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14 WING • ESCADRE 14 GREENWOOD, NS

the Aurora

Vol. 34 No. 39 OCTOBER 14, 2013 NO CHARGE www.auroranewspaper.com



A 14 Wing Greenwood CP140 represented the Canadian Armed Forces October 5 at the Royal Australian Navy's 100th anniversary International Fleet Review in Sydney, Australia
Corporal G. Cormier, 14 Wing Imaging

RCAF participates in Australian International fleet review

Corporal Gerald Cormier, 14 Wing Imaging

A Royal Canadian Air Force CP140 Aurora aircraft from 14 Wing Greenwood's 404 Squadron had the honour of representing the Canadian Armed Forces October 5 at the Royal Australian Navy's (RAN) International Fleet Review in Sydney, Australia.

The CP140 Aurora took part in a multi-nation fly-by with three Australian AP-3 Orion and one Pakistani P-3C Orion, all maritime patrol aircraft which

support their respective navies.

The RAN invited more than 50 countries to send warships, tall ships and aircraft to participate in the event, October 3 to 11, to mark the 100th anniversary of the first time the flagship Her Majesty's Australian Ship (HMAS) Australia sailed into Sydney Harbour in 1913.

The first Australia Naval Fleet arrived October 4, 1913. The review is the largest commemorative event ever undertaken by the RAN, and more than 8,000 Australian and visiting personnel were expected to be viewed

Continued on page 2...

14 Wing athletes heading to CAF awards event

The 2013 Canadian Armed Forces Sports Awards Ceremony will honour the past year's outstanding CAF athletic achievements October 25 at the Hampton Inn Conference Centre in Ottawa. CAF athletes, coaches, officials and teams will gather to acknowledge the sporting achievements of their fellow military members and to celebrate the success of the CAF sports program.

The 25th annual ceremony will focus on the contribution of sports to the military community. There will be several award presentations to highlight female and male athletes of the year, male and female coaches of the year, teams of the year and officials of the year. Special presentations will also be made to the 2013 inductees to the CAF Sports Honour Roll and Hall of Fame.

14 Wing Greenwood's Captain Heather Smith is a Female Athlete of the Year nominee, representing multiple sports' success. She led the base hockey team to a 2012 national title, won gold at the 2012 World Pond Hockey Championships in New Brunswick and won the women's division at the Crashed Ice Halifax Red Bull event. In summer sports, she was captain of the 14 Wing slo-pitch team and had the top women's time at the CAF regional triathlon.

In the Male Athlete category is 14 Wing Greenwood's Sergeant Alain Chalifoux, for multi-sport success. He led his squash and slo-pitch teams to great success: making regional and national squash appearances, and being part of a national title for the ball team and named the individual tournament MVP. Chalifoux is a past winner of the CAF Coach of

Continued on page 2...

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Sports awards...

...cover

the Year Award.

In Team of the Year (collective sport) running are the 14 Wing Greenwood women's hockey team, unmatched on the ice to take 2012 regional and then national gold – defeating six-time champions CFB Halifax along the way, and finishing both tournaments undefeated. At nationals, Greenwood scored 37 goals and allowed just three.

Team members Captain Dawn Macauley, Lieutenant Serena Palmer and Master Corporal Lindsay Williams will represent the team at the ceremony.

Lieutenant-Commander Jason Lawton will be inducted into the hall of fame as a triathlon builder. He founded the civilian Shearwater Navy Triathlon and was its race director from 2003 to 2009, and was the race director and developer of the Bridgetown Triathlon. He

was the senior member of the CAF triathlon committee and CISM team manager. He is a long-standing supporter of the growth of civilian and military triathlon community.

The CAF Sports Program, organized by the PSP division of Canadian Forces Morale and Welfare Services, promotes fitness and good health within military communities, contributing to the CAF's mandate of operational readiness.



Desert run

Lieutenant-Commander Clark Colwell, on deployment from duties at 14 Wing Greenwood with OPERATION ATTENTION, as a legal advisor to the Afghan National Army General Staff - Legal Directorate; participated in the recent Terry Fox Run at Camp Eggers, Kabul, Afghanistan.

Submitted

Fleet review...

...cover

by 1.5 million spectators, possibly the largest crowd visiting the city since the 2000 Summer Olympics.

"Canada is honoured to have been part of the International Fleet Review commemorating the 100th anniversary of the Royal Australian Navy's Fleet arriving in Sydney," said the

Hon. Rob Nicholson, Minister of National Defence. "The CP140 Aurora is a stalwart of Canada's maritime defence, and both aircraft and crew made our country and our armed forces proud as we celebrated this important milestone for Australia, a staunch friend and ally to Canada."

Her Excellency the Honourable Quentin Bryce, Governor-

General of the Commonwealth of Australia, conducted a fleet review, accompanied by His Royal Highness Prince Henry of Wales, standing on the deck of Her Majesty's Australian Ship Leeuwin as naval vessels from Australia and visiting nations sailed past. The day also featured formation fly pasts of a wide variety of aircraft from participating countries, includ-

ing the RCAF Aurora, as well as displays, demonstrations, gun salutes, performances and a fireworks display and lightshow in Sydney Harbour.

Canada and Australia have a long history of military cooperation. Both fought with the Allies in the First and Second world wars, under the United Nations in the Korean War and with coalition allies in the First

Gulf War. More recently, both militaries supported operations in Afghanistan under the International Security Assistance Force and regularly cooperate in exercises in the Pacific region.

The CP140 Aurora has served as the RCAF's strategic maritime surveillance aircraft since the early 1980s. In addition to its all-weather surveil-

lance capabilities, the Aurora is also employed in an anti-submarine warfare capacity, and has a long history of close cooperation with the Royal Canadian Navy. In 2011, two RCAF Auroras served in Libya during Operation MOBILE, which was Canada's contribution to the larger NATO intervention, where they flew coastal patrol and surveillance missions.

Thanksgiving closure

Fermeture de l'action de grâce



The Aurora Newspaper office will be closed Monday, October 14

Le bureau du journal Aurora seront fermé le lundi 14 octobre



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Community Gateway Site
Site du portail communautaire des Forces canadiennes
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14 Wing Greenwood Site
Site de la 14^e Escadre Greenwood
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**Lieutenant-Colonel Ted Cosstick,
14 Wing Greenwood Wing Administration Officer**

Distinguished guests, leadership of the Royal Canadian Legion, comrades, veterans, ladies and gentlemen, men and women on parade: Chief Warrant Officer Stanley and I are very pleased to be here this afternoon in this wonderful setting on behalf of 14 Wing Commander Colonel Ian Huddleston and Wing Chief Warrant Officer Pierrot Jette. Quite honestly, I leapt at the opportunity to venture to this corner of Nova Scotia, to witness, on this very special day, the rededication of this monument to those tremendously courageous men who came before us, who served their king and country and, ultimately, gave their lives in the defence of the empire, the defence of Canada, the defence of Nova Scotia, of their county their families and their friends.

The names on this cenotaph recall those from this part of Cumberland County who made the supreme sacrifice serving their country during the two world wars. There is tragedy enough in any death, but there is real poignancy here. Beldon, Burton and Stanley Treen -- if not brothers then, certainly, cousins; and Private Murdock A. Seaman, who died 15 days after the war in Europe had ended.

There is also history here, proud Canadian and Nova Scotian history: Passchendaele, Vimy Ridge and, in the case of Private Andrew Davidson, who served with the North Shore (New Brunswick) Regiment, the capture of the port of Boulogne.

And there are links today. The 106th Battalion arrived in England, only to be broken up to provide reinforcements to regiments already in the thick of fighting. Most went to the 25th Battalion, Canadian Expeditionary Force, more popularly known as the Nova Scotia Rifles, which today is perpetuated by 1st Battalion, Nova Scotia Highlanders. Their motto, "Siol Na Fear Fearail," translates into "Breed of Manly Men," which, I think you will all agree, describes the soldiers whose names are inscribed on the cenotaph we are honouring today, and in the days ahead.

Be it the Royal Canadian Navy, the Canadian Army or the Royal Canadian Air Force, I would submit the Canadian Armed Forces of today has been shaped by the men and women who, in their day, dedicated themselves to their country both at home and abroad. As it was before us, those who took up arms - whether it was a four-year stint, a decade-long hitch or an entire career; would not have been able to do their job - to accomplish the mission - if it were not for the support of their community and families back home.

I would further suggest this cenotaph is not simply a monument with the names of the fallen etched into its stone sides. Every name represents a regiment, a unit rich in history and heritage. Every name is a town rich in culture. Every name is a family rich in memories, both happy and sad. To touch and trace the names is to recognize the battles, both horrific and glorious. To touch and trace the names is to know the towns and villages where the young men grew up and from which they left to fight on foreign soil. To touch and trace the names is to know the families who loved and waited for their husbands, sons, uncles and cousins to return; to return back to the hills and vales of Cumberland County and this beautiful province of Nova Scotia.

Thank you.

Malagash monument renewed

The re-dedication of the Malagash community cenotaph October 5 was deemed a success by event organizers, thanks in large part to the participation of 14 Wing Greenwood representation.

"I want to let your commanding officer know how much the involvement of 14 Wing Greenwood meant to our Legion, and the community of Malagash," said Russ Durling, the chairman of the cenotaph restoration committee set by Royal Canadian Legion Branch 97 Malagash in correspondence to the base afterwards.

"It all came together as planned."

Durling had sincere thanks from his fellow Legion members, as approximately 300 people from the community attended the long-planned service. 14 Wing Greenwood personnel, Air Force Cadets, Wallace firefighters, Legion members and an R.C.M.P. officer marched to the site, accompanied by the 14 Wing Greenwood Pipes and Drums.

"It was an impressive sight and event for our small community," Durling said. "Your members were immaculate in their appearance. I say, without hesitation, our ceremony was made a lot more impressive with their attendance."

Durling commended Wing Administration Officer Lieutenant-Colonel Ted Cosstick for remarks he gave at the ceremony.

"They were so on the mark. He obviously had done research dealing with our particular cenotaph site and monument. He is a professional."

A fly past during the event was appreciated: some in attendance had never witnessed one before.



Lieutenant-Colonel Ted Cosstick, right, and Chief Warrant Officer F.S. Stanley in front of the Malagash war memorial.

Private M.J. MacIsaac, 14 Wing Imaging



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Editor,

I would like to convey my appreciation to the Greenwood base executive, also - and with even greater appreciation - the base fire department; for the very well planned and executed firefighters' reunion: a reunion of burned out, not so burned out and not even burned out yet DND firefighters.

The meet and greet was something not to be missed and memories, of those present and those absent and those departed, were rekindled and chuckled at. After 42 years in the fire service, 18 with the RCAF, it was gratifying to talk to firefighters on the floor in their fire hall, and find out they all have the same desire, to serve both the service and the community, and they have the training, the leadership and the equipment to do it.

Thank you, Captain Bruce Paradis and your crew: I really enjoyed it, I would have stayed longer but caregiving drew me away.

Gordon H Smith
Retired crew chief,
Greenwood

Fire service hosts firefighter reunion

Many a retired National Defence Fire Service member has pestered 14 Wing Greenwood to host an East Coast reunion in the past few years. During the late '80s through to the '90s, Greenwood hosted an annual get together, which included a mess dinner for serving and retired members: alas, this event slowly became a thing of the past.

Current members of FES wanted to resurrect this tradition, and planning for a reunion began once again in May for a September 12 to 14 event. The invitation was sent out to all retired and serving members. Wing firefighters pulled together a great weekend plan, which included two meet and greets, a tour of new base facilities and vehicles, a vineyard tour, a charity golf tournament and a formal dinner in the mess.

The meet and greet sessions saw many East Coast members come out to meet old friends and "discuss" the old days. Overall, there were



Hugh "Tiny" Knudson makes the acquaintance of his next course.

Submitted

over 50 serving and retired members able to partake in the different events. Some, like Hugh "Tiny" Knudson, came from afar: British Columbia. Knudson joined the Royal Canadian Air Force in 1952 as a firefighter and served all over Europe and Canada, retiring out of CFB Uplands after 30 years. He informed all he came

for the camaraderie but, after seeing him chow down on lobster, we think there were ulterior motives. Others came from Ontario, Alberta, New Brunswick and, of course, across Nova Scotia.

Another remarkable individual who attended was Gaetan "Willie" Ouellet, now retired in the Miramichi area. Ouel-


let is the record holder for longest-serving firefighter in the NDFS, with 25 years in the military trade and another 25-plus years as a civilian NDFS firefighter in Gagetown. To provide a better perspective, Greenwood's current fire chief, Captain Bruce Paradis, worked for then Sergeant Ouellet when he was a newly minted private back in Chatham.

Chief Warrant Officer (retired) John Barker – yes, "that" John Barker of "Barker Bar" fame; and his wife. I suppose many serving today never realized naval firefighters flew SAR missions before unification, and it was this Barker that was accidentally ejected from a Sea King in flight!

The weekend's charity golf tournament raised funds for the Canadian Fallen Firefighter Foundation, a charity that has built a national monument honouring over 1,200 firefighters who have died in the line of duty. With two teams from Nictaux plus our own retired and serving members, over \$500 was raised for charity - plus great fun was had by all.

The whole event was capped off by an excellent meal of steak and lobster in the Annapolis Mess, with social drinks afterwards.

14 Wing FES would like to thank the wing for its support, numerous sponsors that made the event happen and our own personnel, specifically Warrant Officer Brian Sylvester, Sergeant George Townsend and Private Cathy Burns for all of the planning and "grunt" work that make this reunion happen.



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Specifications and tender forms may be viewed and picked up beginning October 17, 2013 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:

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Cormorant crew makes quick call

14 Wing Greenwood's 413 (Transport and Rescue) Squadron crew 902 was conducting a familiarization flight October 5 when the Joint Rescue Coordination Centre in Halifax alerted the aircraft at 11:24 a.m. to a female caught on a rock near Quaco Head, New Brunswick (near St. Martin's, approximately 25 miles east of Saint John) in the Bay of Fundy by the incoming tide.

The Cormorant, close at hand, did not have a search and rescue technician on board. It proceeded to the location, lowered a basket for her to climb into and moved her to shore, where she got out and was met by people on the ground. The Cormorant crew was released to return to base at 11:50 a.m.



Cancer care

Ashlyn Sulis (left), district coordinator for the Canadian Cancer Society, was happy to accept a cheque from Captain Gregory Miller (centre left), Major Donald Carver (centre right) and Warrant Officer Charles Rice in front of 14 Wing Greenwood's air traffic control tower October 7. The funds come from the Controllers for Cancer golf tournament, held in September at the Greenwood Golf Club.

Corporal J.Kusche, 14 Wing Imaging

business of the week

Rollover Rover Gently Used Pet Supplies

Rollover Rover is a pet supplies consignment shop, newly opened by Donna Peck in Upper Granville. At Rollover Rover we have many quality, gently used pet items for dogs, cats, birds, fish, small animals, and horses. All items are in very good, clean, reusable condition and are very reasonably priced. We also accept pet related gift type items and locally handmade pet products as well as animal artwork.

Recycling pet supplies as Rollover Rover does is an eco-friendly way to make use of items which would otherwise take up storage space or end up in a landfill site, and being on a consignment basis, clients are always happy to receive money when their items sell.


At Rollover Rover, Donna also brings her lifetime of experience with dogs and obedience, breeding, and

competitive agility, and offers Dog Obedience classes. Using gentle, positive, motivational training methods, classes are offered in group or private sessions in a safe fenced training area.

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413 Squadron competes at national 2013 SAREX

**Warrant Officer
Conrad Cowan,
Search and Rescue
Technician Leader,
413 Squadron**

This year's national Search and Rescue Exercise (SAREX) was held in Gimli, Manitoba, involving five wings across

Canada: Gander, Greenwood, Trenton, Winnipeg and Comox. SAREX is an annual event that isolates specific sets of SAR techniques, which enables SAR crews to hone their abilities and reinforce their confidence in procedures, capabilities and mission planning - all

under the auspices of friendly competition.

Canadian Armed Forces 17 Wing's 435 Transport and Rescue Squadron hosted, involving numerous federal, provincial/territorial, municipal and volunteer agencies in the event, including the Civil Air Search and Rescue Association, Canadian Coast Guard Auxiliary and ground search and rescue personnel. The week-long exercise emphasized interoperability and mutual support, tested the mettle of SAR crews and technicians in air-to-water parachute rescues, navigation, outdoor survival skills, helicopter casualty extraction,

mass casualty medical emergencies and precision aircraft and parachute landings. This, and other simulated rescues, fostered an exchange of best practices.

14 Wing Greenwood's 413 (Transport and Rescue) Squadron competitors came away with the overall Medical Award, based on performance throughout the week during a multitude of scenarios; and the Marine Fixed Wing Rescue Event trophy. Both are a true testament to the crew's initiative, ingenuity, professionalism and teamwork.



A CC130 Hercules aircraft from 413 Squadron flies over the Canadian Coast Guard Ship VAKTA on Lake Winnipeg during the national SAREX held at Gimli September 18.

Sergeant B. McLeod, 17 Wing Winnipeg

413 conduct SAREX in Miramichi

413 Transport and Rescue Squadron conducted a squadron-level search and rescue exercise (SAREX) October 6 to 13 in Miramichi, NB.

The exercise simulated a major SAR deployment

in order to exercise a sustained operation away from the main operating base. SAR training through simulated search missions using the CC130 Hercules aircraft and CH149 Cormorant helicopter validated recall procedures, deployment checklists and equipment preparedness.

This SAREX encompassed morning, afternoon and night

simulated missions and lead to the deployment of essential 413 Squadron personnel.

The RCAF responds to about 1,200 SAR calls annually. Canada's area of responsibility for SAR is the largest in the world, with some of the most remote and arduous terrain, challenging weather conditions, and longest coastline.

Youth set to Trick or Eat

The 14 Wing Greenwood Community Centre is hosting its annual Trick or Eat campaign October 31, when youth will go door-to-door between 5 p.m. and 7 p.m. to collect non-perishable food items for the Upper Room Food Bank in Kingston.

To raise awareness of hunger problems in our area, youth will also canvass the Residential Housing Unit community October 22, from 6 p.m. to 8 p.m., to deliver the Trick or Eat pamphlets, explaining the cause. Trick or Eat is North America's largest youth-led

food drive. Halloween, organized groups of costumed youth will take to the streets across Canada to collect donations of non-perishable food items, instead of candy. Through Trick or Eat, Meal Exchange is redefining Halloween as a day of giving, where communities and youth to give back to those in need and raise awareness about hunger.

If you are interested in supporting this great cause or would like more information, contact Lindsay at 765-8165.

Let's scare up some food!



THE MUNICIPALITY OF THE COUNTY OF KINGS

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NOTICE TO RESIDENTS

UPGRADES TO GREENWOOD WATER UTILITY

The Municipality of the County of Kings' Department of Engineering and Public Works wishes to advise customers of the Greenwood Water Utility that upgrades to the water storage facilities will take place starting the week of October 15, 2013 and will last until November 1, 2013. As a result of this work, customers may experience low water pressure or discolored water.

Please note this work will not affect the quality of the drinking water.

This work is being conducted to maintain and improve water quality. The Municipality apologizes for any inconvenience caused to its customers during this time.

Bill MacLellan, Operations Supervisor
bmaclellan@county.kings.ns.ca

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Attention Denture Wearers

Notice to the Public

The **Denturist Licensing Board of Nova Scotia** is aware that certain unlicensed individuals have been providing Denturism services in Nova Scotia. These individuals have NOT been trained to provide such services.

The **Denturist Licensing Board of Nova Scotia** is currently investigating several individuals who we believe are engaged in this activity. If you use these services you are putting yourself at high risk. These individuals are not licensed, have no insurance and could face prosecution.

The **Denturist Licensing Board of Nova Scotia** strongly recommends that patients requiring Denturist services use only duly licensed, registered and fully insured Denturists.

Denturist Licensing Board of Nova Scotia

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PO Box 22009

Halifax, NS B3L 2C2

902-420-1251

Signals out for October 25 celebration of C&E milestones

Corporal Jaden Braniff, Wing Telecommunications and Information Services Squadron

October 24 to 26, Her Royal Highness, Princess Anne, colonel-in-chief of the Communication and Electronics Branch, will honour the branch with a presentation of her Royal Banner.

This event will mark the 110th anniversary of the formation of the Canadian Signaling Corps (Militia). This gives the C&E Branch a unique

opportunity to participate in the "Semaphore to Satellite" celebrations.

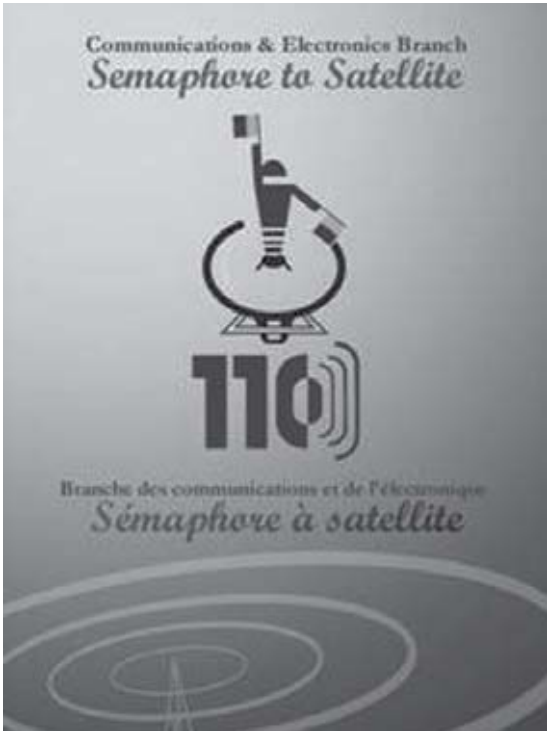
Semaphore signalling, a visual flag positioning technique, was first used by the Greeks and Romans, and the later invention of the telescope greatly increased the range of communications. The technique was adopted by the French in the late 1700s, and became a standard in line-of-site communications with both the United States and Canada in the 1800s. By 1914, the Canadian Signals

Corps was experimenting with radio and, throughout our history, we have developed and implemented a myriad of advancements within the communications spectrum.

Her Royal Highness, Princess Anne will start her tour October 24 at CFB Kingston and celebrate 110 years of the C&E Branch with key dignitaries, soldiers and veterans. Semaphore to Satellite celebrations will be held across the country in honour of this occasion, and 14 Wing Greenwood is no exception. October

25, 14 Wing will host its own event at the Greenwood Curling Club. The celebration will begin at 8 a.m. and continue throughout the day, with sport, entertainment and a collaboration of the past, present and future of the Communication and Electronics Branch of the Canadian Armed Forces.

We welcome members both past and present to celebrate with us. For information as to how you may become involved, contact Corporal Jaden Braniff, jaden.braniff@forces.gc.ca.



spotlight of the week

Canadian Tire | October Event Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
REDEFINING CANADIAN TIRE GREENWOOD	1	2	3	4	5	
Greenwood's one stop shopping destination						
6	7	8	9	10	11	12
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13	14	15	16	17	18	19
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20	21	22	23	24	25	26
The personal touch in customer service				Grand Re-Opening		
				General Deer Season Begins		
				Meet Steve Clapperton of Fishing with Friends OCT 26 11am - 2pm		
27	28	29	30	31		
Grand Re-Opening ENDS TODAY	No more mess!					

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Ne laissez pas la turista gâcher vos vacances

(EN) Vous êtes en vacances sur une île paradisiaque ; vous vous prélassiez au soleil sur une plage superbe tout en dégustant une boisson typique de l'endroit. Soudainement, vous ressentez des gargouillis très prononcés suivis de flatulences, et vous vous élanchez à toute vitesse à la recherche d'une salle de bains. Bienvenue au royaume de la diarrhée du voyageur, également appelée la turista !

Le voyageur qui évacue des selles liquides trois fois ou plus par jour est malheureusement affligé de ce problème de santé qui est le plus courant chez les voyageurs. Même si elle est rarement potentiellement mortelle, la diarrhée du voyageur est extrêmement désagréable et elle peut même ruiner vos vacances. Selon Annie Jolicoeur, diététicienne et nutritionniste, la principale cause des infections gastro-intestinales est la consommation d'eau ou de nourriture contaminées par des bactéries. « Il est important de comprendre que le stress du voyage, les changements horaires, la fatigue et la perturbation des habitudes alimentaires sont également des facteurs qui peuvent causer la diarrhée », explique-t-elle.

Malheureusement, de 30 à 50 % des voyageurs subissent cette situation chaque année. Les destinations les plus à risque sont celles qui jouissent d'un climat chaud et humide l'Amérique du Sud,



le Mexique, le Moyen-Orient, l'Asie et l'Afrique.

La plupart des touristes ont la hantise de contracter la diarrhée du voyageur. Lors de votre prochain voyage, suivez les recommandations de Mme

Jolicoeur afin d'éviter de vous retrouver dans une bien fâcheuse situation :

Prenez des probiotiques au moins une semaine avant le départ, et poursuivez durant tout le voyage. En commençant à les prendre avant de partir, vous préparez votre système digestif à mieux résister aux bactéries étrangères. « De plus, il existe des probiotiques conçus spécialement pour les voyageurs, comme Probaclac Voyageurs, qui contiennent des ferments lactiques multi-

souches dont *Saccharomyces boulardii*, *Lactobacillus rhamnosus*, et *Bifidobacterium bifidum*. Il a été démontré que ces bactéries et bacilles peuvent réduire la gravité et la durée de la diarrhée tout en renforçant la flore intestinale », indique Mme Jolicoeur.

- Ne buvez que des boissons qui proviennent de bouteilles scellées. Si cela n'est pas possible, faites bouillir votre eau avant de la boire ou buvez du thé ou du café chaud. N'oubliez pas non plus de

- faire bouillir l'eau que vous allez utiliser pour brosser vos dents.
- Ne mettez pas de glaçons dans vos boissons.
- Ne mangez que des fruits qui ont été pelés.
- Ne mangez que des légumes qui ont été cuits et qui sont encore chauds. Évitez les légumes crus et les salades.
- Ne mangez pas de viandes, de fruits de mer ou de poissons crus ou qui ne sont pas suffisamment cuits.
- Évitez les produits laitiers non pasteurisés.
- N'achetez pas de nourriture ou de boissons des marchands de rue.
- Lavez bien vos mains avant de manger. Vous pouvez également les nettoyer avec un gel antiseptique.

Si vous suivez ces conseils, vous passerez de belles vacances et vous éviterez des expériences désagréables. Pour en savoir davantage au sujet des probiotiques et pour obtenir des conseils supplémentaires, consultez le site probaclac.ca.

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STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE	PMT
1U1771A	1984	PORSCHE 911	GOLD	6	5	CARRERA,3.2	102000	M 22750	
13-266B	1995	CELICA GT CONV	BLACK	4	A	AC,PW,PDL,CRU	113000	M 10750	
13-245A	2005	SIENNA LE AWD	BEIGE	6	A	AC,PW,PDL,CRU	124000	11750	199
11-430B	2006	BMW 325Xi	GREY	6	6	LOADED	150000	15000	199
12-394A	2007	CAMRY HYBRID B	GREEN	4	A	LEATHER,S/ROOF	86000	15000	159
13-385A	2007	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	89000	12000	129
12-357A	2008	COROLLA CE BA	RED	4	A	AC,PDL,CD	120000	9500	104
13-13A	2008	COLORADO LT Z71	DBLUE	5	A	4X4,EXT CAB,AC	84000	15000	159
13-353B	2008	ACCENT GL 2DR	BLACK	4	5	H/B,AC,PW,PDL	48000	8000	88
13-395A	2008	KIA RONDO EX	GREY	4	A	AC,PW,PDL,CRU	78000	10000	109
13-416B	2008	RANGER SUP/CAB	GREY	6	A	4WD,AC,PDL,CD	71000	12000	129
14-19A	2009	YARIS 5DR H/B	GREY	4	5	LE,AC,PW,PDL	52000	10000	109
13-24A *	2009	C	VENZA V6 AWD	GREEN	6	A PREMIUM,S/ROOF	60000	22500	239
13-49A *	2009	C	COROLLA SPORT	RED	4	A S/R,AC,PW,PDL	75000	13750	149
13-295A	2009	C	COROLLA CE CA	BEIGE	4	5 AC,PW,PDL,CRU	87000	11000	119
U1919A	2009	C	WRANGLER UNLTD	DGREEN	6	A X,AC,PW,PL,CRU	90000	18000	189
U1952	2009	C	YARIS 5DR H/B	GREY	4	A LE,AC,PW,PDL	19000	11000	119
14-25A	2009	C	CAMRY LE AA	GREEN	4	A AC,PW,PDL,CRU	97000	13000	139
U1955	2010	C	TUNDRA DBLCAB	GREEN	8	A 4WD,SR5,AC,PW	61000	25000	229
12-260A *	2010	C	COROLLA CE CA	RED	4	A AC,PW,PDL,CRU	65000	13750	129
13-220A *	2010	C	CAMRY LE BA	GREEN	4	A AC,PW,PDL,CRU	87000	16000	148
13-368A *	2010	C	COROLLA SPORT	RED	4	A AC,PW,PDL,CRU	30000	14000	129
13-276A	2011	C	PRIUS HYBRID A	BLUE	4	A AC,PW,PDL,CRU	23000	23000	185
13-288A	2011	C	RAM1500DCAB4X4	RED	8	A AC,PW,PDL,CRU	75000	21500	175
13-179A *	2011	C	COROLLA CE BA	RED	4	5 AC,PDL	34600	15000	123
13-365A *	2011	C	RAV4 V6 LTD	RED	6	A 4WD,LTHR,S/R	79000	24000	195
13-89B	2011	C	SENTRA	SILVER	4	A AC,PW,PDL,CRU	69000	12000	99
13-382A	2011	C	AVEO LT 5DR	RED	4	A SPORT,AC,PW,PL	35000	11000	89
13-398A	2011	C	CAMRY XLE V6	WHITE	6	A LEATHER,S/ROOF	51000	24000	195
13-400A	2011	C	PATRIOT NORTH	GREY	4	A 4WD,AC,PW,PDL	33000	19000	155
13-432A	2011	C	RAV4 TOURING	RED	4	A 4WD,S/R,AC,PW	47000	22000	179
13-103A	2011	C	VENZA V6	SILVER	6	A LEATHER,S/ROOF	42000	23000	185
13-373A	2011	C	RANGER XL	DBLUE	4	5 2WD,CD,CAP	24000	11000	89
13-361A	2013	C	TUNDRA REG CAB	WHITE	8	A 2WD,AC,CD	11000	20000	147

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2006 ----- 48 MO. • 2007 – 2009 ----- 60 MO.

2010 ----- 72 MO. • 2011 – 2012 ----- 84 MO.

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- * 13-24A 5 YR — 120,000 EXT.WARR/ IN-SERVICE AUG. 12/09
- * 13-49A 5 YR — 120,000 EXT.WARR/ IN-SERVICE OCT. 30/08
- * 13-179A 5 YR — 100,000 EXT.WARR/ IN-SERVICE SEP. 28/11
- * 13-365A 6 YR — 120,000 EXT.WARR/ IN-SERVICE MAR. 30/11
- * 13-220A 4 YR — 100,000 EXT.WARR/ IN-SERVICE DEC. 17/09
- * 13-368A 6 YR — 160,000 EXT.WARR/ IN-SERVICE OCT. 20/10

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Great holiday meals deserve a fitting finale

(NC) Here's a recipe for a holiday table triumph: a dessert that's refreshing, elegant and rich, yet not heavy or overly sweet.

The Grape Frangipane Tart looks like a jewel and tastes like a dream, with juicy grapes and the complementary flavour of almonds. Begin with your favourite tart dough recipe or purchase the best tart shell you can buy ready-made from your grocer's freezer selection. Whipped cream is the perfect topping.



Ingredients

- 1 tart pastry, single crust for 10-inch tart3
- 1/2 cups red or black seedless California grapes
- 2 oz. almond paste
- 1 large egg
- 1/4 cup sugar
- 1/4 cup butter
- 2 tablespoons flour
- Pinch salt
- Confectioners' sugar

Directions

Preheat oven to 375°F.

Line a 10-inch tart pan with pastry. Arrange grapes snugly in decorative rings in pastry.

In an electric mixer, combine almond paste, egg, sugar, butter, flour and salt until smooth to create frangipane.

Carefully spread over arranged grapes and bake for 35 minutes, until the tart is golden

brown and cooked through. If using a convection oven, bake at 350°F for 30 minutes.

When tart is cool, remove from pan and dust with confectioners' sugar.

Calories 151; Protein 2 g; Fat 8 g; 46% calories from Fat; Carbohydrate 19 g; Cholesterol 34 mg; Fibre .8 g; Sodium 86 mg.



Dinnertime is family time

(NC) In many households back to school time is the most frantic and exhausting time of the year. With parents at work and kids at school it can be hard to coordinate family time during the week. Despite everyone's differing schedules, it is important to set apart time during the week for families to participate in activities collectively. Dinnertime is the perfect opportunity for parents to spend time with their kids and learn about

their new school term.

While time is not on your side during the week, it is important to prepare meals packed with healthy ingredients that support your families' active lifestyle. Honey is a natural source of a wide range of vitamins, minerals, amino acids and natural energy. The natural energy found in honey will not only provide the entire family with an added boost, but the antioxidants found in honey will help everyone stay



healthy and fight disease.

Honey Garlic Beef Stir Fry

½ cup (125 mL) honey
¼ cup (50 mL) teriyaki sauce

3 cloves Garlic, minced
2 tbsp (30 mL) oyster sauce

1 tsp (5 mL) sesame oil
¼ tsp (1 mL) hot sauce or red pepper flakes

1 lb (500 g) thinly sliced beef strips

1 tbsp (15 mL) corn starch

2 tbsp (30 mL) water
2 tbsp (30 mL) canola or vegetable oil
1 pkg (600 g) frozen vegetables

Sauce: Combine first six ingredients in a bowl. Reserve. In a separate bowl combine beef with ¼ cup (50 mL) reserved sauce. Combine cornstarch and water. Reserve. Heat large non-stick skillet over medium-high heat. Add oil. When pan is hot, add beef.

Cook until outside of beef is cooked, about two minutes. Add frozen vegetables and sauce. Bring sauce to a boil, cook, stirring constantly for two to three minutes until vegetables and beef are cooked through. Add cornstarch mixture. Cook, stirring constantly until thickened, about one minute. Serve immediately.

Replace beef with shrimp or thinly sliced chicken

Serve with rice or noodles.

Simplify cleaning tasks around the house with baking soda

(NC) One of the most powerful and effective kitchen cleaners available today can already be found in most households. The mystery cleaner is baking soda.

With a multitude of uses throughout the home, some of us may have forgotten baking soda is also a powerful cleaning agent that is inexpensive, and safe for the whole family when used as directed. Here are some useful ways to make it work for you:

- Instead of harsh chemical cleaners, use baking soda as a natural and food-safe surface cleanser on your kitchen counters. Sprinkle it onto a



damp sponge or cloth to wipe surfaces clean.

- An effective cleaner on tough coffee and tea stains, baking soda when paired with warm water can be used to thoroughly clean coffee makers,

mugs and tea cups. Remember to rinse well.

- To help cut through grease on dishes, pots and pans, add 30 grams of baking soda (along with your regular detergent) to your dishwasher. Let it soak for 15 minutes and then clean.
- To help keep your fridge and kitchen smelling fresh, Arm and Hammer Fridge Fresh conveniently stick to the inside of the refrigerator. The filters feature baking soda which destroys strong odours in the fridge to help foods taste fresher longer.
- Baking soda is a food-safe way to clean dirt and residue

off fresh fruit and vegetables. Just sprinkle a little on a vegetable brush or a clean damp

sponge, scrub and rinse with water to enjoy.

More information is available

at www.armandhammerbaking-soda.ca.

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For students, motivation can't be taught

(NC) By October, back-to-school enthusiasm has waned and bad school habits may be rearing their ugly heads. After the sheen of excitement about the new school year has worn off, students may need some extra encouragement to maintain their goals.

So how can parents motivate their child? How can they encourage children to keep up with homework, study diligently for every test, and remain engaged and on-task in every class straight through to June?

According to Dr. Nick Whitehead, CEO of Oxford Learning Centres, we can't motivate our children completely; they have to learn to motivate themselves.

"As much as parents want to, they cannot provide motivation for their children. Children are already motivated

by their desire to understand their world. They lose motivation when they are expected to do things that do not appear to be important to them."

Telling a Grade 7 student failing a math test may mean he doesn't get into university is ineffective. While adults may know the consequences of poor grades, an elementary school student (and even some high school students) can't see what is beyond this year, this month, or even this week. That's why it is important to make learning relevant to the child.

Take a look at these tips for encouraging young students and for fostering a love for learning:

- Help your child set academic goals that follow the CAM rule. Goals should be Clear, Achievable, and Measurable.



- If a child does not want to go to school, or learn to read and write, they have a reason. What is it? Their reason may appear strange but your challenge is to discover it. It explains why they act as they do and allows you to bring more understanding into their world.
- Communicate at your child's level. Make sure expectations, goals, and issues are all clearly understood by your child.
- Respect the fact that children are capable of logical and rational thought, but that they may lack the experience to properly and cogently use this skill. Be patient and listen to what they are saying (and not saying).
- Celebrate successes and effort, not intelligence. If your child worked hard for a B, make him or her proud of it. It will only encourage further effort to get those As.

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Small businesses can give back too

(NC) When it comes to philanthropy, size doesn't matter.

If you've recently joined the ranks of small-business owner, or you're thinking about setting up shop, there's something pretty important you likely haven't thought about factoring into your budget: corporate social responsibility (CSR). This buzzword has received lots of attention, in part because Industry Canada promotes CSR programs as a way to make companies "more innovative, productive and competitive."

Both entrepreneurship and CSR are central to the three tycoons behind Spin Master Inc., the successful children's toy and entertainment company. They've teamed up with the Canadian Youth Business Foundation (a non-profit that offers financial support, mentoring and expert advice to budding entrepreneurs ages of 18 and 39) to create the Spin Master Innovation Fund, a program that helps hopeful businesspeople turn their big ideas into reality.

Although CSR is still seen as something multibillion-dollar organizations open their pockets for, it can include anything a business

— local or global, small or large — can do to give back to and better their employees and communities.

"For small businesses and start-ups, giving back to the community or a particular charity may be difficult due to the shortage of funds, but it is possible to still participate in charitable giving," says entrepreneur Wael Badawy, the president and founder of Calgary-based IntelliView Technologies, and a CYBF mentor to aspiring moguls.

Other ways corporations can implement CSR programs include offering materials or services, sending experts to offer time and skill and assisting with fundraising. If you're ready to get involved, take a page out of communication giant TELUS' book — in 2012, in addition to their monetary donations, the company connected their employees with charities in need of assistance, and supports non-profits like The Canadian Youth Business Foundation to help young entrepreneurs succeed in business, including volunteering their time for one-on-one business mentoring. This in turn helps create even more socially responsible small businesses."

Primping your pet for the pawfect holiday photo

(NC) — Our holiday snapshots and portraits are never complete without the family pet, so why not take that extra step to help your cat or dog look fabulously festive for their seasonal snapshot?

To get your pet looking picture-pawfect, Purina is partnering with master groomer Cheryl McNaughten, to offer the following insider techniques:

Primp my paws

- Be sure to always de-mat your dog before washing him or her; if you wash a matted dog, the fur tends to "felt" and get worse.
- Brush out your pet's hair as you blow dry their coat (always on a low setting) to give even the curliest poodle a straight 'do.
- • Feel free to use all-natural and pet friendly styling products to help shape your pooch's hair into a desired style.

Make me sparkle

For those more daring pets and pet owners, McNaughten recommends adding some doggie dazzle including:

- Festive frosted tips —



dogs with lighter hair can be dyed using powdered drink crystals to add colour. Never use permanent or real hair dyes.

- Consider holiday nails — paint your dog's paws a festive green and red. Be sure to use natural, pet-friendly nail polish in case your pooch bites his nails.
- Permanent holiday décor — shave a holiday shape like a star into your dog's fur.
- If your pet doesn't have the patience for beautifi-

cation, consider a festive accessory like reindeer antlers or a red ribbon for that added holiday touch.

Now that your four legged friend is fancy and looking fabulous, it's time for them to make their mark. This year, Canadians are invited to submit their favourite pet photos to www.wonderfurwinter.ca. The dogs and cats with the most votes have the chance to be featured on the Purina Wonderfur Winter holiday treats package next year.

Frequent Bowler Club

Join the club now! Bring in your Frequent Bowler Club card every time you come in for a fun night of bowling and get your 10th game FREE.

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Ramenez le goût de l'Italie dans votre cuisine

(EN) Puisque nous ne pouvons pas tous élire domicile dans la capitale mondiale des pâtes alimentaires, pourquoi ne pas rapporter chez soi la qualité et les saveurs italiennes en cuisinant avec des ingrédients frais, authentiquement italiens?

La cuisine italienne traditionnelle est liée au style de vie méditerranéen, qui met l'accent sur une nutrition à base de grains, comme les pâtes et le pain, les légumes, les fruits, les légumineuses, les noix, les poissons et les viandes maigres. Ainsi, lorsqu'arrive l'heure du repas, les Italiens en font une joie familiale, profitant de

l'occasion pour passer du bon temps en compagnie des gens qu'ils aiment.

« Pour les Italiens, rassembler la famille et les amis autour d'une bonne table s'avère tout aussi important que la nourriture qui y sera servie, qui d'ailleurs peut être tout à fait simple » dit Lorenzo Boni, le chef exécutif de Barilla Amérique du Nord. Souvent, les meilleurs repas sont organisés de façon toute spontanée. L'hôte cuisine une grande chaudronnée de spaghetti, accompagnée d'ingrédients trouvés dans le garde-manger. On nomme ce repas 'spaghettata'. »

Chef Lorenzo recommande cette recette de spaghetti facile à préparer, qui ne manquera pas de trouver preneur :

Spaghettini avec ail, piment rouge et huile d'olive extra-vierge

Temps de préparation : 10 min

Temps de cuisson : 5 min

Ingrédients

1 boîte de spaghetti Barilla

PLUS

Au goût sel
4 c. à table (5 cl) huile d'olive extra-vierge
3 gousses d'ail, haché
Au goût flocons de piment rouge
1 c. à table (20 feuilles) persil, haché

Préparation

Porter l'eau à ébullition et ajouter le sel. Cuire les pâtes une minute de moins que le



temps de cuisson requis. Entre-temps, faire sauter l'ail et les flocons de piment rouge dans l'huile d'olive jusqu'à ce que l'ail soit légèrement doré. Ajouter 1 tasse d'eau de cuisson et porter

à ébullition. Égoutter les pâtes et les mélanger avec la sauce et le persil.

Rendez-vous sur www.bari-lla.ca pour trouver les recettes du chef Lorenzo.

Teach your kids about online safety

(NC) Young Canadians are growing up in the digital landscape. Their childhood is totally engaged in computers, digital video, cell phones, online games and the internet. Digital communication is at the centre of their social world and many children have email addresses and personal online profiles before they get to middle school. Mobile phones are a tool to text, snap photos and share it all with friends.

Growing up online can deliver valuable experiences. There are many educational advantages to the Internet – although it can also be menacing. This highly in-



terconnected world comes hand in hand with constantly changing threats and one of them is that records are kept permanently. What your children say, post and share online now can resurface and surprise them in their adult years.

We tell our children to look both ways when crossing the

street, and teach them to not talk to strangers, but it's also important to teach them to stay safe online. As a parent, you might feel that you don't know the latest online risks or that you aren't aware of what kids are doing online. Rest assured that there are some trusted places you can go to for information and to start with, here are some tips to make sure your children grow up informed and protected:

- Talk to your children about what they are doing online and teach them how to deal with inappropriate material that they may come across.
- Talk to them about the con-

sequences of posting inappropriate pictures and saying negative things about other people - actions that could damage a reputation or ruin a friendship.

- Remind them that the Internet is a public space and it keeps a record. Things children do and say now could have implications down the road.

Teach your children to keep strangers away and offer guidance to your child on how to be safe online. Set the example and show your kids how to be cyber safe.

Protect while you connect. More information is available online at GetCyberSafe.ca.

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19th anniversary
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The Perfect Pear Dining Room
presents **COME TO**
the Cabaret

A musical tribute to the "Rat Pack"
Featuring Frank Dobbin and friends.
Friday November 8th, 7pm
Chef Scott has prepared a special menu
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**This is a limited seating event
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Fall camp gathers Scouting youth

James Leeder

September 20, 58 Beavers, Cubs and Scouts from 1st Kingston Scouts, along with 31 adults, embarked on a weekend-long camp at Camp Hiawatha, on the shores of Lower Lake Sixty, in East Dalhousie.

On the Saturday, youth participated in a variety of activities, from canoeing to a nature hike looking for various flora and fauna. In the evening, new Beavers and Cubs were invested at the camp chapel at sunset. A formal campfire gathering also included the investiture

of three new leaders, and entertainment by the youth. The Cubs performed a skit and the Beavers led a song they had been practicing at weekly meetings leading up to the group camp. The camp was enjoyed by all, and was a great start to the new Scouting year.

Museum society marks AGM October 29

The Greenwood Military Aviation Museum Society will hold its annual general meeting October 29 at 8 p.m. in the museum conference room. All society members are invited to attend. Any current member, as of October 1, may

be nominated for a position on the board of directors. Such nominations must be sent/ emailed to the AGM chairman, Ian Patrick (c/o the Greenwood Military Aviation Museum or ijpatrick@eastlink.ca) no later than October 25.



2

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Chinese and Silent Auction

Date: Saturday October 19, 2013

Location: Kingston Legion Lounge

Doors Open For Auction: 7:00 PM

Event is being held in conjunction with the regular Saturday night Legion dance featuring Crackerjack. Auction items will be set up in a separate room so you may attend only the Auction or remain for the dance. Draws will be held during dance intermission.

For more information on the event or to donate items to the Chinese or Silent Auction please contact one of the local Greenwood REALTOR® Offices.



Fund Raiser for Baby Dalton

Baby Dalton Morash was born on April 11, 2013, with Severe Combined Immunodeficiency, in other words he virtually has no immune system. After his birth at the IWK he was transferred with his mother to CHU Ste-Justine in Montreal for a transplant and specialized treatment. At the end of September Dalton returned to the IWK where he will remain to complete his recovery. Little Dalton will remain in hospital until his white blood cells reach an acceptable level, this could take up to a total of 6 to 9 months. Dalton is the son of Sarah Morash and grandson of John and Brenda Morash of Kingston, NS. John is a well known REALTOR® working at Century 21 Acclaim Real Estate in Greenwood. Proceeds from the fundraiser are to be deposited into a trust fund with proceeds to go to developing an environmentally friendly living area for Dalton.



Highlights

- Draws for Silent and Chinese Auction at intermission
- Lots of large and small auction items generously donated by local businesses and citizens to include: Framed pictures, certificates for meals, food, spas and Kuerig/Tassimo coffee makers and other items too numerous to mention.

Chinese and Silent Auction

Benefit has been arranged by Greenwood REALTORS® Care. Also a big thank you to the Kingston Legion for kindly donating the use of their facilities.

Century 21 Acclaim Realty Ltd.

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CONCOURS DE CHILI DES COMMANDANTS

14 Wing Combined Charities Jail Your Boss Event

Collecte de fonds pour les œuvres de charité combinées de la 14^e Escadre « prison pour le patron »

Name and local/ Nom et poste :

Unit/ Unité :

Name of boss/ Nom du patron :

Donation amount/ Montant du don :

Combined Charities unit rep/ Représentant de l'unité :

Complete this ballot, provide the ballot and your donation to your unit rep and your boss goes to jail.

Remplissez le présent bulletin, remettez-le accompagné de votre don au représentant de votre unité, et votre patron ira en prison.

\$1/ minute or until he/she posts their bail! • 1 \$ la minute ou jusqu'à ce que votre patron verse sa caution!

PRESENTED BY 14 WING COMBINED CHARITIES

PRÉSENTÉ PAR LES ŒUVRES DE CHARITÉ COMBINÉES DE LA 14^E ESCADRE

CAF Family Violence Prevention Week

Family Violence Prevention Week (October 14 to 20) is a Canadian Armed Forces (CAF)-wide initiative to raise awareness about family violence and to encourage military families, personnel and service providers to "Take a Stand against Family Violence."

Family violence can be difficult to talk about and often goes unreported, leaving those it impacts to cope in silence. Because it is not often spoken about, it may appear it is not a serious concern or that it is not happening in our community. This is most certainly not the case.

How prevalent is family violence?

Based on police reports and other official reporting procedures, it is estimated approximately 7% of the population has experienced violence in their current or past relationship. Results from the CF Health and Lifestyle Information Survey 2008/09 indicated 15% of CAF personnel who responded experienced at least one type of physical or sexual abuse in their current relationship with their spouse. However, research indicates the actual prevalence of family violence is difficult to measure accurately and may actually be higher as not all cases are reported because many survivors can not or will

not come forward to disclose the abuse.

Could someone I know be impacted by family violence?

Family violence impacts us all. Family violence occurs in all cultures and across all socioeconomic backgrounds. Family violence occurs regardless of a person's age, education level, rank, religion, sexual orientation, or whether the person is civilian or military. Additionally, not all perpetrators of family violence are men.

If you are a victim of violence or find yourself using violence in relationships with loved ones, it is very important you reach out for support. This is

a difficult first step, but is one that could change your life in a positive way. The following are some examples of services you could access for assistance. Some people believe cost is barrier to accessing services. However, it is important to know that many of the services listed below do not have any associated fees.

- Mental Health Services at 14 Wing, 765-1494 local 5215
- Greenwood Military Family Resource Centre prevention, support and intervention co-ordinator, 765-1494 local 5611
- Chrysallis House (shelter for women and children), 1-800-

264-8682

- Department of Community Services (child protection), (902)678-6176
- Mental Health Services, 825-4825 (Middleton), 679-2870 (Kentville)
- Alternatives (a counselling organization for people who use violence and people who experience violence), 698-3444
- Canadian Armed Forces Member's Assistance Program (CFMAP), 1-800-268-7708
- Kids Help Phone, 1-800-668-6868
- Military Police, (902)765-1494 poste 5111

- RCMP, phone numbers will depend on your location
- Town or municipal police services, phone numbers will depend on your location.

14 Wing Greenwood family violence awareness briefings

At 14 Wing Greenwood, the Health Promotion Office is the point of contact for arranging awareness briefings related to family violence. If you would like to arrange an awareness briefing for your unit, please contact the HP Office at 765-1494 local 5388/ 5389. Briefings available include general family violence awareness, family violence and families, family violence awareness for CAF supervisors.

Semaine de la prévention de la violence familiale dans les FAC

La Semaine de la prévention de la violence familiale (du 14 au 20 octobre) est une initiative à grande échelle des Forces ar-

mees canadiennes (FAC) visant à sensibiliser le public à la violence familiale et à encourager les familles des militaires, le personnel

et les fournisseurs de services à « prendre position contre la violence en milieu familial ».

La violence familiale est un su-

jet que l'on aborde difficilement; il est donc rare que les actes de violence soient dénoncés, laissant les victimes en porter le fardeau en silence. Partant de ces considérations, la violence familiale peut paraître un sujet peu préoccupant ou qui ne touche pas notre collectivité. C'est loin d'être le cas.

La violence familiale est-elle courante? Selon les rapports de police et d'autres sources officielles, près de 7 % de la population ont vécu des actes de violence familiale dans le cadre de leur relation actuelle ou passée. Les résultats du Sondage sur la santé et le style de vie 2008-2009 du personnel des Forces canadiennes montrent que les militaires des Forces canadiennes ont répondu, dans une proportion de 15 %, avoir déjà subi au moins un type d'acte de violence physique ou sexuelle dans leur relation actuelle avec leur conjoint. Cependant, la recherche indique qu'il est difficile de mesurer avec précision la fréquence d'actes de violence familiale et que celle-ci peut être effectivement plus élevée, car tous les cas ne sont pas signalés, dans la mesure où de nombreuses victimes ne peuvent pas parler de la violence commise à leur égard ou ne veulent pas la dénoncer.

Une personne que je connais peut-elle être touchée par la violence familiale? La violence familiale peut nous toucher tous. Elle survient dans

toutes les cultures et tous les milieux socioéconomiques, et ce, peu importe l'âge, le niveau d'instruction, le rang social, la religion ou l'orientation sexuelle, tant dans le milieu civil que militaire. De même, ce ne sont pas seulement des hommes qui commettent des actes de violence familiale.


Si vous êtes victime de violence familiale ou si vous-même faites preuve de violence dans vos relations avec vos proches, il est impératif que vous sollicitiez de l'aide. Bien que cette première étape soit difficile, elle peut toutefois changer votre vie de manière positive. Vous trouverez ci-après quelques exemples de services d'aide auxquels vous pouvez avoir accès. Même si certaines personnes croient que le coût est un obstacle à l'accès à ces services, il est néanmoins important de savoir que bon nombre des services cités ci-dessus sont offerts sans frais connexes.

- Services de santé mentale, 14e Escadre, 765-1494 poste 5215
- Coordinatrice du service prévention, soutien et intervention du centre des ressources familles militaires, Centre de ressources pour les familles des militaires, 765-1494 poste 5611
- Maison Chrysallis (maison d'hébergement pour femmes et enfants) – 1-800-264-8682
- Ministère des services familiaux et communautaires (protection de l'enfance) – 678-6176


- Services de santé mentale – 825-4825 (Middleton), 679-2870 (Kentville)
- Autres possibilités (un organisme de conseil au service des auteurs et des victimes d'actes de violence), 698-3444
- Programme d'aide aux membres des Forces armées canadiennes (PAMFC), 1-800-268-7708
- Jeunesse, J'écoute, 1-800 668-6868
- Police militaire (902)765-1494, poste 5111
- GRC, les numéros de téléphone dépendent de votre emplacement
- Les services de police de la ville ou de la municipalité, les numéros de téléphone dépendent de votre emplacement

14e Escadre Greenwood, prévention de la violence en milieu familial séance d'information


À la 14e Escadre Greenwood, la Promotion de la santé est le point de contact pour organiser des séances d'information en matière de violence familiale. Si vous désirez organiser une séance d'information à l'intention de votre unité, veuillez communiquer avec la promotion de la santé au numéro 765-1494 poste 5388/ 5389. Les séances disponibles portent notamment sur sensibilisation à la violence familiale, violence familiale et familles, sensibilisation à la violence familiale l'intention des superviseurs des FAC.




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Energy Forum

Where are appropriate locations for large solar farms? Are small wind turbines suitable for urban areas? How can we design our communities to reduce energy use? Should large wind farms be treated differently than a single large-scale turbine?

If you're interested in exploring these questions, and more, please join us for the Kings 2050 Energy Forum.

THURSDAY, OCTOBER 24, 2013
9:00am to 3:30pm
NSCC Kingstec Campus
236 Belcher Street, Kentville

Registration is free, but space is limited. Lunch will be provided.
 To register, or to receive more information, please
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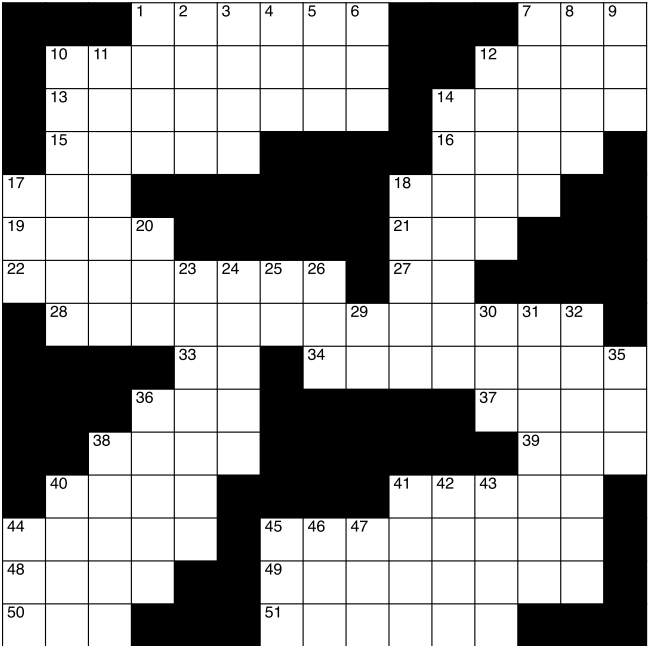


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated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

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

metro crossword

solution page 18



- ACROSS
1. Most favourables

7. 23rd Greek letter

10. Rated higher

12. Immature herring

13. Malignant skin neoplasm

14. Orange-red spinel

15. Hunted beings

16. Be obedient to

17. Excavate with a shovel

18. = to 100 cauris

19. Lose hold of

21. Highest card

22. Western Union message

27. The "Show Me" state

28. Early photo process

33. A public promotion

34. A group of statues

36. A single thing

37. Ireland

38. A raised speaking platform

39. Leavened bread

40. Farm animal shelter

41. Oral polio vaccine
44. Chinese fine silk silver

45. Chocolate-colored acidic pulp pod

48. ____ off

49. Hagiographa

50. Manuscripts, abbr.

51. Over the sea
- DOWN
1. Stare impertinently

2. Address a deity

3. Converts hide into leather

4. Matrimonial response

5. 13th Hebrew letter

6. Dentist's organization

7. Fleshy fungus caps

8. Kill violently

9. License & passport

10. Refereed

11. Arbor framework

12. Luxuriant dark brown fur

14. Group purchasing protest

17. Insecticide
18. An island group of the S Pacific

20. A wooden hole plug

23. A purine base found in DNA and RNA

24. Spanish park

25. Atomic #18

26. Married woman

29. And, Latin

30. Cantonese dialect

31. Causing physical hurt

32. Short trips or tasks

35. Small craving

36. Paddled

38. Leuciscus leuciscus'

40. Parting phrases: good-____

41. Figure skater Yuka

42. Opera song

43. Create social or emotional ties

44. Opposite of LTM

45. Icahn's airline

46. Air Reserve base (abbr.)

47. Russian manned space station

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.

Meeting
October 16, the Wilmot Garden Club will meet, 7 p.m., in the Melvern Square Community Hall. A short business meeting will be followed by a presentation by Andrew Clinch on "In Praise of Squash." For information: www.wilmotgardenclub.net.

Book launch
October 18, Annapolis County author Marilyn Jones launches "Aunt Toni's Diary," 10 a.m. to 11:30 a.m., at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Free admission, refreshments served. All welcome. Jones offers a glimpse into life at the Nova Scotia Sanatorium, Kentville, as experienced by Jones' aunt in the early-mid 20th

century. 825-6116 for

Toastmasters event
October 19, the Wolfville Toastmasters Club will host the district humorous speech contest, 9 a.m. to noon, at the Fountain Common Centre at Acadia University. Members from the district will be presenting humorous speeches to be evaluated. For information on Toastmasters, email Judy Milne, VP of membership, at judymilne@eastlink.ca.

Flea market
October 19, the Greenwood Flea Market, sponsored by the Greenwood Amateur Radio Club (GARC), is being held at the 14 Wing Greenwood Community Centre, Church Street, Greenwood. Open for sellers 8 a.m., buyers at 10a.m. Admission \$4 per person. Tables are free. Contact Guy, VE1NC or ve1nc@rac.ca, to reserve tables. Talk-in is on VE1WN, 147.24+. This is the last ham flea market of the season in the Maritimes. For information contact ve1arc@rac.ca or greenwoodarc.org.

Variety music night
October 19, the Kingston Lions Club presents a variety music night at the Kingston Lions' hall 7 p.m. Cost is \$5. Tickets at the door commencing at 6 p.m. Canteen and 50/50 ticket sales. Featuring Wendy-Lynn, Chet Brown and Jeff Tooker.

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

information.

Meeting
October 21, 7 p.m., the Canadian Cancer Society's Kingston/Greenwood Living With Cancer Support Group will hold its regular monthly meeting in St. Mark's Protestant Chapel annex. Guest speaker is lawyer Ron Richter, on "Powers of Attorney, Health Care Treatments and Consent Issues." Cancer patients, family, friends or anyone seeking information on cancer are encouraged to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Coffee party
October 21, 10 a.m. to noon, the board of directors is hosting a coffee party and open house celebrating 45 years of service to people with disabilities. Please join us at the BeeHive Adult Service Centre, 1119 Station Street, Aylesford. Your support is greatly appreciated.

Scottish Country dance classes
October 21 for eight weeks, all are welcome to join in Scottish Country dance classes, 7 p.m. to 9 p.m., at the Wilmot Community Centre. Scottish Country is a social dance form, so no partner or special attire is required. Suitable for any adult from 16 to 96. Learn how to reel and wheel, pousette and allemande. No experience required, only an interest in dance and/or Scottish traditions. Susan Van Horne is our instructor. For information, contact 825-9475.

Knitting group
October 21, 6 p.m., "Knit and Stitch" will meet in the 14 Wing

Greenwood Library. Anyone interested in learning how to knit, crochet; or just to enjoy some company while crafting is welcome.

Meeting
October 22, the Annapolis Valley Historical Society meets, 7:30 p.m.; at the Macdonald Museum, 21 School St, Middleton. Special guest speaker is Bill Linley, on railways in Annapolis County. All welcome. No charge. Call 825-6116 for information.

Writers' group
October 23, 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.

Fundraiser
October 24, 7 p.m. to 9 p.m., enjoy a Girls' Night Out fundraiser, hosted by the Soldiers' Memorial Hospital Auxiliary, at Holy Trinity Anglican Church Hall, 45 Main St. Middleton. Express manicures, massages, make-up demos, refreshments, door prizes and more. Contacts: Elizabeth Spinney, 825-6841; or Sheila Haynes, 825-4698.

End of Life Planning Options
October 24, Annapolis Valley Health presents a learning opportunity about death midwifery, wills, directives, human body donation and other aspects of end of life planning. 8:30 a.m. to 4 p.m., at Centreville Baptist Church, 870 Murray Drive, Centreville. Cost \$20, includes coffee and lunch. Register in advance: 542-6303.

Hike
October 25, Hike Nova Scotia and the Valley Trekkers present a guided hike on the Delaps Cove Wilderness Trail in Annapolis County, 10 a.m. Participants qualify to win trail prizes. See www.hikenovascotia.ca for details.

Guided walk
October 25, Hike Nova Scotia and the Valley Trekkers present a guided walk in Annapolis Royal, 6 p.m. Participants qualify to win trail prizes. See www.hikenovascotia.ca for details.

Ten Thousand Villages sale
October 25 (noon to 8 p.m.) and October 26 (9 a.m. to 3 p.m.), Friends of Ten Thousand Villages-Annapolis Valley host its 6th Ten Thousand Villages Festival Sale, featuring handcrafted home décor and gifts made by fairly-paid artisans in more than 30 countries, at the Kentville fire hall, 463 Main Street, Kentville.

the Aurora

Find & Win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com

2. Fax: 765-1717

3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:

Noon, October 17, 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.

1. When is the energy forum meeting? _____

2. What is England's phone number? _____

3. When is Steve Clapperton coming to Canadian Tire? _____

4. Where is the pet consignment shop located? _____

5. Who has a buy of the week? _____

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

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: **STACEY LEAMAN**

metro crossword brought to you compliments of

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Safe hug in the woods

October 2, the 1st Greenwood Sparks took part in the Hug a Tree Program, led by Annapolis Valley Search and Rescue volunteers. The girls watched a video on how to be safe if they become separated from the group or parents while in the woods. They tried on the “space” blanket to keep warm, and checked out what their foot prints looks like left in sand. They each received a kit that contained a booklet, blanket, whistle and information on how to stay safe.

Submitted



sudoku

solution page 18

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

Fun By The Numbers

Level: Beginner

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

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patrick's puzzle

solution page 18

DENTAL VISIT WORD SEARCH

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

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AMALGAM	CEMENTATION	DEBRIDEMENT	GUMS	NOVOCAINE
BITEWINGS	CLEFT	DENTURE	IMPACTION	PROPHYLAXIS
BLEACHING	COMPOSITE	ENAMEL	IMPRESSION	SCALING
BONDING	CRANIOFACIAL	FISTULA	INLAY	XEROSTOMIA

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Legion poppy work a symbol of remembrance

In Canada and around the world, the poppy has become a symbol of remembrance for those who have died in war.

Every year in early November, Canadians wear a poppy on the lapel of their coat to honour the thousands of military personnel who have lost their lives fighting for democracy around the world.

November 11, Remembrance Day, we shall remember that, on the 11th hour of the 11th day of the 11th month in the year 1918, an armistice was signed ending the First World War, known as the Great War. In the conflicts that followed, including the Second World War, the Korean War and others around the world; Canadian Armed Forces and

support personnel have suffered injuries and died.

The Royal Canadian Legion administers the annual Poppy Campaign. All money raised through poppy donations is public funds, placed in trust for ex-service personnel and family members in need.

Kingston Legion members and interested people are needed to assist in the preparation of poppy trays for the upcoming local Poppy Campaign. Individuals are also required to help man poppy donation trays at from October 25 to November 10. Please leave your name and contact information at the Kingston Legion office, or contact Al Peterson, 844-0752, if you would like to help.

horoscopes

Oct 13 - Oct 19

ARIES - Mar 21/Apr 20

Aries, avoid making promises unless you intend to keep them. If you cannot commit your time or effort, then explain the situation rather than backing out later.

TAURUS - Apr 21/May 21

Others view you in an entirely different light than you view yourself, Taurus. Consider their perspectives and keep an open mind. It might just help you grow as a person.

GEMINI - May 22/Jun 21

Many ideas are running through your head, Gemini. But you have to stick with one idea and go with it. Though this may seem like trying to find a needle in a haystack, the focus will pay off.

CANCER - Jun 22/Jul 22

Someone puts all of their faith in you this week, Cancer. Don't be nervous about living up to their expectations. Just operate the way you always do and things will work out.

LEO - Jul 23/Aug 23

Leo, a number of things keep you occupied this week. The only difficulty will be narrowing down exactly what you want to do. Give this decision the attention it deserves.

VIRGO - Aug 24/Sept 22

Virgo, no matter how many times you voice your opinion, there seems to be one person who just doesn't seem to catch on to your line of thinking. Accept such differences of opinion.

LIBRA - Sept 23/Oct 23

Libra, sometimes you put blinders on to situations that make you uncomfortable. It is your way of coping. But this week you need to keep your eyes wide open.

SCORPIO - Oct 24/Nov 22

Scorpio, you do not have the patience for puzzles this week. Encourage coworkers and family members to be as concise as possible when declaring their intentions.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, this week you will have to do a number of things on your own. Make the most of this situation, as it might just prove to be a good test of character.

CAPRICORN - Dec 22/Jan 20

A change of scenery could provide the change in perspective you need right now, Capricorn. The trouble is finding the right time to get away. Plan a weekend trip if you can manage it.

AQUARIUS - Jan 21/Feb 18

Aquarius, even though you may not relish the role, you often have to be the voice of reason. Express yourself clearly but take others' ideas into consideration as well.

PISCES - Feb 19/Mar 20

Channel all of your creative ideas into one big project, Pisces. Once you have taken that initiative, the project will take off.

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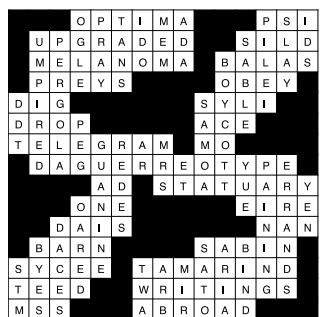
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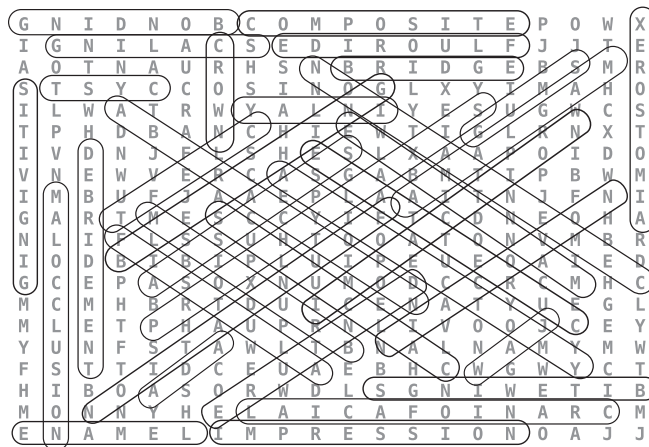
crossword solution



sudoku solution

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

patrick's puzzle



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FOR RENT – Four bedroom house with garage on 2 acres located in Lawrenceton. 1 ½ 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 Nov 1st. No dogs. References required. Call Ross 840-0534. (3434-ufn)

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

FOR RENT - Newly Renovated three bedroom apartment in Wilmot, Fridge Stove incl. \$650.00 plus

utilities. References required. Call Ross 840-0534 (3434-ufn)

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

FOR RENT – 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)

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and clean. \$550.00 plus electricity and heat. Phone Darlene 825-3424 or cell 840-1780. (3438-3tpb)

FOR RENT – Two bedroom apartment, adult building. 1486 Magee Drive, Kingston. In floor heat, ground level \$690.00 a month plus utilities. Available Nov 1, 2013. Phone 309-0573. (3439-4tpb)

FOR RENT – Four bedroom house five minutes from Greenwood (Millville). Newly renovated, outbuilding and nice yard in quiet area. References required. Available now, \$750.00 a month heat and lights extra. Phone 680-2686 or 847-0530. (3439-2tpb)

FOR RENT - DUPLEX FOR ADULT LIVING in Aylesford, 2 bedroom 1 1/2 bathroom with garage and shed. Large master bedroom with ensuite and spare bedroom. Laundry room/ main washroom. Ample parking and closet space. All on one level with in floor heating. New flooring, fixtures, counter tops, freshly painted, etc. Rent includes fridge, stove, dishwasher, washer and dryer. Ref-

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ences and damage deposit required. Rent is \$790.00 plus utilities. Discounts for seniors. Two units available starting in November 1st. For more information please contact 902-847-6212. (3439-2tpb)

FOR SALE

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

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

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CHURCH SERVICES

CHURCH SERVICE – "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3438-4ufn)

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Cadet Day marked by province

Lieutenant-Governor J.J. Grant joined young people from across the province to celebrate the fourth annual Cadet Day October 5.

The first Saturday in October honours Cadets, and the volunteers and supporters of the programs, as proclaimed in the Sea, Army, Air and Navy League Cadets Day Act. Grant, Cadets, officials and guests participated in a flag raising at Province House to mark the occasion.

“Young Nova Scotians are learning valuable life skills as Cadets, becoming good citizens and leaders, while having fun and making lifelong friends,” said Grant. “As a parent and former Cadet, I know very well the positive impact that Cadet programs have on youth and their communities.”

Sea, Army, and Air Cadets are national programs for youth 12 to 18. They are a partnership between three civilian organizations - the Navy League, Army and Air Cadet Leagues of Canada - and the Canadian Armed Forces. The Navy League also sponsors the Navy League Cadets for youth nine to 13. Sea, Army, and Air Cadets offer fun and challenging experiences that develop good citizenship and leadership, while promoting physical fitness and awareness of the Canadian Armed Forces. Navy League Cadets promote patriotism, good citizenship, self-discipline and respect for others. High school students who take part in Cadets also earn a credit on their transcript. There are 3,600 Sea, Army,



His Honour, Brigadier-General the Honourable J.J. Grant, (Retired), Lieutenant Governor of Nova Scotia joined young people from across the province to celebrate the fourth annual Cadet Day October 5.

K.Clark, Communications Nova Scotia

and Air Cadets in 87 corps and squadrons across Nova Scotia, with a history that dates back more than a century. For information on Sea, Army, and Air Cadets visit www.cadets.ca. For more on Navy League Cadets, visit www.navyleague.ca.

Museum reflects on Amundsen’s years in the North

While Roald Amundsen is best known as the man who led the first successful expedition to reach the South Pole, he also spent a great deal of his career in the Canadian North.

He was the first man to navigate the Northwest Passage in a single vessel and the first to fly to latitude 88°N. He was also the first person to fly across the Arctic Ocean.

Rob Rondeau will tell

Amundsen’s story in his illustrated talk Tuesday, October 22, 7:30 p.m. In addition to being an internationally acclaimed marine archaeologist, Rondeau is also an experienced polar explorer and is currently the lead scientist for Project Polar Reach, mapping the seafloor of the Northwest Passage. He’s also a Fellow of the Royal Canadian Geographic Society and happily divides his time between Canada’s

three coasts: East, West and Arctic.

The presentation takes place at the Maritime Museum of the Atlantic, 1675 Lower Water Street, Halifax. Admission is free, and donations to Feed Nova Scotia are welcome.

Card of Thanks

The family of the late Bert Carpenter would like to extend a sincere thank you to all friends, family and acquaintances who called, emailed, visited, brought food and made charitable donations in Bert’s memory.

~ Hazel and family ~



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 Kilometres 28,060. Stock # B1818



2009 Jeep Wrangler X
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 Kilometres 58,878. Stock # 5567A



2013 Jeep Grand Cherokee Laredo
 4 door SUV, 3.6L, 6 cyl, Automatic,
 Kilometres 34,000. Stock # B1782



2012 Jeep Wrangler Sahara
 2 door SUV, 3.6L, 6 cyl, 6 Speed Manual,
 Kilometres 13,790. Stock # B1792



2013 Chrysler 200 Limited
 4 door Sedan, 3.6L,
 6 cyl, 6 Speed Automatic,
 Kilometres 13,925
 Stock # B1804



2012 Chrysler 200 Limited
 4 door Sedan, 3.6L,
 6 Speed Automatic,
 Kilometres 24,088
 Stock # B1795



2011 Jeep Wrangler Unlimited Rubicon
 4 door, 3.8L, 6 cyl,
 Automatic,
 Kilometres 23,700
 Stock # B1821



2010 Chrysler Sebring Touring
 2 door Convertible,
 2.7L, 6 cyl, Automatic,
 Kilometres 44,684
 Stock # 5690B



2012 Dodge Durango Citadel
 4 door SUV, 3.6L,
 6 cyl, Automatic,
 Kilometres 41,000
 Stock # L001A



2012 Dodge Grand Caravan SXT
 4 door Minivan, 3.6L,
 6 cyl, Automatic, Stow'N
 Go, Kilometres 57,836
 Stock # B1813



2012 Dodge Grand Caravan SXT
 4 door Minivan, 3.6L,
 6 cyl, Automatic, Stow'N
 Go, Kilometres 55,599
 Stock # B1812



2012 Dodge Journey R/T Rallye
 4 door SUV, 3.6L, 6 cyl,
 6 Speed Automatic,
 Kilometres 18,662
 Stock # B1820A



2003 Dodge Ram 3500 Laramie
 4 door Truck Long Quad
 Cab, 5.9L, Automatic,
 Kilometres 99,304
 Stock # B1806



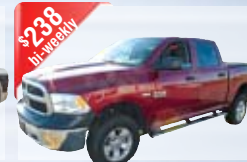
2012 Hyundai Elantra GL
 4 door Sedan,
 4 cyl, Manual,
 Kilometres 42,826
 Stock # 5695A



2012 Mazda3 GX
 4 door Sedan, 2.0L, 4
 cyl, Automatic,
 Kilometres 35,334
 Stock # B1797



2011 Dodge Ram 1500 Pickup Laramie Longhorn
 4 door Truck Crew Cab,
 5.7L, 8 cyl, 5 Speed
 Automatic, Kilometres
 57,103. Stock # B1805



2013 Dodge Ram 1500 Pickup ST
 4 door Crew Cab,
 Automatic,
 Kilometres 31,855
 Stock # B1803



2013 Dodge Avenger SXT
 4 door Sedan, 2.4L,
 4 cyl, 4 Speed Automatic
 Kilometres 14,519
 Stock # B1819



2013 Dodge Dart SXT
 4 door Sedan, 2.4L,
 4 cyl, 6 Speed Automatic
 Kilometres 36,024
 Stock # 5635A



1998 Chevrolet Corvette
 2 door Coupe, 5.7L,
 V8 16V MPFI OHV
 cyl, 6 Speed Manual,
 Kilometres 57,000
 Stock # B1624



2010 Mazda 3
 4 door Hatchback,
 2.3L, 4 cyl, Manual,
 Kilometres 34,863
 Stock # 5570B



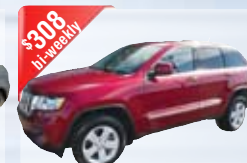
2012 Dodge Journey R/T
 4 door SUV, 3.6L,
 6 Speed Automatic,
 Kilometres 29,695
 Stock # 5617A



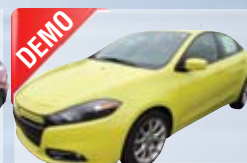
2009 Dodge Challenger SRT8
 2 door Coupe, 6.1L,
 8 cyl, 5 Speed
 Automatic, Kilometres
 39,000. Stock # 5719A



2011 BMW 328i Xdrive
 4 door Sedan, 3.0L,
 Automatic,
 Kilometres 38,178
 Stock # B1822



2013 Jeep Grand Cherokee Laredo - DEMO
 4 door SUV, 3.6L,
 6 cyl, Automatic,
 Kilometres 17,336
 Stock # B1811



**\$24,215 MSRP
 save \$3215**
2013 Dodge Dart SXT
 4 door Sedan, 1.4L,
 I-4 cyl, Automatic
 Stock # 5650



**\$24,000 MSRP
 save \$4000**
2013 Dodge Dart SXT
 4 door Sedan, 2.0L,
 4 cyl, Automatic
 Stock # 5396



**\$38,000 MSRP
 save \$9500**
2014 Dodge Grand Caravan SXT
 4 door Passenger Van, 3.6L,
 V-6 cyl, Stow'N Go, PW Doors
 and Lift Gate, Stock # 5684

** Price plus tax and fees. See dealer for details.

* Bi-weekly payment, tax and fees included. See dealer for details.

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