







Get in the game

Base set for Sports Day in Canada action

Sara Keddy, Managing editor

Break out your sneakers and get active – without the attitude.

14 Wing Greenwood is joining other bases and communities across Canada November 29 for Sports Day in Canada, officially November 30.

"It's not competitive, it's not about winning or losing," says Graham White, 14 Wing's Fitness and Sports Centre sports coordinator. "It's just for fun, participation and camaraderie. Don't worry about being good - just come out and enjoy it!"

Graham and a team of partners are behind 14 Wing's events, actually taking place over two days. Community recreation director Jill Jackson is looking after a schedule of free, youth-focused events November 30.

"We're having 'try-it' activities - bowling, badminton, volleyball... we want youth to see if these are sports the may be interested in," she says.

Members of the defence team - military and civilian - are encouraged to register a team for November 29's schedule of volleyball, curling and bowling at base facilities. White is coordinating the draws, and would like to have everyone in the mix by November 27. Activities get underway at 9 a.m., and the wing command team will be on hand at 11:45 a.m. to address participants at the F&S Centre.

While everyone is gathered for remarks and healthy snacks in the F&S concourse over the noon hour, a picture of all those sporting their favourite sports jerseys for the day will be taken. Fridays are the base's charitable "Dress with a Difference" days, and those who wear a jersey can make their \$2 contribution to their unit rep for Combined Charities programs. Sports get back underway at 1 p.m. in all venues and the day will close out at 3 p.m.

Sporting their favourite jerseys in anticipation of 14 Wing Greenwood's jersey day November 29, community recreation director Jill Jackson and Fitness and Sports Centre sports coordinator Graham White are promoting

Sports Day in Canada events at the base. No pressure to perform on the courts or curling sheet, White says – although you

may feel some heat depending on which team colours you don! Call for information on our specials

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November 30 at the community centre, Jackson's "try-it" events get underway in the afternoon: bowling runs from 1 p.m. to 4 p.m., followed by teen activities from 6 p.m. to 9 p.m. The day is open to all defence team members and their families.

Sports Day in Canada is organized by ParticipACTION, CBC and True Sport November 30 to celebrate sport from grassroots to highperformance. Events are an opportunity to celebrate the power of sport, build community and national spirit and facilitate healthy, active living.



413 Squadron on deck for lobster season 'dump day'

In support of the opening of the lobster fishery in areas (LFA) 33 and 34, 413 Transport and Rescue Squadron, based out of 14 Wing Greenwood, will have rescue crews on a heightened 30 minutes' standby posture as of 6 a.m. November 25.

LFA 33 extends from Cole Harbour to Goose Point, Barrington Bay; LFA 34 extends from Barrington Bay to Burns Point, Digby County.

413 Squadron will remain on 30 minutes' standby until 4 p.m. that day, when they will revert to the normal search and rescue posture. SAR activity will be highly dependent upon weather conditions on opening day, and deployment areas may be altered depending on weather or operational risk. Vessel operators are encouraged to wear life jackets, immersion suits or personal floatation devices to minimize the risk of drowning and to maximize the chance of being found if lost. Although commercial vessels are required to carry Emergency Positional Indicating Radio Beacons (EPIRBs), all sea-faring vessels are encouraged to carry EPIRBs as they greatly increase the chances of being located quickly in event of a distress situation.

The Canadian Armed Forces and the Canadian Coast Guard heighten and augment their search and rescue posture during specific periods each year, as determined by the Department of Fisheries and Oceans and other agencies.





Korean-Canadian milestones marked

Captain Min Kim, Transportation and **Electrical and Mechanical Engineering Squadron**

Two Republic of Korea Navy (ROKN) ships visited the Port of Montreal October 13 to 16 to recognize the 60th anniversary of the Korean War Armistice, and to celebrate the 50th anniversary of Korea–Canada diplomatic relations.

The ROKN ships, the Hwa-Cheon and Dae Jo Yeong, with 630 Korean sailors led by Rear Admiral Soo-hong Jang, participated in various events over the four-day visit, including both ships being open for public tours.

The Montreal Korean Association, along with the Canada Korean Association, provided lunch after the city's Thanksgiving parade. At Jacques-Cartier Park, Korean Navy members performed Korean cultural events, which included a Taekwondo demonstration, a Korean traditional band, open concert and more. Over 500 spectators were on hand. Additionally, there were medal presentations to six Canadian veterans who participated in the Korean War. These medals include barbed wire from Korea's demilitarized zone.

October 15, Korean Navy

representatives visited Montreal City Hall, where Mayor Micheal Bissonnet greeted them and thanked the crews for inviting residents aboard their ships. Also that day, Korean Navy Cadets visited the Royal Military College in St. Jeans and the Cadets of both countries played floor hockey. The tour's final reception

started with an evening reception aboard one of the Korean Navy's ships, with 50 VIPs and approximately 400 people invited. Guests included Royal Canadian Air Force Captain Min Kim, Transportation and Electrical and Mechanical Engineering Squadron, and Private Thomas Park, Wing Telecommunications and Information Services, 14 Wing Greenwood; and Lieutenant (Navy) J. Lee, CFB Halifax; who represented Korean Canadian defence personnel. During the evening, Alex Mc Donald, Gilles Martin, Raymond Olivier and 17 other veterans War received medals from the Korean government.

October 16, the Korean Navy ships departed to their next destination, Baltimore.

A total of 516 Canadian servicemen died during the Korean War. The first Canadian combat units to enter the



Guests of a reception in Montreal closing four days of celebratory visiting by the Republic of Korea Navy included, from left, Colonel J.M. Choi, Lieutenant (Navy) J. Lee, CFB Halifax; Private Thomas Park, 14 Wing Greenwood; Korean Ambassador Donghwan Choi, Captain Sul Rae Jo, and Captain Min Kim, 14 Wing Greenwood.

Korean theatre were Royal Canadian Navy destroyers. The 60th anniversary of the signing of the Korean Armistice took place July 27, 2013.

This year also marks the 50th anniversary of diplomatic relations between Canada and the Republic of Korea. July 28, a medal presentawho participated in the Korean tion for 113 veterans who participated in the Korean War was held in the Nova Scotia Korean Presbyterian Church, with Korean Ambassador and Representative Council of ICAO Donghwan Choi. 14 Wing's Captain Kim and CFB Halifax's Lieutenant (Navy) Lee participated in the event. The



Captain Min Kim and his wife, Lina Kim, in front of one of the visiting Republic of Korea Navy ships in Montreal in October.

medal presentation was orga- About 500 veterans and their performances. Congregations Veterans Affairs and the Nova Scotia Korean Association. with Korean traditional band for this service.

nized by the Montreal Korean family members, along with Consulate of the Republic of members of the Korean Cana-Korea, along with Canadian dian Nova Scotia community, attended. A reception followed.

from the Nova Scotia Korean Presbyterian Church, Halifax Korean Church, Glory Church and St. David Church United



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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

www.cfcommunitygateway.com

14 Wing Greenwood Site

Site de la 14º 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

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Military Family Resource Centre

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

VPI | VPI www.vpinternational.ca

Light up the wing Family holiday fun set for December 1

Sara Keddy. **Managing editor**

Carols and wagon rides, kids' crafts and tree lights are just a sign Christmas is coming to 14 Wing Greenwood.

welcome the holiday season at annual Christmas on the Wing festivities, planned for Sunday, December 1. Up to 400 people are expected to join the fun.

Hosts include Military Family the 14 Wing firefighters, Sparky the grounds between hangars Greenwood Community Centre and more. staff and volunteers, and members of the Residential Housing happen at 5:30 p.m., with the Units' community council.

Families are invited to help p.m., and they're all free: wagon team. rides, face painting, cookie decorating, a hockey shoot and other kids' games, a Christmas craft to make and take, hot chocolate and a BBQ, visits with

Resource Centre and 14 Wing and their trucks and equipment;

The tree lighting itself will switch flicked to on by mem-Events get underway at 4 bers of the wing's command

> Santa will also pay a visit, and would be happy to meet with community children and their families.

4 and 5, but a family skate will take to the ice of the Greenwood Gardens from 7:15 p.m. to 8:15 p.m.

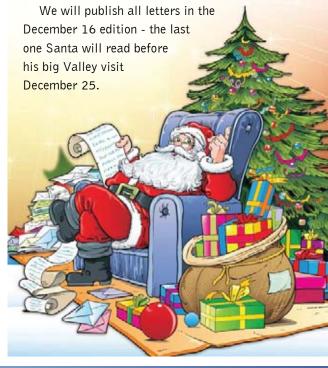
"This is always a great time - kids walk away with some treats, the horse and wagon rides are always popular and it's just a chance for families to introduce the upcoming holidays and celebrate," says MFRC Events wrap up at 6 p.m. on organizer Stephanie Townsend.

the Aurora

Dear Santa...

The Aurora Newspaper is pleased to inform readers of all ages Santa Claus will be accepting Christmas letters at our office, 83A School Road, Morfee Annex, Greenwood, until 4 p.m. December 11.

Writers should hand deliver their 50-word maximum length letter to our front desk, including their full name, age and home community; along with a photo of themselves if they like. A parent's name and phone number must be included for those writers under age 18.



Lumières à l'Escadre Plaisir des Fêtes en famille le 1er décembre

Sara Keddy, Rédactrice en chef

Les chants et les lumières de Noël, les promenades en charrette et les bricolages d'enfants annoncent que Noël approche, et qu'il sera célébré à la 14e Escadre Greenwood.

Le dimanche 1er décembre, les familles sont invitées à venir souligner le début de la période des Fêtes durant l'activité « Noël à l'Escadre », qui devrait rassembler environ 400 personnes.

pour les familles des militaires Sparky et des pompiers de la et du Centre communautaire de la 14e Escadre Greenwood ainsi que des membres du conseil du logement résidentiel de l'Escadre seront les Noël aura lieu à 17 h 30, et hôtes de l'activité.

Les festivités, commenceront à 16 h et toutes les activités sont gratuites : promenades en charrette, maquillage pour les enfants, décoration hockey et autres activités pour enfants, bricolage de Noël à

14e Escadre, qui présenteront leurs camions et équipement de pompier, et plus encore!

L'illumination du sapin de ce sont des membres de l'équipe de commandement de l'Escadre qui auront le plaisir d'allumer les lumières.

Le Père Noël sera également présent pour rencontrer de biscuits, tirs au but de les enfants et les familles de la communauté.

L'activité prendra fin à 18 h, Le personnel et des béné- apporter à la maison, chocolat sur le terrain entre les hangars

voles du centre de ressources chaud et BBQ, présence de 4 et 5, mais une séance de patinage en famille est prévue à la patinoire Greenwood Gardens, de 19 h 15 à 20 h 15.

> « Nous avons toujours beaucoup de plaisir. Les enfants repartent avec des gâteries, et les promenades en charrette tirée par des chevaux sont toujours très populaires. C'est une belle occasion pour les familles de commencer à se préparer pour le temps des Fêtes et pour célébrer », a déclaré Stephanie Townsend, organisatrice au CRFM.



Youth Happenings

Lindsay McCormack, Recreation Youth Worker

Youth, there's lots of fun and activity – even a night at the movies! – set for the next few weeks at the 14 Wing Greenwood Community Centre:

Boys' Club

November 25, 5 p.m. to 6 p.m.

Remember your gym gear (sneakers especially): we will be playing anything from basketball to badminton.

Teen Council meeting

November 26, 5 p.m. to 6 count down to Christmas by

n.m.

This will probably be our last meeting until the new year. Any ideas, questions, comments or concerns will be addressed, as well as upcoming projects for 2014.

Active Chicks

November 27, 6 p.m. to 7:30 p.m.

Get ready for December's count down to Christmas by

creating your own Advent calendar. Cost is \$3.

Teen activity

November 28, 7 p.m.

Meet at the centre for 6:30 p.m. and we will head over to the Zedex to see the Hunger Games; Catching Fire. Cost is \$15.

Swimming

Nov. 29

Pre-teens and teens both: we will be heading over to the Fitness and Sports Centre for swimming. Meet there for 6:15 p.m., and remember to bring \$3 if you do not have a Community Recreation Card.

Sports Day

November 30, 2 p.m. to 5 p.m.

We will be doing a sportsrelated obstacle course in the gym, and you will have the chance to win prizes!

Boo! for food

14 Wing Greenwood Community Centre youth were out in the Residential Housing Units community Halloween night to collect non-perishable food items in support of the Upper Room Food Bank in Kingston through the Meal Exchange program, Trick or Eat. With decent weather and generous donations, the teens gathered over 320 pounds of food for the Upper Room Food Bank. Thanks to volunteers, including Breanne Gallagher, Robyn Eisnor and Toby Leeder; who went door to door that night to pick up the items.

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Make Your Home's First Impression A Lasting One

Hockey, military night in the Valley

The Valley Wildcats take to the ice November 29 in hockey action, but also in honour of the Valley's military personnel at Camp Aldershot and 14 Wing Greenwood.

A two-for-one entrance deal on game tickets will be offered all military personnel with valid identification.

The game starts at 7:30 p.m. at Kentville's Centennial Arena.

Need help keeping warm this winter?

The Heating Assistance Rebate Program may be able to help with up to \$200 towards your home heating costs.

Call 1-800-670-4357 or visit www.homeheatinghelp.ca







(((SiriusXM)))

Caravan Kids Journey R/T AS4, GWG). City: 11.2 L/100 km (25 MPG). 2013 Dodge







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Holiday décor with a modern touch

day sparkle to a living space doesn't have to mean going overboard on tinsel. 2013 is the year of "holiday minimalism," with home décor that exudes a tasteful modern touch. Heavily will make way for natural accents, neutral colours and a simple motif that will add a touch of class to any festive home.

According to Shelli Gardner, CEO and Cofounder of paper

(NC) Adding a touch of holi- crafting company Stampin' Up!, the simple sophistication of the 2013 holiday season announces welcome news for do-it-yourself decorators. Gardner believes "this is the perfect time to try something sic large-scale picture frame adorned wreaths and ornaments new with your holiday décor, measuring at least 40 by 60 and my advice is to think in centimetres. Gardner sugterms of simple sophistication. This year will be especially exciting for those who like to get hands on to add a personal touch to your decorations."

Create a big effect with a simple touch

Forget the fireplace mantel - holiday cards can become a décor statement when creatively displayed using a clasgests checking out a nearby antique store or repurposing a favourite frame already in use. Add a decorative touch with a splash of spray paint, staple rustic twine lengthwise across the frame, and display holiday cards from family and friends using clothes pins. Hang the frame prominently in the entrance hall, living room, or other common space that will allow the frame to be a focal point for holiday celebrations.

Nothing makes a statement like a banner, but even this holiday classic can boast a tasteful new look. Banners



are a unique way to add some a holiday banner. Print letters so decorators looking for holiday cheer to any room, especially when created with cardstock and accents that each section of the banner will complement the room's with ribbons, rosettes and existing décor and colour die-cut accents. Tasteful and scheme. Purchasing a kit like Stampin' Up!'s Christmas Banner Simply Created Accessory Kit makes it easy and affordable to create accents for

to spell out a holiday wish on neutral cardstock and enhance non-traditional winter shades will add an extra punch to the finished project.

Creating holiday décor can be even more fun in a group,

new ideas should check out a workshop offered by a local Stampin' Up! demonstrator, located in communities across the country. Visit stampinup. ca for more information and to find a demonstrator who will help you show your holiday spirit in all of your creative projects.







Gâteau au vin

(EN) Ce délicieux gâteau qui ose le mariage inusité du vin et du chocolat, se prépare en deux temps trois mouvements et saura couronner à la perfection un repas en famille ou entre amis.

Portions: 8 (ou selon votre gourmandise)

Préparation : 20 minutes Cuisson: 60 minutes

Ingrédients :

- 1/3 tasse de beurre
- ¼ tasse de sucre
- 1 cuillérée à thé de vanille
- 3 neufs
- 1 ½ tasse de farine blanche tout usage tamisée
- de cacao
- ¼ cuillérée à thé de poudre à pâte
- ½ cuillérée à thé de cannelle
- ¾ de tasse de brisures de

chocolat mi- sucré Laura Secord

- ½ tasse de noix de Grenoble hachées
- 125 ml de vin rouge (idéal avec un vin sec)

Instructions:

Préchauffer le four à 360°F.

Mettre en crème le beurre et le sucre. Ajouter les jaunes d'œufs tout en réservant les blancs • ½ cuillérée à thé de poudre d'œufs. Bien battre. Ajouter la

> Mélanger la farine, la poudre de cacao, la poudre à pâte et la cannelle dans un bol à part.

Intégrer les ingrédients secs

à votre mélange initial, en alter- Grenoble. nance avec le vin.

Aiouter les brisures de chocolat Laura Secord et les noix de

Battre les blancs en neige et les aiouter doucement à la recette. Graisser un moule couronne de minutes et démouler.

et y mettre le mélange.

Cuire au four de 50 à 60 minutes. Faire refroidir une quinzaine

The Greenwood Bowling Alley Presents The First Annual

Kids Christmas Party!!

Come bowl on December 13 from 5:00pm = 7:00pm Cost: \$10 per child

(includes bowling, shoes and gift from Santa)



*Pre-register by December 7th to ensure your child receives a gift from Santa and Pizza

*Maximum of 1 free adult per child. Additional adult \$5 each

For further information or to register drop in, call 765-1494 local 5631 or email gbcbowling@eastlink.ca











· Shop locally this Christmas





Keep the traditions, ditch the worn-out décor

(NC) The holiday count- tification, offers these tips to down is on and it's time to help you stay safe: get your house razzle-dazzle ready. But before you do, make sure to check your lights and decorations are still in good working order after a year in storage. Not only can old décor items look worn out, but they can also put you and your family at risk – which is the last thing anyone wants at this joyous time of year.

CSA Group, a leader in public safety testing and cer-

- · Carefully inspect light strings each year. Discard any with frayed cords, cracked lamp holders or loose connections. Inspect for storage damage from moisture or rodents.
- Turn off the electricity to the supply outlet before working with outdoor wiring. Unplug light strings before replacing bulbs and check to ensure replacement bulbs match the volt-



age and wattage of the original. To avoid a shock from damaged wires, use insulated fasteners rather than metal nails or tacks to hold light strings in place.

Make decorating a family activity by planning this year's theme with the kids, but don't let children or pets play with light strings. Keep electrical connectors for outdoor lights above ground, out of water, and away from metal eaves-

protection from electric shock by sensing ground leakage and cutting electrical power.

- Use heavy duty extension cords for high wattage decorations and large electronically-animated displays and don't overload extension cords.
- If you need to purchase new lights, look for a certification mark to ensure they are certified by an organization such as CSA Group.

Remember that outdoor holiday lights are made for seasonal use only; extended exposure to the elements can troughs. Connect outdoor lead to damage. So when the lighting into receptacles holidays are over, take down protected by weatherproof the festive decorations and ground fault circuit interplace them back in their origirupters. These can provide nal packaging for next year.





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Hot gadgets for the holiday season

(NC) Giving the latest gadgets will be a crowd pleaser, but shopping for them is a little tricky. If you're confused about which ones would make great gifts, here are some popular options:

Smart(er) watches: There's a whole new market for high tech watches out there. Digital fitness trackers from the likes of Nike, Garmin, Samsung, Fitbit, and more, are enhancing the ways people keep fit. Watches that operate as an extension of your smartphone are also expected to be the next big thing.

Smartphones: The latest and greatest smartphones are bound to show up on a lot of wish lists this year. Popular choices this year include the

How to plan a holiday brunch

(NC) Enthusiasts tell us there's nothing like a delicious morning spread to celebrate and entertain when everyone attending is the most refreshed. A breakfast brunch can also be the perfect alternative to a family dinner for large extended families with scheduling conflicts. Not only is it easier, but it can also be less expensive to plan and prepare.

Enforce a dress code: Breakfast is a much more casual affair, so have some fun. Ask everyone to wear their ugliest holiday sweaters then start taking photos.

Crank the holiday tunes: Get everyone in an upbeat mood by cranking a few holiday classics. How can anyone resist the family favourites?

Set up a breakfast bar: Avoid spending the entire time in the kitchen by setting up a self-serve table. Let your guests customize their own breakfast Panini, or create their own yogurt cup with favourites like fruit, Nutella, and granola.

Samsung Galaxy S4, the co-tertainment on the go or on X, and the waterproof Sony Z1.

Tablets: Tablets are everywhere these days - they're convenient and great for en-

lourful Apple iPhone 5c, the the couch. The Apple iPad customizable Motorola Moto continues to be great choice, and the Google Nexus 7 is also popular with great hardware and a sub \$300 price point.

Video games. A new genera-

tion of video game systems has arrived. The Microsoft Xbox One and Sony PlayStation 4 are going to be hot ticket items this year. For more kid-friendly fun, the Nintendo Wii U is a good choice with a smaller price tag.





REWARDS DEPT. STORE BLACK FRIDAY SPECIALS

Friday November 29 only - open from 7 am till 11 pm

All unadvertised items in the store today **Tax Free ALL DAY** (save the tax equivalent), includes everything except sale items, food and beverage. Prices available at the Greenwood Mall location only. All day specials. All **Furniture** today all day 20 % off. All **Area Rugs** 25 % off today all day. Great selection. See our show room in the mall. All our Mattresses 15 % off today all day. All our Christmas Linens 25 % off today all day. Includes our valley's best selection of **Christmas Table Cloths**, **Doilies, Runners, and Kitchen Linens**.

~~~ HOURLY SPECIALS FROM 7 AM TO 9 AM ONLY ~~~

25 % off all our \$ 299.99 and \$ 399.99 Portable Furnaces, includes our portable heater fire place. Comfort Zone brand.

Three year warranty. Ashley Wall -0 - Way Recliner \$ 219.99 - Save \$80. Available in sage green, cafe and mocha colors reg. price \$ 299.99. Cheval floor standing bedroom mirror \$ 49.99. Jewellery armoires \$ 99.99 - Save \$50. Oak or cherry finish, floor standing reg. price \$ 149.99.

~~~ SPECIALS FROM 9 PM TO 11 PM ONLY ~

WOW. All our \$ 14.99 Mink-Velour Throws \$ 8.88, reg. price \$ 14.99, over 30 prints available 50" by 60". **Christmas Frilled Printed Throws** 50 % off. \$4.99. reg. price \$ 9.99.

~~~ SPECIALS FROM 10 PM TO 11 PM ONLY ~~~

**Black Metal Futon** with an 8 inch mattress \$ 169.99 - Save \$130. reg. price \$299.99. Mattress available in several colours limit 2 per family.

**Two Piece Vanity Set** \$ 179.99 - Save \$ 70 reg. price \$ 249.99. Two styles available. 2014 Pocket Planners and Agenda Calendar Books 50 % off. All leather look, make a great gift.

All our Ladies and Men's Slippers 33 % off.

Open Early at 7 am, till late at 11 pm. Drop in and take advantage of our last big saving event before Christmas.

Check out our early morning and late evening specials for even more savings.

We accept debit, visa and mastercard. We deliver and financing is available.

~~~ GREENWOOD MALL - 765-6497 ~~~



Valley curling clubs are rockin'!

Day in Canada November 30:

from Bridgetown to Windsor, and feature an assortment of cial champions. Equipment are participating in Sports opportunities to try curling for (except clean sneakers and the first time, return after a warm clothing) will be supfor the first time, all clubs will break, participate as a regular plied and instructors ready.

Curling clubs in the Valley, celebrate the sport of curling curler or watch some provin-

In the local area, join in the fun at the Bridgetown club, 3:30 p.m. to 5:30 p.m., for a "Throw Your First Rock" event; at the Middleton club, 1 p.m. to 4 p.m., for "The Heart of the Valley Rocks" fun; at the 14 Wing Greenwood club, 9 a.m. to 11 a.m., for a "Throw Your First Rock" morning; and at the Berwick club, 2 p.m. to 4 p.m., for a "Throw Your First Rock" afternoon. For information on any of

these or other Valley curling events that day, contact Kathy Siddall, Valley director of the Nova Scotia Curling Association, (902) 681-2065 or throwyourfirstrock@gmail.com.

L'avion, ce n'est pas un cadeau!

(EN) Lors des festivités de fin d'année, des milliers de gens emprunteront la voie des airs afin de célébrer avec parents et amis. Cette période de l'année est propice à offrir des cadeaux à ceux que l'on aime. Toutefois, certaines restrictions existent concernant ce qu'on peut amener avec soi à bord de l'avion. Voici quelques conseils faciles qui vous permettrons de passer la sûreté sans tracas.

Évitez d'emballer les cadeaux, car il est possible que les agents doivent les déballer à des fins de contrôle. At-

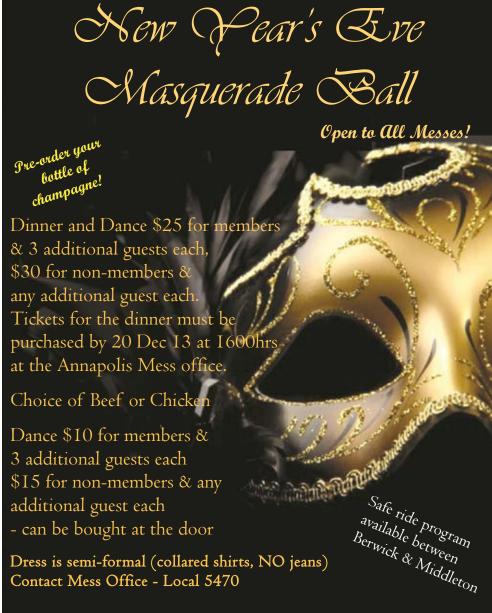


tendez d'arriver à destination ou profitez des services d'emballage post sûreté offerts par certain aéroports.

Évitez d'apporter des cadeaux contenant des liquides, des aérosols et des gels dans vos bagages de cabine. Cela comprend: l'alcool, le vin, la bière, les boules à neige, les conserves de soupe, le sirop d'érable, le parfum et les lotions. Mettez-les dans vos bagages enregistrés ou expédiez-les séparément. Rappelez-vous que tous les contenants de liquides dans vos bagages de cabine doivent être d'une capacité de 100ml ou moins.

Vous trouverez des conseils supplémentaires sur la préparation au contrôle de sûreté sur le site Web de l'ACSTA au actsa.gc.ca ou sur Twitter @ casta_gc.







Monday - Friday 8:30 am to 9 pm Saturday 8:30 am to 5:30 pm Sunday 12 noon to 5:30 pm

LIVE WELL WITH

Valley Drug Mart

Our Kingston Store offers a full Engraving Shop, large selection of Wine and Beer making supplies On Site Winery (make your own Wine here) and our Middleton Store features a large Home Health Centre. Both stores offer a great selection of Christmas Candy and Giftware including Paderno cookware.

627 Main Street **Kingston** 765-2103 | 26 Commercial Street **Middleton** 825-4822



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Find the gift that keeps on giving

(NC) Sometimes we wish ping experience this holiday spiritual friend with a private we could just get a wish list from our friends and families to ease the stress of finding the perfect gift - especially for that person who is nearly impossible to please year after year. This added stress can really put a damper on your holiday season. Here are some gifting ideas for the gift enigmas on your list so you can enjoy a stress-free shop-

season:

workshops for friends or family that know how to create a plush headboard out of a couple of milk crates. They can put this additional skillset to use and make some stunning tabletop décor from their expert hands.

Zenfully Minded -Gift a star chefs. A tour of a vineyard

voga class or weekend medi-**DIYers** – Purchase glass tation retreat. They'll appreciblowing classes or pottery ate their downward dog away from city life and find inner nirvana in a countryside sun

> **Foodies** – If their risotto comes out perfect every time, pastry classes might be the way to go – even the soufflé continues to unnerve Michelin

is a great gesture for those who are self-proclaimed or practicing sommeliers, too.

Style Maven - Giftcards are a fantastic gift because you can place any denomination on it you want, and you can get one directly from the gift receiver's favourite retail destination. From homemade knits to haute couture, they're not tied down to one article of clothina!









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- Blow away up to 42 metric tons (46 tons) of snow per hour* with the dual-stage auger/impeller
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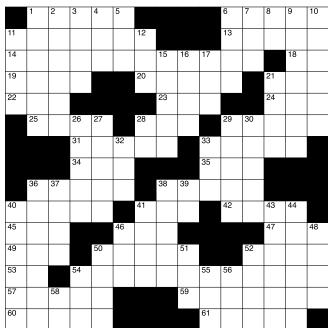
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood: by fax. (902)765-1717: or email editor@auroranewspaper.com. Dated 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. moins d'avis contraire

Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux. au 83A. School Road. (annexe Morfee), 14e 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

metro crossword

solution page 14



ACROSS

- o. Abu ___, UAE capital 11. Forever
- 13 Lower position
- 14. Masterpiece series 18. Atomic #18
- 19. Cuckoos 20. Goat with conical
- horns 21. European money
- 22. Flaw the surface 23. Restaurant bill
- 24. Indicated
- horsepower (abbr.) 25 Go in advance
- 28. Ancient Egyptian
- King 29. Insert mark
- 31. Palm fruits
- 33. Peels a fruit's skin 34. Many not ands
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- oscilloscope "10" 36 Bo 38. Satisfies to excess
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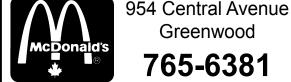
- 49 Till 50. Potato, tossed or green 52. Italian automaker
- 53. Birthplace of
- Abraham 54. Scheduled visits 57. Yemen capital (alt.
- sp.) 59 Assisted
- 60. Persian kings
- 61. Accumulate

DOWN

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- Sea eagles Small social insect
- Paulo, city 2 man fight
- Honey (abbr.) Anno Domini
- Malibu and Waikiki To burst in
- 11. Mild yellow Dutch
- cheese 12. Liquefied natural gas
- Douroucoulis 16. Spoiled child Founder of Babism

- 27. One who confronts
- boldly 28. Atomic #52
- Feels concern or interest
- Got up from
- Sound of
- disappointment Out of 100 (abbr.) 36. Actress Kerr
- Irish Gaelic 38. 10 Commandments mountain
- 39. Morning 40. Straight downhill
- ski riin
- Angel's crown 43. Canonized
- individuals 44. Old school tablets
- 46. Dip lightly into water 48. Traumatic anxiety
- disorder 50. Mineral spring
- resorts 51. Desoxyribonucleic
- acid 52. Greek cheese
- 54. Express pleasure 55. Don't know when y 56. 13th Hebrew letter Don't know when yet

metro crossword brought to you compliments of



Meditation

Mondays, 2 p.m., learn and practice techniques of breathing, eye movements and posture to relax the body and mind. Based on Tai Chi and yoga practices. Work is all seated on chairs. Joe 765-1898. \$10 per class, in Melvern Square. **Christmas hamper applications** Applications for the Friendly Neighbours Christmas Hamper Program are available at Foodland, Coldbrook; Save Easy and Foodland, Berwick: Sobevs. Greenwood: Needs. Avlesford: Pharmasave, Kingston; Bert's, Auburn. All applications must be completed and returned to the store where picked up not later than December 6. Applications will not be accepted after that date.

Luncheon

November 26, the Middleton & Area Fireflies will be hosting a soup luncheon at the Middleton fire hall, 11 a.m. to 1 p.m. Delicious homemade corn chowder. split pea and ham soup and hamburger soup, as well as the popular Acadian rappie pie, with apple or rhubarb crisp for dessert. \$7. Deliveries in town may be arranged by calling Bonnie, 825-3062, by November 25.

Meeting

November 26, the Annapolis Valley Historical Society meets, 7:30 p.m., at the Macdonald Museum, 21 School Street, Middleton, Special Christmas program: Authors Ink writers will read Christmas stories. All welcome. No charge. Call 825-6116 for information.

Concert

November 26, 8 p.m. at West

Three easy ways to enter.

Full name

burn: Evergreen Theatre presents Jimmy Rankin's Christmas. Tickets \$30, reservations online at www.evergreentheatre.ca or phone 902-825-6834. Rankin is touring his new CD, Tinsel Town, but will also be performing many of the songs he is known for, from his role with The Rankin Family as well as from his solo career.

Autism event

November 28, 6:30 p.m. to 8:30 p.m., naturopathic doctor Bryan Rade will discuss the various treatments and therapies he provides for individuals with an Autism Spectrum Disorder diagnosis. Room 141, Beveridge Arts Centre. Acadia University. Wolfville. Open to individuals with an Autism Spectrum Disorder diagnosis and their families, but also to interested professionals. Free of charge; pre-registration required. Contact 375-3031 or avautism@gmail.com

Supper

November 28, enjoy a creamed lobster/ roast beef dinner with all the fixings, catered by the Middleton & Area Fireflies, 4:30 p.m. to 6:30 p.m., at the Middleton Baptist Family Life Centre (across from the fire hall). All money raised from this event will be matched by the Middleton Scotiabank as a major fundraiser for the proposed new community/ fire hall. Adults - \$15. children under 12 - \$8. Tickets available from Fireflies, or

at the door. Sorry, no deliveries. Supper

November 28, All Saints' A.C.W. will be holding its annual Christ-

Kings High School, Hwy 1, Au- mas casserole supper and sale. At Baptist Friendly Club. the church hall. Pleasant Street. Kingston (turn west off Bridge Street), 4:30 p.m. to 6 p.m. Large variety of casseroles, salads and desserts. Cost: Adults \$10, children \$5. Family rates and

VPI meeting

November 28, the Greenwood Wing of VPI will be holding its November meeting. Pre Flight is at 1500 hrs for a T/O planned for 1600 hrs. PLE time is 1730 hrs. Speaking of "Bingo Fuel," if you want to attend the annual VPI Christmas bingo December 14, be sure to contact Gerry or Winston to get your name on the list. Take-out available. There will be a bake table.

Nativity tea

November 30, Nativity tea and display, Harmony Baptist Church, 2 p.m. to 4 p.m. Come enjoy seasonal sights, sounds and sweets. Freewill offering.

Concert

November 30, the Middleton Choral Society, directed by Maureen MacLean, accompanied by Elizabeth Harwood; presents its 40th annual Christmas concert in Kingston United Church, 733 Main Street, 8 p.m. Seasonal choral numbers, selections by individual members of the choir and a carol sing-a-long. A freewill offering will be taken.

Tea & sale

Find & Win

November 30, a Christmas tea and sale will be held at the Middleton fire hall, 2 p.m. to 4 p.m. Admission \$5. Bake tables, homemade candy, crafts, \$2 gift bags, door prizes. Proceeds to Nictaux Hospital Auxiliary and the Nictaux

Entry deadline:

Noon, November 28, 2013

Luncheon

November 30, enjoy a Christmas luncheon at the Aylesford United Church, 11 a.m. to 1:30 p.m. Admission: \$8. Good food, good company

Autism event

November 30, 1:30 p.m. to 4:30 p.m., Joanne Porter, autism consultant with the Annapolis Valley Regional School Board, will host a social stories make-and-take workshop, Berwick fire hall, 300 Commercial St., Berwick, Free of charge and childcare will be provided for those who require it. Pre-registration is mandatory. Contact 375-3031 or avautism@ gmail.com.

Concert

November 30, in two concerts (3 p.m. and 7 p.m.), the expanded Annapolis Valley Honour choirs join to present a feast of music about light, hope and peace. "Snow Angels" at the Wolfville Baptist Church features 120 singers in two choirs, accompanied by cellist India Gailey. Tickets are \$10 adults/ seniors and \$5 students from choristers, the choir manager's desk at rehearsals, or at Pharmasave locations in Wolfville. Kentville, Berwick and Kingston.

Concert

December 1, a Royal Consort Community Choir, directed by Elsie Hepburn, accompanied by Elizabeth Harwood; presents "Of Stars and Snow." its annual Christmas concert, in St. Louis Catholic Church, 540 St. George Street, Annapolis Royal, 3 p.m. Tickets (\$10/\$5) at the door. An open reception in the church hall to follow.

Service

December 1, 7 p.m., there will be a praise service at the Kingston Baptist Church, Main Street, fea-



- 3 Specials 60/40
- Letter H 80/20
- 1 Lucky 7 Progressive
- 1 Bonanza Progressive Jackpot - 3 Chances
- **Consolation \$300**

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Double Action

765-4477

Congratulations to last week's winner: RYAN WALKER

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

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.

Phone number

- 1. Who do you call if you want to guit smoking?
- 2. Who is selling space shuttle play sets?

1. Through our website: www.auroranewspaper.com

- 3. What is Rewards Dept. Store's phone number?
- 4. When is the Wing's Kids' Christmas party?

5. Who is your choice for collision repairs? 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

turing music from New Song Trio. A time of fellowship will follow. All are welcome.

Lunch and sale

December 3, 11 a.m. to 3 p.m., the annual quiche and salad luncheon and Christmas bake sale will be held by Emmanuel Church, 37 Gates Avenue, Middleton. Luncheon \$6. Miracles Christian Store from Bayer's Lake will be in attendance featuring more Christmas gift selections, along with our own special Christmas baking and gift baskets. For info: Sally, 825-3087, or Shirley, 242-2025.

Ticket auction

December 5, the annual ticket auction of the St Monica's Catholic Women's League will be held at the parish hall on Connaught Avenue, Middleton. Canteen, bake table and raffles. Doors open at 2 p.m., with auction beginning at 7 p.m. All proceeds go back to the community. Limited tickets available at the door.

Un blitz d'évaluation FORCE

Le personnel du conditionnement physique et de sports de l'escadre offrira un blitz d'évaluation FORCE au cours de la période du 9 – 13 décembre. Ce sera une bonne occasion de faire votre évaluation FORCE avant les vacances de Noël. Pas d'excuses, puisque nous serons ouverts pour vous accommoder.

Les évaluations se feront comme suit: le 9 decembre, 0730, 0900 et 1330; le 10 decembre: 0730, 0900 et 1330; le 11 decembre: 0730, 0900 et 1330; le 12 decembre: 0730, 0900 et 1330; et le 13 decembre : 0730 et 0900.

FORCE evaluation blitz

solution page 14

14 Wing Fitness & Sports staff will be doing a FORCE evaluation blitz December 9 through 13.

This is your opportunity to do your FORCE evaluation before the Christmas vacation. No excuses, as we have opened it up for your convenience.

Testing will be as follows: December 9, 7:30 a.m., 9 a.m. and 1:30 p.m.; December 10, 7:30 a.m., 9 a.m. and 1:30 p.m.; December 11, 7:30 a.m., 9 a.m. and 1:30 p.m.; December 12, 7:30 a.m., 9 a.m. and 1:30 p.m.; and December 13, 7:30 a.m. and 9 a.m.

MAINTENANCE AND MINOR IMPROVEMENT SERVICES **ON MARRIED MILITARY QUARTERS** AT 14 WING GREENWOOD. NOVA SCOTIA

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA, is calling for the submission of tenders for maintenance and minor improvement work on family housing units at 14 Wing Greenwood, Nova Scotia. The work will be done under a Standing Offer (SO) on an "as requested" basis. The SO will be in place from April 1, 2014 to March 31, 2016.

This SO will be established for maintenance and minor improvement painting work. Firms that consider themselves qualified to provide residential housing maintenance and minor improvement services, are invited to contact DCC at Tel: (902) 765-1494 # 5704.

Those wishing to obtain the tender documents for providing residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: www.merx.com or by calling 1 (800) 964-MERX (6379).

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.

The tender closing date is: December 17, 2013 for all packaged services projects

The tender closing time is: 14:00 hours, local time, for all packaged services projects Sealed tenders will be received at the following location:

DCC Greenwood Site Office Hangar 5 P.O. Box 39

14 Wing Greenwood Nova Scotia **BOP 1NO**



Nov 24 - Nov 30

6 4 Τ R N 8 4 6 Ι Ε 3 Р 5 2 4

4

3 6 5 9 8 1

Fun By The Numbers

8

R

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

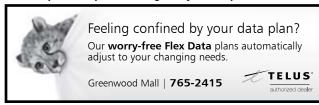


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WORDS

ADULTS CHILDREN LEVEL **PLAYERS** TTMFD **APPLICATIONS** COMPETITION PUZZLE L0SER **VIDEO** ROARD CONCENTRATION I OWFR RECREATION WINNER BRATN CROSSWORD MFMORY RIII FROOK WORD SEARCH CARDS CRYPTOGRAM MENTAL SCRAMBLE CHAMPION **ENGAGE** MULTIPLAYER STRATEGY CHECKERS **ENJOYMENT** NEWSPAPER **SUDOKU PIECES** CHESS

patrick's puzzle brought to you compliments of



horoscopes

ARIES - Mar 21/Apr 20

It's never too late to get healthy, Aries. Find time for some exercise and replace some calorie-laden foods with fruits and vegetables. You will appreciate having an extra hop in your step.

TAURUS - Apr 21/May 21

Taurus, a week of passion and romance awaits you and your special someone. Everything you do draws the attention of others. So make it work to your advantage.

GEMINI - May 22/Jun 21

Gemini, it can be challenging to get your head wrapped around certain ťasks. Somehow vou will manage to pull everything together and get everything accomplished.

CANCER - Jun 22/Jul 22

Cancer, maintain your focus in the coming week no matter how difficult that proves to be. Personal concerns may have you reeling, but your heightened focus will serve you well.

LEO - Jul 23/Aug 23

Leo, you may have something on your mind, but now is not the time to share such concerns. Do your best to solve a problem on your own, but rely on the advice of others if need be.

VIRGO - Aug 24/Sept 22 Virgo, do your best to avoid being let down by the negative attitudes of others. Friends or coworkers may just be in a bad mood, but that does

not mean you need to be. LIBRA - Sept 23/Oct 23

Libra, a little extra concentration will find you tackling your workload with time to spare. Commit your time now and enjoy the time to take things slow later in the week.

SCORPIO - Oct 24/Nov 22

Scorpio, significant changes are afoot and you are not quite sure how to prioritize your goals. Enjoy the change, but make use of down time to re-establish your priorities.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, though a pressing issue in your relationship may seem like it needs immediate attention, you have a lot of time to work through any issues

CAPRICORN - Dec 22/Jan 20

Capricorn, your normally conservative approach won't work this week. You have to take a couple of chances, or you won't accomplish much of anything.

AQUARIUS - Jan 21/Feb 18

Aquarius, you have only a few days to learn some new procedures at work. It is natural to feel nervous, but put aside those feelings and concentrate on the tasks at hand.

PISCES - Feb 19/Mar 20

Pisces, don't worry too much about an upcoming change around the office. You're in position to benefit from some restructuring

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assifieds

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 annoncées 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.

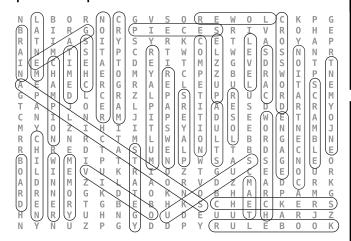
Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à marketing@auroranewspaper.com.

crossword solution

sudoku solution

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

patrick's puzzle



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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 - Worry free retirement living at its best, Chipman Avenue, contact 902-847-1365. (3440-ufn)

FOR RENT - One bedroom apartment. Available now for single quiet person. Apartment is furnished and equipped with in floor heat and located in rural Kingston on the vault road. Rent is \$700.00 per month, includes all utilities (wifi, tv and cable). Call Joe at 765-1898. (3443-ufn)

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Bridgetown. Two Bedroom Apartment, 1200+ Sq. ft. of living space including LR, DR, KIT and six appliances. Hardwood flooring throughout, R2000+ construction, electric heat. Garage, paved driveway, snow removal, lawn care and extra parking included. Very quiet area, 10 minute walk to all amenities. \$900.00 per month, plus utilities. For more information please

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FOR RENT – Worry free retirement living in Middleton. Two bedroom with garage, paved driveway, snow removal and lawn care. Three appliances, heated washroom floor, whirlpool tub, sit down shower, lots of closet space. Close to Avery's, very quiet. \$995.00 plus utilities. Call Darlene now for viewing. 825-3424 or 840-1780. (3443-3tpb)

FOR RENT – Two bedroom located on Taylor Drive in Middleton. Fridge, stove, close to schools and shopping. \$550.00 plus utilities. Call Darlene now for viewing. 825-3424 or 840-1780. (3443-3tpb)

FOR RENT - Two bedroom_apartment located in Greenwood. Fridge and stove included, washer/dryer hookups. References and damage deposit rėquired. \$550.00 plus utilities. Phone 847-0111. (3443-3tp)

FOR RENT - Two bedroom apartment, adult building. 1486 Magee Drive, Kingston. In floor heat, ground level \$690.00 a month plus útilities. Available now. Phone 309-0573. (3444-4tpb)

MOBILE HOMES

FOR RENT - Two bedroom mobile home located in Kingston. Heat, lights, fridge and stove included. No dogs allowed \$750.00 per month. Phone 847-5046 (3442-ufn)

DUPLEXES

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 - Large two bedroom apartment in duplex located in North Kingston. Fridge, and stove included, washer/

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824-0286

dryer hook-ups. No pets, no smoking. \$625.00 per month nothing included. Phone 242-2465. (3444-ufn)

FOR RENT - Small two bedroom Duplex located in Kingston. Fridge, stove, heat and lights included. \$650.00 per month, no dogs. Phone 847-5046. (3445-ufn)

FOR RENT - Available Dec 1, recently renovated two bedroom split entry duplex, with 4 appliances, all new energy efficient electric heaters. Located in subdivision behind Greenwood Mall with lawn care and snow removal provided. \$700.00 per month plus electrical. Call Sue 765-4206. (3445-ufn)

HOUSES

FOR RENT – Up to five bedrooms spacious house located on a large private lot in Kingston. Main floor one storey with finished basement, Double car garage, large eat-in kitchen including fridge, stove, dishwasher and microwave. Spacious and bright living room, master bedroom complete with ensuite & double closets. Laundry room with washer/dryer hook ups. Snow removal and lawn care provided. Only 5 minutes from CFB Greenwood. Pet friendly, no smoking permitted. Available immediately! \$950.00 per month plus utilities. Please contact Sue 844-0432. (3442-ufn)

FOR RENT - Charming three bedroom bungalow. Quiet Kingston neighbor-hood 5 minutes from CFB Greenwood and shopping. Hardwood floors, large eat in kitchen with custom cabinets, counter top stove, new fridge, dishwasher and microwave. Large hasement & workroom: washer and dryer included. Large back yard right off the walking trail, storage shed, and a great deck with awning.\$900 plus utilities. References required. 902-670-1178. (3445-2tpb)

FOR RENT - Three Bedroom House 1.5 years old located on one way Street behind Kingston Legion. Quiet neighborhood five minutes from CFB Greenwood and shopping. Laminate floor throughout, kitchen has custom

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cabinets with newer fridge, stove and over the range microwave included. Washer & dryer hook-ups in the basement. Sun tunnel located in bathroom. Large unfinished basement great for storage or work room. Equipped with electric heat. Living room and kitchen are open concept with patio door leading to enclosed back deck with privacy. Close to schools and transit routes. References & security deposit required. \$900.00 per month. Phone 680-2284 for more information. Available December 1st. (3445-2tpb)

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

FOR SALE - AB King Pro TM Exerciser NEVER USED. Plastic still on the body of the exerciser. Includes both English and French owner's manual. Folds down for easy storage. Must sell to make room in basement. \$45.00. Call 765-0277 and leave a message. (3440-1ufn)

FOR SALE – Two memory foam pillows, used only once. 100% polyurethane foam. 11 inches high and 18 inches long. Removable terry cloth covers with zipper closure for easy washing. Great for stiff necks and poor posture. White in color. Call 765-0277 and leave a message. (3440-1ufn)

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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)

IN THE COMMUNITY

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)

FOR SALE FIREWOOD

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Making a difference SMH grounds, gardens get fresh new look

Donna L. Burton

Have you noticed anything different at Soldiers' Memorial Hospital in Middleton? You might have guessed it: the hospital grounds have received a makeover!

It's no secret our health care budgets are mightily stretched, so having a lowcost, low-maintenance plan for ground services at Soldiers' Memorial is very important. Nobody knows this better than Soldiers' site manager Jeanne Saulnier and chief engineer Barry Roscoe.

"With limited dollars to spend, it was so amazing to see companies and individuals step up out of the blue to provide services, products and their time to help restore some beauty back into our facility,' says Saulnier.

The Town of Middleton, CFB Greenwood and Roscoe did a lot of the heavy lifting by clearing out some tired foliage and levelling the west area, later covered with fresh summer sod,

Landscaper technologist Michael Gillespie surveyed the grounds and developed the much-needed plan for the overall site. His company also made a garden of small pebbles on the east side of the building.

Middleton Home Hardware general manager Anne Cal-



Volunteers gather near the entrance of the hospital (left to right): Shelley Saulnier, Melissa Tate, Jeanne Saulnier, Sara Langford and Shelley Mooney.

lanan provided bedding plants trative assistant Shelley Saul-Blooms were available for the large flower box at the entrance of the hospital, as well as for the eight large flower boxes located in the patio used by our veterans. Planting low-maintenance perennials in these areas is currently underway thanks to Callanan.

Annapolis Valley District Health Authority's volunteer resource consultant Sara Langford recruited volunteers from Soldiers' to give Callanan and her colleague, Bernadette Knapp, a hand: site adminis-

and soil and staff to help plant. nier, payroll clerk Shelley Mooney and site administrative assistant Melissa Tate all rolled up their sleeves and dived into weeding, pruning and planting. Mark Bezanson, Soldiers' maintenance department, helped with cleaning up the hospital walkways and watering the new plants.

A number of patients, visitors and staff stopped by and commented on the work,

Work around the flagpole and other areas is planned for phases two and three of the grounds plan. If you wish to make a contribution, contact Soldiers' Memorial Hospital Foundation, PO Box 730 Middleton, BOS 1PO.

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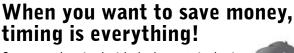
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