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VOL. 31 NO. 39 OCTOBER 12, 2010 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora newspaper



*Pictured are left to right Nicolas Desllets (Trois Rivieres),
Acadia Athletic Director Jim McLeod, acting Wing Chief Warrant Officer,
CWO Matthews, acting Wing Commander LCol Letourneau and
Christopher Bruton (Acadia Axemen)*

(Image: Cpl MacPhee, Cpl Spence, 14 AMS Wing Imaging, Imagery Technicians)

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Hockey Night in Greenwood ~ Game Summary

Cover Story.
Submitted by: Fred Williams, Fitness & Sports Director, F&S Centre

It's a Canadian game, part of our heritage and when the puck drops a sure sign that winter is on its way. On Friday the 24th of September the Greenwood Gardens came alive with cheers for the Acadia Axemen as they went into battle against the Trois Rivières Patriotes in an exhibition match. Fortunately for the 300 fans on site exhibition at the university ranks means making an impression on the coaching staff and earning a spot on the roster for the upcoming season. The game in Greenwood was made possible through a partnership formed between Acadia and 14 Wing with a series of events throughout the calendar year.

As 7:00 p.m. approached the fans rolled in the teams prepped for what would be a hard hitting and skilled filled game. The game was officially kicked off with the acting Wing Commander, LCol Letourneau, acting Wing Chief Warrant Officer, CWO Matthews and Acadia Athletic Director, Jim McLeod being piped to the ice and dropping the pucks between

the team captains officially kicking off the contest.

With Jerry Neville in control of the microphone the crowd roared as the home team Axemen took to the ice. The crowd would not be disappointed as Acadia hit the back of the net first taking an early lead. The lead would not last long as the Patriotes responded with a tick, tack, and toe powerplay goal minutes later. Acadia would strike once more before the end of the first period and go to the dressing room with a 2-1 lead.

The fans were entertained by Greenwood Minor Hockey novice players as they brought people back to where all hockey players originate from, the minor hockey ranks. Draw prizes from Pizza Delight were given away and one lucky novice player went home with a graphite stick courtesy of Sport Swappers.

The teams took to the ice again with Acadia taking a two goal lead and seemed to be in control of the game when three consecutive Acadia penalties lead to another powerplay goal closing the gap to 3-2. A late goal would tie the game up and with one period left in looked like Acadia were sitting back playing defence instead of attacking the net.

The second intermission featured more draws leading to fans shooting for Sport Swapper and Pizza Delight prizes. The tempo increased in the third period and the play opened up as best they could in the smaller Greenwood arena featuring several big hits. The teams both scored powerplay goals and the score now stood at 4-4. Acadia would go ahead with under ten minutes to go and despite many great chances the Patriotes could not beat the Acadia goaltender.

After the game the Acadia players stayed for a photo op and autograph session with the fans much to the delight of those in attendance.

Many thanks go out to the volunteers who maintained control of the facilities, our 14 Wing officials, Wing Imaging, Wing Transport, our Piper and Medic. In addition Acadia's coach Darren Burns, Len Hawley for making this opportunity a reality and our sponsors 14 Wing Fund, Magic 97.7 Jerry Neville, Pizza Delight Greenwood and Sport Swappers for the promotion and enhancing of our event. The next Acadia / 14 Wing partnered event will be at Raymond field on the 30th of October for an exciting Football game.

Three Fishermen Rescued by 413 Squadron Near Liverpool

October 6, 2010
14 WING GREENWOOD –
Search and Rescue Technicians (SAR Techs) from 14 Wing Greenwood successfully

rescued three fishermen from their fishing boat near Liverpool, Nova Scotia early this morning.
The fishing vessel, Brute Force I had run

aground and sent out a Mayday call, which was immediately relayed to the Joint Rescue Coordination Centre (JRCC) in Halifax at 11.24 p.m. The Coast

Guard vessel, Spray arrived on scene and tried to tow the boat to deeper waters, but was unsuccessful. The JRCC then called 14 Wing Greenwood to dispatch

one of its CH-149 Cormorant helicopters from 413 (Transport & Rescue) Squadron at 3:12 a.m. The Cormorant arrived on scene shortly thereafter and hoisted

the three crewmen into the helicopter.
None of the men were injured and they were then transported to a parking lot near their homes in Port Mouton.



WELLNESS INITIATIVE FUND OPPORTUNITIES

The Community Health Boards, through the Wellness Initiative Fund, support local groups in developing healthy communities.

- Do you have an idea...
- that will help improve the health of your community?
 - that will help people take control of their lives and improve their health?

If so, contact your CHB for a printed copy of the application guide or visit www.avdha.nshealth.ca/community for an electronic version.

Deadline for Applications:
12:00 Midnight, November 5, 2010



POSSIBILITÉS DE FINANCEMENT POUR LES INITIATIVES SUR LE BIEN-ÊTRE

Les conseils communautaires de santé, par l'entremise du Wellness Initiative Fund (fonds pour les initiatives sur le bien-être), appuient les groupes locaux dans le développement de communautés saines.

- Avez-vous une idée :
- qui contribuera à améliorer la santé de votre communauté?
 - qui aidera les gens à prendre contrôle de leur vie et à améliorer leur santé?

Le cas échéant, communiquez avec votre CCS pour obtenir un exemplaire du guide de présentation de demande ou consultez le www.avdha.nshealth.ca/community pour obtenir une version électronique.

Date limite pour la présentation des demandes :
Minuit le 5^{er} novembre 2010

 Annapolis Community HEALTHBOARD Caring...for the Community	 Kingston / Greenwood Community Health Board	 Western Kings Community Health Board	 CENTRAL KINGS COMMUNITY HEALTH BOARD	 EASTERN KINGS COMMUNITY HEALTH BOARD
Annapolis CHB P.O. Box 730 Middleton, NS B0S 1P0 Tel: 825-6160 Ext. 357 achb@avdha.nshealth.ca	Kingston/Greenwood CHB P.O. Box 539 Kingston, NS B0P 1R0 Tel: 765-4541 kgchb@eastlink.ca	Western Kings CHB P.O. Box 490 Berwick, NS B0P 1E0 Tel: 538-7088 wkchb@avdha.nshealth.ca	Central Kings CHB P.O. Box 154 Kentville, NS B4N 3W4 Tel: 681-2524 ckchb@avdha.nshealth.ca	Eastern Kings CHB 23 Earnscliffe Ave. Wolfville, NS B4P 1X4 Tel: 542-1244 ekchb@avdha.nshealth.ca

Un exemplaire du guide est disponible en français. S.V.P. contacter votre Conseil Communautaire de Santé.

*Funds provided by NS Department of Health Promotion & Protection

 Annapolis Community HEALTHBOARD Caring...for the Community	 Kingston / Greenwood Community Health Board	 Western Kings Community Health Board	 CENTRAL KINGS COMMUNITY HEALTH BOARD	 EASTERN KINGS COMMUNITY HEALTH BOARD
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*Fonds offerts par le ministère de la Promotion et de la Protection de la santé

Battle of Britain Parade - 19 Sep 2010

Submitted by:

Cathy Spradbrow

The annual Battle of Britain Parade and Ceremony was held at 107 (Valley) Wing under sunny skies on Sunday, 19 September, with a large crowd in attendance and many colour parties on parade. The RCAFA Colour Party pictured above included two members of the Canadian Association of Veterans in United Nations Peacekeeping.

Left to Right: Doc Doherty, Colour Party Commander; John Collins; Howard Stratton; Bruce Longmore; Nelson Mullen; Ron Corwell; Connie Doherty; Don Riswold, Parade Commander. The 517 Air Cadet Band is seen behind the Colour Party and the 14 Wing Piper and Bugler are to the left of the photo.

(Image submitted)



Wing Welcome Golf Tournament 2010

By Jeff McBean

I realized that I was amongst some serious golfers when, at 8:00 a.m. on Monday, September 27, 2010, I asked whether they wanted to play Net Score for all 18 holes or a modified Callaway score (only score a random number of holes) – and the overwhelming response was “Forget the Callaway!!!!!!” Mind you – I should have known. I had the same number of teams registered even after the tournament had to be first postponed from September 17 until September 27 because of heavy rain on the course. I bet you that even if there was a hurricane coming through the area, I’d still get the die-hard golfers who realize that even a bad day on the golf course is better than a good day at work.

As it turned out, Monday

was a great day weather-wise, to be outside, spending the time on the golf course, with old and new members of the Wing. A total of nine new members to the Wing, six sponsors and fifty-five current Wing members participated. After all was said and done, it really didn’t matter how well the team played – as long as we had fun, a few laughs, and a few stories to add to the “Well, you should have been there when” list of golf tales.

Winners of this year’s tournament, with a low score of fifty-nine (thirteen under par!!!!), was the team comprised of Larry Youden, Ken Caldwell, Dave McDowell and Stu Nauss. The tournament was based on a modified 4-Ball Texas Scramble, where each player had to have at least three

drives count towards the total team score. If a ball went into the woods, you had the same amount of time to search for the ball as it takes to drink two sips of coffee. A special rule imposed to speed up play, gave you a par if your team was on the green in regulation. That allowed teams to “go for it” and try for a Birdie. There was no such thing as “laying up a putt” in this tournament. This was a day of leaving the purse – and the brick inside of it – at home! Hence, low scores were not surprising.

The tournament would not

have been an enjoyable one if not for the support from our local businesses. Many thanks go out to Century 21 Realtors Lorna Foulton and Laura Fitzharris, Canadian Tire’s manager Terry Leach, Scott Freeman from Freeman Motors, Tom McNeil from the Best Western Aurora Inn, Dr. Brett Kinney of Duffey and Kinney Opticians, Sean Scotney of Sports Swappers, Terri Hulan of Marks Work Warehouse, Kevin Rafuse of Fraser’s Pro Home Centre, Clayton Hamilton of Pizza Delight, Karen Gorman of

the Greenwood Golf Course, Barrie and Patti Watson from MFI Advertising Specialists and Lloyd Richards from Aloyd Fitness Equipment for their generosity donating prizes to the golf tournament. As well, hole sponsorship was received from Liberal MLA Leo Glavine, Peter Andreson from Invisible Fence, and Anthony Best from Cleve’s Source for Sports. Vic Yahnke

and the Kingston Lions cooked the BBQ’ed steaks provided by Al Pye at The Real Atlantic Superstore. Last but not least, the tournament wouldn’t have run smoothly if it were not for the volunteering done by Nicole Peppard, Angela Chenier, Gerry Goguen and Marty Way. To all concerned, thank you for your efforts and time.

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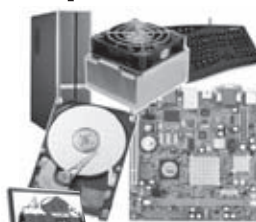
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2011 Combined Charities Campaign Kick-Off

Friday, 1 Oct 10, a number of Wing personnel gathered at HQ to kick off the 2010/2011 Combined Charities Campaign and to enjoy some coffee and cake. The W Admin O, LCol P.J. Smith McBride took the opportunity to remind the attendees of the campaign's

motto "Locally We Make a difference". Over \$50,000 support the Combined Charities was raised by 14 Wing last including:

"Dress With a Difference" year and it supported over 50 local charities throughout the Annapolis Valley, including Wing Christmas Sticky Floor local food banks and hot meal Day, 17 Dec 10.

Friday, 29 October 2010
• "Dress with a Difference – COSTUMED" All Wing

There will be a number

Personnel are strongly encouraged to wear a costume that day for a small donation of \$2.00

• **1130-1330 hrs:** The Annapolis Mess lounges will be the site of a "MEGA WING WIDE POTLUCK." All Wing personnel are invited to participate. Please

bring something to share and a \$5 donation for the local charities. It will be an "All you can eat" affair. Let's see which unit has the best table!

• **1600 hrs: "BOSSES' NIGHT/DJ"** at the Mess, while you are enjoying a drink or two with your bosses at the Mess, the Combined Charities Reps will be selling 50/50 tickets... again for a good cause.

• **1630 - 2130 hrs: A "SILENT AUCTION"** will be taking place on items donated by local businesses

of the Valley.

• Saturday, 30 October 2010
• **1100-1600 hrs: The "SILENT AUCTION" continues...** (Winners of the Silent Auction will be announced on Mon 1 Nov 10)
• **"FAMILY PORTRAITS"** - Christmas or Harvest/Halloween background will be your choice for the photo. Sorry, no pets allowed.

Starting in November, your unit reps will be offering you the chance to take part in our annual pay allotment drive for donations to a charity of your choice.

Début de la campagne 2011 d'œuvres combinées de charité

Le jeudi premier octobre 2010, un bon nombre d'employés de l'Escadre se sont réunis au QG pour lancer la campagne 2010/2011 d'œuvres combinées de charité et de jouer du café et du gâteau. L'O Admin Ere, le Lcol PJ Smith McBride a eu l'occasion de rappeler aux participants de la devise de la campagne «Localement, nous faisons une différence». Plus de 50 000 \$ ont été amassés l'an dernier à la 14^e Escadre et répartis afin d'appuyer plus de 50 organismes de bienfaisance locaux tout au long de la Vallée d'Annapolis, y compris les banques d'alimentation locales et les programmes de repas chauds dans les écoles locales pour n'en nommer que quelques-uns.

Dans le futur proche, vous aurez l'occasion de supporter ces organismes de bienfaisance en participant aux activités suivantes, notamment:

"VÊTEMENTS CIVILS POUR FAIRE UNE DIFFÉRENCE" aura lieu les vendredis jusqu'au 17 décembre 2010, la journée du «Sticky Floor».

VEN 29 OCT 2010

• **«Vêtements civils pour faire une différence – costumé»:** Tous les membres de l'Escadre sont fortement encouragés à se costumer ce vendredi 29 oct. pour un petit don de 2,00\$

• **1130-1330 heures:** les salons du mess Annapolis seront le site «MEGA REPAS-PARTAGE». Tous

les membres de l'Escadre sont cordialement invités à participer. Veuillez apporter quelque chose à partager et un don de 5 \$ pour les organismes de bienfaisance locaux. Vous aurez l'occasion de manger à volonté. Voyons quelle unité aura la meilleure table!

• **1600 heures: «SOIRÉE DES PATRONS/DJ»** au mess, où vous aurez l'occasion de siroter une boisson ou deux avec vos patrons. Des représentants des œuvres combinées de charité vous offriront des billets 50/50, à nouveau pour une bonne cause.

• **1630-2130 heures:** Le début des «ENCHÈRES SILENCIEUSES» qui inclura de la marchandise

et des services offerts par les entreprises locales de la Vallée.

SAM 30 OCT 2010

• **1100-1600 heures:** Les «ENCHÈRES SILENCIEUSES» continuent... (les gagnants des enchères seront annoncés le lundi premier novembre 2010)

• **«PORTRAITS DE FAMILLE»** – avec un choix de paysage de Noël ou d'automne/Halloween pour la photo. Désolé, pas d'animaux.

Dès le mois de novembre, vos représentants d'unité feront leur ronde annuelle pour vous donner l'occasion de faire un don par délégation de solde pour un or des organisme(s) de bienfaisance de votre choix.



Cake Cutting to Celebrate Kick-Off of 2011 Combined Charities Campaign. (L-R): LCol P.J. Smith McBride, W Admin O; Major M.C.L. Gilbert, Combined Charities Chairperson. Partage du gâteau pour célébrer le début de la campagne 2011 des œuvres combinées de charité. (G-D) : LCol P.J. Smith McBride, O Admin Ere; Major M.C.L. Gilbert, présidente des œuvres combinées de charité.

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

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

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A Proud Canadian

Chief Petty Officer 1 James Norton (Retired)

Jim joined the Royal Canadian Navy in 1942 at the age of 18 as a Marine Engineer (aka Stoker) he served on several ships during the war years. After the war Jim took a year off to continue his education as a Marine Engineer getting his full qualification as such. After his training Jim re-enlisted in the Navy serving until 1967 and retiring as a Chief Petty Officer First Class. After his retirement he worked for several companies in the Halifax area and was the manager of the Halifax Shopping Centre for 10 years. Jim has been living in the Greenwood area for the past 6 years and was a passionate golfer at the Paragon Golf Course. His many life long friends will tell you he was a stickler for the rules of golf and never took a mulligan. He enjoyed his life in the Navy as well as his after military experiences. His life in the Navy saw him serve on ships like the Magnificent, Bonaventure, Chaleur, Niobe 2, Montreal, Medicine Hat, La Hullose, MicMac, Cayuga, Cape Scott, Scotian, and Iroquois.

I recently had the privilege to present Jim with the 100th Anniversary Royal Canadian Navy Commemorative Coin as well as the Marine Engineer's Numbered Coin at his home. It has been an honour to be his friend.



Marine Engineer Coin.



100th Anniversar Navy Coin.

~ Thank You ~

We the family of the late Gloria Yvonne Haiplik wish to express our sincere thanks and appreciation to all friends for their support and kindness. We are especially grateful to all who attended Gloria's wake and the large number that filled the Middleton Funeral Home.

Thank you to all who visited Gloria, sent flowers, food and cards, our thanks to Reverend Leon Langille and organist Sheila Riley. Thanks to the Kingston Volunteer Fire Department for providing pallbearers and Honour Guard. Thanks to the Kingston Volunteer Fire Department Ladies Auxiliary. Thanks to the Kingston Lions club for holding the reception in Gloria's honour. A special thanks to Gwen, Pat and Barb.

To all of you. And those we have not mentioned by name, we express our sincerest thanks for your thoughtfulness, kindness and support.

Rick Haiplik

Business of the Week

~ Charlie's Auto Glass ~

While working at a Texaco Service Station after high school Charlie Lynch of Charlie's Auto Glass was offered a job with Jim Morse owner of Windshield Doctor. Jim was responsible for introducing the first company in Nova Scotia to offer windshield repair service. It remained that way for a number of years. Once Charlie was hired he managed Jim's territory which included the Valley and all of the southern part of Nova Scotia. When Charlie started working for Jim he was working two days a week every two weeks. In six weeks Charlie had turned the part time job into full time. A normal work week could include 30 to 50 repairs.

Charlie decided to start his own business after working with Jim for five years. He has gained almost 30 years experi-

ence between working for Windshield Doctor and his own business. His service is completely mobile. All repair work is done at your home or work place. Hours are very flexible. The main service area is the Annapolis Valley but on occasion Charlie travels to areas from Tusket to Halifax.

When a client requires a windshield replacement all that is necessary is to phone Charlie and he will take care of the rest of the transaction. Charlie automatically covers the first \$100 deductible. In many cases, this will make the replacement free to the client. All glass work is fully guaranteed and competitively priced.

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Muscular Dystrophy Boot Drive

Submitted by: Capt Scott Spurr, 14 Wing Public Affairs Officer

On the morning of October 15, 2010, the Wing Fire Services will once again be conducting the annual Muscular Dystrophy Boot drive. Firefighters will be located at all three entrances to 14 Wing carrying firefighter boots to collect donations in support of the MD campaign. This year we are hoping to beat the \$2,165.25 total donated last year for this worthy cause. Your generous donations allow the Muscular Dystrophy Services Team to assist families in need of funding for essential mobility equipment, disorder information and education, as well as advocacy and support. Muscular Dystrophy Canada also funds leading research to find treatments and cures for 100 neuromuscular disorders.



13th Biennial General Meeting

Submitted by: Nelson Mullen

The Greenwood Chapter of the Canadian Association of Veterans in United Nations Peacekeeping hosted the Association's 13th biennial General Meeting on 24 - 26 September 2010 in Greenwood. Shown is Nelson Mullen William Hall V.C. Greenwood Chapter receiving a donation from Mr. Leo Glavine, MLA for Kings West.

(Image: Ron Griffis)

RCAFA 107 (Valley) Wing, Greenwood Kiltie Klassic Golf Competition

Submitted by: Cathy Spradbrow

Dressed in their finest toggery, several 107 (Valley) Wing members took to the links recently at the Above Par Golf Course. The occasion was the First Annual "Kiltie Klassic" Competition. A great day of fun and games was enjoyed by all. Pictured above, left to right: Jim Redmond, Roger Morris, Bruce Longmore, Brad Ryckman, Lou Vautour, Greg Spradbrow, Doc Doherty, Roger Brooks and Joe Bartkow (Charter member and first Wing President 1976-78).

(Image submitted)



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REQUEST FOR APPLICATIONS

CITIZEN APPOINTMENTS TO COMMITTEES

The Municipality of the County of Kings appoints citizens (non-councillors) to the following Boards, Committees and Agencies:

Grand View Manor - Three Appointees (2 year term)
Planning Advisory Committee - Three Appointees one each from the East, West and Central areas of the County (2 year term)
Kings Regional Rehab - Two Appointees (2 year term)
Kings Regional Development Agency - One Appointee (2 year term)
Police Advisory Board - Three Appointees one each from the East, West and Central areas of the County (2 year term)
Fences Arbitration Committee - One Appointee (2 year term)
Trails - Two Appointees (2 year term)
Race Relations and Anti Discrimination - Six Appointees (2 year term)

The appointments are open to residents of the Municipality of the County of Kings. If you are interested in being considered for any of these appointments, please apply by letter stating which appointment(s) you are interested in, the reason for your interest, and your qualifications for the appointment.

Further information about these appointments is available from the undersigned. Please submit your letter prior to 4:30 p.m., November 5, 2010 to:

Diane Poirier, Municipal Clerk
dpoirier@county.kings.ns.ca

Tel: (902) 690-6133 Fax: (902) 678-9279
Tel: 1 888 337-2999
www.county.kings.ns.ca



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Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le **31 décembre 2011**. Pour plus d'information sur les critères d'admission, prière de contacter l'école.

Children being registered at primary level must be 5 years of age on or before **December 31, 2011**. For more information on admission criteria, please contact your local school.

La maîtrise de nos **DEUX LANGUES OFFICIELLES** est certainement un atout ! Venez nous rencontrer et vous constaterez **LES AVANTAGES** de faire éduquer votre enfant dans la langue française. **NOTRE PERSONNEL QUALIFIÉ** vous attend **le mardi 19 octobre 2010 à 19 heures**.

To master **BOTH OUR OFFICIAL LANGUAGES** is certainly a plus ! Come meet with us and you will learn about **THE ADVANTAGES** of having your child educated in the French language. **OUR QUALIFIED STAFF** will welcome you on **Tuesday, October 19, 2010, at 7 p.m.**

Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école.

Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.

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Fire Warden of the Year & Runner Ups



Congratulations to Pte Tammy Phinney Upon Receiving Fire Warden of the Year

Pte Phinney is seen here being awarded Fire Warden of the year by: CWO Ken Ochitwa 14 Wing Greenwood Fire Chief. Pte Phinney is an Ops Clerk at WCE and her performance as a newly appointed Fire Warden was outstanding enabling her to achieve Fire Warden of the year. This secondary duty is a huge responsibility for Pte Phinney as she ensured her area of responsibility was always safe regarding fire and life safety hazards.



Congratulation to Mr. Josh Leddicote receiving a runner up award as Fire Warden of the year

Mr. Leddicote's primary job is with the PSP staff as a fitness sports instructor, his superb effort in his secondary duty as Fire Warden was recently rewarded as he achieved runner up Fire Warden of the year.



Congratulation to Cpl Paul McNeil upon receiving a runner up award as Fire Warden of the year.

Cpl McNeil is a postal clerk at Wing Headquarters his effort as Fire Warden was duly noted as he always ensured his area of responsibility was always fire safe and reports were in on time.

2^e Tournée « Greenwood 101 » : un succès retentissant!



Par Nicole Godin, Directrice des services d'approches du CRFMG (765-1494, poste 5941)

Encore cette année, le jeudi 16 septembre, au petit matin, un groupe de familles militaires nouvellement arrivées à Greenwood a entamé

une tournée de découverte de la 14^e Escadre Greenwood, du village de Greenwood, de la ville de Middleton et du village de Kingston. Le but était d'orienter les familles nouvellement arrivées, de les mettre à l'aise et de faciliter leur intégration dans une nouvelle communauté. Ce qui

m'a le plus frappée à leur retour au CRFMG, où était organisé un barbecue familial, c'est de voir les liens qui s'étaient créés entre les familles. Alors que les participants remplissaient des formulaires et des évaluations, j'ai vu ces familles en grande conversation, s'échanger des renseignements et partager leurs expériences.

Je remercie toutes les personnes qui ont participé à la Tournée « Greenwood 101 »,

notamment Marcel Lévesque, un bénévole de « Greenwood 101 » a joué le rôle de guide bilingue en donnant toutes les explications nécessaires au fil du parcours. Merci au personnel du CRFMG pour sa précieuse contribution avant et après l'opération. Du beau travail d'équipe!

Un grand merci au Colonel Bill Seymour, commandant de l'Escadre et Lcol Pamela Smith McBride, O Admin Ere, pour leurs soutiens permanents, leurs autorisations pour l'autobus. Nous remercions aussi le Service de transport de l'Escadre ainsi que le chauffeur qui était très amical.

Enfin, un immense merci à notre équipe de bénévoles qui ont travaillé arduement depuis le

tout début à la planification de cet événement. Les membres sont Anna-Maria Brooks, Audrey Simms, Céline Blanchet et Daniel d'Aubin. Merci pour votre soutien continue.

Félicitation à tous nos gagnants de notre jeu 'Connaissez-vous vos communautés', Meudiza Savil, Ghislain Letourneau, Lee Bennett, Jolene Aubé et Megan Todd.

2nd Annual Greenwood 101 was a Great Success!

Submitted by Nicole Godin, GMFRC Outreach Services Manager at 765-1494 local 5941.

Again this year, on Thursday, 16 September early in the morning, a group of military families newly posted to Greenwood went on a journey to explore a bit of 14 Wing Greenwood, Village of Greenwood, Town of

Middleton and finally Village of Kingston.

The purpose of the Tour was to orient new families, make them feel welcomed, ease the transition from one community to another, but the most important thing that happened was how everyone was interacting, making connections and socializing when they all returned to the GMFRC for a Family BBQ.

I would like to thank everyone who participated in the Greenwood 101 Tour, our wonderful bilingual volunteer tour guide, Marcel Lévesque who explained everything while driving around on the bus.

A Big thank you to WComd, Col Bill Seymour and the WAdminO LCol Pamela Smith McBride for their continued support and their approval for the bus. To Wing Transport, thank you for providing us with the NEW BIG BUS and the driver MCpl Kilburn, who was extremely nice and friendly.

Finally, but not least, our Greenwood 101 Volunteer Planning Group, Céline Blanchet, Audrey Simms, Daniel d'Aubin, Anna Maria Brooks. We could not offer this great event without your dedicated hard work and continued support. Congratulation to our "Know you communities Hunt" winners Meudiza Savil, Ghislain Letourneau, Lee Bennett, Jolene Aubé and Megan Todd.

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Business of the Week! Christmas Bookings

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

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

• The cost for this is only **\$199.00 tax incl.** per business

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



Anne Kempton
Marketing Consultant
The Aurora Newspaper
765-1494 ext. 5833
aurora@auroranewspaper.com
www.auroranewspaper.com

The Greenwood Skating Club Skater of the Week

Presented by
**OK Tire &
Auto Service**



Submitted by: Robert
Francois, GSC

Name: Baily Cox
Age: 6 yrs old
School: Berwick and District School
Skating Level: Junior
Coach: Cheryle Gaston
Started Skating: 5 yrs old
Highest Test Passed: Canskate Badge 3
Favourite Figure Skater: Michelle Kwan
Favourite part of skating: Meeting new friends & learning new skills
Other hobbies: Spending time with my family, riding my bike, swimming, but most important of all, skating.

Make a Difference
RECYCLE

This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot. Contact the Environment Office, at 14 Wing Greenwood 765-1494 ext. 5367



Nous voulons VOUS entendre! Nous voulons VOUS entendre!

Il y a plusieurs services de support pour les familles, des clubs et des aménagements de disponibles pour vous les membres de la 14e escadre et vos familles. Est-ce que ces services, clubs et aménagements combient vos besoins?

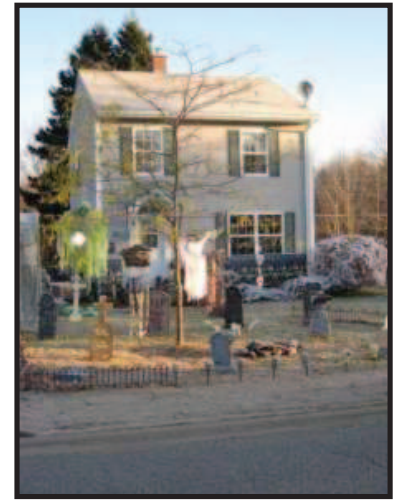
Alors dites nous-le. Le Commandant le l'Escadre Col Bill Seymour veut savoir: rencontrons nous nos objectifs ou devons nous concentrer nos ressources autre part?

Rencontrez nous au Centre communautaire (Church St) le 13 octobre 2010 de 1830 à 2000 heures et prenez la parole. Les membres de l'équipe de défense de la 14e Escadre et leurs familles sont tous les bienvenus. Vos opinions ont de la valeur!

La garde de vos enfants sera disponible et gratuite grâce aux généreux volontaires du CRFMG. Enregistrez-vous en appelant le poste 765-5611.



Il y aura des prix de présence!



We Want to Hear from YOU! We Want to Hear from YOU!

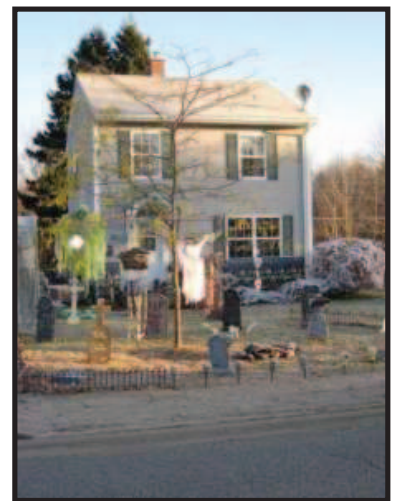
There are numerous family support services, clubs and amenities available to you the members of 14 Wing and your families. Are these services, clubs and amenities meeting your needs?

So you tell us – the Wing Commander, Col Bill Seymour wants to know; are we on target or do we need to re-focus our resources?

Meet with us at the Community Centre (Church St), 13 October 2010 from 1830-2000hrs and have your say. All members of the 14 Wing Defence Team and their families are welcome. Your opinions do matter!

Free Childcare available and provided by the great volunteers of the GMFRC. Register by calling 765-5611

Free Door Prizes!



14 Wing Health Promotion Fall Programs 2010

Submitted by: Mary Wilson
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 2-3 November from 0800-1500.

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 Centre on 19 October from 0830-1530 (Day 1); and on 26 October 0830-1200 (Day 2). The workshop will cover Dietary Supplements, portion control, and 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, healthier food 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 Centre. 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 exercise. A fitness instructor will visit the class and offer a tour of the F&S Centre 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.



10 - 14 Oct

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Trevor Baker, Award-Winning Christian and Gospel Country Singer/Songwriter Appearing in Greenwood

From a boy on his daddy's farm to an award-winning Christian and Gospel Country singer/songwriter, Trevor shares his love for God through his down-to-earth "new country" sound and inspiring lyrics. Stressing that his ministry is

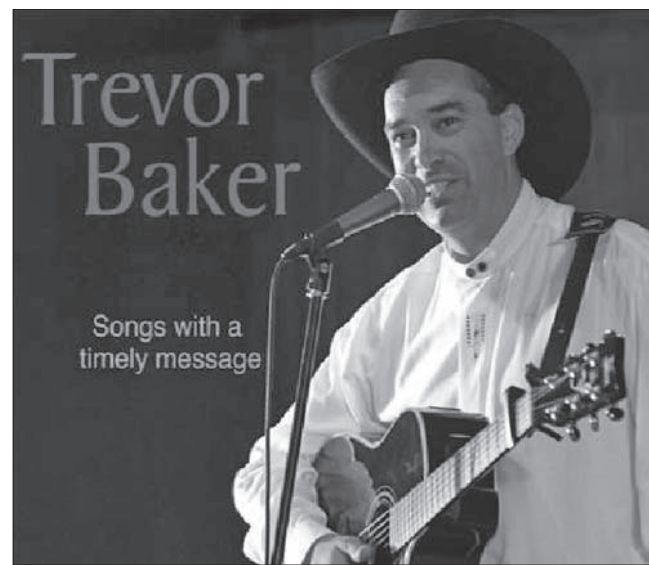
non-denominational, and not limited to Christian venues only, he also plays at fairs, festivals, schools and prisons. His soft voice and gentle manner complement his message of hope and encouragement.

"There are many things in life that are uncertain", Trevor states. "I grew up thinking that God was one of them." Trevor admits openly that he was searching for some meaning in life. He didn't like the angry young man that he was and felt that his life had no direction. During this time of crisis, Trevor says that he met a 'genuine, simple kinda' preacher in a little church who introduced him to Jesus Christ;

the only One that could give him peace and direction.

Since 1990, Trevor has performed well over 1,400 concerts, as well as recorded 12 albums and 2 DVD's. Whether it is singing on street corners or the concert stage in front of influential people including the Prime Minister of Canada, Trevor's message is seen as timely.

Come and hear Trevor at Trinity Pentecostal Church, 468 Central Avenue, Greenwood on Friday 15 October 2010 at 7:00 pm or call 765-2234 for further information. Donations will be going towards Trinity Pentecostal Church Building Fund.



Notice

Effective Immediately
Announcements

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



October 18-22nd Take a Stand Against Family Violence

Submitted by: Prevention, Support and Intervention
Programs Social Worker: Jennifer Hill at 765-1494
local 1811 or email: jennifer.hill2@forces.gc.ca

Monday October 18, 2010 from 1:00 p.m. - 3:00 p.m. in the GMFRC classroom 1'

GREENWOOD CURLING CLUB

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Sunday, October 17th
7:00 p.m.

No Membership Required
Just a Clean Pair of Sneakers

Club Meet & Greet & Registration
October 13th & 20th • 7:00 p.m.

A Valid Recreation Card must be
Presented at Time of Registration

It's FREE please drop in.

Family Violence is often viewed as a taboo topic and many families who experience violence in their home often live in fear and isolation; unsure about the help that is available to them. Every October CF communities across the country recognize Family Violence Prevention Week. To raise awareness The GMFRC will be hosting a special lunch and learn with a panel of special guest speakers from local organizations who will discuss what family violence looks like, who can help, and the support services that are available to our community members to address family violence. Family Violence involves physical abuse, sexual abuse, emotional abuse, child abuse, elder abuse, financial abuse, neglect, and witnessing the abuse of others. Any form of abuse is serious and should always be taken seriously.

Abusive relationships are never ok and do not fool yourself into believing they are. The effects of family violence have lasting lifelong effects on every member of the family. Do not miss the amazing opportunity to learn about family violence through these amazing front line local agencies. This special lunch and learn is open to families, professionals and other community members who are interested and dedicated to taking a stand against family violence.

Remember: love should never hurt.



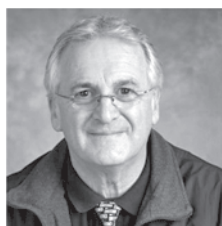
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Offer excludes taxes and freight.



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\$185 @ 3.99%* APR
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Dealers may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-6372. *Offer valid from Oct. 1/10 to Nov. 1/10 (the "Offer Period"). Customers who purchase finance or lease most new 2010 or 2011 Ford vehicles and finance through Ford Credit Canada will receive \$1,000/(\$1,500) (the "Offer") on 2010 Focus/Focus Hybrid/Fusion/Mustang (excluding 5.0L V8/F-150/F-250/F-350/F-450/F-550/F-650/F-750/F-850/F-950/F-1000/F-1100/F-1200/F-1300/F-1400/F-1500/F-1600/F-1700/F-1800/F-1900/F-2000/F-2100/F-2200/F-2300/F-2400/F-2500/F-2600/F-2700/F-2800/F-2900/F-3000/F-3100/F-3200/F-3300/F-3400/F-3500/F-3600/F-3700/F-3800/F-3900/F-4000/F-4100/F-4200/F-4300/F-4400/F-4500/F-4600/F-4700/F-4800/F-4900/F-5000/F-5100/F-5200/F-5300/F-5400/F-5500/F-5600/F-5700/F-5800/F-5900/F-6000/F-6100/F-6200/F-6300/F-6400/F-6500/F-6600/F-6700/F-6800/F-6900/F-7000/F-7100/F-7200/F-7300/F-7400/F-7500/F-7600/F-7700/F-7800/F-7900/F-8000/F-8100/F-8200/F-8300/F-8400/F-8500/F-8600/F-8700/F-8800/F-8900/F-9000/F-9100/F-9200/F-9300/F-9400/F-9500/F-9600/F-9700/F-9800/F-9900/F-10000/F-10100/F-10200/F-10300/F-10400/F-10500/F-10600/F-10700/F-10800/F-10900/F-11000/F-11100/F-11200/F-11300/F-11400/F-11500/F-11600/F-11700/F-11800/F-11900/F-12000/F-12100/F-12200/F-12300/F-12400/F-12500/F-12600/F-12700/F-12800/F-12900/F-13000/F-13100/F-13200/F-13300/F-13400/F-13500/F-13600/F-13700/F-13800/F-13900/F-14000/F-14100/F-14200/F-14300/F-14400/F-14500/F-14600/F-14700/F-14800/F-14900/F-15000/F-15100/F-15200/F-15300/F-15400/F-15500/F-15600/F-15700/F-15800/F-15900/F-16000/F-16100/F-16200/F-16300/F-16400/F-16500/F-16600/F-16700/F-16800/F-16900/F-17000/F-17100/F-17200/F-17300/F-17400/F-17500/F-17600/F-17700/F-17800/F-17900/F-18000/F-18100/F-18200/F-18300/F-18400/F-18500/F-18600/F-18700/F-18800/F-18900/F-19000/F-19100/F-19200/F-19300/F-19400/F-19500/F-19600/F-19700/F-19800/F-19900/F-20000/F-20100/F-20200/F-20300/F-20400/F-20500/F-20600/F-20700/F-20800/F-20900/F-21000/F-21100/F-21200/F-21300/F-21400/F-21500/F-21600/F-21700/F-21800/F-21900/F-22000/F-22100/F-22200/F-22300/F-22400/F-22500/F-22600/F-22700/F-22800/F-22900/F-23000/F-23100/F-23200/F-23300/F-23400/F-23500/F-23600/F-23700/F-23800/F-23900/F-24000/F-24100/F-24200/F-24300/F-24400/F-24500/F-24600/F-24700/F-24800/F-24900/F-25000/F-25100/F-25200/F-25300/F-25400/F-25500/F-25600/F-25700/F-25800/F-25900/F-26000/F-26100/F-26200/F-26300/F-26400/F-26500/F-26600/F-26700/F-26800/F-26900/F-27000/F-27100/F-27200/F-27300/F-27400/F-27500/F-27600/F-27700/F-27800/F-27900/F-28000/F-28100/F-28200/F-28300/F-28400/F-28500/F-28600/F-28700/F-28800/F-28900/F-29000/F-29100/F-29200/F-29300/F-29400/F-29500/F-29600/F-29700/F-29800/F-29900/F-30000/F-30100/F-30200/F-30300/F-30400/F-30500/F-30600/F-30700/F-30800/F-30900/F-31000/F-31100/F-31200/F-31300/F-31400/F-31500/F-31600/F-31700/F-31800/F-31900/F-32000/F-32100/F-32200/F-32300/F-32400/F-32500/F-32600/F-32700/F-32800/F-32900/F-33000/F-33100/F-33200/F-33300/F-33400/F-33500/F-33600/F-33700/F-33800/F-33900/F-34000/F-34100/F-34200/F-34300/F-34400/F-34500/F-34600/F-34700/F-34800/F-34900/F-35000/F-35100/F-35200/F-35300/F-35400/F-35500/F-35600/F-35700/F-35800/F-35900/F-36000/F-36100/F-36200/F-36300/F-36400/F-36500/F-36600/F-36700/F-36800/F-36900/F-37000/F-37100/F-37200/F-37300/F-37400/F-37500/F-37600/F-37700/F-37800/F-37900/F-38000/F-38100/F-38200/F-38300/F-38400/F-38500/F-38600/F-38700/F-38800/F-38900/F-39000/F-39100/F-39200/F-39300/F-39400/F-39500/F-39600/F-39700/F-39800/F-39900/F-40000/F-40100/F-40200/F-40300/F-40400/F-40500/F-40600/F-40700/F-40800/F-40900/F-41000/F-41100/F-41200/F-41300/F-41400/F-41500/F-41600/F-41700/F-41800/F-41900/F-42000/F-42100/F-42200/F-42300/F-42400/F-42500/F-42600/F-42700/F-42800/F-42900/F-43000/F-43100/F-43200/F-43300/F-43400/F-43500/F-43600/F-43700/F-43800/F-43900/F-44000/F-44100/F-44200/F-44300/F-44400/F-44500/F-44600/F-44700/F-44800/F-44900/F-45000/F-45100/F-45200/F-45300/F-45400/F-45500/F-45600/F-45700/F-45800/F-45900/F-46000/F-46100/F-46200/F-46300/F-46400/F-46500/F-46600/F-46700/F-46800/F-46900/F-47000/F-47100/F-47200/F-47300/F-47400/F-47500/F-47600/F-47700/F-47800/F-47900/F-48000/F-48100/F-48200/F-48300/F-48400/F-48500/F-48600/F-48700/F-48800/F-48900/F-49000/F-49100/F-49200/F-49300/F-49400/F-49500/F-49600/F-49700/F-49800/F-49900/F-50000/F-50100/F-50200/F-50300/F-50400/F-50500/F-50600/F-50700/F-50800/F-50900/F-51000/F-51100/F-51200/F-51300/F-51400/F-51500/F-51600/F-51700/F-51800/F-51900/F-52000/F-52100/F-52200/F-52300/F-52400/F-52500/F-52600/F-52700/F-52800/F-52900/F-53000/F-53100/F-53200/F-53300/F-53400/F-53500/F-53600/F-53700/F-53800/F-53900/F-54000/F-54100/F-54200/F-54300/F-54400/F-54500/F-54600/F-54700/F-54800/F-54900/F-55000/F-55100/F-55200/F-55300/F-55400/F-55500/F-55600/F-55700/F-55800/F-55900/F-56000/F-56100/F-56200/F-56300/F-56400/F-56500/F-56600/F-56700/F-56800/F-56900/F-57000/F-57100/F-57200/F-57300/F-57400/F-57500/F-57600/F-57700/F-57800/F-57900/F-58000/F-58100/F-58200/F-58300/F-58400/F-58500/F-58600/F-58700/F-58800/F-58900/F-59000/F-59100/F-59200/F-59300/F-59400/F-59500/F-59600/F-59700/F-59800/F-59900/F-60000/F-60100/F-60200/F-60300/F-60400/F-60500/F-60600/F-60700/F-60800/F-60900/F-61000/F-61100/F-61200/F-61300/F-61400/F-61500/F-61600/F-61700/F-61800/F-61900/F-62000/F-62100/F-62200/F-62300/F-62400/F-62500/F-62600/F-62700/F-62800/F-62900/F-63000/F-63100/F-63200/F-63300/F-63400/F-63500/F-63600/F-63700/F-63800/F-63900/F-64000/F-64100/F-64200/F-64300/F-64400/F-64500/F-64600/F-64700/F-64800/F-64900/F-65000/F-65100/F-65200/F-65300/F-65400/F-65500/F-65600/F-65700/F-65800/F-65900/F-66000/F-66100/F-66200/F-66300/F-66400/F-66500/F-66600/F-66700/F-66800/F-66900/F-67000/F-67100/F-67200/F-67300/F-67400/F-67500/F-67600/F-67700/F-67800/F-67900/F-68000/F-68100/F-68200/F-68300/F-68400/F-68500/F-68600/F-68700/F-68800/F-68900/F-69000/F-69100/F-69200/F-69300/F-69400/F-69500/F-69600/F-69700/F-69800/F-69900/F-70000/F-70100/F-70200/F-70300/F-70400/F-70500/F-70600/F-70700/F-70800/F-70900/F-71000/F-71100/F-71200/F-71300/F-71400/F-71500/F-71600/F-71700/F-71800/F-71900/F-72000/F-72100/F-72200/F-72300/F-72400/F-72500/F-72600/F-72700/F-72800/F-72900/F-73000/F-73100/F-73200/F-73300/F-73400/F-73500/F-73600/F-73700/F-73800/F-73900/F-74000/F-74100/F-74200/F-74300/F-74400/F-74500/F-74600/F-74700/F-74800/F-74900/F-75000/F-75100/F-75200/F-75300/F-75400/F-75500/F-75600/F-75700/F-75800/F-75900/F-76000/F-76100/F-76200/F-76300/F-76400/F-76500/F-76600/F-76700/F-76800/F-76900/F-77000/F-77100/F-77200/F-77300/F-77400/F-77500/F-77600/F-77700/F-77800/F-77900/F-78000/F-78100/F-78200/F-78300/F-78400/F-78500/F-78600/F-78700/F-78800/F-78900/F-79000/F-79100/F-79200/F-79300/F-79400/F-79500/F-79600/F-79700/F-79800/F-79900/F-80000/F-80100/F-80200/F-80300/F-80400/F-80500/F-80600/F-80700/F-80800/F-80900/F-81000/F-81100/F-81200/F-81300/F-81400/F-81500/F-81600/F-81700/F-81800/F-81900/F-82000/F-82100/F-82200/F-82300/F-82400/F-82500/F-82600/F-82700/F-82800/F-82900/F-83000/F-83100/F-83200/F-83300/F-83400/F-83500/F-83600/F-83700/F-83800/F-83900/F-84000/F-84100/F-84200/F-84300/F-84400/F-84500/F-84600/F-84700/F-84800/F-84900/F-85000/F-85100/F-85200/F-85300/F-85400/F-85500/F-85600/F-85700/F-85800/F-85900/F-86000/F-86100/F-86200/F-86300/F-86400/F-86500/F-86600/F-86700/F-86800/F-86900/F-87000/F-87100/F-87200/F-87300/F-87400/F-87500/F-87600/F-87700/F-87800/F-87900/F-88000/F-88100/F-88200/F-88300/F-88400/F-88500/F-88600/F-88700/F-88800/F-88900/F-89000/F-89100/F-89200/F-89300/F-89400/F-89500/F-89600/F-89700/F-89800/F-89900/F-90000/F-90100/F-90200/F-90300/F-90400/F-90500/F-90600/F-90700/F-90800/F-90900/F-91000/F-91100/F-91200/F-91300/F-91400/F-91500/F-91600/F-91700/F-91800/F-91900/F-92000/F-92100/F-92200/F-92300/F-92400/F-92500/F-92600/F-92700/F-92800/F-92900/F-93000/F-93100/F-93200/F-93300/F-93400/F-93500/F-93600/F-93700/F-93800/F-93900/F-94000/F-94100/F-94200/F-94300/F-94400/F-94500/F-94600/F-94700/F-94800/F-94900/F-95000/F-95100/F-95200/F-95300/F-95400/F-95500/F-95600/F-95700/F-95800/F-95900/F-96000/F-96100/F-96200/F-96300/F-96400/F-96500/F-96600/F-96700/F-96800/F-96900/F-97000/F-97100/F-97200/F-97300/F-97400/F-97500/F-97600/F-97700/F-97800/F-97900/F-98000/F-98100/F-98200/F-98300/F-98400/F-98500/F-98600/F-98700/F-98800/F-98900/F-99000/F-99100/F-99200/F-99300/F-99400/F-99500/F-99600/F-99700/F-99800/F-99900/F-100000/F-100100/F-100200/F-100300/F-100400/F-100500/F-100600/F-100700/F-100800/F-100900/F-101000/F-101100/F-101200/F-101300/F-101400/F-101500/F-101600/F-101700/F-101800/F-101900/F-102000/F-102100/F-102200/F-102300/F-102400/F-102500/F-102600/F-102700/F-102800/F-102900/F-103000/F-103100/F-103200/F-103300/F-103400/F-103500/F-103600/F-103700/F-103800/F-103900/F-104000/F-104100/F-104200/F-104300/F-104400/F-104500/F-104600/F-104700/F-104800/F-104900/F-105000/F-105100/F-105200/F-105300/F-105400/F-105500/F-105600/F-105700/F-105800/F-105900/F-106000/F-106100/F-106200/F-106300/F-106400/F-106500/F-106600/F-106700/F-106800/F-106900/F-107000/F-107100/F-107200/F-107300/F-107400/F-107500/F-107600/F-107700/F-107800/F-107900/F-108000/F-108100/F-108200/F-108300/F-108400/F-108500/F-108600/F-108700/F-108800/F-108900/F-109000/F-109100/F-109200/F-109300/F-109400/F-109500/F-109600/F-109700/F-109800/F-109900/F-110000/F-110100/F-110200/F-110300/F-110400/F-110500/F-110600/F-110700/F-110800/F-110900/F-111000/F-111100/F-111200/F-111300/F-111400/F-111500/F-111600/F-111700/F-111800/F-111900/F-112000/F-112100/F-112200/F-112300/F-112400/F-112500/F-112600/F-112700/F-112800/F-112900/F-113000/F-113100/F-113200/F-113300/F-113400/F-113500/F-113600/F-113700/F-113800/F-113900/F-114000/F-114100/F-114200/F-114300/F-114400/F-114500/F-114600/F-114700/F-114800/F-114900/F-115000/F-115100/F-115200/F-115300/F-115400/F-115500/F-115600/F-115700/F-115800/F-115900/F-116000/F-116100/F-116200/F-116300/F-116400/F-116500/F-116600/F-116700/F-116800/F-116900/F-117000/F-117100/F-117200/F-117300/F-117400/F-117500/F-117600/F-117700/F-117800/F-117900/F-118000/F-118100/F-118200/F-118300/F-118400/F-118500/F-118600/F-118700/F-118800/F-118900/F-119000/F-119100/F-119200/F-119300/F-119400/F-119500/F-119600/F-119700/F-119800/F-119900/F-120000/F-120100/F-120200/F-120300/F-120400/F-120500/F-120600/F-120700/F-120800/F-120900/F-121000/F-121100/F-121200/F-121300/F-121400/F-121500/F-121600/F-121700/F-121800/F-121900/F-122000/F-122100/F-122200/F-122300/F-122400/F-122500/F-122600/F-122700/F-122800/F-122900/F-123000/F-123100/F-123200/F-123300/F-12340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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. 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.

Annual Coffee Party and Craft Sale

Torbroke Mines United Church Workers, Three Rivers Community Centre. Saturday October 23, 9:00 a.m. - 12:00 noon/ Admission \$5.00. Quality Handmade Crafts, Gourmet Jams and Jellies, Artisan Jewellery.

Chinese Auction

Saturday, October 23rd, 2010 from 10:00 a.m. - 2:00 p.m. at the Aylesford Fire Hall. Proceeds for the Aylesford Firefighters Auxiliary.

Hallelujah Harvest Hoedown

The Annapolis Valley Church of the Nazarene is having a Hallelujah party for all kids on October 30th from 6:30 - 8:30 p.m. There will be games activities and lots of treats. Come in your costume and have a great time.

Multi-Addiction Centre

The Multi-Addiction Centre (MACS) has some evenings available for meetings in an alcohol and drug free environment. For further information, call Dale or Kathleen Veinot 765-8709.

Valley Animal Shelter Bake Sale

It's that time of year again. The Valley Animal Shelter will hold its annual Bake Sale on Friday, October 29th, 9:00 a.m. - 3:30 p.m., at the Valley Drug Mart (Pharmasave) in Middleton. Expect to find all sorts of yummy goodies such as homemade candy, squares, cupcakes, cookies, breads, preserves and more. For more information, please call Jennifer at 765-6629.

Public Skate / Parents and Tots Starts Oct 19th

Greenwood Gardens Public Skating takes place Saturday evenings from 7:00 to 8:00 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m. Parents and Tots Skating takes place Tuesday and Thursday mornings 9:00 a.m. to 10:00 a.m. The skate is free for Military and valid Rec Card holders. There is a drop-in fee of \$3.00 for those without Rec Cards. Although helmets are not mandatory they are strongly suggested. Come out and enjoy a great winter tradition.

Girl Guide Cookies

On October 13th the 1st Greenwood Sparks will be selling the Chocolate Mint Girl Guide cookies in the PMQ and Ravenwood areas. The cost per box of cookies is \$4. Please have your change on hand to support our local Guiding Unit.

Ex Air Force RCAF Luncheon

On Wednesday, October 27th at the Top Hat Beverage Lounge at 12:30 p.m.

Bottle Drive Fundraiser

The French Immersion students from PRMS are canvassing their neighbourhoods on Saturday morning, October 16th for empty bottles and cans. They are raising money for their year end field trip to St. Anne's University. Please have your empties ready and donate what you can! Thanks so much!

All Saints A.C.W. Annual Harvest Supper

Where: All Saints Church Hall, Pleasant Street, Kingston. When: Thursday, October 28, 2010 - 4:30 - 6:30 p.m. Menu: Ham, baked beans, scalloped potatoes, pumpkin pie, apple crisp. Cost: Adults - \$ 9.00 Children - \$ 4.00. Family rates are available. There will be take out! Contact: Sheila Hulford (765-4023).

Foundations Bible School

Foundations Bible School is offering a course in the New Testament Book of Romans. The course begins October 12th at 7:00 p.m. The School is sponsored by New Beginnings Ministries, 1151 Bridge St. in Greenwood. Registration is \$20.00. Anyone with an interest in learning is welcome to attend. New Beginnings is a non-profit organization.

IODE Rummage Sale

Will be held on Saturday, October 30th at the NSCC, Middleton from 1:00-3:00 p.m.

Special Brunch

Sunday October 31st after 11:00 a.m. Mass at St. Anthony's Church hall. Your support will help feed those who cannot feed themselves. Only \$4.00. Sponsored by Knights of Columbus, Greenwood / Middleton Council. Pancakes, Sausages, hash browns, ham, scrambled eggs, coffee, tea, juice. Everyone welcome. Contact Kent Sill at 765 2734 for more information.

Kingston Lions

Community Luncheon

The Noon Luncheon will be held at the Kingston Lions Hall on Tuesday, 12 October 2010 from 11:30 a.m. until 1:00 p.m. Menu: Hot Roast Beef Dinner with all the fixins and Desert. Cost: \$8.00 per meal, \$8.50 delivered. Phone 765-2128.

Country Music

Presenting an evening of live Country Music at the Kingston Lions Hall on Saturday, 16 October 2010. Get your Tickets at the door for only \$5.00 per person. Doors open at 6:00 p.m. and Music starts at 7:00 p.m. and goes until 10:00 p.m. We are featuring Hughie MacDonnell, well known Singer, song writer known for his ever popular "Frenchy Song". It is

our pleasure to have Carroll Edwards and Nathen Haley with us to provide some good Country music as well. Dry Canteen available. For info call Lion Eric Journey at 847-0525. See all of you Country folks there.

Craft & Home Based

Business 4th Annual

Christmas Shopping Expo

Craft & Home Based Business owners are wanted for the 4th Annual Christmas Shopping Expo held on November 5th & 6th at the New Beginnings Center in Greenwood. Contact Mercedes 765-3771

4th Annual Christmas Shopping Expo

November 5th, 6:00-9:00 p.m. & November 6th, 9:00 a.m. - 1:00 p.m. Bring a friend and get your Christmas Shopping done!

Middleton Skating Club

Annual Florida Orange and Grapefruit Sale!

Pre-Order your delicious fruit by Friday, November 5th by calling Tave McLennan 825 3937 or by e-mail msccitrus-sale@hotmail.com. Cost: Full case: \$37; half case \$23; quarter case: \$13.....Please order now!

October Coffee House

All welcome to our charming community hall in Paradise! Paradise Community Hall Fund-raiser October 23, 2010 from 7:00 - 9:00 p.m. \$5.00 cover and \$5.00 per slice of homemade dessert! Featuring live music by "Uncle John and the Professor".

HOROSCOPES

October 10 - October 16

ARIES - Mar 21/Apr 20

Aries, making an important decision might prove difficult because your mind is racing. Until you can focus, there will be unanswered questions.

TAURUS - Apr 21/May 21

Taurus, steer clear of the path that seems the easiest. It won't provide any satisfaction nor any of the answers you seek. Libra can help lead the way on Tuesday.

GEMINI - May 22/Jun 21

There's a clash of personalities, Gemini, and you are caught right in the middle of the battle. It could be tricky to come out unscathed. But if anyone can do it, you can.

CANCER - Jun 22/Jul 22

Cancer, expect a few boring days ahead, which can actually be a good thing for a person who has been run ragged lately. Take some time to unwind.

LEO - Jul 23/Aug 23

You have to pinch a few pennies for the time being, Leo. Too many lavish expenses have left you a bit short. Buckle down to replenish the piggy bank.

VIRGO - Aug 24/Sept 22

Virgo, relationship woes are nonexistent for a change. You and your partner are seeing eye-to-eye on just about everything, meaning smooth sailing for romance.

LIBRA - Sept 23/Oct 23

Libra, a situation that seems too good to be true presents itself this week. Take advantage of the situation and enjoy your latest batch of good luck.

SCORPIO - Oct 24/Nov 22

Scorpio, the coming week figures to be stressful. You simply have to hold yourself together until things can quiet down. Ask a friend for some support.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, make the most of time spent with a loved one because soon he or she won't be visiting as often. Make the most of the next few visits.

CAPRICORN - Dec 22/Jan 20

Capricorn, people may view you one way while beneath the surface lies someone they would never expect. Keep others guessing; it's the key to your persona.

AQUARIUS - Jan 21/Feb 18

Someone you love will need a little extra support in the days to come, Aquarius. See if you can spare some compassion and time for listening. It will be greatly appreciated.

PISCES - Feb 19/Mar 20

Pisces, stop and smell the roses and revel in the little things. Moving too fast through life is no way to live. Enjoy yourself.

FAMOUS BIRTHDAYS

OCTOBER 10	Bret Favre, Athlete (41)
OCTOBER 11	Emily Deschanel, Actress (34)
OCTOBER 12	Hugh Jackman, Actor (42)
OCTOBER 13	Marie Osmond, Entertainer (51)
OCTOBER 14	Usher, Singer (31)
OCTOBER 15	Sarah Ferguson, Former Duchess (51)
OCTOBER 16	John Mayer, Singer (33)

Horoscopes brought to you compliments of:



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Celebrating Family Docs

Dear editor:

October 11 to 16 will mark the College of Family Physicians of Canada's seventh annual Family Doctor Week in Canada. This week is dedicated each year to recognizing the success and achievements of the many family physicians practicing in Canada.

Every day, family doctors diagnose and treat illness and injury in Nova Scotia. They promote disease prevention and provide quality care for families in our province. Family doctors possess unique skills and knowledge that qualify them to provide comprehensive care to each member of the

family regardless of age, sex or medical need.

Family doctors are the first point of care for the citizens of Nova Scotia and it's the family doctors who diagnose and treat most of the province's medical problems. Being a family doctor means being a part of a community. Family doctors do more than simply

see patients. They advocate on their patients' behalf and they work with government to ensure Nova Scotians are receiving the best possible care.


Family physicians are an integral health care resource providing primary health care services to the people of our province in health clinics, community settings, hospitals, nursing homes and even patients' homes.

Doctors Nova Scotia proudly acknowledges the outstanding contributions of Nova Scotia's family doctors for their dedication to their patients and to the delivery of high quality health care in the province.

On behalf of all your colleagues in Nova Scotia, we say thank you!

Sincerely,
Jane Brooks, MD, PhD,
CCFP

President
Doctors Nova Scotia
www.doctorsns.com



PRESENTS... FIND & WIN

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

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

No Central Registry or Canada Post please.

Deadline: Noon, Thursday, October 14, 2010.

Make sure you include your full name and phone number.


NAME	PHONE NUMBER
Limited to one win per family in a TWO MONTH PERIOD.	
The winner will be drawn randomly from all correct entries. Only one entry per family per week.	
Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!	
1. When is the Annapolis Big Band playing at the Mess	_____
2. Where is the Holistic & Wellness Expo being held	_____
3. Who is Fundy Ford Sales' President	_____
4. Where is Wags & Wiggles located	_____
5. Who has almost 30 years experience in glass repair & replacement	_____



This contest is brought to you by:

Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: KIM GOODALL



Employee Assistance Program

When you need someone to talk to, call:

Al MacDonald...1532
Wayne Atwater...5567
Darlene Richards...3119
Debby Benda...3340

Youth Happenings at 14 Wing Greenwood

By: Recreation Youth Worker; Megan LeMoine

Drop into The Centre today to get your October calendar, there are so many great events happening this month- Bingo, Fiesta Night, Pizza Party, Caramel Apple Night and the Halloween Dance, just to name a few! If you have any questions about The Centre or any of our programs, please call 765-8165. Here's what's happening this week.

Please Note- The Centre will be closed Sunday October 10.

Teen Council
Oct. 12
3-4pm
Today we'll discuss upcoming events like- BaM! Radio club Flea market fundraiser and our plans for the Halloween Dance.

Active Chicks
Cooking & Craft
Oct. 13
6-7:30pm
Cost-\$2

Halloween is only 2 weeks away, to celebrate our little chefs will make worm and dirt cupcakes then we will paint Halloween ornaments. Very spooky!

Teen Activity
Cooking & Craft
Oct. 14
6-7:30pm
Cost-\$2
The teens will also make worm and dirt cupcakes, then paint Halloween ornaments. See you there!

Pre-teen Dance

Oct. 15
6-8pm
Cost-\$3
There's a pre-teen dance tonight! Yes, tonight! The entrance fee is \$3 and once you enter you must stay! Those are the rules!

Special Events
Teen Trivia & Treat Night
Oct. 12
6-8pm
Teens (13-18) come to The Centre to play your favorite- Trivia! For our treat we'll

make homemade onion dip and have chips and veggies to dip, yummy!

Bingo
Oct. 19
Pre-teen-4:30-6pm
Teen-6:30-8pm
Cost- \$1
Bring your lucky socks to Bingo! The cost to play is \$1 with chances to win every game. There is also a canteen as well as pop and hot-dogs for \$1 each.

Pizza Party
Oct. 22
Pre-teen-6-7:30pm
Teen-8-9:30pm
Cost- \$2

Mamma mia, it's a pizza party! Come to The Centre and make your very own mini pizza for only \$2. You must pre-register before Oct.21. To register just call 765-8165 or drop into The Centre anytime.

Movie & Treat Night
Oct. 23
Pre-teen-6-8pm
Teen- 8-10pm
Cost- \$2/\$3
Come to The Centre for Movie and Treat Night. The treat is as always- Supreme Sundaes for \$3 or a regular sundae for \$2. Stay tuned for the movie selection!

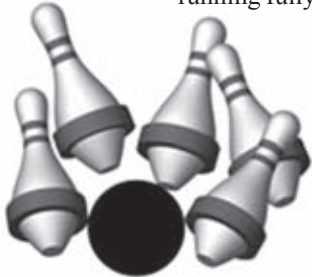
Greenwood Bowling Centre

The 14 Wing Greenwood Bowling Centre is very excited to be under new supervision. We have lots of exciting programs and services in the

months ahead. We would ask that your patients during this transition period. We will do our best to make it as smooth as possible. We will be up and running fully with a complete

schedule of hours by 15 October. Watch The Aurora Newspaper for a complete program line up or call the Bowling Centre at 765-1494 ext 5631. If you have any questions or concerns please

contact or drop-in and meet our new supervisor, Leon Bullock. Again thanks for your understanding and we look forward to a new positive look and feel for our Bowling Patrons.



Sudoku

Solution page 14

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

Level: Beginner

Fun By The Numbers

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

Sudoku brought to you compliments of:

954 Central Avenue
Greenwood
765-6381

PATRICK'S PUZZLE

Creative Coloring

Celebrate baking and decorating cakes.
Color in this picture to create your own masterpiece.

Patrick's Puzzle brought to you compliments of:

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

Metro Crossword

Spelling: US English

Solution page 14

1	2	3		4	5	6		7	8	9
10			11		12		13		14	
15				16		17			18	
19					20				21	
22				23	24		25		26	
	27		28			29		30		
			31						32	
	33	34					35	36	37	38
39						40				
41			42	43		44			45	46
47					48	49		50		51
53					54		55		56	57
58					59				60	
61					62				63	
64						65				66

ACROSS
1. Therapeutic resort
4. Kilometers per hour
7. Women's undergarment
10. Afflicts
12. Geological times
14. House title (abbr.)
15. Hints
17. Type genus of the Ranidae
18. Tool handle
19. About blood
20. Muscat is the capital
21. 7th Hindu month
22. Our star
23. Wife of Saturn
25. A European Soviet
27. Women's briefs
30. Islands
31. No. French river
32. Tax collector
33. Author Ernest's moniker
39. Distant
40. Cr_____logy: police studies
41. Smart _____; annoyingly clever
44. Bar-rooms
47. New Army enlistee
50. Can be cut or

cabochon
51. Tributary of the Rhine
53. Not Mama
54. Actor _____ Malek
56. Metrical foot
58. Long nerve fiber
59. Tehran is the capital
60. Advertising awards
61. Go for and obtain
62. Withered and dry
63. Small social insects
64. Point midway between E and SE
65. Comedian Ceasar
66. Young women's association

surface
16. Nova _____, province
18. Most common CA avocado
24. Bird call used by birders
26. Rhode Island
28. Small sleep
29. Slang for big trucks
33. Axes for cattle slaughter
34. Short account of an incident
35. Formed a mental picture
36. World's longest river
37. About gnome
38. Romance
39. Total cloth purchased
42. North Sea fishing unit of measurement
43. Kings unit
45. Supplying a moniker
46. Wooden shoes
48. Goddess of the rainbow
49. Vetches grown for forage
52. Kittiwake genus
55. Ancient city in Syria
57. Winglike structure

Metro Crossword brought to you compliments of:

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

Classified Ads

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

One of the Most Viewed Pages in the Newspaper

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



FOR RENT
FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with

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Counsel:
Clare H. Durand, Q.C.
(Non-Practicing)
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Fax (902) **825-2522**
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P.O. Box 700
Middleton, NS
B0S 1P0

back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3135-ufnb)

cole sawler
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Craig G. Sawler, LL.B.
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FOR RENT - 2 Bedroom
Mobile located in Kingston. \$650.00 a month, utilities included. Phone 847-5046. (3139-ufnb)
FOR RENT - Small bachelor
house located in Kingston. \$535.00 a month, utilities included. Phone 847-5046. (3139-ufnb)
FOR RENT - Bachelor apartment
for rent in Kingston. \$535.00 a month, utilities included. Call 825-3607. (3138-2tpb)

FOR RENT - Comfortable energy efficient all electric two bedroom duplex apartment in adult building. Fridge and

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stove included with washer & dryer hookups. Private driveway, quiet location in central Aylesford. \$425.00 a month. Phone 765-2042. (3138-2tp)

FOR RENT - 10 Meadow Lane in Middleton. 2 to 3 bedroom, electric heat. Fridge, stove, dishwasher included. \$700.00 a month, plus utilities. Call Monday to Friday between 8:30 a.m. and 5:00 p.m. 765-0224. (3138-2tpb)

FOR RENT - Beautiful home on 1 acre landscaped property in quiet residential area 5 minutes from CFB Greenwood and shopping. 2 bedroom, 1.5 baths, approx 1800 sq. ft. large stone fireplace 200 AMP service. \$875.00 a month, pets allowed, available Nov 1st. Includes fridge, stove, dishwasher, washer & dryer. Phone 670-6522. (3139-6tpb)

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FOR RENT - 2 bedroom flat located in Margareville. Over looking the Bay of Fundy. Hardware flooring, laundry room, fridge, stove, heat & lights included. No pets. \$600.00 per month. Phone 825-2327. (3139-4tpb)

FOR RENT - Greenwood area, energy efficient 2 bedroom apartment in adult four unit building. Mowed lawns and plowed driveway and parking. Fridge and stove supplied. \$425.00 a month. Only mature adults with good rental history need inquire. Phone 765-2042. (3139-2tp)

FOR RENT - One bedroom plus den apartment attached to private home. Located in Aylesford East. Fifteen minutes from back gate. Ideal for armed forces personnel. All utilities plus high speed and cable in-

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cluded. No cats allowed. One box stall available as well. Rent negotiable. Call 341-2232. (3139-1tpb)

FOR RENT - CLEAN, MODERN ONE BEDROOM APARTMENT. Suitable for professional person. Fully furnished good location, 1013 Main St Kingston. Private paved parking, Lawn care & snow removal. Non-smoker. \$800.00 per month includes all utilities as well as phone and high speed internet. Call 765-6741(3139-1tpb)

SERVICES
SERVICE - Are you looking for an excellent way to prepare your children for school? Well we have the answer for you! Dwight Ross Kids Care is a Licensed Childcare Center & preschool program that is now accepting enrollment. Monday to Friday from

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Softwood, \$150 a cord
Cut, Split, Delivered
Ph: **825-6424**

9:00 a.m. to 12:15 p.m. Nutritious snacks are provided. We also have a before and after school care program available. We would like to welcome our new staff member Cynthia Ernst. Call Shelley Mabee at 765-3215 or 848-6070 for more information. (3139-2tpb)

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)

SERVICE - Looking for storage space for your Ride-on Lawn Mower, Motorcycle or Golf Cart, contact Geoff at 902-

FOR SALE FIREWOOD
Clear Hardwood
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Please Phone **825-3361**

Holistic & Wellness Expo
Saturday October 23 at the Kingston Fire Hall from 9am-6pm. Admission \$2.00. Psychic readings, massage, jewelry, soap, reiki, aromatherapy, natural products, health info & much more. Come enjoy the fun. 765-9375 • hollysilver@ns.sympatico.ca

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Crossword Solution

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

Sudoku Solution

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

Free Lunch Time Fitness Classes

Fall is here, the start of a new season and so is a new season of lunch time classes at the Fitness & Sport Centre. The lunch time team is excited to be able to offer FREE classes to anyone with a valid Recreation Card. Classes will start Wednesday 13 October and will be held from 11:45-12:35 on Mondays, Wednesdays and Fridays in the cardio room at the Fitness & Sport Centre. Join Cori, Adrienne, Helen and Jill for a whole lotta fun and a whole lotta sweating. The classes being offered include Step, Cardio Kick, Booty Bootcamp, Hi/Lo, Body Sculpting, Brazilian Dance and much more... Classes are structured so that all fitness levels are welcome. So why not try it out and get your new fitness program started. For more information on lunch time fitness classes contact Jill at the Community Centre at 765-1494 ext 5331. See you at Class!

Classifieds Continued

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

670-2533 for space in the Greenwood, Kingston and surrounding area. (3136-4tp)

SERVICE – Odd Jobs, Fall Clean-up, Rotor-tilling, Lawn Mowing, all

require a large start-up expense, so why not have someone else do it for you. Call Geoff at 902-670-2533 for a quote on your next odd job. (3136-4tp)

Greenwood Players Theatre Group Presents

The Pantomime “Robinson Crusoe”

This is a fun show for all age groups with audience participation. We need you there to boo and hiss at the villains. Robinson Crusoe sails on the Mary Rose” to Tobago in search of hidden treasure. Trying to steal the map from him is Blackpatch and his pirates. There are a couple of stowaways also to make life interesting on board. They are shipwrecked and encounter cannibals and natives on the island.

Venue is the AVM Morfee Centre
Curtain time 7:30 p.m.

December 7th to 11th

Tickets 8:00 sold at the door

Reservations for tickets: 825-0019

Featured this week is Todd Detcherry who plays Blackpatch



14 Wing Junior Curling Program - 2010/2011

Are you looking for a fun activity to do with your friends this winter? The 14 Wing Greenwood Curling Club has what you are looking for!

The 2010 / 2011 Curling season is about to start and we are getting excited to offer our junior program to anyone between the ages of 11 and 18 for \$50.00 or \$75.00 for two or more children, to anyone with a Community Recreation Card. This great form of physical activity, for you and your friends, will be starting with a meeting at the Curling club on Tuesday, October 26th at 4:30 p.m.

This meeting will provide an opportunity for all parents to complete the registration forms that will be available and to

learn more about the program. We would like to mention that it is mandatory for all juniors to wear proper indoor footwear (carry with you when you arrive) so please come prepared. We also encourage all participants to wear warm and comfortable clothing (jogging pants, gloves, etc) since we plan on spending most of the first day on the ice!

The 2010 / 2011 14 Wing Junior Curling program is expected to run weekly from 4:30 – 5:30 p.m. on Tuesday afternoons. Brooms will be provided along with sliders for the youth to experiment with. All that is required is an interest in the game and a willingness to learn more and meet new friends. Please note, if you feel that your child(ren) may be more comfortable

on the ice with either a bicycle or hockey helmet, then we strongly encourage the use of one.

Curling is a very fun, and inexpensive way to stay active during the winter and an excellent way to meet new friends! Once again the fee is \$50.00 or \$75.00 for two or more children. There are two payment options; you can either pay the entire amount upfront or sign up to pay half the dues by the end of October and remaining balance at the beginning of January. Plus, please note that you must have a 14 Wing Community Recreation Card in order to become a member. If you're interested in curling or learning more about our weekly program, please call Eric MacKenzie at 765-1494 ext. 5337 or come out to the meeting on October 26th!

Depression

Submitted by: Lt (N) Marcy Daniels

Sadness exists when we feel a sense of loss, hurt, or experience significant changes in our lives. It is normal and healthy to feel sad from time to time. Experiencing sadness allows us to be more fully aware of the range of emotions we experience as humans. Healthy sadness signals a need to reach out to others for comfort, take inventory of where we are at in our lives or grieve a loss or unexpected change. If you are feeling sad, slow down and take some time to be with your emotions. As strange as it sounds, taking time out to be sad can actually be good for your mental health. Listen to some melancholic music, look at old pictures, talk to a friend or write in a journal. If

you feel teary, allow yourself to cry. Ignoring our feelings limits our ability to learn from our circumstances and be aware of what our needs are.

Sometimes people wonder if they are experiencing healthy sadness or depression because their feelings are so intense. Depression is more than a feeling of sadness. Depression is a common illness that affects about 5% of men and 10% of women over the course of a lifetime.

Here are some of the common symptoms of depression:

- numbness, shut down and low motivation
- a significant reduction of interest in most daily activities or activities that normally are enjoyable
- significant weight loss
- sleep problems

- agitation
- fatigue or loss of energy
- poor concentration or indecisiveness
- recurrence of thoughts of death or suicide
- sense of worthlessness or excessive guilt

If you have been experiencing symptoms of depression for two or more weeks, it is important to seek medical attention. A medical exam is a good place to start, because many physical conditions can account for feeling depressed, and your doctor can rule these out. For example, a thyroid problem

could contribute to low energy and poor mood.

Depression can lead to suicide, the most dangerous result of depression. You may have fleeting thoughts of suicide or be preoccupied with it. Roughly, 50% of all suicides are the result of someone with depression or another disorder that affects their mood. Sometimes people are not suicidal, but think often about death. Often, talking to another person can help. If you are suicidal, please talk to someone today. There are effective treatment options; medication, psychotherapy

or both.

There are some practical things you can do on your own to help your mood.

- Talk to someone you trust about how you are feeling.
- Journal your feelings and thoughts and then take a close look to see if there are positive things to work on. If you focus on some positive things in your life, things may not seem so bad.
- Continue daily activities or social events, push yourself to go. The temptation when depressed is to avoid, but often if you make an attempt to do the things you

usually do, you will probably feel better once you make a start.

- Read a copy of Feeling Good by Dr. David Burns who has many practical suggestions for dealing with depression. Don't just read it; pick up a pen and do the paper and pencil exercises he suggests. They work.

If you have any questions or concerns about depression, make contact with a medical doctor or, please feel free to contact a staff member at Mental Health Services at local 5215.

ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~
Sandwiches: \$2.00; Wraps - \$2.00; Sub Sandwiches - \$2.00;
All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.
Vegetables & Dip - \$1.50; Cheese & Crackers - \$1.50;
Fruit & Dip - \$1.50; Tossed Salad - \$2.50 sm \$1.50;
Caesar Salad - \$2.50 sm \$1.50; Spinach Salad - \$2.50 sm \$1.50;
Yogurt - \$1.00; Yogurt Tubes - \$1.00; Yogurt Parfaits - \$1.25;
Fresh Fruit: Apples, Oranges & Bananas - \$1.00; Fruit Squiggles - \$1.50;
Gold Fish Crackers - \$.45; Baked Lays - \$1.50; Flat Earth - \$1.50;
Smart Popcorn - \$1.50; Frozen Juice Bars: Orange & Cherry - \$1.00;
Rice Crispy Squares - \$.80; Smoothies: Mon, Wed, Fri - \$1.25;
Juice: Apple, Orange & Seven Fruit - \$1.00; Milk - \$.35; Water - \$1.00;
~~~ Canteen Items - CASH ONLY ~~~

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

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

Oct 11<sup>th</sup>: Thanksgiving Holiday • No School for Students  
Oct 12<sup>th</sup>: Vegetable Soup 2.00 • Sliced Ham, Potato & Mixed Vegetables 3.00 • Dish of Grapes 0.75  
Oct 13<sup>th</sup>: Macaroni & Hamburger 3.00 • Baked Potato 1.50  
• Applesauce 1.00 • Subway Orders are Due Today  
Oct 14<sup>th</sup>: Subway 2.75 • Frozen Juice Bars 1.00  
Oct 15<sup>th</sup>: Tomato Soup & Grilled Cheese Sandwich 3.00 • Choice of Fruit Bowl 0.75 - Banana, Orange, Kiwi or Apple.

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

## KINGSTON & DISTRICT SCHOOL

| Whole Sandwiches                          |                             |
|-------------------------------------------|-----------------------------|
| 1/2 Sandwiches (Asst. fillings)           | \$1.30                      |
| Delux 1/2's                               | \$1.65                      |
| Full Sandwiches/Croissant/Wraps           | \$3.30                      |
| Hot Foods                                 |                             |
| One Hot Food Daily                        | \$2.50 - \$3.00             |
| Cup of Soup                               | \$1.00                      |
| Bowl of Soup                              | \$2.00                      |
| Teachers Plate                            | \$3.75 - \$4.25             |
| Beverages                                 |                             |
| Milk                                      | \$0.35                      |
| Choc. Milk                                | \$1.50                      |
| Juice Small                               | \$0.75                      |
| Bottled Water                             | \$1.25                      |
| Yop                                       | \$1.50                      |
| Oasis Juice Purple/Red/Yellow             | \$1.25                      |
| Salads                                    |                             |
| Caesar Salad                              | \$2.50                      |
| Chicken Caesar/Greek/Spinach/Potato       | \$3.30                      |
| Snacks                                    |                             |
| Fresh Fruit (apple/banana/orange)         | \$1.00                      |
| Fresh Fruit                               | Small \$1.50 - Large \$3.00 |
| Veggie & Dip                              | Small \$1.50 - Large \$3.00 |
| Nacho Chips & Salsa                       | \$1.25                      |
| Sun Chips/Frito Chips                     | \$1.50                      |
| Yogurt/Apple Sauce/Fruit Cups             | \$1.00                      |
| Cheese                                    | \$0.80                      |
| Pepperoni & Cheese                        | \$1.25                      |
| Bagel with Cream Cheese                   | \$1.25                      |
| Bagel 1/2 w/Flavored Cream Cheese & Fruit | \$1.50                      |
| Boiled Egg                                | \$1.00                      |
| Gold Fish Crackers                        | \$0.60                      |
| Welch's Chews                             | \$1.25                      |
| Freezer Items                             |                             |
| Frozen Juice Bar                          | \$1.25                      |
| Yogurt Tubes                              | \$1.25                      |
| Desserts                                  |                             |
| Muffins/Biscuits                          | \$1.00                      |
| Cookies                                   | \$0.50                      |
| Yogurt Parfait/Cinnamon Bun/Apple Delight | \$1.25                      |
| Condiments / Cutlery                      |                             |
| Ketchup/Mustard/Relish                    | \$0.15                      |
| Mayo & Salad Dressing                     | \$0.30                      |
| Fork/Knife/Spoon                          | \$0.05                      |
| Cream Cheese/Cheese Whiz pkg              | \$0.50                      |
| Butter pkg                                | \$0.25                      |

Daily Specials (Mon-Thur): Price Includes Hot Meal, Dessert & White Milk - \$3.25 - \$3.75

There is a "NO" Charging Policy in Effect • Milk Card Available \$7.00 for 20 Milk

Mon: Thanksgiving • No School  
Tues: Chicken Nuggets \$3.25  
Wed: Pizza Factory Pizza \$3.50 (\$2.75 per slice)  
Thurs: Shephard's Pie \$3.50  
Fri: Hamburgers with Lettuce, Tomato & Cheese \$3.50

This menu brought to you compliments of:

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

- October 16<sup>th</sup> from 10:00 am - 2:00 pm at the Greenwood Mall (by Cleve's)

Prices for the 2010/2011 season are:

- IP1/IP2 \$230.00 (born 2004/2005)
- Novice \$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.

Please have Health card and rec card upon registration.

Non rec card holders must purchase single event rec cards prior to start of play.

For more information please call Tanya Newell at 765-1157.

No phone calls after 8pm please.



# Cookie Decorating at the GMFRC



Submitted by: Kim Dixon, GMFRC Coordinator of Child and Youth Services at 765-1494 local 1812

Nothing is more fun than multi coloured tubs of icing, candy decorations, cookies and milk all before lunch time! Approximately 70 parents/caregivers and their children stopped by the GMFRC on Tuesday, October 5<sup>th</sup> to participate in our annual free cookie decorating event to celebrate National Family Week. Pictured is a few of our little decorators enjoying their creations. Special events such as cookie decorating are effortless fun for everyone involved. It is a great opportunity for children to have fun with other friends their own age while mom or dad can meet other parents who are taking advantage of fun programs such as this. There was lots of laughter as families gathered together to sing songs, play parachute games and celebrate being a CF family during this special week.

Image by: Coreen Penny

# TOEPICS - Skating Season Opens with Fall Competition

The Canada Winter Games in Nova Scotia are 123 days away and 2 Greenwood Club Skaters are hard at work eyeing a spot on the team. Last week, Jenna Breckon took a step closer to that dream at the first event of the season in Sackville NB. In a field of 26 skaters Jenna posted the 3rd best score in the short program and was 5th overall in the second day of competition. Nova Scotia skaters were 1st, 3rd and 5th. The competition for the 2 spots will be tight, but Jenna is definitely in contention. Her next event will be at the BMO Sectional championships in November. The top 4 skaters will advance to the Canadian Challenge Event in Mississauga Ontario in December. James Hazelton is on his way to Barrie, Ontario for his first test of the competitive season at the 'Oktoberfest' event. James will likely secure a spot on the team in Novice mens. We will keep you updated on that news.

We still have openings in our Canskate Program starting on October 31st (special Halloween edition).



Jenna Breckon - Short Program - NB Fall Skate  
(Image: Submitted)

SATURDAY 23RD OCTOBER 2010

FEATURING AT THE ANNAPOLIS MESS

*The Annapolis Big Band*

&

WINE AND CHEESE TASTING

Doors open at 19h00

19h30: Music, Dance, Hors d'oeuvres,  
Wine & Cheese and Dessert

TICKETS \$15

*Wine & Cheese*

*Come & Enjoy a Perfect Wine Experience with  
Some of the Best Wines You've Ever Tasted!*

Reserve your tickets at the Annapolis Mess. For information or large  
reservations contact [mario.andre@forces.gc.ca](mailto:mario.andre@forces.gc.ca) Dress: Jacket and Tie.