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VOL. 30 NO. 48 NOVEMBER 30, 2009 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora

newspaper



Olympic Torch

Comes Through 14 Wing Greenwood!



(Photo: Pte Jessica Reynolds, Image Tech, 14 Wing Greenwood)

An entourage of 20 Canadian Forces personnel and Department of National Defence Employees participated with each participant having a 50M mark to complete on a 1.6 km voyage with the Olympic Flame through 14 Wing Greenwood

By Captain Scott Spurr

Under somewhat cloudy skies and a balmy fifteen degrees Celsius, the Olympic Torch made a stop at 14 Wing Greenwood on Friday, November 20, 2009. The visit was one of fourteen stops of military Bases across the country and part of the Olympic Torch Relay. The relay started on October 30th in Victoria, British Columbia and will continue for 100 days and go through 1,000 communities across the country and finish in Vancouver in February 2010 just prior to the start of the winter Olympics. This is also the longest relay ever attempted for the Torch in Olympic history and the Wing was ecstatic to be part of it!

Planning for the event started on the Wing way back in the spring of the year with several meetings with the Vancouver Olympic committee representatives. The Wing was honoured to be able to submit a twenty

person team made up of various deserving folks from the Units and Squadrons across the Base, plus Department of National Defence personnel.

The total length of the route for the Wing was 1.6 kilometres (kms) and the team completed 1 km and then lit another torch for James Hickey, the lone runner from Shearwater, Nova Scotia (N.S.) who then completed the remaining 600 meters. He finished at the Wing's Fitness and Sports (F&S) centre to a throng of cheering personnel as well as the Base's relay team.

The entire route was manned by both military and civilian personnel who cheered wildly as the Olympic Torch procession made its way down Ward road and through the front gate of the Wing. Members from Coca-Cola and the Royal Bank of Canada (both sponsors of the event) went a head of the relay and passed out products much to the delight of the charged crowd!

**Continued
on page 2,
see
Olympic
Torch.**

(Photo: Olympic Torch
Inset, Pte Gerald Cormier,
Image Tech, 14 Wing
Greenwood)

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Olympic Torch

(Photo: Pte Alex Bouchard, Image Tech, 14 Wing Greenwood)



Commemorating the theft of fire from the Greek god Zeus during the historic Olympic Torch Relay, Wing Commander, Colonel Bill Seymour accepts the Olympic flame on behalf of 14 Wing Greenwood.

(Photo: Cpl Kusche J, Image Tech, 14 Wing Greenwood)

Under The Story Tree

Story Hour starts at 10:30 a.m.

~ Every Tuesday ~
14 Wing Library.

To register your little ones please phone
765-1494 local 5430.



GMFRC supporters along the route cheering the runners. (Photo: Sgt Pete Nicholson, Image Tech, 14 Wing Greenwood)

... cover story continued.

When asked how she felt about carrying the torch, team member Sergeant Patsy Sweet replied, "It was fantastic and a chance of a lifetime as twenty four years ago on this day, my dad passed away and he was very proud of me and I felt his presence here today!" Once the torch arrived at the F&S centre several photos were taken of the Wing's team with the torch and then the Olympic Torch Relay departed and headed to their next stop which was Middleton, N.S.

A special thank you and recognition to all of the people who made this event possible on the Base, from the Military Police, the Military Family Resource Centre, the Wing's Imaging Section, the Drum Band, the folks who put all the barriers and marked the route, and lastly, the Public Affairs Office for organizing the whole affair.

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International Conflict Resolution Day

ADR over the years... So much so that in conjunction with 14 Wing Greenwood Dispute Resolution Centre (DRC) a satellite Dispute Resolution Office (DRO) was established in May 2008. The local presence of MCpl Tracey Everett, the DRO Practitioner, has greatly increased the level of ADR training and

services support to the Staff and student at the Training Center.

Consequently, Thursday, 15 October 2009 was a very busy day for the Dispute Resolution Office. Not only was the DRO conducting a three day "Resolving Conflict Effectively" Course with Aldershot personnel but

that particular Thursday was International Conflict Resolution Day. A very successful display and information session was held in the Mess to promote both ADR and EAP programs through the combined efforts of Aldershot DRO, Greenwood DRC and Aldershot EAP personnel.

Seated (L to R): MCpl Rick Hansen, Greenwood Training Coord; MCpl Tracey Everett, Aldershot DRO Practitioner.

Standing (L to R): Capt Brent O'Connor, ADR Trg Coach; Cpl Gary Jones, Aldershot EAP Rep.



14 Wing Web Services

By: WO Donna Smit

Has anyone wondered about the recent changes to the distribution of Wing Wide Email? Efforts are under way at Wing Telecommunication and Information Services Section (WTISS) to streamline information delivery; hence what used to be a daily occurrence is now a Friday

bulk announcement for all Wing Wide Emails that are not operationally time sensitive. The impact of this change will hopefully be to minimize the number of Wing Wide Emails that will require your attention throughout the week.

You may have also noticed that when you open Internet Explorer, the browser now

defaults to the 14 Wing Webpage versus MSN. The intent of this change is to support a culture shift towards improved information management at 14 Wing. Our main Webpage should display primary sources of information and as such, now includes archives, notices and announcements. Users

are also able to click on links and see a list of upcoming events with supporting documentation.

In January, you will see additional changes associated with the 14 Wing Webpage migrating to *Common Look and Feel 2* (CLF2). In essence, our Webpage will be overhauled to resemble those at other Wings

such as Trenton, Gander, and Winnipeg. Once CLF2 is complete, WTISS will be adding a few new features such as a Wing Calendar and a News Area.

Protocol for submitting Wing Wide Emails is outlined in Wing Standing Order (WSO) 4.3.4. Specifically, only the W Comd, WCWO, COs/Branch Heads or their Actings are authorized to approve distribution of Wing Wide Email. This

same protocol is being adhered to by WTISS for postings to our new Notices/Announcements link (as an interim measure until WSO 4.3.4. is amended to address approving authority for Notices/Announcements).

WTISS is committed to providing better service to our customers with respect to Web Services. Your patience throughout the transition is greatly appreciated.

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.

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.

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Photo Price: \$10.00 each
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For your pre-picture grooming needs, please call Kelley at
765-6355.

* Refreshments will be provided.



60th Anniversary

November 25, 2009

Milford & Nellie Marshall

We want to wish you best wishes today and for the future. We also want to let you know what great parents, grandparents, great grandparents, uncle & aunt & friend you have been. We love you both.

*From all your family
& friends ... xoxox*



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.

Letter to Editor

The Good is often the enemy of best. Too often in life we miss the best by settling for the good.

I wanted to express my sincere appreciation to all my family, career long friends and colleagues that took part and organized my Depart with Dignity Ceremony.

These wonderful tributes take time and organization to arrange. I will forever be grateful to those members that live by these precepts 3 C's, Character, Competence and Comradeship and as a member of the Canadian Forces devoted to the well being of your fellow Canadians and the preservation of our Canadian way of life, you will not only attain true self-respect but also the respect of everyone with

whom you associate. You can never have a better goal in life.

This Comradeship I maintain has been the keystone of my career, from my earliest times in Cornwallis, being a technician and finally a Flight Engineer where crew life was wonderful. The pillars of Character and Competence as provided through role models in my life and the CO's that trusted in my abilities.

My special thanks to Peggy, Paul, and Rob and representative letters read from the Government of Canada, LRP, SAR and Maritime communities on my service.

A MARI USQUE AD MARE

\CWO (Ret'd) Mark Stephen Flawn

Greenwood Players Presents Robin Hood and Babes in the Wood

AVM Morfee Centre. Curtain time 7:30 p.m.

December 8th to 12th. Tuesday to Saturday.

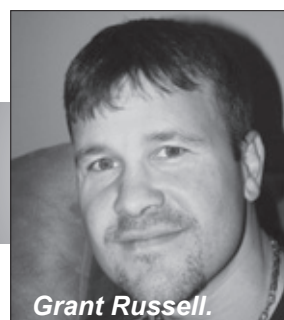
Tickets are on sale at Middleton and Kingston Pharmasaves.

Tickets are also available at the door and we do reserve tickets (825-0019)

Featured this week are Grant Russell who plays the Demon and Erica Thelsen who plays a village woman. Matthew Smith who is our sound technician.



Erica Thelsen.



Grant Russell.



Matthew Smith.

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

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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 14e 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 recevrons sous peu les ajustements de loyer pour 2010-2011, et chaque locataire sera informé avant le 1er janvier 2010 de l'ajustement du loyer avant son entrée en vigueur le 1er 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.



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



Unbelievable French Toast

- | | |
|-------------------------|-----------------|
| 1 lg. Loaf French bread | 1 tbs. Cinnamon |
| 8 lg. Eggs | 1 tsp. Nutmeg |
| 3 1/2 cup Milk | 8 md. Apples |
| 1 cup Sugar, divided | 4 tbs. Butter |
| 1 tbs. Vanilla | |

Butter a 9 X 13 pan. Cut bread into 1.5" slices, put in pan, fitting tightly. In separate bowl, beat eggs, milk, 1/2 cup sugar, vanilla. Pour half over bread. Peel, core, slice apples, place on top of bread. Pour remaining egg mixture on top of apples. Mix remaining 1/2 cup sugar with cinnamon and nutmeg. Sprinkle on top. Dot top with butter. Cover and refrigerate overnight.

Preheat oven to 350. Uncover and bake 1 hour. Remove, allow to rest 10 minutes before cutting. Serves at least 8.

Business of the Week Pizza Delight - Greenwood

The Pizza Delight franchise was built on family values, and for the past twelve years Clayton Hamilton has honored those same values in his Greenwood, Nova Scotia location. For over 30 years Pizza Delight in Greenwood has been welcoming generations of customers through its doors.

Fresh taste, homemade everyday! Since 1968 when Pizza Delight first opened its doors in Shediac, New Brunswick; Atlantic Canadians have been enjoying their pizzas which feature dough made fresh every day in their restaurants, secret recipe pizza sauce and their signature cheese blend.

Pizza Delight's Italian inspired menu features traditional favorites such as Garlic Cheese fingers, Caesar salad and Donairs. As well, Pizza Delight also offers exciting menu items like Signature Pizzas, Skillet Dishes and a variety of Fresh-Made Salads and Oven-Baked Pastas.



Pizza Delight in Greenwood
has always been a great place to catch up with friends and family.
It's good to be home at Pizza Delight.



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Come visit an old friend for the very first time.

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

**Between November 30 - December 06,
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

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

Novembre 2009

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 person-

nels 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!

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

November 2009

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!

Note: The Canadian Forces Housing Agency (CFHA) 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.

Holiday Fitness Survival Guide

By: Aprill Denney, Physical Exercise Specialist

The Holiday's are quickly approaching and this can mean a stressful time for some people. It is important

for all of us to relax and take good care of ourselves, not only can stress make us feel sick, it can also pack on the pounds. So don't wait for January to set a

new resolution, try to finish this year off right and start next year with the right foot forward! Trying to stay in shape over the Holiday's can also be tough, so here are some tips to survive the Holidays, increase your energy and combat stress.

1. For every one hour of work, take a five minute break and stretch, walk or

meditate. With just a few minutes of doing something you enjoy you'll increase your physical activity as well as productivity and feel better throughout the day!

2. Set realistic exercise goals and stick to a plan. Aim to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without

feeling disappointed if you do not complete an hour.

3. Use Moderation when cheating on your diet. Allow yourself to indulge a little here and there, but limit your portions.

4. Plan ahead if you're travelling. Take some time to figure out what your options are so you're ready for anything.

5. Get creative and move your body any way you can. To add strength to leg muscles and a cardio workout at the same time, try climbing stairs; this can be done pretty much anywhere. Climbing two steps

at a time is good for building the quadriceps (thigh muscles) and the gluteus (butt). Going down steps builds strength in the quads and to a lesser extent the hamstrings. Some other exercises you can do anywhere are squats, push ups, lunges, calf raises and front or side plank. You can also walk as much as possible. So don't worry about *having* to get to the gym, you can do these exercises anywhere!

Stay tuned in the New Year for more *Fit Tips*! Please contact me if you have any questions Aprill.Denney@forces.gc.ca – ext. 5651

Publication Dates & Deadlines

The Aurora
newspaper

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

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

NOTICE



VILLAGE OF GREENWOOD

CHRISTMAS HOUSE DECORATING CONTEST

The Village Commissioners of Greenwood invite residents of the village to help the village shine this holiday season by participating in a Christmas House Decorating Contest.

Judging will take place on December 19th and prizes for 1st, 2nd and 3rd place winners will be awarded at the village office on December 22.

Halifax Shopping Trip

Saturday Dec. 5
12-6pm \$6 (Putting Edge)
Golf, Movie & Shop!

Come to the Halifax Shopping Trip where we will golf at Putting Edge and have the option of watching a movie or shopping or both!

Call us at 765-8165 to register!

Santa is Coming to Kingston!



The Village of Kingston is proud to present Santa Comes to Kingston!

Come out and enjoy some wonderful family fun at the Western Kings Arena on Friday December 4th from 5:00 to 7:00 p.m. as we kick off the Christmas season together.

Families can enjoy a visit from Santa himself, free family skating, hot chocolate, hot apple cider, and of course free hot dogs. In the arena gallery upstairs children of all ages can enjoy decorating cookies "just the way they like 'em", while "Stripes the Clown" makes unnumbered balloon animals of all shapes & sizes.

Families can then step outside and enjoy the fresh night air with a wonderful horse & wagon ride. This event is also a way for you to share some holiday generosity by bringing a Food Bank donation to the arena.

All are welcome and we look forward to starting off this Christmas season with family and friends. See you at the Western Kings Arena Friday December 4th from 5:00 to 7:00 p.m.! For information just contact Glen at the Kingston Recreation Department - kingstonrec@ns.aliantzinc.ca or call the Village Office at 765-2800.

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 5440.

We are compiling a waiting list for all areas.



Carrier applications are available on our website

www.auroranewspaper.com



YOU AUTO KNOW

~ Battery Care ~

The battery is a common source of breakdown on the road. A battery that fails will prevent the owner from cranking and starting the car. You should perform a visual inspection on the battery anytime you have the hood up.

CAUTION: Always wear eye protection when working on a battery. Protect yourself from electrolyte splash, which can injure skin and eyes. Never smoke or create any spark around a battery or it might explode.

The first step in inspecting a battery is to look for obvious damage. Check for:

- Cracked or bulged case or cover
- Signs of electrolyte leakage
- Frayed insulation on battery cables
- Corrosion buildup on terminals and posts
- Loose or missing holding hardware

- Electrolyte level (if battery has cell vent caps)

Any physical damage to the battery indicates it must be replaced. Broken or damaged cables should also be replaced. Corrosion can be cleaned off the post and terminals, as explained later.

Inspect the top of the battery for dirt or electrolyte. Too much electrolyte on the top of the battery may be the result of overfilling. If the top of the battery is not clean, current can flow across the foreign material. This will cause the battery to discharge by itself when the vehicle is idle. Check the battery hold-down to be sure it is tight. A loose hold-down could mean the active material has vibrated off the plates.

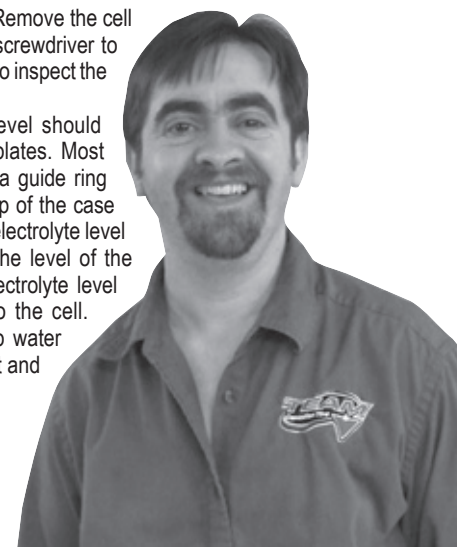
The electrolyte level should be checked monthly on older style non-maintenance-free batteries. During the warm weather driving these batteries loose water out of the cells. The higher the battery temperature

and the higher the charge rate, the more gas that is developed and the faster the water loss. Long trips in hot weather subject the cells to high temperatures and high charging rates. These conditions mean the electrolyte level must be checked often. If the water drops too low, the battery will fail to function. Older style batteries have cell vent caps.

Low maintenance batteries have a pry-off cell cover. Remove the cell vent caps or use a screwdriver to pry off the cell cover to inspect the electrolyte level.

The electrolyte level should be well above the plates. Most manufactures have a guide ring built right into the top of the case above the cell. The electrolyte level should be filled to the level of the guide ring. If the electrolyte level is low, add water to the cell. Because regular tap water may have a high salt and

mineral content, you should use distilled water. The water should be added with a plastic or rubber tool made for battery filling, not a metal funnel. A metal object could cause a short between the plates. Be sure not to overfill the cell. This would dilute the electrolyte strength and cause an acid buildup on the outside of the battery.



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



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730 Central Avenue

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Winter Special

Get four tires installed, balanced & wheel alignment for only

\$89⁹⁹ plus tax

On most vehicles.
Tires not included.

Free Brake Inspection

Have your Battery Checked for **\$9⁹⁹** plus tax

See store for details.
Greenwood location only.

Auto Centre
Mon-Sat 8am-5pm
Sun Closed

765-6337

canadiantire.ca

For days like today™



National Safe Driving Week - 01-07 December

National Safe Driving Week; this year's focus is Safe Backing. Backing collisions are the largest percentage of all vehicle collisions in DND; in 2008 426 backing collisions have been reported within DND. Because backing a vehicle takes up only 1% of your time behind the wheel, poor backing technique is fairly common. You can improve your backing technique and avoid backing collisions by following a few basic rules.

Avoid backing whenever possible; use a drive thru packing space if one is available even if it is a little farther away. If you must back, perform a walk around of your vehicle, taking in the vehicle position to dock or parking stall, obstacles: ie; curbs, signs, other vehicles,

overhanging roofs, overhead wires, pedestrians, road condition loose gravel, ice, snow etc. Your vehicle can hide small and large things and even people in your blind spot; operating a vehicle in reverse is always dangerous even for the experienced driver, unless you ensure the way is CLEAR.

Enlist the use of a guide; enlist a passenger or someone from the area to act as a guide for backing and explain what you are doing and how they can assist;

Look back; but remember to check to the front and both sides while backing to ensure clearance of objects that may require extra attention. What is to the rear of the vehicle is important but where the front of your vehicle is moving is

also very important as most of the driver's attention is focused on the back.

Back slowly; backing should be done at a walking pace this will allow you to slow your vehicle quickly if something enters your path.

Limit the distance; back only as far as absolutely necessary to reposition your vehicle so that you may drive forward. This will reduce the time you spend backing and

looking back.

Leave the exit clear; back in and drive out whenever possible. This allow you to examine the area your to be backed into as the vehicle approaches it.

MSE Safety would like to remind drivers of their responsibilities while operating DND vehicles:

All DND vehicles operated by personnel of 14 Wing Greenwood shall back into

parking spaces rather than drive or nose in. Personal vehicles parked inside the confines of 14 Wing are also encouraged to abide by this policy;

Ensure you honk the horn prior to backing to alert pedestrians and other users;

When available, drivers shall not back vehicles without the assistance of a guide (yes, this means your passenger is your guide!).

You may have noticed the wrecked car at the entrance of 14 Wing this week; this is one example of damage that occurs when you are involved in a backing collision. Take the time to review these valuable rules and tips with all the drivers in your household. Prevention is the key to safety, with education and awareness you will improve your backing techniques and become a better driver.

Veteran of the Month Comrade Rodney (Rod) Chubbs, CD1

Comrade Chubbs enrolled in the Canadian Forces in 1979 as a Military Policeman. After completing his QL3 course he was posted to CFB Calgary where shortly thereafter he was deployed on a UN Peace Keeping tour in Cyprus.

In 1983, he was posted to CFB Cornwallis where he met and married his wife Margie. In 1989 he was posted to Baden-Soellingen and four years later he was posted to Goose Bay, Labrador. In 1996 he was posted to C.M.B.G. Military Police Platoon Petawawa where he would train and deploy to such places as Africa and Bosnia.

In Aug of 2001 he was once again posted to Goose Bay until he was posted to 14 Wing in 2007 as MP Detachment MWO. In Jan of 2009, Comrade Chubbs was deployed to Afghanistan as the International M.P. Company Sgt-Major and was also appointed the Canadian Element COMKAF H.Q. Sgt-Major. Branch 98 is proud to present Comrade Chubbs as "Veteran of the Month" for December 2009.



Haven't yet visited the Learning and Career Centre?

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

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

VISIT OUR WEBSITE

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

or drop in!

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

We're so much more than just courses:

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

Want to relax on your lunch hour?

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

You're always welcome!

Why not drop in and check us out!

We're open daily

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

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!

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre



Maj. Bob
Sealby

Call
5530

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

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

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

The Aurora Newspaper staff wishes to thank our dedicated PAPER CARRIERS for a job well done!

James
Reid
William
Taylor
Patrick

Parker
Nicholas
Logan
Laura
Taylor-Lynn

John
Pierre-Luc
Matthew
Robert
Logan

David
Brandon K
Kyle
Rosalie
Andrew

Brandon W
Justin
Cody
Rebecca

On behalf of our Advertisers, our Readers, and our
DND Military & Civilian personnel, THANK YOU!

The Aurora
newspaper



“Youth Happenings” at 14 Wing Community Centre

By: Recreation Youth Worker: Megan LeMoine

Boys Club
Bowling
Monday Nov. 30, 09
4:30 - 6:00 p.m.

Boys come to the Community Centre for Bowling! We will meet here to get signed in then go downstairs to the Bowling Centre. Don't forget to bring your pre-teen membership card!

Teen Council
Tuesday Dec. 1, 09
3:00 - 4:00 p.m.

Teens come to the Teen Council meeting to discuss upcoming events like the Pre-Teen Dance and Christmas Activities!

Active Chicks
Curling
Wednesday Dec. 2, 09
4:00 - 5:15 p.m.

Girls tonight we will meet at the rink, Greenwood Gardens. Instead of our regular time

we'll meet a bit earlier, bring your mitts and winter coat! See you there!

Teen Activity
Bowling
Thursday Dec. 3, 09
6:00 - 7:30 p.m.

Cost: \$2.00

Teens lets meet at the Community Centre and then go downstairs to the Greenwood Bowling Centre. Don't forget your \$2.00!

Pre - Teen Dance
Friday, Dec. 4, 09

6:00 - 8:00 p.m.
Cost: \$2.00

Pre-teens come dance the night away, listen to the latest tunes here at the Community Centre, and bring \$2.00 to get in!

Wii Games
Pre-Teen - 6:00 - 8:00 p.m.

Teen- 8:00 - 10:00 p.m.

Special Events
Family Field Trip - Halifax Shopping Trip
December 5, 2009
10:30 - 7:00 p.m.
\$6.00

Anyone in the military/ military families or Rec.Card

Members interested in going to Halifax Bayers Lake for Mini-Golf, Movie, Shopping and lunch too! Please call Megan at 765-8165 to register its only \$6.00 for Golf! See you there!

Thank You

The Kingston & District Health Auxiliary would like to thank all those who attended our Coffee Party/



Silent Auction/Quilt Draw on Friday, November 20th. It was wonderful to have such a great turnout and following is a break-down of results:
Silent Auction Sales/ SockRaffles/50/50 Draw: \$1,011.92
Total raised from Quilt Ticket Sales since Jan 09: \$1,798.00
Coffee Party Proceeds: \$371.00

The quilt was presented by our local MLA, Leo Glavine, to our happy winner, Lorraine Peters. 31 volunteers worked approximately 175 hours on selling quilt tickets, Well done everyone!

The Auxiliary has had a good year of events in support of Annapolis Valley Health but none of this would be possible without dedicated volunteers and the generosity and support of the local business community and the media.

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

GMFRC • Feature of the Week

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

Christmas Portraits Session

Tuesday, December 1, 2009
9:00 a.m. – 1:00 p.m.
GMFRC Classroom #1
Cost: Vary
Registration Deadline: Friday, November 27, 2009

Looking for the perfect picture to go on this year's Christmas cards? There are a few spaces still available for this holiday's portrait sitting. Please contact 765-5611 to register today and make some beautiful holiday memories.

Free Public Skating

Western Kings Arena

Sunday's
3:30 – 4:30 p.m.

Sponsored by:
Royal Canadian Legion
Branch 98

EVERY CARD'S A WINNER!

It's Drive in and Win Time Again!

Get your vehicle ready for winter with one of our Fall Service Specials and receive a “Drive in and Win” contest card.*

Scratch the box and instantly win one of seven great prizes.*

- Mopar Windshield Washer Fluid (4L)
- Mini speaker
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- Micro umbrella
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- Soccer ball

Peace-of-Mind Maintenance Service

\$59⁹⁵[†]

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Available at additional cost.

Service Includes:

- ✓ Up to 5 litres of 5W30/5W20 Mopar[®] oil
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- ✓ Rotation of 4 tires
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- ✓ Written report of findings

*Additional charges may be applied for diesel, V10s, HEMI[®] engines, V8s, fluid disposal, semi-synthetic and synthetic oil.

Tire Change Over

\$39⁹⁵[‡]

When purchased with Peace-of-Mind Service.

Service Includes:

- ✓ We will remove your tires
- ✓ Mount and balance your All-Season tires
- ✓ Wheel weights and valve stems not included

‡Minimum 4 tires to qualify for premium.
Regular price: Tires up to 17": \$59.95, Tires up to 18" and over: \$69.95

Buy 3 Tires^{††} Get 4th Tire FREE!

BFGoodrich Momentum[™] UNIROYAL MICHELIN GENERAL TIRE GOODYEAR Continental

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

Heating/Cooling System Service

\$89⁹⁵^{**}

Service Includes:

- ✓ Drain heating/cooling system
- ✓ Install up to 6 litres of Mopar 4-Season Antifreeze/Coolant^{**}
- ✓ Inspect radiator, belts and hoses

^{**}Long-life antifreeze extra.

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

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RECYCLE YOUR 1995 OR OLDER VEHICLE AND GET
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UP TO
of additional incentives over and above those currently offered when combined with the \$300 available from the Canadian Government's Retire Your Ride program. Visit ford.ca for details.

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Sea King Gets a Lift



On Wednesday, November 25, 2009 a CC-177 from 429 Transport Squadron based out of 8 Wing Trenton landed at 14 Wing Greenwood to transport a CH-124 Sea King helicopter to Victoria, British Columbia. The Sea King will be used to help support the RCMP commitment for providing security, transportation and surveillance during the 2010 Winter Olympics and Paralympic Winter Games.

The view from the tarmac as CH124437 Sea King helicopter approaches the top of the ramp on C177703 Globemaster in preparation for loading for the trip to BC.



Photos:
Sgt Pete Nicholson

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To celebrate Centennial of Flight, keep your eye on the sky...
Santa will arrive as you've never seen before;
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will be lit by our
Wing Commander

"Nutcracker on Ice"
by the Greenwood Skating Club
at 6 p.m. at
Greenwood Gardens
~ followed by a
FREE Family Skate
From 7 to 8 p.m.

Christmas on the Wing is brought to you through a partnership of GMFRC,
14 Wing Community Council & our Community Centre.

Toepics - Starskaters Begin Competition Season

The first Starskate Open Competition of the season took place at the Shannon Arena in Dartmouth on Nov. 21st. The Greenwood Skating Club was represented in 7 categories by 4 skaters. All had successful performances for the first event of the year. Meghan Breckon brought home a silver in Junior

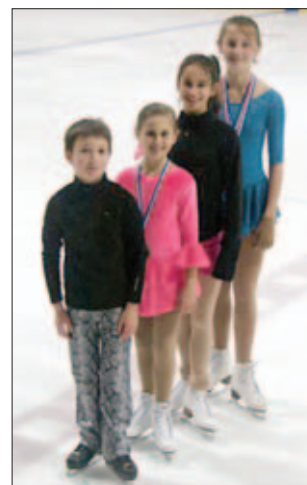
Silver Freeskate and a Gold in Junior Silver Short Program. Gabrielle Crossley, in her first event as a Preliminary competitor (up one level from last year) was exceptional in capturing the Gold for skaters 8 and under. Alex Robert, being the only boy, skated an exhibition for the judges and received

positive feedback. Rounding out the skaters attending was Erika Rice. While Erika did not make it onto the podium, all of her performances were solid for this time in the season and her interpretive program to an 'Olympic Dream' theme was the crowd favourite. These strong starts are impressive and bode well for our skaters in the upcoming season. Coaches, Ann Young and Cheryle Gaston are optimistic for the skaters and their potential. In other news, James Hazelton and Cheryle leave this week for Mississauga Ontario and the Skate Canada Challenge Competition where James will make a bid to qualify for the Junior National Championships in January. James is in the Novice category of Competitive Skate.

Competitive Skate / Starskate / Canskate? What is the difference? I thought it would be a great idea to explain the difference between these programs for everyone. Of course, most of you probably know what Canskate is...it is Skate

Canada's flagship learn-to-skate program. The best in the world! Skaters, young and old, can learn the basics of skating in a fun-filled, action-based program. We are proud to note that the Greenwood Skating Club has been recognized as running one of the Best of the Best in Canada!

STARskate is what comes after Canskate. Skills - Tests - Achievement - Recognition - what this program is all about. Skaters learn and hone their figure skating skills and progress through a series of test levels much the same as a ballet dancer or music student progresses from the basics to a high level of skill. There are competition events for skaters in this program to test their abilities against their peers - the Starskate program is the base from which our Competitive Skate performers come from. In the Greenwood skating club this year we have 2 CompetitiveSkate Skaters. Jenna Breckon and James Hazelton have made the commitment to the hard work necessary to move



Shannon Open Participants – (l-r): Alex Robert, Gabrielle Crossley, Erika Rice, Meghan Breckon.

to the national stage. Over the next few years, they will progress through the competitive levels in hopes of making it not only to the national events but perhaps be awarded international assignments by Skate Canada. Much hard work and dedication is required for this and time will tell if it will pay off for them. Good luck to all our skaters in their endeavours this season! We hope you check back often for news of their success!

Beta Sigma Phi Mu Chapter



The ladies of Beta Sigma Phi Mu Chapter in Greenwood got a head start on winter and the festivities. Members had the opportunity to use their artistic abilities and design a face for their snowman candy jar cover. There were many variations of Frosty the Snowman's face with a belly full of candy.

If you are new in town and already a member of BSP or interested in finding out more about this International Organization contact Mu Chapter Vice President Karen Clow at 765-6268.

Submitted by Anne Kempton, Corresponding Secretary, Mu Chapter.

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The Buzz from 14 Air Maintenance Squadron (14 AMS)

by/Compiled by: Warrant Officer (WO) Glen Goodall, 14 AMS

THE BUZZ...

14 AMS is slowly recovering from all the promotions and postings that have happened over the course of the summer. The new squadron personnel are fitting nicely into their new positions.

Once again 14 AMS weathered a rather extensive audit carried out by the Aircraft Maintenance Standardization and Evaluation Team (AMSET Team) from Winnipeg. The audit took place from the 28th September to 2nd October 09. The squadron fared fairly well, and as with all audits there was some room for improvement.

On the 3rd October 09 14 AMS held their annual Family Day which turned out to be a huge success thanks to Lieutenant (Lt) Clark Sollows. There was plenty for the families to do. There were flights in the Aurora, Bounce Kingdoms, many section displays and of course a BBQ to fuel the activities.

The 23rd October 09 marked a very special day for WO Frank Creelman. On this day, a Depart with Dignity was held

in his honour as he departed the Canadian Armed Forces with 41+ years to his credit. Master Warrant Officer (MWO) Anne Campagna ensured the Depart with Dignity was a momentous occasion. Franks actual retirement date was 24th Oct 09. Good luck to Frank and his wife Brenda in your retirement years ahead.

An Honours and Awards Parade was held in 11 Hangar the 29th October 09. Many 14 AMS members were presented with their Canadian Forces Decorations (CD) as well as a couple of safety awards. The parade was professionally orchestrated by MWO Bryan Price with our own Commanding Officer (CO) Lieutenant Colonel (LCol) Flynn making all the formal presentations.

14 AMS was well represented within the community for Remembrance Day taking part in two separate parades. They took place in Kentville and Middleton under the commands of MWO Dave Chevalier and MWO Mike Gilliatt respectively.

For those of you who would like to contribute to "The Buzz from 14 AMS" may

do so by contacting me at GLEN.GOODALL@forces.gc.ca. Some sections already have a "Buzz Rep" but there are many smaller sections not represented. If you want the rest of 14 AMS and the local area to know about the happenings and events in your shop this is the best way to promote your section.

14 AMS AMO 1 Crew – Cpl Karen Lindsay

1 Crew held its fall sports day in October and we had a great turn out. As a part of the sports day the crew held a food drive for the local food bank. We had an AWESOME contribution from our guys! Just shows how much people can do when they put some effort into it! That morning we curled for 4 hours and had a great time once everyone figured out the rules and how awful it was to lose from the role of a couple of dice. It was good fun because even the people that couldn't come close to the "house" could throw the winning stone! After we finished up with the curling we all enjoyed a couple of slices of pizza and then prepared for a couple of hours of entertainment. By entertainment we're talking

about Master Corporal (MCpl) Jim Beaulieu's Depart with Dignity. Anyone that knows Jim knows how colourful of a career he had. In the 27 years 362 days he spent in the military he has many stories. We heard a few from different people from Jim's past and they were all good ones. I'm sure there's many, many more, some that weren't likely appropriate to tell in such a situation. We were blessed to be in the company of one of Jim's fathers best friends who made the trip down for the special occasion. I know how much it meant to Jim that he be there. Jim has continued his career with a position with MDA. He's already left for his training and soon will be heading overseas in support of our troops. 1 Crew would like to take this chance to send best wishes and best of luck to Mr. Jim Beaulieu with his new adventure!

Congratulations to Jim Beaulieu and MCpl Nick Nyenhuis for recently receiving a CO's commendation for their efforts in helping at the scene of an accident on June 17th, where a man on his bicycle was hit by a car. They administered first aid and secured the scene until emergency services

arrived. Great job guys! Other congratulations go to recently promoted Capt Leclerc, Corporal (Cpl) Park, and Cpl Jalbert-Landry!

It's also now the time of year that we will start planning our crew Christmas party. We really look forward to it again this year. Hopefully we will have as many funny and memorable moments as we did last year. Not sure anything will be able to top Jim Leblanc's hoola hooping mastery but here's to hoping! The organizers are well on the way to putting together another VERY entertaining event. We can't wait until the 12th of December!

14 AMS AMO 2 Crew – MCpl Don Harvie

Hello again everyone. As you can tell the winds of change have blown my direction and carried me away from my nice orderly, climate controlled shop, depositing me in the turmoil of Aircraft Maintenance Organization (AMO) Snags/ Servicing. Change is the norm around here as the manpower pool fluctuates daily and in keeping with the spirit of Halloween, 2 Crew Flight Systems has been running with a skeleton crew

lately.

Corporal (Cpl) Jeff Wright, Privates (Pte's) Patricia Fraser and Mitch Stairs have all been away from the crew, busy learning the basics of working safely around aircraft with Technical Standards Flight (TSF). Also away on course are Master Corporal (MCpl) Bill Dwyer and Cpl Chad Vatcher. Cpl Richard Desruisseaux was blessed with a trip to Scotland with aircraft 106 and returned with a new accent to add to his current repertoire of French and English. One of the crews' most experienced technicians, Cpl Jason Dempster was poached away from us to work in periodic maintenance and helped to reassemble aircraft 115 for Overland Equipment Mission Suite (OEMS). Lost from the crew is Cpl Peter Rix, who has changed trades and gone over to the armament world. Pte Adam O'Quinn is recovering from shoulder surgery.

Cpl Guillaume Tessier made a trip up to Iqaluit with 405 Sqn on northern patrol. Hopefully he has better luck with the aircraft than Cpl Tim Feero did on his recent excursion there. A reoccurring flap asymmetry problem caused Tim many

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headaches (combined with cold fingers) and even now, at the mention of the phase "flap asymmetry", he develops a nervous twitch.

Help had arrived, however, in the somewhat large form of MCpl Dave Cameron who has returned to the Aurora world after a short stint in Borden as an instructor but was lost to the TSF world. A new trainee from Borden, Pte David Wright is now 2 Crew bound.

There are some new developments from the propulsion side of the crew as well. Congratulations go out to MCpl Paul Swansburg on the birth his baby daughter. He is currently away on maternity leave, enjoying the new addition to the family.

Some new faces can be seen adding to the ranks of the Avionics (AVS) trade on our crew as well. Welcome to Cpl's Wayne Jones, Terry Wadman, Jacob Canis, and Paul MacDonald, plus new Pte Darron Perry

14 AMS AVS Labs – Cpl Christopher Morris

Very busy times are here in 14AMS AVS Labs. L3 Communications have been here for the second portion of the move already and the shops are looking more and barer. Equipment from the Tactical, Navigation and Communications shops have been divided up and sectioned into multiple moves which is supposed to be complete in February 2010. We still have quite a ways to go before the complete shutdown of the

shops early next year.

I would like to remind everyone of the members we currently have deployed or training up for future deployment. We have two Cpl's that are currently deployed and we wish them and their families the best. We hope their time away from home is uneventful but successful. Cpl Simon Frechette is currently in Ontario training for a deployment early next year. Simon was among a few airmen that were supposed to deploy with the unmanned aerial vehicles a bit ago but had not been deployed. He was disappointed there was no deployment so now he gets to go show his stuff. Good for you Simon. The AVS Labs wishes the best of luck to you and your family.

So far we have not heard of postings or transfers or such. We are all waiting "patiently" for any word as to where we are going, but we know our higher ups are looking out for us and are doing their best to please us with moves.

That's all for now, I must get back to doing the busy work thing! Thanks for showing your interest in the AVS Labs.

14 AMS Squadron Safety Office (SSO) – WO Marc Thibodeau

It's been a busy summer and fall for the SSO section. After a little bit over a year as the SSO, Capt Max Leclerc was sent to AMO as the ASO 1 crew leader to get aircraft experience. He was replaced by Captain (Capt) Brian Neal (ex CWO) for a couple of months until 2Lt

Maxine Kapralik, fresh out of Borden took over in early November, assuming the Unit Flight Safety Officer (UFSO) and Unit Environmental Officer (U Env O) duties.

The section also bids farewell to Sgt Ken Reynolds, who has moved on to keep an eye on things in the Technical Support Section (TSS) office in AMO, after three dedicated years in SSO as a flight safety investigator.

The section as been a hub of activity, Sgt Dave Jamieson and Sgt Dan Lewis also have had their hands full with the training of two new investigators joining us this past summer were Sgt Jonathan Porter and Sgt George Foote.

As this year winds down and the influx of new personnel, 14 AMS Safety looks forward to visiting all the sections and meeting with everyone; as always, please feel free to drop by 11 Hangar and discuss any safety-related issues you may have.

14 Wing Imaging – Sgt Paul Green

Well, the posting season is over and the Image section is going strong.

We managed to place Pte Vicki Lefrançois on the new Non Commission Member (NCM) Public Affairs course in Ottawa. We are welcoming two new apprentice Image Technicians, Cpl Jennifer Kusche and Pte Jessica Reynolds who have both just arrived from the school in Borden. Welcome to the family!

As mentioned in the last article, Pte Vince Carbonneau and Pte Melissa Spence are now in Borden "enjoying" their TQ5 Course where they

are mastering some skills and learning others. We have seen some of their work already, shots of Melissa vainly trying to reach the 5 foot mark on a Halloween sign and an amazing recreation of the Last Supper using the members from their course. Good Luck to both.

We are also missing Cpl Mary Mechalko. Both her husband Derrick and daughter Abby are both eagerly awaiting the baby, while Mary just wants this part done with. Were eating your Timbits and thinking of you Mary.

The past few months have seen a few deployments for the shop, Cpl Andrew Davis deployed to Iqaluit, Nunavut for OP NANOOK 09 where he manage not to feed the polar bears, while MCpl Andrew

Collins is busy preparing to deploy to Vancouver for OP PODIUM (he said he is looking forward to all the cold weather there?)

The Imaging Section has also been busy shooting in the community, participating in the Silver Dart Show and Shine held on the runway, 14 AMS Family Day, Remembrance Day, The Wing Commander and Wing Chief leading children for Trick or Treat thru HQ and most recently the Olympic Torch Run where one of our own, newly promoted Corporal Ian Thompson was one of the runners. Outstanding!

Speaking of Halloween, for all of you who need makeover tips, you might want to talk to Cpl Shane Rudderham, (we did not know the Navy taught that

to men).

During the CDS Visit in September, two of our Techs were awarded Coins from the CDS, Cpl Sue Howell and Pte Lefrançois for the outstanding work they were doing.

The Annual DND Photo Contest results are in and can be viewed at <http://www.cfpsa.com/dndphotocontest>. So start planning your winning shots for next year.

Well that's all for now, remember, A Photo is a record of one moment in history.

Final Buzz

That's the Buzz from 14 AMS. It's that special time of the year that everyone is getting ready for the onslaught of snow and presents. Yes, Christmas is closer than you think, so be good for goodness sake.



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13 BINGO	14 EXEC MTG EUCHRE	15 BINGO	16 VALLEY DARTS	17 CRIB & DINNER	18 4 WAY STOP FISH & CHIPS MIXED DARTS	19 CHILDRENS PARTY
20 BINGO VOLUNTEERS PARTY	21 GEN MTG & ELECTIONS	22 BINGO	23	24 CLOSED 6pm	25 CLOSED	26
27 BINGO	28 EUCHRE	29 BINGO	30	31 NEW YEARS EVE DINNER 7pm INCOMING PLAYING 9-1	Events Subject to Change Without Notice. Members & Guests Welcome!	

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— DECEMBER —



— 2009 —

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		1 Darts 1900 h	2	3	4 IND TGIF Jr Ranks' Pizza & PMC Draw WO's & Sgts' KFC & PMC Draw	5 INFO Darts & Pool Balls are available from the Bar.
6 INFO Bar Darts Available from bartender	7 General Meetings 8 Jr Ranks, WO's & Sgts' & Officers Messes - 1400 h Darts 1900 h	8	9 <i>At Home to the Officers</i> 1330 h Annapolis Lounges	10	11 NO TGIF	12 INFO Internet/wireless available in TV Lounge/Mess
13 All Ranks Children's Christmas Lunch	14	15 No Darts Tonight	16 Jr Ranks Christmas Dinner	17 The Annapolis Mess will close at the cease of business on 18 Dec 09 & reopen 4 Jan 10 inclusively.	18 NO TGIF - Darts Fun Night 1900 h Darts Resume 5 Jan 2010	19
20 INFO Bar Daily Newspaper Available	21	22	23	24 The Annapolis Mess will be open for New Years' Eve and the Levee	25 NO TGIF	26
27 INFO Fridays TGIF • 1700 h • Events subject to change	28	29	30	31 New Years' Eve Live Band - The Studebakers Pig Roast \$20 each	1 New Years' Levee 1000 - 1300 h Continental Breakfast	2 INFO Non Alcoholic Beverages Available

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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 765-1494 local 1816 or email kristen.lawson@forces.gc.ca

Upcoming Events

Intro to Thai Cooking Class
Thursday, Nov 26, 2009

6:00 p.m. – 8:00 p.m.
Sobeys Community Room
Cost \$15.00
Registration Deadline:
Thursday, November 19, 2009
To register call 765-5611
Holiday Flower Arranging Class
Tuesday, December 8, 2009
6:00 p.m. – 8:00 p.m.
Classroom #2
Cost: \$30.00 (arrangement has a \$60.00 VALUE)
Registration Deadline:
Thursday, December 3, 2009
To register call 765-5611

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

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

Services de renseignements à la communauté et services de soutien

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

Services à la famille lors d'un déploiement

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

Service pour enfants, jeunes et parents

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

Programme de prévention, soutien et intervention

- Education et prévention

- Ateliers sur la croissance personnelle et le mieux-être (p. ex. maîtrise de la colère et aptitudes en communication), Programme Arc-en-ciel (chagrin et perte), foyer d'accueil d'urgence Roundel
- Évaluation et orientation
- Évaluation des besoins/risques, orientation vers les ressources communautaires essentielles, soutien aux clients tout au long du processus d'orientation
- Groupes d'entraide
- Groupes de soutien par les pairs, groupes de femmes
- Information et orientation vers les groupes d'entraide communautaire (p. ex. Al-Anon)
- Intervention à court terme et soutien en temps de crise
- Services de counseling de courte durée (personnes et familles), Soutien en temps de crise, défense des droits de la famille

Services de bénévolat

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

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

- Aide à l'emploi
- Création et modification de CV et de la lettre de présentation, évaluation/orientation professionnelle, aide à la recherche d'emploi
- Perfectionnement des techniques d'entrevue, planification des petites entreprises, information sur le réseau militaire des petites entreprises indépendantes, échange de magazines et de livres, ordonnateur disponible pour la recherche d'emploi, élaboration d'un dossier d'emploi, liste à jour des emplois disponibles

Programmes éducatifs

- Cours de manipulation des aliments, cours de premiers soins/RCR
- Cours de conduite préventive, salon de l'éducation et de l'emploi, recrutement des FC, ateliers de croissance et de soins personnels
- Journée internationale de la femme
- Programmes de loisirs
- Couture, création littéraire, réseau des petites entreprises indépendantes (PME), peinture créative sur argile, arrangement floral

Services de langue seconde

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

Événements spéciaux et items de promotion du CRFMG

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

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

CF Recruiting

Monday, Dec 14, 2009

1:00 p.m. – 5:00 p.m.

GMFRC Classroom #2

FREE

No registration required

Ongoing Services

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

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

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

Upcoming programs or services

NEW Laugh Craft

Connect

Wednesday, Nov 25, 2009

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

GMFRC

Cost: Complimentary for

GREENWOOD MILITARY FAMILY RESOURCE CENTRE WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood

Tel: (902) 765-5611 • Fax: (902) 765-1747

Email: home@greenwoodmfrcc.ca • Website: www.greenwoodmfrcc.ca
For locations and contact information of all Canadian/Military Family Resource Centres, please visit www.mfrcc.ca or call 1-877-280-3636

Outreach and Community Information Services

- Welcome and Community Orientation
- GMFRC Website (www.greenwoodmfrcc.ca), GMFRC Welcome Packages and online Virtual Welcome Package, new arrivals registration, GMFRC welcome calls to newly posted families, welcome GMFRC visit/tour and welcome gift to newly posted families, education information on posting service
- Information and Referral
- E-Mail Information Service (quarterly), Welcome Packages from other MFRCs, Outreach, information, support and assistance to CF family members of 14 Wing Greenwood and Reserve Units in Aldershot, Bridgewater, Yarmouth and Pearson Peacekeeping Training Center, Clementsport, Information Database on the services available to the community, referral to government and civilian agencies, GMFRC promotion/advertising, resources

Deployment Services

- Outreach, information, support, and assistance to CF family members during deployment, TD, and IR.
- Pre & Post Deployment information packages.
- Warm line contact during separation
- Social gatherings for the whole family will provide opportunities to connect with and support each other during periods of separation.
- Monthly Deployment newsletter
- Pre and post deployment briefings and screenings
- Video Tele Conferencing (VTC)

Children & Youth Services

- Activities and initiatives for children and youth
- Parent & Tot activities, Early Childhood Education Program, Youth Council, various activities/workshops for children under 12 years, Tutoring, Life Skills workshops for youth
- Parent/Caregiver education and support services
- Parent and caregivers information sessions, parenting workshops & resources, information on childcare in the area, appropriate information and referrals for children with special needs, Adult/Teen sitter registry, Daycare/Childcare facility listings, Baby Club
- Emergency Childcare & Respite Services
- Information sessions on Emergency Childcare & Respite eligibility, quality childcare resources/information,

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

Casual Childcare

- Licensed Casual Childcare Services
- Prevention, Support and Intervention Program
- Education and Prevention
- Personal growth & wellness workshops (i.e. Anger Management, Communication Skills), Rainbows Program (grief & loss), Roundel Emergency Housing
- Assessment and Referral
- Needs/risk assessment, referred to appropriate community resources, clients supported throughout the referral process
- Self-Help Groups
- Peer support groups, Women's group, awareness of and referral to community based support groups (i.e. Al-Anon)
- Short-Term Intervention/Crisis Support
- Short-term counseling (individual and family), crisis support, client advocacy

Volunteer Services

- Volunteer Involvement and Leadership
- Recruiting, screening, training, orientation, evaluation, and recognition, placements designed for individual interests and talents, On-the-job training, develop new or existing skills, professional development courses and workshops available, volunteer recognition activities, volunteer opportunities for teens aged 12 – 18 years

Second Language Services

- Second Language Training (SLT)
- Francophone activities
- French movies

Employment and Education Services

- Education Programs:
 - Food Handling Course, First Aid / CPR, Defensive Driving Course
 - Education & Employment Fair, CF Recruiting
- Self Care & Self Improvement Workshops:
 - International Women's Day Celebrations
- Leisure Programs:
 - Sewing, Creative Writing, Military Home-Based Business Group
 - Creative Painting on Clay, Flower Arrangements, Card Stamping

Special Events and Promotion Services

- Red Friday Promotion
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- Morale Mail Packages to the Troops
- GMFRC and community special events

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

deployed families, \$5 non-deployed

Registration Deadline: Monday, November 23, 2009

To register call 765-5611

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

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.

Legal Information with Marion Hill

Wednesday, Dec 2, 2009

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

GMFRC

FREE

Registration Deadline: Friday, November 27, 2009

To register call 765-5611

Women, Money & Power with Lois Baird and Mark Britney

Lunch and Learns are the second Tuesday of each month
Tuesday, Dec 8, 2009

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

GMFRC

FREE

Bring a brown bag lunch

Registration Deadline: Thursday, December 3, 2009

To register call 765-5611

ADHD & Learning Disability Awareness Day

Thursday, Dec 10, 2009

2:00 p.m. - 3:30 p.m.

GMFRC

FREE

Registration Deadline:



30 Nov to 03 Dec

The Twilight Saga New Moon

Rated PG

Show Times

Sunday to Thursday
8:00 PM

04 Dec to 10 Dec

A Christmas Carol

Rated PG

Coming 11-17 Dec
"2012"

Just a reminder we are a CASH ONLY business.

Consider buying Pre-Paid Cards

All are welcome at the
Zedex Theatre
www.zedex.ca

Kingston Legion

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m.

Tuesday, 7:30 p.m.

Regular Games - \$100

• 1 Early bird - 60/40

• 2 - 60/40

• Letter H - 80/20

• 1 Lucky 7 - Progressive

• 1 Bonanza - Progressive

• Jackpot - 3 Chances

• Double Action

Lic.#

35542-96



Friday, December 4, 2009

To register call 765-5611

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

Parent Information Session – How to Make Your Child Feel Special

Wednesday, Dec 16, 2009

10:00 a.m. – 11:00 a.m.

GMFRC

Registration Deadline:

Monday, Dec 14, 2009

To register call 765-5611

Children's Deployment Support Group

*Our Sunday, December 6th meeting is postponed due to the Christmas on the Wing Event.

Next meeting:

Sunday, January 10th, 2010

1:00 p.m. – 2:30 p.m.

FREE

GMFRC

Registration Deadline:

Thursday, January 7th, 2010

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.

To register call 765-5611

Registration Deadline:

Monday, November 23, 2009

Saturday, Dec 12th, 2009

10:00 a.m. – 5:00 p.m.

Children up to age 12

CF Families wanting to give themselves a break can register for a spot at a cost of \$25/child; \$40/2 children. Free to CF Families who currently have a partner deployed. Call reception to register at 765-5611.

Registration deadline:

Thursday, December 10th, 2009

Wednesday, Dec 16, 2009

5:00 p.m. – 9:00 p.m.

Children up to age 12

Free to CF Families who currently have a partner deployed.

To register call 765-5611

Registration Deadline: Monday, December 14, 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

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 Provider

Tuesday, December 1, 2009

3:30 p.m. – 4:30 p.m.

Annapolis Mess

Volunteers Needed: 4

Provide supervision of children ages 0-12 years old

List of Fun Things to Do in the Annapolis Valley

ASAP

Daytime TBD

GMFRC

Volunteers Needed: many

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!*

GMFRC • Feature of the Week

Volunteer Services

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

Childcare Provider for Deployment Departure Briefing*

Tuesday, December 1, 2009

3:30 p.m. to 4:30 p.m.

Location: Annapolis Mess

Volunteer requested: 4

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

CRFMG - Publicité de la semaine

Service de bénévolat

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

Service de gardiennage pour les familles en déploiement*

Mardi le 1 décembre 2009

15h30 à 14h30

Mess Annapolis

Bénévoles demandés : 4

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

The Anglican Parish of Wilmot Welcomes You!

Holy Trinity in Middleton **All Saints' in Kingston**

244 Main St. (across from Tim's) **Pleasant St. (off Bridge St.)**

8:00 a.m. BCP Eucharist **9:30 a.m. BAS Eucharist**

11:00 a.m. BAS Eucharist & Sunday School **& Sunday School**

Information: call the Parish Office 825-2326 or Administrator 825-2414

Contemporary Faith, Catholic Worship & Living Community

The Aurora newspaper

Want to advertise in our Award Winning Newspaper
call 765-1494 ext. 5833
or visit our website at:
www.auroranewspaper.com

...let's talk about YOU!

Send your articles and photos to: aurora@auroranewspaper.com

Mental Health Services

26 Canadian Forces Health Services Centre

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

Mental Health Services Team:

Manager: Lt Yvonne Luedee, MSW, RSW

Social Work Officers: Joe Beninati, MSW, RSW

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

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

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

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

The Perfect Gift

Gift Card

Available at Customer Service

Pet Photos with Santa December 5, 6:30pm - 8:00pm

HOLIDAY HOURS: MON-SAT 9:30-9 SUN 12 - 5 **www.greenwoodmall.ns.ca**

14 Wing Library - Serving those who read!

By: Judy McCool and Liz Tappen

AVM Morfee Centre, Greenwood - 765-1494, local 5430
Another December is here with all the excitement of the Christmas Season and also Kwaanza which begins on the 26th of December. Other notable dates are Dec 1st – World AIDS Day; Dec 10th – Human Rights Day, and Dec 15th Birthday of – Alexandre Gustave Eiffel. Our Christmas tree is already up, decorated by Kaye and Judy. It is very special this year decorated in silver and blue. A display of Christmas adult fiction will be under the tree for your enjoyment. We would like to thank all of our patrons for your continuing dedication and support to 14 Wing Library. Happy Holidays to all!

Volunteers – What would we do without them? Their volunteer hours make the library a better entity, doing everything from shelving books, reading shelves and doing the recycle jobs. We want to say a HUGE THANK YOU for

their assistance in 2009 and will be having a small event for them on 8 December.

Donations – We often receive book donations and while we are happy to get them, we request no musty books, nor Reader's Digest condensed, or encyclopedias please.

Overdue Books – Please check under beds, on shelves and in closets for any borrowed books that you have forgotten to return to 14 Wing Library as fines add up quickly! Also, cost of replacements eats into our budget. If you are unable to come to the library personally, don't forget that there is a 24 hour drop box for your convenience.

Book Sale – We have quite a variety of Paperbacks and Hardcover Novels for sale. Hardcover are \$1.00 ea, Paperbacks are only .25 cents and Children's books are \$1.00 a bag! They are all worth checking out!

Library Hours*

Monday - 5 pm & 6-8pm
Tuesday - 10am-1pm & 2-5pm
Wednesday - 1-5pm & 6-8pm
Friday - Noon-4pm
Sunday - 1:30 – 4pm

***Special Note-** "Under the Story Tree"- Miss Donna is going to be away and Story Tree will be cancelled on Dec. 21st, 28th, and Jan 5th. Resuming again on Jan. 12th, 2010 at 10:30 a.m. in the Library.

Books for December - Fiction:

Say You're One of Them/Uwem Akpan
Finding Caruso/ Kim Barnes
Deck The Halls/Mary Higgins Clark & Carol Higgins Clark
Shoot Me/Lesley Crewe
Getting Out of the House/ Isla Dewar
Timepiece/Richard Paul Evans
Life Penalty/Joy Fielding

The White Queen/Phyllippa Gregory
A Simple Habana Melody/Oscar Hijuelos
One Drop of Blood/ Thomas Holland
The Distance From Normandy/Johnathan Hull
The Kindly Ones/Johnathan Littell
Sarah's Promise/Leisha Kelly
Blacklist/Sara Paretsky
Alex Cross/James Patterson
The Letters/Luanne Rice & Joseph Monninger
The Prince; The Prophet; The Scribe/ Francine Rivers
The Last Song/ Nicholas Sparks

Non-Fiction

Michelin Guide Austria
Manners, Customs & History/Highlanders of Scotland
Fix It and Forget It/Slow Cooker/Dawn J. Ranck
Mat, Mount, abd Frame It Yourself/M. David Logan
Vogue Knitting – American Collection
En français – Le Voleur de Noel/Mary Higgins Clark
Forces Irresistibles/Danielle Steel
L'île des promesses/Stephanie Gertier
DVD –The Bay of Love and Sorrow

Ice Age

Sam I Am

Holiday Hours – The library will be closed from 24 December to 3 January inclusive. Be sure to stock up on a healthy supply of books to get you through the holidays. We'll be happy to see you again on Monday, January 4th, 2010.

Library Services

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

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

French language books

DID YOU KNOW that we have a large selection of FRENCH Fiction and Non Fiction for both adults and children?

Membership

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

Reading Opens Doors! So come and open the doors to 14 Wing Library.

Greenwood Military Aviation Museum

"Saving your past for your future"

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

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

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

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

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

Admission is free!

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

Are you a Commuter?

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



14 Wing
Greenwood Library
School Street

765-1494 Loc 5430

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 30<sup>th</sup>:** Chicken Noodle Soup 1.75 • Oven Fries, Cheese & Gravy 2.50  
• Yogurt Tube 1.00

**Dec 1<sup>st</sup>:** Macaroni & Hamburger 2.50 • Caesar Salad 1.50  
• Apple Slices 1.00

**Dec 2<sup>nd</sup>:** Beef Rice Soup 1.75 • Sliced Ham & Potato Wedges 2.50  
• Smoothies 1.25

**Dec 3<sup>rd</sup>:** Pizza Day 2.50 • Banana 1.00

**Dec 4<sup>th</sup>:** Corn Chowder 1.75 • Chicken Burger with Lettuce & Slice of Tomato 2.50 • Orange Slices 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 & Holidays.....0600 - 1100**

**Weekend Brunch.....1100 - 1315**

**Lunch.....1100 - 1315**

**Dinner.....1600 - 1830**

OPEN TO AUTHORIZED PATRONS ONLY

## KINGSTON & DISTRICT SCHOOL

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

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

**Mon:** Early Dismissal; **Tues:** Grilled Cheese Sandwich  
**Wed:** Macaroni & Cheese Casserole; **Thurs:** Hamburgers; **Fri:** Chicken Nuggets

This menu brought to you compliments of:

## FRASER'S PRO Home Centre



**BERWICK • 1-800-959-3727**  
**KINGSTON • 1-902-765-3111**  
**KENTVILLE • 1-902-678-8044**  
**BRIDGETOWN • 1-902-665-4449**  
**www.frasers.ca**





Second Language Service

Cours de langues secondes

Coordinator / Coordonnatrice: Janie Gagnon at / au 765-1494 local / poste 5938 or email / courriel : [janie.gagnon@forces.gc.ca](mailto:janie.gagnon@forces.gc.ca)  
GMFRC Second Language Training (Winter Session 2010)  
Dates: Tuesday, January 12, 2010 to Friday, March 26, 2010  
Duration: 10 weeks for a total of 60 hours (three hours twice a week)  
Location: Birchall Centre on the Base, 2nd floor.  
Cost: For military spouses, Canadian Forces members, and dependants over 14 years of age: \$50.00 refundable upon completion of 85% of classes  
All other participants: \$100.00  
(Free childcare is offered to Military Families during GMFRC casual childcare hours)  
Registration deadline: Before Thursday, January 07, 2010 at the GMFRC reception.  
Limit of 10 students per class – register early to avoid disappointment!  
Placement Test: Contact Sheila Dubé at 765-1494 ext. 5230  
Other Information: We need minimum of 5 military spouses or military members to start a class.  
Registration Phone: Reception 765-5611  
Schedule: Subject to change depending on registrations and students needs  
Let us know the language you want to learn, the level, and your availability, we will try to do our best to accommodate you.

|            | Monday        | Tuesday                     | Wednesday          | Thursday                    | Friday             |
|------------|---------------|-----------------------------|--------------------|-----------------------------|--------------------|
| 9:00-12:00 | Not available | Not available               | English Module 4&5 | Not available               | English module 4&5 |
|            |               |                             | French Module 1    |                             | French module 1    |
| 1300-1600  | Not available | Open depend on registration | French Module 5    | Open depend on registration | French Module 5    |
|            |               |                             | English Module 1   |                             | English Module 1   |
| 1800-2100  | Not available | French module 2             | Not available      | French module 2             | Not available      |

Dates: Mardi, 12 janvier 2010 au vendredi, 26 mars 2010  
Durée: 10 semaines pour un total de 60 heures (trois heures, deux fois par semaine).  
Endroit: Centre Birchall  
Coûts: Pour les conjoint(e)s des membres des FC, dépendant(e)s de militaires qui ont 14 ans et plus, et membre des FC, 50\$ remboursable après avoir complété au moins 85% du cours.  
Pour les autres participants: 100\$  
(Garderie offerte gratuitement pour les familles militaires durant les heures d’ouverture du service de garde du CRFMG)  
Date limite d’inscription: Avant le jeudi 07 janvier 2010 à la réception du CRFMG.  
Seulement dix étudiants par classe – inscrivez-vous le plus tôt possible!  
Test de Placement: Contacter Sheila Dubé au 765-1494 poste 5230  
Autres Information: Un minimum de 5 étudiants militaires ou épouses de militaires requis pour débiter une classe.  
Téléphone: Réception 765-5611  
Horaire: Sujet aux changements afin de répondre aux demandes des étudiants.

|           | Lundi          | Mardi                          | Mercredi           | Jeudi                          | Vendredi           |
|-----------|----------------|--------------------------------|--------------------|--------------------------------|--------------------|
| 0900-1200 | Non disponible | Non disponible                 | Anglais Module 4&5 | Non disponible                 | Anglais Module 4&5 |
|           |                |                                | Français Module 1  |                                | Français Module 1  |
| 1300-1600 | Non disponible | Ouvert dépend des inscriptions | Français Module 5  | Ouvert dépend des inscriptions | Français Module 5  |
|           |                |                                | Anglais Module 1   |                                | Anglais Module 1   |
| 1800-2100 | Non disponible | Français Module 2              | Non disponible     | Français Module 2              | Non disponible     |

Deployed Families Christmas Gathering

Submitted by: Ann Gaudet, GMFRC  
Coordinator of Deployment Services  
at 7651494 local 5583 or email: [Ann.Gaudet@forces.gc.ca](mailto:Ann.Gaudet@forces.gc.ca)  
Sunday, December 6, 2009, 2:30 to 4:00 p.m. – GMFRC  
Please pre register by Thursday, December 3, 2009 by calling 765-5611.  
Come and start December off with some holiday cheer. We will meet at the GMFRC and start with a decorating cookie activity for the kids and everyone will be invited to write their deployed loved ones name on their ornament to hang on the Wing Christmas Tree during “Christmas on The Wing”. We will have treats and hot chocolate for everyone and at 4:00 p.m. we will walk over, together, to 14 Wing Community Centre to participate in the “Christmas on the Wing” event. Maybe even sing some Christmas Carols along the way. For More information contact Ann Gaudet.



The Greenwood Skating Club presents the “Berwick Building Supplies” Skater of the Week

Erin Green  
Age 9  
School: Kingston Elementary  
First year as a junior skater  
Favourite part of skating: spiral , waltz jumps and spins.  
Her hobbies is soccer, basketball and music.

In Loving Memory of

SYLVAIN BRODEUR

my husband who passed away on December 5th two years ago.

I will always love you.  
How do I know I love you.  
It's a feeling I can't hide.  
It's the way I always miss you  
When you're not by my side.  
It's the warmth I feel whenever  
I stop and think of you,  
And the happiness I get  
From the sweet things you use to do.  
How do I know I love you?  
In a hundred different ways,  
And I know with all my heart,  
I will love you all my days.

Love Ellen ~ Missing you also; Laura, Shawn, Jean-Paul, grandchildren Jacob & Kenzee-Love & family.

Family Field Trip

Halifax Shopping Trip

Saturday Dec. 5

10:30-7pm \$6 (Putting Edge)

Golf, Movie & Shop!

Come to the Halifax Shopping Trip where we will golf at Putting Edge and have the option of watching a movie or shopping or both!

Call us at 765-8165 to register!

PRE-TEEN DANCE

FRIDAY DEC. 4

6-8PM

\$2



# FOR YOUR INFORMATION

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

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

Located at AVM Morfee Centre, School Street

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

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

## HOROSCOPES

November 29 to December 5

### ARIES - Mar 21/Apr 20

You are all wound up, Aries, and may need to blow off some steam. How about a trip to the gym, or even a heated debate with someone? Just don't let any tempers flare.

### TAURUS - Apr 21/May 21

You have a job to do, Taurus, but you may not be exactly sure what that job is. Don't worry about losing your focus. You'll regain it by the end of the week.

### GEMINI - May 22/June 21

Opinions are largely useful, but this week they can alienate you when you offer your two cents, Gemini. You want to reinforce your similarities to others, not turn them against you.

### CANCER - Jun 22/Jul 22

Give yourself permission to enjoy every moment this week, Cancer, no matter what happens. You deserve a little unbridled satisfaction in your days.

### LEO - Jul 23/Aug 23

Leo, you're not likely to see others clearly today because your perceptions are very faded. It's good to be optimistic, but don't be foolish in your choices.

### VIRGO - Aug 24/Sept 22

It's not easy to keep your energy levels up this week, Virgo. But don't question your motivation or apparent energy stores. You'll muddle through somehow.

### LIBRA - Sept 23/Oct 23

Sometimes reaching the truth is worth the extra effort, Libra, even if you are afraid of what you may discover. Gemini offers some inspiration in your life.

### SCORPIO - Oct 24/Nov 22

Scorpio, you are feeling a little out of sorts and trapped in a spell this week. You must play detective and get to the bottom of the "mood." Then the situation will be managed.

### SAGITTARIUS - Nov 23/Dec 21

Setting a reasonable pace at work this week enables you to accomplish more than you expect. Prior to any project it helps to have all of your tools in order.

### CAPRICORN - Dec 22/Jan 20

You lack the necessary clarity to make an important financial decision, Capricorn. Seek out others who are knowledgeable and can help you find the answers.

### AQUARIUS - Jan 21/Feb 18

Aquarius, you may get a strong taste of inspiration this week, Aquarius. It may almost seem like you are floating into the clouds. Come back to earth to put your plans in action.

### PISCES - Feb 19/Mar 20

There is magic brewing in your mind, Pisces, but others are not clued into your thoughts. Let your imagination run wild.

### FAMOUS BIRTHDAYS

|             |                              |
|-------------|------------------------------|
| NOVEMBER 29 | Jonathan Knight, Singer (41) |
| NOVEMBER 30 | Billy Idol, Singer (54)      |
| DECEMBER 1  | Bette Midler, Actress (64)   |
| DECEMBER 2  | Nelly Furtado, Singer (31)   |
| DECEMBER 3  | Brendan Fraser, Actor (41)   |
| DECEMBER 4  | Tyra Banks, Model (36)       |
| DECEMBER 5  | Gary Allan, Singer (42)      |

Horoscopes brought to you compliments of:

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### Christmas Concert

Wed, Dec 9 - MRHS Beginner/Junior Band Christmas Concert, 7:30 p.m. Free will offering, desserts, prize draw. Everybody welcome! Thurs, Dec 10 - Senior Band Christmas Concert, 7:30 p.m. Free will offering, desserts, prize draw. Everybody welcome!

### Christmas Tea

Wednesday Dec 2, 2:00-4:00 p.m. - The Kingston Baptist Church, Main St, Kingston, is holding a Christmas Tea. Free Will Offering. Everyone is welcome to come and enjoy delectable sandwiches and sweets as we celebrate this festive season.

### Roast Pork Supper

Saturday Dec 12, 4:00-6:00 p.m. - There will be a Roast Pork Supper with all the trimmings, and homemade pies for dessert, at the Kingston Baptist Church, Main St., Kingston. Adults \$10.00, Children \$5.00. All are welcome.

### World AIDS Day

There will be a World AIDS Day Service on December 1, 2009 at 7:00 p.m. at Holy Trinity Church Hall, Main Street, Middleton (across from Tim Horton's). All are welcome; there will be a time of fellowship following the service.

### Special Brunch

Sunday Dec. 6th at 12 noon in Queen of Heaven Chapel annex on Church Street in Greenwood, in support of Christmas Daddies. Only \$4.00. Sponsored by Knights of Columbus Greenwood/Middleton Council. Scrambled Eggs, Hash Browns, Ham, Pancakes, Sausages, coffee, tea, juice. Everyone welcome. For more info, contact Kent Sill at 765-2734.

### West Kings High School Drama presents Alice in Wonderland

A play in two acts by Anne Coulter Martens. Thursday December 3 to Saturday December 5 at 7:30 p.m. Matinee on Saturday December 5 at 2:00 p.m. West Kings High School, Auburn NS. Admission \$10.00 general \$8.00 students. Reservations 902-847-4440." Alice was trying to get home from Wonderland. Instead of helping her Tweedledum and Tweedledee got into a fight, the Mad Hatter had a tea party and even her friend the Cheshire Cat was enigmatic. So poor Alice decided to ask for help from the Red Queen. The action is fast, the costumes are fantastic and the delightful charm of Lewis Carroll's great classic is there to be enjoyed by all."

### Chinese Auction

St. Monica's annual Chinese Auction, Thursday, Dec. 3rd in the parish hall on Connaught Ave., Middleton. Doors open at 2:00 p.m. Auction begins at 7:00 p.m. Also bake & candy tables, several raffles & 50/50 draw. Canteen available.

### 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.

### Christmas Variety Concert

A Christmas Variety Concert will be held at New Beginnings Center Greenwood on Sunday December 6 at 2:00 p.m. Local musicians including Paul Marshall, Nikki Lee & Courtyard, Holly Best, Lee Boutilier, Greg Smith and Christiana Armstrong will entertain with lots of Christmas music. Come join us and usher in the Christmas season.

### Flight Engineers, AESOPS and SAR Techs Serving & Retired Greenwood & Area Christmas Gathering

A little get together to share some Christmas Cheer • Flight Engineers (Oilers) AESOPS (Observers) & SAR Techs • Thursday 10 December 2009 V.P.I. Centre • Open: 12:00 Hrs - 17:00 Hrs, • Come on out and meet new friends and chat with a few old friends, *we will look for you there!* For more information contact: Al Belliveau (902) 765-2477/ 760-2477 or e-mail: [abelliveau@eastlink.ca](mailto:abelliveau@eastlink.ca); George Giles (902) 765-2626 - [geogail@eastlink.ca](mailto:geogail@eastlink.ca); Mark Flawn (902) 691-0725 - [markflawn@eastlink.ca](mailto:markflawn@eastlink.ca)

### Grocery Gift Cards

As an on-going fund raiser for Soldiers' Memorial Health Auxiliary, Grocery Gift Cards for Save-Easy and Atlantic Super Store are now available. Card amounts - \$25.00, \$50.00 and \$100.00 values. To purchase please contact: Sheila in Middleton at 825-4698.

### Christmas Luncheon

Mayflower Chapter #2 Order of Eastern Star Christmas Luncheon, Thursday Dec 3, 2009 at Kingston Masonic Hall, Victoria Ave. 11:30 a.m. - 1:30 p.m. \$6.00 per person.

### Kings County Family Resource Centre's Holiday Celebration

Wednesday, December 9, 2009 (storm date December 10), 10:00-Noon at the Kentville Baptist Church Gymnasium (503A Main Street, Kentville). Join us for Kings County Family Resource Centre's Holiday Celebration: Come play with us and visit with Santa! Kings County Family Resource Centre (678-5760, familycentre@ns.sympatico.ca) is a non-profit organization "dedicated to supporting healthy family development." We are celebrating 20 years of service to families of Kings County!

### Overeaters Anonymous

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](http://www.oa.org).

### Craft Fair

Friday, December 4th from 6:00 p.m. to 8:30 p.m. & Saturday, December 5th from 10:00 a.m. to 3:00 p.m. Grand View Manor, 110A Commercial Street, Berwick. \$2.00 Admission. For table rental, please call Lynn Hardy 538-3118.

### Valley Autism Support Team

The December VAST meeting will be held on Thursday 3 December starting at 7:00 p.m. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave., Kingston. Contact 765-3883.

### December 5 - Breakfast with Santa

Three Rivers Community Centre will be hosting Breakfast with Santa on Saturday, December 5th from 9:00 - 11:30 a.m. Come join us for pancakes, bacon, eggs, juice, tea and coffee. Free will offering. You can find us at 41 Messenger Rd, Torbrook. Everyone is welcome!

### Annual Christmas Luncheon and Bake Sale

Saturday Dec. 5th from 11:00 a.m. to 3:00 p.m. Cost \$5.00 Emmanuel Church 37 Gates Ave, Middleton Miracles Christian Book Store from Bayers Lake will have a display of great gift ideas, along with our popular Gift Baskets and Baking. For Info: Sally 825-3087 - Shirley 825-2381.

**The Aurora newspaper PRESENTS... FIND & WIN**

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

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, December 3, 2009.**  
Make sure you include your full name and phone number.

| NAME                                                                                                                                                           | PHONE NUMBER |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Limited to one win in a TWO MONTH PERIOD.</b>                                                                                                               |              |
| The winner will be drawn randomly from all correct entries. Only one entry per person per week.                                                                |              |
| <b>Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!</b> |              |
| 1. Steve Lake's ad is located on what page                                                                                                                     | _____        |
| 2. When will judging for home decoration take place in the Village of Greenwood                                                                                | _____        |
| 3. Who has Cash & Prizes over \$10,000 worth                                                                                                                   | _____        |
| 4. Computer hardware and accessories is the perfect gift at what business                                                                                      | _____        |
| 5. Which store is selling Omega-3 Smoothies                                                                                                                    | _____        |

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

**Congratulations to last week's winner: SHARON HALBOT**

**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.



# Christmas Treats at Sobeys!



Wow! Thanks to Jacqueline, it certainly looked and smelled like Christmas on Wednesday night at Sobeys! She helped the girls make delicious popcorn balls with crushed candy canes and red and green sprinkles. They were very yummy, thank-you Jacqueline for the wonderful night and thank-you Olivia for all your help!

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

### Legal Information with Marion Hill

**Wednesday, December 2, 2009**  
**6:00 p.m. - 8:00 p.m.**  
**GMFRC**  
**FREE**  
**Registration Deadline: Friday, November 27, 2009**

GMFRC will be offering a legal information session with guest facilitator Marion Hill, Family Mediator and Collaborative Lawyer. Topics being discussed include: what is family mediation, parent sensitivity, separation, divorce, marriage vs common law, child custody, spousal support, child support and pensions. Please call 765-5611 to register for this informative session.

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\* Loan and loan amount may be subject to application approval. Payment plans are based on your paydays and can be bi-weekly and semi-monthly. Loans are based on a 6 to 18 month term. Call for details.

## ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



[www.comparrotpuzzles.com](http://www.comparrotpuzzles.com) © 2009 Bonnie J. Malcolm



Solution: 1. Elbow patch on elf's shirt is missing. 2. Shoe lace loop on skate is missing. 3. Doll's mouth appears. 4. Puddle of paint is colored in. 5. Ball in sleigh is colored in. 6. Fold in tablecloth has moved. 7. Heart pattern on doll is upside down. 8. Elf's apron is longer. 9. Ribbon on roll is shorter. 10. Sleeve in sleigh is longer. 11. Elf's pants are longer. 12. Runner on sleigh is longer.

Com Parrot brought to you compliments of:

954 Central Avenue  
Greenwood  
**765-6381**

PATRICK'S PUZZLE

Maze Craze

Can you find your way through the maze?

Patrick's Puzzle brought to you compliments of:

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

## GMFRC • Feature of the Week

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

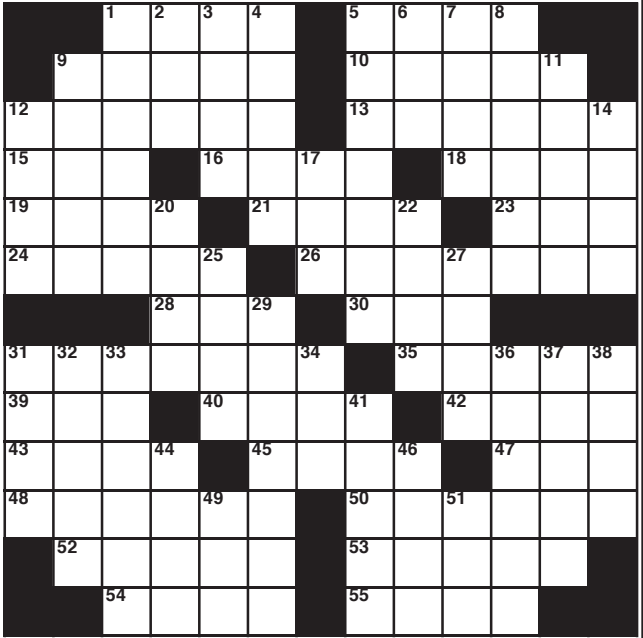
### Parent Information Session – How to Make Your Child Feel Special

**Wednesday, December 16, 2009**  
**10:00 a.m. – 11:00 a.m.**  
**GMFRC**  
**Registration Deadline: Monday, December 14, 2009**

Join us for an informal information session that promotes positive parenting and healthy child development to support family cohesion. Our session is geared towards parents and caregivers who have children aged 2-12 years. Our workshop will look at simple and inexpensive ways that parents can use to help make their child feel special everyday. Parents will receive a resource package that they can take home with them at the end of the session. To register, please call reception at 765-5611.

## Canadiana Crossword

**Chow Down**  
By Bernice Rosella and James Kilner  
**Solution page 22**



- ACROSS**

1 Bull fighting maneuver

5 Ferrier's tool

9 Ukrainian Easter bread

10 Get together again

12 Bloc members

13 Cooks' wear

15 Caviar

16 Peasant

18 Foundered

19 Wen

21 Albanian currency

23 Fellow

24 Concerning bristles

26 Square glazed doughnut

28 Champlain

30 Obloquy, in a way

31 Rainbows and ranges

35 Greek city

39 Over, to F.S. Key

40 Assistance

42 Roll up
- 43 Used car, sometimes

45 Adolescent

47 Japanese rock band

48 Crossed, as arms

50 Newfie fried bread and molasses

52 Mug

53 Become liable to

54 Tolkien entities

55 Tropical hardwood
- DOWN**

1 Most wan

2 live and breathe

3 Beehive

4 Tripod

5 Newfie spruce gum

6 Sales person, slangily

7 Yours and mine

8 already!

9 Acadian buckwheat pancake

11 Boredom

12 Circle parts

14 Scotland's Isle of
- 17 Famed English dictionary, abbr.

20 Aftershave soother

22 Surprise

25 Slat

27 Alphabet run

29 Quebec made shredded pork and onions

31 Pop

32 Looks surreptitiously

33 Quebec made salty blue cheese

34 Alexander Keith creation

36 Inuit dish of whale skin and blubber

37 Mistake

38 Eagleson, for one

41 Small in Saguenay

44 Portent

46 Not one

49 Drill part

51 Fiddler crabs

Weekly Crossword brought to you compliments of:

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# Classified Ads

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

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

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

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**Crossword Solution**

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

  
**cole sawler**  
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**Craig G. Sawler, LL.B.**  
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Fax: 902-825-4340  
Email: info@colesawlerlaw.ca  
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Barristers, Solicitors, Notaries  
**W. Bruce Gillis, Q.C.**  
**Blaine G. Schumacher, CD**  
(Also of the Alberta Bar)  
Counsel:  
**Clare H. Durand, Q.C.**  
(Non-Practicing)  
Phone (902) **825-3415**  
Fax (902) 825-2522  
74 Commercial Street  
P.O. Box 700  
Middleton, NS  
B0S 1P0

765-3333 (3048-1tp)  
**FOR SALE - Christmas Trees and Wreaths are now available again this year at 723 Main St., Kingston, next to the United Church. Plain and decorated wreaths in 3 sizes and a large selection of trees. (3048-3tpb)**  
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FOR SALE – Foosball table.

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Quality Guaranteed  
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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 – 3 bedroom house with attached garage. \$700 monthly plus utilities. No smoking or pets. Quiet country living. 5 min from Port George and Margareville. 15 min from Greenwood. Organic garden plot. Call 765-6428. (3047-2tp)  
**FOR RENT - 2 Bedroom apartment for rent suitable for personnel on IR. Newly renovated & fully furnished. Rent is all inclusive and**

  
**Stop Smoking with Hypnosis**  
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includes phone, cable, heat, lights, electricity, washer & dryer, snow removal. If interested call 765-9274. (3043-Bufn)  
**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 – Bachelor apartment in Kingston. Heat, lights and cable included. \$535.00 a month. Phone 825-3607 (3047-2tp)  
FOR RENT – Apartment for rent in Forest Brook Park Subdivision on 43 Oakwood Drive. Available Dec 1st. \$595 a month. Phone 840-3709 or 825-6096. (3048-1tp)  
FOR RENT – 2 bedroom apartment for rent. Aylesford. Electric heat \$450.00 a month. 3 bedroom house near Kingston for rent, oil heat \$650.00 a month. Phone 847-5575 or

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**FOR RENT – 3-bedroom duplex in Greenwood behind mall. Fridge and stove included. Washer and dryer hookup. Storage shed. \$550.00 Month plus utilities. Available Jan 1, 2010. Phone 825-6512 (3048-2tpb)**  
**FOR RENT – 1 bedroom apt. Located in Kingston. Fridge and stove included. Available Jan 1, 2010. \$425.00 a month, plus utilities. Cable included. Walking distance to all amenities. Phone 765-6477 (3048-2tpb)**  
**SERVICES**  
**DROP & LOCK STORAGE – Kingston/Greenwood's newest building, clean, secure self storage your lock—your security code sizes: 10' x 10' or 5' x 10' 847-1405 or 760-0278. (2903-Bufn)**  
**SERVICE – Self Storage located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-ufn)**  
**SERVICE – Bilingual handyman**

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By the piece or lot.  
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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)  
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**SERVICE – VALLEY CANVAS CONVERTERS – Winter is coming & 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. Located at 675 Main St Kingston or call 765-6477 (3048-2tpb)**  
**NOTICE**

**NOTICE-May the sacred heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer (9) times a day, by the (8) day your prayer will be answered. Say it for (9) days; it has never been known to fail. Publication must be promised. Thank you St. Jude for favor received. C.A.S. (3047-2tpb)**

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# West Kings Grad Receives Entrance Scholarship



**Christa Skinner, 1st year Bachelor of Science student, is shown receiving the Elaine Leventhal Memorial Scholarship for \$3,000.00 from Dr. J. Colin Dodds, President of Saint Mary's University at The President's Undergraduate Scholarship Reception. The scholarship is awarded to one high school student from Nova Scotia entering a degree program at Saint Mary's University. The student must demonstrate leadership, community service and high academic standing. This scholarship is renewable for three additional years with a total value \$12,000.00. Congratulations, Christa, from your family and friends!**

# Learning and Career Centre

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

## LCC Upcoming Workshops

### November 2009

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

### December 2009

- 1 Excel Level 2 (no cost) • 1 day
- 2 Coaching Practices for Managers • 1 day
- 3 Front Page Level 1 (no cost) • 1 day
- 3 Encadrement (Coaching, présenté en français) • 1 jour
- 8 Power Point Level 1 (no cost) • 1 day
- 9 Outlook Basics (no cost) • 1/2 day
- 10 Outlook Contacts & Calendar (no cost) • 1/2 day
- 10 You and Change • 1 day
- 15 Diversity & Employment Equity for Managers and Supervisors • 1 day
- 15 Word Level 2 (no cost) • 1 day
- 17 Front Page Level 2 (no cost) • 1 day

### January 2010

- 5 Word Level 1 • 1 day
- 6 Access Level 1 • 1 day
- 7 Balancing Work and Personal Life • 1 day
- 7 Power Point Level 1 • 1 day
- 19 Excel Level 1 (Part 1 of 2, 1/2 day, morning) • 1/2 day
- 20 Excel Level 1 (Part 2 of 2, 1/2 day, morning) • 1/2 day
- 21 Access Level 2 • 1 day
- 26 Power Point Level 2 • 1 day

- 27 Outlook Contacts & Calendaring, 1/2 day, morning • 1/2 day
- 28 Excel Level 2 • 1 day

### February 2010

- 1 Excel – Database Functions, 1/2 Day, morning • 1/2 day
- 2 Visio Level 1 • 1 day
- 09-11 Effective Presentations • 3 days
- 9 Excel Level 1 (Part 1 of 2, 1/2 day, morning) • 1/2 day
- 10 Excel Level 1 (Part 2 of 2, 1/2 day, morning) • 1/2 day
- 11 Front Page Level 1 • 1 day
- 16 Publisher – Creating Flyers & Newsletters • 1 day
- 17 Word – Mail Merge and Large Documents, 1/2 day, morning • 1/2 day
- 18 Civilian Performance Planning & Review CPFR • 1/2 day
- 18 Personal Learning Plans (PLP) • 1/2 day
- 18 Intro to Windows XP • 1 day
- 23 Front Page Level 2 • 1 day
- 24 Intro to Internet and Email • 1 day
- 25 Excel Level 2 • 1 day

*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

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

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

**After School Bowl**  
14 Wing Community Centre 2  
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

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What better way to promote your business or service at its very best and get the maximum exposure to your customers.

There's no time like the "PRESENT" to book your holiday advertisements while there is still time. There are **ONLY 3 MORE ISSUES** left this year.

Call Anne to find out about the many specials and discounts The Aurora Newspaper offers our advertisers at

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# SAR Tech Rescues Mother

By: Captain Paul Benoit

'That others may Live' is the proud motto of the Canadian Forces Search and Rescue Technicians (SAR techs). This group of brave men and women risk their lives to rescue people that end up in precarious and sometimes life threatening situations throughout the country. One family in particular was participants involved

in a unique type of a rescue that had a very special meaning. There was not a dramatic sea rescue or a team parachuting into an isolated region, the rescue in this case was a SAR tech unselfishly giving a kidney to enable his mother to rectify a deteriorating condition.

As the author of this story I am somewhat biased about this rescue

as the tech in question was my son, Sgt Jean Paul Benoit (413 Squadron (Sqn) CFB Greenwood) and the recipient was my wife, Joan. She had been diagnosed with a kidney condition in 2002 which had now deteriorated to the point where her doctor recommended a transplant if a living donor was available. A transplant in the near future would be ideal as this operation would allow her to bypass possible dialysis procedures.

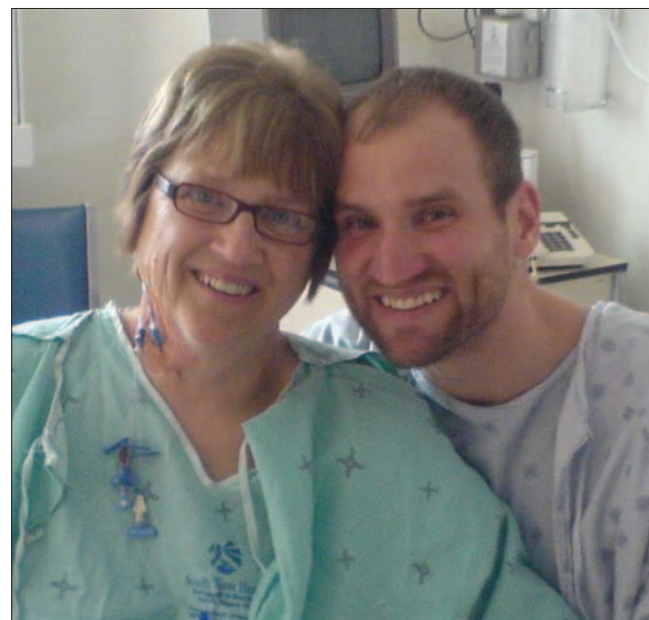
One might query what is so special about a family member helping another if they were able. The answer is that although this may seem a normal decision for you or me, but as his career was more physically demanding one would think he might have reservations on the impact of donating a kidney. After much investigation and queries on his part, it was determined that there would be no major impact on being able to continue to perform his duties as a SAR Tech. As fate would have it after initial tests were conducted it was determined that JP was the best match (my daughter

and I both had negative markers) and being the son that he is he immediately said "let's get this done". So after many months of tests performed on both mother and son by a myriad of specialists the date was set and on Oct 30th 2009 at the QE 2 hospital in Halifax, JP had one of his kidneys removed for implantation to his mother.

The operation was successful and the surgeons were amazed at the ease of both of the procedures.

A testament to his fitness was that less than 24 hrs after surgery JP was on his feet and making the trek down the hall of the hospital to the step down unit to see his mom and to see how she was progressing. Over the next few days the close connections of the SAR tech world was demonstrated as there was a parade of his co-workers to his room, on one occasion four of his buddies visited wearing their recognizable flight suits which caused the hospital staff to do a double take.

After asking the standard how are you feeling after the operation to JP, their next question was "How is your



**Sgt JP Benoit pictured with his mother in her room at the QE 2 hospital in Halifax two days after successful kidney transplant.** (Photo: Captain Paul Benoit)

Mother?" Their concern for both JP and his mother displayed the close ties and bond that is inherent of these brave technicians, who risk their lives to help others in need. Many of these visitors would drop by Joan's room and speak with her and I, one could not help to note the sincerity and of these men, some of whom we had met at social gatherings which Joan and I were always invited to when we were visiting JP in Greenwood. Three days after surgery JP and Tash (his significant other) departed for his convalescence at home in Greenwood. Joan and I remained in Halifax for a few weeks more while she

attended the prerequisite post op clinics before returning home to New Brunswick.

While reflecting over the past months events I remembered one of my many conversations with JP in which he told me that he had seen dialysis patients during his medical training as a SAR tech and he said quite emphatically that he did not want to see his mom ending up having to go through that ordeal. JP's deep family's commitment and his dedication to a way of life and duty to his profession personify the SAR tech motto, 'That others may Live' in this case it has had a truly deeper meaning to our family.

**Join Together and Celebrate  
at 14 Wing Greenwood's**



**Come One, Come All!  
To this Festive Occasion as We  
Celebrate 100 Years of Flight in Canada!**

**There Will Be:**

- A Story Reading • Rachel MacLean
  - 14 Wing Band • 14 Wing Pipes & Drums
  - Kingston Elementary School Choir
- will all be performing  
...and so much more!**

**Free Admission!**

This is a great opportunity to spend time with friends and family.

Food Bank Donations  
would be gratefully accepted.

**Where : 14 Wing's Annapolis Mess**

**When : Wednesday, December 2nd, 2009**

**7:00 p.m. - 8:30 p.m.**

**Happy Holidays**



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**now** is pleased to introduce 2 new, sugar-free Omega-3 smoothies that taste more like dessert than nutritional supplements. Choose from **Cod Liver Oil Lemon Smoothie**, an excellent source of EPA and DHA with Vitamin A and D or **Flax Oil Strawberry Banana Smoothie**, for your vegetarian Omega-3 requirements.

Join us on Friday, December 4th from 2-5 pm with product expert Marjorie Frizzell for a demo and sampling.

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The \$40.00 per person New Years Eve three course menu has a diverse range of exciting dishes, including tender braised veal shank, Tandoori Chicken, Potato crusted Halibut, and your choice of a sinful dessert all prepared by Chef Jon Howes.

While dining enjoy the smooth sounds of Frank Dobbin on the keyboard. This year we are offering an early and a later sitting, closing at 9:30 p.m.

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