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B0P 1N0**SECTION**

Bristol / Fairchild	
Bolingbroke	2
One Canadian	
Soldier Killed	3
Deploying MSS Families	7
Remembrance Day	12
Employment Equity	14

**COMMUNITY**

Child Care Survey	4
Blood Donor Clinic	4
Youth Happenings	6
LCC Offerings	10
GMFRC Offerings	16
"Live at Five"	
Broadcast	23

**SPORTS**

Greenwood Foursome	
Heading to Nationals	15

**WEEKLY**

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

# The Aurora

## newspaper



## Canadian Warship Enters Mediterranean Sea

**STRAITS OF GIBRALTAR** - Her Majesty's Canadian Ship *Fredericton* sails past the historic Rock of Gibraltar on November 1st, as she enters the Mediterranean Sea in transit to the Arabian Sea, Indian Ocean and the Horn of Africa. *Fredericton* will integrate into Standing NATO Maritime Group 1 as Canada's ongoing naval contribution to NATO and counter piracy and integrate with Combined Task Force 150 as part of the campaign against terrorism.

(Credit: Corporal Peter Reed, HMCS *Fredericton* Imagery Technician)



## Un navire canadien entre dans la mer Méditerranée

**DÉTROIT DE GIBRALTAR** - Le navire canadien de Sa Majesté *Fredericton* passe à proximité du rocher de Gibraltar et entre dans la mer Méditerranée le 1er novembre dernier pendant son voyage en direction de la mer d'Oman, l'océan Indien et la Corne d'Afrique. *Fredericton* se joindra au 1er Groupe de la Force navale permanente de l'OTAN dans le cadre de la contribution maritime permanente du Canada à l'OTAN et la lutte contre la piraterie. Le navire prendra également part aux activités de la Force opérationnelle multinationale 150 aux fins de la lutte contre le terrorisme.

(Photo: Par le caporal Peter Reed, Photographe du NCSM *Fredericton*.)

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# Bristol / Fairchild Bolingbroke

By: Wayne Bailey

The Greenwood Military Aircraft Museum (GMAM) is now home to a Bristol / Fairchild Bolingbroke (Boly) aircraft which flew during World War II. Bolingbroke is Saxon and means "The Home by the Brook of Bullas People."

The major components, gathered from various locations throughout the prairies arrived by truck on Monday the 26<sup>th</sup> of October, and were unloaded by Museum staff, volunteers and personnel from the Base transport section, and placed in the workshops behind the GMAM.

The Boly is a copy of the Bristol Blenheim, a twin engine coastal

reconnaissance light Bomber, and 4,422 of various Marks were built and flown by Royal Air Force Squadrons (Sqns). Blenheims flew before and during the Second World War from the United Kingdom and British occupied territory in the Middle and Far East. The Blenheims were the first aircraft to make a reconnaissance flight on September 3<sup>rd</sup> 1939 into Germany and the next day, bombing raids commenced during the opening stages of the war. Eventually, the aircraft would be part of 70 Sqns at the height of its popularity during the war. Other nations such as Turkey, Greece, and Finland

also flew the Blenheim.

The Bolingbroke, forever known as the Boly, was ordered into production in Canada by the Royal Canadian Air Force (RCAF) and the prototype was shipped to Fairchild Canada in Longueuil, Quebec. The first Bolingbroke Mk I in RCAF livery #702 flew at Longueuil Quebec on September 14<sup>th</sup> 1939. After a short run of 18 aircraft, constructed to British specs as the Bolingbroke MK I, Fairchild switched production to the Bolingbroke MK IV with Canadian and American instruments and equipment and extra fuel tanks for longer range. De-icing boots and a dinghy were also added and other changes such as two Pratt and Whitney twin Wasp engines instead of the Bristol Mercury VIII radials, were tried with only 15 built. One Mk I was converted to a float plane for a short time in North Bay Ontario, but most of the Canadian production were Mark IV with the Bristol Mercury XV (136 built) or the Mark IV T multi purpose trainer (457 built).

A total of 626

Bolingbrokes were built by Fairchild and they served on both coasts and after Pearl Harbour two squadrons served as bombers during the Aleutians Campaign. The Boly's stationed in Greenwood were sub hunters and training aircraft as part of the British Commonwealth Air Training Programme.

The project officer for this extensive restoration

is Major Bob Johnson, the Commanding Officer of 517 Flight Lieutenant Graham Royal Canadian Air Cadets and was the Project Leader on the recently completed Zenair aircraft.

More information about the restoration will be found in future articles with more about the history and information on our Boly. Volunteers civilian, military or ex-military for

this and other projects at the Museum are always welcome. Those with sheet metal skills would be a definite asset, but not a requirement. Applications and more information can be acquired from the Museum Staff, Tuesday to Saturday 10:00 a.m. to 4:00 p.m.

Information found herein courtesy of Warbird Alley ([www.warbirdalley.com](http://www.warbirdalley.com)) and Wikipedia.



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 ~ Coupon Expires December 31/2009. ~

**Greenwood Military Aircraft Museum's Bolingbroke loaded and ready for transport from CFB Winnipeg MB to Greenwood on Centerville NS trucking company, G.B. Morse and Sons "B Train".**

(Photo: W.Bailey – GMAM)

# 3rd Annual Christmas Shopping Expo

**Where:** Queen of Heaven Church, CFB Greenwood  
Corner of Church St and Kingswood Place

**When:** 6–9pm, Friday, November 20, 2009  
9am–1pm, Saturday, November 21, 2009

**Cost:** FREE Admission  
Donations to Queen of Heaven Church will be accepted at the door.

**Take a break!**  
Bring a friend, enjoy some refreshments, do some shopping while supporting home-based businesses in your community.

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## 14 Wing Greenwood Officers' Mess

# Retirement Candlelight Dinner

**Honoured Retiree: Maj (Retd) Jeff McBean**

**Saturday, 21 Nov 09**

**6:30pm Cocktails (Lounge A)**

**7:00pm Dinner**

**Main Course: Beef with mix vegetables, vegetarian option**

**Cost: \$30 per person**

**Open to Regular and Associate Officers' Mess members**

**Dress: Semi-formal, shirt and tie, female equivalent**

Tickets for sale through the Annapolis Mess administration office until 13 Nov 09

Advise OPIs of special meal requirements or seating requests prior to 13 Nov 09

For more information, contact  
2Lt Sylvie Landry (404 Sqn) local 3648 or Capt Keith Fugger (MPEU) local 3109



# One Canadian Soldier Killed in an Explosive Device Strike

# Un soldat canadien tué par un engin explosif improvisé

CEFCOM

**OTTAWA (October 30, 2009)** -- One Canadian soldier was killed by an improvised explosive device that detonated near his dismounted patrol approximately 10 km south-west of Kandahar City at approximately 4:30 p.m. Kandahar Time on 30 Oct 2009.

Killed in action was Sapper Steven Marshall, from the 1 Combat Engineer Regiment based in Edmonton, Alberta, serving as a member of the Task Force 3-09 Battle Group.

Sapper Marshall was conducting a foot patrol in the Panjwayi District when the incident happened. No other soldiers were injured in this incident.

We are all thinking of the family and friends of our fallen comrade during this sad time and our thoughts and prayers are with them. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province. We will continue our mission as we remember the lives of our fallen soldiers.

Members of Task Force Afghanistan work with Afghan security forces for the greater good of Afghanistan. We remain focused and determined to bringing peace, stability and good governance despite the challenge imposed on us by the insurgents. We remain committed to Afghanistan.



**Sapper / Sapeur Steven Marshall.**

(credit/source: CF Photo)

COMFEC

**OTTAWA (le 30 octobre 2009)** -- Un soldat canadien a été tué par l'explosion d'un engin explosif improvisé près de sa patrouille à pied à environ 10 km au sud-ouest de Kandahar City vers 16 h 30, heure de Kandahar, le 30 octobre 2009.

À été tué au combat Le Sapeur Steven Marshall, appartenant au 1er Régiment de Génie de combat basé à Edmonton, en Alberta, et servant à titre de membre du groupement tactique de la Force opérationnelle 3-09.

Le Sapeur Marshall effectuait une patrouille à pied dans le district de Panjwayi lorsque l'incident s'est produit. Aucun autre soldat n'a été blessé dans cet incident.

Nous pensons tous à la famille et aux amis de notre camarade décédé en cette heure triste et nos pensées et nos prières sont avec eux. L'engagement et le sacrifice de nos soldats et de leurs êtres chers aident à faire une différence dans la vie des gens de la province de Kandahar. Nous poursuivront notre mission en nous souvenant de la vie de nos soldats décédés,

Les membres de la Force opérationnelle en Afghanistan œuvrent avec les forces de sécurité afghanes pour le plus grand bien de l'Afghanistan. Nous demeurons concentrés et déterminés à apporter la paix, la stabilité et la bonne gouvernance malgré les défis qui nous sont imposés par les insurgés. Nous demeurons engagés envers l'Afghanistan.



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# 14 Wing Child Care Survey

As the posting season is now over and most 14 Wing families now well settled into a school year routine, the leadership at 14 Wing would like to take this opportunity to ask you to help us address child care within our local community.

Recognising that child care is an extremely important issue to the families of 14 Wing, we are asking for your help to assist us to identify the areas where additional work can be focussed to ensure that all of your child care needs are being

met. We would so much appreciate a few moments of your time to complete a short survey which will help us determine if there are any shortfalls that we can address. It is requested that all surveys be returned by 25 Nov 09.

The survey can be completed on line by going to [www.annapolismess.com](http://www.annapolismess.com). Both English and French versions are available. For those without computer access, the survey can also be accessed in hard copy at the Wing Orderly Room in

the HQ building or at the MFRC. Once completed the surveys can be returned to those locations. Returns are requested by 25 Nov 09. Your assistance in completing this survey and helping us to more fully meet the needs of our community is most appreciated.

Questions can be directed to LCol P.J. Smith McBride, W Admin O at 765-1494 extension 5231 or to Pamela. [Smithmcbride@forces.gc.ca](mailto:Smithmcbride@forces.gc.ca).

## Sondage sur les services de garde à la 14<sup>e</sup> Escadre

Maintenant que la saison des affectations est terminée et que la plupart des familles de la 14<sup>e</sup> Escadre ont bien intégré la routine de l'année scolaire, la direction de la 14<sup>e</sup> Escadre voudrait profiter de l'occasion pour vous demander de nous aider à traiter le dossier des services de garde dans notre collectivité.

Les services de garde constituent une question extrêmement importante pour les familles de la 14<sup>e</sup> Escadre, et nous vous demandons votre aide en vue de déterminer les points sur lesquels nous devrions concentrer tout effort

additionnel nécessaire pour que tous vos besoins en matière de services de garde soient satisfaits. Nous vous serions donc très reconnaissants de prendre quelques instants pour répondre à un bref sondage qui nous aidera à déterminer s'il y a des lacunes que nous pourrions combler. Nous vous demanderions de nous retourner tous les sondages d'ici le 25 novembre 2009.

Le sondage se trouve en ligne au [www.annapolismess.com](http://www.annapolismess.com). Des versions en français et en anglais sont disponibles. Pour les personnes qui n'ont pas accès à un ordinateur, il

est aussi possible d'obtenir le sondage en copie papier à la salle des rapports de l'Escadre dans le bâtiment du QG ou au CRFM. Vous n'avez qu'à retourner le sondage à ces mêmes endroits une fois que vous l'aurez rempli. Encore là, nous vous demandons de le retourner d'ici le 25 novembre 2009. Merci énormément de nous aider à mieux satisfaire les besoins de notre collectivité en remplissant ce sondage.

Si vous avez des questions, n'hésitez pas à communiquer avec le Lcol P.J. Smith McBride, O Admin Ere, au 765-1494, poste 5231 ou à Pamela. [Smithmcbride@forces.gc.ca](mailto:Smithmcbride@forces.gc.ca).

**By: Eric MacKenzie**

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will now be holding two day donor clinics as a result of the support from our local

communities. Let's respond and take advantage of this opportunity by filling up two full days with appointments. If we can double our one day attendance, over both days, Canadian Blood Services may be able to collect enough donations to save over a thousand lives!

## Blood Donor Clinic

The next two day donor clinics will be held at the 14 Wing Greenwood Community Centre on Tuesday November 17<sup>th</sup> and Wednesday November

18<sup>th</sup>. Donors can either give during the 1:00 – 3:00 p.m. time slot or the 5:00 – 8:00 p.m. evening slot on Tuesday the 17<sup>th</sup> or Wednesday the 18<sup>th</sup>. If you are interested in

giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

**Please note that if you get a flu shot, you must wait 2 days after the shot before donating blood.**

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

## Subway Swimmers of the Week



**Jack Jamieson**, Novice 9yrs old, 2nd year with GDSC  
Favourite Stroke: Frontcrawl  
Other Interests: Making forts in the woods



**Julie Hotton**, Age Group 1 11yrs old, 2nd year with GDSC  
Favourite Stroke: Breaststroke  
Other Interests: Piano and Arts



**Courtney Ward**, Nova Tech 1 12 yrs old, 1st year with GDSC  
Favourite Stroke: Butterfly  
Other Interests: Cooking and playing with friends



**Gregory Marshall.**



**Jenna Marshall.**



**Edwin (Ned) Brooks.**

## Greenwood Players Present Robin Hood and Babes in the Wood

AVM Morfee Centre. December 8th to 12th.

Tickets \$8.00. Curtain time 7:30 p.m.

Tickets now on sale at Middleton and Kingston Pharmasaves.

More info - Call 825-0019.

Featured this week are Gregory Marshall, Jenna Marshall and Edwin (Ned) Brooks who play villagers and members of Robin Hood's merry band.

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

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

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B0P 1N0



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



## Vincent & Pigott Engagement

Wendy & Harry Vincent are very pleased to announce the engagement of their daughter Elizabeth Erin Vincent to Liam John Joseph Pigott, the son of Jackie and Liam Pigott. Very proud grandmothers are Marie Vincent and Velma Starrak. Erin & Liam both currently reside in Frankford Ontario and they are pursuing careers in the Canadian Coast Guard. Erin is a Maritime Coordinator at Joint Rescue Coordination Centre Trenton and Liam is Captain of the Canadian Coast Guard Cutter Cape Providence out of Meaford Coast Guard Station.



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Education and Employment Services  
765-1494 local 1816  
Kristen.Lawson@forces.gc.ca



## CUCINA AURORA



### Garlic and Onion Bread

1 lb. Self-raising flour  
2 cups Buttermilk or yoghurt  
1 pkg. White onion soup (dry mix)  
4 Cloves garlic (or more if your friends can cope)

This is the simplest bread ever.  
Mix it all up, grate some cheese on top and bake for about an hour at 180°C.

# Business of the Week

## Kellock's Licensed Eatery

The Grand Old Lady at 160 Commercial Street, Berwick www.kellocks.ca has proved herself over the last four years. Kellock's Licensed Eatery celebrated its 4th Anniversary in July. One of the biggest challenges for Rand and I is the misconception that Kellock's is fine dining. The cutlery is napkin wrapped and there are no tablecloths. Kelly and Jenn have years experience in the industry and developed friendships with their regular customers and are always excited to share their dining rooms with new faces. Kellock's is a wonderful place to have lunch or super with its original tin ceilings and interesting art. Our restaurant has seating for 60 people which includes a dining room upstairs that seats 18 and is perfect for meetings and private parties. Chef Kevin has continued over the last 4 years to create a variety of menus including Wine Dinners and the many catering events we have had the opportunity to do. We welcome Terry Corkum who along with Kevin will continue to bring versatility to Kellock's.

At Kellock's we try to do things with a twist, to step outside the box providing our customers with a variety of tastes to tease their taste buds. The Liver & Onions (most say is the best they have tasted) Steaks Hand Cut & cooked to perfection served with Yukon Gold Smashed Potato & Vegetables, Thai Chicken Curry, Apple Wood Smoked Chicken Penne, Coquille, right down to



Wings, Burgers and Fish & Chips all which have proven to be house favourites & made to order. The Philly Beefsteak sandwich is returning along with a new snack platter. We all know the economic times around our Country are issues for us all therefore we are trying to keep our prices at a place where we have something for everyone. The lunch buffet is \$10.95 and we have a selection under \$10.00 with a children's menu as well. We are excited to be presenting our winter menu with Kellock's Comforts. Recipes our Grandmothers' made that will warm your bones and soothe the soul. Our signature Grape Martini made with grapes grown on site leads the way in our full service bar. Local and International Wines, Import & Domestic Beers you can even top off your evening sipping a Special Coffee with real whipped cream.

One of the most interesting features being the Sole Proprietors Rand and I have is the flexibility to change our menu at least twice a year, buy local, supporting local organizations with their fundraisers & having a staff that are an extension of our family. As always we enjoy our own Eatery love decorating it for all the seasons and there is nothing better than sharing a meal with our family, friends and the many customers we have met over the last 4 years and the many more we look forward to welcoming to Kellock's.

**Kellock's ~ Closed Sunday & Monday**

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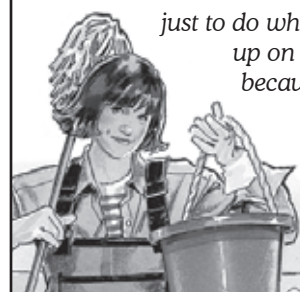
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# General Safety News: Role of the Wing Workplace Health & Safety Committee

Submitted by: **R.I. Walsh, CRSP,  
Wing General Safety Officer**

This article will outline the role of our 14 Wing Workplace Health & Safety Committee (WWHSC) and hopefully help you understand the key role this committee plays in ensuring a safe and healthy workplace for all at 14 Wing.

The Canada Labour Code Part II, which is the guiding legislation for Occupational Health and Safety within federally regulated workplaces, requires that a Workplace Health and Safety Committee be established for workplaces that have 20 or more civilian employees. Such committees are comprised of both labour and management representation. Management representatives are appointed by the employer, while labour representatives are selected by our respective trade unions.

At 14 Wing, Commanding Officers/Branch Heads appoint their Unit General Safety Officers (UGSOs) who attend the WWHSC meetings on their behalf. Local trade unions appoint Labour Representatives to attend the WWHSC meetings. There should be a quorum of Management and Labour representatives at the table. The committee is co-chaired by a Management Rep, appointed by the employer, and a Labour Rep, appointed by the local trade unions. This committee is obligated, by legislation, to meet at least nine times per year.

## Your WWHSC performs the following roles:

- considers and expeditiously resolves any health and safety complaints that cannot be resolved successfully at the branch/squadron General Safety sub-committees;
- in conjunction with the responsible supervisor, participates in accident investigation concerning disabling injuries to any DND civilian employee and assists in developing appropriate preventive measures to prevent the reoccurrence of similar accidents;

- participates in the implementation and monitoring of a program for prevention of workplace hazards;
- participates in the development, implementation and monitoring of a program for provision of personal protective clothing, devices or materials;
- assists the employer in investigating and assessing the exposure of employees to hazardous substances;
- ensures adequate records are maintained with regard to work accidents, injuries and health hazards;
- participates in all inquiries, investigations, studies and inspections pertaining to employee health and safety; and
- inspects all or part of the workplace, on a monthly basis, so that every part of the workplace is inspected at least once a year.

The committee has full access to all government and employer reports, studies and tests relating to the health and safety of employees with the exception of an individual's medical records (without the individual's consent). As well, the committee may request any information that it considers necessary to address work-related hazards.

Your WWHSC is a "corner stone" of the 14 Wing General Safety Program and plays an integral part in ensuring the health and safety of all DND/CF personnel. Names and contact numbers for your WWHSC members should be displayed on your unit/squadron General Safety Board. In closing, thank-you to all of our WWHSC members for the excellent work they do in helping to keep all DND/CF personnel safe and healthy at 14 Wing.

# Kingston & District School Newsletter

Nov 5, 2009

## Dates to Remember

Nov 11 - Remembrance Day

Nov 16, 17, 18 - French Book Fair (see schedule below)

Nov 20 - Regional In-service Day - no school for students

Nov 24, 25 & 26 - English Book Fair (see schedule below)

Nov 30 - Early Dismissal

## French Book Fair

Kingston School is having a French Book Fair. We would like to extend an invitation to staff and parents/guardians of students in core French and French Immersion programs in the area. Our French book fair provides a great opportunity to see and purchase good quality French books at affordable prices. Proceeds from the fair will support the purchase of French Library Resources for our school. We accept cheques, Master Card/Visa and cash.

Monday 8:30 to 4:00 p.m., Tuesday 8:30 to 4:00 p.m. and 5:30 to 7:30 p.m., and Wednesday 8:30 to 4:00 p.m. For more info please call Heather Thorne at 765-7530.

**Student of the Month Awards - October**

Congratulations to the following students who were awarded Certificates for demonstrating the school code of Caring, Courtesy and Cooperation.

## Elliott/Avery

Ethan Flemming; Montana Huntley; Jayden Robar; Paige Naugler.

## McAlpine

Hannah McGean; Gabe Charlton.

## Charlton, L

Macy Connell; Sharaden MacLennan; Jasmin Banks; **Foster-Veinot;** Hayden Maher; Ryan McCann; Jenna Green.

## McAleer

Sasha Fairhurst; Madison Crocker; Jeremy Matheson.

## Rice

Elijah Bourrier; Emily Bishop.

## FitzPatrick

Liam McCann; Jillian Oliver; Sammi Walsh.

## Charlton M.

Darryll Rowbottom; David Jones; Janique Doucet.

## Nichols

Taylor Lewis-Rossignol; Alexander Ellingwood; Nathan Ryerson; Amanda Litsas.

## Best

Brandon Phuong; Sophie MacMillan; Dalton Bent.

## Carter/Easson

Nathan McKay; Kennedy urns; Collin Musgrove; Brianna Chisholm.

## Lincoln

Tyanna Brothers; Cole Rafuse.

## Robichaud H

Emily Purcell; Chase Johnston; Mason Francis-Walker.

## Bower

Nathan Abrahams; Katie Robinson; Collin Minard; Brooke McKnight; Noah Snyder.

## Robertson

Dylan Granter; Jake Sproule.

## MacNeil/Beals

Brendan Martin; Teleah Muise; Jessica Leslie.

## Robicheau, S

Quinn Fischer; Elijah Ricketts; Paige Dupuis.

## Shipp

Shaylin Hurtubise; Netanya Backhouse; Madeline Whelan.

## Peddle

Bryce Oliver; Katharine Richter; Claire Keeping.

## Report Cards

Student Report Cards go home December 3<sup>rd</sup> and Parent Teacher Interviews will be December 9 and 10. It is our goal that the teacher meets with the parent(s) of every child for the Parent-Teacher Interview in December.

## From the Community...

## Breakfast With Santa, Lawrencetown Consolidated School

Breakfast With Santa will be held on November 28th. If anyone is interested in booking a craft table, please call the school at 584-4500.

**Berwick Bank Parents' Association 16th Annual Christmas Craft Fair and Draw Auction** will be held Nov 7th 10:00 am to 3:00 p.m. at Berwick School. Free coffee, Homestyle lunch available, ample parking, all craft displays on one floor.

## Somerset Christmas Craft Fair

Come to Central Kings Rural High School, November 21 and 22 from 10:00 - 4:00 p.m. each day. There will be over 100 crafters with many different crafters on Sunday. Entrance fee \$2.00 or \$3.00 for a two-day pass.

## And From You...

We look forward to hearing from you and seeing you at our monthly Home and School meetings, school events and activities and any other occasion throughout the year. There are always things you intend to ask or bring up. We invite you to write a note to anyone on staff. Thanks.

# "Youth Happenings"

By: **Recreation Youth Worker; Megan LeMoine**

## Boys Club

Air Hockey

Monday November 9, 09

4:30 - 6:00 p.m.

Boys ages (9-12) come and test your skills with our new and improved Air Hockey table! Boys Club is every Monday from 4:30-6 p.m. See you there!

## Teen Council

Tuesday November 10, 09

3:00 - 4:00 p.m.

Today we will be visiting Tibbits senior's home delivering poppies to Veterans.

## Information Sessions

"We will Remember"

Tuesday November 10, 09

6:00 - 7: p.m.

Tonight teens we will watch a small film about a Holocaust survivor Philip Riteman, followed by a brief discussion.

## Teen Activity

Craft Night

Thursday November 12, 09

6:00 - 7:00 p.m.

Teens ages (13-18) bring your imagination and creativity to Teen Activity Craft Night. Tonight we will paint, sculpt, and create a masterpiece!

## Active Chicks

Swimming

Thursday November 12, 09

6:15-7:45 p.m.

Girls; Active Chicks is on Thursday! Tonight we will meet at the Community Centre then walk to the Fitness and

Sports centre to enjoy the in-door pool! Make sure you bring your towel and Rec. Card, it's going to be a blast!

## Special Events

### Pre-teen and Teen Dance

P.T- 6:00 - 8:00 p.m. \$2.00

T- 8:30-11:30 p.m. \$3.00

Friday November 13, 09

Tonight is the dance, bring your friends and have a great time!

### Air Hockey Tournament

Saturday November 14, 09

Pre-teen- 2:00 - 4:00 p.m.

\$2.00

Teen- 4:00 - 6:00 p.m. \$2.00

Please pre-register

Our first Air Hockey tournament with our brand new Air Hockey table! Please call 765-8165 to register or just drop by to sign-up, it's going to be a great afternoon for only \$2.00!!

### Tuesday Night Bowling

Tuesday November 14, 09

Time- 6:00 - 8:00 p.m.

Cost- \$5.00

Tuesday Night Bowl is for both Pre-teens and teens; you can bowl and have pizza and a pop for only \$5, please call us at 765-8165 to register or just drop by to sign-up. See you there!

### Teen Afternoon Baking

Friday November 20, 09

2:00 - 4:00 p.m.

Cost: \$2.00

Teens come and cook up a storm! Its only \$2.00 but you have to pre-register, so call us or drop-in!



## THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street P.O. Box 100  
Kentville, N.S. B4N 3W3

## TENDER 09-24

### JANITORIAL SERVICES - MUNICIPAL COMPLEX

The Municipality of the County of Kings' Engineering and Public Works Department invites tenders for the provision of Janitorial Services at the Municipal Complex and Workshop, Kentville, N.S. for a three year period commencing January 1, 2010.

Tender forms and specifications are available at the Department of Engineering and Public Works, 87 Cornwallis Street, Kentville, N. S. from Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m. A mandatory site visit will be held November 17, 2009 at 10 a.m. in the Municipal Boardroom.

**SEALED TENDERS WILL BE ACCEPTED UNTIL  
2:00 p.m. Thursday, November 26, 2009.**

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

**Victor Spencer, Infrastructure Assistant**  
[vspencer@county.kings.ns.ca](mailto:vspencer@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)



# November 18 is an Important Day for Deploying MSS Families

Submitted by: Ann Gaudbylet, GMFRC Coordinator of  
Deployment Services, 765-1494 local 5583 -  
Ann.Gaduet@forces.gc.ca

At the GMFRC we're always focused on our deployed and deploying families, particularly when operational tempo increases. We are working closely with 14 Wing to provide our families with the necessary tools to have a successful deployment. Our families are "*The Strength Behind The Uniform*". To empower our families, MSS and your GMFRC are working together to provide you with a family information session on Wednesday, November 18 at the Annapolis Mess from 6:00 p.m. to 8:30 p.m. This will provide our MSS families the tools required to navigate through the upcoming deployment successfully. Childcare will be provided on site by your wonderful GMFRC. Childcare will open at 5:30 p.m.

GMFRC Deployment Support/Services are available to anyone whose loved one is away from home for any length of time for operational requirement – IR, Courses, TD, Deployment, etc. These services include morale mail (mail to member), information packages, telephone outreach, support activities, bi-monthly newsletter, special events, and respite childcare among others. Deployment Services are provided to spouses, children, parents – whomever the member indicates as a loved one requesting services. Services are also available to family members who live in this area even if their deployed member is from another Base/Wing. It is up to the member or a family member to let us know that you are deploying or have a loved one deployed. Civilian personnel deployed overseas with PSP are also entitled to services, as are their families.

In addition to our MSS gearing up to leave for Camp Mirage in December, we have 14 Wing personnel serving as augmentees and we have just deployed our UAV Roto. Ensuring our deployed personnel know we at home are thinking of them is one of our top priorities. We encourage support from both our military and civilian communities through our Red Fridays and Support our Troops campaigns. And, of course, these campaigns help us extend support to our deployed families at home – those families who serve their country by being the Strength Behind the Uniform. A successful deployment would not be possible without the spouses, children, parents, and extended family members at home whose pride & resilience support our personnel through their tours of duty.

All services are offered strictly on a voluntary basis (i.e. you choose which services you would like to receive). If, for any reason, you have not been contacted by the GMFRC during your "family separation" please do not hesitate to call me or stop by the centre. If your member is already away, we can still complete the necessary screening required in order to qualify for services.

## In Loving Memory of Our Sisters

DURLING, Linda Dianne Oct 28, 2007  
ALLEN, Irene Marie Nov 21, 1980

In life we loved you dearly  
In death we love you still,  
In our hearts you hold a special place  
No one can ever fill.

Our family chain is broken  
And nothing seems the same,  
But as God calls us one by one  
The chain will link again.

Forever in our hearts ~  
Sisters, Mary, Rose & Sandra

# YOU AUTO KNOW

## Get a Better Grip on the Road this Winter

Winter weather presents additional driving challenges but that does not mean you have to be housebound this winter says Steve Boutilier, Service Manager for Canadian Tire, Greenwood. Use extra care on slippery roads, allow additional time, and equip your car with tires especially designed for winter conditions.

Steve explains, that even the best all-season tire is a compromise. Although they generally handle rain and light snow, they do not perform well in severe winter conditions. With snowy and icy conditions, you should consider winter tires for that extra margin of safety.

Two identical vehicles, one with all-season tires and one with purpose built snow tires will have very different performance capabilities. Studies show that the special win-

ter tires can increase traction by 50% or more, comments Steve.

### Winter Tire Design

Winter tires are made of softer components that all-season tires and the rubber are especially formulated to remain pliable in extremely cold temperatures. This pliability, along with different tread designs, gives winter tires better traction and road-gripping abilities.

Nordic Wintertrac has an aggressive tread design for exceptional traction and control in snow and slushy conditions. Molded for studs (where permissible by law) to provide increased traction. As an added bonus, the improved traction that winter tires provide will cut down on your fuel consumption.

### Look for the Snowflake

When shopping for winter tires, be sure to look for one with a symbol of a mountain and a snowflake – this

means the tire has met the severe snow service requirements of the Rubber Association of Canada.



This symbol of a mountain and a snowflake means a tire has met the severe snow service requirements of the Rubber Association of Canada.

Transport Canada recommends that you install four identical snow tires on your vehicle, to help maintain stability and control. Also, have your tires installed by your tire dealer to make sure that they are properly mounted.

Steve would like to remind drivers to remember to check your tire inflation at least monthly throughout the year. All tires gradually lose pressure and temperature changes can add to under inflation.



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



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November, 2009

**Dates to Remember:**

Nov. 9 - Remembrance Day Ceremony 7:00 in the Gym - Public Welcome

Nov. 11 - Remembrance Day - No School

Nov. 17 - Band Parent Meeting

Nov. 19 - Reports go home

Nov. 19 - WESTOCK Battle of the Bands

Nov. 20 - Professional Development - No School

Nov. 24 - TADD/Safe Grad Turkey Supper - Aylesford Lions Hall 4:30-6:30

Nov. 26 - 7:00-9:00PM Parent/Teacher visitation

Nov. 26 - 7:00 PM Dessert Night

Nov. 29 - Jazz Combo performs at Annual Xmas Mommies & Daddies Telethon, Aylesford Fire Hall 7:06-7:21

**Principal's Report:**

I would like to start this month by offering a huge thank you to the staff and students of West Kings. As I settle in I can see the professionalism and dedication that each and every staff member shows on a daily basis. In addition, our students are a wonderful group of young men and women who conduct themselves in a respectful manner. This is constantly commented upon by

presenters and casual visitors. November is associated with Remembrance Day, and we at West Kings are very proud of the tradition of Remembrance Day Ceremonies held here over the years. I know that this year will not be an exception as students and staff have been working hard to put together a program to honour those who have paid the ultimate sacrifice for the freedom we enjoy in this great country. I hope to see all of you at either of the two ceremonies that we will be holding this month. Also, please be aware that report cards will be going home this month, and we will be holding parent teacher meetings in conjunction with these reports. We invite your input and communication at all times and strongly encourage all parents to make an appointment to see all appropriate teachers. As always I encourage all parents to get involved with our PTSA. This wonderful group has spearheaded the marvelous renovation of our AV room and have many projects in progress. The next meeting will be 7:00 on November 18th.

They hope to see you there! Have a great month of November!

**Barry Squires, Principal  
Remembrance Day Service:**

West Kings invites the public to our Remembrance Service being held at 7:00 PM on November 9th. This will be a moving tribute honouring our veterans and serving military.

Our ceremony will feature the Act of Remembrance, theatrical performance, student video, guest speaker LaLena Story (graduate), musical student performance, former graduate and recording artist Rachel McLean and the Greenwood Pipes and Drums. Our candle ceremony touches the hearts of many and we want you to be a part of our service.

Kudos to our French Immersion students who participated in the 26th Annual Competition "Face aux Questions" on Nov. 2nd and 3rd. The winners were Riley Peckford, Tyler McDowell, Paul MacKeigan, Sarah Morash, Sarah MacFarlane of our Grade 9 Early Immersion and Grade 11 students

Amanda Martin and Katie Therrien. Congratulations on a job well done!

From the Guidance Office.

Stop Cyber bullying Before it Starts! Information Session for parents on steps you can take to stay cyber-safe:

Presenter: Cst. Richard Langille, Kingston RCMP

When: Nov. 26th, 6:30 (prior to Parent-Teacher Interviews).

Where: West Kings Library

**Take Your Kid to Work:** A special "thank-you" to all parents, guardians, volunteers, local business and organizations for providing job shadowing experiences for our Grade Nine students on Nov. 4th. The success of this program is based on your participation and cooperation. We appreciate your support!

**Peaceful Schools - Magazine Campaign.**

In an effort to fundraise for a school in Sierra Leone we are having a magazine campaign. 40% profit on every subscription will go directly towards our campaign.

This is a great chance to get a new subscription, renew any subscriptions; gift orders may be sent to anyone in Canada ONLY. Gift cards are available in the Guidance Office or at CCRP's website [www.ccrp.ca](http://www.ccrp.ca)

Our Campaign Code is NS2277 if you wish to order on line. You MUST produce a copy of the on-

line confirmation in order for students to receive credit for it.

Return magazine orders and full payment by Nov. 24/09. Make cheques payable to West Kings District High. Visa & MasterCard are accepted. Lower priced coupons are also accepted. Thanks for your support.

**TADD Safe Grad Turkey Dinner:**

Aylesford Lions and TADD SAFE Grad are hosting a Turkey Dinner on November 24th from 4:30-6:30 at the Aylesford Lions Hall in Auburn. The Menu consists of turkey, veggies, apple crisp & ice cream. Free Will offering. All proceeds go to support Safe Graduation activities.

West Kings Campus Store: Come see how we have changed!! West Kings Campus Store is owned and operated by the West Kings Students' Council and carries all your school spirit merchandise, with items starting as low as \$1.00. New items are arriving weekly; stainless steel water bottles have just arrived, check out our new line of hats, and sweat shirts and pants, and an all new line of ladies tops. Flannel pajama pants arriving soon as well as Hockey Fan T-shirts. The Campus Store is open each lunch hour and will be open during parent/teacher visitation. All revenue received at the Campus Store

directly supports services, programs and events for the West Kings students. Remember when presenting your student ID card you get an additional 10% off any purchase. We are proud to support the West Kings students and want to make your Campus Store experience the best. We are for the students, by the students, supporting the students.

**From the Community**

Breakfast With Santa Craft Fair at Lawrencetown Consolidated School Saturday, November 28, 2009.

If anyone is interested in booking a craft table, please call the school at 584-4500.

Attention former members of the Kings County/Annapolis Valley Honour Choir - 20 year reunion will be held December 18, 19 & 20 at Horton High School. To register or for more information please contact Erin Bustin at [erinbustin@gmail.com](mailto:erinbustin@gmail.com) or call Krista Griffin at 679-2341.

**Foster Care:**

The Department of Community Services and local family and children's services agencies wish to thank all foster parents who give of themselves to provide safe and loving homes for young people in need. For more info call 1-800-564-1884.

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WHEN: **Monday, November 16, from 1 p.m to 5 p.m.**

WHERE: **Greenwood Military Family Resource Centre, School Road, Greenwood**

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

- Un vaste choix de carrières dans des domaines professionnels et techniques
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Venez rencontrer un agent de recrutement.

QUAND: **Lundi 16 novembre, de 13h à 17h**

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

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**THE MUNICIPALITY OF  
THE COUNTY OF KINGS**

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**NOTICE****SEWER AND WATER LATERAL  
INSTALLATIONS**

The Municipality of the County of Kings' Department of Engineering and Public Works wishes to advise all builders and contractors that the Municipality will not be installing sewer and water laterals during the period of **November 14, 2009 to April 4, 2010.**

**Satu Peori, Operations Manager**

[speori@county.kings.ns.ca](mailto:speori@county.kings.ns.ca)

Tel: (902) 690-6195 Fax: (902) 679-0911  
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Branch 98

**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).





# CDS Remembrance Day Message

Chief of the Defence Staff

Each year on November 11th, we take our places on parade, in our units or at cenotaphs across our great Canada and around the world, to remember those who have made the ultimate sacrifice to defend our country. It is a time to honour their memory by acknowledging their bravery and sacrifice. Let us remember the men and women who were lost in war and on peace missions.

This year's theme is the 65th anniversary of the Italian Campaign and the Battle of Normandy. During the Italian Campaign, over 90,000 Canadians fought a determined enemy up the rugged terrain of Italy. Over 5000 never returned. These brave soldiers are examples of the ordinary

men and women who heard and answered the call of duty in defence of freedom.

The men and women of today's Canadian Forces take inspiration and strength from the example set by our forebears. They have chosen to serve in order to provide security for Canada and our fellow Canadians and to protect countless others.

Let us remember our servicemen and women, past and present, for their sacrifice and courage, and for their sense of duty and honour.

We will remember them.

W. J. Natynczyk

General

Chief of the Defence Staff



*The Chief of Defense Staff (CDS), General Walter Natynczyk, laying a wreath of the behalf of the Canadian Forces during the 2008 Remembrance Day ceremony.*

*Le Général Walter Natynczyk, Chef d'état-major de la Défense (CEMD), dépose une couronne au nom des Forces canadiennes lors de la cérémonie du jour du Souvenir.*

*credit/source: Pte Jean-François Carpentier, CFSU(O)*

## Message du CEMD pour le jour du Souvenir

Chef d'état-major de la Défense

Tous les ans, le 11 novembre, nous prenons part aux défilés dans nos unités ou aux cénotaphes de partout au Canada et dans le monde pour nous rappeler ceux qui ont fait le sacrifice ultime pour défendre notre pays. C'est l'occasion de leur rendre hommage à leur bravoure et à leur sacrifice. Souvenons-nous des hommes et des femmes qui ont perdu la vie à la guerre et en mission de paix.

Cette année, nous célébrons le 65e anniversaire de la campagne d'Italie et de la bataille de Normandie. La première a vu plus de 90 000 Canadiens combattre un ennemi coriace sur les terres accidentées de l'Italie. Plus de 5 000 d'entre eux n'en sont jamais revenus. Ces

vaillants soldats sont le parfait exemple d'hommes et de femmes ordinaires qui ont répondu à l'appel pour défendre le droit de liberté de leur pays.

Aujourd'hui, les militaires des Forces canadiennes puisent leur inspiration et leur force de l'exemple donné par leurs aïeux. Ils ont choisi de s'enrôler pour protéger leur pays, leurs concitoyens et d'innombrables autres personnes d'ailleurs dans le monde.

Souvenons-nous de ces militaires d'autrefois et d'aujourd'hui. Souvenons-nous de leur sacrifice, de leur courage ainsi que de leur sens du devoir et de l'honneur.

Nous nous souviendrons d'eux.

Le Général W. J. Natynczyk

Chef d'état-major de la Défense

# TARGET MARKET PROMO

**Are you aware of the excellent advertising opportunities available through The Aurora Newspaper?**

14 Wing Greenwood's economic impact on the Annapolis Valley is over \$135 MILLION.

It is important to understand that the military has a well trained and a very competitive population. They've travelled a lot, they have a lot of variety in their interests, they're all very mobile, both on a temporary basis with their vehicles and on a permanent basis. This is a population whose demands are fairly high.

The Aurora Newspaper located on the base is pub-

lished weekly on Monday morning. Approximately 1500 copies are delivered to occupants of military housing. Paper carriers deliver 2550 copies to homes in most local subdivisions in Kingston and Greenwood. Distribution is carried out in strategic locations in business establishments from Kentville to Lawrencetown as well all Canadian military bases, overseas and to all deployed members.

The Aurora Newspaper is offered **FREE** of charge to readers who wish to pick up

a copy at one of our locations or the entire newspaper can be viewed on our website. The 51 most recent issues are available there as well as our 14 Wing Information Booklet and other interesting topics.

At present the Annapolis Valley is a much sought after location for posting and retirement. A vibrant Wing in a vibrant community is proving to be a very successful combination. This is the perfect opportunity for you to promote your business or service at its best.

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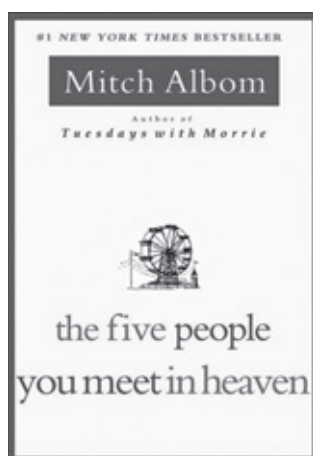


# LCC Book Club News

**Please note the LCC book club is open to all staff of 14 Wing Greenwood. New Members are welcome!**

November's Selection is *The Five People You Meet in Heaven* by Mitch Albom

**Summary**  
From the author of the number one "New York Times" bestseller "Tuesdays with Morrie" comes this long-awaited follow-up. Eddie is a wounded war veteran, an old man who has lived, in his mind, an uninspired life. His job is fixing rides at a seaside amusement park. On his 83rd birthday, a tragic accident kills him as he tries to save a little girl from a falling cart. He awakes in the afterlife, where he learns that heaven is not a destination. It's a place where your life is explained to you by five people, some of whom you knew, others who may have been strangers. One by one, from childhood to soldier to old age, Eddie's five people revisit their connections to him on earth, illuminating the mysteries of his meaningless life, and revealing the haunting secret behind the eternal question: Why was I here? A moving and profound contemporary fable, *The Five*



*People You Meet in Heaven* is an important reminder of the interconnectedness of us all. Distributed by Syndetic Solutions, Inc.

**If you are interested in reading this book** with the LCC Book Club, please call Kim at local 5226 to reserve your copy! *Books will be available for pick up 30 Oct 09.*

**Discussion meeting:**  
Friday, 04 Dec 09  
1200-1300 hrs  
LCC, Birchall Centre, Upper Level, Room 204

## 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.spinbowling.ca

14 Wing Community Centre, Building 110 Church Street.

# Learning and Career Centre

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

## LCC Upcoming Workshops

### NOVEMBER 2009

- 9-14 CANADA CAREER WEEK (CCW)
- 10 CCW: Resume Writing • 1/2 day
- Power Point Level 1 (no cost) • 1 day
- 12 CCW: Interview Techniques • 1/2 day
- 12 Introduction to Windows XP (no cost) • 1 day
- 17 Word Level 1 (no cost) • 1 day
- 18-19 Building Excellence in Teams • 2 days
- 19 Excel Level 1 (no cost) • 1 day
- 24 Access Level 1 (no cost) • 1 day
- 24-26 Pre-Retirement Planning (Civilian Employees over age 45) • 3 days
- 26 Introduction to Internet & Email (no cost) • 1 day
- 27 Defence Ethics

### DECEMBER 2009

- 01 Excel Level 2 (no cost) • 1 day
- 02 Coaching Practices for Managers • 1 day
- 03 Front Page Level 1 (no cost) • 1 day
- 03 Encadrement (Coaching, présenté en français) • 1 jour
- 08 Power Point Level 1 (no cost) • 1 day
- 09 Outlook Basics (no cost) • ½ day
- 10 Outlook Contacts & Calendar (no cost) • ½ day
- 10 You and Change • 1 day
- 15 Diversity & Employment Equity for Managers and Supervisors • 1 day
- 15 Word Level 2 (no cost) • 1 day
- 17 Access Level 1 (no cost) • 1 day

### JANUARY 2010

- 07 Balancing Work and Personal Life • 1 day

### FEBRUARY 2010

- 09-11 Effective Presentations • 3 days
- 18 Civilian Performance Planning & Review CPPR • ½ day
- 18 Personal Learning Plans (PLP) • ½ day

### MARCH 2010

- 01-05 Instructional Techniques • 5 days
- 30 Civilian Performance Planning & Review CPPR • ½ day
- 30 Personal Learning Plans (PLP) • ½ day

### APRIL 2010

- 08 Defence Ethics

- 12-13 Interpersonal Communication Skills • 3 days
- 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

### MAY 2010

- 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

### JUNE 2010

- 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

### JULY 2010

- 06-08 Negotiation Skills • 3 days
- 14 Assertive Communications • 1 day

## Computer Courses from Your LCC

**Attention to all member of the Defence Team at 14 Wing Greenwood and Aldershot.**  
**Greenwood LCC is pleased to announce that we will once again be offering computer training, this time for FREE!**

Yes, these courses, the same quality we have offered over the last seven years, are now being offered absolutely free to Defence Team members.

Registration is of course required through your Unit Training Coordinator, as in the past, but we now have no minimum number of registrations for these courses, and again, there is NO COST!

Here are the courses scheduled for November and December. Hope to see you soon!

### November 2009

- 2 Excel Level 1
- 3 Front Page Level 1
- 10 Power Point Level 1
- 12 Introduction to Windows XP
- 17 Word Level 1
- 19 Excel Level 1
- 24 Access Level 1
- 26 Introduction to Internet & Email

### December 2009

- 1 Excel Level 2
- 3 Front Page Level 1
- 8 Power Point Level 1
- 9 Outlook Basics, ½ day
- 10 Outlook, Contracts and Calendars, ½ day
- 15 Word Level 2
- 17 Access Level 1

## GMFRC • Feature of the Week

### Education and Employment Services

Coordinator: Kristen Lawson at 765-1494 local 1816.

### Thai Cooking Class

**Date: Thursday, November 26, 2009**

**Time: 6:00 p.m. - 8:00 p.m.**

**Location: Sobeys Community Room**

**Cost - \$15.00 for a 3 course meal**

**Registration Deadline Thursday, November 19, 2009**

Want to experience a little bit of Thailand right here in Greenwood? The GMFRC is excited to offer a Thai Cooking Class, where you will be able to learn how to make an authentic 3 course meal from a well known Halifax chef. Sign up today, because space is limited, and bring your appetites because this is going to be an unforgettable experience for your taste buds! For more information please contact 765-5611.

## 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 .....ext 5886

#### Emergencies

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





# Spooktacular Jack-O-Lanterns!

Active Chicks were up to their elbows in pumpkin guts Wednesday night as they patiently scraped out the insides of their pumpkins in preparation for the big carving adventure! They all proved to be excellent carvers as each pumpkin magically changed into a Halloween Jack-O-Lantern! Thank-you Brenda, Nadine and Olivia for all your help with the carving and especially with the clean-up afterwards!







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"Take two minutes, would you mind?  
It's a pittance of time.  
For the boys and girls who went over.  
In peace may they rest, may we never  
forget why they died  
It's a pittance of time."  
"A Pittance of Time" by Terry Kelly.  
Leo Glavine, MLA Kings West  
765-4083



How you Remember? Comment te souviens-tu? Canada

## Postcards for Peace:

Send a personal message to Veterans or members of the Canadian Forces to thank them for all that they have done. Visit [www.vet-acc.gc.ca](http://www.vet-acc.gc.ca) and search "postcards for peace" for more details.

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**USED INVENTORY**



STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
08-29A	1986	GRAND NATIONAL	BLACK	6	A	AC,PW,3.8TURBO	6700	28995
10-73A	2003	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	100000	8995
09-561A	2003	CAMRY SE AA	RED	4	A	AC,PW,PDL,CRU	116000	11995
10-183A	2003	COROLLA CE BA	SILVER	4	A	AC,PDL,CD	140000	7995
10-243A	2003	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	154000	8995
10-243A	2004	CAMRY XLE	BEIGE	4	A	AC,PW,PDL,CRU	125000	12995
10-128A	2004	COROLLA CE BA	RED	4	5	AC,PDL,CD	98000	8995
10-155A	2004	COROLLA CE BA	SILVER	4	A	AC,PDL,CD	81000	9995
09-607A	2004	VIBE	GREY	4	A	AC,CD	96000	8995
U1697	2005	ECHO SEDAN	DBLUE	4	A	AC,CRU,CD	87000	9995
SAWLER	2005	ECHO SEDAN	GREY	4	A	AC,CD	80000	9995
10-237A	2005	MATRIX XR AA	RED	4	5	AC,PW,PDL,CRU	110000	11995
09-537B *	2005	ECHO 5DRH/B LE	RED	4	A	AC,PDL,CRU,CD	74000	9995
09-524A *	2006	PRIUS HYBRID	RED	4	A	AC,PW,PDL,CRU	63000	19995
09-366B	2006	COROLLA CE BA	BEIGE	4	A	AC,PDL,CD	78000	11995
10-127B	2006	CIVIC EX 4DR	BLUE	4	A	S/ROOF,LOADED	134000	11995
09-611A	2006	COROLLA CE CA	SILVER	4	5	AC,PW,PDL,CRU	66000	11995
09-626A *	2006	YARIS RS H/B	BLACK	4	5	3DR,AC,PW,PDL	92000	11995
U1683	2007	CAMRY HYBRID	GREEN	4	A	S/ROOF,LEATHER	58000	25995
10-189A *	2007	CAMRY HYBRID	SILVER	4	A	AC,PW,PDL,CRU	39000	23995
10-103A	2007	COROLLA CE CA	BLACK	4	5	AC,PW,PDL,CRU	88000	12995
U1688A	2007	COROLLA CE SE	BLUE	4	5	AC,PW,PDL,S/R	34000	14995
09-616A	2007	ACCORD SE 4DR	RED	4	A	AC,PW,PDL,S/R	53000	18995
10-236A	2007	MATRIX TRD TA	GREY	4	A	AC,PDL,CRU,CD	74000	14995
U1699A	2007	TACOMA ACCCAB	BLACK	4	A	2WD,AC,CD	29000	18995
09-604A	2008	MUSTANG GT	RED	8	5	SEE BELOW	18000	29995
U1706	2009	COROLLA CE CA	BEIGE	4	A	AC,PW,PDL,CRU	11000	16995

**Accessories on MUSTANG GT:**  
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\* 09-524A: 5 yr--100,000 ECP/ In-Service: Jan. 05/06  
\* 09-626A: 4 yr--100,000 ECP/ In-Service: Dec. 21/05  
\* 09-189A: 7 yr--120,000 ECP/ In-Service: May 29/06

Military Personnel bring in this Ad & Receive an Additional \$300 off any Used Car in Stock!

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# REMEMBRANCE DAY

*The Members of CFB Greenwood, their families, friends and surrounding communities  
take this moment to remember all of our Veterans and fallen comrades.*

## How Will You Remember?

The Veterans' Week 2009 poster pays tribute to Canada's service men and women who have served this nation from the First World War to current missions.

The Veteran featured in the background on the left of the poster is Harold Wishart as he salutes his fallen comrades. Mr. Wishart was a pilot in the Second World War and since then he has done so much to preserve the memory of the achievements made by Canadians in wartime and in peace. Over the years, Mr. Wishart was a very active member of the Wartime Pilots' and Observers' Association and the former provincial chairman of the Royal Canadian Air Force (RCAF) Benevolent Fund.

The image seen in the background features Canadian Forces soldiers on the international mission in Afghanistan as they pause for remembrance. These men and women are continuing Canada's legacy, passed on by our Veterans, of defending peace, freedom and the preservation of human values worldwide.

The central image features a young girl, Brianna Arsenault, whose reflections on the contributions of our Veterans and Canadian Forces members in Afghanistan are demonstrated in her creation of a poppy. The image reflects this year's call to action to all Canadians through the phrase "How will you Remember?" which asks Canadians to think about their own remembrance and participation in remembrance activities.

Canadians are encouraged to take an active role in commemoration and to ensure that the selfless dedication of Canadian Veterans is never forgotten. Talk with Veterans and Canadian Forces members about their service to Canada, learn how serving our nation has changed their lives, and pass on what you have learned to your peers.

Photo credits:  
Central image: Veterans Affairs Canada  
Upper right image: Combat Camera, National Defence  
Upper left image: Veterans Affairs Canada

Poster available by ordering on-line at [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)  
© Her Majesty the Queen in Right of Canada,  
represented by the Minister of Veterans Affairs, 2009



Royal Canadian Legion Branch #98 Service of Remembrance  
will commence at 9:45 a.m. in our auditorium  
followed by a Parade to our Cenotaph for the Wreath Laying Ceremony at 10:25 a.m.  
Wreaths may be purchased at the Kingston RCL Branch Office  
between 10:00 a.m. and 4:00 p.m.  
~~ OPEN TO ALL ~~

The Banquet will commence with cocktails  
at 6:00 p.m. and dinner at 6:30 p.m. followed by a dance  
~~ OPEN TO INVITED GUESTS ~~

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# Trick or Treating on the Wing

The children in the Early Childhood Education Program and staff at the GMFRC would like to thank the Wing Commander, Col W.F. Seymour; the Wing Chief, CWO J Jardine; Wing Admin O, LCol PJ Smith McBride; and Combined Charities Committee for the wonderful morning of Trick or Treating on the wing. The children and staff had a fantastic time.

Submitted by: Brenda Virtue-Ellis GMFRC Early Childhood Education Teacher 765-1494 local 5053. (Photo: Karen Doiron)



## 14 Wing's Employment Equity Champions



The Employment Equity Diversity Council (EEDC) is pleased to announce Champions for the Employment Equity (EE) groups.

At 14 Wing, each of the four Designated Groups is represented by a Champion:

- LCol Ubbens, WLEO - Champion for Persons With Disabilities
- LCol Cummings, W Ops O - Champion for Women
- LCol Atkins, CO 413 Sqn - Champion for Visible Minorities
- LCol Bergeron, CO 14 SES - Champion for Aboriginal Peoples

These Champions will form a crucial local link in the DND/CF EE Program. They will assist in increasing the visibility of EE at the Wing level.

The Wing's Combined Advisory Group (CAG) Military and Civilian co-chairs will work jointly with the Champions to help identify and resolve systemic employment barriers.

If you are a military or civilian employee at 14 Wing and you'd find out more about the Wing's EEDC and/or the CAG, please contact Lori Gordon, EE Officer at local 1436.



## Keep Him Safe

Submitted by  
Cpl Brian Donovan  
MP Section  
14 Wing Greenwood

"Reporting for duty," the young soldier said, While across the world she lay their baby to bed. She kisses him softly and says Daddy will be home soon As he checks all his kit with the rest of the platoon.

We must Recce bravo route to be sure it is clear Later today, the minister will be here. They hop in their Lav as the dust blows through the camp She gets into their bed and turns on his lamp.

I miss you my baby, as she looks at their photo The Sgt says come on boys it's the last week of Roto Six more days and you'll be home, We fight together no ones alone.

Before the lamp goes out, she says the same prayer "Lord keep him safe and bring him back here." She shuts off the lamp as they exit the gates Their convoy is ready for what they will face.

She's finally asleep exhausted from worry While the Taliban, rebels prepare in a hurry. The convoy is coming one rebel said The young soldier can't see them; they're so far ahead.

It's 4 a.m. now and the baby wakes up She opens her eyes, as he yells, "STOP THE TRUCK!" The young soldier has noticed the disturbed piece of road And passes it on, that they should not go.

The Sgt says good work son as the convoy heads back. You saved our lives from that attack.

"Don't thank me," the young soldier said. "Thank my wife and baby who pray in their beds."

# HOT PAUSE

## Tanning Studio

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Saturday • 9am - 3pm

Appointments Recommended!

Walk Ins Welcome



# Tanning...

## Look Good, Feel Great!



## Our Tour

Submitted by MCpl Don Ruston  
143 CEF Bridgewater  
Afghanistan Tour April - Oct 09

As we march, we all carry our burden  
At times weighing more than our rucks  
While we march, we all reach a wall  
For some it is closer but seen by all  
Is it real, or just in our head  
Is it there only because of the dead?  
Some are young and some are old  
But we will remember we are told.

Why him and not me?

We traveled the same day on the same road  
Our tour was fast and painfully slow.  
We still see their faces as if they glow  
We want to forget and not remember  
We don't want to forget and always remember  
Their smiles, laughs and they names  
We survived because of our comrades  
Our friends and loved ones, here and back home.





# Greenwood Foursome Heading to Nationals

## Canada's First-Ever National Championship for Club Curlers

The Dominion of Canada General Insurance Company today announced further details of The Dominion Curling Club Championship: Canada's first-ever national championship for club curlers. The inaugural event runs from November 24 to 29, 2009, at St. George's Golf and Country Club in Toronto.

Men's and women's teams from each of Canada's provinces and territories, including separate entries from Northern and Southern Ontario, are set to compete in November amongst the country's very best amateur clubs. Representing the men's Nova Scotia team at The Dominion Curling Club Championship will be Team Carpenter from the Greenwood Curling Club in Greenwood. Skipped by Doug Carpenter, their line-up includes Tom Litsas (Vice), Eric MacKenzie (Second), and Dwight Richardson (Lead).



## THE DOMINION CURLING CLUB CHAMPIONSHIP



Curlers have already started referring to our event as 'The Dominion', and we are overwhelmed by the curling community's positive response."

All profits from The Dominion Curling Club Championship will be re-

directed to the Canadian Paraplegic Association and developmental curling initiatives in communities across the country.

For more information about The Dominion and its insurance products, visit [thedominion.ca](http://thedominion.ca).

## 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**



## Alternative Dispute Resolution

### Greenwood Dispute Resolution Centre



Maj. Bob Sealby

**Call  
5530**

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

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

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

World champion Canadian curler and Olympic hopeful Glenn Howard will be on hand November 24 at The Dominion Curling Club Championship's opening banquet to kick-off the event.

On November 29, one men's and one women's team will emerge victorious, and The Dominion will declare Canada's first-ever club champions. Toronto

Mayor David Miller and celebrity curler Sherry Middaugh will congratulate winners that evening at the event's closing banquet.

"The Dominion believes amateur sport is an exciting and vital part of Canadian life," explains George Cooke, President and CEO of The Dominion. "We are excited to take our support of curling to the next level with The Dominion Curling Club Championship."

## 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



**Ladies League starts November 10th  
Mixed League starts November 11th**

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

**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!**



## Wing Personnel Selection Office Announcement

# SCAN TRANSITION SEMINAR

**18 - 19 Nov 2009**

**Birchall Training Centre Theatre**

Concerned about retirement?  
Wondering about your pension?  
Unsured of your financial entitlements on release?

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

**Registration Deadline EXTENDED to:**

**10 November 2009**

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



# Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers the next couple of weeks. For future and ongoing programs and services, please visit our website at [www.greenwoodmfrcc.ca](http://www.greenwoodmfrcc.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

**Christmas Portraits Session**  
Tuesday, Nov 17, 2009  
9:00 a.m. – 12:00 noon  
GMFRC Classroom #1  
Cost Vary

Registration Deadline:  
Tuesday, Nov 10, 2009

### Selling Your Home Info Session

Wednesday, Nov 18, 2009  
7:00 p.m. – 9:00 p.m.  
GMFRC Classroom #1  
FREE

No Registration Required  
**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

## 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

**Let's Do Brunch**  
Saturday, Nov 14, 2009  
Meet at Cora's at 1:00 p.m.  
Cora's Restaurant, New Minas  
Pay the cost of meal and transportation to New Minas  
Registration Deadline:  
Thursday, Nov 12, 2009  
Call 765-5611 to Register  
**Is your military member away?**

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

unless you let us know. All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, and 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 Hill**, at 765-1494 local 1811 or email [Jennifer.Hill@forces.gc.ca](mailto:Jennifer.Hill@forces.gc.ca)

### Upcoming programs or services

#### Max-Well Relax Casual Get Together

Thursday, Nov 12, 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.

#### Stress Management 101

Monday, Nov 23, 2009  
9:00 a.m. - 11:00 a.m.  
GMFRC  
FREE

Registration deadline:  
Monday, November 16, 2009  
**Single Parenting & Children's Movie Night**

Tuesday, Nov 24, 2009  
5:30 p.m.-7:00 p.m.  
GMFRC  
FREE

Registration deadline:  
Thursday, Nov 19, 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 [kim.dixon@forces.gc.ca](mailto:kim.dixon@forces.gc.ca)

### Upcoming programs or services

#### Parent Information Session – Bullying and your Child

Monday, Nov 16, 2009  
6:00 p.m. – 7:00 p.m.  
GMFRC  
FREE

Registration Deadline:  
Thursday, Nov 12, 2009

#### Babysitting Course

Monday, Nov 23, 2009  
Monday, Nov 30, 2009  
Monday, Dec 7, 2009  
(3 sessions total)  
6:00 p.m. – 8:00 p.m.

Youth aged 11 years and up  
\$25.00 for all 3 sessions

Registration deadline:  
Wednesday, Nov 18, 2009

### Respite Dates

**Saturday, Nov 14, 2009**  
10:00 a.m. – 5:00 p.m.  
Children up to age 12

Free to CF Families who currently have a partner deployed.

CF families who are not a deployed family are able to use the Saturday Respite service at a cost of \$25 per child for the day.

Registration deadline:  
Thursday, Nov 12<sup>th</sup>, 2009  
Pre-registration is essential.  
To register call 765-5611

**and Wednesday, Nov 25<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.

Call reception to register at 765-5611.

Registration deadline:  
Monday, Nov 23, 2009

### Ongoing Programs

- Youth Council - Tuesdays
- Academic Tutoring Service - ongoing
- Parent & Tot Program - Mondays
- 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](mailto: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 [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)

### Childcare Provider during parental Information Session on Bullying

Monday, Nov 16, 2009  
5:45 p.m. to 8:00 p.m.  
GMFRC casual care room  
Volunteer needed: 2

### Childcare Providers for Deployed Family Briefing\*

Wednesday, Nov 18, 2009  
6:00 p.m. – 9:00 p.m.  
Annapolis Mess  
Volunteers Needed: 5

### Jingle Bell Bingo

Tuesday, Dec 1, 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

### List of Fun Things to Do in the Annapolis Valley

ASAP  
Daytime TBD  
GMFRC  
Volunteers Needed: 2

Make a list of fun things to do in the valley for welcome packages and newcomers

**Warm Line Callers**



Sun 8 - Thur 12 Nov  
Showtimes 8:00 PM

## The Stepfather

Rated 14A

Sun 8 Nov - Matinee  
Showtimes 2:00 PM

## Cloudy with a Chance of Meatballs

Rated G

Coming Soon

13 - 19 Nov • 14A • 8:00 PM  
**Law Abiding Citizen**

14 - 15 Nov • PG • 2:00 PM  
**Astro Boy**

20 Nov - 3 Dec • PG  
Show Times TBA

**Twilight Saga - New Moon**

All are welcome at the Zedex Theatre

Dolby EX Digital Sound  
[www.zedex.ca](http://www.zedex.ca)

## Kingston Legion



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



## Outreach and Community Information

## 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!

## Does Your Child Know the Story of David and Goliath?

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

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

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

**Who** – Children Ages 4 - 13

**What** – Activities / Stories /

Crafts to help explore our God

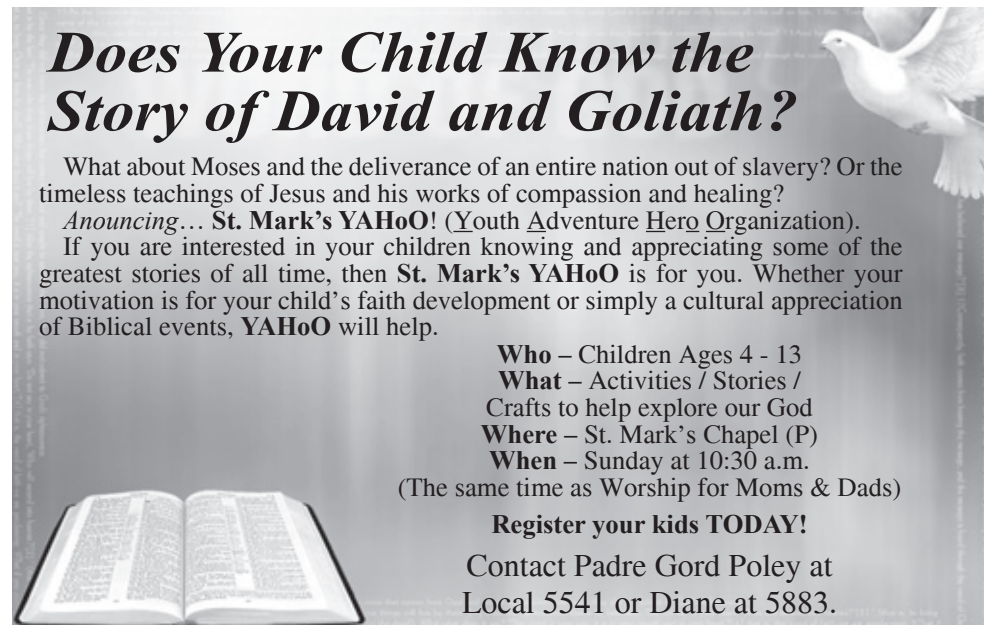
**Where** – St. Mark's Chapel (P)

**When** – Sunday at 10:30 a.m.

(The same time as Worship for Moms & Dads)

**Register your kids TODAY!**

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





# 2010 Community Centre Dance Fundraisers

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

## Tutors

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

One hour per week – for 7 weeks.

*\* Suitable for our awesome Youth Volunteers!*

## Second language service/service de langue seconde

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

## Upcoming activities/Activités à venir

### Brunch francophone

Dimanche, 15 nov 2009 10h30

Farmer's Family Diner, 1248 rue Ward, Aylesford (sur la rue du Zoo)

On se retrouve sur place pour 10h30.

Coût de votre déjeuner seulement.

Confirmer votre présence au 765-5611.

### Francophone Brunch

Sunday, Nov 15, 2009 10:30 a.m.

Farmer's Family Diner, 1248 Ward rd., Aylesford (after the Zoo)

We meet there for 10:30 a.m.

Cost of your breakfast only. Register by calling 765-5611

**By: Eric MacKenzie, Community Recreation Coordinator**

If you are a group struggling for fundraising ideas, then we at the 14 Wing Community Centre have a service for you.

We offer our facility to non-profit youth organizations that are interested in fundraising to help their club or organization. We organize monthly dances and the clubs that sponsor these dances

must sign a contract and fulfill the necessary requirements to hold these dances. These dances are held at the Community Centre on Friday evenings from 6:00 until 8:00 p.m. for ages 9-12. The club or

group who sponsors the dance is responsible for providing volunteer chaperons, along with Community Centre staff, and the sponsored group receives all the profits collected.

We are now taking bookings for our 2010 Dances, and you can sign up at the 14 Wing Community Centre Recreation Coordinators office. Our dances are available, on a first come first serve basis in person and there is only one dance per group/person. 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.

## Too Cute to Spook!



The children from Miss Maurina and Miss Kelly's French immersion preschool class were all dressed up and ready for a ghoulish good time during their schools Spooktacular Halloween Party.

Our staff would like to thank all of the parents for their hard work supplying the Halloween goodies we shared during our party, and for the extra effort getting the little ones ready to join in the fun, your kindness and support is greatly appreciated by all of us.

Just a reminder to everyone that our school

offers a Nursery School Program for 2½ and 3 year olds, as well as a Preschool Program for 4 year olds. These programs are available in English and French Immersion. The Morfee Annex Nursery School runs licensed programs taught

by ECE qualified teachers. For more information about our programs please contact Maurina Duret at 765-1495 local 5301 or pick up a brochure at the Wing Community Centre.

(Submitted by: Kelly Clancey)

## 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 Bullying Briefing\*

Date: Monday, November 16, 2009

Time: 5:45 p.m. – 8:00 p.m.

Where: GMFRC Casual Care

Volunteers Needed: 2

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 a parenting information session on bullying. If you are interested, please contact the Volunteer Coordinator.

## CRFMG - Publicité de la semaine

### Service de bénévolat

Coordonnatrice Janie Gagnon au 765-1494 local 5938 ou courriel à Janie.Gagnon@forces.gc.ca

### Service de gardiennage pendant que les parents assistent à la session d'information sur le taxage\*

Date : Lundi le 16 novembre 2009

Heure : 17h45 à 20h

Où : CRFMG au service de garde

Bénévoles demandés : 2

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 taxage. Si vous êtes intéressés contactez la coordonnatrice du service de bénévolat.

## 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

### Stress Management 101

Date: Monday, November 23, 2009

Time: 9:00 a.m. - 11:00 a.m.

Location: GMFRC

Cost: FREE

Registration Deadline: Monday, November 16, 2009

Call 765-5611 to register

Everyone feels 'stressed out' sometimes! Whether it's at home, work, or even your commute, it is important to recognize what triggers stress for you and how you react to the stress in your environment. This workshop will offer tips on ways to cope with stress in a healthy way and how to recognize the stressors in your life. Also, a registered massage therapist will give instruction on self massage techniques.

## 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).**

## Greenwood Curling Club

### Fun Night is Back

Friday, November 20th

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



# Drop-In the 14 Wing Community Centre

**By: Recreation Youth Worker; Megan LeMoine**

The seasons have changed; it is getting colder and starting to feel like winter. We have some great programs going on this month to keep you out of the cold and having a great time!

On Tuesday November 17 from 6:00 – 8:00 p.m. we have Tuesday Night Bowl; there you can bowl and have pizza and a pop for only \$5.00. This is for both pre-teens (9-12) and teens (13-18). If you are interested in this program please call 765-8165 to register!

Active Chicks is going

to Sobey's on Wednesday November 18 from 6:00 – 7:30 p.m. The girls will be cooking and making a craft. Spaces are limited; so sign-up or give us a call at 765-8165!

Friday November 20 is a Professional Development Day for West Kings High School, the same day the Olympic

torch will make its way through Greenwood! On that day as well there will be Teen Afternoon Baking from 2:00 – 4:00 p.m., the cost is \$2.00 and you must pre-register! We will definitely take the time to see the Olympic torch; this is something we cannot miss!

The Pre-teen Dance is on

Friday November 27 from 6:00 – 8:00 p.m. and the entrance fee is \$2.00. On Saturday November 28 it's Movie and Treat Night for the Pre-teens! You can make your own ice-cream sundae for only \$2.00. The movie is from 6:00 – 8:00 p.m. and will be held in the Upper

Multi-Purpose room above the gym. There will be no Teen Movie that night because of the Teen Coffee House from 7:00 – 10:00 p.m. This will be held in the Teen Room at the Community Centre. If you have any questions please give us a call at 765-8165 and we would be happy to help you!

## A Story of Remembrance

**Dear Editor,**

In the early summer of 1938 my step-mother, Mary, 2 sisters, Jean, age 17, and May, 5, and I, 9, after a harrowing journey by double-decker bus and train from South Darenth, Kent, to Belfast, Ireland, a trip that took all day from early morning to late night, with luggage in hand, for a five-month visit to Montreal to visit relatives.

On arrival at the dock-side we were informed the small freighter, *SS. Kenbane Head*, 5,225 tons, was at anchor in mid-

stream. A definite problem now arose as to how to get there, amidst a melee of drunken Irishmen on a Irish holiday week-end we succeeded in finding a small-boat skipper willing to take us to her, on arrival alongside an officer onboard advised us we could not come onboard until the following morning at 8:00 a.m. Mary pleaded with him to allow us to board as we had no place to spend the night ashore, he finally agreed, and lowered a jumping ladder over the side, clambering up this vertical ladder with wooden steps and rope handles proved to be quite a challenge for landlubbers like ourselves, with a gusty wind blowing, in the dark, we eventually reached the deck, baggage and all, breathing a deep sigh of relief. Prior to this the small-boat skipper insisted on a payment that we definitely could not afford, once again poor Mary had to plead to accept what payment she could afford and he too, reluctantly agreed.

The *Kenbane Head* could only carry 12 passengers, any more and it would have been necessary to carry a doctor according to the marine laws of the time. We were shown to a cabin with 4 bunks in the after end of the vessel to get settled in, washed up, stow our gear, and then go to the dining-room and have a lunch, which under the circumstances was most welcome as we had very little to eat during the day.

The next morning, at 9:00 a. m., on a full tide, K.H. commenced our slow voyage of two weeks across the North Atlantic, this old coal-burning vessel could not travel at any greater speed than 12 knots to preserve the tons of coal that she could carry.

Seasickness was a problem for May and I, and the smell of the dining-room was more than we could stand, so we remained in our cabin much of the time, luckily, we had been presented with a 5-lb. box of *Peek Frean's* digestive biscuits and we would munch on these occasionally, and occasionally, the Captain would send a steward to check on us, eventually, we could enter the dining-room and have something more substantial.

During the voyage the crew could not do enough for us, and treated us most royally, even to playing games with us to keep us amused.

Finally, we arrived at our destination of Montreal after frequent choppy seas that would break over the decks and cause more sickness. The Irish crew-members could not have been more generous with their unbending assistance during the entire voyage.

On November 5, 1940, in Convoy HX-84 enroute from Halifax, NS. to Britain, *HMS Jervis Bay*, an Armed Merchant Cruiser, fitted with WW1 6 in. guns, was the sole escort for 38 merchant vessels when the convoy was spotted by the Admiral Scheer, a German pocket Battleship, equipped with up-to-date 11 in. guns. The Jervis Bay's Captain, Fogarty Fegen, knowing it was to be a one-sided battle ordered the ships to make smoke and make their escape at high speed, he then advanced at full-speed towards the enemy Battleship and opened fire with all guns blazing, at the same time the Admiral Scheer had fired salvoes that were exploding on *Jervis Bay*, finally she was burning fore and aft, with one final massive explosion she tore apart and went down in a blaze of fire. This action had lasted 25 minutes. With a loss of 190 crew, 65 survivors were picked up by the Swedish ship, *Stureholm*.

Captain Fegen, was awarded the Victoria Cross, posthumously, but his action saved 33 of the 38 ships in the convoy, the German vessel continued to chase them until dark.

The *Kenbane Head* was sunk, with a loss of 24 of her crew. Mary's nephew, Patrick Leo Ross, Ordinary Signalman, RCNVR, age 20, on his first trip to sea was 'lost at sea' in *HMS Jervis Bay*.

Lest We Forget.  
Ronald E. Elliott CD. RCN (Ret'd)  
737 St, George St,  
Annapolis Royal, NS B0S 1A0

**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

**Parent Information Session – Bullying and your Child**

**Monday, November 16, 2009**  
**6:00 p.m. – 7:00 p.m.**  
**GMFRC**  
**FREE**  
**Registration Deadline: Thursday, November 12, 2009**  
**To register, please stop by the GMFRC or call our receptionist at 765-5611.**

Join us for an informal information session on how parents can be aware of the signs that their child may be the victim of bullying as well as what steps should you take next to provide comfort and support to your child. This session is geared towards parents who have children in grade 6 and up. Parents will receive an anti-bullying resource package that they can take home with them at the end of the session.

**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 enviroment.

**Nov 9<sup>th</sup>:** Pancakes with Fresh Fruit 2.50 • Yogurt Tube 1.00


**Nov 10<sup>th</sup>:** Corn Chowder 1.75 • Macaroni & Cheese 2.50  
• Toss Salad 1.50 • Blueberry Parfaits 1.25

**Nov 11<sup>th</sup>:** REMEMBRANCE DAY • NO SCHOOL

**Nov 12<sup>th</sup>:** Chicken Noodle Soup 1.75 • Tuna Melts with Vegetable Sticks 2.50 • Caesar Salad 1.50 • Fresh Fruit Cup 1.00

**Nov 13<sup>th</sup>:** Meatball Soup 1.75 • Hot Chicken Sandwich with Vegetables 2.50 • Baked Strawberry Shortcake 1.00

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


**KINGSTON & DISTRICT SCHOOL**

|                                            |                                    |
|--------------------------------------------|------------------------------------|
| <b>Whole Sandwiches</b>                    | <b>Snacks</b>                      |
| 1/2 Sandwiches (Asst. fillings).....\$1.15 | Cheese & Crackers.....\$1.00       |
| Subs/Kaisers/Wraps.....\$2.25 - \$2.50     | Fresh Fruit.....\$0.75 - \$1.25    |
| <b>Hot Foods</b>                           | Gold Fish Crackers.....\$0.50      |
| One Hot Food Daily.....\$2.50              | <b>Miscellaneous</b>               |
| Cup of Soup .....\$1.00                    | Bread & Butter.....\$0.50          |
| Bowl of Soup.....\$2.00                    | Bagel.....\$1.25                   |
| <b>Beverages</b>                           | Cream Cheese.....\$0.50            |
| Milk.....\$0.35                            | Cheese Whiz.....\$0.50             |
| Choc. Milk.....\$1.30                      | <b>Freezer Items</b>               |
| Juice Small.....\$1.00                     | Frozen Yogurt.....\$1.25           |
| Juice Medium.....\$1.25                    | Yogurt Tubes.....\$1.00            |
| Bottled Water.....\$1.25                   | <b>Desserts</b>                    |
| Yop.....\$1.25                             | Muffins.....\$1.00                 |
| V8 Juice.....\$1.00                        | Cookies (small).....\$0.35         |
| <b>Salads</b>                              | 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:** Pizza Subs; **Tues:** Sheppard Pie; **Wed:** Remembrance Day • No School; **Thurs:** Hamburgers; **Fri:** Chicken Nuggets

This menu brought to you compliments of:

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**www.frasers.ca**



**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

**Brunch francophone**

**Le dimanche 15 novembre 2009**  
**10h30**  
**Farmer's Family Diner, 1248 rue Ward, Aylesford (sur la rue du Zoo)**  
**Confirmer votre présence au 765-5611**

Pour terminer le trimestre en beauté avant de quitter pour les fêtes, un brunch francophone entre amis et familles. Prendre un bon petit déjeuner tout en jasant. On se retrouve sur place pour 10h30. Coût de votre déjeuner seulement.

**GMFRC • Feature of the Week**

**Francophone Brunch**

**Sunday, November 15, 2009**  
**10:30 a.m.**  
**Farmer's Family Diner, 1248 Ward rd., Aylesford (after the Zoo)**  
**To register call 765-5611**

To finish this quarter in beauty, just before Christmas holidays, a Francophone Brunch with friends and family. Take a good breakfast, chat, and meet new francophone at the same time. We meet there for 10:30 a.m. Cost of your breakfast only.



HOUSE OF COMMONS  CHAMBRE DES COMMUNES

**Greg Kerr**  
Member of Parliament/Député  
West Nova/Nova-Ouest

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Yarmouth, BSA 1M1  
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Mon to Fri 6:30 a.m. to 8 p.m.  
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Sun 8 a.m. to 8 p.m.

**All day breakfast menu**

**Daily Specials**

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Home Made Desserts  
Homestyle Burgers**

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## Prevent the spread of H1N1 Here's what you can do:



Help prevent the spread of H1N1 in your community by following these simple steps:

- Wash your hands often with soap and water, or use a 60% to 90 % alcohol-based hand sanitizer.
- Cough and sneeze into your elbow or sleeve.
- If using tissues, dispose of them appropriately and wash your hands.
- Avoid touching your eyes, nose and mouth.
- Do not share drinking glasses, water bottles, mouth guards, cosmetics or eating utensils.

For the latest information on H1N1:

**Call HealthLink 811 | or visit [gov.ns.ca/H1N1](http://gov.ns.ca/H1N1)**

  
**NOVA SCOTIA**



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

## HOROSCOPES

November 8 to November 14

### ARIES - Mar 21/Apr 20

Good feelings may be taken for granted this week, Aries, so you might go out of your way to appreciate them. Appreciate the small things.

### TAURUS - Apr 21/May 21

Your emotions are strong and upbeat this week, Taurus, and foundations laid in the next few days will be firm and long-lasting. Friendships are easily made.

### GEMINI - May 22/June 21

Be respectful in the company of others, because a little slip of the tongue can cause major problems, Gemini. Being calm and polite is the way to go for some time.

### CANCER - Jun 22/Jul 22

Cancer, expect some realizations that startle and surprises that change your way of thinking all this week. It's an exciting ride, and you will probably love every minute of it.

### LEO - Jul 23/Aug 23

Be alert and on your toes, Leo, because the pace this week is bound to be fast and most likely hectic. Meet others halfway and accept any help you can get.

### VIRGO - Aug 24/Sept 22

You will experience a flow of electrical energy with someone whom you least expected, Virgo. This could change your way of thinking about your love life.

### LIBRA - Sept 23/Oct 23

Restlessness and excitement start out your week, Libra, but soon this impatience turns to boredom. You need to find a way to keep up your energy levels the entire week.

### SCORPIO - Oct 24/Nov 22

You will find your intuition is right on the mark and your reactions fit in with all around you, Scorpio. Spread as much cheer as possible so you have a strong fan club.

### SAGITTARIUS - Nov 23/Dec 21

It can be difficult not to be overly critical this week, Sagittarius. There is a lot of negative thinking in the air. Don't contribute to that line of thinking. Be a fresh voice.

### CAPRICORN - Dec 22/Jan 20

A flurry of activity for several days has the phone ringing off the hook, Capricorn. Turn it off and enjoy some quiet time whenever you can. Challenges are minimal.

### AQUARIUS - Jan 21/Feb 18

Your long-range goals come into focus now, Aquarius, and you have a stronger sense of where you should go with your life's direction. You're energized to get ahead.

### PISCES - Feb 19/Mar 20

This week you may change personal habits, Pisces, and others may wonder about the changes. You don't have all the answers.

### FAMOUS BIRTHDAYS

|             |                                |
|-------------|--------------------------------|
| NOVEMBER 8  | Tara Reid, Actress (34)        |
| NOVEMBER 9  | Vanessa Minnillo, TV Host (29) |
| NOVEMBER 10 | Ellen Pompeo, Actress (40)     |
| NOVEMBER 11 | Leonardo DiCaprio, Actor (35)  |
| NOVEMBER 12 | Ryan Gosling, Actor (29)       |
| NOVEMBER 13 | Whoopi Goldberg, Comic (54)    |
| NOVEMBER 14 | Yanni, Pianist (55)            |

Horoscopes brought to you compliments of:

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### Soldiers' Memorial Health Auxiliary Upcoming Event

Soldiers' Memorial Health Auxiliary, Middleton will be hosting a Bake Sale on Thursday, November 19<sup>th</sup> at 10:00 a.m. in the Lobby of Soldiers' Memorial Hospital. Please join us for a cup of Hot Cider while supporting the efforts of SMH Auxiliary.

### Annual 2-Day Christmas Sale

The Carousel Gift Shop, Lobby of Soldiers' Memorial Hospital, Middleton presents its Annual 2-Day Christmas Sale. Thursday, November 19<sup>th</sup> - 10:00 a.m. - 4:00 p.m.; 6:30 p.m. - 7:30 p.m.; Friday, November 20<sup>th</sup> - 10:00 a.m. - 4:00 p.m. 15% Off All Regular Priced Gift Items, Plus No Tax! We carry a wide selection of Gift Items from Kitras glass, Meindl Figurines, Sterling silver jewellery and table top items. Free Parking: Nov. 19<sup>th</sup>.

### Breakfast with Santa and Craft Fair

Lawrencetown School on Saturday Nov 28<sup>th</sup>, from 8:30 a.m. - noon. Pancake breakfast, craft fair, huge ticket auction, face painting, sucker pull and Santa! Something for everyone!

### Annual Chinese Auction

Mid-Annapolis Valley Kinette Club - Annual Chinese Auction, Sat. Nov. 14<sup>th</sup>, Kingston Lions Hall. Doors open at 12:00-draws at 4:00. Door prize, 50/50, canteen available. For more info. or to make a donation please call Donna 765-3838.

### Coffee Party

The Kingston & District Health Auxiliary will be holding a Coffee Party Friday, 20 November, 2009 from 9:30 to 11:30 a.m. in the Kingston Fire Hall. Proceeds to the VON. Also a Silent Auction will be held from 9:30 to 11:00 a.m. The Quilt Raffle draw will be held at 11:00 a.m. Please join us to support Soldiers Memorial Hospital and District Health Care - it benefits everyone.

### Turkey Dinner

West Kings T.A.D.D. Safe Grad will be having a free will offering Turkey Dinner at the Aylesford Lions Hall Tuesday, November 24<sup>th</sup> from 4:30 - 6:30 p.m. Come out and Support!

### Kingston Lions Club Noon Luncheon

The Noon Luncheon will be held on 10 November 2009 from 11:30 a.m. until 1:00 p.m. Menu: Turkey Dinner with all the fixins'. Cost: \$8.00 per meal, \$8:50 delivered.

### Aylesford and District Firefighters Auxiliary Christmas Tea and Sale

Sunday, November 15, 2009 from 2:00 - 4:00 p.m. at the Aylesford Fire Hall. Touch and Take table, Baked goods, door prizes. \$5.00 per person, \$3.00 for children 10 and under. Proceeds to the Auxiliary.

### Knights of Columbus

The next meeting of Knights of Columbus, Greenwood/Middleton Council 6297 will be held on Nov. 14<sup>th</sup> at Queen of Heaven Chapel on Church St. in Greenwood It is a Fellowship Breakfast meeting. All current members, past members and any members relocating to the Greenwood/Middleton/Berwick area are invited to attend. For more information call Kent Sill at 765 2734.

### Nictaux Baptist Church Presents

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

### 2011 Halifax Canada Games - We Need You!

Biathlon Nova Scotia is actively seeking up to 135 volunteer biathlon officials for the 2011 Halifax Canada Games and our official test event, the 2010 Eastern Canadian Biathlon Champion-

ships, no experience necessary. For more information, check out our webpage at [www.BiathlonNS.ca](http://www.BiathlonNS.ca) or call 425-5454 ext 206.

### Nicholsville Community Auction

Saturday November 14<sup>th</sup>, 2009, 413 Victoria Road. 7:00 p.m. Nicholsville NS. Jams, jellies, preserves, baking and household items. Call 847-1001 for additional information.

### Christmas Blossoms for Your Table and Your Heart

"Blossoms for Your Table" featuring: Liz Fafreniere from Country Traditions Flower Shoppe. Also: "Blossoms for your Heart" presents Jan Keaths, "Bloom where you are planted!" The Mid Valley After 5 Women's Connection invites you to the Melvern Square Community Hall, Bridge St., Melvern Square on Thursday, November 12, from 7:00 - 9:00 p.m. Dessert, tea, and coffee will be served cost is \$6.00 for all. Please call Velma at 825-4747 for reservations!

### Benefit Dance and Auction for Robbie Ogilvie

November 21, 2009 at the Aylesford Lions Hall, Hwy #1 Auburn - 8:00 p.m. - 11:00 a.m.

### Christmas Casserole Supper and Sale

All Saints' A.C.W. will be holding their Annual Christmas Casserole Supper and Sale. Where : All Saints' Church Hall, Pleasant Street, Kingston on Thursday November 26, 2009 4:30 p.m. - 6:30 p.m. Menu: a large variety of casseroles, salads and desserts. Cost: Adults - \$ 8.00 Children - \$ 4.00, Family rates are available. There will be a bake table! There will be take-out!

### Kingston/Greenwood Living with Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will hold its November monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 - 9:00 p.m. Monday, 16 Nov 09. Guest speaker will be Nancey Roach, RN, CON(C), AVH Cancer Care Patient Navigator, Valley Regional Hospital. Her topic will be "The Screening for Distress Program" and a video "Celebrate Life". 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).

### Hip Hop Concert

A Hip Hop Concert for all ages (including the young at heart) will be held at New Beginnings Center, Greenwood on Thursday Nov. 19<sup>th</sup> at 7:00pm. The Concert will feature "Sugar Free". There will be a freewill admission and canteen will be available. For more info e-mail: [sugarfree116@gmail.com](mailto:sugarfree116@gmail.com).

### Contemporary Worship Service

Contemporary Worship Service is held Sundays, 10:45 at New Beginnings Center, 1151 Bridge St., Greenwood. We have Kid's Church for children 3 - 11 yrs. at 11:00 .M. A time of fellowship and coffee follows the Worship Service and we enjoy a pot-luck "Love Lunch" together once a month. Everyone is welcome and we look forward to meeting you.

### Kids Church

Held at New Beginnings Center Church, 1151 Bridge St., Greenwood. This fun program is a Church especially for children and is held at 11:00 a.m. - 12:00 noon on Sunday mornings for kids ages 5 - 12. For info phone the Center at 765-8155 or call Jen at 242-2754.

### "Funds for Fuel" Bridge Party

1:15p.m., Monday, Nov. 9<sup>th</sup>, Macdonald Museum, Middleton. Come out for a fun afternoon and support your Museum. Cost

**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, November 12, 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. How many more issues of The Aurora Newspaper are there before Christmas                                                                                     | _____        |
| 2. What is the website for the Legion                                                                                                                          | _____        |
| 3. When is Children's Christmas Parade being held at the Greenwood Mall                                                                                        | _____        |
| 4. Where is Kellock's License Eatery located                                                                                                                   | _____        |
| 5. Who wants to hire a commercial cook                                                                                                                         | _____        |

**Pizza Delight**

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

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

**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.



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# 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 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.

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Email:  
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Counsel:  
**Clare H. Durland, Q.C.**  
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Fax (902) 825-2522  
74 Commercial Street  
P.O. Box 700  
Middleton, NS  
B0S 1P0

**FOR SALE**  
FOR SALE – Set of four winter tires. 185/65R14. Used three seasons. Phone 765-6720. (3045-1tp)  
FOR SALE – Craftsman snow-blower – 8.5 hp, 27 inch, electric start. Well maintained, good condition. \$400. Kenmore 36 pint dehumidifier. Auto shut off, works great. \$55. Please call 765-1125 after 4 p.m. (3045-1tp)  
FOR SALE – Kodak carousel 800 slide projector with stack loader, remote control, 25 foot cord. Protector lens and carrying case. \$50. Phone 825-6961. (30452tp)  
FOR SALE – Well maintained 3 bedroom house located

**Future Glass and Mirror Ltd.**  
Sampson Dr., Greenwood  
902-765-2105  
SPECIALIZING REPAIRS/  
REPLACEMENTS OF  
WINDSHIELDS  
ALSO: \*plateglass \*mirrors  
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Many Used Windshields  
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820 Main Street, Kingston  
**765-2544 765-2555**

at 840 Fales River Drive in Greenwood. Approx 1295 square feet, new roof, windows, steel entry doors, paved driveway, pellet stove etc. Asking \$139,900.00. Please call Keith at 765-2166. Leave a message. (3044-B4tp)  
**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. (3044-2Btp)**

**FOR RENT**  
FOR RENT – 3 bedroom house with attached garage. \$700 monthly plus utilities. No smoking or pets. Quiet country living. 5 min from Port George and Margaretsville. 15 min from

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Moving & Deliveries  
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T: 902-765-3301 F: 902-765-6493

Greenwood. Organic garden plot. Call 765-6428. (3045-2tp)  
**FOR RENT – Large, modern 2 bedroom apartment in quiet security 4 plex. Close to Paragon Golf Course and all amenities. Basic Rent \$550.00/mos plus utilities. IR package available. Call 765-4946 anytime. References required. (3044-2tp)**  
**FOR RENT – New 2 apartment on Neily Crescent. Located off Bridge Street in Greenwood. fridge, and stove included. Lawn care and snow removal. Laundromat located in building. Conveniently located to all amenities. \$600.00 per month. Please call 765-0788 for more information. (3044-ufn)**  
**FOR RENT – Small 3 bedroom house behind Greenwood Mall.**

**FOR SALE FIREWOOD**  
Clear Hardwood  
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Quality Guaranteed  
Please Phone  
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**WE BUY FURNITURE**  
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812 Maple Street Ext., Kingston

Fridge/Stove included. \$650 per month plus utilities. Available November 1. Call Glengary Property Management 765-2421. (3043-ufn)  
**FOR RENT – 3 bedroom upper level duplex, newly renovated, located behind Greenwood Mall. Fridge/stove, washer/dryer hookup, snow removal included. \$550.00 plus utilities. Call 765-4206 (Sue) (3045-ufn)**  
**FOR RENT – House for rent 495 Pine Ridge Ave, Kingston. 3 bedroom, oil heat, fridge, stove, dishwasher, incl. Single car garage, large backyard. \$750.00 monthly plus utilities extra. Available immediately. Phone 765-0224 (3045-2tpB)**

**FOR RENT – 2 bedroom apartment in adult building located in central Kingston. Available November 1st. Fridge and stove included. \$450.00/month plus utilities. Please call 765-6879 after 4pm, references required. (3045-1tp)**  
**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**

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FOR INSURANCE WINDSHIELD CLAIMS

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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 (3040-4Btp)  
**FOR RENT – LINCOLNSHIRE APT AVAILABLE, in Kingston, 2 bedroom apartment with balcony available now, \$550.00 month excludes utilities. Live-in Super, secured building. Please call 840-0683. (3045-ufnB)**

**FOR RENT – 2 Bedroom apartment for rent suitable for personnel on IR. Newly renovated & fully furnished. Rent is all inclusive and includes phone, cable, heat, lights, electricity, washer & dryer, snow removal. If interested call 765-9274. (3043-(Bufn)**  
**FOR RENT – Storage for rent for motorcycles/4 wheelers etc. \$50.00 for 6 months. Half way between Greenwood and Middleton. Call 765-2614 for more information. (3044-4tpB)**

**FOR RENT – Retirement apartments. New, 2 bedroom units in seniors complex Kingston. Ground level, walking dis-**

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

tance to all amenities. \$690.00 per month plus utilities. Guaranteed no rent increase. Call 1-902-825-6929. (3045-7tpB)

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**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-Bufn)  
**SERVICE – Self Storage located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-Bufn)**  
**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)**  
**SERVICE – Jane's Domestic Cleaning – Will do domestic cleaning in Kingston, Greenwood, and Middleton area. Monday to Friday, 9 to 5. Reference available. Phone 765-8025 and leave a message. (Also will do vacancy clean outs (3045-ncBp)**

**NOTICE**  
May the sacred heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer (9) times a day, by the (8) day your prayer will be answered. Say it for (9) days, it has never been known to fail. Publication must be promised. Thank you St. Jude for favour received. M.N.B. (3045-1tpB)

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A TAN Coffee card was left at The Aurora Newspaper office. Anyone who has misplaced this card can call Anne Kempton at 765-1494 local 5833.

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C O M O X I L E  
U T E S H A L I F A X  
E S A B U N O R E  
D U N D U R N S C A N  
O N E S H I L O  
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# "Live at Five" Broadcasts from 14 Wing Greenwood!



By: Captain Scott Spurr

It was "lights, camera, action" at 14 Wing Greenwood on Thursday, October 29, 2009 as CTV out of Halifax came to the Wing to broadcast "live" their "Live at Five" show.

The Wing was one of the sites chosen by CTV as part of a location fall tour shoot to highlight various military Bases and the Coast Guard across the Maritimes. It takes a lot of work and time to put on a television (T.V.) show whether it is "live" or taped and the planning for this production started the first part of October for the Wing.

CTV wanted to tape some segments on what the Wing does on a day to day basis prior to the show. So on Monday and Tuesday, (October 26-27) two different CTV crews were taken on a flight aboard a CH-149 Cormorant helicopter from 413 (Transport and Rescue) Squadron (Sqn) and a CP-140 Aurora aircraft from 405 (Long Range Patrol) Sqn. The flights gave the personnel from the T.V. network a first hand look on what the capabilities of the Wing were and what the Sqn's do.

"Live at Five" host Star Dobson and reporter Kelland Sundahl thoroughly enjoyed their respective flights and came away with a much better understanding and appreciation on what goes on at the Wing from an operational point of view.

Reporter Rick Grant also visited the Wing to tape a



**CTV news broadcasting team and Cindy Day gives the Weather forecast from outside the 10 Hangar bay of 14 Wing Greenwood, NS.**

(Photo: Pte Alex Bouchard – 14 Wing Imaging)

segment on the impact the Wing has on the surrounding community and had the opportunity to interview the Wing Commander, Colonel Bill Seymour who provided some insight on the issue.

The last segment taped for the show involved the Greenwood Military Aviation Museum (GMAM) and Major General (retired) Ian Patrick (who was

instrumental in the creation and function of the museum) had the opportunity to explain what the GMAM has and why it is important to remember the past.

So, on October 29<sup>th</sup>, 2009, the big CTV satellite truck rolled onto the Wing and headed for Hangar 10 where the show was filmed. In the Hangar was positioned a Cormorant helicopter and an

Aurora aircraft and outside of the Hangar was a C-130 Hercules transport plane. These three aircraft are the ones flown from the Wing and it was essential that they provided the back drop for the show.

After a couple of hours of setting up lighting and sound equipment, the show was ready to go for the 5:00 p.m. time slot and it turned out to be a very rewarding experience for the Wing and for CTV. During the show, Major Richard Leblanc



**Starr Dobson and the crew of CTV News from Halifax, NS visited 14 Wing Greenwood on Thursday, the 29th of October 2009 to broadcast their "Live at Five" and "Six O'clock News" shows from inside and outside of 10 Hangar.**

(Photo: Pte Alex Bouchard – 14 Wing Imaging)

had the opportunity to show Starr Dobson the incredible restoration done on an Anson aircraft by retired military members as well.

The CTV Meteorologist, Cindy Day was also on hand and broadcasted the weather from just outside of 10 Hangar and fortunately the weather for the show was just about perfect!

As mentioned before, a show like this takes a tremendous amount of organizing and work and the Wing would not have been able to do their portion for the show without

the dedication and hard work of some of its members. A big thank you goes out to members of 14 Air Movements Squadron for getting the Aurora into place, 413 Sqn personnel for positioning the Hercules and Cormorant and the flight on the helicopter, 405 Sqn for their tremendous help and flight on the Aurora, the museum staff, the Wing Telecommunication and Information Services Sqn for their technical support and Wing Imaging for the great photos they took during the show!

## 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 14, 2009

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

Cora's Restaurant, New Minas

Pay the cost of meal and Transportation to New Minas

Registration Deadline: Thursday, November 12, 2009

Call 765-5611 to Register

Let's do Brunch! Come out have a great meal, have 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.

## Community Remembrance Day Ceremony

Held November 9th at  
**West Kings District High School**  
Beginning at 7 pm in the Gymnasium

We welcome all community members  
who wish to attend this ceremony  
in memory of the lives lost at war.

Lest We Forget



Holiday Shopping Ideas  
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# To Love is to Risk

October 25th, 2009 once again saw the congregation of St. Mark's Chapel at 14 Wing Greenwood celebrating Guild Sunday. All the Protestant Chapel Guilds at Bases across Canada observe the event on the fourth Sunday of October each year. The ladies of the local Guild conduct the Service, which this year was planned by our Guild sisters at Elizabeth Park Chapel in Ottawa, Ontario.

The speaker at St. Mark's this year was Deborah Lonergan Freake. A native of the Valley, Mrs. Freake has been actively involved in the work of the Anglican Church all of her life and is presently Diocesan Representative for the Anglican Fellowship of Prayer for the Diocese of Nova Scotia and Prince Edward Island.

The text for the meditation was Mark 14:3-9 – the story of the woman who poured a very expensive ointment over Jesus' head as he sat eating with his disciples. Although many there rebuked her for the extravagance of her act, Jesus was grateful and explained that she had anointed him prior to his death and burial.


Mrs. Freake spoke of this woman's act as one of great risk – she, after all, had burst in uninvited to this gathering – but also one of great love. The woman had heard Jesus preaching and believed he was who he claimed to be and felt the need to express her love for the Saviour no matter what the cost. It seemed she understood Jesus' mission even better than the disciples and was truly vindicated by His words.

Mrs. Freake's message was clear: to love is to risk but it is always worth the effort. We received a wonderful affirmation of our lives as Guild members and the work we do.

The Service was followed by a lunch in the chapel annex and everyone had a chance to meet and chat with Mr. & Mrs. Freake. It was a fitting closing to a day that the Guild looks forward to each year.




Guild Sunday at St. Mark's Chapel – November 25th, 2009.  
(Submitted by: Clare MacDormand)



## Canada Career Week 2009

### "Meet Your New Boss!"

All Defence  
Team members  
welcome



Door Prizes

Refreshments

Promotional Items

Tours!

### Learning and Career Centre Birchall Training Centre

#### 09-13 NOV 09

#### Agenda

|                |  |
|----------------|--|
| MON<br>09 NOV  | <b>KICK-OFF: Meet Your New Boss</b> • 1000 – 1100 hrs<br>Featuring keynote address by: <b>WComd Col W. Seymour</b><br>Professional Development Briefings from LCC & PSO<br><i>The Chamber, Birchall Training Centre</i><br><b>LCC ANNUAL OPEN HOUSE</b> • 1130 – 1330 hrs<br>Refreshments, door prizes, tours, promotional "give-aways"  |
| 10 NOV         | <b>WORKSHOP: RESUME WRITING</b> • 0830 – 1200 hrs<br>Presented by: Caroline Couture (LCC)<br><i>LCC Soft Skills Classroom</i><br><b>Movie-of-the-Week: 'Fish!'</b> • 1200 – 1300 hrs<br>Catch the Energy. Release the Potential. Fish! is a tool to help you lead people toward creating a positive workplace.<br><i>LCC Soft Skills Classroom</i>                                       |
| THUR<br>12 NOV | <b>WORKSHOP: INTERVIEW TECHNIQUES</b> • 0900 – 1200 hrs<br>Presented by: Caroline Couture (LCC)<br><i>LCC Soft Skills Classroom</i><br><b>Movie-of-the-Week: 'LEADERSHIP: AN ART OF POSSIBILITY'</b> • 1200 – 1300 hrs<br>This new kind of leadership is dynamic transforming, evolutionary. It is an art that brings out creativity and expression.<br><i>LCC Soft Skills Classroom</i> |
| FRI<br>13 Nov  | <b>UNIT TRAINING COORDINATORS APPRECIATION DAY</b><br>UTC Meeting • 1030 – 1130hrs<br>UTC Luncheon • 1130 – 1300hrs<br><i>LCC Soft Skills Classroom</i>  |

Registration is recommended. CONTACT: local 5226  
or e-mail +LCC Course Loading@Greenwood

# Join Us For NO TAX!

Sat. Nov. 14 9:30 am - 6 pm In Most Stores



## Children's Christmas Parade

Saturday, November 14th • 11:30 am  
Kingston Elementary School Choir will perform in  
Center Court immediately following the parade



### GREENWOOD MALL

Monday- Friday 9:30 - 9 • Saturday 9:30 - 6 • Sunday 12 - 5 • [www.greenwoodmall.ns.ca](http://www.greenwoodmall.ns.ca)