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## SECTION

Canadian Soldier  
Dies in Hospital 3

Le coin des  
Padre's Corner 4

Four Firefighters  
from 14 Wing 8

14 Wing Welcomes  
Newest Police Member 10

## COMMUNITY

14 Wing Welcome 4

An End to a  
Great Summer 7

Arena Curling Club  
Project Update 11

GMFRC Offerings 14

14 Wing Library 15

Youth Happenings 15

101 Bus Tour  
& Family BBQ 19

14 Wing Health Promotion 19

Three West Kings  
Grads Serve on  
Humanitarian Mission 20

## SPORTS

Terry Fox Run  
- Volunteers Needed 3

The 19th Hole 13

Minor Hockey Season 19

## WEEKLY

Cucina Aurora	Page 14
For Your Info	Page 16
Horoscopes	Page 16
Find and Win	Page 16
Sudoku	Page 17
Crossword	Page 17
Classified Ads	Page 18

VOL. 31 NO. 34 SEPTEMBER 7, 2010 NO CHARGE  
14 WING • ESCADRE 14 GREENWOOD, NS

# The Aurora

## newspaper



## Family Support Raising The Bar - - Part II

### Ribbon Cutting Ceremony for PMQ Renovations under the Minor Recapitalization Project.

On the steps of 31st Maple in 14 Wing Greenwood, Nova-Scotia are from left to right; Front row; Mr Mike Logan, CFHA Housing Services Centre Manager, Master Warrant Officer (MWO) Lefebvre, Wing Administration Branch and Lieutenant-Colonel (LCol) Smith McBride, Wing Administration Officer. Back row from left to right; Mr Peter Giffin, Mid Valley Construction Project Manager, Mr Roy Beals, Mid Valley Construction Project Supervisor, Mr Paul Lincoln, DCC Greenwood Office Manager, Mr Joe Colp, DCC Project Contract Coordinator, Mr Ross Welsman, DCC Atlantic Regional Director, and Mr Wayne Elliott, CFHA Chief of Technical. Services.

(Image: Private Alex Bouchard, 14 Wing Imaging)

...story on page 2.

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# Family Support - - Raising The Bar - - Part II

**By Mike Logan, the CFHA Manager, Housing Services Centre Greenwood**

Further to the "Raising the Bar" article in the 21 June 2010 edition of The Aurora Newspaper, this article further elaborates on how the Canadian Forces Housing Agency (CFHA) is continuously working towards the commitment of improving the support services provided to the CF family by making substantial improvements in the residential homes in which families live. As

the Wing Commander and Wing Chief Warrant Officer have accurately stated in their article, the Greenwood Residential Housing Units are considered to be some of the best in the country and we will not stop making improvements. They couldn't have been more right.

Like the rest of Canada, our Residential Housing Units (RHUs) are old, and somewhat small, and although they are in great shape, they also need improvement. To this end, we continue to apply contemporary housing

solutions and continue exploring new and innovative ways to meet the needs and expectations of the modern CF family. In addition to the numerous life cycle type projects and other capital projects involving kitchen and bathroom renovations and installation of patio decks and heat recovery ventilators, we have now embarked on one of these innovative solutions – a complete Minor Recapitalization project involving the conversion of eight (8) units from a non-contemporary 942 square

foot three (3) bedroom unit to a contemporary two (2) bedroom unit.

To advise you of what was entailed to accomplish this feat would be far too lengthy a task; however, suffice to say it involved the complete gutting of the unit and the reconfiguration of the layout to make the unit much more contemporary. This included the creation of an expansive and modern kitchen, enlarging the downstairs bathroom, installing a half bath on the bedroom floor level, installing a new 200

amp electrical service, converting the unit to electric heat, installation of a new hardwood stair system with stainless steel railings, installation of an HRV, new flooring, etc. The pictures below illustrate the before and after look and clearly demonstrate this tremendous transformation – from a cocoon to a butterfly. This work was completed under the guidance of our Chief of Technical Services, Wayne Elliott, under the capable supervision of the Defence Construction Canada

Construction Coordinator, Mr Joe Colp and very professionally completed by Mid Valley Construction Company.

We are so pleased with the results that it is now our intention to complete an additional 13 units this FY. As the Wing Commander and Wing Chief Warrant Officer, we at CFHA are committed to providing our members and their families the best family support possible. As the Wing Commander and Wing Chief Warrant Office have stated... we're on it!

## Soutien aux familles - - relever la barre - - 2<sup>e</sup> partie

**Par Mike Logan, gestionnaire de l'ALFC, Centre de services de logement, Greenwood**

Pour faire suite à l'article intitulé « Relever la barre » publié dans le numéro du 21 juin 2010 d'Aurora, le présent article expose plus en détail comment l'Agence de logement des Forces canadiennes (ALFC) s'efforce continuellement d'améliorer les services de soutien fournis aux familles des membres des FC en effectuant d'importantes rénovations dans les résidences où vivent ces familles. Comme le commandant et l'adjudant-chef de l'Escadre l'ont indiqué avec justesse dans leur article, les unités de logement résidentielles de Greenwood ont la réputation d'être parmi les meilleures au pays, et nous continuerons d'y apporter des améliorations.

Comme dans le reste du Canada, nos unités de logement résidentielles (ULR) sont vieilles et peu spacieuses et, bien qu'elles soient en bon état, elles ont besoin d'être rénovées. À cette fin,

nous continuons d'adopter des solutions de logement modernes et d'explorer de nouvelles façons novatrices de répondre aux besoins et aux attentes des familles des militaires d'aujourd'hui. Outre les nombreux projets tenant compte du cycle de vie et d'autres projets d'immobilisations, incluant la rénovation de cuisines et de salles de bains et l'installation de terrasses et de ventilateurs-récupérateurs de chaleur, nous avons également adopté une autre solution novatrice,

qui consiste en un projet complet de réfection mineur comprenant la conversion de huit (8) unités d'une unité non-contemporaine d'une superficie de 942 pieds carrés comptant trois (3) chambres à coucher en une unité contemporaine comptant deux (2) chambres à coucher.

Il serait trop long de décrire toutes les étapes entrant dans la réalisation de ce projet ambitieux; contentons-nous de dire que cela a nécessité le dégarnissage complet de l'unité et la reconfiguration

de son plan d'ensemble pour lui donner un aspect beaucoup plus contemporain. Cela inclut la création d'une vaste cuisine moderne, l'agrandissement de la salle de bains du rez-de-chaussée, l'installation d'une demi-salle de bains à l'étage, l'installation d'un nouveau système électrique

de 200 ampères, la conversion de l'unité au chauffage électrique, l'installation d'un escalier en bois orné d'une rampe en acier inoxydable, l'installation d'un ventilateur-récupérateur de chaleur, celle d'un plancher neuf, etc. Les images ci-dessous montrent l'apparence avant et après

et témoignent clairement des énormes transformations ayant été apportées. Ces travaux ont été réalisés sous la direction de notre chef des Services techniques, Wayne Elliott, sous la supervision efficace du coordonnateur de la construction de Construction de Défense Canada, M. Joe Colp, et ont été réalisés avec professionnalisme par l'entreprise Mid Valley Construction.

Nous sommes si satisfaits des résultats que nous avons l'intention de moderniser 13 unités supplémentaires d'ici la fin du présent exercice. Comme l'ont indiqué le commandant et l'adjudant-chef de l'Escadre, l'ALFC s'est engagée à fournir le meilleur soutien familial possible à nos membres et à leurs familles et elle s'y consacre actuellement.



**Bath - before.**



**Bath - after.** (Images: Sgt PJ Nicholson, 14 Wing Photojournalist)



**Kitchen - before.**



**Kitchen - after.**

(Image: Submitted)



For more info please contact: Capt Jamie Wells loc 3386  
or Acting PSP Manager Lisa White loc 5927.



# Décès d'un militaire canadien dans un hôpital à la suite de blessures subies en Afghanistan

CEFCOM NR10.019 - le 30 août 2010

**OTTAWA** – Un militaire canadien, blessé en Afghanistan, est décédé aujourd'hui au Centre médical régional de Landstuhl, en Allemagne.

Le Caporal (Cpl) Brian Pinksen du 2<sup>e</sup> Bataillon du Royal Newfoundland Regiment, basé à Corner Brook, Terre-Neuve-et-Labrador, servait en Afghanistan au sein du groupement tactique du 1<sup>er</sup> Bataillon, The Royal Canadian Regiment. Le Cpl Pinksen a été blessé lorsqu'un engin explosif improvisé (IED) a explosé pendant une patrouille de routine dans le district de Panjwa'i, au Sud-Ouest de la ville de Kandahar, à environ 13 h 40, heure de Kandahar, le 22 août 2010.

Le Cpl Pinksen a été traité sur place et a été évacué par hélicoptère vers l'installation médicale multinationale de rôle 3 à l'aérodrome de Kandahar, pour ensuite être transporté au centre médical régional de Landstuhl, en Allemagne. Il est arrivé à Ramstein, en Allemagne, le 25 août et a succombé à ses blessures plus tôt aujourd'hui au Centre médical régional de Landstuhl.

Nos pensées et nos prières accompagnent la famille et les amis de notre camarade. Nous n'oublierons pas le sacrifice du Cpl Pinksen alors que nous continuons d'œuvrer pour apporter sécurité et espoir aux habitants de la province de Kandahar.

Le Canada, en partenariat avec le gouvernement d'Afghanistan, avec les forces de sécurité nationale afghanes et avec la FIAS, demeurent engagés à améliorer la sécurité pour établir des conditions favorables à la reconstruction et au développement dans la région. La Force opérationnelle interarmées en Afghanistan est pleinement impliquée dans une initiative qui vise à améliorer la sécurité, à consolider la gouvernance et à étendre l'autorité du gouvernement dans les principaux secteurs de la province de Kandahar.

## 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 18<sup>th</sup> 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 6:00 p.m. 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.



Corporal/Caporal Brian Pinksen. (DND Image)

# Canadian Soldier Dies in Hospital from Injuries Sustained in Afghanistan

CEFCOM NR10.019 - August 30, 2010

**OTTAWA**— A Canadian soldier, who sustained injuries in Afghanistan, passed away at Landstuhl Regional Medical Center in Germany today.

Corporal (Cpl) Brian Pinksen from 2nd Battalion, The Royal Newfoundland Regiment, based in Corner Brook Newfoundland, was serving in Afghanistan with the 1st Battalion, The Royal Canadian Regiment Battle Group. Cpl Pinksen sustained his injuries when an improvised explosive device (IED) detonated during a routine patrol in the Panjwa'i District, southwest of Kandahar City at approximately 1:40 p.m., Kandahar time on 22 Aug, 2010.

Cpl Pinksen was treated on scene and evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield then subsequently moved to the Landstuhl Regional Medical Centre in Germany. He arrived in Ramstein, Germany on 25 August and succumbed to his injuries earlier today at the Landstuhl Regional Medical Center.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time. We will not forget Cpl Pinksen's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Canada in partnership with the government of Afghanistan, the Afghan National Security Forces and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region. Joint Task Force Afghanistan, continues to be fully engaged in an initiative that serves to gradually enhance security, to strengthen governance and to expand the government's authority in key areas of Kandahar Province.

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and cheese served with tomato and grilled vegetable ragout

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# Le coin des Padre's Corner

## Éducation religieuse – C'est le temps de s'inscrire !

C'est le temps des inscriptions pour les programmes d'éducation religieuse à la Chapelle Reine du Ciel. Ce programme fait partie de la préparation aux sacrements pour les jeunes d'âge scolaire. Il n'est pas toujours facile de compléter un programme d'éducation religieuse avec les mutations et les déploiements. Cette année, la bonne nouvelle est que peu importe où vos enfants sont rendus dans leur programme de catéchèse, nous allons faire de notre mieux pour nous adapter à votre situation familiale. Contactez-nous pour voir!

Dates d'inscription: Dès maintenant jusqu'au 26 Septembre 2010.  
Début des classes: 26 septembre 2010.  
Classes: Classes complète de la 1ère à la 6e année du primaire.  
\*Préparation des sacrements: Première communion (Deuxième année)  
Premier Pardon (Quatrième année)  
Confirmation (Sixième année)  
Frais d'inscription: \$10.00 par jeune ou \$25.00 par famille. Les frais sont payables au moment de l'inscription. Argent liquide ou chèque à l'Ordre de "Queen of Heaven Chapel."  
Lieu: Birchall Training Centre  
Heures de classe: 9:30 – 10:30 chaque dimanche matin.

**Pour s'inscrire ou devenir bénévole, svp contacter la coordonnatrice des programmes d'éducation religieuse : Samantha Ford, après les messes du dimanche, lors du Wing Welcome le 18 septembre, ou encore par téléphone, au 765-6525.**

## Religious Education – Time to Register!

It is now time to register for Religious Education Program at Queen of Heaven Chapel. This program is part of Sacrament Preparation. It is not always easy to complete religious education with our postings and deployments. This year, the Good News is regardless of where your kids are in their religious education, we will do our best to adapt to your family situation. Please, just contact us!

Registration Dates: From now, to September 26, 2010  
Start Date: September 26, 2010  
Classes: Full classes from *Grade Primary* to *Grade Six*  
\*Sacrament Preparation: First Communion (Grade Two)  
First Reconciliation (Grade Four)  
Confirmation (Grade Six)  
Registration Fees: \$10.00 per child or \$25.00 per family. Registration fee are due at the time of registration. We accept cash or cheque made payable to "Queen of Heaven Chapel."  
Location: Birchall Training Centre  
Class Times: 9:30 – 10:30 every Sunday morning.

**To register, or to volunteer, please see Religious Education Coordinator: Samantha Ford, after mass on Sundays, at the Wing Welcome on September 18, or contact by phone at 765-6525.**

Samantha Ford et Padre Claude Pigeon, 14 Wing Chap, Queen-of-Heaven Chapel

This year, the annual Wing Welcome weekend will kick off on Friday, September 17th, 2010 and go until Saturday, September 18th, 2010. The Wing Welcome will be themed around 14 Wings connection with the community. The Wing Welcome Committee is working very hard to make this year's Wing Welcome a great time for all.

Each year, 14 Wing Greenwood holds Wing Welcome activities as a way to welcome recently posted CF members and their families to the Greenwood community. The activities provide a relaxed atmosphere for personnel, family and friends to get out and have some fun while meeting new faces, networking, and enjoying each other's company. The Wing Welcome also provides an opportunity for 14 Wing members and their families to learn about their community and the wealth of activities and clubs in the region. Clubs and groups, some local businesses and sponsors of the event will set up their displays in the Fitness and Sports Centre on

Saturday, September 18th, 2010, from 9:00 a.m. to 1:00 p.m. We invite everyone to come down and check out what fun and exciting events are available in Greenwood.

This year's Wing Welcome promises to provide an array of fun activities for all ages. For young children, there will be activities such as an extreme bouncer slide, an extreme maze, temporary tattooing and an iron kid's triathlon. For the youth, there will be a youth bouncer, the popular skateboard competition, a pre-teen and teen video dance and a Youth Idol. For the entire family, there will be activities such as a family skate, family swim, glow in the dark bowling, and a family movie. Other extraordinary activities include a Wing Welcome Golf Tournament

on the Friday morning, and a pancake breakfast on Saturday morning. Friday night, 14 Wing will host a Pig Roast and a Dance at the Annapolis Mess. The cost for the Pig Roast and Dance is \$10.00 for members, \$15.00 for non members and \$20.00 at the door. If you are not a member, make friends with one and get an invite.

During the weekend, there will be prizes and awards for certain activities and merchandise, be sure to mark the Wing Welcome dates on your calendars and stay tuned to The Aurora Newspaper for the complete events calendar or visit our website at: [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

For more information contact Captain Jamie Wells at local 3386 or Lisa White at local 5927.

Cette année, la fin de semaine *Bienvenue à l'escadre* annuelle débutera vendredi le 17 septembre 2010 et terminera samedi le 18 de septembre 2010. Le thème de la *Bienvenue* sera les connections qui existent entre l'escadre et la communauté. Le comité du *Bienvenu à l'escadre* travaille fort pour s'assurer que l'événement sera bien amusant pour tout le monde.

Chaque année la 14e escadre de Greenwood tient des activités *Bienvenue à l'escadre* comme moyen de donner la bienvenue aux membres des FC qui ont été récemment mutés à la communauté de Greenwood. Les activités créent une atmosphère détendue pour que le personnel, les familles et les amis sortent s'amuser

en faisant la connaissance de nouveaux visages ou tout simplement profiter de la compagnie des autres. La *Bienvenue à l'escadre* permet aussi aux membres de la 14e escadre et leurs familles d'apprendre à propos de leur communauté et de la richesse d'activités et de clubs disponibles dans la région. Les groupes, les clubs, les entreprises locales et les groupes qui ont accordé leur patronage étaleront leurs exhibitions au Centre sportif samedi le 18 septembre 2010 de 9 :00 à 13 :00. Nous invitons tout le monde à venir voir qu'est-ce que nous avons d'amusant et d'excitant de disponible pour vous à Greenwood.

Les activités de la *Bienvenue à l'escadre* cette année promettent une grande variété d'amusement pour des gens de tous les âges. Pour les jeunes enfants il y aura des activités comme la glissade de bonds extrêmes, un labyrinthe extrême, des tatouages temporaires et un triathlon enfant de fer. Pour les jeunes il y aura une maison de bonds, une compétition de

planche à roulette, une danse vidéo pour préadolescents et adolescents et un Jeune Idole. Pour toute la famille il y aura une période de patinage libre, une période de natation libre, des quilles cosmiques et un film pour familles. D'autres activités extraordinaires incluent un tournoi de golf vendredi matin et un déjeuner de crêpes samedi matin. Vendredi soir, la 14e escadre sera hôte d'un Rôti de porc et une danse qui coute \$10.00 pour les membres, \$15.00 en avance pour ceux qui ne le sont pas ou \$20.00 à la porte. Si vous n'êtes pas membre il s'agit de devenir ami avec un pour être invité.

Pendant la fin de semaine, il y aura des prix pour certaines activités alors faites certains de marquer le date du *Bienvenu à l'escadre* sur votre calendrier et consultez le journal Aurora pour un calendrier des événements complet, ou visitez notre site web au : [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com).

Pour des renseignements supplémentaires contactez le Capitaine Jamie Wells au poste 3386 ou Lias White au poste 5927.



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# Welcome to Our Neighbourhood

By: Major Robert Sealby, Greenwood Dispute Resolution Centre Coordinator

What does a pastor, lobster fisherman and a bus driver all have in common? Actually in this case they are one and the same person. Trinity Pentecostal Church, Main St, Greenwood, would like to welcome their new pastor, Rev. Scott Herring and his family, Rebecca, Kevin and Lynn to the neighbourhood. Pastor Scott comes to them via Murray Harbour, PEI, where not only did he pastor two churches but ran his own lobster fishing business and has his 60 Ton Captain's certificate. In the early days of his ministry Pastor Scott drove the local school bus which helped him discover the needs of his community. He loves hockey (anyone want a goalie?) but most of all he has a love for the Word of God and prayer. Pastor Scott's philosophy for ministry is to shepherd the church through servant leadership. He also believes that it is essential that members of the church develop and use their God given gifts to provide practical service to the local community. Only in this way can church members express Christ's love to others and to the world. The Board and members of Trinity Pentecostal Church wish to extend a warm welcome to Pastor Scott and his family as he takes up the reigns of their church.



(Photo submitted)



## 14 Wing Community Recreation Cards

Please be advised that effective 1 September 2010 the following are the new prices for Community Recreation Cards. For more info and or to renew your card contact the Community Centre at 765-1494 ext 5341.

- Regular - Single - \$84.00
- Regular - Family - \$168.00
- Regular - 1 Activity - \$28.00
- Single Month Allot - \$6.97
- Family Month Allot - \$13.94
- Ordinary - Single - \$124.00
- Ordinary - Family - \$248.00
- Ordinary - 1 Activity - \$28.00
- Ordinary - F&S - \$55.00
- Ordinary 1 Activity - Youth - \$28.00
- Associate-Single - \$190.00
- Associate - Family - \$380.00
- Associate - 1 Activity - \$60.00
- Associate -1 Activity Youth - \$30.00
- 1 Month - Single - \$32.00
- 1 Month - Family - \$64.00

## Business of the Week ~ AA MUNRO Financial ~

### Who Can Help You Aim High for Your Children's Education?

As parents, we're amazed to see how quickly our kids are growing up and how their needs are continuing to change over time. One thing remains certain however: we want to give our children the very best life has to offer. And, as we already know, one of the most precious gifts we can ever offer them is an education.

Saving money is often difficult, which is why we have set up the Diploma Registered Education Savings Plan, whose winning approach is based on regular contributions. The sums you contribute to the Diploma RESP continue to grow year after year within a tax shelter and become available when your child begins his/her post-secondary studies.

In addition to being eligible for the Canada Education Savings Grant (CESG), which contributes an extra 20% to the RESP, **my Company pays an added bonus of up to 15% of your contributions** in order to further reward your efforts.

Now that school is starting again for another year, it's time to come in and see me at the office or call to set up an appointment in your home.



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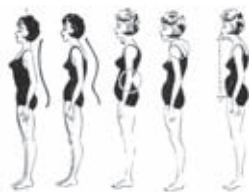
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## Annapolis Valley Wellness Centre

### Are You Suffering from Chronic Pain?

Poor posture sabotages your figure and health, making you appear older, unglamorous, unhappy and tired. Over time, this will develop into the popular dowager's hump, double chin, pot belly and sway back. Internally your body will develop varicose veins, pinched nerves, heart and muscle strain. Putting your body back into proper alignment and you will regain a flat stomach, straight back, your buttocks will be tucked in, your neck will appear longer, and you will move gracefully.



### Look at your posture ... Others Do



### How Poor Posture Creates Pain Syndromes

When something mechanical in our body hurts... back, knee, neck or even shoulder...you compensate.

But pain not only makes you move differently...it actually changes your posture, stressing other links in the body's chain of motion. Eventually, stressed ligaments or strained muscles give out as something else "goes out."

On the other hand, changing your posture can make a dramatic difference in how you move, how you feel, and in your health.

Relieving pain allows more normal body motion, reduces joint stress, and allows the body to heal.

Only when joints move freely through a full range of motion can weak muscles strengthen, tight muscles stretch, and ligaments adapt to balanced posture. The body can strengthen and learn new patterns of motion. This is where both chiropractic (motion) and massage therapy (to reduce muscle tension and improve blood flow) when used together, provide the optimum benefits.

Balanced motion creates (and maintains) flexibility and stable posture to keep the body moving, feeling, and being well.

**Annapolis Valley Wellness Centre**  
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### Posture problems often require professional help!

If you are suffering from postural pain, especially if it's been a while, your body may have adapted to old injuries. Here's some of the professionals who help people regain mobility and retrain pain-free motion.



### Chiropractors - The mechanics for your body



Doctors of chiropractic are licensed healthcare professionals trained to relieve the pain of neuro-musculo-skeletal (nerve, muscle & joint) problems by freeing locked joints, restoring alignment and balancing motion and function to reduce mechanical stress throughout the body.

### Massage Therapists - Untying knots in muscles... and more

Massage and neuro-muscular therapists use their hands to relax muscles and remove adhesions in fascia and soft tissue. Millions have benefited not only with improved motion but also with less stress and increased circulation with the application of a therapists skilled pressure to the body with the intention of positively affecting the health and well being of the client.



### Yoga - to stretch the muscles, strengthen the body and increase concentration



Yoga is primarily working the body with awareness to achieve flexibility, strength, healing and calmness of mind, although there are many other benefits possible. Yoga is for everybody whether lithe and athletic or those who have not exercised in a long time.

Come visit us at Wing Welcome for a Free Posture Assessment

## Blood Donor Clinic – appointments still available and needed

By: Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will continue to hold *two day donor clinics* as a result of the outstanding support from our local communities. Let's respond and take advantage of this opportunity by filling up two full days with appointments. If we can double our one day attendance, over both days, Canadian Blood Services may be able to collect enough donations to save over a thousand lives!

The next *two day donor clinics* will be held at the 14 Wing Greenwood Community Centre on Wednesday September 8<sup>th</sup> and Thursday September 9<sup>th</sup>. Donors can either give during the 1:00 p.m. – 3:00p.m. time slot or the 5:00 p.m. – 8:00 p.m. evening slot on Wednesday the 8<sup>th</sup> or Thursday the 9<sup>th</sup>. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name

and photograph. New donors are welcome!

With the clinic being after the long weekend, optimum collections are most important. It's a short week and a long weekend - which translates into the blood supply needing to last longer. Canadian Blood Services is aiming to collect 130 units at 14 Wing, each day, and in order to collect 130 units, 220 donors have to walk in or book an appointment. Every 60 seconds, someone in Canada requires blood or a blood product, and we are currently only booked at 76% (Wed.) and 67% (Thurs.) of capacity, so please try and take the time to donate on either day.

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

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



For more info please contact:  
Capt Jamie Wells loc 3386 or  
Acting PSP Manager  
Lisa White loc 5927.

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# An End to a Great Summer



By Second Lieutenant  
Jessica Burke

Over 1000 cadets will have to wait another year to return to a summer full of fun challenge and friends. The final graduation parade and ceremony at Greenwood Air Cadet Summer Training Centre (GACSTC) provided the perfect backdrop last week in marking the official end of a great summer for cadets and staff.

GACSTC, which has trained approximately 60,000 air cadets since its establishment in 1951, offers a variety of dynamic and challenging courses to youth between the ages of 12 and 18 during the summer months. While this year's graduates are surely eager to spend the rest of their summer vacation with friends and family before classes start, they take with them fond memories, new friendships, and wealth of worthwhile skills and life experiences. From brand new cadets to the more seasoned staff cadet leaders, GACSTC helps develop in cadets valuable life and work skills such as self-confidence, self-esteem, teamwork and respect for others while having fun and building lasting while learning transferable life skills, such as teamwork, leadership and decision making, which will benefit the cadet no matter what career they choose.

The General Training Course (GTC), which introduces cadets to the Cadet Summer Training Centre (CSTC) environment and exposes them to CSTC program areas of interest gives the cadets the opportunity take familiarization flights, construct a model space capsule, marshaling, operating a wind vane and anemometer, sports, perform a drum line routine, take part in team-building activities, model rocketry, field training, and marksmanship. From there, cadets have the opportunity to focus on an area of interest by taking more advanced courses relating to a specific area. The Basic Leadership Course prepares cadets to perform the role of a peer leader while building upon the leadership and drill and ceremonial knowledge. Basic cadets participate in community service activities, perform roles as peer seniors, lead peers through leadership taskings, lead team-building activities, and participate in marksmanship and summer biathlon activities.

Not all training activities take place in Greenwood. The

survival training site, located in Cloud Lake, offers two survival courses. Basic Survival Course cadets participate in a wide variety of activities, including providing first aid in a field setting, assembling an emergency survival kit, constructing improvised shelters and signal fires and campfires, making ground-to-air signals, collecting and purifying water, constructing fishing equipment and snares, identifying and collecting edible plants, operating a stove and lantern and hand-held radios, executing ground search and rescue, and determining distance on a route and following a bearing. The more advanced Survival Instructor Course (SIC) focuses on instructional and leadership abilities and advanced theoretical and technical skills required to assist in the delivery of survival training. The highlight for most SIC cadets are the solo exercise, which gives them the opportunity to apply all the skills they have gained over the summer.

The Basic Fitness and Sports Course develop personal fitness and healthy living skills. Cadets learn to perform the duties of a fitness and sports assistant, attend a local sporting event, lead warm-up and cool-down sessions, assist with organized recreational team sports, participate in a recreational summer biathlon activity, orienteering, design a

tournament, and participate in a tabloid meet. What would an air cadet camp be without flying and aviation? The Basic Aviation Course introduces the cadets to the fundamentals of aviation and gives them with the opportunity operate a handheld radio, tour a local aviation museum, read pilot static instruments, construct a section of an internal combustion engine, take part in familiarization flights and attend a flight safety briefing. The Basic Aviation Technology and Aerospace Course, new this summer, teach cadets the fundamentals of aerospace, airport operations, and aircraft manufacturing and maintenance. Cadets assemble and launch a model rockets, construct a model of the airspace at an aerodrome, tour a regional airport, identify basic hand tools used in aircraft manufacturing and maintenance, construct an aluminum model biplane, perform basic aircraft maintenance tasks, and tour an aircraft manufacturing or maintenance facility.

And what about that summer soundtrack provided by the band? Opening the door to a wonderful world of Music, the Music Levels 3 – 5 Course enhances the musical abilities of cadets. The program includes training in aural skills, instrument maintenance, rhythm, instrument performance and sight-reading. Cadets also have the opportunity to play in an ensemble, conduct, and do band



drill. The cadets also perform several public appearances and parades throughout the summer, including the Mayor's Tea Party and Natal Day parade in Halifax.

Aside from keeping busy at the training centre, cadets are no strangers to the local community. Greenwood cadets can often be spotted washing

cars. Yes, washing cars! As a part of citizenship training, GTC Cadets hold several car washes to raise money for local charities within the community. This year's proceeds were put to excellent use: making care packages for Canadian Forces members currently posted overseas. As well, cadets and staff organized a food drive for

the local food bank in Kingston. Learning to become responsible members of Canadian society through important citizenship and community service activities is an important goal of the Cadet Program, and cadets and staff are certainly proud to be a part of and contribute to the 14 Wing community during the summer months. See you next summer!

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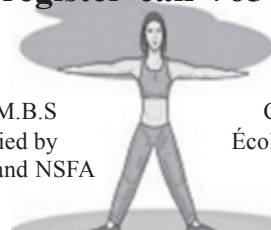
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# Four Firefighter's from 14 Wing Partake in "The Toughest Two Minutes in Sports"

By: Sergeant Pete Nicholson - 14 Wing Photojournalist

Four Firefighters from 14 Wing Greenwood Nova Scotia took part in the Atlantic Regional Firefit Challenge, hosted by CFB Halifax July 31 – August 1 2010.

Corporal (Cpl) Paul Materiuk, (49th / 1:48sec), Cpl Chris Hamilton, (100th 2:24 seconds (sec)), Private (Pte) Adam Arsenault, (47th / 1:47 sec) and Pte Patrick Boulay, (84th 2:09 sec) represented 14 Wing in fine form. It has been three years since this hall has participated so Cpl Paul Materiuk decided it was time to get the ball rolling! The team had been training since April 2010, which included going to Halifax for tower training and many, many hours at the gym. The training paid off and proved that with less than ten year's experience as firefighters between them, they still managed to post great times!

There were 118 competitors from all across North America, that were competing that day.

The Firefit course consists of; stair climb, rope pull, forcible entry, hose pull and the 175 lbs. dummy drag. All agreed that the dummy drag was indeed the most demanding, "no matter how much gas you saved, you were done at the end", according to Pte Adam Arsenault. They competed in a four man relay, two, two man relays and individual events. The winner was a firefighter from Moncton New Brunswick with a time of 1:17 sec and the world record is 1:16 sec!

These four Firefighters will be competing at the Nationals that are to be held in Brampton Ontario from 2-5 September 2010. Another Firefighter from Greenwood, Pte Mark Beer, is on the Department of National Defence National Firefit team. Great fitness is a necessity, the rest is science. The right placement of feet, an inch here an inch there, tweaking their skills makes all the difference.

**THE TOUGHEST TWO MINUTES IN SPORT**



*The 14 Wing Fire Fighter Challenge team. Private (Pte) Adam Arsenault, Pte Patrick Boulay and Corporal (Cpl) Paul Materiuk participated in the Atlantic region Fireman Challenge held in Halifax Nova Scotia 31 July - 1 August. Pte Arsenault and Cpl Materiuk qualified for the National Challenge in Brampton Ontario. Missing from photo: Cpl Chris Hamilton.*

(Image: Sgt Pete Nicholson)

## Thank You



**National Championships: August 26th Wrap**

Jillian Stymest (above) of Nova Scotia delivers a pitch at the Bantam Girl's championship in Richmond, BC. Stymest and her team-mates beat Saskatchewan 8-6 on Day 1 of the tournament.



From August 25th-31st, Jillian Stymest attended the National Championships in Richmond BC as part of the NS Bantam Girls baseball team. They had one of Nova Scotia's best ever showings, coming 4th overall, losing out to Quebec in the bronze medal game.

There are many wonderful people to thank for making this trip possible. Very generous sponsors were: Nova International Ltd., Dr. McGuire, the Aylesford District Lions Club and Mid Valley Construction. Also thank you to those businesses who donated items for our auction: Total Energy, Greenwood Rent-All, B&H Wholesalers, Curves, Atlantic Superstore, Sobeys and Barnes Distributors.

Thank you as well to the Kingston NSLC and staff for allowing us to have a barbecue there and to Total Energy for supplying the barbecue and the propane.

A special thank you to Glen Abriel for all of his help and to Jena MacLeod at the gym for taping up Jillian's shoulder.

## COME ONE ... COME ALL

Kings West MLA Leo Glavine invites you to attend his **8th Annual Chicken BBQ** to take place on Sunday, September 19th at the Aylesford Lion's Hall in Auburn. Start time is 4:00 p.m.

**EVERYONE WELCOME**

**PLEASE COME AND ENJOY SOME GREAT BBQ CHICKEN AND MEET SOME OLD FRIENDS**



## 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 noon and the competition will be from 12:00 – 3:00 p.m., depending on how many people register. The cost to register is \$5.00 for Skateboard Union Members and \$10.00 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.

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

Send your articles and photos to:  
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# Entrepreneurship 101

By: Major Robert Sealby, Greenwood  
Dispute Resolution Centre  
Coordinator

Hear the one about the Dog Walker, the Home Inspector and the Property Manager? No, this is not a joke but what it is can impact you in the future if you are retiring or being medically released from the CF. The occupations above are some of the professions that nine released or releasing military members will be undertaking in the next year. From 8 to 14 August 2010, the nine individuals attended the one week "Based in Business" workshop put on by The Students In Free Enterprise (SIFE) at Memorial University, St John's, NL. As quoted from their web page, "Based In Business is a program dedicated to creating entrepreneurial opportunities for Canadian Forces members through a three phased business program. The Department of National Defence identified the need to help medically discharged and soon-to-be-retired members transition from a military environment into the business world in order to create economic stability." Each selected participant had to have a business idea that they wanted to promote and develop within the next year. The Gardiner Centre in the Faculty of Business as well as other Memorial faculties and organizations such as the Genesis Centre help sponsor the program, while externally the Institute of Chartered Accountants of Newfoundland and Labrador (ICANL), Bennett Restaurants, Deloitte, TD Bank, NL Credit Union and Newfoundland Power, to name just a few, all helped to provide support for the program. Sarah Fisher, vice-president of Based in Business, SIFE Memorial recently stated that, "The on-campus seminars are the culmination of a year of



planning by SIFE students. We worked closely with the Department of National Defence to put together a program that would really work for veterans." And what a program it is!!!! This year participants spent from 0800 hrs to often past 2130 hrs learning about all aspects of starting their own business. Topics covered during the intense workshop were knowing your clients, marketing, entrepreneurship, finance management and accounting, legal and human resource management. Each session was developed and facilitated by SIFE volunteers, Memorial University professors with guest presenters at the lunch and evening meals. After Supper, SIFE students or Student Mentors, as they became known, would provide invaluable assistance to their respective participants by working together on developing market research, generating a brand for e-marketing or producing a business plan. Furthermore, the Student Mentors became the cheering section continually inspiring the participants to keep moving forward with their business goals. Even after the week's workshop for the next year "Based In Business" will provide the mentoring services of a local Chartered Accountant who will further assist the new entrepreneurs as they grow their respective business. Consequently, being one of the nine participants I can highly recommend and endorse the program.

So are you interested? Watch for more information in the coming year as Based In Business expands to other campuses around the country. Applications for the workshop will appear through various media channels around The April or May 2011 timeframe.

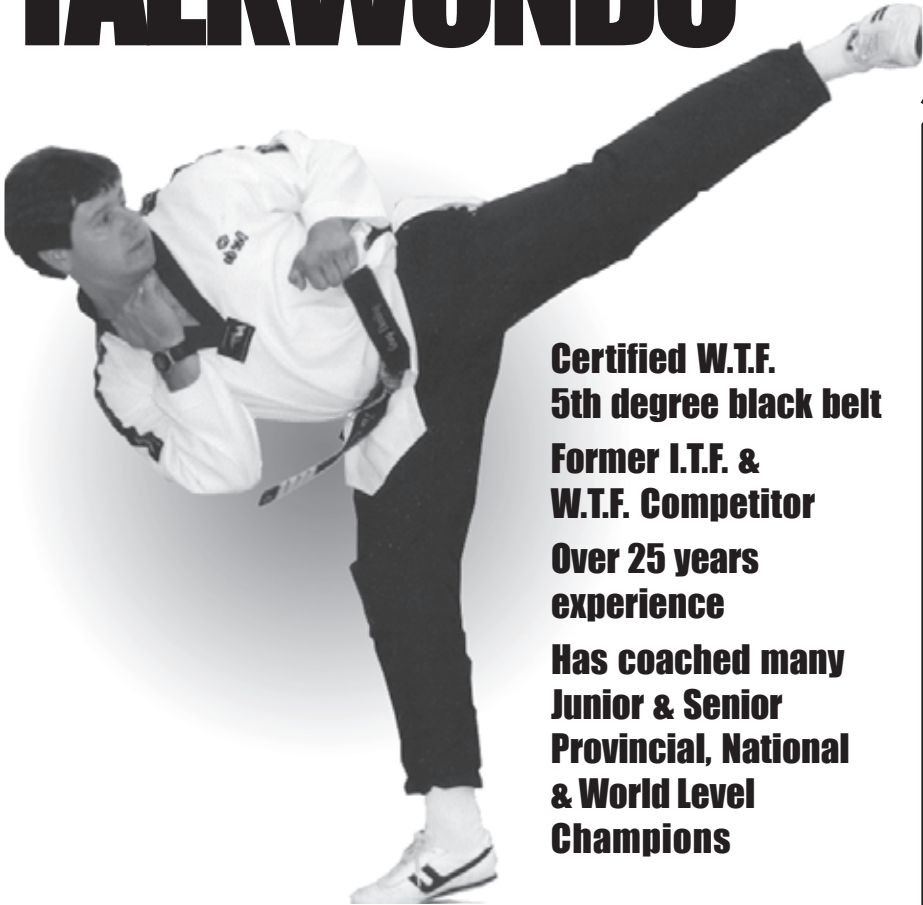
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Capt Jamie Wells  
loc 3386  
or  
Acting PSP Manager  
Lisa White  
loc 5927.

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BINGO	LABOUR DAY	BINGO	DARTS	CRIB	T.G.I.F. SENIORS ASSOC. CARDS DARTS	BREAKFAST T. BLOOM FUN GOLF DANCE OPEN TO THE PUBLIC
12	13	14	15	16	17	18
BINGO	EUCHRE	BINGO	DARTS Banquet 6pm 30 people	CRIB	T.G.I.F. DARTS	OPEN CRIB TOURNAMENT DANCE OPEN TO THE PUBLIC
19	20	21	22	23	24	25
BINGO	EXEC MTG EUCHRE	BINGO	DARTS	CRIB	T.G.I.F. SENIORS ASSOC. CARDS DARTS	DANCE OPEN TO THE PUBLIC
26	27	28	29	30		
BINGO	GENERAL MEETING	BINGO	DARTS	CRIB		

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# 14 Wing Officially Welcomes Its Newest Military Police Member

The 14 Wing Commander Colonel William Seymour and Chief Warrant Officer James Jardine officially welcomed the newest member of the 14 Wing Military Police Detachment. Unlike other new members to the Wing this new Military Police member is extremely hairy and walks on four legs.

Military Police Working Dog (MPWD) Lahr is a female pure-bred German Shepherd born on 7 August 2004 in New Jersey, USA. MPWD Lahr is trained and certified annually in Obedience, Agility, Tracking, Article Searches, Area Searches, Building Searches, Criminal Apprehension/Police Officer Protection and Narcotics Detection. MPWD Lahr

and Warrant Officer (WO) David Kimbers graduated the Ontario Provincial Police Canine Academy in December 2006. They then worked as a team at Canadian Forces Base Halifax until WO Kimbers was posted to 14 Wing Greenwood in April of 2010. In July 2010 MPWD Lahr officially commenced her duties at 14 WING after a suitable means of transportation was arranged for her. MPWD Lahr and other Police canines like her have proven to be one of the most efficient and cost-effective resources available to ensure the security and protection of people and assets, both domestically and deployed and they are one of the fastest growing tools for militaries

and police usage in performing necessary Force Protection and policing tasks. In the future, all 14 Wing employees and residents of the 14 Wing Residential Housing Units should expect to see Lahr and WO Kimbers conducting training and working in almost all areas of the Wing.

Readers are encouraged to stop and speak with the team, however they must remember that Lahr is a Military Police Working Dog and not a pet, so before she is approached people should ensure that WO Kimbers authorizes it and she will not be petted by the general public. If you don't see the team over the next few weeks, you will sure see them at the upcoming Wing Welcome.



*Military Police Working Dog (MPWD) Lahr, is welcomed as a serving member of the MP detachment at 14 Wing Greenwood. 14 Wing Commander Colonel Bill Seymour, MP Detachment Commander Major Dan Mombourquette, 14 Wing Chief Warrant Officer Jim Jardine and Lahr's handler, Warrant Officer Dave Kimbers.*

(Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

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WING ACCOMMODATIONS ARGUS HOUSE MOD 16  
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# Arena Curling Club Project Update (ACCP)

Submitted by:  
**Diana Brothers,**  
**Deputy Warden,**  
**Municipality of the**  
**County of Kings**

During a meeting on April 2, 2008 initial discussions at 14 Wing Greenwood transpired between interested stakeholders resulting in the formulation of the first partnership with 14 Wing Greenwood, Village of Kingston and Greenwood, the Municipality of the County of Kings and the Province of Nova Scotia.

Shortly after the partners entered into an arrangement to hire a Consultant study with the goal of determining the need and viability of an arena / curling complex, responsible to serve the needs of the Village of Kingston and Greenwood as well as 14 Wing Greenwood.

The Consultant's final report in March 2009 conducted that a new arena and curling facilities were needed and the concord of a partnership involving 14 Wing, the Village of Kingston and Greenwood, the Municipality of the County of Kings and the Province of Nova Scotia was viable. The Final report includes detailed implementation recommendations outlined in stages.

We have created an Implementation Committee, which is co-chaired by the Municipality of the County of Kings and 14 Wing Greenwood. Members sit on this committee from all stakeholders.

The Final Report from the Consultant also includes the need to determine the



**The Arena Curling Partnership Project. From left, Lisa White, acting Personnel Support Program (PSP) Manager, 14 Wing Chief Warrant Officer, Jim Jardine, 14 Wing Commander, Colonel Bill Seymour, co-chair Diane Brothers, Kings County Councillor, Fred Williams acting co-chair and Mike Trinacty, Provincial Representative for Health Promotion and Protection.**  
(Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

future of West Kings Arena. The Western Kings Arena has seen some substantial progress recently. In the spring the Village of Kingston and the Western Kings Arena Association signed an agreement which involved the Village Recreation Association taking over general operations of the Kingston Rink for approximately 100 days of the non-ice summer months. This partnership allows the Village Recreation Department to hire a summer student through provincial funding with the vision of increasing event and recreational opportunities

and awareness that the Village and Rink Association are serious about maintain and promoting the availability of this wonderful recreational facility to both residents and local organizations year round. As we progress as a community towards recreational infrastructure renewal it is imperative that we continue to promote and maintain our facilities that have so faithfully served us in the past and will definitely pave the way for future progress as we look towards future development.

Our next stage of the project is the request for the

site selection consultant to pick a site for the twin pad. The project objectives from this request for proposals (RFP) are to retain a qualified consultant to evaluate the two sites that have been shortlisted by the committee as potential sites for the new facility. The contractor in partnership with the 14 Wing Construction Engineering

Branch shall prepare a report evaluating the suitability of each site and provide their recommendations on the best location.

The cost of the request for proposal is funded by the 14 Wing Greenwood, Village of Kingston, Greenwood, and the Municipality of the County of Kings. The Implementation Committee

continues as a very active advocate to carry the message to a level of funders for this project.

All aspects of this project continue to make good sense. It is understood that we must plan for the future. The stakeholders are committed to moving forward to the next stage and have the responsibility to serve the needs of all stakeholders.

The Implementation Committee will keep you informed as we move forward and discussions take place. We will be reporting back to you when the site option analysis is completed.

This New arena and curling complex in the Valley represents a major step forward in enhancing the regional strategy for community, recreation and culture.

On behalf of the Municipality of the County of Kings, we are very appreciative to 14 Wing Greenwood, Wing Commander for the invitation in 2008 for the opportunities for a one of its kind model partnership services for the future of all partners. We look forward in working through the stages of this project together.



## Royal Canadian Legion

### Br. 098 Kingston

**Starting September 11<sup>th</sup> our dances will be held on Saturday nights.**

**All are welcome, OPEN TO THE PUBLIC**

*Good Feelin' Band*

*Sept. 11, 9pm-12:30am, \$5 pp*

*Must be 19 yrs of age or older.*

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**USED INVENTORY**



STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
U1760	1996	Trans Am	Red	8	6	AC,PW,PDL	164,000	13,995
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
10-359A	2004	Tacoma AccCab	Dgreen	4	A	2Wd,AC,Cru,Cd	115,000	13,995
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
SAWLER	2005	Echo Sedan	Grey	4	A	AC,CD	78,000	8,995
10-632A	2005	Camry SE AA	Grey	4	A	AC,PW,PDL,CRU	111,000	12,995
10-354A *	2005	Prius BA	Blue	4	A	AC,PW,PDL,CRU	120,000	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
10-237B	2006	Matrix BA	Red	4	A	AC,PDL,CD	76,000	11,995
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
U1761	2007	Yaris H/B	Black	4	A	AC,PDL,CD	89,000	10,995
10-626A	2007	Passat 2.0T	Green	4	A	Leather, S/Roof	115,000	14,995
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
10-583A *	2008	Highlander 4WD	Red	6	A	Sport, Leather	93,000	27,995
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:

- \* 08-72A: 4 yr--100,000 Ext. Warr/ In-Service: Sep. 20/06
- \* 10-610A: 6 yr--200,000 Ext. Warr/ In-Service: Mar 09/09
- \* 10-583A: 4 yr--100,000 Ext. Warr/ In-Service: Oct 22/07
- \* 10-354A: 6 yr--160,000 Ext. Warr/ In-Service: Oct 07/05

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# Dream Come True!

By Captain Scott Spurr

Thirteen year old Jacob Saulnier from Annapolis Royal, Nova Scotia had a dream. He always wanted to be able to see an aircraft up close and eventually have the opportunity to fly in one. On Friday, August 27, 2010 Jacob and his family visited 14 Wing Greenwood and fulfilled part of his dream!

Jacob (who has cerebral palsy) and his family visited and met members of 413 (Transport & Rescue) Squadron (Sqn) and was given a tour of the Sqn by Captain (Capt) Scott Tromp. The first part of the visit was a video of some of the things that the Sqn does on a day to day basis. This can include having Search and Rescue

Technicians (SAR Techs) jump out of CC-130 Hercules transport planes for training or to actually rescue someone either on land or sea.

The second part of the visit included seeing a CH-149 Cormorant helicopter which is used for SAR missions up close and personnel. Jacob was thrilled to be able to get aboard the large helicopter and sit in the cockpit while Capt Tromp explained what all the switches and dials do. SAR Tech, Master Corporal (MCpl) Enrico Deschenes then explained what the role of SAR Techs was during a SAR mission.

The next part of the tour saw Jacob getting a chance to see a very large airplane, the CC-130 Hercules

transport plane that is used for SAR missions as well as for transporting people and material. This time, Capt Jeff Isenor explained what the plane can do and showed Jacob and his family the entire plane which of course included the cockpit.

The last part of the tour was spent in the SAR Tech shop where MCpl Deschenes explained the various equipment that SAR Techs use and then they watched another SAR Tech pack a parachute.

By all accounts, Jacob and his family thoroughly enjoyed their tour to 413 Sqn and the Sqn was quite happy that it could help full fill a young boy's dream of seeing some aircraft up close.



Jacob Saulnier from Annapolis Royal as well as Captain Scott Tromp from 413 Squadron are all smiles as they sit in the cockpit of a CH-149 Cormorant helicopter during Jacob's visit to the Wing.

## Aviation Technician Receives Accolades from Canadian Hot Rod Magazine

Sergeant Pete Nicholson,  
14 Wing Photojournalist

Sergeant Stacy Wood, an Aviation (AVN) Tech at 413 Transport and Rescue Squadron, received national recognition in the August 2010 edition for his hard work in the restoration of his 1967 Chevrolet Camaro.

Stacy has completed almost twenty-two years in the Canadian Forces (CF), starting out as a Safety Systems technician and then became an AVN Tech. He has always had a motor head! Under his father's influence, cheap gas and raw horsepower, what else could he have such passion for? He built his first

dune buggy at the tender age of fourteen and has never slowed down. Other projects from the past include a 1989 Z; doing paint, body and engine modifications. A 1934 Chevy pickup; installed a 350 cubic inch crate motor with a 700R4 transmission. While still in high school, he helped a friend build a kit car.

Then it happened. Almost four years ago all the pieces of the proverbial puzzle fell into place and Stacy could get his dream car. A 1967 Camaro. Body wise, it was in good shape so there was little work there. But he had to complete a total rebuild from a drag car to a street

rod. The engine was freshened up, the suspension got rebuilt and some parts had to be fabricated and trim replaced for the shows. The obvious question about speed was asked and the reply is

*"Fast enough to get into a great deal of financial trouble!"*

It all started innocently enough when Stacy submitted an image to Canadian Hot Rods Magazine for the reader appreciation section. The editor loved it and wanted more images and information. So, a photo with a two line caption ended up being a full two page spread in the Canadian Hot Rods Magazine, August 2010 issue.

Stacy is also a three time winner at Canada's largest car show, The Atlantic Nationals in Moncton New Brunswick. In 2008, he won the National Automotive Parts Association



1967 Camaro owned by Sergeant Woods in front of a CP140 Aurora.

(Image: Corporal I Thompson, 14 Wing Imaging)

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

- 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)

3<sup>rd</sup> child registered is half price.  
Cash or Cheque Only

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.

We are also looking for coaches for this season, contact Steve Bates at parastephenbates@hotmail.com for more info.

### 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.

(NAPA) sponsor award and

in 2009 and 2010 won the Safety Lanes award. As well, look for the 67 Camaro as the Cover Car for the 2011 NAPA calendar, which he won by submitted online through NAPA Canada web site photo contest.

Stacy's future plans include finding a project street truck

to build for his wife Sheri. "She definitely got the car bug being married to me after all these years". Down the road when he retires from the CF, there may be a speed and custom shop opening up somewhere and his days would be spent building hot rods and muscle cars.

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# The 19<sup>th</sup> Hole

Well, if we wanted HOT weather, we certainly got it. It has been a long time since I went out to play 18 holes and after 9 said...That's it...too hot for me...and it is September! How do those people down south handle this kind of heat?

First of all, I want to apologize for not having all the names of the Ladies 2-Ball winners: So here they are: 1st place was Alice Langill and Elizabeth Robinson; 2nd was Donna Hill and Sheila Johnson; 3rd was Sandra Cathcart and Sue O'Connor; and 4th was won by Erma Ranes and Sharyn Trimm. Congratulations ladies.

The course is in excellent shape...putting the water to the Fairways and Greens made quite a difference. The bunkers look great as well. Hats off to the maintenance crew. Speaking of the maintenance crew, Sue R. was pretty quick avoiding being hit with a Tee Shot on #8: the maintenance

cart had the two front wheels over the railway ties but she avoided going into the murky hazard...Bruce came to her rescue. Sorry Sue, glad to hear you are o.k.

Glen Watters was telling me about the Eagle he had on #12, well done! Not sure about the 39 on the front nine and then 52 on the back (or vice versa)...not a very consistent score! Ron Kielback was pretty quick to be teasing Charlie about riding on the back of one of the Carts, but then invited a new canine friend into the Club...a new meaning to the Course has Gone to the Dogs!

**Tuesday Night Men's results for Aug 24th** (42 Golfers): 1st Division: 1st LG Stu Nauss, 2nd LG Scott Cooper; 1st LN Dan Smith, 2nd LN Doug Carpenter; Skins Nauss # 2 & # 10, Carpenter #7; 2nd Division: 1st LG Wayne Pellerine, 2nd LG Weldon Rideout, 1st LN Glen Paul, 2nd LN Wayne Cathcart;

Skins Youden #2, Mullen #3, Rideout #9 and Cathcart #10; 3rd Division: 1st LG Wayne Little, 2nd LG Vern Crossman; 1st LN Phil Allan, 2nd LN Marcel Levesque; Skins: Little #5, Crossman # , Geddes # 8 & 11, Richter # 18; The 50/50 winner was Ron Jenkins.

**Tuesday Night Men's results for Aug.31st** (46 Golfers): 1st Division: 1st LG Stu Nauss, 2nd LG Neil Pritchett; 1st LN Scott Cooper, 2nd LN Randy Anderson; Skins Nauss # 4 & #7; 2nd Division: 1st LG Larry Youden, 2nd LG Brent Jones, 1st LN Ron Jenkins, 2nd LN Nelson Mullen; Skins: Youden #1, Robinson #2, Mike Marshall #3 and Jones #4; 3rd Division: 1st LG Brad Fayant, 2nd LG Eric Marshall, 1st LN Tom Litsas and 2nd LN Neil Brunt. Skins Phil Allan #3. The 50/50 winner was David Costin. Men's Night for the remainder of 2010 will be 9 Hole Stroke Play.

**Now for the Men's Shoot Out Tournament.** First of all, the weather was awesome and the course was in such great shape. Hats off to the tournament chairpersons, Scottie and Doug. On their behalf, thank you to all the volunteers who helped make the tournament a huge success. Sandra, Audrey, Sandy, Betty, Bob Moore, Doug McEwan, Wendy and special thanks to all the Pro Staff and Kitchen staff. Thanks to all the sponsors who donated prizes for the MFRC draw and thanks to all those who bought tickets to support this cause. Now for the DRUM ROLL...and THE WINNERS ARE: Nick Coates and Bill Bolch. They won the Field Low Gross with a two day total of 129 in a sudden death play off (Bill holed about a 90 foot putt on the second playoff hole). "A" Division winners were: 1st LG- Tom Banks/Paul Tidman;

1st LN- Charlie Costin/David Costin; 2nd LG Scott Cooper/Dave Ronaldson; 2nd LN Wayne Graves/Mike Graves; 3rd LG Don MacDougall/Bruce Horne; 3rd LN Bill McDonald/Randy Anderson. "B" Division winners: 1st LG- Carl Thompson/Don Dares; 1st LN- Shawn Scotney/Jeff Woodworth; 2nd LG- Dave Horne/Eric Efford; 2nd LN- Jud Horne/Jim Kelly; 3rd LG Pat Grist/Paul Vantassel; 3rd LN- Jim MacAlpine/John Desroches. "C" Division winners: 1st LG Wayne Cathcart/Scott Swindells; 1st LN- Charlie Johnson/Dwight Grimm; 2nd LG- Dave Logan/Earl Corkery; 2nd LN- David McDougall/Wayne Murray; 3rd LG- Jim Westlake/Gerry Westlake; 3rd LN- Glen Paul/Steve Belanger. "D" Division winners: 1st LG- Ken Killam/Keith Snair; 1st LN- Frank Shelley/Mel Martin; 2nd LG Dave Adams/Allan Hannam,

2nd LN - Ron Kielback / Doug Smith; 3rd LG- Danny Snow/Shawn Poteri; 3rd LN- Marcel Levesque/Pat Robinson. Congratulations to all the winners..it was a Fun Weekend.

**The next big tournament is the Fall Ball.** I hope we have weather as good as the Shoot Out. Next week is just a normal week of events but the weekend of Sept 18-19 there is the Men's Closing on the 18th and the Guys and Dolls on the 19th. Sign up for these events. The Men's Night Closing tournament is slated for Sept 25th and the Ladies Lonely Bull tournament is slated for Sept 26th.

Now that the students are back to school, there is a little more free time for golf. Get out and enjoy a round with a friend. Soon the leaves will be turning and the colors out on the course will be beautiful. Until, next week...Hit 'em Long and Straight.

## When Lights and Sirens Approach

We all share the responsibility of knowing and practising proper driving behaviours. One of the most important "rules of the road" deals with yielding the right of way to all emergency vehicles.

### What Drivers SHOULD DO?

- Remain calm and move your vehicle appropriately. Don't panic!
- Pull to the right and come to a stop.
- When on a high-speed road or when there is no room to stop, slow down as much as possible
- When in the left lane, pull over into the right lane as the traffic in the lane to your right moves over
- If you cannot move to the right because of an obstacle such as a car to your right, simply stop. Your prompt action will let the driver of the emergency vehicle know what you are doing; it will allow the driver to anticipate where to drive.
- When an emergency vehicle approaches you from behind while you are stationary at an intersection stop sign or red light, do not move unless you can pull to the right
- When on a one-way street, pulling to the right is still the best, but sometimes due to traffic, you may pull to the left curb and yield to the middle lane(s). This is the one appropriate exception to the "pull to the right" rule

### What Drivers SHOULD NOT DO?

- Don't stop in the middle lane when there is room to pull to the right

- Don't pull to the left in the centre yellow lane or left turn lane
- Don't drive through a red light or stop sign when an emergency vehicle approaches from behind
- Don't turn quickly to the left into a driveway or street
- Don't race ahead to get through a green light or turn before the emergency vehicle gets there
- Don't disregard the presence of the emergency vehicle by continuing to drive on

The drivers of all emergency vehicles are thoroughly trained and tested. They are taught to drive with due regard for the safety of others. Their intent is to never force other drivers off the road. This supersedes a natural desire to get to the scene

of an accident or fire by driving as fast as possible. Drivers of emergency vehicles know that they cannot help anyone if they don't get there! Generally, drivers should try to move to the right, if possible. Emergency vehicles will usually try and move to the left. Sometimes, due to traffic conditions, it may be also be necessary for emergency vehicles to travel in opposing lanes, against the flow of traffic. This is why it is very important for all vehicles to respect responding emergency vehicles by moving to the right and/or stopping.

When you or someone you care about requires the help of an emergency responder, you will be thankful for the drivers who didn't impede their safe and prompt arrival.

## GMFRC • Feature of the Week

### Special Events and Promotion

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

## GMFRC at the Orchard

Saturday September 25, 2010

1:00 p.m. – 3:00 p.m.

Stonehenge Farm, 2380 Harmony Road

In honour of National Family Week (October 3 -10) the GMFRC has adopted 4 Macintosh apple trees for military families. Military Families are invited to come to the orchard and pick a bag of apples to take home and enjoy. (Watch for more activities to celebrate National Family Week!).



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# 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](http://www.greenwoodmfrcc.ca) or [www.familyforce.ca](http://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).**



**05 - 09 Sep**  
**The Other Guys**  
Sun-Thurs 8 pm  
Rated 14A

**10 - 16 Sep**  
**Eat Pray Love**  
Fri-Thurs 8 pm  
Rated PG

**17 - 23 Sep**  
**The Expendables**  
Fri-Sat 7 & 9 pm  
Sun-Thurs 8 pm  
Rated 18A  
[www.zedex.ca](http://www.zedex.ca)

**Kingston  
Legion**

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

**BOOKLET  
BiNGO**

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

**Regular Games - \$100**

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

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35542-96



## Education and Employment Services

Coordinator: Stephanie Townsend at 765-1494 local 1816 or email [stephanie.townsend@forces.gc.ca](mailto:stephanie.townsend@forces.gc.ca)

## Upcoming Events Inspirational Wall Plaques

Thursday, September 23, 2010

10:00 a.m. – 12:00 p.m.

GMFRC

\$15.00 per person and

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.

Sobeys Community Room,

Greenwood

\$15.00

Registration deadline:

Monday, September 27, 2010

## Employment Ongoing Services

• Résumé and Cover Letter

Creation and Modification

• Resume Updating

• Career Assessment / Coun-

selling

• Job Search Assistance

• Interview Skill Building

• Information on Small Busi-

ness Planning

• Information on Military

Home-based Business Net-

work

• Magazines and Books ex-

change

- 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](mailto:jennifer.hill2@forces.gc.ca)

## Upcoming Programs

### Rainbows

Wednesday, September 22, 2010 to Wednesday, December 8, 2010

(12 week program)

6:00 p.m. – 7:00 p.m.

FREE

Location TBD

Registration deadline:

Friday, September 17, 2010.

## Ongoing Services

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

## Coordinator of Child and Youth Services

Coordinator: Kim Dixon at 765-1494 local 1812 or email [Kim.Dixon@forces.gc.ca](mailto:Kim.Dixon@forces.gc.ca)

## Upcoming Programs or Services

### Baby Club Program

Thursday, September 16, 2010

9:30 a.m. – 11:00 a.m.

Infants age 0 – 1 year

GMFRC

Free

Drop in

Saturday Respite Dates

for September

\*To meet the increased demand for respite childcare, deployed families can choose 1 of the 2 Saturday Respite dates in September.

**Saturday, September 11, 2010**

12:00 p.m. – 5:00 p.m.

Children up to age 12

Registration deadline:

Thursday, September 9, 2010  
**Saturday, September 25, 2010**

10:00 p.m. – 5:00 p.m.

Children up to age 12

Registration deadline:  
Thursday, September 23, 2010

## Deployment Services

Coordinator: Ann Gaudet at 764-1494 local 5583 or email [Ann.Gaudet@forces.gc.ca](mailto: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](mailto:michelle.thibodeau-wagner@forces.gc.ca)

## Upcoming Programs or Services

## Wing Welcome

Saturday, September 18, 2010

9:00 a.m. – 1:00 p.m.

F&S Centre

Drop by the GMFRC booth for information on GMFRC programs and services; obtain information on the GMFRC's new full day casual child care services; and to meet GMFRC staff and volunteers.

## GMFRC at the Orchard

Saturday, September 25, 2010

1:00 p.m. – 3:00 p.m.

Stonehenge Farm, 2380 Harmony Road

In honour of National Family Week (October 3 -10) the GMFRC has adopted 4 Macintosh apple trees for military families. Military Families are invited to come to the orchard and pick a bag of apples to take home and enjoy. (Watch for more activities to celebrate National Family Week!).

## Ongoing Services

- Red Friday Promotions
- Support our Troops Merchandise (\*\*New collared shirts\*\*)
- 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](mailto:Kristen.Lawson@forces.gc.ca)

## Volunteer Opportunities

## Respite Childcare Provider\*

Saturday, September 11, 2010

Saturday, September 25, 2010

2010

12:00 p.m. – 3:00 p.m.

GMFRC

Volunteers needed: 2

Looking for a few volunteers that can assist us with the childcare of a multi-age group. This will consist of helping with snack time, helping them with various craft activities, playing with the children, as well as cleaning up the room at the end of the day.

## Childcare Helpers

Thursday, September 16, 2010

Volunteers needed: 3

8:45 a.m. – 1:00 p.m.

GMFRC

Looking for 3 volunteers to assist with childcare while parents participate in our Greenwood 101 tour

## Wing Welcome Helpers\*

Saturday, September 18, 2010

Volunteers needed: 6

8:45 a.m. – 1:15 p.m.

Fitness and Sports Centre

Looking for volunteers to help out with children's tattoos and childcare during our Wing Welcome event

## Video Dance Helpers \*

Saturday, September 18, 2010

Volunteers needed: 10

Can choose a shift or to stay for the whole event

Pre teen (9 - 12 years old)

6:00 p.m. – 8:00 p.m.

Teen (13 - 18 years old)

8:30 p.m. – 11:30 p.m.

14 Wing Community Centre

Gym

Looking for some volunteers to help chaperone the dance as well as assist with a small canteen.

We are still looking for people to join many of our ongoing opportunities – contact Kristen to find out more.

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

## CUCINA AURORA



## Sage Breakfast Sausage

- 1 lb Pork, ground
- 1 1/2 tsp. Sage
- 1 tsp. Salt
- 1/2 tsp. Poultry seasoning
- 1/2 tsp. Pepper
- Allspice, ground; pinch of

Thoroughly combine all ingredients; shape into six patties. Chill at least 1 hour. Fry in a skillet for 3-4 minutes per side or until browned and no longer pink in the center.

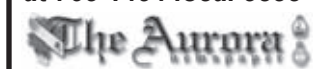
# Attention all Darts Players!

The Men's Valley Dart 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 8<sup>th</sup>, 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) 847-9815.

**There will be no charge for Military Obituaries of 150 words or less. For more information, contact Anne Kempton at 765-1494 local 5833**





# 14 Wing Library - Serving those who read!

**By: Judy McCool and Liz Tappen**  
AVM Morfee Centre, Greenwood - 765-1494, local 5430  
Hello from your local library. September is upon us and is shaping up to be a very busy month. We will be participating in the Wing Welcome on 18<sup>th</sup> September and hope to see many of you at our table. On 19<sup>th</sup> September the greatest battle in the history of air warfare, Battle of Britain, will be remembered. Come in and see our book display.  
A special Thank you to the Friends of the Greenwood Library Society for the donation of new books; it gets pretty exciting to open up a carton of best sellers – we think so anyway! Thanks also to the Cook Family, the Village of Greenwood, Bianca, Derek, and a very generous anonymous donator for supporting our Adopt-a-

Book programme.  
‘The Word on the Street’ national book and magazine festival is a celebration of literacy and the written word. Sunday Sept 26<sup>th</sup> from 11 am – 5 pm in Victoria Park, Halifax is where this festival takes place. Find your way to the corner of Spring Garden Road and South Park Street, across from the Public Gardens. All events are free.  
Also, mark Wednesday September 29<sup>th</sup> on your calendar because it is national Raise-a-Reader Day. Why not make a special effort to bring your children to the library and read to them on that day. Reading can change a life.  
**Books for September – Fiction**  
A Secret Affair/Mary Balogh; The Carrie Diaries/Candace Bushnell; The Spy, Isaac Bell Series/Clive Cussler; Eating the Cheshire Cat/Helen Ellis; Whispers In The Sand/Barbara Erskine; Pursuit of Honor/Vince Flynn; Blue Moon, Vampire Hunter Novel/Laurell K. Hamilton; Running West/James Houston; Lexi James & The Council of Girlfriends/Melissa Jacobs; The Big Picture/Douglas Kennedy; Take Four, Above the Line Series/Karen Kingsbury; The Given Day/Dennis Lahane; The Secret, #1 Seasons of Grace/Beverly Lewis; Game Over/Fern Michaels; Starburst/Robin Pilcher; Star Trek-Federation/Judith & Garfield Reeves-Stevens; Wild Animus/Rick Shapero; Seventh Day, AD Chronicles/Bodie & Brock Thoene; Innocent/Scott Thurow  
**Non-Fiction:**  
Just Watch Me, Pierre Elliott Trudeau 1968-2000/John English; The Beatles/Bill Yenne; Battles of the Civil War/Curt Johnson & Mark McLaughlin; Death of Innocence/John & Patsy Ramsey; Chicken

Soup for the Parents Soul; Reaching to Heaven/James VanPraagh; Tai Chi/Paul Tucker; Managing Pain Before it Manages You/Margaret A. Candill, MD, PhD; The Bell Family in Baddeck/Judith Tulloch  
**En Français:**  
Les matins d’Emeraude/Eva Ibbotson; Le Maitre de Hauleforte/Jacqueline Monsigny; Combustion/Patricia Cornwell; Rapt de Nuit/Patricia MacDonald  
**DVDs** – Miss Congeniality and Bob the Builder  
**Volunteers** – the library is a better place because of your input and we look forward to seeing you each week. Thank you. We would like to thank Rhonda for her many hours of volunteering and we wish her family all the best in Comox.  
**Donations** – This is the time of year when we receive book donations and while we are happy to get them, we request no musty books, nor Reader’s Digest condensed, old text books or encyclopedias.  
**Overdue Books** – If you are moving please check under beds, on shelves

and in closets for any borrowed books that you have *forgotten to return* to 14 Wing Library as fines add up quickly! Also, cost of replacements is not in our budget. If you are unable to come to the library personally, don’t forget that there is a 24 hour drop box for your convenience.  
**Book Sale** – We have a large variety of Hardcover Novels at \$1.00 each. Paperbacks are only .25 cents and Children’s books are \$1.00 A BAG! They are all worth checking out!!  
**Library Hours\***  
Monday - 1-5 pm & 6-8pm  
Tuesday - 10am-1pm & 2-5pm  
Wednesday - 1-5pm & 6-8pm  
Friday - Noon-4pm  
Sunday - Closed during summer months  
\*Special Note- “Under the Story Tree” story hour will resume on Tues 6<sup>th</sup> October at 10:30 with Miss Donna. Register now!  
**Library Services**  
14 Wing Library offers the community the following services: Free Book, Audio Books, Video (DVD & VHS) and Magazine Loans, Friendly Library Assistance, 24-Hour Book Drop, Phone Renewals, Community Computers, Internet Access and Printing, Photocopying and Faxing.  
We have 3 community access computers – 2 with internet access and 1 for word-processing. Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation. Library members can use computers for free the first half hour; non-members pay a fee.  
**French language books**  
DID YOU KNOW that we have a large selection of French Fiction and Non Fiction for both adults and children?  
**Membership**  
A reminder to all, that 14 Wing Library is a public library open to military and civilians. Membership is free, but the benefits are priceless. We invite all our registered patrons to visit us and if you’re not a member, drop in and sign up to enjoy your local library.  
Reading Opens Doors! So come and open the doors to 14 Wing Library.

## “Youth Happenings” at 14 Wing Community Centre

**By: Recreation Youth Worker; Megan LeMoine**  
Wing Welcome is just next week, there’s so many awesome events happening that day; Skateboard Competition, Youth Idol and the Much Music Dance just to name a few! For more info about these events please call 765-8165. Here’s what’s happening this week.  
**Teen Council**  
Sept. 7  
3:00 – 4:00 p.m.  
Anyone interested in making a difference in your community? If you are between the ages 13-18, then come join 14 Wing Teen Council! We meet every Tuesday at The Centre between 3-4pm to discuss and plan upcoming events and also talk about ways to fundraise and volunteer in our community. Come and check it out!  
**Active Chicks**  
Youth Centre Drop in Hours

Spa Night  
Sept. 8  
6:00 - 7:30 p.m.  
Girls, please Pre-Register before Sept. 7! Mary Kay Consultant, Allie Hebb will do facials, manicures and pedicures. This is going to be a great night so please let us know in advance if you are interested in this activity!  
**Teen Activity**  
Pool Bingo  
Sept. 9  
6:00 - 7:30 p.m.  
Teens ages 13-18, come to The Centre to play ‘Pool Bingo’. If you are new to the area drop in to check it out, it’s a great game and a great way to meet friends!  
**Karaoke Night**  
Sept. 10  
Pre-teen: 6:00 – 8:00 p.m.  
Teen: 8:00 – 10:00 p.m.  
Come to The Centre to sing your favourite tune, you could do a solo or duet performance, who knows you might get discovered! Please bring your own music if there is a special song you would like to sing! Don’t worry if you’re not a great singer, it’s all about having fun!  
**Movie Night**  
Pre-teen:6:00 – 8:00 p.m.  
TBA  
Teen: 8:00 – 10:00 p.m.  
TBA  
**Special Events**  
**Teen Trivia & Treat Night**  
Sept. 7  
6:00 – 8:00 p.m.  
Teens (13-18) come to The Centre to test your skills. Who knows what you might learn! We will also be making our own ice-cream sundaes, for free!  
**Pre-teen Bingo & BBQ**  
Sept. 14  
4:30 – 6:00 p.m.  
Cost: \$1  
Pre-teen (9-12) come to The Centre to play Bingo! To play you must play \$1.00, there will also be hot-dogs to BBQ which also cost \$1.00. Wear your lucky socks; you never know what you might win!

	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



### SERVING THOSE WHO SERVED

#### The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit [www.legion.ca/ServiceBureau](http://www.legion.ca/ServiceBureau).



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# FOR YOUR INFORMATION

## UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

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Yarmouth, BSA 1M1  
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Fax/Télécoeur (902) 742-6815

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

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



# HOROSCOPES

September 5 - September 11

### ARIES - Mar 21/Apr 20

Aries, say what you need to say before it is too late. If you think you have problems, it's best to talk them over when the opportunity arises, possibly this week.

### TAURUS - Apr 21/May 21

You seem to be living the same moments over and over again, Taurus. Why not change things up a bit with a little variety? You just might enjoy the change.

### GEMINI - May 22/Jun 21

Gemini, you're in a domestic mood this week and could find yourself spending more time than normal in the kitchen. Experiment with all types of recipes.

### CANCER - Jun 22/Jul 22

Cancer, give it your best shot because that's all you can do this week, when the deck seems to be stacked against you. You may find that Lady Luck is on your side.

### LEO - Jul 23/Aug 23

Leo, open your mind and see things with a new perspective. Only then can you wrap your head around a situation that has been causing you grief for some time.

### VIRGO - Aug 24/Sept 22

Virgo, just when you thought you were down and out, circumstances change and good things start coming your way this week. Share the news soon.

### LIBRA - Sept 23/Oct 23

It's time to seal up your wallet, Libra. The spending has gotten out of control, and you could find yourself in some financial trouble if you don't curtail your spending habits.

### SCORPIO - Oct 24/Nov 22

Scorpio, changing your perception of a person is easier said than done. Once your mind is made up, you have a hard time changing the way you feel, but give it a shot this week.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, sneaking around behind someone's back is a recipe for trouble. If you are thinking of doing something underhanded, it's probably a good idea to reconsider.

### CAPRICORN - Dec 22/Jan 20

Capricorn, bury the hatchet and make up with the person with whom you have had an ongoing strained relationship. As you get older you will find old wounds heal quicker.

### AQUARIUS - Jan 21/Feb 18

It's time to take the plunge, Aquarius. Instead of being shy about making a big purchase, you simply have to get it done already. Others will support your efforts.

### PISCES - Feb 19/Mar 20

Pisces, it's hard to be at your best when you aren't feeling well. If you've been under the weather, rally the strength to go on.

### FAMOUS BIRTHDAYS

SEPTEMBER 5	Rose McGowan, Actress (37)
SEPTEMBER 6	Jane Curtin, Actress (63)
SEPTEMBER 7	Chrissie Hynde, Singer (59)
SEPTEMBER 8	Pink, Singer (31)
SEPTEMBER 9	Adam Sandler, Actor (44)
SEPTEMBER 10	Joe Perry, Guitarist (60)
SEPTEMBER 11	Harry Connick, Jr., Singer (43)

Horoscopes brought to you compliments of:



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### Friday Night Mixed Dart League

Royal Canadian Legion Kingston Branch # 98 Friday Night Mixed Dart League will have their first meeting on September 10<sup>th</sup> for the 2010-2011 season. Meeting will start at 8:00 p.m. at the Legion Hall. For more information contact president Darrel LeBlanc at 765-5110 or statistician Don Rioux at 765-4552.

### Kingston/Greenwood Living With Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group (LWCSG) will start its 15th year of operation by holding the first fall monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 - 9:00 p.m. Monday, 20 Sep 10. The Kingston/Greenwood LWCSG was formed in January 1995 with the purpose of helping cancer patients to maintain and/or increase control over their lives by sharing and dealing with specific problems of daily living common to others in similar circumstances; and to help family members, friends and caregivers to cope with the challenges of caring and planning for a loved one with cancer, by meeting in an atmosphere of trust, support and encouragement with others who are in a similar situation and may have some of the same feelings and experiences. Cancer patients, their family and friends or anyone seeking information on cancer are most welcome and encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce 765-3055.

### Attention all Dart Players!

The Men's Valley Dart 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 8<sup>th</sup>, 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) 847-9815.

### MADD Fundraiser at the Evergreen Theatre

MADD (Mothers Against Drunk Driving) presents a Evening of Music at the Evergreen Theatre on Wednesday September 15 at 8:00 pm. Featured musicians are Ian Sherwood, Paul Lamb, Rachel MacLean and David Llewellyn. Admission is \$15.00. Tickets may be reserved at 902-825-6834.

### Self help meetings at Crosbie House

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

### Kingston Lions Community Luncheon

The Noon Luncheon will be held at the Kingston Lions Hall on Tuesday 14 September, 2010 from 11:30 a.m. until 1:00 pm. Menu: Hot Turkey Dinner with all the fixins' and Desert. Cost: \$8.00 per meal, \$8.50 delivered. Phone 765-2128.

### Authors Ink, Creative Writing Group

Meets at 10:00 a.m., Wed, Sept. 15<sup>th</sup> at Macdonald Museum, 21 School St, Middleton. Cost is \$3.00 per person. Call 825-6116 for details.

### "Funds for Fuel"

Bridge parties resume on Monday, Sept. 20<sup>th</sup>, Macdonald Museum, Middleton. Play begins at 1:15 p.m. All welcome. \$4.00 per person. Light refreshments. Come out for a fun afternoon and support your museum. Phone 825-6116 for more information.

### Annapolis Valley Historical Society Meeting

7:30 p.m., Tuesday, September 28<sup>th</sup>. Guest speaker will be harp maker and musician Timothy Harper who will discuss his work and play the harp. All welcome. No admission charged. Phone 825-6116 for more information.

### Paradise District Quilt 25th Anniversary Show

Ends Sept. 30<sup>th</sup> at Macdonald Museum, 21 School St, Middleton. Museum hours are Mon-Sat, 9:00 a.m. to 4:30 p.m., Sun, 1:00 - 4:30 p.m. Admission charged. Call 825-6116 for details.

### "Fun & Games"

An interactive exhibit featuring toys and games from days gone by ends October 15<sup>th</sup>, Macdonald Museum, Middleton. Museum hours are Mon-Sat, 9:00 a.m. to 4:30 p.m., Sun, 1:00 - 4:30 p.m. until Sept. 30<sup>th</sup>. From October 1<sup>st</sup> on the Museum is open Mon-Fri 10:30 a.m. to 4:30 p.m.

### Greenwood Minor Hockey Association

Greenwood Minor Hockey Association is currently accepting applications for Coaching Positions for IP, Novice and Recreational Levels. If interested, please contact Stephen Bates: [parastephenbates@hotmail.com](mailto:parastephenbates@hotmail.com)

### Knights of Columbus

The next meeting of Knights of Columbus, Greenwood/Middleton Council 6297 will be held on Sept. 13 at Queen of Heaven Chapel annex at 7:00 p.m. All current members, past members and any members relocating to the Greenwood/Middleton/Berwick area are invited to attend. For more information call Kent Sill at 765 2734.

### Fall Fling

Emmanuel Church 37 Gates Ave., Middleton Sat., Sept 18<sup>th</sup> - 9:00 a.m. - 12:00 noon. Home-made pickles, baked beans, baked goods, produce, re-purposed items. Fill a bag for a dollar. Info: Sally 825-3087 Shirley 825-2405.

### Coffee Party - Kingston and District Health Auxiliary

When: Friday, September 10, 2010 - 9:30 - 11:30 a.m.; Where: Kingston and District Fire Hall. Proceeds toward Annapolis Valley Health.

### Aylesford Guiding Registration

Aylesford Girl Guides will be holding their registration Wed., Sept. 15<sup>th</sup> from 6:00 - 8:00 p.m. at the Aylesford United Church.

### 14 Wing Fitness and Sports Centre - Zumba Classes

Zumba Fitness classes will be offered at the 14 Wing Fitness and Sports Centre commencing on the 13<sup>th</sup> of Sept and running each Monday and Wednesday through December 22<sup>nd</sup> at 6:30 - 7:30 p.m. Cost for the classes is \$6.00 when a punch card is purchased and \$8.00 for a single class. This is for access to the Zumba class only. For general admission to the Fitness and Sports Centre pool, a drop in fee or Rec pass is required. A Zumba demo will take place at Wing Welcome Centre Court, Saturday the 18<sup>th</sup> of Sept, Fitness and Sports Centre time TBA. There will be a demonstration class Wednesday 8<sup>th</sup> of September from 6:30-7:30 p.m. For additional information please contact Holly Walker at 902-584-7177 or [holly@groupeffortfitness.com](mailto:holly@groupeffortfitness.com)

### 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@eastlink.ca](mailto:kevin.raelene@eastlink.ca). View our website at <http://mdmh99.googlepages.com>.

### 50th Anniversary

The Greenwood Health Auxiliary Opportunity Shop will be celebrating their 50<sup>th</sup> Anniversary with a tea being held at the Queen of Heaven Annex on September 18, 2010 from 2:00-4:00 p.m. We invite all members and former members to attend. Come and enjoy a cup of tea while reminiscing along with entertainment and door prizes. Free will offering.

### Yard Sale with Bake Table

Yard Sale with Bake Table and Pickles/Jam, Saturday September 18<sup>th</sup>, 9:00 a.m. to 1:00 p.m. Nictaux Christian Family Centre.

### Ticket Auction

Thursday, September 16<sup>th</sup> at the Nictaux Fire Hall, starting at 12:00 noon. Draw - 7:00 p.m., bake table, 50/50 draw. Proceeds to the Nictaux Hospital Auxiliary. Information call 825-3386 or 825-6570.

### CentreStage Presents

The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society Murder Mystery. Farndale opens on Thursday, September 16 (pay what you can), and continues playing at 8:00 p.m. on Friday and Saturday nights until October 23. There will be a 2:00 p.m. matinee on Sunday, October 3. To make reservations, phone 678-8040. CentreStage Theatre is located at 61 River Street, Kentville, near the police station. For more information visit [www.centrestagetheatre.ca](http://www.centrestagetheatre.ca).

**The Aurora Newspaper**

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

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, September 9, 2010.**  
Make sure you include your full name and phone number.

**PRESENTS...**

**FIND & WIN**

**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!**

- Veterans of which war can share their stories \_\_\_\_\_
- What is the phone number to book Yoga classes \_\_\_\_\_
- What business will help you with posture problems \_\_\_\_\_
- Who do you call to start saving for your child's education \_\_\_\_\_
- What is the phone number for Mrs 'V' Music Studio \_\_\_\_\_

**This contest is brought to you by:**

**Pizza Delight, Greenwood**  
**765-4477**

**Congratulations to last week's winner: DIERK MASKE**



# 14 WING WELCOME

TOGETHER AS ONE

17 - 18 Sep 2010

## Community Displays

Saturday, September 18, 2010

9:00 a.m. – 1:00 p.m.

### 14 Wing Fitness & Sports Centre

A great event to showcase your club’s programs, services and the opportunity to take registrations for the upcoming fall and winter season! Last year thousands of people visited the 100 plus displays featuring 14 Wing Recreation Clubs, Community Organizations and our generous Sponsors.

- Booths can be set up on Friday, September 17<sup>th</sup> anytime after 1:00 p.m. or before 8:45 a.m. on Saturday.
- Clubs are also invited to sign up to do a short demonstration.
- Power Outlets are available on a first come first served basis.
- Clubs are responsible for manning their display booths during the event.
- Special Features: Door Prizes, Bounce Kingdom, Children’s Activities
- We ask that all display tables and materials are dismantled immediately following the event.

Please note there is limited space so register early. The deadline is September 10<sup>th</sup>, 2010. To register for a display table please contact the 14 Wing Community Centre at 765-1494 L5341 or email: [Jill.Jackson@forces.gc.ca](mailto:Jill.Jackson@forces.gc.ca).

## Sudoku

Solution page 18

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

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!

Sudoku brought to you compliments of:

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**Port Williams**  
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Mon-Wed: 8-5:30 Thurs-Fri: 8-9 Sat: 8-4

# 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 18<sup>th</sup>. 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 18<sup>th</sup>. 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.



## PATRICK'S PUZZLE

### Backpack Word Find

Just in time for school time, see how many related words you can find and circle in the puzzle.

ACHES	HEALTH	SCHOOL
BACKPACK	HURTS	SPINE
BOOKS	PAINS	STRAPS
CLASSROOM	SAFETY	WEIGHT

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

### School Match

Match the tools with the people who use them.

1. Grading Book	A. Janitor
2. Backpack	B. Teacher
3. Mop	C. Lunch lady
4. Ladle	D. Student

Answers: 1B 2D 3A 4C

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## 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
32				33		34			35	
36				37			38		39	
40						41		42	43	
44				45			46	47		
				48			49			
50	51	52	53					54	55	56
57				58		59	60	61	62	63
64				65					66	
67						68			69	

### ACROSS

1. Chick sound  
5. Islamic pilgrimage  
9. Yeddo  
12. Scottish hillside  
13. Arm bones  
15. The bomb \_\_\_\_ up  
16. Pouches  
17. Sandy seaside area  
18. Abba \_\_\_\_, Israeli politician  
19. The woman  
20. Inhabitants of Seoul  
22. Restaurant bill  
25. Big man on campus  
26. Ethiopian lake  
28. Produces acorns  
29. Founder of Babism  
32. Sound of a hound  
33. Evil spirit  
35. Every  
36. Household god (Roman)  
37. Lips  
39. Cease living  
40. \_\_\_\_ Lilly, drug company  
41. Churns  
43. Talk  
44. No. Am. republic  
45. An athlete who plays for pay  
46. Satiates  
48. Netherlands river

### DOWN

49. A lyric poem  
50. Military quarter  
54. Basics  
57. Largest known toad species  
58. Helicopters  
62. Dove sounds  
64. America’s eagle  
65. 4th Hindu month  
66. Tangelo  
67. They \_\_\_\_  
68. Variant of Hui  
69. 100 = 1 kyat

24. Yellow edible Indian fruit  
25. Baby mistakes  
26. Afrikaans  
27. It’s capital is Damascus  
29. Emblem of identification  
30. False name  
31. Small blister  
32. Cheese containing mold  
34. City in Morocco  
38. As well  
42. Not happy  
45. A civil authority in Turkey  
47. Tempest in a \_\_\_\_  
48. Cellist Yoyo  
50. A leavened rum cake  
51. A culture medium  
52. Playing guideline  
53. Radioactivity unit  
55. An unidentified aircraft  
56. Carbonated soft drink  
59. Jurisprudence  
60. A mined mineral  
61. Chinese term for poetry  
63. Female sibling



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**FOR RENT – 1 Bedroom** apartment for rent. Located north of Middleton. \$695.00 a month everything included. No smoking. Private wooded lot and private entry. Phone 825-4544 or [rocket@ns.sympatico.ca](mailto:rocket@ns.sympatico.ca). (3132-ufn)

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restrictions. 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](mailto:jackliv@eastlink.ca). Available September 1, 2010. (3132-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 – Kingston 2** bedroom mobile. Fridge, stove, heat and light included. \$650.00 per month. Call 847-5046. (3134-ufn)

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

**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. (3133-3tpb)

**FOR RENT – Two bedroom** house for rent at 2180 Hall rd, Windermere. Close to

Berwick and Greenwood. Quiet neighborhood. Paved driveway. Oil heat. Washer & dryer hook-ups. Fridge and stove provided. No pets and no smoking. \$650.00 a month plus utilities. References required. Available now. Phone 538-3392. (3133-3tpb)

**FOR RENT – 4 bedroom** house just outside Greenwood. \$650.00 a month. Phone 847-0530. (3134-2tpb)

## SERVICES

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

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

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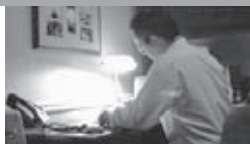
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## Crossword Solution

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

## Sudoku Solution

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

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## 2<sup>e</sup> visite guidée annuelle “Greenwood 101” et BBQ Familial du CRFMG

**Soumis par : Nicole Godin, Directrice des services d’approches du CRFMG**

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<sup>e</sup> 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<sup>e</sup> 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.

Pour information veuillez téléphoner la directrice des services d’approches, Nicole Godin au 902-765-1494 poste 5941 ou par courriel à Nicole.Godin@forces.gc.ca.

## 2nd Annual GMFRC Greenwood 101 Bus Tour and Family BBQ

**Submitted by: Nicole Godin, GMFRC Outreach Services Manager**

Date: Thursday, September 16, 2010  
Time: Tour 9:00 a.m. to 12:00 p.m. and  
BBQ: 12:00 noon to 1:00 p.m.  
Where: Bus leaving GMFRC parking lot 9:00 a.m. and returning 11:45 a.m.  
BBQ will be in the AVM Morfee Centre Gym at the GMFRC.  
Cost: Free for newly posted families to 14 Wing Greenwood,  
Registration deadline: Thursday, September 9, 2010  
To register call 765-5611.

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.

## 14 Wing Health Promotion Fall Programs 2010

### Stress: Take Charge!

This workshop will provide you with time to identify the stressors in your life as well as recognize the coping mechanisms so that you can incorporate them into your life. Relaxation and meditation exercises will be introduced and practiced throughout the two days so bring a blanket and pillow if you like. Refreshments and light snacks will also be available. This is a chance to get away from it all, meet some new people, relax and take in some great information. The dates for the next Stress Management workshop are to be announced.

### Top Fuel for Top Performance (TFTP) (Exercise and Sport Nutrition)

Strengthening the Forces will be offering a 1 and a half-day TFTP workshop at the F&S Center on 07 October from 0830-1530 (Day 1); and on 14 October 0830-1200 (Day 2). The workshop will cover Dietary Supplements, portion control, how to fuel your body with foods and fluids before, during and after physical activity. Time will be spent on menu planning for activity and sport competition. The TFTP workbook will be provided to participants so that they can walk away with

an excellent toolbox of information.

### Nutrition and Active Living Seminar

This one day seminar has been brought back for an encore presentation due to popular demand. Topics include portion sizes, label reading, healthy choices, exercise nutrition and how and what to do to start your own fitness training program. Goal setting and motivation will also be discussed. The date for this Seminar is 13 October from 0830-1530 at the F&S Center. Seats are limited so register early!

### Weight Wellness Lifestyle Program

This program was designed to help people develop a healthier lifestyle through a personalized weight management plan. The focus is on healthier eating and physical activity. A variety of nutrition-related topics will be discussed and each participant will receive a pedometer, a Myotape for measuring, and a log book to keep track of their food and nutrition. A fitness instructor will visit the class and offer a tour of the F&S Center as well as provide healthy and safe tips for exercise to help give you a jump start.

There are 6 sessions that will run every Monday evening (at the base gym) from 1800-2030 beginning 01 November

through to 06 December.

### Managing Angry Moments (MAM)

This workshop is for anyone who would like to learn more about how to manage the angry and frustrating times in their life. It is a prevention program and IS NOT for treatment or counselling. MAM is an interactive program designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you, and learning how to manage your responses for the long-term.

There are 6 sessions that will run every Wednesday (at the base gym) from 0830-1200 beginning 03 November to 08 December.

To register for workshops call the 14 Wing Health Promotion office at 755-1494 ext 5388.

All programs and workshops are FREE and available to military members and their spouse. DND and NPF employees are also welcome to attend.

## 2010 Terry Fox Run – Volunteers Needed

**By: Eric MacKenzie  
Community Recreation  
Coordinator**

The 30<sup>th</sup> Annual Terry Fox Run (Site # 1060) will now occur on Sunday September 26<sup>th</sup> 2010, which is the weekend after our annual Wing Welcome. Registration will take place at the 14 Wing Community Centre at 12:00 p.m. where a warm up will be offered at 12:45 p.m. prior to the official start at 1:00 p.m.

Individuals can either participate by walking, running or biking the 10km route planned. However,

please note that helmets are mandatory and you will not be permitted to bike the route if you do not have a helmet. If you do not have a helmet you can still walk or run the route if you wish. Also, please be aware that participants under the age of 8 must be accompanied by an adult. Finally, it is important to note that both the 5km and 10km routes will be the same as last year; the run will start at the Community Centre and then proceed down Kingswood Rd., through the flower streets, through the PMQ

gate, around the Wing and then back to the Community Centre through the main gate.

Speaking of the run, the *Terry Fox 100km Challenge* has once again been set. Are you ready for it? This challenge is for anyone who would like to run, walk or bike 10km a day, for ten straight days, starting on Friday September 17<sup>th</sup>. The goal is to complete your final 10km during the 30<sup>th</sup> Annual Terry Fox Run event on Sunday September 26<sup>th</sup>. If you are interested in signing up or learning more about this

challenge, please contact Eric MacKenzie at the 14 Wing Community Centre at 765 – 1494 ext. 5337.

This is the third year that the Village of Kingston has partnered with 14 Wing and with this great partnership, we expect this event to be even larger and more successful than ever. It is also our goal that this partnership will increase the amount of donations that we are able to collect in support of the Terry Fox Foundation!

However, as a result of this event growing, the demand

and need for volunteers has also grown. This event is just over a month away but we would like to remind everyone that the success of this annual community fundraiser requires a great deal of community assistance and support. If you are interested in volunteering, please contact Eric MacKenzie at 765 – 1494 ext. 5337.

Lastly, the Terry Fox Pledge sheets and posters have been placed around 14 Wing, and both the village of Greenwood and Kingston. Please bring your completed pledge sheets

to the Terry Fox Run and fill out a Terry Fox Run Entry form at 12:00 p.m. on Sunday September 26<sup>th</sup>. The pledge sheets are available in the following locations:

### 14 Wing Greenwood:

Community Centre, Fitness and Sports Centre, MFRC and CANEX

### Village of Greenwood:

Greenwood Post Office, CIBC and Scotia Bank

### Village of Kingston:

Kingston Post Office, CIBC, Kingston Pharmasave, Avery’s Farm Market and the Kingston Diner.

## 2010 Minor Hockey Season

The summer has come and gone, thoughts turn once again to the coolness of the rinks and the start of the hockey season. Hockey in Greenwood got underway on the 27<sup>th</sup> Aug with our annual Hockey School, followed with a conditioning camp and then some 3on3 action, all this prior to the start of our season which should begin in early October. Our next registration for the 2010/2011 season will be on the 18<sup>th</sup> Sept during the Wing Welcome at the F&S Centre.

Yes for some, hockey never really ends and that can also be said for many of the Executives of the various Hockey

Associations. Many changes have been made within the Western Valley Minor Hockey Association, which for many who may not have realized it includes Greenwood Minor Hockey. Those who are new to our community of Kingston/Greenwood and those who have been around for many years should all take a look at the information on the Western Valley Minor Hockey Association web site. [www.westernvalleyminorhockey.ca](http://www.westernvalleyminorhockey.ca). It is very important especially for those players who wish to play competitive hockey (rep. hockey) that they register with Western Valley.

Greenwood Minor Hockey will be registering those players in IP and Novice (beginning and intermediate levels) (prior skating courses not required) and those players who wish to play recreational (house) hockey, more information can be found on our web site: [www.greenwoodminorhockey.com](http://www.greenwoodminorhockey.com)

All other hockey levels will be registered through Western Valley Minor Hockey.

Any questions or inquiries about Western Valley Minor Hockey should be e-mailed to [wvaccess@live.ca](mailto:wvaccess@live.ca) all other inquiries can be directed to [tryg\\_fischer@hotmail.com](mailto:tryg_fischer@hotmail.com)



# Three West Kings Graduates Serve on Humanitarian Mission

**By: Lieutenant Colonel Paul Charlebois, a specialist in Internal Medicine deployed on board the USNS Mercy and a West Kings graduate**

A humanitarian mission in Southeast Asia has brought together three former West Kings District High School students on board the American hospital ship USNS Mercy.

Lt.-Col. Paul Charlebois (Class of '87), Lieut. Julia Morash (Class of '91) and Master Cpl. Leah Boyd (Class of '80) were all part of a 17 member Canadian Forces (CF) team that has been on a two month deployment with Pacific Partnership 2010.

Pacific Partnership is a humanitarian and disaster relief exercise that brings health care services to remote and underserved areas of various Southern Pacific nations. It is a joint mission, with resources being provided by the United States Armed Forces, militaries of other partner nations including Canada, Australia and New Zealand, as well as a number of non-governmental organizations.

Master Cpl. Boyd is a medical technician from 1 Field Ambulance in Edmonton, Alta., and has been working both on board Mercy as well as being sent ashore in support of the medical missions. Her parents

contributions are appreciated by those we serve."

Pacific Partnership uses the American hospital ship USNS Mercy as the main platform for the work of over 1,000 healthcare providers. The Mercy is a huge floating hospital, with 12 operating rooms and the capacity for up to 1,000 beds if required. Local patients are brought to the ship for operative procedures and other teams are sent to shore on Medical Civilian Action Programs to provide care in communities throughout the countries visited. The mission is supported by helicopters, a small flotilla of boats and hundreds of professionals from the host nations.

The team also has the use of two Royal Australian Navy Amphibious Landing Craft, the HMAS Labuan and the HMAS Tarakan, which are used to ferry medical teams to remote locations. A small stretch of beach is all that is required for these crafts to dock, meaning that a lack of large docking facilities in the countries visited does not limit the ability to provide care. The landing craft can simply deliver the medical teams and all of their supplies directly to dry land.

This contingent of CF members is the second group of Canadians on the Pacific Partnership mission. A previous group carried out similar work in Cambodia and Vietnam from May to July. The current team has been working in Indonesia and Timor Leste during July and August. They have completed their work and will be returning home to Canada in early September.



*Lt.-Col. Paul Charlebois (right), an internal medicine specialist with 1 Canadian Field Hospital in Halifax, N.S., Lieut. Julia Morash (center), a nursing officer with 11 Field Ambulance in Victoria, B.C., and Master Cpl. Leah Boyd (left), a medical technician with 1 Field Ambulance in Edmonton, Alta., pose on the USNS Mercy in August 2010.*

(Image: Hospital Corpsman Third Class Nicholas Romberger, U.S. Navy)

still live in Kingston, N.S., and she was surprised at the common connection.

"It is ironic that in a world as big as the one we have today that there are three graduates from West Kings serving on the Mercy at the same time," she says.

"I have found people from the Maritimes all over the world and it's always like you've found a piece of home. Having others from your home town with you

is extra special. I am proud to be a Valley girl and it's nice to have a piece of home with me."

Lieut. Morash is a nursing officer with 11 Field Ambulance in Victoria, B.C. She has been working in the wards on board Mercy as well as in the busy patient discharge office.

"Being part of the Mercy mission has been a great military and medical experience," she says. "This has opened many

doors to professional growth and has left me with memories that will last a lifetime."

Lt.-Col. Charlebois is a specialist in Internal Medicine from Halifax and is the senior member of the Canadian contingent.

"We can be very proud of the work our team has done here," he says. "Canadians have been a strong part of the Pacific Partnership team, and our

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