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14 WING • ESCADRE 14 GREENWOOD, NS

the **Aurora**

Vol. 34 No. 06 FEBRUARY 11, 2013 NO CHARGE [www.auroranewspaper.com](http://www.auroranewspaper.com)



From left are riders corporals Cori Plante and Carla Morrice, Leading Seaman Dunphy and Lieutenant Gillian Howell.

S. Keddy

## Ready to ride (and ride, and ride...)

Sara Keddy,  
Managing editor

Six Greenwood military health workers are getting ready to ride. A 24-hour-marathon spin-cycle session February 28 through March 1 will raise awareness and funds for Boomer's Legacy, a Canadian Forces cycling event which marks the death of Corporal Andrew "Boomer" Eykelenboom in Spin Boldak, Afghanistan, in 2006. The ride raises funds for international service projects CF members identify as they're deployed.

"It was one of the best experiences I've had," says Corporal Cori Plante, a 26 Canadian Forces Health Services medical technician who rode the 180-kilometre event from Greenwood to Halifax in 2011. "I was part of something that meant awareness of families in Afghanistan and others who need help. There was an escort, intersections were blocked off for us and people were noticing as we went by."

The CFB Halifax Stadacona gym will host an indoor version of the ride, the 24-hour spin-a-thon, and all funds raised go directly to the Boomer's Legacy Foundation.

"Corporal Eykelenboom was the first med tech lost in Afghani-

Continued on page 2...

## Base, Valley connections add up to 'one community'

Sara Keddy,  
Managing editor

A slide show of all 14 Wing Greenwood represents flashed by, as Lieutenant-Colonel Brian Richardson talked about the base's history, roles and responsibilities, economic impact and community involvement.

"Ahh," he said, with a hint of pride in his voice. "Now we get to the good stuff."

Richardson is the commanding officer of the base's Logistics and Engineering branch, a 700-member strong part of what keeps operations going, on the ground and in the sky.

"We have a wide scope of responsibilities, which keeps me hopping. Operational support makes all of that happen and, as an operations guy, I like to give that a little plug. We make sure the men and women of the base are looked after to be able to get things done."

Richardson was the guest January 31 of Probus, an international association for retired and semi-retired people, sponsored by Rotary, with

a chapter in Kings County. The group meets monthly for networking, often inviting in guest speakers.

Richardson represented 14 Wing Commander Colonel Jim Irvine, and gave a wide-ranging presentation on the base.

"14 Wing is extremely proud of its connections with the Valley, and welcomes the opportunity to come out and speak to groups, and get the word out about what we do."

Richardson described the base's responsibilities for search and rescue, Maritime patrol and surveillance, increasing Arctic and overland operations and a solid international reputation for assistance on missions from Afghanistan to Libya in recent years. Advancements in training, technology and airframe upgrades mean "our ability to get out there and see things is incredible," particularly with the modernized Block III Aurora.

Beyond work, Richardson said Canadian Forces members make their mark on the community.

"The Annapolis Valley is a sought after posting – there

Continued on page 2...

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## Ready to ride...

...cover

stan, so this is a charity near and dear to Health Services. Our commanding officer encouraged the clinic here to enter a team in the event," says Lieutenant Gillian Howell, a nurse among the six-member group of med techs which also includes corporals Carla Morrice and Veronique Barbeau and leading seamen Will Dunphy and Scott Carson.

The group is now in training, putting in extra "miles" on the spin-cycles at the 14 Wing Greenwood Fitness & Sports Centre. They plan on tackling the actual event in relay style, cycling on and off in four-hour blocks.

"The tension on the bike could be nothing – you've just got to keep it moving for 24 hours," Howell says. They're also counting on music, snacks and the camaraderie of several dozen other teams and individuals to keep going.

While the minimum fundraising required by each team is \$300, the Greenwood team members are confident they can do better than that. They've been raffling off two prime parking spots donated by commanding officers at the new health services centre for a few weeks, and they've got a raffle basket of health and wellness goodies people may buy tickets on as they visit the health centre. They'll also accept cash donations and pledges in support of the charity.



**Lieutenant-Colonel Brian Richardson chats with former Valley Member of Parliament John Murphy and Bill Naylor, right, before his presentation on 14 Wing Greenwood to Kings County Probus members January 31 in Kentville.**

S. Keddy

## Base, Valley connections...

...cover

is a vibrant wing and community, and that is a successful combination."

Economically, the base is the Valley's largest single-site employer, with 2,275 military and civilian workers generating between \$110 million and \$160 million as an economic impact. The base's annual operations budget is \$26 million.

CF members and their families are also active in schools, sports, community projects.

"You name it: wherever there is an organization in the community, you'll find a military member, as a coach

or a volunteer, or just supporting their children. We are one community, and really welcome the opportunity to be out where we live and be a part of it."

Probus members asked a number of questions, ranging from the percentage of female Canadian Forces members at Greenwood (about 20 per cent CF-wide) – "we have a lot more in the trades, but more are breaking into the non-traditional male roles: pilots, navigators..." said Richardson; to what defines a high readiness force, whether Google maps are a security issue, the pros and cons of

frequent postings and what tartan the Air Force wears.

Keith MacDonald thanked Richardson for his presentation. While the first thing he thinks of when he thinks of the Annapolis Valley is agriculture, he also said entities such as 14 Wing, Michelin and Acadia University "make a difference in our opportunities."

"The base's outreach into the community is great, and the financial impact is quite something," MacDonald said, "but the responsibility you and your commanding officer carry and the security you bring to us – sometimes we lose sight of that."

## Men, women face off in CF hockey regionals

**Sara Keddy,  
Managing editor**

Hockey players will be looking for some love on home ice this week, as 14 Wing Greenwood hosts both the men's and the women's Atlantic region hockey championship at the Greenwood Gardens Arena.

The Greenwood women are working their way back up the national Canadian Forces ladder, hoping to defend their 2012 national title. They'll have to work their way through Formation Halifax and CTC Gagetown for a spot in the Atlantic

final, set for 8 a.m. February 15. Women's action is first on the ice, with an 8:30 a.m. start against Halifax February 12, immediately after the 8 a.m. opening ceremonies.

The men face the same opponents – Gagetown and Halifax, with a start February 12 at 10:30 a.m. against Halifax. The men's final is at 10 a.m. February 15.

Medal presentations will follow each final: the women's ceremony will be at 9:50 a.m., and the men's at 12:20 p.m., along with the closing ceremony.

### Women's schedule

February 12	8 a.m.	Opening ceremony
	8:30 a.m.	Greenwood vs Halifax
	1 p.m.	Halifax vs Gagetown
February 13	10:30 a.m.	Gagetown vs Greenwood
	6 p.m.	Greenwood vs Halifax
February 14	8 a.m.	Halifax vs Gagetown
	1 p.m.	Gagetown vs Greenwood
February 15	8 a.m.	Final
	9:50 a.m.	Medals

### Men's schedule

February 12	10:30 a.m.	Halifax vs Gagetown
	6 p.m.	Gagetown vs Greenwood
February 13	8 a.m.	Greenwood vs Halifax
	1 p.m.	Halifax vs Gagetown
February 14	10:30 a.m.	Gagetown vs Greenwood
	6 p.m.	Greenwood vs Halifax
February 15	10 a.m.	Final
	12:20 p.m.	Medals and closing ceremony



**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  
Candace May Timmins • 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

**Circulation** | Circulation: **5,900 Mondays** | Lundis  
**Agreement No.** | Numéro de contrat : **462268**

**Fax: 902-765-1717**

**Website** | Site Web : **www.auroranewspaper.com**

**The Aurora, PO Box 99, Greenwood NS B0P 1N0**  
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

**Location** | Emplacement : **83A School Road, Morfee Annex** | Annexe Morfee

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### Useful links | Liens utiles

#### Canadian Air Force website

Site Web de l'Aviation royale canadienne  
[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

Services de soutien au personnel et aux familles des Forces canadiennes  
[www.cfpsa.com](http://www.cfpsa.com)

#### National Defence and the Canadian Forces

Défense nationale et Forces canadiennes  
[www.forces.gc.ca](http://www.forces.gc.ca)

#### Combat Camera

Caméra de combat  
[www.combatcamera.forces.gc.ca](http://www.combatcamera.forces.gc.ca)

#### Recruiting

Recrutement  
[www.forces.ca](http://www.forces.ca)

#### Military Family Resource Centre

Centre des ressources pour les familles des militaires  
[www.familyforce.ca](http://www.familyforce.ca)

#### VPI

VPI International  
[www.vpiinternational.ca](http://www.vpiinternational.ca)



## Celebrate winter and skate!

February means Nova Scotia's Take the Roof off Winter campaign is underway.

Take the Roof off Winter is a winter active campaign designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter.

The 14 Wing Greenwood Community Centre is a registered campaign supporter and will be partnering with the Greenwood Military Family

Resource Centre to offer a free skate February 21 at the Greenwood Gardens Arena. The event is from 3:30 p.m. to 4:45 p.m. and open to all military members, their families and valid Recreation Card holders. There will be hot chocolate, sweets, and a chance to win prizes, such as CANEX gift cards. There will also be a Kid Zone, where your child may enjoy face painting, crosswords, etc., in the arena warm room. (The Kid

Zone is not a child care service: children can not be dropped off and left unsupervised.)

For information about Take the Roof off Winter, visit <http://www.taketherooftwinter.ca/>. To learn more about the 14 Wing Greenwood Community Centre's weekly youth programs or nearly 30 clubs, which provide many great ways to stay winter active, contact Eric MacKenzie at community centre, 765-1494 local 5337.

## Célébrez l'hiver et le patinage!

C'est le mois de février, et cela veut dire que la campagne Vive le plein air en hiver (Take The Roof Off Winter) de la Nouvelle-Écosse bat son plein.

Vive le plein air en hiver est une campagne d'activités hivernales conçue pour aider les Néo-Écossais de tous les âges à améliorer leur santé et leur qualité de vie en étant actifs au grand air cet hiver.

Le Centre communautaire de la 14<sup>e</sup> Escadre appuie officiellement la campagne et, en partenariat avec le Centre des ressources pour les familles de militaires de Greenwood, offrira une séance de patinage gratuite le 21 février à l'aréna Greenwood Gardens. L'activité

aura lieu de 15 h 30 à 16 h 45 et est ouverte à tous les militaires, aux membres de leurs familles et aux détenteurs d'une carte des loisirs valide. Il y a aura du chocolat chaud, des gâteries et la chance de gagner des prix, dont des cartes-cadeaux du CANEX. Il y a aussi un coin des enfants, où les jeunes pourront s'amuser à se faire peindre le visage, à faire des mots croisés, etc. dans la salle chauffée de l'aréna. (Le coin des enfants n'est pas un service de garde : les enfants ne pourront pas être laissés sans surveillance.)

Pour de plus amples renseignements sur la campagne Vive le plein air en hiver, visitez

<http://www.taketherooftwinter.ca/>. Pour en apprendre plus sur les programmes jeunesse hebdomadaires du Centre communautaire de la 14<sup>e</sup> Escadre Greenwood ou ses quelque 30 clubs, qui offrent de nombreuses façons de rester actifs en hiver, veuillez communiquer avec Eric MacKenzie, du Centre communautaire, au 765-1494, poste 5337.



## Jubilee medals

The William Hall V.C. Greenwood Chapter of the Canadian Association of Veterans in United Nations Peacekeeping held a medal presentation January 31. Four members were presented the Queen Elizabeth II Diamond Jubilee Medal by Ronald Griffis, national president of CAVUNP, at the RCAFA 107 (Valley) Wing in Greenwood. From left are Nelson Mullen, president of the William Hall V.C. Greenwood Chapter, Kevin Gillis, president of RCAFA 107 (Valley) Wing; Pipe Major Sergeant Andrew Bruce, Sergeant Brad Ryckman, members of 14 Wing Pipes and Drums; Bruce Longmore, past president of RCAFA 107 (Valley) Wing and Griffis.

C.Spradbrow

### Tremont Cemetery

Expressions of interest are invited by a committee in the Tremont area to take over responsibility for the financial management and upkeep of the Tremont Cemetery, Tremont, Kings Co., N.S. The current overseers will be giving up these responsibilities on May 1st, 2013 unless a responsible organization is found. The assets of the cemetery will be turned over to a government agency of the province of Nova Scotia. Written enquiries only may be made to: Tremont Cemetery, P.O. Box #381, Kingston, N.S., B0P 1R0

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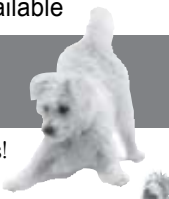
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# Le CEMD à l'écoute des familles

## Faits saillants du CNFM en 2012

- Le Conseil a rencontré plus de 420 familles de militaires et 570 militaires d'Esquimalt à St. John's.
- Durant le rapport annuel au CFA, le CNFM a mis en avant quatre grands dossiers : la réinstallation, la santé mentale, l'indemnité de vie chère et la nécessité d'uniformiser les programmes et services aux familles des FC. La recommandation globale était de renforcer la responsabilité envers les familles et de faire de la satisfaction des familles un indice de mesure du rendement.
- Le rapport annuel a donné lieu à neuf recommandations du CEMD et du Conseil des Forces armées aux FC. Toutes ces recommandations sont maintenant en cours de mise en œuvre.

**Sara Keddy**  
Rédactrice en chef

Le mari de Caroline Couture rit quand il la voit partir pour assister à des réunions nationales avec le haut commandement des Forces canadiennes.

« Le fait que je travaille avec son patron l'amuse » dit-elle.

Conjointe de militaire de puis 21 ans et conseillère en apprentissage au Centre d'apprentissage et de carrière de la 14<sup>e</sup> Escadre Greenwood, Caroline est membre depuis 2011 du Conseil national pour les familles des militaires, dont elle prendra la présidence pour un an en mars.

C'est le Général Walt Natynszyk, ancien chef d'état-major de la Défense, qui a créé le Conseil en 2009. Il voulait entendre sans intermédiaire les points de vue des membres des familles des militaires sur les dossiers qui concernent l'ensemble des FC. Aujourd'hui, c'est le Général Tom Lawson qui est aux commandes et, selon Caroline, il est tout aussi désireux d'entendre l'avis du Conseil que son prédécesseur.

« Je me suis engagée parce

que ça m'intéressait vraiment. Le meilleur moyen de vraiment changer les choses c'est d'agir au plus haut niveau possible. » dit Caroline.

Les familles ont recours aux services de nombreux organismes prestataires militaires (Programme de soutien du personnel, centres de ressources pour les familles des militaires, Agence de logement des Forces canadiennes) et ont en commun divers problèmes (garde des enfants, échelles salariales, emploi des conjoints, entre autres). On peut toujours faire part de ses préoccupations à l'échelon local ou régional, mais compte tenu du niveau auquel elles parviennent au sein des diverses organisations et dans la chaîne de commandement des conjoints militaires, et de la place qu'elles occupent dans l'imposante structure des FC, elles ne débouchent pas toujours sur des changements concrets.

« Les recommandations que nous faisons sont très importantes, dit Caroline. Le Conseil a de l'influence et c'est très valorisant. Il faut parfois attendre des années pour que

les choses changent à l'échelle locale, mais la mentalité des FC évolue et nous pouvons réellement avoir des discussions approfondies sur les dossiers qui nous intéressent au niveau du Conseil des Forces armées. »

Le Conseil sait que les familles des militaires sont confrontées à des problèmes à l'échelon local ou régional, mais il cible son action sur les problèmes systémiques. Il peut parfois trouver des solutions potentielles au sein des communautés militaires canadiennes ou chercher à connaître les pratiques exemplaires en vigueur dans le cadre de programmes militaires d'autres pays.

« Nos recommandations sont approuvées au plus haut niveau possible, ce qui fait qu'elles ne sont pas révisées ou changées à des niveaux intermédiaires au sein de nombreuses organisations » explique Caroline.

Le Conseil se réunit quatre fois par an et présente un rapport annuel au CEMD et au Conseil des Forces armées.

« Nous avons trouvé notre rythme maintenant – les der-



**Caroline Couture prendra la présidence du Conseil national pour les familles des militaires en mars.** S.Keddy

niers rapports ont été très efficaces, dit Caroline. Je voulais trouver une solution. Je voulais tout faire pour que les choses évoluent pour ma fille – si elle devient militaire ou épouse de militaire – par rapport à ce que je vis aujourd'hui, autant qu'el-

les ont évolué pour moi depuis 20 ans. Les choses peuvent toujours s'améliorer. »

Pour en savoir davantage sur le Conseil national pour les familles des militaires, cliquer sur le lien suivant : <http://www.familyforce.ca/>.

## Families have ear of CDS

**Sara Keddy,**  
Managing editor

Caroline Couture's husband laughs when she heads off to national meetings with the top commanders of the Canadian Forces.

"He thinks it's funny I'm working with his boss," she says.

Couture, a 21-year military

partner and learning advisor at 14 Wing Greenwood's Learning and Career Centre, has been a member of the National Military Family Council since 2011. She will become the group's president in March, a one-year term.

Former Chief of Defence Staff General Walt Natynszyk founded the council in 2009: he wanted to hear the unfiltered voices of military family

members on issues that affect the broader CF. General Tom Lawson now holds the top spot, and Couture says he's as keen to hear the council's advice.

"I signed up because I thought it was really interesting – the best way to effect change is to command levels as high as possible," Couture says.

Families use many military-based service providers – the Personnel Support Program, military family resource centres, the Canadian Forces Housing Agency, and have common issues with childcare, pay scales, spousal employment and more. Concerns with local

programs can always be raised, but how high up the various agencies' and partners' chains of command they advance – and how they are weighed in the large CF structure – may not always effect change.

"There is lots of value to what we recommend," Couture says. "The council is having an impact, and that's really empowering. It could be years to filter down to the local levels, but the CF mindset is changing and we can have really in-depth discussions about issues at the Armed Forces Council level."

The council knows there are local and regional issues

within CF family life, but it targets action on systemic issues. Sometimes it can find potential solutions within Canadian military communities, or it researches best practices from other countries' military programs.

"Our recommendations are vetted at the highest possible level, so they're not tweaked or changed on the way up from a lower level through many organizations," Couture says.

The council meets four times a year, and makes an annual presentation to the CDS and the Armed Forces Council.

"We've hit our stride now – the last few presentations have been very powerful," Couture says. "I wanted to work toward a solution. I wanted to make sure my daughter – if she joins the military or marries into the life, her experience is as different from mine as it was 20 years ago. There is always room for improvement."

Find out more about the National Military Family Council at [www.familyforce.ca](http://www.familyforce.ca).

## NMFC 2012 highlights:

- The council met with over 420 military families and 570 military members from Esquimalt to St. John's
- During the annual AFC presentation, the NMFC highlighted four main issues: relocation, mental health, Post Living Differential and the need for consistency within CF family programs and services. The overarching recommendation was to increase accountability to families and include family satisfaction as a performance measure.
- The presentation resulted in nine recommendations from CDS and Armed Forces Council to the CF, all of which are now work in progress.

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# Visit to 14 Wing Imaging

January 31, the Greenwood Camera Club toured 14 Wing Imaging. The goal of the visit was to receive knowledge on how the imagery technicians in the Canadian Forces operate, and have a look at the equipment the imaging section uses to take professional photographs and videos.

Master Corporal Johanie Maheu, Corporal Pamela Evans and Corporal Gerald Cormier were the three image technicians involved with the visit. Maheu gave us a tour of the section and showed us the equipment used by professionals in imagery. Studio portraiture was well presented by Evans and, to close the evening, Cormier spoke about photographing action pictures with speed and clarity.

The visit was very informative and club members received excellent briefings. We gratefully appreciate the opportunity to visit the imagery section.

# Visite de la Section d'images de la 14<sup>e</sup> Escadre

Lors de la soirée du 31 janvier dernier, le club de photographie de Greenwood a visité la Section d'imagerie. Le but de notre visite était d'avoir de la connaissance sur la façon que les techniciens en imagerie des Forces Canadiennes fonctionnent, incluant une visite sur l'équipement utilisé par la section d'imagerie de l'escadre pour faire de la photographie et des vidéos professionnels.

Cpl/c Johanie Maheu, Corporal Pamela Evans et Corporal Gerald Cormier ont été les trois techniciens d'images présents lors de cette soirée. Maheu nous a fait un tour guidé de la section tout en nous montrant l'équipement utilisé par les professionnels en imagerie. Evans nous a fait une très belle présentation sur les portraits de studio, tandis que Cormier nous a parlé de la photographie d'action nous expliquant la rapidité d'exécution.

La visite était très formative et les membres du club ont reçu des excellents briefings par les techniciens d'image. Nous apprécions grandement l'opportunité d'avoir visité la Section d'Imagerie.

# business spotlight of the week

## Future Glass & Mirror Ltd.

Opening 26 years ago, Future Glass & Mirror Ltd. began providing automotive, residential & commercial glass repairs to consumers in the Annapolis Valley area. Being a small family run business enables them to pass along savings to their customers that only an independently owned glass shop can while still providing professional, above "industry standard" services and utilizing top quality products.

Future Glass & Mirror Ltd. is a recognized "preferred" glass repair shop listed with all the major insurance companies throughout Canada. They can handle your insurance claim for you from the first initial reporting phone call to the guaranteed completed job whether it is for a chip repair or a full windshield replacement.

Since 1986 they have been providing a wide range of services and products such as:

- commercial store front glass installation/repairs and replacement parts.
- residential window repairs and replacements to glass and hardware plus re screening windows and patio doors.
- supply, cut to shape and installation of safety glass for heavy equipment vehicles of all kinds.
- float glass for picture frames, cabinet doors and small projects.
- plate glass for table tops and shelving.
- mirrors for frames and wall mount applications such as bathroom vanities, fitness centers and dance studios.
- plexie glass and unbreakable lexan products for all your needs.
- vehicle accessories like window vent visors, hood guards, running boards, steps, tonneau covers and truck caps to name just a few.
- cut and install robax glass and gaskets for wood/oil stoves and fireplaces.

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# Indemnités de départ : il est temps de choisir

**Le groupe du Directeur général,  
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Tous les militaires se voient offrir, une fois seulement, l'option de toucher un paiement tenant lieu d'une partie ou de la totalité de l'indemnité de départ des Forces canadiennes (IDFC) avant leur libération ou leur transfert entre la Force régulière et la Première réserve.

## Échéance

Si vous êtes un militaire des Forces canadiennes – de la Force régulière ou de la Réserve – vous avez jusqu'au 13 mars pour sélectionner

l'option de votre choix, à savoir si vous souhaitez ou non recevoir un paiement tenant lieu d'indemnité de départ des Forces canadiennes.

Le montant de votre indemnité est déterminé selon vos années de service admissible. Vous devriez déjà avoir reçu une estimation de vos années de service admissible. Si vous n'avez pas encore reçu cette estimation, ou si vous croyez qu'une erreur s'y est glissée, vous devez communiquer avec la salle des rapports de votre base ou unité.

Une fois que vous avez pris votre décision, rempli le formulaire et transmis le tout

à la salle des rapports de votre base ou unité, vous ne pouvez pas revenir sur votre décision. En outre, la période d'option ne sera pas prolongée.

## Options

Selon votre situation personnelle, vous pouvez choisir entre les trois options suivantes :

- Recevoir un paiement tenant lieu d'indemnité de départ équivalent à l'ensemble de vos années de services admissibles. Le montant de votre indemnité sera calculé à partir du taux de solde mensuel correspondant à votre grade effectif, de vos augmentations de solde et de votre occupation

militaire au moment où vos indemnités ont cessé de s'accumuler.

- Recevoir un paiement tenant lieu d'une partie de votre indemnité de départ avant votre libération et le reste au moment de votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment où vos indemnités ont cessé de s'accumuler. Le reste du montant sera calculé selon le taux de solde

mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.

- Recevoir la totalité de votre indemnité de départ à votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.

## Traitement

Les dossiers relatifs aux paiements tenant lieu

d'indemnité de départ seront traités à compter du 1er avril. Si vous avez servi à la fois dans la Force régulière et dans la Réserve, si vous avez choisi de recevoir plus de 50 % du montant auquel vous avez droit et si vous servez dans la Réserve, votre dossier devra être vérifié.

## Renseignements supplémentaires

Pour bon nombre d'entre vous, il s'agit d'une décision importante, qui aura une incidence sur vous et sur votre famille. Nous vous encourageons à consulter un conseiller financier pour vous aider à faire votre choix.

# Severance pay election time is now

A one-time opportunity is available to choose a Payment in Lieu (PiL) for all or part of your Canadian Forces Severance Pay (CFSP) entitlement before you release or transfer from/ to the Regular or Primary Reserve Force.

## Deadline

If you are a Canadian Forces member – Regular or Reserve – you have until March 13 to submit your election form indicating whether or not you wish to receive a Payment in Lieu (PiL) of your CFSP entitlement.

Your PiL will be based on your years of eligible service. You should have already received an estimate of your years of eligible service. If you have not received your estimate, or believe your estimate to be in error, you must contact your Base/Unit Orderly Room.

Once you have decided to elect a PiL of CFSP and submitted your PiL election option form to your base/ unit Orderly Room, you cannot withdraw your form. There will be no extension to the election period.

## Options

Depending on your personal circumstances, you have the following three options:

- Elect to receive a PiL of all your accumulated service benefits. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits.

- Elect to receive a PiL of part of your accumulated service benefits and receiving the remaining amount as CFSP when you cease to serve in the Regular Force or Primary Reserve. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at that time.

- Choose to receive all of your accumulated service benefits as a CFSP benefit when you cease to serve in the Regular Force or Primary Reserve. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at that time.

## Processing

Starting April 1, all PiL payments will be processed on an ongoing basis. If you have combined Regular and Reserve Force service, choose more than 50 per cent of your entitlement, or have Reserve Force service, your file will require verification.

## Additional information

For many of you, whether to take the PiL payment will be an important decision for you and your family. You are encouraged to seek financial advice to assist with your election decision.

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**2009 FORD FOCUS #11174A:** 2.0L automatic, nice, fuel efficient car, 5-speed, manual, new tires, 92,000 km.  
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**2007 FORD FOCUS SE #11251A:**  
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## Francophone cooking class with GMFRC

Have you always wanted to make your own sushi but are not sure how to do it? Do you like sushi and want to have an enjoyable evening?

Join us for this francophone cooking class February 21 at

6:30 p.m. at the Kingston Superstore, where francophone chef Danielle Pothier will teach you the steps and techniques in the preparation of three varieties of sushi. Also, a starter of carrot and ginger dressing

will be prepared by her to complement a salad. This dressing goes perfectly with our Japanese theme.

Registration deadline is February 19. Cost is \$20 (includes preparation and meal).

Registration and payment can be completed at the Greenwood Military Family Resource Centre reception desk. For information, contact Isabelle Leblanc at 765-5611 or Isabelle.Leblanc2@forces.gc.ca

## Cours de cuisine en français avec CRFMG

Vous avez toujours voulu confectionner vos propres sushis mais vous ne savez pas trop comment vous y prendre? Vous aimez les sushis et vous avez le goût de passer une soirée agréable?

Joignez-vous à nous pour ce cours de cuisine en français le

21 février à 18 h 30 à la Atlantic Superstore (Kingston) où la chef francophone, Danielle Pothier, vous apprendra les différentes étapes et techniques dans la préparation de trois variétés de sushis. En entrée, elle préparera avec vous une vinaigrette carotte

et gingembre pour agrémenter une salade et accompagner à merveille cette thématique japonaise.

La date limite d'inscription est le 19 février. Le coût est de 20\$ (présentation et repas inclus). L'inscription et le paiement doivent être complétés

à la réception du Centre de ressources pour les familles militaires de Greenwood. Pour plus de renseignements, communiquez avec Isabelle Leblanc au 765-5611 ou Isabelle.Leblanc2@forces.gc.ca.

## business of the week Beth Bourassa REALTOR®



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## Locals make Faculty of Agriculture Dean's List

February 6, Dalhousie's Faculty of Agriculture named 131 student names to its Dean's List, including a number of area students.

To be named to the Dean's List, students must be within the top 10 per cent of their program of study and have a term average of 80 per cent or higher from the winter and fall semesters of 2012. Students must also be enrolled in four or more courses per semester.

Locals on the Dean's List include Jenay Armstrong, Middleton; Jessica Compagnon, Kingston; Theodora-Alexan Kusch, Lawrencetown; Briana Lasseter, Kingston; Emily Rose, Coldbrook; and Anne Woodbury, Kingston.



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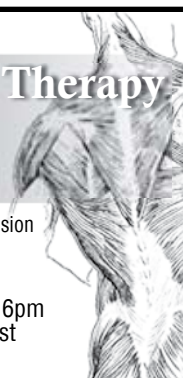
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14 AMS, Wing Imaging unless otherwise indicated.



Lieutenant-Colonel G.M. Adamson, Commanding Officer 405 Squadron, and Chief Warrant Officer M. Roussel, right presents Lieutenant Brewster with the rank of Captain 28 Jan 2013.



Wing Logistics & Engineering Officer (left) Lieutenant-Colonel Brian Richardson and Wing Logistics & Engineering Branch Chief Warrant Officer Hank Etheridge presents Deputy Wing General Safety Officer (center) Dave Mailman with his 10 year General Safety Service Pin in recognition of his service and dedication to the 14 Wing General Safety Program. .

Submitted



Private Michael Roche (center) receives his first chevron from Major Tim Neal, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer (left) and Aircraft Maintenance Officer Senior Superintendent Master Warrant Officer Mike Gilliatt.



Lieutenant-Colonel G.M. Adamson, Commanding Officer 405 Squadron, and Chief Warrant Officer M. Roussel, right presents Private Chelsea Doyle with her first chevron.



Lieutenant-Colonel G.M. Adamson, Commanding Officer 405 Squadron, and Chief Warrant Officer M. Roussel, right presents Warrant Officer Reg Smith with the rank of Master Warrant Officer.



Lieutenant-Colonel G.M. Adamson, Commanding Officer 405 Squadron, and Chief Warrant Officer M. Roussel, right presents Corporal Steven Valardo with the rank of Master Corporal.





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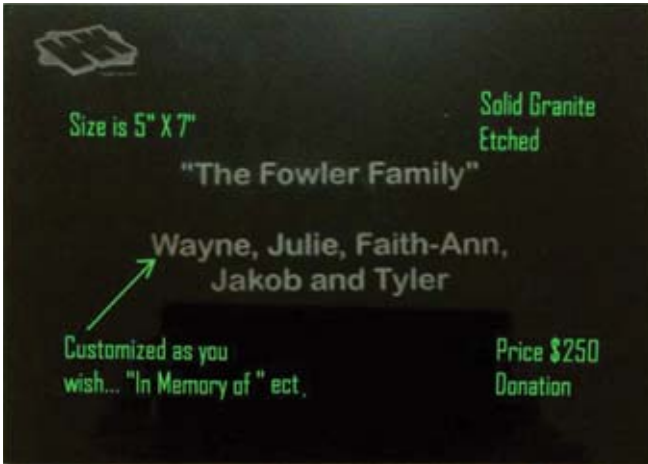
From left are Kingston village commissioner John Pierce, West Nova Member of Parliament Greg Kerr, Kings County Warden Diana Brothers and Western Kings Arena Association president Wayne Fowler at the December announcement of federal funding for repairs to the Western Kings Arena.

Submitted



A sample granite stone, destined to mark families, service clubs and community business support of the Western Kings Arena on a new donor recognition wall.

Submitted



# Rink ramps up community support

Kingston’s Western Kings Arena, a non-profit community facility run by the Western Kings Arena Association, is appealing for support in fundraising for required repairs to the rink at the end of this season. Commitments to the project have already been made by the Municipality of the County of Kings (\$156,250) and the federal government through ACOA (\$71,000). The association is awaiting response from provincial grant opportunities. The community itself is responsible to raise \$150,000 to \$200,000 to have the project move forward.

The arena needs the com-

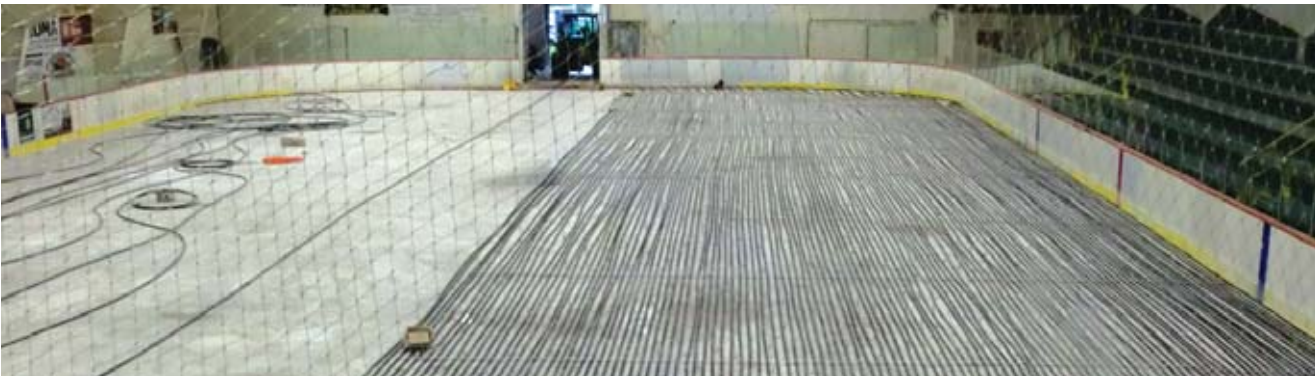
munity to support this effort, or Phase 2 - the permanent fix of the breakdown in September 2012 - will not be able to go forward. Phase Two upgrades include the replacement of the existing cement pad, header and piping, boards, glass and safety netting. This will give the facility another 30 to 40 years of service. A mandatory site meeting for the work is February 13, and the requests for qualifications are due February 14. Work should begin in April. To meet the targets, a number of community initiatives are planned. The Friends of the Village will hold their fundraising dinner, auction, quilt draw

and dance February 23 at the Kingston Legion. Tickets are \$20 each, available from Muriel Craig, 765-8605; Linda Desmond, 765-2564; Rose Fitzgerald, 765-6322; Scotiabank Greenwood, 765-6383; or contact the arena, 765-2516. A meet and greet gets underway at 6 p.m., with the dinner at 7 p.m. Rink supporters may now purchase a personalized granite stone to be included in a new wall for “Friends of the Western Kings Arena,” to be located in the warm room. A five inch by seven inch stone can be yours with a \$250 donation. A \$500 donation will be

represented with a six inch by eight inch stone. Names, notes and logos can be incorporated as space allows. Volunteers are planning a rink family fun day fundraiser in March, with skating, a ticket auction, hot chocolate, hot dogs and outdoor activities; and the rink’s annual fundraising golf tournament this year will support Phase 2 work. Service and social clubs in the area are encouraged to pledge their support: the Aylesford Lions Club has already donated \$6,000, and several private donations have been made. The campaign has only just

begun and already close to \$10,000 has been committed to the community’s portion of the repairs. Fundraising thermometers will go up around the community, and campaign volunteers are confident they will be able to show the West-

ern Kings community is also ready to step up to the challenge. For information, contact Wayne Fowler, president, Western Kings Rink Association, 765-6557; or rink manager Dean Peach, 765-2516 (arena); or visit [www.wkaa.ca](http://www.wkaa.ca).



Laying the pipe during temporary repairs at the Kingston rink last fall.

Submitted

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<b>Fibromyalgia</b>	<b>Mental Illness</b>	



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

**yourway2wellness.gov.ns.ca or call toll free 1-888-672-3444**



# MackKay announces six contract awards at 14 Wing Greenwood

Peter MacKay, Minister of National Defence, February 5 announced six contract awards for general infrastructure work at 14 Wing Greenwood. The overall value of the contracts is approximately \$1 million.

"I am extremely proud of the work accomplished by the men and women working here at 14 Wing Greenwood," said MacKay. "These individuals deserve the very best infrastructure to continue this

excellent work."

- The contracts awarded to-day include:
- Construct troop shelter Middleton Armoury, to Access Contracting Limited for \$169,300
- Yarmouth Rappel Tower at Yarmouth Armouries, to Delmar Construction Limited for \$152,616
- Yarmouth Armouries Compound Modification at Yarmouth Armouries, to Garian Construction Ltd for

\$63,449

- Hangar 11 Apron Lighting Construction Phase Services, to SNC-Lavalin Inc. (Halifax) for \$19,187
- New auxiliary power unit at Aldershot Waste Water Treatment Plant, to Mid-Valley Construction (1997) Limited for \$167,000
- Renovations to Building 122/ 123 at Land Force Atlantic Area Training Centre to Access Contracting Limited for \$496,500.

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### March Break Day Camp 2013 March 11<sup>th</sup> - 15<sup>th</sup>!

Sign up at the Kingston Village Office 671 Main St. • Call 765-2800 or email [recreation@kingstonnovascotia.ca](mailto:recreation@kingstonnovascotia.ca) for further details or go to

[www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca). Come enjoy some fun, crafts & games at the Kingston Recreation Hut next to the Kingston Rink throughout March Break! All welcome ages 5-12



We will be enjoying visits from Valley Waste Mgmt, Dog Agility, Walking to the Kingston Library and visiting the Superstore Community Room to make our very own Healthy Lunches!! Look for tentative scheduling as March Break gets closer.

**Sign up at the Kingston Village Office.** \$65.00 for the week per child or \$15 per day. Only 18 spots available!!

**8am - 3:30pm Monday March 11<sup>th</sup> to Friday March 15<sup>th</sup>.** Bring a healthy snack, a healthy lunch and lots of juice and/or water to drink. Call 765-2800 or email [recreation@kingstonnovascotia.ca](mailto:recreation@kingstonnovascotia.ca) for further details or go to [kingstonnovascotia.ca](http://kingstonnovascotia.ca). Come have some fun, make some friends, be creative and have a great time!

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Price Chopper  
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Wilson's Drug Mart

**Coldbrook**  
Avery's Farm Market  
**Greenwood**  
Avery's Farm Market  
A&W (Greenwood Mall)  
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Tim Hortons (Central Ave.)  
The Aurora Newspaper  
Venus Video  
Ultramar

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Avery's Farm Market  
Best Western Aurora Inn  
Kingston Diner  
Kingston Legion  
Kingston Medical Clinic  
Mama Sofia Pizzeria  
Mimies's Pizza  
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Wise customers read the fine print: •, \*, †, § The 2013 Ram Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after January 8, 2013. Offers subject to change and may be extended without notice. All pricing excludes freight (\$1,500–\$1,595), licence, insurance, registration, any retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. •\$24,995 Purchase Price applies to 2013 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFI) only and includes \$9,250 Consumer Cash Discount. \*Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. †4.49% purchase financing for up to 96 months available on the new 2013 Ram 1500 Quad Cab SXT 4x4 model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Ram 1500 Quad Cab SXT 4x4 with a Purchase Price of \$24,995 (including applicable Consumer Cash Discount) financed at 4.49% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$143 with a cost of borrowing of \$4,804 and a total obligation of \$29,798.51. §2013 Ram 1500 Crew Cab Laramie 4x4 with optional equipment shown. Price including applicable Consumer Cash Discount: \$36,895. #Based on *Automotive News* classification and 2013 Ram 1500 3.6 L V6 4x2 and 8-speed transmission. 11.4 L/100 km (25 MPG) City and 7.8 L/100 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. †Based on 2012 *Automotive News* full-size pickup segmentation and competitive information. ‡The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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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](mailto: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](mailto: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	11	12
13					14						15		
16					17						18		
19				20					21	22			
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26	27	28		29			30				31	32	33
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53	54	55							56			57	58
59													
60					61	62	63	64			65		
66					67						68		
69					70						71		

- ACROSS
1. Jam into

5. Egypt's capital

10. Disfigure

13. Biblical Hamath

14. Vipera berus

15. The three wise men

16. "The foaming cleanser"

17. Earthquake

18. Breezed through

19. South Pacific island

21. Legal possessors

23. List of dishes served

25. Jai

26. Superhigh frequency

29. Farm fanatic

34. Double agents

36. No (Scottish)

37. Peninsula off Manchuria

38. As fast as can be done (abbr.)

39. Apulian city 70121

40. Talk show host Philbin

42. USA's favourite uncle

45. More coherent

46. PBS drama series

49. Retirement plan

50. Be obedient to

51. French river

53. \_\_\_ fatale, seductive woman

56. Made a surprise
- attack

60. Winglike structures

61. Belittle oneself

65. Department of Troyes France

66. Mains

67. Shoe ties

68. A carefree adventure

69. Mariner or sailor

70. Modern chair designer

71. \_\_\_ Gin Fizz cocktail
- DOWN
1. Chew the fat

2. A prince in India

3. A Far East wet nurse

4. Axiom

5. The frame around a door

6. Fruit drink

7. Ugandan Pres. Amin

8. Real Estate Services

9. Brass that looks like gold

10. Nutmeg seed covering spice

11. River in Austria

12. Eliminates

15. Canadian province

20. Green, Earl Grey and iced

22. Four ball advancement

24. Vase-like receptacle
25. Highest card

26. Unction

27. 1st of the books of the Minor Prophets

28. Symbols of allegiance

30. Farm state

31. A citizen of Iran

32. More dried-up

33. Alt. spelling for tayra

35. Perfect examples

41. One point E of SE

42. Secretly watch

43. Three toed sloth

44. \_\_\_ student, learns healing

45. Liquid body substances

47. Act of selling again

48. Stroke

52. Selector switches

53. Speed, not slow

54. City founded by Xenophanes

55. Picasso's mistress Dora

57. Having two units or parts

58. 2nd largest Spanish river

59. Delta Kappa Epsilon nickname

62. The cry made by sheep

63. Air Chief Marshall

64. Perceive with the eyes

metro crossword brought to you compliments of



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Computer skills

Do you have a computer question you would like some assistance with, or did you get an eReader or tablet for Christmas and want to know how to use the Valley Regional Library's eBook or audio-book download service? Maybe you would like to begin using computers. This one-hour session, with an instructor, is for you. To book your basic computer session, call the Berwick library at 538-4030 Tuesday, 9 a.m. to 2 p.m., or Wednesday noon to 4 p.m.; or the Kingston library at 765-3631, Monday 2 p.m. to 6 p.m., or Thursday, 10 a.m. to 2:30 p.m.

Outdoor skating rinks

The towns of Middleton, Bridgetown and Annapolis Royal invite you to their outdoor, free skating rinks. Middleton: Centennial Park; Bridgetown: Trojan Sport Centre; Annapolis Royal: on St. Anthony Street, across from the EHS station. For more info, call Brooke at 824-1069.

**Middleton winter scavenger hunt**  
If you're looking for something new to do in February, challenge yourself to complete Middleton's

first ever Scavenger Hunt. Twelve boxes have been scattered around the town that contain a puzzle piece and the clue to the next location. Everyone who completes the hunt and returns the completed puzzle to Town Hall by February 28 will be entered into the draw for a \$100 gift card to Cleve's! Clue #1: Go to the old tennis court building located in the only park in Middleton that hosts the outdoor rink and the movies in the park to find CLUE #2. For more info, call Brooke at 824-1069.

Meeting

February 11, join the Kidney Foundation of Canada and researcher Sunny Hartwig, 7 p.m. to 9 p.m., at the Berwick Lions Club. Hartwig is an investigator at the University of Prince Edward Island and will speak about kidney disease, "Learning the Language of Kidney Development Today: Empowering us to say no to Kidney Disease Tomorrow." Questions? 1-877-453-0533.

Singing Valentine

February 11 through 14, engage a quartet from Valley Voices, the Annapolis Valley's premiere women's

a cappella chorus (barbershop style), to visit your home or place of business to sing a beautiful love song and present a flower to your loved one. As little as \$30. To book your singing Valentine, call Valerie Boyce at 698-6977.

Shrove Tuesday supper

February 12, local Girl Guides invite you to a Shrove Tuesday pancake, ham and baked bean supper at the Waterville fire hall. Freewill offering. 4:30 p.m. to 6:30 p.m. Proceeds benefit Hardwood Lake Girl Guide Camp.

Supper

February 12, All Saints' A.C.W. will be holding their annual Shrove Tuesday supper at All Saints' Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). 4:30 p.m. to 6 p.m. Ham, baked beans, scalloped potatoes, pancakes and gingerbread. \$10, family rates are available. There will be take out.

Health clinic

February 12, the Kidney Foundation of Canada hosts a free, simple testing session at the Berwick Lions' Hall. One million Canadians are at risk of developing kidney

disease. Individuals with diabetes, hypertension, evidence of vascular disease, family history of kidney disease, from certain ethnic groups and/or that are over 55 years of age, are considered to be at risk of chronic kidney disease. Simple laboratory tests such as urinalysis, are useful in detecting kidney damage at an early stage, and will be performed at this clinic. Questions? Call 1-877-453-0533.

Supper

February 12, Saint Monica's Church, 37 Connaught Ave., Middleton, will host a pancake supper, 5 p.m. to 6 p.m. Freewill offering.

Luncheon

February 12, a community luncheon will be held at the Kingston Lions' hall, 11:30 a.m. to 1 p.m. Come out and enjoy a turkey dinner with mashed potatoes, vegetables and dessert. Cost \$8, \$8.50 delivered.

Middleton Tumblebugs

Register by February 12 for a new program that teaches children fundamental movement skills that support healthy growth and development, and improve



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Valentine's Week Dinner

Thursday, February 14 until Saturday, 16 February

Creamy Sweet Potato and Ginger Soup

Candied Pecan and Gorgonzola Salad

with mixed greens and cranberries under a sherry vinaigrette

Chicken Aurora

tender, baked breast of chicken stuffed with soft feta cheese and fresh spinach on hollandaise

~ or ~

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haddock, scallops, shrimp and lobster with julienne of leek and carrot in a creamy white wine butter sauce

White Chocolate Cheesecake

with dark chocolate garnish

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per couple

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per couple



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- 2 - 60/40
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Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold 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).

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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 – 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)**

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**For further information contact Joan at 847-1365. (3342-ufnb)**

**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)**

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**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 - 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)**

**FOR RENT – Room for rent. Looking for a mature employed non-smoker to rent a large fully furnished room in Fales River subdivision.**

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**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@east-link.ca. (3403-ufn)**

**FOR RENT - One bedroom apartment in Middleton - \$450.00. 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)**

**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 – Room for rent. Looking for a mature employed non-smoker to rent a large fully furnished room in Fales River subdivision.**

**(Greenwood Area). Close to all amenities. \$125.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3405-4tpb)**

**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 – Located in downtown Middleton spacious 1 bedroom apartment with fridge, stove, washer & dryer hook-ups. \$535.00 a month plus utilities. Phone 825-2338. (3405-4tpb)**

**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 – One Bedroom Apartment. \$650.00 a month, utilities included. Located on Tremont, good size lawn. References required please. Ready for February 1st. Damaged deposit as well. Call for more info. 765-8019 or 760-0496. (3405-2tpb)**

**FOR RENT – Two Bedroom bungalow located in Tremont.**

**5 minutes from Greenwood. Available February 1st. Large lawn to take care of. \$550.00, utilities are extra. Oil heat. Call for more info. 765-8019 or 760-0496. (3405-2tpb)**

**FOR RENT – Three bedroom spacious home in Lawrencetown, \$600.00 plus utilities per month. No pets. Phone 825-2327. (3406-2tpb)**

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## SERVICES

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

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## crossword solution

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

## sudoku solution

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

## patrick's puzzle

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

## obituaries

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 57 cents per line (black and white) or 67 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 local 5833, [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com), for details.





# From the Desk of Mu

**Margie Dunphy**

Greetings to all sisters near and far! We are now into the second month of this new year. Mu is well on its way with preparations for this year's Founder's Day. All the chapters will be sent their invitations soon. We hope all sisters will be able to attend this year's celebration. The theme, "You're among friends," always brings a smile when we think back to special times with special friends.

With this in mind, I would like to tell you a little of our past year. We enjoyed a variety of activities and fun programs. Our big project in the last couple of years was the

Mu cookbook: it is now finished and published. A very large "well done" to the committee handling this heavy task. The ladies have tried and tested all of the recipes on our families and friends, so they are delicious! We attended the summer wedding of one of our own sisters - what a lovely bride, and many good times with many good friends! Programs also included a mini course on snowflakes or, as Wendy says, she was making angels. We enjoyed a program on the merchant navy in World War II, and a sister showed us some of her family's heirlooms from this time period. We held a discussion over the beef scare this past year. Our

chapter continued its traditions of brown bag auctions, the sweet and savoury sweepstakes, our "random acts of friendships" and our book club readings.

For anyone who didn't know, our president, Sandy, had to step down as she was having some surgery and didn't feel able to continue in her position. She is now doing well and recovering at home.

I will sign off and wish each and every one of you a wonderful year, and many friends to stand with you always. To learn more about our organization, please contact Margie at 825-3645 for information.

Beta Sigma Phi!



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- services de soins communautaires et services à domicile ou en résidence pour les aînés





Star sighting

Students at Dwight Ross Elementary were recently thrilled to be entertained by well-known children’s entertainer, Paul Behnke. His presentation was entitled, “The Bully and the Purple Pants.” Through music, songs and story-telling, the students were taught positive and effective strategies for dealing with bullies. A wonderful afternoon for students, staff and parents!

Submitted

February 15 at the Annapolis Mess  
Doors open at 1500 hrs

WINTER CARNIVAL  
PEP RALLY  
2013

Table  
Decorating  
Challenge

CO/SWO's  
Challenge  
@1530 hrs

TOKYO PARIS VEGAS ROME ST JOHNS HONOLULU

50/50 Draw  
Pizza for TGIF

Starcatchers Karaoke starting at 1800 hrs

Lunch & Learn  
Commercial Safety College  
Keynote Speaker  
Roy Nichols

Topics:  
Programs offered by the Commercial Safety College

- Truck Driver Training (12 week program)
- Straight Truck Driver Training (3 week program)
- Tractor Trailer Driver Training (12 week program)
- Motor Coach Driver Training (6 week program)
- Heavy Equipment Training (Excavator, Dozer, Loader, Backhoe) (12 week program)
- Q&A period

When: Friday, February 15, 2013  
Time: 1200-1300 hrs  
Where: LCC, Room 204, Upper Level, Birchall Training Centre

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