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VOL. 30 NO. 46 NOVEMBER 16, 2009 NO CHARGE

14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora

newspaper

WELCOME

BIENVENUE



405 Squadron Presentation to 14 Wing Museum

(L-R): Major Richard Leblanc, Lieutenant Colonel (LCol) Ron Ubbens, LCol Jim Irvine, Retired Major-General Ian Patrick (Chairman of the Museum Society), and Chief Warrant Officer Al Houston. 405 Squadron's Commanding Officer presents the Wing Heritage Museum at 14 Wing Greenwood, Nova Scotia with a signed flag and a framed plaque after following their deployment to Afghanistan in 2009.

(Photo: Cpl Shane Rudderham - 14 Wing Imaging)

By: Captain Rob Scholte

Since the arrival of the first CP-140 Aurora to 14 Wing Greenwood in June 1980, the aircraft and crews have been involved in many different operational roles throughout the world. The Squadrons (Sqns) of the Wing have over the years participated in national and international exercises, conducted drug operations locally and abroad, search and rescue, immigration flights and of course national surveillance missions on both coasts and to the north.

Throughout the last 29 years thousands of missions have been carried out and the Aurora and Sqn have been involved in two wartime environments. The first was in 1993, when 405, 415 and 407 Maritime Patrol Sqns participated in OPERATION SHARPGUARD in support of NATO's maritime control operation which was established to enforce the United Nations economic sanctions against Serbia-Montenegro and the arms embargo of the former Yugoslavia. The second

mission was in April 2009 when 405 (Long Range Patrol - LRP) and 407 LRP Sqn crews and aircraft technicians from both 14 and 19 Wing and personnel from the Canadian Forces Mapping and Charting Establishment based in Ottawa were tasked to conduct imagery of Afghanistan in support of OPERATION ATHENA. The images taken from the high tech Applanix camera installed on the Aurora aircraft provided exceptional, tactically and strategically important imagery of the war-

torn country for NATO forces in the conduct of ground operations.

In total 23 missions were flown over Afghanistan. Images and the maps produced proved to be invaluable to the ground troops. The Airborne Mapping Unit (AMU) detachment based out of South West Asia stood down in July 2009. Prior to the departure of the detachment personnel, Lieutenant Colonel Jim Irvine, the Commanding Officer of 405 Sqn and the Officer in Charge of the Air Movements Unit Detachment

had each member of this operation; (approximately 70 personnel) sign a Canadian flag in commemoration of their participation in this event. This flag flew over their base of operation for 24 hours, and also was flown over Afghanistan with the two operational crews. It is this flag, along with a framed print representing the four units involved that was presented to the 14 Wing Museum to ensure that the significance of this vital operation supporting OP ATHENA was remembered.

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Inspection et entretien annuels des appareils de chauffage, des détecteurs de fumée et de monoxyde de carbone

Chaque année, l'Agence de logement des Forces canadiennes (ALFC) mène des inspections et procède à l'entretien des appareils de chauffage et des détecteurs de fumée et de monoxyde de carbone pour s'assurer qu'ils fonctionnent de façon sécuritaire et efficace. L'inspection et l'entretien devraient commencer le novembre 2009 et se terminer en mars 2010. Le contrat d'entretien des appareils de chauffage a été attribué à Kings Enterprises Ltd et celui des détecteurs de fumée, à R.R. Fitch Electrical. Un employé contractuel communiquera avec vous afin de fixer un rendez-vous entre 8 h et 16 h, du lundi au vendredi. Vous pouvez vous attendre à ce que l'inspection et l'entretien des appareils de chauffage durent environ de 30 à 40 minutes, et prévoyez de 5 à 10 minutes pour les détecteurs de fumée et de monoxyde de carbone. Nous vous prions d'éloigner tous vos effets personnels des appareils de chauffage et des réservoirs d'huile avant cette

inspection. Notre spécialiste à l'interne, Craig Webber, accompagnera l'employé contractuel qui s'occupera des appareils de chauffage afin de contrôler son travail et d'effectuer une vérification des installations de chauffage. Si vous avez des questions, vous pouvez vous adresser à Craig Webber en composant le 825-7436. Nous apprécions votre collaboration et votre aide. Laissez-nous vous aider!

Établissement du loyer pour 2010-2011 - ajustements de la valeur de base du gîte (VBG)

La Société canadienne d'hypothèques et de logements (SCHL) mène actuellement l'exercice annuel d'établissement du loyer pour les unités de logement résidentielles (ULR) de la 14^e Escadre Greenwood. La SCHL a pour mission d'établir les loyers (valeur de base du gîte) en comparant les loyers de nos ULR avec ceux du marché local pour évaluer leur valeur relative. Plus précisément, la valeur sur le marché d'une

ULR particulière est établie en effectuant une analyse comparative de l'ULR et d'une maison comparable dans le quartier. On tient compte d'un certain nombre de facteurs, notamment l'âge de l'unité de logement, la taille, le sous-sol, le garage, la qualité de la construction, l'entretien, le système d'isolation, l'emplacement, la superficie du terrain, le type de collectivité. Par conséquent, les loyers de nos ULR sont comparables (en tenant compte des facteurs énumérés ci-dessus) aux loyers de logements locatifs semblables.

Dans le cadre du processus, l'ALFC fournit chaque année à la SCHL une liste de maisons repères qui représentent chaque type de modèle offert à l'Escadre. La SCHL détermine une valeur de base du gîte pour chaque adresse précise, et l'ALFC utilise ensuite ces données pour établir les frais d'occupation de toutes les ULR de l'Escadre. Nous recevons sous peu les ajustements de loyer pour 2010-2011, et chaque locataire sera informé avant le 1^{er} janvier 2010 de l'ajustement du loyer avant son entrée en vigueur le 1^{er} avril 2010.

Nota: L'Agence de logement des Forces canadiennes (ALFC) n'établit pas les loyers des ULR. Cette responsabilité incombe à la SCHL, qui agit au nom du Conseil du Trésor.

Conseils pratiques pour l'hiver

Les feuilles tombent, l'air

devient frais. L'ALFC vous donne quelques conseils pratiques pour vous préparer à l'hiver :

Détachez le tuyau d'arrosage de votre robinet extérieur. Videz l'eau du tuyau avant de le ranger pour l'hiver. Si vous laissez le tuyau attaché au robinet, l'eau qu'il contient se dilatera en gelant.

Coupez l'alimentation du robinet extérieur. Dans la plupart des maisons, il y a un robinet d'arrêt au sous-sol, à l'endroit où la conduite d'eau passe à travers le mur. Fermez ce robinet complètement, puis vérifiez que l'eau ne s'écoule pas du robinet extérieur. L'eau ne devrait pas couler de ce robinet. Laissez le robinet extérieur ouvert pour l'hiver. En procédant ainsi, vous préviendrez les risques de gel du robinet et d'éclatement de tuyaux au printemps.

Assurez-vous de ne pas bloquer les bouches d'aération. Par exemple, si vous installez un lit, une armoire ou un tapis par-dessus une grille, vous limiterez la circulation de chaleur.

Surveillance de résidence

Si vous partez en vacances ou que vous vous absentez pendant une longue fin de semaine, n'oubliez pas de donner à l'ALFC et à la Police militaire le nom et le numéro de téléphone de la personne qui s'occupera de la maison en votre absence. L'ALFC ne dispose pas des clés de votre maison, et ses employés ne peuvent pas

y entrer en l'absence d'un occupant ou d'une personne désignée.

Avis de déménagement

On rappelle aux occupants ayant l'intention de quitter leur unité de logement résidentielle (ULR), que ce soit pour une affectation, une libération ou un déménagement dans les environs, qu'ils sont tenus d'en aviser l'ALFC par écrit au moins 30 jours à l'avance. Par ailleurs, il est souhaitable de prendre les arrangements nécessaires pour une préinspection de l'ULR 60 jours avant la date du déménagement. Nous vous remercions de votre collaboration.

Préoccupations des occupants

À l'Agence de logement des Forces canadiennes (ALFC), notre priorité est d'offrir un service de qualité à nos locataires. Comme nous nous sommes engagés à vous fournir ce service, nous comptons beaucoup sur vos commentaires pour cerner vos sujets de préoccupation.

Si vos préoccupations sont liées à un programme d'entretien de l'ALFC ou à la gestion des logements, nous vous prions de bien vouloir vous adresser à notre personnel de bureau, soit par téléphone, télécopieur ou courriel, soit en personne.

Si vos préoccupations ont trait à un voisin ou à la collectivité (p. ex., animaux, bruit, dispute entre voisins, etc.), nous vous incitons à en parler directement avec les personnes concernées ou avec le représentant de

votre quartier, de sorte que le Conseil communautaire intervienne et règle le problème.

Assurance visant les unités de logement résidentielles

Pour être en droit d'occuper l'unité de logement résidentielle (ULR), l'occupant a l'obligation de souscrire une assurance de responsabilité civile contre les pertes ou dommages que pourrait subir le logement ou le garage, ainsi qu'une assurance contre l'incendie couvrant le contenu du logement ou du garage.

Conformément aux règlements de l'Agence de logement des Forces canadiennes (ALFC), une copie de votre police d'assurance en vigueur doit être conservée en tout temps dans votre dossier. Ainsi, si vous ne nous avez pas fourni une telle copie, nous vous prions de le faire dès que possible. Nous vous demandons aussi de vérifier les dates de votre police afin de vous assurer que l'ALFC a une copie de la plus récente police valide pour votre unité. Vous pouvez envoyer une copie de votre police à notre bureau de Greenwood par télécopieur, au 902-765-1274, ou par la poste.

Le défaut de maintenir une protection constitue une infraction aux articles 7 et 8 des modalités d'occupation. Il est donc impératif que nous ayons toujours une copie de votre police actuelle dans nos dossiers. Nous vous remercions de votre collaboration à cet égard.

Last Chance Christmas Portraits!
The November date sold out so quickly that we've decided to do one more! at the MFRC on December 1

LAST sittings for the season! Please call 765-5611 to book your time. Sittings are limited and by appointment only. Just \$30 for a 3 image CD! Additional options will be available

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Annual Inspection and Servicing of Furnace, Smoke and Carbon Monoxide Detectors

Annually, the Canadian Forces Housing Agency (CFHA) conducts inspections and servicing of furnaces and smoke and carbon monoxide detectors; to ensure they are safe and efficient. This work is scheduled to begin in November 2009 with a completion timeframe of March 2010. H.E. Armstrong Mechanical Ltd was awarded the contract for furnace inspection and servicing and R.R. Fitch Electrical for the smoke and carbon monoxide detectors. A contractor will be contacting you to set up an appointment between the hours of 0800 hrs to 1600 hrs, Monday to Friday. You can expect the duration of the furnace inspection and servicing to last approximately 30 to 40 minutes and the smoke and carbon monoxide detectors to last 5 to 10 minutes. We ask that you have all personal effects moved away from the furnace and oil tank prior to this inspection. Our in-house specialist, Craig Webber, will accompany the furnace contractor to inspect the work as well as to perform a heating system audit. Any questions can be directed to Craig Webber at 825-7436. Your cooperation and assistance is appreciated – please let us, help you!

Rent Setting 2010/2011 – Base Shelter Value (BSV) Adjustments

The Canada Mortgage and Housing Corporation (CMHC) are conducting the annual Rent Setting Exercise for Residential Housing Units (RHUs) for 14 Wing Greenwood. Their mandate is to establish rents (Base Shelter Values (BSV)) based upon a comparison of our RHUs to the local market. Specifically, the market value of a particular RHU is established using a comparative analysis between the RHU and a comparable home within the local area. A number of factors are considered, including: age of dwelling, size, basement, garage, quality of construction, maintenance, insulation, location, spaciousness of lot, type of community, etc. Consequently, our RHU rents are comparable (with the above factors considered) to similar rental homes.

As part of this process, CFHA provides CMHC with a list of benchmark houses each year that generally represents one of each model type available on the Wing. CMHC determines a BSV for each of these specific addresses which are then used by CFHA to establish all RHU occupancy charges. Soon, we will receive the 2010/2011 rent adjustments for our RHUs and each occupant will be notified prior to 1 January 2010 of

any rent adjustment that will become effective on 1 April 2010.

Note: The Canadian Forces Housing Agency (CFHA) does not establish RHU rents... this responsibility rests with CMHC, on behalf of the Treasury Board of Canada.

Tips for Winter

Now that the leaves are falling and there is a bit of a nip in the air, here are a few helpful hints to prepare for the cold weather ahead:

Disconnect your garden hose from your outside tap. Empty the water from inside the hose and store away for the winter. If it is left on the tap, the water that is still inside the hose will expand and freeze.

Turn off your outside tap. In most homes, there is a shut off valve in the basement where the line comes through the wall. Turn this valve completely off and check by going outside and opening the tap. There should not be any water coming out, and leave the outside tap open for winter. This will keep the tap from freezing and prevent a burst pipe in the spring.

Check to make sure that your heat registers have not been covered. Placing beds, dressers and carpets over the registers will restrict the flow of heat.

Housesitter

Taking some vacation time or going away for an extended weekend? Don't forget to provide both the CFHA & the Military Police with the name

& phone number of the person responsible for your house in your absence. CFHA does not have keys for your house and cannot enter without an occupant or designated person present.

Notice to Vacate

Residential Housing Unit (RHU) occupants are reminded that when you intend to vacate, be it for Posting, Release and/or just moving to the local area, you are required to advise CFHA in writing at least 30 days in advance of the day you wish to vacate. It is also desirable that a pre-inspection of your RHU be arranged 60 days in advance of your scheduled March-Out. Your cooperation is appreciated.

Occupant Concerns

At the Canadian Forces Housing Agency (CFHA), the provision of quality client service is our main focus. As part of our commitment to deliver that service to you, our customers, we rely very much on your input to identify areas of concern.

If you have specific concerns about the CFHA's maintenance programs or issues related to housing management, we ask that you bring your concerns to the attention of our office staff, by telephone, fax, e-mail or in person.

If the matter is neighbour or community related (i.e. pets, noise, disputes between neighbours, etc.), you are urged

to discuss the situation with the source of the complaint and/or with the applicable ward representative of the Community Council, for their involvement and resolution.

Residential Housing Unit (RHU) Insurance

As a condition of occupancy, it is mandatory for RHU occupants to carry public loss payable liability and property damage insurance covering loss or damage to the RHU and/or garage and to carry fire insurance for the contents of the RHU and/or garage.

Canadian Forces Housing Agency regulations require that a copy of your current policy be kept on file at all times. Therefore, if you have

not provided us with a copy of your current insurance policy please do so as soon as possible. We also ask that you review your policy dates to ensure that CFHA has a copy of the most recent and valid policy for your unit. You can forward a copy of your policy agreement to our Greenwood office either by fax at (902)-765-1274 or by mail.

Failure to maintain insurance coverage constitutes a breach of Articles 7 and 8 of the Conditions of Occupancy so it is imperative that we have a current copy of your insurance on file at all times. Your co-operation in this matter is requested, and appreciated.

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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 17th and Wednesday November 18th. 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 17th or Wednesday the 18th. 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.

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. 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.

Sondage sur les services de garde à la 14^e Escadre

Maintenant que la saison des affectations est terminée et que la plupart des familles de la 14^e Escadre ont bien intégré la routine de l'année scolaire, la direction de la 14^e 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^e 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. 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.

Subway Swimmers of the Week



Logan Way,
Nova Tech 2
10 years old,
3rd year with GDSC
Favourite Stroke: Backstroke
Other Interests: Bowling

Paige Jackman,
Novice
7 years old,
1st year with GDSC
Favourite Stroke: Butterfly
Other Interests: Soccer and Baseball



Stephanie Delisle,
Age Group 1
13 years old,
2nd year with GDSC
Favourite Stroke: Breaststroke
Other Interests: Volleyball and Cadets

Mercedes LeBlanc,
Age Group 1
10 years old,
4th year with GDSC
Favourite Stroke: Breaststroke
Other Interests: Reading, School and Dry Land Training



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

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En cas d'erreur typographique l'Aurora ne s'engage à rembourser que l'espace occupé par l'article dans lequel s'est glissé l'erreur. Lorsque les annonces publicitaires sont, reçues par téléphone l'Aurora n'accepte aucune responsabilité pour les erreurs qui pourraient se glisser dans le texte.

The deadlines are as follows: 12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by the disk and hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday. Or E-mail us at aurora@auroranewspaper.com

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

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included.

(Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Aurora Newspaper of products and/or services in exchange for donations.

La promotion d'entreprises privées 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:

On peut s'abonner par la poste, aux taux suivants:

Canada/Canada: \$60.00 + HST per year/par année.

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

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The Aurora Newspaper
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Morfee Annex



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Le Journal Aurora
C.P. 99
Greenwood, N.-É.
B0P 1N0



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

H1N1 Primary Assessment Clinic

Annapolis Valley Health will open its second flu assessment clinic in response to the increased volume of patients with flu like symptoms presenting in doctors' offices and at our various sites in the western end of the Annapolis Valley. The second clinic Flu Assessment Clinic will be located at Greenwood/Kingston Family Health Clinic, (AVM Morfee Centre, Building 83, School Road in Greenwood).

The flu assessment clinic opened, Thursday, November 13 and will operate from 12:30 p.m. to 7:30 p.m. daily until further notice. This clinic will serve individuals who are experiencing mild to moderate flu-like symptoms and feel they need to see a health care professional. This is not a flu vaccination clinic. We ask while visiting this clinic to please be patient as we anticipate increased volumes.

The intent of the flu assessment clinic is to provide the community access to a comprehensive assessment to ensure timely care and avoid further transmission. Valley Regional Hospital Emergency Department, Western Kings Memorial Health Centre Outpatient Clinic or Soldiers Memorial Hospital will be redirecting patients with mild to moderate flu like symptoms to the flu assessment clinic in Greenwood/Kingston Family Health Clinic or at Eastern King Memorial Community Health Centre, Wolfville.

For emergency care please dial 911 or visit Valley Regional Hospital or Soldiers Memorial Hospital Emergency Department.

General infection control practices, such as washing hands, coughing into your sleeve, continually help to reduce transmission of all viruses, including H1N1. Please remember for inquiries regarding H1N1 to call 811. AVH is committed to provide quality care to the residents in the Annapolis Valley and apologizes for any inconvenience this may cause. AVH wants to thank the community in advance for their patience and understanding during this time.

This clinic is not for military members who will be assessed as per the information provided by the W Hosp Wing Wide e-mail.



Military Family Home-Based Business Group (MFHBBG)

Are you a military dependent who runs, or would like to run, your own home-based business? Join MFHBBG to network with other home-based business entrepreneurs in the military community. It's a great opportunity to learn from and share with others who are running a business from home within the unique military lifestyle.

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



CUCINA AURORA



Garlic Clam Dip

8 oz. Cream Cheese
1/2 tsp. Salt
1/2 tbs. Garlic
1 dash Fresh Ground Pepper
7 oz. Clams, Drained And Minced
1/4 cup Clam Broth
1 1/2 tsp. Worcestershire
2 tsp. Lemon Juice

Using garlic press, squeeze pulp and juice into softened cheese. Cream with a spoon until smooth. Gradually add the remaining ingredients, blending until smooth. For thinner dip, add more clam broth. Serve with crackers, chips or veggies.

Business of the Week Capitol Lounge & Grill

Capitol Lounge & Grill in Middleton has a new owner, new menu, new staff, and great decor.



John Bartlett has made many changes since he bought the business 14 months ago. John not only manages the establishment he has been a chef for 25 years and with his experience has introduced new and tasty menus to the pub.

There are 14 draft lines with the best selection in Annapolis County and the best wings in the Valley.

Weekly specials such as Wings Night are on Thursday at 50 cents apiece. All you can eat pasta Tuesday after 5 p.m. for \$7.99. Steak nights are Monday after 5 p.m. for \$9.95. There are also daily specials and senior's discounts on Sunday.

Weekly entertainment is ongoing as well. Karaoke is

on Friday night and a DJ or Band on Saturday night. The 50-inch Big Screen is great for all sports fans and our new fireplace will add warmth and atmosphere to your evening out.

The Capitol Lounge & Grill has room available for anyone wanting to book holiday functions or office luncheons. The Pub has 12 new employees and is only a 15-minute drive from 14 Wing Greenwood.

John is a great supporter of local sports teams for adults, children, and youth. Charities such as cancer Relay for Life and School Bands are other groups he is fond of helping out.

Anyone interested in more information can check out the website at
www.capitollounge.ca

New Owners, New Menu, New Atmosphere



- All Day Breakfast
- Kitchen Open 9am-10pm
- Seniors Discount on Sundays

333 Main Street, Middleton
(902) 825-2742

Check our www.capitollounge.ca for upcoming events

Come visit an old friend for the very first time.

HOT PAUSE Tanning Studio

647 Main St., Kingston
765-6219

Mon-Fri • 9am - 9pm
Saturday • 9am - 3pm

Appointments Recommended!
Walk Ins Welcome



*Tanning...
Look Good, Feel Great!*



The more you give, the more you receive!

with Pizza Delight Gift Cards.

Buy \$30 worth of Gift Cards
and receive a certificate for a
FREE 12" 3-Topping Pizza

Buy \$40 worth of Gift Cards
and receive a certificate for a
FREE 15" round 3-Topping Pizza

FREE pizza certificate redeemable
starting January 2, 2010
for dine-in only at participating
Pizza Delight locations.



Greenwood
765-4477

Take a break from the kitchen and let Swiss Chalet do the work!

**Between November 23 - November 29,
Purchase our Classic Quarter Chicken Dinner,
and receive the second one for FREE!**

SWISS CHALET
ROTISSERIE & GRILL

9275 COMMERCIAL STREET, NEW MINAS

Offer Valid only between above dates, coupon not valid with any other offer, limited to one coupon per guest.
White Meat charge extra, this coupon has NO CASH VALUE. Valid only at the Swiss Chalet in New Minas

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National Addictions Awareness Week 2009

Once again, the third week in November (the 16th-22nd) will be National Addictions Awareness Week here in Canada. Recently, the Alcohol and Other Drugs cell at *Strengthening the Forces* has also been made responsible for issues related to problem gambling. Additionally, due to recent drug testing in the CF, the issue of other drug use (e.g., marijuana, cocaine, methamphetamines, opiates, etc.) has gained renewed interest. Consequently, this year's Addictions Awareness Week campaign will include information on the Low-Risk Drinking Guidelines (LRDGs), issues related to other drug use (e.g., marijuana, cocaine, methamphetamines, opiates, etc.) as well as issues related to non-substance addictions (e.g., internet and gambling). As the most frequently used drug in the CF, however, the misuse and abuse of alcohol and the promotion of the LRDGs will still be the primary focus of the Alcohol, Other Drugs, and Gambling cell of *Strengthening the Forces*.

Non-Substance Addictions

Gambling in the CF does not necessarily take the form that one normally thinks of when thinking of gambling. That is to say, CF members, by and large, are not going to casinos and spending their paycheques at the poker or blackjack tables. In the CF, gambling takes a much more "innocent" form: VLTs at restaurants/bars (in provinces where this is allowed), scratch-and-win tickets and lotto tickets. Even things like raffles are, in fact, considered gambling (although many people don't think of this as "real" gambling). The problem is that what professionals consider gambling and what the general public considers gambling may not exactly match up. That hockey pool you enter every NHL season is actually gambling, although you may not think of it that way. That *Texas Hold 'Em* tournament your unit holds every year may not seem like much – what harm can \$20.00 do? But to someone with a gambling problem, the amount of money is irrelevant; the draw is the high they get from the possibility of "winning big".

None of this is to say that you can't or even shouldn't buy your 6/49 ticket next week, or that your weekly game of poker with the guys is a bad thing. As with alcohol, the key is to gamble responsibly. That means knowing and setting your

own limits, monitoring the money and time you spend on gambling activities, and paying attention to any "yellow flag" moments you may have.

Low-Risk Drinking Guidelines

As in years past, the LRDGs will feature heavily in this year's Addictions Awareness Week campaign. These guidelines are designed to "assist healthy adults to make informed decisions about their alcohol consumption" and to minimize alcohol-related risks. They are:

- 0 - Zero drinks = Lowest risk of an alcohol-related problem
- 2 - No more than 2 standard drinks on any one day
- 9 - Up to 9 standard drinks per week for women
- 14 - Up to 14 standard drinks per week for men

Please note, however, that there are some situations in which no amount of alcohol is safe. As well, there are some people who, for various health, legal and/or social reasons should not consume alcohol. For a more detailed discussion of these guidelines, please visit the following link: www.lrdg.net

In addition to these guidelines, it is extremely important to avoid binge drinking. Binge drinking is defined as 4 or more standard drinks on one drinking occasion for women, and 5 standard drinks for men. Binge drinking is of considerable concern in the CF as it not only increases the risk of impaired driving and other alcohol-related incidents and/or injuries but it also puts incredible strain on the body – research has shown that in terms of its effects on the brain, binge drinking and recovering from that binge is similar to becoming addicted to alcohol and then immediately going through withdrawal. Now imagine doing that to your body every weekend and you can begin to see why binge drinking is so dangerous. In addition, binge drinking can result in hangovers, which are very dangerous in operational situations as you are not as alert or responsive as usual (not to mention the nausea, dizziness, and headaches). In short, there are some very good reasons for the "two drinks per man per day perhaps" rule! Always remember to "Stop and think before you drink".

For more information or to find out more about 14 Wing Health Promotion, visit our website at www.14winghealthpromotion.com

GMFRC • Feature of the Week

Education and Employment Services

Coordinator: Kristen Lawson at 765-1494 local 1816.

Selling Your Home Info Session

Wednesday, November 18, 2009

7:00 p.m. - 9:00 p.m.

GMFRC Classroom #1

FREE

No Registration Required

Are you planning to be posted this year? Do you have any questions about selling your home? The GMFRC is happy to offer a Selling Your Home Info Session, where local professionals will be gathered to answer any questions you may have surrounding the home selling process. Bring your questions, our team has the answers! For more information please contact 765-5611.

GMFRC • Feature of the Week

Special Events and Promotion

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

Support our Troops

Showing support for our troops comes in many ways. Anyone can donate items or money for morale mail packages for deployed troops, anyone can display a yellow ribbon, wear a Red Friday t-shirt. Did you know that you can also send a message of support to our troops? You can go online at www.forces.gc.ca and choose write to the troops. You can leave a message on the message board that can be read by all members of the Canadian forces. Showing support for our troops, helps get the job done. We can all play our own part in serving our country. Please show your support for your troops, especially with the holidays fast approaching!

Publication Dates & Deadlines



The Remaining Publication Dates for 2009 & Deadlines for all Advertising, Classifieds, Editorial, Articles & Photos are the following:

23 Nov issue – Deadline 18 Nov

30 Nov issue – Deadline 25 Nov

07 Dec issue – Deadline 02 Dec

14 Dec issue – Deadline 09 Dec

21 Dec issue – Deadline 16 Dec

28 Dec 09 – NO NEWSPAPER

The office will be Closed from

22 Dec to 28 Dec 09

The first issue of 2010 is

04 Jan 2010 • Deadline 30 Dec 2009

If you have any questions please give Anne a call at 765-1494 ext 5833



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

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

Notice from the GMFRC Board of Directors

Please be advised that the Greenwood Military Family Resource Centre (GMFRC) Board of Directors Jingle Bell Bingo that was originally scheduled for December 1st, 2009 at the Annapolis Mess has been postponed due to unforeseen circumstances. Please watch The Aurora Newspaper for updates on this event.

After School Bowl

14 Wing Community Centre & Greenwood Bowling Centre

New Date & Time!

Tuesday's and Friday's starting Oct. 13

4-5:30pm

Bowling, Games, Pizza & a Drink
for only \$7

Pre-Teens and Teens

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

Annual Air Weapons Safety Brief, 26 Nov 09

The annual Air Weapons Safety Briefings (AWSBs) are scheduled for 26 Nov 09. 14 AMS Training and Standards Flight (TSF) staff will be on hand to present two AWSBs to offer all Wing personnel the opportunity to learn about Air Weapons Safety.

Flight Safety and Air Weapons Safety is an ongoing process that all members of 14 Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness.

The Wing Commander, Colonel Seymour, and the Wing Flight Safety Officer, Major Rioux, highly encourage all personnel to attend one of these two briefings. So please make the effort to take in one of the briefs.

To ensure maximum participation and to meet personnel schedules DFS will be providing two separate briefs as scheduled below:

26 Nov 09- Birchall

Training Centre Theatre, 0900 hrs. and 10:00 hrs.; All Wing personnel invited. **Note: Only 180 seats available.**

Further information can be obtained from the TSF office locals 3039 or 3965. See you there!

Free Public Skating

Western Kings Arena
Sunday's
4:00 – 5:00 p.m.

Sponsored by:
Royal Canadian Legion
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Paper Carrier

WANTED

Anyone interested in becoming a paper carrier for The Aurora Newspaper can fill out an application online or come into our office on School Rd. and your name will be placed on our waiting list.

For more information call
765-1494 local 5833.

We are also compiling waiting lists for all areas.

Carrier applications are available on our website

www.auroranewspaper.com



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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CANADIAN TIRE

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730 Central Avenue

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

902-765-6337

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

Winter Special

Get four tires installed, balanced & wheel alignment for only

\$89⁹⁹ plus tax

On most vehicles.
Tires not included.

Free Brake Inspection

For the month of November.

See store for details.
Greenwood location only.

canadiantire.ca

For days like today™



General Safety News:

Role of the Wing Workplace Health & Safety Committee (WWHSC)

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

This article will outline the role of our 14 Wing Workplace Health & Safety Committee 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.



By: David Mailman,
D/WGSO

Historically the Wing General Safety Office has received reports of numerous accidents over the winter months identifying slippery surfaces or winter conditions as one of the primary contributing factors to workplace injuries. The scope of injuries range from minor bruising to slight concussions or even broken bones; at a cost of personal suffering and the economics of time lost from

work.

The Wing has developed a comprehensive plan for "Snow and Ice Control (SNIC)" which is dependent on the cooperation of all Wing personnel. The Canada Labour Code (CLC) Part II holds the employer responsible to "ensure that employees have safe entry to, exit from and occupancy of the work place."

The WGSO encourages a proactive approach to ensure regular facility inspections are conducted and adequate attention and resources are directed to SNIC operations. Airfield & Grounds SNIC responsibilities include clearing sidewalks up to minimum of 1.5 meters from buildings. Building Occupants must address entrances, exits

including Fire Escapes, and ensure the 1.5 meter area next to the entrances are kept clear of ice and snow or other slip/trip hazards.

Need Supplies?

Self-help ice melt and bagged sand is available from Airfield & Grounds who can be contacted at local 5059 or 5223. Requests for all other domestic snow removal must be routed through the NCO IC Heavy Equipment by contacting local 5432. As a reminder, the General Restricted Area of the Base is designated as "Sand Only", therefore, extra care must be taken when walking or driving.

Drivers are reminded that winter parking is prohibited on PMQ roadways at any

time from 15 Nov - 30 Apr. On Base, if any vehicle is preventing the safe and effective operation of snow removal equipment while snow clearance signs are positioned and the owner cannot be contacted, the vehicle will be towed at the owner's expense.

Individual Tips

- Plan ahead, give yourself plenty of time and plan your route.
- Select appropriate winter footwear with adequate tread.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk in designated walkways as much as possible.
- When you have no choice but to walk on ice, take



short steps or shuffle for stability bend slightly, or walk flat footed.

- Be especially careful on lad-

ders, platforms or stairways. Utilize appropriate PPE such as ice cleats when possible.

Winter Slips and Falls

Annapolis Valley Health is Restricting Patient Visitation

November 10, 2009) Due to an increase in influenza-like activity in our communities, Annapolis Valley Health is restricting patient visitation.

For the protection of our patients, visitors will be restricted to immediate family only with no more than two family members per patient at any one time.

Also, families coming to the Emergency Department and all other areas of the hospital are asked to limit the number of people accompanying a loved one.

Visits from children 12 years and under will not be permitted unless it is for compassionate reasons. This decision is based upon the fact that children and youth

are susceptible to H1N1 and those who attend daycares and schools, may carry the virus home.

Please do not visit if you are ill or not feeling well. All outpatient hospital services are still available. Visitation restrictions will remain in place until further notice.

Annapolis Valley Health reminds the public that

regular and thorough hand washing will help prevent the spread of illness. AVH appreciates your cooperation and is sorry for any inconvenience these temporary restrictions may cause.

For further information contact, Public Relations Department (902) 538-3468/ (902) 670-8263.

A little change can go a long way!

Francis MacIsaac, from Wolfville, is the first to drop off his Health in Harmony Radiothon change box to the Valley Regional Hospital Foundation office. The change boxes are being distributed throughout the Valley in support of the 2nd Radiothon,

on February 26, 2010 broadcasting on K ROCK 89.3. Funds raised will support the Emergency Department expansion. Change boxes can be delivered to County Fair or Greenwood malls on the 26th. The Foundation is a non profit organization committed

to raise funds to promote health and quality health care. Contact the Foundation office at 678-5414 to receive your free change box.

150 Exhibition Street, PO Box 911, Kentville, NS, B4N 4H8.



**Friday Night is
Family Night at the
Greenwood Bowling Centre!**

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

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

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

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FOR 36 MONTHS



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Six standard air bags

- 173 hp 2.4L DOHC Dual VVT I-4 world engine • 4-speed VLP automatic transmission
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CITY: 11.0L/100 km (26 mpg)^Δ



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Available 390 hp 5.7L HEMI® V8
with 407 lb.-ft. of torque



Segment exclusive* five-link coil
spring rear suspension



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interior volume

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- 17-inch chrome-clad wheels • SIRIUS® Satellite Radio • Electric shift, part-time 4WD
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NHTSA 5 Star Frontal Impact[‡]

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On the 4th of November 2009, we had our annual "Take your kids to work Day" here at 14 Wing. The day started off with a quick and uplifting introduction from the Acting Wing Commander Lieutenant Colonel Irvine and Wing Chief Warrant Officer Jardine. This was followed by an entertaining presentation about the Wing and its many facets, from the Public Affairs Officer, Captain Scott Spurr. Then the kids had a chance to go to work with their parents.

Over at Wing Transportation & Electrical and Mechanical Engineering Squadron, William Watters (one of our young participants) had a chance to get up close and personal with some of our special purpose vehicles including the type we hope not to see on the roads too soon: the plows.

At 10:00 a.m., everyone got on the bus at the Annapolis Mess and we headed over to the airfield. We got off the bus at 11 Hangar and were treated to a great presentation on the Aurora from 405 (Long Range Patrol) Squadron. We then went over to 14 Hangar for a tour of a Cormorant which was organized by 413 (Transport & Rescue) Squadron and from 14 Air Maintenance Squadron.

Finally we headed back to the Annapolis mess where some chose to stay for lunch and to head to the museum in the afternoon. All in all it was a fantastic day for young minds to come see what it is we do at the Wing and who knows, maybe they will be back in a few years as tomorrow's leaders.

(Photos: Pte Cormier – 14 Wing Imaging)

Tomorrow's Leaders



Capt Nick MacDougall giving one of the presentations on the Aurora.

Remembering our Soldiers



Last week Nikki and Finley from the Morfee Annex Nursery School coloured and wore their poppies proudly as a remembrance to all of our Canadian soldiers. For information about the English or French Immersion programs at the Morfee Annex Nursery School please contact Maurina Duret at 765-1494 local 5301.

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1 Mile West of Middleton on Highway #1
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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.

**Refreshments Available!
Win a Door Prize!**

Organized by the Military Family
Home-Based Business Group

St. Mark's Chapel Gets New Youth Worker -YAHoO!



By: Amy E. Martin

Melinda Daigle grew up in a military family of four boys. She felt a pull towards

working with young people and their families early in life. After receiving a bachelor degree, she began attending Acadia Divinity College in order to reach her goal. Through St. Mark's Chapel, she found her place in teaching kids the amazing stories of the Bible.

With the help of Padre Gordon Poley, Melinda created a new program for the St. Mark's Sunday School called Youth Adventure Hero Organization, better known as YAHoO. Through stories, games, activities, and crafts, kids learn of heroes in the Bible and their

amazing adventures... such as David, Moses, Esther, and Jesus. Stories that everyone grew up with are retold in exciting new ways.

"I feel that it's incredibly important to work with the kids of our community; they are our present and future" says Ms. Daigle. "I'm very excited to see the kids grow as they learn more about God."

YAHoO is open to children between the ages of 4 to 13 every Sunday at 10:30 a.m. at St. Mark's Chapel here in Greenwood. All are welcome and we look forward to seeing you and your little ones there.

The Aurora
newspaper

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or visit our website at:
www.auroranewspaper.com

Send your articles and photos to:
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French Book Fair is coming soon



Where/Où: École Rose-des-Vents, 6 Bedford Road, Greenwood
Mercredi /Wednesday 18 nov 09h00 - 16h00
Jeudi /Thursday 19 nov 09h00 - 21h00
Vendredi / Friday 20 nov 09h00 - 15h00

Toute la communauté est invitée à venir découvrir notre sélection de livres en français. De plus, l'auteur **Alain Raimbault** sera sur place le 19 novembre de 15h00 à 17h00. Venez le rencontrer!

Noël arrive à grands pas et l'achat d'un livre est un excellent cadeau pour les lecteurs à tous les niveaux.

Run Miss Brenda Run!

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

The Greenwood Military Family Resource Centre (GMFRC) would like to congratulate our own Brenda Virtue Ellis, who is to be an official Olympic Torch Bearer on November 20th. Bring the whole family to join with us at 2:30 p.m. to cheer the GMFRC's Early Childhood Educator and others on! Look for GMFRC staff as we hand out flags and hot chocolate to celebrate this wonderful, once in a life time event.

Brenda Virtue Ellis, GMFRC's representative for the Olympic Torch Relay on November 20th.



...let's talk about

YOU

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and photos to:
aurora@auroranewspaper.com

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Requirements

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Fully Loaded, Power Sliders, S/R, Leather, 137k
Stk #599/A was \$19,995



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\$15,995

2008 Dodge Grand Caravan SE

V6, Auto, A/C, PW, PL, PM, Tilt, Cruise, Stow'n Go, 89k
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4cyl, 5spd, AC, PW, PL, PM, Alloys, CD, Tilt, Cruise, 95k
Stk #597/U



\$13,995



\$12,995

2007 Ford Ranger Sport S/C

V6, Auto, CD, Boxliner, Alloys, 49k Warranty
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4cyl, Auto, A/C, loaded, Alloys, Heated Seats, 49k
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\$12,995



Just Arrived
Call for Details!

2007 Dodge Caliber SXT

4cyl, Auto, AC, PW, PL, Tilt, Cruise, Alloys,
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4wd, Auto, A/C, PW, PL, PM, Alloys, CD, 141k
Stk #600/U



\$12,995



\$10,995

2007 Ford Focus SE Sedan

4 cyl, Auto, A/C, PW, PL, Tilt, Cruise, CD, 83k
Bal of Warranty Stk #604/U

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V6, Auto, 3 zone A/C, Quads, Alloys, Fold-N-Go Rear Seat, 111kms
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There are **ONLY 5 MORE ISSUES** left this year.

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www.auroranewspaper.com



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 or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

Note: We are sorry for any inconvenience this may cause, but to keep costs down, the

only methods of payment accepted for workshop registrations is cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration.

Employment and Education Services

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

Upcoming Events

CF Recruiting

Monday, Nov 16, 2009
1:00 p.m. – 5:00 p.m.
GMFRC Classroom 2
FREE

No registration required

Intro to Thai Cooking Class

Thursday, Nov 26, 2009
6:00 p.m. – 8:00 p.m.
Sobeys Community Room
\$15.00

Registration Deadline:
Thursday, November 19, 2009
Christmas Portraits Session

Tuesday, December 1, 2009
9:00 a.m. – 1:00 p.m.
GMFRC Classroom #1
Cost Vary

Registration deadline:
Monday, November 23, 2009
Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Employment Resource Library
- Career Assessment / Counseling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on the Military

Family Home-Based Business Group

- Employment Computer Available
- Portfolio Development

Outreach and Community Information Services

Coordinator: Nicole Godin at 765-1494 local 5941 or email nicole.godin@forces.gc.ca

Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- Outreach to Reserve Units

Deployment Services

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

Upcoming programs or services

MSS Family Deployment Briefing

Wednesday, Nov 18, 2009
6:00 p.m. – 8:30 p.m.
Annapolis Mess
NEW Laugh Craft Connect
Wednesday, Nov 25, 2009
6:00 p.m. – 8:30 p.m.
GMFRC

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

deployed

Registration deadline:

Friday, November 20, 2009

Call 765-5611 to Register

Is your military member away?

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

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

For respite childcare offerings for deployed families, see details under Children and Youth Services

Prevention, Support and Intervention Services

Coordinator: Jennifer Hill, at 765-1494 local 1811 or email at Jennifer.Hill2@forces.gc.ca

Upcoming programs or services

Stress Management 101
Monday, Nov 23, 2009
9:00 a.m. - 11:00 a.m.
GMFRC

FREE
Registration deadline:

Monday, November 16, 2009

Sole Parenting & Children's Movie Night

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

FREE
Registration deadline:

Wednesday, Nov 18, 2009

Max-Well Relax Casual Get Together

Thursday, Nov 26, 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.

Ongoing Services

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

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

Child and Youth Services

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

Upcoming programs or services

Babysitting Course

Monday, Nov 23, 2009
Monday, Nov 30, 2009
Monday, December 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

Children's Deployment Support Group

Sunday, December 6, 2009
1:00 p.m. – 3:00 p.m.

FREE
GMFRC

Registration deadline:
Thursday, December 3, 2009

Respite Dates

Wednesday, Nov 25, 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, November 23, 2009

Ongoing Programs

- Youth Council - Tuesdays
- Academic Tutoring Service - ongoing

- Parent & Tot Program - Mondays
- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club - 1st and 3rd Thursday of each month

Special Events and Promotions

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

Upcoming events

Christmas on the Wing
December 4, 2009
4:00 p.m. – 6:00 p.m.

Come out for an evening of Christmas fun. Join the GMFRC and Community Centre on Dec 4th from 4-6 pm as we visit with Santa, sing carols, take a wagon ride, go skating, and light the Wing Christmas tree. Watch for more details!!!

Ongoing Services

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

Volunteer Services

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

Volunteer Opportunities

Childcare Providers for Deployed Family Briefing*

Wednesday, Nov 18, 2009
6:00 p.m. – 9:00 p.m.

Annapolis Mess
Volunteers Needed: 5

List of Fun Things to Do in the Annapolis Valley

ASAP
Daytime TBD
GMFRC

Volunteers Needed: 2

Zedex Theatre
765-8848

Sun 15 - Thur 19 Nov
Showtimes 8:00 PM

Law Abiding Citizen
Rated 14A

Sun 15 Nov - Matinee
Showtimes 2:00 PM

Astro Boy
Rated PG

Friendly Reminder
20 Nov - 3 Dec
Twilight Saga - New Moon
Rated PG

Show Times
Friday & Saturday
6:45 & 9:15 PM
Sunday to Thursday
8:00 PM

All are welcome at the Zedex Theatre
Dolby EX Digital Sound
www.zedex.ca

Kingston Legion

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET

BiNGO

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

Regular Games - \$100

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

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VILLAGE OF KINGSTON

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NOMINATION DAY
November 25th, 2009

The Kingston Village Commission would like to give notice that nominations, for the upcoming positions of Village Commissioner, will be accepted on **NOVEMBER 25TH, 2009**.

Nomination Forms will be available for pick up at the Kingston Village Office beginning **Monday, November 16th** for the following vacancies:

2 Terms Expiring May 5th, 2010

All nominations must be in writing, in "Form A", and must be filed with the Clerk/Treasurer at the Village of Kingston on **November 25th, 2009**, between the hours of **8:00AM and 4:00PM**; or by appointment during the week preceding Nomination Day. Only those persons duly nominated shall appear on the ballots as candidates for election.

Election Day will be held on
Thursday, December 3rd, 2009
at 7pm at a **Special Meeting**.

Location to be announced.

14 WING COMMUNITY CENTRE

COFFEEHOUSE

TALENT SEARCH

WE ARE LOOKING FOR YOUTH TALENTED IN MUSIC & POETRY

TO PERFORM AT OUR
NOVEMBER 28TH
COFFEEHOUSE FROM 7-10PM

INTERESTED IN PERFORMING?
GIVE MEGAN OR KELLY A CALL
765-8165 AND SIGN UP!



14 Wing Community Recreation ...Check out our Youth Programs

By: Recreation Youth Worker: Megan LeMoine

With winter on its way, kids need fun and exciting as well as mentally and physically stimulating programs to keep them entertained and active during those long winter months. At 14 Wing Community Centre, we offer a wide variety of programs that encourage and enhance physical and mental activity. Our services are open to military and non-military members which includes; pre-teens ages 9-12 and teens 13-18. The majority of our services are either for pre-teens or teens; we rarely offer programs that would include both pre-teens and teens. This is to ensure the games that we play are played fairly and also that each individual feels comfortable and safe here at the Community Centre. Here is an over view of some of the programs we have at 14 Wing Community Centre.

Boys Club is for pre-teen boys ages 9-12. We meet every Monday afternoon from 4:30 – 6:00 p.m. There we play sports in the gym like; basketball, soccer, floor hockey, badminton, as well as

play games like ping pong, air hockey and foosball. Boys Club is a great chance for boys to meet other boys who are interested in being active!

Active Chicks is for pre-teen girls ages 9-12. We meet every Wednesday from 6-7:30 p.m. There we play sports, swim, hike, bike, bowl, anything to keep girls active and having fun! Active Chicks is a great opportunity for young girls who may not be interested in sports to get active, meet new friends, and have a blast!

Teen Activity is for boys and girls ages 13-18, we meet every Thursday from 6:00 – 7:00 p.m. There we do a wide variety of activities and programs such as make crafts, play pool, foosball and a variety of sports, swim, bowl, cook, and play trivia games, anything you can imagine! Teen Activity is a great time to socialize with your peers and be yourself!

Teen Council is for boys and girls ages 13-18, who meet every Tuesday from 3:00 – 4:00 p.m. Teen Council members are interested in making a difference at 14 Wing Community Centre and also in their community. This

eager group volunteers, organizes and plans activities and upcoming events. Volunteering is a great way to feel a part of your community; you are better able to recognize the needs of your community, the benefits helping others can have on your life, the feeling of purpose and the confidence you will gain.

At the Community Centre we have a dance twice a month on Friday nights, one for pre-teens and another for both pre-teens and teens. The pre-teen dance is from 6:00 – 8:00 p.m. and costs \$2.00, the teen dance is from 8:30 – 11:30 p.m. and the cost is \$3.00. Teens at the Community Centre are able to sign-up to D.J. the dances, just come in and let us know which date works for you!

Every Saturday night we either show a movie or have a Wii Games night; there is a pre-teen and teen movie or games night every Saturday, one week we watch a movie then the next week we play a Wii game! Once a month we have a Treat night and for \$2.00 you can have a treat, we usually have 'make your own sundae', which everyone really seems to enjoy! In the months to come we may have 'secret treat night' or a 'holi-

day treat night', you'll have to come to the Community Centre to see what we come up with next!

Once a month we plan a Family Field trip; this is open to only military members or Rec. Card holders. We have gone Whale Watching, to Oaklawn Farm Zoo, Ski Martock, Halifax shopping and Buskers just to name a few. Going on a Family Field Trip is a great way to save a little money, we do the driving and you can sit back and enjoy the ride!

Active After-school Activities is held at Dwight Ross Elementary for grades 3 - 5 on Thursday from 2:45 - 3:45 p.m. and on Mondays we have grade 2 from 2:35 - 3:15 p.m. This is a chance for kids to have fun after-school, learn a new sport or activity in a non-competitive and relaxed environment.

In the fall we will start some new programs, which include; Teen Coffee House, Hockey Night at C.C., Air-Hockey Tournaments, Afternoon Activities and Wednesday Night Bowl. Coffee House isn't something new; we have put it on the back burner for the summer and now are bringing it back out for the fall!

The Teen Council members plan, organize and facilitate this program; we listen to bands, share stories and poems drink coffee and eat sweets. Hockey Night at C.C. will start in December; on a Saturday night we will watch a NHL Hockey game and hope our team wins! Afternoon Activities is something new for the fall; Nov. 20 is a P.D. day for teens at West Kings, from 2:00 – 4:00 p.m. we will bake and learn how to knit. We have had many requests to have activities planned on days the kids have off, so here's your opportunity to do something fun when you would normally be in school! Wednesday Night Bowl is from 6:00 – 8:00 p.m. November 18; this is

open to both pre-teens and teens. There you can bowl eat pizza and play Wii games for only \$5.00! You have to pre-register at 765-8165 to participate in this program.

As I mentioned, we have a wide variety of programs available for both pre-teens and teens that are from a military family and non-military family members of the community. If you are interested getting a membership to the Community Centre drop-by and Youth Worker or an Attendant will show you how easy it is to get a membership! If you have any questions or would like further explanation of any programs I have mentioned please call 765-8165 and we would be happy to answer your questions!

GMFRC Offerings continued

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

Warm Line Callers

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

Tutors

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

One hour per week – for 7 weeks.

* **Suitable for our awesome Youth Volunteers!**

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

Haven't yet visited the Learning and Career Centre?

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

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

VISIT OUR WEBSITE

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

or drop in!

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

We're so much more than just courses:

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

Want to relax on your lunch hour?

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

You're always welcome!

Why not drop in and check us out!

We're open daily

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

Tips for Safe Winter Driving

Slow down. It's winter.

◆ Don't drive during a storm.

If you must drive, call **511** to check highway conditions, or **1-888-432-3233** for local road conditions.

◆ Watch out for "black ice" when

temperatures are just under or just above freezing.

◆ Adjust your speed to conditions.

If traffic backs up, pull over to let those behind you pass.

◆ Follow traffic at a safe distance

and don't pass a snowplow that is clearing snow from the road.

◆ Keep your vehicle in top working order

and equipped with proper winter tires that are in good condition.

◆ Have a winter survival kit in your vehicle.

◆ Don't park on the roadside.

**Slow down.
It's winter.**

For more information visit
www.gov.ns.ca/tran/winter

Conditions on provincial highways: **511**

Local road information: **1-888-432-3233**

NOVA SCOTIA
Transportation and
Infrastructure Renewal

Kingston & District School Newsletter

Nov 5, 2009

Dates to Remember

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.

Elliot/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 Rick-

etts; Paige Dupuis.

Shipp

Shaylin Hurtubise; Netyanya Backhouse; Madeline Whelan.

Peddle

Bryce Oliver; Katharine Richter; Claire Keeping.

Report Cards

Student Report Cards go home December 3rd 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 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.

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

Babysitting Course

- Monday, November 23, 2009
- Monday, November 30, 2009
- Monday, December 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

Providing care to children is a big responsibility. You are the person who ensures their safety and well being while their parent/caregivers are away. Whether you are babysitting for an hour for a neighbor, or wanting to make some extra money during the summer at the GMFRC Teen Sitter Program, a Babysitter Training Course is an essential workshop that provides youth with valuable life-skills training. Our goal at the GMFRC is to offer programs that promote optimal development for our youth. Youth are required to bring a brown bag lunch. To register, please call reception at 765-5611.

2010 Community Centre Dance Fundraisers

By: Eric MacKenzie, Community Recreation Coordinator

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

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.

ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~

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

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

Caesar Salad - \$2.50 sm \$1.50; **Spinach Salad** - \$2.50 sm \$1.50; **Yogurt** - \$1.00; **Yogurt Tubes** - \$1.00; **Yogurt Parfaits** - \$1.25;

Fresh Fruit: Apples, Oranges & Bananas - \$1.00; **Fruit Squiggles** - \$1.50; **Gold Fish Crackers** - \$.45; **Baked Lays** - \$1.50; **Flat Earth** - \$1.50;

Smart Popcorn - \$1.50; **Frozen Juice Bars:** Orange & Cherry - \$1.00; **Rice Crispy Squares** - \$.80; **Smoothies:** Mon, Wed, Fri - \$1.25;

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

~~ Canteen Items - CASH ONLY ~~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria. **Ketchup, Mustard, Relish** - \$.15 each; **Mayo & Salad Dressings** - \$.30 each; **Barbecue/Sweet & Sour Sauce** - \$.40 each

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

Nov 16th: Corn Chowder 1.75 • Hamburgers with Lettuce & Slice of Tomato 2.50 • Cheese Burger with Lettuce & Slice of Tomato 3.00 • Apple Slices 1.00

Nov 17th: Beef Rice Soup 1.75 • Baked Chicken Dinner 2.50 • Baked Pretzel with Strawberry/Apple Salsa 1.00

Nov 18th: Chicken Noodle Soup 1.75 • Spaghetti & Meat Sauce 2.50 • Garlic Bread .50 • Frozen Juice Bar 1.00

Nov 19th: Pizza Day 2.50 • Banana 1.00

Nov 20th: Beef Noodle Soup 1.75 • Chicken Strips & Corn on the Cob 2.50 • Apple Crisp 1.00

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

Annapolis Café

14 Wing Food Services

All Prices include HST • Effective 30 Sept 09

Breakfast Full.....\$5.74

Breakfast Lite.....\$3.45

(Beverage & Toast or Cereal)

Lunch Full\$11.48

Lunch Lite\$6.90

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

Dinner Full.....\$11.48

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

Meal Hours

Breakfast.....0600 - 0900

Weekend & Holidays0600 - 1100

Weekend Brunch1100 - 1315

Lunch.....1100 - 1315

Dinner.....1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

school lunch menu KINGSTON & DISTRICT SCHOOL

Whole Sandwiches

1/2 Sandwiches (Asst. fillings).....\$1.15

Subs/Kaisers/Wraps.....\$2.25 - \$2.50

Hot Foods

One Hot Food Daily.....\$2.50

Cup of Soup.....\$1.00

Bowl of Soup.....\$2.00

Beverages

Milk.....\$0.35

Choc. Milk.....\$1.30

Juice Small.....\$1.00

Juice Medium.....\$1.25

Bottled Water.....\$1.25

Yop.....\$1.25

V8 Juice.....\$1.00

Salads

Assorted Salad Plates.....\$2.50

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

Veggies & Dip.....\$1.00

Apple Snacks.....\$1.00

Snacks

Cheese & Crackers.....\$1.00

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

Gold Fish Crackers.....\$0.50

Miscellaneous

Bread & Butter.....\$0.50

Bagel.....\$1.25

Cream Cheese.....\$0.50

Cheese Whiz.....\$0.50

Freezer Items

Frozen Yogurt.....\$1.25

Yogurt Tubes.....\$1.00

Desserts

Muffins.....\$1.00

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

Biscuits.....\$1.00

Yogurt.....\$1.25

Fruit Salad.....\$1.00

Other Assorted Desserts.....\$0.75

Special Treat Days.....\$1.50

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

Mon: Grilled Cheese; **Tues:** Chicken Dinner **Wed:** Spaghetti & Garlic Toast; **Thurs:** Hamburgers; **Fri:** Pizza Homemade

This menu brought to you compliments of:

FRASER'S PRO Home Centre



BERWICK • 1-800-959-3727
KINGSTON • 1-902-765-3111
KENTVILLE • 1-902-678-8044
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www.frasers.ca



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your journey fly by.



14 Wing
Greenwood Library
School Street
765-1494 Loc 5430

*If you want to drink ~
That is your business
If you want to stop drinking ~
We can help.*



AA meetings every Tuesday at 8 p.m.
at St. Mark's Protestant Chapel

HOUSE OF COMMONS CHAMBRE DES COMMUNES

Greg Kerr

Member of Parliament/Député
West Nova/Nova-Ouest



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Yarmouth, BSA 1M1
Office/Bureau (902) 742-6808
Fax/Télécopieur (902) 742-6815

14373 Highway 1
Wilmot, N.S. B0P 1W0
Office/Bureau (902) 825-2320
Fax/Télécopieur (902) 825-3765

Toll Free/Sans Frais 1-866-280-5302
KerrG1a@parl.gc.ca

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**


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. 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 15 to November 21

ARIES - Mar 21/Apr 20

Your frustration may reach a boiling point this week, Aries. You need to find an outlet or you may just explode. Find something relaxing and do it in spades.

TAURUS - Apr 21/May 21

A sudden blast of inspiration gets you through some tough times this week, Taurus. The creative juices get flowing and you produce everything you need to get done.

GEMINI - May 22/Jun 21

Confrontations may be unpleasant, Gemini, but sometimes they are necessary. Just make sure you are diplomatic and logical in your approach or it could backfire on you.

CANCER - Jun 22/Jul 22

Although you may prefer to be silent this week on a certain matter, Cancer, once you get started voicing your opinion it can be hard to stop. Try not to say too much.

LEO - Jul 23/Aug 23

This week you will learn that you can be content with fewer material things than you thought. That's because money is tight and you can't succumb to every whim.

VIRGO - Aug 24/Sept 22

Every day can't be a happy day, Virgo, and there are some bumpy ones along the way this week. Use this opportunity to learn from the bad day experiences.

LIBRA - Sept 23/Oct 23

Right now it could seem challenging to find a positive outcome in your love life, Libra. But just stick with what you're doing and you just may be pleasantly surprised later on.

SCORPIO - Oct 24/Nov 22

You may need to put on a suit of armor this week, Scorpio, because your friends may be unnecessarily brutal toward you for no apparent reason. Avoid fighting back.

SAGITTARIUS - Nov 23/Dec 21

This week you're pretty tired from all of your hard work through the months, Sagittarius. You're tempted to just throw in the towel for a while. That's not the thing to do right now.

CAPRICORN - Dec 22/Jan 20

You have high hopes around an upcoming adventure, Capricorn. Just don't let your self-confidence waver or the plans could fall through. Let go of your fears.

AQUARIUS - Jan 21/Feb 18

If you were expecting some help from a friend or family member, Aquarius, you may not like the reality that he or she won't follow through. It's all up to you.

PISCES - Feb 19/Mar 20

You are a few more steps closer to your dream, Pisces. That's enough for now to keep you moving forward. Anything is possible.

FAMOUS BIRTHDAYS

NOVEMBER 15	Zena Grey, Actress (21)
NOVEMBER 16	Lisa Bonet, Actress (42)
NOVEMBER 17	Danny DeVito, Actor (65)
NOVEMBER 18	Owen Wilson, Actor (41)
NOVEMBER 19	Meg Ryan, Actress (48)
NOVEMBER 20	Cody Linley, Actor (20)
NOVEMBER 21	Goldie Hawn, Actress (64)

Horoscopes brought to you compliments of:

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

Roast Beef Dinner and Silent Auction

There will be a roast beef dinner and silent auction at the Kingston Fire Station on 21 November at 5:00p.m. All proceeds will be going to the Arthritis Society of Canada. Tickets are \$10.00 per person and can be reserved by calling 765-0009. Please leave a message.

Children's Wish Foundation Annual Ticket Auction

Saturday, November 21st, 2009 at the Aylesford Fire Hall from 10:00 a.m. - 2:00 p.m. There will also be a Touch n' Take Table, 50/50 Draw and Canteen available. Draws start at 2:00 p.m. For additional information please contact Betty Hebb at 847-1918 or Vicky Puttick at 242-2557. Come out and join us. All proceeds go to the Children's Wish Foundation of Canada.

Special Brunch

Sunday Nov. 22, 2009 at 12:00 Noon at St. Monica's Church hall, Middleton. This is in support of Knights of Columbus charities. Only \$4.00. Sponsored by Knights of Columbus, Greenwood/Middleton Council. Pancakes, Sausages, Hash Browns, Ham and Eggs. Everyone welcome. Contact Kent Sill at 765 2734 for more information.

Olympic Torch Relay

The Olympic Torch Relay will be passing through the Village of Kingston on Friday November 20th between 1:45 p.m. and 2:30 p.m. starting at the Kingston RCMP Station and continuing down Maple Street to Main St. (Hwy #1) then moving west along Main St. and stopping at the Village Office in Kingston. Free Hot Dogs & Hot Chocolate at the United Baptist Church on Main Street in Kingston. Come LINE THE STREETS and be part of the 2010 Olym-

pic Spirit! A Once in a generation experience!

Meatloaf Mania

Wednesday, November 18th, 4:30 - 6:00 p.m., Holy Trinity Anglican Church Hall, Main Street, Middleton. Come sample a variety of meatloaves, with mashed potatoes, squash and peas. Chocolate cake for dessert. Tea & Coffee; \$8.00 per person; \$10.00 with recipes included. Only 100 tickets to be sold. Advance tickets phone 825-3337, or purchase at the door. Proceeds towards Building Fund for our new Church.

Nictaux Baptist Church Presents

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

C.N.A. Reunion

Looking for all former C.N.A.'s who graduated from Camphill (D.V.A.) School for Nursing Assistant in Halifax N.S. We are planning a reunion August 14 & 15, 2010. in Halifax. Call Kathleen 902-883-7233 or email: bonway1@hotmail.com

West Kings T.A.D.D. Safe Grad

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

Aylesford United Church Breakfast

Breakfast at the Aylesford United Church on Saturday, November 21, 2009 from 8:00 a.m. to 11:00 a.m. Free will offering. Sponsored by the Committee of Stewards.

Praise Service at the Kingston Baptist Church

Sunday Nov 22, 7:00 p.m. There will be a Praise Service at the Kingston Baptist

Church, Main Street, Kingston, featuring music by Paul Marshall & Friends. Free-will offering; all proceeds will be donated to Mataya Nogler. A fellowship time with refreshments will follow. All are welcome!

35th Annual Acadia Christmas Craft Expo

The annual Acadia Students' Union Christmas Craft Expo will take place this month. This Valley Christmas tradition, will be held at Acadia Arena on November 20-22. The Christmas Craft Expo is a long-standing service sponsored by the ASU. This year's Craft Expo promises to be better than ever, featuring expanded hours on Opening Day and the chance to bring a friend for free on Sunday morning. The Craft Expo provides funds which are used to subsidize scores of services and initiatives provided to Acadia students through their Students' Union. The Union would like to extend an invitation for all to attend its annual event. Event Date and Times: Friday November 20, 10:00 a.m. - 9:00 p.m. • Saturday November 21, 10:00 a.m. - 6:00 p.m. • Sunday November 22, 10:00 a.m. - 5:00 p.m. For more information on booking a table for the Craft Expo, please contact the ASU Craft Expo office at (902) 679-7177.

Overeaters Anonymous (OA)

Overeaters Anonymous (OA) is a fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include BULIMICS, ANOREXICS and OVEREATERS. No dues ... no fees ... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080

Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit www.oa.org.

Breakfast with Santa and Craft Fair

Breakfast with Santa and Craft Fair at Lawrencetown School on Saturday Nov 28th, from 8:30 a.m. - 12:00 noon. Pancake breakfast, craft fair, huge ticket auction, face painting, sucker pull, Raffle for a Christmas Dinner Basket, and Santa! Something for everyone!

Friendly Neighbours Christmas Hamper Program

Applications for Christmas Hampers are available at the following stores: Foodland Coldbrook, Save Easy and Price Chopper Berwick, Sobey's Greenwood, Needs in Aylesford, Pharmasave in Kingston; Berts in Auburn, also the Kingston and Berwick Food Banks. All applications must be completed and returned to the store where you picked them up from no later than 6th December 2009. Applications will not be accepted after that date.

EX RCAF Airwomen's Luncheon

The next Luncheon for the EX RCAF Airwomen will be held on Thursday, November 19th, 2009 at the Top Hat Beverage Lounge, Greenwood, at 12 noon, followed by a tour of the Greenwood Military Aviation Museum. Contact Pauline at 765-6580 for further information.

MRHS Band Parents Meeting

Thursday, November 19, 2009 at 7:00 p.m. in Harvey Hall (the new band room). Parents of all band students are strongly encouraged to attend.

Hip Hop Concert

A Hip Hop Concert for all

The Aurora newspaper PRESENTS... FIND & WIN

Just Fill in The Blanks. Three Easy Ways to Enter.
1. Through our website: www.auroranewspaper.com
2. Fax: 765-1717 3. Drop into our office located on School Road (Morfee Annex)

No Central Registry or Canada Post please.
Deadline: Noon, Thursday, November 19, 2009.
Make sure you include your full name and phone number.

NAME	PHONE NUMBER
Limited to one win in a TWO MONTH PERIOD.	
The winner will be drawn randomly from all correct entries. Only one entry per person per week.	
Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!	
1. Who is having a 'Fall Factory Sale'	_____
2. What is the phone number for Capitol Lounge & Grill	_____
3. What is the telephone number for Aqualab Plumbing Service	_____
4. Who has Free Public Skating on Sundays	_____
5. What street is Best Toyota on	_____

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

Congratulations to last week's winner: TIM VALLILLEE

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.

ages (including the young at heart) will be held at New Beginnings Center, Greenwood on Thursday November 19th at 7:00 p.m. The Concert will feature "Sugar Free". There will be a freewill admission and canteen will be available. For more info email: sugar-free116@gmail.com.

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. At the Kingston Branch No 98 of the Royal Canadian Legion. Fun day (cards & games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

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 Nancy 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).

The Nutcracker in Wolfville

Cadance Academy proudly presents the Nutcracker. On Saturday, December 5th 2:00 p.m. & 7:00 p.m.; Sunday, December 6th 1pm at the Theatre Festival Building in Wolfville. All the dancers are local students and adults. This will be the 4th year for this Christmas tradition. Every year we build the show. Come see what we have added this year. Tickets are being sold at the Acadia box office, call 542-5500. For more info call Cadance at 678-3616 or contact us at www.CadanceAcademy.ca.

Yes, Christmas is Coming and so are the Concerts!

Middleton Choral Society, directed by Maureen MacLean, with Elizabeth Harwood as accompanist, presents its annual Christmas concert, with St. Mary's Singers as special musical guests. Venues are Queen of Heaven Chapel, CFB Greenwood, on Saturday November 28 at

8:00 p.m., St. John's United Church, Middleton, on Saturday December 5 at 8:00 p.m. A free-will offering will be taken.

Markland Lodge # 99

All Masons in the area are invited to attend Lodge in the Masonic Temple on Victoria Street in Kingston. Markland Lodge #99 AF&AM meets the fourth Monday of November (23rd) at 6:00 p.m. A Master Masons degree will be given at this meeting. All Masons are invited. Further information can be had from the Lodge's secretary Floyd MacMillian 765-8388.

Kingston Greenwood Soccer Club Annual General Meeting

The annual general meeting for the Kingston Greenwood Soccer Club will be held November 25, 2008 at the Conference Room at the Greenwood Community center at 7:00 p.m. All positions are up with some people reoffering. The Executive positions having no-one reoffering are

Vice-President, Treasurer, Mini-referee Coordinator, Fundraiser and Field Maintenance. Volunteer positions that need filling are: Mini Coordinator, Youth Coordinator and Tournament Chair. If you are interested in helping out or would like to learn more about how the Club is run, please attend the meeting. Any questions can be directed to Club President David Morse via e-mail at: d.morse@valleycreditunion.com. We hope to see you there!

Hymn Sing at Victoria Vale Baptist Church

Sunday, Nov 29th at 7:00 p.m. Special Music by the Bridgetown Salvation Army Praise Team and Victoria

Vale Baptist Church choir. The Joseph Davidson Story presented by Maj Norm Hamelin. Freewill offering. Refreshments at Parker Hall after the Hymn Sing. Proceeds from this service for the Bridgetown Salvation Army.

Christmas Casserole Supper

All Saints' A.C.W. will be holding their Annual Christmas Casserole Supper and Sale at the All Saints' Church Hall, Pleasant Street, Kingston on Thursday November 26, 2009, 4:30 - 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!

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ComParrot by Bonnie J. Malcolm



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



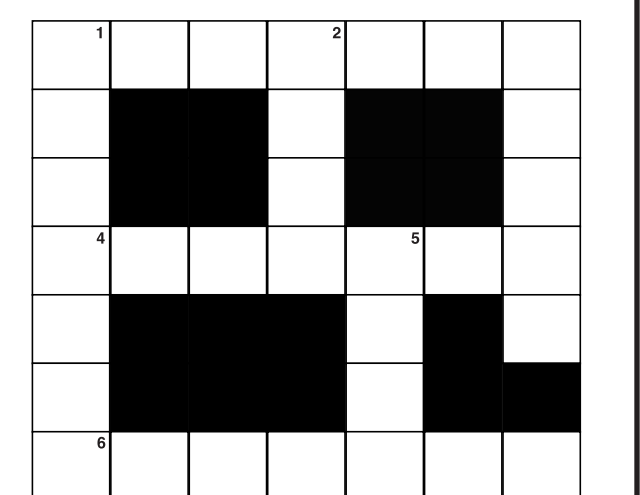
Solution: 1. Stripe on towel is missing. 2. Toothpaste has fallen off brush. 3. On hat is different. 11. Boy's shirt collar is different. 12. Puddle is larger. 8. Pipe behind sink has moved. 9. Steam from sink has moved. 10. Pom pom colored in. 6. Wing on toy duck is different. 7. Cloud outside window has moved. Bubbles in sink. 4. Stripe on toy sailboat is colored in. 5. Tie on curtain is different. 1. Stripe on towel is missing. 2. Toothpaste has fallen off brush. 3. On hat is different. 11. Boy's shirt collar is different. 12. Puddle is larger. 8. Pipe behind sink has moved. 9. Steam from sink has moved. 10. Pom pom colored in. 6. Wing on toy duck is different. 7. Cloud outside window has moved. Bubbles in sink. 4. Stripe on toy sailboat is colored in. 5. Tie on curtain is different.

Com Parrot brought to you compliments of:

954 Central Avenue
Greenwood
765-6381

PATRICK'S PUZZLE

Peanut Puzzle



- ACROSS

 - Popular legume
 - Synthetic material
 - Without great effort
- DOWN

 - Make ready for use
 - Fruit with a hard shell
 - Small amount of food
 - Measurement of moments passed

Answers:
Across
1. peanuts 4. plastic 6. easiest
Down
1. prepare 2. nuts 3. snack 4. time

Patrick's Puzzle brought to you compliments of:

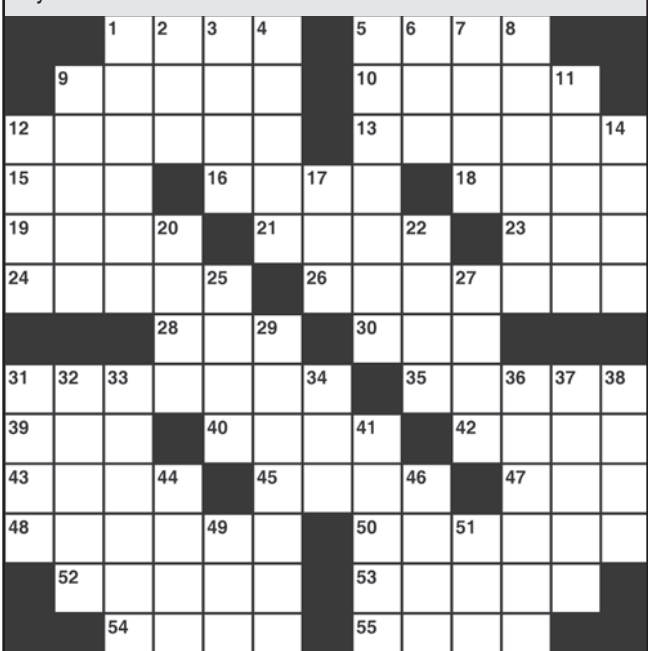
954 Central Avenue
Greenwood
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Canadiana Crossword

Colourful Communities

By Bernice Rosella and James Kilner



- ACROSS

 - Word after murphy and water
 - Seduce
 - Fisherman's cache
 - Atlantic or Pacific
 - Plum _____, Manitoba
 - _____ Grass, Saskatchewan
 - Electron tube abbr.
 - Singer McEntire
 - Actress Hatcher
 - Grocery marts
 - One side of a leaf?
 - Revelstoke to Cranbrook dir.
 - Orange _____, Ontario
 - Dedicates
 - Sergio's shout
 - _____ Mountain, British Columbia
 - Cranberry _____, Manitoba
 - Israeli desert
 - Cr. rating
 - Fling
- DOWN

 - Of sound mind
 - Eye part
 - Tropical hard wood
 - Juan de Fuca ie
 - Popular sport utility vehicle
 - Seal of approval
 - Feints
 - Ochre _____, Manitoba
 - Blemish
 - Welsh girl's given name
 - Inhuman
 - Conger or moray
 - Word after fallow and before tracks
 - Slumber
 - Sailor
 - Top gun
 - Liquefy
 - Most wan
 - Dog favoured by Elizabeth II
 - Certain gods
 - Roman 204
- 14 Golfer Michelle and others

 - Wicked
 - Casino machine
 - Tied
 - Israeli port city
 - Praiseful poems
 - Self centered one
 - Compensated
 - Rowed
 - Precipitated
 - Sudbury to Toronto dir.
 - Wounded
 - Enroll
 - Lac _____, Saskatchewan
 - Sacred in Soulange
 - Japanese potable
 - Ballerina Karen
 - Cariou or Asper, familiarly
 - Roman 106

Weekly Crossword brought to you compliments of:

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

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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.

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Fax (902) **825-2522**

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Middleton, NS
B0S 1P0

FOR SALE

FOR SALE – Kodak carousel 800 slide projector with stack loader, remote control, 25 foot cord. Protector lens and carrying case. \$50. Phone 825-6961. (3045-2tp)

FOR SALE – A Sharp microwave oven \$20.00, A Kirby Vacuum System Retail \$1800.00 will sell for \$100.00, Portable Dishwasher \$50.00 As Is. Phone 765-0170 (3046-2tp)

FOR SALE – A new whicker trunk \$25.00, A new exercise machine retail \$200.00 plus taxes will sell for \$100.00. Still in original box. Phone 765-0171 (3046-2tp)

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765-2544 765-2555

FOR SALE – Kenmore Washer \$75.00, Full size sofa – Good condition (Multi shade of Brown) \$150.00. Delivered Phone 765-3333 (3046-1tp)

FOR RENT

FOR RENT – New 3 bedroom house in Nictaux. \$850.00 monthly, utilities extra. Renovated 4-bedroom house in Lawrencetown. \$850.00 monthly, utilities extra. Phone 847-5529 (3046-2tp)

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 mins from Greenwood. Organic garden plot. Call 765-6428.

(3045-2tp)
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. Fridge/Stove included. \$650 per month plus utilities. Available November 1. Call Glengary Property Management 765-2421. (3043-ufn)

FOR RENT – 2 bedroom mini home behind Greenwood Mall with fridge, stove and

washer and dryer hookups, snow plowing and lawn care. \$600.00 a month plus utilities. Phone 765-4206 and ask for Sue. (3046-ufn)

FOR RENT – 2 bedroom, lower level duplex behind Greenwood Mall with fridge, stove, washer and dryer hookups, snow plowing and lawn care. \$500.00 a month plus utilities. Phone 765-4206 and ask for Sue. (3046-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 - LINCOLNSHIRE APT AVAILABLE, in Kingston, 2 bedroom apartment with balcony available Aug 1st, \$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-ufnB)

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

FOR RENT – Large, Modern 2 Bedroom Apt in quiet, security 4 plex. Close to Paragon Golf Course and all amenities. Basic rent \$550.00/month plus utilities. IR Package available. Call 765-4946 anytime. References Required. (3046-2tpB)

SERVICES

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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 – VALLEY CANVAS CONVERTERS – Winter is coming and now is the time to prepare for summer. We specialize in manufacturing tarps, camping gear, roll out awnings, gazebo tops and "more." We also do repair work. Come visit us at 675 Main St Kingston or call 765-6477 (3046-2tpB)

SERVICE – Home Helper \$10.00 an hour. Fall cleaning, stoves, windows, walls. Cooking, baking. Laundry, ironing, mending. Errands, outings, shopping. Great at sorting and organizing closets and garages. Respectful and friendly. Reference & criminal check available. Phone 825-1597 (3046-1tp)

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## Steve Lake's Light Trucking

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**844 0551**

## Abatement

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Across from Greenwood Mall  
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**765-8500**

## Lost Coffee Card

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

## VALLEYWIDE IN-HOME COMPUTER REPAIR

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## Crossword Solution

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

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**Derek Smith.**

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

*December 8th to 12th, Tuesday to Saturday.*

*Curtain time 7:30. Tickets \$8.00*

*Venue is the AVM Morfee Centre,  
(School Road), Greenwood.*

*Tickets are now on sale at  
Middleton and Kingston Pharmasaves.  
This is a traditional English pantomime  
and is suitable for all age groups.*

Featured this week are Derek Smith who plays  
Friar Tuck and Joanna Noseworthy who plays  
Nausea Nightshade the evil witch.

**Joanna Noseworthy.**

# ToePics • Competitive Season Starts for Greenwood Skaters

Mid-October brings the official openings of most arenas in our area and the start of a new skating season. In fact, most of our aspiring champions have been on the ice for some or most of the summer and certainly through the Fall in preparation for the competitions ahead.

Jenna Breckon attended a competition in New Brun-

wick in the fall in her first competition at the Pre-Novice level. She is hard at work in hopes of challenging for a spot on the Nova Scotia Canada Games team next year. In her first 2 events at this level, she has placed 4th and 7th in the Nova Scotia Standings. Considering she is the youngest skater at this level in our province, we are very proud of

her accomplishments to date.

For the past 3+ years, a young man from Digby has been travelling to the Greenwood club for ice-time and to work with his coach, Cheryl Gaston. This season, he has made the leap to full-time club member in Greenwood. James Hazelton has surely been noticed on the ice by many people at the rink. This

past weekend at the BMO Sectional Championships he became the Nova Scotia Novice Men's Champion. Last season, he was the Eastern Canadian Pre-Novice Men's Bronze Medalist and represented Nova Scotia at the Junior National Championships. This year, he and his coach, are hoping for a strong performance at the National

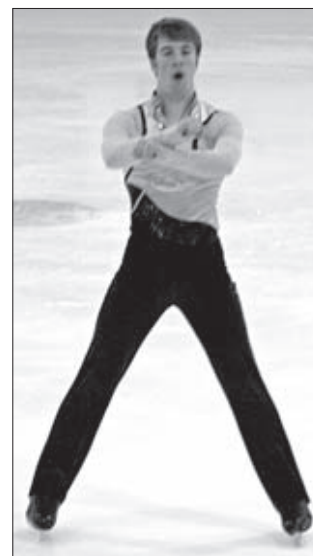
Qualifier in December in hopes he will represent Greenwood at the Senior National Championships in January.

These skaters can be seen practicing at the Greenwood Gardens several times per week.

The next event for our Star-skate competitors is this coming weekend at the Shannon Open in Dartmouth. Keep looking for results and news about our annual presentation of 'The Nutcracker'

### Synchro Corner

We are excited to offer team skating this year for anyone who is interested in being a part of the team experience and is looking for an alternative to hockey. Synchronized skating may be just what you are looking for... for a look-see, come to the Greenwood Gardens on Fridays at 4:00



**James Hazelton - Nov-ice men's champion.**

- you never know! It is definitely a lot of fun!

## "Youth Happenings" at 14 Wing Community Centre

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

**Boys Club Basketball Games**  
Nov. 16, 09  
4:30-6pm

Boys ages 9-12 come to the Community Centre and we will practice our shooting, passing a dribbling. If you have a pre-teen membership Boys Club is free, if not the drop-in fee is \$1.

**Teen Council**  
Nov. 17, 09  
3-4pm

Teens will be discussing plans and ideas for the upcoming Teen Coffee House Nov. 28. See you there!

**Active Chicks**

**Sobeys Cooking & Craft**  
Nov. 18, 09  
6-7:30pm

Girls we will meet at Sobeys then go upstairs to cook with Jacqueline; afterwards we will make a craft with Karen! There is limited space, so make sure you call or sign-up!

**Teen Activity**  
**Swimming**  
Nov. 19, 09  
6-7:30pm

Teens will meet at the Community Centre and then walk over to the Fitness & Sports centre to enjoy the in-door pool. Make sure you bring your bathing suite, towel and Rec.Card.

**Wii Games Night**

**Nov. 21, 09**  
Pre-teen- 6-8pm *Family Feud*

Teen- 8-10pm *Price is Right*  
**Special Events**  
**Wednesday Night Bowl**

Nov. 18, 09  
6-8pm  
\$5  
Pre-register!

Pre-teens and teens you can bowl, eat pizza and play Wii games for only \$5! Please call 765-8165 to register!

**Teen Afternoon Baking**  
Nov. 20, 09  
2-4pm

**\$2 Pre-Register!**  
Teens come to the Community Centre to bake and learn how to knit!! This is a P.D Day for those that attend West Kings High School.

**Pre-teen Dance**  
Nov. 27, 09  
6-8pm  
\$2

**Teen Coffee House**  
Nov. 28, 09  
7-10pm  
Come and listen to a live band, share your favourite story, poem or joke, drink coffee and eat sweets! See you there!

## 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

**Monday, November 23, 2009**  
9:00 a.m. - 11:00 a.m.

**GMFRC**

**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.

## GMFRC • Feature of the Week

### Deployment Services

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

### \* NEW \* Laugh Craft Connect

**Wednesday, November 25, 2009**

**6:00 p.m. - 8:30 p.m.**

**GMFRC**

**Complimentary for deployed families, \$5 non-deployed**

**Registration deadline: Friday, November 20, 2009**  
**Call 765-5611 to Register**

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

## GMFRC • Feature of the Week

### Volunteer Services

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

### Childcare Providers for Deployed Family Briefing\*

**Wednesday, November 18, 2009**

**6:00 p.m. - 9:00 p.m.**

**Annapolis Mess**

**Volunteers Needed: 5**

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

## CRFMG - Publicité de la semaine

### Service de bénévolat

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

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

**Lundi le 16 novembre 2009**

**17h45 à 20h**

**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 coordonatrice du service de bénévolat.





## The Playhouse

*The Playhouse is a 14 Wing Club. We offer a playgroup for parents/caregivers & their children, newborn to 5 years old. The Playhouse is a great place for kids to experience free play and to socialize with other children while being supervised by their own parents. It's also a place for parents to meet and interact with other parents. Open Monday to Friday 9 – 11:30 a.m. we're in Room 7 of the Morfee Annex Building. Hope to see you soon! Questions? Please email Jen or Amber at [theplayhouse2009@hotmail.com](mailto:theplayhouse2009@hotmail.com).*

**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).



## Support our troops... it's what our community does best

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

Support for our troops can be seen everyday in Kingston and Greenwood... Take notice... How many yellow ribbons can you spot on cars and in windows? On Friday, how many people do you see wearing Red Friday T-shirts in support of our troops? For Halloween did you see a Support our Troops pumpkin? Simple things that make a big difference overall. Last week, one member of a group of wonderful ladies who make hand crafted cards, just dropped into our centre to drop off hand-made Christmas cards for each and every member that will be deployed from 14 Wing for the upcoming Christmas season. Businesses donated T-shirts that will be sent in our Christmas Morale Mail packages to deployed troops and books for the reading pleasure of our deployed members. Businesses sell T-shirts on behalf of the GMFRC to help with fundraising. What a great community to live in. It's built on generosity and community spirit. Together we make a positive difference; it makes our com-



*Myleta Ross delivers to Michelle Thibodeau Wagner hand crafted cards, on behalf of her card making group, to be sent to deployed troops for the holidays. (Photo: Margaret Reid)*

community a wonderful place for military families to live!

If you would like more information on how to show

your support for our troops or on our Christmas Morale Mail Parcel program, please contact Michelle.

**Les juges ont fait leur choix, c'est maintenant à votre tour...**




**Concours de photographie du MDN de 2009**  
**Concours de photographie du MDN de 2009**

Rendez-vous au site [www.ConcoursDePhotoDuMDN.ca](http://www.ConcoursDePhotoDuMDN.ca) pour voir les photos et voter.

Tous les participants sont admissibles au tirage d'un cadre pour photo numérique Toshiba.

**Le concours se déroule du 16 au 30 novembre 2009.**

**The judges have made their decision, now it's your turn...**



**The 2009 DND Photography Contest**  
**Peoples Choice Award**

Log on to [www.DNDPhotoContest.ca](http://www.DNDPhotoContest.ca) to view the photos and place your vote.

All voters are eligible to win a Toshiba Digital Photo Frame.

**Contest runs November 16 to 30, 2009.**



## Lunchtime Fitness Classes



**Mon-Wed-Fri**  
**11:45-12:35**

**Free to Rec Card Holders**  
**and Military Members**  
**Classes at 14 Wing**  
**Fitness & Sport Centre**

Please note: No class Mon 16 Nov 09