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VOL. 31 NO. 32 AUGUST 23, 2010 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS



The Aurora

newspaper



At the Top of the World

Globemaster aircraft resupplies CFS Alert



A CC-177 Globemaster III landed at CFS Alert in April for the first time.

(File photo by Capt Trevor Henderson)

Aug. 17, 2010
By Capt Jennifer Jones and
Lt(N) David Lavallee

Three-for-one is a pretty good deal, and that is exactly what Canadians stationed at Canadian Forces Station (CFS) Alert, the world's most northerly permanently inhabited location are getting - now that the Canadian Forces CC-177 Globemaster III has made its debut on Operation Boxtop.

With its much greater carrying capacity, the CC-177 strategic aircraft can move approximately three times more cargo to CFS Alert on each trip. This lift capability increases the efficiency of the operation, which was underway until Aug. 22, 2010.

"Our Government's modernization efforts, conducted in line with the *Canada First* Defence Strategy, significantly contributes to the Canadian Forces' enhanced presence and effectiveness in Canada's northern regions,"

said the Honourable Peter MacKay, Minister of National Defence.

"This milestone is another demonstration of giving our men and women in uniform the tools they need to do the jobs asked of them."

The CC-177 made its inaugural landing at CFS Alert on April 14, 2010 and has operated regularly in the Arctic ever since.

Canada's four CC-177 Globemaster IIIs, which are operated by 429 Transport Squadron from 8 Wing Trenton, Ont., were delivered in 2007 and 2008 and have given the Canadian Forces unprecedented strategic reach and agility. The aircraft helps with the rapid delivery of troops, cargo, civilians in distress, oversized combat equipment and much more from coast-to-coast-to-coast and anywhere else worldwide.

"The CC-177 Globemaster III has been tremendously beneficial to Canada's strategic airlift capability, which now includes the ability to augment and increase the efficiency of critical

Boxtop operations," said Major-General Yvan Blondin, Commander of 1 Canadian Air Division and the Canadian NORAD Region.

"The Air Force is committed to delivering international, continental and domestic operations, including in the Arctic, in support of the Canadian Forces mission."

Operation Boxtop dates back to the 1950s. The Air Force runs day and night - flying fuel and supplies to the station each spring and fall. Over the last 20 years, the mission has averaged an annual delivery of approximately 294,000 kilograms of dry goods and 2.5 million litres of fuel into CFS Alert.

CFS Alert supports signals intelligence for the Canadian Forces and research for Environment Canada. Due to its extreme northern location, CFS Alert must be resupplied by air, which is done largely through a bi-annual resupply operation called Boxtop. In the past, this mission was accomplished using CC-130 Hercules aircraft.

Greenwood Military Family Resource Centre Outreach Services

Manager: Nicole Godin at 765-1494 local 5941 or email at Nicole.Godin@forces.gc.ca
2nd Annual Greenwood 101 Bus Tour and Family BBQ
 Date: Thursday, September 16, 2010
 Time: from 9:00 a.m. to

12:00 p.m. for the Tour and 12:00 to 1:00 p.m. for the BBQ
 Where: Tour will be leaving the GMFRC Parking lot at 9:00 a.m. and will return to the GMFRC for 11:45 and BBQ will be at 12:00 in the AVM Morfee Centre Gym at the GMFRC

Cost: Free for newly posted families to 14 Wing Greenwood
 Registration deadline: Please call 765-5611 to register no later than Thursday, September 9, 2010
 Have you been posted to 14 Wing Greenwood this

summer? Would you like to find out what is available in the Greenwood/Kingston/Middleton areas? Want a chance to see your new community and meet other people who are also newly posted? If you have answered yes to one, or all, of these

questions then this is for you. If you would like to participate in this great adventure please call 765-5611 by Thursday, September 9, 2010 to register. Childcare will be available at the GMFRC, free of charge, but will be limited to 10 children. So when you

register, please let us know if you require childcare. For more information regarding Greenwood 101, please contact Nicole Godin, Outreach Services Manager at (902) 765-1494, local 5941 or by E-Mail at Nicole.Godin@forces.gc.ca.

Centre de ressources pour les familles militaires de Greenwood - Les services d'approches

Directrice : Nicole Godin au 765-1494 poste 5941 ou par courriel à Nicole.Godin@forces.gc.ca
2^e visite guidée annuelle "Greenwood 101" et BBQ Familiale
 Date : le jeudi 16 septembre 2010
 Heure : de 9 h 00 à 12 h 00 pour la visite guidée et 12 h (midi) à 13 h pour le BBQ
 Lieu : départ d'autobus dans le stationnement du

CRFMG et BBQ dans le gymnase du Centre AVM Morfee au CRFMG
 Coût : gratuit pour les nouveaux arrivants à la 14^e Escadre de Greenwood
 Date limite d'inscription : veuillez téléphoner au 765-5611 pour vous inscrire avant le jeudi 9 septembre 2010
 Vous avez été affecté à la 14^e Escadre Greenwood cet été? Vous aimeriez découvrir ce que les régions de Greenwood, de Kingston et de Middleton

peuvent vous offrir? Vous voulez visiter vos nouvelles communautés, rencontrer d'autres personnes qui viennent également d'arriver? Si vous avez répondu oui à l'une de ces questions, le Greenwood 101 est pour vous. Si vous voulez participer à cette grande aventure, composez le 902-765-5611 pour vous inscrire avant la date limite du jeudi 9 septembre en composant le 765-5611. Un service de garde d'enfant

est offert gratuitement au CRFMG, mais les places sont

limitées à 10 enfants. Alors, quand vous vous inscrivez,

dites-nous si vous avez besoin d'un service de garde.

United Nations Peacekeeping Day



Ronald Griffis, National President and member of the William Hall V.C. Greenwood Chapter of the Canadian Association of Veterans in United Nations Peacekeeping discussing matters with the Acting 14 Wing Commander LCol J. Bergeron, Commanding Officer of 14 SES at the annual 9 August United Nations Peacekeeping Day at the RCAFA 107 (Valley) Wing in Greenwood.

(Image: Nelson Mullen)



SCHOOL OPENING NOTICE Annapolis Valley Regional School Board www.avrsb.ca

Please be advised that AVRSB schools will open for **TEACHERS** on September 1, 2010.

AVRSB schools will open for **STUDENTS** on varying dates between September 2 and September 8, 2010 as follows:

September 2, 2010:

Aldershot Elementary School, Annapolis East Elementary School, Annapolis Royal Regional Academy, Annapolis West Education Centre, Berwick & District School, Bridgetown Regional Elementary School, Bridgetown Regional High School, Brooklyn District Elementary School, Cambridge & District Elementary School, Champlain Elementary School, Coldbrook & District School, Dr. Arthur Hines Elementary School, Dwight Ross Elementary School, Evangeline Middle School, Falmouth District School, Glooscap Elementary School, Hantsport School, Horton High School, Kings County Academy, Kingston & District Elementary School, LE Shaw Elementary School, Lawrencetown Consolidated School, Middleton Regional High School, New Minas Elementary School, Newport Station District School, Northeast Kings Education Centre, Pine Ridge Middle School, Port Williams Elementary School, Three Mile Plains Elementary School, West Kings District High School, Windsor Elementary School, Windsor Forks District School, Wolfville School

The following schools will be opening on September 3, 2010 in alternate locations (because of school renovations):

Gaspereau Valley Elementary School (classes being held at LE Shaw Elementary), Somerset & District Elementary School (classes being held at Coldbrook & District School), St. Mary's Elementary School (classes being held at Dwight Ross Elementary School)

September 7, 2010:

Lawrencetown Education Centre

September 8, 2010:

Avon View High School, West Hants Education Centre

Please Note:

School offices will be open commencing August 25, 2010 for new registrations and course changes. Specific questions regarding a school opening should be directed to the school.



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Atlantic FDA: 1595 Bedford Highway, Bedford, Nova Scotia B4A 3Y4



Drive one.

Le coin des Padre's Corner

Soon, we will see our young people going back to school. Activities and programs will begin again at 14 Wing and in Annapolis Valley. Parishes will offer a new season of Religious Education or Sunday School. So many activities, so little time!

For parents, the question is "should I consider Religious Education for my children as an option?" Only you can answer this. But here are a few points that could help and support your reflection.

Speaking about religion is never easy. Especially since this matter is not very "en vogue" today. Spirituality is a more popular concept. Men and women, all along their life journey, will be confronted with the great questions of life: what's the meaning of my journey in this world? What is love? Why do I suffer? Is there a life after life? The spirituality that we develop helps us to give answers to those questions. All religions provide help for their people to develop their spirituality and ethical behaviour.

A need of spirituality is present in all human beings, and children are very sensitive to some dimensions that we lose with age. As children develop their abilities, they are able to begin using a language, learning to read, and making a distinction between what is good or not, they can develop their spiritual life. Some childhood specialists acknowledge six phases of developments of faith from 0 to 17 years old! And at each step he or she develops new skills. For example, when a child learns how to say thank you, he develops his ability to be able, one day, to say thank you for life or to praise God. Spiritual awareness is an early learning process. Daily family life is essential to build effective and emotional foundations. It's also the place where he will develop the tools for a meaningful life.

Religious Education Programs are a complement, or a tool, to support the parents when they decide that spirituality and religious values are important as a part of their legacy to their children. For St. Mark's and Queen of Heaven Chapels, these programs attempt to help children develop their spiritual capacities and ethical behaviours, through the discovery of the Christian message of Love and Forgiveness as well as through a personal commitment in their own religious tradition, Catholic or Protestant. But, in the end, it's a parental

and family choice. *More to follow in the next weeks from your Chapel Life Coordinator and from the responsible for Religious education programs.*

Father C. Pigeon
Queen of Heaven Chapel

Bientôt, ce sera la rentrée des classes. Les activités et les programmes de toutes sortes vont reprendre à la 14^e Escadre et dans la Vallée d'Annapolis. Les paroisses vont aussi inaugurer une nouvelle saison de leurs Programmes d'éducation religieuse et la catéchèse du dimanche. Autant d'activités offertes et si peu de temps!

Pour les parents, la question qui se pose est : « devrais-je considérer l'éducation religieuse de mes enfants comme une option valable? » Vous seuls pouvez y répondre. Toutefois, voici quelques éléments qui pourraient vous aider et enrichir votre réflexion.

Parler de religion n'est pas facile. D'autant que le sujet n'est pas très à la mode aujourd'hui. La spiritualité est déjà un concept plus populaire. Les humains sont confrontés tout au long de leur vie aux grandes questions de l'existence : quel est le sens de mon passage en ce monde? Qu'est-ce que l'amour? Pourquoi je souffre? Y a-t-il une vie après la vie? La spiritualité que l'on développe peut nous aider à trouver une réponse pour ces questions. Toutes les religions cherchent à aider leurs membres à développer leur vie spirituelle et des comportements éthiques.

Le besoin de spiritualité est présent en toute personne. Les enfants sont particulièrement sensibles à certaines dimensions qui nous sont parfois plus difficilement accessibles avec l'âge. De la même manière que les enfants développent en bas âge plusieurs habilités comme communiquer, lire, faire la distinction entre ce qui est bien ou mal, ils peuvent développer leur vie spirituelle. Certains spécialistes du développement de l'enfance reconnaissent jusqu'à six phases du développement

de la foi entre 0 et 17 ans! Et à chaque étape il ou elle développe de nouvelles habilités. Par exemple, lorsqu'un enfant apprend à dire merci, il se prépare à pouvoir dire merci à la vie ou à prier Dieu. Le développement spirituel est un apprentissage qui peut commencer jeune. La vie familiale quotidienne est essentielle pour le développement affectif et émotionnel. C'est aussi le premier lieu où se développe la capacité de donner un sens à sa vie.

Les Programmes d'éducation religieuse et la catéchèse sont un complément, un outil, pour aider les parents qui décident que la spiritualité et les valeurs religieuses font partie de l'héritage qu'ils entendent léguer à leurs enfants. À la chapelle St-Marc et à Marie-Reine-des-Cieux, les programmes offerts cherchent à aider les jeunes à développer leurs vie spirituelle et des comportements éthiques autant par la découverte du message chrétien d'amour et de pardon que par un engagement personnel dans leur propre tradition religieuse, catholique ou protestante. Mais, en bout de ligne, ce choix appartient aux parents et à la famille. *Plus à suivre dans les prochaines semaines de la part de votre coordonnateur de vie de chapelle.*

Padre C. Pigeon
Chapelle Marie-Reine-des-Cieux.

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We are Married... I Think... Um, what is Common Law?

Submitted by:

**Jennifer Hill,
Coordinator of
Prevention Support
and Intervention
Services 765-1494 ex
1811**

Well you met someone and they are the love of your life. You can not imagine your life without them so the next logical step to take in the relationship is... you guessed it moving in together as a common law couple. As of 2006, more than 1.3 million same and opposite sex couples lived in common law relationships across Canada. This is a trend that is steadily increasing in families throughout the country and why wouldn't it be... it is easy or so we think.

Many people choose to become common law for a variety of different reasons which may include: it is cost effective, the couple may not be ready to commit to marriage, and/or someone in the relationship may be separated from a previous marriage but can still cohabitate with a common law partner. Sounds great doesn't it? However this great concept can quickly turn into a nightmare if the relationship breaks down. So often I meet couples in common law relationships who fully believe they are entitled to the same rights as married couples. They are right to an extent; but, what many common law couples do not realize is that common

law relationships create their own separate set of legal obligations and rights that can be similar or very different then a traditional marriage. The laws relating to custody, access, child support and spousal support are similar for common law couples and married couples. However the laws relating to wills, estates, and property division after a common law separation are very different. One should contact a lawyer to gain understanding as to how these laws differentiate from each other and what you should know before you enter into a common law relationship.

In Nova Scotia most couples are considered common law once they have lived together for a significant period of

time (typically between six months to two years). There is no length of time during cohabitation that a common law relationship will evolve into marriage.

One common myth being recognized by the base is that in many cases, couples who have self identified their relationship status as common law, truly believe and assume that they are entitled to the same rights as a married couple or a registered domestic partnership. It is really important that if you are living in a common law relationship to fully understand what your rights are; it never hurts to be proactive.

As mentioned earlier the laws between provinces are

very diverse and the laws relating to wills, estates, property division after a common law separation are very different between common law and married couples

Most of us tend to think with our hearts before our brains when it comes to love but before making the decision to enter into a common law relationship by moving in together one must consider the following points:

- Get legal advice before signing anything.
- Consider seeking financial advice before agreeing to a common law relationship
- Consider and research registering for a domestic partnership. Domestic partnerships provide the couple with rights to inherit property in Nova Scotia, to apply for spousal support, and division of property similar to the rights of a married spouse.
- Consider meeting with a relationship coach, social worker, or padre to evaluate and weigh your relationship before taking it to the common law level.

In other words, remember that marriage is a formal contract shared with

sometimes hundreds of witnesses; whereas, common law is based on trust, promises, and usually a verbal non-written contract. Use your best judgement, be proactive, and make informed decisions.

Your GMFRC is a great place to start gathering facts and resources regarding common law relationships. To gain further information please contact Jennifer Hill BSW SWC Social Worker.

To gain more information about common law relationships please visit the following website:

<http://www.legalinfo.org/legal-information/legal-information-content/common-law-relationships.html>

For detailed information about domestic partnerships please visit the following website:

<http://www.gov.ns.ca/snsmr/access/vitalstats/domestic-partnership.asp>

Information in this article has been adapted from "And they Lived Happily Ever After" Rights and Responsibilities of Common Law Partners. May 2009.

http://women.gov.ns.ca/pubs/2010_11/TheyLivedHappilyEng.pdf

Much Music Video Dance!

By Eric MacKenzie, Community Recreation Coordinator

With the generous help of the Subway Restaurant in Greenwood, the 14 Wing Community Centre will be holding a Much Music Video Dance inside the Community Centre Gym on Saturday September 18th 2010. This event is part of this year's Wing Welcome, and the music will start at 6:00 p.m. for all Pre-Teens (ages 9-12) and will last until 8:00 p.m. At 8:30 p.m. the dance will then be offered to any Teens between

the ages of 13 and 18 and will last until 11:30 p.m. The cost of this great sponsored event will be \$4 for all Pre-teens and \$5 for Teens.

Much Music will have a camera on the crowd to capture all the fun on their projection screens, and also hand out cool prizes and hold fun contests. This is one event that the youth between the ages of 9-18 do not want to miss.

The Wing Welcome Youth Idol event, taking place in the Teen Room, is scheduled to wrap up just before 6pm. So if you arrive early for the Pre-teen dance, please be respectful and quietly wait in the lobby until the doors are opened to the gym at 6:00 p.m.

If you are 19 years of age or older and interested in volunteering please contact Eric MacKenzie at the 14 Wing Community Centre by calling 765-1494 ext 5337.

DWIGHT ROSS ELEMENTARY SCHOOL SEPTEMBER 2010 REGISTRATION

WEDNESDAY AUGUST 25th
9:00 a.m. - 3:00 p.m.

The principal invites all students (P-5) new to the school to register on
Wednesday August 25th • 9:00 a.m. - 3:00 p.m.

Birth Certificates are required as proof of age for students entering Primary in the 2010-2011 school year. All students entering Primary must be five years of age on or before December 31, 2010. Parents of new students must provide a birth certificate, health card and a copy of immunization records.

The school office will reopen on
Wednesday August 25th. If you have any questions, please call the school at 765-7510.

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2010 Wing Welcome Skate Competition

All skaters and bmxer's come to The 14 Wing Community Centre Saturday September 18 for this year's 2010 Wing Welcome Skate Competition. Come compete and show us your skills for a chance to win a great prize! There will be five divisions; beginner, intermediate, advanced, BMX and 19 and older. Registration and warm-up will be from 11:00 a.m. - 12:00 p.m. and the competition will be from 12:00 - 3:00 p.m., depending on how many people register. The cost to register is \$5 for Skateboard Union Members and \$10 for non-members, please show your Member card to indicate you are a Member. If you would like more information about this event or how to become a Skateboard Union Member, please contact Megan at 765-8165 or Eric MacKenzie at 765-1494 ext. 5337.

The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel W.F. Seymour, CD, Wing Commander. Est publié chaque lundi par la 14e Escadre sous les auspices du Colonel W.F. Seymour, CD, Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441

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FAX (902) 765-1717 • E-mail: aurora@auroranewspaper.com

Circulation/Circulation: 5900 - Agreement No. 462268; Numéro de contrat 462268.

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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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Rubbing Elbows with Top Brass



Submitted by: Pamela Garrison, South Williamston, NS

Over the past several months, Mary's Islanders Dance Troupe have been kept extremely busy with performances at the Halifax Metro Centre, Relay for Life, Multicultural Festival, Dalhousie University, four performances in Cape Breton, and several throughout the province relating to the 100th Anniversary of the Royal Canadian Navy. The highlight of one of their Halifax performances was the opportunity to rub elbows with several members of the Canadian Armed Forces.

Teacher and choreographer for Mary's Islanders Dance Troupe, Mary Dunlop choreographed a special dance for the occasion called Anchors Aweigh, where nine members of her troupe, dressed in navy uniforms sang and danced their way into the hearts of hundreds of spectators lined up to see them on the Halifax Waterfront.

Mary's Islanders Dance Troupe would like to thank Gaylord Kingston (President of the Atlantic CPO's Mess) who arranged a private tour for the troupe on board the HMCS Athabaskan and to Cheryl Bush (CPO2) who showered the troupe with gifts and paraphernalia commemorating the 100th Anniversary. Also, a special thanks to retired CPO (Doc) Richard Halliday for getting everything started with a performance at Champlain Hall in Cornwallis. Check out the September issue of the Crown and Anchor monthly newsletter and the Canadian Navy 100th Anniversary web page for more information and pictures.

~ Obituary ~

Brown, Clifford George, Nictaux West, NS

BROWN, Clifford George-60 of Nictaux West, passed away Thursday, August 12, 2010 in Soldiers Memorial Hospital, Middleton. Born in Calgary, AB, he was a son of Frances (Meagher) Brown, New Germany and the late Clifford Clair Brown. Clifford was employed for over 30 years as a Certified Engineering Technician, CE Section, 14 Wing Greenwood and was a member of Tech Nova. Clifford was very involved with sports and family, having raised 2 sons as a single parent. Besides his mother, he is survived by son, Robert Brown, Nictaux West; sister, Kerry (Karl) Hicks, Dominion, Cape Breton; brothers, Garry (Joy) Brown, Bridgetown; Les (Alexandra) Brown, Halifax; one granddaughter and one grandson. He was predeceased by his father and son, Stephen. Cremation has taken place. Visitation was held 7:00 to 9:00 p.m. Monday, August 16, 2010 in the Middleton Funeral Home, 398 Main Street, (902) 825-3448, where a Memorial Service was held 11:00 a.m., Tuesday, August 17, 2010 Padre Frank Staples officiating. Interment in St. Andrews Cemetery, Elderbank, NS at a later date. In lieu of flowers, donations in memory may be made to a charity of choice. Online condolences may be made through: www.middletonfuneralhome.com

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The 19th Hole

We continue to have great golfing weather...Wow...what a summer.

River Hills hosted the Ladies FireBall tournament the weekend of Aug 14-15. There were 6 of our Lady golfers (Connie, you are still considered one of us) down for the tournament and it was a huge success. Congratulations to Betty Lane and Brenda Crossman on winning 2nd Net in the 3rd Division. We had great weather for the tournament and having a free "FireBall" on # 15 really gets you started. The rest of us had to settle with a door prize.

Several of us who had been to River Hills, had to do laundry and head to Oakfield on Monday for the Bronze Competition. Betty, Audrey and Carolyn all had great rounds (Sandy and I didn't have our best round) but the team placed 9th so that was a good showing. Their course is in great shape as well and we were treated very well, and we enjoyed a nice meal with all the other competitors. I don't think I have ever seen so many geese

on a course: we in the Valley thought that Eden had a lot...I think I counted at least 15 - 20 on at least 5 holes...and no the geese were not the same ones just moving from one hole to another. Certainly had to clean our shoes after that round of golf.

The Tuesday night Men's results for August 10th: There were 41 golfers out and Pat Patterson was the winner of the 50/50. 1st Division winners were: 1st LG Doug Carpenter; 2nd LG Steve Lake; 1st LN Scott Cooper and 2nd LN Charlie Costin: Skins were won by Carpenter #5,8,9; Lake #6 and Costin #7. 2nd Division winners were: 1st LG Dave McDowell; 2nd LG Larry Youden; 1st LN Mike Marshall; 2nd LN Ron Jenkins: Skins were won by Youden #2; Cathcart # 5, 7; Rideout # 8; Swin # 9; Fevens # 13 and Mike Marshall # 17. 3rd Division winners were: 1st LG Phil Allan; 2nd LG Clark Moulainson; 1st LN Dave Geddes and 2nd LN Wayne Little; Skins were won by Thurber # 9, Adams # 10; Hunter # 13 and Langevin # 18. The results of the scramble will be in the next issue.

Men's Night, Aug 17th: There were 34 golfers out for the

3-Man Scramble: The winners were: 1st with a 64 (Retro) Grist, LEvesque and Moulainson; 2nd - 64 Carpenter, Pellerine, Litsas and Jenkins; 3rd Place-65- Watters, Pritchett and Swan: The skins winners were: #3-Grist, Levesque and Moulainson: # 11 & # 16- Carpenter, Pellerine, Litsas and Jenkins; and # 13- Anderson, Fevens and Brunt. August 24th is 18 Hole Stroke Play.

Guys don't forget to get your 5 nights in for the Men's Night Closing on Sept 25th. Next week is the Men's Shootout on Aug 28-29th and of course there is the Club Championship on the weekend of Aug 21-22...results from that in the next issue.

Sandy still needs some volunteers to help with the starting, scoring etc. for the Fall Ball...sign up sheets are on the bulletin board.

That is about all there is to report this week. Please continue to repair ball marks on the greens, replace divots in the fairways and KEEP UP THE PACE OF PLAY. Enjoy your round of golf and hopefully we will have another 3 months of golfing.

WAR

Extreme Survivor Challenge at Sports Camp!

Submitted by:

Christina O'Reilly

The 7th Week at the 14 Wing Sports Camp was packed full of exciting Survivor

challenges, requiring the Sports Campers to perform tasks never before seen this summer!

To start off the week, on

Monday the campers divided into teams to create their own tribe names and flags. Next, they competed for points in their first challenge; The Fort Building competition. The campers finished off the day with their first physical challenge in a Dodgeball Tournament between the tribes. Tuesday, the campers enlisted the help of their brains to decipher and solve stimulating mind puzzles, followed by a fast-paced obstacle course, designed by our volunteer for the week, Colin Bruce. On Wednesday, we tested the campers' endurance, agility, strength and speed with various physical competitions at the Applebowl Track. Next, the tribes went head to head in our own version of "Minute to Win It" challenges. Thursday started off with each of the tribes creating their own protective apparatus in our Egg Drop Challenge, and later required the campers to put their taste buds to the test with our infamous Food Challenge. Friday brought the week to an end with our Photo Scavenger Hunt, which entailed the campers to bike around town, interpret clues and relay their findings back



Courtney Walker, Cal-lum Engleberts, Paige Begin & Mercedes LeBlanc work together to build the tallest marsh-mallow and toothpick tower

to camp by means of a photo, to share with the other tribes. Prizes were awarded to all the tribes for their efforts in out witting, out playing and out lasting our Extreme Survivor Challenge, Sports Camp style! We would like to thank the lifeguards of the outdoor Greenwood pool, who allow us to swim safely each day, and our volunteer, Colin Bruce, who did a great job all week. Get your laces tied and see you next week for Week 8's "Basketball Extravaganza"!

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



Childcare Centre Cook

Full-Time Position

This position is responsible for the provision of meal & snack preparation in the operation of the GMFRC Childcare Centre.

Responsible to: Childcare Programs Director

The ideal candidate should possess the following skills and education:

- Certificate or Diploma in Food Handling and Preparation Course is essential
- Experience with cooking for large groups considered an asset
- Possess good communication skills, and time management skills
- Plan, prepare and document all meals for the Childcare Centre, and perform related work as required.
- To oversee the operation of the food program, including hygiene, meal planning and preparation, food distribution to rooms, record keeping and all kitchen operations, ensure compliance with Public Health Standards, the Day Care Act and Canada Food Guide.
- To work independently and as part of a team
- The ability to lift, push and carry weights up to 40 pounds unassisted
- Maintains a safe and sanitary kitchen, pantry and storage areas
- Prepare nutritious meals and snacks; prepare substitute items for children on restricted diets.
- Maintains verification of food and non-food purchases and meets Public Health Standards
- Maintains the posting of weekly menus
- Plans and purchases all foods and necessary supplies needed to provide food service
- Laundry duties for the Childcare Centre, which includes: bibs, sheets, blankets
- Will cover off childcare staff lunch time
- Valid driver's license and access to a vehicle
- Infant/Child First-Aid/CPR certified
- Child Abuse Registry Check
- Criminal Records Check
- Bilingualism is preferred and is a definite asset

25 hours weekly, with possibility of increased hours. Some occasional flexibility and availability will be required to accommodate GMFRC Activities and Special Events.

Candidates should hand deliver, fax, or email your cover letter and resume clearly outlining their ability to fulfill all position requirements **on or before 4:00 p.m., Friday, September 3, 2010.**

To: Brenda Virtue-Ellis
Childcare Programs Director
Greenwood Military Family Resource Centre
P.O. Box 582, Greenwood, NS B0P 1N0
email: home@greenwoodmfrcc.ca
Subject Line: Cook Resume
Fax: (902)765-1714

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood

Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: www.greenwoodmfrcc.ca

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



Early Childhood Educator

2 Full-Time Positions

Responsible to: Childcare Programs Director

The ideal candidate should possess the following skills and education:

- Early Childhood Education (ECE) diploma/degree
- Minimum of three years experience as an Early Childhood Educator in a childcare facility
- Knowledge of child development
- Knowledge and experience in planning developmentally appropriate program plans
- The ability to lift, push and carry weights up to 50 pounds unassisted
- The ability to work in all types of environments: indoors, outdoors, classroom, kitchen, housekeeping
- The ability to commit to possibility of shift work on rotational schedule
- Strong interpersonal skills are necessary; as well as the ability to work independently and as part of a team
- A clear understanding of the community development process is essential as well as strong awareness of risk management issues as they pertain to children. An ability to work effectively with parents in a supportive capacity.
- Excellent organizational skills
- A good understanding of the unique lifestyle of military families is essential as well as a strong belief in the principle of volunteerism
- Knowledge of Microsoft Office & Graphics programs
- Infant/Child First-Aid/CPR certified
- Child Abuse Registry Check
- Criminal Records Check
- Bilingualism is preferred and is a definite asset

As part of the GMFRC staff team, occasional flexibility will be required after-hours to accommodate GMFRC Special Events.

Eligible candidates should submit by fax, mail, or email your cover letter and resume clearly outlining your ability to fulfill all position requirements **on or before 4:00 p.m., Friday, September 3, 2010.**

To: Brenda Virtue-Ellis
Childcare Programs Director
Greenwood Military Family Resource Centre
P.O. Box 582, Greenwood, NS B0P 1N0
email: home@greenwoodmfrcc.ca
Subject Line: E.C.E. Resume
Fax: (902)765-1714

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

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It's Youth Idol Time!

By Eric MacKenzie,
Community Recreation
Coordinator

Wing Welcome is around the corner and if you haven't already penciled in your plans for a busy Saturday afternoon, be sure to consider our Youth Idol competition! This will mark the seventh season of this event and we want to ensure that this is the best Wing Welcome Youth Idol to date.

Youth Idol will take place inside the Teen Room at the 14 Wing Community Centre

from 3:30 p.m. until 6:00 p.m. on Saturday September 18th. This event is for anyone who is 18 years of age or younger and who have been waiting to showcase their vocal chords to the community. **There is no pre-registration** since registration will only be at 3:00 p.m. on Saturday September 18th. However, we will have to put a limit on the number of participants and registration will be done on a first come first serve basis inside the Teen Room.

We have a great group of

judges who have an excellent ear for talent and who are anxiously waiting for all of you to take the stage! You watch the show, you sing in the shower, you even carefully practice when you're home alone...It's now time to step up to the microphone and display your talent!

If you're wondering what type of music you have to

choose from, B & S D.J Services will be on hand with hundreds of songs to choose from. However, we encourage all individuals to bring their own CD to ensure that it works and your song of choice is available!

There will be a large stage, sound system and lights set up to make this a memorable event. There will also be only one division with an

overall first, second and third place prize for either a solo or duet performance. There will also be one prize awarded to the most creative, most humorous, and best choreographed performance by either a solo or duet performance.

If you have any questions please call the 14 Wing Community Centre at 765-1494 ext. 5337.



Ladies Team Up for a CURE

By: Lorraine Burton

Ninety-two ladies teamed up for the second annual 'Bring-A-Friend Fore The CURE Golf Tournament' at the Paragon Golf and Country Club in Kingston NS on Wednesday August 11, 2010.

Paragon lady golfers invited women friends from all over Nova Scotia to participate in the tournament. Everyone was determined to raise funds to help find a cure for cancer and have a lot of fun at the same time. In total, \$2,744.80 was raised for the Canadian Cancer Society, in support for the fight against breast cancer in Nova Scotia.

The lady golfers and friends started fundraising last spring with making a quilt to be raffled on the day of the tournament. Golfer Glenda Dodge generously donated a watercolour painting and it was raffled on the day of the tournament as well.

Ross McKeil from NOVA Desktop Publishing Ltd. kindly provided design and promotional services for the raffles and tournament. Tom Beardsly from T&S Office Essentials & Printing opened his wallet to provide printing services. And Golfer Barb McKeil helped a great deal with her insight and support with getting the raffles up and running.

Lion Frank Hogg from the Lions Club of Middleton

provided a table at the 23rd Annual Port George Country Jamboree. Marketing Director Susan Tidman provided tables at the Greenwood Mall. Both are greatly appreciated for providing the opportunity for us to sell raffle tickets.

Last but not least, the Paragon Golf and Country Club Ladies sold tickets and bought tickets and so did their families and friends. Without their generous support and effort, we would never have achieved such monetary success and so many high, hopeful spirits!

"We all know that we are hard pressed to find a family in Canada, let alone Nova Scotia, that has not been affected by cancer. But let's keep in mind that fundraising, at the very least, can help break the feeling of hopelessness. And it is something we ourselves can do to help eradicate this disease. So let's keep up the fight!" said President of the Ladies Club Laverne Slauenwhite, Paragon Golf and Country Club.



You can enjoy yourselves out on the course and make a life-saving difference! (L-R): Carol Romkey, Joan Holmes, Sandy Kittleson, Mae Shelley.

(Image: Submitted)



Village of Kingston

EMPLOYMENT OPPORTUNITY

School Crossing Guards

The Village of Kingston is presently looking for candidates to fill positions as school crossing guards. The Village is looking to fill two positions:

- Permanent part-time (10 hrs/week)
- Casual, on-call position

Duties include the surveillance of students crossing at intersections to and from school in order to prevent traffic accidents. The crossing guard assures the safety of the students, informs and educates them on the rules of safety, while maintaining the flow of vehicular traffic.

Part time hours are 5 days per week (based on school schedule), one hour in the morning and one hour in the afternoon. On-call hours are not guaranteed and based on need. The call for replacement is generally made early in the morning.

Requirements for the position are:

- Full availability for the entire school year
- Being responsible, assiduous and punctual
- Being vigilant and having good judgement
- Criminal record check
- Child abuse registry check

The rate for this position will be \$9.20 per hour.

Applications will be accepted up to Monday, August 30 by 4:00pm. We thank all applicants for their interest; however only those under consideration will be contacted.

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671 Main St, PO Box 254
Kingston, NS B0P 1R0
p: (902) 765-2800 f: (902) 765-0807
admin@kingstonnovascotia.ca
www.kingstonnovascotia.ca



Village of Kingston

TAX EXEMPTION BY-LAW

The Village Commission has given First Reading to the new Tax Exemption By-Law #3.

Second Reading for the By-Law will take place at the regular Commission meeting on Thursday, September 9, 2010 at the Kingston Village office.

A copy of this By-Law may be viewed at the office of the Village Clerk, 671 Main Street, Kingston, NS during normal business hours of 8:00 am to 4:00pm.

Greg Towne, Village Clerk
clerk@kingstonnovascotia.ca

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14 Wing Greenwood Search & Rescue Spotters Volunteers List

413 Squadron CASARA office will be running a Military Spotters course next month. This will be to act as a vital part of 413 Squadron during actual searches as a spotter. You would be required to fly on the Hercules and Cormorant. You must be a CF member (Regular or Reserve "B" class). For more information or if interested, please call Sgt. Al Daigle at local 3113 and leave a message.

2010 Port George Country Jamboree "Thank You"

Saturday, July 31, 2010 was a great and successful day for the Jamboree's 28 year. It was a warm but refreshing day to visit the 210 Flea Market tables or listened to the 11 hours of great country music. The Lion's Kiddies Train and the Bounce Kingdom bouncer was a hit with the kids as well as our Duck Pond, the Lolly Pop Pull, Chip Hop and Face Painting. Souvenirs to take home included hats, T-shirts, postcards and buttons. Our **Fish & Chips and Lobster Rolls** were a sell out as well as Hot Dogs. The Ham Supper was one of the best. The Fruit Smoothies, Strawberry Shortcake and more fabulous food items were enjoyed by all. The 3 winners of the 50/50 draws went home with \$675, \$1280, and \$739. **Congratulations to all the winners!**

To the Committee, a job well done.

The organizing committee made up of the Middleton, Kingston, Lawrencetown Lions Clubs and the Community of Port George – **sincerely thank:**

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The money raised from the Jamboree will be used to **"help people less fortunate than ourselves"** and **Lion projects** by the 3 local Lion Clubs. The Community of Port George will use their portion of the money raised to help pay for improvements to their facilities.

Once again, **Thanks** to everyone for making the **28th Port George Country Jamboree** an **Outstanding Success!**

"Special Thanks" to all our **Jamboree Sponsors**. Please

remember to patronize the following sponsors in the coming year.

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14 Wing Familiarization Program 2010

DATE: Thursday September 15th 2010
TIME: Session 1: 0750 hrs - 1200 hrs
Session 2: 1250 hrs - 1600 hrs
LOCATION: 14 Wing Theatre, located in the Birchall Training Centre
REGISTRATION: Contact your Unit to sign up

The 14 Wing Familiarization Program is an introduction to 14 Wing for military and civilian newcomers of the Defence Team. Two half day sessions are offered each consisting of an introductory briefing followed by a bus tour of the entire Wing. The program provides an excellent opportunity to understand both the mission and role of 14 Wing Greenwood. Attendance is limited to a max of 75 pers/session. New personnel are expected to attend. Family members are welcome.



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

TENDER 10-15

REGIONAL STP BLOWERS

The Municipality of the County of Kings, Engineering & Public Works invites quotes for 2 – 3,000 acfm blowers to supply air to a sewage lagoon aeration system at the Regional STP. The blowers are to be delivered to 77 Cornwallis Street, Kentville, NS.

Specifications and tender forms may be viewed and picked up at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Tanya Oickle, Engineering Support Clerk at: toickle@county.kings.ns.ca or 902 690-6164.

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, September 2nd, 2010

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

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

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THE MUNICIPALITY OF THE COUNTY OF KINGS

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

TENDER 10-14

Loretta Ave Paving

The Municipality of the County of Kings, Engineering & Public Works invites tenders for the supply and placement of the following:

- Installation of 510 tonnes of asphalt concrete;
- Installation of 40 meters of DTIR Type E concrete curb;
- Installation of 36 square meters of seed and soil; and
- Miscellaneous site work.

Specifications and tender forms may be viewed and picked up after 1pm local time on Tuesday August 17th upon receipt of a non-refundable deposit of \$35.00 at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS

Specific inquiries pertaining to these tenders may be directed to Scott Quinn, P. Eng., Manager of Engineering and Public Works at: squinn@county.kings.ns.ca or 902 690-6195.

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, SEPTEMBER 2, 2010

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

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



Greenwood Minor Hockey will be conducting preseason Conditioning Camps and 3 on 3 Hockey.

Conditioning Camps / IP Skills commence on September 3rd. The cost is \$50 (\$35 for IP) for 5 sessions, complete schedule will be available end August. Registration will be at Greenwood Gardens 28 Aug 11 am-1pm

3 on 3 Hockey Starting September 17. Cost for 3 on 3 is \$50 for 6 sessions, schedule available end August. Registration will be at Greenwood Gardens 28 Aug 11am-1pm

For more information go to greenwoodminorhockey.com or contact Tryg Fischer by e-mail at tryg_fischer@hotmail.com



Greenwood Minor Hockey will be holding registration for Recreational (House) Hockey on the following dates:

- August 28th from 11:00 am - 1:00 pm in the Bombers Room (Greenwood rink)
- Sept. 18 from 9 am - 1 pm at Wing Welcome (F&S Centre)

Prices for the 2010/2011 season are:

- IP1/IP2 - \$230.00 (born 2004/2005)
- Novice (Beg/Int) - \$350.00 (born 2002/2003)
- Atom - \$380.00 (born 2000/2001)
- Pee Wee - \$400.00 (born 1998/1999)
- Bantam - \$420.00 (born 1996/1997)
- Midget 'C' - \$450.00 (born 1993/1994/1995)

3rd child registered is half price.

Please have Health card and rec card upon registration.

Non rec card holders must purchase single event rec cards from Community Centre prior to start of season.

For more information please call Tanya Newell at 765-1157. No phone calls after 8pm please.

Friends of the Greenwood Library Society News

Don't things usually slow down in the summer? This has certainly not been the case with the Friends of the Library. Although we did not get organized until this spring, we are happy to say that we have already exceeded our 2010 fund raising goal. We have applied for charitable status with Revenue Canada, that means all donations will soon be tax deductible. Therefore,

we are very optimistic about the remainder of the year and future years.

For those who are unfamiliar with our Society, we are a group of interested local volunteers who are advocates and supporters of library services in Greenwood. One of the misconceptions about the 14 Wing Greenwood Library is that there is lots of money available to buy new

books. In reality, budgets are tight and there is little money for book purchasing. Enter our society, as the word **friend** suggests, we want to help in whatever way we possibly can by augmenting all of the present sources of library support.

Another misconception is that the library is only open to membership from Military and Ex-military families. This

is not the case! Everyone in the local area is welcome to use this facility. Hopefully we can continue to get the word out on that subject.

We are applying for space at Wing Welcome being held in September. We hope to meet many more interested Library friends so that our society can continue to assist in this ongoing project. Drop by and talk to us, drop off your draw ticket and hopefully become a member of our group.



Some friends of the library admiring the latest order of books that will soon be on the shelves.

Bonne fête!



French campers had fun trick-or-treating on base this week at French camp!

We celebrated some popular holidays this week at 14 Wing French camp! We kicked the week off by celebrating Easter! We painted some rocks like beautiful eggs. We followed that up by colouring

an Easter picture and then we had an Easter "chocolate bar" hunt at the park! Each camper was lucky enough to find two yummy chocolate bars! Tuesday, we celebrated birthdays! We made fancy

party hats and Rice Krispies squares. We also attended a birthday party hosted by Day camp! At the party, campers danced, played and ate some yummy cupcakes made by the day campers! Wednesday, French camp celebrated Halloween! We walked over to the F&S Centre, the NPF building, Headquarters, the Military Police, the outdoor pool, the MFRC and a special visit to The Aurora Newspaper to trick-or-treat! To end our trick-or-treating adventure, the Community Centre staff handed out some sweet treats! Merry Christmas! Thursday, we celebrated Christmas by making a festive craft and going over to the Birchall Chamber room to watch "The Grinch"! To end the week off, we celebrated romantic Valentine's Day! We made pretty valentines for our friends and family and we decorated some yummy cookies! French camp would like to thank everyone who helped handing out Halloween candy, as well as all the great lifeguards at the outdoor pool! Stay tuned next week for news about our final week of summer at French camp!

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14 Construction Engineering Squadron Change of Command



HCol Sweeney (near left) observes as the command of 14 CES is officially transferred to Maj House (left) by Col Baker (centre) from Maj Fera (right)



Maj Fera receiving salute for last time from 14 CES during the march past.



Maj House addresses 14 CES for the first time after assuming command.

(Images: Private Crystal Smith, Wing Imaging)

On July 7, 2010, 14 Construction Engineering Squadron (14 CES) held its Change of Command Parade at the Bridgewater Arena. The Reserve Squadron consists of three Construction Engineering Flights (Gander, Lunenburg Co and Pictou Co) with headquarters in Bridgewater, Nova Scotia. Invited dignitaries and guests were welcomed by outgoing Commanding Officer (CO), Major (Maj) James Fera and included the Reviewing Officer, Colonel

(Col) Raymond Baker from 1 Canadian Air Division, Col William Moore, the Canadian Military Engineer Branch Advisor, Honorary Col Michael Sweeney and incoming Commanding Officer designate Maj Sarah House. Maj Fera departed the Squadron and will be attending the Canadian Forces Staff College in Toronto. His challenging three year command was highlighted by a seven month deployment to Afghanistan on Rotation

seven and two other short engagements at the Kandahar Air Field in Afghanistan to provide infrastructure support for Unmanned Aerial Vehicle operations. 14 CES welcomed Maj House and her family who arrived from CFB Borden where she was the Deputy Chief Engineering Officer of Base Construction Engineering. Maj House looks forward to following in the foot steps of Maj Fera and will continue to maintain the Community partnerships

at the Reserve Flights and improve Reserve personnel support issues during this period of high operational tempo.

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STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
U1717	2002	Rav4 4WD BA	White	4	A	AC,PW,PDL,Cru	103,000	12,995
10376A	2003	Camry SE AA	Red	4	A	AC,PW,PDL,Cru	108,000	10,995
U1603	2003	Matrix XRS	Silver	4	6	AC,PW,PDL,Cru	142,000	7,995
10-359A	2004	Tacoma AccCab	Dgreen	4	A	2Wd,AC,Cru,Cd	115,000	13,995
10-237A	2005	Matrix XR AA	Red	4	5	AC,PW,PDL,Cru	110,000	11,995
10-489A	2005	Corolla LE AA	Beige	4	A	AC,PW,PDL,Cru	106,000	10,995
10-431B	2005	Tacoma RegCab	Silver	4	5	2Wd,AC,Cd	36,000 M	12,995
10-492A	2005	Echo Sedan	Red	4	A	PDL,Cru,Cd	60,000	8,995
10-564A	2005	Corolla CE BA	Grey	4	5	AC,PDL,Cd	99,000	8,995
10-571A	2005	Prius BA	Red	4	A	AC,PW,PDL,Cru	82,000	14,995
10-381A	2005	Echo Sedan	Silver	4	A	AC,PDL,CD	48,000	9,995
10-261A	2006	Civic DX-G 4Dr	Grey	4	A	AC,PW,PDL,Cd	80,000	12,995
U1734	2006	Sienna CE AA	Dblue	6	A	AC,PW,PDL,Cru	87,000	17,995
U1741	2006	Corolla CE SE	Silver	4	5	AC,S/R,PW,PDL	95,000	10,995
10-435A	2006	Corolla CE BA	Grey	4	5	AC,PDL,CD	91,000	9,995
10-114A	2007	Camry LE AA	Grey	4	A	AC,PW,PDL,Cd	85,000	16,995
08-72A *	2007	Camry LE AA	Beige	4	A	AC,PW,PDL,Cru	56,000	17,995
11-14A	2007	Camry LE AA	Silver	4	A	AC,PW,PDL,Cru	86,000	16,995
11-8A	2007	Camry Hybrid	Green	4	A	AC,PW,PDL,Cru	57,000	20,995
10-493A	2007	Camry LE AA	Beige	4	A	AC,PW,PDL,Cru	77,000	16,995
11-3A	2007	Camry LE AA	Grey	4	A	AC,PW,PDL,CRU	21,000	18,995
U1746	2008	Rav4 Ltd 4WD	Green	6	A	S/R,AC,PW,PDL	86,000	25,995
U1751	2008 C	Matrix XR BA	Silver	4	A	AC,S/R,PW,PDL	49,000	15,995
10-448A	2009 C	Matrix Touring	Grey	4	A	AC,PW,PDL,Cru	68,000	16,995
11-40A	2009 C	Camry LE V6 CA	White	6	A	AC,S/R,PW,PDL	34,000	23,995
10-610A *	2009	Tacoma AccCab	Red	6	A	4WD,TRD,Loaded	27,000	32,995

Vehicle has the following ECP/EXT Warranty Coverage:

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* 10-610A: 6 yr--200,000 Ext. Warr/ In-Service: Mar 09/09

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Images from 14 Wing Imaging unless otherwise indicated.



Sgt Eric Veillette receives his promotion to current rank from LCol Flynn, CO 14 AMS. CWO Pitman, 14 AMS SCWO is pictured on the right.



MCpl Keith Borg is presented with his new rank by LCol Flynn, CO 14 AMS.



Cpl Taylor Major receives her six month accelerated promotion from LCol Flynn, CO 14 AMS.



MCpl William Nowotczynski is presented his new rank by LCol Flynn, CO 14 AMS.



MCpl James Wood receives his new rank from LCol Flynn, CO 14 AMS.



Pte Laura Way is presented with the 14 AMS Performer of the Quarter 2010/02 award by LCol Flynn, CO 14 AMS.

CWO Pitman, SCWO is pictured on the right. The 14 AMS Performer of the Quarter for Apr - Jun 10 was awarded to Pte Way. She consistently goes beyond what is expected by researching the issues at hand and clearly communicating to Squadron members and peers alike. Her dedication is second to none as she voluntarily works longer hours when needed to achieve the day's goals. In addition to a positive attitude, a strong work ethic, and high degree of professionalism, she is involved with the Wing Chapel, a volunteer with her church and a supporter of cancer research. Pte Way is most deserving of the 14 AMS Performer of the Quarter Award.

PADERNO

Summer Factory Sale

AUGUST 25th - 29th ONLY, SAVINGS UP TO 75%!

SAVE \$337! 8pc Summerside set includes 1.5L & 3L saucepans, 5L Dutch oven, 3L steamer & 4 stainless steel covers. List: \$507.00.

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1L casserole with cover.
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71% OFF!
20cm/8in. catering non-stick fry pan. \$69.99.

\$19⁹⁹

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Paramount non-stick fry pans.
25cm/10in. - \$99.00
Sale: \$29.99
30cm/12in. - \$119.99
Sale: \$34.99

62% OFF!
32cm/13in. wok with glass stainless lid. \$209.99.

\$79⁹⁹

72% OFF!
28cm/11in. Paramount non-stick stir fry pan. \$124.99.

\$34⁹⁹

61% OFF!
20pc flatware set. \$89.00.
*Selection may vary by store.

\$34⁹⁹

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14 Construction Engineering Squadron Receives CEFCOM Commander's Commendation



On 7 Jul 2010, Col RC Baker A4 CE accompanied by CWO GM Caouette A4 CE CWO presented a CEFCOM Commander's Commendation from Lt-Gen JGM Lessard to 14 Construction Engineering Squadron. Accepting the Commendation is Maj JA Fera CO 14 CES and SCWO JJD Gervais.

The commendation was awarded to 14 CES in recognition for the dedication and relentless efforts of the deployed TAV team in Afghanistan from Oct 06 to Mar 07. 14 CES personnel overcame considerable challenges in order to complete numerous critical infrastructure projects at the Kandahar Airfield. These projects included Canada House, the Provincial Operations Centre, a Military Police facility, the National Command Element building and numerous other tactically important projects that enhanced the operational effectiveness and quality of life of thousands of deployed Canadian Forces Personnel.



14 CES TAV composite Construction Engineering Flight at Kandahar Airfield, Afghanistan.

The 14 CES TAV composite Construction Engineering Flight (CEF) under the leadership of Capt S Milley OC 144 CEF Pictou consisted of 18 CE reservists from 91 CEF Gander, 143 CEF Lunenburg and 144 CEF Pictou. This deployment represented the first time a Reserve Flight deployed into an International war zone since WW II.



Canada House at KAF has greatly improved the Quality of life of deployed CF personnel in Afghanistan.



Why should YOU be doing Aerobic Exercise?

Submitted by Aprill Denney

Aerobic Exercise or Cardiovascular Training is the foundation to being physically fit. It uses large muscle groups rhythmically and continuously and elevates the heart rate and breathing for a sustained period. There are MANY benefits to cardio such as decreasing cholesterol levels and blood pressure, improving muscular endurance, reducing body fat, and making your heart, lungs and bones stronger! The great thing about aerobic exercise is that there are unlimited options at your disposal. If you're having trouble and don't know where to start, find an exercise that you can use as a "go to", sometimes just starting your routine is the biggest hurdle you have to overcome, and starting with something you enjoy can help get you in the right mind set.

Also, remember to keep challenging yourself. After doing the exact same thing for a period of time, your body gets used to the demand being placed on it, and you need to place additional stress in order to see results. The best way to start a cardio program is to begin with something manageable and then gradually adding a little intensity. A Target Heart Rate of 60-85% of your max (220-age X %) is a good guide for your training zone, listen to your body and figure out what works best for you. It's important to warm up, cool down and stretch during every workout. You'll be able to perform better during the workout, and your body will have a faster recovery once you're done.

If you have any questions please feel free to contact me at ext 5651 or via e-mail Aprill.Denney@forces.gc.ca. Have a fit day?

AVIS - NOTICE	
<div><p>Conseil scolaire acadien provincial</p></div> <div><h3>Rentrée scolaire 2010-2011</h3><p>Les élèves des écoles du Conseil scolaire acadien provincial (CSAP) dans les régions du Sud-Ouest et du Nord-Est, ainsi que ceux de l'École Rose-des-Vents à Greenwood, de l'École acadienne de Truro et du Centre scolaire de la Rive-Sud à Cookville, débiteront les classes le <u>vendredi 3 septembre 2010</u>.</p><p>Les demandes d'inscription peuvent être soumises en tout temps. Pour informations sur les conditions d'admission, veuillez communiquer avec l'école qui vous concerne à compter du 25 août 2010.</p><p>Pour informations : 1-888-533-2727 http://csap.ednet.ns.ca</p></div>	<div><p>Conseil scolaire acadien provincial</p></div> <div><h3>School Opening 2010-2011</h3><p>The first day of school for students attending Conseil scolaire acadien provincial (CSAP) schools in the Southwestern and Northeastern regions as well as those at École Rose-des-Vents in Greenwood, École acadienne de Truro and Centre scolaire de la Rive-Sud in Cookville will be on <u>Friday September 3, 2010</u>.</p><p>Registrations for new students are accepted for entrance at any time. For information on entrance requirements, please contact the school in your area after August 25 2010.</p><p>For information : 1-888-533-2727 http://csap.ednet.ns.ca</p></div>

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue cover the next couple of weeks. For future and ongoing programs and services, please view our newsletter or monthly calendar on-line at www.greenwoodmfrcc.ca or www.familyforce.ca.

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

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



20-26 August
The Switch
Fri-Thu 7 & 9 pm
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27-29 August
Despicable Me
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• 2 - 60/40
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Education and Employment Services

Coordinator: Stephanie Townsend at 765-1494 local 1816 or email stephanie.townsend@forces.gc.ca

Upcoming Events Military Family Home Based Business Group Meeting

Thursday, September 2, 2010

9:30 a.m. – 11:30 a.m.

GMFRC

FREE

Standard First Aid/CPR Level C

Tuesday & Wednesday

September 7 & 8, 2010

8:30 a.m. – 4:00 p.m.

GMFRC

\$90.00

Registration deadline:

Friday, September 3, 2010

Food Safety Course

Friday, September 17, 2010

8:30 a.m. – 4:00 p.m.

GMFRC

\$35.00

Registration deadline:

Wednesday, Sept 15, 2010

Inspirational Wall Plaques

Thursday, September 23, 2010

10:00 a.m. – 12:00 p.m.

GMFRC

\$15.00/FREE for GMFRC

volunteers

Registration deadline:

Monday, September 20, 2010

Intro to Cooking – Thai

Thursday, September 30, 2010

6:00 p.m. – 8:00 p.m.

Community Room, local

grocery store

\$15.00

Registration deadline:

Monday, September 27, 2010

Employment Ongoing Services

• Resume and Cover Letter

Creation and Modification

• Resume Updating

• Career Assessment / Counselling

• Job Search Assistance

• Interview Skill Building

• Information on Small Business Planning

• Information on Military Home-based Business Network

• Magazines and Books exchange

• Employment Computer Available

• Portfolio Development

Prevention, Support and Intervention Programs

Social Worker: Jennifer Hill BSW, SWC at 765-1494 local 1811 or email jennifer.hill2@forces.gc.ca

Upcoming Programs Rainbows

Starts Wednesday, Sept

22, 2010 and runs until Dec 8, 2010

(This is a 12 week program)

6:00 p.m. – 7:00 p.m.

FREE

Location TBD

Registration deadline:

Friday, Sept 17, 2010.

Ongoing Services

• Emergency Shelter

• Assessment and Referral

• Short Term Support

• Crisis Intervention

• Family Navigator

Please feel free to contact

me to set up an appointment

to discuss any of these

services or to receive more

information.

Child And Youth Services

Coordinator: Kim Dixon at

765-1494 local 1812 or email

Kim.Dixon@forces.gc.ca

Upcoming programs or services

Toddler Tuesday Program

Tuesday, September 7, 2010

9:30 a.m. – 10:30 a.m.

Parents and children aged

2 – 5 years

GMFRC

Free

Drop in

Tumble Tots Program

Wednesday, September 8, 2010

9:30 a.m. – 10:30 a.m.

Parents and children aged

2 – 5 years

GMFRC

Free

Drop in

Back to School Lunch Ideas

Wednesday, September 8, 2010

1:00 p.m. – 2:30 p.m.

Parents who have school

aged children

Free

Registration deadline:

Friday, September 3, 2010

Children's Deployment Support Group

Sunday, September 12, 2010

1:00 p.m. - 2:30 p.m.

Children aged 3 – 12 years

who have a parent currently

deployed or a preparing for an

upcoming deployment.

GMFRC

Free

Registration deadline:

Thursday, September 9, 2010

Baby Club Program

Thursday, September 16, 2010

9:30 a.m. – 11:00 a.m.

Parents and infants aged

0 – 1 year

GMFRC

Free

Drop in

Respite Dates

Saturday, Sept 11, 2010

12:00 p.m. – 5:00 p.m.

Children up to age 12

Registration Deadline:

Thursday, September 9, 2010

*To meet the increased

demand for respite childcare,

deployed families can choose

1 of the 2 Saturday Respite

Dates in September.

Saturday, Sept 25, 2010

10:00 p.m. – 5:00 p.m.

Children up to age 12

Registration deadline:

Thursday, Sept 23, 2010

*To meet the increased

demand for respite childcare,

deployed families can choose

1 of the 2 Saturday Respite

Dates in September.

Deployment Services

Coordinator: Ann Gaudet

at 764-1494 local 5583 or

email Ann.Gaudet@forces.gc.ca

Ongoing Services

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

Special Events and Promotions

Coordinator: Michelle

Thibodeau Wagner at 765-

1494 local 1421 or email

michelle.thibodeau-wagner@forces.gc.ca

Upcoming events

Red Friday

Don't forget to wear red on

Fridays to show your support

of the men and women of our

Canadian Forces. GMFRC

Red Friday t-shirts can also

be purchased from our friends

at We Engrave and Customize

Gifts.

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

Manager: Kristen Lawson

at 765-1494 local 5938 or

email at Kristen.Lawson@forces.gc.ca

Volunteer Opportunities

Respite Childcare

Provider*

Saturday, Sept 11, 2010

12:00 p.m. - 3:00 p.m.

GMFRC

Volunteers needed: 2

14 Wing Golf Shoot Out*

Friday, August 27, 2010

9:30 a.m. - 3:30 p.m.

Saturday, August 28, 2010

8:30 a.m. - 3:30 p.m.

Volunteers needed: Many

Looking for volunteers, who

are able to help with set up, tear

down and activities including

BBQ, raffle tickets and Support

Our Troops gear sales.

Cooking with Kids

Facilitator*

Monday, Sept 13, 2010

Volunteers needed: 2

5:00 p.m. - 7:30 p.m.

GMFRC

Greenwood 101 Childcare

Helpers

Thursday, Sept 16, 2010

Volunteers needed: 2

8:45 a.m. - 1:00 p.m.

GMFRC

Baby Club Greeter

Every Thursday for the

months of September, October

& November 2010

9:15 am to 11:30 am

GMFRC

Volunteers Needed: 1

Tumble Tots Facilitator

Every Wednesday for the

month of September, October

and November 2010

9:00 a.m. to 11:00 a.m.

GMFRC

Volunteers needed: 1

*Suitable for our awesome

Youth Volunteers!

Learning and Career Centre

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

Zumba Fitness Program Benefits

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Zumba is different

The unique Zumba Latin inspired international music and dance steps create a dynamic, exciting and effective fitness system. Non-verbal cuing allows the class to feel the music and movements rather than worrying about what the instructor is going to yell at them next! It's a fluid program.

Zumba is easy

Zumba is designed for everyone, every shape and age. Anyone can start a Zumba class and have fun. This program is not limited to dancers, fitness fanatics or seniors. All exercisers from beginner to advanced will enjoy the benefits of a Zumba class. Everyone is welcome in a Zumba class!

Zumba is fun and effective

As Women's World Magazine says, "Burn 500 calories an hour with The Hot New Workout - Zumba!"

Zumba is a cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom. Zumba is fun, which motivates class participants to adhere to the program, even after they get the results they desire. They keep coming back because it is FUN.

Zumba is great for the mind, body, and soul!



Group Effort Fitness



Holly Walker
Fitness Instructor Specialist
Paradise, N.S.
(902) 584-7177
www.groupeffortfitness.ca
holly@groupeffortfitness.ca

Offering Fun and exciting cardio parties in a community near you!

ZUMBA fitness is a fusion of Latin & International music that creates a dynamic, exciting and effective fitness system

ZUMBA gold is all the excitement of ZUMBA fitness formatted for active older participants & those new to fitness

Turbo KICK is a super charged fusion of kickboxing, shadow boxing, dance & HOT music, sure to keep you Pumpin!

Classes are \$6.00 /session when you purchase a punch pass and \$8.00 for a drop in. Punch passes are non transferrable.

Spaces are limited

ZUMBA gold - The 10 week sessions are \$55.00. Please contact Annapolis County Recreation Services about this exciting class 532-3144 (Brian Orde).

Class Schedule

ZUMBA fitness

- Monday & Wednesday evenings, 6:30 p.m. at 14 Wing Greenwood, Fitness and Sports Centre, starting 13 September 2010
- Tuesday & Thursday evenings, 6:00 p.m. at the Paradise Community Hall

ZUMBA gold

- 10 week session beginning September 13th
- Melvern Square Hall, Mondays, 10:00 a.m.
- Nictaux Church Hall, Tuesdays, 10:00 a.m.

Turbo KICK

- Tuesday & Thursday evenings, 7:15 p.m. at the Paradise Community Hall

ZUMBA & Turbo KICK start Septemebr 7th
www.groupeffortfitness.ca

Weekend of Fundraisers Raise Close to \$3,000 for the Terry Fox Head Shave!



14 Wing Greenwood, and the surround communities, helped raise close to \$3,000 this past weekend for the Terry Fox Head Shave Campaign. The weekend of fundraisers kicked off with a Wing Wide Boot Drive on Friday August 13th between 6:30 a.m. and 8:30 a.m. During the two hour event \$2,500 was raised and a very special thank you is given to an anonymous donor who graciously gave a cheque for \$500!

The following day, a successful community barbeque was held in front of Sobeys from 10:30 a.m. - 1:30 p.m. We would like to thank Sobeys, and in particular Kathleen and Howard, for their excellent support and assistance.

Finally, on Sunday August 15th, the first ever Terry Fox Carnival on the Wing was held inside the 14 Wing Arena from 1:00 p.m. - 5:00 p.m. Bounce Kingdom Party Rentals helped turn the arena floor into a magical carnival for our 14 Wing community. Those who attended had a wonderful time, and stayed to enjoy the several bouncers, carnival games,

cotton candy, popcorn, and more.

We would like to thank Dana Sceerey and Pte Alex Bouchard for their help organizing this event, and the following internal partners for their support; WTIS, WImaging, WSup, EGS, Annapolis Mess, and Greenwood Gardens Arena. We are already excited about offering this event again next year, and for more information please check out "Carnival on the Wing" on facebook!

The success of all three of these events was only possible due to the amazing response from all those who volunteered, including two members from 19 Wing Comox who were here on course. We would like to thank and recognize our volunteers for their outstanding support and commitment to help raise funds for the Terry Fox Foundation.

Wing Wide Boot Drive on Friday August 13th:

Civ Christine Austin • Civ Daniel D'Aubin • Civ Jill Jackson • Cpl Helen Malo • Capt Leanna Scheer • Lt Joanne Snow • Cpl Jennifer Viel
BBQ at Sobeys on Saturday



August 14th:

Civ Christine Austin • Civ Daniel D'Aubin • Cpl Helen Malo • Civ Jill Jackson

Carnival on the Wing on Sunday August 15th:

Civ Kim Andrews • 2Lt Tristan Armstrong • Pte Chris Baker • Civ Olivia Beer • MCpl Tracy Bennett • MCpl Dan Bertrand • Cpl Jessy Bouchard • Pte Alex Bouchard • Lt Catherine Cabot • Cpl Chris Camilleri • Cpl Vincent Carbonneau • Pte Jimmy Carpenter • Cpl Laura Cleveland • Pte Gerald Cormier • MCpl Micheline D'Amico • Cpl Shawn Fagan • Pte Ross Francis • Pte Damian Gardner • Civ Lehla Green • Civ Gavin Green • Sgt Paul Green • Lt Nadia Kang • MCpl Tammy Kline • Pte Callahan Langley • MWO Barry McBride • Civ Melanie Pearce • Sgt Neil Peckham • MCpl Yves Perreault • Cpl Eric Poisson • WO Rick Scott • Capt Diane Soanes • MCpl Chris Tilley • SLt Gaston Villemure • Civ Pamela Villemure • 2Lt Tyrel Waldner • Civ A.J. Walsh • Cpl Lori Williams

Upcoming Terry Fox Head Shave Fundraising Events:

Lastly, please note that our Terry Fox Head Shave campaign will continue with

50/50 draws, and the following two major events:

- FREE will offering Glow Bowling event on Friday September 10th from 1:00-3:00 p.m. at the Greenwood

Bowling Centre. For more information, please contact Eric MacKenzie at 765-1494 ext. 5337.

- Poker Tournament at the Annapolis Mess on Saturday

September 11th at 7:00 p.m. For more information or if you're interested in volunteering, please contact 2Lt Tyrel Waldner at 765-1494 ext. 3184.

Business of the Week is Back!

Due to popular demand, The Aurora Newspaper is delighted to once again offer you the opportunity to participate in our **Business of the Week** advertising feature. The idea is simple:

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured as the **Business of the Week**
- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy

- The cost for this is only

\$199.00 tax incl. per business

For more information on how you can take part in this exciting feature (**space is limited so don't delay!**) please contact:

Only 2 Spots Left

Anne Kempton

Marketing Consultant

The Aurora Newspaper

765-1494 ext. 5833

aurora@auroranewspaper.com

www.auroranewspaper.com

FOR YOUR INFORMATION

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

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

14373 Highway 1
Wilmot, N.S. B0P 1W0
Office/Bureau (902) 825-2320
Fax/Télécopieur (902) 825-3785

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



HOROSCOPES

August 22 - August 28

ARIES - Mar 21/Apr 20

Aries, a little luck and a whole lot of hard work will get you the prize you desire. Expect this week to be a lesson in determination. But take the time for a little fun, too.

TAURUS - Apr 21/May 21

Taurus, gather all the facts before making an important decision. The answer you are seeking is a little further away than you may have thought.

GEMINI - May 22/June 21

Gemini, look before you leap because the water may be more shallow than you thought. That means you have to give more consideration to your choices this week.

CANCER - Jun 22/Jul 22

Cancer, there's not much you touch this week that won't work to your advantage. Enjoy your string of good fortune and accomplish every thing that needs to get done.

LEO - Jul 23/Aug 23

Leo, familial obligations take you away from other things that you want to get done. But stay focused and remember there will be time for fun later.

VIRGO - Aug 24/Sept 22

Virgo, instead of projecting negative energy, start thinking in a positive way and things may turn around for you. Thursday proves to be a tumultuous day.

LIBRA - Sept 23/Oct 23

Someone close to you may need a little extra affection this week, Libra. That's because he or she is going through a rough spot. You will know what to say to calm nerves.

SCORPIO - Oct 24/Nov 22

Scorpio, you can't help but jump to conclusions and get your feathers ruffled. But it's better to get all of the details sorted out so that you can look at the facts.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you may not have the right words but you certainly get your point across when someone asks for your opinion on financial matters. Stand by your advice this week.

CAPRICORN - Dec 22/Jan 20

Things that seem insurmountable are much more manageable than you first thought, Capricorn. It's all about the angle at which you look at things.

AQUARIUS - Jan 21/Feb 18

Aquarius, your initial perception may not be correct. It's important to trust your instincts, but it's also good to get all the information you need.

PISCES - Feb 19/Mar 20

Pisces, it will take a little time for you to get the bounce back in your step. Once you do, you'll be back to normal.

FAMOUS BIRTHDAYS

AUGUST 22	Tori Amos, Singer (47)
AUGUST 23	Kobe Bryant, Athlete (32)
AUGUST 24	Marlee Matlin, Actress (45)
AUGUST 25	Rachael Ray, TV Host (42)
AUGUST 26	Keke Palmer, Actress (17)
AUGUST 27	Sarah Chalke, Actress (34)
AUGUST 28	Shania Twain, Singer (45)

Horoscopes brought to you compliments of:



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Greenwood Skating Club

The Greenwood Skating Club will be holding registration for fall and winter programs on Wednesday, August 25th and Thursday, August 26th from 6:30 to 8:00 p.m. in the Greenwood Community Centre. Fall sessions of CanSkate (Learn to Skate), PowerSkate (for hockey and ringette players), StarSkate (Figure skating) and AdultSkate (all levels) are set to start Sunday, September 5th. For further information, please contact Carol Breckon at 765-6645.

Papilio

Saturday August 21 at 8:00 p.m. Evergreen Theatre, East Margaretsville NS. Reservations/Information online: www.evergreentheatre.ca; e-mail evergreentheatre@gmail.com, phone 902-825-6834.

73rd World's Fair

- Tremont, NS

Saturday, September 4th, 2010. Breakfast Church Hall from 7:30-9:30 a.m. with a free will offering. Horse - Open Pulls, Ladies Horse Pull, Arts, Crafts, Flowers, Fruits, Vegetables on display from 9:00 a.m. - 5:00 p.m. Children's Parade 10:00 a.m. Pet Judging 10:30 a.m. Admission only \$4.00 with 6 Gate Prizes. Cattle Judging 9:30 a.m. (Cattle Ring) Light Horse Classes 9:30 a.m. (Horse Ring). Dinner 11:30 a.m. - 1:00 p.m. Adults \$8.00 Children \$4.00. New this year 50/50 Draws - 1:00 p.m. and 5:00 p.m. Entertainment from 1:00 - 4 p.m. and 6:00 - 8:00 p.m. Mens and Ladies Cross Cut Competition 4:00 p.m. Soap Slide for Kids (by Church). Ice Cream Parlour (Church Hall). Supper 4:30 - 6:00 p.m. Adults \$8.00. Children \$4.00.

Anglican Church Women Celebrations 1

"A Journey Just Begun: Ministering Together" is the theme of a Leadership Conference hosted by the Nova Scotia Board of Anglican Church Women (ACW). The event will be held at St. John's Anglican Church, 58 Townsend Street, Lunenburg on Saturday, September 11, 2010, 9:30 a.m.-3:30 p.m. It is not necessary to belong to an ACW group to attend. All women are welcome as we celebrate the 125th Anniversary of Organized Women's Work in the Diocese, with the leadership conference followed by a Eucharist Celebration. Registration fee: \$15.00. Registrations must be received by August 28th, 2010, by Marjorie Davis-Snow, 118-31 Russell Lake Drive, Dartmouth, N.S. B2W 6J3 Tel. # 462-3637.

Anglican Church Women Celebrations 2

"An Altar/Sanctuary Guild Workshop" will take place on Saturday, October 23, 2010, 9:30 a.m.-3:00 p.m. at the Cathedral Church of All Saints, 1330 Martello Street, Halifax. Hosted by the Nova Scotia Board of Anglican Church Women and the Sanctuary Guild of the Cathedral, the workshop will be a teaching and sharing event, as we celebrate the wonderful ministry of the women and men who serve on Altar and Sanctuary Guilds. Registration fee: \$15.00. Registrations must be received by October 9th, 2010, by Marjorie Davis-Snow, 118-31 Russell Lake Drive, Dartmouth, N.S. B2W 6J3 Tel. # 462-3637.

Kingston United Church Annual Summer Yard Sale

Will be held Saturday, August 28, 2010 beginning at

10:00 a.m. at 733 Main Street Kingston. Pickles and Christmas items available. Sale to be held rain or shine.

The Kings County Chapter of SSNS

Will hold three sessions in a series on "Mental Illness and Therapy". These sessions will be on Wednesday evenings at the Lions Club Hall on River Street in Kentville. The sessions will start at 7:00 p.m. and conclude with refreshments. Come for the information, enjoy the interaction, and benefit from the insight. Wednesday September 15, 2010: "Mental Illness and Concurrent Disorders and Addictions". Those providing input will include Eric Patton, certified addictions specialist with 20 years of clinical experience, Derek Vernest of Annapolis Valley Mental Health and Addictions Services staff, and Tony Legere, a recovering consumer. More than 50% of those seeking help for addictions have a mental illness. And more than 20% of those seeking help from a mental illness have concurrent disorders or addictions.

Middleton & District

Minor Hockey Association

Is currently accepting applications for Coaching Positions for IP, Novice and Recreational Levels. If interested, please contact Kevin Corbett at kevin.raelene@ns.sympatico.ca. View our website at <http://mdmh99.googlepages.com>

Self help meetings at Crosbie House

113 Cornwallis Ave. New Minas • Monday evenings at 8:00 p.m. - All Addictions Meetings • Tuesday evenings at 8:00 p.m. AA Meetings • Wednesday

& Friday evenings at 8:00 p.m. NA meetings. For more information on any of these meetings or the Crosbie House please call 866-681-0613 toll free.

Coming to a Church Hall Near You!

Nfld. Jiggs Dinner, St. Anthony Church Hall, Mill St., Berwick, Saturday, Sept. 18th, 4:00 - 6:00 p.m. Tickets sold in Advance - \$10.00 (availability - 200 tickets only). Take-Out meals Available. Tickets available in Berwick at: Wilson's Pharmasave; Bargain Harley's; St. Anthony Parish Centre (538-3194). (stanthony@ns.sympatico.ca)

Greenwood Skating Club Registration

The Greenwood Skating Club will be holding registration for its Fall and Winter programs on Wed, August 25th and Thurs, August 26th from 6:30 to 8: p.m. at the Greenwood Community Centre. Programs include: CanSkate (learn-to-skate), PowerSkate (for hockey and ringette players- youth and adult sessions), StarSkate (figure skating) and AdultSkate (all levels accepted). For further information, please call Carol Breckon 765-6645.


Lake Pleasant Campers Club (LPCC) Fall General Meeting

Time: 1:00 p.m. Date: 5 Sept. 2010. Location: LPCC Lodge. **Saturday Morden Breakfast**

There will be a breakfast at the Morden Community Hall on Saturday, August 28th from 8:00-10:30 a.m. The menu will be scrambled eggs, ham, sausage, pancakes, homemade fishcakes, baked beans, juice, tea and coffee. It is a free will offering. All proceeds are for the Morden Community Hall.

Day Camp Lets Party!

Happy Holidays everyone! Greenwood Day Camp we popular holidays all in one This week at the 14 Wing decided to celebrate some week. This week was jammed



PRESENTS... FIND & WIN

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

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

No Central Registry or Canada Post please.

Deadline: Noon, Thursday, August 26, 2010.

Make sure you include your full name and phone number.


NAME _____ PHONE NUMBER _____

Limited to one win per family in a TWO MONTH PERIOD.

The winner will be drawn randomly from all correct entries. Only one entry per family per week.

Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!

1. Who is having Sumo Wrestling this week _____
2. What is 'Stage 2' Appliance Experts 1-800 number _____
3. Register for what decorating class in September _____
4. What is the percentage discount for non-stick bakeware _____
5. What Real Estate company does Ghyslaine Roy work for _____



This contest is brought to you by:

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: MAHALA SPICER

packed full of fun and lots of yummy treats! Monday we did some fun Easter crafts and made some cool bunny ears! Tuesday our Day Campers through a large birthday party for all three camps! We made over a hundred cupcakes and decorated our room with some homemade paper chains. Our campers all joined in a big round of freeze dance and jammed to some grooving tunes! Our next day at camp we walked over to the Birchall Centre and watched a favourite Christmas movie, Christmas with the Cranks, while eating some delicious Oreo treats! Thursday we dressed up in our favourite costumes for a day filled with trick-or-treating! We went to the mall, gym and all over the Community Centre; it was a blast and a half to say the least! Friday the campers made some homemade Valentines for that special someone and also made some other cool crafts! Right before lunch we decided to make a quick trip over to the park to burn off some of the energy we ate the day before!

Youth Happenings at 14 Wing Community Centre

By: Recreation Youth Worker;
Megan LeMoine

If you are new to the area, drop in to The Centre to see what we have to offer! We have recreation programs for youth ages 9-12 like Boys Club and Active Chicks and for teens ages 13-18 we have Teen Activity as well as special events like the upcoming Rock 'n Roll Dance and Family Trip-Whale Watching! If you have any questions about any programs or events please call 765-8165. Here's what's happening this week.

Boys Club
Cooking Class
Monday August 23
4:30-6pm
Cost: \$2
Please Pre-register by August 22!
Boys ages 9-12 come to The

Centre to learn how to make yummy gooey Cinnamon Buns! The cost for this program is \$2, but you must Pre-register before August 22 here at the 14 Wing Community Centre.

Active Chicks
Nature Walk
Wednesday August 25
6-7:30pm
Girls come to The Centre for a Nature Walk, we are going to discover all that nature has to offer! Please bring sneakers and a bottle of water.

Rock 'n Roll Dance
Friday August 27
Pre-teen: 6-8pm \$3
Teen: 8:30-11pm \$4
Pre-teens and teens come to The Centre to rock out to your favorite rock 'n roll music. Come dressed as your favorite rock star and you could win a cool prize!

Movie & Treat Night
Saturday August 28
Pre-teen: 6-8pm tba
Teen: 8-10pm tba
Cost: \$2/\$3
Special Events
Summer Fun for Teens
Tuesday August 24
6-7:30pm

Tonight teens we are going swimming in the out-door pool from 6-7pm and then we are going to have water balloon games from 7-7:30pm. Make sure you bring your bathing suit and towel!

Pre-teen & Teen Pizza Party!
Saturday August 28
4:30-5:30pm
Cost: \$2
Please Pre-register!
Both pre-teens and teens come to The Centre to make

your own 'mini pizza' before Movie Night! Please come to The Centre before August 27 to register, the cost is \$2.

Family Trip- Brier Island Whale Watching
Sunday August 29

9:45am-8:30pm
Cost: \$33/\$43
All aboard! Come to the Community Centre Main office to register, children 12 and must pay \$33 and 13 and older must pay \$43. This includes

transportation and Whale Watching boat fee. This trip is only for Military members, their families and Recreation Card holders.

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 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

Attention all Darts Players!

The Men's Valley Drug League is now in the process of recruiting teams and/or players for the upcoming season.

If you are interested in playing in this very dynamic league this year, you are invited to the first General Meeting to be held at the Royal Canadian Legion, Branch 98, Kingston, NS on Wednesday, September 8th, 2010 at 7:30 p.m.

Should you require additional information, please

contact Mr. Trevor Campbell, President Men's Valley Dart League 2010-11 at (902) 847-9817.

Sudoku

Solution page 18

	3		2	8	5		7	
	8	1			6	2		
		7		6		9	4	2
3		6			2	7		
		4	5	9				
1	2		7				8	
	7					4	1	
6			9		1	5	2	

Level: Beginner

Fun By The Numbers
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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Port Williams
542-7888 or 1-800-257-6314
Mon-Wed: 8-5:30 Thurs-Fri: 8-9 Sat: 8-4

Metro Crossword

Spelling: US English

Solution page 18

1	2	3		4	5	6		7	8	9
10			11		12		13		14	
15				16	17			18		
	19			20			21			
	22						23			
		24					25			
			26				27			
	28	29				30	31			
		32				33				
	34		35			36		37	38	
	39			40		41				42
43				44	45					
46				47			48			49
50				51				52		
53					54				55	

ACROSS
1. Mother (British)
4. Macaws
7. Senior officer
10. Latch onto something
12. Quality of a given color
14. Tooth on a gearwheel
15. Prima donnas
17. Cereal grain
18. Member of an ancient Iranian people
19. Room cooler
22. Leave a union
23. Icelandic poems
24. Unit of sound loudness
25. Trim and stylish
26. And, Latin
27. The Ocean State
28. A military meal
30. Hand (Spanish)
32. Overdose
33. A public promotion
34. Hat part

DOWN
1. Million gallons per day (abbr.)
2. Fake name
3. Film entertainments
4. Turn away from sin
5. A course or path
6. Opposed to a policy
7. Screenplay outline
8. Free from ostentation
9. Makes older
11. Explorer Polo
13. This (Spanish)

36. Turfs
39. 3rd or 4th Islamic month
41. Japanese martial art
43. Sec. of State
46. Off-Broadway theater award
47. Spiritual teacher
48. 98942 WA
50. Foot (Latin)
51. 84057 UT
52. Stalk of a moss capsule
53. Very fast airplane
54. The Wilderness Soc.
55. A meshwork barrier

16. Units of action in a film
18. Contemporary
20. Clifford _____, playwright
21. Integrated data processing
28. Martinet
29. Suitable for use as food
30. African tribe
31. Enhance or decorates
34. Influence payments
35. Actress Farrow
37. Palm fruits
38. Taken dishonestly
40. Large southern constellation
41. Belongs to LifetimeOs Heidi
42. Growing outwards
43. Beer ingredient
44. Round hut
45. They serve on a ship
49. Chapeau

PATRICK'S PUZZLE

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. missing sunglasses 2. missing fish on chair 3. beach ball 4. sun is larger

Patrick's Puzzle brought to you compliments of:

Tri County Communications
Greenwood Mall

TELUS
authorized dealer
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Authorized Product Care Centre
765-2415

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

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Counsel:

Clare H. Durand, Q.C.
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and much more. 96 School St, Middleton. Sat August 28, 2010 from 8-12. Rain or Shine. (3131-2tp)

FOR SALE – English Tudor-style House. Custom designed home in a park-like setting on one acre in quiet residential area of Greenwood, NS. 5 minutes from 14 Wing Greenwood. To view house, go to 111.propertyguys.com ID 56830. (3131-6tp)

FOR SALE – Handyman Special. House for sale in Nic-

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765-2544 765-2555

tax. \$1000's below properties in the area. You chance to build some equity. Call Christine at 902-452-6143. (3132-4tpb)

FOR RENT

FOR RENT – Office space to rent in CANEX mall. 14 Wing Greenwood. 431 sq ft. Contact Ken Keddy at 765-6994 local 5423. (3115-ufn)

FOR RENT – Brand new three bedroom apartments located in Nictaux. Fridge, stove and dishwasher included. Washer and dryer hook-ups. \$850.00 a month, heat and lights included. References required. Phone

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Free Estimates

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.

840-0534. (3130-3tpb)

FOR RENT - COMING TO GREENWOOD ON IR??
New 1 bedroom bright apartment in a quiet country setting. Fully furnished and equipped fridge, stove, washer, dryer. Rent includes all services sat TV and wireless internet. No smoking, no pets. Call Joe 765-1898 or 5215 on base. (3130-3tpb)

FOR RENT – Available October 1, 2010, Victoria St. Middleton. Worry free retirement living at it's best. 2 bedroom apartment, 1100 sq feet living space. Kitchen has 6 appliances. Hardwood floors, R2000+ construction, electric heat. Paved driveway. Snow and garbage removal, lawn care included. Very quiet area, 10 minute walk to all amenities. \$795.00 a month. Call Joan or Cindy for further information. 765-4400. (3131-8tp)

FOR RENT – Available September 1, 2010. Located in

Greenwood a two bedroom adult apartment, fridge, stove, lawn care, paved parking and snow removal provided. No animals. \$500.00 a month. Call 765-8203. (3131-4tp)

FOR RENT – One bedroom apartment in downtown Kingston. \$575.00 a month. Utilities and cable included. Phone 765-2700. (3131-3tp)

FOR RENT – 1 Bedroom apartment for rent. Located north of Middleton. \$725.00 a month everything included. No smoking, no pets. Private wooded lot and private entry. Phone 825-4544 or rocket@ns.sympatico.ca. (3132-ufn)

FOR RENT – Fully furnished, one bedroom adult apartment on ground level. Newly decorated, clean and modern. Separate entrance, ample parking. All utilities included in rent. Located in Aylesford, adjacent to the 101 Highway. Nine minutes to CFB Greenwood making it ideal for armed forces personnel on imposed restriction.

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Fax: (902) 847-0506
Kingston



tions. Smoke free, laundry facilities available. Application form, references and security deposit required. Please call 847-9244 or 847-1268 or e-mail us at jackliv@eastlink.ca. Available September 1, 2010. (3125-ufnb)

FOR RENT – 2 bedroom duplex apartment for rent in subdivision. Fridge, stove, washer, dryer, snow removal and lawn care provided. Phone 765-9274. (3132-ufnb)

FOR RENT – 2 1 bedroom apartments located in Middleton. Adult building. Laundry facility. Contact 760-0012. (3132-4tpb)

FOR RENT – Kingston – large 3-bedroom apartment. Living room and kitchen on main floor and 3 bedrooms on second floor. Fridge and stove included. Also has large deck. No pets and no smoking. \$650.00 a month plus utilities. Phone 825-7411. (3132-1tp)

SERVICES

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

SERVICE – Bilingual handy-

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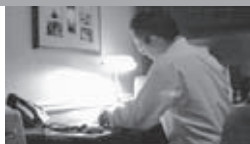
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- Real Estate
- Family Law
- Wills / Estates
- Litigation
- Incorporations
- Consultations / Referrals

Crossword Solution

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

Sudoku Solution

7	6	2	4	1	9	8	3	5
4	3	9	2	8	5	1	7	6
5	8	1	3	7	6	2	9	4
8	5	7	1	6	3	9	4	2
3	9	6	8	4	2	7	5	1
2	1	4	5	9	7	3	6	8
1	2	3	7	5	4	6	8	9
9	7	5	6	2	8	4	1	3
6	4	8	9	3	1	5	2	7

Music for Young Children is the only child-centered music learning system that integrates keyboard, creative movement, rhythm, ear training, sight reading, music theory and composition.
Contact your local MYC Teacher:
Janet Richter
765-8909
richters@av.eastlink.ca

GMFRC Second Language Training (Fall 2010)

English Writing 1

Date: Wednesdays and Fridays starting Wednesday, September 22, 2010 until Friday, December 3, 2010. Time: from 9:00 a.m. to 12:00 p.m.

French Module 3

Date: Mondays and Thursday starting Monday, September 20, 2010 until Thursday, November 26, 2010. Time: from 6:00 to 9:00 p.m.

Duration: 10 weeks for a total of 60 hours (three hours twice a week)

Location: Birchall Centre, Language School, on the Base

Cost: For Spouses, CF 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 childcare hours, preregistration is necessary) **Placement Test:** Contact Sheila Dubé at 765-1494 ext. 5230

Registration Deadline: Friday, September 3, 2010

LIMIT of 10 students per class – register early to avoid disappointment!

Phone: For information please call 765-5611.

	Monday	Wednesday	Thursday	Friday
9:00 - 12:00		English Writing 1		English Writing 1
18:00 - 21:00	French Module 3		French Module 3	

Cours de langues secondes du CRFMG (automne 2010)

Français module 3

Dates : les lundis et jeudis débutant le lundi 20 septembre au jeudi 25 novembre 2010. Heures: de 18 h 00 à 21 h 00

Écriture anglaise 1

Dates : les mercredis et vendredis débutant le mercredi 22 septembre au vendredi 3 décembre 2010

Heures: de 9 h 00 à 12 h 00 (midi)

Durée de chaque cours : 10 semaines, pour un total de 60 heures (trois heures deux fois par semaine).

Lieu : Centre Birchall, École des langues de la 14e Escadre

Coût : membres des FC, conjoints et personnes à charge de plus de 14 ans – 50 \$

remboursables à condition que le participant ait assisté à 85 % des cours

Autres participants – 100 \$

(Service de garde gratuit offert aux familles de militaires pendant les heures d'ouverture de la garderie du CRFMG; réservation obligatoire).

Test de classement: Contacter Sheila Dubé au 765-1494 poste 5230

Inscription : avant le vendredi 3 septembre 2010 à la réception du CRFMG LIMITE de 10 étudiants par classe – inscrivez-vous tôt pour éviter toute mauvaise surprise!

Téléphone : Pour renseignements sur les cours, téléphonez à la réception au 902-765-5611.

	Lundi	Mercredi	Jeudi	Vendredi
9h00 – 12h00		Écriture anglaise 1		Écriture anglaise 1
18h00 – 21h00	Français module 3		Français Module 3	

Classifieds Continued

man carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

SERVICE – Odd jobs. Lawn mowing, power washing, rotor-tilling and light load hauling. All require a large start-up expense, so why not have someone do it for you. Call Geoff at 902-670-2533 for a quote on your next odd job. (3129-4tp)

SERVICE - Fall yoga classes at the telegraph tea room located in Melven square. Monday and Wednesday's 6:30 p.m. to 8:00 p.m. Classes start September 8, 2010. Nicholasville Hall: Tuesday and Thursday 5:30 p.m. to 7:00 p.m. Gentle yoga Wednesday's 8:30 a.m. to 10:00 a.m. Classes start September 2, 2010. Call Elena at 847-0097 or e-mail Elena_base_vich@hotmail.com. (3132-2tpb)

WANTED

WANTED – COUNTRY CREATIONS

IS NOW OPEN! Looking for crafters. For more details contact Jackelyn Timmins at 840-2112 or countrycreations@live.ca. (3131-1tp)

WANTED – Mature, energetic bookstore clerk wanted for 20-35 hours per week. Must be willing to work mall hours. An expressed interest in reading and in books is definite asset. Will train on cash and other duties. Submit a hand-written cover letter and typed background information to the Inside Story in the Greenwood Mall. Include in you cover letter your expected salary, available starting date and preferred hours a week. (3131-3tp)

WANTED – Occasional childcare for 8 year old boy in Kingston Area. This includes in-service days, storm days, half days, etc. Please call 765-1011 after 6 p.m. (3131-2tp)

WANTED – I am looking for a casual babysitter mostly weekends. 2 Years old and 4 years old. Located in Kingston. Call 242-2550. (3132-2tpb)

TOEPICS

Greenwood Skating Club 2010/2011 Season Registration is here

Canskate and Powerskate Programs will start in September 3 years ago, the Greenwood Skating club was honoured by Skate Canada when its Canskate Coach, Cheryle Gaston was chosen as one of Canada's 10 best Canskate Coaches. Our club continues to be known nationally for it's high standard of delivery and has been selected this year to run Skate Canada's new Canskate Pilote program. Canskate celebrated 25 years last season and in accordance with Sport Canada's Long-Term Athlete Development project, has undergone skill and delivery standard revisions. The Greenwood Skating club is one of 30 clubs across Canada that will participate in this project.

We will be offering 3 sessions this year - each one will be 8 weeks in duration, starting on September 5th. Registration will take place on Wednesday, August 25th and Thursday, August 26th from 6:30 to 8:00 p.m. at the Greenwood Community Centre. This is the only registration session we will be holding prior to the start of the fall session.

14 WING WELCOME
TOGETHER AS ONE
17 - 19 Sep 2010

Skate Competition

Saturday Sept. 18
11am-Registration
12pm-Competition

\$5 Skate board Union Member
\$10 Non-Member
5 Divisions & Awesome Prizes
Call 765-8165 for more info.

In addition to the Canskate Program, we are also continuing to offer powerskating run by Cheryle Gaston... check out the information on these and other programs at www.greenwoodskatingclub.ca

In other news - some of our competitive skaters have been in training all summer and are hard at work in preparation for qualification competitions coming up in November. James Hazelton and Jenna Breckon spent 8 weeks in Barrie Ontario and Alex Robert was in Sherbrooke for 3 weeks. Local skaters are attending the summer session in Kentville. Senior Men's competitor Joey Russell will be at the Kentville rink on Friday, August 27th to work with our skaters. Watch for info about a chance to skate with him and our local up-and-coming superstars!

It's a Pizza Party!
Saturday August 28
4:30-5:30pm
Costs: \$2

This is for BOTH Pre-teens & Teens
Pre-Register before Aug. 27
14 Wing Community Centre

Peach Pit Farm Market

the "Peach Capital of Kings County"

Annual Open House and Family Fun Day

Saturday, August 28/2010 • 9am - 5pm

- Informative orchard tours at 11am & 3pm
- Home canning demonstration at 1pm
- Bouncer for the kids
- Bring a blanket and join us for a picnic lunch offering Meadowbrook Meat Market's famous BBQ pork burgers; \$3.00 each or 2/\$5.00; also peach desserts and ice cream just \$3.50 each
- Plus great Saturday specials you won't want to miss!

2830 Hwy 221, Dempsey Corner

Exit #16 East off Hwy 101 • Exit #15 West off Hwy 101
Just 2 mins. west of the Berwick Heights Golf Course

Open Mon-Sat 9am-5pm; Closed Sunday
• For more information call 902-847-0872 •

14 Wing Community Centre Presents...

Family Trip
Whale Watching

Sunday Aug. 29
9:45am-8:30pm
Cost: \$33/\$43

This trip is Only for Military Members, Their Families and Rec. Card Holders



**Eddy's
Basement**

Rally It Up!

Thursday, August 26

1-4 pm • Centre Court

Skateboarding Competition

By Invitation Only

Product Toss to Crowd!

Sponsored by



Friday, August 27

1-4 pm • Centre Court

Sumo Wrestling

Free for all ages 48" or taller

12-2 pm & 4-6 pm • Food Court

Table Magic

with Al Bernard



Saturday, August 28

1-4 pm • Home Hardware Parking Lot

Live in Concert 'Eddy's Basement'

**Rock & Roll with the guys as they
perform outside to rally the kids
up for going back to school!**

12-2 pm • Food Court

Table Magic

with Al Bernard



SHOP: Mon-Fri 9:30-9 Sat 9:30-6 Sun 12-5

www.greenwoodmall.ns.ca