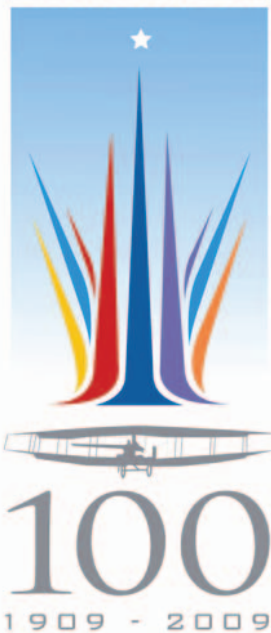


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Judged the "Best Canadian Forces Newspaper 2009" by the Canadian Community Newspapers Association

VOL. 30 NO. 42 OCTOBER 19, 2009 NO CHARGE  
14 WING • ESCADRE 14 GREENWOOD, NS

# The Aurora

newspaper



Image:  
Cpl Don Kirkwood

## Axemen vs. Bombers

On Friday 9 October the Acadia Axemen Ice Hockey team visited 14 Wing Greenwood. During their time at the Wing they were able to tour 413 Search and Rescue Squadron. They were given guided tours of both the Cormorant Helicopter and the Hercules aircraft. Later that evening the Axemen participated in the first of what is hoped to be an annual exhibition game against the home Greenwood Bombers.

Shown here between the two team captains are (Left to Right) Wing Chief Warrant Officer (W/CWO) J.M. Jardine, Natanya Backhouse, Geordie Backhouse, and Wing Commander Colonel (Col) W.F. Seymour as they drop the first puck of the game. Natanya and Geordie were present along with mother Suzanne, sister Christina, and brother Tristan. Their father Captain Backhouse is currently on deployment.

See story on Page 3



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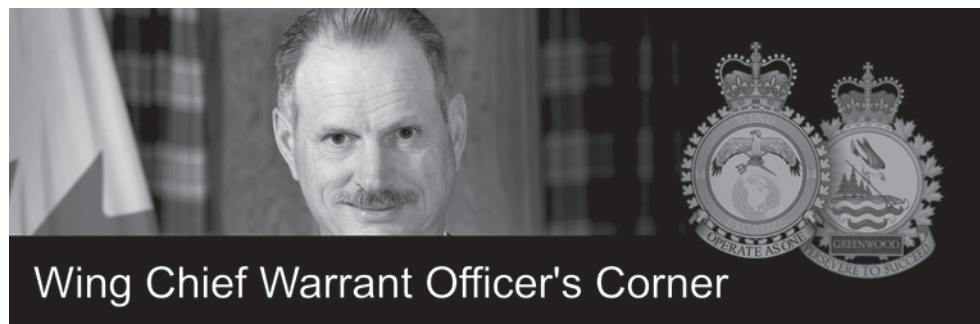
# Taking Care of Your People ...Part 2

Well I hope everyone enjoyed the Thanksgiving Day long weekend and you're charged up and ready to jump into the fall season. I also hope you had a chance to read Colonel Seymour's article in the last edition where he explained our views on Taking Care of Your People and mentioned the importance of ensuring your personnel were clear on what their job was and the expected results, it is also very important that our families know what we are doing and that we support them.

When we say taking care of your people it does not only mean the people working for you, it means the entire 14 Wing Family which includes our Regular and Reserve Forces, Civilian employees our Retired Members and all their families. Some times we forget how important it is to ensure the families of our personnel are looked after. That is as simple as having someone to call or have someone call them if their Spouse is on Temporary Duty or deployed just to check up on them and let them know they are an important part of our team. With the upcoming deployments of our Mission Support Squadron, the Canadian Heron Unmanned Aerial Vehicle Detachment and Operation Podium during this winter we can not stress this enough.

When we talk about looking after our families I would be remiss if I did not mention our Military Family Resource Centre (MFRC) and SISIP Financial Services. Margaret Reid and her Staff at the MFRC provide an array of services to support our families such as Deployment Services, Prevention, Support & Intervention Services and Second Language Services, just to mention a few so please drop in to see what they have to offer. Marc Britney and his team at SISIP Financial Services are ready to provide you with that bit of financial guidance for the future.

Our Wing and the CF have made major steps toward making things better, for example the



## Wing Chief Warrant Officer's Corner

Greenwood health clinic, constructed and in the final stages of preparations to open. Also, the preliminary background work into the feasibility of a day care centre for our Wing and the stand-up of Joint Personnel Support Units (JPSU) and its Integrated Personnel Support Centers (IPSC). They will provide ill and injured Canadian Forces (CF) members, veterans and their families' access to an integrated one-stop service that brings together a number of important CF and Veterans Affairs Canada (VAC) programs and services. The support centers coordinate a range of casualty support and case management programs; plan and monitor the Return to Work Program; provide VAC client and transition services; and liaise with local service providers, Base support representatives and Unit Commanding Officers. They improve existing services by aligning progress on a member's file with one defined set of priorities.

As Colonel Seymour said, the Canadian Forces is a great organization and in-order for it to function at its best; it requires great people to perform at their best. This can only happen with selfless family support, and yes you are part of our TEAM, and as part of our team we value your input so to assist us if you have a way to make improvements pass them to your Chain of Command (COC). To make it clear when I say we I mean the entire COC, we are all on the same song sheet and we want to make things better for you!

"Per ardua ad astra"

Wing Chief Warrant Officer, Jim Jardine

# Life Without Words

Submitted by:

**Judy Henwood, Valley Autism Support Team**

Our son is eight years old. He can talk, but almost without exception it is purely echolalic (randomly repeating words or phrases he has heard before. He recites episodes of his favourite TV show). He

cannot comment on his day at school, tell us if he is hurt or sick. While we don't hear the "gimmies" and "I wants" typical of his age group, neither do we hear "I'm scared" or "I love you." He is very smart, loveable and affectionate, but his lack of communication skills leave him frustrated and volatile.

With no means to say what is on his mind, he often resorts to the only thing he can do: tantrums borne of pure frustration. Imagine living in a world where, no matter how hard you tried, you couldn't make a single person understand your needs. Perhaps you've just done something that has

made you burst with pride, but you can't share that with anyone, because no one understands you. Maybe you see something dangerous and want to warn someone, but go unheard. You may simply want to know if someone is having a good day. You'll never know, because not a single soul

understands you.

Without the ability to be understood, we can't be sure if the things setting him off are in his surroundings. We know he has trouble processing sensory input at times. Maybe the lights are too bright; the TV too loud, a scary commercial is on. Maybe he doesn't like the

smell of whatever is cooking for supper. We are left with the guessing game plaguing our daily life. And with each wrong guess, his anxiety grows until it climaxes in meltdown. This is a typical day for him. Before you judge him, take a moment to consider what he is going through.



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## Internet Marketing Workshops

Expert Internet marketing know-how can be difficult to find when you're working flat out running your own business.

To support businesses working to increase sales locally and globally, the Department of Economic and Rural Development and the Atlantic Canada Internet Marketing Association (ACIMA) are hosting Internet marketing workshops during October. Topics include:

- Making a Bad Website Good
- Social Media for Small Business
- Winning New Customers with Search Marketing
- Tactics, Tools & Tricks
- Email Marketing from Start to Finish

**COST:** \$79 plus tax (includes lunch)

Register at: [www.internetseminars.ca](http://www.internetseminars.ca)

### DATES and LOCATIONS

<b>Oct. 19</b>	<i>Baddeck, Inverary Resort</i>	8:30 - 3:00
<b>Oct. 20</b>	<i>Guysborough, Chedabucto Education Centre</i>	9:15 - 3:45
<b>Oct. 21</b>	<i>Amherst, Wandlyn Inn</i>	8:30 - 3:00
<b>Oct. 27</b>	<i>Middleton, NSCC Annapolis Valley Campus</i>	9:15 - 3:45

For more information, contact Broadband for Rural Nova Scotia, T. 902-424-0183.



Economic and Rural Development

## Thank You

The family of the late Harold Dodge would like to extend our sincere thanks to everyone who attended the Legion Memorial Service, sent donations to the Cancer Foundation and for the many cards and e-mails received from across the country and the neighbourhood. The many gifts of food were relished by the whole family...thank you.

Special thanks to all the care givers at Soldiers Memorial Hospital, Middleton, who helped Harold and his family through the last weeks of his life; Middleton Funeral Home and Tom Spinney who guided us through the protocol and the paperwork. Our praises to the Royal Canadian Legion Branch 98 for the wonderful service to celebrate Harold's life, and the many friends that crowded the Legion to offer love and support to the family.

**Glenda, Nancy, Denis,  
Erin, and Ryan;  
Donald, Karen,  
Jane and Sam;  
Christina;  
Jamie and Karen;  
Carole and Grant**



# Axemen vs. Bombers

...from Page 1

He shoots He Scores!!! That was the theme of the Acadia University vs. Greenwood Bombers Hockey game on October 9, 2009. The final score was 7 - 4 for Acadia. A great game played by both teams giving the 322 spectators' an excellent evening of entertainment. Even though the Bombers only had a few practices, they still held their own against the well-practiced Axemen.

A surprise visit from the Minor Hockey players was very entertaining and gave a view of the future "up and comers". There were several prizes awarded during the evening and the highlight was the opportunity to win a new 2009 Nissan Sentra. Although the selected individual did not win the car, he did receive a \$100.00 gift certificate from Zellers as a consolation prize. Initially planned as a



9 October 2009 - Game play during the first period of an exhibition game between the Acadia Axemen and the Greenwood Bombers. (Image: Cpl Don Kirkwood)

## 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*, to anyone with a Community Recreation Card. This great form of physical activity, for you and your friends, will be starting with a meeting at the Curling club on Tuesday, October 27<sup>th</sup>, 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! Once again there will be no charge for this program if you have a 14 Wing Community Recreation Card. 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 27<sup>th</sup>!

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# Remembrance 2009 – Veteran of the Week

By: Captain  
Colette Kenney

413 (Transport & Rescue) Squadron is proud to introduce Mr. Denis Jarvis of Legion Branch #102 located in New Germany. The Commanding Officer, Lieutenant Colonel Mike Atkins and Squadron Chief Warrant Officer Mike Whitman were welcomed in New Germany on October 1st to meet with Mr. Jarvis.

Mr. Jarvis is a World War II veteran who served in the

British Navy. Throughout his naval career he travelled to Russia, Greenland, Iceland, America, Africa, Italy, Australia, New Zealand, Philippines, and the Far East. Joining at the age of 17 as an anti aircraft gunner, he began his career sailing on corvettes, while escorting merchant ships across the Atlantic, protecting them from U-boat attacks. Mr. Jarvis was also chosen to train as a diver for the human torpedo "Chariots" in England, which were small

underwater crafts equipped with detachable explosive heads used to target ships in harbours.

Three years later, he commissioned and was promoted to Sub Lieutenant. Mr. Jarvis, among other young officers, were approached to accept a new top secret service position. Not knowing what the mission was or what it would be, he accepted and began the rigorous physical examination that would follow. Mr. Jarvis and five others succeeded



Mr. Denis Jarvis.

out of fifty who volunteered. They would now serve aboard the XE-craft, a diesel electric mini submarine that could manoeuvre and be undetected, perfect for top secret missions.

Although the United States Naval Commander in the Pacific was against employment of the XE-crafts, regarding them as 'suicide-crafts', there were two tasks for which they would be ideal, one of which was Operation Foil. It was very important that the Japanese be forced to use airwaves communication enabling interception of their radio transmissions. Operation Foil was assigned to HMS XE5, which was towed by HMS Selene. It was their mission to tackle the Hong Kong end of the telegraph communication cable. Mr. Jarvis recalls being told of the clear waters he would encounter

near Hong Kong. Wearing only swimming trunks and a breathing apparatus, he set out to find and cut the cable only to find that instead of crystal clear water, he was unable to see his hand in front of his face. Determined to get a successful mission completed, he began scrambling around in the thick mud to find the cable. He was chopping away at the overgrowth deep in the mud, all the while bleeding heavily from a broken finger and being badly stung by jellyfish. Despite these setbacks and challenges, Mr. Jarvis was able to successfully damage the five to six inch diameter communication cable and safely return for medical assistance.

On the 17th of November 1945, Mr Jarvis received a letter that the King had been pleased to award him with the Distinguished Service Cross

for "outstanding courage, determination and devotion to duty in His Majesty's Midget Submarine XE-5 in an attempt to cut the Hong Kong to Singapore telegraph cable west of Lamma Island". Mr Jarvis is also decorated with the Atlantic Star, the 1939-1945 Star, the Pacific Star, the Civil Defence Medal, and the Victory Medal.

Thirty seven years ago, Mr Jarvis came to the Maritimes to visit his son who had moved to Canada. While returning to England, he decided that he too would return and call the Maritimes home. He currently resides with his wife, Tillie, in New Germany and enjoys golfing and woodworking.

413 Squadron and 14 Wing Greenwood would like to salute Mr. Denis Jarvis for his exceptional service and dedication.

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# AVH Seasonal Flu Vaccine Clinics

Annapolis Valley Health's Public Health Services want to advise Annapolis Valley residents of Seasonal Flu Vaccine Clinics for those 65 years and over only and those without a Family Doctor on the following days:

**October 20th ~ 10:00 a.m. - 2:00 p.m.**

Annapolis Royal – Legion Hall

**October 21st ~ 10:00 a.m. - 2:00 p.m.**

Berwick – Fire Hall

**October 27th ~ 10:00 a.m. - 2:00 p.m.**

New Minas – Baptist Church

For more information please call AVH Public Health Services (902) 542-6310. Please note H1N1 Vaccine *will not* be available at these clinic- please stay tuned for future dates for H1N1 Vaccine Clinics.

## Business of the Week ~ Ledgehill ~

### Breaking free from addiction

The use of alcohol and drugs is highly ingrained into the social fabric of our culture. With drinking and drug use being so common in everyday life, it can be easy to overlook that you, a friend, or a loved one has a problem. The consequences of alcohol and drug abuse are always negative. Alcohol abuse can cause serious damage to your health, your relationships with your loved ones, and your career. It results in thousands of needless deaths each year, and exacerbates situations involving violent crimes and domestic violence. For every addicted person, there are many other victims of their alcohol or drug use.

Social drinking is a common practice in many cultures worldwide, and in many countries having a glass of wine or beer with a meal is common practice. In the workplace, going out for drinks after work or entertaining clients with alcohol is the norm.

Social drinking becomes alcohol abuse when alcohol becomes your focus. You may find that you are unable to enjoy social events unless alcohol is involved. Having drinks after coming home from work, or heading straight to the bar becomes more important than connecting with family and friends. Alcohol and drugs are often used to cover up painful feelings or troubled relationships. Addicts frequently engage in dangerous behaviour, like drinking and driving or increased violent behaviour. Increased dependence on alcohol frequently leads to alcoholism, where you are physically dependant on alcohol and have lost control over the amount you consume.

The effects that addiction can have on a person's career can be devastating. However, an addict is very often the last person to realize that their career is spiralling down; promotions are denied and careers inhibited, all because of addiction. It is a horrible occurrence to witness, but occurs all too often. There are thousands of people who suffer from a drug and alcohol addiction, which destroys the careers and relationships they once cherished so highly.

One of the common beliefs that those who are addicted have is that they don't need help, believing that they can bring their alcohol or drug use under control on their own. While this can sometimes

be true, for the vast majority of addicts will power simply is not sufficient. They try to curtail their use, inventing their own systems of belief to prove to themselves and others that are not addicted. There comes a time for most addicts when they absolutely, positively know they cannot continue their behaviour. Their relationships are in trouble, their health or career is jeopardized or they are experiencing financial pain as a result of their addiction. They know in their own mind that they must stop, but the problem is that the addiction now runs their life. In spite of their best efforts they simply cannot stop. That's what addiction is and that's why it causes so much misery, lost opportunity, stress, and pain at many levels.

One of the most effective ways for an addict to get their life back on track is to enter a residential rehabilitation facility. Here, over a minimum period of 28 days, the cycle of use and abuse is broken. This is achieved through effective counselling, nutrition, and the learning of new skills. Most importantly, it allows the addict to think about their life, their relationships and their career as though they mattered once more.

The decision to enter a rehab facility is perhaps one of the most important decisions that an addicted person can make. The second most important decision is to choose a facility where every aspect of individual recovery has been taken into consideration.

This means choosing a minimum 28 day program, consisting of a full, uninterrupted 28 days of treatment, without breaking at the weekends. An effective and long-term aftercare program, the skills of a qualified and experienced team of counsellors, and high quality nutrition are the key to beginning and sustaining recovery. A beautiful natural environment and the comfort of a private en-suite bedroom play an important role in setting up the right environment for the process to begin.

Charles Bower is the managing director of Ledgehill Treatment and Recovery Centre, a residential rehab facility located in the Annapolis Valley of Nova Scotia. Web: [www.ledgehill.com](http://www.ledgehill.com)

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For more information, please contact  
Kristen Lawson, Coordinator of  
Education and Employment Services  
765-1494 local 1816  
[Kristen.Lawson@forces.gc.ca](mailto:Kristen.Lawson@forces.gc.ca)



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4 lg. Tomatoes  
2 oz. Butter  
1 tbs. Fresh oregano  
1 Clove garlic -- crushed  
Black pepper  
pinch Salt  
2 tbs. Parmesan cheese - grated

Cut the tomatoes in half horizontally and place in a shallow flameproof dish. Beat the butter with the oregano, garlic, pepper, salt and Parmesan in a bowl. Spread the mixture over the cut side of each tomato. Broil the tomatoes under medium heat for about 5 minutes until the topping is just turning golden.



[illegible]



# CF Seasonal (2009/2010) Influenza Vaccine Campaign Delayed

In accordance with recommendations received on 30 Sept 09 from D FHP (Directorate Force Health Protection), the CF Seasonal Influenza Vaccine Campaign is delayed until further notice.

Further recommendations from D FHP are expected by 01 Nov 2009. Upon receipt of new D FHP recommendations, both Wing Wide E-mail and The Aurora Newspaper will be used to communicate updates to members of 14 Wing.

Similar to many of our civilian health care counterparts across Canada, it is anticipated the main focus of the 2009/2010 CF Influenza Campaign will be on the provision of H1N1 Pandemic Influenza vaccine. The H1N1 was the predominant circulating strain of influenza during this year's influenza season in the Southern hemisphere and is expected to also be the predominant strain during our current North American influenza season.

It is expected the H1N1 Pandemic Influenza Vaccine will be available in Nov 2009 for use in Canada and vaccine orders are expected to be received shortly after approval of the vaccine by Health Canada and the release of the vaccine by the manufacturer.

At this time it is uncertain when and if the 2009/2010 Seasonal Influenza Vaccine will be provided in the CF. For those who normally get the seasonal influenza vaccine, please note, the seasonal vaccine may be recommended in the future either in conjunction with or subsequent to the H1N1 Pandemic vaccine.

Any questions or concerns can be addressed to OPI - Colin Muise, RN, Immunization Clinic, local 5613.



Wing Personnel Selection Office  
Announcement

## SCAN TRANSITION SEMINAR

18 - 19 Nov 2009

Birchall Training Centre Theatre

SCAN Seminars assist members and their families in planning, preparing and achieving their personal and professional transition to the civilian environment. Members are strongly encouraged not to wait until their last year of service to attend a SCAN Transition Seminar but to attend one at the mid-point of their career and then again prior to release to gain any updated information.

Deadline for Registration is 2 Nov 2009

For more information please call local 5390 or visit the WPSO website.

# 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.

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



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

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See store for details.

Greenwood location only.

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# Letter to the Editor

Dear Editor:

On The twentieth of September past, we had our re-union for veterans of the West Novas, and this has been going on since 1954. Now there are few left, however at the re-union held in Bridgewater, some from Aldershot and Greenwood, as well as civilians were invited. We had about seventy, and all had a good time.

The first contingent of the West Novas left Halifax on a troop ship the twentieth of December 1939, nine hundred and ninety-one officers, and men for a ten day voyage across the dangerous North Atlantic. No one realized that many would never see Canada again. We arrived safely in England and started training south of London as the Battle of Britain raged over us.

At our reunion in Bridgewater, there were just two in attendance who left on that ship, Lester Mosher and myself.

There might still be a few around but possibly in poor health and unable to travel.

I can recall when we first got home in 1945 there would be nearly two hundred at our reunions. It was great to meet some lads that you risked your life day after day with. I know two of the West Novas who are still around, one lives in Yarmouth and one in Kentville, but you never see them, possibly in poor health.

It will soon be Remembrance Day when we will be at the Legion to lay wreaths in memory of three hundred and fifty-two West Novas who did not return.

We will also pay tribute to one thousand and ninety-two who were wounded. Many of them seriously and most are gone now.

Oren Foster,  
B.E.M.  
Deep Brook



**This is a picture of eight West Novas taken in England in 1940 that became snipers. Back row left to right: C. Cameron, F. Embrace, S. Connor, and S. Gehue. Front row: C. Fleet, B. Gehue, and H. Weeks, and O. Foster B.E.M.**

...let's talk about  
**YOU**

Send your articles and photos to:  
[aurora@aurora newspaper.com](mailto:aurora@aurora newspaper.com)

## For the Birds

By: Patrick Giffin

Four White-throated Sparrows, 3 Dark-eyed Juncos, 7+ American Goldfinches, 3 Mourning Doves, 3 Black-capped Chickadees, 4+ American Robins, a Northern Flicker, undetermined number of pairs Downy and Hairy Woodpeckers, occasional American Crows, Common Ravens, a large Black (grey) Squirrel, 2 Red Squirrels, Chipmunks, persistent, socially deficient, Blue Jays. The squirrels and chipmunks benefit from the birds having dropped, flung, black-oil sunflower seeds. Should this supply prove inadequate we keep a small terra-cotta feeder filled with sunflower seeds hanging near a comfortable

perch adjacent to the tree trunk. The occasional Skunk, Raccoon, stray cats and dogs completes the summary of our backyard traffic during the week.

Travelling from Kingston to Centreville via the 221 Hwy combines good road conditions, little traffic, photogenic scenery and birding opportunities. Recently, just beyond Dempsey's Corner, we sighted an exceptional Red-tailed Hawk. Our "The Sibley Guide to Birds" page 123 does it justice; describing it as an "Eastern Adult". During the initial moments of the sighting, because of the white under-body and dark shoulders I initially

thought it to be an early, Rough-legged, then I saw the startling, red tail! An exquisite sighting: on a cloudless, sun in the southwest, day; it was hunting, diving out of sight into a cornfield. During lunch at "Between the Bushes" we saw two, medium-sized, flocks of European Starlings circling above the blueberry crop. Of more significance, they were the largest flocks of starlings we have seen this year.

In Melvern Square, on the northern edge of the pond, above the fish ladder, Barbara and I could see two Cormorants. One had an unusual, white stomach; the other was similar to the countless Cormorants we see throughout the year in Nova Scotia and Mexico. We decided to phone and expert, Ian Roseby, who reported

seeing two juvenile Double-crested Cormorants, a number of Ruby-crowned Kinglets and several Mallard Ducks. Ian suggested we check, The Sibley Guide to Birds, which contains a good example of our white-stomached juveniles, in flight. Keep in mind that the Ruby-crowned Kinglets, which are summer residents, are still with us: unlike the Golden-crowned Kinglets, which remain in NS year-round.

Recently, Ted and Joe Kajdas saw American Woodcock, Ruffed Grouse and numerous Bald Eagles in Cape Breton.

In Kath Kelly's yard she saw a bird with a black belly, white spots and a tuft at the back of its head. Any suggestions?

We are at 765-8688 [p\\_giffin@hotmail.com](mailto:p_giffin@hotmail.com)



### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

### REQUEST FOR APPLICATIONS

#### CITIZEN APPOINTMENTS TO COMMITTEES

The Municipality of the County of Kings appoints citizens (non-Councillors) to the following Boards, Committees and Agencies:

**Police Advisory Board** – One Appointee required from Western area of the County (term expires December, 2010)

**Grand View Manor** – Two Appointees (terms effective December, 2009 until December, 2010)

**Race Relations & Anti-Discrimination Committee** – Two appointees (terms expires December, 2010)

The appointments are open to residents of the Municipality of the County of Kings. If you are interested in being considered for any of these appointments, please apply by letter stating which appointment(s) you are interested in, the reason for your interest, and your qualifications for the appointment.

Further information about these appointments is available from the undersigned. Please submit your letter prior to 4:30 p.m., November 4, 2009 to:

Ann Longley, Municipal Clerk  
[alongley@county.kings.ns.ca](mailto:alongley@county.kings.ns.ca)

Tel: (902) 690-6133 Fax: (902) 678-9279  
Local from Kingston & Greenwood (902) 847-3051  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

**Noggins Corner Farm Market**

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Main Office. For more info. call 765-8165

### 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





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# LCC Upcoming Workshops


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

<b>NOVEMBER 2009</b>	Supervisors • 1 day	
03 JLP: Understanding Your Collective Agreement • 1 day	<b>JANUARY 2010</b>	
04-05 JLP: Respecting Differences • 2 days	07 Balancing Work and Personal Life • 1 day	
9-14 CANADA CAREER WEEK (CCW)	<b>FEBRUARY 2010</b>	
09 CCW: Kick-off Lunch & Learn • 1 hour	09-11 Effective Presentations • 3 days	
10 CCW: Resume Writing • 1 day	18 Civilian Performance Planning & Review CPPR • ½ day	
12 CCW: Interview Techniques • 1 day	18 Personal Learning Plans (PLP) • ½ day	
13 CCW: Canadian Forces Leadership Institute (CFLI) Lunch & Learn • 1 hour	<b>MARCH 2010</b>	
18-19 Building Excellence in Teams • 2 days	01-05 Instructional Techniques • 5 days	
24-26 Pre-Retirement Planning (Civilian Employees over age 45) • 3 days	30 Civilian Performance Planning & Review CPPR • ½ day	
<b>DECEMBER 2009</b>	30 Personal Learning Plans (PLP) • ½ day	
02 Coaching • 1 day	<b>APRIL 2010</b>	
03 Encadrement (Coaching, présenté en français) • 1 jour	08 Defence Ethics	
10 You and Change • 1 day	12-13 Interpersonal Communication Skills • 3 days	
15 Diversity & Employment Equity for Managers and	16 Prior Learning Assessment (PLA), Day 1 of 10 • 1 day	
	20 Effective Meetings • 1 day	
	23 Prior Learning Assessment (PLA), Day 2 of 10 • 1 day	
	28 Myers-Briggs Type Indicator (MBTI) • 1 day	
	30 Prior Learning Assessment (PLA), Day 3 of 10 • 1 day	
	<b>MAY 2010</b>	
	07 Prior Learning Assessment (PLA), Day 4 of 10 • 1 day	
	11-12 New Employee Orientation • 1.5 days	
	12 Future Planning (Civilian Employees under age 45) • 1 day	
	14 Prior Learning Assessment (PLA), Day 5 of 10 • 1 day	
	21 Prior Learning Assessment (PLA), Day 6 of 10 • 1 day	
	28 Prior Learning Assessment (PLA), Day 7 of 10 • 1 day	
	<b>JUNE 2010</b>	
	01-02 Exploring the Leader in You • 2 days	
	04 Prior Learning Assessment (PLA), Day 8 of 10 • 1 day	
	11 Prior Learning Assessment (PLA), Day 9 of 10 • 1 day	
	15-16 Stepping Up to Supervisor • 2 days	
	18 Prior Learning Assessment (PLA), Day 10 of 10 • 1 day	
	<b>JULY 2010</b>	
	06-08 Negotiation Skills • 3 days	
	14 Assertive Communications • 1 day	


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Please join us for a viewing of the powerful and moving speech given by the late Air Commodore Leonard Birchall, OBE, DFC, CD at the Conference on Ethics in Canadian Forces on 30-31 October, 1997 Ottawa, Ontario.

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PROGRAMME  
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A traditional English pantomime with lots of laughs, bad-dies to Boo! And goodies to Cheer! December 8th through to December 12th. Tuesday to Saturday at the AVM Morfee Centre.



Andrew Marshall, who plays Robin Hood.




Marissa Murphy, who plays Maid Marian.

14 WING COMMUNITY YOUTH CENTRE PRESENTS

# Halloween Spooktakular

COSTUME DANCE



FRIDAY OCTOBER 30

PRE TEEN DANCE	\$2	6:00-8:00
TEEN DANCE	\$3	8:30-11:30



# Harvest Week in the Valley

Kingston had a very special day October 3rd to start Harvest week in the Valley with a Harvest luncheon hosted by Rose Fitzgerald. She had her house and property decorated with the Harvest theme. The weather co-operated, giving us a fantastic turn out for our special day. The menu consisted of Harvest soups

and desserts prepared by Rose and her committee Norma Stoddart, Norma Stewart, Marg Morse, Muriel Craig and Linda Desmond. This committee was requested to do a fundraiser in support of Miss Annapolis Valley, who is Deneen Everett from Canning.

The Miss Nova Scotia pageant will take place in

Halifax November 15-22 2009. We congratulate Miss Everett and wish her very best also a very successful and happy time during the pageant. This is a scholarship programme given to the titleholder for furthering their education.

There are to be fundraisers in other areas of the Annapolis Valley to help Deneen with her costs

associated with representing the Annapolis Valley. If chosen, she could become Nova Scotia's ambassador and role model for our youth today, visiting schools, hospitals, senior homes, and taking part in special events and assisting in tourism for Nova Scotia. The Miss Nova Scotia International is a preliminary to the Miss Canada International.



**Miss Annapolis Valley, Deneen Everett from Canning.**  
(Photo: Submitted)

## 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 p.m. 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 27<sup>th</sup> 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 27<sup>th</sup>. 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.

*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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- ✓ Mount and balance your All-Season tires
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- ✓ Install up to 6 litres of Mopar 4-Season Antifreeze/Coolant\*\*
- ✓ Inspect radiator, belts and hoses

\*\*Long-life antifreeze extra.



*"You can count on me."*

Your only right choice.



ONLY AT YOUR NEIGHBOURHOOD CHRYSLER, JEEP<sup>®</sup>, DODGE RETAILER

\*While supplies last. No purchase necessary. Approximate value and odds of winning: Mopar Windshield Washer Fluid (4L) – \$4.35 (35:100); Mini speaker – \$29.95 (20:100); Eco-friendly notebook – \$8.95 (20:100); Super Bee travel mug – \$19.95 (13:100); Micro umbrella – \$12.99 (6:100); Duffle bag – \$24.95 (5:100); Soccer ball – \$19.99 (1:100). Contest closes on December 19, 2009. Skill-testing question must be correctly answered. See retailer for full contest details or visit Mopar.ca. Prices do not include taxes. See retailer for complete details. Retailers may sell for less. Environmental handling charges may apply. Offer valid through December 19, 2009. Jeep is a registered trademark of Chrysler Group LLC used under licence by Chrysler Canada Inc.



THE 2010 MODELS  
HAVE JUST ARRIVED

# DARE TO COMPARE

## SALES EVENT

WHEN YOU COMPARE OUR BEST-SELLING VEHICLES TO THE COMPETITION, WE THINK YOU'LL AGREE...  
**THERE'S JUST NO COMPARISON.**  
AND WE'RE MAKING UP TO **\$1,000** IN BONUS CASH\*\*  
AVAILABLE EARLY.

### 25 YEARS OF MINIVAN LEADERSHIP AND INNOVATION

Made in Canada!



Purchase a **2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE**

starting from **\$21,488\***

**PLUS GET**

**1.99%** APR  
PURCHASE FINANCING  
FOR 36 MONTHS

**INCLUDES CONSUMER CASH DISCOUNT/ BONUS CASH OF \$6,000\***

- 175 hp 3.3L Flex Fuel V6 engine with automatic transmission • 3rd row Stow 'n Go® seating
- 4-wheel disc brakes with ABS
- Electronic Stability Program (ESP™) with Traction Control • Air conditioning • Media Centre 130 CD/MP3 radio • Advanced multistage front air bags and side-curtain air bags

★★★★★

NHTSA 5 Star Frontal and Side Impact†



HWY: 8.4L/100 km (34 mpg)<sup>Δ</sup>  
CITY: 12.6L/100 km (22 mpg)<sup>Δ</sup>

### CANADA'S #1 SELLING CROSSOVER\*



Purchase a **2010 DODGE JOURNEY SE CANADA VALUE PACKAGE**

starting from **\$18,999\***

**PLUS GET**

**1.99%** APR  
PURCHASE FINANCING  
FOR 36 MONTHS

**INCLUDES CONSUMER CASH DISCOUNT/ BONUS CASH OF \$1,500\***



HWY: 7.9L/100 km (36 mpg)<sup>Δ</sup>  
CITY: 11.0L/100 km (26 mpg)<sup>Δ</sup>

- 173 hp 2.4L DOHC Dual VVT I-4 world engine
- 4-speed VLP automatic transmission
- Air conditioning with Chill Zone® beverage storage bin • Second row in-floor storage bins
- 4-wheel disc brakes with ABS
- Electronic Stability Program (ESP™) with all-speed traction control

★★★★★

NHTSA 5 Star Frontal and Side Impact†



### DARE TO COMPARE

	2010 Dodge Journey SE	2009 Nissan Rogue S	2009 Mazda5 GS
Standard engine	2.4L I-4	2.5L I-4	2.3L I-4
Power: hp @ rpm	173 @ 6600	170 @ 6000	153 @ 6500
Standard transmission	4-speed VLP automatic	Continuously Variable Transmission	5-speed manual
Standard air conditioning	YES	YES	NO
Standard 12V DC power outlets	4	1	2
Standard active head restraints	YES	YES	NO
Standard rear in-floor storage bins*	YES	NO	NO
Standard radio with 6-CD/DVD/player	YES	NO	NO
Standard Chill Zone® beverage cooler*	YES	NO	NO
Best priced 7-passenger vehicle in Canada	YES	NO	NO
NHTSA star ratings - Frontal 5/5 = Driver/Passenger	YES	NO	YES
NHTSA star ratings - Side 5/5 = Front/Rear	YES	YES	NO

\*Class exclusive features.

## CANADA'S MOST POWERFUL LIGHT DUTY PICKUP TRUCK<sup>Ω</sup>



Purchase a **2010 DODGE RAM 1500 QUAD CAB® SLT 4x4**

starting from **\$30,999\***

**PLUS GET**

**1.99%** APR  
PURCHASE FINANCING  
FOR 36 MONTHS

**INCLUDES CONSUMER CASH DISCOUNT/ BONUS CASH OF \$6,000\***

**HEMI**  
WITH MDS FUEL SAVING TECHNOLOGY

- 390 hp 5.7L HEMI® V8 with MDS and VVT
- 5-speed automatic transmission with Electronic Range Select (ERS) • Air conditioning
- 4-wheel disc brakes with ABS • Electronic shift, part-time 4WD • Power windows, locks and heated mirrors • Class IV hitch receiver
- SIRIUS® Satellite Radio • Electronic Stability Program (ESP™) with Trailer Sway Control

★★★★★

NHTSA 5 Star Frontal Impact†



Purchase a **2010 DODGE RAM CREW 1500 SLT 4x4**

starting from **\$32,488\***

**PLUS GET**

**1.99%** APR  
PURCHASE FINANCING  
FOR 36 MONTHS

**INCLUDES CONSUMER CASH DISCOUNT/ BONUS CASH OF \$6,000\***

**HEMI**  
WITH MDS FUEL SAVING TECHNOLOGY

- 390 hp 5.7L HEMI® V8 with MDS and VVT
- 5-speed automatic transmission with Electronic Range Select (ERS) • Air conditioning
- SIRIUS® Satellite Radio • Power windows, locks and heated mirrors • Class IV hitch receiver
- Segment exclusive\* multi-link coil spring rear suspension • Rear store-in-floor storage bins
- Electronic shift, part-time 4WD • 4-wheel disc brakes with ABS

★★★★★

NHTSA 5 Star Frontal Impact†



### DARE TO COMPARE

	2010 Dodge Ram Crew 1500 SLT 4x4 Short Box	2010 Ford F-150 SuperCrew XLT 4x4 Short Box	2009 Chevrolet Silverado 1500 Crew Cab LT 4x4 Short Box
OPTIONAL ENGINE	5.7L OHV HEMI® V8	5.4L SOHC Triton® V8	5.3L OHV Vortec V8
Power: hp @ rpm	390 @ 5600	310 @ 5000	315 @ 5200
Torque: lb-ft @ rpm	407 @ 3950	365 @ 3500	338 @ 4400
Multi-Displacement System (MDS) fuel saving technology	YES	NO	YES
Transmission	5-speed automatic	6-speed automatic	6-speed automatic
Transmission with Electronic Range Select (ERS)	YES	NO	YES
Class exclusive* multi-link coil spring rear suspension	YES	NO - Leaf springs	NO - Leaf springs
Standard Stain Repel stain/odour resistant and anti-static seat fabric	YES	NO	NO
Rear in-floor storage bins	YES	NO	NO
Available integrated lockable cargo box system	YES - RamBox™	NO	NO
Hill Start Assist	YES	NO	NO
Trailer Sway Control	YES	YES	NO
Four-wheel disc brakes with ABS: mm (in.) diameter	YES	YES	NO
	Front 336 (13.2)/Rear 352 (13.8)	Front 330 (13.0)/Rear 348 (13.7)	Front disc/rear drum ABS Front 330 (12.9)/Rear 295 (11.6)

\*Class exclusive feature.

Buy 3 Tires<sup>††</sup>  
Get 4th Tire

**FREE!**

BRIDGESTONE

Firestone

UNIROYAL

MICHELIN

GENERAL TIRE

GOODYEAR

Continental

††Must be dealer installed and excludes tire sizes 18 inches and over. Installation and balancing extra.



**0% PURCHASE FINANCING ON VIRTUALLY ALL REMAINING 2009 MODELS.\*\***

**WE ARE BUILDING A NEW CAR COMPANY. COME SEE WHAT WE'VE BUILT FOR YOU AT DODGE.CA.**

**VISIT YOUR ATLANTIC CHRYSLER, JEEP®, DODGE RETAILER**

Wise customers read the fine print: \*†, \*\* These limited time offers apply to retail deliveries of selected new and unused 2010 models purchased between October 1st and November 2nd, 2009 from participating retailers. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for specific details and conditions. \*\*Bonus Cash (Bonus Savings) planned for October 16 through November 2, as mentioned in our direct mail advertising, has now been made available early. See your retailer for complete details. \*\$21,488/\$18,999/\$30,999/\$32,488 Purchase Price applies to 2010 Dodge Grand Caravan (24F)/2010 Dodge Journey SE (22F)/2010 Dodge Ram 1500 Quad Cab SLT 4x4 (26G + XFH)/2010 Dodge Ram Crew 1500 SLT 4x4 (26G + XFH) only and includes \$6,000/\$1,500/\$6,000/\$6,000 Consumer Cash Discount/Bonus Cash. Prices exclude freight (\$1,400), licence, insurance, registration, any retailer administration fees and other applicable fees and applicable taxes. Retailer order/trade may be necessary. Retailers may sell for less. †1.99% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Canada Trust on all new and unused 2010 models, except Sprinter, Challenger, Grand Caravan Cargo Van and Ram Chassis Cab. Example: Dodge Grand Caravan (24F)/Dodge Journey (22F)/Dodge Ram 1500 Quad Cab SLT 4x4 (26G + XFH)/Dodge Ram Crew 1500 SLT 4x4 (26G + XFH) with a Purchase Price of \$21,488/\$18,999/\$30,999/\$32,488 financed at 1.99% for 36 months equals monthly payments of \$615.38/\$544.10/\$887.76/\$930.40; cost of borrowing of \$665.68/\$588.60/\$960.36/\$1,006.40 and a total obligation of \$22,153.68/\$19,587.60/\$31,959.36/\$33,494.40. Excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees and other applicable fees and applicable taxes. Retailer order/trade may be necessary. Retailers may sell for less. \*\*40% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Canada Trust on all new and unused 2009 models, except Sprinter, Challenger, Grand Caravan Cargo Van and Ram Chassis Cab. Example: \$30,000 financed at 0% APR for 36 months equals monthly payments of \$833.33; cost of borrowing of \$0 and a total obligation of \$30,000. Excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees and other applicable fees and applicable taxes. Retailer order/trade may be necessary. Retailers may sell for less. \*Consumer Cash Discounts/Bonus Cash are manufacturer to retailer incentives which are deducted from the negotiated price either before or after taxes as applicable. Amounts vary by vehicle. See your retailer for details. ‡2009 MY Ram 1500 offers the most powerful V8 under 6.0 litres in its class when equipped with the 5.7L HEMI® V8 engine with MDS and VVT. \*The Dodge Caravan/Grand Caravan received the lowest number of problems per 100 vehicles among minivan cars in the proprietary J.D. Power and Associates 2009 Vehicle Dependability Study™. Study based on 46,313 consumer responses measuring problems consumers experienced in the past 12 months with three-year old vehicles (2006 model-year cars and trucks). Proprietary study results are based on experience and perceptions of consumers surveyed October-December 2008. Your experiences may vary. Visit jdpower.com. †Based on Automotive News full-size pickup segmentation. ‡Based on January through July 2009 R.L. Polk sales total registrations. ‡Based on 2010 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. \*Your actual fuel consumption may vary. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan, Journey and Ram 1500. ©SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

**DODGE**  
**caravan kids**  
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

**SIRIUS**  
**SATELLITE RADIO**  
INCLUDES 1-YEAR PREPAID SUBSCRIPTION



# Dedication of New Club Room Lounge

Sixty-five invited guests attended the dedication of the new Club Room Lounge on October 3<sup>rd</sup> at Falcourt Inn in Nictaux.

The Club Room Lounge is dedicated to the memory of service personnel who lost their lives while training or serving at RAF / RCAF Station CFB 14 Wing Greenwood. Father Matthew Sponagle, Chaplain of Middleton Branch Legion, performed the dedication and a plaque was installed in the reception area of the inn.

Special guests Hugh and Sue Miles had travelled from

England to attend. Mr. Miles' father, RAF pilot Flight Lieutenant Richard Miles DFC was killed on March 6<sup>th</sup> 1943 in a training accident on North Mountain, six miles from Greenwood. At the time, he and his wife and daughter were boarding at what is now the Falcourt Inn.

Also attending were grandchildren of former owners Max and Liza Nafthal, and former 14 Wing Base Commander Col.(Ret'd) Herb Smale. Innkeepers Dianne Hankinson-LeGard and son Derek welcomed all the guests.

Dianne LeGard invited remarks from Hugh Miles; Jack Goldston; Col. Smale and a representative of the Royal Canadian Legion. Edna Livingston, from the Rosemary Chapter of the IODE in Middleton, spoke of her organization's role in the care of war graves in the local area.

The Honour Roll of names of the 116 service personnel lost while serving in Greenwood was read by Dianne Hankinson-LeGard; RCL Zone Commander Joe



**Former Base Commander Herb Smale.**

Murphy; Bill Goodwin former Officer of the West Nova Scotia Regiment and Col. Herb Smale.

Jack Goldston; Janet Goldston-Imbeault and Peggy Goldston-Brinton shared memories of their grandparents, parents and life in the house, which for a number of years was their home.

Pianist Frank Dobbin

played the National and Royal Anthems, and then provided background music featuring familiar wartime tunes. Falcourt Inn service staff circulated with hors d'oeuvres, and guests were treated to a table laden with a delicious array of finger foods catered by the Falcourt kitchen. Jost and Gaspereau Wineries supplied refreshments.

Falcourt Inn, celebrating its fifteenth anniversary, has undergone a series of renovations since opening,



**Two families who were brought together here during the 2nd World War. From left to right, Jack Goldston, Peggy Goldston-Brinton, Janet Goldston-Imbeault and Hugh Miles.**

and guests were invited to tour the building and see the changes for themselves.

The event also provided the opportunity to launch the book *Max's Room and Other Places: Glimpses of Middleton-Greenwood History* by writer and former Falcourt staff member Jo

Leath. The book is an 80-page collection of local history columns first published in the Middleton Mirror Examiner a decade ago. With the addition of two never-before-published articles about the Nafthal family and farm in Nictaux, *Max's Room* celebrates the people and the region. The book is available for sale at the inn; at Blue Griffin Books in Middleton and through [www.joleath.com](http://www.joleath.com)



Sun 18 - Thurs 22 Oct 09

Showtimes

Sun 2 & 8 PM • Mon - Thurs 8 PM

**Where the Wild Things Are**

Rated TBA

Fri 23 - Thur 29 Oct 09

Showtimes 8:00 PM

**Saw VI**

Rated TBA

**Pre-Paid Cards**

**Available**

Buy 8 Admissions for \$40  
Buy 16 Admissions for \$75  
& SAVE, SAVE, SAVE

Dolby EX Digital Sound  
**www.zedex.ca**

**Kingston Legion**

**BiNGO**

**Prize Money  
Guaranteed: \$2,500**

**BOOKLET  
BiNGO**

**Sunday, 1:45 p.m.**

**Tuesday, 7:30 p.m.**

**Regular Games - \$100**

• 1 Early bird - 60/40

• 2 - 60/40

• Letter H - 80/20

• 1 Lucky 7 - Progressive

• 1 Bonanza - Progressive

• Jackpot - 3 Chances

• Double Action

Lic.#

35542-96



## WINTER HOURS AT THE GREENWOOD BOWLING CENTRE

League Bowling Available

• Ladies • Mixed • Mens • Youth • Coffee League •

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

Rec. Card holder \$2.00

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

Rec. Card Holders \$1.75

Group Rate Per person \$1.85

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

Prices & Times May Vary Due to Lane Availability

Licensed for your Enjoyment

For more information or to reserve your lanes,  
Ph: 765-1494 ext 5631 • [www.5pinbowling.ca](http://www.5pinbowling.ca)

14 Wing Community Centre, Building 110 Church Street.

## GMFRC • Feature of the Week

**Deployment Services**

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

### Let's Do Brunch

**Saturday, November 15th, 2009.**

**Meet at Cora's at 1:00 p.m.**

**Cora's Restaurant, New Minas**

**Register by: Thursday, November 13, 2009**

**Participants are responsible for the cost of their meal and transportation.**

Let's Do Brunch! Come out have a great meal, have some laughs and get a jump start on your Holiday shopping. This program is offered to Adult Deployed Family Members. Check the schedule for Respite Child Care and remember Respite Childcare is free for Deployed Families

## 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)

**Registrer your kids TODAY!**

Contact Padre Gord Poley at

Local 5541 or Diane at 5883.



### Are you a Commuter?

We have books on tape/  
CDs to make your  
journey fly by.

**14 Wing  
Greenwood Library  
School Street  
765-1494 Loc 5430**





# Greenwood Military Families Rock National Family Week



**Red Friday Lunch n walk.**

*Picture Courtesy of Margaret Reid*

**Submitted by: Michelle Thibodeau Wagner, Coordinator of Special Events and Promotions, Greenwood Military Family Resource Centre 765-1491 local 1421 michelle.thibodeau-wagner@forces.gc.ca**

**Wow.**

The Greenwood Military Family Resource Centre (GMFRC) is proud to say that its National Family Week activities were a great success. Kudos go out to the families that took time to do something fun together and who recognize the importance of doing so. We all know how busy it can be to get all the things done that we have to do but keeping our family unit strong is the most important task we have; the one that truly matters most.

The GMFRC started out National Family Week on a "wet" note with a trip to the orchard. On October 4th families braved the rain and came out to the orchard to pick apples from the 4 trees that the GMFRC had adopted as a gift to our military families. On the bright side, the rain washed the apples

for us and kept all the bugs away. We were able to pick apples and bring them back to our centre and share them with families who attended our Open House/Family Fun Day on October 6th.

We were happy to see many of our military families come out to our Open House/Family Fun Day. Nicky Lee and Courtyard entertained us as we met new friends and touched base with old ones. Displays were available with information on all programs that we offer. The Great Timbeanie enthralled old and young alike with his magic show. Bouncers and family games were a hit with all who participated. Tryg Fischer was the lucky winner of our grand prize, a two night stay donated by our friends at the Milford House (\$500 value). Congratulations to the 3rd year running reigning champs of our jello eating contest, dad and daughter team, Andrew and Gabby. I certainly won't mention that the staff and volunteers got whooped at a game of tug of war...good job families!

Wednesday was our spaghetti supper night. About 200 people were out to share a yummy meal with GMFRC

staff and neighbours. The food was awesome thanks to the fabulous staff at the mess and everyone had so much fun. A night with no cooking required, what could be wrong with that!

We finished off the week with our Red Friday Lunch and Walk. Hot dogs, hot dogs and more hot dogs were the menu of the day and we cooked lots, service lunch

to more than 100 people. The turn out was wonderful. A shout out to the Wing Commander, the Wing Chief and our Wing Admin O for taking time out of their busy schedules to drop by. About 70 people participated in the walk in our community as a show of support for our troops and to serve as a reminder to continue to support Red Friday. It was awesome!!



**Apple Orchard walk.**

*Picture Courtesy of Michelle Thibodeau-Wagner*

A special Thank You goes out to all who helped us make National Family Week a success. Thank you to the volunteers, staff and local businesses that donated or helped with our events (Milford House, Sobeys, MFI Advertizing, The Personal, Military Home Closing Centre,

Military Home Based Business Group, McDonalds, Mimi's Pizza). Thank you to 14 Wing mess, electrical shop and transport who were also part of making our week a success. A big thank you to all the families who took time out of their busy schedules to attend National Family Week events. You rock!



**GMFRC Open House.**

*Picture Courtesy of Jennifer MacLeod*

## GMFRC • Feature of the Week

### Employment and Education Services

Coordinator: Kristen Lawson at 765-1494 local 1816.

### Women's Self Defence Course

**Saturday, October 24th, 2009**

**9:00 a.m. – 1:00 p.m.**

**École Rose-des-Vents**

**Cost : \$30.00**

**Registration deadline: Friday, October 16th, 2009**

The GMFRC is excited to offer a one day Women's Self Defence course this October. The course will be run by a local martial arts instructor and cover topics such as defensive tactics and prevention/awareness techniques. For more information or to sign up please contact 765-5611. Sign up today because we still have a few spaces left

## 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**

## After School Bowl

**14 Wing Community Centre &  
Greenwood Bowling Centre**

**New Date & Time!**  
**Tuesday's and Friday's starting Oct. 13**

**4-5:30pm**



**Bowling, Games, Pizza & a Drink**

**for only \$7**

**Pre-Teens and Teens**

**Pre-Register at Community Centre 765-8165**

**or at Bowling Centre 765-1494 ext.5631**



## Greenwood Military Aviation Museum

*"Saving your past for your future"*

**June to August  
7 days a week 9 am to 5 pm  
September to May  
Tuesday to Saturday 10 am to 4 pm**

We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

For that "hard to find item for that someone special" browse in the **Museum Store** for items such as mess dress items, videos, books, badges, clocks, flags, licence plates, clothing, lapel pins, caps, limited edition prints and an extended selection of models, decals and paints. Remember us for your medals and mounting requirements. If we don't have it, we will order it!

The display aircraft are now part of the museum complex and are located next to the parking lot.

The museum is now located in the Canex building, East Side, and remember:

**Admission is free!**



**For further information, contact the museum at 765-1494 local 5955. Meet you at the museum!**



# Greenwood Military Family Resource Centre Offerings

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

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

## Employment and Education Services

Coordinator: Kristen Lawson at 765-5611 local 1816 or email [kristen.lawson@forces.gc.ca](mailto:kristen.lawson@forces.gc.ca)

## Upcoming Events

**Fairy & Mythical Creatures Portraits Session**

Thur., October 15<sup>th</sup>, 2009  
9:00 a.m. – 1:00 p.m.

Classroom 2  
Prices Vary

Registration Deadline:  
Tuesday, October 13<sup>th</sup>, 2009

**Women's Self Defence**

## Class

Saturday, October 24<sup>th</sup>, 2009

9:00 a.m. – 1:00 p.m.  
École Rose-des-Vents  
Cost \$30.00

Registration deadline:  
Friday, October 16<sup>th</sup>, 2009

## Introduction to Yoga

Monday, October 26<sup>th</sup> &  
Monday, November 2<sup>nd</sup>, 2009  
4:30 p.m. – 6:00 p.m.

GMFRC  
Cost \$10.00

Registration deadline:  
Monday, October 19<sup>th</sup>, 2009

## 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](mailto: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](mailto:Ann.Gaudet@forces.gc.ca)

## Upcoming programs or services

**\*NEW\* Laugh Craft Connect**

Wednesday, October 28<sup>th</sup>, 2009

6:00 p.m. – 8:30 p.m.  
GMFRC

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

Registration deadline:  
Friday, October 23<sup>rd</sup>, 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.

## 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](mailto:jennifer.calkin@forces.gc.ca)

## Upcoming programs or services

**"Financial Stress B-Gone"**

Wednesday, October 21<sup>st</sup>, 2009

6:00 p.m. – 7:30 p.m.  
GMFRC

FREE

Registration deadline:  
Monday, October 19<sup>th</sup>, 2009

## Max-Well Relax Casual Get Together

Thursday, October 22<sup>nd</sup>, 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

## Operation Military Bond

Monday, November 2<sup>nd</sup>, 2009 (runs bi-weekly)

12:00 p.m. – 1:00 p.m.  
GMFRC

FREE

Registration deadline:  
Thursday, October 29<sup>th</sup>, 2009

## Self-Care Collages

Wednesday, November 4<sup>th</sup>, 2009

10:00 a.m. – 11:00 a.m.  
GMFRC

FREE

\*Please bring in magazines for your collage\*

Registration deadline:  
Wednesday, October 28<sup>th</sup>, 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](mailto:kim.dixon@forces.gc.ca)

## Upcoming programs or services

### Children's Deployment Support Group

Sunday, November 8<sup>th</sup>, 2009

1:00 p.m. – 2:00 p.m.  
GMFRC

FREE

Registration Deadline:  
Thursday, November 5<sup>th</sup>, 2009

### Mad Scientist Club

Dates:  
Mon., November 9<sup>th</sup>, 2009

Mon., November 16<sup>th</sup>, 2009

Mon., November 23<sup>rd</sup>, 2009

Mon., November 30<sup>th</sup>, 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<sup>nd</sup>, 2009

### Parent Information Session – Bullying and your Child

Mon., November 16<sup>th</sup>, 2009

6:00 p.m. – 7:00 p.m.  
GMFRC

FREE

Registration Deadline:  
Thursday, November 12<sup>th</sup>, 2009

### Respite Dates

Wed., October 28<sup>th</sup>, 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. To register call reception at 765-5611

Registration deadline:  
Monday, October 26<sup>th</sup>, 2009

### Ongoing Programs

- Youth Council - Tuesdays

- Academic Tutoring Service - ongoing

- Parent & Tot Program - Mondays

# 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 5<sup>th</sup> to October 23<sup>rd</sup> 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](mailto:bmaclellan@county.kings.ns.ca)

Tel: (902) 690-6195 Fax: (902) 679-0911  
Toll Free 1-888-337-2999  
[www.county.kings.ns.ca](http://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](mailto:gbcbowlingstaff@eastlink.ca) to reserve!



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

### Special Events and 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

**Sorting Children's Books**  
ASAP  
Time flexible  
GMFRC  
Volunteers Needed: 1  
Childcare is available  
Sort books into categories

**Baby Club Facilitator**  
Bi-monthly program, 1<sup>st</sup> and 3<sup>rd</sup> 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  
**Brochures/Pamphlets**

#### Sorting

Monday, November 2<sup>nd</sup>, 2009

9:00 a.m. – 12:00 p.m.  
GMFRC  
Volunteers Needed: 1  
Sorting brochures/pamphlets and making phone calls

#### Childcare Providers for Deployed Family Briefing

Wed., November 18<sup>th</sup>, 2009  
6:00 p.m. – 9:00 p.m.

Annapolis Mess  
Volunteers Needed: 5  
**Jingle Bell Bingo**  
Tues., December 1<sup>st</sup>, 2009  
3:00 to 5:00 p.m. set up the

Mess room  
5:00 to 6:00 p.m. Jingle Bell Bingo  
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 Services/Services 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 sucreries 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 Diner (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 en téléphonant le 765-5611!

## GMFRC • Feature of the Week

### Prevention, Support and Intervention Services

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

#### "Financial Stress B-Gone"

Wednesday, October 21st, 2009

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

GMFRC

FREE

Registration deadline: Monday, October 19th, 2009

Are you feeling stressed because the bills keep piling up? Maybe your credit cards are maxed or you just don't know where all the money is going. If you said "yes" to any of these questions this information session is for you. Lois Baird will be offering a workshop on financial planning. Please call 765-5611 to register.

## 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 19<sup>th</sup>:** Hamburgers with Lettuce & Slice of Tomato 2.50 • Cheese Burgers with Lettuce & Slice of Tomato 3.00 • Apple Slices 1.00

**Oct 20<sup>th</sup>:** Beef Rice Soup 1.75 • Baked Chicken Dinner 2.50 • Baked Pretzel with Strawberry/Apple Salsa 1.00

**Oct 21<sup>st</sup>:** Chicken Noodle Soup 1.75 • Spaghetti & Meat Sauce 2.50 • Garlic Bread .50 • Frozen Juice Bar 1.00

**Oct 22<sup>nd</sup>:** Pizza Day 2.50 • Banana 1.00

**Oct 23<sup>rd</sup>:** Provincial In-Service No School for Students

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

## 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

*Make a Difference*  
**RECYCLE**

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

## EAP

Employee Assistance Program

When you need someone to talk to, call:

**Al MacDonald...1532**

**Wayne Atwater...5567**

**Darlene Richards...3119**

**Debby Benda...3340**

## GMFRC • Publicité de la semaine

### 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

#### Redécouvrez les joies de l'automne

Le dimanche 25 octobre 2009

10h00

Verger Dempsey Corner

\$5 par personne, gratuit 6 et moins, ou 10\$ par famille  
Tout juste avant la grande collecte de sucreries 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 en téléphonant au 765-5611!

## GMFRC • Feature of the Week

### Rediscover Fall Joy

Sunday, October 25th, 2009

10:00 a.m.

Dempsey Corner Orchard

\$5.00 per person, FREE (6 yrs and under) or \$10.00 per family

In October, we will Rediscover Fall Joy, by tasting many kinds of apples at Dempsey's Corner Orchard. Come out and bring the family for a fun morning of apple picking and find the perfect pumpkin that will decorate your home. We will meet at Dempsey Corner Orchard at 10:00 a.m. Register by calling reception at 765-5611.

## KINGSTON & DISTRICT SCHOOL

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

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

**Mon:** Grilled Cheese; **Tues:** Chicken Nuggets & Corn on the Cob;  
**Wed:** Meatball's & Rice; **Thurs:** Hamburgers; **Fri:** CLOSED

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**





# Sports Trivia - Sports Songs

By: Bill Sheridan

1. In the Hockey Song by Stomping Tom, who scores?
2. What is the song, 50 Mission Cap about?
3. What was the coincidence of the song *Take me Out to the Old Ballgame* in Chicago?
4. Who are the three ballplayers named in John Fogerty's song Centerfield?
5. What song is sang before the Preakness Stakes?
6. What disgraced baseball player is named in Billy Joel's song called Zanzibar?
7. What was the name of the song that was created about the 56 game hitting streak?
8. Catfish by Bob Dylan was a song about who?
9. Who sang God Bless America at the Spectrum before playoff games?
10. Who sang the National Anthem at opening night for the Senators in 1992?
11. The University of Louisville Marching band plays the song My Old Kentucky Home before what race each year?
12. In The Tragically Hip Hockey song, what goal is sang about?
13. 'I had a friend was a big baseball player', was the first line of what Springsteen song?
14. Statler Brothers wrote a song called *Don't wait on me* about the lights going on in what stadium?
15. In Kenny Rogers song called the greatest, what happens to the boy as he plays ball?
16. What song is sung at the beginning of the Belmont Stakes in New York?
17. What do the Milwaukee Brewers play during their seventh inning stretch?
18. In the Hockey Song, does Bobby's team win?
19. What song do Alabama sports teams use to ignite their crowds?
20. What is entrance music?

Answers:

1. Bobby scores.
2. Info on Bill Barilko, from a hockey card that was kept in a cap
3. The song was sang the past few decades in Chicago at the Cubs and Sox games, by Harry Caray, and was written the same year the Cubs last won the World Series, 1908
4. Say Hey Willie(Mays) Tell Ty Cobb and Joe Dimaggio
5. Maryland My Maryland
6. Pete Rose
7. Joltin Joe Di Maggio
8. Jim Catfish Hunter
9. Kate Smith for the Flyers
10. Allanis, (Morrisette)
11. Kentucky Derby.
12. Paul Hendersons
13. Glory Days
14. Wrigley Field, words later changed to 'put a dome on Wrigley Field'.
15. He strikes out
16. New York, New York
17. Beer barrel Polka
18. No, the home team wins; Bobby scores in the first period. Second period Home team ties it up, then Home team wins in the third period.
19. Sweet Home Alabama
20. Music or songs played as the sports stars enter the field of competition, primarily used now by professional wrestlers.

## Bookmobile Schedule - November 2009

**Tuesday - 3 November** Upper Canard 10:00 - 10:45

Baxter's Harbour 11:15 - 12:00

Scott's Bay 1:00 - 1:45

Sheffield Mills 2:15 - 3:00

Canning 3:15 - 4:30

Centreville 5:45 - 6:45

**Thursday - 5 November** Dr. Arthur Hines School 10:45 - 11:45

Hants Shore Clinic 12:45 - 1:15

Cambridge (Hants Co) 1:30 - 2:15

Cheverie 2:30 - 3:00

Summerville 3:15 - 4:00

Upper Burlington 5:15 - 6:00

**Monday - 9 November** Cherryfield 1:30 - 2:15

East Dalhousie 2:30 - 3:30

Springfield 4:00 - 5:30

New Albany North 6:45 - 7:30

**Thursday - 12 November** Mt Hanley 1:45 - 2:30

Margaretville 3:00 - 4:00

## Autumn Apples



All the boys and girls from Miss Maurina and Miss Kelly's class brought an apple to school last week... but it wasn't just for their teachers! Everyone cut their apples open and counted out the seeds, then added them to their apple paper. Finding the star in the middle of their apples was an added bonus, just like Aliya found in hers.

If you are looking for information about our English or French Immersion programs at the Morfee Annex Nursery School please contact our schools director Maurina Duret at 765-1494 local 5301

Submitted by: Kelly Clancey.

## Mental Health Services

### 26 Canadian Forces Health Services Centre

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

### Mental Health Services Team:

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

**Social Work Officers:** Joe Beninati, MSW, RSW

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

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

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

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

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

## 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](mailto:michelle.thibodeau-wagner@forces.gc.ca).



**La Famille La force conjointe**

*Soyez bienvenu au sein du*

**Conseil national pour les familles des militaires**

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.aspfc.com/dsfrm](http://www.aspfc.com/dsfrm)

Canada

**Military Families Strength Behind the Uniform**

**Volunteer for the National Military Family Council**

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](http://www.cfpsa.com/dmfs)

Canada



# “Youth Happenings” at 14 Wing Community Centre

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

By: Recreation Youth Worker, Megan LeMoine

Halloween is soon approaching, so be on the lookout for ghosts and goblins; they could be lurking around the corner. Whether you are going dressed up as a witch, a scary monster or superman, Halloween is a great time to be creative!

Come and check out what’s happening this week at the Community Centre! If you have any questions please give us a call ay 765 - 8165!

**Boyz Club**  
Badminton  
Oct. 19, 09  
4:30 - 6:00 p.m.

Come to the Community Centre and we can practice our skills at badminton! If you don’t have a pre-teen membership come and sign - up today! If you have a Rec. Card it’s free!

**Teen Council**

3:00 - 4:00 p.m.  
Oct. 20, 09

Members of Teen Council, we are meeting Tuesday Oct. 20. Teen council is open to teens between the ages 13 - 18. Join today!

**Afterschool Bowl**  
Oct. 20, 09  
4:00 - 5:30 p.m.  
\$7.00

For only \$7.00 you can bowl, play Wii games eat pizza and have a pop! To register your pre - teen or teen in this program call 765 - 8165 or 765 - 1494 ext. 5631. A great opportunity for parents that work late!

**Teen Activity**  
Games Night  
Oct. 20, 09  
6:00 - 7:00 p.m.

Teens (13 - 18) come to the Community Centre and we could play pool, air hockey, ping-pong, or foose-ball. If your teen membership has expired bring it down and

we’ll get you a new one, if you have a Rec. Card it’s free, or if not, for only \$12 either way it’s a great deal!

**Active Chicks**  
Swimming  
Thursday Oct. 22, 09  
6:30 - 8:00 p.m.

Meet at the Community Centre and then we’ll walk over to the Fitness and Sports Centre to use the in-door pool! Everyone make sure you bring your swim suite, a towel and your pre-teen membership! It’s going to be a blast!

**Open Gym**  
Oct. 22, 09  
6:00 - 7:00 p.m.

Come to the Community Centre the gym is OPEN! A great time to play any sport you want or just have fun! Bring your friends and have a game of basketball, hockey or volleyball!

**Caramel Apple Night**  
Oct.23, 09  
\$2.00

Pre - register by Thursday! A favourite Halloween treat! Bring \$2.00 and you can make your own unique and special Caramel Apple! Yummy!

**Wii Games Night**  
Pre - Teen - 6 - 8 p.m.  
Teen - 8:00 - 10:00 p.m.  
Oct. 24, 09

Come and test your Wii skills!

**Noggins Corner Farm Market**  
Oct. 25, 2009  
1:00 - 6:00 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; 6:00 - 8:00 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!

## Together in Church

### Queen of Heaven Chapel

**Sunday Schedule**  
11 a.m. (English Mass)

### St. Mark’s Chapel

**Sunday Schedule**  
10:30 a.m. Divine Worship

Switchboard .....765-1494

**Wing Chaplain**  
Chapel Life Coord - Queen of Heaven  
Father Tim Nelligan ..... ext 1960  
Wing Chaplain’s Admin Assistant  
Ms Diane McKeage ..... ext 5883  
Chapel Life Coord - St. Mark’s  
Padre Gord Poley ..... ext 5541  
**Unit Chaplain**  
Father Claude Pigeon ..... ext 5119  
**Unit Chaplain**  
Padre Mike Peterson ..... ext 5835  
**Chaplain (BTL)**  
Padre Frank Staples ..... ext 5545  
**Unit Chaplain**  
Padre George Helou ..... deployed

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

### GREENWOOD MILITARY FAMILY RESOURCE CENTRE

#### WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood  
Tel: (902) 765-5611 • Fax: (902) 765-1747  
Email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Website: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)  
For locations and contact information of all Canadian/Military Family Resource Centres, please visit [www.mfr.ca](http://www.mfr.ca) or call 1-877-280-3636

#### Outreach and Community Information Services

- Welcome and Community Orientation**  
GMFRC Website ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)), GMFRC Welcome Packages and online Virtual Welcome Package, new arrivals registration, GMFRC welcome calls to newly posted families, welcome GMFRC visit/tour and welcome gift to newly posted families, education information on posting service
- Information and Referral**  
E-Mail Information Service (quarterly), Welcome Packages from other MFRCs, Outreach, information, support and assistance to CF family members of 14 Wing Greenwood and Reserve Units in Aldershot, Bridgewater, Yarmouth and Pearson Peacekeeping Training Center, Clementsport, Information Database on the services available to the community, referral to government and civilian agencies, GMFRC promotion/advertising, resources
- Deployment Services**
  - Outreach, information, support, and assistance to CF family members during deployment, TD, and IR.
  - Pre & Post Deployment information packages.
  - Warm line contact during separation
  - Social gatherings for the whole family will provide opportunities to connect with and support each other during periods of separation.
  - Monthly Deployment newsletter
  - Pre and post deployment briefings and screenings
  - Video Tele Conferencing (VTC)
- Children & Youth Services**
  - Activities and initiatives for children and youth
  - Parent & Tot activities, Early Childhood Education Program, Youth Council, various activities/workshops for children under 12 years, Tutoring, Life Skills workshops for youth
  - Parent/Caregiver education and support services
  - Parent and caregivers information sessions, parenting workshops & resources, information on childcare in the area, appropriate information and referrals for children with special needs, Adult/Teen sister registry, Daycare/Childcare facility listings, Baby Club
- Emergency Childcare & Respite Services**
  - Information sessions on Emergency Childcare & Respite eligibility, quality childcare resources/information,

#### Education and assistance with childcare planning, 24/7 access to emergency childcare & respite services, group respite offerings for deployed families

- Casual Childcare**
- Licensed Casual Childcare Services
- Prevention, Support and Intervention Program**
- Education and Prevention**
- Personal growth & wellness workshops (i.e. Anger Management, Communication Skills), Rainbows Program (grief & loss), Roundel Emergency Housing
- Assessment and Referral**
- Needs/risk assessment, referred to appropriate community resources, clients supported throughout the referral process
- Self-Help Groups**
- Peer support groups, Women’s group, awareness of and referral to community based support groups (i.e. Al-Anon)
- Short-Term Intervention/Crisis Support**
  - Short-term counseling (individual and family), crisis support, client advocacy
- Volunteer Services**
- Volunteer Involvement and Leadership
- Recruiting, screening, training, orientation, evaluation, and recognition, placements designed for individual interests and talents, On-the-job training; develop new or existing skills, professional development courses and workshops available, volunteer recognition activities, volunteer opportunities for teens aged 12 – 18 years
- Second Language Services**
- Second Language Training (SLT)
- Francophone activities
- French movies
- Employment and Education Services**
- Education Programs:
  - Food Handling Course, First Aid / CPR, Defensive Driving Course
  - Education & Employment Fair, CF Recruiting
- Self Care & Self Improvement Workshops:**
  - International Women’s Day Celebrations
- Leisure Programs:**
  - Sewing, Creative Writing, Military Home-Based Business Group
  - Creative Painting on Clay, Flower Arrangements, Card Stamping
- Special Events and Promotion Services**
- Red Friday Promotion
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- Morale Mail Packages to the Troops
- GMFRC and community special events

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

### CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE GREENWOOD

#### AU SERVICE DES FAMILLES

Centre AVM Morfee, route School, C.P. 582, Greenwood (Nouvelle-Écosse)  
BOP 1N0 Téléphone: (902) 765-5611 Télécopieur: (902) 765-1747 • Courriel : [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Site Web : [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)  
Pour obtenir les coordonnées de tous les Centres de ressources pour les familles des militaires/canadiens consultez le site web [www.crfm.ca](http://www.crfm.ca) ou téléphonez le 1-877-280-3636

#### Services de renseignements à la communauté et services de soutien

- Bienvenue et Orientation communautaire**
- Trousse de bienvenue de Greenwood, trousse de bienvenue virtuelle du CRFMG, Inscription des nouveaux arrivants, appels de bienvenue du CRFMG, service d'accueil et cadeau de bienvenue du CRFMG pour les nouveau arrivants, pochettes d'accueil provenant des autres CRFM
- Information et Orientation**
- Bulletin électronique du CRFMG (trimestriel), Site web du CRFMG, promotion/publicité du CRFMG, base de données sur les collectivités, extension de services à la force de réserve, services d'orientation vers des agences gouvernementales et civiles, en plus de diverses autres ressources

#### Services à la famille lors d'un déploiement

- Sensibilisation, information, soutien et assistance aux membres des familles des FC lors d'un déploiement, d'un service temporaire ou d'une RI
- Trousses d'information pré déploiement et post déploiement
- Appels téléphoniques de soutien durant la période de déploiement
- Service gratuit d'envoi de colis
- Les réunions mondaines offrent l'occasion aux familles d'établir des liens réciproques et de se soutenir mutuellement pendant l'absence d'un des leurs
- Bulletin mensuel sur le déploiement
- Séances d'information et évaluation avant et après le déploiement, campagne de sensibilisation sur le soutien au déploiement
- Vidéoconférence (VC), permettant aux familles des militaires d'être en contact avec les membres de leur famille qui sont à l'étranger

#### Service pour enfants, jeunes et parents

- Activités et initiatives pour les enfants et les jeunes**
- Activités pour enfants et bambins, Programme d'éducation à petite enfance, comité des jeunes, activités diverses et ateliers à l'intention des enfants de moins de 12 ans, tutorat, ateliers d'aptitudes à la vie quotidienne à l'intention des jeunes
- Education et services de soutien pour parent/gardien** - Séances d'information à l'intention des parents et des pourvoyeurs de soins, ateliers et ressources sur le rôle parental, Information sur les services de garde d'enfants dans le secteur, Information appropriée et orientation vers les services de garde pour enfants ayant des besoins spéciaux, registre de gardien(ne)s pour adolescents et adultes, Liste des services de garde
- Service de garde en situation d'urgence et le service de relève pour les familles dont le membre est déployé**
- Séances d'information sur l'admissibilité aux services de garde d'urgence et de relève, ressources/renseignements fiables sur les services de garde d'enfants, éducation et aide à la planification des services de garde
- l'accès aux services de garde d'urgence et de relève 24 heures sur 24, 7 jours sur 7, offres de services de garde de relève pour les familles déployées
- Services de garde occasionnelle**
- Services de garde occasionnelle autorisée du CRFMG

#### Programme de prévention, soutien et intervention

- Education et prévention**

#### Services de bénévolat

- Recrutement, sélection, formation, orientation, évaluation et reconnaissance
- Orientation des bénévoles en fonction de leurs domaines d'intérêt et de leurs talents
- Formation pratique en cours d'emploi; acquisition de nouvelles compétences et amélioration des connaissances
- Cours et ateliers de perfectionnement professionnel
- Activités de reconnaissance des bénévoles
- Opportunités de bénévolat pour les jeunes de 12 à 18 ans

#### Services d'aide à l'emploi et l'éducation

- Aide à l'emploi**
- Création et modification de CV et de la lettre de présentation, évaluation/ orientation professionnelle, aide à la recherche d'emploi
- Perfectionnement des techniques d'entrevue, planification des petites entreprises, information sur le réseau militaire des petites entreprises indépendantes, échange de magazines et de livres, ordinateur disponible pour la recherche d'emploi, élaboration d'un dossier d'emploi, liste à jour des emplois disponibles
- Programmes éducatifs**
- Cours de manipulation des aliments, cours de premiers soins/RCR
- Cours de conduite préventive, salon de l'éducation et de l'emploi, recrutement des FC, ateliers de croissance et de soins personnels,
- Journée internationale de la femme
- Programmes de loisirs**
- Couture, création littéraire, réseau des petites entreprises indépendantes (PME), peinture créative sur argile, arrangement floral

#### Services de langue seconde

- Enseignement des langues secondes (cours de français et d'anglais)
- Activités de renforcement des liens entre francophones (organisées trimestriellement)
- Ressources et informations disponibles dans les deux langues officielles

#### Événements spéciaux et items de promotion du CRFMG

- Promotion du vendredi rouge
- Promotion de la campagne du ruban jaune « soutenons nos troupes »
- Campagne de sensibilisation au déploiement auprès de la communauté
- Coordination de la campagne « la famille La force conjointe »
- Service de colis pour les membres militaires en déploiement
- Événements spéciaux pour la communauté du CRFMG

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



# FOR YOUR INFORMATION

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

**Discover the Magic of Reading**  
...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 Loc. 5430** 24 hour drop-off box • Phone for Renewals  
Closed on holidays and holiday weekends throughout the year.

## HOROSCOPES

October 18 to October 24

### ARIES - Mar 21/Apr 20

Aries, even though you have taken a couple of steps in the wrong direction it's not too late to backtrack and change things around. This is the week for redemption.

### TAURUS - Apr 21/May 21

Taurus, this week will be slow for you so you will need to make your own fun to stay occupied. Why not host a get-together with your closest friends?

### GEMINI - May 22/Jun 21

You are feeling all sorts of positive energy, Gemini. Harness it and put it to good use, either around the house or at work. Others will be drawn to your magnetism.

### CANCER - Jun 22/Jul 22

Rethink those plans you have for later on in the week, Cancer. It's likely weather will put a damper on what you had in mind. Scorpio has a secret for you on Thursday.

### LEO - Jul 23/Aug 23

Leo, your generous and warmhearted nature could be the key to your undoing if you let others take advantage of you. This week resist the urge to meddle.

### VIRGO - Aug 24/Sept 22

Virgo, you are blessed with an eye for detail that many people would love to possess. But if you let this border on obsession, especially this week, you'll be feeling lonely.

### LIBRA - Sept 23/Oct 23

You want to be helpful, Libra, but by helping someone else you could be neglecting the person closest to you. Open up your eyes before you act and see who it might be affecting.

### SCORPIO - Oct 24/Nov 22

Somehow you've turned dark clouds into sunny skies, Scorpio. It will truly be a good week for you with lots of happy days and a chance to rekindle a little romance.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a mix-up at work leaves you scrambling for a quick fix. Look to Pisces, who may have the answer you seek. Time spent at home is considerably less stressful.

### CAPRICORN - Dec 22/Jan 20

Financial squabbles with a spouse or loved one can put your relationship on a rocky road for a few days, Capricorn. It's best to resolve these issues before they escalate.

### AQUARIUS - Jan 21/Feb 18

Restlessness is to be expected this week, Aquarius. You are a people-pleaser, and when there aren't enough people around you are off of your game.

### PISCES - Feb 19/Mar 20

Surprising facts come into play, Pisces. The news is unexpected and could knock you off-kilter for a while.

### FAMOUS BIRTHDAYS

OCTOBER 18	Zac Efron, Actor (22)
OCTOBER 19	John Lithgow, Actor (64)
OCTOBER 20	Tom Petty, Singer (59)
OCTOBER 21	Carrie Fisher, Actress (53)
OCTOBER 22	Christopher Lloyd, Actor (71)
OCTOBER 23	Al Leiter, Former Athlete (44)
OCTOBER 24	Kevin Kline, Actor (62)

Horoscopes brought to you compliments of:

**STEVE MORSE**  
HEAVY TOWING  
LIGHT ROADSIDE  
www.morsetowing.ca (902)825-7026

**24 HOUR SERVICE**  
Auto Clubs Accepted

### 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 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 and there will be take out!

### 8th Annual Coffee Party & Gala Quality Craft Sale

Three Rivers Community Hall, Saturday October 24th 9:00-12:00. Proceeds to the Torbrook Mines United Church Workers for church and community purposes.

### Special Brunch

Special Brunch, Sunday October 25th, 2009 at 12:00 noon at Queen of Heaven hall, Church Street, Greenwood. Sponsored by the Knights of Columbus Greenwood/Middleton Council. Only \$4.00. Your support will help feed those who cannot feed themselves. Everyone welcome.

### 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.

### Carousel Fundraiser

The Carousel Fundraiser to support VRH is being held Sat. Oct 17th at the Kingston Fire Hall, Sparky St. Kingston from 10:00 a.m. to 2:00 p.m. Admission is \$2.00 (includes 20 tickets for ticket auction) many tables including children's activities). Lunch/Desert will be available. Proceeds for Valley Regional Hospital Expansion Fund. Hosted by Soldiers Memorial Hospital, Greenwood, Kingston, Nictaux, and Lawrencetown Auxiliaries.

### Community Breakfast

Saturday Oct 24, 8:00-10:00 a.m. - There will be a Community Breakfast at the Kingston Baptist Church, Main St, Kingston. For a free-will offering, come and enjoy a delicious, hot breakfast. All are welcome.

### Praise Service

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, October 22, 2009.**  
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
<b>Limited to one win in a TWO MONTH PERIOD.</b>	
The winner will be drawn randomly from all correct entries. Only one entry per person per week.	
<b>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!</b>	
1. Whose ad has Femal® Flower Power on it	_____
2. Who is holding an auction on November 1st	_____
3. Who is the president of Fundy Ford	_____
4. What is Ledgehill's website	_____
5. Whose ad says, "Ahoj Mates!"	_____

**Pizza Delight**  
This contest is brought to you by:  
**Pizza Delight, Greenwood**  
**765-4477**  
Congratulations to last week's winner: LOUIS COMEAU

Sunday Oct 25, 7:00 p.m. - There will be a Praise Service at the Kingston Baptist Church, Main St, Kingston, featuring music from Graham Moorehead and Friends. A fellowship time with refreshments will follow the service. All are welcome to attend!

### 8th Annual Coffee Party and Gala Quality Craft Sale

Three Rivers Community Centre Saturday October 24th 9:00-12:00 Admission *Free* to browse and buy first quality handcrafted gifts. But if you want to gobble up a buffet of sweet breads, fresh muffins, cheeses, cookies, quiche, fruit juices, coffee and tea then it will only cost \$5.00. Sponsored by Torbrook Mines United Church Workers. Proceeds to Church and Community Support.

### CAPS Paws N' Pumpkins Open House

The Companion Animal Protection Society (CAPS) is hosting a Paws N' Pumpkins open house at its largest foster home, 1468 Ben Phinney Road, Margaretsville, Sunday, Oct. 25 from 2:00 to 4:00 p.m. Come see the cats and dogs available for adoption! Donations for the organization, such as dry and canned cat food; wood pellets; fleece blankets; litter boxes and cleaning supplies would be greatly appreciated.

### Ex RCAF Airwomen Luncheon

The next Luncheon for the Ex RCAF Airwomen will be held Oct 29, 2009 at the MidValley Motel at 12:00 noon. For more info contact Pauline at 765-6580 or Terry at 765-0532.

### Girls' Night Out!

Health Auxiliary of Soldiers' Memorial Hospital invites ladies to a special evening at the Falcourt Inn with express manicures, minute massage, facial/make-up info, beverages and music in this community fund raiser. Tickets (25.00) for Wednesday, Nov. 4 at 7:00 p.m. available from Elizabeth Spinney, 825-6841 and Ruth Brigley, 825-3663.

### Bake Sale

It's that time of year again. The Valley Animal Shelter will hold its annual Bake Sale on Friday, October 30th, 9:00 a.m. - 3:30 p.m., at the Valley Drug Mart (Pharmasave) in Middleton. Expect to find all sorts of yummy goodies such as homemade candy, squares, cookies, breads, preserves and more. For more information, please call Jennifer at 765-6629.

### 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.

### Rummage Sale

IODE Rummage Sale will be held on sat. Oct.31st at the NSCC, Middleton from 1:00 - 3:00 p.m.

### Kingston/Greenwood Living With Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will hold its October monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 - 9:00 p.m. Monday, 19 Oct 09. Topic for the evening will be an Update on Activities With the Canadian Cancer Society by District Coordinator, Amanda Bent. Cancer patients, their family and friends or anyone seeking information on cancer are most welcome and encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce 765-3055.

### Big Breakfast

Middleton Curling Club, 6 King Street. Saturday, Oct 24 from 8:00 - 11:00 a.m. \$6.00 per person. A community favourite.

**The 107 Valley Wing**  
904 Central Ave. Greenwood  
**Air Force Association of Canada**

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

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

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

We are open 7 days a week for your convenience.

We are looking for new members!

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

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



# 14 Wing Combined Charities is excited to present a Halloween *Spooktacular* event on 30 and 31 October for both adults and kids!

**Submitted by:**

**Lt Dave Penney**  
- D/W Pers Svcs O

**Friday, 30 October at the Annapolis Mess:**

**1130 to 1330 hrs -**

All Wing Personnel are invited to participate in the Monster Potluck. For those who bring a \$5.00

donation and anything to the potluck, it will be an "All you can eat" affair. Let's see which unit has the best food!

**1400 to 2100 hrs - A**

Silent Auction will be take place on goods or services generously donated by local businesses of the

Valley. Lots of fantastic items up for bid! Winners will be announced on Monday, 3 November.

**1900 to 0200 hrs -**

Everyone is welcome to the Halloween costume party featuring two local amateur bands, as well as the headliner Dressed to Kill, a KISS tribute band. This is a great reason to go out for a night of fun before winter arrives for only \$10.00!

**Saturday, 31 October**

**at the Cadet Camp:**

**1000 to 1300 hrs -**

Kids can come explore a Haunted House, rumoured to be filled with all sorts of scary stuff for Halloween. The 14 Wing Firefighters will be there and have something

special for the kids. And BBQ hot dogs and drinks will also be available.

All these fun events are taking place to raise funds for charity because 14 Wing believes that "Locally, we make a difference"!



Want to advertise in our Award Winning Newspaper call 765-1494 ext. 5833

or visit our website at: [www.auroranewspaper.com](http://www.auroranewspaper.com)

**...let's talk about YOU!**

Send your articles and photos to: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

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



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

© 2009 Bonnie J. Malcolm



Solution: 1. Leg on footstool is missing. 2. Board on porch is missing. 3. Nose appears on pumpkin. 4. Branch on log is missing. 5. Leaf by girl is colored in. 6. Bush in background is colored in. 7. Neckline on girl's costume is colored in. 8. Stripe on boy's pants has moved. 9. Bat on bag has moved. 10. Ghost in tree has moved. 11. Grass beside porch has moved. 12. Spider has moved.

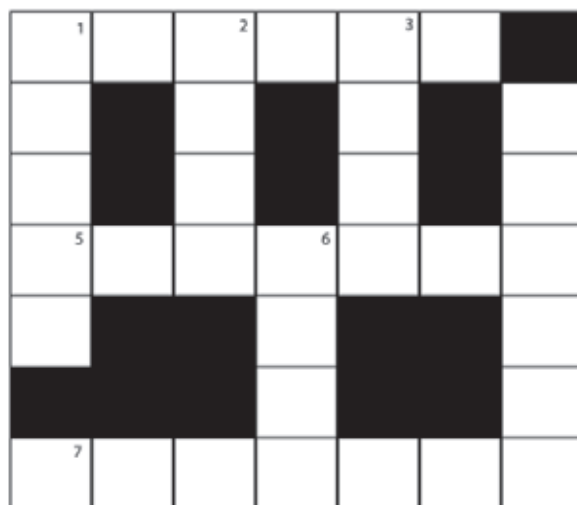
Com Parrot brought to you compliments of:



954 Central Avenue  
Greenwood  
**765-6381**

## PATRICK'S PUZZLE

### Crossword Puzzle

**ACROSS**

1. Another word for scary  
5. Come to the surface again  
7. Set of clothes

**DOWN**

1. To frighten  
2. A smell  
3. Youngsters  
4. Part of the mouth  
6. Malaysian fabric

Answers:  
Across  
1. spooky 5. risen 7. costume  
Down  
1. scare 2. odor 3. kids 4. tongue 6. ikat

Patrick's Puzzle brought to you compliments of:



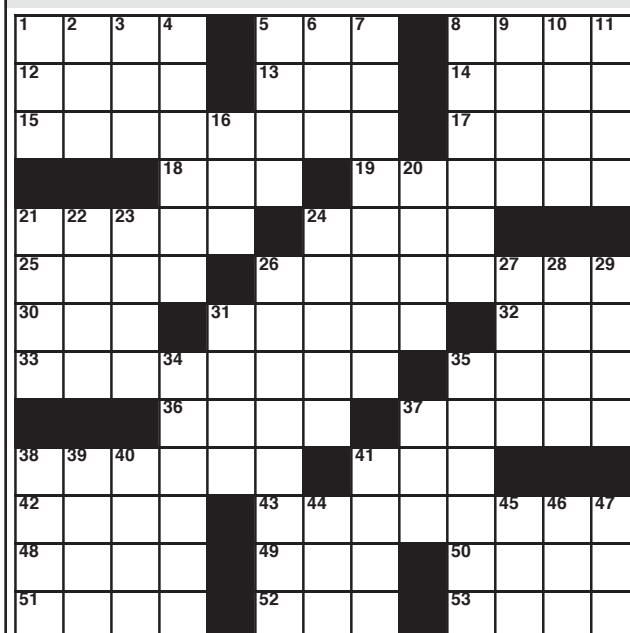
authorized dealer  
Cellular Sales & Service  
Authorized Product Care Centre  
**765-2415**

## Canadiana Crossword

### Father Knew Best

By Bernice Rosella and James Kilner

Solution page 22

**ACROSS**

- 1 Egotistic  
5 Dandy  
8 Asian nation  
12 Region  
13 Roman household god  
14 Nigerian people  
15 Maven  
17 Biblical you  
18 Wrath  
19 Internal organs  
21 Popular cinema name  
24 Iranian currency  
25 Oast  
26 Capped  
30 MLS offering  
31 Harmonizes  
32 Ironic  
33 5th largest Australian city  
35 Experience  
36 Obsessed, in a way  
37 Of moons  
38 Excites  
41 Dine  
42 Direction to Dugald

**DOWN**

- 43 Omission  
48 Membrane  
49 Lion sign  
50 Formerly  
51 Plate or run opener  
52 White lie  
53 Turnpike  
1 Sixth Hebrew letter  
2 Hebrew given name (meaning lion)  
3 Blood or draft follower  
4 Part 6 of today's quote  
5 Bit of ice  
6 Americas org.  
7 Part 3 of today's quote  
8 Part 5 of today's quote  
9 Khan  
10 Old Greek coin  
11 Beneath in Brossard  
16 Pot  
20 Many Scots  
21 Gumbo

- 22 Passed away  
23 Otherwise  
24 Opus  
26 Conclusion of today's quote  
27 Dual  
28 Ms Bombeck  
29 Clothing colourer  
31 Rational  
34 Part 2 of today's quote  
35 Sir Charles  
\_\_\_\_\_, Author of today's quote  
37 Lions legendary kicker Passaglia  
38 Start of today's quotation  
39 A Chinese dynasty  
40 Calla Lily or Jack-in-The- Pulpit  
41 Boor  
44 Hawaiian garland  
45 Sign of a sold out attraction  
46 Part 4 of today's quote  
47 The S in CST

Weekly Crossword brought to you compliments of:

**BEST TOYOTA**

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



# Classified Ads

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

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](mailto: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.

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

**PARKER & RICHTER**  
Barristers, Solicitors, Notaries  
**Chris Parker L.L.B**  
**Ronald D. Richter**  
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Southgate Court,  
Greenwood N.S.  
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Fax: **902-765-4120**  
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Tel: 902-825-6288  
Fax: 902-825-4340  
Email:  
[info@colesawlerlaw.ca](mailto:info@colesawlerlaw.ca)  
Website:  
[www.colesawlerlaw.ca](http://www.colesawlerlaw.ca)  
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Counsel:  
**Clare H. Durland, Q.C.**  
(Non-Practicing)  
Phone (902) **825-3415**  
Fax (902) 825-2522  
74 Commercial Street  
P.O. Box 700  
Middleton, NS  
B0S 1P0

**Crossword Solution**

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

**FOR SALE**  
FOR SALE – Decorative wall plates \$20.00 each. Ian Millar & Big Ben. Silver coin \$100.00. Phone: 902-765-0292. If no answer please leave a message and your call will be returned. (3041-2tp)

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It has a Training Program, Huge Market, Unique Product and a Free Evaluation.  
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Many Used Windshields Available at Reduced Prices  
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**FOR SALE – HONEYCRISP apples.** Half bushel (approx. 20 pounds) bag \$15. Bob Johnson, 2380 Harmony Road, Aylesford. NS (6 km south of Aylesford). Phone 847-9146. (3042-2tp)

**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.

**DAN'S FIREWOOD**  
Hardwood, \$180 a cord  
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Cut, Split, Delivered  
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Hard wood \$185 a cord  
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**David A. Proudfoot**  
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**Email: [dap@davidproudfoot.com](mailto:dap@davidproudfoot.com)**  
**Web: [www.davidproudfoot.com](http://www.davidproudfoot.com)**  
**T: 902-765-3301 F: 902-765-6493**

\$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** – 2 bedroom apartment in adult building located in central Kingston. Available October 1st. Fridge and stove

**Steve Lake's Light Trucking**  
Moving & Deliveries  
**844 0551**

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

included. \$450.00/month plus utilities. Please call 765-6879 after 4pm, references required. (3042-1tp)

**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. (3042-1tp)

**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)**

*Abatement*  
*Massage Therapy Clinic*  
Registered Therapists in a quiet professional environment. Across from Greenwood Mall (Beside Miss Kelleys)  
**765-8500**

**FOR SALE FIREWOOD**  
Clear Hardwood  
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Quality Guaranteed  
Please Phone  
**825-3361**

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[www.freemansautosales.com](http://www.freemansautosales.com)  
820 Main Street, Kingston  
**765-2544 765-2555**

**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)

**SERVICES**  
**DROP & LOCK STORAGE** – Kingston/Greenwood's newest building, clean, secure self storage your lock—your security code sizes: 10' x 10' or 5' x 10'

847-1405 or 760-0278. (2903-ufn)

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

**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)

**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)

**UNRESERVED AUCTION**  
Sunday, November 1, at 1:00 p.m. Indoors  
**169 Crocker Rd., Harmory, Kings Co.**  
(South of Greenwood)  
Owner, Kim Keddy, moving - all contents of house and barn, wood workshop, outbuildings: antiques, furniture, buggies, lumber, equipment, collectibles.  
• Viewing at 11:30 a.m. • Cash & Cheques  
• Info: 902-765-4587 • Auctioneer: Garry Leeson  
See Chronicle Herald, Thurs., Oct. 29 for detailed list.

**JASON BEZANSON**  
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# 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 also are 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 determined as soon as there is sufficient interest. At that time, registration will be done on a first come, first serve basis! 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.

## GMFRC • Feature of the Week

### Volunteer Services

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

Coordonatrice Janie Gagnon au 765-1494 local 5938 ou courriel à 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.

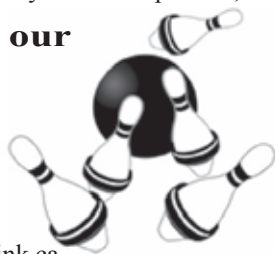
Greenwood Bowling Centre  
Call Today 765-1494

Extension 5631

FAX 765-1255

Web [www.spinbowling.ca](http://www.spinbowling.ca)

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



## 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)

### Children's Deployment Support Group

Sunday, November 8th, 2009

1:00 p.m. – 2:00 p.m.

GMFRC

FREE

Registration deadline: Thursday, November 5th, 2009

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 – 3-5yrs, 6 – 8 yrs and 9 – 12 yrs. 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. 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.

## 14 Wing Greenwood Celebrates 100 Years of Powered Flight in Canada!

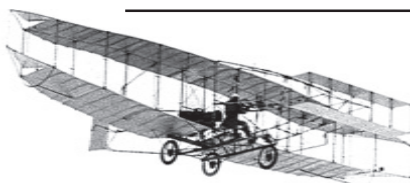
Centennial of Flight is a year long celebration recognizing 100 years of powered flight in Canada. Your business will receive maximum exposure to our 2300 military and civilian personnel, their families and the thousands of residents in the surrounding communities.



*Every business is welcome to participate in our Centennial of Flight Celebrations.*

For more information on sponsorship contact **Rod Reeves**, 14 Wing Sponsorship Coordinator at 765-1494 local 5058 or (902)840-0739 or email: [RODERICK.REEVES@forces.gc.ca](mailto:RODERICK.REEVES@forces.gc.ca).

[www.greenwood100years.com](http://www.greenwood100years.com)



## Centennial of Flight Merchandise

*Limited Edition Commemorative Centennial of Flight License Plates & Micro Mess T-shirts*

Get yours today, call 765-1494

Rod Reeves, Birchall Centre ext. 5058

Anne Kempton, The Aurora Newspaper ext. 5833

We Engrave & Customize Gifts 765-3900

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## BLOW OUT SALE

T-SHIRTS  
\$10 each

LICENSE  
PLATES  
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**Now \$5.00**

Tax included in the price.





# Golden Oldies Autumn Success



*"The Hawks", winners of the 'Holmesy Trophy'.*



*Hawks vs. Bruins – Finalists for the 'Holmesy Trophy'.*

Your elder-skaters, better known as The Greenwood Golden Oldies Hockey Club, ended September and began October on a very successful note.

The Nova Scotia Plus-55 Games were held in Yarmouth on the last weekend of last month. The GO brain-trust, Bobby Holmes, Dave Kennedy, and Jeremiah Meade fashioned a Valley all-star contingent which brought home all the marbles for the third

straight such tournament. Players from Wolfville to Middleton rounded out the Greenwood based squad, which has never lost a game in Provincial Plus-55 Play.

Kingston's Brian Stark put on another skating and shooting clinic. Net-minders Tony Martin, Harmony, and Nictau's Paul Veinot each recorded a shut-out and each allowed only one goal.

The team will now represent Nova Scotia at the National games to be held in

Oakville ON next August. Bob Landry, Dave Kennedy and Jerry Meade will be joining "THE" *Golden Oldy*, Bobby Holmes, on a Plus-65 squad. At last year's National Games, the younger team placed fourth and Bobby's team earned a Silver Medal.

Eight Provinces and two Territories took part.

Last weekend the GOHC conducted another great local hockey weekend, the Veteran's Slap and Putt Tournament. Veteran Eric Dwyer flew in from Afghanistan the night before... now that's dedication!! Veterans from Pictou, HRM, Berwick, Kentville, Lake Paul, Kingston, Greenwood, Port Williams, Port George, and Coldbrook participated in this well regarded opportunity for comradeship and play. All were active sportsmen during their many years of service and relish the opportunity to enjoy again the military ambience of 14 Wing Greenwood.

On the ice, player/manager George Kennedy's Wings scored lots of goals but eventually lost to Jerry Meade's Leafs in the Donnie Neville Division Championship game. The Canadiens got by the Rangers to win the "C" Division. Bobby Holmes' well-oiled Bruins were eventually out-classed by the undefeated Hawks. Player/Manager John MacDonald led the dominant black-shirts to the coveted Holmesy trophy.

Kudos and thanks go to the Arena Staff, the Military Police and Commissionaires, and the Accommodations people. Donations to Minor Hockey and the Canadian Cancer Society make them the big winners.

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alternative, might help you.

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Veg. Caps  
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"Earth Laughs in Flowers..." - Ralph Waldo Emerson

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Wagon Rides  
Picnic Area  
**Fun for the whole family**

**\$6 admission**  
Children under 5 are **FREE**  
**Family Pass \$20**  
(2 adults/2 children)

Ask about  
group/class rates

13842  
Highway 1,  
Wilmot, NS  
902-825-6712



**Haunted Maze on Oct 23, 24 and 31**  
Trick or Treat Maze for kids on Oct. 30<sup>th</sup>  
Haunted & Trick or Treat Mazes: 4-8 pm  
(\*treats for the 1<sup>st</sup> 200 customers at each mailbox)

**OPEN Mon to Fri 1-7 | Sat/Sun 10-7**

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