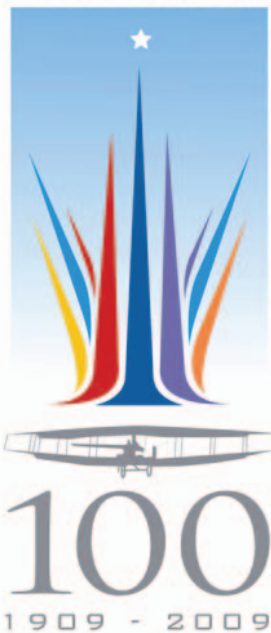


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SECTION

Wing Commander's Corner 2

MSE Safety Corner 4

News Flash! 5

Integrated Personnel Support Centre 6

Combined Charities 6

Conflict Resolution Day 8

COMMUNITY

Youth Happenings 2

LCC Offerings 10

A family Tradition 13

After School Bowl 15

GMFRC Offerings 16

Successful Welcome 24

SPORTS

Fun with Fitness! 21

Squash Club News 23

WEEKLY

Cucina Aurora Page 5
For Your Info Page 20
Horoscopes Page 20
Find and Win Page 20
ComParrot Page 21
Crossword Page 21
Classified Ads Page 22

Judged the "Best Canadian Forces Newspaper 2009" by the Canadian Community Newspapers Association

VOL. 30 NO. 41 OCTOBER 13, 2009 NO CHARGE

14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora

newspaper



Do Second Marriage's Work?

The fuselage of a DC-3 Dakota aircraft was placed on its' wing section as part of a reconstruction effort by 14 Wing Museum volunteers. The DC-3 Dakota will eventually be restored to its' original appearance and be added to the static displays at the 14 Wing Aviation Museum.

See story on page 3.

(Photo by: Private Ian Thompson, Image Tech, 14 Wing Imaging)

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Taking Care of Your People - Part 1

October 8, 2009 -- Wing Chief Warrant Officer Jardine and I both agreed that what we wanted to be known for at the end of our tenure was our attention to personnel matters...often described as "taking care of your people." We hear this and similar phrases a lot these days and bet that it means different things to different people. To convey what it means to us (and to keep it relatively brief), we've divided it into two separate dimensions – at work and at home.

As applied in the workplace, for us, *taking care of your people* means ensuring they have a clear idea of what their job is and the expected

results...similar to what all of us experience during a Personnel Development Review briefing. This alone is not enough though, and everyone should have a good understanding of what they are working toward, be it a task, goal, objective, a vision or an end state; what their role is in achieving that objective; and why it is important. A good example is Master Corporal Oake at Readiness Training Flight, who understands that his job is not simply to deliver readiness training to deploying personnel, but to make sure they are prepared to effectively deal with the potential dangers they might

encounter while they are deployed so that they achieve mission success and stay safe.

An important part of *taking care of your people* involves setting the conditions for their success. This requires making sure our people have the resources they need to do the job they have been asked to do...be it equipment, training, a safe workspace, aircraft, personnel, and yes...money. This can be challenging at a time when we're expected to do more with less. In this kind of environment...if the conditions aren't right...sometimes (depending on the mission) taking care of our people can mean doing less with less...lest we



Wing Commander's Corner

push our folks too hard to accomplish the impossible. Your Commanding Officers know this all too well and we talk about the balance nearly every day.

A critical part of *taking care of your people* involves giving them feedback on their performance and recognizing excellence. In terms of feedback, it can be positive feedback for a job well done, constructive criticism on areas that need improvement (communicated clearly, honestly and respectfully) or, in some cases, a bit of firm

feedback for those whose performance continues to fall short of expectations. We believe that everyone wants to do a good job and it is our job to bring out the best in our people. Sometimes that can mean being a bit more firm and taking care of your people doesn't mean being soft or shying away from confrontation. In our business, the stakes are often too high.

In terms of recognition, it need not involve any paperwork – a pat on the back, a handshake or a public acknowledgement for a job

well done go a long way in letting your folks know that their hard work is appreciated. Great organizations recognize and acknowledge excellence. The Canadian Forces is a great organization and we have many ways to recognize the incredible things our folks accomplish. The most effective ways of doing this are often the easiest. There is much more that could be said on this subject...but I'll close it there.

Next up...CWO Jardine and *Taking Care of Your People Part 2*.

CF National Invitational Taekwondo Championship

The CF National Invitational TKD championship will take place in conjunction with the 2009 Toronto Open TKD championship. This event will take place 13-16 Nov 09, any military member who is interested in participating must contact Mr. Graham White 14 Wing Sports Coordinator Loc 5753 or E Mail: Graham.White2@forces.gc.ca before the 15th of Oct in order to be able to complete the required administration.



As we continue to grow within the Annapolis Valley, Shannex will be opening a continuing care facility in Kentville. Orchard Hall is a *state-of-the-art* 62 bed continuing care facility offering *home-like* environments for seniors requiring nursing care and support for activities of daily living. We currently have opportunities available for experienced individuals in the following positions:

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"Youth Happenings"

By: Recreation Youth Worker; Megan LeMoine

Happy Thanksgiving! I hope everyone enjoyed the long weekend; whether you spent time with the family and ate a great Thanksgiving feast or spent the weekend watching football games! To me, that's what Thanksgiving is all about; family, football and a feast!

Here's what's happening this week at 14 Wing Community Centre. If you have any questions please call, 765-8165.

Teen Council

October 13, 2009
3-4 p.m.

Teens let your voice be heard! Come and join Teen Council, it's as easy as showing up to a meeting! We plan events, activities, volunteer and have fun! Teen Council meets every Tuesday from 3-4 p.m. See you there!

Info. Session

"Healthy Habits"
Oct. 13, 2009
3:30-4:30 p.m.

Register Dietician, Stacy Hanninen, will be talking about foods that can make you feel better, how to achieve a healthy life style also we can sample smoothies! This is open to both pre-teens and teens, no registration is needed, just show up!

After School Bowl

Oct. 13, 2009
4-5:30 p.m.
\$7.00

New time and new date! Pre-teens and teens can come and bowl, play games, eat pizza and have a pop for only \$7.00! Pre-registration is necessary, so give us a call at 765-8165 or 765-1494 ext. 5631.

Teen Activity

Volleyball
Oct. 13, 2009
6-7 p.m.

Teens (13-18) come to the Community Centre and we can practice Volleyball, we'll set, pass, serve and attack! Bring your teen membership and you can get in for free!

Active Chicks & Boyz Club

Dodge-ball
Oct. 14, 2009
6-7:30 p.m.

Tonight it's the boys against the girls! Come to the community centre to sign in and we'll go to the up-stairs gym and play Dodge-ball!

Open Gym

Oct. 15, 2009
6-7 p.m.

A great opportunity for families to get active together! There's so much equipment, the possibilities are endless!

Open gym night is every Thursday from 6-7 p.m.

After School Bowl

Oct. 16, 2009
4-5:30 p.m.
\$7.00

New time and new date! Pre-teens and teens can come and bowl, play games, eat pizza and have a pop for only \$7! Pre-registration is necessary, so give us a call at 765-8165 or 765-1494 ext. 5631.

Pre-Teen Movie & Treat Night

TBA
Oct. 17, 2009
6-8 p.m.

Pre-teens come to the community centre for movie and treat night! Bring \$2 and you can make a sundae of your own!

Teen Movie & Treat Night

Year One ; see what your ancestors were like!

Oct. 17, 2009
8-10 p.m.

Teens bring \$2.00 to movie night and you can make a sundae of your own! See you there!

Special Events

Caramel Apple Night
Oct. 23, 2009
\$2.00

Pre-register

It's the season to be treated! Tonight we will be making our own caramel apples from scratch! Bring \$2.00 and you can make your own! Pre-register at Community Centre!

Noggins Corner Farm Market

Oct. 25, 2009
1-6 p.m.
\$6.00

Enjoy an afternoon at the farm. We will challenge our skill through a corn maze, relax on a wagon ride, have fun at the barnyard adventure area and pick our own pumpkins and apples. There's also a hiking trail, rope maze, Tunnel Mountain, double trouble tunnel slide, Geocaching scavenger hunt and so much more! A great family trip! If you are interested in this trip, come to the community centre main office to sign-up or if you would like more information call 765-8165. Please note; this trip is only open to military members, their families or Rec. Card Holders.

Spooktacular Dance

Oct. 30, 2009
Pre-Teens; 6-8 p.m. \$2.00
Teens; 8:30-11:30 p.m. \$3.00

Ooooo... It's a spooky night! Come dressed in your Halloween costumes and we'll give you \$1.00 off the entrance fee!

Do Second Marriage's Work? ...from Page 1



By: Wayne Bailey

Well this one did, but not without some good planning, heavy lifting and much discussion. The major cause for concern was the fact that the first of the participants started life in Oakland California in 1944, and came with a well documented history, while the second part has an unknown origin and a cloudy, busy, and sometimes shady past. Thanks to good preparation it all came together as everyone hoped it would.

We are of course talking about the ongoing restoration project that involves DC3/DAK/C47 number 665 that is taking place in 10 Hangar.

Due to terminal damage to the original centre section, which holds the engines and main landing gear assembly, Greenwood Military Aviation Museum Curator Bryan Nelson and other museum staff found a replacement. Thanks to Joe McBryan (of Buffalo Airways, who still fly many radial engine aircraft all over northern Canada), we were able to acquire another centre section. On Monday

September 21, 2009, the two components were happily married.

Once again the staff of the Mobile Equipment section, notably Master Corporal (MCpl) Brewer, MCpl Winfield and Corporal Porter, brought the right equipment and expertise to the party, and as the pictures will show, the union has been completed. Yet, as all good marriages go, there is still plenty of work to be done before we can call it a complete success.

Stay tuned as much more work is needed before #665 will become a static display at the Museum's air park. There it will join the Lancaster, Neptune, Argus and T-33.

Additional volunteers on the Dakota (and the many other projects taking place at the museum) are always welcomed. Anyone interested in learning more should contact the Greenwood Military Aviation Museum at extension 5955. Winter hours are now in effect and we are open Tuesday to Saturday from 10:00 a.m. to 4:00 p.m.

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For more information, please contact
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Education and Employment Services
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Kristen.Lawson@forces.gc.ca



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MSE Safety Corner - Safe Driving During the School Season

With the start of another school year, MSE Safety would like to remind drivers of their responsibilities when driving through school zones and with school buses operating on provincial roads. Drivers are urged to be more vigilant during the peak periods of school bus operation, generally from 7:00 – 9:00 a.m. and 2:00 – 4:00 p.m.

- When driving through a school zone, no person shall drive a motor vehicle at a speed in excess of 50

kilometres per hour on any portion of a highway designated as a school area when children are present. Fines for an offence in a school zone can be doubled.

- Always stop for a school bus when its red lights are flashing and the mechanical STOP sign is displayed. The lights will flash until all the children are either safely loaded on the bus or have safely crossed the street. Drivers are to stop and stay

no closer than 20 meters away until the school bus starts moving again.

- Children are still learning to pay attention to the world around them. If they are playing with friends or riding bikes it is unlikely that they are aware of your car, so be extra cautious when driving in areas where children are present, expect the unexpected and be prepared for sudden moves.
- Later in the fall it may still be dark as children head to

the school bus stop. Drive with extra caution when visibility is reduced.

- Be aware that children may stray onto the road in areas where there are no sidewalks. Avoid u-turns or turning around in nearby driveways.
- While dropping off or picking up from the bus stop or school, always have your child exit the car on the side away from traffic.
- Always ensure that your child uses the designated

crosswalk and remind your child that if there is a crossing guard, to follow the crossing guard's instructions.

Prevention is the key to safety. With education and awareness, we can ensure the safe transportation of our children. Take the time to review these valuable rules and tips with all the drivers in your household. By following the rules of proper vehicle operation in school zones and in the presence of school buses loading and

off-loading children, you can help to make this a safe and successful school year.

Drive Safe,
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National Defence | Défense
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B0P 1N0 | Greenwood,
Nouvelle-Écosse, B0P 1N0

West Kings Newsletter

October, 2009

VOL.18 - NO. 2

Dates to Remember:

Oct. 20 - Band Parent Meeting 7 p.m. in Library
Oct. 23 - Provincial In-service - no students
Oct. 30 - "In Pink" play at WK 12:45
Nov. 1 - 10:00-4:00 Craft Fair
Nov. 4 - Take our Kid to Work (grade 9)
Nov. 11 - Remembrance Day - no school
Nov. 17 - Band Parent Meeting
Nov. 19 - WESTOCK battle of the bands (AV room)

Principal's Report:

Barry Squires, Principal
From the Guidance Office
Take Our Kids to Work - This year the "Take your kids to Work Program" will take place on Wednesday, Nov. 4/09 for all grade 9 students. Last year we had 96% participation rate provincially and we hope to improve on that again this year. Take our kids to work is an annual national program in which grade 9 students go to work with a parent, relative or community host. This program

supports career development by helping students connect school, the work world and their futures. For more information visit: www.thelearningpartnership.ca

Parent Guides, which include a consent form, will be going home with all grade nine students.

We are hoping for full participation. If you have any questions about this program, please contact Ms. Hennebery, School Counsellor at 847-4453.

New Prenatal Group for Youth - The Public Health & Family Matters are teaming up to offer a group for young pregnant women and their support people. This group is Free and offers transportation. For more info, please call the toll free number 1-800-399-7119.

AVID Series: Annapolis Valley Initiatives in Diversity (AVID) Series presentation by Tim Wise - Thursday, Nov. 12 - 7:00 p.m. at Horton High School Performance Centre.

Admission: FREE
Speech Topic: Between Barack and a Hard Place:

Challenging Racism, Privilege, and Denial in the Age of Obama. Tim Wise will explore how Obama's emergence as a political force is taking the race debate to new levels. For more info visit: <http://www.timwise.org>

Band: A reminder that Band Fees are now overdue. Please speak with Mrs. Davis to discuss any payment arrangements that need to be made. Also, do not forget that selling cheese is an ongoing fundraising effort that your band student can be doing to earn money for upcoming trips.

Hand Washing: Preventing the spread of illness

Hand washing is the most important way to help children stay healthy and prevent the spread of illness. Children should learn to wash their

hands often and well as hand washing can prevent the spread of 50% of communicable diseases. Wash all parts of the hands including: the backs, between fingers, under nails and thumbs. To wash hands well:

1. Wet hands with warm running water.
2. Add soap and scrub for 5-10 seconds.
3. Rinse off soap under running water for 5 to 10 seconds.
4. Dry your hands with a towel
5. Turn off tap with a towel.

Hand washing should occur:

- Before - eating and cooking
- After - using the washroom, playing outdoors, petting animals, changing diapers, coughing or sneezing.

The Pumpkin Festival

It's the Most Fun we have All Year

October 24 and 25

Pick your own Pumpkin right out of the patch!

Don't want to walk? We have wagon rides!

Would rather just sit? Okay, we have a LIVE Band (always better than a dead one)

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

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News Flash!

The RHU (PMQ) Halloween Decoration Contest Is On

Submitted by: Capt Keith Cusson

The leaves are changing colours, and fall is just getting into full swing. That can only mean one thing: it's almost Halloween! The Community Council is once again running an RHU Halloween Decoration Contest. Driving around the RHUs, it's easy to tell Halloween is just around the corner – folks have begun to get their jack-o-lanterns, goblins, and spooky decorations ready for the arrival of trick-or-treaters. If you haven't started already, you still have two weeks to adorn your home in preparation for the contest.

For your chance to win one of the great prizes available, you will need to have your home at its Halloween spookiest for the October 30th. Judging will take place in the evening, with the Community Council President, the Housing Committee Chairman, and a special guest acting as judges. Prizes will be awarded for 1st, 2nd and 3rd Place, in the form of Gift Certificates from local merchants here in the Greenwood area. Winners will be notified the following day (October 31st), and will be announced in The Aurora Newspaper.

There's still time, so break out the ghouls and goblins and let the decorating begin! Good luck to one and all!

CUCINA AURORA



Salsa Pico de Gallo

1-½ cups seeded diced tomatoes
¼ cup diced red onion
1 tablespoon diced jalapenos
Juice of two limes
2 tablespoons cilantro
Salt to taste
Fresh ground pepper to taste

In a bowl mix the ingredients and salt and pepper to taste.

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Business of the Week

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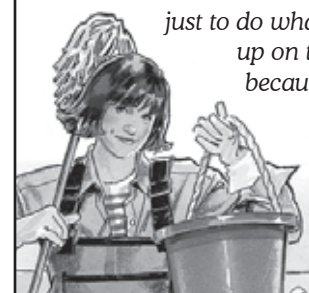


Let's Talk Dirty ...

Wouldn't it be nice to have a few extra hours a week just to do whatever you wanted, or to catch up on things that you have neglected because you had to clean the house.

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nicana@eastlink.ca



Combined Charities 2009 Campaign Kick-Off

On Thurs, 1 Oct 09, a number of Wing personnel gathered at Wing HQ to kick off the 2009 Combined Charities Campaign and to enjoy some coffee and cake.

The Acting W Comd, LCol P.J. Smith McBride took the opportunity to remind the attendees of the importance of the campaign to the local communities and she

challenged all Squadrons and units to beat their totals from last year. The over \$50,000 raised by the Wing last year supported over 50 local charities throughout the Annapolis Valley, providing assistance to activities such as local food banks and school hot meals programs so that we can help youth learn effectively without being distracted by a

growing stomach.

There will be a number of upcoming opportunities to support the Combined Charities, from Fri "Dress with a Difference" Days, with cash or pay allotment donations or by participating in the Monster Bash on 30 Oct 09 which will include a huge Wing Potluck, a dance featuring three bands including a KISS

tribute group and a Harvest/Halloween Silent Auction. More details on these events will be forthcoming in the near future.

So when your Unit Combined Charities Representative approaches you for a donation, please consider the Combined Charities theme and know that "Locally, We Make a Difference".



Cake Cutting to Celebrate Kick-Off of 2009 Combined Charities Campaign.

(L-R): LCol P.J. Smith McBride, A/W Comd; Sgt Peggy-Sue Lerette, W Ops Combined Charities Rep; Manon Dubé, Combined Charities Administration Assistant; and CWO R.W. Kinsman, A/WCWO.

What is the Integrated Personnel Support Centre Halifax?



Who are we and more importantly, what can we do for you and your Family!

Well if you're ill or injured and needing assistance,

guidance, clarification or just need someone to speak with regarding your future, that's us.

Our Mission Statement explains it rather well;

Through an integrated and individual-centric service delivery model, ensure the coordination and facilitation of standardized, high quality, consistent personal and administrative support during all phases of recovery, rehabilitation, and reintegration on return to service or transition following release, for all

injured and ill Canadian Forces members and former members, their families and the families of the deceased.

The Joint Personnel Support Unit (JPSU) and Integrated Personnel Support Centre (IPSC) Halifax provides a "One-stop Service" for ill and injured CF Personnel, both Regular force and Reserve force. We cater to both referrals and walk-in clients, to long-term injured personnel and to members considering retirement. We respond to

queries from family members regarding support services and programs for ill and injured personnel, and provide referrals as appropriate.

We play a central role in the transition process for CF personnel recovering from serious illness or injury, and either progressing towards a normal work schedule or preparing for a civilian career. A member with a medical condition that precludes return to normal duty for more than six months and is recommended by their Commanding Officer (CO), can be transferred to the Service Personnel Holding List (SPHL), posted to the JPSU, and assigned to an IPSC.

The Services provided for ill and injured personnel through the JPSU/IPSC include the following:

- Casualty tracking;
- Casualty administrative support and advocacy;
- Return to Work (RTW) Pro-

gram coordination;

- Outreach (Presentations for Professional Development);
- CF Case Management;
- Military Family Resource Centre (MFRC), local base/wing support representatives and local unit Commanding Officers;
- Veterans Affairs Canada (VAC) client and transition services;
- Royal Canadian Legion Service Officer;
- Operational Stress Injury Social Support (OSISS) network;
- Pastoral support; and
- Speakers Bureau.

The JPSU/IPSC provides CF personnel and their families with coordinated, seamless and integrated care when illnesses or injuries occur, and through the stages of recovery, rehabilitation and reintegration into the military or civilian life and employment.

All these Services are available to personnel at 14 Wing Greenwood by contacting us.

For more information call us at 721-1046 or drop-in for a visit at Stadacona, building S-21 (in the former CANEX location).

WE HAVE THE CAREERS YOU HAVE THE OPPORTUNITIES

NOUS AVONS LES CARRIÈRES VOUS AVEZ LES POSSIBILITÉS

The Canadian Forces offer you over 100 full- and part-time job opportunities in stimulating environments.

- A wide range of careers in professional fields and technical trades
- Training and education programs throughout your career
- A stimulating work environment and competitive salary
- Opportunities to work close to home and abroad

Come and meet one of our recruiters.

WHEN: Monday, October 19, from 1 p.m. to 5 p.m.

WHERE: Greenwood Military Family Resource Centre School Road, Greenwood

FIGHT WITH THE CANADIAN FORCES

Les Forces canadiennes vous proposent plus de 100 possibilités d'emploi à temps plein et partiel dans un environnement des plus stimulants.

- Un vaste choix de carrières dans des domaines professionnels et techniques
- Des programmes de formation tout au long de votre carrière
- Un salaire compétitif
- La possibilité de travailler près de chez vous ou à l'étranger

Venez rencontrer un agent de recrutement.

QUAND: Lundi 19 octobre, de 13 h à 17 h

OÙ: Centre des ressources aux familles militaires de Greenwood School Road, Greenwood

COMBATTEZ AVEC LES FORCES CANADIENNES

FORCES.CA

1-800-856-8488

**JOIN US
ENGAGEZ-VOUS**

Jimmy Flynn Comedy Show

The Middleton Centennial Committee presents

Friday, October 23rd
NSCC – Middleton Campus

Doors open at 7:00 pm with the show beginning at 8:00 pm

Cash Bar

Must be 19 years and over to attend

Tickets are \$10 per person

Tickets are available at the Middleton Pharmasave and the Middleton Town Hall

Thank You

The Family of Colin Ainsworth would like to thank everyone who helped and consoled Colin and Sharon and their family during Colin's recent illness and sudden passing. Words can not express how much the calls, cards, meals, and hugs were appreciated by each of us. A special Thank You goes to the Anson crew for their extraordinary attentiveness and caring through this difficult time. You gentlemen will always be in our hearts and our prayers. Dr. Mike Wadden, Father Michael McKeage and Juanita Barteaux supported us unflinching. Thank you also to so many friends from both Holy Trinity and All Saints Churches for your many kindnesses. Gratitude also to everyone who came to celebrate Colin's life. We would like to name everyone but space does not permit. Forever in our hearts, Sharon, Janet, Peter, Arthur, David and their families Thank You

Obituary

Bruce F. (Stretch) McNeil
December 8, 1932
– October 6, 2009

It is with great sorrow that we announce the passing of Bruce "Stretch" McNeil, peacefully on October 6, 2009 at the Grace Hospital in Winnipeg with his wife, family and friends at his side.

Remaining to forever cherish Bruce's memory are his wife Patricia (Truman) McNeil; children and stepchildren Debbie (Mike) Burns, Patti (Phil) Edwards, Donna (Don) Sutherland, Penny (Peter) Litwiller, Kathy (Gary) Gough, Bruce McNeil, Tammy (Pat) Bonner, Brent (Jennifer) McNeil, Barry McCallister, Ryun (Laura) Truman, Susan (Mark) Roffey, David (Lorraine) Allison; 27 grandchildren and 2 great-grandchildren; his brother, Bobby (Pearl) McNeil, and many nieces and nephews. Bruce was predeceased by his parents, Maude (Roche) and Daniel McNeil; his wife and mother of their eight children, Lilyan (Reynolds); his sisters Marie and Miriam; and brothers, Jack, Gerald, Thomas, Burton, Donald, and Daniel.

Bruce was born in Spryfield, Nova Scotia on December 8, 1932. He joined the RCAF in 1950 and served his country for over 38 years. He was a highly respected flight engineer who spent much of his career at CFB Greenwood, NS. As a young airman, he was an active participant in sports, particularly as a baseball player where he acquired his nickname "Stretch." One of the highlights of his sports life was throwing the first pitch at a Blue Jays Game during his tenure as Base Chief of Trenton. He played and coached hockey as well, but was first and foremost a family man who enjoyed his children, grandchildren, great-grandchildren, nieces and nephews with obvious affection. He retired in 1988, serving the last 8 years as Base Chief Warrant Officer at CFB Trenton, where his kindness, compassion and integrity touched the lives of so many.

Since his retirement, Bruce suffered from ill health that continued over the years through which he demonstrated amazing courage, resilience and dignity. His smile always lit up the room and his knowing wink was a delight to behold. The family would like to extend a special thank you to the Home Care workers who helped Bruce so much over the past eight years in Winnipeg, and to the doctors and nurses at Grace Hospital who so compassionately cared for him during his final few days. Remembered fondly by all who met him and beloved by all who knew him, Bruce will be missed by many.

A Mass of Christian Burial was celebrated on Friday, October 9, 2009 at 1:30 p.m. in Our Lady of Perpetual Help Roman Catholic Church, 4588 Roblin Blvd. with Rev. Msgr. Maurice Comeault P.H. presiding.

In lieu of flowers, donations to Heart and Stroke Foundation, 6 Donald Street, Winnipeg, MB R3L 0K6, or a charity of your choice would be appreciated.



YOU AUTO KNOW

~ So ... Do I Still Need Rust Proofing ~

Temperature changes from cold to hot... freezing and thawing is devastating to the seams and spot welds of a vehicle. Trapped moisture freezes and the expansion of the crevice ruptures the paint and creates a cavity that only needs the warm sun to cook the rot. In Canada and Northern USA, the answer is a definite YES you need rust proofing.

Steve Boutilier, Service Manager for Canadian Tire, Greenwood says corrosion FREE protects your vehicle against damage caused by severe temperature changes, acid rain and winter driving conditions.

Steve says, it actually terminates rust and corrosion in all metals; it protects vinyl and plastic surfaces from UV rays and improves the function of moving parts through lubrication.

At a Corrosion FREE Zone, your vehicle receives the "in depth protection" of Formula 3000 and CSC850. It's so good that our long-term customers in Newfoundland and Nova Scotia, where salt is a year round problem, have named it the *Cure for Rust!*



For more information contact Steve and his staff at the Greenwood Canadian Tire store.



For days like today™

CANADIAN TIRE

Greenwood
730 Central Avenue

Auto Centre
Mon-Fri 8am-5pm
Sat 9am-12 noon
Sun Closed

902-765-6337

Starting the first week of October the Service Bay will be open Thursday & Friday Nights.

Corrosion Free Underbody Rust Cure

\$49⁰⁰

Essential Rust Cure

\$89⁰⁰

Complete Rust Cure

\$129⁰⁰
on most vehicles

Get \$20 off the Complete Rust Cure Package ONLY with this ad.

For the month of October.

See store for details.
Greenwood location only.



October Specials

Facial, mani & pedi for \$79.99

Gel nails on sale \$50 with Karla

Ladies shampoo, cut & style \$22 and
Men's shampoo cut & style \$15

Receive a FREE hair cut with a full set of foils with Courtney

FREE tanning lotion with a tan
Everybody needs a little sunshine!

Fundraising for Ecole Rose des vents breakfast program
Prize is a Day at the Spa value of \$300

Employment Opportunity

Currently looking for a HAIRSTYLIST, apply in person or by email, cathy@cathyandcompanyhairstudio.com

If you have any questions please call

242-2887

1518 Bridge St. in Kingston

www.cathyandcompanyhairstudio.com

canadiantire.ca

For days like today™



Conflict Resolution Day is an International Celebration Held Annually on the Third Thursday in October

Submitted by: Maj R.C. Sealby, DRC Coordinator - 5530

History

The Association of Conflict Resolution's (ACR) is an international professional organization dedicated to enhancing the practice and public understanding of conflict resolution. In 2005, in order to increase public awareness about conflict resolution and its many benefits, the Board of Directors of ACR, adopted a resolution designating October 20, 2005 as Conflict Resolution Day. ACR coordinated its efforts with other conflict resolution organizations and reached out to local, state, and international groups to build interest in holding local celebrations in conjunction with Conflict Resolution Day. Events were held in Canada, Portugal, and 22 U.S.

states. In March 2006, ACR's Board of Directors adopted a resolution designating the third Thursday in October as Conflict Resolution Day. This year the event will be on 15 October 2009.

Within Canadian Federal Government and the CF/DND

For the second year, the Federal Interdepartmental Committee for Informal Conflict Resolution has decided to join with the ACR in celebrating this day. All Federal Government Department Heads and Informal Conflict Management Coordinators and Practitioners have been invited to plan and organize activities in support of International Conflict Resolution Day. This day will help to raise awareness and build employee skills related to managing conflict in the workplace, thereby creating a conflict friendly and competent work environment.

The role of Alternative Dispute Resolution (ADR) within CF/DND falls under the Director General Alternate Dispute Resolution who reports to both CMP and HR (Civ). 14 Dispute Resolution Centres (DRCs) and 5 Dispute Resolution Centre Offices (DROs) have been established through Canada to provide ADR services to all CF members, civilian personnel, NPF employees, Cadet Organization members, and contract

personnel. ADR Services offered are training and promotion, consultations, mediations, group facilitations, organizational needs assessments and conflict coaching.

For further information please contact 14 Wing DRC at the AVM Morfee Centre or local 5530 or LFAA TC Det Aldershot DRO, Building 70 (902-678-7930 local 2407)

GMFRC • Feature of the Week

Special Events and Promotion

Coordinator: Michelle Thibodeau-Wagner at 765-1494 local 1421 or email at Michelle.Thibodeau-Wagner@forces.gc.ca

Support our Troops Awareness Committee

Thursday, October 15, 2009

1:00 p.m. – 2:30 p.m.

GMFRC

For more information call Michelle

Showing support for our troops and their families, as we know, is important. A strong family creates a strong soldier which in turn ensures a successful mission. If you are interested in supporting our troops, if you like seeing people wear red on Fridays and displaying yellow ribbons, if you like working with a fun and creative group, this committee is for you. Our next meeting is on October 15th from 1:00 p.m. to 2:30 p.m. If you want to get involved, you are very welcome to attend. See you there!

GMFRC • Feature of the Week

Prevention, Support and Intervention Services

Coordinator: Jennifer Calkin at 765-1494 local 1811 or email: Jennifer.Calkin@forces.gc.ca.

Conductive Education 101 with Beth Brydon

Lunch and Learns are the second Tuesday of each month

Tuesday, October 13, 2009

12:00 p.m. - 1:00 p.m.

GMFRC

FREE

Bring a brown bag lunch

To register please phone 765-5611

Beth is one of the very few conductors' of education working for the March of Dimes in Halifax. Conductive education is designed to assist persons who have survived strokes, acquired brain injury, children with cerebral palsy and developmental apraxia and for adults living with Multiple Sclerosis or Parkinson's disease. Conductive Education helps participants to help gain, or regain, physical mobility and self-sufficiency one small step at a time. Beth is an amazing speaker; you do not want to miss this opportunity to learn more about the services conductive education offers.

Remembrance 2009 Veteran of the Week

By: Capt Tanya Strembiski

You may recognize his name.

Mr. Oren Foster, B.E.M., spent 7 years with the West Nova Scotia Regiment from 1939 to 1946, and is a regular contributor to The Aurora Newspaper, recreating his military experiences for the Letters to the Editor column. Recently, I had the opportunity and the honour to spend an afternoon with this extraordinary man.

Born in Karsdale, NS in 1912, Mr. Foster spent the first 27 years of his life as a vegetable farmer. On September 7, 1939, as WWII began and Canada declared war on Germany, Mr. Foster, in search of adventure, in search of something different, went to Annapolis Royal and stood in line to enlist.

He spent the next few months waiting, learning some basic drill, securing some equipment and clothing. Weapons were scarce, and some of the weapons he trained on were leftover from WWI, which no one had ever thought would need to be used again. On December 21st, 1939 he boarded a Polish liner for England, among a convoy of other ships, with 991 members of his regiment. A 4-day North Atlantic blizzard made for some brutal travelling and the 10-day trip was no pleasure cruise. No one celebrated Christmas that year.

Once he had arrived in England, Pte Foster began some intensive training. His most significant memory of his training – seeing thousands of German bombers overhead, dropping bombs at random, watching as hundreds of British fighters drove them back to Germany. He was one of 8 men selected for a sniper squad, and began a 3-week course at the rifle range, practicing from



Mr. Oren Foster, B.E.M.

(Photo: Capt Tanya Strembiski) dusk to dawn. Again, he found himself practicing on WWI-era weapons before returning to his unit.

He remembers the Battle of Britain, the Italian Campaign, the end of the war. He remembers escorting thousands of defeated German soldiers back to Germany, watching from his vehicle as they marched on foot, cleaning up some of the 'mess they had made' along the way. He remembers fighting in snow, rain, mud to his knees, in the roughest winters of his life. He remembers the 6 years and 3 months he was overseas – the West Nova Regiment was the first allied unit to stay in Europe during the entire war.

Pte Oren Foster received the British Empire Medal from King George VI himself, during a visit to Buckingham Palace. His fondest memory of his time in the military – having a nice chat with the King he calls 'such a friendly guy'.

If you see Mr. Foster at the Mess or the Clementsport Legion with his wife Susan, make sure you sit down and stay a while.



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

TENDER 09-23

Greenwood STP Clarifier Improvements

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders to grout the weir trench in two clarifiers at the Greenwood Sewage Treatment Plant, 989 Meadowvale Road, Tremont, NS.

There will be a mandatory pre-tender meeting at 2:30 pm local time Thursday, October 15, 2009 at the project site. Tenders received from parties who did not attend the pre-tender meeting will not be considered.

Specifications and tender forms may be viewed and picked up at the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm (902) 690-6195. Tender documents may also be viewed at the offices of the Construction Association of Nova Scotia located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Tammie Bezanson, Engineering Assistant, tbezanson@county.kings.ns.ca or (902) 690-6113.

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, October 22nd, 2009

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, 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 tender.

Tel: (902) 690-6195 Fax: (902) 679-0911
Local from Kingston & Greenwood (902) 847-3051
Toll Free: 1-888-337-2999
www.county.kings.ns.ca

Greenwood Curling Club

We are starting for another year



Monday Night • Mens League
Tuesday Night • Ladies League
Wednesday Night • Mixed League
Day Time • Stick League
Junior League
Introduction to Curling Classes



Come see us at our Meet & Greet
Wednesday, October 14th at 7:00 p.m.

Membership Fees (hst included)
One League (Adult) • \$125.00
Two Leagues (Adult) • \$180.00
Junior • Contact Eric MacKenzie 765-1494 ext. 5337
Spare Fee (None member curlers per game) • \$5.00

Rec Card Required at Time of Joining

LCC Upcoming Workshops

Please note that the cost for each LCC full-day computer course is \$110.00

OCTOBER 2009	10	You and Change • 1 day	23	Prior Learning Assessment (PLA), Day 2 of 10 • 1 day
14-15	15	Diversity & Employment Equity for Managers and Supervisors • 1 day	28	Myers-Briggs Type Indicator (MBTI) • 1 day
NOVEMBER 2009			30	Prior Learning Assessment (PLA), Day 3 of 10 • 1 day
03	JANUARY 2010		MAY 2010	
04-05	07	Balancing Work and Personal Life • 1 day	07	Prior Learning Assessment (PLA), Day 4 of 10 • 1 day
9-14	FEBRUARY 2010		11-12	New Employee Orientation • 1.5 days
09	09-11	Effective Presentations • 3 days	12	Future Planning (Civilian Employees under age 45) • 1 day
10	18	Civilian Performance Planning & Review CPPR • ½ day	14	Prior Learning Assessment (PLA), Day 5 of 10 • 1 day
12	18	Personal Learning Plans (PLP) • ½ day	21	Prior Learning Assessment (PLA), Day 6 of 10 • 1 day
13	MARCH 2010		28	Prior Learning Assessment (PLA), Day 7 of 10 • 1 day
18-19	01-05	Instructional Techniques • 5 days	JUNE 2010	
24-26	30	Civilian Performance Planning & Review CPPR • ½ day	01-02	Exploring the Leader in You • 2 days
	30	Personal Learning Plans (PLP) • ½ day	04	Prior Learning Assessment (PLA), Day 8 of 10 • 1 day
DECEMBER 2009	APRIL 2010		11	Prior Learning Assessment (PLA), Day 9 of 10 • 1 day
02	08	Defence Ethics	15-16	Stepping Up to Supervisor • 2 days
03	12-13	Interpersonal Communication Skills • 3 days	18	Prior Learning Assessment (PLA), Day 10 of 10 • 1 day
	16	Prior Learning Assessment (PLA), Day 1 of 10 • 1 day	JULY 2010	
	20	Effective Meetings • 1 day	06-08	Negotiation Skills • 3 days
			14	Assertive Communications • 1 day

Children’s Deployment Support Group

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

local 1812
The GMFRC is excited
to offer a new Children’s
Deployment Program this fall

to Deployed Families of 14
Wing Greenwood. Our program
will be facilitated by trained
GMFRC dedicated volunteers

who have experience working
with children of military
families. Our program consists
of three age groups – 3 – 5
years, 6 – 8 years and 9 – 12
years. Our goal is to work with
parents and caregivers who
have a loved one deployed to
help build resilience, minimize
stress and keep attitudes
positive for their children who

are facing a military parent’s
absence. Children attending
our monthly workshop will
have opportunities to meet
other children their age who
are coping with a parent being
away, enjoy fun activities that
involve the deployed parent and
learn ways to positively focus
their energies throughout the
deployment. Our first meeting

will be on Sunday, November
8th from 1:00 – 2:00 p.m. at the
GMFRC. If you would like to
register your child/youth for
our group, please stop by the
GMFRC or call our receptionist
at local 5611. If you have
questions about our program
please contact Kim Dixon
at local 1812 or email Kim.
Dixon@forces.gc.ca

Learning & Career Centre Library

“The best kept secret on the Wing”

Drop in today to browse our selection of books in 11 different categories including:

- Management
- Training & Support
- Employment Equity
- Informatics
- Languages
- Policies, Programs, Social Issues

- Careers, Communication
- Miscellaneous
- Book Club
- Leadership Collection
- Personal/Professional Development

LCC is open Monday – Friday 08:00 – 16:00. Don’t have time to drop in? You can check-out our list of available books on the M Drive (M:\14 Wing Public Shared Folders\ Lodger Units\Learning and Career Centre\Resource Library\Library Database.xls) We can send your selection via Base Mail (returns are also accepted through Base Mail).

The following is just one of the **2000 titles** we have to choose from and our newest addition to the **BIRCHALL LEADERSHIP COLLECTION**.

Highlight of the Month

“LETTERS FROM LEADERS”

Compiled by Henry O. Dormann
The Lyons Press

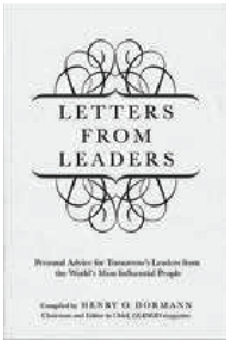
Description and Reviews
From **The Publisher**:

.... *Letters from Leaders* brings together the first-ever exclusive collection of wisdom and inspiration addressed to young people from the world’s most influential people—advice on leadership, goal achievement, public service, and life journeys.

Letters from Leaders is a beautifully designed book comprising nearly eighty letters from those who have done so much to shape our world today—from Muhammad Ali to four U.S. Presidents, Mikhail Gorbachev, King Bhumibol Adulyadej of Thailand and King Abdullah II of Jordan, and the Dalai Lama; from Cathie Black to T. Boone Pickens, Muriel Siebert, and Donald Trump. The letters, some as facsimile reproductions of handwritten originals, are each introduced with a biographical note by Dormann.

As put so aptly by Dormann in his introduction, “All kings and queens, presidents, Nobel Laureates, chairmen and chairwomen, CEOs, and world leaders have one thing in common: They want what they have achieved to be useful and to be handed over to a younger generation. . . . The leaders in these pages have ‘lived’ and now offer their experiences as a treasure to ambitious and open minds—those who want to be something in life.”

Interested in borrowing this book? Call the Kristine (5226) or email +LCC Course Loading@Greenwood and ask for resource DD# 11-00-025 or why not drop by the Learning & Career Centre today!



Noggins Corner Farm Market

October 25 \$6
1-6pm

ENJOY A AFTERNOON AT THE FARM

~CORN MAZE

~U-PICK PUMPKINS

~WAGON RIDE

~BARNYARD AREA

EXTRA'S

~HAUNTED HOUSE \$3

~BREAD

~SWEETS

~HONEY

~FRESH FRUIT &VEGETABLES

Pre-Register at Community Centre
Main Office. For more info. call 765-8165



Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

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



Le DHC5 Buffalo de de Havilland

Ayant été conçu en réponse à un appel d'offres lancé par l'armée des États-Unis en mai 1962, le *Buffalo* est essentiellement une version plus grosse et plus puissante du DHC4 *Caribou*. Lorsque l'offre de de Havilland est retenue, les coûts de mise au point des quatre prototypes sont répartis entre l'armée des États-Unis, le gouvernement du Canada et la firme de Havilland.

Le *Buffalo* remporte un succès immédiat grâce à sa grande capacité d'emport de charges utiles et à ses excellentes performances en matière de décollage et d'atterrissage courts (DAC). Après son premier vol le 9 avril 1964, les premiers acheteurs du *Buffalo* sont l'armée des États-Unis, l'Aviation royale du Canada (ARC) et le Brésil. Le premier cycle de production permet la construction de 59 avions et prend fin en 1972. Toutefois,

en 1974, l'intérêt soulevé par cet appareil à l'étranger entraîne le redémarrage de la chaîne de production avec des clients comme l'Équateur, le Kenya, le Soudan et le Zaïre.

Au Canada, l'ARC achète 15 *Buffalo* en décembre 1964, et ces appareils entrent en service en juillet 1967, au sein du 429^e Escadron nouvellement reformé. Le CC115, comme on l'appelle, est équipé de moteurs plus puissants que sa version américaine. Entre 1974 et 1979, trois de ces avions servent outremer avec la 116^e Unité de transport au sein du contingent canadien de la Force d'urgence des Nations Unies. Le 9 août 1974, l'un d'eux est abattu par trois missiles sol-air syriens, tuant les neuf Canadiens qui se trouvent à bord.

Au pays, à compter de 1970, cet avion joue des rôles de transport et de sauvetage

au sein du 413^e, du 424^e et du 442^e Escadron ainsi qu'un rôle d'entraînement au sein du 426^e Escadron. En 1975, le *Buffalo* devient strictement un avion de recherche et sauvetage. Le *Buffalo* est encore en service de nos jours au sein du 442^e Escadron, à Comox (Colombie-Britannique), mais un programme visant son remplacement a été lancé.

Dans les années 1960 et 1970, le *Buffalo* a mis en valeur la technologie aéronautique canadienne en faisant la preuve qu'une petite entreprise pouvait mettre au point une technologie de calibre international et se tailler un créneau dans le marché. Même si la production du *Buffalo* prend fin en 1986, après la construction de 129 appareils, la firme de Havilland poursuit le développement d'ADAC, mais plutôt dans le domaine du transport de passagers.

De Havilland DHC-5 Buffalo

Originating as a result of a US Army competition of May 1962, the Buffalo was a larger, more powerful version of the DHC-4 Caribou. When de Havilland won the competition, the cost of the four prototypes was shared between the US Army, the Canadian Government and de Havilland.

With its larger payload and improved Short Take-Off and Landing (STOL) characteristics, the Buffalo was an immediate success. First flown on 9 April 1964, the Buffalo was initially bought by the US Army, the Royal Canadian Air Force (RCAF) and Brazil. The initial production run was 59 aircraft, ended in 1972; however, interest from foreign customers resulted in the production line being reopened in 1974 with Ecuador, Kenya, Sudan,

and Zaire being among the purchasers.

In Canada, the RCAF bought 15 in December 1964, which entered service in July 1967 with the newly reformed 429 Squadron. The CC-115, as the aircraft was known, had more powerful engines than the American version. Three aircraft served overseas with 116 Transport Unit as part of the Canadian Contingent to the United Nations Emergency Force between 1974 and 1979. One was shot down by three Syria surface to air missiles on 9 August 1974, killing all nine Canadians onboard.

Domestically, the aircraft served in the transport and rescue role starting in 1970

with Nos. 413, 424 and 442 Squadrons and with 426 Squadron in a training role. In 1975, the Buffalo became strictly a search and rescue aircraft. It continues to operate today with 442 Squadron in Comox, BC, although a program is underway to find a replacement.

The Buffalo was a highlight of Canadian aircraft technology in the 1960 and 1970s, demonstrating that a small company could develop world-class technology and carve out a niche in the market. While production ended in 1986 with 129 aircraft built, de Havilland continued development of the STOL aircraft but next in a passenger role.



*If you want to drink ~
That is your business
If you want to stop drinking ~
That is our business.*



AA meetings every Tuesday at 8 p.m.
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Library Thank You



Thank You ‘A’ Team.

Staff and volunteers of the 14 Wing Library and GMFRC joined forces to unload tables, chairs and tent gear for the Library Book Sale and GMFRC Family Events. What could have been an arduous task turned into a speedy group effort with smiles and good humour all round. Teamwork! Way to go volunteers!



The Coconut Tree

The children in the GMFRC 3 Year Old Program created a coconut tree after listening to the Chicka Chicka Boom Boom story.
(L-R): Jadya Dickson, Sara Nicholson, Ava Timms, Nathalie Daigle, Jyana Mead, Layna Fischer.
Submitted by Brenda Virtue-Ellis, GMFRC Early Childhood Education Teacher at 765-1494 local 5053

GMFRC Volunteer of the Month



Submitted by: Jennifer MacLeod, GMFRC Program Support Assistant

Our volunteer of the month for September 2009 is *John Cameron*. He has volunteered his time in helping with day-to-day operations and in the delivery of our programs and services. Thank you John for all your hard work and commitment to the centre!

The **Greenwood Military Family Resource Centre (GMFRC)** recognizes that our volunteers truly do make a difference within the centre and the community. Every volunteer donates their time and energy and embraces our mission by supporting and celebrating our unique military family lifestyle.

At the beginning of each month we will feature a different volunteer. It will be posted monthly in The Aurora Newspaper, as well as at the **GMFRC**. Deciding on a *Volunteer of the Month* is simple. Names will be chosen and drawn based on the *volunteer sign-in book*. It is important to always remember to record your hours, as the *Volunteer of the Month* will receive a special thank you gift.

We understand that every volunteer works hard and gives freely of their time and we would love to recognize each and every one of you, but there will only be one *Volunteer of the Month*, per month. As a registered volunteer with the **GMFRC**, we do have an annual Volunteer Appreciation Dinner coming up in April 2010 where every volunteer is invited and recognized for their outstanding efforts and hard work.

If you would like more information on *Volunteer of the Month* or how to become a registered volunteer at the GMFRC, please contact the Coordinator of Volunteer Services, Janie Gagnon at 765-1494, local 5938 or email at Janie.Gagnon@forces.gc.ca

Evans' Family Farm Market

Corn Maze

PICK YOUR OWN PUMPKIN

- Hay Maze
- Corn Box
- Wagon Rides
- Picnic Area

Fun for the whole family

\$6 admission

Children under 5 are **FREE**

Family Pass **\$20**
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Ask about group/class rates

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RED FRIDAY

Don't forget to wear RED on Friday to show your support to the troops. There is no better way to make a statement and to say **thank you** to the men and women of the Canadian Forces than to proudly wear red on Friday. Drop by the Greenwood Military Family Resource Centre (GMFRC) to see us and buy a T-shirt to show your support!!! 100% of proceeds from the sale of Red T-shirts go directly to support GMFRC programs and services.

For more information please contact Michelle Thibodeau Wagner, GMFRC Coordinator of Special Events and Promotions at 765-1494 local 1421 or email at michelle.thibodeau-wagner@forces.gc.ca.



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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	28995
10-73A	2003	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	100000	8995
09-561A	2003	CAMRY SE AA	RED	4	A	AC,PW,PDL,CRU	116000	11995
10-183A	2003	COROLLA CE BA	SILVER	4	A	AC,PDL,CD	140000	7995
10-128A	2004	COROLLA CE BA	RED	4	5	AC,PDL,CD	98000	8995
10-155A	2004	COROLLA CE BA	SILVER	4	A	AC,PDL,CD	81000	9995
09-607A	2004	VIBE	GREY	4	A	AC,CD	96000	8995
10-193A	2005	COROLLA LE AA	BEIGE	4	A	AC,PW,PDL,CD	62000	13995
U1697	2005	ECHO SEDAN	DBLUE	4	A	AC,CRU,CD	87000	9995
SAWLER	2005	ECHO SEDAN	GREY	4	A	AC,CD	80000	9995
09-431A	2005	MATRIX BA	SILVER	4	5	AC,PDL,CD	43000	12995
09-408A	2005	CAMTY SE AA	RED	4	A	AC,PW,PDL,CRU	112000	13995
09-374A	2006	PURSUIT G5	SILVER	4	5	CD,SPOILER	93000	5995
09-524A	2006	PRIUS HYBRID	RED	4	A	AC,PW,PDL,CRU	63000	20995
09-366B	2006	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	78000	12995
10-71A	2006	COROLLA CE AA	RED	4	5	CD	95000	9995
10-127B	2006	CIVIC EX 4DR	BLUE	4	A	S/ROOF,LOADED	134000	12995
10-180A	2006	COROLLA CE CA	BLUE	4	A	AC,PW,PDL,CRU	78000	12995
09-611A	2006	COROLLA CE CA	SILVER	4	5	AC,PW,PDL,CRU	66000	11995
10-192A	2006	RAM 1500 SLT	BLACK	8	A	HEMI,QUAD,4X4	67000	21995
U1699	2006	RAV4 4WD	SILVER	4	A	AC,PW,PDL,CRU	98000	17995
10-222A	2006	CR-V EXL AWD	BEIGE	4	A	S/ROOF,LEATHER	58000	20995
U1683	2007	CAMRY HYBRID	GREEN	4	A	S/ROOF,LEATHER	58000	25995
10-189A	2007	CAMRY HYBRID	SILVER	4	A	AC,PW,PDL,CRU	39000	23995
10-103A	2007	COROLLA CE CA	BLACK	4	5	AC,PW,PDL,CRU	88000	12995
U1688A	2007	COROLLA CE SE	BLUE	4	5	AC,PW,PDL,S/R	34000	14995
09-616A	2007	ACCORD SE 4DR	RED	4	A	AC,PW,PDL,S/R	53000	18995
09-604A	2008	MUSTANG GT	RED	8	5	SEE BELOW	18000	29995

Accessories on MUSTANG GT:
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Serving Your Country... A Family Tradition

My wife and I (Heather & Graham White) would like to take this opportunity to let our children know just how we feel about their career choice. After many years of ups and downs, career choice changes, quiet suppers and lots of hard work all three of our children (Julia, Arthur and Brandy) have chosen a similar career path. There where times that Heather and I were unsure if this day would ever come as I am sure there are lots of other parents out there who can understand what we mean. It can be hard enough today just to figure out what it is you want to do with your life, let alone decide on a career with the Military.

With the current conflicts around the world and the uncertainties of yet more to

come in the future it takes a special kind of person to embark on this journey. Heather and I have spent most of our adult life with the military, a 28 year career with them and since retirement in 2002 we have been with PSP supporting the CF. It goes without saying that we understand completely the sacrifices that our children and their families will have to make during there military career. The only conflict we have is that the chances of us all living in the same place together is very slim.

With all this being said we just wanted to ensure that Julia, Arthur and Brandy are well aware of just how pleased that Heather and I are of them on both their career choice and also of the type of person they have grown into. No one could be any prouder of their children than we are of ours, Julia, Arthur and Brandy we wish you all the best with your future, and be safe. Love Mom and Dad.



2009 - 2010 Junior Curling Program

Are you looking for a fun activity to do with your friends this winter? The 14 Wing Greenwood Curling Club has what you are looking for!

The 2009 - 2010 Curling season is about to start and we are getting excited to offer our junior program to anyone between the ages of 11 and 18 for *free*! This great form of physical activity, for you and your friends, will be starting with a meeting at the Curling club on Tuesday, October 27th, at 4:30 p.m.

This meeting will provide an opportunity for all parents to complete the registration forms that will be available and to learn more about the program. We would like to mention that it is mandatory for all juniors to wear proper indoor footwear (carry with you when you arrive) so please come prepared. We also encourage all participants to wear warm and comfortable clothing (jogging pants, gloves, etc) since we may even be able to spend the last part of the day on the ice!

The 2009 - 2010 14 Wing Junior Curling program is expected to run weekly from

4:30 – 5:30 p.m. on Tuesday afternoons. Brooms will be provided along with sliders for the youth to experiment with. All that is required is an interest in the game and a willingness to learn more and meet new friends. Please note, if you feel that your youth may be more comfortable on the ice with either a bicycle or hockey helmet, then we

strongly encourage the use of one.

Curling is a very fun, and inexpensive way to stay active during the winter and an excellent way to meet new friends! If you're interested in curling or learning more about our weekly program, please call Eric MacKenzie at 765-1494 ext. 5337 or come out to the meeting on October 27th!

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When: October 16th at 8 PM
James Bond Theme

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2007	VW Jetta	White	Gas, 5-speed, Air,	22,000 kms	\$17,995
2006	VW Jetta TDI	Blue	Diesel, 5-speed, Air, CD	76,000 kms	\$16,995
2006	VW Jetta	Grey	5-Speed, Premium Package	53,000 kms	\$17,995
2006	VW Jetta	Red	Gas, 5-speed, Sunroof, Alloys	106,000 kms	\$14,995
2006	Chev Cobalt LT	Silver	Auto, Air, Loaded!	37,000 kms	\$8,995
2005	Dodge Grand Caravan	Silver	Loaded! TV/DVD	79,000 kms	\$10,995
2005	Ford Focus Wagon	Green	Auto, Air	77,000 kms	\$7,995
2005	Ford Focus Hatchback	Red	Auto, Air, Loaded!	30,000 kms	\$9,995
2005	Chev Malibu	Silver	Auto Loaded! Low Km's	25,000 kms	\$11,995
2005	Dodge Ram 3500	Blue	Cummins Diesel, Dually	130,000 kms	Just Arrived!
2004	VW Golf	Silver	Auto, Air, Like New!	85,000 kms	\$11,995
2003	Toyota Camry	Green	Auto, Air, Hwy Km.	207,000 kms	\$6,495
2003	Toyota Corolla	Tan	Auto, Like new!	98,000 kms	\$7,995
2001	Pontiac Grand Prix	Green	Auto, Air, Cruise	160,000 kms	\$3,995
1999	VW Beetle	White	5-Speed, Air, Cruise	160,000 kms	\$6,995

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2005 Mazda 3 Hatchback 4cyl, 5spd, AC, PW, PL, PM, Alloys, CD, Tilt, Cruise, 95k Stk #597/U	 \$13,995	2007 Ford Ranger Sport S/C V6, Auto, CD, Boxliner, Alloys, 49k Warranty Stk #602/U
2007 Ford Focus SES Wagon 4cyl, Auto, A/C, loaded, Alloys, Heated Seats, 49k Warranty Stk #530/U	 \$12,995	2006 Chev Cobalt LT 2dr. 4cyl, Auto, AC, PW, PL, PM, Alloys, CD, ONLY 12k Warranty Stk #534/A
2005 Jeep Liberty 4wd, Auto, A/C, PW, PL, PM, Alloys, CD, 141k Stk #600/U	 \$12,995	2007 Ford Focus SE Sedan 4 cyl, Auto, A/C, PW, PL, Tilt, Cruise, CD, 83k Bal of Warranty Stk #604/U
2004 Ford Freestyle Sport V6, Auto, 3 zone A/C, Quads, Alloys, Fold-N-Go Rear Seat, 111kms Stk #608/U	 \$9,995	2005 Dodge SX 2.0 Sedan 4 cyl, Auto, A/C, PW, PL, PM, CD, Spoiler, Alloys only 37,000 kms Stk #609/U

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By: Patrick Giffin

John Belbin, saw "90-100 Black-bellied Plovers, 240+ Canada Geese, 50 Semipalmated Sandpipers, 9 American Wigeon, 15 Semipalmated Plovers, 6 Green Winged teal, 70+ Black Ducks, 65+ GBB Gulls, 100+ Herring Gulls, plus one Dowitcher, which towered over the nearby peeps. It was an adult in non-breeding colours. I assume it was a Short-Billed, even though that magnificent beak had me writing long-billed into my field notes. The 2-coloured nature of the bill was far more obvious than I would have expected - quite yellow with a distinct black tip. I also watched it preen - I don't think I have ever been

For the Birds

that flexible!" The Windsor sewage treatment ponds are available almost twelve months of the year. Access from the 101 highway, when heading towards Halifax, is via the first Windsor ramp. Turn right at the bottom, proceed until the ponds are in sight, and then choose whatever access suits you best. see: <http://www.windsorwesthantsplanning.ns.ca/docs/maps/windsor.pdf> then view the ponds from either Trecothick, Park, or Lagoon Dr.

Birders have noted that they are seeing more than the normal number of Blue Jays this year. Simultaneously, they ask where have all the Common Grackles, European Starlings, and "Woolly Bears" have gone? In the natural world much can be explained if we are able to determine, for example, anomalies pertaining to the availability of food. When we realize that these three species share a common diet, I suggest, the answer is provided in the details contained in the question itself. When we consider the life cycle of these three species we see that the poor weather at the beginning of this year, for example, the

cooler than normal May and extraordinarily wet and cool July would be detrimental to the Grackles and Starlings breeding & brooding season. Wild life are not as inflexible as many would believe, therefore, given the unsuitable conditions in their regular latitudes it is very likely that these species would choose breeding and roosting grounds further west and south leaving the Blue Jays without competition at Nova Scotia feeders. Too simple? We can take it a little further; the cooler/wetter July resulted in fewer insects this year reducing the variety of food available: this forced the Jays to spend more than the usual amount of time at backyard feeders. As for the Woolly Bears, that is, the larva stage of the Isabella Tiger Moth, the cold wet weather would interfere with their life cycle too, no dessert for a number of our flying friends! See: <http://en.wikipedia.org/wiki/Arctiidae> - Check out the details on this natural weather vane.

Anne and Fred Balcomb are pleased that the Northern Cardinals are regular visitors at their Middleton feeders. These

beautiful birds are tougher than they look; tough enough to stay with us year round: so give them a hand by keeping your suet feeders full.

In Aylesford, Ann Young wrote: "Oh yes...I know what you mean about not specifically watching the birds but they are in my everyday life. I had a woodpecker festival around here this summer. I have 2 families of Hairy Woodpeckers and one of the Downy. They come every day to eat the bird pie that I keep on my deck. Strange but all summer I noticed that it was more often the father bird that fed the youngsters than the mom! I've had a lot of robins this week too. I guess they're getting ready for the trip south (wish it was me!). My Humming Birds left on the 12th of Sept; at least that's when I last saw them. I always hate to see the last of them.

I am keeping an eye out for the Red-bellied Woodpecker to return. I thought that he might be staying for the summer because I saw him quite late in the spring and I was hoping that he'd stay-no luck though." Great report Ann! Keep in mind that many of those Robins will be spending the winter with us too. We are at 765-8688, p_giffin@hotmail.com

"Stop, Drop and Roll" at the Morfee Annex Nursery School



On October 5th Sparky the fire dog brought along a few of his firefighter friends to the Morfee Annex Nursery School to help teach the boys and girls about fire safety.

All during Fire Prevention week the children were busy learning about the ABC's of Fire Safety. **Act** out a fire escape plan, **Be** prepared to get out and stay out, **Call** for help at a neighbours house. The boys and girls practiced how to Stop, Drop and Roll right along with Sparky.

The teachers want to thank the fire fighters for taking time out of their busy day to come and talk to us about fire safety in our school and in our homes.

By: Kelly Clancey.

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Sunday, 1:45 p.m.
Tuesday, 7:30 p.m.

Regular Games - \$100

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

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WINTER HOURS AT THE GREENWOOD BOWLING CENTRE

League Bowling Available

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Prices • Adults - Non-Rec. Card \$2.50

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Kids under 18 - Non-Rec. Card \$2.00

Rec. Card Holders \$1.75

Group Rate Per person \$1.85

Shoe Rental Per Person \$2.00

Note: prices are per game and tax Included

Glow Rate \$20.00 per hr/per lane (max 6 people) Shoes Included

Bowling Times

Monday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	All Games \$1.50
Tuesday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	Men's + Open play
Wednesday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	All Games \$1.50
Thursday	1-4 p.m.	Intersection
	6-9 p.m.	Open play
Friday	1-4 p.m.	Open play
	6-10 p.m.	Cosmic (Glow Bowl)
Saturday	1-4 p.m.	Open play
	6-10 p.m.	Open play
Sunday	1-4 p.m.	Open play
	6-9 p.m.	Mixed League + Open Play

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14 Wing Community Centre, Building 110 Church Street.

Does Your Child Know the Story of David and Goliath?

What about Moses and the deliverance of an entire nation out of slavery? Or the timeless teachings of Jesus and his works of compassion and healing?

Announcing... **St. Mark's YAHOO!** (Youth Adventure Hero Organization).

If you are interested in your children knowing and appreciating some of the greatest stories of all time, then **St. Mark's YAHOO!** is for you. Whether your motivation is for your child's faith development or simply a cultural appreciation of Biblical events, **YAHOO!** will help.

Who - Children Ages 4 - 13

What - Activities / Stories /

Crafts to help explore our God

Where - St. Mark's Chapel (P)

When - Sunday at 10:30 a.m.

(The same time as Worship for Moms & Dads)

Register your kids TODAY!

Contact Padre Gord Poley at
Local 5541 or Diane at 5883.

Hairitage House Salon & Day Spa



Hairitage House Salon and Day Spa
is pleased to welcome

Master Stylist Kelly Kowalchuk.

Kelly comes to us with 17 years experience in the industry. We welcome all clients both previous and new to call and arrange a free consultation with her.

To introduce Kelly, Hairitage House
will be offering **20% off colors**
and perms to her clients.

This special will run for the month of October

902-825-6789

189 Main Street, Middleton.
www.hairitagehousedayspa.com

2010 Community Centre Dance Fundraisers

By: Eric MacKenzie, Community Recreation Coordinator

If you are a group struggling for fundraising ideas, then we at the 14 Wing Community Centre have a service for you. We offer our facility to non-profit youth organizations that are interested in fundraising to help their club or organization. We organize monthly dances and the clubs that sponsor these dances must sign a contract and fulfill the necessary requirements to hold these dances. These dances are held at the Community Centre on Friday evenings from 6:00 until 8:00 p.m. for ages 9-12. The club or group who sponsors the dance is responsible for providing volunteer chaperons, along with Community Centre staff, and the sponsored group receives all the profits collected.

Bookings will begin for all 2010 Dances on Tuesday October

27th starting at 9:00 a.m., at the 14 Wing Community Centre Recreation Coordinators office. There are only 12 dances available, on a first come first serve basis in person. Please note that there is only one dance per group/person, and NO bookings will be taken before Oct 27th. We wish to remind the sponsors, that this fundraising opportunity is a privilege that we offer to the Community, and we ask you to keep this in mind when booking a dance for your club or organization.

For those of you, who haven't already booked with us, feel free to stop by the Centre and take a look at our facility and the dates that are available. For more information on this fundraising opportunity, please call Eric MacKenzie at 765-1494 ext 5337.

New Time and Date for After School Bowl!

We are changing the date and time to hopefully suite you better! Now we will have After School Bowl on Tuesday's and Friday's from 4-5:30 p.m. We will still offer the same activities; bowling and Wii Games and also have pizza and a pop, for only \$7.00! This program is open to pre-teens (9-12) and teens (13-18). This is a great opportunity for kids who need a place to go after school and want to have fun! To register or for more information call; 765-8165 or 765-1494 ext 5631.

GMFRC • Feature of the Week

Deployment Services
Coordinator: Ann Gaudet at 765-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

*** NEW * Laugh Craft Connect**

Wednesday, October 28, 2009
6:00 p.m. - 8:30 p.m.
GMFRC
Cost: Complimentary for deployed families, \$5 non-deployed
Registration deadline: Friday, October 23, 2009
Call 765-5611 to Register

Looking for some time for you? We invite you to come join us and even bring a friend, for a relaxing time to make a craft or a card, meet new people who have family members deployed, laugh and connect while making new friends.

GMFRC • Feature of the Week

Employment and Education Services
Coordinator: Kristen Lawson at 765-1494 local 1816.

Food Handling Course

Monday, November 9, 2009
8:30 a.m. – 3:00 p.m.
Classroom #1
Cost - \$28.00
Registration Deadline: Monday, November 2, 2009

With many of the latest news headlines food safety may be a big concern in the minds of many. Everybody can benefit from increased knowledge of food safety both at work and in our homes. Many of us prepare food everyday and have no idea about all the potential food borne illnesses that may be lurking. So, if you are interested in updating your food safety course or are looking to become newly certified, contact 765-5611 and sign up today because spaces are limited!



INSCRIPTIONS – MATERNELLE
pour septembre 2010
dans toutes les écoles du CSAP

GRADE PRIMARY REGISTRATION
for September 2010
in all CSAP schools

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

École Rose-des-Vents (et/and *Grandir en français*), 6, chemin Bedford, Greenwood
765-7100

Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le **31 décembre 2010**. Pour plus d'information sur les critères d'admission, prière de contacter l'école.

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

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

*Children being registered at primary level must be 5 years of age on or before **December 31, 2010**. For more information on admission criteria, please contact your local school.*

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

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

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

1-888-533-2727

After School Bowl

14 Wing Community Centre & Greenwood Bowling Centre

Starting October 5th
Every Monday & Wednesday
from...3-4:30pm

Bowling, Games, Pizza & a Drink
for only \$7
Pre-Teens and Teens

Pre-Register at Community Centre 765-8165
or Bowling Centre 765-1494 ext.5631

Greenwood Curling Club

Fun Night is Back

Friday, October 16th
7:00 p.m. • \$5.00 Per Person

Door Prize
Non Curlers
Welcome
Bring a Friend

Get off the couch and join us!
Membership Not Required
Call Brian Campbell if you need details 765-4543

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers for the next couple of weeks. For future and ongoing programs and services, please visit our website at www.greenwoodmfr.ca or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

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

Employment and Education Services

Coordinator: Kristen Lawson at 765-5611 local 1816 or email Kristen.Lawson@forces.gc.ca

Upcoming programs or services

Military Family Home-Based Business Group
Wed, October 7, 2009
7:00 p.m. – 9:00 p.m.
Classroom 2
FREE

Fairy & Mythical Creatures Portraits Session
Thursday, October 15, 2009
9:00 a.m. – 1:00 p.m.

Classroom 2
Prices Vary
Registration deadline:
Tuesday, October 13, 2009

CF Recruiting
Monday October 19, 2009
1:00 p.m. – 5:00 p.m.
Classroom 2
FREE

No registration necessary
Women's Self Defence Class

Saturday October 24, 2009
9:00 a.m. – 1:00 p.m.
École Rose de Vent
Cost \$30.00

Registration deadline:
Friday, October 16, 2009

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Employment Resource Library
- Career Assessment / Counseling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on the Military Family Home-Based Business Group
- Employment Computer Available
- Portfolio Development

Outreach and

Community Information Services

Coordinator: Nicole Godin at 765-1494 local 5941 or email nicole.godin@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
- Outreach to Reserve Units

Deployment Services

New Coordinator: Ann Gaudet at 764-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

Upcoming programs or services

*** NEW * Laugh Craft Connect**

Wednesday, October 28, 2009
6:00 p.m. – 8:30 p.m.
GMFRC

Cost: Complimentary for deployed families, \$5 non-deployed

Registration deadline:
Friday, October 23, 2009

Call 765-5611 to Register
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 us 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 Children and Youth Services**

Prevention, Support and Intervention Services

Coordinator: Jennifer Calkin, at 765-1494 local 1811 or email at jennifer.calkin@forces.gc.ca

Upcoming programs or services

Conductive Education 101 with Beth Brydon

Lunch and Learns are the second Tuesday of each month

Tuesday, October 13, 2009
12:00 p.m. – 1:00 p.m.

GMFRC
FREE
Bring a brown bag lunch
No registration required

Operation Military Bond

Monday, October 19, 2009 (bi-weekly)

12:00 p.m. – 1:00 p.m.
GMFRC
FREE

No registration required.
Drop-ins welcome!

Max-Well Relax Casual Get Together

Thursday, October 22, 2009
9:00 a.m. – 11:00 a.m.

GMFRC
FREE

NO registration required
Drop-Ins welcome!

If childcare is required contact Miss Coreen at 765-1494 ext 1817 to book your child/ren

Self-Care Collages

Wednesday, November 4, 2009

10:00 a.m. – 11:00 a.m.
GMFRC

FREE
Please bring in magazines for your collage

Registration deadline:
Wednesday, October 28, 2009

Ongoing Services

- Emergency Shelter
- Assessment and Referral
- Short Term Support
- Crisis Intervention

Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

Child And Youth Services

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

Ongoing Programs

- Youth Council - Tuesdays
- Academic Tutoring Service - ongoing
- Parent & Tot Program -

Mondays

- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club – 1st and 3rd Thursday of each month

Upcoming programs or services

Children's Deployment Support Group

Sunday, November 8, 2009
1:00 p.m. – 2:00 p.m.

GMFRC
FREE

Registration Deadline:
Thursday, November 5, 2009

Mad Scientist Club

Dates:
Mon, November 9, 2009

Mon, November 16, 2009

Mon, November 23, 2009

Mon, November 30, 2009
(Total of 4 sessions)

Time: 6:00 p.m. – 7:00 p.m.
Cost: \$12.00 per child for all sessions

Ages: 5 – 8 years
Registration Deadline:
Monday, November 2, 2009

Parent Information Session – Bullying and your Child

Mon, November 16, 2009
6:00 p.m. – 7:00 p.m.

GMFRC
FREE

Registration deadline:
Thursday, November 12, 2009

Respite Dates

Wednesday, October 28, 2009

5:00 p.m. – 9:00 p.m.
Children up to age 12

Free to CF Families who currently have a partner deployed. Pre-registration is essential. Call reception at 765-5611.

Registration deadline:
Monday, October 26, 2009

Special Events and

Haven't yet visited the Learning and Career Centre?

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

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

VISIT OUR WEBSITE

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

or drop in!

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

We're so much more than just courses:

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

Want to relax on your lunch hour?

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

You're always welcome!

Why not drop in and check us out!

We're open daily

Monday to Friday, from 0800-1600 hrs
(including lunch hour).



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

NOTICE TO RESIDENTS OF GREENWOOD WATER UTILITY

FIRE HYDRANT FLUSHING

The Municipality of the County of Kings' Department of Engineering and Public Works wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed between the dates of October 5th to October 23rd during the hours of 8:30 a.m. to 4:30 p.m.

Customers may experience low water pressure or discolored water during this time. Customers should flush their own lines by allowing the water to run until the water clears.

Flushing of the water system is conducted twice each year to maintain water quality in the utility's piping.

The Municipality apologizes for any inconvenience this may cause.

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

Tel: (902) 690-6195 Fax: (902) 679-0911
Toll Free 1-888-337-2999
www.county.kings.ns.ca

Friday Night is Family Night at the Greenwood Bowling Centre!

- Bring the whole family for 2 hours of glow bowling and a large pepperoni pizza from Mama Sofia's for only \$40!

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

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

Greenwood Amateur Radio Club News and Views

Promotions
Coordinator: Michelle Thibodeau Wagner at 765-1494 local 1421 or email michelle.thibodeau-wagner@forces.gc.ca

Ongoing Services

- Red Friday Promotions
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- GMFRC and Community Special events planning
- Morale Mail Packages to the Troops

Volunteer Services
Coordinator: Janie Gagnon at 765-1494 local 5938 or email at janie.gagnon@forces.gc.ca

Volunteer Opportunities

Baby Club Facilitator
Bi-monthly program, 1st and 3rd Thursday of each month

9:45 a.m. to 12:00 p.m.
GMFRC
Facilitate bi-monthly program for new parents of infants

Childcare is available
Training provided
Childcare is available

Childcare Providers for 404 Squadron Briefing
Wed, October 14, 2009
5:30 p.m. – 8:30 p.m.
Annapolis Mess

Volunteers Needed: 5
Community Database Updates
Wed, October 14, 2009
Anytime from 9:00 a.m. – 4:00 p.m.

GMFRC
Volunteers Needed: 1
Make phone calls and update their information using database

Childcare Providers for Deployed Family Briefing
Wed, November 18, 2009
6:00 p.m. – 9:00 p.m.
Annapolis Mess

Volunteers Needed: 5
Jingle Bell Bingo
Tuesday, December 1, 2009
3:00 p.m. to 5:00 p.m. set up the Mess Lounge

5:00 p.m. to 6:00 p.m.
Annapolis Mess
Volunteers Needed: 12

Working admission tables, selling tickets, and working canteen

Warm Line Callers
A Warm Line Caller is a volunteer who has been trained by the GMFRC to provide a monthly call to families of a deployed member. The call is a wonderful way to connect with the families and to also inform them about the programs and services at the GMFRC. Two to three hours per month

Tutors
To provide educational assistance to children enrolled in elementary, junior and high school that are experiencing difficulties with a particular subject. You must enjoy working with children and have a comfort level in the subject area.

One hour per week – for 7 weeks.
* **Suitable for our awesome Youth Volunteers!**

Second language

service/service de langue seconde

Coordinator /
Coordonnatrice: Janie Gagnon at/au 765-1494 local/poste 5938 or email/courriel: janie.gagnon@forces.gc.ca

Upcoming activities/Activités à venir

Redécouvrez les joies de l'automne

Le dimanche 25 octobre 2009

10h00
Verger Dempsey Corner
Prix d'entrée à être déterminé

Tout juste avant la grande collecte de suceries d'Halloween, venez passer une belle journée de plein air à goûter différentes sortes de pommes au verger. Il y aura beaucoup d'activités pour tous les âges, cueillette de pommes, décoration de biscuits, compétition du lancer de la citrouille et pourquoi ne pas faire le choix de la citrouille qui ornera votre maison. Une belle activité pour petits et grands. On se rencontre tous au verger Dempsey Corner. Réservez votre place 765-5611!

Brunch francophone entre amis et familles

Le dimanche 15 novembre 2009

10h30
Farmers Family Dinner (passé le Zoo)

Coût de votre déjeuner seulement

Prendre un bon petit déjeuner tout en jasant. On se retrouve sur place pour 10h30. Réservez votre place 765-5611!

By VE1RCF

The Club has been busy lately with the Adopt-A-Highway clean up and providing communications for the 14 Wing Adventure Challenge Race. This race provided us with our own challenge by trying our communications to the limits. We quickly found out that, although we were able to carry our out tasks, we weren't as ready as we could be. The race was approximately 47 km long, with most of it in the woods on the South Mountain. This was a very interesting and challenging task for us. It went off with only a few minor hitches for both us and the competitors. Thanks to Dan Bodden and all of the organizers for asking us to participate. Please don't forget our:

Flea Market on 17 October

The Greenwood Amateur Radio Club will be holding its annual flea market at the Greenwood Community Center again this year. This is designed for and by amateur operators, and consists of radios, computer parts, electronics,



Low Loss Inverted Vee Antenna.

and an assortment of other items of interest to the Ham world. The doors open at 8am for sellers only, and at 10am for the general public. Our club is trying to help

our youth this year by having them staff the canteen during the flea market. Brats and hotdogs will be available, along with a few other sweets, coffee and soft drinks. Please try to attend, and meet your fellow Hams.

If you are interested in helping you're your local community with communications, please contact our club. You don't have to be a club member to participate, but we would like you to support a club. It is times of distress that volunteers come to the aid of overburdened EMO staff. You can do your part by volunteering.

The Greenwood Amateur Radio Club holds monthly meeting on the first Thursday of each month in the community center conference room, at 7:00 p.m., 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.

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.

Oct 12th: Thanksgiving • No School

Oct 13th: Pancakes and Fresh Fruit 2.50 • Yogurt Tube 1.00

Oct 14th: Chicken Noodle Soup 1.75 • Meat Lasagna 2.50 • Vegetable Lasagna 2.50 • Toss Salad 1.50 • Blueberry Parfaits 1.25

Oct 15th: Chicken Strips and Potato Wedges 2.50 • Fresh Fruit Cup 1.00

Oct 16th: Beef Noodle Soup 1.75 • Garlic Slice and Toss Salad 2.50
• Baked Strawberry Short Cake 1.00

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

KINGSTON & DISTRICT SCHOOL

Whole Sandwiches	
1/2 Sandwiches (Asst. fillings).....	\$1.15
Subs/Kaisers/Wraps.....	\$2.25 - \$2.50
Hot Foods	
One Hot Food Daily.....	\$2.50
Cup of Soup	\$1.00
Bowl of Soup	\$2.00
Beverages	
Milk.....	\$0.35
Choc. Milk.....	\$1.30
Juice Small	\$1.00
Juice Medium	\$1.25
Bottled Water	\$1.25
Yop.....	\$1.25
V8 Juice	\$1.00
Salads	
Assorted Salad Plates.....	\$2.50
Fruit Plate	\$1.75 - \$2.25
Veggies & Dip	\$1.00
Apple Snacks	\$1.00
Snacks	
Cheese & Crackers.....	\$1.00
Fresh Fruit.....	\$0.75 - \$1.25
Gold Fish Crackers.....	\$0.50
Miscellaneous	
Bread & Butter.....	\$0.50
Bagel	\$1.25
Cream Cheese	\$0.50
Cheese Whiz.....	\$0.50
Freezer Items	
Frozen Yogurt.....	\$1.25
Yogurt Tubes.....	\$1.00
Desserts	
Muffins.....	\$1.00
Cookies (small)	\$0.35
Biscuits.....	\$1.00
Yogurt.....	\$1.25
Fruit Salad.....	\$1.00
Other Assorted Desserts.....	\$0.75
Special Treat Days.....	\$1.50

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

Mon: Thank Giving - No School; Tues: Pizza Subs;
Wed: Mac & Cheese; Thurs: Hamburgers; Fri: Pizza

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



Annapolis Café

14 Wing Food Services

All Prices include HST • Effective 30 Sept 09

Breakfast Full.....\$5.74

Breakfast Lite.....\$3.45

(Beverage & Toast or Cereal)

Lunch Full \$11.48

Lunch Lite \$6.90

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

Dinner Full..... \$11.48

Dinner Specialty (Steak Night, etc.) \$14.35

Meal Hours

Breakfast.....0600 - 0900

Weekend & Holidays 0600 - 1100

Weekend Brunch 1100 - 1315

Lunch..... 1100 - 1315

Dinner..... 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

FREE Lunchtime Fitness Classes

A fun, safe and energetic fitness class to get you jumpstarted for the Fall. No experience is necessary. The 50 min class types will include step, cardio kick, booty bootcamp, body sculpting, hi/lo, brazilian dance and much more...The workout is simple and open to all fitness levels.



**Starts 5 Oct 2009
Mon, Wed, Fri
11:45-12:35**

Instructors

Cori Plante, Adrienne Mitchell, Helen Malo & Jill Jackson

Open to all Military Members and all individuals with a valid Recreation Card

Classes will be held at 14 Wing Fitness & Sport Centre

Gym Time Fun

Learning doesn't end at the classroom door, just open it up and children will rush out eager to play. Gross motor activities, otherwise known as "Gym Time Fun" to the children at the Morfee Annex Preschool is a large part of our daily programming.

Seen here are Nathan and Nikki, working hard to develop those legs muscles using the bicycle built for two.

Children need space and freedom to run, shout and climb. They need the chance to use up some physical energy in preparation for more focused activities. Whether it is promoting team cooperation in a game of "Basketball" or encouraging leadership in a game of "Simon Says" there is always opportunity for learning. An early childhood education program like ours

at the Morfee Annex provides the perfect setting for which children can thrive in just this way.

Our school offers Nursery and Preschool programs in both English and French Immersion. For more information on any of our classes please contact Maurina Duret at 765-1494 local 5301.

By Kelly Clancey.



Volunteer for the National Military Family Council

Military Families
**Strength Behind
the Uniform**

Are you a military family member with unique skills and perspectives to contribute to Canadian Forces family policy?

Volunteer for the National Military Family Council, and help bring the voice of families into conversation with senior military leadership.

You or someone you know can make a difference in this exciting new initiative. Let's start the conversation.

For more information and to apply, visit
www.cfpsa.com/dmfs

soyez bénévole au sein du Conseil national pour les familles des militaires

La Famille
**La force
conjointe**

Êtes-vous membre d'une famille de militaire? Possédez-vous des points de vue et des compétences uniques à apporter aux politiques sur les familles des membres des Forces canadiennes?

Devenez membre du Conseil national pour les familles des militaires et contribuez à faire connaître le point de vue des familles dans un dialogue avec les hauts dirigeants militaires.

Vous, ou une personne de votre connaissance, pouvez apporter une précieuse contribution à cette nouvelle initiative stimulante. Participez au dialogue.

Pour obtenir de plus amples renseignements ou poser votre candidature, consultez le www.asafc.com/dsfrm

Emergency Childcare – Do you have a childcare plan?

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

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

This childcare plan is *not* the same as the "family care plan" form you are required to have on file with your unit. Our Childcare Plan requires more information- is used as

a tool in preparing for the family's emergency childcare arrangements- and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family emergency
- When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable
- When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation

- When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation
- When there is a need for respite childcare due to the total family situation- including the CF member's work commitments
- When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with DMFS)

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

Greenwood Players Present: Robin Hood and Babes in the Wood



Dustin Colwell.



Emma Colwell.

This is a story of two babes who get lost in Sherwood Forest. The Evil witch and Sheriff try to do away with them to get their inheritance. Robin Hood and his merry band rescue the babes and King Richard returns to save Robin Hood from the Demon and the Witch. Lots of laughs and some scary parts but suitable for all age groups. This is a traditional English Pantomime. Lots of new local talent treading the boards this year and some old ones returning. Venue: AVM Morfee Centre. Curtain time 7:30 p.m. each evening. Tickets: \$8.00each. December 8th through to December 12th. Tuesday to Saturday. As our troops are still fighting overseas we will again be donating a percentage of our takings from this performance to the Greenwood Military Family Resource Centre.

Featured this week is Dustin Colwell who works in AMS and plays King Richard and Emma Colwell who is playing a villager.

Children's Deployment Support Group

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

The GMFRC is excited to offer a new Children's Deployment Program this fall to Deployed Families of 14 Wing Greenwood. Our program will be facilitated by trained GMFRC dedicated volunteers who have experience working with children of military families. Our program consists of three age groups – 3 – 5 years, 6 – 8 years and 9 – 12 years. Our goal is to work with parents and caregivers who have a loved one deployed to help build resilience, minimize stress and keep attitudes positive for their children who are facing

a military parent's absence. Children attending our monthly workshop will have opportunities to meet other children their age who are coping with a parent being away, enjoy fun activities that involve the deployed parent and learn ways to positively focus their energies throughout the deployment. Our first meeting will be on Sunday, November 8th from 1:00 – 2:00 p.m. at the GMFRC. If you would like to register your child/youth for our group, please stop by the GMFRC or call our receptionist at local 5611. If you have questions about our program please contact Kim Dixon at local 1812 or email Kim.Dixon@forces.gc.ca

Jam Session Invaded



At the end of September, seven members of the Mid-Annapolis Valley Kinsmen Club invaded the local Jam Session in Port George on a mission.

The Kinsmen found out that Maxine Trask needed a wheelchair with an attachment on the back for her oxygen tank which she must use constantly, set about purchasing one from the Valley Drug Mart with money raised from Kinsmen TV Bingo seen Wednesdays on EastLink Television and surprising Maxine by presenting the chair to her.

A very appreciative and emotional Maxine is shown seated in her new chair with her friends Paula Robicheau and Diane Burton to her right.

Standing behind (left to right) are Kinsmen Paul Melnick, Bill Dahr, Brian Bent, President Lance Smith, Neil Heighes and Peter Silver.

The seventh Kinsmen, Bob Sanford, took the picture.

Why Burn Brush in the Winter?

You can greatly reduce the risk of a fire spreading by burning brush when there is a blanket of snow on the ground.

As you clean up the yard this fall, pile brush and cover it with a tarp. Then burn the pile on a calm, winter day when there is lots of snow cover. The dry wood and cold air will allow the fire to burn quickly and produce a minimal amount of smoke.

For more information: www.gov.ns.ca/natr

*Some municipalities prohibit burning or require a burning permit. Please check with your local municipal office or fire department. Chipping and composting are alternatives to burning.

NOVA SCOTIA
Natural Resources

TODAY'S RESOURCES, TOMORROW'S LEGACY

FOR YOUR INFORMATION

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

Discover the Magic of Reading
...visit 14 Wing Library

Located at AVM Morfee Centre, School Street

Monday.....1-5pm & 6-8pm
Tuesday.....10am-1pm & 2-5pm
Wednesday.....1-5pm & 6-8pm
Friday.....12-4pm
* Sunday Starting October 18.....1:30-4pm

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

HOROSCOPES

October 11 to October 17

ARIES - Mar 21/Apr 20

Aries, satisfy your creative urges and you'll find that the week is much more enjoyable. You might want to make whatever you take on a solo project.

TAURUS - Apr 21/May 21

Taurus, you're buried in paperwork or red tape this week and you'll have to dig yourself out of the mess. Don't let it get you down.

GEMINI - May 22/Jun 21

Don't be a fool, Gemini; think about what you need to get accomplished and make a plan instead of simply diving in with your eyes closed. A financial venture falls through.

CANCER - Jun 22/Jul 22

You tend to think positively, Cancer, but even you are having a tough time seeing the bright side of things this week. Just go with the flow the best you can.

LEO - Jul 23/Aug 23

Leo, does it seem like your life is mirroring that of a sitcom lately? If the predictability is getting you down, do something spontaneous to change everything.

VIRGO - Aug 24/Sept 22

Virgo, others may scoff at your advice. Keep in mind your own prior youthful reluctance to follow advice and rest assured that your advice might be followed down the road.

LIBRA - Sept 23/Oct 23

Libra, that big event you've been waiting for might finally arrive this week. All of your patience and perseverance will pay off as you get your just desserts.

SCORPIO - Oct 24/Nov 22

Scorpio, despite a lot of changes in your life, you are relatively even keeled this week. Carry this attitude through the next few months and you'll be a happy camper.

SAGITTARIUS - Nov 23/Dec 21

A big change is in store, Sagittarius. You thought you were ready for it, but now you are having a few second thoughts. Aquarius will help you wade through the waters.

CAPRICORN - Dec 22/Jan 20

Others are worried that your temperamental nature could put a damper on some family plans, Capricorn. Why not prove them wrong and simply be on your best behaviour?

AQUARIUS - Jan 21/Feb 18

Aquarius, you are caught between feelings for your spouse or romantic partner and your family. How can you choose sides in this situation? Tread very carefully.

PISCES - Feb 19/Mar 20

A sizeable dose of good fortune lands in your lap, Pisces. Now you just have to figure out how to celebrate the good news.

FAMOUS BIRTHDAYS

OCTOBER 11	Luke Perry, Actor (44)
OCTOBER 12	Hugh Jackman, Actor (41)
OCTOBER 13	Paul Simon, Singer/Songwriter (68)
OCTOBER 14	Usher, Singer (31)
OCTOBER 15	Sarah Ferguson, Dutchess (50)
OCTOBER 16	John Mayer, Singer (32)
OCTOBER 17	Norm MacDonald, Comic (46)

Horoscopes brought to you compliments of:

STEVE MORSE 24 HOUR SERVICE
www.morsetowing.ca (902)825-7026

Knights of Columbus

The next meeting of Knights of Columbus, Greenwood/Middleton Council 6297 will be held on Oct. 19th at Queen of Heaven Chapel on Church St. in Greenwood. All current members, past members and any members relocating to the Greenwood/Middleton/Berwick area are invited to attend. For more information call Kent Sill at 765 2734.

Special Brunch

Sunday Oct. 25th at 12 noon in Queen of Heaven Chapel Annex on Church Street in Greenwood, in support of Knights of Columbus local charities. Only \$4.00. Sponsored by Knights of Columbus Greenwood/Middleton Council. New Menu: Scrambled Eggs, Hash Browns, Ham, Pancakes, Sausages, coffee, tea, juice. Everyone welcome. For more info, contact Kent Sill at 765 - 2734.

"Funds for Fuel" Bridge Party

1:15 p.m., Monday, October 19th, Macdonald Museum, Middleton. Come out for a fun afternoon and support your Museum. Cost \$4.00 per person, light lunch served. Call 825-6116 for more information.

Library Meeting & Bed-time Stories

Friends of the Rosa M. Harvey Library invite you to meet and be entertained by storyteller extraordinary, Angela Reynolds.

On Monday, October 19 at 7:00 p.m. Ms. Reynolds who has presented and produced Storytelling Festivals across Canada and the United States is special guest at the Middleton Library. Light Reception to follow.

Annual Wishmaker Parade

The Children's Wish Foundation will be holding their Annual Wishmaker Parade/Walk 17 Oct 09 at the Lions Hall in Berwick. Registration begins at 11:00 a.m. and Parade starts at 1:00 p.m. Come out and join us. For more information please contact Vicky Puttick at 242-2557 or Betty Hebb at 847-1918.

Kingston Lions Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tuesday 13 October 2009 at the Kingston Lions Hall from 11:30 a.m. to 1:00 p.m. Menu - Roast Beef dinner with desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

Croptoberfest?

Bring your supplies for a fun day of scrapbooking & cardmaking, with door prizes & silent auction. Saturday, October 17th, 9:00 a.m. - 5:00 p.m. in the MRHS gym - proceeds to MRHS Band Association. Registration \$20.00 - includes lunch & snacks. Info/registration: Jackie_cb@hotmail.

com or Debbie 765-6469.

Craft Fair & Ticket Auction

Central Kings Gators 1st Annual October 24 & 25, 2009 at Central Kings School, Cambridge from 10:00 a.m. - 4:00 p.m. All proceeds for school projects.

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 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.

Annual Harvest Supper

All Saints A.C.W. will be holding their Annual Harvest Supper at the All Saints Church Hall, Pleasant Street, Kingston on Thursday October 22, 2009 from 4:30 6:30 p.m. Menu: Ham, baked beans, scalloped potatoes, pumpkin pie, apple crisp. Cost: Adults - \$ 8.00 Children - \$ 4.00, family rates are available. There will be take out!

Indoor Cycling Classes

Indoor Cycling Classes have begun for the season. Classes are run by a cadre of C.O.R.E. Certified Indoor Cycling Instructors. Classes are held at the F&S Center in the training room on the upper deck at the pool end. All levels of riders are welcome and it is recommended you bring a water bottle and small towel. All bikes are compatible with SPD style cycling shoes. Lunch time classes are 45 min. and evening classes are 60 min. Mon, Wed, Fri, - 12:00-12:45. Tues, Thur, - 1800-1900.

Free Public Skating

Western Kings Arena, Sunday's 4:00 - 5:00 p.m. Sponsored by: Royal Canadian Legion Branch 98.

Rock Concert

There will be a Rock Concert for all ages, featuring Nicky Lee and Courtyard Band at New Be-

ginnings Center, Greenwood on Saturday October 17th, beginning at 8:00 p.m.

Variety Show

A Variety Show will be held at New Beginnings Center Greenwood, Friday, October 16th at 7:00pm. Featuring Heather & Holly Best and Bob Forrester. Admission is \$5.00 and there will be music for all ages.

Nictaux Baptist Church Presents

A dramatic musical for youth. "Flashback". Friday, November 20th 8:00 p.m. and Sunday, November 22nd at 7:30 p.m. Friday night pizza and pop \$3.50. Free Will offering for presentation.

Turkey Supper

Aylesford United Church on Saturday, October 24, 2009 from 4:30 - 6:30 p.m. Free will offering. Take outs available \$9.00.

Foresters' Election and Business Meeting

Friday, October 23 - 7:00 p.m. (for members and their guests). Superstore, Kingston. This is a very important meeting! Food will be provided. Please RSVP: Shirley, 825-2405.

Annapolis Valley Toastmasters

Develop your communication and leadership skills every Tuesday, 6:30 - 8:00 p.m. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (by the Zedex Theatre), Classroom 1. Toastmasters provides a mutually supportive and positive learning environment in which every member can gain self-confidence and personal growth. We learn by doing. Further information is available at: <http://annapolis.freetoasthost.net/> - or phone Christine at 825-1061.

Kingston Area Seniors Association

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. Fun day (cards & games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre

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

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

Call 5530

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

The Aurora newspaper PRESENTS... FIND & WIN

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

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

No Central Registry or Canada Post please.
Deadline: Noon, Thursday, October 15, 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. Where can you buy a 2007 Sebring for \$13,995	_____
2. Who is the master stylist at Hairitage House	_____
3. When is the fire hydrant flushing in Greenwood	_____
4. Where is the "Home of the Sharpest Pencil"	_____
5. Who is looking to hire RNs and LPNs	_____

Pizza Delight

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

Congratulations to last week's winner: BETTY HAYDEN

The 107 Valley Wing

904 Central Ave. Greenwood

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We are open 7 days a week for your convenience.

We are looking for new members!

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

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

It's Time Again for Fun with Fitness!

If you are a youth who has always wanted to learn more about fitness or have not had the opportunity to be a member at the Fitness and Sports Centre then this program is for you! Last year, we offered the second ever Fun with Fitness program, for nine youth, which brings our combined total to over 20 youth who have now been certified! The two Fun with Fitness programs included a mixture of guys and girls who ranged from 12-16 years of age. These twenty young individuals now not only know how to properly use all the equipment at the Fitness and Sports Centre but are also now certified to work out unsupervised.

As a result of the great response we received from these two courses, the 14 Wing Community Centre would like to offer another special 4 week Fun with Fitness program for *free*. This

program will be instructed by Josh Leddicote, a Fitness and Sports Instructor at the 14 Wing Fitness and Sports Centre. Fun with Fitness is intended for anyone between the ages of 12 and 15, who are too young to currently use the gym. Or any 16 to 18 year olds who would like to learn more about active living, and receive additional training and information on operating the exercise equipment.

This fun 4-week program will provide the participants with a thorough introduction to active living, goal setting and exercise maintenance, as well as weekly classroom lessons and hands on practical training! The goal of the program is that by the end of the 4 weeks, you'll be able to not only know how to properly operate the equipment at the Fitness and Sports Centre but also work out, unsupervised. Plus, at the end of the program

you should even be able to put your own program together!

This program is an excellent way for you to improve your strength and conditioning, and is also a great way to train for all sports programs offered later this fall or winter.

Once again there will be no charge for this program if you have a 14 Wing Community Recreation Card. If you do not, you can simply purchase one at the Community Centre or pay the \$5.00 drop in fee, each week. Once you have completed the course you will receive a package with some cool material.

Please note that the dates of the program will be set once there is sufficient interest, so inquiry today! Registration will be done on a first come, first serve basis and all participants will be required to have a Rec. card, wear indoor footwear, and proper gym clothing. It is also recommended that each participant bring a water bottle as well.

If you have any questions about the program or want to find out more or would like to register, please call Eric MacKenzie at 765-1494 ext. 5337.

Sports Trivia – NFL

By: Bill Sheridan

1. Who was the first NFL coach to win playoff games in consecutive seasons with different teams?

2. Who is the all time leading scorer for the NFL?

3. Who is the single season points leader?

4. What team has won the most championships in the NFL?

5. Who is the all time rushing leader in the NFL?

6. Who is the single season
7. Who has rushed for more than 200 yards in a game the most times?

8. When was the first Super Bowl?

9. Who was the first offensive lineman drafted number one overall?

10. Who recovered the most opponents fumbles?

11. What team has the best opening day record?

12. What is the most valuable team?

13. By the rule, when

- leader in rushing yards?

14. What NFL coach won the most games?

15. What is the Super Bowl Championship trophy called?

16. What quarterback was sacked the most times?
- does a pass start for a quarterback?

4. Green Bay Packers 12.

5. Emmett Smith

6. Eric Dickerson

7. OJ Simpson

8. January 15 1967, at Memorial Coliseum, LA.

9. Ron Yary

10. Jim Marshall

11. Dallas Cowboys, followed by Denver Broncos

12. Redskins at \$1.4 billion

13. When his hand moves forward.

14. Don Shula

15. Vince Lombardi Trophy

16. John Elway

Answers:

1. John Gruden, Oakland then Tampa

2. Morten Anderson

3. Ladinian Tomlinson

ComParrot®

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

www.comparrotpuzzles.com

© 2009 Bonnie J. Malcolm

Solution: 1. Foam from mug appears on stool. 2. Leaves appear on lady's apron. 3. Leaf behind rock is missing. 4. Lady's hair is hidden. 5. Feather in man's hat is colored in. 6. Pocket on shorts is colored in. 7. Puff of smoke has moved. 8. Leg on barbecue has moved. 9. Spatula is longer. 10. Sausage is larger. 11. Design on dress is reversed. 12. Leaves beside man are reversed.

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Canadiana Crossword

Turkey Time

By Bernice Rosella and James Kilner

Solution page 22

ACROSS

1 Turkey

5 Religious text

9 Receiver

10 Items

12 Oats or barley

13 Detest

15 Ms Turkey

16 Nuisance

18 The land of Israel

19 Son of Zeus and Hera

21 Potato, slangily

23 Camp bed

24 Wee

26 Takes into custody

28 Bit of cloth

30 Musical aptitude

31 Airplane part

35 Certain skirts

39 Theatre notice

40 Wind instrument

42 Coastal feature

43 Puff

45 Spoiled one

47 Mr. Turkey

48 Cholesterol, for example

50 African expedition

52 Eat away

53 Lament

54 Excel

55 Scottish island

17 Resort

20 Father

22 Apothecaries unit

25 Edible root

27 One of the Staal brothers

29 Male turkey, slangily

31 Serpents

32 More than angry

33 Solitary ones

34 Word with neither

36 Old age

37 Hand soap

38 Partly

41 Ameliorates

44 Turkey

46 turkey

49 First Japanese-Canadian MP

51 A bit crazy

14 Tolkien entities

DOWN

1 Trumpet

2 Ace

3 Jump

4 Computer keys

5 Turkey buzzard

6 Famed fruit salt

7 Days, to Dominique

8 Garrets

9 Maker of green machines

11 Turkey

12 Fellow

14

Weekly Crossword brought to you compliments of:

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To place a Classified Ad by Word Count call Keith Pinkerton at 765-1494 local 5440. The Aurora Newspaper office is located on School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

For information on Placing a Boxed Business Ad in the Classified Section call Anne Kempton at 765-1494 local 5833. Business or Boxed Ad Sizes for the Classified Page Range from 1 Column to 7 Columns.

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FOR RENT

FOR RENT – 4 bedroom house in Port Lorne. 5 appliances included, \$650.00 per month plus utilities. Call Glengary Property Management 765-2421. (3022-ufn)

FOR RENT – Small 2 bedroom house behind Greenwood Mall. Recently renovated, hard wood floors, new bathroom, w/d hookup. Large outside deck. Lawn care

and snow removal provided. \$650.00 plus utilities. Call 765-4206 (Susan) (3038-ufn)

HOUSE FOR RENT - English Tudor style home, 1500 sq. ft., 5 minutes from CFB Greenwood and shopping mall. 1 Acre property, 2 Bedrooms, separate dining room, vaulted ceiling and large stone fireplace, patio. Includes 5 appliances. \$950.00 per month. Call 902-670-6522 (3040-3tp)

FOR RENT – 2 bedroom duplex in Nictaux. Fridge/stove, washer/dryer hook-up, electric heat, references required. \$425.00 per month plus utilities. Call 473-9804 after 6:00 p.m. (3041-3tp)

FOR RENT – Apartment for rent in Forest Brook Park Subdivision. Available Nov 1 \$575 a mos. Phone 840-

3709 or 825-6096. (3040-2tp)

FOR RENT – 2 bedroom apartment in adult building located in central Kingston. Available October 1st. Fridge and stove included. \$450.00/month plus utilities. Please call 765-6879 after 4pm, references required. (3041-1tp)

FOR RENT – New three bedroom house in Nictaux. \$850 monthly. Utilities extra. Renovated four bedroom house in Lawrencetown. \$850 monthly. Utilities extra. Phone: 847-5529. (3040-2tp)

FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. 2 bedroom duplex, with in floor heating, 5 appliances,

attached garage, spacious lots with back patio and front deck. Paved driveways with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services, available Nov 01. For more information or viewing please contact 902-765-0339 or 902-848-6279 (3040-4tp)

FOR RENT – One furnished 2 bedroom mini home. Hwy 201. Nictaux. No pets. \$650 a month. Utilities are extra. Phone 765-6908. (3041-2tp)

HOUSE FOR RENT – Immaculate one bedroom, smoke/pet free, new/bath/floors/paint. 15 min from 14 Wing. W/D hook up, S/F provided. Lease/References. Taking applications. \$550.00/mo. Heat/lights extra. Ph: 847-9775. (3041-2tp)

FOR RENT - Available Nov 01/09-Two bedroom duplex in Wilmot on Hwy 1. Fridge, stove,

laundry hookup, basic cable included. \$500/month. Damage deposit and references required. Call 765-3268. (3041-2tp)

FOR RENT – 2 bedroom duplex in Wilmot. Includes fridge, stove, washer, dryer, cable TV & Storage shed. References & security required. \$430 per month. 765-0838 after 6 pm. (3041-2tp)

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

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 Greenwood/Kingston (3024-ufn)

CERAMIC WORKSHOP/CLASSES – Thursday evenings 7:00 – 9:00 p.m. 3884 #1 Hwy Berwick area. Call Dorothy Fraser at 902-538-7141. Adults \$5.00 (3040-4tp)

SERVICES – Retired Personal Care Worker will provide light house keeping duties/per-

sonal care, for seniors. Minimum 3 hours a shift Phone 847-9755 (3040-2tp)

SERVICE – CHRISTMAS SHOPPING AT TELEGRAPH TEA ROOM - Beautiful gifts for all. Fairly traded, fairly priced. You won't be disappointed Extra special and unusual gift items from the UK through the British Association of Fair Trade Shops. Unique and special. It may be the only one! Each item handpicked for its beauty inside and out. Ethical trading at its best. Come and enjoy a browse and have a cuppa at the same time. This treat is right in the middle of the Valley just for you, what you have been patiently waiting for. Telegraph Tea Room 127 Bridge Street, Melvern Square, just off Highway #1 west bound. Not long after leaving the Village of Kingston. 1-902-242 2359. (3041-1tp)

SERVICE – Dwight Ross Kids Care Licensed Childcare Centre Preschool Program. An excellent way to prepare your children for school. Monday – Friday from 9 am – 12:15 pm. Nutritious snacks provided. Before and After School Care Program. Fun, safe on location childcare. Limited spaces available. Call Shelly LaPointe 765-3215 and 848-6070 or Lisa Kendall at 844-1183. (3041-2tp)

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Crossword Solution

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	D	O	N	E		U	N	I	T	S
C	E	R	E	A	L		L	O	A	T
H	E	N		P	E	S	T		S	I
A	R	E	S		S	P	U	D		C
P	E	T	I	T		A	R	R	E	S
		R	A	G			E	A	R	
A	I	L	E	R	O	N		M	I	D
S	R	O		O	B	O	E		C	O
P	A	N	T		B	R	A	T		T
S	T	E	R	O	L		S	A	F	A
	E	R	O	D	E			E	L	E
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# Kingston & District School Newsletter

Heather Harris, Principal Box 295  
Linda McAloney, Vice-Principal 630 Pine Ridge Avenue  
Phone: (902)765-7530 Kingston, Nova Scotia  
Fax No: (902)765-7535 B0P 1R0  
Website: <http://kingstondistrictschool.ednet.ns.ca/>

**October is International Walk to School Month**

**October is Mi'kmaq History Month**

**Dates to Remember**

Oct 13 Norcard orders due back at school

Oct 23 Gossip Free Day! Let's all do our part!

Oct 23 Provincial Conference Day - No school for students

Oct 27 Picture retakes day - please return the proof stub to school if you wish retakes

**Extra-Curricular Activities**

Choir - Every Tuesday & Thursday at 8:00 a.m.

Cross Country - practices at noon

**Terry Fox Run**

We would like to thank everyone for the support of the Terry Fox Walk. We had a number of parents come to assist us **From the Library...**

If you purchase a book at the Inside Story in the Greenwood Mall, consider donating your book points to Kingston & District School Library. The library can use these points to make book purchases for the school library. Just tell the bookstore staff when you are making your purchase that you would like to donate your book points to the Kingston School Library.

Children will be visiting the school library and taking books home to enjoy and share. To help your child be a responsible, reliable and respectful library user your support would be appreciated by:

- encouraging your child to find a safe place to put their library book when it is at home.
- encouraging your child to look after the book while trans-

porting it to and from school by keeping it clean, dry and preventing any damage to it. At school, we have talked about keeping a plastic bag in their backpack all year long, just for their library book so spills from lunches will not damage books.

- encouraging your child to remember to return their library books on their class borrowing day. Another book can be borrowed only when the previously borrowed item has been returned.

**Science Fair**

Kingston & District School will be hosting a Science Fair in early February 2010. Start thinking about your projects!

**From the Community...**

**Open House/Military Family Fun Day**

The GMFRC would like to invite military families to the 2009 Open House/Military Family Fun Day, Tuesday, October 6th from 3:00 to 6:00 p.m. Bouncers, cotton candy, The Great Timbeanie, family games, live entertainment, prize draws and lots of fun. Come out and meet the GMRC staff! We support our troops and their families.

**Kingston Recreation Department**

Beginner Gymnastics for Grades Primary - Grade 2. Starting Tuesday October 13th after school in the gym from 3:15 to 4:15 p.m. for 8 weeks. Sign up early, as there are only 18 spots available. Cost is *free* with pre-registration. You *must* pre-register at Kingston Village Office. Please call 765-2800. Be sure your child's teacher is aware that you have signed up for this afterschool program.

**Grow With Art**

Workshop for children aged 3 - 14 years. Calling all young artists! Come out on Saturday, October 3rd from 1:00 - 3:00 p.m. to the NSCC: Kingstec Campus, Kentville. Cost is \$2.00. Celebrate Mi'kmaq history, art and culture. For more info or to register call Irene at 542-0234.

**Annapolis Valley Initiatives in Diversity Series presentation.**

This is a yearly series offered by the RCH Division of the Annapolis Valley Regional School Board. This year's presenter is Tim Wise, a prominent anti-racist writer and activist. This *free* presentation will take place on Thursday, November 12th at 7:00 p.m. at the Horton High School Performance Centre.

**Healthy Hallowe'en Treats**

Hallowe'en is just around the corner! The Food and Nutrition Policy for Nova Scotia Public Schools indicates that treats such as Halloween candy can be served at special functions in addition to healthy foods.

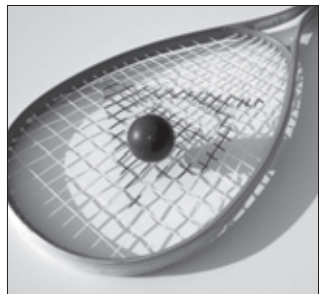
Here are some creative healthy treat ideas to serve:

- Mummy fingers - baby carrots with one end dipped in catsup
- Blood and guts sandwiches - strawberry jam or cherry preserves, mixed with diced fresh fruit. Use as a filler for whole grain sandwiches
- Easy eyeball ice cubes can also be made by peeling almost all of a radish, reserving enough of its red skin so that it resembles the veins of a bloodshot eye, and hollowing out one end of it to hold the 'iris' - a pimento stuffed olive. Place each radish eyeball into an individual cube of an ice tray, fill with water and freeze.
- Scary spiders - it's best to make these on a plate. Peel a kiwi fruit and cut it in half to make your spider body. Use currants for eyes, pressing them into the kiwi, and lay four strips of cucumber on each side of the body to make the legs.

**And From You...**

We look forward to hearing from you and seeing you at our monthly Home and School meetings, school events and activities and any other occasion throughout the year.

## Squash Club News



The Greenwood Squash Club is in full swing this year and registration is still open for new members.

A popular program last season, our junior program will continue this year, starting October 19th and continuing on Monday evenings until spring.

Squash is a great sport to get your kids involved in as it promotes participation, physical activity, and sportsmanship.

Children between the ages of 12 to 15 can participate in the junior program; classes will run from 6:15 until 8:00 p.m.

As for our adult members, there are a number of activities

to look forward to this season, including a tournament to be held in mid-November, with participation from throughout the province.

To help you improve your game, the club will be bringing in experienced coaches from Halifax to

conduct skills clinics.

We have also reserved court time on Sunday evenings for some social squash.

This is a great opportunity to meet other members of the club and play against a variety of different skill levels.

As always, the ladder board

is an excellent motivator for those who want to challenge themselves and make it to the number one spot.

For registration information

please contact Jeff Hallam at [hallamjeff@gmail.com](mailto:hallamjeff@gmail.com) or 765-9292, or check the notice board next to the squash courts for sign-up sheets.

### GMFRC • Feature of the Week

**Children and Youth Services**

Coordinator: Kim Dixon at 765-1494 local 1812 or email at [kim.dixon@forces.gc.ca](mailto:kim.dixon@forces.gc.ca)

#### Parenting Your Defiant Child

Friday, October 16th, 2009 - Friday, December 4th, 2009  
(8 Consecutive Weeks, every Friday)  
9:30 a.m.—11:30 a.m.

**FREE**

**GMFRC**

**Ages: Parents who have children ages 3 –12 years**

**Registration Deadline: Tuesday, October 13th, 2009**

**Topics Include:**

\* Why Children Misbehave \* Positive Attention \* When Praise is not Enough \* Getting your Child to be More Cooperative and Independent while Playing \* Effective Discipline Strategies \* Improving School Behaviors \* Managing Behaviors in Public \*

The GMFRC is partnering with the 14 Wing Health Promotion and Annapolis Valley Health by offering an educational course on Parenting Your Defiant Child. The course will be held once a week every Friday at the GMFRC and is open to all CF families and members of the defense team. Register by calling the GMFRC Reception at 765-5611.

The GMFRC Casual Childcare is open during this time for CF families at a cost should you need to use this service. Contact Coreen, local 1817 ASAP as space is limited.

For more information on this workshop or other parenting services, please contact Kim Dixon.

### GMFRC • Feature of the Week

**Volunteer Services**

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at [Gagnon.JMC@forces.gc.ca](mailto:Gagnon.JMC@forces.gc.ca)

#### Childcare Providers for Deployed Family Briefing

**Wednesday, November 18th, 2009**

**6:00 p.m. – 9:00 p.m.**

**Annapolis Mess**

**Volunteers Needed: 5**

Looking for fabulous volunteers who enjoy working in a large group setting and looking after multi-aged children. The volunteer will be providing care during the MSS Briefing for deployed families. If you are interested, please contact the Volunteer Coordinator.

### CRFMG - Publicité de la semaine

**Service de benevolat**

Coordonatrice Janie Gagnon au 765-1494 local 5938 ou courriel à [Janie.Gagnon@forces.gc.ca](mailto:Janie.Gagnon@forces.gc.ca)

#### Service de gardiennage pour les familles en déploiement

**Le mercredi 18 novembre 2009**

**18h à 21h**

**Mess Annapolis**

**Bénévoles demandés : 5**

Nous recherchons des bénévoles qui aiment travailler avec les enfants. Les bénévoles s'occuperont des enfants pendant que leurs parents assistent à une séance d'information sur le déploiement. Si vous êtes intéressés contactez la coordonatrice du service de bénévolat.

## BOWLERS WANTED

### Sign up today!

- Fall leagues are now getting underway
- Youth Bowling starting at 9:30 a.m. 12 September, 09
- Men's Bowling 7 p.m. every Tuesday Mid September, 09
- Military Mixed Thursday 1 p.m. TBA
- Family Night Friday eve 6-10 p.m. Cosmic Bowling
- Mixed Bowling 7 p.m. every Sunday eve. mid September, 09

### Keep watching for our fall specials.

Greenwood Bowling Centre

Call Today 765-1494

Extension 5631

FAX 765-1255

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

E-mail [gbcbowlingstaff@eastlink.ca](mailto:gbcbowlingstaff@eastlink.ca)





# Another Successful Wing Welcome

Submitted By Jill Jackson,  
Community Recreation  
Director



Despite it being the coldest and wettest Wing Welcome Day on record the Community dawned on their rain jackets and sweater and came out in full force. Wing Welcome has traditionally been a chance for the community to see what 14 Wing has to offer and we did not disappoint. Wing Welcome provided something for everyone.

Wing Welcome kicked off

with a golf tournament on Friday and participants and sponsors enjoyed a great round of golf with a bit of networking on the side. The highlight of the evening was the Hangar dance at the Mess featuring three acts and a crowd of over 500 danced the night away.

The weekend provided a great opportunity for newcomers to familiarize themselves with the base, wing facilities, the community, and corresponding programs. Children's bouncers, slides and games opened Saturday's activities at the Fitness and Sport Centre. Over seventy display booths were set-up in the gymnasium allowing families to register for various recreational activities or

receive information about upcoming programs and community venues. Events like the Iron Kids Triathlon allowed for individual participation or spectator support and targeted the enjoyment of the whole family. This years Triathlon had record number of participants despite the inclement weather.

The afternoon started off with a very successful Skateboard competition where skaters showed off their skills and performed tricks that amazed the crowd. For those who wanted a quieter

event made their way to the Zedex to watch a free showing of Ice Age II. Other events taking place included family swim, speed dating and glow bowling with lots of people taking advantage of these great events.

The days ended off with a Youth Idol event where participants sang their way into the judges and crowds heart with great enthusiasm and talent. The preteen and teen dance finished off the very busy day with crowds of youth dancing to top 40's.

A big thanks to all

participants, volunteers, sponsors, wing sections and the whole community for coming out and supporting our event. Without the support of our community events like this would not be possible.

Congratulations to the 2009 Wing Welcome Committee and the community for a successful weekend.

**See you next  
Wing Welcome  
2010!**





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## Country Store

Greenwood Mall • 765-4766

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Phone: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Draw Date October 19/2009