

Important Notice!

14 Wing/Kingston/
Greenwood/Province of
Nova Scotia Arena and
Curling Partnership Project

What: Open Public Meeting
Where: Kingston Fire Hall –
Adjacent to Kingston
Elementary School
When: 7:00 p.m.
Tuesday 27 Jan

Who: Open to all citizens
interested in the progress
of the 14 Wing/Kingston/
Greenwood/Province of
Nova Scotia Partnership
Feasibility Study

The consultant has conducted preliminary research in to the feasibility of the project, which will be presented at this public meeting. This will be the public's venue to voice views in relation to the project and be briefed on the launch of a public questionnaire.

For the general outline of this project see the front page of The Aurora Newspaper dated 17 Nov 08 in the previous issues of their website at www.auroranewspaper.com

A follow-up Public Meeting will also be scheduled in February.

WEEKLY

Cucina Aurora	Page 5
For Your Info	Page 17
Horoscopes	Page 17
Find and Win	Page 17
ComParrot	Page 18
Crossword	Page 18
Classified Ads	Page 19

The Aurora newspaper



The Griffons have landed

**Captain Dean Menard - Joint Task
Force Afghanistan Air Wing**

KANDAHAR AIRFIELD,

AFGHANISTAN — On December 20, 2008, the Joint Task Force Afghanistan Air Wing received its first Canadian rotary-wing aircraft with the arrival of six CH 146 Griffon utility transport tactical helicopters. The Griffons' task is to escort and protect the Wing's CH-147 Chinook D heavy-lift helicopters, which are being introduced to improve access to remote locations in tough terrain, and reduce the need for road convoys.

"These Griffon helicopters, in combination with the Chinooks, will give the Commander [of Task Force Kandahar] the ability to move troops rapidly and with more flexibility," said Colonel Christopher Coates, commanding officer of the JTF-Afg Air Wing. "In addition to their aerial helicopter escort role, they may also be used for moving troops, intelligence, surveillance and reconnaissance missions."

The new helicopters will enhance ISAF's air capabilities, and improve protection for Afghan and coalition partners who are helping to rebuild Afghanistan. By reducing ground movements, they will decrease troops' exposure to the risk of insurgent attack — ambushes, mines and improvised explosive devices.

"Canada's contribution to the ISAF aviation pool will make a huge difference when co ordinating helicopter flights for our troops," said Captain Alain Rhéaume, an Air Reservist from Moose Jaw, Saskatchewan, who helps co-ordinate flights for Canadian Forces personnel deployed in Afghanistan. "Having more helicopters available will give

Kandahar Airfield, Afghanistan; 20 December 2008 — Members of 408 Tactical Helicopter Squadron slide a CH-146 Griffon helicopter gently down the ramp of a CC-177 Globemaster III strategic airlifter.

(credit/source: Cpl Andrew Saunders, JTF-Afg Air Wing)

...continued on page 4.



AUTO PARTS

MIDDLETON AUTO SUPPLY LTD
428 Main Street
825-4803

Kentville Mazda
925 Park St, Kentville 678-3323
www.kentvillemazda.ca
Mazda 6
Lease \$349/month
Tax Included
#1 Dealer in Canada for
Sales & Service



Morse Auto Centre
We Cover all of Your Automotive Needs



Repair Shop • (902) 765-6400
24/7 Towing • (902) 765-9492



14 Wing Health Promotion Winter/Spring Programs

Nutrition and Active Living Seminar

This is a one-day seminar that will involve a variety of guest speakers throughout the day. The participants will learn about the benefits of exercise and healthy eating, a dietician will visit the class to talk about portion sizes, label reading, and how to make healthy choices. Other topics to be discussed will be exercise nutrition and how and what to do to start your own fitness training program. Goal setting and motivation are also topics presented.

The date of this seminar will be 29 January 0830-1530 at the F & S Centre classroom. Seats are limited so register early.

Butt Out

If you are tired of trying to beat the habit all on your own Strengthening the Forces is offering a 9 session over 10 week program that has been designed to help people quit smoking. Each session is approximately an hour long and the sessions are held once a week on Tuesday's at the F & S Centre from 1100-1200 hrs. In order to register for Butt Out you can attend the information session that will be held on 3 February from 1100-1215 hrs at the Fitness and Sports Centre

classroom. Lisa White will discuss the stop smoking medications available to CF members.

The self-help version of the Butt Out program is also available by appointment only.

NOTE: Before registering for the Butt Out program it is important to make sure you make an appointment or see your medical officer to discuss your stop smoking medication of choice.

Top Fuel for Top Performance (TFTP)

Strengthening the Forces will be offering a one and a half-day TFTP workshop on 12-13 February at the F&S centre from 0830-1530 day 1 and 0830-1200 day 2. The workshop will cover the Supplements Dilemma, portion control, how to fuel your body with foods and fluids before, during and after physical activity, and time will be spent on menu planning for activity and sport competition. The TFTP book will be provided to the participants so that they can walk away with an excellent toolbox of information.

Stress Take Charge

Stress Take charge is a two-day workshop that will run 18-19 February at the F &

S from 0830-1530 both days. This workshop will provide you with time to identify the stressors in your life as well as recognize the coping mechanisms that you already use, and learn more coping mechanisms so that you can incorporate them into your life. Relaxation and meditation exercises will be introduced and practiced throughout the two days so bring a blanket and pillow if you like. This is a chance for you to get away from it all, meet some new people, relax and take in some great information.

Basic Relationship Training (BRT):

The BRT workshop is a research-based approach to teaching couples how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance love, commitment, and friendship. It's great information.

The BRT program will start on 4 March 1800-2000 at the F & S Centre. It will continue to run every Wednesday for 6 sessions.

Alcohol, Drug and Gambling Supervisor Training

This one day supervisor training will be held on 12 March from 0830-1600 at the F & S Centre. The Canadian Forces (CF) Alcohol, Drugs and Gambling Education are centered on 12 training modules that cover a variety of subject areas. This one day supervisor training will be a combination of the 12 modules offered to the CF. This workshop will provide education and information on: types of illegal drugs and their side effects, alcohol and their side effects, DWI, how to host a party safely, prescription and over the counter medication, problem gambling, how to stay within the guidelines and some of the legalities around drugs, alcohol and gambling. Information will also be provided to supervisors in the CF on how to deal with alcohol and drug misuse, and much more. A variety of videos, group's discussions and activities will be provided during the day.

Applied Suicide Intervention Skills Training (Suicide 1st Aid):

This two-day workshop will be held 14-15 April from 0800-1600 at the F & S Centre. This workshop provides practical help for

people seeking to prevent the immediate risk of suicide. If you know someone who is at risk of suicide this workshop will help you learn how to talk to that person, as well as what to do to help. This interactive workshop includes teaching, discussion, videos and skills practice.

Weight Wellness Weight Reduction Program

This program was designed to help people lose weight and develop a healthier lifestyle. The program focuses on healthy eating and physical activity. Time will be spent on recognizing internal and external reasons for eating and goal-setting principles will also be introduced. 12 modules of information will be provided over the duration of the program. A fitness instructor will visit the class to provide the participants with a tour of the F & S Centre as well as provide healthy and safe tips for exercise.

To register or to find out more about the Weight Wellness program and when the 8 sessions will be offered attend the Information Session on 22 April from 1200-1400 at the F & S Centre

classroom. The program will run every Wednesday for 8 sessions.

Managing Angry Moments (MAM)

This program is 8 sessions that will be held over 8 weeks, which will be on Thursdays from 0830-1200 beginning 30 April and ending 18 June.

The MAM program is for anyone who would like to learn more about how to manage the angry and frustrating times in their life. It IS NOT for treatment or counselling. The MAM program is for anyone who would like to learn more about how to manage times when they feel angry. Stress Management techniques and principles are also discussed. Modern video clips and class discussions are used to promote skill development and action planning. Learn skills that can help you make your thoughts and emotions work for you.

To register for any of the above programs call the 14 Wing Health promotion offices at 765-1494 ext 5388.

All programs and workshops are *free* and available to military members and their spouse. DND and NPF employees are also welcome to attend.

Snow Blower SAFETY

Submitted by Roger Walsh, CRSP, Wing General Safety Officer

Colorado Avalanche captain Joe Sakic recently had his NHL career put temporarily on hold as a result of surgery to repair three broken fingers and tendon damage after a recent snow blower accident at his residence and just last week a local Nova Scotia man died when struck by a car while blowing snow from his drive way.

Although snow blowers were designed to replace or minimize shovelling and to make snow removal easier, it does not mean such devices are risk free. Maybe you are a seasoned operator and have had a snow blower for a number of years or Santa has

attempted to help ease your snow shovelling woes by delivering as a recent Christmas gift. Which ever situation applies to you remember snow-blowers are potentially dangerous machines that need to be used carefully and treated with respect to minimize potential for injuries.

Most snow-blower injuries are preventable if you concentrate on your task and use common sense. To minimize the potential for discomfort, injury and any possible mishaps, you are encouraged to fully read and understand the manufacturer's operating manual and follow all maintenance and safety rules.

Here are some basic items to keep in mind when operating either gas or electric powered snow-blowers.

- Among consumer products, the Canadian Centre for Occupational Health and Safety indicate snow blowers are a leading cause of finger amputations. Most injuries happen when you try to clear the auger/collector or discharge chute with your hands.
- Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.
- If your snow blower becomes jammed, turn it off, disengage clutch and wait sufficient time for auger blades to stop rotating.
- (Never attempt to clear a jammed machine that is still running)
- Do not operate a unit during or after the use of medication, drugs or alcohol. Safe operation requires your complete and unimpaired attention at all times.
- Operate a unit only when there is good visibility and light. Falling snow, fog, etc. can reduce vision.
- Wear adequate winter outer garments and proper footwear to improve footing on slippery surfaces.
- Wear adequate safety gear, including safety glasses with side shields, appropriate hearing protection and protective gloves.
- Avoid wearing loose clothing, scarves, jewellery or anything that may get

caught in rotating parts.

- Clear area of operation of any unwanted objects and debris. Thrown objects such as small branches or rocks can cause injury to property or personnel or damage the machine.)
- Keep children and people away from the operating area. (Objects other than snow will usually be thrown farther than the snow discharge, so be alert to where the discharge chute is directed.)
- Adjust runners to clear gravel or crushed rock surfaces safely.
- Disengage all clutches before starting an engine.
- Use only approved extension cords and receptacles when operating units equipped with an electric

starter.

- Before allowing a youngster to handle snow removal, carefully consider the young person's age and maturity. Physical ability to handle the machine is important, but so are maturity and the ability to make good judgment decisions.

- Never leave a running unit unattended. Always shut off engine and remove the key before leaving a unit.

Remember that personal injury and property damage can easily result from errors in judgment and not following the manufacturer's safe operating procedures. Please maintain situational awareness when operating your snow blower to ensure your safety and that of friends and family is paramount.

Under The Story Tree,
will commence again on
Tuesday, Feb 3rd at 10:30a.m.
at 14 Wing Library.

To register your little ones please phone
765-1494 local 5430.

Computer won't play that game
you got for Christmas?

**Stop in and check with us on
System Upgrades or even Options
to Replace that Old Tower**



Old Mill Computer Services
619 Central Ave. Greenwood, N.S.
(902) 765-0566
Call For More Info or Drop In

www.teamrichardsoncanada.com

Team Richardson
PERSONAL COMMITMENT. TEAM STRENGTH.
*Sales Representative

8 WING TRENTON
HELPING 8 WING FAMILIES FOR 20 YEARS!

TOLL FREE DIRECT
1-866-418-8884
info@teamrichardsoncanada.com

ROYAL LEPAGE
ProAlliance Realty, Broker
INDEPENDENTLY OWNED AND OPERATED
Office (613) 966-6060

One Canadian soldier killed and three injured in Afghanistan

CEFCOM

OTTAWA (January 7, 2009) – One Canadian soldier was killed and three others were injured when their armoured vehicle struck an improvised explosive device approximately 35 kilometres north of Kandahar City in the Shah Wali Kowt District. The incident occurred at approximately 8:00 a.m., Kandahar time, on January 7, 2009.

The fallen soldier is Trooper Brian Richard Good, from The Royal Canadian Dragoons based at Canadian Forces Base Petawawa. Trooper Good was serving with the 3rd Battalion, The Royal Canadian Regiment Battle Group.

The injured soldiers were evacuated by helicopter to the Multinational Medical Unit at Kandahar Airfield. All three soldiers are reported to be in good condition. Their names will not be released.

The thoughts and prayers of every member of Joint Task Force Afghanistan are with Trooper Good's family and friends during this very difficult time. Despite our grief, we will continue our mission to help the Afghan government and the Afghan national security forces bring security and stability to their people.

Afghan national security forces and Joint Task Force Afghanistan continue to work together to protect the population in Kandahar Province, and remain committed to improving the security situation in order facilitate reconstruction and development in the region.



Trooper Brian Richard Good was killed when his armoured vehicle struck an improvised explosive device approximately 35 kilometers north of Kandahar City in the Shah Wali Kowt on January 7, 2009. / Le Soldat Brian Richard Good a été tué lorsque son véhicule blindé a touché un engin explosif improvisé à environ 35 kilomètres de Kandahar City, dans le district de Shah Wali Kowt le 7 janvier 2009.

(credit/source: CF Photo)

Un soldat canadien tué et trois blessés en Afghanistan

COMFEC

OTTAWA (le 7 janvier 2009) – Un soldat canadien a été tué et trois autres ont été blessés lorsque leur véhicule blindé a touché un engin explosif improvisé à environ 35 kilomètres de Kandahar City, dans le district de Shah Wali Kowt. L'incident s'est produit vers 08 h 00, heure de Kandahar, le 7 janvier 2009.

Le soldat tué est le Cavalier Brian Richard Good, appartenant à l'unité The Royal Canadian Dragoons basée à la Base des Forces canadiennes de Petawawa. Le Cavalier Good servait avec le groupement tactique du 3e Bataillon, The Royal Canadian Regiment.

Les soldats blessés ont été évacués par hélicoptère vers l'unité médicale multinationale de l'aérodrome de Kandahar. Les trois soldats sont rapportés comme étant en bonne condition. Leurs noms ne seront pas publiés.

Les pensées et les prières de tous les membres de la Force opérationnelle interarmées en Afghanistan sont avec la famille et les amis du Cavalier Good en ces moments difficiles. Malgré notre peine, nous poursuivrons notre mission d'aider le gouvernement afghan et les forces de sécurité nationale afghanes à apporter la sécurité et la stabilité à leur peuple.

Les forces de sécurité nationale afghanes et la Force opérationnelle interarmées en Afghanistan continuent de travailler ensemble pour protéger la population dans la province de Kandahar et demeurent engagées à améliorer la situation de la sécurité pour faciliter la reconstruction et le développement dans la région.

Posted to Comox?
CALL ME!
Charlene Rowlandson

Office (250) 334-3124
ROYAL LEPAGE Cell (250) 702-2224
1-800-638-4226
In the Comox Valley charlener@shaw.ca • www.dndirp.com
www.charleneinthecomoxvalley.com

Your Mortgage, Your Way

With access to dozens of lenders, you have options.
A Mortgage Consultant can find the mortgage that suits you!
Isn't that the way it should be?

Call now for your **free, no-obligation** consultation.

Shannon Hamley, Mortgage Consultant
Phone: 902.681.1100 Fax: 902.681.3734
Cell: 902.840.3415
E-mail: shannonhamley@freedomatlantic.com

FREEDOM FINANCIAL SERVICES INC.
MORTGAGE, INSURANCE & INVESTMENT SPECIALISTS

BIODIVERSITY • FORESTS • MINERALS • PARKS

Share Your Natural Resources Expertise

A new natural resources strategy (NR Strategy 2010) for Nova Scotia's biodiversity, forests, minerals and parks is well underway and Nova Scotians are playing an important part in shaping the three-phase process.

Phase 1, Public Values, is almost complete. **Phase 2, Technical Expertise**, will begin soon and will tap into the province's diverse technical expertise in the four topic areas.

Nova Scotia residents with demonstrated expertise in any of the four topics – biodiversity, forests, minerals or parks – are encouraged to apply for a volunteer position on one of the four Panels of Expertise. In addition to providing input, panel members will conduct stakeholder consultation and develop a report and recommendations to the Steering Panel which oversees Phase 2.

Details and Panel of Expertise Terms of Reference are available online at www.gov.ns.ca/natr

Please forward resumé and covering letter outlining your qualifications by mail, e-mail, delivery or fax to the contact listed below. Submissions must be received by Friday, January 23, 2009.

Nova Scotia Department of Natural Resources
Re: Strategy 2010 Panels of Expertise
3rd Floor, Founders Square
1701 Hollis St. / PO Box 698
Halifax, NS B3J 2T9
NRstrategy2010@gov.ns.ca
Fax: 902-424-0594

NOVA SCOTIA
Natural Resources

MERVIN REAGH FEENER
Nov. 17, 1934 - Jan. 4, 1994

You Meant So Much

You meant so much to all of us
You were special and that's no lie
You brightened up the darkest day
And the cloudiest sky

Your smile alone warmed hearts
Your laugh was like music to hear
I would give absolutely anything
To have you well and standing near

We'll never forget you,

Dianne,
Kevin, Joan
and family;
David, Dawne
and family;
Donna, Keith
and family.

Not a second passes
When you're not on our minds
Your love we will never forget
The hurt will ease in time

Many tears I have seen and cried
They have all poured out like rain
I know that you are happy now
And no longer in any pain

SPAN By

TERRA

Preformed Footbed™
Lightweight Aluminum toecap
Puncture resistant plate
Oil and slip resistant, rubber outsole
Waterproof leathers
Anti-abrasive, moisture wicking lining
200g Thinsulate™ insulation

Sale Price:
\$169.95

Your footwear specialist - Over 80 CSA styles available.

B&H Wholesalers Ltd.
"For all of Your Industrial & Safety Needs!"
LOCALLY OWNED & OPERATED

802 Main St. Kingston
p: 765-2272 f: 765-2552
Hours: Mon-Fri 8-5; Sat 9-1
website: www.bhsafetysupplies.com



Kingston

Lions Club

Bingo

Prize Money
Guaranteed: \$ 3,600+

BOOKLET
BINGO

Thursday, 7:30 p.m.

Regular Games – \$100

- 4 Early Bird Mini \$30
- 2 50/50 Specials
- Double Action – 50/50
- Letter H – 70/30
- Lucky 7 – Progressive
- Bonanza – Progressive
- Jackpot – Progressive
- 3 Cookie Jars

Lic # 113772-08



The Griffons Have Landed

...continued from cover
ISAF more flexibility, and we will see more requests for aviation being supported.”

In service with the Canadian Forces since 1995, the Griffon is used at home and abroad for search and rescue, surveillance and reconnaissance, casualty evacuation, and other tactical support tasks. From 2000 to 2005, the Canadian task force deployed under Operation PALLADIUM with the NATO Stabilization Force in Bosnia included a detachment of eight Griffons.

They have also made significant contributions in many humanitarian relief operations.

When fully equipped, the JTF-Afg Air Wing will comprise three CC-130 Hercules tactical lift aircraft, six CH-147 Chinook D medium- to heavy-lift helicopters, eight CH-146 Griffon utility transport tactical helicopters and up to three Heron unmanned aerial vehicles. The JTF-Afg Air Wing is the first such formation Canada has formed in a theatre of war since 1945.



Kandahar Airfield, Afghanistan; 22 December 2008 — During the first flight by an aircraft of its type in Afghanistan, a CH-146 Griffon helicopter hovers over the infield.
(credit/source: Cpl Andrew Saunders, JTF-Afg Air Wing)

Greenwood MFRC Needs Assessment 2008 Winning Ticket Numbers

A huge thank-you to all who took the time to complete the GMFRC Needs Assessment. We are in the process of tabulating the information and hope to have

results available on the GMFRC web site by the end of January 2009.

All who completed the questionnaire were eligible to win one of three great prizes,

so check your ticket numbers

1st prize - A \$200 gift certificate from The Atlantic Superstore goes to ticket number 0676.

2nd prize - A \$100 gift certificate from Sobeys goes to ticket number 0636.

3rd prize - A \$50 gift certificate from Sobeys goes to ticket number 0669.

To claim your prize, just drop by the Greenwood MFRC with your ticket stub.



DEADLINES

for The Aurora Newspaper are as follows:

12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by an electronic/digital (MS-Word® file) and a printed hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday.

Or E-mail us at aurora@auroranewspaper.com

EAP

Employee Assistance Program

When you need
someone to talk to, call:

Al MacDonald 1532

Wayne Atwater 5567

Darlene Richards .. 3119

Debby Benda 3340

Make a Difference RECYCLE

This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot. Contact the Environment Office, at 14 Wing Greenwood 765-1494 ext. 5367

Get your FREE copy of The Aurora Newspaper at any of the following locations

Aylesford

Bert's Grocery
Chisholm's Pharmacy
NEEDS Convenience Store
Berwick
Atlantic SaveEasy
Avery's Farm Market
Berwick Hospital
Main Street Video
Price Chopper

Sidetrack Beverage Room

Wilson's Drug Mart
Bridgetown
PharmaSave/Valley Drug Mart
Greenwood
Avery's Farm Market
AVM Morfee Centre
Bowlby's Meats
CANEX
Dairy Queen

Greco Pizza

Inside Story Book Store
Irving Service Station
Mark's Barber Shop
McDonald's
Mimie's Pizza
NEEDS Convenience Store
Post Office
Shoppers Drug Mart
Smoke Shop (Greenwood Mall)

Sobeys

Tim Hortons (Central Ave.)
The Aurora Newspaper Office
Venus Video
Wayne's Ultramar
Zellers
Lawrencetown
PharmaSave/Valley Drug Mart
Kingston
Atlantic Superstore

Avery's Farm Market

Best Western Aurora Inn
Kingston Legion
Kingston Medical Clinic
Mama Sofia Pizzeria
NEEDS Convenience Store
PharmaSave/Valley Drug Mart
Ralph Freeman Motors
Royal LePage
Kentville

Avery's Farm Market

Ultramar
Middleton
Atlantic SaveEasy
Avery's Farm Market
Eisner's Restaurant
Fundy Spray Motel
Mid Valley Motel
NEEDS Convenience Store
PharmaSave/Valley Drug Mart

Price Chopper

Soldiers Memorial Hospital
Tim Hortons
Venus Video
Nictaux
B&G Variety & Restaurant
NEEDS Convenience Store
Wilmot
High Country Tire
Kwikway

The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel Derek W. Joyce, CD, Wing Commander. Est publié chaque lundi par la 14e Escadre sous les auspices du Colonel Derek W. Joyce, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441 Wing Public Affairs Officer & Editorial Asst. - Capt Scott Spurr (902) 765-1494 ext. 5101

Production Coordinator/Coordinateur de production -

Brian Graves (902) 765-1494 ext. 5699

Business & Advertising Representative/Représentant, Affaires et Publicité -

Anne Kempton (902) 765-1494 ext. 5833

Finance-Newspaper Clerk/Chef de réception du Journal-Finance -

Keith Pinkerton (902) 765-1494 ext. 5440

Circulation/Circulation - Brian DeAthe (902) 765-1494 ext. 5440

FAX (902) 765-1717 • E-mail: aurora@auroranewspaper.com

Circulation/Circulation: 5900 - Agreement No. 462268; Numéro de contrat 462268.

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a Service Newspaper as specified in CFAO 57.5 and/or by the Editorial Board.

Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans l'OACF 57.5.

Pen names may be permitted at the discretion of the Editor. Le rédacteur en chef peut, à sa discrétion, permettre l'utilisation de pseudonymes.

Opinions and advertisements appearing in "The Aurora Newspaper" are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the Printers.

L'escadre 14, Greenwood et les éditeurs laissent l'entière responsabilité de leurs textes et de leurs annonces publicitaires aux auteurs et aux annonceurs. Les opinions exprimées sont celles des collaborateurs et ne reflètent pas nécessairement les points



de vue des Forces armées canadiennes ou du comité de rédaction.

The Aurora is in no way responsible for typographical errors arising from hand written or printed copy.

In case of typographical error, the liability of "The Aurora Newspaper" is limited to a refund of the space charged for the erroneous item. In case of advertisements accepted by telephone, "The Aurora" accepts no liability for error whatsoever. Errors must be brought to the attention of editor within three (3) days after publication.

En cas d'erreur typographique l'Aurora ne s'engage à rembourser que l'espace occupé par l'article dans lequel s'est glissé l'erreur. Lorsque les annonces publicitaires sont, reçues par téléphone l'Aurora n'accepte aucune responsabilité pour les erreurs qui pourraient se glisser dans le texte.

The deadlines are as follows: 12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by the disk and hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday. Or E-mail us at aurora@auroranewspaper.com

12h00 pour les annonces publicitaires moins d'une demie page, le mercredi qui précède la semaine de publication. Les annonces publicitaires de plus d'une demie page ou demandant une preuve doivent nous arriver par le mercredi à 12h00. Les documents doivent être dactylographiés et provenus avec le disque et une copie imprimée. Ils doivent aussi porter le nom, l'adresse et le numéro de téléphone de l'auteur. Ou Email: aurora@auroranewspaper.com

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Aurora Newspaper of products and/or services in exchange for donations.

La promotion d'entreprises privées soumis en forme d'articles n'est pas permise, excepté dans les cas d'appréciation pour dons ou seulement le nom de la compagnie est inclus. (Compagnies ou individus qui sont présentement en arriérés ne pourront être publiés. Les individus ou groupes ne pourront pas faire d'offres de promotions de produits et/ou de services en échange de donations dans The Aurora Newspaper. Mail Subscriptions are available at the following rates:

On peut s'abonner par la poste, aux taux suivants:

Canada/Canada: \$60.00 + HST per year/par année.

Rest of the world/Reste de monde: \$75.00 + HST per year/par année.

Editor,
The Aurora Newspaper
PO Box 99
Greenwood NS
B0P 1N0
Morfee Annex



Rédacteur,
Le Journal Aurora
C.P. 99
Greenwood, N.-É.
B0P 1N0



email: aurora@auroranewspaper.com
website: www.auroranewspaper.com

2009 Community Centre Dance Fundraisers are Still Available!

By Eric MacKenzie,
Community Recreation
Coordinator

If you are a group struggling for fundraising ideas, then we at the 14 Wing Community Centre have a service to offer the 14 Wing Youth Community. We offer our facility to non-profit youth organization looking for fundraising to help with their club or organization. We organize dances and clubs must sign contracts and fulfill the necessary requirements to hold these dances. We are still taking bookings for 2009 Dances, and there are a few dates still available! It is on a

first come, first serve basis, in person and only 1 dance per group/person. We wish to remind the sponsors, that this opportunity is a privilege that we offer to the Community, so when booking a dance for your club or organization please keep this in mind. For those of you who haven't already booked with us, feel free to stop by the Centre and take a look at our facility and the dates that are available. For more information on this fundraising opportunity, please call Eric MacKenzie at 765-1494 ext 5337.

Meet the Bombers



Meet Kent Buckler.

Wearing jersey number 18 and playing defense position for the Pee Wee Rep team. Kent is 12 years old and lives in Kingston. He has been playing hockey for two years and this is his first year on the rep team. Kent attends Pine Ridge Middle School. His other interests include dirt biking, roller blade hockey, biking with his friends, baseball and golf. His favourite NHL team is the Detroit Red Wings.



Meet Jade Rioux.

Wearing jersey number 13 and playing left wing for the Pee Wee Rep team. Jade is 11 years old and lives in Kingston. She has been playing hockey for the past three years and this is her first year playing rep. Jade attends École Rose-des-Vents. Her other interests include reading, cross-country running, playing video games, track and field. Her favourite NHL team is the Montreal Canadiens.

Shine in 09 – Shave of Support for Angela

When 14 year-old Angela Dempsey, daughter of PO1 Mike Dempsey, 14 Wing CE Safety Officer, was diagnosed with leukemia her family knew that the future might see some major emotional and physical challenges. One issue was that the various treatments available for Angela would result in the loss of her hair.

Lt. Bill Henderson, CO of 686 Army Cadet Corp, Bridgetown, who is also a member of Trinity Pentecostal Church, Greenwood, where

Angela and her family attend, empathized with Angela over the loss of her hair and brought up a challenge to the church congregation. Why shouldn't Angela's church family encourage her during her treatment and shave their heads also?

When the question was put to the congregation, many church members jumped at the chance to put their best heads forward to support Angela. Even the staff of Central Station Hair Salon, Greenwood has also

volunteered to do the shaving. So at the Trinity Pentecostal Church Sunday morning service on 18 January 2009 starting at 10:30 a.m., Pastor Carmen Crockett will devote part of service to the head-shaving event. He emphasized that the happening is not a fund

raising event but a spiritual family coming together to uphold one of its members.

However, Angela is involved with the Children's Wish Foundation and donations can be made directly to The Nova Scotia Chapter of The Children's Wish Foundation of Canada

in her name.

Although primarily a church activity, everyone is welcome to come out and see the shavings and if anyone

wishes to also show their support and be shaved to please contact Ricky Banman at 765-3143 or Pastor Crockett at 765-0421.

OPTOMETRY CLINIC

Dr. Paul J. Gagnon

Comprehensive Eye Examinations
Latest Eyewear Fashions and Contact Lenses
New Patients Welcome

Zellers Plaza • Greenwood
(902) 765-2715



Halifax Mooseheads Tickets!

By Eric MacKenzie Community Recreation
Coordinator

If you like hockey and enjoy the excitement of watching an entertaining game in person, then you'll have a great time at a Halifax Mooseheads hockey game! Tickets for this 08/09 QMJHL season are now available at the 14 Wing Community Centre. We have four tickets available, to anyone with a Recreation card, for all regular season home games, and sell each ticket for \$12.00. These four seats are located together and are in row G (7 rows up) of section 5. If you are interested in seeing a game, simply call the Community Centre at local 5341, 5337 or 5331.



Alternative Dispute Resolution

Greenwood Dispute Resolution Centre



Maj. Bob
Sealby

Call
5530

- Are you involved in a conflict in the workplace and unsure of how to handle it?
- Do you have issues with a work situation that you want resolved?
- Do you want to know how to approach a co-worker during a dispute?

Call DRC Coordinator Maj. Bob Sealby for assistance or visit the Greenwood Dispute Resolution Centre (DRC) at the AVM Morfee Centre (MFRC), School Road or for a DRC nearest you National Phone Number: 1-888-589-1750

DRC services are available to all Regular and Reserve Force members, Civilian and NPF employees, and members of the Cadet organizations.

CUCINA AURORA



Special Someone Salad

Fresh organic baby spinach
Dried cranberries
Your favourite dressing
Gorgonzola cheese

Wash and spin the spinach. Break it into smaller pieces if you need to and fill your serving bowls. Sprinkle all the other ingredients on and enjoy!

14 WING GREENWOOD
cordially invites you and a guest to join us for

THE DEDICATION OF THE CHILDREN'S ROOM AT 14 WING LIBRARY

In Memory of

Linda Durling

Sunday January 18th, 2009, 2 - 3 p.m.

14 Wing Library, AVM Morfee Centre

RSVP 765-1494 ex 5430 by January 12th, 2009



Fire Chief's Corner • Nightclub Safety Tips

Submitted by: MCpl
McCabe, FI, 14 Wing
Greenwood

Every day, millions of people wake up, go to work or school, and take part in social events. But every so often the unexpected happens: an earthquake, a fire, a chemical spill, an act of terrorism or some other disaster. Routines change drastically, and people are suddenly aware of how fragile their lives and routines can be. Each disaster can have lasting effects - people may be seriously injured or killed, and devastating and costly

property damage can occur. People entering any public assembly building need to be prepared in case of an emergency.

Should you enter?

- **Take a good look** • Does the building appear to be in a condition that makes you feel comfortable? Is the main entrance wide and does it open outward to allow easy exit? Is the outside area clear of materials stored against the building or blocking exits?

Before you enter

- **Have a communication plan** • Identify a relative or

friend beforehand to contact in case of emergency and you are separated from family or friends.

- **Plan a meeting place** • Pick a meeting place outside to meet family or friends with whom you are attending the function. If there is an emergency, be sure to meet them there.

When you enter

- **Locate exits immediately** • When you enter a building look for all available exits. Are the exits clearly marked and well lit? Some exits may be in front and some in back of you. Al-

ways be prepared to use the exit closest to you. (You may not be able to use the main exit.)

Check for clear exit paths

- Make sure aisles are wide enough and not obstructed by chairs or furniture. Check to make sure your exit door is not blocked or chained. If there are not at least two clearly marked exits or exit paths are blocked, report the violation to management and leave the building if it is not immediately addressed. Call the local fire marshal to register a complaint.

- **Do you feel safe?** • Does the building appear to be overcrowded? Are there fire sources such as candles burning, pyrotechnics, or other heat sources that may make you feel unsafe? Are there safety systems in place such as alternative exits, sprinklers, and smoke alarms? Ask the management for clarification on your concerns. If you do not feel safe in the building, leave immediately.

During an emergency

- **React immediately** • If an alarm sounds, you see smoke

or fire, or other unusual disturbances immediately exit the building in an orderly fashion. Use your closest exit - keep in mind that it may not be the main exit.

- **Get out - stay out!** • Once you have escaped, stay out. Under no circumstances should you ever go back into a burning building. Let trained firefighters conduct rescue operations. Take the time to learn about the public assembly buildings you may enter so that you know what to do if the unexpected happens.

Kingston's New Year's Eve 2008 Community Celebration

Kingston, NS - December
31st, 2008

The Village of Kingston

would like to thank the many
dedicated volunteers,
businesses & organizations

who made our Community
New Year's Eve Celebration
a wonderful evening despite

the pending weather.

Thanks to the tremendous generosity of the many community members from Kingston, Greenwood and surrounding areas, the non perishable food donations to our very own Upper Room Food bank totalled more than 635lbs with cash donations coming in at over \$370.00. Thank you all very much!!

This family oriented evening had something for both young and old alike with free family skating thanks to the Western Kings Arena, face painting by Dana MacDonald, musical entertainment & balloon animals in the arena's upstairs gallery with local entertainer Bob Deveau. Outside folks enjoyed the crisp winter air and falling

snow as they climbed aboard the ever-popular horse & wagon rides so graciously provided by Jason Bezanson. Those in attendance could always warm up with free hot chocolate & apple cider as well as hotdogs. Parents could also have their children take part in RCMP identification fingerprinting program while they waited in line for some tasty cotton candy made available by Tom & Sharon Beardsley. The evening was topped off with a delightful display of fireworks held at the Kingston Superstore Parking Lot providing a wonderful ending to a great night.

Once again the success of the evening was truly the smiles and time spent

sharing with family and friends during a lovely winter's night. The event could not take place without the generous sponsorship from our tremendous local business community listed below who supported the event through in-kind or monetary donations:

Village of Kingston • Greenwood Sobey's • Kingston Lion's Club • Valley Credit Union • Kingston Royal Canadian Legion • Kingston Fraser's Pro Home Center • Western Kings Arena • Greenwood Dairy Queen • Kingston Rona • King's West MLA, Leo Glavine • Parker, Richter Law Office • C.C. Cleveland Insurance • David Proudfoot Barrister • Greenwood Subway • Loomers Plumbing Services • Val Con Holdings, Exit Realty Town & Country • Dr. Paul McGuire • Kingston Medical Clinic • Avery's Farm Market • Bower, Deschamps & Co. • Greenwood Mall Merchants • Pharmasave • King of Donair • Mid-Valley Construction • Darrell Houghton • Grampies Country Barn • Freeman's Esso • Bowlby's Quality Meats • Kings Enterprise • DeCoste Kitchens • Stronach XTR • Andy's Tire • The Best Western Aurora Inn • Dawn Rawding • Century 21 Realty • RE/Max Banner Realty • Kingston Sears • Armstrong Food Services • Boates Family Farm • Paragon Golf & Country Club • Kingston Atlantic Superstore.

Our sincere thank you to all who attended our Community New Year Eve's Celebration and especially those who were part of the New Year's Eve Planning Committee. Your time and efforts are greatly appreciated. A happy, healthy & safe new year greeting to all!

Provincial Aerospace Ltd.



Provincial Aerospace Ltd. is a leader in international aerospace and defense design, development and operation of airborne surveillance aircraft and software. Build a career with a company that is a leader in innovative technology since 1972 with the following history of innovation:

- first private sector company to use pulse compressed anti-submarine warfare radar
- first state of the art nighttime photography for maritime surveillance
- first operator of FLIRStar SAFIRE II and testing platform for the prototype
- first ISO 9001:2000 registered surveillance operator
- first IT navigation solution, including proprietary touch-screen radar control panels
- first on-board autonomous identification system (AIS) responder
- first to integrate satellite communication systems to allow two-way data and digital photography transmission from the air
- first commercial unmanned aerial vehicle (UAV) flight in Canadian aerospace

Provincial Aerospace offers competitive salaries, a comprehensive benefits package with the following highlights:

- Extensive training, advancement opportunities and education tuition assistance
- Generous retirement plan
- Discounted airfares

If you are interested in becoming a part of our future growth and expansion we want to hear from you!

- Aircraft Maintenance Apprentices
- Aircraft Maintenance Mechanics
- Aircraft Maintenance Engineers "M", "S" and "E" licenses

Interested candidates may send their resumes in confidence to:

Human Resources Department
Provincial Airlines Limited
Hangar #4, St. John's International Airport
P.O. Box 29030
St. John's, NL A1A 5B5
Fax: 709-576-1802
E-mail: jobs@provair.com



A Provincial Aerospace Ltd. company

Provincial Aerospace is an Equal Opportunity Employer.
Only those candidates selected for an interview will be contacted.



Junior Squash Program

(For Girls & Boys 13-17 Yrs)

The Greenwood Squash Club will be offering a Junior Squash Program. A Great Opportunity to Get Active, Have Some Fun and Learn a New Sport!

Date: **Mondays**
Time: **7:00 - 8:00 PM**
Place: **Fitness & Sports Centre**
Fee: **Squash Club Membership \$15**
Participants must have a 14 Wing Recreation Card Limited Registration, Register Early!

Register: couture.jlg@forces.gc.ca
or 765-1494 Local 3790

Note • Equipment will be provided.



FUNDY FORD SALES LIMITED

451 Main Street, Middleton, N.S. Tel: (902) 825-5555
 E-mail: mail@fundyford.com Website: www.fundyford.com
 Toll Free: 1-800-565-6372



You deserve the best.

Quality*

Ford quality
 independently rated
 equal to Toyota
 and Honda.

Fuel-economy***

23 vehicles with
 34 mpg 8.3L/100km (hwy)
 22 mpg 2.7L/100km (city)
 or better.

Safety*

More top safety
 ratings than any other
 automaker.

And our best deals on 2009 Ford vehicles.

Or get a delivery allowance of

0% 72* **\$8,500****
 APR PURCHASE FINANCING MONTHS up to

on ALL 2009 Ford Edge SEL Limited and Sport, most Escape,
 plus the AJAC award-winning Ford Flex.

Offers vary by model.

or get 0% APR purchase financing for 60 months

on ALL 2009 Ford Focus SE, SES and SEL, Ranger SuperCab Sport, XLT, FX4.

The 2009 Ford Escape is an
INSURANCE INSTITUTE*
FOR HIGHWAY SAFETY
 Top Safety Pick Award Winner from IIHS
 Small SUV Category



The NEW 2009 F-150

50 MPG††
 2009 Focus



OWN 2009 ESCAPE XLT I4
 FWD MANUAL FOR ONLY
\$299^{††} with **0%**
 PER MONTH/72 MONTHS
 72 MONTH PURCHASE FINANCING

FUEL ECONOMY***
 HIGHWAY 7.2L/100KM - 39MPG
 CITY 9.2L/100KM - 31MPG

LEASE F-150 SUPERCAB XLT 4X4
 FOR ONLY
\$469[†] with **NO DOWN PAYMENT,**
NO SECURITY DEPOSIT
 PER MONTH/48 MONTHS

OR GET **\$5000** TOWARDS
 THE PURCHASE OF ANY NEW 2009 F-150†††

FUEL ECONOMY***
 HIGHWAY 9.6L/100KM - 29MPG
 CITY 14.3L/100KM - 20MPG

PURCHASE FOCUS SE/SES/SEL
 FOR ONLY
0%[†] with **60**
 APR PURCHASE FINANCING FOR UP TO MONTHS

FUEL ECONOMY***
 HIGHWAY 5.7L/100KM - 50MPG
 CITY 8.5L/100KM - 33MPG

The best drives are waiting for you at your Atlantic Ford Store.

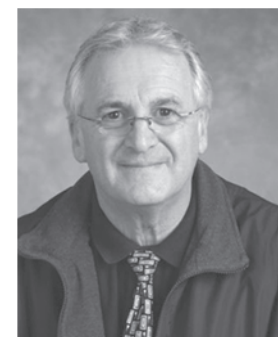
ford.ca



powered by you



Bill Sampson, President



Reg Gaul



Scott Adsett



Heather Veinot
 General Manager

2007



Ford Motor Company's
 President's Award recognizes
 and rewards Dealers who have
 excelled in achieving superior
 Customer Satisfaction and are
 Blue Oval Certified.
 The President's Award recipients
 exemplify commitment and resolve.

* 0% APR purchase financing for 60 months on most new 2009 Ford Focus (excl. SE), Ranger Super Cab (excl. Reg Cab & SC XL, FLE), Edge (excl. SE), Explorer 4x2 & 4x4 (excl. 4DR), Escape (excl. Hybrid), Flex and excludes the 2009 Ford Fusion, Mustang, Taurus, Shelby, Taurus X, Expedition & E-Series models) / 0% APR purchase financing for 72 months on most new 2009 Ford Edge (excl. SE), Escape (excl. Hybrid) & Flex models and excludes the Ford Focus, Fusion, Mustang, Taurus, Shelby, Ranger, Explorer, Taurus X, Expedition, E-Series & F-Series models) - for a maximum of 60 / 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. E.g., \$20,000 purchase financed at 0.0% purchase APR for 60 / 72 months, monthly payment is \$333.33 / \$277.78, cost of borrowing is \$0 or APR of 0% and total to be repaid is \$20,000. Down payment on purchase financing offers may be required based on approved credit. ** Receive the following price adjustment (delivery allowance) on the cash purchase, purchase finance or lease of the following new 2009 model vehicles: \$8,500 on Taurus X Limited/\$7,000 on Taurus X SE/\$6,500 on Fusion SEL V6, Mustang V8 (inc. Bullitt), Shelby GT 500/\$6,000 Taurus Limited/\$5,000 on Mustang V6, Taurus SE/SEL, F-150 Reg. Cab/F-150 SuperCab/F-150 SuperCrew /\$4,500 on Fusion SE/\$4,000 on Explorer Sport Trac 4x2 & 4x4/\$3,500 Edge SE/\$3,000 Ranger Reg. Cab, Explorer (4DR) & Expedition/\$1,500 on Focus S, Ranger Super Cab/\$1,000 on all E-Series models/\$500 on Edge (excl. SE) & Escape V6. † Lease a new 2009 Ford F-150 SuperCab XLT 4x4 for \$469 per month for 48 months with \$0 down payment (includes \$5,000 Canadian Delivery Allowance deducted and \$1,700 dealer contribution) per month based on a 48 month lease at an annual lease rate of 4.99% from Ford Credit to qualified lessees, on approved credit. Total lease obligation is \$22,512 (plus freight & air tax). Some conditions and a mileage restriction of 80,000 km over 48 months apply. A charge of 12 cents per km over mileage restriction applies, plus applicable taxes. \$0 down payment required. First month's payment and \$0 security deposit required. Lease offer excludes freight and air tax of \$1,450. License, insurance, registration, PPSA, administration fees and all applicable taxes are extra. This F-150 offer is not raincheckable. ††† Get \$5,000 towards the purchase of any new 2009 Ford F-150 model. Factory order may be required. †† Purchase finance a new 2009 Ford Escape XLT I4 (FWD manual transmission) for 0% for a maximum of 72 months on approved credit from Ford Credit. E.g. \$21,535 (reflects Canadian delivery allowance \$2,389, plus dealer contribution of \$275 and down payment of \$0) financed at 0% annual percentage rate for 72 months, monthly payment is \$299, cost of borrowing is \$0 and total to be repaid is \$22,528, plus freight and air tax (\$1400). Down payment or equivalent trade may be required based on approved credit. All purchase financing offers exclude freight and air tax (\$1400) license, insurance, registration, PPSA, administration fees and other applicable taxes. †††† Fuel efficiency figures based on the Ford Motor Company Canada 2009 ratings. Actual fuel consumption may vary based on road conditions, vehicle loading, and vehicle equipment and driving habits. †† 50 MPG relates to the 2009 Focus S model. *** relates to the new Superior Fuel Efficiency (SFE) package, available on 2009 F-150 SuperCrew XLT 4x2 vehicles with 4.6-litre, 3-valve V-8 engines. † Ford quality is based on cumulative survey data of 2008 Model Year Ford and competitive owners at three months of service in three surveys conducted 9/07-05/08. †† Safety ratings based on Insurance Institute for Highway Safety (IIHS), Top Safety Picks historical data from 2006 to 2009 and on the National Highway Traffic Safety Administration's (NHTSA) historical five-star crash test ratings. Government star ratings are part of the NHTSA's New Car Assessment Program (www.safercar.gov). Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. Some conditions may apply to the Graduate Recognition Program. See Dealer for details. Atlantic FIDA: 1595 Bedford Highway, Bedford, Nova Scotia B4A 3Y4.

Keys Found

- A Honda key attached to a 2007 14 Wing Greenwood Winter Carnival key chain. The number 0015 is on the back of the carnival button. Also on the key ring is a rubber Cheeky Monkey key chain.
- A Dodge key and Honda key along with eight other keys were found attached to a KRRC308 key chain.
- Owners of these keys can pick them up at Kings County Honda. For more information call Paul or Faron at 902-679-0029.

Aerobics, Aerobics, Aerobics

You must be tired of the old clichés about Christmas indulgences; too much turkey, stuffing, chocolate and all the excuses in the world for another party and another drink. All of that combined with late nights, late mornings and maybe too many hang over's and not enough motivation to get to the gym, made you gain a few pounds. Hey, we are all in the same boat but there comes a time when you have to be honest with yourself and start getting rid of a few extra pounds. No, I'm not talking about the big New Year's resolution to stop smoking, to start eating healthy and to start exercising. Don't set yourself up for failure. Pick one thing and work at it until you get good at it or until you've achieved a level when you can start working on something else. The key to all of this is having a balanced lifestyle. What I mean by that is creating a world for yourself, your spouse and/or your whole family which involves work, rest, play, family and oh my, that very selfish time for yourself (the gym). It doesn't have to be hard or complicated, just make yourself a schedule and follow it. Write it down on the fridge or on the kid's school calendar or

somewhere you can see it everyday so that you are forced to get to the gym. Once you've done that all you have to do is show up and voila... you will start to see and feel the results and reap the benefits. Now the question is what do I do at the gym? Well, I have something for you in which someone will tell you what to do. There is no thinking involved. Aerobics is the answer for you. You can join Cori, Adrienne and Teresa on Monday and Wednesdays at lunch time 12:00-1:00 p.m. for a fun and safe physical activity. All you need is a good pair of shoes, a smile and maybe a sweat towel as you may drip a little. If you are military, full time DND or NPF employee or have a valid recreation pass it will be free. If you are not in possession of either it will cost you \$5.00 for a drop in fee. Make 2009 a year in which you can join a group of people who all have the same goal... a balanced lifestyle that involves aerobics. See you all on Monday 12 January for the first class at 1200 p.m.

New Developmental Class Schedule at the Fitness and Sports Centre

Hey everyone, our new developmental classes begin Monday January 12th. This schedule is designed to help those individuals having trouble meeting the minimum physical fitness standards. Attendance in this program will improve your overall fitness level, and help you pass your EXPRES test. If you have any questions please contact Aprill Denney ext 5651 or via email Aprill.Denney@forces.gc.ca. Looking forward to seeing you in class!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30	Track Class (Track Upstairs)	Circuit Training- Upper Body (Multi-purpose room)	Circuit Training- Lower Body (Multi-purpose room)	Yoga or Cardio (Multi-purpose Room)	Spinning or Pool (Multi-purpose Room)
2:00-3:00		Weight Room Orientation		EXPRES Practice (Gym Floor)	

14 Wing Red Friday Family Snowshoe Day

2009 has arrived, and with it our community will see the return of the successful 2008 14 Wing Wellness Campaign... a campaign based on the idea that a healthy community is a happy community, and a happy community is a supportive community for our troops. 14 Wing will once again be kicking off the big New Year with a day of snowshoe bliss on Friday January 30th at the 14 Wing Greenwood Golf Course. We will be holding two separate

events, the first from 11:30 a.m. -1:30 p.m. to challenge all Military members, NPF and DND employees only, to get active during their lunch breaks. The second event is from 3:30 p.m.- 5:30 p.m. and is for all families to attend. So come out and "take the roof off winter" with the whole family—we have snowshoes to fit any size foot, big or small; or, if you would rather, leave the kids at our Kid Zone for both indoor and outdoor fun while mom and dad take a relaxing

snowshoe through the woods. There will be complementary hot drinks and sweet treats to warm the soul. In addition, there will be prizes to be won along the course and there will also be prizes awarded to the first who sign up. So make sure you register and mark the second 14 Wing Red Family Snowshoe Day on your calendars! More information will be available in the coming weeks but to learn more or to register, please call 765-1494 ext. 5331, 5337, 5431, or 765-8165.

14 Wing Red Friday Family

SNOWSHOE DAY

at the Greenwood Golf Course

FRIDAY JANUARY 30

11:30-1:30 PT hour for the Defense Team Military, NPF, and DND employees

3:30-5:30 Family Snowshoe Day All families welcome

"We supply the Snowshoes, you supply the feet"

Please call 765-1494 ext. 5331, 5337, or 5431 or 765-8165 for more info.

Come on out for an afternoon of sheer bliss! Complementary Sweet Treats & Hot Drinks Plenty of Prizes to be won...

Take the ROOF off WINTER

Business of the Week is Back!

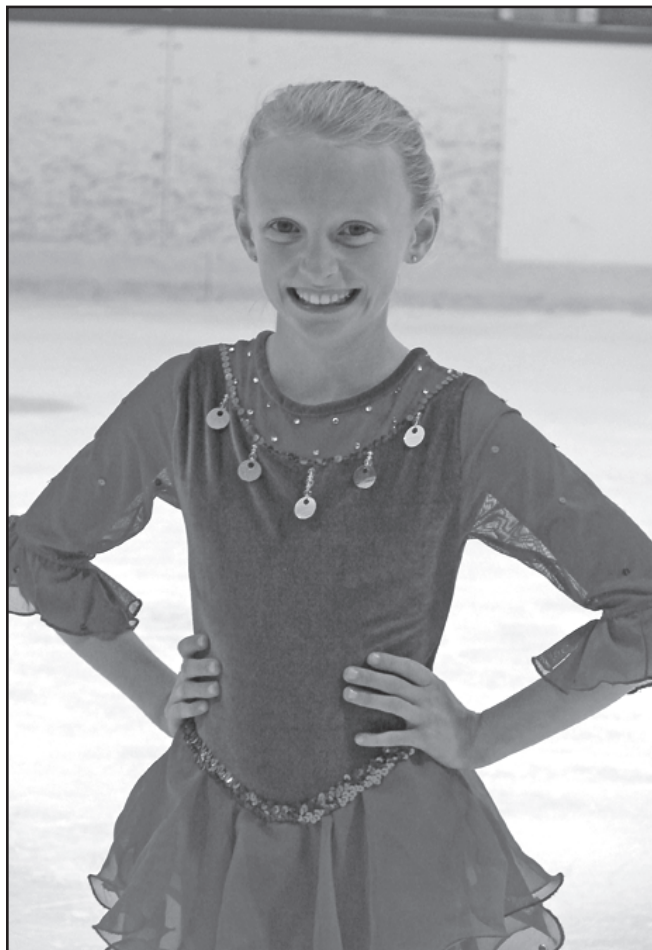


Due to popular demand, The Aurora Newspaper is delighted to once again offer you the opportunity to participate in our **Business of the Week** advertising feature. The idea is simple:

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured as the **Business of the Week**
- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy
- The cost for this is only **\$220.00 tax incl.** per business

For more information on how you can take part in this exciting feature (**space is limited so don't delay!**), please contact:

Anne Kempton
Marketing Consultant
The Aurora Newspaper
765-1494 ext. 5833
www.auroranewspaper.com



The Greenwood Skating club presents the "Subway" Skater of the Week

Name: Faith-Ann Fowler
Age: 10
School: Kingston & District School
Grade: 5
Skating Level: Senior StarSkater
Coach: Ann Young
Started skating: 6 years old
Highest Tests Passed: Introductory Interpretive, Jr. Bronze Freestyle, Jr. Bronze Dance, Sr. Bronze Skills
Favourite Figure Skater: Jeff Buttle
Favourite Part of Skating: Jumps
Other Hobbies: Dance, drama, choir, cross-country

Employment Tip

Submitted by: Stephanie Townsend, Coordinator of Adult Programs and Employment Services at the GMFRC (902) 765-1494 local 1816

When faced with the need to further your education, it can be exciting and nerve-racking all at the same time. Whether you want to take a course to fill a need for knowledge on a subject or you require the upgrade to change or advance your career, there are many educational options to choose from. Many institutions cater to individuals working full time by offering solutions like night classes or online courses that you work on at your own pace. Educational advancement is never a waste and you may be surprised at the use of these resources in areas you never thought possible.

You can obtain information about your options by visiting the GMFRC where there is an extensive educational resource library of schools across the country and you will have the opportunity to discuss options that work best for you.

For more information on this employment tip or on employment services in general, contact Stephanie Townsend, Coordinator of Adult Programs and Employment Services at the GMFRC.



The Aurora Newspaper

Send your articles and photos to:

aurora@auroranewspaper.com

or visit us on the web:

www.auroranewspaper.com

Yoga Classes

Submitted by: Aprill Denney

MILITARY Yoga classes are back up and running for the New Year, Thursday Mornings in the Multipurpose room from 7:30 - 8:30. We had a great start before Christmas and I hope to see everyone coming to class again, and this time bring a friend! This class involves endurance, strength and flexibility and is going to be a

great way to start your day. This class will only continue to run if there is enough interest, please contact me via e-mail to let me know you're interested.

For all you CIVILIANS, I will be having a Beginner Level 1 class on Monday evenings from 6:30 - 8:00. This class is for people with some yoga experience; we will go over the fundamentals on

postures and learn about breathing and incorporating breathing with your posture flow. The style is Kripalu, and this approach is an accumulation of the experiences and explorations of many accomplished yogis, it will provide students with an authentic approach to the most integrative and fundamental components of yoga. In the true spirit of yoga,

these classes will place an equal emphasis on the development of body, mind, heart and spirit. Classes will begin Monday January 19th and the session will continue for 8 weeks. You must be pre-registered for this class, please contact me as soon as possible as space will be limited. Aprill Denney 765-1494 ext 5651 or email: Aprill.Denney@forces.gc.ca.

14 Wing Library

BOOK SALE

Hard covers ~ \$1.00

Paperbacks ~ \$0.25

Located at AVM Morfee Centre, School Street • 765-1494 Loc. 5430

ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~
Sandwiches: \$2.00; **Wraps** - \$2.00; **Sub Sandwiches** - \$2.00;
 All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.
Vegetables & Dip - \$1.50; **Cheese & Crackers** - \$1.50;
Fruit & Dip - \$1.50; **Tossed Salad** - \$2.50 sm \$1.50;
Caesar Salad - \$2.50 sm \$1.50; **Spinach Salad** - \$2.50 sm \$1.50;
Yogurt - \$1.00; **Yogurt Tubes** - \$1.00; **Yogurt Parfaits** - \$1.25;
Fresh Fruit: Apples, Oranges & Bananas - \$1.00; **Fruit Squiggles** - \$1.50;
Gold Fish Crackers - \$.45; **Baked Lays** - \$1.50; **Flat Earth** - \$1.50;
Smart Popcorn - \$1.50; **Frozen Juice Bars:** Orange & Cherry - \$1.00;
Rice Crispy Squares - \$.80; **Smoothies:** Mon, Wed, Fri - \$1.25;
Juice: Apple, Orange & Seven Fruit - \$1.00; **Milk** - \$.35; **Water** - \$1.00;
 ~ ~ ~ Canteen Items - CASH ONLY ~ ~ ~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.

Ketchup, Mustard, Relish - \$.15 each; **Mayo & Salad Dressings** - \$.30 each;
Barbecue/Sweet & Sour Sauce - \$.40 each

We are a NUT & SCENT sensitive school with a smoke-free environment.

Jan 12th: Chicken Rice Soup 1.75 • Macaroni & Cheese 2.50 • Baked Potato 1.25 • Caesar Salad 1.50 • Fresh Fruit Cup 1.00

Jan 13th: Chicken Noodle Soup 1.75 • Hamburger with Lettuce & Tomato Slice 2.50 • Cheeseburger with Lettuce & Tomato Slice 3.00 • Jellied Fruit 1.00

Jan 14th: Minestrone Soup 1.75 • Oven Fries, Cheese & Gravy 2.50 • Baked Potato with Salsa 1.25 • Apple Slices 1.00

Jan 15th: Corn Chowder 1.75 • Shepherds Pie 2.50 • Tossed Salad 1.50 • Yogurt 1.00

Jan 16th: Tomato Soup & Grilled Cheese Sandwich 2.50 • Apple Crisp 1.00

Daily Specials can be purchased for \$3.25 • Main Entree, Milk & Daily Dessert

Annapolis Café

14 Wing Food Services

All Prices include HST

Breakfast Full \$5.55

Breakfast Light \$3.30

(Beverage & Toast or Cereal)

Lunch Full \$11.10

Lunch Light \$6.65

(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)

Dinner Full \$11.10

Dinner Specialty (Steak Night, etc.) \$13.90

Meal Hours

Breakfast 0600 - 0900

Weekend & Holidays 0600 - 1100

Weekend Brunch 1100 - 1315

Lunch 1100 - 1315

Dinner 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

school lunch menu

KINGSTON & DISTRICT SCHOOL

Whole Sandwiches

1/2 Sandwiches (Asst. fillings) \$1.15
 Subs/Kaisers/Wraps \$2.25 - \$2.50

Hot Foods

One Hot Food Daily \$2.50
 Cup of Soup \$1.00
 Bowl of Soup \$2.00

Beverages

Milk \$0.35
 Choc. Milk \$1.30
 Juice Small \$1.00
 Juice Medium \$1.25
 Bottled Water \$1.25
 Yop \$1.25
 V8 Juice \$1.00

Salads

Assorted Salad Plates \$2.50
 Fruit Plate \$1.75 - \$2.25
 Veggies & Dip \$1.00
 Apple Snacks \$1.00

Snacks

Cheese & Crackers \$1.00
 Fresh Fruit \$0.75 - \$1.25
 Gold Fish Crackers \$0.50

Miscellaneous

Bread & Butter \$0.50
 Bagel \$1.25
 Cream Cheese \$0.50
 Cheese Whiz \$0.50

Freezer Items

Frozen Yogurt \$1.25
 Yogurt Tubes \$1.00

Desserts

Muffins \$1.00
 Cookies (small) \$0.35
 Biscuits \$1.00
 Yogurt \$1.25
 Fruit Salad \$1.00
 Other Assorted Desserts \$0.75
 Special Treat Days \$1.50

Daily Specials (Mon-Thur): Price Includes Main Course, Drink and Dessert - \$3.25

Mon: Sheppard Pie; **Tues:** Spagetti & Garlic Toast;
Wed: Meatballs & Rice; **Thurs:** Closed; **Fri:** Chicken Nuggets

This menu brought to you compliments of:

FRASER'S PRO Home Centre



BERWICK • 1-800-959-3727
KINGSTON • 1-902-765-3111
KENTVILLE • 1-902-678-8044
BRIDGETOWN • 1-902-665-4449
 www.frasers.ca



For the Birds

By: Patrick Giffin

Wayne Neily wrote: “Our count on Dec. 20 went quite well, with weather varying from cloudy with wind to light snow or rain. The number of observers was about the same as last year, 21 in 9 field parties and about 85 at 58 feeders. About 61 species were reported. None were great rarities, although a White-crowned Sparrow at Middleton Dec. 19, would have been a second-ever count record if we had gotten it on count day.

The other CW ones were a Great Blue Heron seen flying over on 17 Dec. by Ron Rogerson at the Oaklawn Farm Zoo, and a Snowy Owl seen after count day in Meadowvale by Ted Kajdas. Of the species seen on Count Day, 3 Harlequin Ducks at Margaretsville seen by John Belbin and Shirley Harris each represented a 3rd record for the 41 Kingston counts.

A Red-bellied Woodpecker that has been doing the feeder circuit near the Annapolis River in central Aylesford was seen at two locations

(Gertridges and Youngs), while another at Auburn did not appear on count day. The Margaretsville party had our 5th-ever Razorbill occurrence, and our 6th of Savannah Sparrows was provided by singles in Torbrook Mines (Neily-Lourie party) and Aylesford (Wellwood feeder).

Other highlights included 6 Red Crossbills by the Giffins for our 9th record, at least 8 Northern Cardinals (with several others seen regularly but not on count day), views of nearly all the expected loons, grebes, and sea ducks, 2 Rough-legged Hawks, one Great Horned Owl, one Brown Creeper, and a few Horned Larks and White-winged Crossbills. Although final totals are not in, few, if any, were present in record numbers.”

Before and after the CBC Ted Kajdas saw flocks of 200+ American Goldfinches in Jefferson Subdivision and we had flocks of 60+ Pine Siskins at our feeders in Kingston. However, since the New Year’s snowstorm the visitors to our feeders have dwindled



Red-bellied WP (Photo: Ann Young)

to a few A. Goldfinches, Downy and Hairy Woodpeckers.

In Fales River Subdivision. Joan Oickle has been awakened by the voices of an estimated 10-15,000 A. Crows. Should you live near this Roost please try counting them as they arrive near

dusk and let us have your estimate.

Ted Kajdas wrote: “Over the Windsor tidal flats we spotted 9 different flocks of Canada Geese coming off the tidal flats heading inland. Despite the traffic we did stop on two occasions to watch 3 deer feed, one in the Aylesford area and the other two inside the compound of Bedford Magazine, Mother Nature’s safe haven.” Ted also saw 2,

adult, American Bald Eagles overfly Jefferson’s Subdivision at tree top level and wondered if they might be a pair. Male and female, adult Bald Eagles are identical in appearance, however, the mature, female is 25% larger than the male, not much help in flight; perhaps a photograph of a pair perched at eye level would be helpful?

In Aylesford, along with a variety of species, Ann Young

has a Red-bellied Woodpecker coming to her feeders and sent us a remarkable photograph.

On New Year’s Eve, Tony Chalk sighted Pine Siskins for the first time this year. Tony wrote: “I hope the Redpolls aren’t far behind! A lot of Juncos this year I notice. The Goldfinch seem to be erratic, here one day and gone the next. I think the massive roost of Crows has been moved out of the Greenwood PMQ area across from the post office. One lone song sparrow remains in my yard. Alone Chipping Sparrow is also now a regular. I have a brown pigeon visiting the feeder everyday with the flock from the Greenwood Mall. It seems smaller than the rest of the Rock Doves. Could it be a lost racing pigeon?” Homing and Racing Pigeons normally have a visible leg-band that has an identification code that may be readable with binoculars.

In Wilmot, 04 Jan 09, Kathy and Michael Kelly had a male, Yellow-shafted, Northern Flicker visiting their suet and black-oil sunflower seed feeders. We are at, barpat@ns.sympatico.ca or 765-8688.

Centennial of Flight Committee
Presents :
CHARITABLE BINGO NIGHT



Flyers Bingo

Mon, 19 Jan 09, 1900hrs
Annapolis Mess

• Admission

– \$10.00 (2 books)

• For additional books

– One for \$6.00

– Two for \$10.00

• 15 Games

– 50/50 Cash prize

• 2 Wild Cards

– One 50/50 Charity

– One Take-all

B I N G O

	24	37	48	
9		42		68
6	28		60	75
13		36		74
	18	31	56	

15 PRIZE GAMES

DOORS OPEN AT 1800HRS
OPEN TO MILITARY AND GENERAL PUBLIC
(MUST BE 19 OR OLDER - 100% POSITIVE ID CHECK)

Permit # AGA-221863-08

BEST TOYOTA



www.besttoyotasales.com

USED INVENTORY



STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
08-29A	1986	GRAND NATIONAL	BLACK	6	A	AC,PW,3.8TURBO	6700	32995
04-341A	1999	SOLARA SE V6	BLACK	6	A	SUPERCHARGED	134000	10995
08-293A	2003	SX 2.0 SPORT	BLUE	4	A	AC,PW,PDL,CRU	68000	7995
09-290A	2003	ECHO SEDAN	SILVER	4	A	AC,CD	120000	8995
09-20A	2003	PROTÉGÉ LX 2.0	SILVER	4	A	AC,PDL,CD	37000	9995
09-318A	2004	ELANTRA VE	MAROON	4	A	AC,PW,PDL,CRU	25000	9995
07-237A	2005	DAKOTAQUADCAB	SILVER	8	A	ST,4X4,AC,CD	80000	14995
09-271A	2005	COROLLA CE BA	GREEN	4	5	AC,PDL,CD	105000	10995
09-362A	2005	COROLLA CE BA	SILVER	4	5	AC, PDL, CD	75000	11995
09-414A	2005	COROLLA CE AA	GREY	4	A	CD	125000	8995
09-435A	2005	CAMRY SE	SILVER	4	A	AC,PW,PDL,CRU	92000	15995
09-366A	2006	MERCEDES B200	BLUE	4	A	AC, PW, PDL, CRU	15000	21995
09-374A	2006	PURSUIT G5	SILVER	4	5	CD, SPOILER	93000	8495
09-340A	2006	HIGHLANDERHYB	BLUE	6	A	HYBRID,LOADED	70000	25995
08-225A	2006	PT CRUISER	SILVER	4	A	AC,PW,PDL,CRU	62000	10495
09-380A	2006	COROLLA SE TA	BEIGE	4	A	LOADED/SUNROOF	54000	15995
U1631	2007	YARIS 5DR H/B	SILVER	4	A	A/C,CD	50000	13995
U1641	2007	CAMRY LE AA	WHITE	4	A	AC,PW,PDL,CD	10000	20995
U1642	2008	YARIS SEDAN	SILVER	4	A	A/C	22000	16495
U1638	2008	YARIS SEDAN	RED	4	A	A/C	23000	16495
09201A	2008	PONTIAC G5 SE	SILVER	4	A	AC,PW,PDL,CRU	7000	15995
U1653	2008	PRIUS HYBRID	BLUE	4	A	AC,PW,PDL,CRU	51000	25995

840 Park Street Kentville, NS

(902) 678-6000

Deployment Families Win CANEX Gift Cards



Winner of \$100 CANEX gift card MWO Sharon Power, accepting on her behalf is her spouse PO1 Randy Power.
Photo by: Karen Doiron

As part of our Greenwood Military Family Resource Centre "Ride The Wellness Wave Campaign" on December 5th two gift certificates for the CANEX in the amounts of \$200 and \$100 were presented to two

deployment families. The draw was done by Colonel Derek Joyce on the morning of December 5th during our kick off to the Deployment Christmas Tree Give Away. The lucky winners were: Cpl James Rogers and family won the \$200 CANEX gift card and MWO Sharon Power and family won the \$100 CANEX gift card. Congratulations to both of you and we hope you enjoyed your CANEX shopping spree.

**Winner of \$200 Canex gift card
Cpl James Rogers and spouse Janet MacLellan
accepting from Deployment Coordinator,
Paula Davison.**
Photo by: Karen Doiron



Graduation

Steve Morse of Nictaux would like to congratulate his son **Aaron Morse** who graduated from the Royal Canadian Mounted Police Academy on December 15, 2008.

Steve Morse Heavy Towing in Nictaux works on a regular basis with the local RCMP. His hope is one day to be able to work along side his son Aaron.

Constable Aaron Morse will be stationed in Regina, Sask.

Beachcomber's 30th Anniversary Signature Edition Hot Tub

578 SE
Sits 7 People
681.3030
NEW MINAS
847.9392
AYLESFORD

Cleartech • Britewerx • Stereo • Eclipse Lighting
local delivery & installation included

\$127 mo + tax

Holland Home Leisure

STEVE MORSE
HEAVY TOWING
LIGHT ROADSIDE

Auto Clubs Accepted

- Light Roadside
- Heavy Towing
- Wheel Lift & Flatbed Service

24 HOUR SERVICE
Consider It Done

Cell (902): 825-7026
Middleton
Fax (902): 825-1589

www.morsetowing.ca

winter sidewalk Sale Days

January 12-18

this week save **up to 50 60 70%**

Mall Wide!

Plus! Enter to win

an **Electric Fireplace** or **Portable Furnace**

Price not to exceed \$500.00
Draw January 19

Supplied by **REWARDS Furniture Plus**

GREENWOOD MALL

HOURS: Mon-Fri 9:30-9 Sat 9:30-6 Sun 12-5 | www.greenwoodmall.ns.ca

Learning and Career Centre Mission Statement

“People working together to foster a learning culture – within the Defence Team – many places, many ways.

Military and Civilian Defence Team Members - Don't Miss Out on these Upcoming Workshops!

Project, Level 1
DATE: 19 Jan 2009, 0830-1530 hrs
DURATION: 1 Day
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre
COURSE DELIVERY: Contractor
ELIGIBILITY: All DND military and civilian employees.
Students must have experience using Windows to progress to this level.
COURSE LOADING: Maximum 12 participants
TUITION: \$110/pers.
REGISTRATION REQUIRED: Contact your Unit Training Coordinator
Access, Level 2
DATE: 20 Jan 2009, 0830-1530 hrs
DURATION: 1 Day
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre
COURSE DELIVERY: Contractor
ELIGIBILITY: All DND military and civilian employees.
Students must have experience using Windows to progress to this level.
COURSE LOADING: Maximum 12 participants
TUITION: \$110/pers.
REGISTRATION REQUIRED: Contact your Unit Training Coordinator


military and civilian employees.
Students must have experience using Windows to progress to this level.
COURSE LOADING: Maximum 12 participants
TUITION: \$110/pers.
REGISTRATION REQUIRED: Contact your Unit Training Coordinator
Defence Ethics
DATE: 27 Jan 2009, 0830-1530 hrs
DURATION: 1 Day
COURSE DELIVERY: Caroline Couture, Learning Advisor
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre
OBJECTIVES: Basic concepts, ideas, approaches and models are presented that are relevant to understanding ethics in a defence environment. To improve participant's capability of dealing with real life ethical cases.
CONTENT: Participants will talk about what ethics means, to gain knowledge about some of its complexities. Real cases will be worked through to allow participants an opportunity to experience how looking at ethics can assist in dealing with work situations.
ELIGIBILITY: All DND military and civilian employees.
COURSE LOADING: Maximum 17 participants
TUITION: No cost
REGISTRATION REQUIRED: Contact your Unit Training Coordinator
Power Point, Level 1
DATE: 27 Jan 2009, 0830-1530 hrs
DURATION: 1 Day
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre

COURSE DELIVERY: Contractor
ELIGIBILITY: All DND military and civilian employees.
Students must have experience using Windows to progress to this level.
COURSE LOADING: Maximum 12 participants
TUITION: \$110/pers.
REGISTRATION REQUIRED: Contact your Unit Training Coordinator
Interpersonal Communication Skills
DATE: 29-30 Jan 2009, 0830-1530 hrs
DURATION: 2 days
DELIVERY: Caroline Couture, Learning Advisor
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre
OBJECTIVES: This course is designed to enable employees to:
• Gain a better understanding of their own feelings and behaviours and how they significantly impact on their dealings with others;
• Develop better communication skills;
• Identify types of difficult persons/behaviours;
• Learn new techniques/effective coping strategies;
• Learn how to manage agreement rather than resolve conflict.
CONTENT: Through a series of lectures, exercises, videos and group discussions, participants will be better able to identify and cope with difficult behaviours and situations.
ELIGIBILITY: All civilian or military members of the Defence Team
TUITION: No Cost
REGISTRATION REQUIRED: Contact your Unit Training Coordinator

The Learning and Career Centre proudly presents:

An Introduction to Practical Self Defence

Lunch & Learn with Steve Nickerson



AGENDA

- Introduction of Instructor and qualifications (handouts will be provided)
- Define Self Defence and Use of Force
- Introduction to Criminal Code of Canada Sections relating to Self Defence
- Presentation of Statistics
- Presentation of Striking/Pressure Point Targets
- Participant Practice Breakfalls (safe ways of falling)
- Participant Practice Strikes / Kicks
- Participant Practice Escape, Response and Avoidance Techniques
- Closing Remarks / Questions

ABOUT STEVE

The East Coast Aikido Chief Instructor, Steve Nickerson Sensei, is a 4th Degree Black Belt whose international teaching licence was issued by the World Headquarters in Tokyo, Japan. In 1995 Nickerson Sensei trained in Japan and was later recognized by the CF when he was awarded the Canadian Forces Command Athlete of the Year. Steve is also qualified in Empty Hand Control, Mechanical Restraints, Intermediate Weapons and Small Arms in addition to being certified in Pressure Point and Defensive Tactics. Since leaving the CF in 1999, Steve owns and operates two Dojos, one in Halifax and one in Greenwood. Steve also teaches Aikido curriculum's at several Public Schools and provides technical support to three Aikido Dojos in New Brunswick as well as guest instructing at Dojos in Ontario. Steve has been teaching Aikido for more than 16 years to both Children and Adults. For more information, please visit www.makotokan.com

Open To: Military and Civilian members of 14 Wing
When: Thursday, 15 January 2009
Where: Birchall Training Centre, The Chamber, Room 207
Time: 1200-1300 hrs
Register: Learning & Career Centre, local 5226 or 5227

WINTER HOURS AT THE GREENWOOD BOWLING CENTRE

League Bowling Available
• Ladies • Mixed • Men's • Youth •

Prices • Adults - Non-Rec. Card \$2.50
Rec. Card holder \$2.00
Kids under 18 - Non-Rec. Card \$2.00
Rec. Card Holders \$1.75
Group Rate Per person \$1.75
Shoe Rental Per Person \$1.75

Note: prices are per game and tax Included
Glow Rate: \$20.00 per/hr/per/lane. (max 6 people)

Bowling Times

Monday	1-4 p.m.	Open play
	6-9 p.m.	Open play
Tuesday	1-4 p.m.	Open play
	6-9 p.m.	Men's + Open play
Wednesday	1-4 p.m.	Open play
	6-9 p.m.	Open play
Thursday	1-4 p.m.	Intersection
	6-9 p.m.	Open play
Friday	1-4 p.m.	Open play
	6-10 p.m.	Cosmic (glow)
Saturday	1-4 p.m.	Open play
	6-10 p.m.	Open play
Sunday	1-4 p.m.	Open play
	6-9 p.m.	Mixed League
		Open Play

Licensed for your Enjoyment

For More Information or to reserve your lanes, telephone 765-1494 ext 5631 • www.5pinbowling.ca
We are located at the 14 Wing Community Centre, Building 110 Church Street.

The Last Lecture “Wrap-up”



The LCC would like to thank all those who attended our showing of The Last Lecture by Randy Pausch. Thanks to your generosity, we were able to donate 71 pounds of food to the Upper Room Food Bank, as well as \$68.75 in cash. We hope that you all had a wonderful holiday season, and we look forward to serving you in 2009. Happy New Year!

Paper Carriers

WANTED

We are compiling a waiting list for all paper route areas ~ **except for** ~ **Ravenwood Sub.**

Please apply at our office at the Morfee Annex on School Road.

Applications are also available on our website www.auroranewspaper.com



LCC Upcoming Workshops

Please note prices on LCC Computer Courses have increased as follows: Full Day Course \$110.00

JANUARY 2009

- 12 Access Level 1, \$110.00 per person • 1 day
- 13 Excel Level 1, \$110.00 per person • 1 day
- 19 Project Level 1, \$110.00 per person • 1 day
- 20 Access Level 2, \$110.00 per person • 1 day
- 26 Project Level 2, \$110.00 per person • 1 day
- 27 Power Point Level 1, \$110.00 per person • 1 day
- 27 Defence Ethics • 1 day
- 29-30 Interpersonal Communication Skills • 2 days

FEBRUARY 2009

- 02 Excel Level 2, \$110.00 per person • 1 day
- 03 Word Level 1, \$110.00 per person • 1 day
- 04-05 Exploring the Leader in You • 2 days
- 09 Outlook Level 1, \$110.00 per person • 1 day
- 10 Publisher Level 1, \$110.00 per person • 1 day
- 16 Access Level 1, \$110.00 per person • 1 day
- 17 Visio, \$110.00 per person • 1 day
- 19 Civilian Performance Plan & Review (PLP) • ½ day
- 23 Power Point Level 2, \$110.00 per person • 1 day
- 24 HTML Introduction, \$110.00 per person • 1 day

MARCH 2009

- 02 Word Level 2, \$110.00 per person • 1 day
- 03 Power Point Level 2, \$110.00 per person • 1 day
- 04 Civilian Performance Plan & Review (PLP) • ½ day
- 09 Access Level 3, \$110.00 per person • 1 day
- 10 Outlook Level 2, \$110.00 per person • 1 day
- 16 Introduction to Internet, \$110.00 per person • 1 day
- 17 Excel Level 1, \$110.00 per person • 1 day
- 23 Power Point Level 1, \$110.00 per person • 1 day
- 24 Word Level 3, \$110.00 per person • 1 day
- 24 Joint Learning Program: Employment Equity (TBC) • 1 day
- 26 Problem Solving and Decision Making • 1 day
- 30 Introduction to Computers, \$110.00 per person • 1 day
- 31 Excel Level 2, \$110.00 per person • 1 day

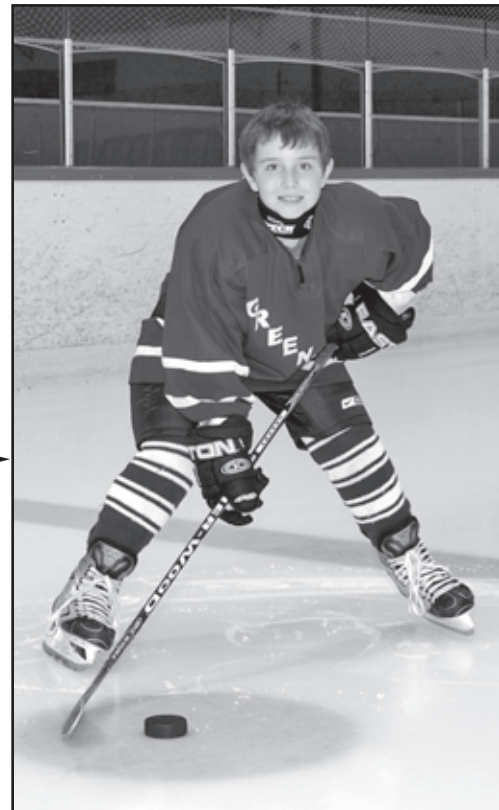
Atom Rep Bombers of the Week



Samual MacDonald

Position:
Left Wing
Number:
18

Favourite Hockey Player:
Marian Hossa
Favourite Hockey Team:
Ottawa Senators
Wants to:
Play in the NHL
or join the Army



Adam Butt

Position:
Defence
Number:
2

Favourite Hockey Player:
Joe Sakic
Favourite Team:
Colorado Avalanche
Wants to be: Monster
Truck Driver

Send your articles and photos to:
aurora@auroranewspaper.com

GREENWOOD MILITARY FAMILY RESOURCE CENTRE WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood
Tel: (902) 765-5611 • Fax: (902) 765-1747

Email: home@greenwoodmfr.ca • Website: www.greenwoodmfr.ca

Community Information Services

- GMFRC Website (www.greenwoodmfr.ca)
- E-Mail Information Service (quarterly)
- Welcome Program for new arrivals
- Information database on the services available to the community
- Referral to governmental and civilian agencies
- Documentation on existing resources
- Welcome Packages from other MFRCs
- Education information on posting service

Deployment Services

- Outreach, Information, Support and Assistance to CF Family Members during deployment and temporary duty
- Deployment information packages
- Toll free 1-888-739-0339 and free e-mail access
- Confidential consultation
- Social gatherings
- Community awareness

Child, Youth and Parenting Services

- Casual childcare services
- Early Childhood Education Program
- Baby equipment loan
- Parent/tot programs
- Baby Club
- Adult/teen sitters lists
- Infant to teen workshops (0-18 yrs old)
- Toy lending library
- Short-term tutoring service
- Emergency childcare
- Respite Care
- Childcare plans
- Parenting Information

Prevention, Support and Intervention Program

- Preventative programs
- Short term intervention
- Crisis intervention
- Warm line contacts during separation
- Emergency shelter
- Resource library
- Self-help group facilitation and referral
- Family Mediation
- Resources for special educational needs

Volunteer Services

- Placements designed for individual interests and talents
- On-the-job training: develop new or existing skills
- Gain experience to enhance resume
- Professional development courses and workshops
- Volunteer recognition activities
- Teen volunteers (for 12-18 yrs old)

Second Language Services

- Second Language Training (SLT)
- Francophone Activities
- French movies

Adult Programs and Employment Services

- Adult workshops and training sessions to develop new skills and knowledge
- Health and well-being programs
- Service to reservists
- Book and Magazine Swap
- Social gatherings
- Special events
- Job search and interviewing skills
- Career mapping/profile
- Up-to-date job board
- Resume writing
- Career resource library
- Access to retraining programs
- Information on academic upgrading
- Home Business Group (for military spouses)
- Youth Employment

The Greenwood Military Family Resource Centre adheres to the Military Family Services Privacy Code that was developed from the Canadian Standards Association Model Code for the Protection of Personal Information. For more information on the MFSP Privacy Code, please contact the GMFRC at 765-5611 or visit us online at www.greenwoodmfr.ca.

CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE GREENWOOD AU SERVICE DES FAMILLES

Centre AVM Morfee, route School, C.P. 582, Greenwood (Nouvelle-Écosse)
BOP 1N0 Téléphone: (902) 765-5611 Télécopieur: (902) 765-1747 • Courriel : home@greenwoodmfr.ca • Site Web : www.greenwoodmfr.ca

Services de renseignements à la communauté

- Site Web du CRFMG (www.greenwoodmfr.ca)
- Service de renseignements par courriel (trimestriel)
- Services d'accueil pour les nouveaux arrivants
- Base de données sur les services offerts à la communauté
- Services d'orientation vers des agences gouvernementales et civiles
- Documentation sur diverses ressources disponibles
- Pochettes d'accueil provenant des autres CRFM

Services à la famille lors d'un déploiement

- Services d'approche, information, soutien et aide aux familles des membres des FC lors de déploiement et d'affectation temporaire
- Trousse d'information sur le déploiement
- Sans frais 1-888-739-0339 et accès gratuit à un service de courriel
- Consultation confidentielle
- Rencontres sociales
- Sensibilisation auprès de la communauté

Service d'information sur l'éducation à l'affectation Programmes pour enfants, jeunes et parents

- Service de halte-garderie
- Programme éducatif pour la petite enfance
- Prêt d'équipement pour bébés
- Programmes pour parents et bambins
- Rencontre pour parents et nouveaux-nés
- Listes de gardiennes et de gardiens d'enfants (adolescents et adultes)
- Ateliers pour enfants et adolescents (pour les 0 à 18 ans)
- Service de prêt de jouets (ludothèque)
- Service de tutorat à court terme
- Service de garde en situation d'urgence
- Service de relève de la garde
- Préparation de plans de garde des enfants
- Renseignements reliés à l'éducation parentale

Programme de prévention, soutien et intervention

- Programmes de prévention
- Intervention à court terme
- Intervention en temps de crise
- Appels téléphoniques durant la période de déploiement
- Foyer d'accueil d'urgence
- Collection de ressources
- Animation de groupes d'entraide et orientation
- Médiation familiale
- Ressources disponibles à l'enfance en difficulté d'apprentissage

Services de bénévolat

- Placements faits selon les intérêts et les talents individuels
- Formation pratique : acquérir de nouvelles aptitudes ou développer celles déjà existantes
- Accumuler de l'expérience pour améliorer son curriculum vitae
- Cours et ateliers de perfectionnement professionnel disponibles
- Activités de reconnaissance des bénévoles
- Jeunes bénévoles (pour les 12 à 18 ans)

Services de langue seconde

- Cours de langue seconde
- Activités en français
- Soirée cinéma en français

Programmes pour adultes et services d'aide à l'emploi

- Cours ou ateliers pour adultes axés sur l'acquisition de connaissances ou de compétences nouvelles
- Programmes reliés à la santé et au bien-être
- Services en langues secondes
- Services aux réservistes
- Échange de livres et de magazines
- Rencontres sociales
- Événements spéciaux
- Recherche d'emploi et techniques d'entrevue
- Orientation professionnelle et choix de carrière
- Liste à jour des emplois disponibles
- Préparation de curriculum vitae
- Documentation sur le marché du travail
- Accès à des programmes de recyclage et de formation
- Information sur le recyclage scolaire
- Groupe des petites entreprises (pour les conjoint(e)s militaires)
- Service de recherche d'emploi pour les jeunes travailleurs

Le CRFM de Greenwood adhère au Code de protection des renseignements personnels des services aux familles des militaires tiré du Code type sur la protection des renseignements personnels de l'Association canadienne de normalisation. Pour de plus amples renseignements sur le Code de protection des renseignements personnels, veuillez communiquer avec le CRFM ou consulter notre site Web à l'adresse suivante : www.greenwoodmfr.ca.



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

PUBLIC MEETING

GREENWOOD WELLFIELD PROTECTION PLAN (File F-3-142)

The Municipality, as required by the Nova Scotia Drinking Water Strategy, is developing a Source Water Protection Plan to protect the groundwater, which is the source of drinking water for the Greenwood area. The Greenwood Wellfield Committee is seeking public input regarding potential land use regulations that may be put in place to better protect the groundwater resource. The location of the wellfield protection area is generally located in the southern area of Greenwood and into parts of Tremont.

A PUBLIC MEETING is scheduled for THURSDAY, JANUARY 22, 2009 at 7:00 p.m. at the New Beginnings Centre, 1151 Bridge Street, Greenwood. In case of a storm, the meeting will be held on Wednesday, January 28, 2009 at the same time and location.

A copy of the report outlining the work to date, the locations of the wellfield zones and potential land use changes can be found on the Municipal website home page. Copies may also be obtained by calling 690-6139, or by emailing cbarker@county.kings.ns.ca.

Further information may be obtained by contacting Chrystal Fuller, Manager of Planning, at 690-6173 or by email at cfuller@county.kings.ns.ca.

Tel: (902) 690-6173 Fax: (902) 679-0911
Local from Kingston & Greenwood: (902) 847-3051
www.county.kings.ns.ca

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers for the next couple of weeks. For future and ongoing programs and services, please visit our website

at www.greenwoodmfr.ca or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

Note: We are sorry for any inconvenience this may cause, but to keep costs down, the only methods of payment accepted for workshop registrations is cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration.

Adult Programs and Employment Services

Coordinator: Stephanie Townsend at 765-5611 local 1816 or email employmentgmfr@eastlink.ca

Upcoming programs or Services

Military Home-Based Business Group Meeting
Thursday, Feb 5th, 2009
9:30 a.m. – 11:30 a.m.
Classroom 2

Free

Food Handling Course
Monday February 23rd, 2009
8:30 a.m. – 3:30 p.m.
GMFRC Classroom 2

\$28.00

Registration deadline: Monday, February 16th, 2009

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Counselling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on Military Family Home-based Business Network
- Magazines and Books exchange
- Employment Computer

Available
• Portfolio Development

Community Information Services

Coordinator: Nicole Godin at 765-1494 local 5941 or email godin.n@forces.gc.ca

Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- GMFRC Family Fun Day

Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-5611 local 5941 or email Doubleday.CS@forces.gc.ca

Upcoming Program or Service

Connecting Friends meets every Wednesday from 9:30 a.m. to 11:30 a.m. at the GMFRC, open to the public.

Childcare is available through our GMFRC Casual Childcare Service. For more information please call Shannon and to schedule childcare please call 765-1494 local 1817.

Ongoing Services

- Emergency Shelter
- Resource Library
- Assessment and referral
- Short term support
- Crisis Intervention

Deployment Services

Coordinator: Paula Davison at 765-1494 local 5583 or email at Davison.PL@forces.gc.ca

Upcoming Programs or Services

Deployed Families Card & Craft Club

Thursday, Jan 22nd, 2009
9:00 a.m. – 11:00 a.m.
GMFRC

Cost: Complimentary

Registration: Call and register before Monday, January 19th, 2009

Please let us know in advance if childcare will be required for that morning.

Deployed Families Adult Dinner Out

Thursday, January 29th, 2009

5:30 p.m. – 8:00 p.m.

Location: Atlantic Superstore Community Room

Theme: Mexican Fiesta

Pay the cost of your own meal

Registration deadline: Monday, January 26th, 2009

Please Note: Respite childcare is available that evening from 5:00 p.m. - 9:00 p.m. in the GMFRC Casual Care Room. When you call to register for the dinner, let us know if you will be using the respite service.

Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give

Paula a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out there unless you let us know.

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

* For respite childcare offerings for deployed families, see details under Child/Youth & Parenting Services

Child/Youth and Parenting & Emergency Childcare Services

Coordinator: Kim Dixon at 765-1494 local 1812 or email at Dixon.K@forces.gc.ca

Upcoming Programs or Services

Youth Council

Tuesday, January 13th, 2009

4:00 p.m. – 5:00 p.m.

14 Wing Community Centre

FREE

Youth aged 14 and up

Academic Tutoring Service

Monday, Tuesday, Wednesday

Time scheduled with families & tutor

Children in grade P-12

FREE

A tutor request form is available at GMFRC

Parent & Tot Program

We meet every Monday

9:30 a.m. – 10:30 a.m.

Children 3 – 5 years

FREE

Drop in – no registration required

Toddler Tuesdays Program

We meet every Tuesday

9:30 a.m. – 10:30 a.m.

Children 1 – 2 years

FREE

Drop in – no registration required

Baby Club

First and third Thursday of every month at the GMFRC

10:00 a.m. – 12:00 p.m.

Parents with infants aged 0 – 1 yr.

FREE

Drop in – no registration required

Respite Dates

Thursday, January 29th 2008

GMFRC

5:00 p.m. – 9:00 p.m.

Children aged 12 years and under who currently have a deployed parent/caregiver.

Registration deadline is Wednesday January 28th, 2009

Volunteer Services

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

Volunteer Opportunities

Advertising Helpers*

Monday, January 12th, 2009

Anytime during day

Volunteers Needed: 2

Post flyers around Kingston/Greenwood to promote Sleigh ride event.

Red Friday and Yellow Ribbon Campaign

Friday, January 16th, 2009

9:00 a.m. – 12:00 p.m. or 1:00 – 3:00 p.m.

Volunteers Needed: 8

Deliver thank you letters to businesses for supporting red Fridays.

Warm Line Callers

Ongoing need

Flexible (2 hours per month)

GMFRC or from home

Registration deadline: Open

Volunteers needed: Many (you will receive a prior training)

Gym Prep and Facilitator for Parent & Tot

Every Wednesday

9:00 a.m. – 11:00 a.m.

GMFRC Gym

Volunteers Needed: 1

Set up and facilitate Wednesday gym program.

Parenting Info Bulletin Board

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Maintain and update bulletin board

Child/Youth Bulletin Board

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Maintain and update bulletin board

Parent & Tot Prep Helper*

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Ensure all craft prep is ready (can be taken home)

*Suitable for our awesome Youth Volunteers!



Sun 9 p.m.
Mon-Thur 8 p.m.
Valkyrie
Rated PG (V, MT)

While you are at the theatre enter to win an iPod Nano. We will be giving away 1 a month.

Call for Times

Dolby EX Digital Sound
Come See it on the Big Screen www.zedex.ca

Kingston Legion

BINGO
Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m.
Tuesday, 7:45 p.m.

Regular Games - \$100

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Double Action

Lic.#
35542-96



Haven't yet visited the Learning and Career Centre?

Are we still the best-kept secret on the Base?

If you are a **military member or civilian** employee, you have access to all services the LCC offers.

VISIT OUR WEBSITE

<http://hr.ottawa-hull.mil.ca/lcc-cac/>

or drop in!

We are located on the upper level of the Birchall Training Centre
We're so much more than just courses:

- Career Development/Advisory • Learning Advisory
- Personal and Professional Development Courses
- Computer Courses • Loaning Resource Library
- Internet Café • Book Club • Career and Learning Software

Want to relax on your lunch hour?

Why not drop over and browse our shelves, lounge while watching a video, borrow a book and listen to your favourite tunes, surf the net on our high-speed internet computers, or simply drop in and say hello.

You're always welcome!

Why not drop in and check us out!

We're open daily

Monday to Friday, from 0800-1600 hrs

(including lunch hour).

GMFRC • Feature of the Week

Deployment Services

Coordinator: Paula Davison at 765-1494 local 5883 or email at Davison.PL@forces.gc.ca

Deployed Families Adult Dinner Out

Thursday, January 29th, 2009

5:30 p.m. – 8:00 p.m.

Location: Atlantic Superstore Community Room

Theme: Mexican Fiesta

Pay the cost of your own meal

Registration deadline: Monday, January 26th, 2009

Share a meal with other deployed spouses/parents and make valuable connections.

Please Note: Respite childcare is available that evening from 5:00 p.m. - 9:00 p.m. in the GMFRC Casual Care Room. When you call to register for the dinner, let us know if you will be using the respite service.

14 Wing Library - Serving Those Who Read!

By Judy McCool and Liz Tappen, AVM Morfee Centre, Greenwood, 765-1494, local 5430

Hello from your local library. Happy New Year! We hope everyone enjoyed the festive season. For your New Year's resolution, may we suggest reading one book per month or reading a story nightly or as often as possible to your children. The time spent together is priceless.

January 27th is Family Literacy Day and this year in Canada we are out to break the Guinness World Record for most children reading with an adult – multiple locations. Interested in taking part? Go to the internet site FamilyLiteracyDay.ca and register your family/group/school. Dates for the World Record Attempt to take place are January 23/24 2009.

The Chinese New Year festival takes place on 26 January 2009, the date of the New Moon, when we leave the Year of the Rat behind and go on to the Year of the Ox.

Dedication of the Childrens Room – In memory of Linda

Durling, our long time librarian who passed away October 2007, will take place on Sunday 18 January 2009 from 2-3 p.m. We hope that those who knew Linda will come to this event in the library.

Scrabble or Chess – We want to start a scrabble club and a chess club at the library. Now that the weather has gotten colder it is a great time to warm up to a challenge! We have a few names on the list, if you are interested phone Judy or Liz at the library.

Donations – Joanne, thank you for the donation of the beautiful Christmas books which will enhance our children's collection. Thank You also to everyone who submitted their Sobey's receipts to us. Through that program we raised \$129.74 toward book purchases for the library! Also; Roger, we really appreciate the addition of a working printer! Things are looking up!

Overdue Books – Please check under beds, on shelves and in closets for any borrowed books that you have FORGOTTEN to RETURN to 14 Wing Library

as fines add up quickly! Other patrons may like to read them too. If you are unable to come to the library personally, don't forget that there is a 24 hour drop box for your convenience.

Book Sale – We have a large variety of COOKBOOKS and HARDCOVER NOVELS at \$1.00 each. PAPERBACKS are only .25 cents and CHILDREN'S books are \$1.00 A BAG! They are all worth checking out!

Library Hours*

Monday • 1-5 p.m.
& 6-8 p.m.
Tuesday • 10 a.m. - 1 p.m.
& 2-5 p.m.
Wednesday • 1-5 p.m.
& 6-8 p.m.
Friday • 12 Noon - 4 p.m.
Sunday • 1-4 p.m.

Special Note- "Under The Story Tree" story hour will resume on February 3rd at 10:30 a.m.

Thank You Volunteers! – We would like to welcome Jessie our youngest volunteer! A very special thank you goes to all of our valuable volunteers who have been doing yeoman

work these past few months in making the library a better place. This includes everything from shelving books, constructing shelving to computer work. Also, BIG thanks to the friendly people who just drop in to lend a helping hand!

Books For January – Fiction: *Divine Justice/David Baldacci; In Distant Fields/Charlotte Bingham; Goodnight Sweetheart/Charlotte Bingham; The Noble Fugitive/T.David Bunn; The Brass Verdict/Michael Connelly; The Front/Patricia Cornwell; Dakota/Martha Grimes; Buckingham Palace Gardens/Ann Perry (Thomas Pitt series); Second Sight/Amanda Quick (Large Print); Salvation In Death/J.D.Robb; The Enchantress of Florence/Salman Rushdie; The Pirate King/R.A.Salvatore Bk 2 Transitions; Off Season/Anne Rivers Siddons; Moscow Rules/Daniel Silva.*

Non-Fiction – *Better Homes & Gardens Fast Fix Family Food; Lucky Man/Michael J. Fox; Cruises/Alaska Ports of*

Call 2008/Frommers; Just In Case/Kathy Harrison; Captured Hearts; New Brunswick's War Brides/Melynda Jarratt; The Acadians/Dean Jobb; Dewey: The Library Cat/Vicki Myron (Large Print); National Geographic-MARS; Installing & Finishing Drywall/William P.Spence; Mistaken Identity/Don & Susie Van Ryn and Newell, Colleen & Whitney Cerak.

En francais – *Les robots et l'empire 1/Isaac Asimov; Les robots et l'empire 2/Isaac Asimov; Une saison de Lumiere/Deirdre Purcell; Diana Sa vraie histoire/Andrew Morton; Mariage a Hollywood/Marc-Andre Poissant.*

DVD – *The Dark Knight.*

Library Services

14 Wing Library offers the community the following services: Free Book, Audio Books, Video (DVD & VHS) and Magazine Loans, Friendly Library Assistance, 24-Hour Book Drop, Phone Renewals, Community Computers, Internet Access and Printing, Photocopying and Faxing.

We have 3 community

access computers – 2 with internet access and 1 for word-processing and soon-to-be installed library search engine. Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation.

French Language Books

DID YOU KNOW that we have a large selection of FRENCH Fiction and Non Fiction for both adults and children?

2009 Celebration of 100 Years of Flight – There will be displays of our extensive collection of books relating to flight throughout the year. Remember that it started here in Nova Scotia on the Bras D'Or lakes.

Membership

A reminder to all, that 14 Wing Library is a public library open to military and civilians. Membership is free, but the benefits are priceless. We invite all our registered patrons to visit us and if you're not a member, drop in and sign up to enjoy your local library.

Reading Opens Doors! So come and open the doors to 14 Wing Library.

Emergency Childcare – Do you have a childcare plan?

Submitted by: Kim Dixon, GMFRC Coordinator of Child, Youth and Parenting Services at 765-1494 local 1812

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide CF families with the tools & resources you need to prepare for the challenges & emergencies this unique lifestyle may bring. In order to support the CF member's ability to be available for operational duty, the family's needs must be acknowledged & identified so we can prepare ourselves for emergency situations. For those CF families with children, Emergency Childcare Services will offer you the resources you need for emergency preparedness.

This childcare plan is NOT the same as the "family care plan" form you are required to have on file with your unit. Our Childcare Plan requires more information- is used as a tool in preparing for the family's emergency childcare arrangements- and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family emergency
- When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable
- When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation
- When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation
- When there is a need for respite childcare due to the total family situation- including the CF member's work commitments
- When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with DMFS)

tion with DMFS)

If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim Dixon at 765-1494 local 1812 or email Dixon.k@forces.gc.ca

GMFRC • Feature of the Week

Adult Programs and Employment Services

Coordinator: Stephanie Townsend at 765-1494 local 1816 or email at Townsend.SC@forces.gc.ca

Get you Food Handling Safety Course at the GMFRC!

Monday February 23rd, 2009
8:30 a.m. - 3:30 p.m.
GMFRC Classroom 2
\$28.00

Registration deadline: Monday, February 16th, 2009

Whether you work in the food industry or are preparing meals for friends and family, food safety should always been a priority. If you need an updated Food Safety course or if you would like to be newly certified, join us at the GMFRC on February 23rd, 2009 for an in-depth look at how we should be preparing and storing our consumables. This course will highlight the potential dangers that we may be placing on our plates and can make us all more aware of how to avoid these food borne illnesses.



~ Bridge Lessons ~ are available to You!

Bridge is more than a Card Game, it is Entertaining, Mind Stimulating, Challenging, enjoyed by all ages, and Bridge Players live longer!

Wednesdays for Eight Weeks Starting
07 January 2009 at 7:00 p.m.
Melvern Square Community Centre, Bridge Street

Instructor: Brian DeLong

If interested and for more information
call Jim Sotvedt at 765-6977

Mental Health Services 26 Canadian Forces Health Services Centre

Confidential services are available to all military personnel and their families. Our primary mandate is to ensure the deployability of all Military personnel. This includes suitability screenings for deployments as well as postings to isolated units. Secondary services provided are: individual, marital and family counselling which may include counselling to assist with relationship difficulties, addictions, PTSD, addictions, emotional problems, issues arising from childhood experiences, family violence, separation/divorce, stress, grief, and loss. We also provide information regarding referrals to local community services and military resources.

Mental Health Services Team:

Manager: SLt Yvonne Luedee, MSW

Social Work Officers:

Michelle Hammond, MSW, RSW
Joe Beninati, MSW, RSW

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

*A referral is not required for appointments to see Social Work Officers.

We are located at the Morfee Centre, School Street. Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members. Phone: 765-1494 ext. 5215. Fax: 765-1742.

**Phone: 765-1494 ext 5215
Fax: 765-1742**

FOR YOUR INFORMATION

UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS

FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items **MUST** be submitted each week either in person to our offices located on School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: aurora@auroranewspaper.com. These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

Discover the Magic of Reading

...visit 14 Wing Library

Located at AVM Morfee Centre, School Street

Monday 1-5pm & 6-8pm

Tuesday 10am-1pm & 2-5pm

Wednesday 1-5pm & 6-8pm

Friday 12-4pm

* Sunday 1-4pm

765-1494 24 hour drop-off box • Phone for Renewals
Loc. 5430 Closed on holidays and holiday weekends throughout the year.



HOROSCOPES

January 11 to January 17

ARIES - Mar 21/Apr 20

Aries, hunker down and focus all of your attention on work this week. There will be time for partying later when all of your responsibilities have been met.

TAURUS - Apr 21/May 21

Nervous energy has you looking for a new project, Taurus. It could be just what the doctor ordered to get your mind off of other things. Ask Scorpio to help out.

GEMINI - May 22/Jun 21

Gemini, if you're thinking about a new relationship, consider adopting a pet. This could be exactly what you need for a little extra companionship.

CANCER - Jun 22/Jul 22

Cancer, there is such a thing as too much of a good thing. Whatever you've been doing in excess, you need to slow it down. Ask for friends to provide some other stimulation.

LEO - Jul 23/Aug 23

With so much going on in the financial realm, it pays to take inventory of your spending and saving, Leo. Now is the time to get your finances in check so you'll be prepared.

VIRGO - Aug 24/Sept 22

Virgo, there's been a lot of turmoil in your life the last few months. But this week something will occur that will take away a lot of the stress. Peace of mind is on the horizon.

LIBRA - Sept 23/Oct 23

Explore deeper relationships with family members and it can be a win-win situation for you and everyone involved. A new pet can bring trouble into the household.

SCORPIO - Oct 24/Nov 22

Is money ruling the day, Scorpio? It could be time to take a better look at your priorities. You may find some answers to your problems if you shift the focus off of your finances.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you're reaching new heights at work. The trouble is, you're not feeling so great about all of the success. Maybe you need to reevaluate your career path.

CAPRICORN - Dec 22/Jan 20

Capricorn, family concerns leave you feeling nervous. The way around them is to talk things over with friends. Sometimes just talking can make you feel better.

AQUARIUS - Jan 21/Feb 18

There's a lot of drama going on at home, Aquarius. But avoiding the situation won't make it go away. You have to stick it out and find the silver lining to this cloud.

PISCES - Feb 19/Mar 20

Surround yourself with lots of friends, Pisces. This will put and keep a smile on your face this week. Sagittarius wants to join the fun.

FAMOUS BIRTHDAYS

JANUARY 11	Mary J. Blige, Singer (38)
JANUARY 12	Kirstie Alley, Actress (58)
JANUARY 13	Orlando Bloom, Actor (32)
JANUARY 14	Jason Bateman, Actor (40)
JANUARY 15	Charo, Singer (68)
JANUARY 16	Kate Moss, Model (35)
JANUARY 17	Dwyane Wade, Athlete (27)

Horoscopes brought to you compliments of:



24 HOUR SERVICE

www.morsetowing.ca (902)825-7026



Valley Regional Qualifying Chess Tournament

Sunday, Feb. 1, 2009. Berwick Town Hall. 12 - 3:00 p.m. Entry fee. Open to grades Primary to 12. Contact Tony Chaulk 765-8679.

Church Breakfast

Breakfast at the Aylesford United Church on Saturday, January 17, 2009 from 8:00 - 11:00 a.m. Menu - delicious homemade pancakes, scrambled eggs, sausages, ham, toast, tea, coffee and juice. Free will offering. Sponsored by the Aylesford United Church Committee of Stewards.

Kingston Area Seniors Association

meets the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No 98 of the Royal Canadian Legion Kingston. Fun day is every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

Overeaters Anonymous

(OA) is a fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include Bulimics, Anorexics and Overeaters. No dues... no fees... no weigh-ins. We are not a diet and calories club. Every Friday evening at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit www.oa.org.

Kingston Lions Club Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tues the 13 Jan 09 at the Kingston Lions Hall from 11:30 a.m. - 1:00 p.m. Menu Ham & Scalloped potatoes with desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for

The Home & School Association of
Kingston & District School is presenting:

Juno nominees, ECMA winners,

"Donna & Andy"

and the

Kingston School Choir

in concert.

The concert is open to the community,
and the funds raised will be used
towards new playground equipment.

Friday, January 23rd

Doors open at 6:00 p.m.

The cost is \$10 per family, or \$3 per individual.

Parents must attend with their children.

The concert will be held at

Kingston & District School in the gymnasium.

This is fun family entertainment!

Come out and enjoy the evening.

A canteen will be available.

Lions charitable work.

Arthritis Society Fundraiser

Chance to win a trip for 4 to Disney World, tickets \$20 less than 200 tickets will be sold, very good chance of winning. Winner can exchange trip for 4 for a \$3500 voucher to where ever they want to go. Draw date is Feb 1, 2009 at the Greenwood Mall. Please contact Brigitte Martin 765-4976 or 760-1952.

Men's Breakfast Jan 17th 8:30 a.m.

The Annapolis Valley Community Church of the Nazarene 738 Tremont rd, will be holding a Men's Breakfast on January 17th at 8:30 a.m. We will be having a special guest speaker and lots of food and fellowship. Call 847-0789 for more information.

Toastmasters

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skill, which is turn, fosters self-confidence and personal growth. We learn by doing. The Annapolis Valley Toastmasters Club invites you to the Air Commodore Birchall Centre, Building 221, Classroom 3 at 14 Wing, Greenwood to experience a meeting from 6:30 to 8:00 p.m. every Tuesday. Further information is available at <http://annapolis.freetoasthost.net/> or contact Kay at 765-0574.

Indoor Cycling

Want to shed that extra weight that you put on over the Christmas season? Well come out and join Mike Diamond on Tuesdays and Thursdays at 5:00 p.m. and Saturday mornings at 9:00 a.m. for an indoor cycling class. No need for any past cycling experience just a want for fun and fitness. Great workout and training for cyclists, hockey players etc. Or just come out and meet new people with the same fitness goals. All classes are free to all Rec Card holders and take place at the Fitness and Sports Centre.

GMFRC • Features of the Week

Child/Youth and Parenting & Emergency Childcare Services
Coordinator: Kim Dixon at 765-1494 local 1812

Tumble Tots

Every Wednesday at the GMFRC Gym


9:30 a.m. – 10:30 a.m.

Children 1 – 5 years


FREE

Drop in - no registration required

Parents & Caregivers are invited to join us for a morning of gross motor activities geared to meet the needs of children aged 1 – 5 years. This is a parent led session, however our Child Youth and Parenting Services Coordinator will be on site to provide assistance and help get everyone motivated for a morning of games, parachute fun and activities that is sure to make your little tumbler smile! A small snack is provided at the end of our morning session. Parents are welcome to stay and play with the equipment until noon. Bring your sneakers and your water bottle and meet us at the gym for some parent & tot fun!



PRESENTS... FIND & WIN



Just Fill in The Blanks. Three Easy Ways to Enter.


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

No Central Registry or Canada Post please.
Deadline: Noon, Thursday, January 15, 2009.
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
<i>Limited to one win per month.</i>	
<i>The winner will be drawn randomly from all correct entries. Only one entry per person per week.</i>	
Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!	
1. What is the phone number for Provincial Aerospace Ltd. _____	
2. When is the Public Meeting for Greenwood Wellfield Protection Plan _____	
3. What is McDonald's street location _____	
4. What is the Guaranteed Prize Money at the Lion's Bingo _____	
5. What is Team Richardson's website _____	

The 107 Valley Wing

904 Central Ave.
Greenwood



**Air Force
Association
of Canada**

Open to ALL Members,
Serving or Retired, of the
• CAF • Reserves • RCMP •
• Public Service • RCAC •
• Members & Guests •

Do you enjoy a good time in a friendly relaxed atmosphere?

Drop into the 107 Valley Wing and meet our friendly members and staff.

We are open 7 days a week for your convenience.

We are looking for new members!

For more information call 765-8415 after 12:30 p.m.

We also have Catering Service for your Weddings, Section Parties or other celebrations.



This contest is brought to you by:

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: HEATHER DOBBIN

Youth Happenings at the 14 Wing Community Centre

**By: Brendan Loughnane
Youth Recreation
Worker**

Hello everyone. Down here at the Community Centre there is a lot going on this week. I have been busy unpacking tons of new equipment for all the youth. We got new basketballs soccer balls volleyball, new pool cues and pool balls and much more. All this equipment is here for you to use. This Sunday we have a Nintendo Wii tournament. The kids will be competing in the "Shawn White Snowboarding: Road Trip" game. There will be prizes for the winners. Also

don't forget the family snowshoeing event at the end of the month it's a great way to stay active during these winter months. Here is what's going on this week at the Community Centre.

Boyz Club
Mon January 12th 2009
Sledding
5-6:30 p.m. Bring your own Sled

Hey Boys we will be meeting up again this Monday and we are going sledding! You can meet here at the Community Centre and then we will head over to the hill for some sledding. Don't

forget to dress warmly and bring your own sled. I can't wait. See you there.

Teen Activities
Thurs January 15th 2009
New time and date!
Curling meet at the rink
4:30-5:30 p.m.

Hey teens this Thursday we will be going curling again. Even if you don't know how to curl you can still come and there will be plenty of people there to help you. Remember to bring a pair of indoor shoes and we will meet at the rink. See you there!

Active Chicks
Wed January 14th 2009

Tobogganing
6-7:30 p.m.
Active Chicks will be meeting at the Community Centre to go sledding on the big hill by the park! Girls, you can bring your own sled or borrow a Crazy Carpet from the Centre. Be sure and dress warm, it could be a cold evening! See you there!

**Look What's
Playing at the
Community Centre**
Pre-Teen Movie Night
Every Saturday is pre-teen movie night. The fun starts at 6:00 p.m. and runs until 8:00 p.m. Admission to the movie

is free with your membership card or \$1.00 drop in fee. This week's movie is YBA.

Teen Movie Night
Teen movies run from 8:30-10:30 p.m. Admission to the movie is free with your membership card or \$2.00 drop-in fee. This week the teens will be watching Babylon A.D. In this Drama a mercenary is responsible with delivering a young woman from Russia to Canada. While transporting the woman the Mercenary finds out she is carrying and deadly virus that could wipe out the human race.

**Nintendo Wii Tournament
Sunday January 18th 2009**
Hey kids this Sunday we will be having a Nintendo Wii tournament. The game will be Shawn White Snowboarding: Road Trip. The Pre-Teens will have their tournament from 2:30-4:00 p.m. and the teens will be from 5:30-7:00 p.m.. Both age groups will play in a round Robin Tournament style and there will be a \$20.00 Greenwood mall gift certificate for the winners for the winners. There is a \$2.00 registration fee and you can sign up any time between now and the 18th.

PICK ME UP

Call Keith at 765-1494
local 5440

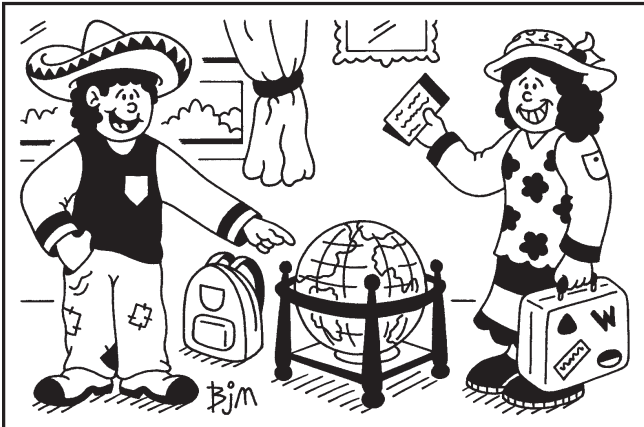
aurora@auroranewspaper.com • www.auroranewspaper.com



A Yearly Mailed
Subscription to
The Aurora
Newspaper
Anywhere in Canada

\$60 plus
tax

ComParrot by Bonnie J. Malcolm
Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com

© 2009 Bonnie J. Malcolm



Solution: 1. Tie on lady's hat is missing. 2. Strap on backpack is missing. 3. Extra stripe on man's sombrero. 4. Bush outside window is colored in. 5. Pocket on shirt has moved. 6. Stripe on sleeve has moved. 7. Patch on pants has moved. 8. Curtain is wider. 9. Brim on hat is wider. 10. Neckline on shirt is different. 11. Stripe on skirt is taller. 12. Letter on suitcase is upside down.

Com Parrot brought to you compliments of:



954 Central Avenue
Greenwood
765-6381

PATRICK'S PUZZLE

Creative Coloring

Celebrate National Clean Up Your Computer Month.
Color in this picture to create your own masterpiece.



Patrick's Puzzle brought to you compliments of:



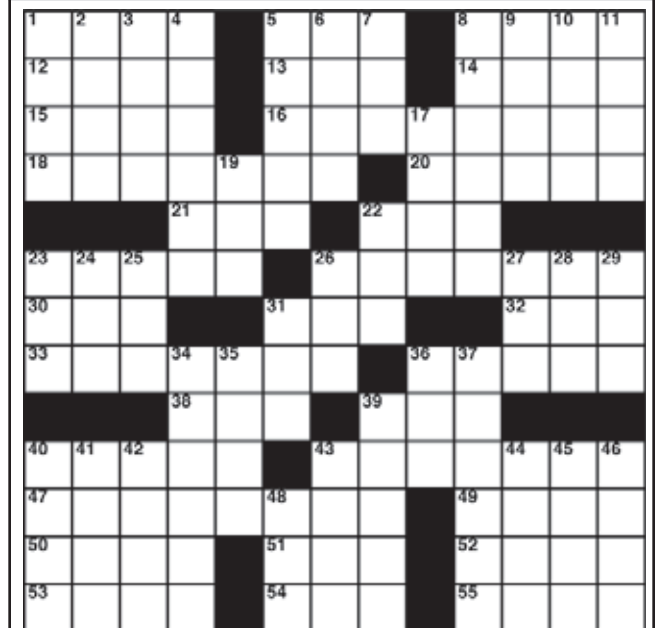
authorized dealer
Cellular Sales & Service
Authorized Product Care Centre
765-2415

Canadiana Crossword

Furbearance?

Solution page 18

By Bernice Rosella and James Kilner



ACROSS

- 1 Arab oil org.
- 5 Ref
- 8 Mouths
- 12 Do over
- 13 Refusals
- 14 Healing herb
- 15 Grizzled
- 16 Smock
- 18 Saunters
- 20 Rigid
- 21 Foot part
- 22 Mil. rank
- 23 Early auto
- 26 Foot part
- 30 Toilet in Tottenham
- 31 Sly one
- 32 Sign of success
- 33 Fifties fur
- 36 Norwegian novelist
- 38 Atom
- 39 Dawn Jones
- 40 Bellows
- 43 Ghoulsh
- 47 Arcane

DOWN

- 1 PTAs e.g.
- 2 Saucy
- 3 German river
- 4 Wylie, for one
- 5 Family member
- 6 Cow sounds
- 7 Letters on license plates
- 8 Musteline mammal
- 9 Jai
- 10 Timber trailer?
- 11 Ego
- 17 "This" to Sergio
- 19 Bagel companion

- 22 Pestilence
- 23 Shade tree
- 24 French coin
- 25 Mariners' sig.
- 26 Child
- 27 Donkey
- 28 Wrath
- 29 Chaney, for one
- 31 Enthusiast
- 34 Good condition
- 35 Got up
- 36 World games org.
- 37 Canadian dam builder?
- 39 Creme de
- 40 Warning signal
- 41 Italian wine growing region
- 42 Had on
- 43 Coat to die for?
- 44 Second Greek letter
- 45 Butt
- 46 Ancient Irish tongue
- 48 Tell, in a way

Weekly Crossword brought to you compliments of:

BEST TOYOTA

840 Park St., Kentville
(902) 678-6000

**To Place a Business Ad
Call Anne at
765-1494 ext. 5833**

To place a Classified Ad (35 words or less) call **Keith 765-1494 ext. 5440** or drop into our office located on School Road (Morfee Annex) or
E-Mail us at: aurora@auroranewspaper.com or Fax: 765-1717
Use your VISA, Mastercard, AMEX or Debit.

SHAY
TIRE LIMITED

AUTOPRO

**We specialize in mechanical repairs
from brakes to MVIs to alignments.
We care about your vehicle!**

**4241 Highway #1, Berwick
(902) 538-1155 1-877-440-4432**

Barristers

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

*Durand, Gillis &
Schumacher Associates*

Barristers, Solicitors, Notaries
W. Bruce Gillis, Q.C.

Blaine G. Schumacher, CD
(Also of the Alberta Bar)
Counsel:

Clare H. Durand, Q.C.
(Non-Practicing)

Phone (902) 825-3415
Fax (902) 825-2522

74 Commercial Street
P.O. Box 700
Middleton, NS
B0S 1P0



PARKER & RICHTER

Barristers, Solicitors, Notaries

Chris Parker L.L.B.

Ronald D. Richter

(B.A. Hon.), L.L.B.

Southgate Court,
Greenwood N.S.

Phone: **902-765-4992**

Fax: **902-765-4120**

"Serving the Western Valley Since 1977"

cole sawler

Barristers • Solicitors • Notaries

Stephen I. Cole, LL.B.

Craig G. Sawler, LL.B.

264 Main Street, Middleton, N.S.

Tel: 902-825-6288

Fax: 902-825-4340

Email:

info@colesawlerlaw.ca

Website:

www.colesawlerlaw.ca

Evening and Weekend
Appointments Available

Classified Ads

Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Classified advertisements can be accepted by telephone if paying by Credit Card. Call Keith 765-1494 ext. 5440. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content.

FOR SALE

FOR SALE - Newly renovated 2 bedroom Mini home, paved drive, garage, 3/4 + acres. 1938 Glebe Rd Greenwood. For details view at propertyguys.com. #56506 or call 765-4644 or 847-1365. (2945-ufn)

FOR SALE - Walnut Veneer Entertainment Unit 79" X 42" X 24" - 2nd cupboard inset with lock and key and Antique High Leg Armoire Mahogany 54" tall 45 " wide 20" deep drawer locks email macknz@ns.sympatico.ca for picture or 765-4800 (3002-1tp)

FOR RENT

FOR RENT - Neily Crescent Apartment Located off Bridge Street in Greenwood. Newly built 2 bed-

room apartments, fridge, and stove included. Laundromat located in building. Conveniently located to all amenities. \$600.00 per month. Please call 765-0788 for more information. (2946-ufn)

FOR RENT - 2 bedroom house, 51 Victoria St Middleton available Jan 1-09. \$575.00 Contact 765-4400 Joan or Cindy (2949-ufn)

FOR RENT - 1 bedroom apartment. 1972 Bishop Mountain Rd, 5 minutes to Kingston and 10 minutes to Greenwood. Unit has electric heat, fridge/stove included, washer/dryer available. Rent is \$400.00 per month plus utilities. Call 765-9319 or 840-0710 (2950-4tp)

FOR RENT - COMING TO GREENWOOD ON IR?? New large and sunny studio apartment in a quiet country setting 15 minutes from base. Fully equipped (fridge, stove,

washer, dryer) and fully furnished. Short or long-term lease available. Rent includes all utilities except phone and internet. 765-1898 (2950-4tp)

FOR RENT - 2 bedroom apartment located on Main St Kingston. Fridge/stove included, heat and power included, centrally located. \$660.00 per month. Call 765-0767 for more information. (2951-3tp)

FOR RENT - 2 bedroom duplex in country but close to amenities. Few minutes from Kingston or Greenwood perfect for seniors or retirees. In floor heat, attached garage, 5 appliances, front veranda and back patio. All ceramic and laminate flooring, paved driveway, snow removal and lawn care. 902-765-4709 (3001-ufn)

FOR RENT - 43 Geiger Dr, 2 bedroom duplex available Jan 15th. Fridge/stove, washer/dryer hook-up provided. Large Living room, partially renovated, lawn care/snow removal provided, electric heat. \$500.00 per month plus utilities. For more info contact Glengary Properties at 765-2421. (3001-2tp)

FOR RENT - 2 bedroom Mobile in Kingston. Heat, lights, fridge/stove included \$590.00 per month. Call

847-5046. (3002-ufn)
FOR RENT - 2 bedroom apartment behind Superstore in Kingston. Non-smoking, suitable for mature adult. Rent \$385.00 per month, utilities extra. Available immediately Phone 825-3041. (3002-ufn)

FOR RENT - Available immediately - Large 1 bedroom apartment with den. Fridge, stove, washer, dryer and dishwasher. All utilities included, non-smoking, \$750. 765-3287 (3002-2tp)

FOR RENT - Retirement apartments. New, 2 bedroom unit in seniors complex Kingston. Ground level, walking distance to all amenities. \$690.00 per month plus utilities. Guaranteed no rent increase. Call 1-902-825-6929. (3002-12tp)

SERVICES

DROP & LOCK STORAGE - Kingston/Greenwood's newest building, clean, secure self storage your lock—your security code sizes: 10' x 10' or 5' x 10' 847-1405 or 760-0278. (2903-ufn)

SERVICE - Self Storage located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-ufn)

CHILDCARE PROVIDER - Mother of 3 wanting to look after children in my home. Call Suzanne at 765-0545. (3002-3tp)

**GUITAR GURU
GUITAR LESSONS**

Play & Learn in our comfortable home studio
Electric or Acoustic Guitar
All ages, all styles of music
Beginner to Advanced
Over 26 years experience
Call Steve 825-6553



Cheryl Tardif, CD
Certified Hypnotherapist
Psychosynthesisist
1994 Lily Lake Road
Middleton

825-2286

**Past Life
Regression
through
Hypnosis**

Gift Certificates Available

CHILDCARE PROVIDER - Mother of 2, two full time positions available in my home. Snacks and lunch provided, call Alisa at 765-2981 (3002-2tp)

SERVICE - Wilnot Self Storage. Newer building, clean secure units, 10'x12', 8'x12' and 10'x15', prices vary. Call 825-3452 (3002-1tp)

CHILDCARE - Dwight Ross Kids Care Preschool program is now open and accepting registration! 3-5 year olds, experienced early childhood trained staff. Fun, school readiness. Learning thru play is the only way! For more info call Lisa Kendall 844-1183 or Shelly Lapointe at 848-6070. (3002-1tp)

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 (3002-2tp)

VEHICLES

FOR SALE - 1999 Ford Explorer. 4WD, 4 good snow and all season tires. \$3500.00 OBO Call 847-3355 (3002-02)

WANTED

Cashier/Clerk wanted at The Inside Story. We will train. Must be willing to work mall hours. Previous retail experience not critical but an asset. Expect to work hard and to work as a team member. Submit your hand-written cover letter and typed resume into our store at The Greenwood Mall. Only those to be interviewed will be contacted (3002-1tp)

David A. Proudfoot

Barrister * Solicitor * Notary

811 Central Avenue, PO Box 100
Greenwood, NS B0P 1N0

Email: dap@davidproudfoot.com
Web: www.davidproudfoot.com

T: 902-765-3301 F: 902-765-6493



- Real Estate
- Family Law
- Wills / Estates
- Litigation
- Incorporations
- Consultations / Referrals

FIREWOOD FOR SALE

Hardwood, \$190 a cord
Softwood, \$140 a cord
Cut, Split, Delivered
Ph: 825-6424



**RALPH
FREEMAN
MOTORS LTD.**



**YOUR LOCAL USED
CAR DEALER
Licensed Mechanic
Available on Site**
• Rust Check
• U-Haul Dealer
www.freemansautosales.com

820 Main Street, Kingston
765-2544 765-2555

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

**AUTO - BOAT
Trailers**

Also
Individual Locking
HEATED
Self-Storage Units
Call: **847-0490**
or **847-5074**

- Military
Discounts
- 2 kms
from Base

Crossword Solution

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



THIS WEEK
- This Week's Issue in PDF Format
(CAUTION 3-6MB)

Visit us on the web @
www.auroranewspaper.com

or Email us @
auroranewspaper.com

Greenwood Skating Club News • Toepics Starskate Competitions Underway

Starskaters in the Greenwood Club have been waiting to finally get their chance to strut their stuff. 2 Competitions originally scheduled for this last November had to be postponed due to weather and Arena closures. Last weekend, the Bridgewater Open was held and the Greenwood Club was well represented by Erika Rice. Erika competed in Junior Bronze Ladies 12+ and Introductory Interpretive. With two strong performances, she captured Gold in both events. Congratulations to Erika.

The next event for club skaters will take place at the Kingston Arena on January 24th at the Annual Valley Open Competition. 100+ skaters will attend from across the region and province. If anyone is interested in volunteering to help out please contact Carol

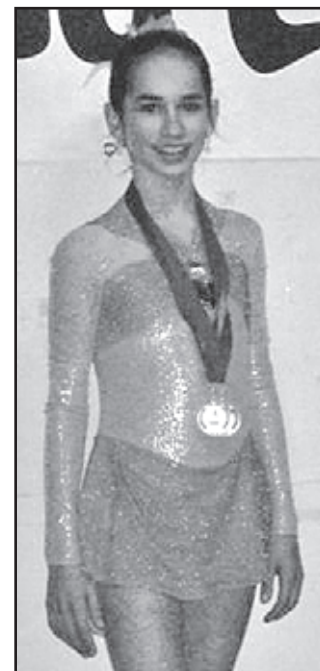
Aquino at 765-2887.

Four Junior skaters will be participating in this event in solo and the entire junior group in the Synchro Skating Event. This team event is great fun and Team Aurora has been practicing hard since the beginning of the season to

hone their 'Simpson's' number.

Our second session of Canskate is underway and we are looking forward to our annual Karen Norman Funs skate.

Erika Rice
Double Gold Medalist,
Bridgewater Open.



Run to Success in 2009!

What is your New Year's resolution? Is it to lose weight, get back into shape or run a marathon? But don't know where to start. We can help you with that!

The ZX Cycle-N-Run Club has put into place running clinics for beginners with additional training programs

available for all levels of runners. Experienced runners will lead you through the running clinic, while professionals will provide information sessions on subjects related to running such as stretching, nutrition, proper clothing and more. "But what's in it for me"...

you're asking yourself? Run for personal fitness or to be part of the most popular sport on earth, running. Meet new people and make new friends who will be your running buddies. Be able to run the annual ZX 10K Run at the end of April, a Run Nova Scotia event held here in Greenwood.

And this is just the beginning...

Now, what do I do?

What: Running clinics for all levels of runners and not yet runners

When: Information session at 1830 on Monday, 26 Jan 09. Running clinic starts at 1830 on Tuesday, 27 Jan 09

Where: Classroom, 14 Wing Greenwood Fitness and Sport Centre

How much: Club members - FREE! Non-Club members - either join the club, or pay \$12.00 for clinic

For more information about the ZX Cycle-N-Run Club, please contact Maryse

Laliberte at 765-1494 ext. 3531. You can join the ZX Cycle-N-Run Club anytime for \$11.40/year with a 14 Wing Rec card.

Masters Swimming - Isn't that for Really Fast Swimmers?

Good day to all, have you ever wanted to improve your swimming and general fitness? Well, Masters Swimming is for you.

If you have always held off

joining a Masters swimming program thinking that you wouldn't be fast enough or that you don't have the endurance, the Masters part of the title just means that we

are all too old to swim in the age group category anymore.

The swim club has members of all levels, from beginner swimmers who are still learning the proper freestyle stroke and take rests every

couple of lengths, to competitive swimmers and triathletes. All are welcome!

14 Wing has started up a Master's Swim program on Monday, Wednesday and Friday mornings, from 0530 -

0700 with organized workouts directed towards assisting swimmers to achieve their personal goals whether that be to complete a triathlon, improve their freestyle speed, compete in a swim meet, or to increase

cardio-vascular fitness.

If you are interested in improving your swimming ability, or if you would like some additional information, please call Eric Travis at 675-1494 x 3344.

GMFRC • Feature of the Week

Volunteer & Adult Programs and Employment Services
Coordinator: Janie Gagnon at 765-1494 local 5938 or email
gagnon.jmc@forces.gc.ca

Warm Line Callers

Ongoing need
Flexible (2 hours per month)
GMFRC or from home
Registration deadline: Open
Volunteers needed: Many (you will receive a prior training)

To provide a monthly call to families of a deployed member, connect with the families, and also inform them about the GMFRC programs and services.



INSCRIPTIONS - MATERNELLE
pour septembre 2009
dans toutes les écoles du CSAP

GRADE PRIMARY REGISTRATION
for September 2009
in all CSAP schools

L'école acadienne, c'est :

An Acadian school offers :

Une éducation de qualité en français langue première.	✓	A quality education in French as a first language.
La possibilité d'acquérir une excellente maîtrise du français et de l'anglais .	✓	A possibility of acquiring an excellent mastery of French and English .
Un choix de cours optionnels d'excellente qualité.	✓	A choice of excellent quality optional courses .
Des laboratoires d' informatique et de sciences à la fine pointe de la technologie.	✓	State of the art information technology and science laboratories .
Un milieu d'apprentissage dynamique où la langue et la culture sont valorisées.	✓	A dynamic learning environment where language and culture are highly valued.
Un atout supplémentaire au moment de s'inscrire dans une institution postsecondaire .	✓	An additional asset when registering in a post secondary institution .

École Rose-des-Vents (et pré-maternelle / and pre-school), 6, chemin Bedford, Greenwood
765-7100

Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le **31 décembre 2009**. Pour plus d'information sur les critères d'admission, prière de contacter l'école.

Children being registered at primary level must be 5 years of age on or before **December 31, 2009**. For more information on admission criteria, please contact your local school.

La maîtrise de nos **DEUX LANGUES OFFICIELLES** est certainement un atout ! Venez nous rencontrer et vous constaterez **LES AVANTAGES** de faire éduquer votre enfant dans la langue française. **NOTRE PERSONNEL QUALIFIÉ** vous attend le **mardi 20 janvier 2009 à 19 heures**.

To master **BOTH OUR OFFICIAL LANGUAGES** is certainly a plus ! Come meet with us and you will learn about **THE ADVANTAGES** of having your child educated in the French language. **OUR QUALIFIED STAFF** will welcome you on **Tuesday, January 20, 2009, at 7 p.m.**

Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école.

Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.

<http://csap.ednet.ns.ca>

1-888-533-2727

Friday Night is Family Night at the Greenwood Bowling Centre!

Bring the
whole family for

2 hours of glow bowling and a large
pepperoni pizza from
Mama Sofia's
for only

\$35

12" pizza,
12" Garlic
Fingers &
bowling
for

\$40

By
reservation
only!

Price based on
1 lane, 2-6 people.
Additional lanes extra.
Offer only available
Fridays 6-10 pm.

Call 765-1494 ext. 5631 or email
gbcbowlingstaff@eastlink.ca to reserve!

DO NOT PAY

UNTIL
JULY
2009!*

PLUS

**NO MONEY DOWN
NOT EVEN THE TAXES!***

*On approved credit on the CANEX No Interest Credit Plan. Ask us for details.



Details in store



SONY
BUNDLE

Includes:

- Sony 46" LCD Bravia TV Model KDL46S4100
- Sony 5.1 wireless Bravia Home Theatre Model DAVHDX975WF

SPECIAL \$1999
Pay only... 57²⁰
for 36 months
O.A.C. - On the CANEX No Interest Credit Plan

SAMSUNG
ELECTRONICS

BUNDLE

Includes:

- 58" 1080P Plasma TV Model PN58A550
- Samsung Blu-Ray Player Model BDP1500
- Samsung 1000 WATT Home Theatre System Model HTTWZ2312T

SPECIAL \$2999
Pay only... 85⁸¹
for 36 months
O.A.C. - On the CANEX No Interest Credit Plan

