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The Aurora newspaper



Seven Years of Flight Education with Pine Ridge Middle School

To kick off the 7th year of the Greenwood Military Aviation Museum's (GMAM) FltEd Program, and the "100th Anniversary of Powered Flight" in Canada, teachers Mrs. Connie Weinberg and Kelly Saunders and 47 Grade 6 students from the Pine Ridge Middle School in Kingston were the first to participate in this year's program on the 14 Jan 09.

To celebrate the occasion Mrs. Weinberg is seen here with Mr. Kelly presenting a generous donation of \$100.00 on behalf of the school to Major Richard LeBlanc (left), the new 14 Wing Heritage Officer (WHO) and General Manager of the Museum.

Major Leblanc recently assumed his new Reserve duties, replacing retiring Major "Bert" Campbell. Maj LeBlanc's Regu-

lar Force career spanned 27 plus years and included operational tours at Greenwood with 405 and 415 Long Range Patrol Squadrons, 14 Wing Operations, with National Defence Headquarters in Ottawa, and an instructional tour at the Canadian Forces Air Navigation School in Winnipeg. He also served as Canadian Exchange Officer on the staff of Task Force 84 in Norfolk Virginia for 3 years. His last Regular Force position was as the A3 Aurora Incremental Modernization Project Coordinator in Wing Operations here in Greenwood. He began his new Reserve career on the 14 Wing Commander's staff last October and is obviously delighted to accept this donation on behalf of the Museum.

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Stability for the Wing and its Future

Well, 2008 went out with a bang, an economic bang that is. The end of 2008 saw the economies of the world's leading nations take a tumble of a scope that has not been seen for decades. This of course has caused stress amongst Canadians as they are concerned about their futures and the stability of their jobs. My objective in this column is to provide my perspective of the near-term future of 14 Wing Greenwood as a major employer in the Annapolis Valley region.

The key to success at 14 Wing is stability within the Long-Range Patrol and Search and Rescue communities that operate from the Base. As announced by Minister McKay last year, the Aurora fleet will continue to undergo its avionics systems and life extension project for the next several years with the aircraft expected to be replaced by 2020. The future for this

community is now solid as the Canadian Forces has a stated need for airborne surveillance both domestically and in support of deployed operations.

413 (Transport and Rescue) Squadron will continue to provide outstanding Search and Rescue (SAR) services for the East Coast of Canada. The future also looks bright for the SAR community as the project to replace the Hercules aircraft in the SAR role seems to have gained momentum in Ottawa.

Wing Operations, Logistics and Administration branches and 14 Air Maintenance Squadron will continue to provide exceptional support to keep our aircraft flying and Base operating like a well-oiled machine. In fact, towards the end of this year, the Wing will be sending close to one hundred support personnel overseas as part of its Mission Support Squadron



Colonel D.W. Joyce, CD, Wing Commander

and will continue to deploy personnel for various positions in Afghanistan as well.

With respect to new capabilities for the Wing, last year we stood up an Unmanned Aerial Vehicle (UAV) detachment that recently deployed to Kandahar with the new "Heron" UAV. In the next three years, the air force plans to stand up a UAV squadron, and 14 Wing Greenwood is one of the bases being considered as a location. This could potentially see a few hundred more military personnel and their families posted into the area, but I don't expect an announcement until 2010 at the earliest.

Over the next couple of years, the air force will be rebuilding the strength of its units, many of which have been depleted by our high operational tempo, a long period of reduced recruitment

in the 90's, and retirements. Accordingly, over the next few years, the Wing is looking forward to seeing an increase in the number of personnel posted into Greenwood from past years.

This year will also see the start of some new infrastructure projects, which include a new control tower, fire hall and health care facility for the Wing as part of the \$74 million federal government commitment that was announced in the fall of 2007 by the Minister of National Defence.

Thus, from my perspective the future is secure and very promising for 14 Wing Greenwood, its military and civilian personnel, and the local community with the potential for modest growth over the next several years.

On behalf of Wing Chief Warrant Officer Hamalainen, I wish you all a very happy and prosperous 2009.



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.

"Footloose"

West Kings District High School is gearing up once again for another spring musical with the hit Broadway show, "Footloose". Rehearsals have been underway since before the Christmas Break but some of the cast are seen here being taken through their steps for the title number with choreographer Katelyn Ettinger. The show will take place April 1 to April 4, 2009!



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Call For More Info or Drop In

STARTING SCHOOL in September 2009?

If you have or know of a child who will be starting school in **September 2009**, at **Kingston & District School**, please call the school as soon as possible at 765-7530.

Children **MUST BE five years of age** on or before **December 31st** in order to begin school in September.

French Immersion Information Night will be held on Wednesday, January 28th at 7:00 p.m.



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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.

Notes from the Dak

By: Wayne Bailey

Once again CFB Greenwood is home to a venerable old C47/DC3, known forever in the Canadian military as the Dakota or *Dak*. This particular example of the longest serving aircraft type in the Canadian Forces started life in 1944 on the Douglas Aircraft assembly line in Oakland, California. On completion in March of 1945 it was delivered to the USAAF and from there to the RAF as Dakota #KN451, probably part of the Lend Lease program. From there the aircraft was taken on strength by the RCAF's, Eastern Air Command, May 1, 1946, then to 426 Squadron Dartmouth N.S. on Oct 2, 1945. The next stop was here at Greenwood April of 1949 with tail #655 and saw service with 103 Rescue Unit and/or 103 Comm Unit. In 1952 it went to Camp Borden 2TTS as trainer 655B, then on to 6RD Dunnville Ont. in 1963. A year later, on Sep 28 1964, it came to rest as a static display at the Canada Aviation Museum (C.A.M.) in Ottawa Ont.

Negotiations to acquire 655B from the C.A.M. for Greenwood Military Aviation Museum began late in 2003, and in Jan 2004 the transfer was agreed to and preparations for the move began. By mid Sept. of 06 most of the aircraft had arrived here at Greenwood, a restoration crew was assembled and a survey of what would be needed for the restoration began. During the disassembly of the Dakota in Ottawa, the wing box was damaged beyond repair and the search for a replacement took 3 years when Joe McBryan of Buffalo Airways in Hay River N.W.T. donated a wing box to the project.

The restoration began in late 2007 with the majority of all the work and storage of the components taking place in 10 Hangar. In early 2009 the centre section wing box will be attached to the fuselage.

With the capable leadership of, at first Butch Fleury and later Eric Welin, things are beginning to take shape. Others involved include Bob McElman, Bob Fettes, Doc McKeil, Chuck Calder, Bob Dolomont, Russell Keddy, Bill Flynn and Wayne Bailey. Many thanks to LCol P.F. Garbutt, CO of 14 Air Maintenance Squadron and his people for their enthusiasm, and thank you also to the many others who have helped us get moving on this project. There have been many folks who have stopped by and related some great memories about this



great old bird.

A good motto for our future efforts will be Patience and Persistence.

More updates to come as progress is made.

Posted to Comox?
CALL ME!

Charlene Rowlandson

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Cell (250) 702-2224

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THE COUNTY OF KINGS**

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REQUEST FOR PROPOSAL

2009-2012 SLUDGE DISPOSAL SERVICES

Sealed proposals marked "2009 - 2012 Sludge Disposal Services" will be received up to **2:00 p.m. local time, February 5, 2009**. All submissions should be addressed to the Municipality of Kings County, Dept. of Engineering & Public Works, P.O. Box 100, Kentville, N.S. B4N 3W3.

The purpose of this proposal is to obtain unit rates for equipment, labor and materials for the removal and environmental acceptable disposal of sludge from the Greenwood Sewage Treatment Plant and the Regional Sewage Treatment Plant owed by the Municipality of Kings County. All materials will be supplied by the contractor.

Proposal documents may be viewed and obtained by bona fide General Contractor at the offices of the Municipality of Kings County, 87 Cornwallis St., Kentville, N. S., Monday to Friday from 8:30 a.m. to 4:30 p.m.

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

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March 1st I Quit!

There has never been a better time to give cigarettes "the boot"...

The March 1st I QUIT! Challenge is back!

It's that time of year again...

The annual March 1st I Quit! smoking cessation challenge is now underway. This challenge offers a chance for smokers to finally butt out and join the ranks of the majority of Canadians who are non-smokers.

How do you register?

The easiest way to register is to sign up online using the intranet website

<http://hull.mil.ca/health-sante/iQuit-jarrete/>

Alternatively, you can find out more info and print off a registration form (which you would need to submit into a drop-off box) from the internet website www.forces.gc.ca/health-sante/iQuit-jarrete/

There are drop-off boxes located at the 26 Health

Services front desk, Health Promotion (the gym) and the CANEX Retail Outlet. All drop-off boxes have hard copy brochures beside them for you to fill out and submit.

How do you win?

If you quit smoking 1 March 2009 and stay quit for that month, your name is entered in a draw for prizes. Non-smoking supporters (designated by the quitting smoker) are also eligible to win prizes.

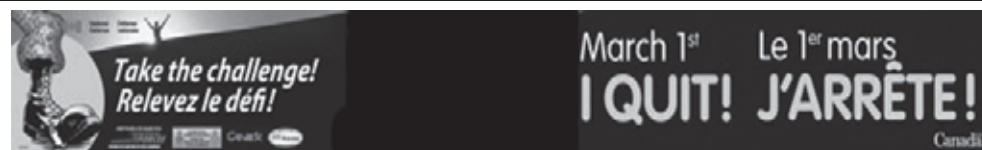
What can you win?

Besides winning better health... you could also win a prize. This year there is \$18 000 worth of prizes in CANEX gift cards including a top prize worth \$3000! Every base has a guarantee of at least 4 local winners. We are so thankful to CANEX and SISIP who have graciously provided these prizes.

What if you recently quit?

Smokers who have quit anytime since 1 September 2008 are also eligible.

Who is eligible for the



challenge?

The challenge is open to the DND team. Please see the website and/or brochure for eligibility criteria, rules, and more details. You can also contact Health Promotion, 765-1494 local 5388 if you have any questions.

So what are you waiting for?

There is no single thing that you could do that will improve your health so dramatically. Deadline to register is 28 February 2009.

Make 2009 the year you quit smoking! It's not easy, but it's "do-able". If you're ready to quit, take it on.

If you need help quitting and want to increase your

chances of quitting and staying smoke-free... the Health Promotion Butt Out program is always available in self-help and small group format. Call Health Promotion at 765-1494 local 5388 to make an appointment to register for this program or for more information.

Military Police Cops Corner

Submitted by:

**MS Steve Hitchon -
14 Wing MP Det**

As a new instalment to The Aurora Newspaper, the 14 Wing Military Police will be compiling and submitting the monthly statics for the Military Police Detachment. Listed are the more serious offences the Military Police

have dealt with during the month of December 2008. Please note that no names and/or military affiliation (when applicable) will be submitted:

- a. Theft under \$5000
- b. Assault with a weapon
- c. Theft under \$5000
- d. Theft under \$5000
- e. Accident with injury

- f. Desertion
- g. Weapon offences
- h. Assault

If you have any information that may assist the Military Police in any ongoing investigation, or you wish to report an incident, please feel free to contact the Military Police at 765-5111.

Correction Notice

An error occurred in the Atlantic Ford Dealers "You Deserve the Best" print advertisement featuring Escape, F-150 and Focus which ran in Newspapers January 10 to January 18, 2009. The error occurred in the legal disclaimer copy at the bottom of the advertisement.

The 2009 Ford Escape XLT I4 FWD was incorrectly advertised with a Canadian Delivery Allowance of \$2189 and a Down Payment of \$0. These numbers were switched and should have read: Down Payment of \$2189 and Canadian Delivery Allowance of \$0.

The overstatement has now been corrected. We sincerely apologize for any inconvenience it may have caused you.

YOUR ATLANTIC FORD DEALERS ASSOCIATION

Sports Trivia

By: Bill Sheridan

1. In golf how many strokes per hole are given as putts to end up with par?
2. What is the most prestigious Golf tournament and where is it played?
3. Where is the Canadian Open normally held?
4. Name five parts of a golf hole?
5. What is an eagle in golf terms?
6. What do you call three and four strokes under par?
7. What is another term used for double bogey?
8. When a player opens the club face on a chip shot to get the ball to fly over an obstacle and stop quickly when it hits the ground, is called what?
9. In which direction does a slice travel?
10. It is not allowed by the rules and not supposed to be practiced in tournaments. What is it?
11. What does the word par stand for?
12. What is a whiff?
13. What is the section of the clubhead that is attached to the club shaft.
14. What was so special about Alan Shepard 6 iron, 200 yard shot in 1971?
15. What was the first Gold Club in Canada?
16. Where is the Canadian Golf Hall of Fame?
17. Who is the only Canadian to win the Masters?
18. What course is renown as the home of golf?

19. How many holes were on the 'Old Course'?
20. Where is Brickyard Crossing Golf Course?

Answers:

1. Two
2. Masters in Augusta, Georgia.
3. Glen Abbey in Oakville, lately has moved around the country.
4. Tee Box, Fairway, rough, hazards and green.
5. Two strokes under par.
6. Albatross and Condor or double and triple eagle.
7. Buzzard.
8. A flop shot.
9. Right hand shot, it is left to right, for a lefty its right to left.
10. Mulligan. (Do over)

11. Professional Average Result.
12. An attempt to strike the ball where the player fails to make contact with the ball. A whiff must be counted as a stroke
13. Hosel
14. It was on the moon.
15. Royal Montreal Golf Club.
16. At Glen Abbey, in Oakville.
17. Mike Weir
18. The Old Course at St Andrews
19. 22, but the first four were played out and in, then the golfers decided that the first four holes, and therefore also the last four holes, were too short and that they should be made into two holes each instead of four. Thus the 18.
20. Part of the Indianapolis speedway area.

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.

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

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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



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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 épreuve 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 soumise 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:

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

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C.P. 99
Greenwood, N.-É.
B0P 1N0**



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

Greenwood Military Family Resource Centre Make-Over

Submitted by: Margaret Reid, Executive Director at 765-5900

Our recent visitors will have noticed that we've been a beehive of activity here at the GMFRC over the past few weeks. In addition to our regular visitors, we've had a wonderful team of painters, electricians, and carpenters

help us make some changes that we've been asking for to allow us to improve service to our 14 Wing families.

One nice addition has been the windows allowing parents to watch their children learn & play in our ECE and Childcare rooms, without the children knowing you are there!

Our Reception area is in the process of being made-over and we're excited about this necessary change. It required a lot of prep work before we were able to cut the big hole in the wall. Trust us – it's going to be so much better for all of us! We had a great team of volunteers show up last week to move

the big pieces of equipment for us. We hope you guys realize how very much we appreciated your hard work. To the Training Standards Flight AVS 08/04 class, you guys were awesome! Thanks to MCpl Ted Reid for bringing the team and to Sgt Dwayne Fox for allowing these great guys to help. We'd

also like to thank MCpl Norman Wredenhagen and Cpl Benoit Verville for their assistance and ongoing support. This was a job that seemed insurmountable to us, so you are our heroes.

We invite our community to stop by to see our changes. And remember it is cookie-gram time –

guaranteed to earn brownie points with your valentine if you send a cookie-gram. Call 765-5611 for info or look for details in this issue of The Aurora newspaper.

Thank you to our Wing Commander for the ongoing support allowing us to upgrade our Centre and improve services to our community.



TSF AVS 08/04 class - our moving heroes!
(Photo: Margaret Reid)



GMFRC staff in what will eventually be our Reception window.
(Photo: Margaret Reid)

Ski Martock Family Fun Trip

**By Brendan Loughnane
Youth Recreation Worker**

Hello everyone we have the dates, rates and times and we are ready for you to start signing up. The trip will take place on Sunday February 22nd. Transportation will be provided. The bus will depart from the Community Centre at

8:4 a.m. and will be arriving back here at approximately 5:00 p.m. The rates are as follows:

Package #1 - Full Equipment Rental, Lift Ticket and Lesson - \$24.00

Package #2 - Lift Ticket and Lesson - \$14.00

All who wish to attend must pre-register here at the Community Centre and be a

Recreation Card Holder. We only have so many seats on the bus so it will be based on a first come first serve basis and you must sign up by Thurs Feb. 19th.

Please note that this trip will have limited supervision, therefore, each participant is

responsible for his or her own well-being. For youth who wish to attend this trip they must have their parent or guardian give permission to attend. Any youth who are 12 years of age or younger must be accompanied by an adult (over the age of 18).

"Morse Auto Centre"

Skater of the Week:

Name: Audrey Duquette

Age: 7 1/2

School: Ecole Rose des Vents

Grade: 2

Skating Level: Junior

StarSkater

Coach: Cheryle Gaston

Started Skating: 4 years old

Highest Tests Passed:

CanSkate Level 6 and Dutch Waltz dance test

Favourite Figure Skater:

Elizabeth Manley

Favourite Part of Skating:

Everything

Other Hobbies: Skipping rope and trampoline.



**THE MUNICIPALITY OF
THE COUNTY OF KINGS**

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

PUBLIC MEETING

TELECOMMUNICATION TOWERS (File 08-20)

A PUBLIC MEETING will be held on MONDAY, FEBRUARY 9, 2009 at 7:00 p.m. in the Council Chambers of the Municipal Complex, 87 Cornwallis Street, Kentville, NS. The meeting is intended to provide an opportunity for the public to ask questions and comment on an application from Eastlink for the siting of 6 Telecommunication Towers in Kings County. The proposed tower locations are Lake George, Forest Home, Lakeview, Victoria Harbour, Whites Corner and Harbourville. In case of a storm, the meeting will be held on Wednesday, February 11, 2009 at the same time and location.

Further information may be obtained by contacting Dawn Sutherland, Planner, at 678-1472 or by email at dsutherland@county.kings.ns.ca.

Any interested persons who wish to speak on the matter are invited to attend and make their opinions known. Written submissions may be directed to Dawn Sutherland, Planner, Municipality of the County of Kings, PO Box 100, Kentville NS B4N 3W3 or by email at dsutherland@county.kings.ns.ca.

Dated at Kentville, January 14, 2009

Tel: (902) 678-1472 Fax: (902) 679-0911
Local from Kingston & Greenwood: (902) 847-3051
www.county.kings.ns.ca



**THE MUNICIPALITY OF
THE COUNTY OF KINGS**

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LOOKOFF 2030

HAVE YOU EVER WONDERED WHAT KINGS COUNTY WILL BE LIKE IN 25 YEARS?

WOULD YOU LIKE TO BE INVOLVED IN SETTING THE DIRECTIONS AND PRIORITIES WHICH WILL ENSURE THAT KINGS COUNTY REMAINS A GREAT PLACE TO LIVE, WORK AND PLAY?

IF YOU ANSWERED "YES" TO THESE QUESTIONS, THE CHANCE TO HAVE YOUR OPINION HEARD IS HERE.

THROUGH ITS LOOKOFF 2030 INITIATIVE, THE MUNICIPALITY OF KINGS INTENDS TO ESTABLISH A LONG TERM VISION TO GUIDE DECISION MAKING FOR THE NEXT 20-25 YEARS.

A COMMUNITY QUESTIONNAIRE, WHICH IS NOW AVAILABLE FOR ALL RESIDENTS TO COMPLETE, WILL BE AN IMPORTANT STEP IN DETERMINING WHAT THESE DIRECTIONS AND PRIORITIES SHOULD BE.

THIS QUESTIONNAIRE MAY BE FOUND ON OUR MUNICIPAL WEBSITE AT
WWW.COUNTY.KINGS.NS.CA/LOOKOFF2030
OR CAN BE MAILED TO YOU BY CALLING 690-6191.

EVERYONE WHO COMPLETES THE SURVEY WILL BE ELIGIBLE FOR A PRIZE DRAW OF A DINNER FOR TWO.

PLEASE MAKE SURE THAT YOUR OPINION IS PART OF OUR FUTURE PLANNING!

THE DEADLINE FOR SUBMITTING SURVEYS IS FEBRUARY 15, 2009.

Tel: (902) 690-6191 Fax: (902) 679-0911
Local from Kingston & Greenwood:
(902) 847-3051
www.county.kings.ns.ca

Nova Scotia Health

Seniors' Pharmacare Program

The provincial drug coverage plan that helps Nova Scotia seniors with the cost of prescription drugs.

It is time to renew your enrollment in the Seniors' Pharmacare program. Please look for renewal packages in your mailbox.

This year, there will be a reduction in the co-payment per prescription to 30% of the cost of each prescription, effective April 1. The annual maximum premium (\$424) and annual maximum co-payment (\$382) will not increase.

Depending on your income, or if you are receiving the Guaranteed Income Supplement (GIS), you may be eligible for premium exemptions or reductions.

To learn more about the program, or to update your information, please call toll-free at 1-800-544-6191 or visit our website at www.nspharmacare.ca

New program year begins April 1, 2009.

NOVA SCOTIA
Health
www.nspharmacare.ca



Generations of NOVA SCOTIANS LIVING WELL.

Le 1er mars J'ARRÊTE!

C'est le moment ou jamais « d'écraser »....

Le défi « Le 1er mars J'ARRÊTE! » est de retour!

Voici revenu le moment de l'année....

La campagne annuelle Le 1er mars J'ARRÊTE bat son plein. Ce défi offre aux fumeurs la possibilité d'écraser enfin la cigarette et de joindre les rangs de la majorité des Canadiens qui ne fument pas.

Comment s'inscrire?

La manière la plus facile de s'inscrire est d'ouvrir une session en ligne à l'aide du

site Intranet

<http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/>.

OU bien, vous pouvez obtenir de plus amples renseignements et imprimer un formulaire d'inscription (que vous devrez déposer dans une boîte de dépôt prévue à cette fin) en visitant le site Internet : www.forces.gc.ca/health-sante/iquit-jarrete/.

Des boîtes de dépôt sont situées à la réception du 26e Centre des services de santé, au bureau des Services de

promotion de la santé (au gym) et au point de vente au détail de CANEX. À côté des boîtes de dépôt, vous trouverez des brochures imprimées que vous pouvez remplir et envoyer.

Comment gagner?

Si vous cessez de fumer le 1er mars 2009 et que vous résistez à l'envie de fumer durant tout le mois, votre nom sera inscrit pour un tirage où des prix sont attribués. Les parrains ou marraines (désignés par la personne qui cesse de fumer) sont également

admissibles au tirage.

Que pouvez-vous gagner?

En plus d'améliorer votre santé... vous pouvez également gagner un prix. Cette année, les cartes-primés CANEX sont d'une valeur de 18 000 \$ et la valeur du premier prix est de 3 000 \$! Chaque base est assurée d'avoir au moins quatre gagnants locaux. Nous remercions également CANEX et les Services financiers du RARM qui ont offert gracieusement ces prix.

Et si vous avez cessé de

fumer récemment?

Les fumeurs qui ont cessé de fumer à un moment ou l'autre depuis le 1er septembre 2008 sont également admissibles au tirage.

Qui peut participer au défi?

Le défi s'adresse à l'équipe du MDN. Veuillez consulter le site Web ou la brochure pour connaître les critères d'admissibilité et les règles, et obtenir davantage de renseignements. Si vous avez des questions, vous pouvez également communiquer avec le bureau des Services de promotion de la santé au 765-1494 poste 5388.

Alors, qu'attendez-vous?

C'est la meilleure chose que vous pouvez faire pour améliorer autant votre santé. Vous avez jusqu'au 28 février 2009 pour vous inscrire.

Faites de 2009 l'année où vous aurez cessé de fumer! Ce n'est pas facile, mais vous pouvez y parvenir. Si vous voulez vraiment arrêter de fumer, alors, saisissez l'occasion.

Si vous avez besoin d'aide pour cesser de fumer et que vous voulez accroître vos chances de cesser et de persévérer dans cet état... vous pouvez toujours participer individuellement (autoassistance) et en groupe au programme « Écrasez-la » des Services de promotion de la santé. Appelez le bureau de promotion de la santé au 765-1494 poste 5388 pour prendre rendez-vous et vous inscrire au programme ou pour obtenir de plus amples renseignements.

GMFRC • Feature of the Week

Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-1811 or 765-5611

Connecting Friends

Connecting Friends meets every Wednesday from 9:30 to 11:30 am at the GMFRC, open to the public. Childcare is available through the Drop In Childcare Program. For more information or to schedule childcare please call 765-5611.

January Activities

Wednesday January 28, 2009

Vision Boarding: This activity is designed to complement your goal planning, and serve to build long-term motivation and vision. Come, bring old magazines and scrap booking materials to share with the group and make your vision REAL!

Wednesday February 4, 2009

Open Group: Come for the conversation and the chance to connect with other women in your community.

Wednesday February 11, 2009

Join your community members for "Uplift: Families on the Wings of Hope". A full day interactive presentation on domestic violence, hope and recovery, and community resources. Watch The Aurora Newspaper for more information, or call 765-1494 ext 5388. Lunch and snacks provided.

CUCINA AURORA



Stir-Fried Asparagus Mushrooms

The rich flavour of oyster sauce pairs well with these vegetables.

1 Tablespoon Sesame oil	1/4 pound Mushrooms, sliced
1 Tablespoon Vegetable oil	1/4 cup Oyster sauce
3/4 pound Asparagus (fresh),	1 1/2 teaspoon Garlic, minced
trimmed and cut into	
1 1/2 -inch pieces	

Heat the two oils in a skillet over medium-high heat. Add the asparagus, garlic and mushrooms. Stir-fry for 1 minute. Add the oyster sauce and cook for 3 minutes longer. Serve warm. Serves 4.

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.

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 - \$1.50; 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 19th: Beef Noodle Soup 1.75 • Chicken Burger with Lettuce & a

Slice of Tomato 2.50 • Toss Salad 1.50 • Pudding 1.00

Jan 20th: Chicken Noodle Soup 1.75 • Chili & a Roll 2.50 • Sloppy Joes

Served with Corn 2.50 • Caesar Salad 1.50 • Apple Slices 1.00

Jan 21st: Corn Chodwer 1.75 • Baked Ham & Potato Wedges 2.50

• Fruit Cocktail 1.00

Jan 22nd: Chicken Rice Soup 1.75 • Macaroni & Hamburger 2.50

• Baked Potato 1.25 • Toss Salad 1.50 • Watermelon 1.00

Jan 23rd: Minestrone Soup 1.75 • Pizza Subs with Apple Slices 2.50

• Yogurt Tube 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

KINGSTON & DISTRICT SCHOOL

school lunch menu

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

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's Pie; Tues: Lasagna;

Wed: Fish Wedge's & Veggies; Thurs: Chicken Burgers; Fri: Nacho & Cheese

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





FUNDY FORD SALES LIMITED

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 Toll Free: 1-800-565-6372



Your Atlantic Ford Dealers think you deserve the best.

Quality*

Automotive Excellence award in the workhorse category from Popular Mechanics magazine.

Fuel-economy***

2009 F-150 with Super Fuel Economy package gets 29 mpg 9.6L/100km (hwy) 20 mpg 14.3L/100km (city).

Safety*

"America's Safest" full size pick-up. NHTSA National Highway Traffic Safety Administration

And our BEST LEASE OFFERS on the All New 2009 Ford F-150 SuperCab XLT 4x4.

Motor Trend's Truck Of The Year.™



Lease for
\$489[†]

Per month for 48 months with
NO Security Deposit

Or get the 4-door
 F-150 SuperCrew XLT 4x4
 for only **\$30** more
 per month.



Model shown with XTR package.

PLUS get low rate financing and up to **\$6000**** towards the purchase of ALL new 2009 Ford F-150's.

"Top Safety Pick"
 from the Insurance Institute
 for Highway Safety

"Residual Value" award from
 Automotive Leasing Guide (ALG)*
 For retaining the highest percentage of its original price
 among 2009 full-size light duty pickups at the end of a
 conventional three-year lease, based on ALG projections.

"Best Overall
 Half-ton Pickup" from
 PickupTrucks.com†

Hurry in Today.

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

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Bill Sampson, President



Reg Gaul



Scott Adsett



Heather Veinot
 General Manager



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.

** Get \$6,000 towards the purchase of any new 2009 Ford F-150 model. Receive \$6,000 price adjustment (\$5000 delivery allowance + \$1000 Conquest Purchase/ or Ford Mercury Lincoln or Volvo owner purchase loyalty) on the cash purchase or purchase finance of any new 2009 Ford F-150 full-size truck. Factory order may be required. † Lease a new 2009 Ford F-150 SuperCab XLT 4x4 (non XTR package)/ SuperCrew XLT 4x4 (non XTR package) for \$489/\$519 per month for 48/48 months with \$0/\$0 down payment (includes \$5,000/\$5,000 Canadian Delivery Allowance and \$2,150/\$2,000 dealer contribution) per month based on a 48/48 month lease at an annual lease rate of 4.99%/4.99% from Ford Credit to qualified lessees, on approved credit. Total lease obligation is \$23,472/\$24,912 (plus freight \$1,350 & air tax \$100). Some conditions and a mileage restriction of 80,000/80,000 km over 48/48 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. *** Fuel economy is based on Ford's new Superior Fuel Efficiency (SFE) package, available on the 2009 F-150 SuperCrew XLT 4x4 with a 4.6-litre, 3-valve V-8 engine. 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. †† Top Safety Pick from the Insurance Institute for Highway Safety (IIHS) based on best-of-class 5-star frontal and 5-star side impact ratings the new 2009 F-150 received. ††† "America's Safest full-size pickup" quoted from the National Highway Traffic Safety Administration's (NHTSA) historical 2009 model five-star crash test ratings report. * "Residual Value" award from Automotive Leasing Guide (ALG) for the 2009 Ford F-150 retaining the highest percentage of its original price among 2009 full-size light duty pickups at the end of a conventional three-year lease, based on ALG projections. † The 2009 Ford F-150 was awarded "Best Overall Half-ton Pickup" from PickupTrucks.com. 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 FDC: 1595 Bedford Highway, Bedford, Nova Scotia B4A 3Y4.

Youth Happenings at the 14 Wing Community Centre

**By: Brendan Loughnane
Youth Recreation
Worker**

Hello everyone it's hard to believe that February is almost here. Pretty soon we will be able to hang up our winter coats for good - or at least until the next season! February is going to be a busy month too

with lots of fun stuff to do like our trip to Ski Martock, Winter Carnival and lots more. The calendars will be out soon so make sure you don't forget to come down and pick one up. Meanwhile here is what's going on this week at the Community Centre.

Boyz Club
Wednesday January 28th 2009
Dodge ball with the Active Chicks!
6:00 - 7:30 p.m.
Hey boys this week we are going to be meeting up on Wednesday instead of Monday so we can play some dodge ball with the Active Chicks. You can meet here at the C.C and make sure you remember the 5 D's of dodge ball, dodge, duck, dip, dive and dodge. I can't wait. See you all there.

Teen Activities
Tuesday January 27th 2009
Bowling
6-7:30 p.m. Cost \$2.00 each
Hey teens this week we are heading down to the bowling alley downstairs at the C.C. Its two dollars each. So come on out and bring a friend. It should be a fun night.
Active Chicks
Wednesday January 28th,

Youth Centre Drop in Hours		
	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

2009
Dodge Ball with the Boy's Club
6:00 – 7:30 p.m.
Active Chicks are challenging the Boyz Club tonight in a huge game of Dr. Dodge ball, we'll see who the best dodgers are! We'll start the night with some awesome tag games to get everyone warmed up and than blast into boys against girls Dodge Ball! See you Wednesday night!

**Family Snowshoeing
Event**
Friday January 30th 2009
3:30-5:30 p.m.
Meet at the 14 Wing Golf Course
Hello everyone why don't you Take the Roof Off Winter and come on down to the 14 Wing Golf Course with your family. The fun starts at 3:30 p.m. You can take a hike around the course on some snowshoes and challenge yourself with

some fun trivia question at each hole. The MFRC will also be providing a Sleigh Ride for all families during the 3:30 – 5:30 p.m. time slot. Hope to see you all 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 weeks Movie is TBA.

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 Max Payne. This movie is rated PG-13. Max Payne is a rebel cop who sets out to avenge the death of his family. While investigating the murders Max finds himself facing enemies that are beyond this world.

**KINGSTON RECREATION
OLDER ADULT FITNESS
PROGRAM.**

WHO? : Any Older Adult 50 +.

WHAT? : Fun & social low impact aerobic activity program.

WHERE? : Kingston Lion's Hall downstairs.

WHEN? : Tues/Thurs 10am - 11am

Beginning Thurs. Jan 22nd

Cost: Winter/Spring Session \$30.00/person

Try one session for free & bring a friend

Sign up at the Village Office or give us a call at 902-765-2800.

Notice: Safety Recall

Avis : Rappel de sécurité

Hotwash™ Windshield Washer Fluid Heater

Canadian Tire and PartSource are voluntarily recalling the the Motomaster HotWash Windshield Washer Fluid Heater (**Canadian Tire product number 21-0020-2**) and the HotWash Windshield Washer Fluid Heater (**PartSource product number 021-0022-8**). Due to a manufacturing defect the unit may overheat and smoke posing a potential safety concern.

While there have been no reported incidents causing injury, Canadian Tire and PartSource are asking customers to discontinue use of this product immediately and to return the product to their local Canadian Tire or PartSource store for a full refund.

How to identify the product:

Canadian Tire product number: 21-0020-2
PartSource product number: 21-0022-8



Chaudière-liquide lave-glace Motomaster HotWash

Canadian Tire procède au rappel volontaire du chauffe-liquide lave-glace Motomaster HotWash (**numéro de produit 21-0020-2**). En raison d'un défaut de fabrication, l'unité peut surchauffer et dégager de la fumée, posant un risque pour la sécurité.

Bien qu'aucune blessure n'ait été signalée, Canadian Tire demande à ses clients de cesser immédiatement d'utiliser ce produit et de le retourner à un magasin Canadian Tire pour obtenir un remboursement complet.



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,**

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

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 behaviors and how they significantly impact on their dealings with others; • Develop better communication skills;

Identify types of difficult persons/behaviors; • 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 behaviors and situations.**ELIGIBILITY:** All civilian or military members of the Defence Team**TUITION:** No Cost**REGISTRATION REQUIRED:** Contact your Unit Training Coordinator**Excel 2003 Level 2****DATE: 2 Feb 2009, 0830-1530 hrs****DURATION:** 1 Day**COURSE DELIVERY:** Contractor**COURSE LOCATION:** Learning and Career Centre; Birchall Training Centre**OBJECTIVES:** To successfully attain the intermediate level in Excel 2003 proficiency.**CONTENT:** Course includes: • Introduction to more functions and formulas • Creating and working with Charts • Working

with Lists • Working Excel into other programs

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**Word Level 1****DATE: 3 Feb 2009, 0830-1530 hrs****DURATION:** 1 Day**COURSE DELIVERY:** Contractor**COURSE LOCATION:** Learning and Career Centre; Birchall Training Centre**OBJECTIVES:** To successfully attain level 1 in Word 2003 proficiency.**CONTENT:** Course includes: • The fundamentals of MS Word 2003 • Working with and Editing Text • Formatting Characters and Paragraphs • Formatting Pages • Working with Tables**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**Exploring The Leader In You****DATE: 4-5 Feb 2009, 0830-1530 hrs****DURATION:** 2 days**DELIVERY:** Caroline Couture, Learning Advisor**COURSE LOCATION:**

Learning and Career Centre; Birchall Training Centre

LEARNING OBJECTIVES: One of the challenges DND faces in the near future is the gaps that will exist in our management cadre as our aging workforce enters retirement. It is critical that we start now to identify and develop our future managers. This course was developed specifically for DND to help participants explore what it means to be a leader and whether this is a path they wish to pursue.**DESCRIPTION:** This self-exploratory course will help participants determine if they wish to pursue a leadership role, whether it be at work or on a more personal level within their community. Participants

will be exploring their values, their preferred style of problem solving, as well as their leadership style and how to balance work and personal life. Benefits to participants include the following. Participants will: • Be more decisive about their leadership role • Be aware of how developmental experiences contribute to their leadership effectiveness • Be aware of how energizing learning experiences contribute to their development • Hear stories of leadership excellence • Leave with a clear plan for their leadership vision • Be able to direct their leadership education

Participants will be aware of: • DND's approach to leadership development • The

Center for Creative Leadership's model for Leadership Development • Their own values • Their preferred leadership roles • Balancing work and life • The way they respond to change • The three stages of the change process • Their learning approach • How to move towards the preferred future for their leadership vision • Left and Right brain thinking • Their leadership vision.

WHO SHOULD ATTEND? Individuals who are not currently in leadership positions but may want to consider this as a career path.**ELIGIBILITY:** Military and civilian members of the Defence Team. No prerequisites.**COURSE LOADING:** Maximum 16 participants**TUITION:** No cost**REGISTRATION REQUIRED:** Contact your Unit Training Coordinator


ANNUAL WINTER

Shoe Blitz

SAVE ON TOP BRANDS, PRICES SLASHED

30-70% off

4 DAYS ONLY

JANUARY 29 TO FEBRUARY 1

A Family Tradition

Maxwell's
Quality Footwear
Since 1993

&

Cleve's
Source
for sports.

HAVE TEAMED UP IN CENTRE COURT!

GREENWOOD MALL

Shop : Monday-Friday 9:30 - 9 • Saturday 9:30 - 6 • Sunday 12:00 - 5

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 businessFor 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



Baddeck 1

The *Baddeck 1* represents the first aircraft built in Canada. After the Aerial Experiment Association had successfully flown a powered aircraft, the partnership dissolved. Casey Baldwin and J.A.D. McCurdy formed the Canadian Aerodrome Company, with help from Alexander Graham Bell, in an effort to create an indigenous aircraft industry. Their first aircraft was the *Baddeck 1*, an improved version of the *Silver Dart*. At the same time, the parts for a second aircraft were prepared, which became the *Baddeck 2*.

Among the innovations made to the *Baddeck 1* were double surfaced wings thereby reducing drag. The rubberized silk balloon cloth of the *Silver Dart* was replaced with a No. 10 grade cloth used on sails for yachts. This reduced the weight of the wings while still being waterproof and resistant to rot. The *Baddeck 1* also sported an improved engine and a radiator built so that it provided lift.

After the *Silver Dart* was destroyed in experiments at Petawawa on 4 August 1909, the *Baddeck 1*, which had also been shipped to Petawawa, was assembled and used in the tests. When it flew on 12 August, it represented the first flight of a Canadian-made powered aircraft. McCurdy, however, had trouble controlling the aircraft with the result that it "slid backwards", in effect stalled, damaging the trailing edges of the lower wing after which it was returned to Bell's facilities at Baddeck.

In June 1910 the modified *Baddeck 1* was shipped to Montreal to participate in the Montreal Air Meet, the first of its type in Canada. The improvements included ailerons mounted between the wings, a biplane tail as added and the cambered front elevators replaced by flat ones. McCurdy attempted flights on 27 and 28 June, crashed on 30 June, damaging the aircraft.

Le Baddeck 1

Le *Baddeck 1* est le premier aéronef construit au Canada. Après le vol réussi d'un avion à moteur effectué par l'Aerial Experiment Association, ce partenariat est dissous. Casey Baldwin et J.A.D. McCurdy fondent ensuite la Canadian Aerodrome Company, avec l'aide d'Alexander Graham Bell, dans le but de créer une industrie aéronautique locale. Leur premier avion est le *Baddeck 1*, une version améliorée du *Silver Dart*. Parallèlement, on construit les pièces d'un deuxième avion, qui deviendra la *Baddeck 2*.

Parmi les innovations que comporte le *Baddeck 1*, mentionnons des ailes à double revêtement, ce qui réduit le frottement. La soie pour ballons caoutchoutée du *Silver Dart* est remplacée par du tissu de catégorie n° 10 utilisé pour les voiles de yachts. Ce matériel permet de réduire le poids des ailes tout en étant étanche et résistant à la pourriture. Le *Baddeck 1* est aussi doté d'un moteur amélioré et d'un radiateur construit de façon à fournir de la portance.

Après la destruction du *Silver Dart* lors d'expériences menées à Petawawa le 4 août 1909, le *Baddeck 1*, également expédié à Petawawa, est assemblé et utilisé pour les essais. Le 12 août se déroule le premier vol à être effectué par un avion à moteur fabriqué au Canada. Cependant, McCurdy a du mal à maîtriser l'avion et celui-ci « glisse vers l'arrière »; en fait, il cale, ce qui endommage les bords de fuite de l'aile inférieure. L'avion est ensuite renvoyé aux installations de Bell, à Baddeck.

En juin 1910, le *Baddeck 1* modifié est expédié à Montréal pour participer à la Montreal Air Meet, première réunion de ce genre au Canada. Parmi les améliorations apportées, on compte des ailerons montés entre les ailes, l'ajout d'une queue de biplan et le remplacement des gouvernes de profondeur frontales par des gouvernes plates. McCurdy tente d'effectuer des vols les 27 et 28 juin et s'écrase le 30 juin, endommageant l'appareil.



Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

Submitted by: Bryan Nelson, Executive Director, Canadian Aeronautical Preservation Association

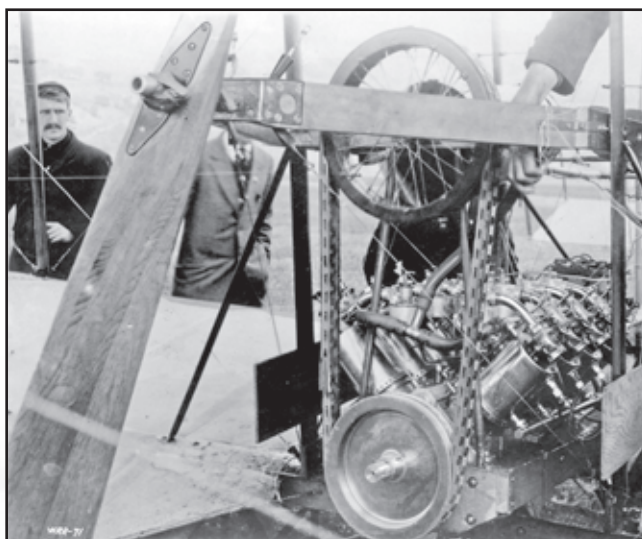
CAPA

THE CANADIAN AERONAUTICAL PRESERVATION ASSOCIATION INC.



L'ASSOCIATION CANADIENNE DE CONSERVATION AERONAUTIQUE INC.

ACCA



Silver Dart Engine



The Silver Dart

The *Silver Dart* was the first powered aircraft to fly in Canada, taking off from the ice of Baddeck Bay on 23 February 1909. The effort of the Aerial Experiment Association that included Alexander Graham Bell, Casey Baldwin, J.A.D. McCurdy, Glenn Curtiss and Thomas Selfridge, the name "*Silver Dart*" was chosen by McCurdy because of the silver colour of the balloon silk used to cover the wings.

The *Silver Dart* was the fourth AEA aircraft, employing lessons learned from the previous three efforts. The new aircraft incorporated larger ailerons, improved center of gravity balancing and non-porous fabric for the wings. The *Silver Dart* was one of the first aircraft to employ ailerons, a technology that was employed simultaneously in France.

On 23 February, the *Silver Dart* flew a distance of about 800 metres (2640 feet) at an estimated speed of 64 km/h (40 mph) and at heights of up to 10 metres (30 feet). A flight around Baddeck Bay on 24 February was about 7.2 kms (4.5 miles) in length. After its milestone flight of 23 February, the *Silver Dart* made more flights, some of which were over 12.8 kms (8 miles) in length and involved circular routes, with flying times up to 20 minutes.

The *Silver Dart* was also used for experiments at Petawawa on 2 August 1909 in which McCurdy attempted to show the Militia the potential of aircraft. Unfortunately, on its fourth flight, on 4 August, the *Silver Dart* caught a wheel in the soft Petawawa sand causing the aircraft to twist and catch the starboard wing, destroying the aircraft.

Le Silver Dart

Le *Silver Dart* est le premier avion à moteur à voler au Canada, lorsqu'il décolle sur la glace de Baddeck Bay le 23 février 1909. C'est le résultat des efforts de l'Aerial Experiment Association (AEA), qui comprend Alexander Graham Bell, Casey Baldwin, J.A.D. McCurdy, Glenn Curtiss et Thomas Selfridge. Le nom *Silver Dart* est choisi par McCurdy en raison de la couleur argent de la soie pour ballons utilisée pour couvrir les ailes.

C'est le quatrième appareil construit par l'AEA, à l'aide des leçons tirées des trois premières initiatives. Le nouvel avion comporte des ailerons plus larges, un meilleur équilibre du centre de gravité et un tissu non poreux pour les ailes. Le *Silver Dart* a été un des premiers avions qui emploiera des ailerons, une technologie utilisée simultanément au France.

Le 23 février le *Silver Dart* a volé 800 mètres (2640 pieds) à une vitesse d'environ 64 km/h (40 mph) et à une élévation jusqu'à 10 mètres (30 pieds). Un vol autour de Baddeck Bay le 24 février couvrit environ 7,2 kms (4,5 milles). Après le vol historique du 23 février, le *Silver Dart* effectue plusieurs vols, dont certains s'étalent sur plus de 12,8 km (8 milles) et comportent des parcours circulaires, avec une durée de vol allant jusqu'à 20 minutes.

Le *Silver Dart* est également utilisé pour diverses expériences à Petawawa, le 2 août 1909, au cours desquelles McCurdy tente de montrer à la Milice le potentiel de l'avion. Malheureusement, lors de son quatrième vol, le 4 août, l'une des roues s'enlise dans le sable mou de Petawawa, ce qui entraîne une torsion de l'avion, des dommages à l'aile droite et finalement la destruction de l'appareil.





Winter Carnival Corner • Feb 26-28

Vintage Wings 2009 Winter Carnival Coins for Sale

By purchasing your Commemorative Centennial of

Flight coin for only \$10.00, you will have access to all of the Winter Carnival Events such as: two dances, pancake breakfast, Lip Sync Contest, a movie at the

Zedex and much more. As well, your name will be entered in a draw for a chance to win: 1st Prize-46" Sony High Definition Television, 2nd Prize-Sony Home Wireless Theatre

System, 3rd Prize-\$500.00 CANEX gift certificate.

You can purchase your coin by contacting:

Judi Beshara - 1543
Cpl Tammy Kline - 5897

Sgt Alfred Fagan - 1997
Capt John Bernardi - 3058
MCpl Lois Tobin - 5528
Sgt Walter Peckham - 3297
Keith Pinkerton - 5440
...or by visiting the

following location:
Community Centre • Military Aviation Museum • F&S Centre • Annapolis Mess • MFRC
Please ensure you get your lucky number and good luck!

The Aircraft of Winter Carnival 2009 "Vintage Wings"

By Capt John Bernardi

In keeping with Winter Carnival 2009's theme "Vintage Wings", each of the four teams selected an aircraft to represent their team.

The teams will display the warrior spirit of the aircraft representing them as well as the era in which they operated.

All of these aircraft played an important role in the history of the Royal Canadian Air Force (RCAF) and, later, the Air Command of the Canadian Forces.



The Spitfire
(Civilian Team, 1940s)

The Spitfire was a single seat fighter aircraft, flown by Canada during the Second World War. It can be identified by its distinctive elliptical wing design and the 6 exhaust pipes on either side of the nose from a Rolls Royce V12 Engine. 14 RCAF Squadrons operated the Spitfire. The Greenwood Military Aviation Museum has a Spitfire on site, as well as a few great pieces of artwork, showing the Spitfire in action. The word "Spitfire" refers to a fiery and ferocious type of person, dating back to Elizabethan times. The Civilians of 14 Wing will be exemplifying that 1940s "Spitfire" spirit throughout the Winter Carnival.



The Golden Hawks
(Junior Ranks' Mess, 1950s)

The Golden Hawks were an aerial display team (just like today's Snowbirds) formed in 1959 to celebrate the golden anniversary of flight in Canada. The Golden Hawks flew 6 gold-coloured F-86 Sabre 5 Fighters. The Sabre was flown by 12 Squadrons in the early days of the Cold War from 1949 to 1962 as the RCAF frontline day fighter. Renowned as one of the finest aerobatic teams in the world, they performed at 317 air shows in their 5 year run, thrilling 15 million people across North America. The Junior Ranks of 14 Wing will be aiming to duplicate the success of their namesakes during the Winter Carnival.



The Lancaster (Officers' Mess, 1960s)

Originally the main RAF and RCAF WWII Heavy Bomber, the mighty Lancaster flew out of Greenwood from 1949 to 1955 in the Maritime and Arctic Reconnaissance role with 405 and 404 Squadrons. Two of the most famous Canadian Victoria Cross winners, Ian Willoughby Bazalgette and Andrew Mynarsky, were crew members on the Lancaster, and there has been a Lancaster named after both. The Mynarsky Lancaster was restored and was a regular at air shows across Canada until the 1990s. The Lancaster had a larger payload capability than the American B-17, and was known as the most successful Second World War night bomber. The Officers will look to match that success, and in the Pathfinder tradition, lead the way to Winter Carnival glory.



The Argus (Warrant Officers' & Sergeants' Mess, 1970s)

The predecessor to the Aurora, the CP-107 Argus was the most technologically advanced anti-submarine aircraft in the world when it first flew out of Greenwood on in 1958. With a crew of 15, the Argus regularly performed missions over 20 hours in duration, and a 407 Squadron crew set a record of 31 hours of unrefueled flight. The Museums Argus can be seen by all who come to 14 Wing through the main gate. The last Argus flight in Greenwood was on the 24th of July, 1981, as 415 Squadron was departing Summerside for its new home. Some of the members of the Warrant Officers' & Sergeants' Mess have worked on and flown on the Argus, and they will all demonstrate the endurance of the Argus as they set their sights on Winter Carnival victory.

For more information about these (and other) great Canadian aircraft, please visit the Greenwood Military Aviation Museum.



Winter Carnival Kick-off!

Winter Carnival will mark the start of the Centennial of Flight Celebrations at 14 Wing with the theme of “Heritage Wings.” The winter carnival teams have selected four aircraft (Golden Hawks, Sabre, Spitfire, and Argus) that form an important part of the proud history of the Air Force in Canada. As a special feature leading up to the Winter Carnival Kickoff, we are producing an “Aircraft Fact File” for these four aircraft types. To coincide with this event we have started no less than four contests to encourage participation amongst the youth of the Valley. The contests will act as a lead-in to the Future Flyer’s weekend set for the 23rd and 24th of May. Immediately prior to the Future Flyer’s weekend, the Snowbirds will perform their aerial demonstration on the 20th of May. This event is certain to bring out a large part of the community and help promote the Centennial of Flight Campaign. Other national events include the minting of a commemorative coin by the Canadian Mint. Shown to the right, it is described as, “...a young person running, arms spread out as if in flight. The silhouette echoes the dream with three significant Canadian aviation achievements in the background, the Silver Dart, the Avro Arrow and 431 Bomber Squadron (Snowbird); their formation giving shape to the maple leaf included in this design.” On the 23rd of February, Beddeck, Nova Scotia, will be hosting a commemorative ceremony to be attended by numerous



dignitaries with flybys by several aircraft. Further information can be found at the national website: www.flightofthesilverdart.ca. Thanks to the hard work of 2Lt Ezra Goldschlager (405 Sqn), we have an excellent display at the Greenwood Mall. The next time you are shopping make sure that you stop by and take a look – right next to the Chamber of Commerce venue. The first two bingo nights have been such successes, that we have decided to continue with the event on a monthly basis. Other Centennial of Flight activities are getting spooled up, so stay tuned to find out more. If you would like to volunteer or help, contact Capt Jason Furlong at local 3063 or e-mail the committee at centennial.flight@forces.gc.ca



Aircraft Fact File • *Golden Hawks*

Canadair F-86 Sabre (Mk V)

Max T/O weight 17581 lbs
Armament 6 X .50 Machine Guns and up to 2000lbs of bombs and rockets
Max Speed: 696 mph at Sea Level
Service Ceiling 36,000 ft
Propulsion Orenda 10 with 6500 lbs of thrust
Length/Height: 37.54 ft/14.74
Wingspan 37.12 feet
Role: Fighter and Fighter-bomber
Service dates (RCAF): 1953 to 1968



Canada celebrated the 50th anniversary of powered, heavier-than-air, manned flight and the 35th anniversary of the RCAF in 1959 and thus it was fitting that a suitable flying team be formed. Chief of Air Staff, Air Vice Marshal Hugh Campbell gave the nod and S/L Fern Villeneuve arrived in Chatham NB to head up the team on March 2nd. In slightly over two months the opening show was performed on May 16 1969 for Armed Forces Day at Torbay NL, a remarkable feat. The team of six plus two spare pilots thrilled the crowds across Canada during 65 spectacular shows. The reviews and accolades were so

overwhelming that Ottawa agreed to continue the scheduled one year team to the following year.

The Golden Hawks thus made an unprecedented name for themselves over the next few years throughout Canada and the US, unfortunately, the powers that be decided to save the \$750,000 yearly cost and disbanded the team on 7 Feb 1964.

All aviation buffs know of the Hawks and there are many across North America who can recall those wonderful air shows half a century ago with unbridled enthusiasm and wonder. It was the last of the, “Kick the tires, light the fires and first one off is lead,” days. It was an epic five years for Canadian aviation.



Centennial of Flight Celebrations



Committee Members

Chairperson
LCol Garbutt
 Deputy Chairperson
Maj Baillie
 Heritage
Maj LeBlanc
 Cadet Liaison
Capt Couture
 Communications
Capt Furlong
 Sponsorship
Capt Hiscock
 Public Affairs
Capt Spurr
 Events
Capt Tsai-Lamoureux
 Treasurer
Lt Boutillier
 Manpower
CWO Spencer
 Logistics
WO Hutchings
 Information Technology
MCpl Arsenault
 Graphic Arts Support
Mr Gormley
 GMAM/GMAMS
MGen Ret'd) Patrick
 Secretary
Mr Eakins

The 14 Wing Greenwood Logo designed by Mr. Bruce Gormley of MP&EU. In the logo, the Silver Dart as flown by John “Douglas” McCurdy in 1909 rises above the three successive roundels representing the Air Force in Canada: The RCAF (1925 to 1965), a modern roundel with the new stylized maple leaf (1965 to present) and the camouflaged roundel (1990 to present).



Series of Events

- Feb 09**
 - 16th Flyers Bingo
 - 23rd Silver Dart Replica Flight in Baddeck, NS
 - 26th to 28th Winter Carnival *Vintage Wings* Theme
 - Unveil Anson and CP-140 Tail Art
- Mar 09**
 - Aviation Art Night
 - Flyers Bingo
 - 31st Mess Dinner
- Apr 09**
 - Greenwood 10 km (ZXX) *Century of Flight* Run
- May 09**
 - 20th Future Flyers Meet the Snowbirds
 - 23rd and 24th “Night at the Museum”
 - Flyers’ Bingo
 - Apple Blossom Parade
- Jun 09**
 - Commonwealth Air Graves Ceremony
 - 14 AF Triathlon - CoF Edition
- Aug 09**
 - Silver Dart Weekend
- Sep 09**
 - Battle of Britain Parade
- Wing Welcome & Centennial of Flight Golf Tournament
- Nov 09**
 - Remembrance Day
- Dec 09**
 - Wrap Up Christmas Concert

Youth Contests for the Centennial of Flight: Model, Poster, Photo and Essay

Attention all youth! Over the next few months, the Centennial of Flight Committee is launching four contests for youth ages 6 to 18. It is time for you to start researching and thinking of creative ideas for your entries. These contests are designed to get you, the youth of the Valley, involved in the 100th anniversary of powered flight in Canada. For the young photographers in the valley get your cameras ready and start clicking away, to showcase your talents in the **photography contest**. Our **poster contest** is calling all artists and computer design wizards to start your creative juices flowing. Aspiring writers, sharpen your pencils and let the words flow for the **essay writing contest**. And model builders, pull out your Lego, tool boxes and craft supplies to prepare for the **model building contest**.

The contests are broken down into age categories as follows:

- 6 and 7 Rookie
- 8 and 9 Primary
- 10 and 11 Junior
- 12-14 Intermediate
- 15-18 Senior

Each entry has a chance to win one of many exciting prizes, based on the age category for each contest. First place winners of the Rookie and Primary categories will have their pictures in the Aurora newspaper. Senior first place winners will win a framed Centennial of Flight poster. Winners of the Junior and Intermediate categories will win exclusive Silver Tickets, admitting the winners into an exciting “Night at the Museum” event in May. The winners will stay overnight at the Greenwood Museum, and participate in fun-filled activities, all for free. Only Silver Ticket winners will be allowed in.

All entries for the photography, poster, essay and building contests are due in no later than 9 p.m. on April 27th, 2009. Start now to let your creative energy take flight - the sky is the limit!

For more details and contest rules, check out the Centennial of Flight website at:

www.greenwood100years.com

Centennial of Flight Committee Presents :

CHARITABLE BINGO NIGHT




Flyers Bingo

Mon, 16 Feb 09, 7:00 PM

14 Wing Greenwood, 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	

17 PRIZE GAMES

Permit # AGA-221863-08

DOORS OPEN AT 6:00 PM

OPEN TO MILITARY AND GENERAL PUBLIC

(MUST BE 19 OR OLDER - 100% POSITIVE ID CHECK)

WHEELCHAIR ACCESSIBLE



New Additions in the Pool Room!

By: Brendan Loughnane - Youth Recreation Worker

Its finally finished. Last Tuesday we had two representatives from the Halifax Billiard shop come into the Community Centre. They were here all day working hard to fix up the pool tables to make them good as new. Both tables have been completely stripped right down to the wood. Once stripped, the tables were levelled to make sure that they were perfectly even. After that they cut out new cushions for the edges and recovered the tables with brand new felt; one is a dark purple and the other is a nice burgundy colour. The tables look great and we are very thankful for their hard efforts. We've also got brand new aluminum pool cues that are a lot more durable and functional than are old wooden ones. Now that its all finished the youth are welcome to come on down and take advantage of this new equipment. But don't forget your five-dollar deposit is required from all Teens.

14 Wing Sponsorship Coordinator, Mr. Rod Reeves

14 Wing Greenwood is very pleased to announce Mr. Rod Reeves as the 14 Wing Sponsorship Coordinator. This is a new position that falls under the Personnel Support Program. Rod will be the bridge between the Wing and business community with his first order of business being the sponsorship of

Centennial Flight, a celebration of aviation history in this the 100th anniversary of the first powered air flight in Canada.

Rod was born and raised in the Berwick area and has called the Annapolis Valley home for all but two years of his life. He brings nine years of radio and automotive

sales experience to the position of 14 Wing Sponsorship Coordinator. Prior to his sales career, he spent 13 years as a radio personality, mostly right here in the Valley. He looks forward to meeting with members of the business community to discuss the exciting sponsorship opportunities that are available at 14 Wing Greenwood.



The Maritime Proving and Evaluation Unit will be hosting their 50th Anniversary / Reunion July 7-10 in Greenwood, N.S.

Former alumni interested in attending are encouraged to contact event organizers using the information below.

NOVAM QUAERE SCIENTIAM

Maritime Proving and Evaluation Unit
PO Box 5000 Stn Main
Greenwood, NS B0P 1N0

Email: mpeu50th@gmail.com
Phone: (902) 765-1494 ext. 3354 / 3335
Fax: (902) 765-1206

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 Snowshoeing &
Horse-drawn Sleigh Rides

"We supply the Snowshoes, you supply the feet"

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



Complementary Sweet Treats
And Hot Drinks!

Plus, a Kidzone for the less adventurous.



Learning and Career Centre Mission Statement

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

LCC Upcoming Workshops

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

January 2009

- 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

The LCC is pleased to offer a
Lunch & Learn information session on:

DND Mentoring Program

Are you interested in being a Mentee? A Mentor?
Please join us for a Lunch and Learn on the NEW DND
Mentoring Program!

Date: 16 February 2009

Time: 1200-1300 hrs

**Location: Room 203-02, LCC, Upper Level, Birchall
Training Centre**

The objectives of the session are to give you an overview
of the new program that was launched 10 December 2008
and to encourage you to register as either a mentor or a
mentee! We need YOU!

Come to the session. So bring your lunch and get more
information on this exciting new learning opportunity!
Space is limited, so please register by phoning the LCC at
local 5226 or 5227.

Learning and Career Centre

The Civilian Personnel Education Support Program (CPESP)

Information Session

Location: Learning and Career Centre
Upper level of the Birchall Training Centre
Date: 03 February 2009
Time: 1200 – 1300 hrs
Cost: No cost
Topics will include:
• Program overview

- Operating principles, benefits, entitlements
 - Eligibility requirements
 - Responsibilities
 - Application process/ required documentation etc.
- A question and answer session will follow the presentation.

Please register by January 30

To register, please call: Kim Smith, local 5226

Centre d'apprentissage et de carrière

Programme d'appui à l'éducation du personnel civil (PAEPC)

Session d'information

Lieu : Centre d'apprentissage et de carrière
Date : 03 February 2009
Heure : 1200-1300 hrs
Coût : Gratuit
Sujets : • Survol du programme

- Fonctionnement et soutien offert
 - Critères d'admissibilité
 - Responsabilités des participants
 - Mise en candidature et documentation requise
- Une période de question suivra aussi la présentation.
Veillez vous inscrire avant le 30 janvier.
Pour vous inscrire, veuillez contacter : Kim Smith, # 5226

Uplift: Families on the Wings of HOPE

Family Violence in any form is a priority issue that is being addressed within the Canadian Forces. In conjunction with the Nova Scotia Family Violence Prevention Week, the Family Crisis Team is offering a full day workshop highlighting Health, Opportunity, Perseverance, and Equality (HOPE) as beacons of healing and growth from family violence. "Uplift" is presented as part of the Wing Commander's Wellness

Campaign, and is designed to provide military members, families, and community members with education, information and resources targeting the elimination of family violence, and promoting healing and recovery.

Join us for a morning of dynamic presentations from Silent Witness Nova Scotia and the Alternatives program. In the afternoon we will explore the cycle and impact of family

violence, the CF mandate on family violence prevention, the unique experiences of our military community, and community resources. "Uplift" is designed to support the practice of Supervisors, build community resiliency, and encourage HOPE.

This event is open to all members of the 14 Wing community, as well as all members of the civilian community.

Healthy snacks and lunch

will be provided free of charge and there will prizes drawn for free CANEX gift cards and free Massages.

Date: February 11, 2009

Time: 0845hrs-1530hrs

**Location: Annapolis Mess
Longe TBC**

To pre-register contact Edith Tremblay at 765-1494 ext 5388 or drop in the day of.

Please direct all questions to the OPI Michelle Hammond 765-1494 ext 5215

— FEBRUARY —



— 2009 —

Sun	Mon	Tues	Wed	Thu	Fri	Sat
OM Hosting SUPER BOWL XLIII PARTY All Ranks Lounge C 1800 h \$1500.00 in Food and Prizes	1	2	3 Dart League 1900 h	4 INFO Non Alcoholic Beverages Available	5 INFO Darts & Pool Balls are available from The Back Bar.	6 IND TGIF OM - TBA WS - Chicken Caesar Wraps JR - Subway "REG IVANY TRIO"
8 INFO Daily Newspaper Available	9	10 Dart League 1900 h Annapolis Council Meeting 1400 h Annapolis Entertainment Meeting 1500 h	11	12 Wings & Movie WS Hosting "Righteous Kill"	13 TGIF WS Hosting PIZZA "BRUCE WHEATON"	14 Valentine's
15 INFO Thursdays Movies 1900 h Wings 1845 h • Events subject to change	16	17 Dart League 1900 h	18	19 Wings & Movie OM Hosting "Mamma Mia!"	20 MONSTER TGIF JR Hosting Chili / Bun Caesar Salad "ALI & I"	21
22 INFO Darts Available	23	24 Dart League 1900 h	25	26 INFO Wireless & High-speed Internet in the Mess/TV Lounge	27 NO TGIF WINTER CARNIVAL FEBRUARY 26-28 DJ DANCE Electric Stars 2100 h - 0100 h	28 Good Feelin' Band 2000 h - 0100 h
INFO  Back Bar Entertainment Fridays 2000 - 2400 h						

Co-sponsored by Fraser's Pro Home Centre • Mess Office Phone - 765-1494 Ext. 5470



FRASER'S PRO Home Centre

Berwick • Kingston
1 800 959-3727 • 1 902 765-3111
www.frasers.ca



www.annapolismess.com • Back Bar Entertainment on Friday Nights



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.*

Zedex Theatre
765-8848

Sun -Thur • 7 p.m.

Bedtime Stories

Rated G

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

Coming Soon
Bride Wars

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



Adult Programs and Employment Services

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

Upcoming programs or Services

Military Home-Based Business Group Meeting
Thursday, February 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:
February 16th, 2009

CF Recruiting
Thursday, February 26th, 2009
10:00 a.m. – 4:00 p.m.
Classroom 1
Free

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Counseling
- 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

Deployment Services

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

Upcoming Programs or Services

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.

Deployed Families Card/Craft Club & Children's Fun/Support Group
Tuesday, February 17th, 2009
6:00 p.m. – 8:00 p.m.
GMFRC

Complimentary
Registration: Call and register before Friday, February 13th, 2009

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, and 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**

Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-5611 or email

Doubleday.CS@forces.gc.ca

Upcoming Programs or Services

Connecting Friends

Every Wednesday

9:30 a.m. to 11:30 a.m.

At the GMFRC

Open to the public
Childcare is available through the GMFRC Casual Childcare Service. For more information about Connecting Friends please call Shannon and to schedule childcare please call Coreen at 765-1494 local 1817.

Couples Retreat

Friday, May 29th and
Saturday, May 30th, 2009
GMFRC

Watch the Aurora for pending details on costs and workshops.

Ongoing Services

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

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

Parent & Tot Program –
Every Monday
Toddler Tuesdays Program –
Every Tuesday

Tumble Tots – Every
Wednesday
Baby Club – 1st and 3rd
Thursday each month

Academic Tutoring Service –
Monday, Tuesday, &
Wednesday

Youth Council
Monday, February 2nd, 2009
4:00 p.m. – 5:00 p.m.

14 Wing Community Centre
FREE

Youth aged 14 and up
Children's Deployment Support Group

Tuesday, February 17th, 2009
6:00 p.m. – 8:00 p.m.

FREE
Children aged 3 – 12 years

Registration deadline:
Friday, February 13th, 2009

Respite Dates

Saturday, February 14th, 2009

GMFRC

12:00 p.m. – 4:00 p.m.
Children aged 12 years and under who currently have a deployed parent/caregiver. Registration deadline:
Thursday, February 12th, 2009

and Friday, February 27th, 2009
GMFRC

5:00 p.m. – 9:00 p.m.
Children aged 12 years and under who currently have a deployed parent/caregiver. Registration deadline:
Thursday, February 26th, 2009

Volunteer Services

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at

Gagnon.JMC@forces.gc.ca

Upcoming Workshop
NS Food Safety Course

Monday, February 23, 2009
8:30 a.m. – 4:30 p.m.

Volunteer Opportunities
14 Wing Red Friday Family Snowshoe Day and Sleigh Rides at the 14 Wing Golf Course*

Friday, January 30th, 2009
3:00 p.m. – 5:30 p.m.

Volunteers Needed: 8
To hand out snow shoes to participants, sleigh ride assistants, and hot chocolate helpers.

Cookie Grams
Wednesday, February 11th
from 10:00 a.m. - 4:00 p.m.

Thursday, February 12th from
9:00 a.m. - 4:00 p.m.

Friday, February 13th from
8:30 a.m. - 12:00 p.m.

Volunteers needed: Many
To wrap cookies, box preparation/map out routes, and deliver cookies.

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

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!**

14 Wing Library

BOOK SALE

Hard covers ~ \$1.00

Paperbacks ~ \$0.25

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

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 your 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.

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 "Second Annual" Red Friday Family Snowshoe Day

The 14 Wing Wellness Campaign was conceived on the notion that by living in and promoting a healthy community, we are supporting the troops in a way that will have immediate and long lasting effects.

2009 has arrived, and with it our community will see the return of the successful 2008 14 Wing Wellness Campaign. The first 2009 14 Wing Wellness Campaign event will once again be the Red Friday

Family Snowshoe Day set for this Friday, 30 Jan 09. We have two *free* events planned for the day and both will be held at the 14 Wing Golf Course.

The first event starts at 11:30 a.m. and runs until 1:30 p.m. This event is geared towards those individuals wanting to get active during their lunch break and is open to military personnel, NPF and DND employees only.

The second event starts at 3:30 p.m. and runs until 5:30

p.m. and all families are welcome. The 14 Wing Community Centre is pleased to be partnering with the GMFRC who will provide *free* Sleigh Rides and hot drinks for all families during the 3:30 – 5:30 p.m. time slot. These sleigh rides will depart from the 14 Wing Golf course and allow the opportunity for all families to enjoy a sleigh ride before, after or while waiting for your chance to hit the links on snowshoes!

All that is required for both of these events is just enthusiastic individuals. You supply the feet and we supply the snowshoes. So come out and have some fun, we have snowshoes to fit any and all sizes. In the afternoon we have youth snowshoes as well as a Kid Zone where you can drop off your young ones for face painting and games, inside the Club House, while mom and dad take a relaxing snowshoe through the

woods. If you have never tried snowshoeing before, it's easy and now is the perfect opportunity to give it a shot! The course will follow a predetermined route of the golf course, filled with trivia question stops and fun challenges to complete.

In keeping with the spirit of Red Fridays, we will have several draw prizes for our very popular "Take the Roof off Winter" fleece toques, CANEX Gift Cards and other great prizes

during both time slots.

Again, hot drinks and sweet treats will be served at both events and the events are *free*. So be sure that you sign up by calling 765-1494 ext 5331, 5337 or 5341 to register a spot.

In case of inclement weather or the possibility of no snow the event will be postponed until 13 February 09. For more information on the event call Susan or Eric at the Community Centre at 765-1494 ext 5331 or 5337.

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. How to choose the proper footwear, setting goals 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 loose 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 counseling. 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.

The Homeless Animal Rescue Team (H.A.R.T.) based out of Aylesford is very excited about their upcoming Valentine's Day Dance. This event is to take place on Valentine's Day (February 14 in case anyone doesn't know!), at the Nictaux Lions Hall, Highway #10, Nictaux. The dance starts at 8:00 p.m. and ends at 1:00 a.m. There will be a live DJ for your dancing and listening pleasure. A cash bar will be provided. We will also be providing hot food for a free will offering. There will be a door prize, other prizes throughout the night and you can purchase tickets for a 50/50 draw and a Romance Basket for Two. The tickets for this dance are only \$8.00 per person or \$15.00 per couple.

They can be purchased in advance from Laurie: 847-9582,

Debbie 765-4789, or from Andrea at 678-8905. Tickets will also be available at the door.

Since February of 2008 H.A.R.T. has rescued almost 300 animals, mostly cats, but did manage to rescue 4 dogs. This requires an incredible amount of money. H.A.R.T. does not receive any government funding, and relies solely on fundraising, the odd donation and also out of their own pockets.

These animals are typically treated for parasites, tested, vaccinated and altered before being placed in their forever homes. Getting the public to attend fundraisers is so important, we cannot stress it



enough. Not only do we have a huge vet bill to contend with at all times, but there are so many other things we have to

purchase such as enormous amounts of cat food, cat litter, cleaning supplies, medicines, Revolution or Advantage for

parasite treatment, blankets, towels, litter boxes ... the list goes on endlessly.

H.A.R.T. is made up of a very small group of people. The amount of work we do can be exhausting at times. We are really hoping that we have a very big turn out at our dance. What better way to spend Valentine's Day! Open your HEART for HART! This dance is going to be so much fun. We need your support gravely so that we can continue what we are doing. The animals cannot speak for themselves and we are doing all we can for them. We wish we could do more, and we could with the public's support.

Our phone rings con-

tinuously every day with calls of mercy. Our hearts break when we have to turn strays away. There are also abandoned cats out there more often than not. Some people move away and leave their cats behind without food and water. We have rescued many, many abandoned cats. They are all loving creatures. All of our rescues are seen by Dr. Jody Rice of Port Royal Animal Hospital in Annapolis Royal. Dr. Rice has a very big heart. Please visit our website: www.valleyhart.com.

If you cannot make it to our dance you could always make a donation! All of our current adoptables are listed on our web site. Please give in any way you can, no donation is too small. We hope to see you at the Valentine's Day Dance!



**HEART &
STROKE
FOUNDATION
OF NOVA SCOTIA**

Finding answers. For life.

Submitted by: Muriel West

So we're into some serious winter weather and moving heavy snow around with your shovel might make you think about your heart and how smart it is to move those heavy chunks out of the driveway after the plough has gone by again. Heart health is something that crosses our minds a little more with each passing year, but most of us figure: I'm OK, right? I sincerely hope that you are.

But if you're not, if you have recently had some warning signs: shortness of breath, a bit of pain down your arm, a general feeling of being unwell that you brush off as indigestion, you might start to think about your own heart health. Maybe you have had a friend or family member afflicted with the first unexpected heart attack with has caused you to sit up and take notice. Hopefully that friend got the help needed quickly and is now on the way to complete recovery. Or perhaps you have attended the funeral of a friend and a contemporary who was struck down suddenly in the prime of life by an unexpected heart attack and you're thinking: *My heavens, that could have been me.* And you see that his kids now have no dad and his wife's dreams for the future have been shattered. Scary stuff, eh?

Sadly, the victims of sudden and unexpected heart problems are sometimes kids. There are children born with slight defects to the heart, which are not detected until tragedy strikes. How wonderful it would be if all those kids could have their

problems detected early, so that they could go on to live long, healthy, and productive lives. Through research, education, and funding, more and more children are being helped.

As the years go by, is your blood pressure creeping upward and starting to gain your doctor's attention? Your weight and other factors begin to make you a candidate for concern, and that nasty "S" word surfaces. Lots of us have seen the devastation that an unexpected stroke can wreak. Thankfully, rehabilitation is possible, but it is not instant. It can sometimes take months and months of hard work to regain what can be lost in an instant when a stroke occurs. And we are fooling ourselves when we think that strokes are confined only to the elderly.

Research into heart health and stroke prevention may benefit us all one day. But research is costly. That is why, in the month of February, which coincidentally is the month of Valentine's Day to make it easy to remember, a legion of canvassers have been assembled to visit the homes in our community to solicit donations for the Heart & Stroke Foundation. Don't be surprised to see your friends and neighbours going door-to-door during this traditionally frigid and blustery month committing their time to this campaign. In Kingston and area nearly forty people have offered their service to visit people in their neighbourhoods to canvas on behalf of the Foundation. I hope that when someone calls at your door on behalf of the Heart & Stroke Foundation you will give that person a friendly hello and commend him/her on his efforts. And if you are able to do so, I also hope you will support the campaign with a donation, either in the form of a cheque or cash. You will receive a receipt for this donation that you can then apply against your 2009 Income Tax Return

as a charitable donation. Depending on your income bracket, and the amount you give to all charities combined, you can shed a few dollars off taxes payable, which can give you, the tax payer, immense gratification.

Also, that canvasser may leave you with some reading material explaining how the funds collected will be used. In the information booklet there are even coupons for healthy foods. The booklet includes some recipes for delicious healthy meals you may want to try out. There is also a website to learn more about heart health and stroke prevention, which you are invited to check out: heartandstroke.ca.

For the canvasser, campaigning can be a pleasant and gratifying experience. It gives one an excuse to get out-of-doors and get a little exercise and fresh air walking from house to house. One also has the opportunity to visit a bit with one's neighbours, and become better acquainted with the folks on the street. Sometimes, with our busy lives, two careers, and raising the family, we lose touch with the people who are right in our back yards. Campaigning helps bridge the gap a little as we take time to be civil to others who only live next door. At this point I would like to interject with an invitation: any readers who are moved to join the campaign in the Kingston area may certainly give me a call at 765-8554. I'm sure I can find a little street that might need one more willing canvasser. If you live outside of Kingston, call (902) 742-4649 or email doile@heartandstroke.ns.ca to offer your help.

When people are willing to canvas door-to-door at no cost to the Foundation, more of the money donated is available for research and less is paid out to administration.

Please *have a heart* when your canvasser comes calling. Give generously.

Christmas Basket Tradition Continues

Submitted by: Paula Davison, GMFRC Coordinator of Deployment Services 765-1494 local 5583

Our Christmas breakfast here at the GMFRC proved again to be a wonderful opportunity for all of us to say Merry Christmas and show our gratitude to our wonderful community as a whole. We hope all of you enjoyed the morning; we certainly enjoyed having you. Again this year at our Christmas Breakfast, a post-deployed family (the Powers) donated a Gift Basket for a draw. Michelle Thibodeau Wagner won the basket. Congratulations to Michelle and special thanks to Jan Power for deciding to keep the tradition going by donating the gift basket for our 2008 Breakfast.



Deployment Coordinator Paula Davison (left) presents the winner of our draw, Michelle Thibodeau Wagner with a wonderful Christmas Basket.

Subway Swimmers of the Week



Bailey Dowell

9 years old
FL Competitive
2nd year with GDSC
Favourite Stroke:
All strokes
Other Hobbies:
Aikido and soccer



Danielle Strickland

7 years old
Summer Swimmer
Favourite Stroke:
Butterfly
Other Hobbies:
skating, soccer and gymnastics



Sabrina Baker

11 years old
AA Competitive
1st year with GDSC
Favourite Stroke:
Breast Stroke
Other Hobbies:
reading, traveling, horse back riding

Annapolis Valley Regional Bookmobile Schedule

Tuesday 27 January

10:30 - 12:30 Aldershot School
2:15 - 2:45 Upper Canard
3:00 - 3:45 Kingsport
4:15 - 5:00 Scott's Bay
6:30 - 7:30 Canning
Wednesday 28 January
10:00 - 10:45 Windsor Forks Sch
11:00 - 12:00 Newport Station Sch
1:00 - 1:45 Brooklyn/Windsor Heights School
2:00 - 2:30 Fletcher Glen Subdivision (Kiddie Corner)

2:45 - 3:15 Belmont
3:30 - 4:00 Avondale
6:00 - 7:00 Brooklyn
Thursday 29 January
10:30 - 12:30 Dr A. Hines School
1:30 - 2:00 Hants Shore Clinic
2:15 - 2:45 Cambridge
3:00 - 3:30 Cheverie
3:35 - 4:05 Kempt Shore
5:30 - 6:00 Summerville
6:15 - 6:45 Upper Burlington
Friday 30 January
10:15 - 11:45 New Minas Elm Sch
1:00 - 1:45 Le Shaw School

1:50 - 2:30 Avonport
Monday 2 February
1:30 - 2:15 Cherryfield
2:30 - 3:30 East Dalhousie
4:00 - 5:30 Springfield
6:30 - 7:15 New Albany North
Tuesday 3 February
1:15 - 2:00 Clarence
2:30 - 3:15 Morden
3:45 - 4:30 Weston
5:45 - 7:00 Aylesford
Wednesday 4 February
9:15 - 12:15 Annapolis East Elm School

2:45 - 3:30 Port Lorne
3:45 - 4:15 Hampton
4:30 - 5:00 Young's Cove
5:45 - 6:30 Hillsburn
Thursday 5 February
9:45 - 11:00 Somerset School
1:15 - 2:00 St. Croix Cove
2:30 - 3:15 Mount Hanley
3:45 - 4:45 Margaretville
6:15 - 7:30 Wilmot
Monday 9 February
10:45 - 12:00 Windsor School
1:00 - 2:00 Three Mile Plains District School

2:30 - 3:00 McKay Road
3:15 - 4:00 Ste. Croix
5:30 - 6:30 Vaughan
Tuesday 10 February
2:45 - 3:15 Sunken Lake
3:30 - 4:15 White Rock (Crossroads)
4:45 - 5:15 Casey's Corner
6:15 - 7:15 New Minas (Walmart)
Wednesday 11 February
10:15 - 12:00 Coldbrook School
1:00 - 1:30 Apple Blossom Sch
1:45 - 2:15 Canada Creek

2:30 - 3:00 Waterville
3:15 - 3:45 Cambridge
4:00 - 4:45 Bess View Subdivision
6:15 - 7:15 Coldbrook Mall
Thursday 12 February
10:15 - 11:45 Glooscap School
12:45 - 1:45 Port Williams School
2:15 - 2:45 Lakeville
3:15 - 3:45 Brow Mountain
4:15 - 4:45 Baxter's Harbour
6:00 - 6:30 Sheffield Mills
6:45 - 7:30 Centreville

Meet the Bombers



Meet Sydney Vidito. Wearing jersey number 12 and playing left wing for the Pee Wee Rep Team. Sydney is 11 years old and lives in Greenwood. She has been playing hockey for the past seven years and this is her first year on the rep team. Sydney attends Pine Ridge Middle School. Her other interests include dirt bike riding and playing with her friends. Sydney's favourite NHL team is the Philadelphia Flyers.

Submitted by: Maxine Buckler
Well the 2008-2009-hockey season has been in full swing for several months now and for the past few weeks we have introduced you to several of our star players for the Greenwood Bombers Pee Wee Rep Team. This week

along with one of our featured players I thought it might be a good time to update you on what has been happening! First off we would not be a team without the people who volunteer their time to be our coaches. So introducing our coaching staff: Head Coach: Steph Clavette; Assistant Coach: Rob Vidito; Assistant Coach: Carl Rioux; Trainer: Jesse McGrath. We have a fantastic Team Manager: Michele Fewer who makes sure the parents are well informed of where and when we are suppose to be somewhere and keeps

everything running smoothly. A big *thank you* to all of you for doing such a great job! On November 27-29 we participated in a tournament hosted by the Middleton Mustangs. Friday night we played our first game against the host team. It was a great opening game to the tournament and our Bombers came out with the win. Saturday we faced off against one of the top teams in the city, Cole Harbour and despite a great team effort we lost and with one other game to play as well we fell short again. It was a well-

run tournament and great experience for the team. We have several more regular season games left to play as well as play downs coming up shortly. We are participating in four more tournaments before the season ends. The team is travelling to Alberton, PEI on February 6th-8th; Digby February 20th-22nd; our own March Break Tournament on March 13th-29th and finally Halifax to SEDMA on April 2nd-5th. Best of luck to our Pee Wee Rep Team as you head off to PEI, and *Go Bombers Go!*

New Developmental Class Schedule at the Fitness and Sports Centre

Developmental classes have started for MILITARY MEMBERS ONLY. This class schedule has been 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 not passed your most recent EXPRES test, please contact Aprill Denney ext 5651 or via email Aprill.Denney@forces.gc.ca

Chocolate Dessert Contest at Macdonald Museum

A chocolate dessert contest will be one of the main features at this year's Macdonald Museum Chocolate Festival on Sunday, Feb. 8th from 12:00 to 4:00 p.m. The festival is back by popular demand after it drew a large crowd last year. And the desserts went like (chocolate) hotcakes. "Because there were a few individuals who expressed interest in entering the contest, we decided to open it up to individuals this year" says museum director Sherry Griffin. It was also a way to raise some money for the museum, which does not charge admission to the event, although donations are always welcome. Once again, there will be gift baskets (no purchase necessary), a chocolate fountain, wine tasting (Gaspereau Vineyards), a scrapbook supplier and a local bakery on hand. A lasagna lunch, chocolate drinks and wine will be on sale in an Italian style café, as will the desserts that come in for the contest. Those who would like to enter the chocolate dessert contest should pre-register by calling 825-6116. There is no charge to enter the dessert which can be dropped off at the Museum, 21 School Street in Middleton between 9:30 and 11:30 a.m. on Sunday, Feb. 8th. It just has to have chocolate in it. The judging will begin at 11:30 a.m. by a select panel of judges. Once the winners are chosen, all the desserts will be put out for sale at the festival. Opening during the festival at 2:00 p.m. will be an exhibit entitled "Wining and Dining" featuring artifacts, information and photos from Valley restaurants and wineries. The Museum welcomes everyone to attend this "sweet" event on February 8th and to enter the dessert contest. To enter the contest, or to confirm the festival in the event of a snow storm, please call 825-6116.

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)	

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@greenwoodmfrcc.ca • Website: www.greenwoodmfrcc.ca

Community Information Services

- GMFRC Website (www.greenwoodmfrcc.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.greenwoodmfrcc.ca.

Atom Rep Players of the Week



Matthieu Clavette
Position: Defense
Number: 6
Favourite Hockey Player: Sydney Crosby
Favourite Team: Toronto Maple Leafs
Wants to be: Search and Rescue Tech



Spencer Breckon
Position: Centre
Number: 10
Favourite Hockey Player: Mats Sundin
Favourite Hockey Team: Toronto Maple Leafs and now Vancouver Canucks
Wants to: Play in the NHL

(Photos by Paul Lee)

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@greenwoodmfrcc.ca • Site Web : www.greenwoodmfrcc.ca

Services de renseignements à la communauté

- Site Web du CRFMG (www.greenwoodmfrcc.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.greenwoodmfrcc.ca.

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 25 to January 31

ARIES - Mar 21/Apr 20

Aries, it's not in your best interest to lash out right now. So calm any feelings of aggression and take on a laid-back demeanour. Things will work out for the best.

TAURUS - Apr 21/May 21

Taurus, this week you'll be saying "no" for all the right reasons. This is thanks in large part to a long-needed change in perspective that works out for the best.

GEMINI - May 22/Jun 21

Gemini, sometimes you can learn more by simply watching than taking part. Whether you're with a group of friends or at work, hold your tongue and observe the action.

CANCER - Jun 22/Jul 22

This week is far from mundane and you may find your head reeling from all of the excitement, Cancer. Put off laborious tasks like paperwork until another time.

LEO - Jul 23/Aug 23

Leo, it's all right if you need to zone out and focus on your problems this week. When you get everything in order, then you can get back to normal once again.

VIRGO - Aug 24/Sept 22

No matter what you have going on this week, Virgo, jump in with both feet. You may be surprised at how much you enjoy the activity, and others will find it hard to resist.

LIBRA - Sept 23/Oct 23

Libra, this week you're in the right frame of mind for doing a little shopping. As long as you have your ducks in a row, go out and indulge a little bit.

SCORPIO - Oct 24/Nov 22

Scorpio, the thing about you is that even on your off days you're able to deliver the goods. That's what makes you a good person to have around, whether at work or as a friend.

SAGITTARIUS - Nov 23/Dec 21

Things are going well, Sagittarius, but this week you need to just shut out the world for some time and make sense of it all. Find a quiet place, slip on some headphones and reflect.

CAPRICORN - Dec 22/Jan 20

You're facing a big decision, Capricorn. Although you still have plenty of time, you want to be sure you've made the right choice. Leo offers sage advice.

AQUARIUS - Jan 21/Feb 18

Aquarius, you need a place you can call your own for some privacy, and this week you're having trouble finding it. Carve out your little nook no matter what.

PISCES - Feb 19/Mar 20

You reach an epiphany this week, Pisces. Although it may not be the most comfortable of feelings, at least you know what to do.

FAMOUS BIRTHDAYS

JANUARY 25	Alicia Keys, Singer (28)
JANUARY 26	Ellen DeGeneres, Comic (51)
JANUARY 27	Bridget Fonda, Actress (45)
JANUARY 28	Elijah Wood, Actor (28)
JANUARY 29	Sara Gilbert, Actress (34)
JANUARY 30	Christian Bale, Actor (35)
JANUARY 31	Justin Timberlake, Singer (28)

Horoscopes brought to you compliments of:

Sweets for the Sweet - Annapolis Valley Honour Choir

The Annapolis Valley Honour Choir presents "Sweets for the Sweet" our annual Valentines fundraiser featuring decadent desserts and entertainment provided by the Annapolis Valley Honour Choir. Saturday February 7 at 7:30 p.m. at the Berwick & District Volunteer Fire Hall, 300 Commercial Street, Berwick. Tickets \$10.00 available at the door or Wilson's Pharmasave, Berwick, Kingston Pharmasave, Kingston, and Box of Delights, Wolfville.

Karaoke Night

Karaoke Night with Eileen Foster at New Beginnings Center, 1151 Bridge St., Greenwood. To be held Saturday Jan. 31 from 7:00 - 9:00 p.m. Free will offering and concessions available. For info phone 765-8155.

Valley Regional Chess Qualifying Tournament

A Valley Regional Chess Qualifying Tournament will be held on Sunday, February 1, 2009 at the Berwick Town Hall. Noon - 3:00 p.m. Entry fee. Open to Grades Primary to 12. Contact Tony Chaulk 765-8679 for info.

A Girl's Night Out

Soldiers Memorial Heath Auxiliary Society, Middleton Unit, is hosting, 'A Girl's Night Out' complete with express manicures and minute massage-neck and shoulders at The Falcourt Inn, Thursday, Jan 28. (Storm date-Jan. 29) Evening features hors d'oeuvres, beverages, music and prizes. Limited number of tickets (\$25) available through Elizabeth Spinney 825-6841 or Ruth Brigley (825-3663).

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 in 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.

Valley Animal Shelter's Chocolate & Roses Valentine's Basket Fundraiser

Tickets are now available for the Valley Animal Shelter's Chocolate & Roses Valentine's Basket (valued at \$150) at the Valley Rose, Middleton and the Valley Animal Shelter, Wolfville. Draw will be held at the Valley Rose on February 13th at 4:00 p.m. For more details, please call Jennifer at 765-6629. (licence #AGA-223761-08)

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 t 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.

Valentine's Day Buffet Kingston Lions Club

Treat your love one to a special night at the Kingston Lions Club on Saturday 14 February 09. Menu: Italian Buffet with three pastas, Caesar salad, glass of wine, a special dessert, tea, coffee. Time 7:30 p.m. - 12:00 a.m. Dance to romantic music after your meal. Cash bar. Cost \$25.00 per couple. Tickets available from Kingston Lions members or from T&S Essentials in Kingston. Proceeds for Lions charitable work.

RCAFA Annual Charter Night Dinner

The Annual Charter Night Dinner has been rescheduled for January 31. If you purchased a ticket and are unable to attend, your money will be refunded. All timings and menu remain unchanged. Next regular meeting is Tuesday January 27. All members are encouraged to attend.

Kingston Area Seniors Association

The 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 (Cards & Games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Roger's at 765-3292.

Kingston United Baptist Church Library

The Kingston United Baptist Church Library will once again be open to the public Thursday evenings 6:30 -7:30 p.m. beginning Jan 29. Located upstairs in the Christian Education Wing. Use upper side doors off main parking lot. Excellent selection of Christian books, CDs, VCRs, DVDs and other resources. For further info call 765-6735.

Alexander Sevastian at the Evergreen Theatre

Friday February 6 at 8:00 p.m. Evergreen Theatre, East Margaretsville NS. Reservations: web: www.evergreentheatre.ca e-mail evergreentheatre@gmail.com phone 902-825-6834. Artist website www.accordions.com/sevastian. Alexander Sevastian is the three-time first prizewinner of the International Accordion Competition. He won Norway's Oslofjord Accordion Competition (1988), The Cup of the North in Russia (2000) and the Anthony Galla-Rini Accordion Competition in the US (2001).

VPI Meeting Thursday 29 Jan

The Greenwood 14 Wing VPI will hold their monthly meeting on 29 January at the VPI Centre. There will be discussion on the Club Constitution, election of various executive positions, as well as news of forthcoming events. Engines on for the meeting at 1530 hrs, with Take Off planned for 1600 hrs.

Church Supper

Beans, Smoked Ham and Scallop Potatoes Dinner - January 31st, 5:00 - 6:30 p.m., Annapolis Valley Community Church of the Nazarene, 738 Tremont Rd. Brown bread, dessert, tea & coffee, all for \$10.00. Sponsored by Hearts for the Homeless. Take out available, call Kim at 824-0241.

Relay for Life

Come join us for a Team Captains Meeting for the 7th Relay for Life in Middleton on Jan 29th at 7:00 p.m. at the Middleton Town Hall. Team kits are available as well as committee members to talk about any part of Relay for Life you are interested in.

The Aurora newspaper 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 29, 2009.
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
Limited to one win per month.	
The winner will be drawn randomly from all correct entries. Only one entry per person per week.	
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 page is Hanson Dowell's ad on _____	
2. Englands Furniture is located on what street _____	
3. When are the Winter Carnival dates _____	
4. Centennial of Flight Bingo is being held _____	
5. When is the Wine and Cheese event _____	

This contest is brought to you by:
Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: WENDY MACDONALD

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.

STEVE MORSE
HEAVY TOWING
LIGHT ROADSIDE

24 HOUR SERVICE

www.morsetowing.ca (902)825-7026

Auto Clubs Accepted

By: Patrick Giffin

Last week, Carole Hemingway wrote, “Mourning doves may not be everyone’s favourite bird but Steve and I just counted 45 of them resting on rather a large birch tree on the south line of our property. Through our binoculars, their coloured breast showed off beautifully. We have never seen so many MDs at one time. Last week perhaps there were a dozen in the trees when I looked out our back door (west facing). Normally we only see five or six at a time. We have not noticed a raptor in our vicinity.

The day after Carole reported the doves; Ray Bourque saw three Barred Owls perched on the hydro wires on Old French Road in Ravenwood Subdivision. Given the number of American Crows in our area these days and the antipathy shared by these species, perhaps the owls have decided that there is strength in numbers. On the other hand the owls may have discovered all the Chipping Sparrows at the Gardner’s feeders.

Kent Robinson has seen two pairs of White-winged Crossbills coming to his bird

For the Birds

feeders in Wilmot.

Gloria and Al Blizzard saw 50+ Snow Buntings north of the 101 highway on Greenwood Rd. The buntings seemed to be fearless of the observers by repeatedly landing



Sharp-Shinned Hawk, by Floyd Macmillan.

Wayne Neily wrote: “Sunday afternoon (Jan. 18), these, (Bohemian), waxwings appeared in western Kings Co. and eastern Annapolis Co. in good numbers for the first time this season as far as I am aware. We had none on the Kingston Christmas Bird Count Dec. 20, but on a casual outing this afternoon, I saw a flock of 150+ in Tremont, 60+ in Melvern Square, and 75+ in Wilmot (all within our count circle).”

In Middleton, Adora Parsons reported: “thought you might keep on the lookout for the Bohemian Waxwings. There

has been a flock in Middleton for a couple of days about 200 of them; they sure are cleaning

off the Crab-apple trees. We also had the male, Northern Cardinal several times today as well as an American Tree Sparrow, Chickadees juncos a pair of Downies, Pine Siskins, Mourning Doves and a couple Blue Jays and many A. Goldfinches plus a Red-tailed hawk made a brief appearance.”

On Hall Rd. Floyd MacMillan photographed a Sharp-shinned Hawk that was doing its best to control the European Starling population.

In Morden, Gary Myers

reported; “nothing new except the Cedar Waxwings which came for water I did see a flock of Common Eiders and a few Red-Breasted Mergansers and had an over-flight by an immature, Bald Eagle. Large numbers of Pine Siskins, Dark-eyed Juncos, A. Goldfinches, Common Redpolls, Chickadees, Pheasants, Downy and Hairy Woodpeckers, Blue Jays and Mourning Doves at the feeders today. Just a few minutes ago I went out to empty the kitchen compost bin into our compost bin (not the county one). To my surprise I dumped it on top of a small raccoon that was foraging in the compost. He looked healthy enough, looked up at me until I left then sauntered back into the woods.”

In Aylesford, Ann Young has a Pileated Woodpecker dropping in to keep its Red-bellied relative company. For the next few weeks, please report only to barpat@ns.sympatico.ca, the phone will be unattended.

GMFRC • Features of the Week

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

14 Wing Red Friday Family Snowshoe Day and Sleigh Ride

Friday, January 30th, 2009
At the Greenwood Golf Course
3:30 p.m. – 5:30 p.m.
All Families Welcome!

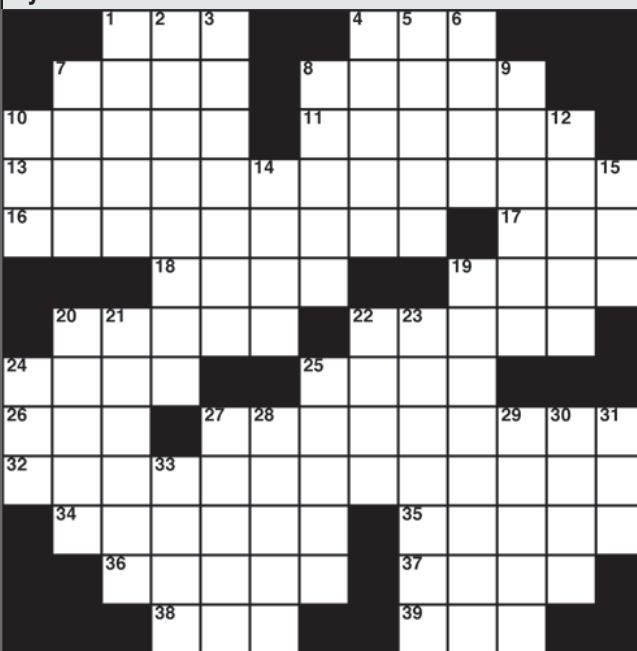
The GMFRC is partnering with our friends at the 14 Wing Community Centre for a Red Friday Family Snowshoe Day that is sure to be a fun filled afternoon for all ages! Bring the kids and come on over to the 14 Wing Golf Course for sleigh rides, sweets & hot chocolate and of course snowshoeing! ” We’ll supply the snowshoes, you supply the feet” Please call 765-1494 ext. 5331, 5337 or 5431 for more information.

Canadiana Crossword

Alberta Shines

Solution page 22

By Bernice Rosella and James Kilner



ACROSS

- Sask Environmental org.
- Austrian river
- Aussie rock band
- Influence
- Goblin
- Shoe style
- Alberta motto
- Hide processors
- Free oneself
- Neat
- Disco dance
- Stratagems
- Oak seed
- Security interest
- Westcoast salmon
- Actress Sothorn

- Alberta’s bird
- What is this?
- Buffy _____ Marie
- Deck with finery
- Mineral deposits
- Brews
- Keg
- Literary monogram

DOWN

- Contempt
- Alberta’s Capital
- Landscape
- Solo
- Cargos
- Ear or hand warmer
- Pier
- Right
- Osama’s forte
- Cousin of HST
- Rule
- Gray in Grosseliers
- Japanese Capital
- Friendliness
- Lodgepole _____ (Alberta’s tree)
- About the lenten season
- Superb
- Common cheese
- Lick
- Shouts
- Indian religion
- Frequently
- Seeps
- Troubles
- MS medication
- Rampage

Weekly Crossword brought to you compliments of:

BEST TOYOTA

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

ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com

© 2009 Bonnie J. Malcolm



Solution: 1. Extra puddle on counter. 2. Handle on pitcher is missing. 3. Fold in curtain is missing. 4. Underside of dough is colored in. 5. Puddle under plate is colored in. 6. Spoon on shelf is colored in. 7. Bottom of pitcher is different. 8. Handle in bowl has moved. 9. Stitching on sack has moved. 10. Measuring cup is different. 11. Pocket on jacket has moved. 12. Hat is wider.

Com Parrot brought to you compliments of:



954 Central Avenue
Greenwood
765-6381

Tri County
Communications
Greenwood Mall

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

peting at competitions. Just this past weekend, three first year members (Anna Schoonhoven, Josh Daigle and Eric Curtis) took home gold medals, Devon Simmons won bronze and Athena Clarke placed fourth! Needless to say, they are a keen and talented group who are desperately trying to reform their club but have not been able to fulfill the military member requirement. If you are interested or know of a military member who might be, please call Eric MacKenzie at 765-1494 ext. 5337.

The Musical 'Santa Goes Green' Had Its Moment of Fame

Submitted by: Mrs Walker
Hope

SANTA GOES GREEN was a roaring success by the grade 4 and 5 students at Dwight Ross Elementary School on December 16. The senior classes did a marvelous job of promoting environmental

consciousness while enjoying themselves thoroughly. From throwing around tins of fruitcake that were 'recycled' from year to year to all the evergreen trees at the North Pole tangoing to a salsa beat warning us all about the Greenhouse Effect, the show was so well done, it

was over before we knew it. The costumes and singing were wonderful and a big thank you goes out to all the staff and administration for their time and effort. Congratulations to all the students on their splendid acting debut! I was so very proud of all of you!



Rudolph (Maegan Currie) getting into the act with her LED nose.



Our whole cast waiting patiently in the library to start the show!

AXE the TAX
Pay 1/2 the Tax on all remaining '08 Hot Tubs

8794 Commercial St., New Minas 2517 HWY 1, Aylesford
902.681.3030 902.847.9392
www.hollandhomeleisure.com

Holland Home Leisure

Greenwood Bowling Centre

Open 7 Days a Week
MAKE Your Reservation Today
Every Monday & Wednesday Afternoon 1-4 p.m.
All U Can Bowl Just \$ 5.00
Every Monday & Wednesday Eve 6-9 p.m.
ALL GAMES \$ 1.00
Help us Celebrate 100 Years of 5 Pin Bowling • 1909-2009
For more info call 765-1494 ext 5631
www.5pinbowling.ca

*Family Fun for Everyone
Keep Fit Bowl a Bit*

Le Cadeau Parfait Pour la St-Valentin!

Biscuit D'Amour



Dites...

"Je t'aime," "Merci" ou "Tu es apprécié" avec

Trois délicieux biscuits en forme de cœur élégamment enveloppés et décorés (\$3.00 / 3 biscuits).

Personnalisez le message que nous attacherons à vos biscuits. Les biscuits seront livrés le vendredi, 13 février 2009.

Nous ferons la livraison aux endroits suivants:

Les écoles de Kingston, Greenwood, Middleton, incluant West Kings. La Base, les logements pour les familles militaires, les subdivisions et les commerces localisés dans les limites de Kingston, Greenwood et Middleton (Rt. 1).

Les commandes doivent être faites et payés au CRFMG avant le 9 février 2009 (argent comptant ou chèque).

Notre adresse:

Centre AVM Morfee, rue School, Greenwood, NS.
Pour plus d'information vous pouvez nous contacter au (902) 765-5611

Collecte de fonds pour le programme des bénévoles du CRFMG



The Perfect Valentine's Day Gift!

A Cookie Gram



A Cookie Gram (\$3.00/3cookies) can express many things...

"I Love you," "Thanks" or "You're appreciated."

You can personalize the message and we'll deliver three beautifully wrapped delicious heart-shaped sugar cookies on Friday, February 13th, 2009.

Deliveries will be made to the following:

Schools in Kingston, Greenwood, Middleton, including West Kings. The Base, PMQ's, all subdivisions/businesses within Kingston, Greenwood and Middleton town limits and subdivisions directly off Ward Road (Hwy 1).

Cookie orders will be taken at the GMFRC with payment until Monday, February 9th at 4:00 pm (cash or cheque only).

Our address is as follows:

AVM Morfee Centre, School Road, Greenwood, NS.
For more information you can contact us by phone at (902) 765-5611

GMFRC Volunteer Fundraiser



“Angela’s Angels” Came Together for a Hair-Raising Event

Submitted by: Maj Bob SEALBY,

On the morning of 18 January 2009, family, friends and the congregation of Trinity Pentecostal Church, Greenwood came together for a hair-raising event in support of Angela Dempsey. As was reported recently in the 12 January edition of The Aurora Newspaper, fourteen year old Angela was diagnosed with leukemia in Spring 2008 and she has spent much of the past six months going through chemotherapy in a Halifax hospital. As she said in an interview with the Children’s Wish Foundation of Canada, “having leukemia hasn’t been an easy road to travel” as the treatments often leave her sick and tired. However, Angela is a young lady with a very strong Christian faith, who insists that by putting her “hope and trust in God” she will get through this time of illness. And that is why on the Sunday morning of 18 January 52 men, women and children stepped up and had their heads shaved in a show of support to this brave young woman. Headed (excuse the pun) by Pastor Carmen Crockett, and overseen by Angela, Mike and Sue, (Angela’s parents) and

Angela’s sisters, Jennifer and Sharon, friends and family from 2 to 60 years old each came forward to the front of the church to have their heads shaved. Although primarily a church activity, the building was filled to overflowing as the congregation, friends and people from the community gathered to watch the event. Stylists and barbers from around the areas came out to help with the shaving. Angela gave out a thank you card to everyone who was out to the church service and included in it was the following poem:

FAITH
Faith is like the rain,
Falling softly to the ground,
Faith is like the sun,
shining ever so brightly.
Faith is a whisper,
flowing gently on the wind.
Faith leads us to God.
So, keep your faith little ones,
Put your trust in God always.

Angela Dempsey
Sue added to Angela’s thanks and, in reference to the Sparrow motif that she drew for Angela’s card quoting from Matthew 10:29-31 “God cares about a single sparrow and we are worth much more than many sparrows”. When asked to comment Pastor



Angela preparing to cut the first person of the event, Rev Carmen CROCKET.

Crockett said, “this was a service that we will not soon forget. What an amazing thing to see the expressions of love and support from our church and community for Angela and her family. As a church we have been praying

for Angela as well as helping in practical ways but this was an opportunity to say in a physical way that she is not alone. She has a church and a community supporting her.”



Hair, hair all over the place, or I should say lack of hair!

Although the event was not a fundraiser, Angela does have a wish involving the Children’s Wish Foundation of Canada. Her wish is for a backyard saltwater pool in which she can have fun with her family when she feels better. Vicky Puttick

from the Wish Foundation said people who want to donate can make their donations directly to The Nova Scotia Chapter of the Children’s Wish Foundation in Angela’s name and will be recognized as “Angela’s Angels”.

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08-342A	2008	YARIS SEDAN	GREY	4	5	AC,PW,PDL,CD	32000	14995
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