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November is Mental Health Month  Novembre est le mois de la santé mentale



14 WING • ESCADRE 14 GREENWOOD, NS

# the Aurora

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**14 Wing Commander Colonel Jim Irvine logs onto the DFit.ca website, under the guidance of Lauren Walton, PSP fitness instructor at the 14 Wing Fitness and Sports Centre. Irvine said all efforts to promote fitness promote readiness.**

Sergeant P. Nicholson, 14 Wing photojournalist

## Discover DFit.ca Your online source for fitness information

**Jen Seipp,**  
CFPFSS communications  
advisor

The PSP Directorate of Fitness is pleased to launch a new web-based fitness tool, [www.dfit.ca](http://www.dfit.ca), to help Canadian Forces personnel plan, monitor and enhance physical fitness training.

This innovative, interactive web application will help you meet your fitness needs wher-

ever you are located, in Canada or abroad, on a base or on deployment. Dfit.ca provides a variety of fitness training plans, video demonstrations, injury prevention information, and online journals to help you record your activities and stay on track.

"Dfit.ca is a modern, easy-to-use tool that provides state of the art, professional fitness

programs and resources right at Canadian Forces members' fingertips," says Daryl Allard, Director of Fitness. "You can log in from a home computer, a DWAN work station, or even a smart phone or tablet to access fitness information whenever and wherever you need it."

Whether you're training to prepare for a deployment, pass your annual fitness evaluation,

run a marathon, or improve your regular workout routine, Dfit.ca can help. The application features video demonstrations of hundreds of unique exercises, and allows you to generate your own fitness training plan based on your specific environment, length of training, workout frequency, and your current fitness level. This combination of ready-to-go materi-

Continued on page 2...

## Champ adds oomph to 14 Wing health, fitness effort

**Sara Keddy,**  
Managing editor

Fighting fit is one way to describe 14 Wing Greenwood's Canadian Forces' personnel, but the effort continues to be on helping those fighting to be fit.

The base's newest health and fitness strategy is ready to hit the ground running, building on the past few years' success as leaders in physical, mental and spiritual health.

"It's all about maintaining operational readiness of Canadian Forces members," says 413 Squadron Commanding Officer Lieutenant-Colonel Guy Leblanc, the newly-appointed and first-ever base "champion" for health and fitness, "but the long-term aspect of maintaining a healthy lifestyle should be included.

"Shared ownership in that goal is where it all starts."

A reinvigorated team of trained, keen individuals representing base health services and fitness experts met earlier this fall to look at the previous strategy, and build in new tar-

gets to tackle this year.

"We do want to see activities for the elite athlete, but we want to cover the whole spectrum," Leblanc says, which is where representatives from the Military Family Resource Centre and Health Promotion come into the effort. Designing a year-long calendar of signature events, but also incorporating family days, monthly health themes, special educational opportunities and more can – and will, the team envisions – touch everyone.

"We have the distinction already of being the number one Air Force base in Canada," says Personnel Support Program manager Mike Taylor, referring to last year's win of the Air Force Health and Fitness Award.

"We want to see an even wider level of buy-in – and do better this year."

There are more people associated with 14 Wing than Regular and Reserve force soldiers: including their families, the retired military community, veterans and others means "we broaden that scope in a really

Continued on page 2...



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**Corporal Cheryl Morris fits in a DFit.ca sign-up during her morning workout, with PSP fitness instructor Lauren Walton.**

S.Keddy

## Discover DFit.ca...

...cover

als and individual customization makes Dfit.ca a great hub of information that's easy to adapt to meet your goals. Should you encounter a question, Dfit.ca's interactive forum connects you with PSP Fitness personnel who can provide helpful feedback and advice.

"Dfit.ca is all about connecting Canadian Forces members with an accurate, interactive and effective health and fitness

resource," says Ben Ouellette, Senior Fitness Manager. "We know that Canadian Forces members can't always visit our PSP fitness and health promotion personnel for one-on-one advice, so Dfit.ca enables members to go online and access the tools they need to maintain a high level of fitness, and be physically ready for any operational challenge."

Log in to [www.Dfit.ca](http://www.Dfit.ca) to start planning and improving your fitness routine today!

## Health, fitness effort...

...cover

big way," Taylor says."

The team wants to see base branches each with their own health, sports and fitness representative, involved with the planning and promotion of strategy events. Off sched-

ule, branch leadership will be encouraged to emphasize not only CF-related training programs, but also intersection and pick-up sports opportunities. Incorporating existing base resources – Health Promotion training, for example, on topics from addictions to

athletic performance nutrition to stress' or fitness classes – into ground training days should be a given. Rewards for those who make great strides in health and fitness can be highlighted, but support and recognition for others who may be challenged

in meeting their own goals are just as important. Funding for training and resources for program leader development, specialized equipment and outreach – taking classes out of the gym to satellite spaces at various units are ways to grow participation.

### Strides in time

- 14 Wing Greenwood signs on to targets in the Canadian Forces 2008 Health and Fitness Strategy
- Wing Commander's Wellness Campaign, 2008-09 added significant events (Run the Runway, snowshoeing and youth skateboarding)
- Centennial of Flight Campaign, 2009-10, Iron Kids Triathlon and Air Force Triathlon started
- Through 2010-11, unit fitness and a focus on mental health highlighted
- Air Force Health and Fitness Award presented to 14 Wing Greenwood, 2011-12
- October 2012-13 sees launch of reinvigorated health and fitness strategy



### Étapes marquantes

- 2008 : La 14<sup>e</sup> Escadre Greenwood adopte les objectifs de la stratégie des Forces canadiennes pour la santé et la condition physique.
- 2008-2009 : Des activités importantes sont ajoutées dans le cadre de la Campagne du commandant de l'Escadre pour le bien-être (marche sur la piste, raquettes et planche à roulettes pour les jeunes).
- 2009-2010 : Campagne du centenaire de l'Aviation – lancement du triathlon Iron Kids et du triathlon de l'Aviation
- 2010-2011 : On met l'accent sur la condition physique à l'échelle des unités et sur la santé mentale.
- 2011-2012 : Prix de la santé et de la condition physique de la Force aérienne décerné à la 14<sup>e</sup> Escadre Greenwood
- Octobre 2012-2013 : Lancement d'une stratégie renouvelée pour la santé et la condition physique

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The Aurora Newspaper office will be closed **November 12**.



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[www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca)

**Community Gateway Site**  
Site du portail communautaire des Forces canadiennes  
[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

**14 Wing Greenwood Site**  
Site de la 14<sup>e</sup> Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

**Personnel Family Support Services**  
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# Un champion qui dynamise l'action de la 14<sup>e</sup> Escadre pour la santé et la condition physique

**Sara Keddy**  
Rédactrice en chef

On peut dire des membres des Forces canadiennes basés à la 14<sup>e</sup> Escadre Greenwood qu'ils sont aptes au combat, entre autres. Nous continuons néanmoins d'appuyer ceux qui doivent faire des efforts pour le rester.

La nouvelle stratégie pour la santé et la condition physique de la base est fin prête : Nos membres pourront la mettre en pratique pour confirmer la réputation de leaders en santé physique, mentale et spirituelle que nous avons acquise grâce aux succès des dernières années.

« Il s'agit tout simplement de maintenir l'état de préparation opérationnelle des membres des Forces canadiennes », déclare le Lieutenant-Colonel

Guy Leblanc, commandant du 413<sup>e</sup> Escadron, premier et tout nouveau « champion » de la santé et de la condition physique de la base. Et de poursuivre : « Il faut aussi penser au long terme; c'est pourquoi il est important d'adopter un mode de vie sain. »

« Pour commencer, chacun doit s'approprier cet objectif. »

Une équipe redynamisée, composée de gens formés et enthousiastes représentant les services de santé de la base et de spécialistes du conditionnement physique, s'est réunie cet automne pour examiner la stratégie précédente et y intégrer de nouveaux objectifs à atteindre cette année.

« Certes, nous souhaitons voir organiser des activités pour les athlètes de haut niveau, mais nous voulons toucher tout le monde, dit M. Leblanc;

c'est là qu'interviennent les représentants du Centre de ressources pour les familles des militaires et de la promotion de la santé. Si on établit pour l'année un calendrier d'activités phares, et qu'on y inscrit aussi, par exemple, des journées familiales, des activités mensuelles à thème et des activités éducatives spéciales, on touchera tout le monde, du moins, c'est ce qu'espère l'équipe. »

« Nous nous distinguons déjà en étant la première base de la Force aérienne du Canada » dit Mike Taylor, gestionnaire du Programme de soutien du personnel, faisant allusion au prix de la santé et de la condition physique de la Force aérienne, remporté l'année dernière par Green-

wood. Nous voulons faire encore plus d'adeptes – et mieux réussir encore cette année. »

La 14<sup>e</sup> Escadre, ce ne sont pas seulement des militaires de la Force régulière et des réservistes. Il y a aussi leurs familles, des militaires à la retraite et des anciens combattants, entre autres. Nous avons étendu le recrutement à toutes ces catégories, ce qui n'est pas peu dire! » explique M. Taylor.

L'équipe souhaite que chaque service de la base ait son propre représentant de la santé, des sports et de la condition physique, qui participe à l'organisation et à la promotion des activités dans le cadre de la stratégie. Par ailleurs, on encouragera les chefs de service à promou-

voir, non seulement les programmes d'entraînement liés aux FC, mais aussi les activités inter-sections et les rencontres sportives spontanées et ponctuelles. Les ressources existantes de la base – formation à la promotion de la santé, par exemple, abordant divers sujets, depuis les dépendances à l'alimentation propice aux performances athlétiques, en passant par le stress, ou cours de conditionnement physique – doivent faire partie intégrante des journées d'instruction au sol. On peut récompenser ceux qui font des progrès considérables en matière de santé et de condition physique, mais il est tout aussi important d'appuyer et d'encourager ceux qui ont des difficultés à atteindre leurs

objectifs. Le financement de l'entraînement et l'affectation de ressources pour le perfectionnement des leaders, l'achat d'équipement spécialisé et le décloisonnement des activités – organisation de cours dans des locaux autres que le gymnase, dans les différentes unités – sont des moyens d'accroître la participation.



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Corporal Simone Hamilton receiving the CD1 from Captain Stephen Vallis. Private J. Braniff



Wing Operations Officer Lieutenant-Colonel Latter (L) and Branch Chief Warrant Officer Viel (R) presents Lieutenant Bradbury (C) with his new rank, 27 Sep 2012.



Wing Operations Officer Lieutenant-Colonel Latter (L) and Branch Chief Warrant Officer Viel (R) presents Captain Price (C) with the CD, 27 Sep 2012.



Corporal Graham Joanisse receiving his Corporal's from Captain Stephen Vallis. Private J. Braniff



Wing Operations Officer Lieutenant-Colonel Latter (L) and Branch Chief Warrant Officer Viel (R) presents Captain Boudreau (C) with the CD 1, 27 Sep 2012.



Wing Operations Officer Lieutenant-Colonel Latter (L) and Branch Chief Warrant Officer Viel (R) presents Captain Bradbury (C) with his new rank, 27 Sep 2012.



Congratulations to Private Sara Schatz receiving her first hook from Lieutenant-Colonel Brian Richardson, Wing Logistics and Engineering Officer.



Wing Operations Officer Lieutenant-Colonel Latter (L) and Branch Chief Warrant Officer Viel (R) presents Captain Turton (C) with the CD, 27 Sep 2012.



Congratulations to Corporal Ingrid Martel receiving her promotion from Major K.A. Taylor, Wing Construction and Engineering Officer, and Master Warrant Officer Robert Knight, Wing Construction and Engineering Unit Master Warrant Officer.



Congratulations to Private Richard Price receiving his first hook from Major K.A. Taylor, Wing Construction and Engineering Officer, and Master Warrant Officer Robert Knight, Wing Construction and Engineering Unit Master Warrant Officer.

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Image: Department of National Defence

# WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES

# Students check out base work November 7

**Sergeant Chris Gervais**

November 7, 14 Wing Greenwood will take part in the 18th Take Our Kids to Work Day for Grade 9 students from the surrounding area. There will be a series of tours provided of all the different workplaces on 14 Wing, showcasing the diverse cross section of career options available.

The Take Our Kids to Work

program gives students the opportunity to understand the importance of staying in school by learning first-hand the skills that are important for employment in today's workforce. Students will be given a starting point to explore different career options in a practical way, and gain a better understanding of just how many career choices are open to them in the Canadian Forces. This will also help

them develop an appreciation for their parent, relative or friend's careers.

This day provides the mentor the opportunity to give the student a clearer picture of the connection between importance of education and how it applies to the workplace. The mentors are encouraged to share their career experience with the student by having discussions before, during and after the work-

place visit.

Take Our Kids to Work program participants must obtain permission from their commanding officers to bring dependents/ students to work, and must complete and submit the Release of Liability form for unit security officers (the form is available on the M drive internally). For information, contact one of the OPIs Sergeant Rachel-Rickard, (902)760-1752.

## business spotlight of the week

# Annapolis Valley at HOME Senior Care

"Thank you for your service." These five words can make the world of difference to the brave Canadian men and women who served, and continue to serve, our country at home and abroad.

Attending Remembrance Day ceremonies on November 11th is the best-known way that we can publicly honour our military members, but what about the veterans who are ailing and homebound?

"Many of our clients are war veterans of advanced age and some of them are unable to get to the cenotaph," says Dana Cole-Clark, Managing Director of Annapolis Valley At Home Senior Care. "Our staff members make special visits to veterans in their own homes on Remembrance Day and we encourage you to do so as well. If you have a veteran parent, grandparent, neighbour or friend who is ailing, we ask that you take a moment to call or visit on November 11th and give them the gift of thanks. Without them, we would not have many of the freedoms we enjoy today."

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personal care, respite care, end-of-life care, medication monitoring, errands, transportation and companionship.

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Annapolis Valley At Home Senior Care is also available to give free presentations to not-for-profit groups who are seeking more information about our services. Give us a call and we will be happy come out to talk to your group!

As the only senior care agency with an office in the Greenwood/Kingston area, we invite you to visit us in person at 1500 Bridge Street, Kingston or call us at 765-6777 or toll free at 1-888-765-7544 or visit our website [www.avathomeseniorcare.ca](http://www.avathomeseniorcare.ca) to book a free, in-home consultation. Annapolis Valley At Home Senior Care.... the one with the "Heart".

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## Trick or Eat – take two

The 14 Wing Greenwood Community Centre youth group had planned to go door to door Halloween night to collect non-perishable food items, in support of the Upper Room Food Bank in Kingston.

Due to stormy weather, organizers decided they did not want kids to be out in windy, rainy and dark conditions. Instead, you may donate any non-perishable food items you had gathered at the 14 Wing Community Centre before November 9, and the youth will ensure the collection is taken to the food bank.

Thank you for your understanding and cooperation. We hope everyone had a safe and happy Halloween!



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# Birchall award for Murray

November 8, a gala dinner will be held at CFB Halifax to honour Vice-Admiral (retired) Larry Murray as the 2012 recipient of the Birchall Leadership Award.

The Birchall Leadership Award is presented by the Royal Military Colleges Club of Canada to honour Air Commodore Leonard Birchall. Both during and after the Second World War, he taught through word and deed the importance of integrity, responsibility and moral courage.

April 4, 1942, while flying with 413 Squadron on patrol south of Ceylon, then Squadron Leader Birchall spotted a large Japanese fleet headed for Ceylon. Knowing his slow-moving



**Vice-Admiral (retired) Larry Murray** Submitted

Catalina was certain to be shot down if he approached the fleet,

he nevertheless overflew it and managed to send out a radio message that allowed the Royal Navy to blunt the attack. Prime Minister Winston Churchill later called him the Saviour of Ceylon.

Birchall and his crew were indeed shot down and captured minutes after sending their message. As the senior Allied officer in four successive Japanese prisoner of war camps, Birchall repeatedly stood up to the Japanese and demanded fair treatment of the prisoners in compliance with the Geneva Convention. In his first camp, he struck a Japanese soldier forcing a wounded Australian to work. This earned Birchall

a severe beating and solitary confinement, but won him the respect of the other POWs. A number of times, he saved ill soldiers by taking their beatings himself. In 1944, he encountered a situation in which sick men were being forced to work on the docks. He ordered all of the men to stop working until the sick were excused. For this, Birchall was beaten and sent to a special discipline camp, where he again was beaten. Following the war, he was decorated by both Canada and the United States for his work in the camps.

Murray served at sea in a variety of ships as a navigation

specialist and combat control officer. He commanded HMC ships Chaleur, Miramichi and Iroquois, as well as the First Canadian Destroyer Squadron. He also served in a variety of shore appointments in NDHQ and Maritime Command. His final position in the Canadian Forces was acting chief of the defence staff, from October 1996 until September 1997 during the Somalia inquiry. On retirement from the Canadian Forces, he joined the Public Service of Canada as associate deputy minister of Fisheries and Oceans. He was appointed deputy minister of Veterans Affairs Canada in 1999 and

deputy minister of Fisheries and Oceans from 2003 until 2007, when he retired. Murray has since served on numerous government commissions and task forces. He has held senior positions in the Royal Canadian Legion and the Navy League of Canada and remains active in promoting the welfare of veterans and their families.

The 2012 Leadership Dinner will also act as a fund-raising event to support leadership in the Canadian Forces. The proceeds of the dinner will be shared between Military Family Resource Centres in Atlantic Canada and the RMC Foundation.

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## business of the week

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**NEW HOURS:**  
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 Saturday 10 to 5

**FREE SAMPLES!**

**Tulips Gourmet An Exclusive Line!**

**GRAND OPENING OF OUR NEW STORE!**

I would like to send a huge **THANK YOU** to everyone who has supported Tickled Pink in our first year and a half in the Annapolis Valley. I am thrilled that I have been able to delight so many people with our great products and fantastic customer service. Due to the store's success we have been able to expand at a bigger and better location, which **opened on Thursday, November 1st.**

**Some highlights of our new store include:** all brand new Fall/Winter products, including 6 lines of Ladies fashion, Winter Crocs, brand new jewelry, accessories, gourmet, giftware, Christmas decor, AND MORE! The new store will have a spacious changeroom, wheelchair access, a kitchen area for our gourmet, and a larger check-out area/gift wrapping station!

*You'll be... Tickled Pink!*

Sincerely, Angie Vanderwees

**the Aurora**

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# Atlantic soldiers granted freedom of Kentville

**Master Corporal David McCord,  
LFAA Public Affairs**

“It’s the highest honour that any municipality can confer to the military.”

The exact words of Lieutenant Colonel Michael Patrick, after his unit was granted “Freedom of the Town” by Kentville October 13.

As spectators lined the sidewalks, soldiers of the Land Force Atlantic Training Centre from Aldershot and Gagetown marched through Kentville to the front of town hall. There, Commanding Officer Patrick was challenged by local Police Chief Mark Mander and escorted to the front doors of the municipal building. Patrick then knocked on the door with the hilt of his sword and asked permission of the mayor of Kentville, David Corkum, for his soldiers to enter the town.

The pomp and ceremony of the Freedom of the Town is



Lieutenant Colonel Patrick, commanding officer Land Force Atlantic Training Centre, prepares to lead his troops through Kentville after receiving permission from the town’s mayor.

part of a tradition dating back to 1660 and King Charles II of England. It has always been a conspicuous ceremony to demonstrate good relations between the military and the local population.

“It is not something we solicit. It is something that is given to us,” said Patrick. “It’s the build-up of trust throughout the years that creates this.”

Kentville’s town crier, Lloyd Smith, read the proclamation granting the privilege. It stated, “for all time,” the soldiers of the Land Force Atlantic Training Centre will be entitled to march through the town with “drums beating, colours flying and bayonets fixed.”

Kentville and the Land Force Atlantic Training Centre share a close bond. More than 100 civilian and military permanent staff live in the town and surrounding area. In addition, more than 1,000

soldiers per year train at the Learning Centre and make use of Kentville’s entertainment and shopping.

Corkum underscored the importance of the strong relationship between the military and the town.

“We do not take lightly of giving our key to our town - it’s a big deal,” said Corkum. “I will look back at this in my time as mayor of Kentville as

one of the highlights of my career.”

After presentations and an inspection of the troops, the soldiers, led by the massed bands of 36 Canadian Brigade Group, the 14 Wing Volunteer Band and the 14 Wing Pipes and Drums, paraded through the town with, as the town crier had heartily announced, flags unfurled and bayonets fixed.



## THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100  
Kentville, NS B4N 3W3

### TENDER 12-31

#### Municipal Complex Janitorial Services

The Engineering and Public Works Section of the Municipality of the County of Kings invites tenders to provide janitorial services for a two year period at the Municipal Complex (including Justice Department and Property Valuation) and Municipal Garage located in Kentville, NS.

Specifications and tender forms may be viewed and picked at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

There is a mandatory meeting at 2:00 pm on Thursday, November 20, 2012 at the Municipal Complex.

Specific inquiries pertaining to this tender may be directed to Scott Quinn, P. Eng.; Manager of Engineering & Public Works, [squinn@county.kings.ns.ca](mailto:squinn@county.kings.ns.ca) (690-6194).

**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM TUESDAY, NOVEMBER 27, 2012**

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.

Tel: (902) 678-6141 Fax: (902) 679-0911  
Toll Free: 1-888-337-2999  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

## FRAUD and financial awareness seminar

to be held for the public at

Place: **Kingston Fire Hall**  
Date: **November 21, 2012**  
Time: **7pm-8pm**  
Speaker: **Constable Blair Mac Murtery**



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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.  
Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou présentez-vous au CRFMG situé au Centre AVM Morfee sur la rue School à Greenwood.



**DOT PAINTED CHINA**  
Thurs., Nov 8  
1:30 – 3:30 p.m. at the GMFRC  
\$15 for friends/community members. NO CHARGE for deployed families or volunteers  
Register by: Wed., Nov 7

**PEINTURE SUR PORCELAINE**  
Jeudi le 8 novembre  
13 h 30 à 15 h 30  
Salon du CRFMG  
15 \$ pour les amis et les membres de la communauté.  
GRATUIT pour les familles militaires en déploiement et

bénévoles. Date limite d'inscription : mercredi le 7 novembre

**DEPLOYMENT FAMILY SUPPORT SOCIAL**  
Wed., Nov 14, 5 – 7 p.m.  
Open to all ages!  
Free at the GMFRC  
Register by: Mon., Nov 12

**RÉUNIONS SOCIALES DE SOUTIEN POUR LES FAMILLES EN DÉPLOIEMENT**  
Mercredi le 14 novembre

17 h à 19 h. Pour tous les âges !  
GRATUIT au CRFMG  
Date limite d'inscription: lundi le 12 novembre

**SELF CARE FOR THE WHOLE FAMILY**  
Mon., Nov 19  
6 – 8 p.m.  
FREE at the GMFRC  
Register by: Thursday, Nov 15

**PRENDRE SOIN DE SOI POUR LE BIEN DE TOUTE SA FAMILLE**  
Lundi le 19 novembre  
18 h à 20 h

GRATUIT au CRFMG  
Date limite d'inscription: jeudi le 15 novembre

**KIDS HAVE STRESS TOO**  
Tuesdays, Nov 20, 27, & Dec 4  
6 – 8 p.m. Free at the GMFRC.  
Parents/Caregivers who have children aged 3 – 9 yrs old.  
Register by: Tues., Nov 6

**LE STRESS DES ENFANTS**  
Les mardis 20 & 27 novembre et le 4 décembre, 18 h à 20 h.  
GRATUIT au CRFMG

Pour les parents et gardiens d'enfants de 3 à 9 ans.  
Date limite d'inscription: mardi le 6 novembre

**SUPER STUDY SKILLS**  
Wed., Nov 21  
6 – 8:30 p.m.  
FREE at the GMFRC  
Register by: Wed., Nov 14

**TECHNIQUES D'ÉTUDE EFFICACES**  
Mercredi le 21 novembre  
18 h à 20 h 30  
GRATUIT au CRFMG  
Date limite d'inscription :

mercredi le 14 novembre

**FRANCO-FEMMES DINNER**  
Thurs., Nov 29  
6 p.m.

Restaurant to be determined  
Pay for the cost of your meal  
Register by: Tues., Nov 27

**SOUPER FRANCO-FEMMES**  
Jeudi le 29 novembre  
18 h. Restaurant à déterminer  
Le coût de votre repas  
Date limite d'inscription : mardi le 27 novembre

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 www.falcourtinn.ns.ca

**Greenwood Military Family Resource Centre**  
**Centre de ressources pour les familles militaires de Greenwood**  
 www.familyforce.ca Facebook.com/GMFRC • (902)765-5611

**Leo Glavine, MLA Kings West**  
 “A Poppy Is to Remember”  
 Central Ave Greenwood • 765-4083

**David A. Proudfoot**  
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 Greenwood • 765-3301

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 www.morsetowing.ca • 825-7026

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 Greenwood • 760-1298 • www.REGWHITE.com

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 765-8788

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 Email: wis\_gig@ns.sympatico.ca

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# REMEMBRANCE DAY

*14 Wing Greenwood personnel are pleased to represent the Canadian Forces at community remembrance services in the Annapolis Valley ~ Open to all  
 Les membres du personnel de la 14<sup>e</sup> Escadre Greenwood sont heureux de représenter les Forces canadiennes lors de services commémoratifs communautaires dans la vallée de l’Annapolis ~ Ouvert à tous.*

RCL Branch 98, Kingston – 14 Wing Commander Colonel Jim Irvine, Wing Chief Warrant Officer Pierre Jette and 404 Long Range Patrol & Training Squadron  
 RCL Ortona 69, Berwick – 405 Long Range Patrol Squadron  
 RCL Branch 102, New Germany – 413 Transport & Rescue Squadron

RCL Branch 1, Middleton – 14 Air Maintenance Squadron  
 RCL Kings 6, Kentville – 14 Air Maintenance Squadron  
 RCL Branch 21, Annapolis Royal – 14 Wing Logistics & Engineering  
 RCL Branch 9, Windsor – 14 Wing Logistics & Engineering  
 RCL Branch 52, Saulnierville – 14 Wing Logistics & Engineering

RCL Branch 92, Freeport – 14 Wing Logistics & Engineering  
 RCL Branch 33, Bridgetown – 14 Software Engineering Squadron  
 RCL Branch 112, Lawrencetown – 14 Wing Administration  
 RCL Branch 122, Clementsport – 14 Wing Operations  
 RCL Branch 20, Digby – 14 Wing Operations



Remembering those who have served.  
Proud to serve our Canadian Forces community.

Se souvenir de ceux qui ont servi.  
Fier(s) de servir notre communauté des Forces canadiennes.



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




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MP - West Nova  
Député - Nova-Ouest

On November 11th, we honour those who have fallen in the service of their country and all those who continue to place themselves in harm's way in order to protect the vulnerable and stand up for the values Canadians hold dear.

Le 11 novembre, nous rendons hommage à ceux qui sont tombés au service de leur pays et tous ceux qui continuent à s'exposer au danger afin de protéger les vulnérable et défendre les valeurs chères aux Canadiens.

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

**Royal Canadian Legion Branch #098**

**November 11th Service of Remembrance**  
will commence at 9:45 a.m. in the auditorium followed by a Parade to the Cenotaph for the Wreath Laying Ceremony.

Wreaths may be purchased at the Kingston RCL Branch Office between 10:00 am and 4:00 pm

**~ OPEN TO ALL ~**



**LEGION**

1472 Veterans Lane, Kingston  
765-4920 or 765-4428  
[www.kingstonlegion.com](http://www.kingstonlegion.com)

November is Mental Health Month  Novembre est le mois de la santé mentale

## Two tough roads through successful deployment

The Canadian Forces recognizes the “strength behind the uniform” and understands the sacrifices and contributions of our military families to overall mission success. As such, the Road to Mental Readiness program has an entire component designated to family members to provide you guidance and skills to mitigate the stress of the deployment experience on you and your family.

Deployment is a fact of military life. For most CF personnel the opportunity to deploy around the world, making a difference in lives of others, is what prompted their desire to join the military in the first place. However, for many families, managing deployments can be particularly challenging - extended separations, increased workloads, anxiety over the safety of their loved one, and managing transition

and reintegration issues upon completion of the tour – all amount to increased stress.

Imagine your family is driving on a highway. While you are driving at a cruising speed, you learn the military member will be deployed abroad in a couple of months. You may have never driven this highway, or this may be the third or fourth time for you. You know it may be a long and bumpy ride!

The deployment highway consists of many sections: the pre-deployment, the deployment and the reintegration sections.

The pre-deployment section places additional demands on the family members such as the training for the mission and the administrative tasks in preparation for the absence. You will both need to adjust your driving speed every time he/ she takes the off ramp and when the mili-

tary member merges back onto the family highway. It is easy to understand that the road conditions on the two highways are different; while on training the member is psychologically no longer in the family vehicle as he/ she is focused on the mission while the family focuses on their own mission at home. Each reunification requires some effort and adjustment. At the same time, the number of things that need to be taken care of in preparation for the absence might take all of you on a roller coaster of emotions and will most certainly require quite a bit of energy.

The second section is the deployment section, which is the deployment or the absence. Families and deployed military members are now driving on different highways with different road conditions. After a period of recovery and reorganization

family members find their own driving speed and a sense of self confidence. Nevertheless, during this lengthy drive they will face “daily hassles” that will necessitate some adaptation.

The last section of the deployment highway is the reintegration

section. Most families go through a normal and necessary adjustment period while they re-establish family ties and return to a regular routine. Think about it - after driving the car for a couple of months it will require quite a bit of adjustment to share the

wheel again. Fortunately, there are many resources that can help families to cope with the challenges and thrive during the deployment experience.

[www.forces.gc.ca/health-sante/ps/mh-sm/r2mr-rvpm/](http://www.forces.gc.ca/health-sante/ps/mh-sm/r2mr-rvpm/)

## Un déploiement réussi malgré le truchement de deux routes difficiles

Les Forces canadiennes reconnaissent la « force derrière l’uniforme » et comprennent les sacrifices et la contribution des familles des militaires au succès général des missions. C’est pourquoi le programme « En route vers la préparation mentale » comporte une section conçue pour les membres des familles afin de leur offrir des conseils et des compétences en matière de réduction du stress lié au déploiement.

Le déploiement est un fait de la vie militaire. Pour la majorité du personnel militaire, l’occasion d’être déployé aux quatre coins du monde et de faire une différence dans la vie d’autres personnes est ce qui les a poussés à se joindre aux Forces. Toutefois, pour beaucoup de familles, gérer les déploiements peut s’avérer particulièrement difficile. Les séparations prolongées, une augmentation de la charge de travail, l’anxiété de savoir l’être cher en sécurité et la gestion des problèmes de transition et de réintégration une fois le déploiement terminé sont autant de facteurs qui contribuent à augmenter le stress.

Imaginez votre famille sur une autoroute. Pendant que vous roulez à une vitesse de croisière, vous apprenez que votre conjoint/ conjointe (militaire) participera à un déploiement à l’étranger dans quelques mois. Vous n’avez peut-être jamais pris cette autoroute ou

peut-être s’agit-il de la troisième ou de la quatrième fois que vous l’empruntez. Et vous savez que le voyage peut être long et comporter des zones de turbulences.

L’autoroute du déploiement comporte de nombreuses sections : la phase préalable au déploiement, le déploiement et l’IRD ainsi que la réintégration.

La phase préalable au déploiement impose des exigences supplémentaires aux membres de la famille, comme l’entraînement en vue de la mission et les tâches administratives en prévision de l’absence. Vous devrez de part et d’autre ajuster votre vitesse chaque fois que le militaire emprunte une bretelle de sortie et qu’il revient sur l’autoroute familiale. On peut facilement comprendre que les conditions routières sur les deux routes sont différentes; lorsqu’un militaire suit un entraînement, il ne se trouve psychologiquement plus dans le véhicule familial car il se concentre sur la mission, tandis que la famille se concentre sur sa mission à la maison. Chaque réunion nécessite des efforts et des rajustements. Par ailleurs, le nombre de choses dont il faut s’occuper en prévision de l’absence peut vous faire vivre à tous des fluctuations émotionnelles, et cela prendra certainement beaucoup d’énergie.

La deuxième phase est le dé-

ploiement, c’est-à-dire, l’absence. Les familles et les militaires en déploiement roulent alors sur différentes autoroutes, dans des conditions routières différentes. Après une période de récupération et de réorganisation, les membres de la famille trouvent leur vitesse de croisière et éprouvent un sentiment de confiance en soi. Néanmoins, durant cette longue promenade, ils devront faire face aux « tracas du quotidien », qui nécessiteront une certaine adaptation.

La dernière section de l’autoroute du déploiement est la réintégration. La plupart des familles passent par une période d’adaptation normale et nécessaire pendant laquelle elles renouent les liens familiaux et retournent à ses activités habituelles. Il faut penser qu’après avoir conduit la voiture pendant quelques mois, il lui faudra s’adapter passablement pour céder le volant à nouveau. Le programme En route vers la préparation mentale comporte une composante complète conçue pour les membres de la famille qui vise à donner des conseils et proposer des techniques pour atténuer le stress de l’expérience du déploiement sur vous et votre famille.

[www.forces.gc.ca/health-sante/ps/mh-sm/r2mr-rvpm/](http://www.forces.gc.ca/health-sante/ps/mh-sm/r2mr-rvpm/)

# Live Well With Your Chronic Condition

### Workshops coming to your community

Do you have a chronic (ongoing) health condition? Or, would you like to be able to better support a loved one who has a chronic condition? Your Way to Wellness is a free program that helps Nova Scotians with chronic conditions overcome many daily challenges they face. Join a six-week program in your area to learn how to better manage your condition, develop new skills and discover proven tools to help you maintain an active, happy life.

### Who should attend?

Any adult who has a chronic health condition, including among others:

- Arthritis
- Asthma
- Diabetes
- Fibromyalgia
- High Blood Pressure
- Pulmonary Disease
- Heart Disease
- Mental Illness
- C.O.P.D-Chronic Obstructive Pulmonary Disease
- A support person of someone with a chronic condition



For more information about Your Way to Wellness and for workshop locations and dates in your area visit:

[yourway2wellness.gov.ns.ca](http://yourway2wellness.gov.ns.ca) or call toll free 1-888-672-3444



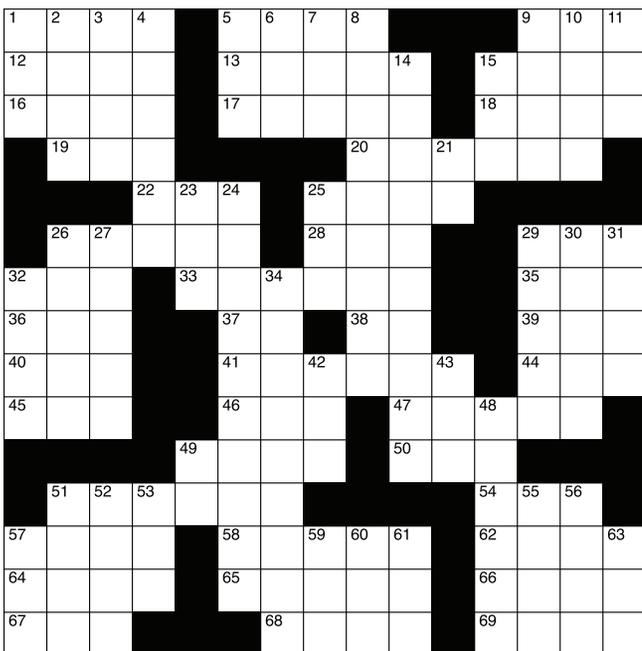


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14<sup>e</sup> Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse editor@auroranewspaper.com. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

# metro crossword

solution page 14



**ACROSS**

- 1. Forbidden (var. sp.)
- 5. Strike a heavy blow
- 9. Guy (slang)
- 12. Tel \_\_, Israel
- 13. The superior of an abbey
- 15. Swiss river
- 16. South American nation
- 17. Span. town Aranda de \_\_
- 18. Yellow's complement
- 19. Sun in Spanish
- 20. Sharp slaps
- 22. Cash dispensing machine
- 25. Persistently annoying person
- 26. Japanese rolls
- 28. The woman
- 29. Fiddler crabs
- 32. Buddy
- 33. Majuscule
- 35. Lake in Oklahoma
- 36. Airborne (abbr.)
- 37. Physician's moniker (abbr.)
- 38. Lincoln's state
- 39. Doctors' group
- 40. By way of
- 41. Coated with tobacco residue
- 44. Collect information
- 45. Smallest whole

**DOWN**

- 1. Draw beer
- 2. Bird class
- 3. Ballpoint pen
- 4. Soft palate extensions
- 5. Not good
- 6. \_\_ Dhabi, Arabian capital
- 7. One point E of due S
- 8. Old fashioned upholstery fabric
- 9. Stop short
- 10. Large extinct European wild ox
- 11. Important pollinator

- 14. Magnum P.I. star
- 15. Basic
- 21. Indicates position
- 23. 4th day (abbr.)
- 24. Underground phrase
- 25. 23rd Greek letter
- 26. Live polio vaccine developer
- 27. Forearm bones
- 29. An edict of the Russian tsar
- 30. Tent places
- 31. Not home
- 32. Peafowl genus
- 34. Bog berry
- 42. A shag rug made in Sweden
- 43. \_\_ Constitution Hall
- 48. Soft black furs
- 49. Atomic #46
- 51. Defense to the Queen's gambit
- 52. Dutch painter Peter 1618-1680
- 53. UK rock band
- 55. About aviation
- 56. Used as a culture medium
- 57. Int'l. news organization
- 59. Fish eggs
- 60. Tennis star Ivanovic
- 61. Exclamation: yuck!
- 63. Point midway between S and SE

metro crossword brought to you compliments of

**BEST TOYOTA**

840 Park St., Kentville  
(902) 678-6000  
Toll-free 1-888-466-2702  
www.besttoyotasales.com

**Public skating**

Tuesdays and Thursdays, Kingston Recreation adult skating, 10:30 a.m. to noon at the Kingston rink. Cost: \$3/ skate or \$35 until Dec 20. Call Glen at 765-2800 or email recreation@kingstonnovascotia.ca for information. Limited helmets available.

**Jam session**

Wednesdays, come out to Brickton jam sessions at 7 p.m. Great country and bluegrass music. Come to play, sing or listen. Refreshments at intermission. \$2 admission.

**Outdoor rink project**

Middleton recreation is thinking of building a free, outdoor skating rink in the heart of town this winter. Anyone interested in volunteering is encouraged to contact 825-6611 or reoffice@town.middleton.ns.ca.

**Youth bowling**

14 Wing Greenwood Community

Centre youth bowling programs are now underway. Ages five to 19. Call the Greenwood Bowling Centre to register, 765-1494 ext 5631.

**CentreStage Theatre**

In the Nunsense Christmas Musical, Nuncrackers, your favourite nuns, Fr. Virgil and Mt. St. Helen's most talented students are taping their first cable TV special. This show delivers lots of laughs, toe-tapping Christmas songs and maybe even a tug on the heart-strings. Best suited to adults and older children. Plays Fridays and Saturdays November 2 to December 8 at 8 p.m. with 2 p.m. matinees November 25 and December 2. There will also be special dinner theatre performances November 18 at CentreStage Theatre, and December 14 and 15 at Muir Murray Winery. Call 678-8040 for theatre reservations.

**Cards**

November 5, Funds for Fuel bridge party, 1 p.m., at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4, light lunch served. All welcome. Call 825-6116 for details.

**Writing group**

November 7, Authors Ink creative writing group, meets 10 a.m. to noon, Annapolis Valley Macdon-

ald Museum, 21 School Street, Middleton. All welcome. Cost is \$3 admission. Phone 825-6116 for information.

**Breakfast**

November 10, All Saint's Anglican Church, Kingston, will be serving a full breakfast, 8 a.m. to 10 a.m. All Saints' Anglican Church Hall, Pleasant Street. Cost: \$7. Menu: pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea & coffee. All welcome.

**Dance**

November 10: Jokers Right dance, 9 p.m. to 1 a.m., at the Middleton Lions' hall. The cost is \$12.50/person. All proceeds are going to the Diabetes association. Tickets at the door, or in advance by calling Susan Parks (825-4617) or Jennifer (Parks) Smith (242-5013).

**Service**

November 11, there will NOT be a service at the Brickton Community Hall. Thank you to all for your past support.

**Meeting**

November 13, 7 p.m. Foster family/ adoptive family information session, Kentville. If you are interested in becoming a foster family, call 1-800-565-1885 for information. Potential adoptive

applicants are asked to call 1-866-259-7780.

**Tea & sale**

November 13, Nictaux Baptist Ladies Aux. & Friendly Club Christmas dessert tea and sale, 7 p.m. to 9 p.m., Nictaux fire hall. Dessert tea \$3. Crafts, knitting, sewing, bake table, pickles/ jam/ baskets, homemade fudge and chocolates. Everyone welcome.

**Coffee party & sale**

November 14, enjoy a Christmas sale and coffee party at St. John's United Church, Middleton. 10 a.m., all welcome - freewill offering.

**Tea and sale**

November 14, a Christmas tea and sale will be hosted by St. Mary's Anglican Church, 4 p.m. to 6 p.m., at the Aylesford fire hall. \$6/ adult, \$3/ under 12. Delicious salad plate, bake tables, crafts and gift items.

**Sale**

November 15 and 16, the Soldiers Memorial Health Auxiliary is hosting a Christmas bake sale at the Carousel Gift Shop, in the hospital (November 15, 10 a.m. to 4 p.m. and 6:30 p.m. to 7:30 p.m.; and November 16, 10 a.m. to 4 p.m.). Fifteen per cent off all gift items, plus no tax. Please support our fundraising efforts.

**Kingston Legion**

# BINGO

**Beginning Nov 4th**  
**Sunday start time**  
**1:30 p.m.**  
**Tuesday, 7:30 p.m.**  
**Regular Games - \$100**

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

**Consolation \$300**  
• Double Action  
Lic.# 115910-08

**765-8848**

## Paranormal Activity 4

04 - 08 Nov 12  
Sun-Thur 8 pm  
Rated 14A

## Perfect Pitch

09 - 14 Nov 12  
Fri-Wed 8 pm  
Rated PG

See you at the Movies  
[www.zedex.ca](http://www.zedex.ca)

<p><b>YARMOUTH</b></p> <p>368 Main St/Rue Main Suite/Pièce 220 Yarmouth, NS/NÉ B5A 1E9 902-742-6808 greg.kerr.c1a@parl.gc.ca</p>	 HOUSE OF COMMONS CHAMBRE DES COMMUNES	<p><b>WILMOT</b></p> <p>14373 Highway 1/Route 1 Wilmot, NS/NÉ B0P 1W0 902-825-2320 greg.kerr.c2@parl.gc.ca</p>	 <b>GREG KERR</b> MP—WEST NOVA DÉPUTÉ—NOVA-OUEST
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**Toll Free/ Sans-Frais: 1-866-280-5302 • www.gregkerrmp.ca**

**the Aurora Find & Win**

**Three easy ways to enter.**

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

**Entry deadline:**  
**Noon, November 8, 2012**

<b>Full name</b> _____	<b>Phone number</b> _____
------------------------	---------------------------

Complete the following questions from ads in this week's issue and win a large 2-topping pizza from **Pizza Delight, Greenwood**. Coupon valid for 30 days.

1. Who has an indoor golf facility? \_\_\_\_\_
2. What is TGIF for November 23? \_\_\_\_\_
3. Who is holding a fraud & financial awareness seminar? \_\_\_\_\_
4. Where can you purchase a wreath? \_\_\_\_\_
5. Who has \$100 off deductible? \_\_\_\_\_

**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.

**Pizza Delight, Greenwood**  
**765-4477**

**Congratulations to last week's winner: RITA BOURASSA**

# Shop the city on family trip

The 14 Wing Greenwood Community Centre will host a trip to Dartmouth Crossing November 17. This is an excellent opportunity to start your Christmas shopping, spend time with family and friends, catch a movie and enjoy some time out. This day will be one of two tax-free/midnight madness events Dartmouth Crossing will offer.

Dartmouth Crossing will also host its Miracle on Main St. with Santa from 11 a.m. to 4 p.m., with free train rides for kids, hot chocolate and cake, a petting zoo, pony rides and much more!

A 40-passenger bus will leave Greenwood at 10 a.m. for Dartmouth Crossing and return to Greenwood by 10 p.m. The cost

is \$5 plus tax per person, or \$10 plus tax for a family. Bring warm clothes and anything you may want to keep you occupied on the bus ride.

This trip is available to military members, their families and those who have a 14 Wing Community Recreation Card. Payment must be received when you register at the centre's

main office and complete waiver forms. This trip will have limited supervision. Youth who wish to attend must have their parent or guardian's permission. Any youth 12 years of age or younger must be accompanied by an adult (over the age of 18). For information, contact Lindsay McCormack, recreation youth worker, 765-8165.

### Coffee party

November 16, the Kingston & District Health Auxiliary will be holding a coffee party and silent auction, 9:30 a.m. to 11:30 a.m., at the Kingston fire hall. Proceeds to VON.

### Auction

November 17, the Rotary Club of Middleton invites you to attend its annual auction, at the Middleton campus of the NSCC (295 Commercial St.). Item viewing starts at 9 a.m., auction starts at 10 a.m. Some items can be viewed on the club's Facebook page. Free prize for the first 100 registrants. Plan to attend!

### Breakfast

November 17, Emmanuel Church, 37 Gates Avenue, Middleton; will hold a fundraising breakfast, 8 a.m. to 10:30 a.m. All proceeds to Just me and the kids and The Lord's Ranch single family ministries. Freewill offering.

### Craft sale

November 18, 10 a.m. to 3 p.m.,

it's the 8th Christmas Fantasy Craft Sale at the Nictaux and District fire hall, 9349 Hwy 10. Many local crafters, canteen, bake table, silent auction. Come see all the wonderful items and find that special gift. Admission \$2. Information: Teri Nichols 825-2264.

### Gospel concert

November 18 at the Harmony Baptist Church, 7:30 p.m. Featuring Matt Lund and friends, and Glorylanders (Graham Moorehead, Matt Balsor and Heather Wood). Admission \$10, refreshments to follow.

### Cards

November 19, Funds for Fuel bridge party, 1 p.m., at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4, light lunch served. All welcome. Come out for a fun afternoon and support the community museum. Call 825-6116 for details.

# Magasinez en ville en famille

Le Centre communautaire de la 14e Escadre Greenwood organise un voyage à Dartmouth Crossing le 17 novembre prochain. Ce sera une excellente occasion de commencer votre magasinage des Fêtes, de passer du temps en famille et entre amis, d'aller voir un film et de faire une sortie divertissante. Le 17 novembre est l'une des deux journées sans taxes offertes à Dartmouth Crossing durant le temps des Fêtes.

Dartmouth Crossing sera aussi l'hôte de Miracle sur la rue Main, mettant en vedette le Père Noël, de 11 h à 16 h. Il y aura des promenades en train pour les enfants, du chocolat chaud et du gâteau, un zoo pour enfants, des promenades à dos de poney et bien d'autres activités!

Un autobus de 40 places quittera Greenwood à 10 h à destination de Dartmouth Crossing et reviendra à Greenwood vers 22 h. Le

coût est de 5 \$ plus taxe par personne ou de 10 \$ plus taxe par famille. Apportez des vêtements chauds et tout ce que vous désirez pour vous occuper durant le voyage en autobus.

Cette sortie est offerte aux militaires et aux membres de leur famille, ainsi qu'aux détenteurs d'une carte des loisirs communautaires. Le paiement doit être fait au moment de l'inscription et de la signature des formulaires

d'exonération, au bureau principal du Centre. Ce voyage se déroulera avec un niveau minimal de supervision. Les jeunes qui désirent y participer doivent obtenir la permission de leurs parents ou gardiens. Les jeunes de 12 ans ou moins doivent être accompagnés d'un adulte (de plus de 18 ans). Pour de plus amples renseignements, communiquez avec Lindsay McCormack, préposée aux loisirs des jeunes, au 765-8165.

# sudoku

solution page 14

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

### Fun By The Numbers

Level: Beginner

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

# patrick's puzzle

solution page 14

## WORD SEARCH

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

## WORDS

- APPLES
- BAKE
- BALES
- BISCUITS
- BROCCOLI
- CARVING
- CHEESE
- CIDER
- CORN
- CRACKERS
- CROWD
- DELICIOUS
- DINNER
- EATING
- CHEESE
- ENTERTAIN
- FAMILY
- GATHERING
- GOURD
- GRAVY
- HAY
- HOSTESS
- MEAT
- OVEN
- POTATOES
- POUNDS
- PUMPKIN
- PIE
- RICE
- ROAST
- SAVORY
- SCARECROW
- SOUP
- STUFFING
- SWEET
- THANKSGIVING
- THURSDAY
- TURKEY
- WREATH
- YAMS

patrick's puzzle brought to you compliments of

# horoscopes

November 4 - 10

### ARIES - Mar 21/Apr 20

Aries, you will know how to smooth over an embarrassing situation this week. You come across assertive and dominant, and others naturally listen to you.

### TAURUS - Apr 21/May 21

Taurus, your plan to modify a project this week will meet with great results. You may become interested in an organization that showcases your skills.

### GEMINI - May 22/June 21

Gemini, the time has come to re-evaluate a certain situation, but you are up for the challenge. It may be hard to communicate your goals to others, but your persistence will pay off.

### CANCER - Jun 22/Jul 22

Cancer, things you say have a greater impact on others than you may realize. Therefore, think through what you say to make sure your words come across as intended.

### LEO - Jul 23/Aug 23

Leo, now is the time focus so that your dreams and plans can become a reality. Put all of your efforts into realizing your goals, and you won't be sorry for having done so.

### VIRGO - Aug 24/Sept 22

Virgo, pay particular attention to your financial records. Otherwise, you may find yourself struggling to reconcile all of your accounts at year's end.

### LIBRA - Sept 23/Oct 23

This is the ideal time to move forward in your career, Libra. Be assertive and things will fall into place. Embrace a new opportunity and make the most of it.

### SCORPIO - Oct 24/Nov 22

Scorpio, you have enough drive and enthusiasm to get through a challenging time. There may be a few opportunities to go above and beyond in your business ventures.

### SAGITTARIUS - Nov 23/Dec 21

Self-discipline is something you will need in excess this week, Sagittarius. Use this to your advantage when you work with others to plan recreational activities.

### CAPRICORN - Dec 22/Jan 20

Capricorn, you have enough enthusiasm to get things done, but getting things off the ground is more difficult. It's time to buckle down and work through tasks.

### AQUARIUS - Jan 21/Feb 18

You prefer to be in control of a situation, Aquarius. However, sometimes you have to relinquish control to someone else. Do so with grace and humility.

### PISCES - Feb 19/Mar 20

Now is the time to make progress in something that has been on your mind for quite some time, Pisces. Take action before it's too late.

horoscopes brought to you compliments of

**Subway Gift Card**  
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# classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bolded text \$8, tax included. If you require a receipt and/or invoice via Canada Post a surcharge of \$1 including tax will be added.

Classified advertising must be booked and prepaid by noon Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) or fax 765-1717. To place a boxed, display ad, contact 765-1494 local 5833; email [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com).

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses. Si vous vous voulez recevoir un reçu et/ou d'une facture par l'entremise de Postes Canada, un supplément de 1 \$, taxes incluses, sera ajouté. Les annonces classées doivent être réservées et payées à l'avance avant midi, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au (902) 765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) ou nous transmettre un fax au (902) 765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com).

## FOR RENT

**FOR RENT** - Fully furnished one bedroom ground floor apartment. Comes with appliances, utilities, cable, high speed internet, lawn care and snow removal. Country setting on 10 acres, private deck overlooking a large pond. Ten

minutes to the Base. No pets or smoking. IRs welcome. Call 847-1878 or 847-5483. (3329-ufn)  
**FOR RENT** - 1 bedroom apartment on second floor in quiet rural area for single person. Rent includes all utilities, cable, Wi-Fi. Fully furnished and equipped with fridge, stove, washer and

dryer. No smoking, no pets. Perfect for person on IR. Rent is \$900/month. Call Joe 765-1898. (3331-ufnb)

**FOR RENT** - Beautiful house for rent in Lawrencetown - Fully restored and modernized 1884, 3 bedroom house. Less than 25 minutes from CFB Greenwood. New hardwood floors, open concept, 2 full bathrooms, main floor laundry, dining room, family room, parlor, wraparound

porch. Includes fridge, stove, and dishwasher. One year lease \$1100 plus utilities. References required. No pets and non smoking. Call 902-584-2252 (3331-ufnb)

**FOR RENT** - Commercial Space - Located at 805 Central Avenue, Greenwood. Consisting of 2 large offices, large reception area and small storage room. Air conditioned with lots of parking. Available immediately. For full details

contact Gerald Chase at 542-3398 or Tim Fay 765-4987. (3339-ufn)

**FOR RENT** - 2 bedroom upstairs apartment located in Kingston. Close to Legion. Fridge and stove provided. Rent is \$550/month plus utilities. Available 1st Nov. Call 825-3607. (3341-2tpb)

**FOR RENT** - Large very clean 2 bedroom apartment. Close to 14 Wing G'Wood. Fridge, stove, dishwasher provided and washer/dryer hook-up available. No dogs. References required. No dogs. Rent is \$775/month including utilities. Call 840-0534. (3341-ufn)

**FOR RENT** - 2 bedroom apartment with 1100sqft of living space. Located on Victoria Street, Middleton the apartment affords worry free retirement living at its' best. Hardwood flooring, R2000+ construction, electric heat and paved driveway are a few on the amenities. Kitchen includes 5 appliances. In a very quiet area, with a 10 minute walk to all amenities. Snow removal, lawn care and garbage

collection included. Available Dec 1st. Rent is \$795/month. For further information contact Joan at 847-1365. (3342-ufnb)

**FOR RENT** - Lincolnshire apartments in Kingston. 2 - Two bedroom apartments: 1 available immediately and 1 available Nov 1st. 5 Appliances included with each. \$800/month plus utilities. Also available 2 - Two bedroom apartments \$550/\$600 per month plus utilities. 2 appliances included with each. Live in super, secure buildings. Phone 765-6669. (3342-4tpb)

flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

## FOR SALE

**For Sale** - Craftsman snow blower. The machine has 11.5 horse power motor with both electric and manual start. It has a 30" cutting width. Recently serviced and ready for the first snowfall. Call 765-2595 (3343-2tpb)

**For Sale** - 2005 Dodge Caravan - This vehicle is in excellent condition with no rust. It has 87,000 kilometers on it and is safety inspected until Sept 2013. Asking \$6,500. Call 765-2595. (3343-2tpb)

## EMPLOYMENT

**Employment** - Wanted a casual church teacher for kids on Sunday mornings. Reference required. Position available immediately. Call New Beginnings at 765-8155 and leave a message. (3341-4tp)

## SERVICES

**SERVICE** - Dog Gone Beautiful dog grooming in Greenwood, now accepting new bookings. Small dogs and cats our specialty. Full service (bathing, grooming, styling, nails and more). Pickup service available. Call 844-2075. (3341-3tpb)

**SERVICE** - Bilingual handyman carpenter available, 25 years of experience with finish work,

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 250 Main St., Middleton  
 825-3059

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The Aurora Newspaper offers obituary notices to the community. Families may record their loved one's life as they wish, and work with our staff to design borders, add photos and proofread the final notice.

Obituaries are priced at 55 cents per line (black and white) or 65 cents per line (colour).

Obituaries for serving Canadian Forces Regular, Reserve members and Canadian Forces veterans are complimentary to an eighth of a page space (2 columns x 67 lines), black and white only. Regular line rates apply on space over this size.

Payment is required before publication (cash, cheque or VISA, MasterCard, AMEX).

Contact Anne Kempton, 765-1494 x 5833, [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com), for details.



## crossword solution

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

## sudoku solution

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

## patrick's puzzle

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

# Haiti deployment just the right role

**Sara Keddy,**  
Managing editor

Major Jean-Francois Godbout finally found the perfect fit.

Godbout, a Hercules flight commander with 14 Wing Greenwood, grew up in Montreal, with a strong immigrant Haitian presence surrounding him. He'd been angling for a posting to Haiti for years, figuring his francophone background and familiarity with the Canadian Haitian community.

"I asked and asked, but there are only five Canadian Forces members in Haiti with a small task force," Godbout says. Multiple postings within Canada over the past 10 years kept him on the move – until he saw his chance.

"They were looking for a major with French to be the chief of staff's coordinator, and I'd spent three years as an aide-de-camp and two years as a military assistant. This was perfect for me."

And, it was. A co-worker stepped forward to cover his absence, and Godbout left in

February for three weeks of training. Sessions covered military training, politics, culture, the economy and language: "They speak Creole, and I could make it out reading and speaking – and it's very fast! For me, it was hard to speak."

The United Nations Stabilization Mission in Haiti (MINUSTAH) involves 19 nations and over 7,000 military representatives. The "handover" of an unstable Haiti to some formal structures that can make the poorest country in the Western Hemisphere work has been underway since 2004.

"Haiti has potential – it's beautiful, the people are hard working with what they have and what they can achieve. I saw young kids, five or six years old, working full days – smiling. Their proud of their person: all the girls going to school wear impeccable white dresses."

The challenges, though, are systemic: garbage everywhere, deforestation, environmental disregard, electricity, food and water supplies

that can't be depended upon. Godbout lived in a compound with the Canadian military delegation, and, while he carried a weapon as part of his daily routine, he didn't live "in fear" as they went out on the streets, to restaurants or the market.

"I enjoyed getting to travel the country with the force commander, and working with the other countries that are non-NATO, building those ties and making those contacts."

"Making contact with the Haitian population, through work and not, was even better."

Godbout says there are many companies in Haiti on engineering and building projects, including roads and schools, which come to the international contingent for security, procedural advice and support in their business dealing with the evolving local government. Godbout found himself with the MINUSTAH headquarters drafting letters, reports and assisting with other negotiations.

He also had the opportunity



Major Jean-Francois Godbout, right, with Colonel Pierre St. Cyr, the Canadian Task Force Commander.

Submitted

to see what Canada's more extensive financial role in Haiti is, with the country's direct support of schools, an orphanage, civil and military cooperation projects and city council initiatives.

While he worked steady, the deployment had some perks: there's just a one hour time difference between there and his family here in Greenwood, so regular conversations with his wife and two children

were easy – even as simple as setting the computer on the table and having dinner together via Skype, or watching the Olympics together. He was also allowed three visits home, so managed to arrive for his son's birthday on one trip. Leaving three times, though, was more of a challenge.

"I know now how much

support there is at home for families – the Military Family Resource Centre was great for us, my family attended activities while I was away, and connected with the French community in Greenwood – and I was happy with the regular MFRC parcels!"

Godbout left Haiti in September, and reported back to his desk in October.

## Service changes planned for November 11

November 11, both Queen of Heaven Roman Catholic Chapel and St. Mark's Protestant Chapel in Greenwood will re-schedule their Sunday service to 8:30 a.m. to allow members of their congregations to attend Remembrance Day observances and cenotaph services.

In Kingston, members of the Royal Canadian Legion, Alvin H. Foster M.M. Memorial Branch #98 will hold their Service of Remembrance at 9:45 a.m. in the Kingston Legion auditorium, followed by a parade outside to the cenotaph for the wreath laying ceremony at 10:25 a.m.

## Changements aux heures des messes du 11 novembre

Le 11 novembre, la chapelle catholique Queen of Heaven et la chapelle protestante St. Mark's, de Greenwood, tiendront toutes deux leur messe dominicale à 8 h 30, de manière à permettre aux membres de leurs congrégations d'assister aux activités et aux cérémonies du Jour du Souvenir. À Kingston, les membres de la filiale 98 (Alvin H. Foster M.M. Memorial) de la Légion royale canadienne auront leur messe du Souvenir à 9 h 45, dans l'auditorium de la Légion à Kingston; les gens sortiront ensuite pour défiler jusqu'au monument aux morts où la cérémonie du dépôt de gerbes aura lieu à 10 h 25.



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# Sparky's safety calls



Students from Ms. Crouse's class at Dwight Ross Elementary School had the chance to personally thank Master Corporal Crowe (Sparky) and Corporal Dube from the 14 Wing Fire Hall. The week of Oct 7 to 13 was Fire Prevention Week, and members of 14 Wing FES visited various schools in the surrounding area.



The week's slogan, Have 2 ways out, was part of the message Sparky shared October 10 with the AV Morfee Nursery School pre-school class. The pre-schooler's also had the opportunity to ask various questions of Sparky.

Submitted

# Learn more about a suicide safe community

Suicide affects us all. Each year, over 100 Nova Scotians die by suicide, and many more make suicide attempts. One in 20 in our own community will experience thoughts of suicide at some point in their lives. You can learn how to help. November 21, 6 p.m. to 9 p.m., learn the steps that contribute to saving lives by taking "safeTALK", a LivingWorks three-hour certificate course, offered for free by the Municipality of the County of Kings in partnership with CompassionAction. For information or to register, email: safeTALK@compassion-action.ca, or call Chris Moore, human resources manager for Kings County, at 690-6135. For information on safeTALK, visit www.livingworks.net.

## Kingston Legion Br 98 ~ November 2012

Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail legion98sect@ns.sympatico.ca

Sun	Mon	Tues	Wed	Thu	Fri	Sat
They shall grow not old as we that are left grow old Age shall not worry them, nor the years condemn, At the going down of the sun, and in the morning, We Will Remember Them, We Will Remember Them				1 CRIB	2 TGIF Steak w/ Baked Potato & Veggies MIXED DARTS Karaoke w/ Bob Deveau	3 West Nova Holstein Assoc Awards Banquet NO DANCE
NOTE: Changes to TGIF 16 & 23 BINGO - 1:30	4 EUCHRE	5 BINGO 7:30	6 LADIES DARTS	7 CRIB	8 TGIF - NO FOOD MIXED DARTS Karaoke w/ Bob Deveau Senior's Association	9 NO DANCE
Remembrance Day April 9, 2012 Vimy 95th Anniversary	11	12 EUCHRE	13 BINGO 7:30	14 LADIES DARTS	15 CRIB	16 TGIF - NO FOOD MIXED DARTS Karaoke w/ Bob Deveau
18 BINGO 1:30	19 EUCHRE EXECUTIVE MEETING	20 BINGO 7:30	21 LADIES DARTS	22 CRIB	23 TGIF - Fish & Chips MIXED DARTS Karaoke w/ Bob Deveau Senior's Association	24 DANCE: Court Yard Merchandise BINGO Prov. Men's Doubles Dart Tournament
25 BINGO 1:30	26 GENERAL MEETING	27 BINGO 7:30	28 LADIES DARTS EUCHRE	29 CRIB	30 TGIF - NO FOOD MIXED DARTS	Nov. 11 Services Indoor 9:45 a.m. Parade to follow Centoph 11:00 a.m.

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