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Riders on the road Boomer's route a 'ride with a difference'

Sara Keddy,
Managing editor

In its third year on the road, Boomer's Legacy cycling ride September 14 from Greenwood to Halifax is proving to be a "ride with a difference."

"The route is a really good route, there are lots of communities with great vistas and the ride over the Halifax

bridge at the end is significant for people," says co-organizer Major Derek Salley. "The elation people feel as they come into Halifax is unique. For a lot of folks, it's a huge accomplishment."

It's meant to be: Boomer's Legacy is a 180-kilometre, single day run from 14 Wing to the top of Citadel Hill. Pictures of Canadian sol-

diers killed in Afghanistan are clipped to each bike, a reminder of what the ride supports: the Boomer's Legacy Foundation, a Canadian charitable organization created after the death of Corporal Andrew "Boomer" Eykelenboom in Afghanistan in August 2006. Deployed Canadian soldiers use the fund to make humanitarian

projects - from school desks to medical supplies to youth programs and more - happen wherever they serve. Forty-eight people donned the ride's signature jerseys and pledged their registration fee and additional fundraising dollars - about \$10,000 - to the fund.

"The ride needs to be like this," Salley says of the daunt-

ing sounding 180 kilometres. "The look on people's face when they're done is huge. There is a real feeling of unity."

14 Wing's ride stands out, as one of three now happening across the country. The British Columbia and Ottawa events are mainly civilian-organized, but Greenwood military personnel have made a commitment to establish - and build

- the ride on the East Coast.

"Our wing commander and the base commander from Halifax" - both of whom took part in this year's ride - "have adamantly said they want this event bigger and better next time," Salley says.

Not to say this year's event was without its challenges: financial restrictions and administrative requirements

Continued on page 2...



Boomer's Legacy riders cruise down the road, enjoying good scenery and company as they roll towards their next stop in Wolfville.

Corporal Jennifer Kusche, 14 Wing Imaging

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Maureen Eykelenboom greets riders at the first rest stop in Berwick.

Corporal J.Kusche, 14 Wing Imaging

Boomer's Legacy...

...cover

meant Salley and co-organizer Captain Michelle Geurtin had to focus on the details of just what it takes to enable cyclists to have a safe, police escorted route with solid rest stops and snacks, medical and equipment support, transportation, meals, aircraft flypasts and fundraising information.

"I wish I knew when we started what I know now," Geurtin says. "Stepping back and organizing something like this made it a little more stressful, but I definitely felt it when the speeches were done at the end of the day and I could sit back and exhale."

The pair credit the support of 14 Wing and CFB Halifax leadership and participating personnel, Military Police, RCMP and town police forces who escorted riders from start to finish; volunteers who provided roadside bike repairs, water stops and snacks; the support of a boot drive at 14 Wing's gates September 13, several business sponsors and the Boomer's Legacy administration for making it all happen.

"When we started the actual ride, I knew then it was going to go well," Salley says. "We had such a high level of support, an absolutely fantastic day and people made it the whole way



14 Wing Greenwood Wing Commander Colonel Iain Huddleston kicks off Boomer's Legacy from the base's runway starting point, as a CP-140 Aurora flies past.

Corporal J.Kusche, 14 Wing Imaging

Riders' efforts add up

"When a ride takes off and goes," says Maureen Eykelenboom, "you raise awareness, number one."

The mother of Corporal Andrew "Boomer" Eykelenboom, in whose memory Boomer's Legacy is staged, was in Greenwood for several days around the September 14 third running of the 14 Wing to Halifax cycling ride.

"Then you talk to a rider with a picture of a fallen soldier on their bike, and they realize this 180 kilometres is a piece of cake compared to what those soldiers did."

Raising awareness of sacrifice - and

support available to soldiers through the Boomer's Legacy fund - is easier every time a ride happens, and Eykelenboom says Canadian Armed Forces' recognition and growing endorsement is important.

"We want a fund soldiers can have to do good with - we want soldiers to be able to feel good. I'd send boxes of stuff to Andrew in Afghanistan, and envision him passing it out, and the smiles on his and kids' faces - that helped offset the difficult things he'd seen.

"The more good you can do, the more horror you can handle. We want to make a difference."

looking after each other."

Organizers and participants have a special mention for 14 Wing Corporal Cori Plante, injured about an hour-and-a-half into the ride as several riders collided and fell. The ride stopped while a fireman

and two first responders - moving from roles as riders to first aiders - were joined by a nearby volunteer firefighter. Plante and husband Eric, a fitness instructor at 14 Wing's Fitness & Sports Centre, left the ride once EHS arrived.



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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

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Construction Engineering's Joey Long, left, and Rick Nippard have spent months – even years – overseeing development of renovation plans for the new Military Police quarters at 14 Wing Greenwood. S.Keddy

MPs' new digs coming along

Sara Keddy,
Managing editor

There's a lot of life yet in this old building.

14 Wing Greenwood's Military Police, 31 Military Police

Flight, are looking forward to new digs, as the former base fire department is remodelled this winter as their new home.

"We'll have everyone under one roof, with lots of room and more efficiencies," says

Captain Mark Childs. "We're biding our time – but it's coming along nicely."

Greenwood's firefighters left the building in 2010. It has been vacant since, with a few ideas for new uses being considered. Timing, funding and plans came together two years ago to see the Military Police move from their main gate structure, and space at the Birchall, which also houses 3 Military Squadron.

"This project is being done through Construction Engineering," says Rick Nippard, of Wing CE, which means the base's civilian and military tradesmen and personnel have a role to play in the design, upgrading and new construction work involved. "It's good for the shops to do the work – we do it, and then we maintain it and we'll know what's here, all the systems, the connections."

Work started in April, after many months of planning, design and redesign.

"We got different advice from different groups on design, what we needed for offices, security standards, the commissionaires' dispatch centre, cells – there are certain standards you have to meet," says Childs. "The new building will meet all of the new codes."

Highlights for the MPs include expanded office space,

meeting, interview, breathalyser and counsel rooms; storage space for equipment and an indoor garage in the old fire truck bays for up to seven vehicles. High-tech equipment in modern police vehicles means they have to be kept warm in all weather, and there is no time in an emergency to scrape and defog windows. Areas needed by day-to-day patrol members are separate from administrative areas.

MPs are also looking forward to the added security – and privacy – of an indoor transfer area: if they bring an individual in to the building, they will be able to drive into a secure, indoor bay and move that person into various, controlled access areas safely and as needed.

Joey Long, also with Wing CE, says the project has been interesting: the new cell doors took four months to build and have delivered to spec – at close to \$12,000 each. Bullet-proof glass in reception areas has also been all specially ordered. Running modern telecommunications systems, sprinkler lines and ventilation conduits in old, low ceiling spaces has been a challenge.

The entire project is budgeted at \$800,000, but, with much of the labour being provided by on-base person-



Brian Decker of the base's carpentry shop gives the old fire truck bay ceiling a wash.

nel, it should come in around \$500,000. A new build was estimated could cost up to \$3 million. Once moved next March or April, 3 MP Squadron will look forward to its own renovation of and relocation to

the main gate Military Police building.

"The Military Police are excited," says Nippard. "This is good for them – they're a critical part of the base's operations."

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All proceeds raised will be donated to the Canadian Fallen Firefighter Foundation (CFFF) and the Military Police Fund For Blind Children (MPFBC).

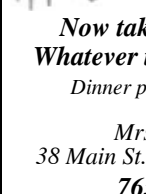
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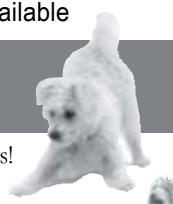
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La caporal-chef Della Gagnon et Steve Sauveur étiquettent les bacs de la Base, dans le cadre d'une campagne de promotion pour amener les 2 500 employés de la 14^e Escadre à mieux trier leurs déchets.

Master Corporal Della Gagnon and Steve Sauveur sticker the bins around base, a promotional effort to help 14 Wing's 2,500 personnel sort their waste better. S.Keddy

Tri des déchets : la ligne rouge

Sara Keddy
Rédactrice en chef

En faisant une tournée des bacs, des sacs et des poubelles de la Base, Steve Sauveur en a appris bien plus qu'il ne s'y attendait sur le problème de déchets de la 14^e Escadre de Greenwood.

« Il y a pas mal d'obstacles à franchir », a commenté Sauveur, l'officier de l'environnement de l'Escadre.

En compagnie de Bonnie Clemens, de Valley Waste Resource Management, l'autorité responsable de l'enlèvement des déchets pour la municipalité, il a procédé à un contrôle ponctuel

au centre communautaire de la Base, au nouveau centre de santé et dans cinq hangars : en examinant le contenu des poubelles, en comptant les contenants disponibles et en vérifiant les étiquettes, ils ont pu évaluer comment et à quel point les gens se servaient des bacs à déchets.

« Le plus gros problème qu'on a remarqué, c'est que personne ne composte. À part ça, on a noté d'autres problèmes dans le flux des déchets dans certains locaux. Nombre de nos bacs ont des couvercles différents qui portent des étiquettes de directives sur le tri des déchets. Pour résumer? Il y a vraiment

matière à amélioration! »

À mesure qu'on a mieux géré les flux de déchets au fil des années, Valley Waste est venu travailler avec la Base de temps à autre. Il y a des coûts préétablis pour le recours au système de collecte et de tri des déchets de Valley Waste, ainsi que des amendes pour ceux qui persistent à ne pas atteindre leurs cibles de tri. En juin, les deux organisations ont à nouveau entrepris un effort pour amener la 14^e Escadre à se réformer. « Nous sommes sur le point d'imposer des amendes, mais nous essayons encore », prévient Sauveur. « Les gens de

Waste line close to being crossed 'We have lots of room for improvement'

Sara Keddy,
Managing editor

Steve Sauveur learned more than he expected to about 14 Wing Greenwood's waste problem on several recent checks of bins, bags and receptacles around the base.

"There are lots of hurdles to

overcome," the wing environmental officer says.

He and Bonnie Clemens, with Valley Waste Resource Management, the municipal waste handling authority; spot checked the base's community centre, the new health centre and 5 Hangar, looking in bins, counting available containers

and checking labelling – and seeing how people were using any and all of the waste bins.

"The biggest problem we noticed was nobody is doing composting but there are also problems with the other waste streams in some areas. Many of our bins have different lids with varying sorting instruc-

tions and labels. The short story? We have lots of room for improvement."

Valley Waste has been working with the base on and off for years, as waste streams became more managed. There are standard fees to using Valley Waste's collection and sorting system – and fines for

those who continue to miss separation targets. In June, the two agencies again started an effort to clean up 14 Wing's act – "we're on the verge of fines – but we're trying," says Sauveur. "Valley Waste knows it's unrealistic to see everything change overnight. They are very willing to come in – whatever needs to be done, they're here and they know we're trying. The day we stop talking to Valley Waste and trying, the letters and fines will start."

Sauveur now has a stack of colourful and graphic bin stickers to promote proper sorting of paper, recyclables, trash and composting – imagine getting one of those stickers on each of the 300 mini-green bins he knows are on base, and having composting actually happen?

"We've talked to the cleaning services OPI and, if we compost, can cleaners take them out with the recycling? Can we do it? A pilot at one site? Right now, people who don't use the bins because of flies, say, are seeing the flies anyway because they're dumping their compost right in trash cans that sit in the office a whole week, too."

Valley Waste is taking pictures of the base's trash as it arrives on the sorting floor in

Lawrencetown, and Sauveur is getting an eyeful: household trash, including diapers, paint and electronics packaging; clearly labelled base property, or items and paperwork that could only have come from specific sections around the base. He's traced back some of what's been found and let those sections know what's going out their door and adding to the problem.

"And, I've built a presentation – all these pictures are labelled of what's been found, what's wrong, what's not in the right place. This is ready to be shown to all the units by their environmental reps, or I'll do it. We're looking for improvements and, if it's not improving, we regroup and look for something more aggressive."

As Sauveur points out, there is a wing commander-signed standing order requiring all personnel follow all regulated waste management bylaws and regulations. The base has an environmental management program, and is expected to follow directions coming right from 1 Canadian Air Division about environmental stewardship.

"We're not being good corporate citizens, and it is embarrassing. We're on the radar for being bad."

14 Wing Greenwood Golf Club 2014 Golf Membership Promotion

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bientôt franchie! | « Il y a vraiment matière à amélioration! »

Valley Waste savent qu'il n'est pas réaliste d'espérer que tout change du jour au lendemain. Ils sont très désireux de nous rendre visite, de faire tout le nécessaire, ils sont là et ils savent que nous faisons notre possible. Le jour où nous cesserons d'échanger avec Valley Waste et de faire notre possible, les lettres et les amendes vont commencer à arriver. »

Sauveur montre une pile d'autocollants colorés et très voyants qui facilitent

le tri des déchets de papier, des matériaux recyclables, des rebuts et des matériaux compostables; ne serait-ce pas merveilleux s'il collait chacune de ces étiquettes sur les 300 mini-bacs verts dont il a connaissance sur la Base, et si le compostage avait vraiment lieu?

« Nous avons demandé au responsable des services de nettoyage si les concierges pouvaient sortir ces bacs avec le recyclage si nous les utilisions pour composter. En

sommes-nous capables? Un projet pilote dans un local? Pour le moment, les gens qui n'utilisent pas leurs bacs à cause des mouches en attirent quand même, des mouches, parce qu'ils jettent leur compost dans les poubelles qui passent toute la semaine dans leur bureau. »

Valley Waste prend des photos des déchets de la Base à leur arrivée à son centre de tri de Lawrencetown, et Sauveur en voit de toutes les couleurs: détritiques ménagers,

y compris couches, peinture et emballages d'appareils électroniques; biens de la Base clairement étiquetés, ou articles et documents qui ne peuvent provenir que de sections spécifiques de la Base. Il a retracé l'origine de certains des articles exhumés et a informé ces sections de ce qui sortait de chez elles et contribuait à l'aggravation du problème.

« Et j'ai préparé une présentation, toutes ces photos sont étiquetées avec des

commentaires sur ce qui a été découvert, ce qui est incorrect, ce qui n'est pas au bon endroit. Je mets cette présentation à la disposition du responsable de l'environnement de toutes les unités, sinon je la présenterai moi-même. Nous voulons voir de l'amélioration et, si ça ne va pas mieux, nous allons nous regrouper et essayer une stratégie plus agressive.

Comme le rappelle Sauveur, un ordre permanent signé par le Commandant

de l'Escadre exige que tout le personnel observe toutes les politiques et tous les règlements liés à la gestion des déchets. La Base applique un programme de gestion environnementale et est censée suivre les directives de la 1re Division aérienne du Canada en matière d'intendance de l'environnement.

« Nous ne faisons pas preuve de civisme, et c'est gênant. Nous nous créons une réputation de délinquants. »

spotlight of the week Canadian Tire | Greenwood

It's no secret that the Canadian Tire Store in Greenwood is kicking up a lot of dust.

If you recently dropped in, you would have noticed the huge changes in the store. A new, premier hunting pro shop is open for business! Lots of options are on the shelves for hockey and other winter sports' fans, the tool and hardware departments have amalgamated to better display all the newest in repair and renovations. Coming soon, you will be blown away by the expanded selection of kitchen small appliances and gadgets. And this is just the tip of the iceberg when it comes to updating the Canadian Tire Store in Greenwood.

The flurry of activity started in May when the new owner, Gary Young, of Greenwood's Canadian Tire store started to lay the groundwork to refresh and update the store. The exterior design, painting, signage, and, yes... new shopping carts were just the beginning. On the interior, teams of re-merchandisers are ambitiously working to fit in approximately 3000 new products that will be available. And, the construction crew is racing against time to

remove, move or build the aisles and fixtures to meet the October 24th Grand Re-Opening. Stay tuned for details on our exciting event and great deals.

Beyond the renovations, Gary sees the launch of the new store as a step towards meeting the challenges of providing continuous excellence in Customer

Service. The new aisle design, signage and store layout will remarkably improve the customer shopping experience.

As a seasoned Canadian Tire Dealer, Gary knows firsthand that it's the total customer experience that matters: a wide assortment of products, in stock, good quality, competitive pricing, and great

service. His optimism lies in the ongoing dedication and commitment of the Greenwood Canadian Tire staff who in the midst of the upheaval are committed to doing their best to assist customers.

On October 24th, Greenwood will see an improved Canadian Tire Store. It all will have been worth it.



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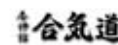
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Warrant Officer Reg Patoine (centre), a 404 Long Range Patrol and Training (LRP&T) Squadron Flight Engineer, receives a Certificate of Achievement for reaching 5,000 flying hours on the CP140 Aurora aircraft from Lieutenant-Colonel David Proteau (left), Commanding Officer of 404 (LRP&T) Squadron, and by Chief Warrant Officer Ian Smith (right), 404 (LRP&T) Squadron Chief Warrant Officer.

Master Corporal Kelly Low, 404 (LRP&T)



Corporal Wayne Jones, 404 Long Range Patrol & Training Squadron (404 LRP&T Sqn) Avionics Systems Technician (AVS) Instructor, receives his promotion to Master Corporal from Lieutenant-Colonel David Proteau (left), Commanding Officer of 404 (LRP&T) Squadron, and by Chief Warrant Officer Ian Smith (right), 404 (LRP&T) Squadron Chief Warrant Officer.

Master Corporal Kelly Low, 404 (LRP&T)



Lieutenant-Colonel Brian Richardson recently promoted Sergeant Robbie Fraser to the rank of second lieutenant.

Corporal J. Braniff



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Second Lieutenant (2Lt) Corey Emmerson-Steeves right, recently received the 14 Air Maintenance Squadron Commanding Officer's Commendation from Major Lynn Hounslow, acting 14 AMS commanding officer. Upon hearing of an initiative to research issues associated with 9 Hangar's degrading infrastructure, Emmerson-Steeves immediately volunteered to lead the investigation. He conducted thorough interviews, obtained and analyzed key engineering studies and plans, inspected the FCR facility and subsequently highlighted deficiencies within the Wing Asbestos Management Policy. As a direct result of his professionalism and motivation, several outstanding infrastructure maintenance actions have been completed, significantly improving the health and safety conditions for the occupants of 9 Hangar.



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Warrior Rising by LCol Chris Linford
Tues., Sept. 24
14 h. - 4 p.m.
Annapolis Mess - FREE

LCol Chris Linford will be sharing his story of multiple deployments, a PTSD diagnosis, and finding his way back with the help of friends and family.

Warrior Rising par LCol Chris Linford
Mardi le 24 septembre
14 h à 16 h
Mess Annapolis - Gratuit

LCol Chris Linford va venir partager ses histoires à propos de plusieurs déploiements, son diagnostic de SSPT, et comment il a retrouvé son chemin avec l'aide de sa famille.

Between the Pages: a GMFRC Reading List & Book Chat

First Wednesday of every month
6 - 8 p.m. at the GMFRC
Come in for a coffee and a book chat.

Entre les pages : Groupe de lecture qui se réunit un fois par mois pour discuter les livres suggérés par la CRFMG

18 h à 20 h au CRFMG
Venez prendre un café et discuter de livres.

National Family Week:

Annual Duck Pond Family Walk & BBQ - Sun., Oct. 6
1-3 p.m. Stronach Park

Family Costume Swap - Wed., Oct. 9- 9:30-11 a.m.
GMFRC

Family Cookie Decorating - Wed., Oct. 9
9:30-11 a.m. GMFRC

Family Spaghetti Supper - Wed., Oct. 9
5 p.m. - Annapolis Café

La semaine nationale de la famille:

Marche annuelle à l'étang aux canards et barbecue
Dimanche le 6 octobre
13 h à 15 h - Parc Stronach

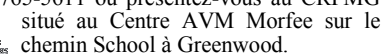
Échange de costumes en famille
Mercredi le 9 octobre
9 h 30 à 11 h - CFRMG

Décoration de biscuits en famille
Mercredi le 9 octobre
9 h 30 à 11 h - CFRMG

Souper spaghetti familial
Mercredi le 9 octobre
13 h - Café Annapolis

We are now open until 9 p.m. on Monday, Tuesday, and Wednesday.
Nous sommes maintenant ouvert jusqu'à 21 h le lundi, mardi, et mercredi.

To register, or for more information, call 765-5611 or drop-in to the GMFRC located at the AVM Morfee Centre on School Road, Greenwood. Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou présentez-vous au CRFMG situé au Centre AVM Morfee sur le chemin School à Greenwood.



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Lieutenant-Colonel Mike Adamson (left), 405 Squadron commanding officer, and Master Warrant Officer Clarence Reid (right), promote Kerry Burrows from private to corporal.



Lieutenant-Colonel Mike Adamson (left), 405 Squadron commanding officer, and Master Warrant Officer Clarence Reid (right), promote Collin Kavanagh from private to corporal.



Lieutenant-Colonel Mike Adamson (left), 405 Squadron commanding officer, and Master Warrant Officer Clarence Reid (right), promote Cory Prosper from private to corporal.

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# Inscription en cours pour les classes d'éducation religieuse

L'inscription aux classes d'éducation religieuse de la chapelle Queen of Heaven (de la maternelle à la sixième année) est maintenant ouverte. Les classes incluent les préparatifs aux sacrements de la première communion, de la réconciliation et de la confirmation. Il n'y pas de frais d'inscription. Si vous avez un enfant admissible à l'éducation religieuse à la chapelle Queen of Heaven, vous pouvez prendre un formulaire d'inscription à la chapelle tous les dimanches, ou appeler le bureau de l'aumônier de la 14<sup>e</sup> Escadre Greenwood au 765-1494, poste 5883. Les formulaires d'inscription seront aussi disponibles avec la coordonnatrice Samantha Ford au 765-6525 ou [samantha-ford@hotmail.com](mailto:samantha-ford@hotmail.com).

## Religious education classes underway

Registration is now open for Queen of Heaven Chapel religious education classes (grades primary to grade six). Free Sunday morning classes include sacrament preparation for First Communion, First Reconciliation and Confirmation. If you have a child eligible for religious education at the Queen of Heaven Chapel, please pick up a form at the chapel any Sunday, or call the 14 Wing Greenwood chaplain's office at 765-1494 local 5883. Registration forms are available from coordinator Samantha Ford, 765-6525 or [samantha-ford@hotmail.com](mailto:samantha-ford@hotmail.com).

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# Toepics

## Canskate season coming right up

The Greenwood Skating Club's season is underway, and registration for Canskate is available weekdays at the 14 Wing Community Centre, Church Street.

The club will also hold a registration event September 29, 12:30 p.m. to 2:30 p.m., at the Greenwood Gardens Arena. A skate and clothing sale will held at the same time - come on out and check out the merchandise.

The club's Star and Competitive skaters are already training, in preparation for the upcoming season. Jenna Breckon and Alex Robert spent much of their summer

training at the FSANS at the BMO four-plex in Bedford and are looking forward to representing the club at Nova Scotia Sectionals in November. Breckon attended Autumn Skate in Ottawa September 14 and 15. Several younger Star skaters also attended a two-week camp held in Kentville in August.

The Greenwood Skating Club runs one of the best Canskate programs in the country, led by Ann Young and Cheryle Gaston, and, this year, joined by Meghan Breckon. Your child will be part of a fun-filled experience as a member of the club.



From left are Pegasus boxers Chris DeWinter, Cyrus Taylor, Taggart Rhoddy, William Sulan, Dustin Dunn and Tristan Hache; with coach Bruce Harkness. Submitted

## Local boxers headline Greenwood card

**Bruce Harkness,  
Pegasus Amateur  
Boxing Club**

Local amateur boxers from Middleton's Pegasus Amateur Boxing Club will headline a

boxing card at the 14 Wing Greenwood Community Centre September 28, starting at 7 p.m. The local club is coached by Warrant Officer Bruce Harkness and assistant coach Corporal Tyrell Vail.

One Pegasus boxer is coming off a very successful outing to start the new season. Dustin Dunn was in the ring September 14 at the Center 200 in Sydney, where 900 fight fans were in attendance. Dunn won a unanimous decision over Morgan Campbell of the Ring 73 Membertou club, winning all three rounds. This is a great start for the Pegasus club, with many cards coming up in the near future. The next competition after our show is in Liverpool October 5.

Pegasus boxers you will see on the September 28 card include 17-year-old Alex Bertrand, 15-year-old William Sulan, 15-year-old Dustin Dunn, 2012 national champion Cyrus Taylor and Krishan Lysenko.

Come out and enjoy an evening of exciting amateur boxing: admission is \$10 and 15 years old and under with

a base recreation card are free. This card is sponsored by K&J Trucking Centre in Middleton.

Pegasus Amateur Boxing Club is a registered, non-profit organization which provides a safe, organized forum to learn amateur, Olympic-style boxing. The club encourages each member to develop to the fullest potential, and provides an atmosphere where members are given a chance to develop self-esteem, a sense of belonging and a concern for others. The program emphasizes basic fundamentals, discipline/ respect, sportsmanship and conditioning. Sparring, interclub and provincial competition showcase learned skills. If you are interested in amateur boxing, contact Harkness at (902)825-1671, or email harkness@eastlink.ca.



## services & trades

Contact Anne at 765-1494 local 5833 for rates

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**WESTERN KINGS ARENA**

### NOTICE OF ANNUAL GENERAL MEETING DATE CHANGE

The Western Kings Arena will be holding its Annual General Meeting on **Sunday, October 6, 2013, 7:00 p.m.** in the Arena Warm Room at the Western Kings Arena.

Members of the public are invited to attend.





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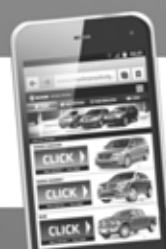
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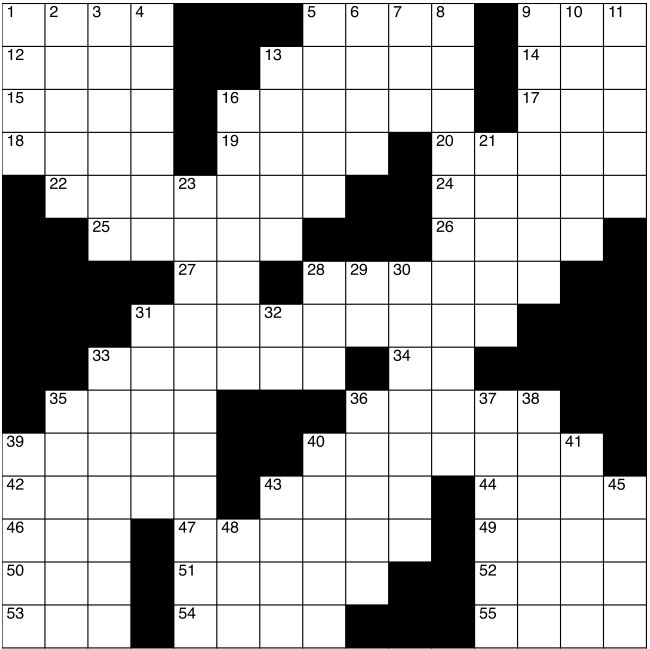


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email [editor@auroranewspaper.com](mailto:editor@auroranewspaper.com). 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



- ACROSS**  
1. Cape near Lisbon  
5. Chew the fat  
9. Time of the 90th meridian  
12. 1982 planned city in Israel  
13. Vehicle carrying passengers  
14. Expression of surprise  
15. Long range nuclear weapon  
16. 2nd largest Muslim denomination  
17. Mad Men's Draper  
18. Spanish artist Salvador  
19. S.F. murdered mayor  
20. Baby talk fathers  
22. Religious discourse  
24. Poet Dickinson  
25. Emblem stamps  
26. Competes  
27. 40th state  
28. Expects  
31. In an ageless way  
33. A person in religious orders  
34. Pa's partner  
35. Two considered as a unit
- DOWN**  
1. Foray  
2. Killer whales  
3. Television systems  
4. Marvel at  
5. Connected spirals  
6. Moroccan outer garment  
7. Play a role  
8. \_\_\_\_\_ Daniel Webster  
9. Golf attendants
- ACROSS**  
36. NE 68770  
39. Duple time dance  
40. Greek myth's 1st woman  
42. Word element meaning right  
43. Point that is one point E of SE  
44. Common teen skin disease  
46. 4th Caliph of Islam  
47. Oblong cream puff  
49. Phoned  
50. Very low frequency  
51. Guild Wars creatures  
52. Cozy  
53. Hooray!  
54. Work units  
55. Soft-finned fishes
- DOWN**  
10. Large school of fish  
11. Tanacetum vulgare  
13. Lower jaw fronts  
16. Burn without a flame  
21. Cordiality  
23. PBS drama theater  
28. Mandela's party  
29. 42nd state  
30. One who distributes alms  
31. 20th C. playwright T.S.  
32. Smallest state  
33. Turn into lime  
35. Spanish seafood dish  
36. Language synonym Bura  
37. Large-grained or rough to the touch  
38. Understood by only a few  
39. Thickened meat juices  
40. Anjou and bartlett  
41. Declare invalid  
43. Molten metals surface scum  
45. Bird reproductive bodies  
48. Chronicles (abbr.)

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**Card party**  
September 23, Funds for Fuel bridge party, 1 p.m., at Macdonald Museum, 21 School St, Middleton. \$4 per person. Phone 825-6116.

**Meeting**  
September 23, R.C.L. Branch 098 general meeting will be held in the lounge, 1472 Veterans Lane, Kingston, beginning at 7 p.m. Members are asked to attend with ideas.

**Lunch**  
September 24, come join the Middleton & Area Fireflies at the fire hall, 11 a.m. to 1 p.m., for a delicious lunch of homemade turkey burgers, corn chowder, salad plates, pumpkin dessert or gingerbread (one selection from first course and one from the desserts). \$7, and arrangements may

be made for free delivery within Middleton by calling Bonnie at 825-3062 by Sept. 23.

**Argus Lodge meeting**  
September 24, 1 p.m., at Markland Lodge Hall, Kingston, a committee meeting will be held, proposing to re-open Argus Lodge #133 as a day lodge. Argus went into darkness in 2008. It had been chartered as a military lodge, and we welcome all Masonic military and non-military Masons interested in becoming a member to attend this meeting. For information, contact Rocky Hendrickson, 765-0621 or [thetileguy@live.ca](mailto:thetileguy@live.ca).

**Meeting**  
September 24, the Annapolis Valley Historical Society meets, 7:30 p.m., at the Macdonald Museum,

21 School St, Middleton. Special speaker is Paula McKenzie, on a visit to Brazil. No charge. Call 825-6116.

**Alpha course**  
September 24, and for 11 Tuesday evenings following, enjoy Alpha, a practical and fun introduction to the Christian faith. Come for dinner, ask hard questions, explore the meaning of life, make new friends, laugh. A typical evening includes a shared meal at 6 p.m., welcome, a DVD, coffee and group discussion and a 9 p.m. finish. Weekend retreat November 1 to 3. Where: Tremont Church Hall, 738 Tremont Mountain Road (road across from Avery's in Greenwood). Call Ted and Gisele at 765-6284.

**Supper**  
September 25, 4:30 p.m. to 6 p.m., turkey supper at the Kingston United Church, 733 Main Street. Hot turkey dinner with all the trimmings, homemade apple pie. \$12 adults, children 12 and under \$ 6, family rate also. Eat in or take out. Info: Joanne Corey, 765-0105.

**Writers' group**  
September 25, Authors Ink, a creative writing group, meets, 10 a.m.; at Macdonald Museum, Middleton. Cost is \$3 per person. All levels welcome. Call 825-6116.

**VPI meeting**  
September 26, 1600 hrs, the Greenwood Wing of VPI will hold its first meeting after the summer break. The VPI Centre will open at 1500 for the pre-meeting briefing, and will launch one hour later. Refreshments and BMS will be available.

**Skating registration**  
September 26, the Middleton Skating Club's CanSkate program

registration will be held, 6 p.m. to 9 p.m., at the Middleton fire hall. Spaces are limited, so make sure to register your child. Open to boys and girls ages three and up. Email [middletonskatingclub@hotmail.com](mailto:middletonskatingclub@hotmail.com) for details.

**Supper**  
September 26, 4:30 p.m. to 6 p.m., All Saints A.C.W. harvest supper, All Saints Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). Ham, baked beans, scalloped potatoes, pumpkin pie, apple crisp. Adults \$ 10, family rates. Take out.

**Book/ bake/ craft sale**  
September 27 and September 28, get your supply of winter reading at the Friends of the Greenwood Library Society's book/ bake/ craft sale. September 27, noon to 8 p.m., and September 28, 10 a.m. to 2 p.m., at the AV Morfee gym, 14 Wing Greenwood. Donations gratefully accepted. All proceeds from this sale will be used to purchase new books for the 14 Wing Library.

**Giant veggie weigh-off**  
September 27 and 28, the Annapolis Valley Giant Vegetable Growers competition and weigh off will be held at Glad Gardens, 5108 Hwy 1, Waterville. September 27, 7 p.m. to 9 p.m.: vegetable pre-judging. September 28, 9 a.m. to 2 p.m.: canteen, BBQ, 50/50, raffles, free children's games and activities. Vegetable registration 9 a.m. to 10 a.m. Competition entry fee: adults \$15, children (under 13) free. [www.AVGVG.com](http://www.AVGVG.com).

**Breakfast**  
September 28, come for breakfast at the Morden Community Hall, 8 a.m. to 10:30 a.m. Scrambled eggs, sausage, ham, pancakes, homemade fishcakes, baked beans, juice, tea and coffee. It is a freewill offering.

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2. Fax: 765-1717  
3. Drop into our office located on 83A School Road (Morfee Annex)

**Entry deadline:**  
**Noon, September 26, 2013**

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

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

1. When is military appreciation day?

2. Where can you buy plastic name tags?

3. Who has a sunrise breakfast special?

4. What is Steve Morse's website?

5. When is the Western Kings Arena annual general meeting?

**Limited to one win per family in a TWO MONTH PERIOD.**  
The winner will be drawn randomly from all correct entries. Only one entry per family per week.

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

**Congratulations to last week's winner: VIOLET EMPEREALE**

Kingston Legion

**BiNGO**

**Sunday, 1:30 p.m.**  
**Tuesday, 7:30 p.m.**  
**Regular Games - \$100**

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

**Consolation \$300**

- Double Action

**Lic.# 115910-08**



Une représentation théâtrale

Le 28 septembre, l'Association francophone de la Vallée vous invite à une représentation théâtrale, à 20h à Greenwood. Le spectacle «Les fileuses» sera présenté à l'extérieur, à l'avant de l'École Rose-des-Vents. Si la température n'est pas de notre côté, il sera présenté dans le cafétorium de l'École. Alors habillez-vous chaudement, apportez vos chaises, vos couvertures et venez vivre avec nous une expérience culturelle différente. D'une durée de une heure, ce spectacle itinérant est recommandé pour les personnes âgées de 10 ans et plus. Spectacle gratuit offert par l'AFV.

**Fundraising run**

September 28, the 1st Valley Hope Classic in support of the Spina Bifida and Hydrocephalus Association of Nova Scotia starts from the athletic complex of Acadia. Registration at 9:30 a.m., starting at 10:30 a.m. Five and 10 kilometre walk/ wheel/ run

routes around Wolfville, snacks and prizes to follow. Register at <http://www.events.runningroom.com/site/?racelid=9642> or onsite.

**Autism fundraiser**

September 28, 10 a.m. to 2 p.m., there will be a bake sale and ticket auction presented by the Annapolis Valley Chapter of Autism N.S. at the Greenwood Mall, centre court. All proceeds go to fund programs for those living with autism spectrum disorder. For further info or to make a bake sale or auction donation, contact Judy at 765-8405 or [judyhenwood@rocketmail.com](mailto:judyhenwood@rocketmail.com).

**Sports hall of fame event**

September 28, Middleton hosts its Sports Heritage Wall of Fame induction ceremony, 7:30 p.m., at the Macdonald Museum, 21 School St., Middleton.

**Ticket auction**

September 28, a ticket auction and fun fair will be held, 10 a.m. to 1 p.m., at the Kentville fire hall, 463 Main Street; hosted by the NSCC

Kingstec Campus Learning Centre. Ticket auction, barbecue and games with prizes for the children.

**Cards**

September 29, the Nicholsville Community Club will have a "learn to play Auction 45s" afternoon, 1:30 p.m. to 4:30 p.m. The game will be explained and played. Everyone welcome. Phone Paul at 847-1001.

**Gospel concert**

September 29, Kingston Baptist Church, 7 p.m., with Matt Balsor. Freewill offering, refreshments.

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Request for Qualifications 13-21

Greenwood Test Well

The Engineering and Public Works Section of the Municipality of the County of Kings is seeking to identify interested and qualified bidders to drill a test well up to 600ft into the bedrock at the Greenwood Water Utility Treatment Plant (1040 Meadowvale Road, Greenwood NS).

Specifications may be viewed and picked up 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.

Specific inquiries pertaining to this tender may be directed to Willard D'Eon, P. Eng.; CBCL Ltd.:

- Phone: (902) 421-7241
- Email: [willardd@cbcl.ca](mailto:willardd@cbcl.ca)

SEALED PROPOSALS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, October 3, 2013

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

Tel: (902) 678-6141 Fax: (902) 679-0911

Toll Free: 1-888-337-2999

[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

sudoku

solution page 14

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

**Fun By The Numbers** Level: Beginner

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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patrick's puzzle

solution page 14

PIANO WORD SEARCH

L L G Y R O V I O P F A R C V W F K V F

P P T O P E D A L P E F W H P I C V F A

P R I U V P T S G N L A A Y Y A K B E G

N E S A T O K L O D U A A T L T R T L R

I C T I N R V T S S H M Y B S I H A C A

E M I T N O M M O C D R O C D D C M L F

F S L Y N O M R A H M O B G M N N L V F

W V V P D R O H C L F E E I E R E A O E

H M E A H H K F A O M G K R I G R C R L

I N F Y E G A V T O S O B Y R P E T K G

T C I F R R R E N W V M T O E T E D E U

E T F B G E U O C E I K A G D M T K Y F

W V T P T N R T L T U P G U P A S P P B

G E H N Y T B S A Y I I R O L D M C W L

I G I F E T A E C N O A T F U M T T G S

U H D M O S R N O B G N O D A M P E R E

I S U C P C L H D H N I N Y S H A R P H

W M K F V A I E A S Y S S P K B A S S S

L I U Y C L N S H A P T I T U N I N G I

Y L L E B E E V A T C O P R E M M A H G

WORDS

AGRAFFE

ALLEGRO

ARPEGGIO

BARLINE

BASS

BELLY

BLACK

BRIDGE

CHORD

CLEF

CODA

COMMON

DAMPER

FIFTH

FLAT

GRAND STAFF

HAMMER

HARMONY

INTERVAL

IVORY

KEY

METRANOME

OCTAVE

PEDAL

PIANIST

PIANO

PLAY

RHYTHM

SCALE

SHARP

SIGNATURE

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TIMBRE

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WHITE

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horoscopes

Sept 22 - Sept 28

**ARIES - Mar 21/Apr 20**

Aries, someone whose opinion matters to you may disagree with you on an important point. Use your powers of persuasion, and both of you will be better for it.

**TAURUS - Apr 21/May 21**

Take your upbeat attitude to new heights this week, Taurus. New challenges will emerge in the coming weeks, so find new inspiration and things will go smoothly.

**GEMINI - May 22/Jun 21**

Gemini, keep your head on straight over the next week, which figures to be hectic. Cool heads always prevail, and your calm approach will be noticed by others.

**CANCER - Jun 22/Jul 22**

Cancer, your ingenuity is treasured among the people closest to you, but those who do not know you may be unfamiliar with the tricks you have up your sleeve. Take time to show them.

**LEO - Jul 23/Aug 23**

Leo, someone wants to take your relationship to another level, so let this person know you are on the same page. Otherwise, you both may be floundering around for some time.

**VIRGO - Aug 24/Sept 22**

Virgo, good news awaits on the job this week, even if it is totally unexpected. Nonetheless, it can be exciting to know that someone is watching out for you.

**LIBRA - Sept 23/Oct 23**

Libra, you may be excited about an upcoming event or getaway, but don't let your anticipation get the best of you. Remember, you do need to plan and pack.

**SCORPIO - Oct 24/Nov 22**

Scorpio, embrace a challenge that presents itself this week. No matter the scale of the challenge, you will soon find you're up to it, and so will those around you.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, be open to new experiences, as you do not know when surprises are going to come around the bend. This week may prove to be a real eye-opener.

**CAPRICORN - Dec 22/Jan 20**

It's time to ditch any bad habits that have been holding you back, Capricorn. Set a new course, with new goals, and those old habits will soon be an afterthought.

**AQUARIUS - Jan 21/Feb 18**

A heightened sense of urgency may have you jumping into a situation, Aquarius. But give this situation the careful consideration it deserves. Keep your eyes on the future.

**PISCES - Feb 19/Mar 20**

Pisces, now is the time to redirect some of your professional ambitions to your personal life. It's an effort worth making.

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# classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold text \$8, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) or fax 765-1717.

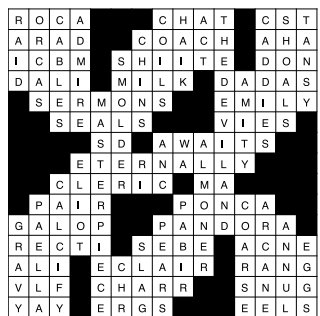
To place a boxed, display ad, contact 765-1494 local 5833; email [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com).

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le jeudi 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).

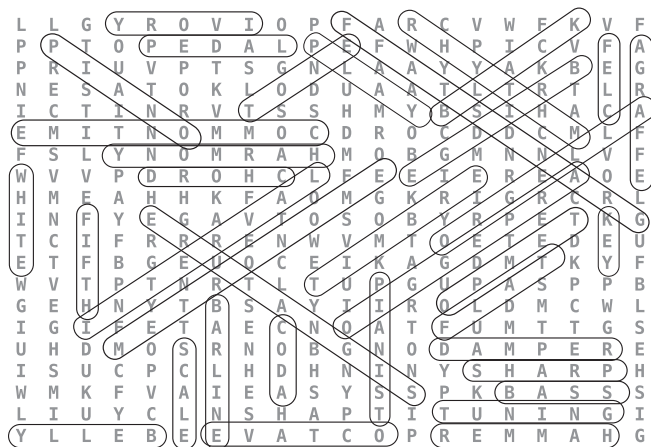
## crossword solution



## sudoku solution

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

## patrick's puzzle



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## FOR RENT

**FOR RENT – Rent reduced to \$750.00, Bright One Bedroom Apartment for rent to a single person in a quiet country setting. Rent includes all utilities, Wi-Fi and Cable. Apartment is fully furnished and equipped with washer, dryer, fridge and stove. Apartment is air conditioned in summer. Please no pets and no smoking. Call Joe at 765-1898 or e-mail [joeben699@gmail.com](mailto:joeben699@gmail.com) for photos. (3415-ufnb)**

**FOR RENT – Four bedroom plus one with kitchen/living room/dining room & den. Large porch with panoramic view. One car garage on 10 acres in Paradise. \$550.00 a month plus utilities. Available Sept 1, 2013. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3432-ufnb)**

**FOR RENT – Three bedroom mobile home with large 11 by 11 add on located on Trout Lake Road on own land near elementary School. \$450.00 a month plus utilities. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3432-ufnb)**

**FOR RENT – Four bedroom house with garage on 2 acres located in Lawrenceton. 1 1/2 baths, has chimney to install woodstove. \$550.00 a month plus utilities. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3432-ufnb)**

ties. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3435-ufnb)

**FOR RENT - Very clean, modern two bedroom apartment. Fridge, stove and Dishwasher. Washer Dryer hook-up. Close to everything in Greenwood. \$800/month, heat/lights incl. Available Oct 1st. No dogs. References required. Call Ross 840-0534. (3434-ufn)**

**FOR RENT - Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 840-0534 (3434-ufn)**

**FOR RENT - Newly Renovated three bedroom apartment in Wilmot, Fridge Stove incl. \$650.00 plus utilities. References required. Call Ross 840-0534 (3434-ufn)**

**FOR RENT - Two bedroom Duplex apartment in Aylesford, Fridge Stove incl. \$595.00 plus utilities. References required. Call Ross 840-0534. (3434-ufn)**

**FOR RENT – Two bedroom in Middleton on Taylor Drive. Fridge and stove, clean. No pets. \$550.00 plus heat & lights. Phone 825-3424 or 840-1780. (3434-3tp)**

**FOR RENT – Two bedroom in Middleton on School Street. No pets. Fridge, stove and dishwasher. \$650.00 plus heat & lights. Phone 825-3424 or 840-1780. (3434-3tp)**

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**FOR RENT – Two bedroom located in Middleton on Glen Drive with garage. Quality living with lawn care & snow removal. Paved driveway, heated floors, A.C. summer, heat pump winter. Front and back decks. Ready now for viewing. \$1095.00 plus heat & lights. Phone 825-3424 or 840-1780. (3434-3tp)**

**FOR RENT - Spacious Executive Condo. Completely furnished and Equipped with everything to make your stay as comfortable as your own home. Includes all utilities, Cable TV, Internet, and Parking. Available by the week or month. Close to everything. No smoking or pets. Phone 825-5800. (3435-4tpb)**

**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. \$130.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3435-4tpb)**

**BOARDER WANTED – Non smoker to share a home in Wilmot. 5 minute drive to Base. Large private furnished bedroom, own bathroom with stand up shower, large sitting room with TV. Wireless internet, telephone, electricity, heat and laundry facilities included. Own private entrance and lots of parking. Ideal for IR Personal. \$600.00 a month. Available October 1st, 2013. Call 840-3008. (3435-2tpb)**

**FOR RENT – Four bedroom house five**

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minutes from Greenwood (Millville). Outbuilding and nice yard in quiet area. No pets. References required. Available October 1st, 2013. \$750.00 a month heat and lights extra. Phone 680-2686 or 847-0530. (3435-2tpb)

**FOR RENT – Apartment for rent located on 517 Pleasant Street, Kingston. Apt 2 in a 4-unit building. Main floor, kitchen/living room, upstairs bed/bath. Patio deck and fenced outdoor space. Heat & lights included. No pets. \$670.00 per month. Available October 1st, 2013. Phone 902-250-0181 or [praser2008@yahoo.ca](mailto:praser2008@yahoo.ca). (3435-2tpb)**

## FOR SALE

**LAND FOR SALE - 3.5 acres of land at Waterloo Lake not on the lake. Treed, close to railway line \$13,000 serious inquiries only please. Call 825-3607. (3435-ufnb)**

**FOR SALE – Solid Oak Cabinet located in Greenwood, custom made by Decoste. 80" high by 43" wide. In mint condition. \$750.00 local move included in price. Phone 765-2381. (3435-2tpb)**

**FOR SALE – One dining room suite solid wood. One table with extra leaf and six padded chairs. One buffet with sliding glass doors. Set is old but solid. One dresser (honey colored) with mirror and set of drawers. Call for pricing 765-6775. (3436-1tpb)**

**FOR SALE – 2009 Case IH Tractor. 31 hp with loader 6foot bucket 3 range hydrostatic all hydraulic lines have been upgraded 500 hrs. Phone 680-2284. (3435-1tpb)**

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CHURCH SERVICES

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3425-ufn)

WORKSHOP

WORKSHOP - Aromatherapy for Beginners, Sun, Sep 29th at 3pm. Learn to make healing Aromatherapy Blends in safe dilutions for friends and family (handout and take-home product included). \$25.00 plus tax. Register at 765-3203. Further details at <http://www.moodcrafts.com/workshops.html>. (3436-1tp)

Roll up and donate

Canadian Blood Services will hold a two-day donor clinic at the 14 Wing Greenwood Community Centre September 30 and October 1, between 1 p.m. and 3 p.m. or 5 p.m. to 8 p.m. either day.

Canadian Blood Services is aiming to collect 130 units in Greenwood each day; in order to do that, 220 donors must book an appointment.

14 Wing Greenwood has registered as a “Partner for Life” and has a set a goal of 100 donors register through 2013. All DND and defence team members are encouraged to sign the form, which will allow CBS to track

how many times you have donated on behalf of 14 Wing, and what percentage of the collective goal has been achieved.

If you get a flu shot, you must wait two days before donating blood. If you have been a resident for more than three months in the United Kingdom (from 1980 to 1996), you are unable to donate blood. Bring identification with your full name and signature or full name and photograph.

For information on the clinic, contact Eric MacKenzie, 765-1494 local 5337. Call 1-888-236-6283 to book an appointment. New donors are welcome.



Tops at horseshoes

Kingston Legion 098’s August horseshoe tournament winners were John A. MacDonald and Zane Morse, receiving their award from coordinator Ian Clow. Second place went to Piers Churchill and Jason Whalen, and third place went to Bob Moore and Richard Giles. Participants would like to express sincere thanks to Clow for organizing the tournament.

Submitted

Health Promotion Services (PSP)  
Fall/Winter 2013-14 Program Schedule

| Program                                                    | Date                                                                | Time                                               | Location   |
|------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------|------------|
| Mental Fitness & Suicide Awareness: Super Trg              | 3 Oct 13 – 4 Oct 13<br>20 Feb 14 – 21 Feb 14                        | 0830 – 1530 hrs (day 1)<br>0830 – 1200 hrs (day 2) | F&S Centre |
| Weight Wellness Lifestyle Program                          | 16 Oct 13 – 11 Dec 13<br>15 Jan 14 – 26 Mar 14<br>(every Wednesday) | 1130 – 1330 hrs                                    | F&S Centre |
| Top Fuel for Top Performance                               | 17 Oct 13 – 18 Oct 13<br>27 Feb 14 – 28 Feb 14                      | 0830 – 1530 hrs (day 1)<br>0830 – 1200 hrs (day 2) | F&S Centre |
| Managing Angry Moments                                     | 22 Oct 13 – 12 Nov 13<br>11 Feb 14 – 4 Mar 14<br>(every Tuesday)    | 0830 – 1130 hrs                                    | F&S Centre |
| Stress Take Charge!                                        | 6 Nov 13 – 7 Nov 13<br>5 Mar 14 – 6 Mar 14                          | 0830 -1530 hrs                                     | F&S Centre |
| Alcohol, other Drugs & Gambling: Super Trg                 | 21 Nov 13 – 22 Nov 13<br>27 Mar 14 – 28 Mar 14                      | 0830 – 1530 hrs (day 1)<br>0830 – 1200 hrs (day 2) | F&S Centre |
| Inter-Comm: Improve Communication in Personal Relationship | 5 Dec 13 – 6 Dec 13 (TBC)<br>13 Mar 14 – 14 Mar 14 (TBC)            | 0830 – 1530 hrs                                    | F&S Centre |
| Butt Out – Self-Help Program                               | Monday<br>(by apt only)                                             | 1330 – 1530 hrs                                    | F&S Centre |
|                                                            | Friday<br>(by apt only)                                             | 0930 – 1130 hrs                                    | F&S Centre |

For more information or to register, please contact: Health Promotion Office (PSP), F&S Centre (Gym), (902) 765-1494 local: 5388 • [www.cfgateway.com](http://www.cfgateway.com) • [EDITH.TREMBLAY@forces.gc.ca](mailto:EDITH.TREMBLAY@forces.gc.ca)

Services de promotion de la santé  
Hiver – Printemps 2013

| Programme                                                                                         | Date                                                                                 | Heure                                                | Local                                                              |
|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------|
| Force mentale et sensibilisation au suicide : formation du superviseur                            | 3 octobre 13 – 4 octobre 13<br>20 février 14 – 21 février 14                         | 0830 – 1530 h (jour un)<br>0830 – 1200 h (jour deux) | Salle de classe du Centre de conditionnement physique et de sports |
| Programme Style de vie poids-santé                                                                | 16 octobre 13 – 11 décembre 13<br>15 janvier 14 – 26 mars 14<br>(tous les mercredis) | 1130 h – 1330 h                                      | Salle de classe du Centre de conditionnement physique et de sports |
| Bouffe-santé pour un rendement assuré                                                             | 17 octobre 13 – 18 octobre 13<br>27 février 14 – 28 février 14                       | 0830 – 1530 h (jour un)<br>0830 – 1200 h (jour deux) | Salle de classe du Centre de conditionnement physique et de sports |
| Gérer les moments de colère                                                                       | 22 octobre 13 – 12 novembre 13<br>11 février 14 – 4 mars 14<br>(tous les mardis)     | 0830 – 1130 h                                        | Salle de classe du Centre de conditionnement physique et de sports |
| Le stress, ça se combat                                                                           | 6 novembre 13 – 7 novembre 13<br>5 mars 14 – 6 mars 14                               | 0830 -1530 h                                         | Salle de classe du Centre de conditionnement physique et de sports |
| Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif | 21 novembre 13 – 22 novembre 13<br>27 mars 14 – 28 mars 14                           | 0830 – 1530 h (jour un)<br>0830 – 1200 h (jour deux) | Salle de classe du Centre de conditionnement physique et de sports |
| Inter-Comm : Améliorer les communications dans nos relations personnelles                         | *5 décembre 13 – 6 décembre 13<br>*13 mars 14 – 14 mars 14<br>* va être confirmé     | 0830 – 1530 h                                        | Salle de classe du Centre de conditionnement physique et de sports |
| Écrase-la (S'aider soi-même)                                                                      | Lundi<br>(sur rendez-vous seulement)                                                 | 1330 – 1530 h                                        | Salle de classe du Centre de conditionnement physique et de sports |
|                                                                                                   | Vendredi<br>(sur rendez-vous seulement)                                              | 0930 – 1130 h                                        | Salle de classe du Centre de conditionnement physique et de sports |

Pour plus d'information ou enregistrer contactez le : Bureau de la Promotion de la santé, Bâtiment : Le Centre du conditionnement physique et de sports, 902-765-1494 poste : 5388 • Courielle : [EDITH.TREMBLAY@forces.gc.ca](mailto:EDITH.TREMBLAY@forces.gc.ca) • [www.cfgateway.com](http://www.cfgateway.com)

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Second Career Assistance Network (SCAN) seminars assist Regular Force and full-time Primary Reservists and their families in planning, preparing and achieving their personal and professional transition to the civilian environment upon release from the CF. Members are encouraged to attend at least one SCAN seminar at a mid-point in their career and then again prior to release, in order to gain any updated information.

Registration Deadline: 11 Oct 2013

For more info call 765-1494 local 5528

Registration form at <http://greenwood.mil.ca/cms/Default/AdminHr/WPSO/scanseminars.aspx>

23 – 24 Oct 2013  
Du 23 au 24 oct 2013



Les séminaires du Service de préparation à une seconde carrière (SPSC) ont pour but d'aider les militaires de la Force régulière et les militaires à temps plein de la Première réserve à planifier et réussir leur transition personnelle et professionnelle à la vie civile lors de leur libération. Ces séminaires s'adressent aussi aux familles de ces militaires. Il est recommandé aux militaires de suivre au moins un séminaire du SPSC à la moitié de leur carrière et de nouveau à leur libération pour bénéficier de toute mise à jour de l'information.

Date llmite d'Inscription: 11 Oct 2013

D'autres renseignements peuvent être obtenus en téléphonant au 765-1494, poste 5528 Les formulaires d'inscription peuvent être téléchargés du site suivant: <http://greenwood.mil.ca/cms/Default/AdminHr/WPSO/scanseminars.aspx>



# Rainy run marks Terry's dream

**Eric MacKenzie,  
Community Recreation  
Coordinator**

In spite of Tropical Storm Gabrielle and the constant downpour it brought, 14 Wing Greenwood had another successful Terry Fox Run September 13.

"I have known for a long time Greenwood and Kingston are very special people, indeed," said Barbara Fickes, provincial director at The Terry Fox Foundation. "You did exactly as Terry would have done: you ran in spite of the weather. Kudos to you all. You truly embody the spirit of Terry Fox."

Over 120 individuals supported the event by cycling, walking or running the five and 10 kilometre routes. Due to the weather, everyone gathered inside the community centre gymnasium and Wing Commander Colonel Iain Huddleston officially opened the event. Jill Jackson led a warm up exercise, which got everyone moving and the blood flowing. All participants then gathered under the Terry Fox Run banner across Church Street and, at the sound of Wing Chief Warrant Officer Pierrot Jetté's blast of an air horn, cyclists peddled off, followed by remaining walkers and runners.

In 2012, a combined total

of over \$700,000 was raised across Nova Scotia, of which close to \$15,000 was raised from the 14 Wing's Terry Fox head shave and run. This year, \$2,336.25 was collected at Greenwood run.

Eighteen individuals com-

pleted their final 10 kilometres of the 100KM Challenge as well, having cycled, walked, run and lawn boarded 10 km a day from September 4 until completing the final 10 km September 13. This accomplishment is truly amazing, but it also reflects how remarkable Terry Fox's determination was: he ran 42 kilometres (26 miles) every day for 143 days until he was forced to stop running in Thunder Bay, when cancer spread to his lungs. The following people completed the 100KM Challenge: Master Corporal Brett Belbin, Val Connell, Sergeant Richard Costain, Lieutenant Rory Ewing, Lieutenant Andréa Fortier, Master Corporal Della Gagnon, Master Corporal Terrance Harnett, Bonnie McNeil, Sergeant Rod Nangreaves, Flo Nangreaves, Corporal Reginald Noseworthy, Laura Peters, Captain Gord Poley, Corporal Terry Reynolds, Master Corporal Tom Tucesku, Claire Vallee, Linda Vincent and Master Corporal Shanna Wheaton.

Our run, like many other events, is not possible without the tremendous support of volunteers. These individuals assist with the organization of the run and volunteer race day at the community centre or (this year, in the pouring rain) as route marshals or at water stations. We would like to recognize those who assisted: Master Warrant Officer John Arsenault, Sergeant David Barsi, Sergeant Corrine Burghardt, Corporal Brian Charron, Corporal France Durand, Private Maurika Ethier-Thibodeau, Corporal Myles Foster, Private Keven Gagne, Martina Hardy, Private Steven Hess, Corporal Marion Horne, Penny Hughes,



**It was a rainy start, run and finish during Tropical Storm Gabrielle.**

Corporal C.Roche, 14 Wing Imaging

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## Combined Charities campaign off and running

**Sara Keddy, Managing editor**

14 Wing Greenwood's annual charity drive was off to a running start September 13, as 120-plus base personnel and community friends marked both the 33rd Terry Fox Run and the launch of Combined Charities' drive.

Combined Charities is a September to December 14 Wing campaign of casual Fridays, special events and pay roll contributions – all to benefit several dozen community non-profit causes.

"This year's goal is \$50,000," said 14 Wing Commander Colonel Iain Huddleston, as he welcomed Terry Fox Run participants. "Last year, with your generosity, 14 Wing was able to surpass that and help a lot of community groups."

**14 Wing Commander Colonel Iain Huddleston runs with safely dry son Stewart.**

Corporal C.Roche, 14 Wing Imaging



**Participants head off from the start of the 33rd annual Greenwood Terry Fox Run September 13.**

Corporal C.Roche, 14 Wing Imaging

Murray Keddy, Anne Kempton, Corporal Jessie-Cher Martin, Corporal Helen Malo, Captain Pierre Malo, Peter Moreland, Nicole Peppard, Corporal Carla Prowse, Corporal Kevin Roy, Warrant Officer Dave Shears, Petty Officer Second Class Kimberly Smith, Corporal Kasandra vanLuttikhuisen, Verilea Warren and Master Corporal Lindsay Williams.

As with any community

event, staff and internal partners helped make the day as success, and we would like to recognize 31 Military Police Flight and the members of the 14 Wing Greenwood Motorcycle Club, all kind enough to assist along the route with encouragement and ensuring the event was safe. Other internal partners included MSE Transport, 26 Canadian Forces Health Services, Wing Construction

Engineering, the 14 Wing Fitness and Sports Centre and Wing Imaging.

We would also like to thank McDonald's, Tim Hortons and Avery's for sponsorship of the run. Special thanks to Barbara Fickes, provincial Terry Fox run director, the Village of Kingston, and, in particular, Glen Abriel; as well as the staff at the 14 Wing Community Centre who did a great job all day.

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