3:00 p.m. – 4:30 p.m. Youth aged 16 years and up FREE at the GMFRC Register by: Friday, June 3 Are you looking for a summer job? Do you need help preparing for an interview? If your answer is "yes", then you need to join us for this informative workshop. We will work with you to help you take your education, work, and volunteer experience and create a

resume that is perfect for you.

ADULT

Defensive Driving Course Monday & Tuesday, May 30 & 31

6:00 p.m. - 9:00 p.m.

At the GMFRC

Register by: Thursday, May 26 Are you a new driver in Nova Scotia or just looking for a little refresher? Provincial law now requires that all new drivers must successfully complete a defensive driving course before the "N" restrictions will be removed and also to assure safer drivers on our Nova Scotia roads.

Intro to Yoga Wednesday's, June 1, 8, & 15

3:30 p.m. - 5:30 p.m.

\$25.00 AVM Morfee Gym (GMFRC building) Register by: Friday, May 27 Looking to improve your body, mind, and spirit? Yoga is a wonderful way to build strength and flexibility while enjoying a relaxed, meditative atmosphere. The GMFRC is offering an introduction to yoga class for a period of 3 weeks to give participants an opportunity to try yoga and decide if it is something they would like to pursue

PARENTS

Strive for Five: Recipe Workshop

Thursday, May 19

10:00 a.m. - 12:00 p.m. FREE at Oueen of Heaven Chapel Annex Church Street, Greenwood Register by: Wednesday, May 11 Come and learn some important food skills, cook, and sit down and enjoy some wonderful, tasty, local foods. Child care provided by GMFRC volunteers. Children are welcome to cook with their parents!

Full Day Casual Childcare

The Childcare Centre is open Monday to Friday, from 8:00 a.m. to 4:00 p.m. We provide daily nutritious snacks as well as a hot lunch. Parents are encouraged to pre-book spaces a minimum of 24 hours in advance. We will accept bookings up to four weeks in advance, but please remember that this service is casual and should not replace your full-time childcare arrangements. This service is booked on a first come, first served basis. To book a space please call 765-1494; **Infant Room** is local 1818 and the Multi-Aged

Room is local 1817.

VOLUNTEERING

Deployment Pamper Me Day

Saturday, May 7

Volunteers Needed: 5

11:00 a.m. - 12:45 p.m. and/or

12:45 - 4:15 p.m.

At the GMFRC

Assist the vendors as they treat our deployed family members to some much deserved pampering.

Respite Childcare

Saturday, May 7 at the GMFRC 10:00 a.m. - 1:00 p.m. and/or 1:00 p.m. - 5:00 p.m

FAMILY EVENTS

GMFRC Red Friday Lunch and Family Walk Friday, May 27

12:00 p.m. BBQ at the GMFRC Wearing red on Friday shows support for our troops and their families. Wear red and we'll give you a free hot dog and drink! At 1 p.m. join with us for a Red Friday family walk through our community to show support for our troops and their families. It will be a fun chance to get out and meet new people or spend time with friends. Dogs and strollers are more than welcome.

DEPLOYMENT

Card Club (Free childcare is available)

Wednesday, May 18

6:00 p.m. - 8:00 p.m. FREE at the GMFRC

Register by: Monday, May 16

Family Stress Management of Deployment

Wednesday, June 1

11:00 a.m. - 1:00 p.m.

FREE at the GMFRC

Register by: Friday, May 27 Come find out helpful ways to help children through deployment, ways to communicate effectively with your

deployed loved one, as well as coping techniques and ways to avoid deployment stress. Light snacks will be provided.

Respite Childcare

Deployed families can choose 1 of the 2 Saturdays per month.

Saturday, May 7

10:00 a.m. – 5:00 p.m. Register by: Thursday, May 5

Saturday, May 28

10:00 a.m. - 5:00 p.m. Register by: Thursday, May 26

Children's Deployment Support Group

Sunday, May 15

1:00 p.m. – 2:30 p.m.

FREE at the GMFRC (Aged 3 - 12 years) Register by Thursday May 12.

Veteran of the Month

Submitted by, Larry Coldwell, Kingston Legion Br.098

Comrade Brian MacDonald



Brian MacDonald was born in Exeter, Ontario to Canadian Forces (CF) Engine Technician, Victor MacDonald and his wife Milley. Brian attended NSCC to become a Vehicle Mechanic. He enlisted as a regular force member in the early 80's and transferred to the Airforce in 1987 training as an Aero Engine Technician.

Brian's postings include Petewawa ON, Gagetown NB, Moosejaw SK, Greenwood NS and Borden ON. He retired from the CF in 2007 and returned home to Greenwood where he joined the Air Reserve Force and is presently employed as an AVN Tech Instructor in 404 Squadron.

A long time member of Royal Canadian Legion Br. 098, (RCL Br. 098) Brian has previously held the positions of President, Past President and Bingo Chairman. As current President, Brian is dedicated to RCL Br.098, its members, executive committee as well the local community.

RCL Br. 098 is proud to present Comrade MacDonald as "Veteran of the Month" for May 2011.

(Image submitted)

Friday May 6th, 6 - 9pm Saturday May 7th, 10am - 4pm Greenwood Mall, Centre Court by the Fish Pond **Pampered Chef** Colleens Magnetic Jewelry Enter for a Mary Kay **Creative Wanderings** hance to win a Scentsy Mood Crafts Natural Healing basket full of **Party Lite** Reflexology, Donna Jones products and **Tupperware** Gayle Deveault, Esthetician services! Watkins Wild Geese Prints Jar of Sweets The Humble Burdock Humdingers **Lotus Kitty Creations** Arbonne Sticky Thoughts **Epicure** Organized by the Military Family And more Home Based Business Group Look for us on Facebook!

TOEPICS • Spring Fling Seminar a Great Success!



Greenwood Skaters & Friends Douglas Leigh and Tugba Karademir.

(Image: ZRice)

As the end of the season approaches for our skaters, it is a great time to reflect back on our successes. As a finale to the spring session, the Greenwood Skating Club plays host to a regional seminar that is tops on skaters calendars from across the province. Douglas Leigh, famed coach of Brian Orser and Elvis Stojko among many others, has put the Greenwood Club onto his 'preferred location' list. During his recent visit, not only was he

impressed again by our skaters, he shared that he believes in the work being done here by our coaches and has given them his nod of approval. Skaters from the club and beyond always enjoy his clinics and he was accompanied by Turkish Champion Tugba Karademir. This was Doug's 3rd visit and Tugba's 2nd...and reservations are already being made for them to

return next year...a regular Easter event!

On Saturday, April 30th the clubs skaters gathered to celebrate the year at the annual awards day event... we will have pictures and winners in next weeks Toepics column.

We are down to the last week of spring and skaters are already making plans for the summer...keep posted for upcoming news and activities!



73 Queen Street • 665-5277 less than 30 minutes from Greenwood!

Kentucky Derby Day

Saturday, May 7th • 5:30 apps, 7:00 race & dinner 7:15 p.m.

Tickets: \$12 includes a Mint Julep & dinner (fried chicken, potato salad, coleslaw, corn bread, biscuits, Derby Pie (chocolate pecan) and whipped cream), appetizers and the race on the big screen.

Ladies hat contest. Over 19 only.

Call ahead for tickets (limited seating)

Mother's Day Breakfast Sunday, May 8th (9am - noon) & lunch specials (noon - 5pm)

Mother's Day Buffet
Prime Rib, lasagna, turkey with all the fixin's, sweet & sour meatballs, salads, lobster chowder, soups & desserts - just \$19.95

Call for a Table • 665-5277 www.endofthelinepub.com

Employment Opportunity

Truck Driver/Labourer

Seasonal-part/full time

- Valid Class 5 Driver's License
- Clean Criminal Record Check
- Clean Driver Abstract

Please apply by resume only by mail, fax or e-mail.

No phone calls or walk ins please.

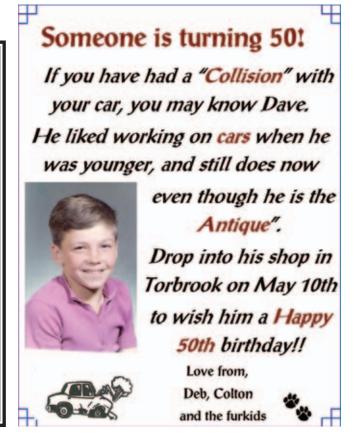
Loomer's Portable Toilets Limited

David Dowling/Heather Loomer P.O. Box 43, Kingston

N.S. B0P 1R0 Fax: 765-3966

E-mail: loomerstoilets@eastlink.ca

Only applicants to be interviewed will be contacted.



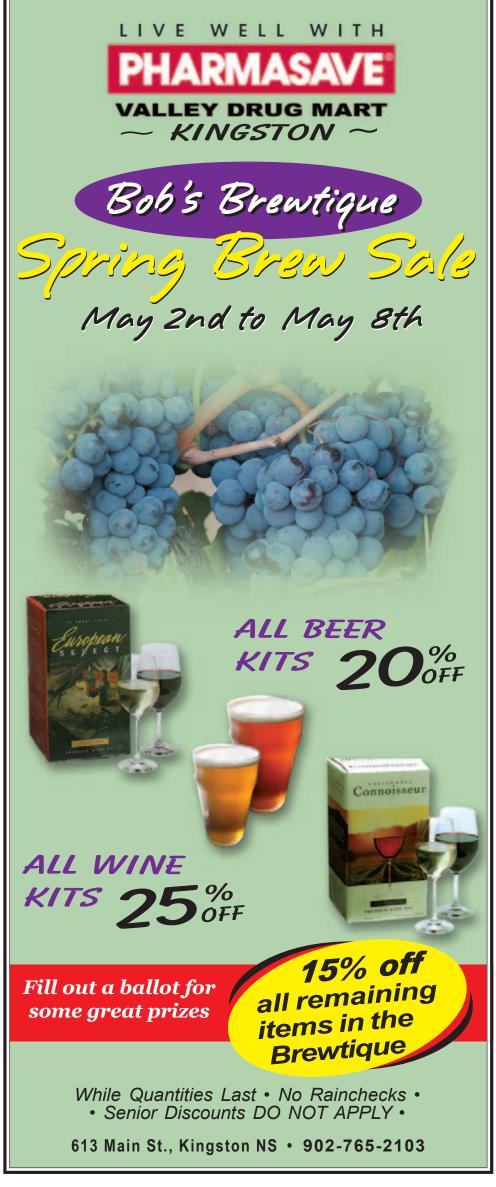


14 Wing Library Easter Egg Hunt

Submitted by: Judy McCool

Miss Marie had fun Tuesday morning with the Story Tree participants at the 14 Wing Library, hunting for Easter eggs. (Image: Judy McCool)





North American Occupational

Safety and Health Week

The Aurora Newspaper, 14 Wing Greenwood, NS

Submitted by: Second Lieutenant Michelle Guertin, Traffic O TEME

01 to 07 May 2011

North American Occupational Safety & Health (NAOSH) Week is being celebrated the week of 1st to 7th May 2011. The goal of NAOSH Week is to focus on reinforcing and strengthening our commitment to health and safety through solid risk management practices, education and injury and illness prevention. This can only be accomplished by starting today and planning for safety & health "What's Your Plan?"

This year's continuing slogan:" Safety and Health, A Commitment for Life" reflects



765-8848

Held Over

01 May 11 Sun • 2pm Matinee

Soul Surfer

Rated G

01 - 05 May 11 Sun-Thurs • 8pm Rated PG

See you at the Movies

www.zedex.ca

the need to focus on the concept of health and safety and the vigilance and dedication required to the principles of hazard and risk control management.

This year's theme "What's Your Plan?" challenges each and every one of us to take time to plan how we can improve the level of safety & health both at home and in the workplace. Planning is a key step in the safety & health process. Are we safe or not safe? Have you ever taken the time to ask that very interesting question? Weather it be cutting the grass, taking down those Christmas decorations, driving on a busy highway or just performing the daily tasks associated with our iobs we have a tendency to try to get things done as quickly and efficiently as possible. Although this type of attitude allows us to find more efficient ways of doing things, efficiency only



Sunday, 1:45 p.m. Tuesday, 7:30 p.m. Regular Games - \$125

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

Consolation \$500

Double Action

Lic.# 35542-96



when safety is a key component of the processes from the onset. As with many accomplishments in life there is an associated journey we pursue to achieve our outcomes and successes and without a well laid out plan for our journey we in most case tend to fall short on our successes. Over the years I have come to realize that "Safety & Health" is one such journey. It's a road or journey that leads us home safely at the end of every work day, thus it is extremely import that take time to plan and ensure we lay out the proper safety road map looking for better ways to ensure we reach our ultimate destination safely. Regardless of the safety journey we embark on there will always be hazards and risks along the way. The key is to look for and identify these signs, follow the proper rules for the road and travel our journey

with care. There have always been differing philosophies surrounding accidents and safety. Some may philosophize that accidents simply happen while others may suggest that "safety" happens. Accidents and safety are different sides of the same coin related to such common concepts as risk and benefit. Even though there may be an element of chance and uncertainty related to both concepts, I would offer that accidents and safety don't just "happen"; they are caused. We must continue to instil and promote a "safety culture" that strives for zero injuries, illnesses and most importantly zero fatalities. To ensure we are all safe and make it home safely to our family and loved ones every day; we all must take responsibility for health and safety and be pro-active in identifying potential causes of injury and illness. Once identified; we must ensure appropriate action is taken to correct these causes so that no one becomes

injured or ill. We can all take

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

We must all be pro-active safety leaders at work and in our communities and spread the message that health and safety is a way of life. In the workplace, we can work towards instilling a very powerful form of social energy called a positive safety culture, which focuses on putting the organizations priorities on protecting people's health and safety. We must include clear performance measurements in our safety & health plans which enable us to assess our success and failures and find ways to improve upon our level of safety & health on a continual basis. We can all work towards recognizing and supporting community initiatives that help to protect the public and spread the health and safety message. Let's ensure that this year you take the time to *Prizes will be drawn*.

plan. I am confident that a well laid out plan will lead to ensuring a safer and healthier environment for yourself, your family, your workplace and your community. As the old proverb states "He who fails to plan, plans to fail"

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

NAOSH Week Activity Schedule

Monday, 1 May 11

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

Wednesday, 4 May 11

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

Lieutenant-General (Retired) Visits Kingston Legion

Submitted by: Don MacCoy, Service Officer, Royal Canadian Legion Br. 098 Kingston

On Wednesday the 27th of April at 10 o'clock in the morning I had the distinct pleasure of listening to Lieutenant-General (Retired) Honourable Romeo Dallaire as he addressed a crowd of approximately 125 people in the auditorium of Royal Canadian Legion Br. 098 Kingston, NS.

Never in my life have I heard such an eloquent and knowledgeable individual. He told the story of Rwanda and the terrible genocide, hardships and horror of the massive loss of life inflicted on the people of that country by people of their own nationality.

Dallaire described how during this immense crisis the problem of not being able to acquire the support he needed to bolster his own troops and stop the senseless killing of the people he was trying to protect weighed heavily upon his psyche. He explained the devastating consequences of Post Traumatic Stress Disorder (PTSD) and encouraged all to support our soldiers and acknowledge this invisible affliction.

His eloquence while explaining his position was such that everybody listened with rapt attention and you could have heard a pin drop in the room.

His talk lasted for about an hour and I am sure everyone left the room knowing that this individual had done his very best with the equipment and men that he had at his disposal.

My congratulations go out to Romeo Dallaire for his efforts to do what he could under such horrific circumstances. 'You served your country well Sir and you make all Canadians proud of leaders such as yourself.



FOIRE DE LA SANTÉ ET DE LA SÉCURITÉ

La Semaine SNASST 2011 1 - 7 mai

Santé et sécurité: un engagement pour la vie!

« Quel est votre plan »?

Admission gratuite

QUAND : Mercredi le 4 mai. 2011 à 1000 - 1500 heures.

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

Pour marquer la Semaine de la santé et de la sécurité au travail en Amérique du Nord, le Bureau de sécurité de la 14° escadre en conjonction avec le Bureau de la promotion de la santé, vous cueille 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

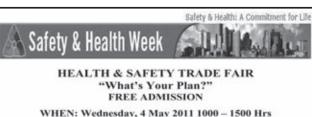
Des prix d'entrée seront tirés au fil de la journée

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

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







WHERE: 14 Wing, Annapolis Mess (Lounges A, B & C)

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.





GMFRC and Casual **Childcare Closure**

GMFRC and Casual Childcare will be closed on Wednesday, May 11

The Greenwood Military Family Resource Centre (GMFRC) would like to inform the public that the GMFRC and the GMFRC Casual Childcare will be closed on Wednesday, May 11th from 8:00 a.m. – 9:00 p.m. For emergencies please call Wing Duty Ops 765-1494, local 5457. We apologize for any inconvenience this may cause.

Le CRFMG et la halte-garderie seront fermés le mercredi 11 mai

Le Centre de ressources pour les familles militaires de Greenwood (CRFMG) désire informer la communauté que le CRFMG et la halte-garderie du CRFMG seront fermés le mercredi 11 mai de 8 h à 21 h. En cas d'urgence, s.v.p. communiquer avec les Opérations de l'Escadre au 765-1494, poste 5457. Nous nous excusons des inconvénients que cela pourrait occasionner.

~ In Appreciation ~ GRANT, Walter Roy "Wally"

Dear Family & Friends;

Perhaps you sent lovely card or sat quietly in a chair. Perhaps you sent a lovely card or sat quietly in a chair. Perhaps you sent a floral piece. If so we saw it there, perhaps you said the kindest words that only a friend could say. Perhaps you were not there at all, but thought of us that day. Because of all the generous donations Wally's memory will live on. He with continue to help others



even after he was gone

To all of you who "Hugged" our hearts in so many different ways, I can't tell you how much your kindness helped us make it through "those days". Just weeks ago we were not sure of just how much we could endure. But now we know with friends like you, we're stronger than we ever knew.

Special thanks to everyone who helped us in New Minas in our hour of need. Wendy who just happened to be there shopping and just happened to be an R.N., Paula (winners). The paramedics who responded to our 911 call, the doctors and staff who were working in emergency that afternoon; all the nurses and staff who could not do enough to comfort us at Valley Regional Hospital, Kernville. Gold Bless You All. Rev Debra Orton and the C.C. Priest at St. Joseph's, Kentville who came to the hospital to pray with us. Tom and Gary and staff at the Middleton Funeral Home Ltd who helped us in so many

ways and was so patient with us and granted every wish. Rev bill McLean, Nictaux Baptist Church who took the extra step to do our service at our request. Thank you Rev Bill, our family and friends who took part in our service; the Baptist Friendly Club and the Baptist Ladies Auxiliary from "Beautiful Downtown Nictaux, who planned and served the delicious refreshments. Great job as always ladies, thank you! Tammy Belanger from Greenleaf Enterprises who put the finishing touches on the day.

We believe there are angels among us! For whatever you did to console our hearts, we thank you so much. Together we had one more perfect day.

With our love and thanks,

Sincerely Teresa, Todd, Elaine, Tammy, Dave, Troy, Susan, Meghan, Emma and Tyler.

Our Hearts Will Remember.

Free of Charge ~ Representation ~ Advocacy ~ Assistance





The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666





WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES





Kingston Lions Club will be serving up fresh cut french fries, hamburgers, hot dogs and refreshments all day long.

Racing rain or shine, so bring a lawn chair for a great day of racing.

Kingston motocross track is located one mile east of Kingston on the #1 Highway.

Please send your questions to: kingstonmx@hotmail.ca

Round 2 of the Atlantic Region Motocross Championships

Sunday May 15th at the Kingston Motocross Track

Admission:

Family of 5 (2 adults, 3 children) \$30.00 Adult \$10.00 • Under 12 \$5.00 • Child Under 5 Free



FOR YOUR INFORMATION

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 83A 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.

BIANS - Brain Injury Association of Nova Scotia - Valley Chapter

Valley Regional Hospital, Kentville – Support Meeting - every 3rd Thursday of the month from 6:00 to 7:00 p.m. and the General Meeting from 7:00 to 9:00 p.m. Valley Chapter Executive; Soldiers Memorial Hospital, Middle-

ton - every 3rd Wednesday of the month from 7:00 to 9:00 p.m.; Annapolis Community Center, Annapolis Royal every 2nd Thursday of the month from 7:00 to 9:00 p.m. For additional information please contact Barry Schaffner: 902-582-7443, Jake MacDonald: 902-542-4289, Dan Nogler: 765-6760.

HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, be careful what you ask for, as things have a funny way of coming true for you this week. Censor your thoughts for the time being.

TAURUS - Apr 21/May 21

Taurus, your mind is reeling and the only way to stop these anxious thoughts is to keep busy. Friends provide a welcome diversion later in the week.

GEMINI - May 22/Jun 21

Gemini, your current interests aren't panning out as you'd hoped so consider other opportunities. Stop and consider all the possibilities as soon as possible.

CANCER - Jun 22/Jul 22

Thoughts of love and relationships are on your mind, Cancer. However, you will have trouble expressing just how you feel to others. Think through the words.

LEO - Jul 23/Aug 23

Leo, you are a whirlwind of activity and this causes a bit of disruption to a normally organized week. Others may remark on the change in personality.

VIRGO - Aug 24/Sept 22

It's hard to imagine fitting anything else into your packed schedule, Virgo. Somehow you manage to do it. But the effects could prove stressful.

LIBRA - Sept 23/Oct 23

It's time to plan and prepare, Libra. Take out a pen and paper and start making lists. It's the only way to remain organized with so much going on.

SCORPIO - Oct 24/Nov 22

Matters of the home take importance this week, Scorpio. Focus your attention on tackling things around the house and you'll have more time to devote to fun.

SAGITTARIUS - Nov 23/Dec 21

It might be time to pinch some pennies, Sagittarius. This week you could come up a bit short, and it doesn't bode well for the rest of the month. Consider working

CAPRICORN - Dec 22/Jan 20

Capricorn, things turn out to be very calm this week and it is surprising how much you can get accomplished. This slow pace is just the reprieve you've needed.

AQUARIUS - Jan 21/Feb 18

Aquarius, there's not much you can do about a particular problem if you don't spend any time actually thinking about a solution. Ignoring the situation won't help.

PISCES - Feb 19/Mar 20

Pisces, a few minor tweaks to your schedule and you are able to tackle an enormous amount of tasks this week. Enjoy productivity.

FAMOUS BIRTHDAYS

MAY 1 Tim McGraw, Singer (44) David Beckham, Athlete (36) MAY 2 MAY 3 Frankie Valli, Singer (74) MAY 4 Randy Travis, Actor/Singer (52) MAY 5 Adele, Singer (23) MAY 6 George Clooney, Actor (50) MAY 7 Taylor Abrahamse, Actor (20)

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Mother's Day Supper

Roast turkey with all the fixings and dessert. Sunday, 8 May 2011, 4:30-6:30 p.m. at the Middleton Firehall. Sponsored by St. Joseph's Guild, Parish of Wilmot.

Senior Safety Skit'tles

As the Coordinator for the Kings County Senior Safety Program I am happy to tell you that we are hosting Senior Safety Skit'tles again this year. The event will take place on May 11th at Horton High School from 10:00 a.m. - 2:00 p.m. The day will begin with a mini seniors expo, followed by Safety Skits preformed by Horton Drama students, we will break for a free lunch. then head back into the theatre for a presentation by the ABCs of fraud. Then close the day with a Question and Answer Session, where seniors can ask questions of Police, Paramedics and Fire Fighters. This is a completely free event, we just as folks call to register to ensure we have

enough lunch for everyone. To register call Michelle or Bev at the Wolfville RCMP, 542-3817

Farmers Market at the **Greenwood Mall**

Thursday 12:00 – 4:00 p.m. Come down and pick up some fresh baked sweets. breads, canned goods, handcrafted jewlery, nature based crafts, beautiful local photography, handcrafted soaps and so much more! Jennifer 242-2085

Kingston Lions Annual Spring Raffle

Please support our Annual Spring Raffle started on 12 April and running until 1 June. Tickets are \$2.00 each or 3 for \$5.00 and will be available at Zellers, the Greenwood Mall and Sobeys in Greenwood. Total prizes are valued at over \$2000.00. The draw will take place on 1 June at the Kingston Lions Club. Help us support our community in our 50th year.

9th Annual **Communication & Electronics**

The 9th Annual Atlantic Region C&E Golf tournament will be held this year from 23-24 June 2011. A four person scramble format will be used at the Challenging Greenwood Golf Club. The tournament is shaping up to be one of the best ever with great food, prizes and entertainment. You can sign up individually, a partial team or a complete team of four. Major Dale King 14 WTISO would like to extend a personal invitation to all former members of the C&E branch, business associates and any affiliates interested in joining our Squadron for two fun filled days. This is a great opportunity to get reacquainted with old friends and perhaps make some new ones. For more information you can contact the Tournament Chairman Master Corporal Scarlett Law 902-765-1494 ext. 3221 or Tee Master Corporal Troy McKeough 902-765-1494 ext. 3547. For additional tournament information, to register or to browse pictures from previous tournaments please visit our website: www.wtis.ca

Golf Tournament

Kingston United Baptist Church Library

The Kingston Ünited 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, DVDs and other resources. For info call 765-6735.

Middleton Choral Society

Middleton Choral Society presents "From Broadway to Hollywood," Friday May 6 - Saturday May 7, a spring presentation of classic Broadway melodies staged with costumes and choreography. Annapolis East Elementary School, Middleton at 7:30 p.m. A free-will offering will be taken, to encourage family support for this evening of solid entertainment.

Kingston Lions Annual Yard Sale

The Kingston Lions Yard Sale will take place on 21 May from 8:00 a.m. until 1:00 p.m. If you have an item that you would like to donate please contact us at 765-2128. We will only take items that are in good working order which includes stoves. refrigerators, washers and dryers. Come out and bring a friend with you.

Schizophrenia Society of Nova Scotia Annual **General Meeting**

Consumers and care providers sharing experience and insight towards better mental health, with guest speaker Sarah Hergett, M. Ed. (Mental Health Promotion Co-ordinator with AVH Mental Health and Addictions Services). Topic: "Mental Health & Mental Wellness... What Is the Connection?' **Exploring Positive Mental** Health for All! Open to the

public, everyone welcome! Date: Wednesday, May 18th at 7:00 p.m. Place: Kentville Lions Hall, 78 River St (next to the police station, Kings County Chapter Schizophrenia Society of Nova Scotia.

Noon Luncheon 10 May 2011

Our next Noon Luncheon will be on May 10 at the Kingston Lions Hall from 11:30 a.m. until 1:00 p.m. The menu is hot roast beef dinner with all the trimmings and dessert, tea & coffee. The cost is \$8.00 per meal, \$8.50 delivered. To order a meal, please call 765- 2128.

Country Music Night

The Kingston Lions club presents a country musical night on Saturday 14 May 2011 from 7:00 p.m. until 10:00 p.m. at the Kingston Lions Hall. Entertainment features Brenda Morash, Gary Raymond and Melvin Peters. Come out and help us support our Community, in our 50th vear of service to others. Cost is \$5.00 each. For info please call 847-0525 or email Eric at bjourneay@eastlink.ca.

Kingston and District **Health Auxiliary Closing** Meeting

The Kingston and District Health Auxiliary will be having their closing meeting on Tuesday, May 3, 2011, at 11:30 a.m., at the Paragon Golf Club, please join us. All Saints' A.C.W

Annual Yard Sale

All Saints' A.C.W. will be holding their Annual Yard Sale. Where: All Saints' Church Hall, Pleasant Street, Kingston. When: Saturday May 7, 2011 from 8:00 a.m. - 12:00 p.m. What: Anything we can sell.

Dwight Ross Elementary School Celebrate 50 **Years of Smiles**

On Tuesday May 24, 2011 Dwight Ross Elementary School would like to invite you to help celebrate 50 years of smiles. An open house, school tour and reception will be held in the School's conference room from 4:00-6:00 p.m. that evening. This will be preceded by a recognition assembly from 1:15-2:15 p.m. in the School's gymnasium. As well celebrations will take place at various times throughout the afternoon! If you or your family plans on attending the celebration, we ask that you please RSVP to the school as soon as possible. (Phone: 765-7510 or e-mail: dres@avrsb.ca). Yard Sale

May 14, 9:00 a.m. – 2:00 p.m., Sponsored by TOPS NS 4655, at Kingston United Church, Main St Kingston. Canteen available. Flo Mac-Donald 765-2894 or email donandflo@ns.sympatico.ca.

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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 83A School Road (Morfee Annex) No Central Registry or Canada Post please. Deadline: Noon, Thursday, May 5th, 2011. Make sure you include your full name and phone number. NAME PHONE NUMBER Limited to one win per family in a TWO MONTH PERIOD. The winner will be drawn randomly from all correct entries. Only one entry per family per week Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days! 1. When are the Atlantic Region Motocross Championships? 2. Where is Russell Maillet Glass Shop located? 3. Where can you enter to win a Mother's Day Draw? 4. Where can get 15% off all remaining items? ____ 5. What is Evergreen Theatre's website?

Pizza Delight

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

Congratulations to last week's winner: MICHAEL KELLY

Skater of the Week The 19th Hole

The Greenwood **Skating Club** presents the **Invisible Fence** Skater of the Week

Submitted by: Francois Robert, GSC

Erika Rice

Age: 15 yrs old School: Middleton Regional High School Skating Level: Senior Started Skating: 3 yrs old Coach: Ann Young Highest Tests Passed: Junior Silver freestyle and interpretive, Gold skills, some Gold dances Favourite Figure Skater: Joannie Rochette Favourite part of skating: Jumping Other hobbies: Spending time with friends, music



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:





765-2415

Submitted by: Wendy Richardson

Easter weekend is over and I am sure everyone enjoyed their time with friends and family and some even managed to get a round of golf in. I hear the weather was good (it was good in Cape Breton too). Good Friday will be a day Pat Rice will remember. He aced the 8th Hole and it was witnessed by Max Pennell and Mike Fallis. This was the first ace of the year for Greenwood. Congratulations Pat, a Hole in One is a nice Easter present, beats a chocolate bunny any day.

Special thanks to all those who volunteered on April 20th for the Clean Up Day. Volunteers are essential to every club and the Management team, the Executive and fellow golfers appreciate all your efforts. I was working and couldn't attend but there were at least 15 volunteers and from all reports and a lot was accomplished. Apparently a lot of raking was done on #12 and #15. As a reward they were all treated to a steak dinner.

I have only been out for 9 holes so far, but the course is in great shape. The greens are in tremendous shape, now lets keep them in that condition. (Remember, repair your ball marks and help keep the greens in great shape.)

I now have a calendar of events so I guess the season really is underway: The first event on the calendar is the Ladies Get Acquainted tournament on May 8th and will start at 1:00 p.m. This tournament is for Members and more info will be on the bulletin board. Check it out. On Sunday May 15th, the Ladies will have the Early Bird tournament, more on that next issue.

The decision has been made that ALL Club Tournaments will start at 1:00 p.m. - no more morning starts.

Men's Night is scheduled to start on May 17th. Ladies Night is

PATRICK'S PUZZLE

Bicycle Word Find

Just in time for bicycle season, find the hidden words in the puzzle. HELMET

SAFETY

BALANCE

BICYLCLE				PEDALS				SEAT			
CHAIN				RIDE					TIRES		
GEARS			ROAD					TRAINING			
В	N	Y	S	S	В	В	Т	Y	V	Т	V
S	O	C	E	P	I	E	E	W	N	R	P
K	L	A	L	C	Z	Y	M	T	V	A	T
G	T	A	Y	C	T	N	L	W	O	I	I
Z	E	C	D	Е	X	S	E	C	F	N	R
D	L	A	F	Е	G	C	Η	A	J	I	E
E	A	A	R	X	P	C	Η	A	I	N	S
Z	S	O	F	S	R	P	F	V	C	G	V
J	A	T	R	N	U	Q	Q	W	W	G	R
Ο	R	J	U	В	W	A	L	E	D	I	R
I	N	O	G	T	V	N	D	В	G	В	F
C	T	I	N	A	E	C	N	A	L	A	В

Bike Match

Match the word with its meaning.

1. Gear	A. Move without power
2. Chain	B. Toothed wheels
3. Coast	C. Propel by foot
4. Pedal	D. Metal links

Patrick's Puzzle brought to you compliments of:

Answers: I. B, 2. D, 3. A, 4. C

www.besttoyota.ns.ca



scheduled to start on Wednesday May 18th (4:30 p.m.) and Ladies Morning will start on May 19th (9:00 a.m.) The Kitchen is slated to open on May 20th and Friday Night 2-Ball is back again and will start on May 20th (4:30 p.m.).

There are still openings for the Founders Mixed Tournament, check out the Greenwood Golf Club website for entries and more details. (Betty Saltzman is the contact person for this tournament).

The Pro Shop is going to have a Mother's Day Special starting on May 2nd - May 8th. If you purchase a Nancy Lopez shirt you get a free shopping bag, call the pro shop for more details (765-5800).

Next week I will try to have a list of the executive and the Management / Club staff, so that we can acquaint ourselves with everyone. I know there are some new faces and it would be nice to put a name to them.

If anyone has any golf stories or info you would like to have included in this article, please send me an e-mail to: wdrichardson@ eastlink.ca.

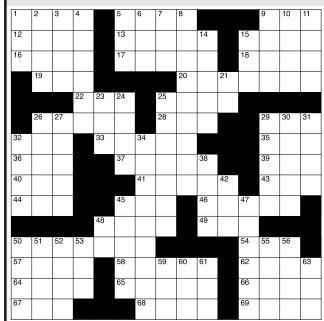
On April 15th our club lost a valued member, Myron Lane passed away on that day. He was truly a gentleman and he will be missed by those who had the privilege of knowing him. Our heartfelt prayers

are with Betty and family.
Until next issue, enjoy The Challenge, take a friend out for a round of golf. Check out the rates (and the specials) on the Greenwood Golf Club's website.



Spelling: US English

Solution page 14



ACROSS

- I. Wound seriously
 5. Record
 9. Earnestly entreat

- 12. Dwarf buffalo 13. Manilla sea catfish genus
- Picasso's mistress
- 16. Chinese dynasty
- 17. Wet spongy ground 18. Wax glazed finish fabric 19. Diego or Francisco
- 20. In an implied way 22. Outward flow of the tide
- 25. Writer of poems
- 25. Writer of poems
 26. Stalks of a moss capsule
 28. Electromotive force
 29. "Phyllis" production Co.
 (abbr.)
 32. Adult male human
- Finnish island studded lake
- 35. Coach Parseghian 36. Helps little firms 37. 3rd largest Balearic
- 39. Disk to convert circular

- into linear motion
 40. Old world, new
 41. Acid from oil
 43. Health Maintenance

- 44. Cathode-ray tube

- 45. Brew 46. Nostrils 48. A female domestic 49. S. W. Shoshonean
- Social deportment
 A rubberized raincoat

- 54. A rubberized raincoat
 57. Olive genus
 58. About ohms
 62. Wild goat with backward
 curved horns
- 64. Sharp point projecting backwards
- 65. Approaches 66. Indian frock
- 67. Search engine friendly 68. Description of design
- criteria 69. Pickerel genus
- DOWN
- Another word for mother
- Another word for mother
 Cuckoos
 New Rochelle, NY college
 Attracts iron
- 5. River obstruction
- 6. Militant N. Ireland

- organization
 7. Title of respect
 8. Make to specifications
 9. Food on a fish hook

- 10. Br. peer above a viscount 11. Western author Zane ____ 14. Allied H.Q. 15. Defunct phone company
- Connecticut
- 23. NY Times political writer Matt 24. Bolivian river

- 25. Endangered 26. Heavy cavalry sword 27. Make into law
- 29. Papier-__, art material
- 30. Streetcars31. Extinct black honeycreepers
- 32. Millisecond
- 32. Millisecond
 34. Gets rid of
 38. Indigenous race in Hokkaido
 42. Feline mammal
 45. Moses' older brother
 47. Relinquish a claim to

- 48. Of I

- 50. Disorderly crowds
 51. Wings
 52. Ball for safe indoor play
 53. Snatch
 55. Arabian outer garments
 56. Scomberomorus regalis

- 59. A diagram of the Earth's surface
 60. Anger
 61. Reciprocal of a sine
 63. Nineteen

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Readers should exercise their best judgement with the content.

To place a Classified Ad by Word Count call Candace Ernst at 765-1494 local **5440**. The Aurora Newspaper office is located on 83A School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

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Sudoku Solution

Crossword Solution

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

duplex located in Paradise. Newly renovated providing maintenance free living \$550.00 per month plus utilities. References required. Call 760-0012 for more information. (3216-3tpb)

FOR RENT - One and two bedroom apartments in Middleton. Very quiet adult building, apartments have been renovated extensively. References required. Call 760-0012 for more information. (3216-3tpb)

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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. (3216-4tpb)

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<u>JOBS</u>

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~ Obituary ~

CROOK, Allan Moyes, M/C - Kingston, NS

CROOK, Allan Moyes, M/C - 87 of Kingston, passed away Wednesday, April 27, 2011 in Soldiers' Memorial Hospital, Middleton. Born in Dartmouth, he was a son of the late Andrew and Helen (Cameron) Crook. Allan served in the R.C.A.F from 1942 to 1947 and he re-enlisted in 1955 retiring in 1973 as a Master Corporal. He was then employed with Twin Cities Dairy, Middleton from 1973 to 1983,



retiring at the age of 60. Allan was a Life Member of the Kingston Lions Club and was awarded "Lion of the Year" in 2002-2003. Surviving besides his wife the former Carrie (Clark) Acker are daughter, Michelle (Mikel) Ward, Ottawa; son, Cameron (Denise) Crook, Maple Ridge, BC; sisters, Evelyn (Gordon) Stewart, Dartmouth; Marjorie (Frank) Terris, Westville, NS; brothers, Drewie Crook, Dartmouth; Kenneth Crook, Berwick; grandchildren, Courtney and Bradley (Kate); great granddaughter, Piper; step-children Richard (Donna) Acker, Kingston and Cheryl (Bryan) Theriau, Canaan, Kings County; 4 step-grandchildren, Christopher and Gregory Theriau and Adam and Andrew Acker. Besides his parents, he was predeceased by his first wife, Terrie and granddaughter, Kendra Ward. Visitation will be held 7-9 p.m. Saturday, April 30, 2011 in the Middleton Funeral Home 398 Main Street, (902) 825-3448. A funeral service beginning with a Lion's Tribute Service will be held 2:00 p.m. Sunday, May 1st. in the Kingston Baptist Church, Rev. Leon Langille officiating. Interment will be in the North Kingston Cemetery followed by a reception at the Kingston Lion's Hall. By request, family flowers only. Donations in memory may be made to the Kingston Lions Club or charity of choice. Online condolences may be made through: www.middletonfuneralhome.com

Youth Happenings at 14 Wing **Community Centre**

By: Megan LeMoine, **Recreation Youth** Worker

Come get your May calendar to make sure you don't miss any of our great programs and events. If you would like more information please call Megan at 765-8165. Here's what's happening this week.

Boys Club Tennis Monday May 2 4:30-6:00 p.m.

Boys ages 9-12 come practice your skills at tennis, f the weather is nice we can play tennis out-side!

Ťeen Council Tuesday May 3 3:00-4:00 p.m.

Today we will be meeting with MP Norm Rushton and Kim Dixon from The MFRC.

Teen Games **Tuesday May 3** 6:00-8:00 p.m. Come play trivia tonight teens!

Active Chicks Mother's Day Crafts Wednesday May 4 6:00-7:30 p.m.

Sign-up today girls to make something special for your mother or someone very special to you!

Teen Activity Bike Ride
Thursday May 5
6:00-7:30 p.m.
Come to The Centre and

we'll walk to The F&S Centre to get a bike a go for a bike ride to the golf course and back! Make sure you have a helmet!

Waffle Night Saturday May 7 6:00-8:00 p.m. Cost- \$1

Come make homemade waffles at The Centre! Please register for this program.

Pre-teen Dance Friday May 13 6:00-8:00 p.m. Cost- \$3

Tell your friends about the pre-teen dance tonight! It's going to be a great night with fun of prizes, games and great

Greenwood Players Presents "The Foreigner"

AVM Morfee Centre May 10th to 14th Curtain Time 7:30 p.m. Tickets: \$8.00 at the door

The play is set in a resort style fishing lodge in rural Georgia. The comedy revolves around two of its guests Charlie Baker and Sgt. Froggy LeSuer.



Featured this week are: Roger Brooks (Stage Manager), Helen Shields (Director) and Kyla Shields

14 Wing Library Serving Those Who F

By Judy McCool, AV Morfee Building, Greenwood, School Street, 765-1494 local 5430

Hello from your local library! May is here and so is the spring weather. With the commencement of the nice weather we are resuming our summer schedule and will be closed on Sundays until after Thanksgiving.

Calling all gardeners! We have on display some great gardening and yard care books for your reading enjoyment. Come in and check some out.

Everyone enjoyed the wonderful Volunteers Recognition Dinner hosted by the 14 Wing Community Recreation Centre and Greenwood Military Family Resource Centre Staff at the Annapolis Mess. A special Thank You is extended to our volunteers Beth, Miss Kendra, Miss Donna, Judith, Kaye, Class, Jessie, and Ali. The generous giving of your time is much appreciated!

With the assistance of Miss Marie, the Tuesday morning "Under The Story Tree' participants enjoyed making crafts and hunting for Easter eggs in the library. Thanks Miss Somer and Miss Marie for all of your help!

After serving many years as a dedicated volunteer at

years as library assistant, Liz LeCrow; Her Mother's Tappen is "retiring". She is looking forward to spending time with her daughter and grandson who are moving from China and are settling in Nova Scotia. I, along with all of our patrons wish you much happiness. We will miss you in the library!

Special days this month are Mothers Day on May 8th; Nurses Day on May 12th, and Victoria Day on May 23rd. Keep the weekend of May 27th and 28th open to attend the annual Apple Blossom events.

Happenings: The March Reading Challenge was a huge success with over 80 participants reading over 1065

Congratulations to the winners: Up to 5 years-Gabriel Ellis; 6-10 years-David Dospital; 11-16 years-Jesse Stevens and 17-105 years-Shirley Fortin. Thank you to our sponsors 14 Wing Museum, Sobeys, Shoppers, McDonalds, Dairy Queen and Venus Video who provided great prizes!

New Books: Many Thanks to The Friends of Greenwood Library Society who have purchased six new books for the library.

Shiver/Maggie Stiefvater; The Glass Rainbow/ James Lee Burke; Fly Away Home/Jennifer Weiner; 14 Wing Library; and three The Swimming Pool/Holly Daughter/Lesley Crewe; In **Too Deep**/Jane Ann Krentz

Internet Access: 14 Wing Library patrons can search our complete library catalogue from any internet

access device. The link to 14 Wing Library OPAC (Online Patron Access Catalogue) can be made by going to cfcommunitygateway.com; select Greenwood and 14 Wing Library can be found

KINGSTON &

under Recreation and Leisure /Facilities; then just follow the link.

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

22222222222222222222222222222 school lunch menu District School

Whole Sandwiches 1/2 Sandwiches (Asst. fillings)\$1.30 Deluxe 1/2's.....\$1.65 Deluxe 1/2's......\$1.65 Full Sandwiches/Croissant/Wraps.\$3.30 Hot Foods One Hot Food Daily...... \$2.50 - \$3.00 Cup of Soup Bowl of Soup Teacher's Plate... Beverages Choc. Milk.. Bottled Water \$1.25 Caesar Salad. Chicken Caesar/Greek/Spinach/Potato .\$3.30 Snacks Fresh Fruit (apple/banana/orange). \$1.00 Fresh Fruit.... Small \$1.50 - Large \$3.00 Veggie & DipSmall \$1.50 - Large \$3.00

Nacho Chips & Salsa..... Sun Chips/Frito Chips... Yogurt/Apple Sauce/Fruit Cups ... Cheese..... Pepperoni & Cheese Bagel with Cream Cheese. Bagel 1/2 w/Flavored Cream Cheese & Fruit. \$1.50 \$1.00 Frozen Juice Bar Yogurt Tubes ... **Desserts** \$1.00 Muffins/Biscuits. Cookies Yogurt Parf/Cinnamon Bun/Apple Delight .. Condiments / Cutlery \$0.15 Ketchup/Mustard/Relish Mayo & Salad Dressing... Fork/Knife/Spoon \$0.05 Daily Specials (Mon-Thur): Price Includes Hot Meal, Dessert & White Milk - \$3.25 - \$3.75

There is a "NO" Charging Policy in Effect • Milk Card Available \$7.00 for 20 Milk Mon: Chicken Burgers with Fixings \$3.75

Tues: Grilled Cheese & Soup \$3.50 Wed: Spaghetti & Garlic Toast \$3.75 Thurs: Home made Wedges with Veggie Sticks \$3.50 Fri: Hamburgers with Fixings \$3.50

This menu brought to you compliments of **R** Home Centre



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ANNAPOLIS EAST **ELEMENTARY SCHOOL**



Daily lunch combo includes main entrée, daily dessert, and white milk for \$3.50

 \sim The following items are available at the Cafeteria daily \sim Sandwiches: \$2.35; Wraps - \$2.35; Sub Sandwiches - \$2.00; All sandwiches: \$2.35; Wraps - \$2.35; Sub Sandwiches - \$2.00;
All sandwiches & wraps will include fresh/vegetable on the side.

Fresh Vegetables & Dip - \$1.75; Cheese & Cracker Plate - \$1.75;
Fresh Fruit & Yogurt Dip - \$1.75; Toss Salad - \$3.25 sm \$2.50;

Caesar Salad - \$3.25 sm \$2.50; Yogurt - \$1.25; Yogurt Tubes - \$1.25;

Yogurt Parfaits with nut free granola - \$1.50; Cheese Strings - \$1.00

Fresh Fruit: Apples, Oranges, Kiwi, Grapes, & Bananas - \$.75;

Gold Fish Crackers - \$.60; Frozen Juice Bars: Orange & Cherry - \$1.25; Gold Fish Crackers - \$.60; Frozen Juice Bars: Orange & Cherry - \$1.25;
Rice Crispy Squares - \$1.00; Smoothies: Mon.Wed,Fri - \$1.25;
Juice: Apple, Orange, 7-Fruit, & Wildberry - \$1.25; White Milk - \$.35;
Chocolate Milk - \$1.35; Welch's Fruit Snacks - \$1.25; Apple Slices - \$1.00;
Pudding Cups (vanilla, butterscotch, banana) - \$1.00;
Bagels (blueberry, plain) - \$1.00; Bagel & Cream Cheese (strawberry, plain) - \$1.50;
Applesauce (strawberry/apple, blueberry/apple, plain apple) - \$1.00;

-~~ Canteen Items - CASH ONLY -~~

The small has cast for All and forms to firm a bild in adjustic large from the apple of the safety of the saf

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 - \$.25 each; Barbecue/ Sweet & Sour Sauce - \$.40 each; Cream Cheese (plain or strawberry - \$.50 each; Cheese Whiz - \$.40 each; Strawberry Jam - \$.15 each

We are a NUT & SCENT sensitive school with a smoke-free environment. May 2nd: Not Available at time of publication

May 3rd: Not Available at time of publication

May 4th: Not Available at time of publication

May 5th: Not Available at time of publication May 6th: Not Available at time of publication

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Family Fun

Submitted by: Ann Marie Chalifoux

Staff, students and families of Dwight Ross Elementary School enjoyed a variety of activities organized at the 2nd Annual Family Fun Fair which was held at the school on April 8th. A special "thank you" to all the volunteers who helped make this evening so successful! (Image submitted)

Subway Swimmers of the Week

Submitted by: Michelle O'Reilly, GDSC Secretary



Kyle Bergeron

Daphnee Ouellet

Kyle Bergeron Age Group 16 yrs old, 3rd year with Favourite Stroke: Breaststroke Other interests:

Snowboarding & shooting

Denise Borg Nova Tech 15 yrs old, 1st year with **GDSC** Favourite Stroke: Breaststroke

Other interests: Hanging

with friends



Daphnee Ouellet

1st year with GDSC Favourite Stroke: Dolphin kick & back Other Interests: Running & drawing



10 yrs old, 1st year with GDSC Favourite Stroke: Freestyle Other Interests: Hockey



Matthew Fudge Howard

(Images submitted)

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Thursday, May 5, 2011