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VOL. 32 NO. 19 MAY 9, 2011 NO CHARGE

14 WING • ESCADRE 14 GREENWOOD, NS

www.auroranewspaper.com

The Aurora newspaper



Wing Commander Raises NAOSH Flag

Submitted by: Captain Scott Spurr, Public Affairs Officer, 14 Wing Greenwood
*The Wing Commander, Colonel Bill Seymour raises the North American Occupational
Safety and Health (NAOSH) flag to officially start the beginning of NAOSH week.*

(Image: Private Mathieu Gaudreault, 14 AMS Wing Imaging, Imagery Technician)

See page 2.



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Wing Commander Raises NAOSH Flag



Submitted by: Captain Scott Spurr, Public Affairs Officer, 14 Wing Greenwood
...Cover article continued.

Warrant Officer NF Hutchings (Flight Safety), Wing Chief Warrant Officer (WCWO) JM Jardine, Colonel WF Seymour (Wing Commander, 14 Wing Greenwood), Roger Walsh (Wing Safety Officer), Lisa White (PSP Health Promotion Manager) and Lieutenant-Colonel JBG Letourneau (Wing LEO) Pose with the flag of North American Occupational Safety & Health (NAOSH).

(Image: Private Mathieu Gaudreault, 14 AMS Wing Imaging, Imagery Technician)



North American Occupational Safety & Health Trade Fair held at the Annapolis Mess was well attended on 4 May 11.

Community Centre Recreation Coordinator Mr Eric Mackenzie in front of the splendid and colorful Community Centre Booth along with Mrs Kim Seymour

(Image: Private Alex Bouchard, 14 AMS Wing Imaging, Imagery Technician)

Annual Meeting Notice

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 24th, 2011 at 7:30 p.m. in the Kingston Fire Hall.

- **Presentation of Financial Statements** for April 1/10 – March 31/11.
- **Presentation of Budget** for April 1/11 – March 31/12.
- **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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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

Useful Links

Canadian Air Force website

<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>

VPI

<http://www.vpinternational.ca/>

Premier Darrell Dexter Visits Camp Aldershot



From Left to right: Lieutenant-Colonel George Thomson, Commanding Officer of the West Nova Scotia Regiment; Lieutenant-Colonel Paul Pickell, Commanding Officer of the Land Force Atlantic Area Training Centre; The Honourable Darrell Dexter, Premier of Nova Scotia; Major Troy Kennedy, Camp Commander; Lieutenant-Colonel Mike Barnett, Commandant of the Directorate of Military Training and Cooperation Detachment.

(Image: Corporal Ian Thompson, 14 AMS Wing Imaging, Imagery Technician)

Camp Aldershot News Release - 2011/003

The Honourable Darrell Dexter, Premier of Nova Scotia, visited Camp Aldershot Monday, 21 March 2011, to learn about the Camp and its role in the Canadian Army.

The Premier was greeted by the Camp Commander, Major Troy Kennedy, and watched a presentation about the Camp, its 106 year history, role in the Canadian Forces, and connection with the local community. "It is important that the Premier and his staff be aware of this vital component of the Annapolis Valley community which has contributed to the welfare and security of Canada for well

over 100 years" stated Major Troy Kennedy.

The Premier, who has served with the Canadian Navy in the past, stated that "the Military is always there standing ready to assist", referring to both local emergencies, such as hurricane Juan, and our

overseas commitments, most notably in Afghanistan and, recently, the Mediterranean. He expressed his appreciation of the fine efforts the staff of the Camp make, and acknowledged the important part the Camp plays in the local community.

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juniorbike.annapolisvalley@ca.michelin.com
or by phone at 902-534-3341
or register on-line at
www.michelinjuniorbike.ca

A maximum of 300 children will be accepted to participate.
Register by May 12, 2011 at midnight.

Parents/guardians are to be on the Junior Bike event site at all times.

Event partner



Helmet may not be exactly as shown.



The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel W.F. Seymour, CD, Wing Commander. Est publié chaque lundi par la 14e Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441

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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans l'OAF 57.5.

Pen names may be permitted at the discretion of the Editor. Le rédacteur en chef peut, à sa discrétion, permettre l'utilisation de pseudonymes.

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



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

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

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

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

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

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

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Rédacteur,
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email: aurora@auroranewspaper.com
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Regional Science Fair



Submitted by: Ann Marie Chalifoux

Dwight Ross Elementary School (DRES) had exemplary representation at the Regional Science Fair held at the Kings Edgehill School in Windsor on March 31st, 2011. Representing DRES were (left to right) Jason Chalifoux, Eden Bishop, Justin Chalifoux, and Madison Cowie. Congratulations to all of you!

(Image submitted)



Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. Nominations must be 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

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When Brian started in the CIBC in Kingston in 1961 there was basically one type of home mortgage and a single rate of 6%. Today's mortgage market is much more complex and rates vary depending on length of term and locked vs. variable rates, which fluctuate relative to the Bank of Canada rate. As an example, it is currently possible to obtain mortgages at .75% less than Prime, effectively 2.25% currently. With an option to convert to a locked in rate without penalty, this is an option being taken by many homeowners re-

newing their mortgages.

Many people are often unaware that it may be in their best financial interest to look at renewing their mortgage early at a lower rate and/or taking some equity out to eliminate higher cost debt such as credit card balances at 18% or lines of credit at rates that are often between 5 and 12%. As there is often a misunderstanding of what a mortgage broker does, it should be understood that the mortgage broker works in the best interest of the client in helping provide a mortgage that best meets their needs. Because of the competitiveness of the mortgage industry, brokers can often obtain better rates due to the volume of business they provide to various banks and mortgage companies that they do business with. In doing this, there are no costs to the client for the broker's services.

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14 Wing Honours and Awards

14 Wing Commander, Colonel WF Seymour and Wing Chief Warrant Officer JM Jardine were proud to present the Military and Civilian members of the quarter Awards on 2 May, 2011 at the Annapolis Mess. Captain Pamela Pahl and Mr. Eric Plante were the recipients for this quarter.



14 Wing Service Person of the Quarter Capt Pamela Pahl

Captain PS Pahl is awarded this commendation in recognition of her outstanding support and dedication provided to 14 Wing. As the Wing Personnel Selection Officer, Capt Pahl’s professionalism and personal commitment to 14 Wing and its lodger units have been indispensable. Always the professional and willing to do more, Capt Pahl volunteered to organize the annual Winter Carnival. Her strong leadership during the planning and execution of the Winter Carnival was characterized by confidence and adaptability, implementing decisions swiftly and effectively. An outstanding performer with boundless energy, Capt Pahl has significantly contributed to maintaining the high morale of 14 Wing.




14 Wing Civilian Employee of the Quarter Mr. Eric Plante

Mr. Eric Plante is recognized for his long-time dedication towards the health, fitness and well-being of all 14 Wing personnel and their families. He continually places the patrons’ needs above his own. A true team player, Mr. Plante showed the same enthusiasm and team spirit as the OPI for the pool events at this year’s Winter Carnival as he did during his first one 19 years ago. As a member of the Wing Administration Branch, his services as an athletic therapist aids athletes back into the contest at regional and national competitions bringing accolades to 14 Wing for his professional services.

Mr. Eric Plante’s leadership and personality have brought great credit to the PSP Section, the Branch and 14 Wing.

(Image: Private Mathieu Gaudreault, 14 AMS Wing Imaging, Imagery Technician)



NOVA SCOTIA
UTILITY AND REVIEW BOARD
NOTICE OF PUBLIC HEARING

The **MUNICIPALITY OF THE COUNTY OF KINGS**, has made 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. Specific details of the application are set out below.

Hearing: Tuesday, July 5, 2011
11:00 a.m.

Place: Civic Centre
(107 Valley Wind Hall)
904 Central Avenue
Greenwood, NS

ALL PERSONS are entitled to attend the hearing.

ANYONE WISHING TO MAKE COMMENTS may do so at the hearing or by forwarding a letter to the Clerk of the Board at P. O. Box 1692, Unit "M", Halifax, NS B3J 3S3, or by email at: board@gov.ns.ca, or by fax (902) 424-3919.

ANYONE WISHING TO HAVE FORMAL STANDING to present evidence or cross-examine witnesses should file such intention with the Board by no later than **Tuesday, May 17, 2011** and a copy of their written evidence by no later than **Tuesday, June 7, 2011**.

ADDITIONAL INFORMATION:

- For residential customers (5/8" meters), the current average quarterly water bill is \$91.11 and it is proposed to increase to \$108.00 (an 18.5% increase) in 2011/12; \$130.62 (a 20.9% increase) in 2012/13; and \$142.63 (a 9.2% increase) in 2013/14.
- For all other metered services, the Utility is requesting amendments ranging from 11.1% to 25.4% in 2011/12; 20.1% to 22.4% in 2012/13; and 8.6% to 10.0% in 2013/14.
- The annual fire protection charge paid by the Municipality of the County of Kings to the Water Utility, currently \$114,028 is proposed to be amended to \$107,791 (a 5.5% decrease) for 2011/12; \$154,441 (a 43.3% increase) in 2012/13; and \$173,012 (a 12.0% increase) in 2013/14.

Upon reviewing the Application, the Board, in its decision, may determine that the proposed amendments should be as requested, or higher, or lower.

A copy of the application may be viewed at the offices of the Board, Summit Place, 1601 Lower Water Street, 3rd Floor, Halifax, NS. or on the Board's website at www.nsuarb.ca. Matter No. M04049; and at the office of Municipality of the County of Kings, 87 Cornwallis Street, Kentville, NS

Document: 189482

Youth Happenings at 14 Wing Community Centre

By: Recreation Youth Worker, Megan LeMoine

New this month, Walking Program! Both pre-teens and teens meet at the Community Centre to go for an evening walk, if the weather is nice we'll go to Avery's in Greenwood and back and if the weather isn't so nice we'll walk the track at the F&S Centre. Bring your sneakers and a water bottle, for our new walking program! If you would like more information please call 765-8165. Here's what's happening this week.

Teen Council
Tuesday May 10
3:00-4:00 p.m.
Teens come discuss upcoming events and fundraisers!

Walking Program
Tuesday May 10
6:00-7:00 p.m.
Put some spring in your step! New this month we'll be walking for one hour every two weeks with both the pre-teens and teens. If the weather isn't nice we can walk the track at The F&S Centre.

Boys Club and Active Chicks
Swimming
Wednesday May 11
6:30-7:30 p.m.
Boys and girls meet at the F&S Centre for casual swim!

Teen Activity
Zedex Movie
Teens keep your eyes posted for the upcoming movie selection.

Pre-teen Dance

Friday May 13
6:00-8:00 p.m.
Cost: \$3
Come dance the night away with your friends, listen to some great music and win some cool prizes!

Mexican Night
Friday May 20
Pre-teen: 6:00-7:00 p.m.
Teen: 8:00-9:00 p.m.
Cost: \$2
Come to The Centre and for only \$2 you can make your own tacos! Please register for this program before May 19.

Movie and Treat Night
Saturday May 21
Pre-teen: 6:00-8:00 p.m.
Teen: 8:00-10:00 p.m.
Cost: \$2/\$3
To be announced!

Youth Centre Drop in Hours

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

Greenwood Curling Club News

Submitted by:
Wendy Richardson

The Greenwood Curling Club held their awards night on April 30th, I have attended many of the award nights and I think this was the largest crowd. We started off with a Pot Luck Supper, and I heard many say, you just can't beat a potluck supper. So many choices and they were all delicious. The main courses were tasty and there was very little left to take back home, BUT the desserts - Yummy and so many different ones, I had to try them all and they were DELICIOUS! Hats off to all the good cooks and bakers.

After the dinner the guys headed into the kitchen and did all the dishes, allowing us ladies to just sit and chat. Ya gotta love that!

Next on the agenda was a meeting, President Brian Campbell, gave us the positive

financial report and then all the executive positions for next year were filled. It was nice to see so many people volunteering. It is the volunteers who keep our club running.

Every year we recognize one or two members for their outstanding jobs as volunteers. This year Mary Wredenhagen (who did the advertising and getting businesses to put their signs in the club) and Pat Simms (who put together photo albums of past years in the Club) were recognized and will have their names engraved on the Barrell Top. Congratulations ladies, well deserved.

Next on the agenda was the presentation of prizes and trophies. The winners of the aggregate trophy for the Ladies League were Debbie Walker, Patsy Rawding, Donna Peters and Kelly Saunders. The A Division winners were Sandra Cathcart, Daria

Armstrong, Marie-Chantal Denis and Lorraine Kimbers and the B Division winners were Tammy Ring, Pat Simms, Lori Crummey and Janice Ring. Sandra Cathcart was the organizer of Tuesday Night Ladies and she reported that it was a very successful year. The chairpersons for next year's Ladies Closing are Robin Bradshaw and Carolyn Dale and the theme is Las Vegas/Casino...can't wait to see the costumes for that one.

The Mens League winners were: 1st Place: Dave Ronaldson, Dale King, Julie Morley and Roger Brooks. 2nd Place: Colin Drolet, Dave Murray, Rick Hache and Wayne Cathcart. 3rd Place: Doug Carpenter, Eric Mackenzie, Tom Litsas and Brian Walker. 4th Place: Lorne Reid, Norm Wredenhagen, Stan Olejnik, and Andre Lamontagne. 5th

Place: Hugh Fiddler, Joe Ryan, Chuck Daborn and Scott Reid. 6th Place: Jerry Winters, Jerry Moulton, Brian Campbell and Wayne Lincoln. 7th Place: "Mr. Doug" Mcewan, Dan Praught, Jim Putters and Dwight Richardson.

The Mixed League winners were: 1st Place: Dave Ronaldson, Julie Morley, Rick Lindsay and Janice Ring. 2nd Place: Jerry Winters, Carolyn Dale, Brian Campbell and Faye Penny. 3rd Place: Dale King, Debbie Walker, Wayne Cathcart and Daria Armstrong. Next year Joe Ryan has volunteered to co-ordinate the Mixed League. The Mixed League will certainly miss Faye (she is going to be a snowbird and go South), we will miss her enthusiasm and her Voice, not to mention her rendition of Y.M.C.A.

The Brier committee from the 2010 Halifax Brier donated

a signed broom to the club and everyone was given a ticket and the winner was Colin Drolet, congratulations and Thanks for volunteering to be the new Vice President.

Finally when all the prizes were given out it was time to dance. Bill Cox our resident DJ was fantastic as usual. Everyone seemed to enjoy themselves. Bill L. was seen on the floor doing break dancing, Eric M. was seen doing a solo dance (Tom wouldn't join him) and the Praughts were envious of Doug C. and Hazel M. doing the Jive. Who has more fun than curlers?

Special thanks to Brian C. and his committee for a great year. Thanks also to Bonnie (and Phyllis) who tended the Bar. I can't think of any other

bartenders who decorate for every occasion, dress up for every occasion and they do it with style! Bonnie even had pictures of going to the Royal Wedding, classy! Thanks to Scottie and Roger for running the kitchen, we appreciate it. Dwight, thanks for going into the club and cleaning up, before we got a cleaner, and thanks to the guys who shovelled the tunnel of snow going into the club. All these people and the members are what make our club a great one to be part of and hopefully next year we will have more new members to.

Have a safe and happy summer and we will meet again in October at the Greenwood Curling Club.

P.S. - check out our website: greenwoodcurling.ca

Public Notice

25th GMFRC Annual General Meeting

Come have a say in how the Greenwood Military Family Resource Centre serves your needs. The Board of Directors of the Military Family Resource Centre is elected by 14 Wing families to govern the centre and speak for families. The Annual General Meeting is an ideal time to learn more about how the Centre operates and take part in these important decisions. The event takes place May 25th, 2011 starting at 4:00 p.m. at the AVM Morfee Centre (School Road, Greenwood). FREE childcare will be provided during the meeting as well as refreshments and a cake celebrating the GMFRC's 25th anniversary. Please contact the GMFRC to register your children and ensure adequate childcare is available. There will be some proposed revisions to the Centre by-laws presented at the meeting. Details are available at the GMFRC or online at www.familyforce.ca. If you are interested in joining the GMFRC Board of Directors, please contact the Centre at 765-5611.

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Posties Turn 100

A cake cutting was conducted by Lieutenant-Colonel Smith-McBride (Far Right), Wing Administration Officer, Chief Warrant Officer (CWO) Matthews, Wing Administration CWO (Far Left), Master Corporal Whelan (Center Right) and Corporal McNeil (Center Left), 14 Wing Postal Clerks, during a branch coffee break at the Annapolis Mess on 29 Apr 11.

(Image submitted)

Submitted by: Captain Murdock, D/W Pers Admin O
On 3 May 1911, the Canadian Postal Corps (CPC) was established as a unit within the Canadian Militia. During World War I Posties actively served with the Overseas Expeditionary Forces and by 1918 they were 346 strong serving in 37 Canadian Postal Units. In December 1939, the CPC deployed again in support of Canadian Troops, and the corps grew to 5080 officers, men, and members of the Canadian Women's Army Corps and the Royal Canadian Air Force Women's Division. 20 June 1961, Queen Elizabeth II approved the title of "the Royal Canadian Postal Corps" and the corps cap badge was assigned displaying the Postal Horn, an international symbol of postal service. The Corps was amalgamated into the Administration Branch during the first restructuring initiative in 1974 and into the Logistics Branch in 2001. Today, Canadian Forces Postal units proudly support personnel at home and deployed around the world.

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Submitted by: Dallas Harrigan
Last Year's Recipient Anita Frittenburg presented Anne Kempton with Woman of the Year Award during the 80th Anniversary Founder's Day Banquet held at the Kingston Lions Club, April 30, 2011.



(L-R) Karen Clow, Dallas Harrigan, Anne Kempton, Anita Frittenburg & Wendy Robar. (Images submitted)

Thank you is extended to Xi Kappa from Mu for hosting the 80th Anniversary Founder's Day banquet. Everyone enjoyed a wonderful meal, great entertainment and a chance for our Valley Chapters to get together and catch up on news.

As a member of Beta Sigma Phi it is in our nature not only to give the best that is in us to ourselves and our sorority, but to give the best that is in us to our world".

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TOEPICS - Annual Awards Banquet

Submitted by: Lorne and Cheryle

Well, here we are at the end of another amazing year. On Saturday, May 1st we gathered

to honour our skaters and thank the parents and volunteers who make what we do possible. Over pizza and cake, the more than 100 skaters and family

members enjoyed a memory-filled slide show produced by Francois Robert. It highlighted our activities from the year and gave us the chance to reflect

on all the achievements of our skaters.

Certificates of achievement and report cards were given to all the Canskaters. Certificates were also given to Junior, Intermediate, Senior and Synchro skaters.

Provincial awards went to the following skaters:

- Canskater of the Year - Kristina Remenda
- Program Assistant of the Year - Rebecca Howse
- Starskater of the Year - Erika Rice
- Competitive Skater of the Year - Jenna Breckon
- Test Achievement aAward - Erika Rice and Jenna Breckon
- Club and Recreation Coach of the Year - Ann Young and Cheryle Gaston
- Competitive Coach of the Year - Cheryle Gaston

These skaters and coaches will join other nominees from across the province at the Provincial awards gala at Cole Harbour Place on May 7th with the results of this event to follow.

Club awards were also handed out:

- Gold Pin - Erika Rice - Skating Skills
- Canskater of the Year - Kristina Remenda
- BMO canskate spirit awards - Elliot Perreault and Morgan

Lawrence

Most improved skaters:

- Junior - Brooke Johnson
- Intermediate - Kacie Cameron
- Senior-Gabrielle Crossley
- Graduating Senior - James Hazelton
- Sportsmanship award - Guillaume Lalonde

Thanks to everyone who came out for this great event, it was a success due to your participation! Special thanks to the volunteers who organized the event and the helpers of the day!

Next week, we will report on the final test session of the season and the provincial awards results!



Back row L-R: Guillaume Lalonde, Rebecca Howse, James Hazelton, Erika Rice. Front row L-R: Kristina Remenda, Elliot Perreault, Brooke Johnson, Gabrielle Crossley, Kacie Cameron, Morgan Lawrence (missing Jenna Breckon).

(Image submitted)

Thank You

Church Grove Cemetery Committee would like to thank all who helped clean up April 30. Everyone's help was very much appreciated.

The Church Grove Cemetery Committee

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11-204A	2001	Tacoma Xtracab	Red	4	5	Ton.Cover	120,000	5,995
11-215A	2001	Camry LE BA	DGreen	4	A	S/R,AC,PW,PDL	146,000	6,995
10-376A	2003	Camry SE AA	Red	4	A	AC,PW,PDL,Cru	108,000	10,995
11-115B *	2005	Matrix XR AA	Silver	4	5	AC,PW,PDL,Cru	113,000	8,995
11-101A	2005	Tacoma DblCab	Silver	6	A	4WD,Trd,Loaded	128,000	19,995
U1741	2006	Corolla CE SE	Silver	4	5	AC,S/R,PW,PDL	95,000	10,995
10-626A	2007	Passat 2.0T	Green	4	A	Leather, S/Roof	115,000	14,995
11-59B *	2007	C Camry Hybrid	Beige	4	A	AC,PW,PDL,Cru	65,000	18,995
11-33A	2007	Camry LE BA	Black	4	A	AC,PS,PW,PDL	103,000	13,995
11-171A	2007	Corolla CE CA	Blue	4	A	AC,PW,PDL,Cru	72,000	11,995
10-538A	2007	Yaris Sedan	Green	4	A	CD	60,000	9,995
10-661A	2008	Corolla CE CA	Red	4	5	AC,PW,PDL,Cru	74,000	12,995
10-274A	2008	Corolla CE BA	Grey	4	5	AC,PDL,CD	52,000	12,995
11-53A	2008	Corolla CE BA	White	4	A	AC,PDL,CD,Cru	72,000	12,995
11-206A	2008	C Rav4 4WD	Green	4	A	AC,PW,PDL,Cru	36,000	21,995
11-150A	2009	Yaris 5Dr H/B	Grey	4	5	LE,PDL,CD	58,000	11,995
11-162A	2009	Corolla CE AA	Red	4	A	CD	71,000	11,995
11-99A	2009	Camry LE BA	Grey	4	A	AC,P/S,PW,PDL	37,000	18,995
10-471A *	2010	Ranger Sport	Red	6	A	4WD,Sup/Cab,AC	16,000	19,995
11-29A *	2010	C Corolla Sport	Black	4	A	S/R,AC,PW,PDL	23,000	18,995

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Easter on the Wing 2011

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

On Saturday, April 23rd from 1:00-3:00 p.m. the Annapolis Mess was overrun with little bunnies with big floppy ears. They could be seen hopping around everywhere and they were so cute. Easter was the focus of the

day and excitement was in the air. Pretty Easter dresses and outfits were proudly worn in celebration of the holiday.

Families from the 14 Wing community were out enjoying an afternoon of free and fun Easter activities, presented by the 14 Wing community Centre and the Greenwood Military Family Resource Centre. A great turn out of about 350 friends gathered at the Annapolis Mess for the 3rd Annual Easter on the Wing.

Many activities were offered such as the ever popular cookie decorating station where over 275 cookies were handed out and enjoyed by the children! A craft making station was also available for children to make a bunny or chick craft to take home with

them. Easter activity booklets were available with cross-words, coloring pages, and puzzles. Some of the older kids could be found rocking out to Guitar Hero and winning against their dads! Children could be seen munching on little treats after playing our musical and ball games.

The Great Tim Beannie was also there and entertained the children for an hour! As always the children loved laughing at his funny tricks!

The Easter Bunny took time out of his busy schedule to visit with the kids and give all the children a chocolate treat; the children were very excited he dropped in to see them!

Creating community events where our military families can meet, relax and have fun is very important. These events offer families the opportunities to meet other families and create those very important social networks that we all need.

At each event we ask families to fill out a very short evaluation and based on the feedback we receive we make adjustments for the next year



The Great Tim Beannie entertains at Easter on the Wing 2011. (Image submitted)

or next event. At Easter on the Wing last year we had some evaluations which led us to dropping the Easter Egg hunt this year. Last year some children weren't able to take home eggs. In order to avoid some kids getting a lot of treats and some kids getting no treats, we offered treat

bags at the end of the event to ensure that all children took home a treat. This change led to comments that the children missed the hunt. Next year we will again try something new! Thank you for your feedback, as always it is very much appreciated!

On behalf of Megan Lem-

oine from the 14 Wing Community Centre and Michelle Thibodeau Wagner at the Greenwood Military Family Resource Centre, Thank You to all who attended and helped make our event a success. We look forward to seeing you at next years' Easter on the Wing!

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Beta Sigma Phi Founder's Day Banquet

Submitted by: Joyce Jacques

Xi Kappa Chapter hosted our recent Founder's Day Banquet on April 30th. Sorority members enjoyed an afternoon of fellowship, a delicious meal, special presentations and were entertained by two young musicians, Brianna and Liam Crozier. President Nina Dandurand (L) is presenting Liam and Brianna with a token of our appreciation. The brother and sister team joined us for lunch followed by a piano presentation first by Liam, then Brianna, then a duet. Members enjoyed the musical pieces chosen by the Crozier teenagers. Liam and Brianna are the children of our Xi Kappa member, Jacqueline McMillan Crozier.



President Nina Dandurand (L) is presenting Liam Crozier with a token of our appreciation. (Images submitted)



President Nina Dandurand (L) is presenting Brianna Crozier with a token of our appreciation.

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Specific inquiries may be directed to Tim Bouter, P. Eng., Supervisor of Engineering Services, 690-2219, tbouter@county.kings.ns.ca

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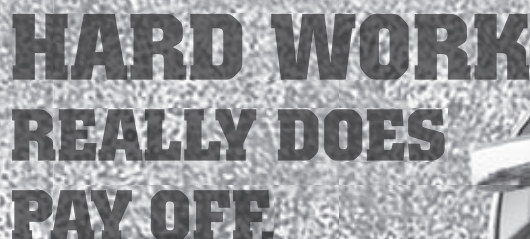
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FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted 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

May 8 - May 14

ARIES - Mar 21/Apr 20

Aries, with so many things on your plate, it might seem as if nothing will ever get done. Separate things into manageable lists and tackle each project one at a time.

TAURUS - Apr 21/May 21

Taurus, take a few moments to analyze your preferences in friends. Maybe you're being too stringent. It's time to open up the options and make a few new ones.

GEMINI - May 22/June 21

Gemini, there are so many fun things in store that you can't decide where to begin. Get started on the fun and make the most of the good times ahead.

CANCER - Jun 22/Jul 22

Cancer, devote lots of time to hanging out with friends this week. Others will flock to you and want to be in your presence. Enjoy the spotlight.

LEO - Jul 23/Aug 23

Leo, without much on the docket, this week could prove a bit boring. Instead of focusing on the negative side of having a lot of time, relish in the relaxation time.

VIRGO - Aug 24/Sept 22

Bad news arrives and catches you off guard, Virgo. Unless you can rebound quickly, it might take a lot of wind out of your sails for the time being.

LIBRA - Sept 23/Oct 23

Opportunities at work are many, Libra. You will be a rising star this week. Enjoy the notoriety while it lasts. If your salary is commission-based, expect much.

SCORPIO - Oct 24/Nov 22

Scorpio, even though you try hard, you cannot control everything. You will have to go with the flow every now and then. It will help you develop a stronger character.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, it's time to put an end to an ongoing disagreement with a loved one. This feud is taking up too much energy that can be put toward better things.

CAPRICORN - Dec 22/Jan 20

Capricorn, some people underestimate your abilities, but you can be quite a force when you set your mind to it. Continue to surprise others with your talents.

AQUARIUS - Jan 21/Feb 18

Aquarius, although you will be held accountable for something going on at work, the effects will actually work to your advantage. It's good to be in the limelight.

PISCES - Feb 19/Mar 20

Pisces, concentration proves difficult but you have to buckle down and get some important tasks accomplished.

FAMOUS BIRTHDAYS

MAY 8	Enrique Iglesias, Singer (36)
MAY 9	Rosario Dawson, Actress (32)
MAY 10	Kenan Thompson, Comic (33)
MAY 11	Corey Monteith, Actor (29)
MAY 12	Stephen Baldwin, Actor (45)
MAY 13	Robert Pattinson, Actor (25)
MAY 14	Miranda Cosgrove, Actress (18)

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Purchase your 911 Civic Sign(s) by contacting any Lions Club member or by calling your local Lions Club and leave a message. Aylesford: 847-9374, Kingston: 765-2128. Please call for pricing and remember if emergency responders can't find you, they can't help you. Funds raised go back into your local community when purchased through Lions International. Thank you for your support.

A Gay/Lesbian and All Genders Dance

19 and over only Dance is held on the first Saturday of each month at the Middleton Lions Club in Nictaux, Highway #10, Middleton. May Dance is held on May 14th as a Special Dance. Admission \$5.00 at the door. Cash Bar available. DJ Tony spinning tunes. For more details please contact David at 825-3197 or Doug at 363-2055 or email menembracingmen@hotmail.com or join our facebook for notices at the same address.

Knights of Columbus Next Meeting

The next meeting of Knights of Columbus, Greenwood/Middleton Council 6297 will be held on May 9th in Queen of Heaven Chapel Annex at 7:00 p.m. All current members, past members and any members relocating to the Greenwood/Middleton/Berwick area are invited to attend. Also all Male parishioners interested in the Knights of Columbus. For more information call Kent Sill at 765 2734.

Pine Ridge Middle School Bands and Choir in Concert

Thursday, May 19th, 7:00 p.m., 625 Pine Ridge Avenue, Kingston. Free-will admission. For info call: 765-7570.

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 jewelry, nature based crafts, beautiful local photography, handcrafted soaps and so much more! Jennifer 242-2085.

CUCINA AURORA



Barbecue Beef Sandwiches

- 1/2 small Onion
- 1 tbs. Oil
- 3 tbs. Tomato ketchup
- 1 1/2 cup Pot Roast shredded; and any leftover gravy
- 2 Hamburger buns
- 6 slices Pickles; optional

Sauté onions in oil in a skillet until brown and translucent. Stir in beef and leftover gravy. Add ketchup and let simmer slowly for about 10 minutes. Salt and pepper to taste. Spoon mixture onto hamburger buns and serve with pickle slices.

The Aurora newspaper

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

1. Through our website: www.auroranewspaper.com
2. Fax: 765-1717
3. Drop into our office located on 83A School Road (Morfee Annex)

No Central Registry or Canada Post please.

Deadline: Noon, Thursday, May 12th, 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. What is the website for Cole Sawler _____
2. Whose ad says, "Bring your back yard to life" _____
3. What is the toll free number for DJ Lowe Paving & Construction _____
4. When is the annual meeting for Kingston District Fire Commission _____
5. Where is the Junior Bike event taking place _____



This contest is brought to you by:

Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: **PAT WALKER**

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

The Canadian Cancer Society "Living With Cancer" Support Group will hold its May gathering at the Queen of Heaven Chapel Annex, 14 Wing Greenwood from 7:00-9:00 p.m. Monday, 16 May 11. Our guest speaker will be psychologist, Dr. Stefani Hurley, on the topic of "general stress management". Spouses, family members or anyone seeking information on cancer are most welcome and are encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

5th Annual Giant Yard Sale & BBQ

June 4th, 2011 from 8:00 a.m. to 1:00 p.m. rain or shine. Nictaux Fire Hall, 9349 Hwy 10. Sponsored by the Nictaux Fire-ettes and the Nictaux Volunteer Fire Department. Tables are available by calling 765-3927. For more information you can email Holly D. Stillwell at hdstillwell@hotmail.com.

Hymn Sing

There will be a Hymn Sing at the Wilmot Baptist Church Christian Fellowship Centre, corner of Hwy # 1 and Dodge Road on Sunday, May 15th, 2011 at 7:30 p.m. Special guests are Graham Moorehead & Friends. Fellowship time to follow.

Retired Military Members Meeting

A meeting for all military members (Officers, SNCMs and JNCMs) will be held on 16 May 2011, 10:00 a.m. at the WO's & Sgts Mess as a follow-up to the meeting held 11 April 2011. The answers to all the questions raised at that meeting are in. Mark this date on your calendar, come out, bring a friend, get involved and be informed. For further Information, contact: Winston Dominie, CWO (retired) 825-2544.

Benefit Show

A country music benefit concert featuring the Best Sisters, Bob Forrester and others will be held at New Beginnings Center, 1151 Bridge St., Greenwood, Saturday, May 14th at 7:00 p.m. The concert is to raise funds for Elizabeth Steele to go to the USA to have a procedure for MS. Please come and support this wonderful lady. Freewill offering.

Church Library Hours

The Kingston United Baptist Church Library is open to the public on Thursday evenings from 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.

Turkey Salad Take Out

Saturday May 14, from 11:00 a.m. to 1:00 p.m. The cost is just \$ 8.00. We are located at the Emmanuel Church, 37 Gates Avenue, Middleton. Take out delivery within town limits is available. For info please call Sally 825-3087, Shirley 825-2381 or the Church 825- 1777.

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 Barb Hildebrand at 765-2513.

Annapolis Valley Historical Society Annual General Meeting

7:30 p.m., Tuesday, May 24th, at Macdonald Museum, 21 School Street, Middleton. Special guest will be Chris Mansky from the Blue Beach Fossil Museum. Fossils will be available for viewing. No admission charged. All welcome. Phone 825-6116 for more information.

Kingston Lions Annual Spring Raffle

Please support our Annual Spring Raffle starting on 12 April and running until 1 June. Tickets are \$2.00 each or 3 for \$5.00 and will be available at Zellers in Greenwood, 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.

Wilmot Garden Club

The Wilmot Garden Club meets at the Melvin Square community hall at 7:00 p.m. on the third Wednesday of every month. Everyone is welcome. May 18th is our next meeting. Do not miss our annual plant sale at Gouchers Market on May 21st at 8:00 a.m. Go to: www.wilmotgardenclub.net.

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 year of service to others. Cost is \$5.00 each. For info please call 847-0525 or email Eric at: bjourneay@eastlink.ca.

MRHS Spring Band Concert Dates
Junior band concert May 31st at 7:30 p.m.; Senior band concert June 1st at 7:30 p.m. Held at the Middleton Regional High School in the old gymnasium, 18 Gates Avenue, Middleton.

Noon Luncheon
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.

A Musical Evening
Sunday May 15th: A Musical Evening with St. John's United Church Choir and Lawrencetown Male Choir, both directed by Carole Baltzer. To be held in St. John's United Church, Middleton at 7:00

p.m. A free-will offering will be taken at the door.
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.
Sing for Spring

Enjoy an evening of music provided by the Aylesford United Church Choir, Sunday May 15th, 7:00 p.m., 2414 Hwy 1, Aylesford. Free-will admission in support of Berwick Campground, with reception following. For info call: 847-9624

MRHS Band Parents General Meeting
Elections - Tuesday May 17th at 6:30 p.m.] in the band room. Up for discussion are General Elections, Trip Discussion for 2013, Spring Concert Dates and the Junior Band Trip.
Moving Sale May 14, 2011

1462 Victoria Road in Aylesford. (First house North of the 101 Overpass). 10:00 a.m. to 4:00 p.m. Rain date: May 21, 2011. Proceeds for 'Relay for Life'.

Authors Ink Creative Writers
Authors Ink creative writers meet 10:00 a.m. to 12:00 p.m., Wednesday, May 11th, 2011 at Macdonald Museum, 21 School Street, Middleton. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

Authors Ink Creative Writers
Authors Ink creative writers meet 10:00 a.m. to 12:00 p.m., Wednesday, May 25th, 2011 at Macdonald Museum, 21 School Street, Middleton. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

Avis public

25^e Assemblée générale annuelle du CRFMG

Venez dire votre mot sur la façon dont le Centre de ressources pour les familles militaires de Greenwood répond à vos besoins. Le conseil d'administration du Centre de ressources pour les familles militaires est élu par les familles de la 14^e Escadre pour diriger le Centre et parler en leur nom. L'Assemblée générale annuelle est le moment idéal pour s'informer sur le fonctionnement du Centre et pour prendre part aux décisions importantes. Cet événement aura lieu le 25 mai 2011 à 16 h au Centre AVM Morfee (rue School, Greenwood). Le service de garde sera offert GRATUITEMENT lors de l'assemblée. Des rafraîchissements et un gâteau en l'honneur du 25^e anniversaire du CRFMG vous seront servis. S.v.p. contacter le CRFMG pour inscrire votre enfant et vous assurer que le service de garde est disponible. Il y aura quelques modifications aux règlements du Centre qui seront proposées lors de l'assemblée. Des détails sont disponibles au CRFMG ou en ligne au www.forcedelafamille.ca. Si vous êtes intéressés à joindre le conseil d'administration du CRFMG, s.v.p. contacter le Centre au 765-5611.

9th Annual Communication & Electronics Golf Tournament

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

Sudoku

Solution page 14

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

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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Metro Crossword

Spelling: US English

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. Political action committee
4. Wager
7. Dash
10. Big man on campus
12. W. Romanian city
14. Adam's wife
15. Finnish sweet meads
17. Father
18. NE Asian river between China and Russia
19. TV clicker
22. Ancient stones bearing markings
23. Afrikaans
24. Hit with the open hand
25. Off-Broadway theater award
26. Atomic #58
27. Makes up
28. Rocky Boy's Reservation tribe
30. Hyperbolic cosecant
32. Old English
33. Carrier's invention
34. Protoctist
36. Siamese
39. N. Algerian city
41. Popular women at the ball
43. Resists combustion
46. Intense anger
47. River between Turkey & Iran
48. Actress Sarandon
50. Consumed food
51. Naked
52. Bristlelike part of an organism
53. A writing implement
54. Unhappy
55. Young woman entering society

DOWN
1. Public Broadcasting Service
2. Middle East rulers
3. Celestial bodies
4. Baseball bags
5. _____ Clapton, musician
6. Tropical starchy tuberous root
7. A way to destroy
8. Separate by avulsion
9. Fishing fly barb
11. Desert draft animal
13. Surface depression
16. Comfort in sorrow
18. Relating to Arabia
20. Native American tent
21. 'Richard Yates' author Lin
28. A scleroprotein
29. A particular administration
30. Provide food or entertainment
31. Burns milk
34. Remove by erosion
35. Turns into noun
37. Severe colic
38. Detected by instinct
40. Horse from 18 down
41. Found a basis for
42. Province
43. Bind securely
44. Geological times
45. Scarlett's home
49. Take into custody

Metro Crossword brought to you compliments of:



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Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Acceptable payment methods include VISA, MasterCard, AMEX, Debit or Cash. Classified advertisements can be accepted by telephone if paying by Credit Card. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content. **PLEASE NOTE: June 1st Regular print \$7.00, Bold print \$8.00 per week**

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.

One of the Most Viewed Pages in the Newspaper

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



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FOR SALE - New never used EZ-HOE tiller/cultivar. Bought for \$456.00 will sell for \$300.00. Phone 825-6961. (3219-2tpb)

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FOR RENT - Small Bachelor Apt heat & lights included. \$530.00 per month. Located in Kingston. Phone 847-5046. (3219-ufn)

FOR RENT - Worry free retirement living located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with

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FOR RENT - Newly renovated two bedroom side by side Duplex in Whispering Pines Subdivision on 49 Geiger Drive. New fridge and stove. Also lawn care & snow removal included. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3216-4tpb)

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types of business. For complete details please contact Gerald Chase at 542-3398 or Tim Fay at 765-4987. (3219-6tpb)

FOR RENT - Three Bedroom side of a duplex in Middleton with Garage, laundry hook-up, hardwood floors, no smoking or dogs. References required \$600/mo + Util. Available June 1. Call 840-3580. (3219-3tpb)

SERVICES

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

SERVICE - Round 2 It Yard-care. Lawn Mowing, Fertilizing, Rotor-tilling, Hedge Trimming, Leaf Raking, Property Clean-up, Small Load Hauling, Dump Runs, & other small jobs. Call Geoff Graves at 902-844-1633. (3216-4tp)

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trough cleaning, Indoor & outdoor painting. Small renovations and yard work. Call 840-0814 for your free estimate. No job to small. (3218-1tpb)

JOBS

WANTED- Wanted super-intelligent couple. We're looking for a physically fit couple to look after 90 unites in Wolfville. Duties include but are not limited to running the rental office, leasing, rent collections, cleaning the building, commons areas and grounds, summer and winter grounds care. Must be able to work well with others and have excellent customer service skills. Apartment and salary and benefits negotiable with experience. Fax resume to 1-902-865-3884 or e-mail www.bandrental@eastlink.ca. (3211-ufnb)

WANTED- Dental Receptionist required for friendly practice in Middleton. 4+ days per week. Must have dental experience. RDA preferred. Please respond by e-mail drevva@bellaliant.com or fax 902-825-2009. (3218-ufnb)

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- Litigation
- Incorporations
- Consultations / Referrals

Crossword Solution

P	A	C		B	E	T		D	A	H
B	M	O	C		A	R	A	D		E
S	I	M	A	S		S	I	R	E	
	R	E	M	O	T	E	C	O	N	T
	S	T	E	L	E	S		T	A	A
		S	L	A	P			O	B	I
				C	E				I	S
		C	R	E	E			C	S	C
		O	E					A	C	
	A	L	G	A				T	A	I
	B	L	I	D	A			B	E	L
F	L	A	M	E	R	E	T	A	R	D
R	A	G	E		A	R	A	S		S
A	T	E			B	A	R	E		S
P	E	N			S	A	D		D	E

Sudoku Solution

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

Kingston Lions Club Supports Local Health Care



Submitted by Lion Bob Lyle

King Lion Butch Fleury presented cheques assisted by Lion Steve Craig, Chairman of the Break Open Fund. Each recipient received a cheque for \$1,500.00.

From left to right: Lion Steve Craig, Sandra Penny, Representing the Valley Drug Mart Health Shuttle, Lee Dickie, Representing the Valley Regional Hospital Foundation, Shelly Saulnier, Representing Soldiers Memorial Hospital Foundation and KL Butch Fleury.

(Image submitted)

Living Well! Mental Health Week was May 1st to May 7th.

Submitted by: Capt Bachnyski-Powell

Living well can be a challenging balance to maintain.

Factors that come into play can be our families, be it: married, single, parents of one child or six, working parents, stay at home parents, single parents, caregivers of your parents and animal parents.

Factors surrounding our work: job satisfaction, recognition, work relationships, postings for some, promotions for others, shift work, long hours, deployments, tastings, and lets not forget the mom or dad with the new baby at home, both have had a long day of work.

The following are some ideas, research, and recommendations provided by The Canadian Mental Health Association to assist with healthy family living.

Did you know?

- All children, even very young children experience stress
- All children benefit from an increased ability to deal with stress and can learn ways to do this
- Research shows that up to 90% of illnesses are related to stress
- **Too much stress causes problems for kids:**
- Makes it more difficult for children to concentrate, to learn and to get along with others
- Has a profound effect on children's health
- Interferes with children's ability to focus and think. If they are afraid or anxious, children may spend so much energy worrying that they are unable to learn

But we know that:

- Children can learn simple, age-appropriate coping strategies
- Children who develop healthy coping skills to deal with stress feel more competent, are more resilient and are better able to relax and to solve problems

Kids say their stress comes from many different things:

- Change - moving to a different home or school, starting school for the first time
- Having too much to do. Kids need some quiet time.
- Feeling different from other kids or being teased or bullied
- Fighting or arguing among family members, not getting along well with brothers or sisters
- Having trouble with schoolwork
- Being yelled at by family, friends or teachers
- Family break-up
- Most of all, when they feel lonely and unloved

How you can help your kids when they feel stressed

- Spending time with your kids is the most important thing you can do. Listen to them when they talk to you. Try to understand how they feel.
- Show your children you love them, with words, hugs and kisses.
- Do things with them. It will help them to feel they belong in the

family.

- Do things as a family. Exercise is a great way to burn off stress. Make exercise part of your family life. Play ball or other games. Go for walks. Eat meals together. Talk. Share ideas, fun and how you feel about things.

Kids also need time to themselves – just to relax and do nothing! Listening to music. Reading or playing quietly may help them feel better. Doing nothing is fine too!

Other Ways You Can Help

- If you think your kids are feeling stressed – ask them.
- First they will need to calm down so that they can think more clearly. Taking a few deep breaths will help them to relax.
- Ask them how they feel, and why they think they feel that way.
- Next ask them how big the problem is. Listen carefully to what they have to say.
- Help them choose what to do next. Later you can ask if it helped.

Some Ways to Build a Less Stressful Home

- Make sure your child gets exercise and time to play.
- Healthy food can help the body cope with stress more easily.
- Bedtime routines help kids relax at the end of the day.
- Sleep is important. A tired child gets stressed more easily.
- Morning routines get the day off to a good start.
- Learn to manage your stress.

How Parents Build Resiliency in Children:

- Parent-child relationship
- Parent-child communication – listen, listen and respect feelings, voice and assertiveness
- Discipline – making independent decisions
- Optimistic thinking – challenge negative thoughts, show a positive view, model optimistic thinking

Assets That Work Together:

- **Relationships and reaching out:** strong parent-child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups

• **Emotional skills:** positive self-esteem, ability to calm oneself, ability to talk about feelings, sense of humour, ability to distract oneself, ability to see hopeful side of problems and challenges, knowing how to act appropriately in various situations

• **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the ability to look after oneself and be independent, assertiveness, perseverance, good judgement and critical thinking skills

• **Optimism:** confidence in one's own skills and abilities, ability to judge risks, positive childhood experiences and supportive family

Now transferring these skills to the workplace:

Bouncing Back: How Workplace Resiliency Can Work for You

- **Relationships:** Treat people well, practice good listening skills.

Try to see situations from the other person's point of view. Don't criticize co-workers in front of others but praise publicly. Admit mistakes and apologize. Forgive mistakes of others.

• **Emotional Intelligence:** Be aware of your emotions and how they affect you. Try to act on the basis of thoughts and ideas, instead of feelings. Empathize. Be mindful of how to express strong feelings. Pay attention to body language. Invest in your emotional well-being by making time for social networks and activities that add energy and enjoyment to your life.

• **Competence:** The knowledge and skills that enable us to solve problems and get things done. Ask for training when you need it. Don't be afraid to ask questions. Take advantage of outside training opportunities such as conferences and courses and reading publications relevant to your field of work. Get involved in community organizations. Talk to people who know more than you do.

• **Optimism:** The realistic, experience-based positive attitude and thinking pattern that helps us deal with challenges and disappointments with a sense of hope. Coach yourself to see bad situations as temporary setbacks rather than permanent disasters. Don't exaggerate the negative impacts of bad situations. Look for one small step to improve the situation. Celebrate success. Challenge negative thoughts and beliefs. Look for the positive in negative situations.


• **Coping Skills:** the tools we use to reduce stress and deal with difficult situations: Keep a mental list of the things that help you cope with difficult situations and use them when you're having a rough time. Stay connected to people who can help you cope. Make time for "down time" — take breaks and vacations. Learn to break problems down into parts and plan to change the things you have the power to change and how to live more easily with the parts you cannot change. Remember the big picture — perceptions can be wrong.

Source: http://www.cmha.ca/bins/content_page.asp?cid=6-361-3080&lang=1

<http://www.cfpsa.ca/en/index.asp>

<http://www.cg.cfpsa.ca/cg-pc/Greenwood/EN/FamilyServices/MilitaryFamilyResourceCentre/Pages/default.aspx>

The 14 Wing Health Promotion (HP) Program offer a variety of soft skill education programs from the following topic areas: Addictions Awareness and Prevention, Injury Prevention and Active Living, Nutritional Wellness, Social Wellness. To find out more about when some of these programs are or to register contact the HP office at 765-1494 ext 5388/5389 or logon to; www.cfcommunitygateway.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street, PO Box 100
Kentville, Nova Scotia B4N 3W3

TENDER D/U 11-01

1087 Rafuse Road, Waterville House & Shed Demolition

The Municipality of the County of Kings Building Services Section invites tenders for the supply of the following:

Removal and disposal of the house, foundation and all material on property at 1087 Rafuse Road, Waterville, Kings County, Nova Scotia;
Fill in the foundation areas to match existing grades.

Specifications and tender forms may be picked up at the office of the Department of Development & Building Services, Municipal Complex, 87 Cornwallis Street, Kentville, NS, Monday to Friday from 8:30 to 4:30pm.

There will be a mandatory pre-tender meeting at the project site at 10:00 am May 24th, 2011. Tenders received from parties who did not attend the pre-tender meeting will not be considered.

Inquiries pertaining to this tender may be directed to the Building Services Section at: lamon@county.kings.ns.ca 902-690-6191

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, June 2, 2011

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

Telephone: 690-6191 Fax: (902) 679-0911
1-888-337-2999
E-Mail: lamon@county.kings.ns.ca
www.county.kings.ns.ca



Whole Sandwiches

1/2 Sandwiches (Asst. fillings)\$1.30
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\$1.00
Bowl of Soup\$2.00
Teacher's Plate.....\$3.75 - \$4.25

Beverages

Milk.....\$0.35
Choc. Milk.....\$1.50
Juice Small\$0.75
Bottled Water\$1.25
Yop\$1.50
Oasis Juice Purple/Red/Yellow\$1.25

Salads

Caesar Salad.....\$2.50
Chicken Caesar/Greek/Spinach/Potato..\$3.30

Snacks

Fresh Fruit (apple/banana/orange). \$1.00
Fresh Fruit.... Small \$1.50 - Large \$3.00
Veggie & Dip Small \$1.50 - Large \$3.00

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 Nuggets & Mexican Corn Salad \$3.50
Tues: Mac & Cheese with Veggies \$3.50
Wed: Pizza Day from the Pizza Factory \$3.50 (\$2.75 per Slice)
Thurs: Assorted Menu \$3.50
Fri: Hamburgers with Fixings \$3.50

This menu brought to you compliments of:

KINGSTON & DISTRICT SCHOOL

Nacho Chips & Salsa.....\$1.25
Sun Chips/Frito Chips.....\$1.50
Yogurt/Apple Sauce/Fruit Cups\$1.00
Cheese.....\$0.80
Pepperoni & Cheese.....\$1.25
Bagel with Cream Cheese.....\$1.25
Bagel 1/2 w/Flavored Cream Cheese & Fruit..\$1.50
Boiled Egg\$1.00
Gold Fish Crackers\$0.60
Welch's Chews.....\$1.25

Freezer Items

Frozen Juice Bar\$1.25
Yogurt Tubes\$1.25

Desserts

Muffins/Biscuits.....\$1.00
Cookies\$0.50
Yogurt Parf/Cinnamon Bun/Apple Delight..\$1.25

Condiments / Cutlery

Ketchup/Mustard/Relish.....\$0.15
Mayo & Salad Dressing.....\$0.30
Fork/Knife/Spoon\$0.05
Cream Cheese/Cheese Whiz pkg.....\$0.50
Butter pkg\$0.25

FRASER'S PRO Home Centre

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



ANNAPOLIS EAST ELEMENTARY SCHOOL

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

~ The following items are available at the Cafeteria daily ~

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;
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 ~~~

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 enviroment.

**May 9<sup>th</sup>:** Hamburger with Lettuce & Tomato Slice \$2.50 • Cheeseburger with Lettuce & Tomato Slice \$2.75 • Choice of Fruit Bowl \$0.75  
**May 10<sup>th</sup>:** Sliced Ham & Potato Wedges \$3.00 • Apple Slices \$1.00  
**May 11<sup>th</sup>:** Corn Chowder \$2.00 • Macaroni & Cheese \$3.00 • Fresh Fruit Cup \$1.00  
**May 12<sup>th</sup>:** Subway \$2.75 • Frozen Juice Bar \$1.00  
**May 13<sup>th</sup>:** Chickenburgers \$2.50 • Pudding \$1.00

This menu brought to you compliments of:



**Picture Your Business Here**

**\$15.40 plus HST**

**Give Anne a Call 765 1494 loc 5833**





*Hair Expressions & Day Spa is proud to announce another great achievement by our award winning team! We would like to congratulate stylist Jessica Findlay on her recent win of the prestigious Redken National "Gold Rush" competition. To see the award winning photo visit [www.redken.ca](http://www.redken.ca) or the Hair Expressions & Day Spa facebook page!*

## PROMOTIONS & SPECIALS • MAY 2011

### Spring Skin Rejuvenation Special!

Skin Remodeling Session with Bioelements Neck & Chest Firming Treatment.  
Regular price \$100

Now only **\$59.95**

### FREE Haircuts for a Year!

Pre-book your next 3 appointments and you could win free haircuts for a year!  
A value of \$275!

Contest Closes May 31st, 2011

### FREE Hairspray!

Purchase \$25 in REDKEN Products and receive a Free 365ml Forceful 23 Spray!  
Value of spray \$18.59

Offer valid until quantities last



**REDKEN**  
5TH AVENUE NYC

### Facial Savings



**BIOELEMENTS**  
PROFESSIONAL SKIN CARE

Treat yourself to a luxurious Bioelements Facial & 4 full size Bioelements Products  
Valued at \$200

Now on special for **\$125**

### Shellac™

14-Day Wear.  
Zero Dry Time.  
Mirror Finish.  
(really!)



Hair Expressions & Day Spa is now providing the latest in nail trends, the Shellac System by CND!

Like any quality polish application, the Shellac system features a Base Coat, Color Coat, and Top Coat. Together with a UV lamp, they compromise the breakthrough in resilient color that remains flawless for up to 2 weeks and removes in 10 minutes!

### FREE Shampoo, Cut & Style



when you receive any color service with one of our new talent stylists!

### 40% OFF

All in stock Redken Liters



**facebook**

[www.redken.com](http://www.redken.com)

**1434 Bridge Street  
Kingston**

To make an appointment with any of our Image Consultants please call 765-0000 or visit us on [www.hairexpressionsanddayspa.com](http://www.hairexpressionsanddayspa.com)