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VOL. 31 NO. 40 OCTOBER 18, 2010 NO CHARGE

14 WING • ESCADRE 14 GREENWOOD, NS

The Aurora

newspaper



Kingston Food Bank Pull the Pumper & Relay Event

By Warrant Officer John Pereira

The 14 Air Maintenance Squadron Air Craft Structures team took the trophy for overall winners. Left to right are Captain (Capt) Mariano Arruda, Corporal (Cpl) Vinny Canuel, Cpl Jeff Hull, Cpl Mike Norden, kneeling is Cpl Tony Foster. Missing is Master Corporal Will Nowot.

Story on Page 2

(Images: Private Gerald Cormier, 14 AMS Wing Imaging, Imagery Technician)

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Kingston Food Bank Pull the Pumper & Relay Event



...cover story.

A challenge was issued several weeks ago to the 14 Wing Greenwood Fire Department to help raise food items for the village of Kingston's food bank. The Fire Department responded by organizing and creating a fundraising event which included pulling a large fire truck as well as a challenging relay competition. As Warrant Officer, John Pereira from the Fire Department stated, "We made it interesting!" An the competition certainly was as members from the Wing's Squadrons and Units and local emergency services flexed their muscles on Thursday, October 7, 2010 by pulling a 46,000 pound pumper fire truck and then participated in a relay competition.

Teams of six members were asked to canvass their individual Sqns/Units for non-perishable food items and submitted these at the event as a registration fee. After many valiant efforts by a total of ten teams one team stood victorious when the dust cleared... the 14 Air Maintenance Squadron, Aircraft Systems "Pylon Crushers".

As a result of the combined effort of all teams, 14 Wing members and local sponsors, a total of \$344 was raised through BBQ sales and 1,856 pounds of food was collected! The challenge was definitely met and in turn the proceeds and food will support local families who need assistance at this time of year.

The Greenwood Commercial Curling League

are seeking new teams or individuals interested in curling Thursday nights at the Greenwood Gardens at 14 Wing Greenwood.

**For more information call
Randy at 765-0552.**



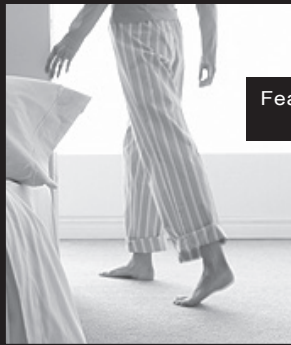
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Le coin des Padre's Corner

By: Padre Robert A. Lauder

Fall Harvest

Ripe, red apples – one of autumn's great joys and one of the Valley's precious offerings. Who doesn't have fond memories of picking a fresh apple from the tree? Only after enjoying the tart "snap" of biting into it, can one with confidence then start filling the bushel basket. Apples, it seems, are good for whatever ails a person. The fall apple harvest only lasts a few weeks, but the goodness it brings is shared with the rest of the country for a long time.

It is said that there was once a fellow who travelled the New World, carrying a sack of apples over his shoulder. He didn't talk much, but he was friendly enough. He made his living doing odd jobs and filled his days chatting with people. Whenever he ate an apple, he made a hole in the ground with his walking stick and, carefully, planted each core in the fertile earth wherever he happened to be at the time. "Johnny Appleseed", people called him with a smile, not knowing what to make of this quiet wanderer. Generations later, apple trees now grow widely where none were found before, due to one man's lifelong habit of planting an apple a day. What he planted made a difference.

What are we planting in our lives? Will our efforts bear fruit that will bring joy in the days to come? "By their fruits shall you know them," the Bible says. Our actions are like seeds that we are planting in the world, which will grow and bear fruit in accord with what we plant. Are we planting the kind of attitudes and behaviours that we hope to see grow? Will they inject the kind of energy into the universe that will make it a better place for our children's children?

Apples are amazing little bundles of life. After sustaining a creature with their vitamin-filled fibre, each apple core then holds the capacity to grow not just one, but a dozen new trees. Each tree that grows will bear hundreds – even thousands – of apples in its own stead. What an amazing bounty from a simple apple.

We, too, contain the capacity to grow into something wonderful. It matters not that we may only look as simple as an apple. You are a wonder, filled with potential. Bloom where you are planted. Remember, however, that the life cycle of an apple is not always glamorous. Don't be dismayed if we sometimes feel bitten, chewed and pushed underground for a while. This is how an apple tree grows. Warmth in its season always draws us to the Light.

Récolte automnale

Des pommes rouges bien mûres – l'une des grandes joies de l'automne et l'un des précieux cadeaux de la Vallée. Qui ne garde pas le souvenir d'avoir un jour cueilli une pomme fraîche directement du pommier? Ce n'est qu'après avoir savouré le plaisir d'une bouchée qui fait "snap" que l'on peut commencer avec confiance à remplir son panier. Les pommes, semble-t-il, sont bonnes contre tous les maux. La récolte des pommes d'automne ne dure que quelques semaines, mais le plaisir qu'elle apporte se partage avec le reste du pays plus

longtemps encore.

On raconte qu'un jour quelqu'un traversait le Nouveau-Monde, transportant un sac de pommes sur ses épaules. Il ne parlait pas beaucoup mais était plutôt aimable. Il passait sa vie en accomplissant toutes sortes de travaux et en discutant avec le gens. À chaque fois qu'il mangeait une pomme, il faisait un trou dans le sol avec son bâton de marche et, soigneusement, plantait chaque pépin dans une terre fertile, peu importe l'endroit où il se trouvait. "Johnny Pépindepommes", l'avait-on surnommé avec un sourire, ne sachant trop que penser de cet aimable vagabond. Des générations plus tard, des pommiers avaient grandi là où il n'y en avait jamais eu auparavant, à cause de cette habitude répétée par un seul homme de semer un pommier par jour. Ce qu'il avait semé avait fait une différence.

Que semons-nous dans nos vies? Est-ce qu'un jour nos efforts vont porter des fruits et porter de la joie? "Vous les reconnaîtrez à leurs fruits" dit la Bible. Nos actions sont comme des semences que nous répandons dans le monde, et qui porteront des fruits selon leur espèce. Semons-nous le même genre d'attitudes et de comportements que nous espérons voir grandir autour de nous? Vont-ils apporter au monde le genre d'énergie qui en fera un endroit meilleur pour les enfants de nos enfants?

Les pommes sont des merveilleux concentrés d'énergie. Après avoir nourri une créature avec leurs fibres pleines de vitamines, chaque trognon de pomme a encore la capacité de faire croître non pas un, mais une douzaine de nouveaux arbres. Chaque arbre qui grandira portera à son tour des centaines – voire des milliers – de pommes. Quelle merveilleuse abondance peut produire une simple pomme.

Nous aussi, nous portons la capacité de devenir quelque chose de merveilleux. Il importe peu que nous ressemblions à quelque chose d'aussi simple qu'une pomme. Tu es une merveille, remplie de potentiel. Fleuri là où tu as été planté. Mais souviens-toi, cependant, que le cycle de vie de la pomme n'est pas toujours aisé. Ne te laisse pas décourager si parfois tu te sens plein d'amertume, mâché ou enfoui pour un moment. C'est de cette façon que les pommiers croissent. La chaleur en cette saison nous conduit toujours à la Lumière.

Wear Purple

Submitted by: Jennifer Hill, BSW SWC, GMFRC
Social Worker 765-1494, local 1811.

We have all been saddened by the alarming number of recent suicides due to homophobia that have been highlighted in the media.

Thursday, October 20th, 2010 marks the first annual wear purple to commemorate suicides caused by homophobia.

The color purple represents Spirit in the LGBTQ flag.

Please show your support to the LGBTQ members of our community by wearing purple **Wednesday October 20th, 2010.**

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It's Time Again for *Fun with Fitness*!

If you are a youth who has always wanted to learn more about fitness or have not had the opportunity to be a member at the Fitness and Sports Centre then this program is for you!

This will be the fourth year that we will be offering the *Fun with Fitness* program, and almost 25 youth have now been certified! The *Fun with Fitness* program has included a mixture of guys and girls who ranged from 12-18 years of age. These young individuals now not only know how to properly use all the equipment at the Fitness and Sports Centre but are also now certified to work out unsupervised.

As a result of the great response we received from this program, the 14 Wing Community Centre would like to offer another special 4 week *Fun with Fitness* program. This program will once again be instructed by Josh Leddicote, a Fitness and Sports Instructor at the 14 Wing Fitness and Sports Centre. Fun with Fitness is intended for anyone between the ages of 12 and 15, who are too young to currently use the gym. Or any 16 to 18 year olds who would like to learn more about active living, and receive additional training and information on operating the exercise equipment.

This fun 4 week program will provide the participants with a thorough introduction to active living, goal setting and exercise maintenance, as well as weekly classroom lessons and hands on practical training! The goal of the program is that by the end of the 4 weeks, you'll be able to not only know how to properly operate



the equipment at the Fitness and Sports Centre but also work out, unsupervised. Plus, at the end of the program you should even be able to put your own program together!

This program is an excellent way for you to improve your strength and conditioning, and is also a great way to train for all sports programs offered later this fall or winter. The plan is to offer the course between 5 and 7pm on Sunday evenings at the Fitness and Sports Centre with an hour and a half devoted to practical training and the remaining half hour spent on theory.

In order to participate in this program, you *must* have a valid 14 Wing Community Recreation Card. If you do not, you can simply purchase one at the Community Centre or pay the \$5.00 drop in fee, each week. Once you have completed the course you will receive a package with some cool material.

Please note that the dates, times and the small cost of the program will be determined next week, as we would like to offer the program during November, so continue to check The Aurora Newspaper for our next announcement. In the event that there is sufficient interest, registration will be done on a first come, first serve basis! All participants will be required to wear indoor footwear and proper gym clothing. It is also recommended that each participant brings a water bottle as well.

If you have any questions about the program or want to find out more or would like to register, please call Eric MacKenzie at 765-1494 ext. 5337 or Josh Leddicote at 765 – 1494 ext. 5100.

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

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

Admission is free!

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

News Flash! - The RHU (PMQ) Halloween Decoration Contest Is On

Submitted by: Capt Keith Cusson

The leaves are changing colours, and fall is just getting into full swing. That can only mean one thing: it's almost Halloween! The Community Council is once again running an RHU Halloween Decoration Contest. Driving around the RHUs, it's easy to tell Halloween is just around the corner – folks have begun to get their jack-o-lanterns, goblins, and spooky decorations ready for the arrival of trick-or-treaters. If you haven't started already, you still have two weeks to adorn your home in preparation for the contest.

For your chance to win one of the great prizes available, you will need to have your home at its Halloween spookiest for the October 30th. Judging will take place in the evening, with the Community Council President, the Housing Committee Chairman, and a special guest acting as judges. Prizes will be awarded for 1st, 2nd and 3rd Place, in the form of Gift Certificates from local merchants here in the Greenwood area. Winners will be notified the following day (October 31st), and will be announced in The Aurora Newspaper.

There's still time, so break out the ghouls and goblins and let the decorating begin! Good luck to one and all!

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

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2010/2011 14 Wing Junior Curling Program

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 youth 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!

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Dooly's is proud to announce, that on July 4th, 2010, Virgil Wadman became the general manager of Dooly's Greenwood. Within those walls, a lot has changed. Not only do they have a new leader, but they also have a great team of friendly staff whose dedication is mutually shared with their new manager. They have an extensive new food menu, and are the only Dooly's to offer the class, sophistication and refreshment of martinis and mojitos. There's more; read on.

Monday is Military Monday, offering free pool to those in the military, as well as \$1 off their delectable martinis and mojitos. 2 for 1 Tuesdays offers 2 appetizers for the price of 1. (YES THAT INCLUDES WINGS!) Get your game on with all-you-can-play pool for \$5/

person on Wednesdays, and Thursdays is the famed "Ladies Night Out," with drink discounts for the ladies, and playing the top hits in North America. Friday is theme night; on selected Fridays, Dooly's Greenwood will host a night to dress up and come together, whether we're at an 80's dance party or a high school prom! Saturday is the notorious club night, with an in-house request DJ playing all your favorite hits, and Sunday is the popular 8 Ball tournament, beginning at 7 pm.

Dooly's Greenwood has something for everyone; the big and small, the short and tall, of age or gently old, they have provided a place the people can happily go. Relax. Unwind. Celebrate. Do it all at Dooly's Greenwood.

Ghosts & Goblins, Once Again...

Once again the Friends of Mid-Valley Palliative Care, with sponsorship of the Kingston Lions Club, are working together on a project to purchase another pain pump for Mid-Valley Palliative Care. On October 29th a dinner

dance will be held at the Lions Hall. The night is being called "Ghosts & Goblins, Once Again". Costumes are not necessary but encouraged; however costumed waitresses will again be serving tables. Prepared by the Lions'

wives, the meal will be truly Halloween, with appetizer witch's sticks, eyeballs and brain dip. Dinner will consist of jack soup followed by crawler greens and graf Dracula. Dark angel and witch's brew will top off the meal but not the evening as once again "Jokers Right" have volunteered to play into the darkness of the night. As well, to pump up the excitement of the evening, there is the door prize of a 2011 family pass to Upper Clements Park (a value of \$200.00), 50/50 draw and many other prizes.

Cooperation from the local community has been overwhelming with donations from Upper Clements Park, Sobey's, SuperStore, Robicheau Fisheries and Lola's Touch of Beauty. Tickets can be purchased at T&S Office Essentials, Kingston Pharmasave and Lola's Touch of Beauty. The evening should prove to be a "boootiful" evening created by two charitable organizations getting together to make critically ill patients more comfortable. There is no more worthwhile cause.

CUCINA AURORA



Mushroom Mornay Sauce

3/4 cup Milk
1 Egg
1/4 tsp. Dry mustard
1 Can condensed Cream of Mushroom Soup
1/2 cup Shredded Swiss cheese (2 oz.)
1 tbs. Grated Parmesan cheese
Desired hot cooked vegetables

In 1 1/2-quart saucepan, stir soup; stir in milk and mustard until smooth. Over medium heat, heat through, stirring occasionally. In small cup, lightly beat egg. Stir some hot soup mixture into beaten egg. Stir egg mixture back into soup in saucepan. Over low heat, cook until mixture thickens, stirring constantly. DO NOT BOIL! Remove from heat. Stir in Swiss and Parmesan. Cook until cheese melts. Serve over vegetables. Makes about 2 cups sauce.

DOOLY'S

GREENWOOD

UNDER NEW MANAGEMENT

new menu new specials

Halloween Costume Bash

October 30, 2010
10PM

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[illegible]

Bravo Zulu

Images from 14 AMS Wing Imaging unless otherwise indicated.



Private Trained White receives his promotion from 413 Sqn Acting Commanding Officer, Major Poitras. (Image submitted)



Master Corporal Larose receives his promotion from 413 Sqn Commanding Officer, Lieutenant Colonel Atkins. (Image submitted)



Major Smith, 14 AMS AMO, presents Private Andre Pelletier with his first chevron.



14 Wing Supply/Foods Officer Major Carver promotes Able Seaman Marshe to the well deserved rank of Leading Seaman.



Capt Arruda, 14 AMS A/AMSO presents Pte Ellis with his first chevron.



Capt Arruda, 14 AMS A/AMSO presents A/L Cpl MacNeil with her new rank.



The WOps Officer, LCol Steve Chouinard presents Capt Marcel Jarowitz with his new rank.



WOps O, LCol Steve Chouinard, presents Lt David Hitchcock from the MP Detachment with his new rank. (Image submitted)



14 Wing W Pers Admin O, Maj Fewer presents Jill Jackson, the Recreation Director of the Community Centre, an award for 10 years of service with PSP. Congratulations Jill.



On behalf of OC LRPSET, Capt Tim Blakesley presents newly promoted CWO Bruce Richmond with his first set of CWO slip-ons prior to a recent CP-140 mission in Iqaluit. (Image submitted)



CWO Bruce Richmond in “the office” for his first and last flight as a CWO Flight Engineer prior to a ground posting to 8 Wing Trenton. (Image submitted)

Wing Logistics and Engineering Branch - Military Quarterly Award Winner

This award is presented to recognize Pte Sara Schatz’s outstanding work ethic and ceaseless efforts and contributions to the Wing Logistics and Engineering Branch. She is commended for her dedication and exemplary performance. Image below.



Lt SABA Bailey, WCEA/Ops O, receiving his Commissioning Scroll from LCol Letourneau, WLEO and CWO Viel, WLE Branch CWO. (Image submitted)



Cpl T MacDonald, WCE 141 CEF, receiving his promotion from LCol Letourneau, WLEO and CWO Viel, WLE Branch CWO. (Image submitted)



Pictured L-R: LCol Ubbens, Pte Schatz and CWO Matthews. (Image submitted)

VP International 2010 Memorial and Dedication Ceremony



Book Dedication: The VPI Memorial and Dedication Service held on Sunday, 3 Oct 10, dedicated 6 new names to the Book of Remembrance from the 201 Squadron, Royal Air Force killed in a Shackleton crash 8 Dec 1965. The Memorial participants (L-R) Honour Guard, MCpl Michael Sauve, 405 LRP Sqn; Book of Remembrance compiler Mr. Norman Donovan; Padre Robert Lauder, F/L Rolf Hippman, RAF exchange officer MP&EU; VPI President Maj Derrick Hotte, 405 LRP Sqn; and A/WComd LCol Ron Walker, CO 404 LRP&T Sqn.



Pres Hotte: Newly appointed President of VPI, Maj Derrick Hotte, provides the opening remarks for the VPI Memorial and Dedication Service held at 14 Wing Greenwood, Sunday, 3 Oct 10. (L-R) MCpl Michael Sauve from 405 LRP Sqn and Sgt Erik Keur from MP&EU stand guard at the VPI Memorial

Submitted by: Lloyd E. Graham, VPI Historian

From its inception as a Royal Canadian Air Force (RCAF) Neptune aircraft oriented P-2000 Club at 407 Squadron, RCAF Base Comox, B.C., in May 1966, to its metamorphosis into the world-wide VP International (VPI) Association at Canadian Forces Base Greenwood, N.S., in November 1970, the current and retired military aircrew and commanders responsible for its consistent, professional growth have maintained the mission of the original P2000/VPI Charters.

That mission today is "To maintain a worldwide organization of aircrew to foster goodwill and fellowship through the promotion of understanding and recognition of VP

operations." The term "VP" is accepted by VP International as a military designator applied to fixed-wing, Maritime Patrol aircraft, employed in intelligence, surveillance, reconnaissance, anti-surface and anti-subsurface operations. Membership is extended to all aircrew who have graduated from a VP aircrew training program and have been assigned to a VP squadron.

What started as the P-2000 Club, with 21 members some 44 years ago, has evolved into a world-wide fraternity of maritime flyers with over 5800 members in 22 countries.

A pivotal occasion for all VPI nations occurred on 28 September 1997 when the Chief of the Air Staff, LGen A.M.

Dequetteville, dedicated the VPI Monument here at 14 Wing Greenwood "in honour of crew members of land-based maritime patrol aircraft who have lost their lives in the performance of their flying duties in all theatres of maritime flying operations". That year, in a moving ceremony attended by over 400 members, guests and dignitaries, a record of over 1400 aircrew fatalities from 12 VPI member countries were accepted into the Book of Remembrance which is held for viewing in the Greenwood Military Aviation Museum.

For the past 13 years, VPIHQ has continued to hold an annual memorial service to honour fallen comrades. On Sunday, 3 Oct 10, LCol Ron Walker, A/WComd highlighted the important work and historical aspects of VPI for an audience of some 80 current and retired military and civilian guests. Regarding the Book of Remembrance, he charged the President of VPI, Maj Derrick Hotte, with the responsibility "to guard it reverently and update it promptly". In keeping with that commitment, the names of six RAF crew members from 201 Squadron, who died in a Shackleton crash 8 Dec 1965, were read into the Book by F/L Rolf Hippman here on exchange duties with MP&EU. Padre, Capt Robert Lauder assisted in the ceremony and dedicated



Memorial Guards: (L-R) MCpl Michael Sauve from 405 LRP Sqn and Sgt Erik Keur from MP&EU stand guard at the VPI Memorial Monument and Dedication Service Sunday, 3 Oct 11.

the pages of the Book of Remembrance, which now contains 1896 names representing 13 countries. The dedicated work of tracking and compiling all of this important information over the past 14 years has been the responsibility of Maj Norm Donovan (Retd).

Maj Derrick Hotte, was recently appointed as the new President of VPI by WComd Bill Seymour. Derrick has a great deal of experience in the MP community and was formerly the President of the VPI Greenwood Wing. He is eager to get on with the many challenges that face this large international aircrew association and his following opening remarks at the VPI Memorial Service on Sunday, 3 Oct 10 reflect that.

Presidents Remarks

"LCol Walker, Col Smale, honoured guests et madams' et monsieur's, it is indeed my very great honour to address you this morning as President of VP International.

From its humble roots that date back nearly 45 years, VP International was founded on the goals of fostering goodwill and fellowship among long-range patrol aircrew, and to the promotion of understanding and recognition of VP operations and their impact on military aviation. While the last 45 years have been replete with change, including the blossoming of VPI into a worldwide organization of some 5800 members in 22 Countries, we remain as staunchly committed to our founding goals as we always have been, and it is in keeping with those goals that we gather today to honour those that have given the ultimate sacrifice while in the conduct

of shore based fixed wing long range patrol since 1947.

The post Second World War was a short-lived time of peace as a new Cold War period emerged that saw VP crews central to the efforts of maintaining a vigil and defence against the unthinkable prospect of another World War. These efforts were undertaken in secrecy with exceptional professionalism and due to their nature have gone largely unrecognized in the history of the period. Later as the Iron curtain fell, VP aircrew's transitioned to numerous domestic and Peace Support Roles while continuing to maintain Anti-submarine and other warfare skills that might again be called upon in times of crisis. In more recent years, the role of the VP community has evolved yet again as global terrorism has emerged as a clear and present danger to all nations. Through increased focus on National Defence, enhanced surveillance, support to operations in two Wars and a host of other security operations, and continued preparedness for the possibilities of maritime warfare, Long Range Patrol operations remain as important to the nations they serve as they did during the highest points of tension during the Cold War period.

Key to the ongoing success of VP operations will always remain the professionalism and dedication of the crews that fly these operations and to the countless scores of personnel who through their own dedication and professionalism support them. Like the Cold War period, operations are often still veiled in secrecy and so those that undertake them often labour in anonymity.

Operations and readiness activities to support operations do not; however, come without a high cost and it is that cost that we mark with today's sombre ceremony.

An initiative was undertaken nearly 15 years ago to pay honour to those in the VP community that had paid the ultimate sacrifice and to commemorate their sacrifice through the establishment of the beautiful monument you see here behind me. As a testament to the principles of VPI, the creation of the monument and ongoing care for the Book of Remembrance that contains nearly 2000 names of our fallen comrades are feats achieved purely through volunteer efforts. Many of the names in the book have been discovered only as a result of meticulous and laborious research by a number of VP International members most notably Mr Norm Donovan who is here with us today and to whom the book of Remembrance is a labour of love.

Of the nearly 2000 names in the book of remembrance there are over 1100 American names, and so it with thanks that I welcome Retired USN Master Chief Herb Parsons and retired USN Senior Chief Pete Lulis who have joined us again this year (from California) to mark the occasion.

As we continue through the ceremony today, we do so with VPI's goals forefront in our mind. We pay homage to our fallen comrades as is fitting in the spirit of fellowship, and we also use the occasion to shine a light on VP operations present and past and to those that conduct and support those operations in order to help promote understanding and recognition. Thank-you all for coming....." Maj Derrick Hotte

What is done here at 14 Wing Greenwood under the banner of VPI is recognized around the globe in the patrol community at large and reflects well on the professionalism we all aspire to achieve. This important ceremony could not possibly happen over the years without the tremendous interest and support of the Patron, Squadrons, Sections and numerous volunteers on and off the Wing. Many thanks from VPI.

Look for us under <http://www.vpinternational.ca/>

CWO Air Force's Visit to 14 Wing Greenwood



CWO Barham enjoys a test flight in the simulator at 404 Squadron.
(Image: Cpl Roxanne Cronk, Imagery Technician)

By: Sergeant Stephane Lambert
On September 30, 2010, 14 Wing was honoured to host the Chief Warrant Officer of the Air Force, (CWO) M.L. Barham, for a visit and tour of our Wing. Accompanying the CWO for the visit were 1st and 2nd Canadian Air Division

CWOs and all Wings CWOs. The visit included a tour of 413 (Transport and Rescue) Squadron (Sqn), 14 Air Maintenance Sqn Engine Bay facilities, 404 (Long Range Patrol and Training) Sqn Operational Mission Support section, Fire Hall, Military Family Resource Centre, Medical

Clinic and a test flight on board our state-of-the-art simulator. The simulator was definitely one of the highlights of their visit as they exited the simulator with a great big smile on their faces from the experience. After the Wing tour a town hall was held by



CWO Barham discusses the function of the T-56 engine with Cpl Phillip Martin at 14 AMS.

CWO Barham. He then awarded five members with the Air Force CWO Coin in appreciation for their outstanding dedication to 14 Wing and the Canadian Forces. One thing was clear about this visit: All CWOs made a point of engaging the people they met and they were absolutely impressed to see the level of professionalism and knowledge of 14 Wing's fine men and women in uniform as well as the tremendous capability of the Wing.

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10-653A	1991	Silverado 1500	Blk/Sil	8	A	4x4 (MVI Only)	185,000	3,495
U1760	1996	Trans Am	Red	8	6	AC,PW,PDL	164,000	13,995
U1717	2002	Rav4 4WD BA	White	4	A	AC,PW,PDL,Cru	103,000	11,995
10-376A	2003	Camry SE AA	Red	4	A	AC,PW,PDL,Cru	108,000	10,995
11-10A	2003	Camry LE AA	White	4	A	AC,PW,PDL,Cru	104,000	8,995
10-359A	2004	Tacoma AccCab	Dgreen	4	A	2Wd,AC,Cru,CD	115,000	12,995
10-489A	2005	Corolla LE AA	Beige	4	A	AC,PW,PDL,Cru	106,000	10,995
10-492A	2005	Echo Sedan	Red	4	A	PDL,Cru,Cd	60,000	8,995
U1764	2005	Echo Sedan	Grey	4	A	AC,CD	78,000	8,995
10-632A	2005	Camry SE AA	Grey	4	A	AC,PW,PDL,Cru	111,000	12,995
U1734	2006	Sienna CE AA	Dbblue	6	A	AC,PW,PDL,Cru	90,000	17,995
U1741	2006	Corolla CE SE	Silver	4	5	AC,S/R,PW,PDL	95,000	10,995
10-435A	2006	Corolla CE BA	Grey	4	5	AC,PDL,CD	91,000	9,995
10-237B	2006	Matrix BA	Red	4	A	AC,PDL,CD	76,000	11,995
10-569B	2006	Corolla CE BA	White	4	A	AC,PDL,CD	95,000	10,995
10-443A	2006	Corolla CE BA	Silver	4	A	AC,PDL,CD	87,000	10,995
10-114A	2007	Camry LE AA	Grey	4	A	AC,PW,PDL,CD	85,000	15,995
08-72A	2007	Camry LE AA	Beige	4	A	AC,PW,PDL,Cru	56,000	16,995
11-14A	2007	Camry LE AA	Silver	4	A	AC,PW,PDL,Cru	86,000	15,995
11-8A	2007	Camry Hybrid	Green	4	A	AC,PW,PDL,Cru	58,500	20,995
10-493A	2007	Camry LE AA	Beige	4	A	AC,PW,PDL,Cru	77,000	15,995
11-3A	2007	Camry LE AA	Grey	4	A	AC,PW,PDL,Cru	21,000	17,995
10-626A	2007	Passat 2.0T	Green	4	A	Leather, S/Roof	115,000	14,995
10-568A	2007	Matrix BA	Red	4	A	AC,PDL,CRU,CD	80,000	12,995
10-646A	2007	Yaris Sedan AA	Blue	4	A	PDL, CD	72,000	9,995
10-622A	2007	Caravan	Red	6	A	AC,PW,PDL,Cru	71,000	10,995
11-63A	2007	Tundra Db/Cab	Slate	8	A	4Wd,5.7,Ltd	37,000	31,995
U1746	2008	Rav4 Ltd 4WD	Green	6	A	S/R,AC,PW,PDL	86,000	24,995
U1751	2008	Matrix XR BA	Silver	4	A	AC,S/R,PW,PDL	49,000	15,995
10-661A	2008	Corolla CE CA	Red	4	5	AC,PW,PDL,Cru	74,000	12,995
10-583A	2008	Highlander 4WD	Red	6	A	Sport, Leather	93,000	27,995
10-596A	2008	Yaris Sedan AA	Blue	4	A	CD	100,000	9,995
11-4A	2009	Corolla LE AA	Red	4	A	AC,PW,PDL,Cru	122,000	11,995
11-66A	2009	Tundra Db/Cab	Silver	8	A	4Wd,5.7,Trd	26,000	33,995

Vehicles have the following ECP/EXT Warranty Coverage:

* 10-583A: 4 yr--100,000 Ext. Warr/ In-Service: Oct 22/07

* 11-66A: 6 yr--160,000 Ext. Warr/ In-Service: Jun 19/09

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MP Peter Stoffer's Tandem Parachute Jump



On Tuesday, October 12, 2010, Member of Parliament, Peter Stoffer (representing the Sackville-Eastern Shore region of Nova Scotia) visited 14 Wing Greenwood and participated in a tandem parachute jump with members of 413 (Transport and Rescue) Squadron, civilian jumpers and other lucky personnel from the Wing.

(Photo: 14 AMS Wing Imaging)

The GMFRC Wants You to Meet the New Deployment Coordinator!



Amy Snow, GMFRC Deployment Coordinator
(Image Submitted)

Submitted by: Amy Snow, GMFRC Deployment Services Coordinator at 765-1494 local 5583 or email Amy.Snow@forces.gc.ca

Hi Everyone! My name is Amy Snow and I am originally from Newfoundland. I am a graduate of Memorial University of Newfoundland where I have a Bachelor of Science degree. Since graduation I have had the pleasure to work as Chemistry Instructional Assistant for MUN as well as a Chemistry Instructor preparing students for the MCAT.

I moved to Greenwood in July 2009 to join my military

spouse in his posting and although the experience was new and challenging we have never looked back. I began with the GMFRC in Aug 2009 as a volunteer where I participated in many of the special events and programs. I then joined the GMFRC team as an Evening Support Staff and now I am excited to be your new Deployment Services Coordinator.

I am happy to be a part of the GMFRC team and I look forward to meeting each and every one of you. Please feel free to drop by the office for a visit or contact me at 765 – 1494 local 5583 or at Amy.Snow@forces.gc.ca!

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



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

Mental Health Services 26 Canadian Forces Health Services Centre

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

Mental Health Services Team:

Manager: Lt Yvonne Luedee, MSW, RSW

Social Work Officers: Joe Beninati, MSW, RSW

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

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

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

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

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

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North Mountain Gun Club Annual Turkey Shoot

Fall is in the air. Cool breezes, crisp mornings and thoughts of returning to the hunting woods, and of

course the North Mountain Gun Club's annual Thanksgiving Turkey Shoot. This year a large group of

shooters arrived on a perfect fall morning to compete. The day began with a lunch of barbequed sausages, served up by Chris Tanner. The shooters then gathered on the range where range safety officer Cliff Neiley explained the use of our new rifle racking system, designed and installed by Glen Spenser, which permits us to both meet and surpass national safety standards.

This event was for legal deer rifles only. Competitors would shoot at a deer target, a buffalo target, bull's-eyes, knock-down targets and water jugs, at ranges of 25 yards to 100 yards. All of these targets were designed to simulate hunting conditions. After several hours of intense competition the winners were Scott Russell with a perfect score of 90; second place went to Burt Strong with a score of 77; and third place went to Dieter

Jilge with a score of 66. All three winners took home large turkeys as their prizes. Tony "Dead Eye" Clark

took home the coveted half-pound of turkey baloney, but asked that we not reveal his score. All in all it was

a great day and everyone was looking forward to our Quigley Shoot in November.

Skater of the Week

The Greenwood Skating Club presents the JC's Hot Tubs and Pools Skater of the Week:

Kylie Emma Revels-Scholt

Age: 9 yrs old
School: Dwight Ross Elementary
Skating Level: Junior
Started Skating: 6 yrs old
Highest Test Passed: Canskate
Favourite part of skating: Half-flips and Spirals
Other hobbies: Drawing and playing the piano



The proud winners: Burt Strong (2nd); Scott Russell (1st); and Dieter Jilge (3rd).

14 Wing Flight Feeding Raising the Bar on Meal Quality



Pictured here is AB Thomson and Pte Fawson assembling dispersed meals at the 14 Wing Greenwood Flight Feeding kitchen. 14 Wing Greenwood Flight Feeding has a staff of 4, including Sgt Steve Ellis I/C Flight Feeding, Shift Cooks Pte Jason Fawson, AB Steven Thomson, LS Mathew Marsh.

14 Wing Greenwood Flight Feeding produces an average of 132,000 dispersed meals annually. (Photo: Submitted)

The management and staff of 14 Wing Food Services are proud to announce that their Flight Feeding section has made significant improvements to the menus offered to flight crews and passengers. The Deputy Wing Food Services Officer, MWO Rick Nickerson, said that support for the changes to the menu was driven by the I/C of Flight Feeding, Sgt Steve Ellis, and approved by the new W Foods Svcs O, Lt Geoff Martin.

In addition, the W Foods Svcs O has invited members from 404, 405, 413 Squadrons and Wing Operations to tour Flight Feeding in an effort to establish strong communication ties. The tour will provide a complete overview of how members of the Flight Feeding team provide top notch service to flights 24/7, and also provide an opportunity for personnel from the Operations side to ask questions. Lt Martin said, "in order to provide these folks with the freshest food and best service possible we need to build bridges, and I believe that the tour of Flight Feeding is a significant step in that direction".

DEADLINES

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



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TENDER 10-18

Winter Maintenance Services November 22, 2010 to November 21, 2013

The Municipality of the County of Kings, Engineering & Public Works is seeking bids for work that includes, but is not limited to the control of snow and ice on Municipality owned roads, sidewalks, and facilities for a three (3) year period.

Work has been divided into multiple service zones. Prospective bidders may bid on work in one or more service zones.

Specifications may be viewed and picked up upon receipt of a \$50.00 non-refundable deposit after 1:00 pm on Monday, October 18, 2010, at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm.

Specific inquiries pertaining to this tender may be directed to Tanya Oickle, Engineering Support Clerk at 902-690-6195 or at: toickle@county.kings.ns.ca

PROPOSALS WILL BE ACCEPTED UNTIL 2:00PM
THURSDAY, NOVEMBER 4, 2010

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

14 Wing Greenwood Skate Park Union Club Meeting - October 27th!

The next Greenwood Skate Park Union Club meeting is set for Wednesday October 27th from 4:00 - 5:00 p.m. inside the 14 Wing Community Centre Conference Room. During this meeting, you'll have an opportunity to voice your opinions and recommend the changes that you would like to see in the future. Please note that the Community Centre Conference Room is located on the second floor of the Centre.

The 14 Wing Community Centre has held four Greenwood Skate Park Union Club meetings, and the club recently held a successful bottle drive on Sunday October 3rd.

Another example of the changes at the park that are a result of recommendations from the Club, is the addition of the bottle container, in which all funds collected from bottles go towards the skate park. It is important to note that we want to keep the park clean but it is only your responsibility when using the park to ensure that you place your bottles and garbage in the appropriate containers.

This Club is opened to anyone between the ages of 9-18 but anyone under 9 can join the club, provided a parent or guardian (18 or older) is present when they visit the skate park. This includes our BMX users and skateboard users.

Our membership is only \$15 a year, \$12 for each additional child, and all of your registration dues go towards fundraising purposes to provide upgrades to the park. Membership forms are available at Limitless Skate and Snow, in the Greenwood Mall, and at the 14 Wing Community Centre. Please note that your completed form must be submitted at the Community Centre where you will be given a receipt for your payment.

We hope to continue to meet bi-monthly, and discuss what upgrades the park needs and how to fundraise the necessary funds. This Club, in partnership with Limitless Skate and Snow, allows users of the park to provide feedback and collectively set a plan in place for what direction we would like to see our park go. If you are interested in joining the Club, please contact Eric MacKenzie at 765 - 1494 ext 5337.

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

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

14373 Highway 1
Wilmot, N.S. B0P 1W0
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KerrG1a@parl.gc.ca

GREENWOOD PLAYERS THEATRE GROUP PRESENTS "ROBINSON CRUSOE"

A pantomime full of fun and action for all age groups. Come and see pirates, natives, cannibals and Blackpatch who is trying to steal the map that leads to the treasure. Not to mention the shipwreck that ensues when the Mary Rose sails from London Docks with some stowaways on board.

**December 7th to
December 11th.**
A.V.M. Morfee Centre
Curtain time 7:30 p.m.
Tickets \$8.00 and will
be sold at the door.
Reserve tickets 825-0019

Featured this week is Joe Johnson who plays "Man Friday"



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&
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Hours Mon-Fri 9am-7pm (later by appt.) Sat. 9am-1pm (later by appt.)



The Village of Kingston

REQUEST FOR PROPOSAL

#10.01 – SUPERVISORY CONTROL AND DATA ACQUISITION (SCADA) SYSTEM

The Village of Kingston invite proposals to provide a SCADA System for its wastewater collection system. Interested firms are invited to contact the undersigned for further information and to receive a formal Request for Proposal (RFP) package, which provides terms and conditions, general information and requirements for proposals.

The RFP package is also available on the Village's website.

Sealed proposals will be received at the address below prior to 2:00 pm Friday November 5, 2010.

Greg Towne
Clerk/Treasurer
gtowne@kingstonnovascotia.ca

Proposals will be opened in public at 2:05 pm Friday, November 5, 2010 in the Village Office.

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

Hockey Trivia

Notice

Effective Immediately
Announcements

There will be a charge for all
Birthdays, Anniversaries, Engagements, Weddings, Births, Card of Thanks, & Memoriams

Text without a photo
2 col by 2 inches
\$15.00 (tax incl)
Text with a photo
2 col by 2 ½ inches
\$20 (tax incl)
Text without a photo
2 col by 4 inches
\$25 (tax incl)
Text with a photo
2 col by 4 inches
\$30 (tax incl)

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

The Aurora

Kingston Legion

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m.
Tuesday, 7:30 p.m.
Regular Games - \$125

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

Consolation \$500

- Double Action

Lic.# 35542-96





17 - 21 Oct

The Town

Sun - Thurs • 8 pm
Rated 14A

\$\$ Save Money \$\$
Buy Pre-Paid Admission Cards

- 7 Admissions - \$40
- 11 Admissions - \$60

www.zedex.ca


Questions

1. What goalie had over five hundred minutes in penalties?
2. Who was the first captain of the Leafs?
3. How many jersey number 31's are retired in the NHL?
4. Who were the first 100 point season scorers for the original six teams?
5. Who was on the original Scooter line?
6. How many first over all picks have the Penguins had, and who were they?
7. Who was the first goalie in the NHL to be credited with an assist?
8. Who is Normand Leveille?
9. What goalie holds the record for most shutouts in a season?
10. What team's rink was once called the Palladium?
11. Who were 'Les trois Denis'?
12. Andre Lacroix holds the record for most points in which league?
13. What goalie has the most shut outs in the NHL?

14. Who assisted on all three Bill Mosienko's goals?
15. Which OHL team sent the most players to the NHL?
16. Pavel Bure won the Maurice Richard Trophy while playing for which team?
17. What team was the first NHL American team?
18. Who was nicknamed Slats?
19. Who won the Art Ross, Norris, Hart & Conn Smythe Trophies all in one year?
20. What goalie has the most assists?
21. Ron Hextall
22. Clarence Day
23. Two, Grant Fuhr
24. Boston, Esposito; Chi, Hull; Detroit, Howe; NYR, Ratelle; Mtl, Lafleur; & Tor, Sittler.

Answers

25. Lindsay, Wharram and Mikita
26. Three, Lemieux, Fleury & Crosby.
27. Tiny Thompson.
28. He was the first draft pick for the Bruins in 1981, Suffered career-ending brain aneurysm during game vs. Vancouver, October 23, 1982.
29. Tony Esposito, 15.
30. Ottawa Senators
31. Denis Savard, Denis Cyr and Denis Tremblay, all born Feb 4 1961, played on one line in junior.
32. WHA
33. Martin Brodeur broke Terry Sawchuks forty year old record of 103 last month.
34. Gus Bodnar
35. Peterborough Petes
36. Florida Panthers
37. Boston Bruins
38. Glen Sather
39. Bobby Orr
40. Tom Barrasso



Greenwood

MILITARY FAMILY RESOURCE CENTRE
CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

For more information about programs and services please view our newsletter and monthly calendar on-line at www.familyforce.ca

*To register or for more information call 765-5611 or drop-in at the GMFRC located at the AVM Morfee Centre on School Road, Greenwood.

Methods of payment accepted are cash or cheque.
Payment is required at the time of registration.

EMPLOYMENT	ADULT	DEPLOYMENT	ONGOING SERVICES
<p>Resume Skills Workshop Monday, November 1 1:00 p.m. – 3:00 p.m. FREE at GMFRC Register by: Friday, October 29 Unemployed? Wanting to change jobs? Whether you're new to the workforce or would like a change, everyone should have a solid resume. If you are interested in tweaking your skills, join us as we discuss resumes and cover letters that get you to work!</p>	<p>Managing Your Holiday Budget without being a Scrooge! Tuesday, November 9, 2010 1:30 p.m. - 3:30 p.m. FREE at GMFRC Register by: Thursday, November 4 It's the most wonderful time of the year...or is it?? With Turkey dinners, XBOX, Barbie & iPods, a never ending Christmas list, and a disappearing bank account. This workshop looks at getting the most for your money, looking for bargains, and creating & sticking to a budget during Christmas time.</p>	<p>Respite Childcare Saturday, October 23 12:00 p.m. - 5:00 p.m. Register by: Thursday, October 21 Respite childcare is designed to support families of deployed members and relieve some of the stressors of parenting on your own.</p> <p>Children's Deployment Support Group Sunday, November 14 1:00 p.m. – 2:30 p.m. Children aged 3 – 12 years Register by: Wednesday, November 10</p>	<div><p>Outreach Services GMFRC Website and Newsletter Welcome Program Community Information Database</p><p>Deployment Services Video Tele Conferencing (VTC) Warm Line Calls Respite Childcare Children's Deployment Support Group Social/Support Activities Information Packages on Departure Reunion Family Morale Mail Program</p><p>Children & Youth Services Parent & Tot/Tumble Tots program Baby Group Youth Council Academic Tutoring Licensed Casual Childcare Services</p><p>Prevention, Support and Intervention Emergency Housing Assessment and Referral Short Term Support Crisis Intervention</p><p>Volunteer Services Volunteer Opportunities (Adult/Youth) Professional Development</p><p>Second Language Services Second Language Training (SLT) Francophone Activities</p></div> <div><p>Education Services Workshops/Information Sessions College/University calendars</p><p>Employment Services Resume and Cover Letter Resume Updating Career Assessment / Counseling Job Search Assistance Interview Skill Building Small Business Planning Military Home-based Business Group Magazines and Books exchange Employment Computer Available Portfolio Development</p><p>Special Events and Promotions Red Friday Promotion Yellow Ribbon Campaign Support our Troops Awareness Campaign Military Families Strength Behind the Uniform Campaign Morale Mail Parcels to the Troops GMFRC/Community special events</p></div>
VOLUNTEERING	SCHOOL AGE	FRANCOPHONE	
<p>Respite Childcare Providers Saturday, October 23 Saturday, November 13 12:00 p.m. to 3:00 p.m. GMFRC Volunteers needed: 2 Looking for volunteers that can assist with childcare of a multi-age group. This will consist of helping with snack time, various craft activities, playing with children, and cleaning up the room at the end of the day.</p>	<p>Home Alone Program Mondays, November 1, 8, 15, 22, & 29 (5 sessions total) 6:00 p.m. – 8:00 p.m. Children aged 9 and up \$20.00 per child Register by: Wednesday, October 22 Being home on your own for a moment while mom runs to the store or after school before our parents arrive home from work is a big responsibility. Our program can help provide children with the tools they need to be on their own at home safely for short periods of time.</p>	<p>Sortie souper des Franco-Femmes vendredi 26 novembre de 18 h à 22 h restaurant à déterminer Date limite d'inscription : mercredi 24 novembre La sortie souper des Franco-Femmes est ouverte à toutes les femmes, conjointes, petites amies, fiancées et mères francophones qui veulent rencontrer du monde, parler en français et avoir du plaisir à le faire.</p>	<div><p>HELP! The GMFRC is looking for local businesses and organizations who are interested in contributing to the Christmas Morale Mail Parcels for deployed troops. Community support is very much appreciated to provide each 14 Wing deployed member with a touch of home this Christmas season. Call 765-5611.</p></div>

Dodge.ca/Offers



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.

Community Breakfast

Saturday Oct 23, 8:00-10:00 a.m. There will be a Community Breakfast at the Kingston Baptist Church, Main St., Kingston. For a free-will offering, come and enjoy a hot, delicious breakfast. All are welcome!

Big Breakfast

Middleton Curling Club, 6 King Street, Middleton. Saturday, Oct. 23 from 8:00 – 11:00 a.m. \$6.00 per person. A Community favourite.

Kingston/Greenwood Living With Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will hold its October monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 – 9:00 p.m. Monday, 18 Oct 10. Guest presenter for the evening is Ms. Kelly Wilson, Manager, Supportive Care, Canadian Cancer Society, Halifax. Her topic for the evening will be

on "Cancer Survivorship". Cancer patients, their family and friends or anyone seeking information on cancer are most welcome and encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce 765-3055.

Open House

October 24/10 The Nictaux Fire Dept. will be holding an open house from 2:00 – 4:00 p.m. in honour of the 40th anniversary of the Nictaux Fire-ettes. This invitation is open to the general public, former members, as well as Valley Fire Dept. and Auxiliaries. Please, drop in for a coffee and cake to help us celebrate this special day.

Country Music Concert

A Tribute to Allan White and his music at New Beginnings Center, 1151 Bridge St., Greenwood, Oct.30th. at 7:00 p.m. Musicians include Paul Marshall & Best of Intentions, Ken Best & Silverado, and the White Family. Freewill Offering. Canteen available. For info contact Paul Marshall 765-4644.

Nicholsville Community Auction

413 Victoria Road, Nicholsville NS. Saturday, October 23rd 7:00 p.m. Household items, baking goods, preserves etc. 847 1001.

Kingston Area Seniors Association

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

Hallelujah Harvest Hoedown

The Annapolis Valley Church of the Nazarene 738 Tremont Mountain Road, 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.

Annual Harvest Supper

All Saints A.C.W. will be holding their Annual Harvest Supper. At the All Saints Church Hall, Pleasant Street, Kingston on Thursday October 28, 2010 from 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!

Community Announcement

We invite you to the Morning Worship Service at New Beginnings Center each Sunday at 10:45 a.m. There is a nursery for the children under three and a Children's program for ages three to eleven. The Center is located at 1151 Bridge St., Greenwood. We hope you will consider worshipping with us on Sunday

RCAFA #107 (Valley) Wing Upcoming Events

Hallowe'en Party – Saturday Oct. 30th – 7:30 p.m. Costumes, munchies, music and dancing. Come out and have some scary fun. No charge if in costume, \$5.00 if not, so put on your ugly face, take your teeth out and it's free! Another Hot Flash – Charter Night tickets now on sale at the bar. Date is Nov. 20th, cocktails at 6:30 p.m. Contact us for prices.

Valley Animal Shelter Annual 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. to 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.

Rotary Club of Middleton 52nd Annual Auction

Saturday, November 6th at the NSCC, 295 Commercial St., Middleton. Doors open at 9:00 a.m., auction starts at 10:00 a.m. Over 100 brand new items. Free admission.

Aylesford & District Lions Annual Fall Auction

Saturday, November 6th from 10:00 a.m. till 5:00 p.m. and Sunday, November 7th from 1:00 p.m. till done. Viewing starts 1 hour before the auction. New and used items. Canteen available. If you have items, gift certificates or services you would like to contribute to the auction please contact Philip Graves at 847-3847 and leave a message or any Aylesford Lion.

IODE Rummage Sale

Sat. Oct.30th at the NSCC, Middleton from 1:00 - 3:00 p.m.

Annual Coffee Party and Craft Sale

Torbrook 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.

Authors Ink Creative Writers

Will meet 10:00 a.m. to 12:00 p.m., Wednesday, October 27th, at Macdonald Museum, 21 School Street. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

Christmas Craft Sale

5:00 - 9:00 p.m., Friday, November 12th and 10:00 a.m. to 4:00 p.m., Saturday, November 13th at the Macdonald Museum, 21 School Street, Middleton. Come out and support your Museum at this biggest fundraiser of the year. Three floors of crafts, canteen, table of delicious

baked goods and washrooms available. Cost \$2.00 per person, children 12yrs and under get in free. Phone 825-6116 for information.

C.D. Pete Harris Art Exhibit

Continues at the Macdonald Museum, Middleton until October 29th. Admission charged. Museum open 10:30 a.m. to 4:30 p.m., Monday - Friday. Call 825-6116 for more information.

"Funds for Fuel" Bridge Party

Monday, November 1st, Macdonald Museum, Middleton. Play begins at 1:00 p.m. All welcome. \$4.00 per person. Light refreshments. Come out for a fun afternoon and support your museum. Phone 825-6116 for more information.

Authors Ink Creative Writers

Will meet 10:00 a.m. to 12:00 p.m., Wednesday, November 17th, at Macdonald Museum, 21 School Street. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

Annapolis Valley Historical Society Meeting

7:30 p.m., Tuesday, November 23rd, Macdonald Museum, Middleton. Special Christmas program includes guests. Rev. Karen Ralph and the St. John's United Church choir of Middleton. All welcome. No admission charged. Call 825-6116 for more information.

Christmas Centrepiece Workshop

Register now at the Macdonald Museum, 21 School Street, Middleton by calling 825-6116 or dropping in. Cost is \$15.00 per person, most supplies provided. Make a beautiful centerpiece for the holidays under the direction of an experienced local florist. Workshop to take place 9:30 - 11:30 a.m., Thursday, November 25th at the Macdonald Museum. Proceeds to the Museum. Call now to register or get information at 825-6116.

Christmas Coffee Party

10:00 a.m. to 1:00 p.m., Saturday, November 27th, at Macdonald Museum, 21 School St, Middleton. Come in for some holiday refreshments amidst a lovely Christmas setting. Free will offering. Call 825-6116 for details.

West Kings Craft Fair

Sunday, November 18, 2010 at West Kings High School in Auburn from 10:00 a.m. til 4:00 p.m. Admission \$2.00. Proceeds in support of West Kings Band program. Any one interested in booking a table at the craft fair, please contact Marla at marlapalmer@eastlink.ca or phone 847-1749.

Dessert Night and Silent Auction

The West Kings District High School is having a Dessert Night and Silent Auction, November 18, 2010 from 7:00 - 9:00 p.m. at the High School in Auburn. Come out for an evening of musical entertainment, delicious desserts, tea and coffee. Admission \$4.00 or \$10.00 per family. In support of the Musical Arts.

HOROSCOPES

October 17 - October 23

ARIES - Mar 21/Apr 20

Aries, you must express a great deal of passion in your heart. Find that special someone and let him or her know just how you feel.

TAURUS - Apr 21/May 21

Trust your instincts, Taurus, even when it seems they may be holding you back. Realize that you know more than you think and have a good handle on the situation.

GEMINI - May 22/Jun 21

Gemini, now is the time to take a trip with a friend or loved one. You need a break from reality, and this is your chance to get away for awhile. Expect work when you get back, though.

CANCER - Jun 22/Jul 22

Cancer, seize the day and make the most of what's at hand. Get outdoors, socialize and be adventurous. You will enjoy what happens as a result. Thursday is a power day for you.

LEO - Jul 23/Aug 23

Things flow very well for you this week, Leo. Where issues of love and beauty are concerned, you will find great success. Watch out for Aquarius in the days to come.

VIRGO - Aug 24/Sept 22

Go for the gold, Virgo. Sitting back and doing nothing this week will get you nowhere. Feel free to experiment with things you enjoy or want to try.

LIBRA - Sept 23/Oct 23

Libra, your love life is full of complicated patterns and you're not quite sure in which direction to go. Talk to your partner and find out what he or she desires.

SCORPIO - Oct 24/Nov 22

Scorpio, you could find that all that's needed is a small spark to rekindle a big flame in the romance department. Focus a lot of energy on your love life this week.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you have been going to extremes in your life as of late. It doesn't have to be that way, though. Mellow out and take a more centralized approach.

CAPRICORN - Dec 22/Jan 20

Capricorn, avoid questioning the motivations of others this week. Pay such thoughts no mind at all. As long as you trust your instincts, all will work out.

AQUARIUS - Jan 21/Feb 18

Aquarius, don't get swept up in old patterns. It's time to try something new and gain a fresh perspective on your life. All it will take is a few minor changes.

PISCES - Feb 19/Mar 20

Pisces, you have a great deal of energy but don't know where to focus it. Why not visit a friend and spend time together?

FAMOUS BIRTHDAYS

OCTOBER 17	Alan Jackson, Singer (52)
OCTOBER 18	Zac Efron, Actor (23)
OCTOBER 19	John Lithgow, Actor (65)
OCTOBER 20	Viggo Mortensen, Actor (52)
OCTOBER 21	Carrie Fisher, Actress (54)
OCTOBER 22	Brian Boitano, Figure Skater (47)
OCTOBER 23	Nancy Grace, TV Host (51)

Horoscopes brought to you compliments of:




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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 21, 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. What number do you call if you want to take guitar lessons	_____
2. Who is celebrating their 26 anniversary in business	_____
3. Who is having a Halloween Costume Bash	_____
4. Whose ad says, repairs done today, pay later	_____
5. We Engrave & Customize Gifts is located on what street	_____



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

Congratulations to last week's winner: GERRY CLOW

“Youth Happenings” at 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

Everyone mark your calendars for the Halloween Dance! Friday October 29. Everyone remember to get dressed-up in your funniest, scariest or most unique costume. For more information about any of our programs please call 765-8165.

Teen Council Meeting
Tuesday October 19
3-4pm

Today we will go over our plans for the Halloween Dance. See you there!

Boys Club and Active Chicks
Pumpkin Carving
Wednesday October 20
6-7:30pm
Bring Your Own Pumpkin!

Boys Club and Active Chicks are getting in the Halloween spirit! Boys and girls, please bring your own pumpkin to The Centre, we will provide the carving tools, all you need is the pumpkin!

Teen Activity
Pumpkin Carving

Thursday October 21
6-7:30pm
Bring Your Own Pumpkin!

Teens bring a pumpkin to The Centre to create a really cool design, like a cat, a witch or a haunted house! We'll have the carving tools, and all you need is a pumpkin!

Special Events
Bingo!
Tuesday October 19
Pre-teen- 4:30-6pm
Teen- 6:30-8pm
Cost- \$1

Pre-teens and teens it's Bingo night at The Centre! To play its only \$1 with chances to win almost every game! There will be hot-dogs and pop for sale for which are \$1 each.

Pizza Party
Friday October 22
Pre-teen-6-7:30pm
Teen- 8-9:30pm
Cost-\$2
Pre-register Please!

It's a pizza party at The Centre, for only \$2 make your own mini pizza. Please call or drop in to pre-register, this is extremely necessary, in order to have enough supplies for everyone. So if you are

interested in this program, please pre-register now!

Movie and Treat Night

Pre-teen- 6-8pm
How To Train Your Dragon- A hapless young Viking who aspires to hunt dragons becomes the unlikely friend of a young dragon himself, and learns there may be more to the creatures than he assumed.

Teen- 8-10pm
Karate Kid- Work causes a single mother to move to China with her young son; in his new home, the boy embraces kung fu, taught to him by a master.

Caramel Apple Night

Tuesday October 26
Pre-teen- 5-6pm
Teen- 6-7pm

Come to The Centre and make your own caramel apple for free!

Youth Centre Drop in Hours

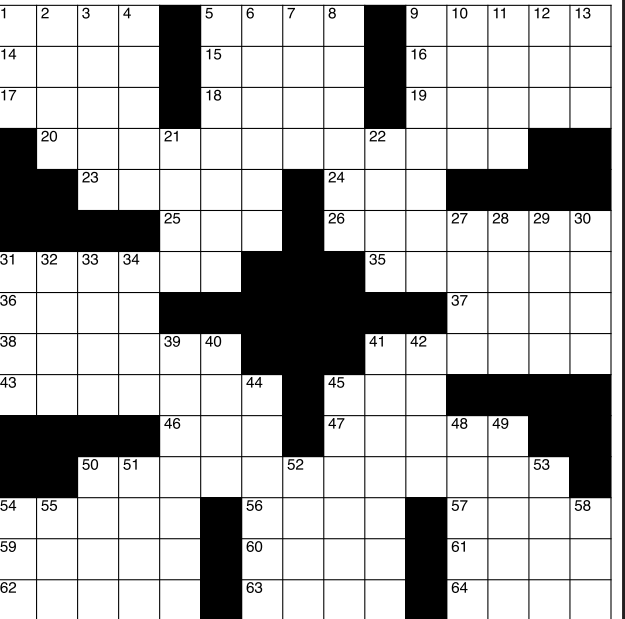
	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

...let's talk about
YOU

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

Metro Crossword

Spelling: US English Solution page 18



- ACROSS
1. Property title
5. Biblical name for Syria
9. Curved cavalry sword
14. Grapefruit tangerine hybrid
15. Renown
16. Capital of Guam
17. Colorado River tributary
18. Collegiate club for males (abbr.)
19. Predominated
20. All by oneself
23. Indian frocks
24. Hawaiian garland
25. Shock treatment
26. Obama's previous job
31. Breed of hound
35. White sheep from Spain
36. Phil _____, CIA traitor
37. Razorbill genus
38. Full of ruts
41. Attach firmly
43. Br. island commonwealth
45. Dutch painter Gerard _____
46. Mandela's party
47. Fr. pictorial tapestries
50. Spouse of the Red Queen
- DOWN
1. Flat bread with sauce
2. To like
4. Male relative
22. Margosa tree
27. Macaw genus
28. Departure from the vertical
29. At some prior time
30. Equus caballus color
31. Fish hook projection
32. Largest toad species
33. Adam and Eve's third son
34. Stalk of a moss capsule
39. Give off
40. Euphemism for damn
41. Not native
42. Sainly light
44. Beam Me Up, ____!
45. Dinner plate flower
48. Saudi natives
49. Coloration for wood
50. 19th C. Br. tragic actor Edmund
51. Mischievous children
52. A paying (taxi) passenger
53. Soluble ribonucleic acid
54. Electronic countermeasures
55. Arrived extinct
58. Electronic data processing

Metro Crossword brought to you compliments of:

Sudoku

Solution page 18

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

This Spot Could be Yours

\$15.40 plus HST

Give Anne a Call 765 1494 loc 5833

PATRICK'S PUZZLE

Crossword Puzzle

ACROSS

3. Cooking tool
5. Fish pizza topping
6. Vegetable pizza topping

DOWN

1. Flat bread with sauce
2. To like
4. Male relative

Answers:
1. pizza 2. enjoy 4. uncle
Down
3. oven 5. anchovy 6. pepper

Patrick's Puzzle brought to you compliments of:

County

Communications

Greenwood Mall

TELUS

authorized dealer

Cellular Sales & Service

Authorized Product Care Centre

765-2415

This Spot Could be Yours

\$15.40 plus HST

Give Anne a Call 765 1494 loc 5833

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 SALE

FOR SALE - Desk and Amethyst Stone. Phone 847-3496. (3140-2tpb)

FOR SALE - HONEYCRISP apples. 20 pound bag. \$12.00 a bag. Bob Johnson, 2380 Harmony Road Aylesford, Nova Scotia. (6km south of

Aylesford). Phone 847-9146. (3140-4tpb)

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 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)

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 - 2 bedroom apartment for rent (bottom level of a 2 level duplex) behind Paragon in Kingston. Quiet area with large yard and shed for storage. \$525 a month plus utilities. Includes fridge, stove, washer/dryer, snow removal, and lawn care. No smoking and references required. Available Nov 1st. Contact 765-9274 after 5pm for more info or to view. (3140-ufnb)

FOR RENT - Beautiful home on 1 acre landscaped prop-

erty 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)

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. \$650.00 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 - Available Nov 1st. 701 Balser Drive, Kingston. Large clean 2 Bedroom Apartment none smoking, no pets. Stove & Fridge included. \$700.00 a month plus utilities. Call 765-6489. (3140-4tp)

FOR RENT - 3 Bedroom side of a duplex in Middleton with garage, laundry hook-up, nicely renovated, no smoking or dogs. Reference required. \$600.00 a month plus utilities. Available Nov 1. Call 840-3580. (3140-3tpb)

FOR RENT - 1 bedroom house in Aylesford. \$550.00 per month, utilities extra. Phone 847-3496. (3140-2tpb)

FOR RENT - 2 bedroom duplex on Dekota Lane, Greenwood. Walking distance to Greenwood Mall. Newly renovated. Non smoking, no pets. Ceramic and laminated floors, new fridge & stove included. Washer & dryer hook-ups provided. Available Nov 1st. \$600.00 a month plus utilities. Contact Allison anytime at 825-4944 or 825-9876. (3140-1tpb)

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(3140-1tpb)

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 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 Shelly Mabey 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)

OTHER

EXPO - Holistic and Wellness Expo Saturday October 23, 2010 at the Kingston Fire Hall from 9-6 p.m. Admission \$2.00. Psychic readings, massage, jewelry, soap, reiki, aromatherapy, natural products, health info, much more. Come enjoy the fun. hollysilver@ns.sympatico.ca (3140-1tpb)

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825-3059

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Avon Independent Sales Representative
Kingston Local Phone: 309-9379
Email: anscomb@eastlink.ca

Crossword Solution

D	E	E	D		A	R	A	M		S	A	B	E	R
U	G	L	I		F	A	M	E		A	G	A	N	A
G	I	L	A		F	R	A	T		R	U	L	E	D
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Sudoku Solution

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

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All Prices include HST • Effective 15 Sept, 2010

Breakfast Full.....\$6.00
Breakfast Lite.....\$3.60
(Beverage & Toast or Cereal)

Full Lunch/Supper.....\$12.00

Lite Lunch/Supper.....\$7.20
(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)

Full Dinner.....\$12.00

Dinner Speciality.....\$15.00

~ Miscellaneous ~

Coffee.....\$0.75

Coffee & Toast or Muffin.....\$1.50

Soup, Combo.....\$4.50

Meal Hours

Breakfast.....0600 - 0900
Weekend & Holidays.....0600 - 1100
Weekend Brunch.....1100 - 1315
Lunch.....1100 - 1315
Dinner.....1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

Family Violence Prevention Week

Submitted by: Mental Health Services 14 Wing, local 5215.

Family Violence Prevention Week (17-23 October 2010) is a CF wide initiative to raise awareness and to encourage military families, personnel and service providers to 'Take a Stand Against Family Violence'. Family violence can be difficult to talk about and so it often goes unreported leaving those that it impacts to cope in silence. Because it is not often spoken about it may appear that it is not a serious concern or that it is not happening in our community. This is most certainly not the case. It is each of our responsibilities to engage in the prevention of violence in our families and in our community.

To highlight some key issues concerning family violence, the following question and answers are presented.

Q: What is family violence?

A: Family violence goes by several names including intimate relationship violence, domestic abuse, and domestic violence. The term captures a wide variety of behaviours including Physical Abuse (hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, and threatening to assault), Sexual Abuse (forcing anyone to have sexual relations against their will), Social Abuse (not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to, and where they go) and Emotional Abuse (yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering their emotions).

Q: How prevalent is family violence?

A: Based on police reports and other official reporting procedures, it is estimated that approximately 7% of the population has experienced violence in their current or past relationship. However, research indicates that the actual prevalence of family violence is much higher. Not all cases are reported because many survivors can't or won't come forward to disclose the abuse.

Q: Surely this is only happens in certain segments of the population. Could someone I know be impacted by family violence?

A: Family violence impacts us all. Family violence occurs in all cultures and across all socioeconomic backgrounds. Family violence occurs regardless of a person's age, education level, rank or sexual orientation. Additionally, not all perpetrators of family violence are men. In some relationships violence is perpetrated by women or by both partners. In fact, equal proportions of men and women report violence in their relationships.

Q: Are there certain things that make violence more likely in a relationship?

A: Previous history of violent behaviour, relationship difficulties and heavy consumption of alcohol all increase the likelihood of family violence. Nonetheless, violence can still occur without the presence of these risk factors.

Q: Violence only occurred on one occasion. That means it isn't a big deal, right?

A: Violence in relationships tends to reoccur and often escalates. The more frequent the violence the greater the chance that it will escalate into more aggressive forms of behaviour. More than half of the people who reported that violence had occurred in their relationship indicated that it had happened on more than one occasion. There is often a cycle to family violence that will repeat itself over time. There is the building of tension in the person who uses violence, the actual act of violence, and then a period of time that is often referred to as the 'honeymoon period'. During this last part of the cycle, the person who has used violence will often express guilt and remorse and make promises to the victim that it will never happen again. Alternatively, they may also blame the victim for their use of violence or even ignore or deny that it happened. What is also known is that over time, the timing of the phases will begin to shift with the honeymoon phase becoming shorter and the tension building and violence phases becoming more prolonged.

Whether violence happens on one occasion or on many, it is never acceptable behaviour. It is always a big deal and it is never OK to be violent towards another person.

Q: I think my partner may be violent. What can I do?

A: It is important to remember that you are not alone and that there are services in the community to support you, whether you are a victim of violence or whether you are someone who uses violence in your relationships with loved ones.

If you are a victim of violence or find yourself using violence in relationships with loved ones, it is very important that you reach out for support. This is a difficult first step, but is one that could change your life in a positive way.

The following are some examples of services that you could access for assistance. Some people believe that cost is barrier to accessing services. However, it is important to know that many of the services listed below do not have any associated fees.

Mental Health Services at 14 Wing 765-1494 ext 5215.

Your local Greenwood MFRC Social Worker, <http://www.familyforce.ca>. GMFRC - 765-1494 ext 5611.

Help Lines and Crisis Lines Telephone counselling, information on other sources of help and referrals

- <http://www.crisisline.ca/links.htm>
- <http://www.kidshelpphone.ca>
- CFMAP - 1800-268-7708.

Family and Social Service Agencies Counselling, referrals, "drop-in" programs and parent support groups.

- Department of Community Services (child protection) 678-6176

- Mental Health Services 825-4825 (Middleton) 679-2870 (Kentville)

- Alternatives (a counselling organization for people who use violence and their victims) 698-3444

Transition and Safe Homes Emergency shelter and protection for abused women and their children.

- Transition House Association of Nova Scotia <http://www.thans.ca>
- the Valley area, Chrysallis House 1-800-264-8682

- <http://www.shelternet.ca> - For info about shelters across Canada

Police Departments Intervention and protection. Many departments have special units that deal with violence in families.

- <http://www.rcmp-grc.gc.ca>
- Alcoholics Anonymous (AA), Al-Anon and Alateen Support for when drug and alcohol abuse is a factor

accompanying violence.

- <http://www.aa.org>
- Legal Information
- Aid (Nova Scotia) 1-866-679-6110

- Legal Information Society of Nova Scotia 1-800-665-9779 or www.legalinfo.org

* Information in this article was adapted from information contained on the following websites, <http://www.statcan.gc.ca/pub/85-224-x/85-224-x2005000-eng.pdf> and <https://www.cfpsa.com/en/psp/DMFS/docs/FVP/FVP%20Fact%20Sheets%2013%20Sep%202010%20E.pdf>

Business of the Week! Christmas Bookings Starting Nov 29th

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

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 18th: Corn Chowder 2.00 • Oven Fries, Cheese & Gravey 3.00
 • Orange Slices 1.00

Oct 19th: Spaghetti & Meat Sauce 3.00 • Garlic Bread .50 • Yogurt 1.25

Oct 20th: Chicken Noodle Soup 2.00 • Meatballs, Rice & Vegetables 3.00
 • Yogurt Parfait 1.25

Oct 21st: Pizza Slice with Apple Slices 2.75 • Pudding 1.00

Oct 22nd: Provincial Conference • No School for Students

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/Chesse 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: 1/2 Sandwich & Cup of Soup \$3.00 or Bowl of Soup \$4.00

Tues: Macaroni & Burger Casserole \$3.50

Wed: Baked Potato with Marinated Broccoli & Cauliflower Salad \$3.25

Thurs: Chicken Burger with Lettuce, Tomato \$3.50

Fri: Provincial Conference Day • No School

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14 Wing Greenwood Harvest Festival

**29-30 October 2010
Annapolis Mess**



SILENT AUCTION (75+ items to bid on...)

29 October 4:30 PM – 9:30 PM

30 October 11:00 AM – 4:00 PM

Winners will be announced NLT 1 November

FAMILY PORTRAITS (no pets please)

Choice of a Harvest/Halloween or Christmas Background

\$10 per package which includes 1 - 8/10, 1 - 5/7 and a CD

30 October 11:00 AM – 4:00 PM

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