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Adventure on! Teams tough it out in annual 55K challenge

Corporal Jessica Reynolds

September 27, 16 four-member teams competed in the annual 14 Wing Greenwood Adventure Challenge.

Teams competed over six hours on a rigorous 55-kilometre trail surrounding 14 Wing Greenwood and over the South Mountain, including running, canoeing, orienteering, rappelling and mountain biking sections; combined with skill-testing questions at various check points. This course was physically demanding, but also mentally tough, with many athletes overcoming their fear of heights and bridges at the McMaster Mill historical site checkpoint. Team members had to work together over gruelling hills and many obstacles to finish as a team.

The winner - in an astounding time of five hours 31 minutes and eight seconds - was Team "Thundering Herd," including Lieutenant-Colonel Dave Proteau, Major Ian Perreault, Captain Kent Molyneaux, Sergeant Ian Perreault and support members Chief Warrant Officer Ian Smith and Master Warrant Officer Dave Chevalier.

"It's great to see the members of this wing not only working together in such a challenging environment, but building esprit du corps - and also having fun," said Wing Chief Warrant Officer Pierrot Jette.

This year's challenge included two visiting teams from 5th Canadian Division Support Base Gagetown.

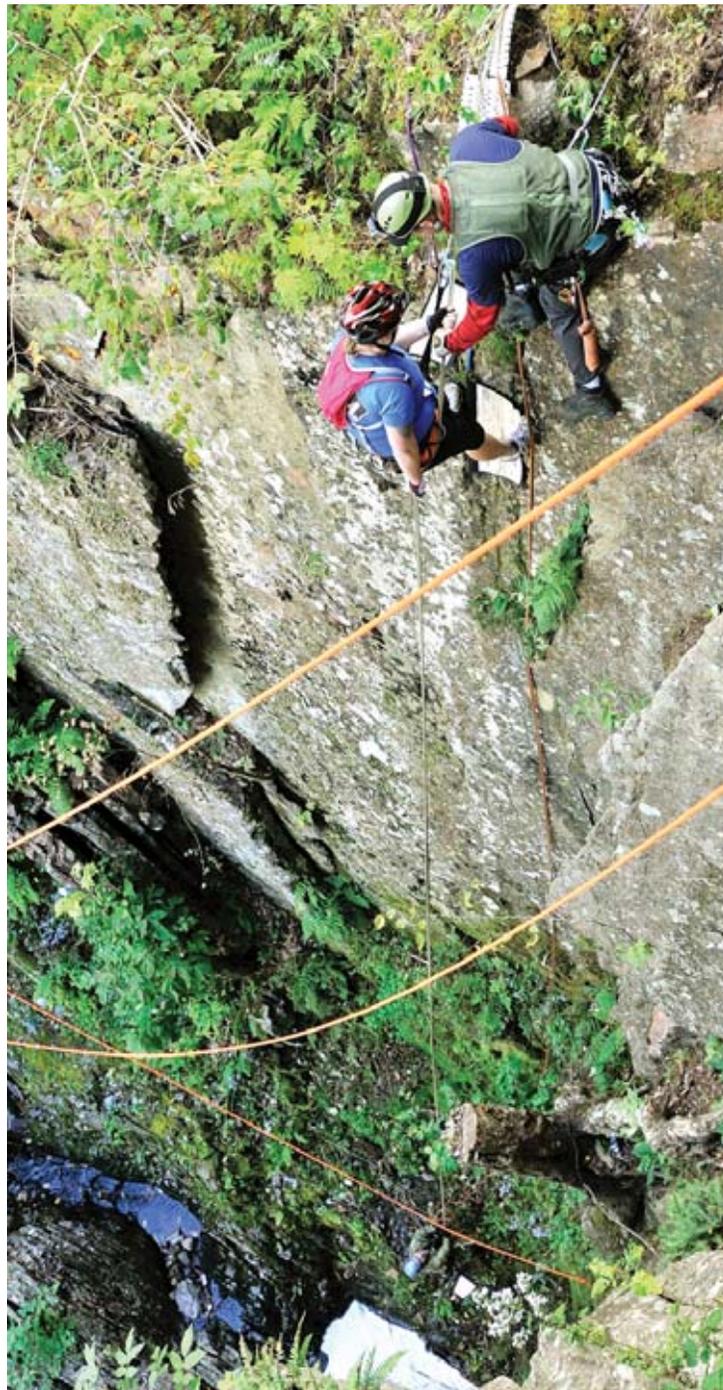
"Even though it was a hard course, it was a lot of fun racing with these guys. It gave us the chance to get out of the office and work together as team. It was great way to get to know my co-workers better," said Private Ryan Halmich, 5CDSB Gagetown.

This event originated in 1998, then a two-day Wilderness Challenge involving all Atlantic bases: current 14 Wing Commander Colonel Iain Huddleston was a participant in the first ever Wilderness Challenge.

"While the event has changed over the years, it is an excellent opportunity to promote and develop active and fit members of 14 Wing Greenwood. With the number of teams steadily growing every year, I can't wait to see how many we will have participating in next year's event," said Huddleston.

A Team 7 DOA member tackles McMaster Mill's heights, under the guidance of rappel master and search and rescue technician Sergeant Steve Bates. See page 24 for results and photos.

Corporal J. Kennedy



Rec play pays off for minor hockey

The Greenwood Recreational Hockey League (formerly the Intersection Hockey League) will warm up for its season with a charitable tournament October 10 and 11, raising funds to support Greenwood Minor Hockey volunteers' attendance at coaching clinics.

The three-on-three tournament is open to registered rec league players, and teams will be drafted once all players are registered. As they register (\$25 per player), players will select their playing level (A, B or C), and they will then be evenly and randomly distributed amongst teams. A maximum of 96 players will be admitted. Goal tenders will be free agents.

Games will consist of two 20-minute periods. All CHA and IHL rules apply, except no off sides or icings, when goalie covers the puck attacking team must clear the zone (blue line) before continuing the attack, goalies will not switch ends between periods and penalties will be in the form of a penalty shot at the end of the game vs the "best goalie" (least goals allowed in the game). Volunteer officials will call any penalties and drop the puck.

Games will run Thursday evening, October 10 and Friday, October 11 Up for grabs for the winning team: bragging rights and the return of \$20 per player.

Fun is the purpose of this tournament, and it is expected all players will demonstrate good sportsmanship. For information, contact Greenwood rec league president Master Corporal Matt Baer, at zxihlpresident@gmail.com.

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Schools, communities looking at catchment geography

**Sara Keddy,
Managing editor**

School board officials are quick to say an upcoming school catchment area review is not about school closures, grade reconfigurations, French immersion access or program offerings.

The Valley Regional School Board will spend the next eight months involving parents and communities in a look at Kingston & District, Dwight Ross and Annapolis East elementary schools, and where they draw students from.

“Do the boundaries still make sense?” says AVRSB superintendant Margo Tait. The last review was in 2005, with no changes, but the board’s Successful Schools for Successful Students report from several years ago recommended regular review of a number of areas, including catchment. Through 2010 to 2012, the family of schools feeding Central Kings and West Kings high schools was evaluated, with some catchment changes adopted.

In this review, a few points of interest include students living in Melvern Square attend Annapolis East, based on long-standing county division lines, when they are geographically closer to Kingston & District; Dwight Ross, the

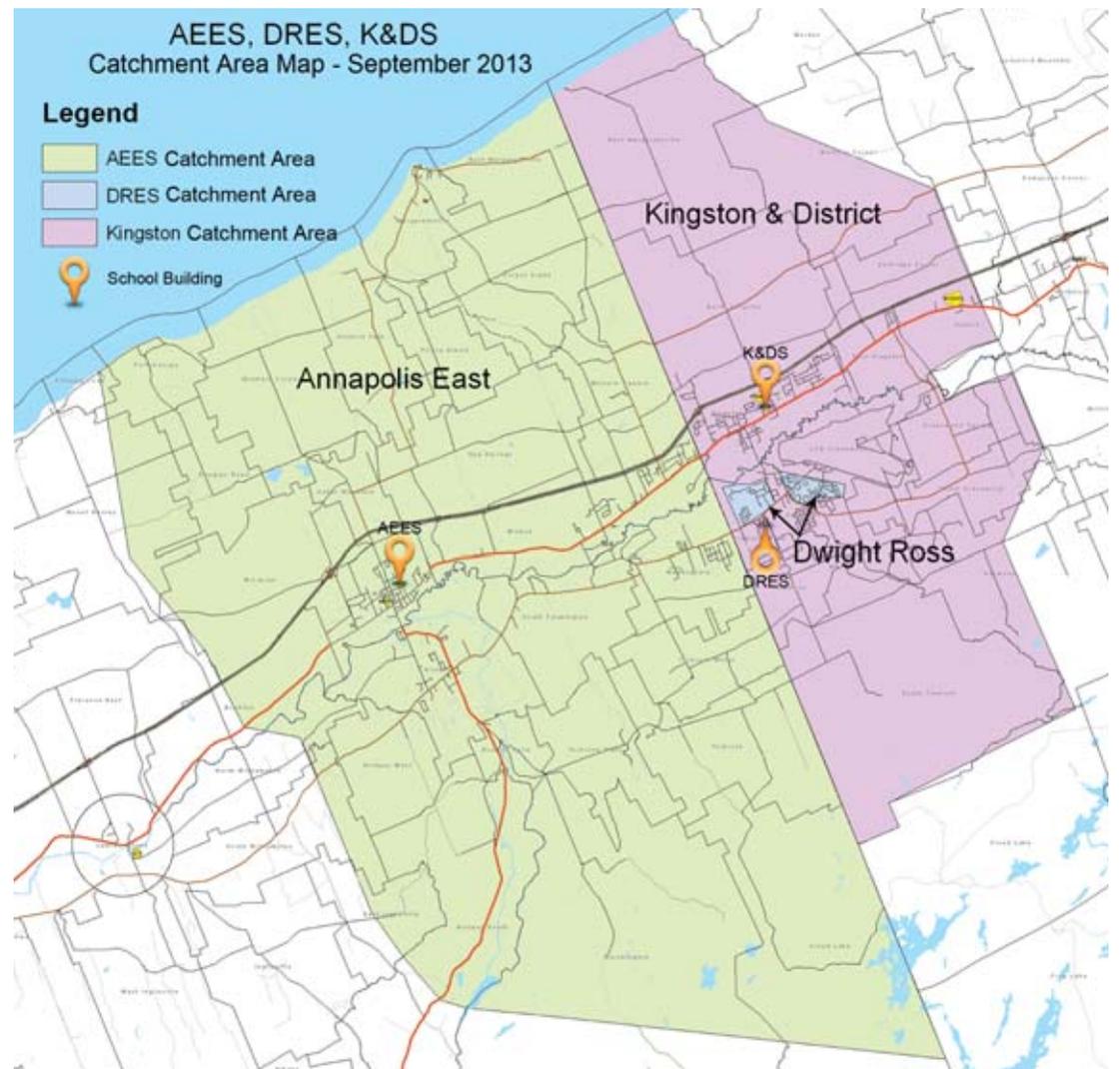
former Department of National Defence school turned over to the board in the 1990s, doesn’t physically sit in its own catchment area anymore (the surrounding military housing was demolished several years ago); and a number of families – military and civilian – regularly transfer their students over boundaries for a variety of reasons.

“We need all these schools,” Tait says. “None are too big or too small to handle the program we offer, and this isn’t about populations or changes. The status quo is an option but, if there are changes, they will be partly formed by the public.”

AVRSB staff have met with the three schools’ principals and parent organization executives. Next is a wider reach with information around the review, including, for the first time, an online survey meant to engage parents.

“We’re looking for general feedback on what you like about your child’s school, what would you like to see – open ended, so we can see what parents feel about their schools.”

That will take to about mid-October, and then board staff will develop several options for school parent groups and the community to discuss, beginning in January. Tait says the goal in this



This map of the catchment areas for Annapolis East (green), Kingston & District (purple) and Dwight Ross (blue – and note the school is outside its catchment area) shows the geography being considered, as the Annapolis Valley Regional School Board invites communities to weigh in on any potential changes over the next year.

Submitted

phase is to have people comment on opportunities and challenges in any of the options. Board staff will again take the feedback and prioritize what has been said for the communities’ review – again.

“It won’t be until the end of June before the board itself sees any recommendations,” Tait says, “and it could be, ‘we’ve done the review, there are no

changes,’ or ‘we’ve done the review, and here’s what’s been found’.”

Parents of current and future students, community groups, elected leaders at various levels and other agencies interested in commenting throughout the review are welcome to visit www.avrsb.ca to find out more about the process.



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Useful links | Liens utiles

Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

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

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

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfmws.com

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Caméra de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpiinternational.ca

Crack a book with 14 Wing club

14 Wing READS! selections

- The Kite Runner by Khaled Hosseini
- Honeymoon with My Brother by Franz Wisner
- And the Mountains Echoed by Khaled Hosseini
- Falling Backwards by Jann Arden
- Salem Falls by Jodi Picoult
- A Dog's Purpose by W. Bruce Cameron
- The Day the Falls Stood Still by Cathy Marie Buchanan
- Still Life by Louise Penny

Are you interested in joining a book club... with a twist?

Are you looking at improving your communication skills?

14 Wing Greenwood's Learning and Career Centre's new book club may be just right. This is a great opportunity to increase your reading skills and use your analytical abilities, in an informal, friendly setting.

Selected books will be read during the 2013/ 2014 year. Each book selected will bring something different to the discussion: some are funny, historic, inspiring,

provocative - or just plain fun to read! Meetings will take place approximately every six weeks, from October to June. Read a selected book and present your opinion of it to book club members, but also make your own recommendation to the reading list. Each member will be reading different books every month.

As each reader completes the reading list, we'll score the books: at the end of the year (in June), evaluations will determine the 14 Wing Reads "book of the year."

You must commit to reading your book in the six weeks allotted, and to partici-

pating in the meetings from October through June. The meetings will be scheduled to accommodate everyone, and will be held October 18, noon to 1 p.m., at the LCC. The cost is \$14 for the season, and lunch will be provided at meetings. Please register by internal email, at +14 Wg LCC@Greenwood.



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Impact of PTSD a wider story

Military couple share their experience with career, injury and living life

**Sara Keddy,
Managing editor**

If there is a “magic pill” for Post Traumatic Stress Disorder, Lieutenant-Colonel Chris Linford is pretty sure, for him, it was in talking about the condition he lived with - and hid - for over a decade.

Linford, a trained military nurse, and his wife, Kathryn, shared their story at 14 Wing Greenwood September 24 to a full house of military and civilian personnel. They are promoting his book, *Warrior Rising*, about his and his family's experience with PTSD and the road to recovery.

“This is not just about me, sitting in isolation, wondering, ‘How am I now?’, ‘How am I now?’...,” Linford said. “There is an impact from me suffering from PTSD, and I was

completely ignorant of that. It's what it did to my family, my kids, my co-workers. This is something we all need to learn more about.”

After 32 years in uniform, Linford will be released in January because of his PTSD diagnosis.

“I wondered how that would feel - it feels great,” he said. “If you don't have your health and your relationships, your military career doesn't mean anything. I know this is right for me.”

Linford actually gave up a command position when he realized his recurrent PTSD had returned in 2010. Career-wise, “that's about as bad as it gets.” He acknowledged career implications play a role in a person's decision to come forward with the injury, but, “eventually, you're going to

get so sick, you won't be able to do your job. Get yourself sorted out - early. Not later. Don't let it fester.”

He had some words for fellow command level ranks: “back off the judgement.”

“Support people who have the right to care. You may have a guy who leaves every Tuesday afternoon, and you respect that, but ‘Jeez, it's a pain in the ass.’ All levels of leadership need to click in, engage and share. Be alert to your people - and watch upwards, too.”

From setting impossibly high expectations of himself, his personnel and his kids to days and days of sleeplessness to flashbacks and endless pictures and loops in his head to thoughts of suicide; Linford's story has a “happy ending.”

“I'm here today. Two years ago, I was a very different man - I was not Chris Linford. Kathy and I wanted to take a leadership role and help others, and people are listening, people want to know what others with PTSD did. People are suffering out there. The best thing we can do is work



Lieutenant-Colonel Chris Linford and his wife, Kathryn, right, greeted guests following their presentation September 24 at 14 Wing Greenwood. Linford's book, *Warrior Rising*, details his and his family's experience dealing with and recovering from PTSD.

S.Keddy

together.” Several 14 Wing resource programs were represented at Linford's presentation, includ-

ing Health Promotion, Canadian Forces Health Services mental health personnel and the Military Family Resource

Centre. All offer confidential support to CAF personnel and their families in varying options.

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All washed up

Scrubbin' and feedin' efforts by 14 Wing Greenwood's Military Police and Fire & Protective Services September 27 raised \$365.82.

Corporal Stephen Bultinck, 31 Military Police Flight, thanks 14 Wing and Greenwood community members who stopped by the car wash and BBQ in the CANEX parking lot. Several community businesses provided donations towards the event, and their support is much appreciated.

The event's proceeds will be shared between the Military Police Blind Children's Fund and the Fallen Firefighters Fund.



Night out

14 Wing Greenwood Wing Chief Warrant Officer Pierrot Jetté, left; and Wing Commander Colonel Iain Huddleston were among military guests of Greenwood Pizza Delight owner Clayton Hamilton and district manager Katy Chase September 30, as the local restaurant marked a military appreciation event.

Sergeant P. Nicholson,
14 Wing photojournalist

spotlight of the week

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RCAF Lessons Learned Program | A 14 Wing perspective

**Captain Tim Blakesley,
Wing lessons learned officer**

“Those who fail to learn from the mistakes of their predecessors are destined to repeat them.”

This paraphrase of philosopher George Santayana’s quote, from his work “The Life of Reason,” is perhaps an appropriate maxim for the recently instituted Air Force Lessons Learned Program (AFLLP).

The AFLLP was issued by the commander of the RCAF in 2011, with the Canadian Forces Aerospace Warfare Centre assigned as the RCAF Lessons Learned (LL) centre of excellence. The Canadian Army and Royal Canadian Navy have implemented similar programs. The benefits of a robust LL pro-

gram have also been applied by other militaries and agencies, such as NASA and numerous corporations.

The aim of the AFLLP is to capture, document, disseminate and action observations, best practices and issues pulled from RCAF activities. It’s worth emphasizing the AFLLP is equally focused on identifying and sharing when things go well as it is areas for improvement, so others may benefit from positive operational experiences - or avoid reliving the negative experiences of others. Information sharing is key!

The AFLLP is broad, and inclusive of all Air Force activities. It applies to every member of the Air Force team. All major activities incorporate LL requirements. Increasingly, related documentation defines

LL focus areas and reporting requirements. The AFLLP is intended to formalize LL activities in a five-step process that improves upon previous uncoordinated LL routines, which often amounted to the initiation of a recommendation that usually resulted in opportunities being shelved to gather dust.

To provide periodic direction to the Air Force, the commander of the RCAF releases, every 18 to 24 months, a Critical Topics List (CTL). This direction doesn’t preclude collection activities outside of the focus areas, but highlights areas of interest for the given timeframe. From the CTL, LL collection plans are tailored to operational mandates at various levels.

Development of 14 Wing’s

LL program was initiated in early 2013. Much has happened since then.

A majority of 14 Wing branches have identified unit lessons learned officers (ULLOs). With the wing lessons learned officer, they form the wing lessons learned committee. The 14 Wing LL Collection plan is tailored from the CTL to address long range patrol, search and rescue and related activities. From that, units and branches develop collection plans related to respective responsibilities. An LL page was created on the Defence Wide Area Network 14 Wing Home page, under “Programs.” One can find the 14 Wing LL observation form, which can be completed in a soft or hard version and forwarded to respective UULLOs. Lessons

Learned education and awareness presentations have been delivered at Maritime Proving and Evaluation Unit and 405 Squadron, and the WLLO is prepared to meet other interested units.

Wing LL collection activities began with observation gathering during the 404 Squadron-led CP-140 Operational Mission Simulator (OMS) Simulator Exercise this past spring. The “white staff” (the overseers) and primary training audience, including line crews and Wing Operations support staff, were invited (urged!) to provide operational observations. Over 25 observations were gathered: some are documented for future trend analysis and some are being actioned. Observations were grouped into three LL focus

areas for the next OMS exercise this November.

The AFLLP, particularly as it applies at 14 Wing, is in its infancy. Education and awareness activities continue. The WLLO is developing a database to streamline processing an LL observation to a true “lesson learned,” and provide a search capability that enhances information sharing. Part and parcel of AFLLP education is reinforcing the requirement for a cultural shift: it becomes second nature to routinely consider how operational experiences can be noted, shared and related to the LL program. Consider the AFLLP as analogous to the flight safety program in the 1950s, which has now matured into a well-received, productive and entrenched aspect of air operations.

Programme de leçons retenues de l’ARC | la perspective de la 14^e Escadre

**Capitaine Tim Blakesley,
officier des leçons retenues
de l’escadre**

« Ceux qui ne tirent pas les leçons des erreurs de leurs prédécesseurs sont condamnés à la répétition. »

Cette paraphrase de la citation du philosophe George Santayana, tirée de son œuvre « The Life of Reason », est peut-être une maxime appropriée pour le Programme des

leçons retenues de la Force aérienne (PLRFA) récemment créé.

Le PLRFA a été mis en place par le commandant de l’ARC en 2011, avec le Centre de guerre aérospatiale des Forces canadiennes (CGAFC) désigné comme centre d’excellence des leçons retenues (LR) de l’ARC. L’Armée canadienne et la Marine royale canadienne ont mis en œuvre des programmes similaires. Les avantages d’un

programme solide de LR ont également été appliqués par d’autres forces militaires et agences comme la NASA et de nombreuses entreprises.

Le but du PLRFA est de saisir, documenter, diffuser efficacement les observations, les pratiques exemplaires et les enjeux découlant des activités de l’ARC. Il convient de souligner que le PLRFA vise également à identifier et à partager les aspects qui fonctionnent bien comme étant des points à améliorer, de sorte que d’autres structures puissent profiter des expériences opérationnelles positives – ou éviter de répéter les expériences négatives des autres. L’échange d’information est essentiel!

Le PLRFA est vaste et englobe toutes les activités de la Force aérienne. Il s’applique à tous les membres de la Force aérienne. Toutes les principales activités comportent des besoins en matière de LR. La documentation définit de plus en plus les domaines d’intérêt et es obligations redditionnelles en matière de LR. Le PLRFA vise à structurer les activités de LR selon processus cinq étapes permettant de pallier le manque de coordination des activités courantes antérieures

de LR, qui donnait lieu souvent à une recommandation qui généralement restait sans suite.

Pour donner périodiquement une orientation à la Force aérienne, le commandant de l’ARC publie, tous les 18 à 24 mois, la Liste des sujets critiques (LSC). Cela n’empêche pas la tenue d’activités de collecte d’information à l’extérieur des domaines d’intérêt, mais met en évidence les domaines d’intérêt pour une période donnée. À partir de la LSC, les plans de compilation des LR sont adaptés aux mandats opérationnels à divers niveaux.

L’élaboration du programme de LR de la 14^e Escadre a été lancée au début de 2013. Beaucoup de choses ont été réalisées depuis.

La majorité des branches de la 14^e Escadre ont désignés des officiers des leçons retenues de l’unité (OLRU). Avec les officiers des leçons retenues de l’Escadre (OLRE), ils forment le Comité sur les leçons retenues de l’Escadre. Le plan de compilation des LR de la 14^e Escadre est adapté à partir de la LSR aux fins des activités de patrouille à long rayon d’action, de recherche et sauvetage et activités connexes. Ainsi, les unités et les branches élabor-

rent des plans de compilation se rapportant aux responsabilités respectives. Une page de LR a été créée sur la page d’accueil du site Web de la 14^e Escadre relié au Réseau étendu de la Défense, sous la rubrique « Programmes ». On y trouve le formulaire d’observation sur les LR de la 14^e Escadre, qui peut être rempli en version papier ou électronique et acheminé aux OLRU respectifs. Des présentations d’information et de sensibilisation sur les LR ont été données à l’Unité maritime d’essais et d’évaluation et au 405^e Escadron, et l’OLRE est prêt à rencontrer d’autres unités intéressées.

Les activités de compilation des LR de l’escadre ont débuté avec la collecte de données d’observation lors de l’Exercice du simulateur de mission opérationnelle (SMO) du CP 140 dirigé par le 404^e Escadron, qui a eu lieu au printemps dernier. Le « personnel blanc » (les superviseurs) et le groupe-cible principal de l’instruction, y compris les équipes de piste ainsi que le personnel de soutien des opérations de l’escadre, ont été invités (exhortés!) à fournir des observations opérationnelles. Plus de 25 observations ont

été recueillies, dont certains ont été documentées aux fins d’analyse future des tendances et d’autres ont été mises en œuvre. Les observations ont été regroupées en trois domaines d’intérêt de LR pour le prochain exercice du SMO prévu en novembre.

Le PLRFA, surtout tel qu’il est appliqué à la 14^e Escadre, en est à ses débuts. Les activités d’éducation et de sensibilisation se poursuivent. Le OLRE élabore une base de données visant à simplifier le traitement d’une observation de LR afin d’obtenir une véritable « leçon retenue » et à offrir une capacité de recherche qui améliore l’échange d’information. Le volet éducation du PLRFA renforce l’idée d’une nécessité de changement culturel : il devient une seconde nature de tenir compte systématiquement de la façon dont les expériences opérationnelles peuvent être observées, partagées et reliées au programme des LR. Il convient de considérer le PLRFA comme analogue au programme Sécurité des vols dans les années 1950, qui est devenu à présent un aspect bien accueilli, productif et bien enraciné des opérations aériennes.



14 Wing Greenwood Library hours

83 School Road, Greenwood

Mondays 1 p.m. to 5 p.m., 6 p.m. to 8 p.m.
Tuesdays 10 a.m. to 1 p.m., 2 p.m. to 5 p.m.
Wednesdays 1 p.m. to 5 p.m., 6 p.m. to 8 p.m.
Fridays Noon to 4 p.m.
Sundays (October to May) 1:30 p.m. to 4 p.m.

Heures d’ouverture de la bibliothèque de la 14^e Escadre Greenwood

83 School Road, Greenwood

Lundi : 13 h – 17 h; 18 h – 20 h
Mardi : 10 h – 13 h; 14 h – 17 h
Mercredi : 13 h – 17 h; 18 h – 20 h
Vendredi : 12 h – 16 h
Dimanche (octobre – mai) : 13 h 30 – 16 h



Axewoman #9 Kristy Moore holds off the St. FX competition during 2012/ 2013 action. The Acadia women face off in a pre-season Red vs White scrimmage at 14 Wing Greenwood October 11. E.Cederberg

Acadia action headed 14 Wing's way

Basketball season is underway, and some special guests will be making their presence known on the courts of 14 Wing Greenwood's Fitness and Sports Centre Friday, October 11.

The base welcomes the Acadia University women's basketball team for an intra-squad, Red vs White game at 7:30 p.m. The athletes are vying for this season's team spots, so action should be competitive and fun.

The 2012/2013 Axewomen finished third in the Atlantic University Sport rankings, winning 14 of 20 season games. The 2011/2012 edition represented the Atlantic region at the Canadian Inter-University Sport championships. Led by Coach Bev Greenlaw, one of Nova Scotia's

top coaches over the past 35 years, spectators can expect a great show. Halftime will feature contests and prizes. Admission is a freewill offering at the door in support of Greenwood Minor Basketball.

Along with the evening exhibition match-up, young players from Greenwood Minor Basketball will want to be on the courts themselves, with the chance to take part in a free mini-camp hosted by the Axewomen from 5:30 p.m. to 7 p.m. Fifty-four players, ages nine to 15, both genders; have already registered for the clinic.

Bring the whole family out to the gym for some great women's basketball.

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Familiarization program welcomes newcomers



Lieutenant Lydia Mombourquette

14 Wing Greenwood's newcomers, both military and civilian members of the Defence Team, and their spouses, had the opportunity September 18 to receive a general introduction to the wing.

The brief provided newcomers clarity with respect to the mission of 14 Wing, what role they play in the success of that mission and the relationship between the various units and sections.

Following the brief, participants were given a tour of the Air Field Operations Zone and the Mission Support Zone. Participants were provided a guided tour of 405 Squadron where they toured a CP140 Aurora aircraft. 413 Squadron provided a static display of the Cormorant and Hercules



Tour guide Master Corporal Karl Marchand leads participants of the 14 Wing Familiarization Program, to the aircraft static displays on the guided tour of the Airfield Operations Zone.

Participants board the bus for the 14 Wing Familiarization Program guided tour.

aircraft. Master Corporal Karl Marchand, Master Corporal Troy Rose, Corporal Paul Marmara and Leading

Seaman Alex Bouchard were the bus tour guides for the day. The tour guides pointed out key buildings

and provided participants with information on the different services and activities offered at 14 Wing.



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SCAN TRANSITION SEMINAR

SÉMINAIRE DU SERVICE DE PRÉPARATION À UNE SECONDE CARRIÈRE (SPCS)

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 limite 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>

Weight Wellness Lifestyle Program

The Weight Wellness Lifestyle Program is based on literature reviews in the areas of physical activity, nutrition, weight control and stress management; and on feedback from facilitators who ran the previous program.

- The new program includes:
- promoting a healthy body using both healthy weight range (body mass index) and waist circumference
 - expanded topics to build knowledge, skills and confi-

dence for healthy eating and reduced energy intake

- updated topics on how to achieve sustainable physical activity
- enhancing the focus on self-management through goal setting, self monitoring and problem solving
- emphasizing behavioural and health goals to achieve a healthy weight

The upcoming Weight Wellness Lifestyle Program will in-

clude an hour and 15 minutes of classroom time provided by the Health Promotion director and 45 minutes of exercise organized by the physical exercise specialist. The exercise component will include some guided exercise classes based upon the fitness level of the individuals registered in the program. Types of activities may include aerobics, stability ball, spin classes, cardio vascular exercises and strength training.

The first session will be held October 16, 11:30 a.m. to 1:30 p.m., at the Fitness and Sport Centre classroom. Remaining sessions will be held the following Wednesdays. Seats are limited. To register, contact Edith Tremblay, 765-1494 local 5388.

All 14 Wing Health Promotion programs are free and open to military members, their spouse and NPF and DND employees.

Programme Style de vie poids-santé

Le Programme Style de vie poids-santé est fondé sur la documentation existante dans le domaine de l'activité physique, de la nutrition, du contrôle du poids et de la gestion du stress, ainsi que sur la rétroaction fournie par les facilitateurs qui ont œuvré dans le cadre du programme précédent.

Dans le cadre du nouveau programme :

- Nous faisons la promotion d'un corps sain en nous fondant sur deux mesures : l'indice de masse corporelle (IMC) et le tour de taille.
- Nous avons élargi les sujets abordés afin d'accroître les

connaissances, les compétences et la confiance relativement à la saine alimentation et à la diminution de l'apport énergétique.

- Nous avons actualisé les rubriques portant sur la façon d'intégrer l'exercice physique de façon viable dans sa vie.
- Nous avons davantage mis l'accent sur l'autogestion grâce à la fixation de buts, l'autosurveillance et la résolution de problèmes.
- Nous avons mis l'accent sur l'établissement d'objectifs sur le plan de la santé et le plan comportemental pour favoriser l'atteinte d'un

poids-santé.

Le Programme Style de vie poids-santé inclura un atelier de 75 minutes présenté en salle de classe par le directeur de la promotion de la santé et un exercice de 45 minutes organisé par le spécialiste de l'exercice physique. Le volet exercice comprendra notamment quelques séances d'exercices dirigés selon le niveau de condition physique des personnes inscrites au Programme. Les types d'activités peuvent comprendre de l'aérobic, des exercices avec un ballon de stabilité, du cardiovélo, des exercices cardiovasculaires, de

l'entraînement musculaire, etc.

La première séance aura lieu le 16 octobre, de 11 h 30 à 13 h 30, dans la salle de classe du Centre de conditionnement physique et des sports. Les autres séances auront lieu les autres mercredis à surveiller. Le nombre de place est limité. Pour vous inscrire, communiquez avec Edith Tremblay, 765-1494, poste 5388.

Tous les programmes de promotion de la santé de la 14e Escadre sont offerts gratuitement aux militaires et à leur conjoint, et les employés du MDN et des FNP peuvent également y participer.

Upcoming Health Promotion programs

- Mental Fitness and Suicide Awareness Supervisor Training, October 3 and 4, 8:30 a.m. to 3:30 p.m. day one; 8:30 a.m. to noon day two
 - Top Fuel for Top Performance-Exercise Nutrition: October 17 and 18, 8:30 a.m. to 3:30 p.m. day one; 8:30 a.m. to noon day two
 - Managing Angry Moments: four sessions every Tuesday, beginning October 22, 8:30 a.m. to 11:30 a.m. (ending November 12)
 - Stress Take Charge - Coping and Managing Stressors: November 6 and 7, 8:30 a.m. to 3:30 p.m. both days
 - Alcohol, other Drugs and Gambling Supervisor Training: November 21 and 22, 8:30 a.m. to 4 p.m.
- For information try www.cfgateway.ca - click on health programs to find Health Promotion.

Programmes de promotion de la santé à surveiller

- Formation sur la sensibilisation à la santé mentale et au suicide à l'intention des superviseurs : les 3 et 4 octobre, de 8 h 30 à 15 h 30 la première journée, et de 8 h 30 à midi la deuxième journée.
 - Bouffe-santé pour un rendement assuré – Exercice sur la nutrition : les 17 et 18 octobre, de 8 h 30 à 15 h 30 la première journée, et de 8 h 30 à midi la deuxième journée.
 - Gérer les moments de colère – 4 séances, le mardi, du 22 octobre au 12 novembre, de 8 h 30 à 11 h 30.
 - Le stress : ça se combat! – Répondre au stress et gérer les facteurs de stress : les 6 et 7 novembre, de 8 h 30 à 15 h 30.
 - Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif – Formation des superviseurs : les 21 et 22 novembre, de 8 h 30 à 15 h 30 la première journée, et de 8 h 30 à midi la deuxième journée.
- Pour de plus amples renseignements, visitez www.cfgateway.ca. Cliquez sur Greenwood et sur Programmes de santé pour consulter la section Promotion de la santé.



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Sensibilisez vos enfants aux questions d'argent

(EN) Il est tout aussi important de sensibiliser les enfants aux questions d'argent que de leur apprendre à lire et à écrire. Mais comment les parents peuvent-ils commencer à inculquer des connaissances financières à leurs enfants?

Selon l'Agence de la consommation en matière financière du Canada (ACFC), les parents peuvent initier leurs enfants aux questions d'argent dès que ces derniers qu'ils savent compter. Par exemple, les parents peuvent leur faire connaître la valeur des différents billets et des différentes pièces de monnaie. Ils peuvent aussi leur expliquer d'où vient l'argent et comment utiliser les bocaux pour l'épargne et les dépenses. Puis, à mesure que leurs enfants grandis-

sent, les parents peuvent leur présenter des concepts tels que le revenu, les dépenses et l'établissement d'un budget. Ils peuvent également aider leurs enfants à se fixer des objectifs financiers, comme épargner en prévision d'un achat particulier.

Parler d'argent quand vos enfants sont présents leur permet de se familiariser avec le vocabulaire financier et de connaître les dépenses qui font partie du budget d'une famille. Cela les aide aussi à comprendre la différence entre les besoins et les désirs. Ils seront ainsi mieux préparés lorsqu'ils devront prendre des décisions financières à l'âge adulte.

Mise au point par la Commission des valeurs mobilières du Manitoba, la ressource Faites que ça compte



aide les parents à enseigner des notions financières de base à leurs enfants. Dans le cadre des renseignements que l'ACFC fournit en fonction des événements importants de la vie, la ressource Sensibiliser les enfants aux questions d'argent montre aux parents comment transmettre à leurs enfants,

à différents âges, des compétences de base en gestion de l'argent. La Zone, une ressource interactive en ligne élaborée par l'ACFC en collaboration avec la Commission des valeurs mobilières de la Colombie-Britannique, permet aux jeunes d'acquérir des connaissances financières qui leur serviront toute

leur vie; cette ressource peut être utilisée en salle de classe ou individuellement. Vous pouvez accéder à toutes ces ressources en visitant le site sinformercestpayant.gc.ca.

Novembre est le Mois de la littératie financière (MLF). Cela donne l'occasion aux Canadiens de tous les âges d'accroître leurs connais-

sances financières. Cette année, des organisations de tout le pays proposeront des activités dont le but est de renforcer les compétences et les connaissances en gestion de l'argent. Pour savoir ce qui se passera dans votre région, consultez le calendrier des événements du MLF sur sinformercestpayant.gc.ca/mlf.

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Crimini pasta

(NC) Many cooks believe in the importance of using real ingredients in the kitchen, no matter what the dish; if you want high quality taste, use high quality ingredients. Using real butter and real cream is essential to this dish!

- 1 ½ cups of 18 per cent cream
- 150 g (6 oz) butter
- 1 cup chicken (or vegetable) stock
- 3 packages of fresh pasta
- 1 lb fresh crimini mushrooms
- 30 g dried porcini mushrooms
- 1/2 small onion
- fresh parsley, grated parmesan cheese
- salt, pepper (in Italian, this would be accompanied by "QB," meaning "quanto basta" – "to your taste," "as much as you like," or "sufficiently")

Soak the dried porcini mushrooms in warm water for 30 minutes.

Clean and dry the crimini mushrooms. Chop mushrooms into large enough pieces that they can be found in the sauce (avoid chopping them too finely). Place into a bowl.

Finely chop a handful of fresh parsley.

Gently squeeze water from the porcini mushrooms, and collect four to five ounces of the resulting mushroom juice; don't use the grit in the bottom of the bowl! (You could also strain with a cheese cloth.)

Coarsely chop the soaked porcini mushrooms.

Finely chop half of a small onion.

Put on a big pot of water to boil – add a tablespoon of salt when the water starts simmering.

Set the table. Make it look pretty.

Melt butter in the pan on



medium heat, bringing it to a sizzle.

Add onions, frying them

until golden in colour – add the mushrooms, and bring the mixture to a high temperature.

Allow this to cook for about eight minutes, stirring regularly.

Add three pinches of parsley, and the mushroom juice (about one cup), chicken stock (one cup – this could be substituted for vegetable stock, if you prefer), and cream (1 ½ cups).

Stir the sauce, and reduce to medium heat.

Add pepper to taste (or QB!)

Let the sauce simmer for a few minutes once the cream has been added; it may look like a lot of sauce in comparison to the amount of pasta

you're using, but the pasta will soak up some of the sauce.

Add pasta to boiling water, stir regularly to ensure it doesn't stick (for this quantity of fresh pasta, this takes approximately five to seven minutes to reach *al dente*).

Strain the pasta and add to sauce in a serving bowl. Garnish pasta with fresh parsley, and add grated parmesan to taste.

For best results, enjoy with loved ones, and follow with espresso & a delicious homemade dessert. Buon appetito!

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Distribuer des friandises en toute sécurité à l'Halloween

(EN) Le soir de l'Halloween, nous sommes tout aussi heureux de donner des friandises que d'en recevoir. Mais il demeure important de veiller à la sécurité de votre famille et de votre domicile pendant les festivités.

Comme l'explique Patrice De Luca, vice-président, marketing

et service à la clientèle chez Reliance Protectron services de sécurité, les nouveaux systèmes de sécurité sans fil, entièrement interactifs, et dotés d'un système de surveillance vidéo, assurent votre tranquillité d'esprit si vous n'êtes pas à la maison pour distribuer des bonbons le soir de l'Halloween. « De plus en plus

de clients s'abonnent à notre service de surveillance vidéo interactive pour savoir tout ce qui se passe sur le pas de leur porte », ajoute-t-il.

Ces systèmes sont la solution idéale pour les parents que leur travail empêche de participer aux festivités de l'Halloween. Au moyen de n'importe quel appareil doté d'un accès à Internet, ils peuvent voir tous les invités costumés qui sonnent à leur porte.

Comme le précise Patrice De Luca, avec un compte monProtectron.com, il est également possible de recevoir de courtes séquences vidéo chaque fois qu'un événement particulier, comme l'ouverture de la porte d'entrée, déclenche un enregistrement. « Toute la famille sera rassurée à l'idée que vous veillez sur elle, même de loin. » Pour en savoir davantage sur la sécurité résidentielle, rendez-vous à www.protectron.com.

Tips to stay cold and flu-free

(NC) Heading into cold and flu season, it's an important reminder the best way to stay healthy is through prevention.

While nothing will guarantee you will be able to completely prevent illness related to cold and flu viruses, take a look below for some tips from Bowen Chen, pharmacist, to help fend off illness before it hits.

- Stay rested – Factors that may increase the risk of catching a cold or flu are fatigue and emotional stress. Be sure to take the time to rest if you feel something coming on, and don't go into work if you wake up with a fever, aches and pains, or are coughing, sniffing and sneezing.
- Wash your hands –Yes, we have all heard this over and over, but hand washing is one of the most effective ways to

prevent the spread of illness. The cold and flu viruses can spread through indirect contact such

as touching objects like door handles, and can live for two to eight hours on surfaces. Everyone should wash their hands frequently with soap and water, or if unavailable, use an alcohol-based hand sanitizer.

- Avoid sharing food and beverages – Cold and flu viruses can spread through direct contact, such as sharing drinks or food. Avoid sharing straws, bottles, snacks and utensils with others, especially if you are sick.
- Cover your sneezes and

coughs - When you sneeze or cough, cover your nose and mouth with a tissue if possible. Cough or

sneeze into your sleeve if you do not have a tissue handy. Lead by example and teach your family to follow suit.

- Get a flu shot - The most effective way to decrease complications and reduce the impact of the flu is to get a preventative vaccine shot. The North American vaccine is developed each year to work against three strains of influenza virus, based on trends seen in the Southern Hemisphere. The best time for vaccination is early October to mid-November.



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The Aurora Newspaper

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Se soigner de façon naturelle en toutes occasions

(EN) Un récent sondage Ipsos Reid, mené au nom de l'Association canadienne des aliments de santé (CHFA), montre que de plus en plus de Canadiens adoptent une approche holistique à l'égard de leur santé et de celle de leur famille. Devant l'abondance de produits chimiques présents partout, il est parfois difficile de savoir quand et comment choisir des solutions naturelles.

Nous avons souvent l'habitude, en présence de plaies ou bosses sans gravité, d'ouvrir l'armoire à pharmacie pour y trouver un produit de premiers soins, pour nous ou pour nos enfants. Cependant, il existe plusieurs alternatives naturelles à notre portée. En voici quelques-unes qui pourraient vous aider à soigner les petits bobos de votre famille.

- Le miel, pour la cicatrisation – Avoir des enfants rime avec égratignures, coupures, brûlures et blessures légères de toutes sortes. De récentes recherches menées à



l'Université de Guelph montrent que l'utilisation de miel non pasteurisé (de l'Ontario) pour soigner des blessures s'est révélée supérieure à l'utilisation de produits modernes. En effet, le miel, cette mixture étonnante de vitamines, de minéraux, de sucres et d'enzymes aide à

désinfecter et à réparer la peau endommagée. Il suffit de bien nettoyer le genou de votre tout-petit avec de l'eau tiède et du savon, de laisser tomber quelques gouttes de miel sur le coussinet absorbant d'un pansement, de couvrir l'égratignure et de laisser le tout faire son

œuvre magique de guérison.

- Arnica, pour la douleur – Utilisée pour soulager la douleur depuis le XVIIe siècle, l'arnica est encore très populaire. Elle peut être appliquée directement sur la peau pour apaiser la douleur et l'enflure associées aux contusions, aux entorses, aux maux div-

ers et à l'arthrite. De la même façon, elle peut servir à traiter les morsures d'insectes, les douleurs musculaires et articulaires, les lèvres gercées et même l'acné. Offerte sous forme d'onguent, de substance à frictionner, de teinture ou de supplément oral, elle est bien connue pour sa capacité de soulager les douleurs musculaires et articulaires.

- Huile de coco, produit miracle polyvalent – L'huile de coco est l'étoile montante du monde culinaire, mais saviez-vous qu'elle peut faire des miracles lorsqu'elle est appliquée directement sur la peau? Les femmes enceintes peuvent l'utiliser pour lutter contre les vergetures. Au cours des premiers changements de couche du nouveau-né, cette huile peut aider à protéger la peau délicate du bébé contre le méconium visqueux. Elle peut aussi aider à apaiser l'érythème fessier, en plus

d'être une excellente huile support pour l'élimination d'une calotte séborrhéique tenace. Elle constitue aussi un excellent hydratant naturel pour la peau sèche et craquelée.

Pour en savoir plus sur les remèdes naturels, ainsi que pour obtenir quelques conseils et astuces qui vous aideront à garder votre famille en pleine croissance et active, consultez le site chfa.ca.



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On behalf of our advertisers, readers, and DND military & civilian personnel, THANK YOU!

the **Aurora**





Don't break the bank this fall and winter

(NC) If you could save money this fall and winter with just a few simple solutions, you would – wouldn't you?

It's impossible to know what the colder seasons will bring this year, but instead of waiting to find out, prepare yourself now with an easy, do-it-yourself project: home weatherization. Follow these few quick fixes to ready your home – and keep your heating bill down in the cooler months ahead.

- Winterize windows: With so many edges and gaps, windows are a prime spot for energy loss. For an inexpensive fix, use a plastic window film to keep the cold air out. Roll-on window kits come with a pre-taped top



edge for easy installation, and they're easy to remove. When the warm weather returns, simply pull them off.

- Avoid door draft. Cracks and gaps around doors can let cold air in and warm air out. To block out the winter wind, install an insulating door seal made of rubber or foam. For interior doors, one solution double draft seal, which hugs the door from both sides for two levels of protection against drafts. For interior or exterior doors, try triple draft seal. Its inner seal helps retain room temperature, an outer seal blocks drafts and bottom fins help keep out moisture and water. For the perimeter of the door, use a seal made of heavy-duty EPDM rubber – these won't freeze or crack in extremely cold temperatures.
- Look for hidden air leaks: Electrical sockets and light switches can be an unexpected source of drafts through walls. Install flame retardant, socket sealers behind socket and switch covers to keep cold air out.
- Check your outdoors: Don't forget to make sure your backyard is also prepared. Cover patio furniture to prevent rust, store the grill in the garage if you can and make sure you have plenty of shovels and salt for when the snow falls.
- With a simple weatherization approach, you can stay warm and save on your heating bill when fall and winter roll in.

Le dépôt direct – idéal pour les étudiants

((EN) Vous n'avez presque plus d'argent et la fin du mois est encore loin ? Vous aimeriez recevoir votre chèque de prêt étudiant ou vos autres paiements du gouvernement fédéral plus rapidement ? Des étudiants de partout à travers le Canada s'inscrivent au dépôt direct afin de recevoir les paiements du fédéral plus rapidement et de façon plus sécuritaire, grâce à un programme fédéral conçu pour sauver des arbres, diminuer les émissions de gaz à effet de serre et réduire de 17,4 millions de dollars le coût d'émettre des chèques papier.

Près de 80 % des Canadiens reçoivent déjà leurs paiements du gouvernement fédéral par voie électronique, et les 20 % qui restent sont fortement encouragés à s'inscrire au dépôt direct aussitôt que possible. Pour les étudiants, les avantages sont évidents – des paiements plus rapides et plus sécuritaires, sans risque de chèque perdu ou volé, sans problème, sans coût, et sans perte de temps passé à se rendre à la boîte aux lettres ou à la banque, et avec une garantie de paiement si jamais il y a un

conflit de travail ou une grève des employés des postes. Vous n'avez pas besoin d'ordinateur ou d'accès Internet. Il vous suffit de retracer vos dépôts à votre banque ou votre institution financière.

Comme les étudiants sont habituellement versés en technologies et comme le dépôt direct comporte une foule d'avantages, il est tout naturel que la plupart d'entre eux veuillent s'inscrire dès maintenant. Même les étudiants adultes peuvent s'inscrire au dépôt direct. Les étudiants ne peuvent obtenir leurs prêts étudiants par le biais du dépôt direct du gouvernement fédéral, mais ils peuvent s'inscrire pour obtenir leur T1, leurs remboursements de TPS/TVH et leurs prestations fiscales pour enfants.

L'inscription au dépôt direct est toute aussi pratique pour recevoir vos paiements que d'afficher une photo sur Instagram ou de vérifier vos comptes Tumblr et Facebook. Pour vous inscrire au dépôt direct, visitez votre institution financière ou votre succursale bancaire, ou consultez le site www.depotdirect.gc.ca.

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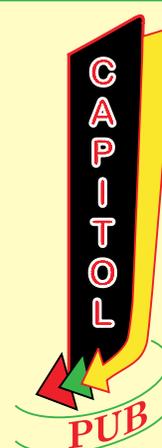
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Saturday OCT 19 - 10 pm - Shaky Bannister
Saturday OCT 26 - our Halloween Party with Jokers Right - 10 pm - prizes for best costume

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Spooktacular fun for pets

(NC) The creativity of Halloween makes it a great time for the whole family to spend together, including your pet. Here are some resourceful ways to let your four-legged family member join in on the

festivities:

- Lions, tigers and bears: The only thing cuter than a dog or cat is one in costume. With lovable options, today's pet parent has a wide variety of costumes to choose from.

A popular trend is to have a pet dressed in a themed costume with the family. Is your kid going out as Winnie the Pooh? Why not have the dog join them as Tigger?

- Gone fishin': Don't forget the fish. Why not celebrate with some themed ornaments in the aquarium? Decorating the household aquarium can be a gratifying activity and adds even more décor to your home.
- Trick or treat: Dogs get excited over a tasty treat just as much as the kids. You can find a wide selection of biscuit treats decorated for the season.
- Frightful fun with toys: It's important for pets to have a few toys for exercise and entertainment. It has even been noted a good toy can act as a "security blanket" for a pet, affecting their mood positively.



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National Family Week:

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:

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
17 h - Café Annapolis

Home Alone Program
Mondays, Oct 21, 28, and
Nov 4, 18 (4 Sessions Total)

6 – 8 p.m. Children 9 and up.
\$20 per child.
Register by: Thurs., Oct. 15

Programme seul a la maison
Les lundis 21, 28, octobre et le 4, 18 novembre (4 séances)
De 18 h à 20 h.
Enfants de 9 ans et plus.
20 \$ par enfant
Date limite d'inscription :
jeudi le 15 octobre

Deployment Support Social
Wed., Oct 16,
5 – 7 p.m. Open to all ages
Free at the GMFRC
Register by: Mon., Oct. 14

Réunions sociales de soutien pour les familles en déploiement
Mercredi le 16 octobre
17 h à 19 h.
Pour tous les âges
GRATUIT au CRFMG
Date limite d'inscription:
lundi le 14 octobre

ADHD/ADD Information Session
Tues., Oct. 22
6 – 7 p.m.

Free at the GMFRC
Register by Fri., Oct. 18

Séance d'information sur les THADA/DCA
mardi le 22 octobre
18 à 19 h
GRATUIT au CRFMG
S'inscrire avant le vendredi 18 octobre

Legal Info Session: Family Law
Wed., Oct. 30
11:30 a.m. – 1:30 p.m.
or 5:30 p.m. – 8:30 p.m.
Free at the GMFRC
Register by Fri., Oct. 25

Séance d'information juridique : Droit de la famille
Mercredi le 30 octobre
11 h 30 à 13 h 30 ou de 17 h 30 à 20 h 30
GRATUIT au CRFMG
Inscrivez-vous avant le vendredi 25 octobre

GMFRC and the Casual Childcare Centre Closure
Monday, October 14, 2013
Le CRFMG et la halte-garderie seront fermés
Lundi le 14 octobre 2013

To register, or for more information, call 765-5611 or drop-in to the GMFRC located at the AVM Morfee Centre on School Road in Greenwood.



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with savoury gravy

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Fresh Mixed Vegetables & Squash
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\$17.95 Plus Tax per person
\$8.95 Plus Tax children 12 and under

Une Journée rose réussie à l'école Rose-des-Vents



Submitted

C'est le 12 septembre dernier qu'a eu lieu la journée officielle de la mobilisation contre l'intimidation dans toutes les écoles de la Nouvelle-Écosse. Le thème de cette année qui a été développé dans les écoles acadiennes et francophones du Conseil scolaire acadien provincial (CSAP) était « Un esprit sain, des relations saines, dans un corps sain. L'intimidation : non merci! ». Pour souligner cet événement, le CSAP a remis à chaque élève et membre du personnel un sac d'eau pliable rose.

À l'école Rose-des-Vents, différents moyens ont été mis en place pour souligner cette journée importante. En avant-midi, les élèves et membres du personnel se sont réunis dans le gymnase afin de discuter ensemble de l'intimidation. Ils ont également visionné une

vidéo touchante. À la fin de l'assemblée, tous les jeunes et membres du personnel ont lu à voix haute une déclaration d'engagement contre l'intimidation. Cette déclaration a par la suite été signée par tous et elle a été affichée à l'entrée principale de l'école. Par ailleurs, des affiches ont été placées un peu partout sur les babillards de l'école. Celles-ci expliquaient les différentes formes d'intimidation, les lieux où l'intimidation peut survenir, les ressources mises à la disposition des jeunes et des trucs pour prévenir l'intimidation. Enfin, plusieurs jeunes et membres du personnel de l'école ont porté du rose pour montrer leur appui contre l'intimidation.

Louis Cormier, directeur de l'école Rose-des-Vents, était très heureux du déroulement de cette journée.

« C'était touchant de voir les élèves et membres du personnel signer ce contrat et s'engager par le fait même à adopter des comportements empreints de respect, à dénoncer les actes d'intimidation, à adhérer aux valeurs de tolérance, d'ouverture aux autres et d'acceptation et à mettre en place des solutions pour prévenir l'intimidation. »

Malheureusement, il y a encore beaucoup trop de situations d'intimidation autour de nous, que ce soit à l'école, au parc, sur le web ou à la maison. Personne n'est à l'abri de ces gestes malheureux. Si vous êtes victimes, témoins d'une situation ou même un intimidateur, il y a des ressources pour vous venir en aide. Toute forme d'intimidation est inacceptable et tous ensemble nous pouvons agir pour changer les choses.

Successful Pink Day at École Rose-des-Vents

The Official Day of Mobilization against bullying took place September 12 in all schools in Nova Scotia. The theme developed this year by the Conseil Scolaire Acadien Provincial (CSAP) was "A

healthy mind, healthy relationships, in a healthy body. Bullying: No thank you!" To mark this event, the CSAP has given to each student and staff member a pink foldable water bag.

At École Rose-des-Vents, different actions have been put in place to celebrate this important day. In the morning, students and staff gathered in the gym to discuss bullying. They watched a touching video and at the end of the assembly, they read aloud a commitment against bullying. This commitment has been signed by all and is now found at the

main entrance of the school. In addition, information posters were placed around the school on bulletin boards. They explain the different forms of bullying, the places where bullying can occur, the resources made available to youth and advice on bullying prevention. Finally, lots of students and staff members wore pink to show their support against bullying.

Louis Cormier, director of École Rose-des-Vents, was pleased with the events occurring during the day.

"It was touching to see students and staff members sign the contract and commit at the same time to adopt a respectful behaviour, to denounce acts of intimidation, to adhere to the values of tolerance, openness to others and acceptance and to implement

solutions to prevent bullying."

Unfortunately, there are still too many bullying situations around us, whether at school, at the park, on the web or at home. Nobody is immune to these unfortunate actions. If you are a victim, a witness of a situation or event a bully, there are resources to help you. Any form of bullying is unacceptable and together we can make a difference.



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TENDER 13-18

Road Maintenance Services —
January 1, 2014 to December 31, 2016

The Engineering and Public Works Section of the Municipality of the County of Kings invites tenders for work that includes, but is not limited to the provision of equipment, materials, and labour for the maintenance of Municipal roads, sidewalks, and facilities for a three (3) year period.

Specifications and tender forms may be viewed and picked up beginning October 10, 2013 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Tim Bouter, P. Eng.; Supervisor of Engineering Services:

- Phone: (902) 690-2219
- Email: tbouter@county.kings.ns.ca

**SEALED TENDERS WILL BE ACCEPTED UNTIL
2:00PM THURSDAY, OCTOBER 24, 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.

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Toll Free: 1-888-337-2999
www.county.kings.ns.ca



Pink and peaceful

Kingston and District School students, staff and community made their mark in honour of Pink Day September 12. Those who could wore something pink, and everyone gathered in the gym as principal Mr. Rafuse explained the background behind this annual event and its connection to anti-bullying. School mascot Marvin the Frog was introduced to new students, and everyone took part in a Mik'maq welcoming song and recited together our peace pledge. Students were also invited to sign a huge pink peace sign.

Submitted

Donations add up to life

Eric MacKenzie,
14 Wing Greenwood
community recreation
coordinator

Canadian Blood Services held another successful two-day blood donor clinic at the 14 Wing Greenwood Community Centre September 30 and October 1, with 251 visitors making 206 donations. Their contribution can be used to save over 600 lives.

14 Wing is a registered "Partner for Life" with Canadian Blood Services, and has set a goal to have 100 members register in 2013. You may sign up at <https://www.blood.ca/> (select the "forms" option on the left hand side and then you'll see a link to the "Become a Partner for Life"). The base's Partner ID is 14WI011270. Once you sign the form, you never have to do it again. It allows CBS to track how many

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

The 14 Wing Community Centre would like to thank Tim Hortons and McDonald's for continued sponsorship, and the volunteer work party, which assisted with the load in and out of equipment:

Private Brandon Austin,

Master Corporal Dawn Dearing, Sergeant Duncan Haldane, Corporal Justin Kubis, Corporal Gerry Maclean, Warrant Officer Catherine Ripley and Corporal Phailath Thongsouvanh.

The next two-day clinic will be December 9 and 10. If you are interested in booking an appointment to give blood or volunteer, call 1-888-236-6283.

14 Wing basketball team

It's that time again: the 14 Wing men's base basketball team is looking for players that are both competitive and willing to play within a team. Practices are Mondays and Wednesdays from 4 p.m. to 6

p.m. at the Fitness and Sports Centre.

Anyone interested in playing, please come out to practice. Bring your sneakers! The OPI is Master Corporal Mike McPherson, 765-1494 local 3471.

Équipe de basket-ball de la 14^e escadre

Le moment est arrivé! L'équipe masculine de basket-ball de la 14^e Escadre est à la recherche de joueurs compétitifs qui souhaitent jouer dans une formation. Les séances d'entraînement ont lieu le lundi et le mercredi de 16 h à 18 h

au Centre de conditionnement physique et des sports.

Si cette possibilité vous intéresse, venez aux séances d'entraînement. N'oubliez pas vos espadrilles! Le BPR est Cplc Mike McPherson, 765-1494 poste 3471.

14 Wing men's, women's volleyball teams

The 14 Wing men's and women's volleyball programs are preparing for the upcoming season.

Both teams are looking for coaches so, if there is anyone out there that has experience

and/or interest in helping out with either or both of these programs, please contact OPI Graham White, 765-1494 local 5753, ASAP.

Without coaches, the program will not be able to operate.

Équipes masculine et féminine de volley-ball de la 14^e escadre

Le programme de volley-ball s'amorcera bientôt à la 14^e Escadre.

L'équipe féminine et l'équipe masculine sont toutes deux à la recherche d'entraîneurs. Si vous possédez l'expérience ou l'intérêt nécessaire

pour contribuer à l'un de ces deux programmes, veuillez communiquer avec le BPR Graham White, 765-1494 poste 5753, le plus tôt possible.

Sans entraîneur, il faudra mettre fin au programme de volley-ball.

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



COORDINATOR of DEPLOYMENT SERVICES

Six-month Term position

As a member of a multi-disciplinary team of professionals, this Coordinator is responsible for the education, information and outreach to families of Defence Team members who are required to be absent from the family because of military duties. Provides a wide range of direct individualized and group services to family members.

Advanced verbal and written communication skills are necessary to fulfill need for public speaking, facilitating activities, and report writing. Ability to organize and prioritize workload effectively to meet deadlines is also essential.

Experience in program/event development, management and evaluation. Excellent interpersonal and assessment skills will aid the requirement to work with people experiencing a challenging lifestyle. Strong belief in the principle of volunteer involvement and leadership is required. A solid understanding of not-for-profit board governed organizations is necessary, along with the advanced ability to work both independently with little supervision and as part of a team.

Probationary Period: 6 months

Responsible to: Executive Director

QUALIFICATIONS REQUIRED:

- Undergraduate degree in the Social Sciences/Community Development field
- Five years experience in program development, management, and evaluation
- Clear understanding of the community development process is essential
- Working knowledge of community resources in the catchment area is required
- Demonstrated ability in facilitating workshops
- Advanced communication skills, both written and oral
- Awareness of risk management issues
- **Ideal candidate is bilingual**

Hours:

- 37.5 hours per week (some evening & weekend hours are required. Flexibility is a must.)
- The successful candidate will be prepared to commence employment immediately.
- Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before **noon on 10 October 2013** to:

Margaret Reid
Executive Director
email: home@greenwoodmfr.ca
(MS Word or PDF format)
Subject line: resumé-Deployment
Greenwood Military Family Resource Centre
fax: (902) 765-1747
PO Box 582, Greenwood, NS, B0P 1N0

- Applications can also be dropped off at the GMFRC Front Desk
- The GMFRC is located in the AVM Morfee Centre, on School Road, in Greenwood.

Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.
Please visit www.familyforce.ca to learn more about the Greenwood MFRC.

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de Greenwood (CRFMG)



COORDONNATEUR/ COORDONNATRICE DES SERVICES D'AIDE AU DÉPLOIEMENT

poste d'une durée de six mois

Le ou la titulaire du poste fera partie d'une équipe de professionnels provenant de plusieurs disciplines et sera responsable de l'éducation, de l'échange d'information et de la sensibilisation auprès des familles des membres de l'équipe de la Défense qui doivent s'absenter du foyer familial en raison de leurs fonctions militaires. Il ou elle devra offrir une grande variété de services directs individuels et de groupe aux membres des familles.

Il faut posséder de solides habiletés en communication verbale et écrite pour être en mesure de parler en public, d'animer des activités et de rédiger des rapports. Il est aussi essentiel de pouvoir organiser la charge de travail et établir l'ordre de priorité des tâches de manière efficace en vue de respecter les délais.

Il faut posséder de l'expérience en conception, en gestion et en évaluation de programmes et d'activités. D'excellentes habiletés sociales et capacités d'évaluation aideront le ou la titulaire à travailler avec des personnes qui ont un mode de vie difficile. Il faut savoir faire preuve de leadership et être convaincu de la nécessité de l'engagement bénévole. Il ou elle doit également bien comprendre le fonctionnement d'organismes à but non lucratif gérés par un conseil, et doit être en mesure de travailler de façon autonome sous un minimum de supervision et au sein d'une équipe.

Période de probation : 6 mois

Superviseur immédiat/superviseure immédiate : Directrice exécutive

QUALIFICATIONS :

- Diplôme universitaire de premier cycle dans un domaine des sciences sociales ou du développement communautaire
- Minimum de cinq ans d'expérience de l'élaboration, de la gestion et de l'administration de programmes
- Une excellente compréhension du processus de développement communautaire est essentielle
- Connaissances pratiques des ressources communautaires dans la région desservie
- Capacité manifeste d'animer des ateliers
- Aptitude supérieure à communiquer de vive voix et par écrit
- Bonne connaissance de la gestion des risques
- **La personne idéale pour combler le poste est bilingue**

Heures de travail :

- 37,5 heures par semaine (Le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)
- La personne retenue devra être prête à entrer en poste immédiatement.
- La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitæ dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, d'ici **midi, le jeudi 10 octobre 2013**, à :

Margaret Reid
Directrice exécutive
courriel : home@greenwoodmfr.ca
(en MS Word ou en PDF)
objet : cv-Déploiement
Centre de ressources pour les familles militaires de Greenwood
Télécopie : 902-765-1747
C. P. 582, Greenwood (N.-É.) B0P 1N0

- Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Visitez le site www.familyforce.ca pour en apprendre davantage sur le CRFM Greenwood.



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

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

Wilmot Girl Guides

Wilmot Sparks, Brownies and Guides are accepting registrations. Units meet Wednesdays from 6 p.m. to 7 p.m. Please call 825-6981 or uhlman.tc@eastlink.ca.

Girl Guide cookies

October: Berwick Girl Guides are selling their chocolate mint Girl Guide cookies. Your \$5 cookie purchase supports Girl Guiding in your community, and we appreciate your support. If you miss us and would like cookies, please call Sara, 538-9191.

Legion notice

Royal Canadian Legion Branch 098, Kingston, reminds friends a military member I.D. allows you to sign in at our branch on Veterans Lane. Come enjoy all the branch activities and programs.

Legion notice

Beginning October 1, Royal Canadian Legion Branch 098, Kingston, has new happy hour timings: 4:30 p.m. to 6:30 p.m., Monday to Thursday. Open to members, guests and military members.

At CentreStage

What comes before marriage? Murder, at least according to Lord Arthur Savile. Shortly before his marriage to the lovely Sybil Merton, Lord Arthur, a well-intentioned but gullible British aristocrat, learns murder is definitely in his future while hosting a palm reading session in his London drawing room. Not recommended for children under 13. Lord Arthur Savile's Crime plays October 11, 12, 18, 19. Showtime 8 p.m. Tickets \$15/\$12 (678-8040 for reservations). CentreStage Theatre: 61 River Street, Kentville.

Card party

October 7, Funds for Fuel bridge party, 1 p.m, Oct. 7 at Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. All welcome. Phone 825-6116 for information.

Dinner meeting

October 9, Robert Shaw, CEO of the Parkinson's Society, Maritime Region; will provide an informative lecture and discussion regarding Parkinson's disease at the Aylesford and District Lion's Hall, Auburn. Doors open at 6:30 p.m., dinner at 7 p.m. \$10.00 per plate. Non-Lion community members are invited and encouraged to attend. Please contact, no later October 6, Lion Bobby, 847-9414; or King Lion Peter, 341-2027; if you plan to attend. Aylesford and District Lion's: serving your community.

Cemetery meeting

October 9, 7 p.m., the Tremont Community Cemetery will hold its first business meeting at the Tremont church hall. All interested parties welcome.

Writers' group

October 9, Authors Ink, a creative writing group, meets, 10 a.m.; at Macdonald Museum, Middleton. Admission \$3 per person. All levels welcome. Phone 825-6116 for details.

Religious course

October 10, 7 p.m. and weeks to follow, the New Beginnings Centre offers After Pentecost: The Gospel, The Holy Spirit and The Church. The centre is located at 1151 Bridge Street in Greenwood. Sponsored by Foundations Bible School, a division of New Begin-

nings Christian Ministries.

Skating

October 10, the Middleton Skating Club's CanSkate program will have an additional registration night, 6 p.m. to 8 p.m., at the Middleton fire hall. Spaces are limited. Open to boys and girls, ages three and up. Email middletonskatingclub@hotmail.com for details.

Breakfast

October 12, come for breakfast at All Saint's Anglican Church, Kingston, 8 a.m. to 10 a.m., at the church hall, Pleasant Street, Kingston (turn west off Bridge Street). Cost: \$7. Menu: pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea & coffee. All welcome.

Geocache event

October 13, Hike Nova Scotia and County of Annapolis Recreation Services present an Intro to Geocache Event on the Delaps Cove Wilderness Trail in Annapolis County, 2 pm. Register at borde@annapoliscounty.ca or 532-3144/825-2005. Participants qualify to win trail prizes. See www.hikenovascotia.ca for details.

Geocache event

October 13, Hike Nova Scotia and County of Annapolis Recreation Services present a double geocache event: International Earth Cache Day and Cache In Trash Out/ clean up on the Delaps Cove Wilderness Trail, 1 p.m. to 4 p.m. Participants qualify to win trail prizes. See www.hikenovascotia.ca for details.

Luncheon

October 15, the Kingston Lions present their community luncheon at the Lions' hall, 11:30 a.m. to 1

p.m. Come out and enjoy roast beef, mashed potatoes, vegetables, gravy, dessert, coffee and tea. Cost \$8 at the door or \$8.50 delivered (ordered by 10:30 a.m. October 15, 765-2128).

Volunteer training

October 16, 11:30 a.m. to 1 p.m., Acadia University, Wolfville; learn how to prevent volunteer burnout. Covering the Volunteer Code, volunteer etiquette and how to hire, fire and manage volunteers. This is a free learning opportunity for volunteers and those working with volunteers, presented by the Valley Volunteer Coalition, (902)678-1398 or info@kingsvolunteerresourcecentre.ca. Registration required.

Kids' library fun

Tuesdays, 10:30 a.m. "Under the Story Tree" at the 14 Wing Greenwood Library (Morfee Centre, School Road, Greenwood). Bring your little ones to enjoy some stories and crafts.

Volunteers needed

Valley Community Learning Association is recruiting volunteers to tutor ESL learners in Kings and Annapolis counties. If you can speak and write English, you can volunteer! For information, email lori.noseworthy@gmail.com or phone/ text (902) 692-8042.

Dancing

Fridays, join us for an evening of square dancing, 8 p.m. to 10 p.m., at the Melvern Square Hall. Phone 765-8145 for information.

Donations accepted

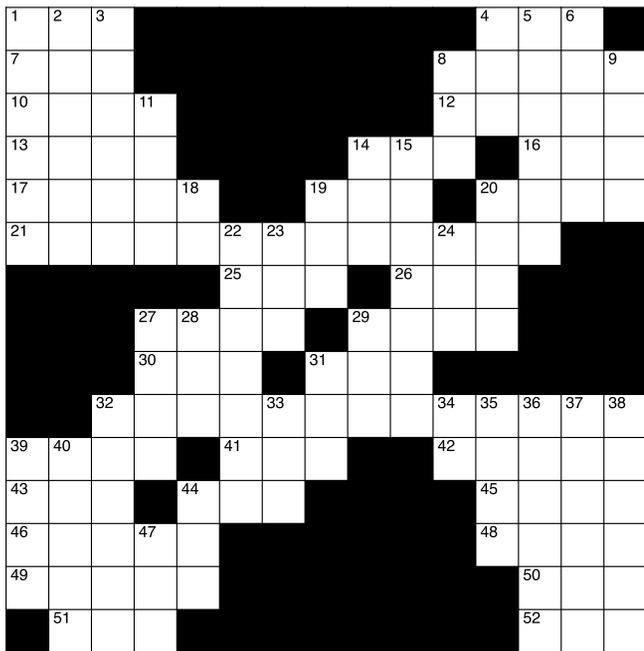
The Greenwood Health Auxiliary's Opportunity Shop (in the Greenwood Mall), is accepting donations of good used clothing, purses, shoes, linens, and small appliances. All proceeds go back to health care in our area.

Toastmasters

Tuesdays – join Toastmasters –

metro crossword

solution page 20



- ACROSS**
- 1. Belaya river port city
 - 4. Arbitrageur businessman
 - 7. Leavened bread
 - 8. Exploiters
 - 10. 7 deadly
 - 12. Minimal unit of metrical time
 - 13. 12th Jewish month
 - 14. Our 50 states
 - 16. Fiddler crabs
 - 17. Them in Spanish
 - 19. Texas Gov. Richards
 - 20. Single integers
 - 21. Areas of a city
 - 25. Goat and camel hair fabric
 - 26. Misery resulting from affliction
 - 27. Icelandic island
 - 29. Publisher Adolph
 - 30. Oxalis crenata
 - 31. A major division of geological time
 - 32. Edith Bunker actress
 - 39. Parent organizations
 - 41. Express pleasure
 - 42. Entrap
 - 43. Fabric with a corded surface
 - 44. A food additive to enhance flavor
 - 45. Database management system
 - 46. Betel palm genus
 - 48. Notch
 - 49. Hungarian is a Finno-_____ language
 - 50. A right angle building extension
 - 51. Burgh on the Firth of Clyde
 - 52. Owed as a debt
- DOWN**
- 1. Not visible or perceived
 - 2. A ribbed woven fabric of silk, rayon or cotton
 - 3. Growth rings
 - 4. Volcanic mountain in Japan
 - 5. Rebroadcasts a show
 - 6. A British suspender
 - 8. Fringe-toed lizard
 - 9. Oceans
 - 11. Molten metal scum residue
 - 14. Atomic # 106
 - 15. Mountain peak covering
 - 18. Request for quiet
 - 19. Macaws
 - 20. Lyric poems
 - 22. #8 potassium rich fruits
 - 23. Star Wars' ___-Wan Kenobi
 - 24. Express wonder
 - 27. Works a garden's soil
 - 28. Alias
 - 29. Opening
 - 31. Bones
 - 32. Harlequinade clowning (Mid. Eng.)
 - 33. Lose resilience
 - 34. Syrian pound
 - 35. Finishes
 - 36. Held over
 - 37. Brass that looks like gold
 - 38. Cuddle
 - 39. Small sailboat
 - 40. Dorsal plates on arthropods
 - 44. A waterproof raincoat
 - 47. Latin: around time of

metro crossword brought to you compliments of

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(902) 678-6000
Toll-free 1-888-466-2702
www.besttoyotasales.com

the Aurora Find & Win

Three easy ways to enter.

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

Entry deadline: Noon, October 10, 2013

Full name _____ Phone number _____

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.

- Who wants to hire a position for second language services? _____
- What is the tender number for road maintenance services? _____
- Who is selling total raw natural dog food? _____
- Where is the pet consignment shop located? _____
- Who is the biggest little barber stop in town? _____

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: KATHY DAVIS

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

Youth Happenings

where leaders are made - 6:15 p.m. to 8 p.m., at the Air Commodore Birchall Training Centre, Bldg 221, Greenwood. Everyone welcome. For information contact edwardwedler@gmail.com or Edie Murray, 665-2397.

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1 p.m. For information, contact Pat Coakley, 765-2175.

Luncheon

Wednesdays, the community lunch is held 11 a.m. to 1 p.m. at New Beginnings Centre, Bridge Street, Greenwood. The lunch is provided as a service to the community, sponsored by the Open Hand. Open to everyone.

Greenwood AA Group

Greenwood Group of Alcohol Anonymous, Tuesdays at St. Mark's Church Annex, 8 p.m.

Meetings are open to those who have a desire to stop drinking.

Jam session

Wednesdays, come out to Brickton (12062 Hwy 1) jam sessions at 7 p.m. Great country and bluegrass music. Come to play, sing or listen. Refreshments. \$2 admission.

911 Civic Signs

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

Church service

Sunday services, 2:45 p.m., will be held at the New Beginnings Centre, 1151 Bridge Street, Greenwood; with Pastor Leon Langille, "The Peoples 25:40 Church." All welcome.

Lindsay McCormack, Recreation Youth Worker

Fall fun is in the air – join in the various youth programs on offer at the 14 Wing Greenwood Community Centre.

Boys Club

October 7, 5 p.m. to 6 p.m. Tonight, we will be heading

up to the gym to play some basketball! Make sure you bring your gym shoes.

Teen Council

October 8, 5 p.m. to 6 p.m. Trick or Eat 2013 is here. It's time to go over our tasks and how everything will work for Halloween.

Active Chicks

October 9, 6 p.m. to 7:30 p.m. We will be walking to Avery's tonight for our last ice cream treat of 2013! Bring \$3.

Teen Activity

October 10, 6 p.m. to 7:30 p.m.

Bring your sneakers and some warm clothes: we will be walking outside tonight

for some fresh fall air and exercise.

Pizza & gym time

October 11
Pre-teen 6 p.m. to 8 p.m.
Teen 8 p.m. to 10 p.m. \$3
Gym games and pizza are on the menu for tonight. Come down with friends and enjoy your start to the long weekend.

Intersection hockey

The Greenwood Intersection Hockey League (ZX-IHL) will be starting in October. The purpose of the ZX-IHL is to increase fitness levels, team work and group mo-

rale through friendly, on-ice competition.

Players of all skill levels are encouraged to participate. The cost is \$150/ player (pay allotment is the pre-

ferred payment method). Any players interested in playing should contact their local section team rep and ensure their registration form is handed in.

If your section does not have a team or you require more information, please contact the ZX-IHL president, MCpl Baer, 765-1494 local 3102.

Ligue de hockey inter-services

La ligue de hockey interservices de Greenwood (ZX-IHL) reprendra ses activités en octobre. Le but de la ZX-IHL est d'améliorer la condition physique, de renforcer l'esprit d'équipe

et d'entretenir le moral du groupe grâce à des compétitions amicales sur glace.

Les joueurs de tous les niveaux sont invités à y participer. Les frais de participation s'élèvent à 150 par joueur.

La méthode de paiement privilégiée est la délégation de solde. Tous les intéressés doivent communiquer avec le représentant de l'équipe de leur service et remplir un formulaire d'inscription.

S'il n'y a pas d'équipe dans votre service, ou pour tout autre renseignement, veuillez vous adresser au président de la ligue, Cplc Baer, 765-1494 poste 3102.

sudoku

solution page 20

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

Level: Beginner

Fun By The Numbers

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

sudoku brought to you compliments of

patrick's puzzle

solution page 20

CANINE WORD SEARCH

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

WORDS

AFFENPINSCHER	BERNESE	CAIRN	DOBERMAN	LABRADOR
AIREDALE	BICHON	CANE CORSO	GOLDEN	MALAMUTE
AKITA	BLUE HEELER	CHIHUAHUA	GREAT DANE	MALINOIS
AUSSIEDOODLE	BOLOGNESE	CHOW	GREYHOUND	ROTTWEILER
BASENJI	BOXER	COLLIE	HAVANESE	SHARPEI
BASSET HOUND	BRIARD	COONHOUND	HUSKY	SPANIEL
BEAGLE	BULLDOG	DALMATION	IBIZAN	SPITZ
				TERRIER

patrick's puzzle brought to you compliments of

horoscopes

Oct 06 - Oct 12

ARIES - Mar 21/Apr 20

Aries, patience is a virtue you possess, and you must make the most of your patient nature this week. Keep this in mind when dealing with family and coworkers.

TAURUS - Apr 21/May 21

Taurus, keep things in perspective and you will have your cake and eat it, too. You can coolly handle tough situations, and that ability serves you well this week.

GEMINI - May 22/June 21

Your imagination is working overtime this week, Gemini. Channel that creative energy and get started on a project you have long been considering.

CANCER - June 22/July 22

Cancer, you will be very content for the next few weeks. Enjoy these good times and invite those closest to you to enjoy them as well.

LEO - July 23/Aug 23

Leo, your heightened sense of focus on a particular task has left you wondering how to proceed in another area of life. You may want to seek the advice of others.

VIRGO - Aug 24/Sept 22

Virgo, you may be tempted to throw caution to the wind. While that may make for a memorable experience, it may not prove wise over the long haul.

LIBRA - Sept 23/Oct 23

You could get caught up in a social whirlwind this week, Libra. Keep your feet on the ground or you may be swept away in all of the energy.

SCORPIO - Oct 24/Nov 22

Staying connected to your feelings is empowering, Scorpio. Even if others don't feel exactly the same way that you do, they may go along with plans to make you happy.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, indulgent behaviour won't pay off in the long run. Moderation works best, and you'll be glad you didn't overindulge after the fact.

CAPRICORN - Dec 22/Jan 20

Capricorn, work and family responsibilities have put you under a lot of pressure recently. You could be in need of a respite, even if that break is brief.

AQUARIUS - Jan 21/Feb 18

Aquarius, it's quite possible you will not get much done this week, as you may be too busy encouraging others rather than focusing on your own needs.

PISCES - Feb 19/Mar 20

Compassion is your speciality, Pisces. Others appreciate your warm nature, so accept their gratitude and affection.

horoscopes brought to you compliments of

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www.frasers.ca

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 or fax 765-1717.

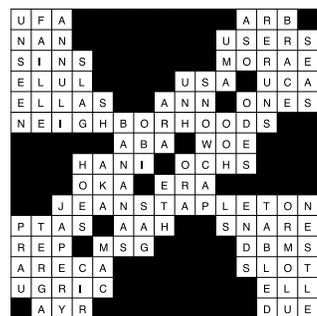
To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

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 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.

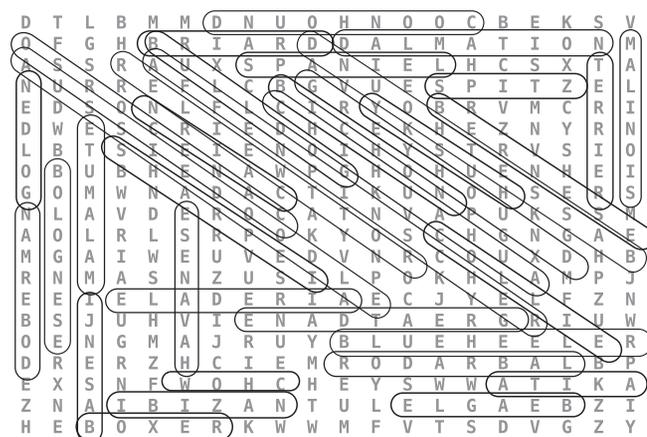
crossword solution



sudoku solution

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

patrick's puzzle



GUITAR GURU
GUITAR LESSONS
Booking Fall/ Winter Classes Now.
Time Slots are Limited.
All Ages All Styles. Comfortable in home studio. Have fun learning from established instructor and professional studio/ touring guitarist Steve Fall.
Call Steve 825-8248

FOR SALE
FIREWOOD
Clear Hardwood
Cut, Split and Delivered
Quality Guaranteed
Please Phone
825-3361

FOR RENT

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. (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 Nic-taux. 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 - 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)

ENGLAND
We Buy FURNITURE
By the piece or lot.
We do local moving
765-4430
812 Maple Street Ext., Kingston

Valleywide In-Home Computer Repair
Offers a full range of services in the comfort of your home

- Upgrades • Sales •
- Networking • Tutoring •
- Pickup/Return •
- Laptop Repair •
- Eve-Weekend Appointments •
- Drop-off in Aylesford •

For Fast, Economical, Convenient Service
~ Call Valleywide ~
844-2299

C. HANSON DOWELL, Q.C.
250 Main St., Middleton
825-3059

FOR RENT
MELVERN SQUARE
Looking for a mature and responsible couple/individual to rent a very comfortable private house on a large landscaped lot. The house contains 3 bedrooms and 2 baths. Rent - \$1,400.00/MO PLUS UTILITIES. No Pets Please. For information call
824-0286

FOR RENT – Two bedroom duplex located on Dakota Lane behind Greenwood Mall. Available Oct 1st, 2013. \$650.00 per month plus utilities. Fridge and stove included washer/dryer hook-ups. Walking distance to mall and bus route. Phone Allison at 825-9876. (3437-2tpb)

FOR RENT – Middleton Glen Lane #16, two bedroom with garage. Quality living in newly developed spacious unit with lots of cupboards, walk in closet in master bedroom, deck on back and front of unit. Large washroom with tub/shower, heated floor's, A.C. in summer, heat pump in winter. Hook up for washer/dryer, lawn care and snow removable included. Everything to make you life here comfortable. Call now for a viewing. \$1095.00 plus electricity. Phone Darlene 825-3424 or cell 840-1780. (3438-3tpb)

FOR RENT – Two bedroom apartment located on Taylor Drive in Middleton. Close to school AEES. Nice clean apartment with fridge, stove, fresh paint and clean. \$550.00 plus electricity and heat. Phone Darlene 825-3424 or cell 840-1780. (3438-3tpb)

FOR RENT – Two/Three bedroom duplex approx. 2 miles from Greenwood Mall. Fridge and stove included washer/dryer hook-ups. \$495.00 plus utilities. Phone 765-8983 after 6 P.M. (3438-1tp)

Steve Lake's Light Trucking
Moving & Deliveries
16' Cube Van
844 0551

PARKER & RICHTER
Barristers, Solicitors, Notaries
Chris Parker L.L.B
Ronald D. Richter
(B.A. Hon.), L.L.B.
Southgate Court,
Greenwood N.S.
Phone: **902-765-4992**
Fax: **902-765-4120**
"Serving the Western Valley Since 1977"

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 – 2009 Case IH Tractor. 31 hp with loader 6foot bucket 3 range hydrostatic all hydraulic lines have been upgraded 500 hrs. Phone 680-2284. (3438-1tpb)

FOR SALE – Cavalier King Charles Spaniels, Free to a very good home. Adults 4 years to 5 years. Also, 8 month olds, males \$225.00, females \$275.00 both trained and very healthy. 12 week old vet checked, de-wormed and needles, females are \$700.00, males are \$650.00. Located in Greenwood, phone 765-0885. (3437-2tpb)

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 (3438-4ufn)

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. (3438-4ufn)

DAN'S FIREWOOD
Hardwood, \$220 a cord
Softwood, \$180 a cord
Cut, Split, Delivered
Ph: 825-6424

SUBWAY
Think fresh. Eat fresh.™
Middleton Store
WILL BE CLOSED
Monday Oct 7th at 7 pm
and all day
Tuesday, Oct 8th
for renovations

FREE! FREE!
'HEATED' SELF-STORAGE
Units 6'x6'x10' up to 13'x16'x10'
847-0490 • 847-5074
UNIT RENTALS START AT \$65.00 A MONTH
3RD MONTH IS FREE AFTER PAYING 2 MONTHS

VALUABLE COUPON
Complete Mobile Service
• repairs
• replacements
• truck sliders
MORE THAN 25 YEARS OF EXPERIENCE!
CHARLIE'S AUTO GLASS
\$100 OFF DEDUCTIBLE
FOR INSURANCE WINDSHIELD CLAIMS
Middleton: **825-3659**

David A. Proudfoot
Barrister * Solicitor * Notary
811 Central Avenue, PO Box 100
Greenwood, NS B0P 1N0
Email: dap@davidproudfoot.com
Web: www.davidproudfoot.com
T: 902-765-3301 F: 902-765-6493



- Real Estate
- Wills / Estates
- Consultations / Referrals

Spurr Brothers Farms
144 Bridge Street, Melvern Square • 765-4300
Come right to the farm to buy fresh fruits and vegetables
~ Now Available ~
Apples, pumpkins, squash, potatoes, garlic, onions, peppers, tomatoes & blackberries
Open Monday-Friday 8am-5pm and Saturdays 8am-12pm
Check us out on Facebook for daily updates!

Future Glass and Mirror Ltd.
Sampson Dr., Greenwood
902-765-2105
SPECIALIZING IN REPAIRS/ REPLACEMENTS OF WINDSHIELDS
ALSO: • plateglass
• plexie & lexan
• mirrors • vehicle accessories
• window & screen repairs
• replacement thermo-pane windows
"INSURANCE CLAIMS OUR SPECIALTY"

Have a say in 14 Wing rec offerings

Community recreation services, offered by Personnel Support Programs (PSP), provides a number of benefits to the military community that contribute to the quality of life and operational effectiveness of the Canadian Armed Forces. They include community integration, family support, deployment

support, health and fitness, skill development (physical and interpersonal) and leadership opportunities.

It is imperative the programs and services offered meet the needs of the community.

Regular and Reserve Force members, as well as retired CAF members, are invited to

complete a survey to assist recreation staff in better meeting you and your family's needs. Your input is important in the development of future initiatives.

Complete the survey at www.surveymonkey.com/s/14WingPSP. You may also pick up a hard copy of the survey by visiting the 14 Wing Greenwood Community Centre, 110 Church Street.

All entries will be entered into a draw to win an iPod Shuffle. The deadline is October 11.

Thanks for taking the time to complete this survey. Program providers look forward to hearing from you, and working hard to provide quality programs and services at 14 Wing. For information, contact Jill Jackson, community recreation director, at 765-1494 local 5331.

Ayez votre mot à dire sur l'offre en matière de loisirs à la 14^e Escadre

Les services de loisirs communautaires offerts par les Programmes de soutien du personnel (PSP) présentent de nombreux avantages pour la communauté militaire qui contribuent à la qualité de vie et à l'efficacité opérationnelle des Forces armées canadiennes. Ils incluent l'intégration communautaire, le soutien des familles, le soutien au déploiement, la santé et le conditionnement physique, le perfectionnement des compétences (physiques et interpersonnelles) et les possibilités de leadership.

répondre à vos besoins et à ceux de votre famille.

Vous n'avez à remplir le questionnaire du sondage à www.surveymonkey.com/s/14WingPSP. Vous pouvez aussi obtenir une copie papier du sondage en passant au Centre communautaire de la 14^e Escadre Greenwood au 110, rue Church.

Tous les participants seront automatiquement inscrits au tirage d'un iPod Shuffle. La date limite est le 11 octobre.

Merci de prendre le temps de participer au sondage. Les fournisseurs de programmes ont bien hâte de recevoir votre rétroaction et de travailler fort à fournir des programmes et des services de qualité à la 14^e Escadre. Pour de plus amples renseignements, veuillez communiquer avec Jill Jackson, directrice des loisirs communautaires, au 765-1494, poste 5331.

Giving all kids a sporting chance

Jill Jackson,
14 Wing Greenwood
community recreation
director

Several Kings and Hants county recreation partners continue to team up with Canadian Tire's "Jump Start" program, which offers financial assistance for kids.

The Jump Start program gives all kids a chance to participate in organized sport and recreation programs they would otherwise not have the opportunity to do, due to financial restraints. Recipients

of these grants must be between the ages of four and 18, and the grant will not exceed \$300 per application. Funding is for ongoing sport and recreational activities or programs.

To obtain an application in Kingston or Greenwood, drop by the Greenwood Canadian Tire store or the 14 Wing Greenwood Community Centre. The next deadline is October 11.

For information on this program that gives kids a chance, contact Jill Jackson, 765-1494 local 5331. All kids should have the chance to run, skate, play and grow!

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



Second Language Services (SLS) BILINGUAL POSITION

The **Second Language Services (SLS) Associate** works under the supervision of the Outreach Services Manager to develop, implement, and deliver GMFRC services designed to meet the needs of the military Francophone community; support the language needs and choices of individuals in accordance with the Military Family Services Program Parameters for Practice and the Official Languages Act; and represent the GMFRC serving families in both official languages.

Probationary Period: 6 months

Responsible to: Outreach Services Manager

QUALIFICATIONS REQUIRED:

- Translator diploma or equivalent training and experience Post-secondary diploma in a social sciences field.

Experience:

- Three years experience in a bilingual position or as a translator, or equivalent training and experience.

Other:

- Bilingualism is a requirement of the position.**
- Proficient in both official languages, both written and oral;
- Experience with development, implementation, and delivery of individual and family programs/services;
- Highly proficient in the use of MS Office Software;
- Excellent organizational skills;
- Sensitivity and tact in dealing with people;
- Emphatic understanding of the Canadian Forces lifestyle, particularly challenges faced by francophone civilian spouses of military members;
- Clear understanding of the Community Development process;
- Working knowledge of community resources in the catchment area;
- Awareness of Risk Management practices;
- Belief in the principle of volunteerism;

- 30 hours per week (occasional evening & weekend hours are required. Flexibility is a must).

- Salary commensurate with education and experience.

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resumé clearly outlining their ability to fulfill all position requirements, **on or before 4:00 pm on Friday, October 11th, 2013 to.**

Nicole Godin
Outreach Services Manager
email: home@greenwoodmfr.ca
(MS Word or PDF format)
Subject line: Résumé – SLS Assoc
Greenwood Military Family Resource Centre
fax: (902) 765-1747
PO Box 582, Greenwood, NS, B0P 1N0

- Please submit resumé in English.
- Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, on School Road, in Greenwood.

Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.
You can read more about the GMFRC at: www.familyforce.ca

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de
Greenwood (CRFMG)



ADJOINT(E) DES SERVICES DE LANGUE SECONDE (SLS)

POSTE BILINGUE

L'adjoint(e) des services de langue seconde travaille sous la supervision de la directrice des services d'approches. Il/elle a pour rôle d'élaborer, de mettre en oeuvre et d'offrir les services du CRFMG qui sont destinés à répondre aux besoins de la communauté militaire francophone; de répondre aux besoins et aux choix linguistiques des membres de la communauté conformément aux paramètres de pratique du Programme des services aux familles des militaires et à la Loi sur les langues officielles; et de servir, à titre de représentant du CRFMG, les familles dans les deux langues officielles.

Période de probation : 6 mois

Superviseur immédiat/superviseure immédiate : Directrice des services d'approches

QUALIFICATIONS OBLIGATOIRES

Études

- Certificat en traduction ou études et expérience équivalentes;
- Diplôme d'études postsecondaires dans un domaine des sciences sociales;

Expérience

- Trois ans d'expérience dans un poste bilingue ou un poste de traducteur; ou expérience de travail et formation équivalentes.

Autres

- Le bilinguisme est obligatoire pour ce poste.**
- Compétence dans les deux langues officielles, à l'oral et à l'écrit;
- Expérience en élaboration, mise en oeuvre et prestation de programmes et services individuels et familiaux;
- Très bonne connaissance pratique des logiciels MS Office;
- Excellentes habiletés pour l'organisation;
- Diplomatie et tact dans les rapports avec les autres;
- Compréhension du mode de vie militaire et empathie, en particulier envers les conjoint(e)s civil(e)s francophones des membres des Forces canadiennes qui font face à différents défis;
- Bonne compréhension du processus de développement communautaire;
- Connaissances pratiques des ressources communautaires dans la région desservie;
- Connaissances des pratiques en matière de gestion des risques;
- Adhésion au principe du bénévolat.

- 30 heures par semaine (le ou la titulaire est appelé(e) à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)

- Le salaire sera établi en fonction de la formation et de l'expérience.

La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références.

Les candidat(e)s admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitae dans lesquels ils ou elles indiquent clairement en quoi ils ou elles satisfont à toutes les exigences du poste, et ce, **avant 16 h le vendredi 11 octobre 2013**, à l'attention de :

Nicole Godin
Courriel : home@greenwoodmfr.ca
(en MS Word ou en format PDF)
Sujet : Résumé – SLS Assoc
Centre de ressources aux familles militaires de Greenwood
Télécopieur : (902) 765-1747
C.P. 582, Greenwood, N.-É., B0P 1N0

- Veuillez s.v.p. soumettre votre curriculum vitae en anglais.
- Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, chemin School, à Greenwood

Veuillez prendre note que nous communiquerons uniquement avec les candidats et candidates retenus(e)s pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Pour obtenir des renseignements supplémentaires sur le CRFMG, consultez le site www.forcedelafamille.ca.

Coloring Contest • Concours de coloriage de Pâques



Drop off your entry to Connell Chrysler or The Aurora Newspaper by Tuesday, October 15

Name | Nom : _____ Grade | Grade: _____
 Age | Âge : _____ Number | Nombre : _____
 Address | Adresse : _____

PROUDLY BROUGHT TO YOU BY

Middleton, 825-3471 • 1 (866) 955-6845
 EXIT 18 HWY 101 MIDDLETON

Best Selling new Crossover in Canada
2013 Dodge Journey CREW

Features

- Parkview® rear back-up camera
- 19" alloy wheels
- 8.4-inch touch screen display
- Remote start
- 3.6 L. Pentastar™ VVT V6 with 6 speed automatic
- Power driver seat
- Sirius satellite radio
- Uconnect hands free
- 2nd row DVD
- Heated front seats
- Auto headlamps
- Dual zone climate control

7 PASSENGER SEATING

2013 IIHS TOP SAFETY PICK

37 MPG HIGHWAY

M.S.R.P. ~~\$33,740~~ NOW **\$25,995⁺**

+ Price plus tax, fees & freight. Rebates to dealer. See dealer for details.

www.connellchryslerdodge.com

Once you are outside at your meeting place, call the fire department from a cell phone or a neighbor's home.

East Coast AIKIDO

Kingston/ Greenwood
902-765-0557
www.makotokan.com
www.facebook.com/EastCoastAikido

Quand l'avertisseur de fumée retentit, Sortez dehors et restez à l'extérieur.

Steve Morse Heavy Towing Light Roadside

24 Hour Service
902-825-7026
www.morsetowing.ca

Ayez au moins un avertisseur de fumée à chaque étage, y compris le sous-sol, et à l'extérieur des chambres à coucher.

Subway Think fresh. Eat fresh.

Middleton • **902-825-5525**
 Greenwood • **902-765-2267**

Make sure kids stay away from the stove. The stove will be hot and kids should stay 3 feet away.

Country Stoves & Sunrooms

3319 Hwy 1, Aylesford
902-847-3494
www.countrystovesandsunrooms.com

Make sure your smoke alarms are working. Test them by pushing the test button.

Gregg Hewitt RE/MAX Banner Real Estate

902-825-8516
 284 Main St., Middleton
www.gregghewitt.com

Un adulte devrait vérifier le bon fonctionnement de vos avertisseurs de fumée au moins une fois par mois.

OK Tire & Auto Service

1262 Bridge St., Greenwood
902-765-6400
 26 Morison Dr., Windsor
902-798-3911

Veillez à ce que les radiateurs soient à au moins 1 mètre de tout autre objet.

Atwaters Chimney Cleaning & Seamless Gutters

1-888-477-6222
www.atwaters.ca

A grown up should always be in a room where there's a burning candle. The grown up should blow it out before leaving the room.

Atwater's Service Centre

956 Parks St., Aylesford
902-847-2002

Stay in the home when cooking your turkey and check on it frequently.

Holland Home Leisure

2317 Hwy #1, Aylesford
902-847-9392
 8794 Commercial St., New Minas
902-681-3030
www.hollandhomeleisure.com

Ne surchargez pas les prises de courant.

Ghyslaine Roy RE/MAX Banner Real Estate Greenwood

902-825-9469
ghyslaineroy@hotmail.com
www.groy21.com

Have an outside meeting place everyone knows.

Cozy Cabin Aesthetics

Lower level of Chisholm's Pharmacy
 Aylesford
902-341-3003

Joue dans un endroit sûr, loin des lignes électriques.

Tim Hortons

752 Central Ave., Greenwood
902-765-6947

14 Wing Greenwood Fire Services

Services d'incendie de la 14^e Escadre de Greenwood

FIRE PREVENTION WEEK OCT. 6-12, 2013
PREVENT KITCHEN FIRES
 GO TO FPW.ORG AND GET COOKIN' WITH FIRE SAFETY!



C'EST LA SEMAINE DE LA PRÉVENTION DES INCENDIES
Prévenir les incendies Cuisine
 SEMAINE DE PRÉVENTION DES INCENDIES octobre 6-12, 2013

Fire Prevention Week Calendar of Events

Sunday 6 October

1000 – 1700 **Static Display**
 Canadian Tire
 Parking Lot

Monday 7 October

1000 – 1500 **Booth in**
 Greenwood Mall

Tuesday 8 October

1000 – 1100 **Wee Folk Centre**
 1230 – 1400 **École Rose-des-Vente**

Wednesday 9 October

1000 – 1100 **Morfee Annex 83A**

Thursday 10 October

1000 – 1100 **Morfee Annex 83A**

Friday 11 October

1315 – 1415 **Dwight Ross**
 Elementary

Semaine de prévention des incendies

Calendrier des événements

dimanche 6 octobre

10h00 – 07h00 **Statique displei**
 unparc de
 stationnement
 Canadian Tire

lundi 7 octobre

10h00 – 15h00 **Stand de**
 Greenwood Mall

mardi 8 octobre

10h00 – 11h00 **Wee Folk Centre**
 12h30 – 14h00 **École Rose-des-Vente**

mercredi 9 octobre

10h00 – 11h00 **Annexe Morfee**
 83A

jeudi 10 octobre

10h00 – 11h00 **Annexe Morfee**
 83A

vendredi 11 octobre

13h15 – 14h15 **École**
 élémentaire
 Dwight Ross



Various fire drills will be taking place during
 Fire Prevention Week throughout the Wing.
 Plusieurs exercices d'évacuation en cas
 d'incendie auront lieu dans l'escadre tout au long
 de la Semaine de la prévention des incendies.

Make sure your family
 has a home fire
 escape plan with two
 ways out of every room.

Green Elephant Café

687 Main Street, Kingston
902-765-8558
 Visit us on Facebook

Sparky wants you to learn to
 stop, drop and roll over and over
 if your clothes catch fire.

People's Choice Realty

805 Central Ave., Greenwood
242-7355

Gardez tout ce qui peut brûler à
 1 mètre des choses qui
 peuvent devenir chaudes.

Andy's Tire

473 Main St., Kingston
765-6348

Keep anything that
 can burn 1 metre away
 from things that can get hot.

Canadian Tire

730 Central Ave., Greenwood
902-765-6338

Make sure your home number
 can be seen from the street.

David A. Proudfoot Barrister • Solicitor • Notary

811 Central Ave., Greenwood
765-3301
[dap@davidproudfoot.com](mailto:dap@dapdavidproudfoot.com)

Obéis les panneaux de
 mise en garde.
 Reste éloigné des
 installations électriques.

Meadowbrook Meat Market

Berwick • **902-538-3623**
www.meadowbrookmeatmarket.com

Fais en sorte que le numéro de
 ta maison puisse être vu de la rue.

Foster's Fire & Safety Ltd.

5943 Highway #1, Cambridge
538-7214
www.fostersfireandsafety.com

Tell a grown up of up if
 you find matches or lighters.

T&S Clothing, Promotional Signage & Printing

778 Main St., Kingston, 765-8655
www.tands.ca

A grown-up should
 test your smoke alarms at least
 once a month.

Greenwood Auto Sales

830 Central Ave., Greenwood
902-765-1184
www.carsonexports.com

Si tu trouves des
 allumettes ou un briquette,
 dis-le à un adulte.

Kim Connell BBA

90 Commercial St., Middleton
902-825-6309
kim_connell@scotiamcleod.com

Choisis un lieu
 de rencontre dehors que
 tout le monde connaît.

Connell Chrysler Dodge

Exit 18, Hwy 101, Middleton
902-825-3471
www.connellchryslerdodge.com

Have a 1-metre "kid-free"
 zone around the stove.

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Adventure on!



Private Darrin Beaton from Team 11 Reeb Deen would rather look up than down. Corporal D.Kirkwood, 14 Wing Imaging



The 404 Squadron "Thundering Herd" bringing it in for the win: from left are Sergeant Ian Perreault, Lieutenant-Colonel David Proteau, Major Ian Perreault, Captain Kent Molyneux. Master Corporal K.Low, 404 Squadron



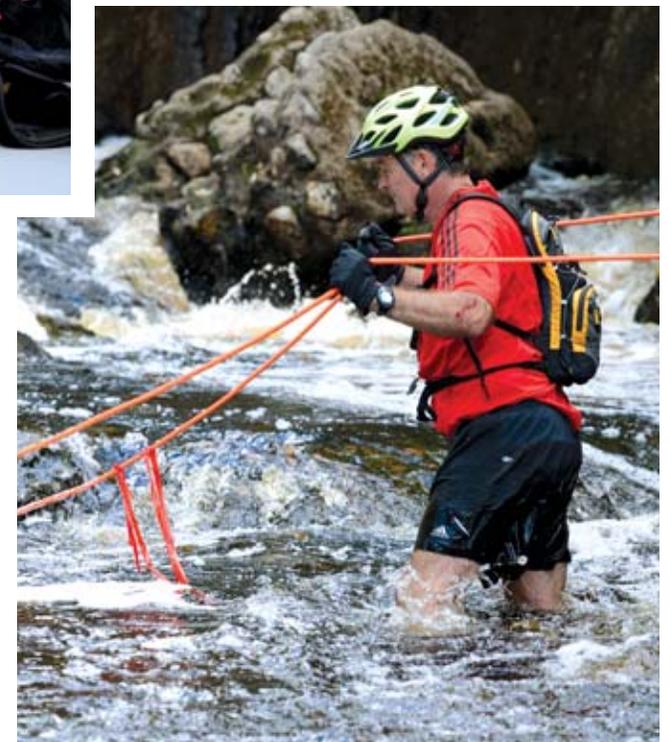
Chafing the Dream team member Corporal Jason Hume (bow) heads ashore. Corporal C.Roche, 14 Wing Imaging



Master Corporal Johanie Maheu (left) and Master Corporal Annie Saint-Andre from Team Gay OK, answer a quiz component. Corporal C.Roche, 14 Wing Imaging



Biking in to the canoe staging area. Corporal C.Roche, 14 Wing Imaging



Crossing the Fales River using guide ropes. Corporal J.Kennedy

#	Team	Points				Point Time	Penalties			Start Time of Day	Time (h:mm:ss)				FINAL RANKING		
		100	20	30	Points		CP Found	Gear Penalty	CP / gear Penalty		Start Delay	Wait time Shooting	Ropes	Timer Finish	True Finish	Adjusted Finish	Final Placing
13	Thundering Herd	75	15	22	112	0:12:54	8		0:00:00	8:24	0:24:00	0:17:00	0:45:54	7:10:56	5:44:02	5:31:08	1
12	Maverick & Geese	100	13	6	119	0:13:42	8		0:00:00	8:22	0:22:00	0:06:00	0:47:00	7:06:30	5:51:30	5:37:48	2
3	Flaming Leotards	60	18	2	80	0:09:13	8		0:00:00	8:04	0:04:00	0:12:00	0:27:03	6:35:15	5:52:12	5:42:59	3
2	Herd a TAC	75	13	7	95	0:10:56	8		0:00:00	8:02	0:02:00	0:00:00	0:32:13	6:35:31	6:01:18	5:50:22	4
7	DOA	50	13	29	92	0:10:35	7		0:30:00	8:12	0:12:00	0:18:00	0:02:25	6:03:23	6:00:58	5:50:23	5
10	Snowy Hooters	70	16	3	89	0:10:15	8		0:00:00	8:18	0:18:00	0:05:00	0:44:02	7:20:00	6:12:58	6:02:43	6
4	Tern-Ups	60	16	3	79	0:09:06	8		0:00:00	8:06	0:06:00	0:19:00	0:39:10	7:16:20	6:12:10	6:03:04	7
8	Gay OK !	75	10	9	94	0:10:49	8		0:00:00	8:14	0:14:00	0:23:00	0:32:01	7:25:27	6:16:26	6:05:37	8
11	Reeb Deen	55	10	0	65	0:07:29	7		0:30:00	8:20	0:20:00	0:00:00	0:20:00	6:24:55	6:14:55	6:07:26	9
14	413 Kids in the Hall	65	17	24	106	0:12:12	8		0:00:00	8:26	0:26:00	0:21:00	0:36:00	7:55:25	6:32:25	6:20:13	10
5	Chafing the Dream	35	10	26	71	0:08:10	8		0:00:00	8:08	0:08:00	0:22:00	0:37:00	7:50:00	6:43:00	6:34:50	11
6	Mighty Docs	60	12	0	72	0:08:17	6		1:00:00	8:10	0:10:00	0:08:00	0:13:25	6:16:58	6:45:33	6:37:16	12
1	Hot Toddlies	75	17	16	108	0:12:26	8		0:00:00	8:00	0:00:00	0:11:00	0:38:00	7:44:52	6:55:52	6:43:26	13
9	The Jimmies	45	14	27	86	0:09:54	8		0:00:00	8:16	0:16:00	0:08:00	0:15:44	8:14:47	7:35:03	7:25:09	14
15	Victorious Secrets	95	16	17	128	0:14:44	8		0:00:00	8:28	0:28:00	0:00:00	0:13:03	8:25:02	7:43:59	7:29:15	15
16	Team Universe	55	14	28	97	0:11:10	8		0:00:00	8:30	0:30:00	0:03:00	0:17:18	8:38:36	7:48:18	7:37:08	16