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the **Aurora**

Vol. 34 No. 04 JANUARY 28, 2013 NO CHARGE www.auroranewspaper.com



Destination Greenwood

14 Wing Greenwood Commander Colonel Jim Irvine (right) and Chief Warrant Officer Bob Viel, Acting Wing Chief, kick off the 2013 Winter Carnival with the purchase of the first keychains at headquarters January 18. The event, February 28 to March 2, includes three full days of hockey and curling, the culmination of the month-long beard growing contest and all kinds of inter-branch challenges, from ice skating to singing to family fun. Pick-up your all-event keychain pass now, and mark February 15's pep rally on your calendar, as 14 Wing celebrates "Famous Cities." For all the details visit, <http://winter-carnival.ca/>.

Corporal J.Kusche, 14 Wing Imaging



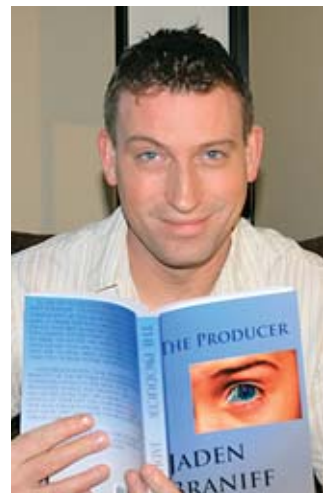
Capturing life new CF author's challenge

Sara Keddy,
Managing editor

Creativity is a natural fit for Jaden Braniff's Canadian Forces career: it's also how he expresses himself on his own time.

Braniff, a corporal and aerospace telecommunications informations specialist with 14 Wing Greenwood's Wing Telecommunications and Information Services Squadron, has just published his first novel as an ebook on several internet book selling sites. "The Producer" was a birthday "gift" for his wife, a Reserve private also new here at 14 Wing, as she spent many years watching him pull the story together.

"The idea for this book was probably in the back of my head for 20 years – I was thinking of animation, actually," Braniff says. "Life got on the way" through those 20 years, as he finished high school in Kamloops, a semester at college and then



Jaden Braniff holds one of the first hard copies of his new, self-published on-line book, "The Producer."

Submitted

a series of jobs.

"I wanted to be an English drama teacher," he says, referring to an early love of all things art: his time as the lead singer of a Victoria band, and the song lyric and poetry writing that went with the experience; he wrote and directed plays – even putting in time on what could have been turned into a three-

Continued on page 2...

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14 Wing Greenwood **765-6994**

Year in review

Search and rescue 2012



413 Squadron SAR Tech Master Corporal Dennis Van Sickel watches from a Hercules as lobster fisherman set their winter traps off the coast of Western Nova Scotia.

File

2012 was a busy year for Royal Canadian Air Force search and rescue (SAR) personnel across Canada.

Between January and November 2012, crews conducted 953 SAR missions; in November alone, they were tasked 61 times: 22 in the Victoria SAR region, 17 in the Trenton region and 22 in Halifax.

The Joint Rescue and Coordination Centre and the Canadian Coast Guard (CCG) work together to heighten their ability to respond to SAR incidents during specific periods each year, in consultation with the Department of Fisheries and Oceans and other agencies. For example, in support of the opening of the lobster fishery areas in districts 33 and 34 (Halifax and Southern Nova Scotia) November 27, 413 Transport and Rescue Squadron, 14 Wing Greenwood, had rescue crews on a heightened 30-minute standby posture. On the opening day of lobster season, fishermen set out to place their traps. Because of the increase in maritime traffic, SAR crews maintained this heightened standby posture for precautionary reasons.

In Canada, SAR is an integrated service delivered by the Canadian Forces (CF), the CCG, the Royal Canadian Mounted Police and other federal, provincial, municipal and volunteer organizations. The CF has the primary responsibility for delivery of aeronautical SAR service. Primary responsibility for maritime SAR is shared by the CF and the CCG. The CF maintains a high standard of service in SAR operations; crews are on standby 24 hours per day, seven days per week.

The Canadian SAR area of responsibility is divided into three SAR regions amounting to more than 18 million square kilometres of land and sea – an area one-and-a-half times that of Canada's landmass. Each area has a supporting Joint Rescue Coordination Centre staffed by CF and CCG personnel to coordinate aeronautical and marine SAR operations in response to incidents in their area of responsibility.

In order to maintain their proficiency, SAR crews at local RCAF wings train every day and come together every year to participate in the National SAREX, held in October.

Capturing life...

...cover

season mini-series before he reined himself in. He acted in a few B.C.-filmed projects, one time as a Victoria police officer (as his father-in-law served as the force's actual chief).

"My wife and I talked: we had two kids, and I had to have a career path."

Braniff completed testing for the RCMP, but a co-worker at Future Shop – an officer cadet in his second life – showed him what the Canadian Forces offered. He went in to the recruiting office in a suit and tie at age 37, more nervous than he expected: "you're in," was the answer. Greenwood is Braniff's first posting.

In the meantime, Braniff was always writing. Plugging in time is always a challenge, but he keeps handy photographs, family mementos and significant prompts that influence his writing: an old watch, his grandfather's pace stick, a toy airplane....

"My wife lost me for the better part of four months, and I was working on it a couple hours a night. I had the first chapter in my head, and just started writing."

Braniff admits "The Producer" is "very strange in some spots, has elements

of serious, then camp and cheesy – but I'm not taking it out. A few people have asked me, 'What's it about?' I guess, control, the use of technology and what we do with it. Is it OK or not?" It's set in the future, and he drew on today's technological advancements to make a guess of the speed and development of tomorrow's change. He's sent the novel to a few traditional publishers, but posted it on-line as an ebook now: he bought one of the first hard copies that can also be special ordered.

"Writing is important to me now, and I'll keep working on it. You're so focused, and you have to pay attention to it all – the characters you're creating and the voices in your head. I was really iffy about whether or not to self-publish, thinking I wasn't good enough – but I'd never know if I was good enough unless I just did it."

The CF is the "smartest move I ever made," Braniff says. Any anticipated large organization's "stifling" of creativity has been, instead, an eye-opener.

"In the military – regardless of your trade – you have to be creative, be able to think on your feet – and it's not just being able to sing or dance."



Managing Editor | Directeur de rédaction
Stephen R. Boates • 902-765-1494 local/poste 5441

Interim Managing Editor | Directrice de rédaction par intérim
Sara Keddy • 902-765-1494 local/poste 5441
editor@auroranewspaper.com

Business & Advertising | Affaires commerciales et publicité
Anne Kempton • 902-765-1494 local/poste 5833
marketing@auroranewspaper.com

Production Coordinator | Coordonnateur de production
Brian Graves • 902-765-1494 local/poste 5699
production@auroranewspaper.com

Administrative Clerk | Commis à l'administration
John Steeves • 902-765-1494 local/poste 5440
frontdesk@auroranewspaper.com

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Sylvain Rousseau
• 902-765-1494 local/poste 5101
sylvain.rousseau@forces.gc.ca

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Useful links | Liens utiles

Canadian Air Force website

Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site

Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site

Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services

Services de soutien au personnel et aux familles des Forces canadiennes
www.cfpsa.com

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Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera

Caméra de combat
www.combatcamera.forces.gc.ca

Recruiting

Recrutement
www.forces.ca

Military Family Resource Centre

Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI

VPI International
www.vpiinternational.ca

2013 is 'Year of Korean War Veteran'

Veterans Affairs Canada, with files from Carl Mills

This year has been designated as the "Year of the Korean War Veteran."

Veterans Affairs Minister Steven Blaney made the announcement January 8 at the Canada Aviation and Space Museum. He was joined by Senator Yonah Martin, representatives from the Royal Canadian Legion, the Korea Veterans Association of Canada and Korean Veterans.

"It is our duty today to pay tribute to more than 26,000 Canadian men and women in uniform who came to the aid of South Koreans during the Korean War," said Blaney, "and, in particular, the 516 Canadians who gave their lives in service to defend the values of peace and freedom on the Korean peninsula."

The Year of the Korean War Veteran coincides with the 60th anniversary of the Korean War Armistice. This year also marks the 50th anniversary of diplomatic relations between Canada and South Korea.

The Korean War began June 25, 1950, and active fighting ended July 27, 1953 with the signing of the Korean Armistice Agreement. Approximately 7,000 Canadians continued to serve in the tense theatre of operations between the signing



The RCAF's Flight Lieutenant Larry Spurr flew F-86 aircraft with the USAF from Suwon, South Korea. He completed 50 combat missions and achieved one MiG 'kill' - circa mid-1952.

DND



An important aspect of the Korean War was the return of Canadian and American wounded, supported by nurses from the USAF, USN and RCAF. RCAF nurse F/O Joan Drummond (left), and USAF nurses watch medical attendants care for a wounded soldier.

DND

of the armistice and the end of 1955, with some Canadian troops remaining until 1957.

Approximately 1,000 Royal Canadian Air Force personnel were involved in the conflict. Most - about 800 - were from 426 (Transport) Squadron (at that time located at RCAF Station Lachine), while the remainder were fighter pilots, flight nurses, a cadre of supply, technical and photo intelligence personnel and a judge advocate general.

Twenty-one RCAF volunteer fighter pilots were sent to Korea for F-86 Sabre combat duties and they served in small scheduled groups from March 1952 until November 1953. Flight Lieutenant Omer Levesque, on exchange with the United States Air Force when the war broke out, was the first RCAF combatant. Canada's fighter pilots flew with the USAF's

4th Fighter Interceptor Wing at Kimpo (approximately 24 kilometres northwest of Seoul) or the 51st FIW at Suwon (approximately 32 kilometres south of Seoul).

Blaney also launched an interactive website feature, Land of the Morning Calm, now available at www.veterans.gc.ca. This feature presents Korean War history and ar-

chival footage, interviews with veterans and an interactive history calendar.

The names of the 516 Canadians who died in service during the war, including the nearly 400 Canadians who lie at rest in the Republic of Korea, are inscribed in the Korean

War Book of Remembrance, on display in the Peace Tower in Ottawa.

For more on Canada's role in the Korean War or the Year of the Korean War Veteran, read "Canada remembers the Korean War 1950-1953" on the Veterans Affairs Canada website.

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Sergeant Hardy Rowsell (center) receives his promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (left); 14 AMS Squadron Chief Warrant Officer Mike Power (right).



Corporal Alexander Hughes (center) receives his promotion to current rank from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron (AMS) acting Aircraft Maintenance Support Organization (AMSO) Officer (left); 14 AMS Maintenance Support Organization Master Warrant Officer Al Doyle (right).



Corporal Jason Gilbert (center) receives his promotion to current rank from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron (AMS) acting Aircraft Maintenance Support Organization (AMSO) Officer (left); 14 AMS Maintenance Support Organization Master Warrant Officer Al Doyle (right).



Corporal Myles Foster (center) receives his promotions to current rank from Captain Aaron Kangeswaren, acting 14 Air Maintenance Squadron (AMS) Aircraft Maintenance Organization (AMO) Officer (left); 14 AMS AMO Superintendent Master Warrant Officer Mike Gilliatt (right).



Corporal Alexandre Gretas (center) receives his promotion to current rank from Major Tim Neal, 14 Air Maintenance Squadron (AMS) Aircraft Maintenance Organization Officer (AMO) (left); 14 AMS AMO Senior Superintendent Master Warrant Officer Mike Gilliatt (right).



Master Warrant Officer Marc Pilon receives his promotion to his current rank from 413 (Transport & Rescue) Squadron Lieutenant-Colonel Leblanc.



Private Brian Snooks (right) receives his first chevron from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization Officer.



Corporal Denzel Johnson (right) receives his promotion to current rank from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization Officer.



Corporal Nathan Brown (right) receives his promotion to current rank from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization Officer.



Private Nancy Savard (right) receives her first chevron from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization Officer.



Lieutenant Lydia Mombourquette receives the CD from the Wing Comptroller Major Deborah York.



Lieutenant Lydia Mombourquette receives her promotion from the Wing Comptroller Major Deborah York.



14 Wing Commanding Officer Colonel Irvine present Corporal Bond with the Wing Commanders Coin on 6 Dec 2012.



14 Wing Commanding Officer Colonel Irvine present Captain Chouquette with the Wing Commanders Coin on 6 Dec 2012.

404 Squadron hosts museum volunteers

**Lloyd Graham,
Greenwood Military Aviation
Museum Society**

A large group of Greenwood Military Aviation Museum Society volunteers were hosted to a morning briefing and tour of 404 Long Range Patrol & Training Squadron January 9. The object of the visit was to provide the volunteers with valuable exposure to the changing technology and training aspects of the air and maintenance components of the Royal Canadian Air Force's Aurora community here at 14 Wing Greenwood.

The visit was a resounding

success, and volunteers would like to thank Lieutenant-Colonel Pat Thauberger and his able staff at 404 Squadron for a fascinating and enlightening briefing on the role of the squadron, its history and the air and ground crew training challenges currently facing his team of Aurora aircraft specialists. The icing on the cake was a tour of several crew simulators. Even to the uninitiated, it became very obvious the technology is complex - as are the training systems required to meet the demands that face the air and technical crews



Greenwood Military Aviation Museum Society volunteers got a first-hand tour of the next-generation Auroras by 404 Squadron leaders.

M.Uhlman

in a new era of long-range intelligence, surveillance and reconnaissance operations with the Block III Aurora. The main benefit of this visit will ultimately translate into

the general public, Cadets and school students being more informed by the volunteers about the proud Air Force heritage, history and future at 14 Wing Greenwood.

business of the week Relax With Us Tanning Salon

Amy Hudson and Judson Cross, owners of JC's Hot Tubs and Pools in Kingston, recently saw an opportunity to grow their business with a new venture, Relax with Us Tanning Salon. Both companies now provide the best in relaxation and pleasure to Valley residents.

Relax with Us Tanning Salon creates a "little piece of heaven," as clients are able to escape everyday life for a few precious moments, as they recline onto a relaxing tanning bed. A wide variety of lotions and aftercare products for individual skin types and desired results enhance the experience.

Also available are Vibra Pro 5500 sessions. Vibrational therapy, using a whole body vibration machine, is one of the simplest ways to provide



Vibra Pro 5500

relief for pain, aches and poor circulation. This therapy encourages more oxygen flow - and actually improves your tanning experience!

Amy and Judson are excited to present Relax with Us Tanning Salon to the community, adding to the locally-owned, small business success story. Relax with Us Tanning Salon is looking forward to the New Year, new business opportunities here in the community - and hope to see you!



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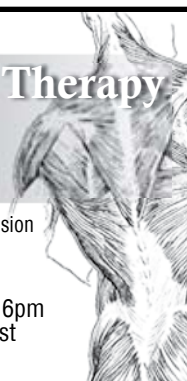
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Share opinions, stories, ideas about creating healthy Valley communities

Creating healthy communities together is the continuing focus of Annapolis Valley Health as it develops its next strategic plan.

Although the focus isn't new to the health authority, president and chief executive officer Janet Knox says giving it voice and taking a new approach to informing the next strategic plan will make a great difference.

"The experiences and opinions of residents of the Annapolis Valley will play a great

role in helping us determine where are our priorities will be over the next three years," she says. "We've created opportunities for people to share what's important to them and to let us know their ideas about what creating healthy communities means to them."

The AVH Choicebook is one tool the health authority has put in place. The AVH Choicebook, available at www.annapolisvalleyhealth.ca/plan, as well as in

hard copy at public libraries in the Valley; presents information and strategies and allows the reader to then share how important each is to them and their community.

"What we hear from the results of the Choicebook will help us determine what's important for people in our communities and also help us identify needs and opportunities," Knox says.

Residents are also able to share their own stories and ideas through an online tool, along with hard copies of the documents available at public libraries.

"It's important to us that these feedback tools are accessible to people in our communi-

ties and we're delighted that the public libraries have partnered with us. Residents can access these tools online at the libraries or fill out a booklet."

Knox says the AVH Choicebook and Share Your Story/Idea tools will be available until early March.

"We really hope this process allows us to hear more from the community. We want to make informed decisions about the direction of our next three years and we'll be sharing what we heard and the plans that result."

Residents are encouraged to participate in a way that is most meaningful to them. Information and links are available at www.annapolisvalleyhealth.ca/plan.

The military voice

Sara Keddy,
Managing editor

AVH is looking for input from all demographics in this latest survey – and that includes military families associated with 14 Wing Greenwood.

"People who are new to the area, they may not be as sure of what programs and services are around," says Lesley Mulcahy, AVH spokeswoman. "That can determine health, so how do you make those roots? We'd appreciate the military perspective."

The survey is a chance for

all Valley residents to add their thoughts on health strategies: "health care isn't just going to a doctor's office or visiting the emergency room."

AVH is hoping to learn more about great partnerships already happening in health delivery, and where things are being done well. The 14 Wing support of the Greenwood Kingston Family Health Clinic, located in the Morfee Centre, is a good example of that.

"We can't do it alone when it comes to creating a healthy community."

Primary Registration Dwight Ross Elementary School Monday May 6, 2013

Dwight Ross Elementary School will be holding their Primary Registration on May 6th for all students starting school in September 2013. **Registration is by appointment only;** if you have a child eligible to start school in September, please contact the school at 765-7510 for pre-registration information. Appointments will be issued mid-April.

French Immersion will not be offered.

Parents are reminded that all children **must** be five years of age on or before December 31, 2013 in order to begin school in September 2013.



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Request for Qualifications 13-03

Western Kings Arena Floor & Boards

The Engineering and Public Works Section of the Municipality of the County of Kings is seeking to identify interested and qualified bidders on behalf of the Western Kings Rink Association (WKRA) for the engineering design and construction of a new floor and boards for the Western Kings Arena, located at 1490 Westwood Avenue, Kingston NS. The Municipality is acting as the project manager for the Owner, the WKRA.

Specifications 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. Specifications may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

A mandatory site meeting will be held on February 7, 2012 at 2:00 p.m. at the project site (1490 Westwood Avenue, Kingston NS). **Proposals submitted by proponents not having attended this tender site meeting shall be disqualified.**

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

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The WKRA 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 WKRA also reserves the right to waive formality, informality or technicality in any tender.

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Partager des opinions, des histoires et des idées à propos de la création de communautés en santé dans la Vallée

Créer ensemble des communautés en santé, voilà ce que vise continuellement la Régie régionale de la santé de la vallée de l'Annapolis lorsqu'elle élabore son prochain plan stratégique.

Bien que cette visée ne soit rien de nouveau pour la Régie de la santé, sa présidente et directrice générale, Janet Knox, explique que le fait de donner à tous une voix et d'adopter un nouvel éclairage pour le prochain plan stratégique fera une grande différence.

« Les expériences et les opinions des résidents de la vallée de l'Annapolis joueront un grand rôle en nous aidant à déterminer quelles seront nos priorités au cours des trois prochaines années », dit-elle. « Nous avons créé des occasions pour les gens de partager ce qui est important pour eux et de nous faire part de leurs idées concernant ce que signifie pour eux la création de communautés en santé. »

Le cahier de consultation

AVH Choicebook est un outil que la Régie a mis en place pour ce faire. L'AVH Choicebook, disponible à www.annapolisvalleyhealth.ca/plan, ainsi qu'en copie papier dans les bibliothèques publiques de la Vallée, présente de l'information et des stratégies et permet au lecteur de partager dans quelle mesure chacune d'entre elles est importante pour eux et la communauté.

« Les résultats de la consultation menée avec le Choicebook nous aideront à déterminer ce qui est important pour les gens dans nos communautés et aussi à cerner les besoins et les occasions à saisir », poursuit M^{me} Knox.

Les résidents peuvent aussi partager leurs propres histoires et leurs propres idées grâce à un outil en ligne ainsi qu'avec des copies papier des mêmes documents disponibles dans les bibliothèques publiques.

« Il est important pour nous que ces outils de rétroaction

soient mis à la disposition des gens de nos communautés, et nous sommes ravis que les bibliothèques publiques aient accepté d'être nos partenaires. Les résidents ont accès à ces outils en ligne dans les bibliothèques ou peuvent remplir un cahier ».

M^{me} Knox dit que le cahier de consultation AVH Choicebook et les outils de partage des histoires et des idées seront disponibles jusqu'au début mars.

« Nous espérons vraiment que ce processus nous permettra d'entendre ce que la communauté a à dire. Nous voulons prendre des décisions avisées sur l'orientation de nos trois prochaines années, et nous partagerons ce que nous avons entendu ainsi que les plans qui en découleront. »

On encourage les résidents à participer de la façon qui leur convient le mieux. On trouvera l'information et les liens voulus à www.annapolis-valleyhealth.ca/plan.

La voix militaire

Sara Keddy,
Rédactrice en chef

La Régie régionale de la santé de la vallée de l'Annapolis, l'AVH, veut entendre les voix de tous les groupes démographiques dans son plus récent sondage – et cela comprend les familles militaires associées à la 14^e Escadre Greenwood.


« Les gens qui viennent d'arriver dans la région ne connaissent probablement pas très bien les programmes et les services qui y sont offerts », de dire Leslie Mulcahy, porte-parole d'AVH. « Cela peut avoir un effet sur la santé, et comment planter de telles racines? Nous aimerions recevoir le


point de vue des militaires. »

Le sondage donne l'occasion à tous les résidents de la vallée d'ajouter leurs vues aux stratégies en matière de santé : « les soins de santé ne se limitent pas aux visites chez le médecin ou à l'urgence ».

AVH espère en apprendre plus sur les grands partenariats qui existent déjà en matière de prestation des soins de santé, et sur les endroits où les choses se passent bien. L'appui à la 14^e Escadre de la clinique des soins de santé familiale Greenwood/Kingston, située au Centre Morfee, est un bon exemple de cela.

« Nous ne pouvons y arriver seuls si nous voulons créer une communauté en santé. »



Kingston Legion Br 98 ~  ~ **February 2013**

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					TGIF - NO FOOD MIXED DARTS Karaoke w/ Bob Deveau	Breakfast
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BINGO - 1:30	EUCHRE	BINGO 7:30	LADIES / MENS DARTS	CRIB	TGIF - NO FOOD MIXED DARTS Karaoke w/ Bob Deveau	'CRACKER JACK'
BINGO - 1:30	EUCHRE	BINGO 7:30	LADIES / MENS DARTS	CRIB	TGIF - Fish & Chips Senior's Association MIXED DARTS Karaoke w/ Bob Deveau	'FLASHBACK'
BINGO - 1:30 Daytona 500 in the Lounge	GENERAL MEETING	BINGO 7:30 EUCHRE	LADIES / MENS DARTS	CRIB		

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	LADIES BRIDGE				TGIF OM HOSTS Chicken Caesar Wrap & Fries	
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14 Wing Band recruiting

The 14 Wing Greenwood Concert Band is looking for new members, both military and civilian.

If you currently play, or used to play, a wind band instrument or percussion, come on out and become a member of the wing band. We will provide you an instrument and a uniform as long as you participate in most of our activities, which include concerts, mess dinners, parades and other special events like the Sunset

Ceremony in August.

Vacant positions: flute 3, clarinet 4, saxophone 1, French horn 2, bassoon 1, trumpet 2, trombone 1, tuba 1, percussion 2.

Rehearsals are Wednesday evenings from 1900 hrs to 2100 hours at our band room, located in the AVM Morfee Centre.

For information, contact Warrant Officer Vincent Roy, bandmaster, Vincent.Roy2@forces.gc.ca or 765-1494 local 5295.



The 14 Wing Greenwood Concert Band performs on the base and at various special events around Nova Scotia. Be part of the music!

Submitted

Musique de la 14^e Escadre – recrutement

La Musique de la 14^e Escadre est présentement en période de recrutement de

nouveaux membres militaires ou civils.

Si vous jouez ou avez déjà joué d'un instrument à vent ou des percussions, c'est votre chance de vous joindre à la Musique de la 14^e Escadre. Nous pouvons vous fournir un instrument en autant que vous participez

à la plupart des différentes activités incluant les répétitions, concerts, dîners, parades et autres projets spéciaux.

Postes libres : flûte 3, clarinette 4, saxophone 1, cor français 2, trompette 2, trombone 1, tuba 1, percussion 2, basson 1.

Les répétitions ont lieu le mercredi soir de 1900 hrs à 2100 hrs dans nos locaux situés au AVM Morfee Centre.

Pour les renseignements : ADJ Vincent Roy, directeur musical, à Vincent.Roy2@forces.gc.ca ou 765-1494 poste 5295.



Greenwood

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Visit our website to view last year's guide www.auroranewspaper.com

Se mettre en forme et bien manger grâce au site cphysd.ca

Les changements de mode de vie sont parfois intimidants, mais les membres des Forces canadiennes peuvent désormais compter sur un soutien supplémentaire pour concrétiser leurs plans de vivre sainement et se garder motivés toute l'année durant.

Le site cphysd.ca, la nouvelle ressource Web de mise en forme des Forces canadiennes, offre des plans d'exercices efficaces et une liste constamment augmentée de ressources en matière de nutrition. Lancé en octobre, le site cphysd.ca est un outil en ligne unique en son genre conçu pour évoluer avec vous – que vous ayez accès à un gymnase entièrement équipé dans la base ou une simple paire d'espadrilles pour vous entraîner dans votre cour arrière. Ce site vous permet d'adapter

vos entraînements de sorte à atteindre vos objectifs. De plus, le site héberge un forum interactif où vous pouvez poser des questions, afficher des commentaires et obtenir des réponses de professionnels du conditionnement physique des PSP.

Depuis son lancement, le site cphysd.ca ne cesse d'évoluer. L'équipe de conditionnement physique des PSP a reçu de nombreux commentaires encourageants et des suggestions utiles au sujet du site. Elle tire parti de ceux-ci pour améliorer les outils de communication du site et ses plans imprimables.

La nouvelle ressource en matière de nutrition sur cphysd.ca comprend un outil de planification des repas et le guide Choix santé au resto pour vous aider à faire des

choix plus sains lorsque vous irez manger dans des chaînes de restauration rapide.

L'outil de planification des repas est un excellent moyen de vous assurer un régime équilibré depuis l'épicerie jusqu'à l'assiette. Des plans de repas sains et équilibrés sont générés pour la semaine et s'accompagnent de listes d'épicerie imprimables que vous pouvez apporter au magasin. L'outil vous permet même de remplacer certains ingrédients et d'adapter vos repas pour tenir compte de vos préférences et des allergies alimentaires. Le guide Choix santé au resto a été conçu dans le but de vous aider à manger sainement lorsque votre emploi du temps est chargé et que vous devez recourir à la restauration rapide. On y trouve des suggestions de repas pour neuf des chaînes de

restaurant les plus populaires au Canada, suggestions qui vous aideront à rester fidèle à vos résolutions même quand vous mangerez sur le pouce.

Toutes les ressources en matière de nutrition ont été élaborées en collaboration avec des spécialistes de la promotion de la santé du programme Énergiser les Forces, et de nouvelles ressources seront ajoutées au site dans les prochains mois. En voie d'élaboration : information concernant les notions de nutrition essentielles, les aliments à consommer durant un entraînement et en période de récupération ainsi que les suppléments pour sportifs.

Visitez le site cphysd.ca dès aujourd'hui, et commencez à planifier l'année 2013 sous le signe de la mise en forme et de l'alimentation saine.



Personnel Support Program manager Fred Williams, left, and Josh Leddicote guide 14 Wing Greenwood Fitness & Sports Centre visitors through health and strength training.

File

Get fit, eat well with DFit.ca

While major lifestyle changes can be daunting, this year Canadian Forces members have some extra support to kickoff their healthy-living plans, and keep motivated all year long.

DFit.ca, the Canadian Forces' new online fitness resource, provides effective workout plans at your fingertips, and now offers a growing suite of nutrition resources. Launched in October, DFit.ca is unique online tool that's designed to move with you, so that whether you have access to a gym full of equipment on a base or just a pair of sneakers and your own backyard, you can use DFit.ca to customize your workouts to meet your goals. The site also provides an interactive forum for you

to post questions, comments, and receive feedback from PSP fitness professionals.

Since its launch, DFit.ca continues to evolve. The PSP fitness team has received lots of positive feedback and helpful suggestions about the site, and are using that feedback to improve the site's communication tools and printable plans.

DFit.ca's new nutrition resources include a meal plan tool and eating out smart, a guide to choosing healthier options at restaurants. The meal plan is a great way to ensure balanced nutrition from the grocery store to the table. Healthy, well-balanced meal plans are generated for the week, with downloadable grocery lists that you can take right to the store. The plan-

ner even lets you substitute ingredients to customize meals to accommodate preferences and food allergies. The eating out smart guide is designed to support you when life gets hectic and fast food is on the menu. It provides meal suggestions from nine of Canada's most popular restaurants to

help you stay on track even when you're on the go.

All of the nutrition resources have been developed with the health promotion experts at Strengthening the Forces, and new resources will continue to be added in the coming months. Information about nutrition essentials, foods for training and

recovery and sports supplements are all in development, and coming soon.

Visit www.DFit.ca today, and start planning your fit and healthy 2013.



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NOTICE OF THE ANNUAL GENERAL MEETING 14 WING, KINGSTON/ GREENWOOD SOCCER CLUB

The current Executive of Kingston Greenwood Soccer Club (KGSC), invite you all to the **Annual General Meeting to be held on Wednesday, February 13th at 7pm** in the multi purpose room, 14 Wing Community Centre.

The Executive of KGSC plays a pivotal role in the success of soccer for our children and every position needs to be filled to allow the club to continue with its success. This year there is a number of executives that are not re offering and all positions will be up for election at the AGM.

Volunteering for these positions does not require a lot of experience but some general knowledge and enthusiasm for the sport. Please consider offering to volunteer for this upcoming season.

Positions for elections are:

Voting Positions

President
Vice-President
Treasurer
Secretary
Head Coach
Registrar
Mini-Referee Coordinator
Field Maintenance
Equipment Manager
Fund-Raiser

Non Voting Positions

Webmaster
Mini Coordinator
Youth Coordinator
Tournament Chair
Tournament Registrar
Year-End Party Chair

KGSC is always looking for volunteer coaches & assistant coaches. If you would like help the club will provide you with the required training.

You are encouraged to come and voice your opinions to assist us in preparing for the up coming soccer season.

Any questions can be directed to Club President Tim Lalonde via e-mail at TimLalonde@eastlink.ca

L'approche : Se connecter

**Nicole Godin,
Directrice des services
d'approches du CRFMG**

Grâce à nos services d'approche, le Centre de ressources pour les familles des militaires de Greenwood (CRFMG) cherche notamment à soutenir les familles de militaires vivant à une certaine distance de la 14e Escadre Greenwood. Les séances d'information, notamment sur les services de garde d'urgence et les services de déploiement, ainsi que les renseignements sur les ressources et services locaux, et l'aiguillage vers ceux-ci ne sont que quelques-unes des façons dont nous pouvons vous aider et aider votre famille.

Il est essentiel de fournir du soutien aux proches des

militaires au-delà du cadre de la famille nucléaire traditionnelle, composée de l'époux ou du partenaire et des enfants. En effet, les membres des Forces canadiennes sont souvent célibataires, et leur plus proche parent peut être leur père, leur mère, un frère ou une sœur, un grand-parent ou quiconque ils ont désigné comme membre de la famille. Si un membre de votre famille vit loin d'un établissement militaire et n'est pas très renseigné à propos des FC, nous sommes également en mesure de l'aider.

Si votre famille subit une séparation en raison d'un déploiement, d'un service temporaire, d'une affectation avec restriction imposée ou bien d'un cours ou d'une formation

pour une durée de 24 heures et plus, nous pouvons vous fournir des trousseaux de prédéploiement ou de postdéploiement, ou, encore, organiser des événements spéciaux pour vous aider à établir un lien avec d'autres familles dans le cadre d'activités sociales. Nous pouvons également mettre sur pied des soirées d'artisanat, des « pauses-café », des rencontres informelles et entrer en communication avec votre famille grâce aux appels mensuels de la Ligne d'écoute.

Même si vous habitez loin de nous, nous pouvons vous offrir un large éventail de services de soutien et de ressources par courrier, par téléphone, par courriel, sur le site Web, sur Facebook ou en personne. Nous pouvons aussi vous donner des renseignements et vous référer vers des groupes et organismes locaux près de chez vous.

Si vous faites partie des familles qui vivent en dehors de la 14e Escadre de Greenwood, nous serions ravis d'avoir de vos nouvelles. Vous pouvez nous joindre au 902-765-5611 ou nous appeler sans frais au 1-888-739-0339 (en Nouvelle-Écosse seulement). Vous pouvez aussi nous envoyer un courriel à home@greenwoodmfr.ca. Si vous ne savez pas exactement avec quel Centre de ressources pour les familles des militaires vous devez communiquer, il suffit de nous appeler ou de nous envoyer un courriel, et nous vous dirigerons vers le CRFM le plus près de chez vous. Vous pouvez également visiter le site www.forcedelafamille.ca, où vous trouverez un lien qui vous permettra de trouver le CRFM le plus près de chez vous.

Nous sommes impatients d'être en contact avec vous et votre famille!

Outreach: Getting connected

**Nicole Godin,
GMFRC Outreach Services
Manager**

The Greenwood Military Family Resource Centre (GMFRC) is seeking to support military families living at a distance from 14 Wing Greenwood through our outreach services. Information sessions or briefings, emergency childcare services briefings, deployment services briefings and information and referrals to local resources or services are just a few ways we can offer support to you and your family.

It is necessary to provide support to military members' loved ones beyond the traditional nuclear family of spouse, partner and children. Canadian Forces members are often single, and next of kin could be parents, a brother or sister, grandparents - or whomever the member decides is a family member. If you have a family member who lives far from a military establishment and has little knowledge of the CF, we can help them as well.

If your family will be experiencing a separation due to a deployment, a temporary duty, a restricted posting or a course/ training for more than

24 hours, we can provide pre- or post-deployment packages, special events that will help you connect with other families through social activities, craft nights, coffee and informal gatherings and we can connect with your family through monthly warm line calls.

Even if you live at a distance from us, we can offer a wide variety of support and resources through mail, telephone, email, website, Facebook and in person. We can also offer referral information to local agencies and groups closer to where you live.

If you are one of our families who live outside the 14 Wing Greenwood area, we would love to hear from you. You can reach us at (902)765-5611 or call us toll free (Nova Scotia only) at 1-888-739-0339. You can also send us an email at home@greenwoodmfr.ca. If you are not sure which Military Family Resource Centre to contact, just call or email us and we will refer you to the closest MFRC to your location. You can also visit www.familyforce.ca, where you will find a link that will help you find the closest MFRC to where you live.

We can't wait to connect with you and your family!

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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^e 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

1	2	3		4	5	6	7		8	9	10
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- ACROSS
1. Point that is one point E of due S

4. Slithered

8. Brain and spinal cord (abbr.)

11. Direct the steering of a ship

13. Chops with irregular blows

15. Plural of hilum

16. Incline from vertical (geo.)

17. Simple word forms

18. Paddles

19. Roman garment

21. Meat skewers

23. Ethiopia (abbr.)

25. The cry made by sheep

26. Beatty-Benning movie

30. Concealed

33. Political action committee

34. High rock piles (Old English)

35. Scottish county (abbr.)

36. Goat and camel hair fabric

37. A very large body of water

38. Fabric stain

39. Israeli city ____ Aviv

40. Shoe's underside

42. Military legal corps

43. Patti Hearst's captors
44. Undecided

48. "____" death do us part

49. Supervises flying

50. Many headed monsters

54. Literary language of Pakistan

57. Halo

58. Hawaiian hello

63. Lubricants

65. Mild exclamation

66. Greek fresh-water nymph

67. Nickname for grandmother

68. A restaurant bill

69. Automaker Ransom E.

70. A young man
- DOWN
1. Singular cardinals hypothesis (abbr.)

2. Small water craft

3. Opposite of ecto

4. The woman

5. Skeletal muscle

6. Devoid of warmth and cordiality

7. Decameter

8. Italian goodbye

9. Mediation council

10. Impudence

12. A desert in S Israel

14. Japanese seaport

15. Nob or goblin

20. Ingested
22. Swiss river

24. Protects head from weather

25. Lava rock

26. Designer identifier

27. 34470 FL

28. Petrified ancient animal

29. Gas used in refrigeration

30. Journeys to Mecca

31. 8th month, Jewish calendar

32. Small indefinite quantity

33. Taps

41. Extremely high frequency

44. Iguanidae genus

45. From the Leaning Tower's city

46. Cologne

47. Moses' elder brother (Bible)

50. A minute amount (Scott)

51. Hindu name for 4 epochs

52. Faded and dull

53. Radioactivity unit

55. The face of a clock

56. The inner forearm bone

59. Tai language of the Mekong region

60. Embrocate

61. Possessed

62. Public promotions

64. Sorrowful

metro crossword brought to you compliments of

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Thursdays, Riptide Roller Derby will host open house sessions, for women ages 19 and up, at NSCC Middleton, 6 p.m. to 8 p.m. Sundays, learn to roller skate at the AV Morfee Centre, Greenwood, 6 p.m. to 8 p.m. Check us out on facebook.

At CentreStage
CentreStage Theatre presents *Who's In Bed With the Butler?* A California billionaire has bequeathed all of his assets to his only daughter, Constance - except the \$22 million yacht he wanted Josephine to have, a \$25 million art collection left to Rene and some priceless antique automobiles willed to Marjorie. Constance arrives with her lawyer, determined to find out who these women are. The butler seems to hold the key. The show is best suited to older teens and adults. Plays Fridays and

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Bridgetown family fun night
To February 22. Every Friday night from 6:30 p.m. to 8 p.m. at the Trojan Sport Centre, 26 Bay Road, Bridgetown. Bring your friends and family for an evening of fun and games. All equipment provided. For info, call Brooke at 824-1069.

Luncheon
January 29, the Middleton and Area Fireflies will hold a soup luncheon at the Middleton fire hall, 11 a.m. to 1 p.m. There will be a choice of lobster chowder (\$8), corn chowder (\$7), or turkey vegetable soup (\$7), and a selection from an assortment of cakes , and tea and coffee. For local deliveries, call 825-3062 by January 28.

Music therapy
From January 29 to March 5 (Tuesdays), the Annapolis Valley Chapter of Autism Nova Scotia will present free music therapy sessions for children with autism spectrum disorder at Kingston and District Elementary School. Group 1: ages four to 11, 4 p.m. to 5 p.m. Group 2: ages 12 to 21, 5:30 p.m. to 6:30 p.m. Support will be provided for your child. Parents welcome, but not required to stay during the ses-

sion. To register, contact Brenda Johnson, Sound Connections, 692-1662 or soundconnections@eastlink.ca.

Meeting
January 30 is the monthly meeting of the board of directors of the Companion Animal Protection Society of Annapolis County, 7 p.m. at the municipal building in Lawrencetown. All CAPS' members and friends are invited. In case of inclement weather, call 825-CAPS for updates.

Supper
January 30, the Aylesford Lions host a benefit dinner for Pine Ridge and St. Mary's schools, 4:30 p.m. to 6:30 p.m. Ham, scalloped potatoes, beans & apple crisp. Freewill offering.

Luncheon
January 30, there is a community lunch at New Beginnings Centre, 1151 Bridge St., Greenwood. 11 a.m. to 1 p.m. The lunch is open to everyone.

VPI meeting
January 31, the Greenwood 14 Wing VPI will hold its monthly meeting at the VPI Centre. Flight Planning at 1515 hrs, Fuel Top Up at 1530 hrs, Engines On at 1545 hrs, second Fuel Top Up at 1555 hrs, with Take Off planned for 1600 hrs. Check your itinerary

and weather, file the flight plan, pre-flight the rations, and sign on board.

Fundraiser
February 1 is the deadline to register for PaperFUNraiser March 2, 9 a.m. to 5 p.m., at the Middleton Baptist Church. Cost \$25 (includes lunch). Contact Crystal at 825-2691 or cre.freeman@ns.symptico.ca. Proceed to MRHS Band Program. A ticket auction will be held at the same time.

Breakfast
February 2, the Middleton Curling Club will host a big breakfast, 6 King Street, 8 a.m. to 10:30 a.m. A community favourite, freewill offering.

Dance
February 2, Valley Pride will host a Valentine's sweetheart dance, 9 p.m. to 1 a.m., at the Middleton Lions' club, 8921 Hwy 10, Nic-taux. Admission \$5 at the door. Cash bar, all-request DJ. For information, contact David Acker (902)825-3197 or menembracing-men@hotmail.com or follow us on facebook and look for Valley Pride.

Snowshoe hike
February 3, Hike Nova Scotia and County of Annapolis Recreation Services present a guided snowshoe hike in Mickey Hill Provincial Park in Graywood at 1:30 p.m..

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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.

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2. Who can help you be worry free?

3. What blitz is on?

4. The Choicebook is looking for what?

5. Who has a balanced view?

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Benefit
February 3, 2 p.m. to 5 p.m., at the Port George Community Hall. Shirley Childs is losing her battle with cancer and needs her friends to help take her home to Newfoundland. Several musicians from jam sessions she and Mark attended will supply music. A bake auction, 50/50 draw and refreshments will also be offered. Freewill at the door. Please come and support this cause. For info, contact Loretta, 765-6821.

Dancing
February 4, an eight-week session of introductory Scottish Country Dance classes will begin at the Wilmot Community Centre (Hwy 1 near Bayard Road). Classes are open to all and, as Scottish Country Dancing is a social dance style, no partner or previous experience is required. 7 p.m. to 9 p.m. \$5 per session or \$30 for all eight classes.

Call to Remembrance
February 7, R.C.L. Branch #098, Kingston, will host the Call to Remembrance Quiz for students in grades 7 to 9 (or 6 to 9 in middle school). Storm date Feb. 8. This quiz is designed to test students' knowledge of the Canadian Armed Forces during peace and war. Parents and the public are invited to attend.

Bridge
February 4, enjoy a bridge afternoon at St. John's United Church, Main Street, Middleton, from 1 p.m.


Supper
February 9 is the 36th Mama Capozzi's Spaghetti Dinner at the Middleton Legion (two sittings: 4:30 p.m. and 7:30 p.m.). Tickets available at Middleton Pharmasave and Scotia Bank (\$15 per ticket). Includes: spaghetti dinner, garlic bread, dessert, tea or coffee. All proceeds to the MRHS Band Program.



Backing Cadets

RCL Branch 98 Kingston, the major sponsor of 517 F/L Graham Air Cadet Squadron since 1998, recently presented a cheque to the squadron. From left are President Dave Geddes, squadron Commanding Officer Major William Montgomery and Art Leduc, branch liaison and chairman of the sponsoring committee. 517 Air Cadet Squadron has won the Founder's Trophy for the past 12 years, presented to the squadron having the best supporting sponsors and showing dedicated involvement within the community. The Cadets assist the Legion during the two weeks prior to Remembrance Day, manning four major locations in the collection of donations to the Poppy Fund. Cadets also assist the Legion by serving at banquets and Mess dinners for squadron co-sponsor, the 107 Valley Wing RCAF Association; participate in community functions and parades, visit senior citizens in local hospitals and are instrumental in raising funds for cancer and heart funds.

Submitted



sudoku


solution page 14

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

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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patrick's puzzle

solution page 14



horoscopes

January 27 - February 2

FOOTBALL WORD SEARCH

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

WORDS

BACKFIELD	DOWN	GOAL	MIDFIELD	RECEIVER
BLITZ	DRAFT	GUARD	NFL	RUSH
BOMB	ENCROACHMENT	HOLDING	OFFENSIVE	SAFETY
BOWL	END ZONE	HUDDLE	OFFSIDE	STADIUM
CARRY	FIELD	INTERCEPTION	OVERTIME	TACKLE
CHECK	FLAG	KICKOFF	PASS	TOUCHDOWN
COVER	FRANCHISE	LINEBACKER	PLAYBOOK	UMPIRE
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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 – 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 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 col-

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

FOR RENT – Seniors or Retirees – Semi detached 2 bedroom duplex with garage located on Glebe Road. 5 appliances included. In floor heat with laminate and ceramic throughout. Lawn care and snow removal included. Available Feb 15th 2013. Non-smokers. For more information call 765-4709 or 847-1312. (3401-ufn)

FOR RENT – 2 bedroom apartment located at 72 School St, Middleton. Available immediately. Rent is \$650/month plus utilities. For further information call 825-2606 or 825-3424. (3402-3tp)

FOR RENT – RENT BY 1ST FEB AND GET THE 12TH MONTH FREE – Very large, newly renovated 3 bedroom apartment. \$795/month plus utilities. Fridge and stove provided with washer/dryer hook-up available. This very clean unit is located in downtown Kingston close to everything. References required. Call Ross at 840-0534. (3402-ufn)

FOR RENT – 2 bedroom duplex located in Auburn. \$575/month plus utilities. Fridge provided and washer/dryer hook-up available. On bus route. References

required. Call Ross at 840-0534. (3402-ufn)

FOR RENT – 2 bedroom upstairs apartment located in Kingston. Close to Legion. Fridge and stove provided. Rent is \$550/month plus utilities. Available immediately. Call 825-3607. (3401-ufnb)

FOR RENT – 1 bedroom apartment located in Middleton. Ground floor furnished. All utilities including WiFi and cable are included. References required. Rent is \$700/month. Call 902-844-0331 or rocket650@eastlink.ca. (3403-ufn)

FOR RENT – 2 bedroom apartment located at 677 Central Ave, Apt B, Greenwood. Available immediately. No pets. Rent is \$500/month plus utilities. Call Kathy at 765-2938. (3403-2tp)

FOR RENT – small 2 bedroom house located in the Kingston area. Rent is \$725/month including heat and lights. Fridge and stove provided. Call 847-5046. (3403-ufn)

FOR RENT – 2 beautiful side by side duplexes. One in Plaines View subdivision just minutes from 14 Wing, Sobey's, schools and golf courses. The second is in Cambridge. Ideal for IR or seniors, no smoking or pets. Available in April, \$900.00 no heat/light or IR rate (everything included). Please call Patrick C: 844-1108 or H: 765-6170. (3404-1tp)

FOR RENT – Clean 3 bedroom apartment located in Nictaux. \$850/month with heat and lights included. Fridge, stove and dishwasher provided with washer/dryer hook-up available. Located in a quiet subdivision. No dogs. Reference required. Call Ross at

840-0534. (3402-ufn)

FOR RENT – Lincolnshire apartments in Kingston. 2 two bedroom apartments from \$550/month. Two appliances. Live in super and laundry facilities on site. One apartment available on 1st Feb the other available Mar 1st 2013. Phone 765-6669. (3404-4tpb)

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FOR RENT – Two Bedroom Apartment in Middleton - \$495.00. Secure Building with On-site Superintendent. Utilities paid by Tenant. Pet Friendly. On-site Laundry Facilities. Available Feb 1, 2013. Lease and References Required. Call 765-2421 for information. (3404-3tpb)

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WANTED TO RENT – An RV parking and living spot for a 31 ft Class A motor home for 3 months this summer. Private with services and within 5 km of Greenwood mall. Please contact lewferis@yahoo.com. (3404-1tp)

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## crossword solution

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

## sudoku solution

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

## patrick's puzzle

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



# Ski trip set for Greenwood enthusiasts

Get ready to hit the slopes! The 14 Wing Greenwood Community Centre is planning a group trip to Ski Martock in Windsor February 16. Ski down-hill, cross country or snowboard. The bus will leave the centre at noon to arrive at the hill just before 1 p.m. At 7:15 p.m., participants will return to the bus, stop for a quick bite at Tim

Horton's in Windsor and then return to Greenwood for 8 p.m. Rates for down-hill skiing are as follows: \$25 for pass, equipment and lesson; \$15 for pass and lesson, \$15 for equipment and lesson; \$5 for a helmet rental. For cross country skiing, the rates are \$13 for pass, equipment and lesson; \$8 for pass and lesson, \$8 for equipment and

lesson and \$5 for a helmet rental. Taxes are not included, and there will be an additional cost of \$10 per person or \$25 per family taking the bus. This trip is for military members, their families or recreation card holders. For information and to register; visit the 14 Wing Greenwood Community Centre before February 13.

# Planification d'un voyage de ski pour les amateurs de skis de Greenwood

Préparez-vous à dévaler les pentes! Le centre communautaire de la 14<sup>e</sup> Escadre Greenwood planifie un voyage de groupe au centre de ski Martock à Windsor, le 16 février. Vous aurez le choix entre le ski alpin, la planche à neige et le ski de fond. L'autobus quittera le centre communautaire à midi de sorte à arriver au centre de ski juste avant 13 h. À 19 h 15, les participants retourneront à l'autobus. Nous ferons un

petit arrêt au Tim Horton de Windsor et serons de retour à Greenwood à 20 h. Voici les tarifs pour le ski alpin : 25 \$ pour le laissez-passer, l'équipement et la leçon; 15 \$ pour le laissez-passer et la leçon, 15 \$ pour l'équipement et la leçon; 5 \$ pour la location d'un casque. Voici les tarifs pour le ski de fond : 13 \$ pour le laissez-passer, l'équipement et la leçon; 8 \$ pour le laissez-passer et la leçon, 8 \$ pour l'équipement et la leçon et 5 \$

pour la location d'un casque. À noter que les taxes ne sont pas incluses et qu'il faut prévoir des frais supplémentaires pour le transport par autobus, soit 10 \$ par personne ou 25 \$ par famille. Ce voyage est organisé pour les militaires et leur famille ou pour les détenteurs d'une carte de loisir. Pour obtenir plus d'information ou pour s'inscrire, visitez le centre communautaire de la 14<sup>e</sup> Escadre Greenwood avant le 13 février.



## Connecting & Innovating

We are seeking applications from individuals interested in serving on the volunteer board of directors for the Annapolis Valley District Health Authority (AVDHA).

The AVDHA governs, delivers and evaluates health services for the residents of Annapolis and Kings Counties, and endeavours to promote and protect the health of the population in addition to providing regional programs and services for the residents of western Nova Scotia.

As a prospective member, you should have experience in one or more of the following:

- Law
- Quality, safety and risk management
- Infrastructure development and renewal
- Budgeting, accounting and financial management
- Strategic health human resources or labour relations

You will have:

- Demonstrated leadership experience.

You are:

- Committed to working with board members, executive management, community health boards and other stakeholders to achieve healthier people and communities.

Board appointments are selected through two separate processes. One-third of the members are appointed directly by the Minister of Health and Wellness.

Two-thirds of the members are appointed by the Minister from a list of names submitted by the health authority's nominating committee, comprising local individuals representing the district's community health boards (CHBs).

**Opportunities to represent:**

- ◆ Annapolis County
- ◆ Kingston - Greenwood area
- ◆ West Kings County
- ◆ Central Kings County
- ◆ Avonport, Port Williams, Canning, Wolfville area (East Kings)

We will also be accepting applications for these areas for future vacancies.

Appointments are for three-year terms.

If local health care is important to you, send in your letter of application for board membership today.

**We begin processing applications on:**  
**Feb. 8, 2013 for appointments commencing May 2013, and**  
**June 7, 2013 for appointments commencing Sept. 2013.**

**Please include a brief résumé that matches your qualifications to the selection criteria. For selection criteria, required skills and preferred assets, visit:**  
[http://gov.ns.ca/exec\\_council/abc/pubs/non-adjudicative/3-AnnapolisValley.pdf](http://gov.ns.ca/exec_council/abc/pubs/non-adjudicative/3-AnnapolisValley.pdf)

For board information visit:  
[novascotia.ca/dhw/DHAbords](http://novascotia.ca/dhw/DHAbords)

If you have questions while preparing your application contact:  
**ABCs Coordinator**  
1-800-387-6665  
1-800-670-8888 (TTY)  
[ABCHealthWellnessNS@gov.ns.ca](mailto:ABCHealthWellnessNS@gov.ns.ca)

For more information on the Annapolis Valley District Health Authority, visit: [www.avdha.nshealth.ca](http://www.avdha.nshealth.ca)

To learn more about the appointment process visit: [www.gov.ns.ca/exec\\_council/abc](http://www.gov.ns.ca/exec_council/abc)  
Look under "Non-Adjudicative"  
Select "Process Overview"

### An innovative and sustainable health system for generations of healthy Nova Scotians

#### If you wish to be considered for a:

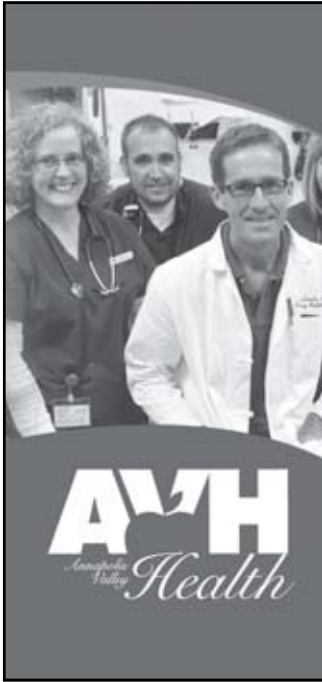
**MINISTERIAL APPOINTMENT**  
Send your application to Executive Council Office  
One Government Place, 5th Floor,  
1700 Granville Street  
PO Box 2125, Halifax, NS B3J 3B7  
Fax: (902) 424-0667  
Email: [execounc@gov.ns.ca](mailto:execounc@gov.ns.ca)

**CHB NOMINATED APPOINTMENT**  
Send your application to  
DHA Nominating Committee  
c/o Tricia Cochrane  
Annapolis Valley Health  
15 Chipman Drive, Kentville, NS B4N 3V7  
Fax: (902) 679-5862  
Email: [tcocrane@avdha.nshealth.ca](mailto:tcocrane@avdha.nshealth.ca)



Diversity is essential to the vision, mission, and strategic direction of the Department of Health and Wellness and the health system at large. The Government of Nova Scotia has an Employment Equity Policy which applies to the appointment of members of Boards governing the Health system of Nova Scotia. Our goal is to have District Health Authority Boards that are representative of our communities. We welcome applications from Aboriginal People, African Nova Scotians, other Racially Visible Persons, Persons with Disabilities, and Women in positions or occupations where they are under-represented. We value the representation of citizens of all ages.

If you are a member of one of the equity groups you are encouraged to self-identify, on either your application, covering letter or your resume.



## How can we create healthy communities together?

At Annapolis Valley Health, our focus is on working together to help individuals, families and communities be healthy and stay healthy. We want to know what this means for you.

**We want to hear from you.**

You can visit [www.annapolisvalleyhealth.ca](http://www.annapolisvalleyhealth.ca) to complete the AVH Choicebook and share your personal stories and ideas. Online and paper access is also available at your local public library.

Share your thoughts about health in our communities and help us shape our future together.

[www.annapolisvalleyhealth.ca](http://www.annapolisvalleyhealth.ca)

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Atlantic SaveEasy  
Avery's Farm Market  
WKM Health Centre  
Main Street Video  
Price Chopper  
Sidetrack Beverage Room  
Wilson's Drug Mart

**Coldbrook**  
Avery's Farm Market

**Greenwood**  
Avery's Farm Market  
A&W (Greenwood Mall)  
CANEX  
Dairy Queen  
GMFRC & 14 Wing Library  
Greco Pizza  
Inside Story Book Store  
Irving Service Station  
Mark's Barber Shop

McDonald's  
NEEDS Convenience Store  
Post Office  
RCAFA Civic Bldg (by ball field)  
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Sobeys  
TAN Coffee  
Tim Hortons (Central Ave.)  
The Aurora Newspaper  
Venus Video  
Ultramar

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Best Western Aurora Inn  
Kingston Diner  
Kingston Legion  
Kingston Medical Clinic  
Mama Sofia Pizzeria  
Mimies's Pizza  
NEEDS Convenience Store  
PharmaSave/Valley Drug Mart  
Ralph Freeman Motors

Vicki's Sea Food Restaurant

**Kentville**  
Avery's Farm Market  
Ultramar

**Middleton**  
Atlantic SaveEasy  
Avery's Farm Market  
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Capital Pub  
Connell Chrysler  
Fundy Spray Motel

Mid Valley Motel  
NEEDS Convenience Store  
PharmaSave/Valley Drug Mart  
Price Chopper  
Soldiers Memorial Hospital  
Tim Hortons  
Venus Video

**Nictaux**  
B&G Variety & Restaurant  
NEEDS Convenience Store

**Wilmot**  
High Country Tire  
Kwikway  
Sabean's Meat Market





# MFRC presents French movie night

The French movie Intouchables will be presented free January 31 at 7 p.m. in the Birchall Centre (second floor in The Chamber). Winning many awards and breaking the box office in France, this movie presents the story of a rich Parisian who became a quadriplegic after a paragliding accident. He hires a young black man to be his caregiver. This is an uplifting comedy based on a true story.

Free popcorn will be served. Come and enjoy a movie in French.

Register by January 29 with Isabelle Leblanc, 765-5611 or Isabelle.Leblanc2@forces.gc.ca.

# CRFMG présente une soirée de cinéma français

Le film français Intouchables sera présenté gratuit le 31 janvier à 19 h 00 au Centre Birchall (au 2<sup>e</sup> étage dans La Chambre). Gagnant de plusieurs prix et ayant brisé des records aux guichets en France, ce film raconte l'histoire d'un riche Parisien handicapé à la suite d'un accident de parapente qui embauche un jeune noir pour lui prodiguer des soins. Une comédie dramatique inspirante basée sur une histoire vraie.

Du popcorn sera servi gratuitement. Soyez des nôtres et venez vous détendre devant un bon film en français.

Date limite d'inscription et le 29 janvier. Contactez Isabelle Leblanc, 765-5611 ou Isabelle.Leblanc2@forces.gc.ca.

# Bookmobile

|                                |                        |
|--------------------------------|------------------------|
| <b>Monday, February 4</b>      |                        |
| Springfield - (Baptist Church) | 3 p.m. to 7 p.m.       |
| <b>Thursday, February 7</b>    |                        |
| Torbrook Mines                 | 1:45 p.m. to 3:30 p.m. |
| Meadowview Subdivision         | 4 p.m. to 4:45         |
| Aylesford                      | 5:30 p.m. to 7 p.m.    |
| <b>Wednesday, February 20</b>  |                        |
| Kings Rehab Centre             | 1:15 p.m. to 2:45 p.m. |
| Bess View Subdivision          | 3 p.m. to 4 p.m.       |
| Coldbrook                      | 4:45 p.m. to 6:15 p.m. |
| <b>Monday, February 25</b>     |                        |
| Springfield - (Baptist church) | 3 p.m. to 7 p.m.       |
| <b>Thursday, February 28</b>   |                        |
| Torbrook Mines                 | 1:45 p.m. to 3:30      |
| Meadowview Subdivision         | 4 p.m. to 4:45         |
| Aylesford                      | 5:30 p.m. to 7 p.m.    |

# flyers

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If you are between 50 and 74, Cancer Care Nova Scotia will be mailing you a Colon Cancer Home Screening Kit.\* The kit can be used in the comfort and privacy of your own home. **If found early, colon cancer is curable.** For more information call 1 866 599-2267 or visit our website.

[www.cancercare.ns.ca/coloncancerprevention](http://www.cancercare.ns.ca/coloncancerprevention)

 Cancer Care  
Nova Scotia

\*If you were born in an even year, you will receive your kit shortly after your birthday in an even year. If you were born in an odd year, you will receive your kit shortly after your birthday in an odd year.

 NOVA SCOTIA