

CANADA

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PO Box 100  
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B0P 1N0**SECTION****BGen Millar Visit 3****413 Squadron Rescue 4****14 Wing Winter  
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14 WING • ESCADRE 14 GREENWOOD, NS

# The Aurora

## newspaper

*Capt Silliker  
doing 5s & 20s*

# 14 CES in New Mexico

*Photos:  
Submitted***Submitted by: Capt WGP (Gary) Silliker, 14AES Squadron, Development Officer**

The leadership element of the Construction Management Organization (CMO), preparing to deploy to Afghanistan as part of the Task Force Engineer group, travelled to Fort Bliss Texas in mid-January to train with the 5<sup>th</sup> Brigade of CFB Valcartier. The CMO leadership element consists of officers and senior non-commissioned members (Sr NCM) primarily from 14 CES as well as from Canadian Operational Support Command, CFB Borden and 14 Wing Greenwood.

The officers and Sr NCMs were imbedded within troops of 5e Régiment du Genie de Combat (combat engineers) and platoons of the Royal 22<sup>ième</sup> Régiment (infantry). They travelled with these combat elements conducting various exercise scenarios such as improvised explosive device strikes, quick reaction force, duties/responses entry control point operations, defence of strong points, combat casualty care, vehicle extraction, casualty evacuation, and some basic "grunt" stuff. All personnel were amazed at how

**WO McCarty, 14 WG, and  
Captain Silliker, 14 CES, taking a break  
on back ramp of a LAV.**

cold the New Mexico desert can get at night time, as the sand does not retain any of the heat absorbed during the day. Living conditions were not too Spartan at the forward operating bases which had tented quarters and eating facilities.

The New Mexico training area is utilized by the U.S. forces for the majority of units, training for deployments

*...continued on page 2.*

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# 14 CES in New Mexico

...cover story continued.

to Iraq or Afghanistan, as the area most closely resembles the terrain found in those areas of operations. The natural environmental setting and diversity of the Fort Bliss Training Complex are unique among U.S. military installations. Over

90% of Fort Bliss' training areas are located in New Mexico and the Canadian Forces (CF) personnel were based in a camp located in the Dona Ana Ranges. The training area is vast (over one million acres), consisting primarily of sandy desert, cactus, prairie dog holes, scrub trees and

bushes, and surrounded by mountain ranges. Considering the fact that the training would take place in January, the CF selected this training venue for the same reasons the US forces utilize it. Lieutenant General Andrew Leslie, Chief of Land Staff, visited the Brigade in New Mexico and did note,

that training in Wainwright, in January, would not have been very realistic – all members of the Brigade heartily agreed with him!

The CMO leadership folks came away from the training with a “hands on” understanding of how they will integrate with combat units on their upcoming

mission to Afghanistan. Their skills at securing the exterior perimeter of the vehicle out to 20 meters, all-round defence, and extracting personnel from hatches of light armoured vehicles were well honed by the time they returned to Canada.

Chimo!



WO McCarty, 14 WG on “air sentry” in a LAV

## February is Heart Health Month

“Many unaware of thirdhand smoke’s toxic effects”

Smoking, or even exposure to second-hand smoke, has been proven to increase a person’s risk of heart disease and stroke. But even after the smoke has left the air, the toxic components can linger on surfaces – an effect known as thirdhand smoke. Yet, a recent study from the journal Pediatrics shows that many people are unaware of this problem. “We know there are parts of this thirdhand smoke which are toxic. The residuals of the cigarette’s 250 poisonous metals, chemicals and other components embed into upholstery, drapes, carpets and other surfaces and remain there long after the smoke is gone,” says Foundation researcher Dr. Andrew Pipe of the University of Ottawa Heart Institute. “This just once again underscores that exposure to cigarette smoke in any form – first, second or

third - is very hazardous.”

The study looked at the attitudes of smokers and non-smokers toward smoking in their homes and other enclosed spaces, particularly around children. Researchers interviewed 1,500 households in the U.S. They saw that while 95% of non-smokers and 84% of smokers said that they believed a parent’s smoking was bad for their child’s health, far less – only 65% of non-smokers and 43% of smokers -knew about thirdhand smoke. “We want to ensure our homes are safe and that there’s nothing dangerous to children, but in homes with smoking, there are constant hazards present. Children are crawling on carpets, putting things in their mouths, rolling around on pillows – and these are all places where cigarette smoke clings and leaves its toxic residue,” Dr. Pipe says. “Children inhale

more particulate matter than adults. Plus, they are at a crucial point in their development, so smoking in the home can be particularly harmful to kids.”

The study suggests that parents have an active role to play in keeping their children safe by preventing smoking inside the home – or in other enclosed spaces. “I think it’s important that thoughtful smokers don’t want their addiction to harm others. Smoking outdoors on their own property is where their smoking should take place and they should seek to make their homes smoke-free,” Dr. Pipe says.

The above article was provided by the Canadian Heart and Stroke Foundation.

For more information on smoking cessation contact the 14 Wing Health Promotion Offices at 765-1494 ext 5388/5389.

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

## March 1<sup>st</sup> I Quit!

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/](http://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.

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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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# BGen Millar Visits 14 Wing

The Joint Task Force North (JTFN) Commander, Brigadier General D.B. Millar, OMM, CD, visited 14 Wing on the 22 January 2009. The JTFN headquarters is located in Yellowknife, Northwest Territories, and its area of responsibility includes all Canadian territory north of the 60<sup>th</sup> parallel, which includes the Northwest Territories, Yukon Territory, and Nunavut. Upon arrival to 14 Wing Greenwood, Brigadier General D.B. Millar and Regimental Sergeant Major (RSM) CWO Mark Saulnier were thoroughly impressed with the impeccable performance of the honour guard in headquarters. This set the stage for a day of high expectations from which 14 Wing did not fall short.

During his visit, Brigadier General D.B. Millar conducted a tour of various 14 Wing units, including but not limited to, a luncheon at the Annapolis Mess where many were able to have some one on one time

with the Brigadier General. The day's events were then capped off with a 14AMS Mess Dinner in the evening.

For the morning program, the Brigadier General toured 14 AMS and MP&EU, with a coffee break in 14AMS Engine Bay section, where much of 14 AMS personnel gathered. Many members reminisced on past experiences, having served under the Brigadier General on previous postings (Coldlake, 1 Canadian Air Division, etc). The afternoon program included tours of Wing Ops, 405, 404, 14SES, and 413 Sqns including a detailed tour of a block II Aurora, Cormorant, Operational Mission Simulator (OMS) and highly impressive Full Flight Simulator (FFS).

Throughout the day the Brigadier General regaled us with many stories of his experiences during his illustrious career and extended an invitation to all next time we were in balmy "Yellowknife".



**Brigadier General (BGen) D.B. Millar (Joint Task Force North) meets with members of 413 Squadron during his visit to 14 Wing Greenwood, Nova Scotia. BGen Millar spent the day meeting with various squadrons throughout the base.**

(Photo: Cpl Shane Rudderham, Image Tech, Wing Imaging)

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# 14 Wing Fitness and Sport Centre Gym Floor Closure

The 14 Wing F&S Centre gym floor will be closed for use by all patrons for the period of 2 Feb 09 until 31 Mar 09 to facilitate the installation of a new suspended hard wood gym floor.

In 1999 when the F&S Centre was being constructed increased cost associated with the excavation took place with the result being the elimination of a hard wood floor in the new state of the art Fitness facility. The present multi

purpose flooring has served us well over the past nine years however the benefits of the new floor being installed by Turf Masters of Nova Scotia include a cushioned landing by our athletes and class participants, better traction for sporting events and turns and stops for our EXPRES evaluations.

There is no good time to shut down the gym floor and with the fiscal timelines/ requirements of



such a project Feb 2<sup>nd</sup> will ensure we get the revitalized gym back by 1 Apr 2009.

Fitness evaluations will

take place at the 14 Wing Community Centre. EXPRES Coordinators should ensure they touch base with the PSP staff to

confirm the dates and timings as they will only be on site during scheduled testing timings. Classes will remain within the F & S Centre, pool and arena using a variety of alternative classes to ensure your fitness needs are met. 14 Wing section users and 14 Wing sports teams should contact the PSP staff as identified below.

For our Rec Card patrons we do apologize for this inconvenience

however like any paving, parking or construction upgrade project all will benefit in the end from this new addition.

Should you have any additional booking questions please contact the 14 Wing, Facilities Coordinator, Nicole Peppard 5025. For Fitness class and evaluations, Eric Plante 5022 and sport teams, Graham White local 5753.

Thank you for your patience and understanding.



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- Bonanza – Progressive
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## Three Men Rescued by 413 Squadron

NR-001.09- January 23, 2009  
**14 WING GREENWOOD**— Three fishermen were rescued from their vessel (Dream Seeker One) that was taking on water forty-four kilometres near Seal

Island by members of 413 (Search and Rescue) Squadron. The island is just south of Yarmouth, Nova Scotia and the forty-two foot vessel ran aground Wednesday night.

The Joint Rescue Coordination Centre in Halifax was notified and requested a CH-149 Cormorant helicopter from Greenwood be dispatched to the scene to

administer assistance. Once the Cormorant was on scene Search and Rescue technicians were lowered from the helicopter to the fishing vessel and the men

were then quickly hoisted up into the aircraft. They were then transported to the Yarmouth airport and all were in good shape and did not require any medical attention.

## Blood Donor Clinic - Tuesday, Feb. 17th

By: Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will be holding another donor clinic at the 14 Wing Greenwood Community Centre on Tuesday

February 17th. Donors can either give during the 12:00 – 3:00 p.m. time slot or the 5:00 – 8:00 p.m. evening slot on Tuesday the 17<sup>th</sup>. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors

are welcome!

This clinic is made possible by the generous support from McDonald's and Tim Hortons. If you are interested in more information please call Eric MacKenzie at 765-1494 ext. 5337 or if you wish to book an appointment, please call 1-888-236-6283.

## Postponement Notice

**Uplift – Families on the Wings of HOPE**

It is with regret that the 14 Wing Family Crisis Team (FCT) announces the postponement of the Uplift seminar, scheduled for 11 Feb 09. Due to several presenters having to cancel their involvement and due to a lack of interest in attendance, the FCT has decided to postpone the event to a later date.

The 14 Wing FCT remains committed to raising awareness about issues related to family violence, working towards the reduction of family violence and its impact and exploring preventative measures.

Although the Uplift event is being postponed, FCT members remain available to provide briefings on family violence upon request. If you would like to arrange a briefing, please feel free to contact one of the following FCT members: Michelle Hammond (5215), Shannon Doubleday (1811), Lisa White (5389), Padre King (5541), Cpl Dustin Dolliver (5544).

The 14 Wing FCT apologizes for this postponement and any inconvenience it has caused.

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# Silver Dart Replica Test Flight

Submitted by: **Ted Beaudoin, Media Services Manager for the Non-profit AEA 2005 Inc.**

**Commemorating 100 Years of Powered Flight in Canada and British Commonwealth**

A group of volunteer amateur aviation enthusiasts from the Niagara Peninsula, Canada. On January 13<sup>th</sup>, the group successfully completed a nearly five-year long project in building a full-scale powered replica of the famous Canadian **Silver Dart** aircraft. The replica is now being readied for its test flights, scheduled to take place at the Hamilton (On) International Airport (YHM) - Canadian Warplane Heritage Museum - between Jan. 29 and Feb. 2, weather permitting.

This version of the Silver Dart - Transport Canada registry **C-IIGY**, is a replica of the original Silver Dart aircraft designed by the Alexander Graham Bell-led team of associates known as the Aerial Experiment Association formed in 1907. In 1909, on Feb. 23<sup>rd</sup>, the original AEA team of associates designed

the first aircraft to make the first officially-recognized powered flight in Canada and in what was known as the British Empire of the day, in Baddeck, Nova Scotia, Canada.

C-IIGY is scheduled to help celebrate 100 years of powered flight in Canada on Feb. 23<sup>rd</sup>, this year in Baddeck, and is expected to be piloted by former NASA / **Canadian Space Agency** astronaut **Bjarni Tryggvason**, now an aeronautical engineering professor at the University of Western Ontario in London, ON. Scheduled to be on hand to witness this commemorative flight is **Gerald Haddon**, Oakville, ON, former CTV national studio director, and

grandson of the man who actually designed the original Silver Dart and who was its first pilot, J.A.D. McCurdy, later a Lieutenant-Governor of the province of Nova Scotia.

Should you be interested in learning more about this commemorative project, and about the group, we may be of assistance to you in many ways. Also, we invite the recipients of this international aviation event alert to visit our web site which provides more information ... [www.silverdartreplica.com](http://www.silverdartreplica.com).

Thank you for having taken the time to read this message.

## Register now to ensure a seat! Health Promotion Winter/Spring 2009 Program Schedule

Program	Date	Time	Location
<b>Alcohol, other Drugs &amp; Gambling Supervisor Training</b>	12 March 09	0830 – 1600 hrs	F&S Centre
<b>Applied Suicide Intervention Skills Training (ASIST)</b>	14 – 15 Apr 09	0800 – 1600 hrs	F&S Centre
<b>Basic Relationship Training (BRT)</b>	04 Mar – 16 Apr 09 (Wednesdays)	1800 – 2000 hrs	F&S Centre
	19 May – 23 Jun 09 (Wednesdays)	TBA	F&S Centre
<b>Butt Out – Self-Help Program</b>	Mondays (by apt only)	1330 – 1430	F&S Centre
	Fridays (by apt only)	0930 – 1030	F&S Centre
<b>Butt Out – Support Group Meetings</b>	10 Feb – 28 Apr 09 (Tuesdays)	1100 – 1215 hrs	F&S Centre
<b>Managing Angry Moments</b>	30 Apr – 18 Jun 09 (Thursdays)	1330 – 1530 hrs	F&S Centre
<b>Stress: Take Charge</b>	18 – 19 Feb 09	0830 – 1530 hrs	F&S Centre
	24 – 25 Jun 09 (TBC)	0830 – 1530 hrs	F&S Centre
<b>Top Fuel for Top Performance</b>	12 – 13 Feb 09	0830 – 1600 hrs Day 1 0830 – 1130 hrs Day 2	F&S Centre
	23 – 24 Apr 09	0830 – 1600 hrs Day 1 0830 – 1130 hrs Day 2	F&S Centre
<b>Weight Wellness</b>	29 Apr – 17 Jun 09 (Wednesdays)	1200 – 1400 hrs	F&S Centre
<b>Nutrition/Active Living</b>	29 Jan 09	0830 – 1530 hrs	F&S Centre
	26 Mar 09	0830 – 1530 hrs	F&S Centre

To register for any of the above programs call the 14 Wing Health promotion offices at 765-1494 ext 5388 or go to our website: [www.14winghealthpromotion.com](http://www.14winghealthpromotion.com)

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

## Membership in Cornwallis Military Museum

The museum is actively involved in seeking new members to ensure the very existence of this unique military museum located at the training base in Deep Brook, NS. It is located in the old Protestant Chapel (St. Georges') so it is not only preserving the building but the history of HMCS/CFB Cornwallis and Canada's armed forces.

The cost for membership is \$10.00 yearly and you receive a newsletter updating the operation and events of same.

We have no salaried employees it is strictly volunteers and we receive no government funding but rely on private and commercial donations.

An application form can be down-loaded from our webpage at [www.cornwallismuseum.ca](http://www.cornwallismuseum.ca) you do not have to be ex-service to be a member and we operate on a non-discriminatory policy in that you can name your pet as a member if you so wish.

So, my friends, take a moment and join us to guarantee the future of this establishment.

Ronald E. Elliott CD, RCN (Ret'd)  
Annapolis Royal, NS

**DR M.P. DUFFEY & DR B.L. KINNEY**

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### Need a Hand? Community Volunteer Income Tax Program Besoin d'un coup de main? Programme communautaire des bénévoles en matière d'impôt

Volunteers, trained by the Canada Customs and Revenue Agency, can help you complete your income tax and benefit return.

Des bénévoles, formés par l'Agence des douanes et du revenu du Canada, peuvent vous aider à remplir votre déclaration de revenus et de prestations.

To find out if you are eligible or to make an appointment call:  
Pour savoir si vous êtes admissible, ou pour prendre rendez-vous, téléphonez au:

**765-1494 Local 5430**

You can meet with the volunteers!  
Vous pouvez rencontrer les bénévoles!

**March 3, 13, 17, 24 & 31  
April 7, 14 & 21 (if needed)**

To be held at the 14 Wing Library, Greenwood

By appointment only (765-1494, local 5430)

Bring all your tax papers and forms with you.

This service is free!

Apportez tous vos feuillets et formulaires d'impôt.

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[www.ccra.gc.ca/volunteer](http://www.ccra.gc.ca/volunteer)

[www.adrc.gc.ca/benevole](http://www.adrc.gc.ca/benevole)

### DND MEMBER BENEFIT PROGRAM

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### 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 31<sup>st</sup>** in order to begin school in September.

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





## Community Thank You

Submitted by: Gloria Geddes - Publicity

To our Community at large- thank you -for your continued support of the Kingston & District Health Auxiliary. Funds raised in 2008 (\$8,800) were disbursed as follows:

**Soldiers Memorial Hospital Foundation - \$3,000**

**Valley Regional Hospital - \$1,700**

**Fidelis House - \$300**

**VON Annapolis & Kings Co. - \$2,000**

**Mid-Valley Palliative Care - \$1,500**

**Western Kings Memorial Rehab - \$300**

**Our executive for 2009:**

President - Carole Hemenway, Vice-President -

Liz Schurman, Secretary - Evelyn Gillespie,

Treasurer - Margie Stewart

## ~ Thank You ~

We would like to thank all our friends and relatives who helped us celebrate our 50th Anniversary, January 3rd.

A special thank you to our children, Christine, Marty and Tracy and their families for all their efforts.

*Gordon & Colette Way*



## Whip Cream Fun!

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

On Tuesday, January 20<sup>th</sup>, 2009 children and parents attending the GMFRC Two Year Old Toddler Program enjoyed a morning of fluffy fun as they finger painted together with whip cream. There were lots of smiling faces as the children soon realized that they could actually taste their artwork! Pictured is Emma, A.J., and Amanda Cleghorn having a yummy good time. Our program provides military families with opportunities to connect with others who are parenting young children as well as provide children with activities that promote social interaction and learning. There is no pre-registration to attend our program and best of all it is FREE! We meet every Tuesday at 9:30 a.m. at the GMFRC Casual Childcare Room for a morning of crafts, stories, songs, and fun!

## GMFRC • Feature of the Week

Prevention, Support and Intervention Services

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

### Connecting Friends January Activities

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.

**Wednesday, February 4th, 2009**

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

**Wednesday, February 11th, 2009**

PLEASE NOTE: "Uplift: Families on the Wings of Hope" has been rescheduled due to low enrollment. Keep your eyes open for information on new dates in the Spring. Therefore, our new topic will be "The 5 Apology Languages". Valentines Day is quickly approaching, one of the best gifts that you can give yourself, and your family, is the ability to find resolution. Join us to explore your language of apology, and the language of your family members.

## Greenwood Amateur Radio Club News and Views *MEET the HAMs:*



Ernie McMurrer, VE1ERN, is originally from Dartmouth, NS. He joined the Royal Canadian Navy in 1958 with basic training taken at Cornwallis, NS. He served on several ships, including Fort Erie, Nipigon, Preserver, Terra Nova, and Fraser. Ernie was also posted to bases at Hochelaga, Stadacona, Dockyard, and Shearwater. He moved to Greenwood and served as a PO2 Supply Tech from 1978 until retirement in 1985, when he transferred to the Army Reserve in Camp Aldershot, where he served until "age" retirement in 1996. During his time in the reserves he also worked at a Chrysler dealership and Canadian Tire, and is now employed as a Commissioner at 14 Wing Greenwood. Over the past years, Ernie's hobbies have included hunting, fishing, CB, and his favourite, camping. Ernie got the bug to be in Amateur Radio in February of 2008, and is now an active member of the Greenwood Amateur Radio Club. Ernie resides near Aylesford, NS.

The Greenwood Amateur Radio Club holds monthly meeting on the first Thursday of each month in the community center conference room, at 7PM, and we hold "Tinker" nights on the other Thursday evenings. Come out and meet the "Hams". For more information contact VE1RCF Brian at 765-3028, or any of our club members. Check us out at <http://greenwoodarc.org>. Until next time, good listening.

## CUCINA AURORA



### Lazy Day Casserole

1/2 lb. Day-old Italian or French bread, sliced  
1 lb. Bulk pork sausage, cooked and crumbled  
1/2 tsp. Pepper  
8 oz. Swiss cheese, sliced      8 Eggs  
1/4 cup Chopped fresh parsley      2 cups Milk

Line the bottom of a greased 13-in. x 9-in. x 2-in. baking dish with bread. Sprinkle with sausage. Beat eggs, milk and pepper; pour over sausage. Press bread down with a spatula to absorb egg mixture. Top with cheese and parsley. Bake, uncovered, at 350 for 30-35 minutes or until a knife inserted near the center comes out clean. Let stand 5 minutes before cutting.

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[www.5pinbowling.ca](http://www.5pinbowling.ca)

*Family Fun for Everyone  
Keep Fit Bowl a Bit*

## GMFRC • Feature of the Week

Adult Programs and Employment Services

Coordinator: Stephanie Townsend at 765-1494 local1816 or email at [Townsend.SC@forces.gc.ca](mailto:Townsend.SC@forces.gc.ca)

### Join us in welcoming CF Recruiting!

**Thursday, February 26<sup>th</sup>, 2009**

**10:00 a.m. – 4:00 p.m.**

**Classroom 1**

**Free**

Canadian Forces Recruiting Centre Halifax will be at the GMFRC to answer any questions you may have and assist with your application. This will be an excellent opportunity to talk directly to a Recruiter and find out about jobs that you are interested in within the CF. GMFRC will be hosting the Recruiting Centre on the last Monday of each month beginning in March to fill the demand for this service. The GMFRC also acts as a satellite location for the Recruiting Centre so anytime you are in need of resources or information drop in or give us a call at 765-5611 and ask for Stephanie.





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## Curling Playdowns / Bowling Rolloffs

To all eligible 14 Wing Military personnel Regular force and Reserves on a class B or C contract. We will hold play downs for the Wing curling team and Roll Offs for the Wing Bowling team. These events will be held at the appropriate venue i.e. Curling Rink and Bowling Alley from the 16<sup>th</sup> to the 18<sup>th</sup> of Feb 09. In order to enter a team or to register as an individual you must have a current pass or exemption on your fitness test. If you wish to enter please contact Mr. Graham White 14 Wing Sports Coordinator at local 5753 prior to the 11<sup>th</sup> of Feb.

## Atom Rep Bombers Players of the Week



### Ryan MacKeigan

**Position:** defence/forward  
**Number:** 16  
**Favourite player:** Nicholas Lindstrom  
**Favourite team:** Detroit Red Wings  
**What I want to be when I grow up:** NHL hockey player, a roller coaster designer or an actor.



### Thomas Slater

**Position:** center  
**Number:** 15  
**Favourite player:** Alexander Ovechkin  
**Favourite team:** Montreal Canadiens  
**What I want to be when I grow up:** NHL hockey player.

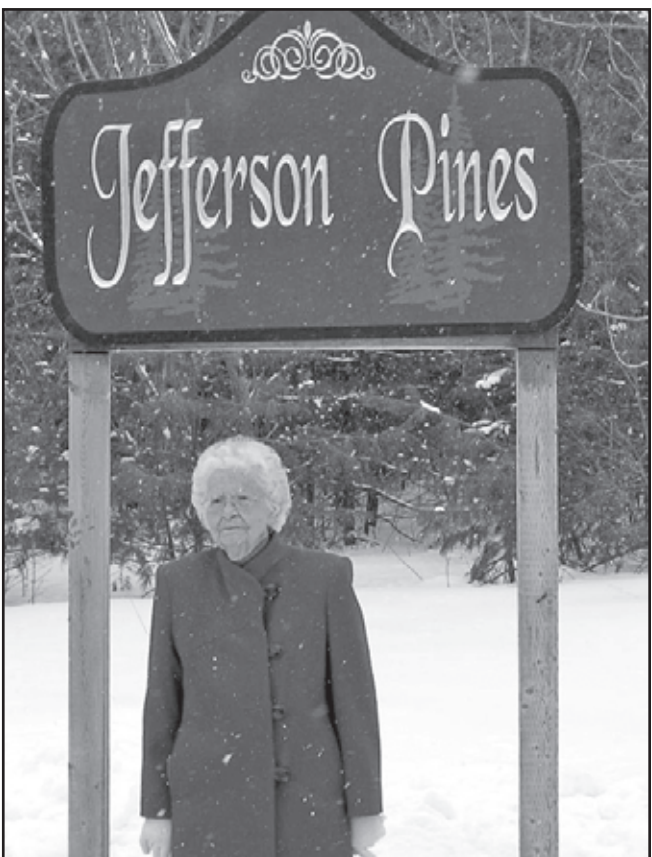


## The Greenwood Skating Club Presents “JC’s Hot Tubs” Skater of the Week

**Name:** Juliette Lavallee  
**Age:** 7  
**School:** École Rose des Vents Grade 2  
**Skating Level:** Junior StarSkater  
**Coach:** Cheryle Gaston  
**Started Skating:** 5 years old  
**Highest Tests Passed:** CanSkate Level 6 and Dutch Waltz Dance  
**Favourite Figure Skater:** Tugba Karademir  
**Favourite Part of Skating:** Competitions and Shows  
**Other Hobbies:** Dancing & reading

## Great Community Effort

*Aided by the efforts of several volunteers and the financial support of nearly 100 percent of its residents, the people of Jefferson Pines in Meadowvale recently replaced the signs at the Main Street and Maple Street entrances to the neighbourhood.*  
*Pictured here as she unveils one of the new signs on a frigid January Sunday afternoon is Mrs. Helen Jefferson, who with her late husband Milford Sr. started this sub-division over thirty years ago.*



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### EXIT REALTY TOWN & COUNTRY

After 20 years in the Air Force, Clayton decided to chase his entrepreneurial spirit and for years has owned several businesses, and is currently operating restaurants in the Annapolis Valley and throughout Nova Scotia. With Management in place he finds himself drawn to real estate and we're happy to introduce him as a valued and experienced addition to our office.

**Welcome Clayton!**

## Kingston Legion Br 98 ~ February 2009

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Sun	Mon	Tues	Wed	Thu	Fri	Sat
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8 BINGO	9 EUCHRE	10 BINGO	11 VALLEY DARTS	12 CRIB	MIXED DARTS 13 GOOD FEELIN BAND HOT TURKEY SANDWICH	14 CRIB TEAM DARTS
15 BINGO	16 EXEC MTG EUCHRE	17 BINGO	18 VALLEY DARTS	19 CRIB	MIXED DARTS 20 DJ BILL COX FISH & CHIPS	21 MIXED DARTS BINGO
22 BINGO	23 GEN MTG	24 BINGO	25 VALLEY DARTS	26 CRIB	MIXED DARTS 27 SPARE PARTS FOOD TBA	28 TEAM DARTS

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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
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- The cost for this is only **\$220.00 tax incl.** per business

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

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



# Congratulations

Submitted by Nicole Godin, GMFRC Coordinator of  
Community Information Services at 765-1494 local  
5941

The GMFRC would like to congratulate Sean and Melanie Abrahams winners of our GMFRC Welcome Program for newly posted family to 14 Wing Greenwood. Their name was entered in our monthly draw for December after they came in to

participate in our Welcome Program visit and tour of the Centre.

If you are a newly posted family and would like to have a chance to win a prize, all you have to do is come in the GMFRC for your visit and tour of our Center and your name will be entered in our monthly draw. We can't wait to meet you and show you our Centre and what programs and services we have to offer.

## Meet the Bombers



### Meet Jordan Taylor

Wearing jersey number 14 and playing left wing for the Pee Wee Rep team. Jordan is 12 years old and lives in Kingston. He has been playing hockey for the past seven years and this is his first year on the rep team. Jordan attends Pine Ridge Middle School. His other interest includes playing X-Box 360. His favourite NHL team is the Montreal Canadiens.



### Meet Matthew Betts

Wearing jersey number 16 and playing defence for the Pee Wee Rep team. Matthew is 11 years old and lives in Kingston. He has been playing hockey for the past 5 years and this is his first year on the rep team. Matthew attends Pine Ridge Middle School. His other interests include soccer, backyard football, band, and downhill skiing. His favourite NHL team is the Ottawa Senators.



**Melanie Abrahams winner for the month of December received her \$50 gift certificate at the GMFRC.**

(Photo by: Mary Wredenhagen, GMFRC Program Support Assistant)



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## McCurdy Biplane

Although neither designed nor built in Canada, J.A.D. McCurdy's biplane played a role in Canadian aviation history. After the dissolution of the Canadian Aerodrome Company, McCurdy joined Glenn Curtiss, but left his corporation in May 1911, forming his own company in Pittsburgh, Pennsylvania on 20 June. He subsequently designed a biplane with no forward elevator, unusual for the time, and powered by a Gnome engine. McCurdy contracted the Queen Aeroplane Company of New York City to build six of the airplanes.

Three of the biplanes were sold to private hands. G.G. Hubbard II, a relative of Alexander Graham Bell, bought one, as did W.E. Doherty of Buffalo. One of McCurdy's pilot pupils, a Doctor Weidman also purchased one.

Three of the new biplanes were shipped to Hamilton to participate in an air display. The exhibition in Hamilton was held on a farm on the outskirts of the city, from 27 to 29 July. One biplane, which had been tested in New York, was assembled and performed well. On 1 August, McCurdy, Charles Willard and J.V. Martin participated in an unofficial race from Hamilton to Toronto, this being the first inter-city flight in Canada. Despite the fact that Willard departed 10 minutes before him, McCurdy won the race, covering the distance of 72 kms (45 miles) in 32 minutes, landing at Fisherman's Island. The next day McCurdy and Willard flew in an exhibition at Donlands Farm northeast of Toronto; however, McCurdy's plane was launched into the air prematurely by the bumpy field, crashed and was destroyed.

The McCurdy biplane goes into the Canadian aviation record as being the only aircraft that was wholly designed by J.A.D. McCurdy, the Canadian aviation pioneer, and as the first airplane to make an inter-city flight in Canada.

## Le biplan McCurdy

Malgré le fait qu'il n'a pas été conçu ni construit au Canada, le biplan de J.A.D. McCurdy a joué un rôle dans l'histoire de l'aviation canadienne. M. McCurdy, qui s'était associé à Glenn Curtiss après la dissolution de la Canadian Aerodrome Company, quitte l'entreprise en mai 1911 et crée sa propre entreprise à Pittsburgh, en Pennsylvanie, le 20 juin suivant. Il conçoit alors un biplan sans gouvernail de profondeur avant, ce qui est inhabituel pour l'époque, et propulsé par un moteur Gnome. M. McCurdy engage la Queen Aeroplane Company, de New York, pour construire six de ces avions.

Trois des biplans sont vendus à des particuliers. G.G. Hubbard II, un membre de la famille d'Alexander Graham Bell, en achète un, ainsi que W.E. Doherty, de Buffalo, et un certain docteur Weidman, un des apprentis-pilotes de M. McCurdy.

Les trois autres biplans sont expédiés à Hamilton en vue d'une démonstration aérienne. Cette démonstration se tient du 27 au 29 juillet dans une ferme, en périphérie de la ville. L'un des biplans, que l'on avait testé à New York, est assemblé et donne de bons résultats. Le 1<sup>er</sup> août, MM. McCurdy, Charles Willard et J.V. Martin participent à une course non officielle entre Hamilton et Toronto. Il s'agit du premier vol interurbain au Canada. Même s'il part 10 minutes après M. Willard, M. McCurdy gagne la course, parcourant une distance de 72 kilomètres (45 milles) en 32 minutes pour atterrir à Fisherman's Island. Le lendemain, M. McCurdy et M. Willard participent à une démonstration à Donlands Farm, au nord-est de Toronto. Toutefois, l'avion de M. McCurdy, ayant pris son envol trop tôt en raison du sol cahoteux du champ, s'écrase et se brise.

Le biplan McCurdy s'inscrit dans l'histoire de l'aviation canadienne comme étant le seul aéronef conçu entièrement par le pionnier de l'aviation canadienne, J.A.D. McCurdy, et le premier avion à effectuer un vol interurbain au Canada.



# Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

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



## Curtiss JN-3

The JN-3 represented the first series production of an aircraft in Canada and a major step towards aircraft production in Canada. When Glenn Curtiss began building aircraft for the Royal Naval Air Service (RNAS) in 1915 he built a factory in Canada and opened the Curtiss Aviation School to train pilots. Curtiss began construction of his JN-3 in Toronto in May 1915, with the first Canadian model flying on 14 July 1915, with all aircraft being completed in August that year.

The JN-3 was a standard trainer of the RNAS; however, its American origin resulted in it being received with some reservation at some RNAS stations. In the United Kingdom, modifications were made to some of the aircraft including fitting four-bladed propellers, and some wire braces replacing metal struts in an effort to strengthen the aircraft. The JN-3 also served in small numbers in Australia with their training system. In Canada, the JN-3s were used to train most of the 130 pilots who received their training with the Curtiss Aviation School. Of these, 128 joined the RNAS or the Royal Flying Corps.

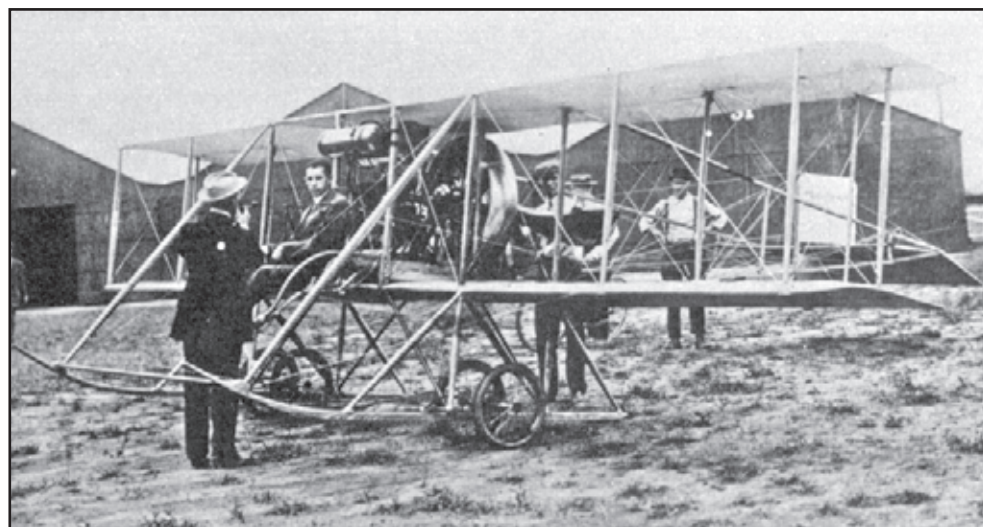
A total of 104 JN-3 were built of which 18 were made in Canada - 12 for the RNAS and 6 for the Curtiss Aviation School. The Canadian Government expropriated the Curtiss plant in December 1916 and set up Canadian Aeroplanes Ltd. Although the plant proved to be too small, the machinery for the JN-3 was used for production of the JN-4 while most of the employees also transferred. Canadian Aeroplanes Ltd went on to build over 1260 JN-4s in Canada, with the machinery and personnel who built the JN-3s playing a major role in this success.

## Le Curtiss JN-3

Premier avion à être produit en série au Canada, le JN-3 a contribué à l'essor de l'industrie de la construction d'aéronefs au Canada. Lorsque Glenn Curtiss commence à construire des aéronefs pour le Royal Naval Air Service (RNAS), en 1915, il ouvre une usine au Canada et fonde son école, la Curtiss Aviation School, afin de former des pilotes. M. Curtiss commence à fabriquer son JN-3 à Toronto, en mai 1915, et le premier modèle canadien prend son envol le 14 juillet suivant. En août, la construction de tous les avions est terminée.

Le JN-3 est utilisé comme avion-école de base par le RNAS. Toutefois, il est accepté avec une certaine réticence dans quelques stations du RNAS en raison de ses origines étatsunienues. Au Royaume-Uni, on apporte des modifications à l'aéronef. Entre autres, on le munit d'une hélice quadripales, et on remplace certains haubans par des contre-fiches en métal en vue de renforcer la structure de l'avion. En Australie, quelques JN-3 sont utilisés dans le cadre du programme de formation de pilotes. Au Canada, on s'en sert pour former la majorité des 130 pilotes inscrits à la Curtiss Aviation School. Parmi ceux-ci, 128 pilotes deviennent membre du RNAS ou du Royal Flying Corps.

Au total, 104 JN-3 sont fabriqués, dont 18 au Canada : 12 pour le RNAS et 6 pour la Curtiss Aviation School. En décembre 1916, le gouvernement du Canada exproprie l'usine de M. Curtiss et fonde la Canadian Aeroplanes Ltd. Même si cette usine s'est avérée trop petite, les mécanismes du JN-3 ont servi à la production du JN-4, et la plupart des employés ont été embauchés par la nouvelle usine. La Canadian Aeroplanes Ltd. a fabriqué plus de 1 260 JN-4 au Canada. Ce succès est attribuable en grande partie aux mécanismes des JN-3 ainsi qu'au personnel qui les a construits.







## Birthday Happiness

*We wish to thank all who attended our birthday this past Saturday, 24 January. It was so wonderful to finally see all of Mommy and Daddy's friends who helped them along the way. We had wonderful cake from Sobeys and want to thank Mr. Potts and his staff as well for helping with the party supplies. Of course this wouldn't have been nearly as much fun without our family helpers. Mary, Thank You for being so giving of yourself, and to your family, thank you all for giving her the time to spend with us. Marc and Jennifer, the evening time is such a treat knowing you will be there for bath time and to tuck us in bed. For the incredible people who have taken time, thought, and prayer for us, Thank You. Keep safe and be careful... we're starting to crawl.*

*Love to all, Julia, Morah, Alex & Ben.*

## Je déploie mes ailes!

À l'école publique de langue française, nous aidons votre enfant à prendre son envol vers l'avenir.

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écoles publiques  
de l'Est de l'Ontario



## Employment Tip

When searching for employment, particularly in rural communities, networking is key. Statistics show that 85% of jobs that are available are never actually posted in the public media, but filled with employees known by the employer. It is therefore crucial to your job search to get your face out there and make yourself known to employers, business partners, friends, and acquaintances and let them know that you are in search of employment. Career assessment tools and employment fairs are also very helpful in defining your areas of interest, especially if you are unsure of where your talents fit best. You may also want to try joining job search groups such as the one offered at your local GMFRC, or volunteer with organizations to get you in touch with appropriate business contacts. There are many options when it comes to getting yourself known in the business community so be seen and known by all potential contacts – you never know when they could be beneficial in your job search.

If you are in search of employment and would like more information on networking or on employment services in general, contact Stephanie.

## Plowing Priorities

Slow down.  
It's winter.

- 1 Plowing for 100-Series highways, and major roads carrying high traffic volumes.
- 2 Plowing for roads with lower traffic volumes and local roads with high traffic volumes.
- 3 Plowing on mainly local roads that have a lower volume of traffic.

## Winter Maintenance Standards

Road type	Plowing goal
• 100-Series highways (ex. Highway 101)	Essentially bare pavement <b>within 8 hours</b> after end of storm
• Trunk highways (ex. Trunk 2)	Essentially bare pavement <b>within 12 hours</b> after end of storm
• Route highways (ex. Route 354)	Centre line bare (width 2.5 – 5 meters) <b>within 12 hours</b> after end of storm
• Local paved roads (ex. all other non-numbered roads)	Centre line bare (width 1.5 – 2.5 meters) <b>within 24 hours</b> after end of storm
• Gravel roads	Snow-packed surface <b>within 24 hours</b> after end of storm



Bare pavement



Center line bare  
(2.5 – 5 meters)



Center line bare  
(1.5 – 2.5 meters)



Snow packed

Salt and sand are also used for winter maintenance.

Salt is NOT an effective de-icer when it dips below -10C during the day, or below -7C at night. *That's why we apply sand or salt/sand mixtures when temperatures are that low.*

- Provincial highway conditions: 511
- Local road information: 1-888-432-3233
- [www.gov.ns.ca/tran/winter](http://www.gov.ns.ca/tran/winter)

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# Flight Engineer Information Tour



A Flight Engineer information session will be held at 14 Wing Greenwood at the 413 Squadron Briefing Room on Thursday the 19<sup>th</sup> of February. All Aviation Technicians interested in becoming a Flight Engineer or anyone just interested in finding out what this exciting trade has to offer, is welcome to attend. There will be 2 sessions, one at 10:00 a.m. and the other at 2:00 p.m. We hope to see you there.

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# Tribute to Linda Durling

Submitted by: Judy McCool & Liz Tappen, 14 Wing Library

Staff On Sunday afternoon, 18 January 2009, the 14 Wing Library was the scene of a moving ceremony to dedicate the Children's Room in memory of Linda Durling, our librarian for 20 years. The Welcome was given by Susan MacDonald, Recreation Director while Judy McCool, Librarian Tech was the emcee and introduced special guests – Linda's family, husband, Tom; daughter Bonnie, Ben and family; son Tony and grandson, Charles; Linda's mother Ethel Allen, her sisters Mary & Donald Sheridan, and Sandy & Bill Deveau. 14 Wing official guests were Colonel D.W. Joyce, CD, Wing Commander and his wife Cathy, LCol P.J. Smith McBride, W Admin O, Wing Chief – CWO J.K. Hamalainen & his wife Karen, WOJ.R. Lake, W Admin and Acting PSP Manager Fred Williams.

A heart-warming tribute was given by Liz Tappen, which covered highlights of Linda's special personal qualities and activities as 14



A dedication of the children's room at the 14 Wing Library took place on Sunday, 18 January 2009, in memory of Librarian Linda Durling. Wing Administration Officer Lieutenant-Colonel P.J. Smith-McBride (left), Wing Chief Warrant Officer D.W. Hamalainen (centre) and Wing Commanding Officer Colonel D.W. Joyce (right) unveil the special dedication.

(Photo by: Pte Vicky Lefrancois, Image Tech, 14 Wing Imaging)

Wing Librarian from 1987 to 2007, plus her participation on the Nova Scotia Bosom Buddies Dragon Boat Team for breast cancer survivors.

The approximately 50 attendees were invited to the Children's Room to observe

the unveiling of the memorial print and plaque which was conducted by the Wing Commander, assisted by WAdmin O and the Wing Chief. A beautiful wooden rocking chair has been placed in the Children's Room in

honour of Linda. Special thanks to Mr. Ken Keddy and CANEX for this very generous gift. Attendees were invited to tour the library, meet the staff and enjoy the refreshments. It was a wonderful afternoon.

**The Aurora newspaper**

It is that time of year again!

## 14 Wing Greenwood Information Booklet 2009

We are getting ready to put together the 14 Wing Greenwood Information Booklet 2009. This full colour publication provides information on all activities, squadrons and units on the Wing and is distributed to all new arrivals.

**Here is your chance to have your business featured in this booklet that will be a great reference for military households for an entire year!**

**Advertising sizes and rates:**

- 1/4 page \$400 plus tax
- 1/2 page \$700 plus tax
- Full page \$1200 plus tax
- Back page \$ **SOLD** tax

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**USED INVENTORY**

STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
08-29A	1986	GRAND NATIONAL	BLACK	6	A	AC,PW,3.8TURBO	6700	32995
04-341A	1999	SOLARA SE V6	BLACK	6	A	SUPERCHARGED	134000	10995
08-293A	2003	SX 2.0 SPORT	BLUE	4	A	AC,PW,PDL,CRU	68000	7995
09-290A	2003	ECHO SEDAN	SILVER	4	A	AC,CD	120000	8995
09-318A	2004	ELANTRA VE	MAROON	4	A	AC,PW,PDL,CRU	25000	9995
07-237A	2005	DAKOTAQUADCAB	SILVER	8	A	ST,4X4,AC,CD	80000	14995
09-271A	2005	COROLLA CE BA	GREEN	4	5	AC,PDL,CD	105000	10995
09-362A	2005	COROLLA CE BA	SILVER	4	5	AC, PDL, CD	75000	11995
09-414A	2005	COROLLA CE AA	GREY	4	A	CD	125000	8995
09-72A	2005	MATRIX XR AA	SILVER	4	5	AC,PW,PDL,CRU	92000	13495
09-402A	2005	COROLLA CE BA	BEIBE	4	A	AC,PDL,CD	75000	12995
09-366A	2006	MERCEDES B200	BLUE	4	A	AC, PW, PDL, CRU	15000	21995
09-374A	2006	PURSUIT G5	SILVER	4	5	CD, SPOILER	93000	8495
09-340A	2006	HIGHLANDER HYB	BLUE	6	A	HYBRID,LOADED	70000	25995
08-225A	2006	PT CRUISER	SILVER	4	A	AC,PW,PDL,CRU	62000	9995
09-380A	2006	COROLLA SE TA	BEIGE	4	A	LOADED/SUNROOF	54000	15995
U1631	2007	YARIS SDR H/B	SILVER	4	A	A/C,CD	50000	13995
U1641	2007	CAMRY LE AA	WHITE	4	A	AC,PW,PDL,CD	10000	20995
U1656	2007	CAMRY LE AA	GREY	4	A	AC,PW,PDL,CRU	38000	18995
09-469A	2007	YARIS 3DR H/B	RED	4	5	CD	81000	10995
U1642	2008	YARIS SEDAN	SILVER	4	A	A/C	22000	15995
U1638	2008	YARIS SEDAN	RED	4	A	A/C	23000	15995
08-342A	2008	YARIS SEDAN	GREY	4	5	AC,PW,PDL,CD	32000	14995
09-201A	2008	PONTIAC G5 SE	SILVER	4	A	AC,PW,PDL,CRU	7000	15995
U1653	2008	PRIUS HYBRID	BLUE	4	A	AC,PW,PDL,CRU	51000	25995

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# Kingston Legion Proudly Supports Local Organizations

Royal Canadian Legion Br. 098 Kingston is pleased to share with area residents the many ways we support local organizations. Although the main mission of the Legion is to advance the interest and welfare of our Veterans, we also consistently contribute time, resources and funds to other groups in our district.

In the past year the Legion has distributed \$16,000 amongst many local organizations including Crime Stoppers, 517 Air Cadet Squadron, Kingston Fire Dept., West Kings Arena Assoc., Girl Guides of Canada, Village of Kingston, Canadian Cancer Society, Ride for Sight, Port George Jamboree, Relay

for Life, Pine Ridge School, Arthritis Society, Emily Fund, Apple Blossom Festival, Camp Treasure Chest, Multi-Addiction Centre, Friends of the Village Dinner, Christmas Mommies and Daddies, Chrysalis House, the Lung Association, Valley Drug Mart Shuttle Bus, Canadian Paraplegic Assoc. and the Salvation Army.

Through donations of \$15,000 from the Poppy Fund and another \$15,000 from Legion coffers, (monies earned through the hard work of volunteers), we were able to ensure the comfort and provide assistance in many ways to our area Veterans, both

those residing in care facilities as well as those living at home.

Royal Canadian Legion Br. 098 Kingston is proud to support and belong to a wonderful community in which cooperative spirit and generosity unite for the benefit of us all.

## Aircraft Fact File • Canadair Argus

### Specifications (Mk II)

**Max T/O weight** 148,000 lbs

**Armament** 2x 18ft bomb bays, holding 4000 lbs including torpedoes. 2x 3,800 lb Bullpup missiles and 2x 2.75inch rocket pods under the wings

**Max Speed:** 288 mph at 21,000 feet

**Service Ceiling:** 24,200

**Propulsion** 4x 3,700 hp Wright R3350 Turbo compound 18 cylinder engines

**Length/Height:** 128ft 3in/36ft 8.5in

**Wingspan** 142ft 3.5in

**Role:** Anti-submarine

**Service dates (RCAF/CAF):** 1957 to 1981



hours. This record stood for almost twenty years until broken by Bert Rutans Voyager in 1986. When the Argus entered service in 1957, it gave the RCAF the most advanced anti-submarine Aircraft in the world. Although only 33 were built, there were still 31 in the Air Force inventory when it was retired in 1982. Fully loaded it could fly from Newfoundland to Ireland, patrol for 8 hours, return from this 1500 mile transit and still have an hour of reserve fuel on board. The Argus's engines were capable of producing such enormous amounts of heat and electrical power that one Aircraft produced enough to service

26 6-room houses in the depth of winter.



The Argus was a unique hybrid that employed the wings, tail surfaces and undercarriage of the Bristol Britannia, married to a Canadair fuselage and American-designed engines. The Argus had tremendous endurance and it was not uncommon for crews to fly

missions in excess of twenty hours. Normally the crew consisted of 3 pilots, 3 navigators, 2 flight engineers, and 7 electronic equipment operators. An Argus flown by 407 Maritime Patrol Squadron held the record for the longest flight by an unrefueled Aircraft, slightly over 31

**Centennial of Flight Committee Presents :**

### CHARITABLE BINGO NIGHT

## Flyers Bingo

Mon, 16 Feb 09, 7:00 PM  
14 Wing Greenwood, Annapolis Mess

**B I N G O**

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

**17 PRIZE GAMES**

- Admission
  - \$10.00 (2 books)
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  - One for \$6.00
  - Two for \$10.00
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  - 50/50 Cash prize
- 2 Wild Cards
  - One 50/50 Charity
  - One Take-all

**DOORS OPEN AT 6:00 PM**  
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Stk#	Year	Make	Model	Description	Kms	Original Price	Clearout Price	Bi-weekly*
<b>CARS &amp; VANS</b>								
530/U	2007	Ford	Focus SES Wagon	4cyl,Auto,A/C,Heated seats	48k	\$14,995	\$13,995	\$119
567/U	2007	Dodge	Grand Caravan	V6,Auto,3 zone A/C,Stow'n' go	88k	---	\$12,995	\$111
506/U	2007	Ford	Taurus SE	V6,Auto,A/C,Alloys,Loaded	48k	\$14,995	\$12,995	\$111
540/A	2006	Pontiac	G6 Sedan	V6,Auto,A/C,Alloys,Loaded	53k	\$15,995	\$14,995	\$143
499/U	2006	Chev	Uplander LS	V6,Auto,A/C,PL,PW,CD	82k	\$14,995	\$11,995	\$115
534/A	2006	Chev	Cobalt 2dr LT	4cyl,Auto,A/C,Alloys,Loaded	12k	\$13,995	\$12,995	\$124
553/U	2005	Ford	Focus ZX5 SES	4cyl,Auto,A/C,Heatedseats	89k	\$11,995	\$10,995	\$121
570/U	2005	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,CD	93k	---	\$ 9,995	\$113
550/U	2005	Chev	Cobalt	4cyl,Auto,A/C,CD,Spoiler	70k	\$10,995	\$ 9,995	\$113
484/U	2005	Ford	500 SE	V6,Auto,A/C,PW,PL,Cruise	120k	\$14,995	\$ 9,995	\$113
562/U	2005	Pontiac	Montana Ext	V6,Auto,A/C,8pass,Loaded	109k	\$ 9,995	\$ 8,995	\$102
543/U	2005	Dodge	Caravan	V6,Auto,A/C,PW,PL,CD	120k	\$ 9,995	\$ 8,995	\$102
556/U	2005	Ford	Freestar SE	V6,Auto,A/C,Fold'n Go Rear Seat	120k	\$ 9,995	\$ 8,995	\$102
571/U	2004	VW	Golf GLS	4cyl,5spd,A/C,PW,PL	65k	\$13,995	\$11,995	\$132
515/U	2004	Honda	Civic SE	4cyl,Auto,A/C,CD,PL,Spoiler	118k	---	\$ 9,995	\$113
561/A	2004	Dodge	Grand Caravan	V6,Auto,A/C,DVD,Loaded Ann.Ed	75k	\$ 9,995	\$ 8,995	\$102
562/U	2004	Pontiac	Grand AM SE	4cyl,Auto,PW,PL,Alloys	100k	\$ 8,995	\$ 7,995	\$ 90
476/A	2004	Pontiac	Grand AM SE	4cyl,Auto,A/C,PW,PL,Cruise	94k	\$10,995	\$ 7,995	\$ 90
526/U	2004	Nissan	Sentra	4cyl,Auto,A/C,CD	100k	\$ 9,995	\$ 8,995	\$102
552/U	2004	Mazda	MPV	V6,Auto,A/C,Quads,Loaded	98k	\$ 9,995	\$ 8,995	\$102
569/U	2004	Hyundai	Accent GL	4dr,4cyl,Auto,PS,Tilt,CD	92k	---	\$ 6,995	\$ 79
504/U	2004	Chev	Aveo 4dr	4cyl,5spd,PS	81k	\$ 9,995	\$ 6,995	\$ 79
547/U	2004	Pontiac	Montana	V6,Auto,A/C,Quads,PW,PL	137k	\$ 7,995	\$ 6,995	\$ 79
502/U	2003	Chrysler	PT Cruiser	4cyl,Auto,A/C,Alloys,Loaded	93k	\$10,995	\$ 7,995	---
-----	2002	Pontiac	Sunfire	2dr,4cyl,Auto,A/C,PW	95k	---	\$ 6,995	---
476/U	2004	Mazda	Protege LX	4cyl,Auto,PS,CD	131k	\$ 3,495	\$ 2,995	---
512/A	1997	Mercury	Sable Wagon	V6,Auto,PW,PL	---	---	---	---
<b>TRUCKS &amp; SUVs</b>								
517/A	2007	Ford	Escape XLT AWD	V6,Auto,A/C,Alloys,Loaded	40k	---	\$17,995	\$153
545/U	2005	Ford	Ranger Edge S/C	V6,Auto,A/C,Alloys,Cruise	51k	\$14,995	\$11,995	\$132
560/U	2005	Chev	Equinox LS	V6,Auto,A/C,Alloys,Loaded	74k	---	\$12,995	\$143
538/A	1993	Ford	Ranger XLT S/C	4Litre,4wd,Auto,CD,Alloys	---	\$ 3,995	\$ 2,995	---

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## Centennial of Flight Contests

Model Essay  
Photography Poster

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.

For contest rules go to: [www.greenwood100years.ca](http://www.greenwood100years.ca)

Prizes!  
Prizes!  
Prizes!

### Age Categories

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





# Learning and Career Centre Mission Statement

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

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

**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  
**Outlook Level 1**  
**DATE: 9 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 Outlook 2003 proficiency.  
CONTENT: Course includes:  
• The fundamentals of MS Outlook 2003 • Using the Contacts List • Using Calendar • Using the Tasks List  
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  
**Publisher Level 1**  
**DATE: 10 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 Publisher 2003 proficiency.  
CONTENT: An Introduction to using the Templates available in Microsoft Publisher to create assorted publications.  
MICROSOFT PUBLISHER BASICS:  
Lesson 1.1: Getting To Know Microsoft Publisher  
Lesson 1.2: Opening, Saving And Closing Publications  
Lesson 1.3: The Publisher Assistant  
Lesson 1.5: The Publisher Toolbars And Main Menu



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**TAX SALE**

**PUBLIC NOTICE** is hereby given that the following lands are liable to be sold for arrears of taxes due to the County of Kings as described below, and that unless such taxes with interest and expenses are sooner paid I shall proceed to sell the said land at Public Auction, Council Chambers, Municipal Complex, Cornwallis Street, Kentville, Nova Scotia on the 4th day of March 2009 at 10:00 a.m. in the forenoon:

1	# 00100528 Royal Bank of Canada 401 Bligh Rd Woodville Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: C10	\$1,857.80	14	# 02246848 Michael Forrestall 5459 No 358 Hwy South Scots Bay Land Dwelling ZONED: R6	\$1,954.39	27	# 08040443 Laura Simko & Alphonse Demarco Jake Reid Rd Lot AD-1B Greenfield NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: F1	\$663.90
2	# 00290696 David M. MacNab 1163 Morden Rd Weltons Corner Land Dwelling ZONED: F1	\$2,453.97	15	# 03017044 Tim & Crystal Mapplebeck 2653 Victoria Rd Aylesford Mtn Land Dwellings ZONED: F1	\$2,243.31	28	# 08045690 Sheffield Mills Poultry Co Ltd 9082 No 221 Hwy Lot A1Sheffield Mills Manufacturing/Processing Meat Processing ZONED: A1	\$4,186.84
3	# 00348597 Stephen Stirling 105 Bains Rd Centreville Land Dwelling ZONED: A1	\$704.13	16	# 03580741 Carl and Madeline O'Brien Greenfield Rd Forest Hill Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: F1	\$914.65	29	# 08068100 Leonard & Donna Schnare 49 Crocker Rd Parcel D Harmony Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: F1	\$627.24
4	# 00348635 Mark Stirling No 221 Hwy Centreville Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: A1	\$7,948.26	17	# 03759628 Melba D. Pierce 615 Victoria Dr Kingston Land Dwelling ZONED: R1	\$3,306.85	30	# 08070555 Starrs Point Development Ltd Parkway Dr Lot 10AC-3 Port Williams NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: M1	\$6,936.49
5	# 00488925 Kathlyne B. Brothers 1175 McKittrick Rd North Kentville Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: R1	\$1,850.70	18	# 04010655 John J. & Malcom Robinson 912 Bluff Rd West Brooklyn Land Dwelling Garage ZONED: F1	\$1,577.35	31	# 08081565 Leonard & Donna Schnare 55 Crocker Rd Parcel E Harmony NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: F1	\$629.09
6	# 00818186 Pearl Cleveland 4116 No 1 Hwy South Berwick Land Dwelling ZONED: R7	\$2,283.66	19	# 04011325 Jerry Hopkins 1243 Schofield Rd North Kentville Land Dwelling Building ZONED: R2/R3	\$3,246.51	32	# 08081646 Serenity Cremation & Funeral Specialists 1212 Parkway Dr Lot 9 Port Williams NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: M1	\$9,182.96
7	# 01333305 Jeffrey and Tanya Graves 305 Tupper Rd North Kentville Land Dwelling Buildings ZONED: R2	\$3,157.65	20	# 04183991 Glendon William Silver 1679 Brow of Mountain Rd Viewmount Land 1972 Pyramid Mobile Serial #605SATK532M ZONED: F1	\$1,002.99	33	# 08109745 Marian Bourque Charles Rand Rd Bennett Bay Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: R6	\$650.39
8	# 01393413 Wolfridge Farm Ltd 1299 Ridge Rd Wolfville Ridge Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: R7	\$4,757.36	21	# 04303202 Mildred Oressa McDonald 1522 Magee Rd Kingston Land Dwelling ZONED: R1	\$6,138.60	34	# 08114277 Robert Rock Victoria Rd Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: R2	\$572.78
9	# 01412752 Nancy Mae McGarvie 997 Maple Ave Aylesford Land Dwelling Retail/Office Building ZONED: R2	\$11,168.56	22	# 04381858 Willard Cecil Salsman 8463 Brooklyn St Lot MS-2 North Kentville Dwelling ZONED: R2	\$2,167.55	35	# 08118868 Mark Stirling 8011 No 221 Hwy Lot 1 Centreville Dwelling ZONED: A1	\$5,989.36
10	# 01433571 David Bowers 19 Beattie Drive Windermere 1974 Mobile 14x56 Chinook Serial 56GB1669 ZONED: A1	\$1,109.18	23	# 04452917 Stephen Stirling 2464 No 359 Hwy Centreville Land Dwelling ZONED: A1	\$2,682.03	36	# 08130531 Stephen Stirling Bains Rd Centreville Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: A1	\$728.70
11	# 01512188 Dale Allen 540 Davison St Robinson Corner Land 1974 Mobile 12X48 Ser #DL6035Z ZONED: F1	\$1,588.00	24	# 04540778 Robert & Darlene Parrish 1254 Gospel Rd Lot A Glenmont 1974 Mobile Garage ZONED: R6	\$1,409.07	37	# 09805591 Tim & Crystal Mapplebeck Australia Rd Aylesford Mountain Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE ZONED: A1	\$550.53
12	# 01564099 Tasha & Jason Croteau 5101 Prospect Rd Lot 5 Highbury Dwelling ZONED: R6	\$10,966.37	25	# 05980291 Thomas Kam-Lun Ko 1008 Marina Dr Lot 5 New Minas Dwelling ZONED: R2	\$6,575.51			
13	# 01758462 Est. of Percy A. Gould 846 Windermere Rd South Berwick Land Dwelling Garage ZONED: R7	\$4,264.36	26	# 06157858 Carole Capell-Wile Marshall Rd Kingston Land NOTE - HST IS APPLICABLE ON PURCHASE PRICE	\$921.97			

Terms: Taxes, interest and cost owing. (The amount advertised) to be paid at the time of sale by cash, money order, debit, certified cheque from the bank (will not be accepted if not certified) or lawyer's trust cheque, PLUS \$ 81.08 CERTIFICATE OF SALE REGISTRATION TO BE PAID AT THE TIME OF SALE, balance of your bid to be paid by cash, money order, debit or certified cheque within three (3) days after the sale.

The Municipality of Kings makes no representations or warranties to any purchaser regarding the fitness, geophysical or environmental suitability of the land(s) offered for sale for any particular use and are being sold on an "as is" basis only.

This advertisement will be maintained and updated on our website.

Bill McKennan, Director of Corporate Services and Municipal Treasurer

Tel:(902) 690-6144 Fax: (902) 679-2820

Local from Kingston & Greenwood (902) 847-3051

www.county.kings.ns.ca



Lesson 1.6: Incorporating Your Personal Information Set  
Section 1: Review Questions  
CREATING PUBLICATIONS:  
Lesson 2.1: Publishers Task Pane and Template Galleries  
Lesson 2.2: Publishers Templates  
Lesson 2.3: Creating Publications  
Lesson 2.4: Publication Options and the Publication Task Pane  
Lesson 2.5: Color and Background Schemes  
ELIGIBILITY: All DND military and civilian employees.  
Students must have experience using Windows to progress to this level.  
COURSE LOADING: Maximum 12 participants  
TUITION: \$110/pers.  
REGISTRATION REQUIRED: Contact your Unit Training Coordinator  
**Access Level 1**  
**DATE: 16 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 Access 2003 proficiency.  
CONTENT: Course includes:  
• The fundamentals of MS Access 2003 • Creating and Working with a Database • Finding, Filtering and Formatting Data • Working with Tables and Fields  
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  
**Visio**  
**DATE: 17 Feb 2009, 0830-1530 hrs**  
DURATION: 1 Day  
COURSE DELIVERY: Contractor  
COURSE LOCATION: Learning and Career Centre; Birchall Training Centre  
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  
**Power Point Level 2**  
**DATE: 23 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 2 in Power Point proficiency.  
CONTENT: Course includes:  
• Working with graphs and organization charts • Delivering your presentation • Working with multimedia • Working with 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  
**Exploring the Leader In You**  
**DATE: (note date changed to 25-26 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

## 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.

To register, please call:  
Kathy Doe, 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.
- Pour vous inscrire, veuillez contacter :  
Kathy Doe, # 5226

Haven't yet visited the

Learning and Career Centre?

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

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

VISIT OUR WEBSITE

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

or drop in!

We are located on the upper level of the Birchall Training Centre

**We're so much more than just courses:**

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

**Want to relax on your lunch hour?**

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

**You're always welcome!**

**Why not drop in and check us out!**

**We're open daily**

**Monday to Friday, from 0800-1600 hrs**

**(including lunch hour).**

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.

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre

Maj. Bob Sealby

Call 5530

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

Call DRC Coordinator Maj. Bob Sealby for assistance or visit the Greenwood Dispute Resolution Centre (DRC) at the AVM Morfee Centre (MFR), School Road or for a DRC nearest you

National Phone Number: 1-888-589-1750

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



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

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

## Adult Programs and Employment Services

**Coordinator:** Stephanie Townsend at 765-5611 local 1816 or email [employmentgmfr@eastlink.ca](mailto:employmentgmfr@eastlink.ca)

### Upcoming Programs or Services

**Military Home-Based Business Group Meeting**

Thursday, February 5<sup>th</sup>, 2009  
9:30 a.m. – 11:30 a.m.

Classroom 2

Free

### Food Handling Course

Monday, February 23<sup>rd</sup>, 2009  
8:30 a.m. – 3:30 p.m.

GMFRC Classroom 2

\$28.00

Registration deadline:  
Monday, February 16<sup>th</sup>, 2009

### CF Recruiting

Thursday, February 26<sup>th</sup>, 2009  
10:00 a.m. – 4:00 p.m.

Classroom 1

Cost: 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](mailto: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](mailto:Davison.PL@forces.gc.ca)

### Upcoming Programs or Services

**Deployed Families Adult Pool Night at Dooly's**

Monday, February 9<sup>th</sup>, 2009  
8:00 p.m. – 10:00 p.m.

Location: Dooly's at 963 Central Avenue, Greenwood  
Cost of pool compliments of Dooly's

Share a night of pool with other deployed spouses/parents and make valuable connections. This is our first pool night so come out and join in the fun, there is no cost and beginners are more than welcome.

Registration deadline: Friday February 6<sup>th</sup>, 2009

### Deployed Families Card/Craft Club & Children's Fun/Support Group

Tuesday, February 17<sup>th</sup>, 2009  
6:00 p.m. – 8:00 p.m.

GMFRC

Cost: Complimentary

Come out and enjoy a night of card and craft making, good conversation and lots of laughs. This is a great opportunity to make valuable connections with other deployed spouses/parents. Bring your children and they can enjoy a night of fun at the Children's Fun/Support Group. Registration: Call and register before Friday, February 13, 2009. Don't forget to register your children for the Fun/Support Group.

### Deployed Families Fun Sunday Tobogganing/Pot Luck

Sunday, February 22<sup>nd</sup>, 2009  
2:00 p.m. – 5:00 p.m.

Location: The Annex at Queen of Heaven Chapel  
Registration deadline: Wed., February 18<sup>th</sup>, 2009

Come join in an afternoon of family fun. Meet at the Annex for an opportunity to mingle with other deployed families and let the kids have some fun

while you relax and enjoy some conversation and refreshments. There is tobogganing for the children weather permitting, but also board games and movies. Bring your favorite dish or something quick and easy, and we'll all share a buffet dinner at about 4pm. Complimentary tea, coffee and hot chocolate.

This is a perfect opportunity to meet with other deployed families and make a valuable connection.

### Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give Paula a call & we'll set you up with any of our programs/services/activities that may interest you.

We do not know you're out there unless you let us know. All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

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

## Prevention, Support and Intervention Services

**Coordinator:** Shannon Doubleday at 765-5611 or email at [Doubleday.CS@forces.gc.ca](mailto: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 29<sup>th</sup> and Saturday, May 30<sup>th</sup>, 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](mailto:Dixon.K@forces.gc.ca)

### Upcoming Programs or Services

#### Youth Council

Monday, February 9<sup>th</sup>, 2009  
3:30 p.m. – 4:30 p.m.

14 Wing Community Centre FREE

Youth aged 14 and up

#### Academic Tutoring Service

Monday, Tuesday, Wednesday

Time scheduled with families & tutor

Children in grade P-12

FREE

A tutor request form is available at GMFRC

#### Parent & Tot Program

We meet every Monday

9:30 a.m. – 10:30 a.m.

Children 3 – 5 years

FREE

Drop in – no registration required

#### Toddler Tuesdays Program

We meet every Tuesday

9:30 a.m. – 10:30 a.m.

Children 1 – 2 years

FREE

Drop in – no registration required

#### Tumble Tots

Every Wednesday in the gym

9:30 a.m. – 10:30 a.m.

Children 1 – 5 years

FREE

Drop in - no registration required

#### Baby Club

First and third Thursday of every month at the GMFRC

10:00 a.m. – 12:00 p.m.

Parents with infants aged 0 – 1 yr.

FREE

Drop in – no registration required

#### Respite Dates

Sat., February 14<sup>th</sup>, 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 12<sup>th</sup>, 2009

**Friday, February 27<sup>th</sup>, 2009**

GMFRC

5:00 p.m. – 9:00 p.m.

Children aged 12 years and under who currently have a



February 1st - 5th  
Sun -Thur • 8 p.m.

## Bride Wars

Rated PG

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

Coming Soon  
He's Just Not  
That Into You

Rated PG-13

Dolby EX Digital Sound  
Come See it on the Big Screen [www.zedex.ca](http://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



*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.

## Paper Carriers

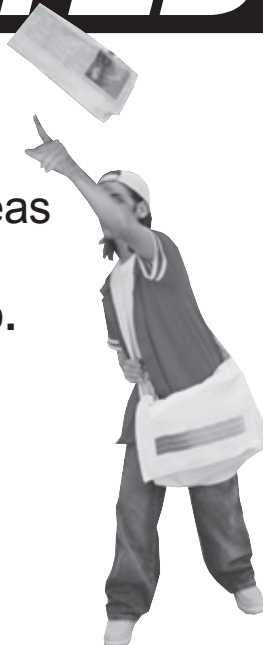
# WANTED

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

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

Applications are also available on our website

[www.auroranewspaper.com](http://www.auroranewspaper.com)





deployed parent/caregiver.  
Registration deadline:  
Thursday, February 26<sup>th</sup>, 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<sup>rd</sup>, 2009  
8:30 a.m. – 3:00 p.m.

Free for volunteers

Register by calling 765-5611

### Volunteer Opportunities

#### Valentine Cookie Grams 2

#### Wrapping Sessions\*

Wednesday, February 11<sup>th</sup>,  
2009

10:00 a.m. – 4:00 p.m.

GMFRC classroom #1

Volunteers needed: Many

Thursday, February 12<sup>th</sup>,  
2009

9:00 a.m. – 4:00 p.m.

GMFRC Classroom #1

Volunteers needed: Many

#### Valentine Cookie Grams

#### Delivery Day\*

Friday, February 13<sup>th</sup>, 2009

8:30 a.m. - 12:00 p.m.

GMFRC classroom #1

Volunteers needed: Many

Cupids drivers and

navigators

#### 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 Preparation 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 Information

#### Bulletin Board

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Maintain and update bulletin

board

#### Parent & Tot Preparation

#### Helper\*

ASAP

Anytime (Monthly)

GMFRC

Volunteers Needed: 1

Ensure all craft preparation is

ready (can be done from home)

\* Suitable for our awesome

Youth Volunteers!

### Second Language Service/Service De Langue Seconde

Coordinator/Coordonnatrice:  
Janie Gagnon at 765-1494

local 5938 or email at

janie.gagnon@forces.gc.ca

#### Soirée Cinéma Gratuite en

#### Français!

Titre: Bienvenue chez les

Ch'tis

Comédie

Jeu 26 février 2009

19h00

Centre Birchall, 2<sup>ème</sup> étage,

École des Langues de la 14<sup>e</sup>

Escadre

Films et popcorn gratuit!

#### French Movie Night!

Titre: Bienvenue chez les

Ch'tis

Comedy

Thursday, January 26<sup>th</sup>, 2009

7:00 p.m.

Birchall Centre, 2<sup>nd</sup> floor, 14

Wing Language School

Free movie and popcorn!

# 14 Wing Library - Serving Those Who Read!

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

Hello from your local library. February is here already - will the groundhog see his shadow? That's the big mystery. Lots of special days in February with the 1st being the birthday of the Royal Canadian Mounted Police, their 89th. The 14th is Valentine's Day so spend it with the one you love. We will have a display of romance novels for your pleasure. Across Canada the whole month is dedicated to Black History and we have some new books in our selection this year for you to sign out. Lots going on at the library!

#### Dedication of the Childrens Room

Last Sunday, 18 January 2009, the library was the scene of a wonderful gathering of family and friends of Linda Durling, our former librarian, when the WComd dedicated the Childrens Room in her memory. An unveiling of a memorial print was made and attendees were invited to explore the library and see the new addition of a beautiful wooden rocking chair, a gift from CANEX. It was a most enjoyable afternoon. We would like to thank Susan MacDonald, Director Community Programs, Eric MacKenzie, Assistant Director Community Programs, and Terri Abbott, Admin Assistant for Community Programs for their assistance in organizing this event.

#### Books for February

**Fiction:** Vendetta/Lucky's Revenge/Jackie Collins; Arctic Drift/Clive Cussler; The Gate House/Nelson DeMille; Don't Cry Now/Joy Fielding; Charley's Web/Joy Fielding; Kiss The Joy As It Flies/Sheree Fitch; Leaving Whiskey Bend/Dorothy Garlock; Any Place I Hang My Hat/Susan Isaacs; The Charming Man/Marian Keyes; Your Heart Belongs To Me/Dean Koontz; Every Now and Then/Karen Kingsbury; A Mercy/Toni Morrison; A Tenderness of Wolves/Stef Penney; Dark Assassin/Anne Perry; All The Colors of Darkness/Peter Robinson; The Copper Scroll/Joel C. Rosenberg; Dead Heat/ Joel C. Rosenberg; Table For Five/Susan Wiggs; The Shack/William P. Young;

**Non-Fiction:** Your Family Heritage - Projects In Applique/T. Beesley & T. Boerens; Chicken Soup for the Golfers Soul, Round Two/Jack Canfield et al; CANADA (Travel Guide) Frommer 15th Edition, 2008; The Pursuit of Happiness/Chris Gardner; Haida Gwaii-Journeys Through the Queen Charlotte Islands/Ian Gill; Freedom Writers Journey (True Story)/Erin Gruwell; Hallowed Timbers-Wooden Churches of Cape Breton/Susan Hyde & Michael Bird; Kofi Annan/Stanley Meisler (Biography); Razing Africville/Jennifer J. Nelson; That Mean Old Yesterday/Stacey Patton; These Guys Are Good/PGA Tour; Delicious Fruit Desserts/Dot Vartan; DVDs: *Blood Diamond*; *Casino Royale*; *The Last Samurai*; *Happy Feet*; *Shrek 1*; *Shrek 2*; *Guys and Dolls*.

**En français:** War Games/David Bischoff; La montagne

secrete/Gabrielle Roy; Selection du Readers Digest - Baby Foot/ L'Oiseau de soleil/ Le petit etranger/ La porte due reve.

#### Thank You Volunteers

Beth, Brenda, Class, Jennifer, Jessie, Joanne, Kaye, Kim and Roger. Never think that the work you do is not important. The library is a better place because of your input and we look forward to seeing you each week.

#### Overdue Books

Please check under beds, on shelves and in closets for any borrowed books that you have **FORGOTTEN to RETURN** to 14 Wing Library as fines add up quickly!! Other patrons may like to read them too. If you are unable to come to the library personally, don't forget that there is a 24 hour drop box for your convenience.

#### Book Sale

We have a large variety of HARDCOVER NOVELS at \$1.00 each. PAPERBACKS are only .25 cents and CHILDREN'S books are **\$1.00 ABAG!** They are all worth checking out and the money goes to a good cause - your library!

#### Library Hours\*

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

#### \*Special Note- "Under The Story Tree"

story hour will resume on February 3<sup>rd</sup> at 10:30 a.m.

**THANK YOU** for recent donations of books in excellent condition. They are welcome additions to our collection.

#### Library Services

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

We have 3 community access computers - 2 with internet access and 1 for word-processing and soon-to-be installed library search engine. Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation.

#### En francais/French Language Books

**Did You Know** that we have a large selection of **FRENCH** Fiction and Non Fiction for both adults and children?

#### Membership

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

#### Reading Opens Doors!

**So come and open the doors to 14 Wing Library**

## ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~

**Sandwiches:** \$2.00; **Wraps** - \$2.00; **Sub Sandwiches** - \$2.00;  
All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.

**Vegetables & Dip** - \$1.50; **Cheese & Crackers** - \$1.50;

**Fruit & Dip** - \$1.50; **Tossed Salad** - \$2.50 sm \$1.50;

**Caesar Salad** - \$2.50 sm \$1.50; **Spinach Salad** - \$2.50 sm \$1.50;

**Yogurt** - \$1.00; **Yogurt Tubes** - \$1.00; **Yogurt Parfaits** - \$1.25;

**Fresh Fruit:** Apples, Oranges & Bananas - \$1.00; **Fruit Squiggles** - \$1.50;

**Gold Fish Crackers** - \$.45; **Baked Lays** - \$1.50; **Flat Earth** - \$1.50;

**Smart Popcorn** - \$1.50; **Frozen Juice Bars:** Orange & Cherry - \$1.00;

**Rice Crispy Squares** - \$.80; **Smoothies:** Mon, Wed, Fri - \$1.25;

**Juice:** Apple, Orange & Seven Fruit - \$1.00; **Milk** - \$.35; **Water** - \$1.00;

~~ Canteen Items - CASH ONLY ~~

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

**Ketchup, Mustard, Relish** - \$.15 each; **Mayo & Salad Dressings** - \$.30 each;

**Barbecue/Sweet & Sour Sauce** - \$.40 each

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

**Feb 2<sup>nd</sup>:** Beef Noodle Soup 1.75 • Chicken nuggets & Carrots 2.50

• Frozen Yogurt Tube 1.00

**Feb 3<sup>rd</sup>:** Chicken Noodle Soup 1.75 • Spaghetti & Meat Sauce 2.50

• Garlic Bread .50 • Caesar Salad 1.50 • Orange Slices 1.00

**Feb 4<sup>th</sup>:** Corn Chowder 1.75 • Meatballs, Rice & Vegetables 2.50

• Pudding 1.00

**Feb 5<sup>th</sup>:** Pizza Day 2.50 • Banana 1.00

**Feb 6<sup>th</sup>:** Meatball Soup 1.75 • Pancakes with Fresh Fruit 2.50

• Frozen Juice Bars 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

#### Salads

Assorted Salad Plates ..... \$2.50

Fruit Plate ..... \$1.75 - \$2.25

Veggies & Dip ..... \$1.00

Apple Snacks ..... \$1.00

#### Snacks

Cheese & Crackers ..... \$1.00

Fresh Fruit ..... \$0.75 - \$1.25

Gold Fish Crackers ..... \$0.50

#### Miscellaneous

Bread & Butter ..... \$0.50

Bagel ..... \$1.25

Cream Cheese ..... \$0.50

Cheese Whiz ..... \$0.50

#### Freezer Items

Frozen Yogurt ..... \$1.25

Yogurt Tubes ..... \$1.00

#### Desserts

Muffins ..... \$1.00

Cookies (small) ..... \$0.35

Biscuits ..... \$1.00

Yogurt ..... \$1.25

Fruit Salad ..... \$1.00

Other Assorted Desserts ..... \$0.75

Special Treat Days ..... \$1.50

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

**Mon:** Grilled Cheese - Tomato Soup; **Tues:** NO SCHOOL;

**Wed:** Meatballs & Rice; **Thurs:** Hamburgers; **Fri:** Chicken Nuggets

This menu brought to you compliments of:

## FRASER'S PRO Home Centre



**BERWICK** • 1-800-959-3727  
**KINGSTON** • 1-902-765-3111  
**KENTVILLE** • 1-902-678-8044  
**BRIDGETOWN** • 1-902-665-4449  
[www.frasers.ca](http://www.frasers.ca)





**GMFRC • Features of the Week****Volunteer Services**

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

**Valentine Cookie Grams\***

Come help us wrap, decorate, and attach love notes to those beautiful heart-shaped cookies. As well, we need volunteers to sort the cookies in boxes and prepare the area maps for the big delivery day. Please come help us it is a very busy and very pleasant activity.

**1<sup>st</sup> wrapping session: Wednesday, February 11<sup>th</sup>, 2009**

10:00 a.m. – 4:00 p.m.

GMFRC classroom #1

Volunteers needed: Many

**2<sup>nd</sup> Wrapping Session: Thursday, February 12<sup>th</sup>, 2009**

9:00 a.m. – 4:00 p.m.

GMFRC Classroom #1

Volunteers needed: Many

**Delivery Day: Friday, February 13<sup>th</sup>, 2009**

We need Cupid drivers with cars and Cupid navigators, we will team you up!

8:30 a.m. - 12:00 p.m.

Meet at the GMFRC classroom #1

**Biscuit d'amour de la St-Valentin\***

Nous avons besoin de plusieurs bénévoles pour nous aider à emballer les biscuits, à les classer dans les boîtes appropriées, et à préparer les cartes routière pour faciliter la livraison des biscuits.

**1<sup>ère</sup> session d'emballage : Mercredi 11 février 2009**

10h00 à 16h00

Salle de classe #1 du CRFMG

**2<sup>ème</sup> session d'emballage : Jeudi 12 février 2009**

9h00 à 16h00

Salle de classe #1 du CRFMG

**Livraison des Biscuits d'Amour : Vendredi 13 février 2009**

Nous avons besoin de *Cupidons*, conducteurs avec voitures et de navigateurs pour faire la livraison des biscuits.

8h30 à 12h00

On se rencontre au CRFMG dans la salle de classe #1

**Mental Health Services  
26 Canadian Forces Health Services Centre**

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

**Mental Health Services Team:**

**Manager:** SLt Yvonne Luedee, MSW, RSW

**Social Work Officers:**

2 i/c Capt Michelle MacIsaac, MSW, RSW

Michelle Hammond, MSW RSW

Joe Beninati, MSW, RSW

**Mental Health Nurse:** Dale Young, BN, RN

**Psychologist:** Eileen Donahoe, PhD, Registered Psychologist

**Psychiatrist:** Dr Mark Johnston, (Medical Referral required)

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

We are located at the Morfee Centre, School Road  
Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members.

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

# Take the Roof off Winter!

It is now February and that means the start of "Take the Roof off Winter!" Take the Roof off Winter is Nova Scotia's winter active campaign designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter! Recreation Nova Scotia has partnered with the Nova Scotia Department of Health Promotion and Protection to challenge communities; schools, businesses, etc to build more physical activity in your daily routine.

The 14 Wing Community Centre is a registered Take the Roof off Winter supporter and last week we, along with the MFRC, extended the challenge to all of you to be winter active! We held a Take the Roof off Winter event called our Red Friday Family Wellness day, as part of the Wing Commanders Wellness Campaign. If you enjoyed snowshoeing, and you are a Military member, you can sign out snowshoes from the Fitness and Sports Centre!

Skiing is an excellent way for a family to exercise and have fun especially as a Take the Roof off Winter Activity! The 14 Wing Community Centre has organized a family trip for Sunday February 22<sup>nd</sup>. We have a bus booked to leave the Community Centre at 8:45am and will return from Ski Martock at 5:00pm. The cost of the trip is either \$24 for a full equipment rental, lift ticket and lesson and only \$14 for a lift ticket and lesson. Transportation is provided and with only 40 spots available, so be sure to book your seat on the bus! However, bookings are on a first come first serve basis and payment is required. 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). If you are interested in signing up, please

call 765-1494 ext. 5341.

You can also take advantage of discounts at Ski Martock, with your Community Recreation Card, all season long! This ski hill, located roughly an hour away outside of Windsor, is where you can purchase day lift tickets for adults and youth ages 6-15 years for \$15 and the discount price for children 5 years and under is only \$10. If you have the desire to sky but do not have the necessary equipment, then you can simply pay \$22 a day for adult equipment rentals and only \$20 a day for youth under 15 years of age. These discount coupons are available at Ski Martock and can also be purchased at your local CANEX! To contact Ski Martock, please call 902 798 9501.

Family Skating is another great way to be winter active! The 14 Wing Arena offers FREE public skating, to anyone with a Recreation Card, every Saturday from 7-8 p.m. and Sunday 11 a.m. - 12 p.m. To make sure that Family Skating

is not cancelled due to a tournament, please call 765-1494 ext. 5305.

The 14 Wing Community Centre will also be hosting a morning of indoor and outdoor fun, on Saturday, February 28<sup>th</sup>. Between 10am and 11:30am, we will be offering a number of great family games, which will be taking place in the gym at the Community Centre, for all to enjoy. During this same time there will be sleigh rides outside for all families as well. The sleigh rides will depart from the parking lot of St. Mark's Chapel, across from the Community Centre and then take you on a relaxing ride down Church St. and through a small section of the PMQ's before returning back to the Church parking lot.

For more information about Take the Roof off Winter, please visit <http://www.taketheerooffwinter.ca/>. To learn more about our weekly youth programs, which are a great way to stay active during the winter, please call Eric MacKenzie, at the 14 Wing Community Centre at 765-1494 ext. 5337.

## Toepics • Greenwood Skaters Shine at Valley Open '09

Hosted at the Western Kings Arena on Saturday Jan 24<sup>th</sup>...the 2009 Valley Open saw over 100 skaters from the region and beyond compete in 33 events.

Greenwood skaters represented well and brought home a total of seven medals.

Faith-Ann Fowler in her first competition as a Juvenile finished 3rd and also won a gold in Introductory Interpretive. Erika Rice was also a double medal winner with a bronze in Junior Bronze ladies and a Gold in Bronze Interpretive her second this season for this entertaining program. Alex Robert took home a silver in singles and as a member of the

Greenwood Aurora Synchro team he and the other 14 junior skaters captured 2nd place. Gabrielle Crossley won a Bronze Medal in Introductory Ladies 'A' and Hayley VanDenHuevel also won a Bronze in the Bronze Triathlon event. Alyssa Aquino placed 5th in Silver Triathlon, Audrey Duquette and Ashley Chater were 6th and 9th respectively in Introductory Ladies. All skaters did there best and are looking forward to the next event.

The Rob McCall Memorial competition in Dartmouth will be held on Feb 7-9 and our girls should stand out at this event, as they always do. All the hard work is in preparation for the upcoming

provincial championships at the end of February. Keep checking for reports of everyone's progress.

**Canskate Corner**

With the second session well underway - we are looking forward to our annual Karen Norman Funskate - skaters are

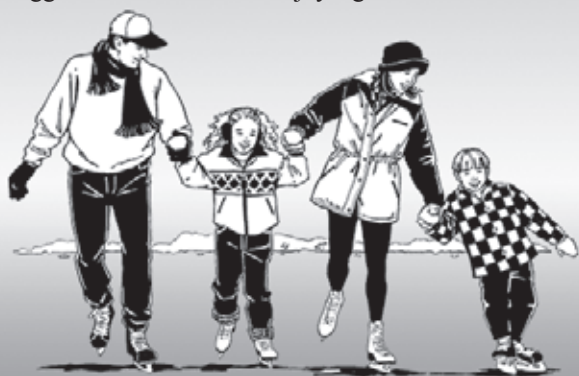
improving fast and learning lots of new skills - we are also in the planning stages of our spring session - so any parents interested in information about their child trying out our junior program or waning information about our powerskate program, please be sure to ask.

## ~ Obituary ~

**DOYLE, Donnal** - 73, of Kingston, NS passed away Tuesday, January 27, 2009 in Soldiers Memorial Hospital, Middleton. She was born in Thorold, ON. Donnal joined the R.C.A.F. in 1960 and completed her basic training in St. Jean, Quebec. She was then transferred to the Dental School in Camp Borden and upon completion of her training was transferred to Air Command in Winnipeg. In 1967 she was transferred to 3 Wing Germany and over to CFB Lahr in 1969. After leaving Europe, Donnal spent many years in Ottawa with a 6-month deployment to Ismailia, Egypt. In 1981 she was posted to Greenwood, where she would retire from the service in 1985 with the rank of Corporal. Royal Canadian Legion Branch #98 Kingston was proud to present Donnal as Veteran of the Month for December 2007. She was a member of Kingston Branch #98 Royal Canadian Legion, Air Force Association of Canada Annapolis Valley Branch Ex Airwomen, RCAFA Valley Wing #107; Canadian Association of Veterans in United Nations Peacekeeping and the Federal Superannuates National Association. Donnal loved gardening, birds and fishing. She is survived by her companion, Carol Ogilvie, Morden; very good friend, Margaret Muise, Annapolis Royal; granddaughter at heart, Shelby-Lynn Carol Ogilvie, Calgary; good friends, Robert and Lee Carey, Kingston; Lois and Ken Sparks, Millville; caregiver and friend, Mary Thibeau, Kingston and friend, Louie Andre, Kingston. She was predeceased by her parents and husband, Charles. Cremation has taken place. A legion tribute will be held 2:00 p.m., Monday, February 2, 2009 in the Royal Canadian Legion Branch #98 Kingston. Donations in memory may be made to the Nova Scotia Lung Association or a Charity of Choice. Online condolences may be made through: [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)

## Public Skate Come One Come All

Greenwood Gardens Public Skating takes place Saturday evenings from 7:00 to 8:00 p.m. and Sunday mornings from 11:00 a.m. to 12:00 noon. The skate is free for Military and valid Rec Card holders. There is a drop-in fee of \$4.00 for those without Rec Cards. Although helmets are not mandatory they are strongly suggested. Come out and enjoy a great winter tradition.

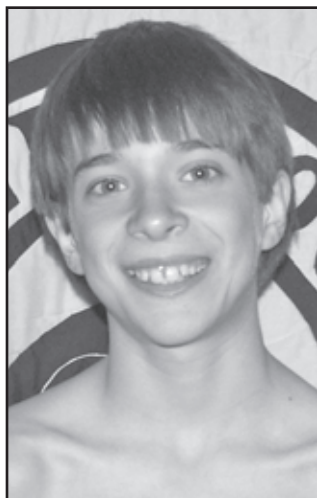




# Subway Swimmers of the Week

## Kyle Bergeron

AA  
14 years old  
1st year with GDSC  
Favourite Stroke:  
Free Style  
Other Interests:  
Cadets, archery,  
snowboarding



## Jenna O'Brien

FL Competitive  
9 years old  
2nd year with GDSC  
Favourite Stroke:  
Breast Stroke  
Other Interests:  
Cross Country, Triathlon  
and Dancing



## Alexanne Ouellet

Novice  
6 years old  
1st year with GDSC  
Favourite Stroke:  
Backcrawl  
Other Interests:  
Dancing and Eating



# Indoor Family Games and Outdoor Family Fun During Winter Carnival!

By: Eric MacKenzie - Community Recreation Coordinator  
Winter Carnival is less than a month away! Since we are celebrating the centennial year of powered flight in Canada, the theme of the 2009 14 Wing Greenwood Winter Carnival is Vintage Wings. The 14 Wing Community Centre is ready to once again offer you some fun indoor games and outside fun for the entire family.

On Saturday, February 28<sup>th</sup> between 10:00 and 11:30 a.m., we will be offering a number of great family games, which will be taking place inside the gym of the Community Centre, for all to enjoy. During this same time there will be sleigh rides outside for all families as well. The sleigh rides will depart from the parking lot of St. Mark's Chapel, across from the Community Centre, and then take you on a relaxing ride down Church St. and through a small section of the PMQ's before returning back to the Church parking lot.

This year's Vintage Wings theme will be incorporated into our fun indoor games that include the famous candy hop station as well as the always-popular cookie decorating station. Once again, inside the gym, a large Bouncy Kingdom will be set up for the children and face painting along with a Vintage Wings craft corner will also be available.

This event is free of charge so make sure you mark it on your calendar and remember to include us in your Winter Carnival weekend of Fun!

If you have any questions about the Family Games inside the gym or the outdoor sleigh ride, please call Eric MacKenzie, at the 14 Wing Community Centre, at 765-1494 ext. 5337.

## 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](mailto:home@greenwoodmfrcc.ca) • Website: [www.greenwoodmfrcc.ca](http://www.greenwoodmfrcc.ca)

### Community Information Services

- GMFRC Website ([www.greenwoodmfrcc.ca](http://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 MFRCCs
- 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](http://www.greenwoodmfrcc.ca).

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

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

### Services de renseignements à la communauté

- Site Web du CRFM ([www.greenwoodmfrcc.ca](http://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](http://www.greenwoodmfrcc.ca).

## Together in Church

### Queen of Heaven Chapel

#### Sunday Schedule

11 a.m. (English Mass)

### St. Mark's Chapel

#### Sunday Schedule

10:30 a.m. Divine Worship

Switchboard ..... 765-1494

#### Wing Chaplain

Padre Art Crawley ..... ext 5119

#### Wing Chaplain's Admin Assistant

Ms Diane McKeage ..... ext 5883

#### Chapel Life Coord - St. Mark's

Padre Harold King ..... ext 5541

#### Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ..... ext 1960

#### Unit Chaplain

Padre George Helou ..... ext 5886

#### Chaplain (BTL)

Padre Mike Peterson ..... ext 5835

#### Chaplain (BTL)

Padre Gord Poley ..... ext 5545

#### Emergencies

In an emergency, you can reach a chaplain anytime through Wing Operations at (902) 765-1494 ext. 5457.





# 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](mailto: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

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Tuesday ..... 10am-1pm & 2-5pm

Wednesday ..... 1-5pm & 6-8pm

Friday ..... 12-4pm

\* Sunday ..... 1-4pm

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Loc. 5430



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Closed on holidays and holiday weekends throughout the year.

# HOROSCOPES

February 1 to February 7

**ARIES - Mar 21/Apr 20**

Don't put all of your eggs in one basket this week, Aries. Otherwise you'll end up with a lot of broken shells. It's a bumpy ride ahead, so be prepared.

**TAURUS - Apr 21/May 21**

Romantic interests flourish this week, Taurus. You may rekindle some much-needed passion with a current flame, or find a new companion in the days to come.

**GEMINI - May 22/June 21**

Feeling like a workaholic lately, Gemini? It could be time to scale back at work a bit. However, in this economy, you may want to phrase your request with some finesse.

**CANCER - Jun 22/Jul 22**

Cancer, you can change what seems like a no-win situation into a win-win situation with just an adjustment in your way of thinking. When Pisces offers advice, take it.

**LEO - Jul 23/Aug 23**

It won't be an easy ride this week, Leo, but it will be a fulfilling one. You'll be the center of attention for more than one reason, which suits you just fine.

**VIRGO - Aug 24/Sept 22**

Virgo, think with your head and not with your heart when making financial decisions this week. Unfortunately emotion can cloud better judgement.

**LIBRA - Sept 23/Oct 23**

Make the most of time spent with a loved one this week because it won't last forever. Libra, he or she needs to head home and it could be some time before you connect once more.

**SCORPIO - Oct 24/Nov 22**

Scorpio, the finish line of a specific goal is within sight. Now you just need to have the patience to make it the last few laps. Don't worry - it will take less time than you think.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, some financial difficulties are on the horizon. But with some advice from an unexpected source, you'll get back on an even keel. Aquarius is your go-to person this week.

**CAPRICORN - Dec 22/Jan 20**

Capricorn, just when you thought you had everything worked out, something pops up to put a wrench in your plans. A level head will help you find a work-around.

**AQUARIUS - Jan 21/Feb 18**

It is the time to take that financial plunge you've been nervous about, Aquarius. Once you dive in with both feet you'll find it's really not as nerve-racking as you thought.

**PISCES - Feb 19/Mar 20**

Pisces, health concerns leave you looking for more answers. With a strong spirit you can overcome anything.

## FAMOUS BIRTHDAYS

- FEBRUARY 1 Lisa Marie Presley, Singer (41)
- FEBRUARY 2 Shakira, Singer (32)
- FEBRUARY 3 Morgan Fairchild, Actress (59)
- FEBRUARY 4 Alice Cooper, Singer (61)
- FEBRUARY 5 Barbara Hershey, Actress (61)
- FEBRUARY 6 Natalie Cole, Singer (59)
- FEBRUARY 7 Tina Majorino, Actress (24)

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 available at the door or Wilson's Pharmasave, Berwick, Kingston Pharmasave, Kingston, and Box of Delights, Wolfville.

## Overeaters Anonymous

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

## Church Breakfast

Everyone is welcome to a breakfast at the Aylesford United Church on Saturday, February 21, 2009 from 8:00 to 11:00 a.m. Menu includes delicious homemade pancakes, scrambled eggs, sausages, ham, toast, tea, coffee and juice. Free will offering. Sponsored by the Committee of Stewards.

## Carousel Gift Shop

Lobby, Soldiers' Memorial Hospital Middleton - open daily - 825-3411 x 252. Valentine Jewellery Sale - 15% Off regular priced items plus No Tax. Thursday, Feb. 12, 2009 only - 10:00 a.m. - 4:00 p.m. We carry a wide selection of sterling & gemstone items including Ice 925-Canadian diamond set in silver.

## Kingston Lions Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tues 10 Feb 09 at the Kingston Lions Hall from 11:30 a.m. - 1:00 p.m. Menu turkey dinner with desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

## 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 desert, tea, coffee. Time 7:30 - 12:00 midnight. 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.



## 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.

## Fellowship Breakfast Meeting

The Knights of Columbus Council 6297 is having a Fellowship Breakfast Meeting at St. Monica's Catholic Church at 8:30 a.m. on Sat. Feb 7. All members and potential members are encouraged to attend. For more information, contact Jim Robinson at 765 - 2295.

## This Valentine's, Love Your Women's Centre

The Women's Place is having an open house to celebrate our new location, and we are celebrating with chocolate! Drop in on February 12th between 1:00 p.m. and 3:30 p.m. We are at 86 Atlantic Avenue, Cornwallis Park. Call 638-8566 for more information.

## Mama Capozzi's Italian Spaghetti Dinner

Saturday, February 14, 2009, 32nd Annual, presented by MRHS Band Parents Association at the Middleton Legion. 2 Sittings: 4:30 - 6:00 & 7:30 - 9:00 p.m. Delicious meal served by local "celebrity" waiters - Caesar Salad, Spaghetti with Meat Sauce, Garlic Bread, Cheesecake, Coffee/Tea. Cash bar. Proceeds to MRHS Sr & Jr Band Trips. Tickets - \$12.50, available at Valley Drug Mart, Middleton, or from Wendy at 825-2545. Limited number, always a sell-out, so buy early!

## 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 \$150.00) 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)

## Relationships of the Heart

On February 12, 2009 at the Melvern Square Community Hall, the Mid-Valley Women's Connection Hosts: "Relationships of the Heart" a talk by Elaine Passey. Wendy Rodda, a representative of TOPS will discuss successful weight loss. Refreshments will be served. Cost is \$6.00 for all. Please join us! For more information and reservations, please call Charlotte at 538-7547 or Velma at 825-4747.

## Kingston United Baptist Church Library

The Kingston United Baptist Church Library is open to the public Thursday evenings 6:30 p.m. - 7:30 p.m. The library is 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.

## Annapolis Valley Bluegrass & Oldtime Music Association

Presents "Taylor Express", "Doug & Pat Leblanc & Friends", and "Bill Sherman & Friends", February 1st at 2:00 p.m. Berwick Lions Hall. 50/50 draw and Canteen Available. Admission: \$10.00 at the Door. For more information contact Bill Dempsey at 538-0052 or 538-9259 or Doug Corkum at 624-9492. We Support Children's Wish Foundation

## Annapolis Valley Bluegrass & Oldtime Music Association

Presents "Rhonda Vincent & The Rage". Opening performance by, "The Bluegrass Diamonds from New Brunswick, Sunday, April 26th at 7:00 p.m. Place: Horton High School. For advance tickets and more information contact Bill Dempsey at 538-0052 or 538-9259 or Doug Corkum at 624-9492. We Support Children's Wish Foundation

## 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 & District Health Auxiliary Meeting

A meeting of the Kingston & District Health Auxiliary will be held in the Kingston Fire Hall AT 1:00 p.m., 3 February 2009. Everyone is welcome.



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

1. Through our website: [www.auroranewspaper.com](http://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, February 5, 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. Whose ad says, "Slow down it's winter" \_\_\_\_\_
2. Where is Rocky apparel 20% off \_\_\_\_\_
3. Where can you enter to win free haircuts \_\_\_\_\_
4. When is French Immersion night \_\_\_\_\_
5. When is Spare Parts playing at the Kingston Legion \_\_\_\_\_



This contest is brought to you by:  
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**765-4477**

Congratulations to last week's winner: **GLEN GOODALL**

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# Helping Children Deal With Catastrophic Events

Submitted by: Shannon Doubleday, GMFRC Coordinator  
Prevention, Support and Intervention Services at  
765-1494 local 1811

This topic first came to light for me in the aftermath of the Indonesian tsunami in December 2004; watching my children striving to process the events of this day drove home that I needed to make conscious effort to support them. However, as often does, time passed, and I became immersed in family schedule, and daily responsibility. A few months ago I noticed two of my young children paying attention to the evening news, and soon was left dumbfounded in front of questions like "why do all the soldiers die? When will the bad men come here to get us? How will I know Auntie and Uncle will be okay if they go back there?". As a parent, these are neither easy nor comfortable queries to answer. I wanted to protect my children, and initially resorted to the image of the three little monkeys: hear no evil, see no evil, speak no evil... if they didn't hear it, see it, and I didn't speak it, the fear would not be real to them. I now believe that they deserve more, I owe them the grace, skill and tools of learning to cope with traumatic and catastrophic events, on an age appropriate level.

## Some general tips:

1. The first thing to be sure of is YOU. Children and adolescents are very much influenced by the moods of their caregivers, kids will pick up on your feelings. This does not mean that you should not feel or express these feelings rather that you must be in control of them. This is an opportunity for you, and the adults around the children, to role model that you can experience overwhelming feelings, without being overwhelmed by them.
2. Often traumatic and catastrophic events are sudden, unpredictable, and uncontrollable. Not only is the child unprepared for the event, no one around them is. This perception of adult helplessness often can provoke extreme anxiety in children; the fear is not as horrible as the perception

of helplessness. Therefore, finding ways to create sense of purpose and contribution are very effective tools in supporting children (i.e. writing letters to the deployed troops, participating in a Yellow Ribbon Campaign).

## General techniques:

- Establish a routine as soon as possible; this serves to build predictability into the child's or adolescents' life.
- Limit exposure to television or newspaper reports. Young children are very concrete and may not understand that repeated replays of the event are depicting the same one incident; they may believe if they've seen it 5 times then it has happened 5 times.
- Be sure there is a responsible parent/caregiver present and prepared to explain or answer questions when a child does see media stories of the event.
- Help children feel they have the power to make change for the better. Children and adolescents can draw a picture, write a letter, fundraise etc.
- Respond to questions clearly and calmly.
- Encourage children to explain their understanding of the event, gently correct misconceptions and misinformation.
- Do not lie about your own feelings; it is okay to tell your child that you feel sad.
- Be patient. Kids may want to repeat the same story or ask the same questions over and over again, this is their way of processing and making sense of the event.
- Be honest and don't use words which downplay the event.

## PATRICK'S PUZZLE

### Pancake Word Find

Just in time for National Pancake Week, see how many related words you can find and circle throughout the puzzle.

BREAKFAST	FLIP	ORANGE
BUTTER	GRIDDLE	PANCAKE
COFFEE	JUICE	STRAWBERRY
CREAM	MILK	SYRUP

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

### Breakfast Scramble

Unscramble the words to complete the sentences.

1. It's impossible to eat just one E P A K N A C.
2. Most people put Y P S U R on pancakes.
3. Eggs may come with bacon or S S E G U A A.
4. M N G O R N I is when most eat breakfast.

Answers: 1. Pancake 2. Syrup 3. Sausage 4. Morning

Patrick's Puzzle brought to you compliments of:

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**County**  
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## GMFRC • Features of the Week

Child/Youth and Parenting & Emergency Childcare Services  
Coordinator: Kim Dixon at 765-1494 local 1812 or email at  
dixon.k@forces.gc.ca

### Children's Deployment Support Group

Tuesday, February 17<sup>th</sup>, 2009

6:00 p.m. – 8:00 p.m.

Children aged 3 – 12 years

Cost: Free

Registration deadline: Friday, February 13<sup>th</sup>, 2009

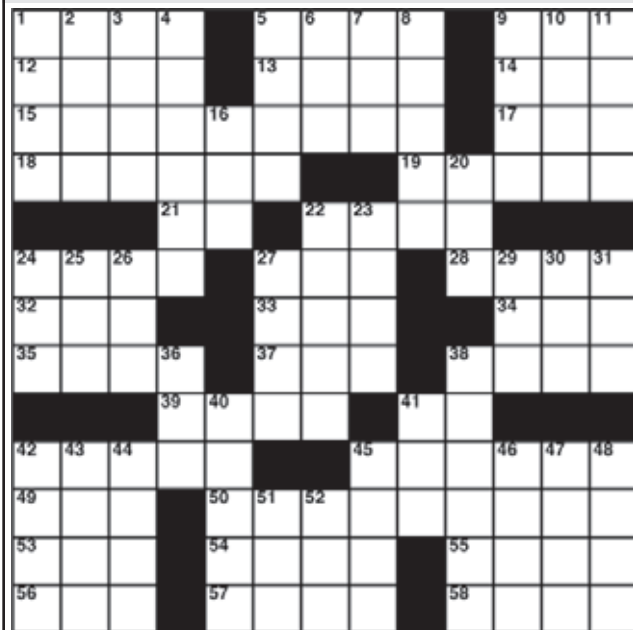
The children's deployment support program is designed to assist children with the emotional cycle of deployment. This program allows children to talk about their feelings and to connect with other peers going through the same emotions. This is a facilitated program and topics that covered deal with separation, loss, anger, and reunion. If you would like further information, please contact Kim Dixon, Child/Youth and Parenting Services Coordinator, at 765-1494, local 1812.

## Canadiana Crossword

### A Raft of Rivers

By Bernice Rosella and James Kilner

Solution page 22



#### ACROSS

- 1 Tennis great
- 5 Hellmanns prod.
- 9 Mr. Merino
- 12 Average
- 13 The Honourable
- 14 Bev. and kin
- 15 Tope or meter
- 16 Heritager river in
- 17 Oolong or pekoe
- 18 Heritager river in
- 19 Heritager river in
- 21 And to Etienne
- 22 Equipment
- 24 Close tightly
- 27 Tolkien creature
- 28 Heritager river in
- 32 Teachers' outreach
- 33 Contemptuous
- 34 Letters denoting a
- 35 About aviation
- 37 Ms Lennon
- 38 Row

#### DOWN

- 1 Part of a latin trio
- 2 Third son of Adam
- 3 Derisive laugh
- 4 Paint genre
- 5 New Zealand ratites
- 6 Promos
- 7 Wild ox
- 8 Japanese
- 9 Popular hotel
- 10 Cruising
- 11 Complain

- 16 Wager
- 20 Limb
- 22 Heritager river in
- 23 Reverberation
- 24 Resort
- 25 Summer in
- 26 Swiss river
- 27 Woodwind
- 29 Cleopatra pal
- 30 Mortal sin
- 31 Denial
- 36 About the ear
- 38 Ringed planet
- 40 Newspaper feature
- 41 Tavern
- 42 Mongolian dwelling
- 43 Consumer
- 44 Gendarme's topper
- 45 Guilty or not guilty
- 46 Redwood or
- 47 Enough to Chaucer
- 48 Siesta
- 51 Queen Elizabeth II
- 52 Kamloops to

Weekly Crossword brought to you compliments of:

**Peter Hebb** at 59 Webster St., Kentville, N.S.

1-800-565-2605  
Cell: 825-8157



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## ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Cow's ear is hidden. 2. Knee patch on pants is missing. 3. Tip of leaf in pot is missing. 4. Bottom of smiling balloon is missing. 5. Tuft of lady's hair is hidden. 6. Curtain tie is colored in. 7. Center of balloon flower is colored in. 8. Cuff on shirt is colored in. 9. Spot on balloon has moved. 10. Label on tank is wider. 11. Ribbon on table is shorter. 12. Pattern on cup is different.

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

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

## Crossword Solution

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

# Classified Ads

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

## FOR SALE

FOR SALE – Mobile home in Wilmot 2/3 bedrooms, 4 Danny St (across from Frenchy's). Recently renovated, new roof, some new windows, neutral paint throughout, fridge/stove, dishwasher and shed included. Asking \$39,900 call 765-1494 Ext 5440 or 765-9127 after 4:00p.m.

## FOR RENT

FOR RENT – Neily Crescent Apartment Located off Bridge Street in Greenwood. Newly built 2 bedroom apartments, fridge, and stove included.

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

FOR RENT - 2 bedroom Mobile in Kingston. Heat, lights, fridge/stove included \$590.00 per month. Call 847-5046. (3002-ufn)

FOR RENT - Retirement apartments. New, 2 bedroom unit in seniors com-

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**plex Kingston. Ground level, walking distance to all amenities. \$690.00 per month plus utilities. Guaranteed no rent increase. Call 1-902-825-6929. (3002-12tp)**

FOR RENT – 1 bedroom apartment. 1972 Bishop Mountain Rd, 5 minutes to Kingston and 10 minutes to Greenwood. Unit has electric heat, fridge/stove included, washer/dryer available. Rent is \$375.00 per month plus utilities. Call 765-9319 or 840-0710. (3003-4tp)

FOR RENT – 1 bedroom apartments at the Fundy Spray Motel \$375.00 per month plus utilities, 1 year lease required. Call 825-3424 (3004-4tp)

APARTMENTS FOR RENT - Brooklyn Lane apartments, luxurious units, ideal for seniors 2 bedroom, garage, F/S, dishwasher, fireplace, in-floor heating, whirlpool tub, heated ceramic floor in washroom. Snow removal and lawn care provided. Private backyard. \$995.00 per month Call 825-

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beginning 5 Feb 09 at the Annex in the Queen of Haven Chapel on Church St. in Greenwood. Time 1930 – 2100hrs, persons 16 years and older, Instructors Mike and Sylvia Sampson (9 years dance experience) for more info contact [annapolisvalleyindyhop@hotmail.com](mailto:annapolisvalleyindyhop@hotmail.com) (3005-1tp)

**CHILDCARE PROVIDER – Miss Jens has one position opening 29 Jan. Infant and childcare. Semi structured environment. Child Abuse Registry and Criminal checked. CPR & First Aid Certified. Located in Kingston off Main St. and Bridge St. Healthy cooked lunch and snacks provided. Will do potty training. Big fenced backyard with a nature like environment. Lots of great references available. Phone: 242-2081. (3004-2tp)**

SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours Call Mike at 242-2465 (3004-2tp)

WORKSHOPS at Mood Crafts - Aromatherapy 101, \$55.00 (Feb 7), Introduction to Candle Making, \$25.00 (Feb 21), Introduction to Tarot Card Reading, \$55.00 (Mar 7). Pre-registration and deposit required. [www.moodcrafts.com](http://www.moodcrafts.com) Visa/Mastercard accepted. (902) 765-3203 (3005-1tp)

## FOR SALE FIREWOOD

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## For the Birds

obtain a rear view photo. This is a large bird, estimated 24-25 inches." Many thanks for all your reports Ted, if it wasn't for friends like you I'd have handed this over to somebody that knows what they doing long ago: by the way, the average length of a Red-tailed Hawk is 19 inches/47.5cm. Years ago, hoping to sharpen my skill at estimating bird lengths, I nailed a foot long stick to a tree near our bird feeders, since then, no matter where I see a bird, the image of that stick pops into my mind and I take it from there. For the record, the length of a bird, as recorded in field guides and scientific texts is based on the distance from

the tip of the bird's beak to the end of its tail when it is stretched out on a laboratory table! Ted reports that the Northern Flicker returns periodically to their feeders in Jefferson Subdv.

We occasionally receive a newsletter from "Birdwatcher's Digest" a magazine that we haven't subscribed to in years. The most recent may be viewed at: [http://www.birdwatchersdigest.com/emails/view\\_email.php?id=102472](http://www.birdwatchersdigest.com/emails/view_email.php?id=102472)

It is a little painful having to type all that into your browser's window, however, I think you will find it well worth the trouble. Ted did and he commented: "Top 10 Foods for Winter, etc, a

most interesting article, informative, explanatory in layperson's language. I highly recommend it and have forwarded it to the world. We now have a pair of Herring Gulls at our feeder devouring all of the peanut crackers. Fierce competition between A. Crows, Starlings, Blue Jays and now a new kid on the block has arrived."

Presently, Barbara and I are at Rincon de Guayabitos, on the Pacific Coast about 100km north of Puerto Vallarta. This is our ninth consecutive year here. We go birding in the surrounding Plantations, (farmland) about 3 times a week. Yesterday we saw: Mexican Crow, Blue Grosbeak, Vermillion Flycatcher, Western

Kingbird, Golden-cheeked Woodpecker, Northern Mockingbird, Bronzed Cowbird, Great-tailed Grackles, Grey Hawk, Zone-tailed Hawk\*, Western Meadowlark, Social Flycatcher, Common Ground Dove, Rock Pigeon, Mexican Parrotlets, Turkey Vulture, Black Vulture, Magnificent Frigatebird, Black & White Warbler, Dusky-capped Flycatcher, Hummingbird(sp), Yellow-winged Cacique, Bullock's Oriole, Happy Wren, Grosbeak (sp), Nashville Warbler. We are at Villas Buena Vidas, worth a look on the internet. For the next few weeks, please report to [barpat@ns.sympatico.ca](mailto:barpat@ns.sympatico.ca), the phone will not be attended.

**By: Patrick Giffin**

Ted Kajdas wrote: "We have experienced a very disruptive bird feeding pattern over the past week, not only at our feeders but also at Lloyd & Mary Lou's. We have finally confirmed and identified that problem/culprit, a Red-tailed Hawk. It had perched on the upper portion of the pines in the back yard, at approximately 75 feet elevation and was in the process of being attacked repeatedly by Crows and Blue Jays. At first we had difficulty obtaining an unobstructed view from inside the house but eventually ventured outside and managed to



# Youth Happenings at the 14 Wing Community Centre

By: **Brendan Loughnane**  
Youth Recreation  
Worker

Hello everyone we made it! January is over. It seems like January is always the longest month of the year. We have got a lot to look forward to this month but before I get to all that I need to ask a favour from all of you. February 2<sup>nd</sup> is Groundhog Day and I hope you will all join me in hoping that the groundhog doesn't see his shadow. So lets keep our fingers crossed people. This month we've got our calendar jam-packed full of fun stuff for everyone. Some of those events include; sweet hearts dance on February 13<sup>th</sup>, Teen pool tournament on the 15<sup>th</sup>, Ski Martock trip on the 22<sup>nd</sup>, winter carnival on the 28<sup>th</sup> and hockey night at the Community Centre on February 28<sup>th</sup>. That's just to name a few so come on down

and pick up your calendar. See you soon.

**Boyz Club**  
Monday February 2<sup>nd</sup> 2009  
Sledding  
4:30-6:00 p.m.

Hey boys tonight we are going sledding on the hill behind the Community Centre. You can bring your own sled or use one of the crazy carpets we've got here. We will meet here at the Community Centre then once everyone is signed in we will head over to the hill. Hope to see you there.

**Teen Activities**  
Tuesday February 3<sup>rd</sup> 2009  
Indoor Soccer  
6:00 - 7:00 p.m.

Hey teens must be nice to have finished all your exams. So now that you're finished why not come on down to the Community Centre to play some soccer. We will start at 6:00 p.m. Don't forget to bring

some indoor shoes and why not bring a friend. See you there.

**Active Chicks**  
Wednesday February 4<sup>th</sup>, 2009

Snowshoeing  
6:00-7:30 p.m.

Active Chicks will be meeting at the Community Centre to trade their winter boots for snowshoes; just kidding, you can keep your boots on and we will find the right pair of snowshoes for you!! Dress warm; once everyone is ready we'll head outside for snowshoe games in the snow!! See you there!

**Look What's Playing at the Community Centre**

This Saturday will be the ice cream sundae movie night. We will be charging a \$2.00 fee for each sundae to help us offset the cost. So come on down and fill your belly's with some ice cream and chill

out with a cool movie. See you there!

**Pre-Teen Movie Night**

Every Saturday is pre-teen movie night. The fun starts at 6:00 p.m. and runs until 8:00 p.m. Admission to the movie is free with your membership card or \$1.00 drop in fee. This week will be watching Madagascar: Escape to Africa. This movie is rated G. The whole gang from the central park zoo is back. This time the crew is able to somewhat fix up an old plane. They manage to get the barely in tacked plane in the air long enough to make a crash landing on the plains of Africa. Now in the wild for the first time the gang encounters animals of the same kind and they suddenly start to doubt leaving their home in the Central Park Zoo.

**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 Disaster Movie this rated PG-13. This is a comedy made by the same team that gave us date movie, epic movie, and Scary movie and meet the

Spartans. This film follows a group of twenty year olds who are trying to make it home safely when they are faced with every natural disaster possible. At the same time the disasters are occurring they also are trying to solve the mystery as to why the events are happening.

## 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

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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**





Winter Carnival Corner • Feb 26-28



SCHEDULE OF EVENTS

DATE	TIME	EVENT	LOCATION
Fri 20 Feb 09	1600	Vintage Wings TGIF. Coins Sales, Team Scarf Sales and a 50/50 Draw. Menu will be Chili, Bun and Caesar Salad. \$5 charge for non-members.	Annapolis Mess
Mon & Tues 23-24 Feb 09		Hockey Tournament Round Robin (four games Monday and two games Tuesday)	Greenwood Gardens
Wed 25 Feb	1100hrs & 1215hrs	Hockey Tournament Semi-Finals	Greenwood Gardens
Thu 26 Feb	0800 – 1200	Ice Painting	Greenwood Gardens
	1300	WComd's Revenge, Pool Relay Race, Synchronized Swimming	F&S Centre (Pool)
	1500	Leadership Race (WComd, WCWO, COs and SWOs)	Gwd Golf Course
	1830 – 1900	Ice Painting and Beard Growing Contest Judged	Greenwood Gardens
	1900 – 1945	Opening Ceremonies	Greenwood Gardens
	2000	Labatt Cup Hockey Tournament Final Game (50/50 Draw and Door Prizes)	Greenwood Gardens
Fri 27 Feb	0900	Aircraft Sled Pull	Baseball Diamond
	0930	Egg Toss	Baseball Diamond
	1000	Blow Ball (JRM), Cribbage and Euchre (WOSM), Crud (OM), Darts (The Back Bar)	Annapolis Mess
	1300	Blind Volleyball	Community Centre
	1300	Bowling	Bowling Alley (CC)
	1300	Curling	Greenwood Gardens
	1930	Lip Synch Contest	Annapolis Mess
	2130	Mess Entertainment in Main Lounge – DJ by Electric Starz (50/50 Draw and Door Prizes)	Annapolis Mess
Sat 28 Feb	0800-1100	Pancake Breakfast	Annapolis Mess
	1000-1130	Family Games	Community Centre
	1130	Escapades (Teams must be prepared by 11:15hrs)	Greenwood Gardens
	1230	Closing Ceremonies	Greenwood Gardens
	1300 & 1500	Family Movie – two showings - 1300hrs and 1500hrs – “Hotel For Dogs”	ZEDEX Theatre
	1500-1700	Free Family Skate	Greenwood Gardens
	2100	Mess Entertainment in Main Lounge – Band “Good Feeling”	Annapolis Mess

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 or **3rd Prize**-\$500.00 CANEX gift certificate.

**You can purchase your coin by contacting:**

Judi Beshara – 1543                      MCpl Lois Tobin – 5528  
Cpl Tammy Kline – 5897                Sgt Walter Peckham – 3297  
Sgt Alfred Fagan – 1997                Keith Pinkerton – 5440  
Capt John Bernardi – 3058

...or by visiting the following locations:

- Community Centre • Military Aviation Museum
- F&S Centre • Annapolis Mess • MFRC

**Please ensure you get your lucky number and good luck!**

14 Wing Community Centre Presents:  
**Sweetheart Dance**  
Roses are red,  
Violets are blue,  
Come on out and dance  
with a sweetheart or two!  
Friday, February 13  
Pre Teen Dance 6-8 \$2  
Teen Dance 8:30-11:30 \$3  
LET'S DANCE

RCAF Flyers 1948 World Champions

Sixty years ago, the Royal Canadian Air Force

(RCAF), the precursor to today's Canadian Forces

Air Command (AIRCOM), played a surprising role in



the 1948 Olympic Games held in St. Moritz, Switzerland. Due to strict amateur eligibility requirements, the Canadian Amateur Hockey Association (CAHA) could not send a hockey team to the *V Olympic Winter Games*. The RCAF Flyers, a senior amateur team based out of Ottawa, fit the bill nicely and were bankrolled by the President of the Royal Bank of Canada, Sydney Dobson. Despite some early misgivings by players and experts alike, the team brought home the gold with a record of 7 wins, 0 losses and 1 tie, with an incredible 69 goals for and only 5 goals against.

14 Wing Greenwood's annual Winter Carnival will include a Labatt Cup Hockey Tournament with round robin play from February 23-25, 2009. The final game of the Tournament will be played in honour of the RCAF Flyers and their incredible 1948 Olympic gold medal win. This game will take place immediately after the Opening Ceremonies at 8:00 PM on Thursday, February 26, 2009 at the Greenwood Gardens Arena and entail lots of good-natured fun for hockey fans of all ages. Local broadcaster, Jerry Neville, from Magic 94.9 will be on hand to call the game and to act as the Master of Ceremonies for the event.

50/50 tickets will be sold with a draw during the game. In addition, there will be lots of door prizes to be won. We cannot hope to replicate the astounding feat of an untested hockey team showing up at the Olympics and walking away with the gold at our humble Greenwood Gardens, but we hope everyone will want to take part in a wing-wide opportunity to watch some amateur hockey and have a good time at the Winter Carnival.

Don't forget to purchase your 50/50 tickets as you enter the Arena and bring your families and friends out for an evening of entertainment.