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they flew more than 1300 missions. Airborne Combat Systems Officers (formerly air navigators), and avionics and aviation technicians from 14 Wing Greenwood with specialty training flew and maintained the Sperwer in Afghanistan during that time, making

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Appreciation Expressed by Commanding Officer of 26 CF H Svcs Centre

Submitted by: Sergeant Dan Simoneau

The Commanding Officer of 26 CF H Svcs Centre expressed her appreciation on 25 Nov 10 for the personal contributions that Ms Elizabeth D'Arcy provided to the Medical Clinic's Mental Health department these past 6 months. Ms D'Arcy, a work placement YMCA candidate, joined this unit just 6 months ago and finished with us on the 30th November. She is considering joining the CF in the capacity of a pharmacist once her training and schooling is completed. We wished her all the best in whichever and whatever direction she chooses. Calian, a third party contract agency, expressed their appreciation to Dr Paul Morgan and our other Calian physicians, Dr Mark Allen, Dr Gillian Trueman and Dr Nancy Price, who have been employed here for the past 5 years. The Calian reps wished to thank all our physicians for their ongoing support and working relationships.



L-R: CO of 26 CF H Svcs Centre Major Christine Drab and Ms Elizabeth D'Arcy. (Images submitted)



Calian representatives, a third party contract agency, flank either side of Dr Paul Morgan.

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NORAD is Ready to Track Santa

Dec. 1, 2010 By Jill St. Marseille

He is preparing for his biggest night of the year and NORAD is getting ready to track his journey as he leaves the North Pole, bound for

millions of homes across the globe on the ever magical Christmas Eve.

The count down for Santa's big arrival has officially begun.

In the days leading up to Christmas, www.noradsanta. org features daily holiday games and activities in seven languages, English, French, German, Italian, Japanese, Spanish and Chinese.

Starting at 12:00 a.m. MST

Starting at 12:00 a.m. MST on December 24, visitors to the website will follow Santa as he gears up his sleigh, checks his list and makes his final preparations. Once he leaves the North Pole, children of all ages can track him with updated Google Maps and Google Earth reports.

NORAD Tracks Santa began on December 24, 1955 when a local boy dialled a misprinted telephone number and reached the Continental Air Defence Command (CONAD) Operations Center in Colorado Springs, Colorado. The youngster asked Santa's whereabouts and the officer on duty gave him the information he was looking for. Thus

began the tradition of tracking Santa, three years before NORAD itself was formed.

Santa fans will be able to track him through Facebook, Twitter, YouTube, Flickr and TroopTube.mil. To follow us on these Santa-tracking tools, type in "@noradsanta" into the search engine to start your tracking.

tracking.
Find a link buttom to NORAD on The Aurora Newspapers website. www.auroranewspaper.com.

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As You Were... Sperwer!

... cover story.

this aircraft historically significant to the Wing

Sperwer 161026 and spare parts from 028 arrived at the museum in early April this year, disassembled and crated in huge fibreglass container. The aircraft had suffered a hard landing in Afghanistan where many of the primary aircraft structures buckled or were destroyed under the strain of crash forces. The Sperwer was particularly prone to this type of damage over rough terrain since it lands vertically, deploying a parachute from above, and large airbags under the wings and belly in place of traditional landing gear.

A team of museum volunteers started assessing the damage on 19 August. We first started by laying out all of the pieces on the floor in a manner reminiscent of what Transport Canada does after an aircraft crash, only this took up a lot less room! For some of us, this was the first time we had ever laid eyes on a Sperwer, so familiarization was the word of the day. We spent the next couple hours emptying Afghan sand out of the nooks and crannies, and photographing all of the damaged parts to help



MCpl Jean Francois Tremblay (404 Sqn) works at removing foam used as a field repair to damaged (Image: D. Saulnier) wing skin.

the world of scrounging

supplies, talking over the

and making-do with two

electrical outlets and one

has been stripped to its

skeletal structure enabling

replacement of the heavily

damaged wing-box ribs. As

well, work has been done to

remove what appears to be a

field-repair performed to the

port wing using expanding

where they are damaged or

missing. And finally, we've

foam. Cured fibreglass

replace the wing skins

sheets will eventually

extension cord.

sound of banging hammers,

To date, the aluminium

centre section of the fuselage

organize the upcoming restoration work into a

logical order.
By the end of September,
Team Sperwer had congealed into a lean and mean four-member team comprising of Capts Dan Arsenault and John Bernardi (both of 405 Sqn), MCpl JF Tremblay (404 Sqn), and Maj (ret'd) Dave Saulnier (formerly of 434 and 413 Sqns) as team lead. As newcomers to the army of volunteers at the museum, we were literally taken "under the wing" of the very helpful Bolingbroke team. It is, after all, a small shop with a big airplane shoehorned into it! The "Bollies" quickly initiated us to

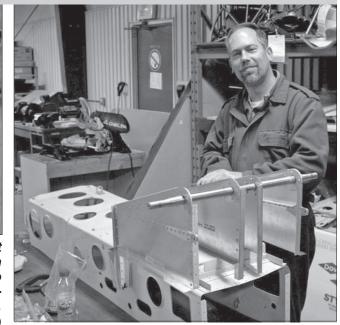


Capt Daniel Arsenault (405 Sqn) sculpts a high density foam form to mould a new wing leading edge from fibreglass.

(Image: D. Saulnier)

begun sculpting a buck, or mould, out of Styrofoam to enable us to fabricate the missing port wing's leading edge and a wing tip out of fibreglass.

When all is said and done, 14 Wing will be one of only four places to have a Sperwer on display in Canada. We know it will generate a lot of interest with its modern technology and unusual delta wing, rearengine, pusher configuration. If you're interested in



Team Lead Maj (ret'd) Dave Saulnier fabricates new aluminium wing-box ribs. (Image: M. Uhlman)

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keeping abreast of our restoration progress, keep an eye out here in The Aurora Newspaper for regular updates now that work has begun.

...let's talk about Send your articles and photos to: aurora@auroranewspaper.com





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Central Annapolis Valley Chamber of Commerce Supports the Annapolis Digby **Economic Development Agency**

Submitted by: Lieutenant-Colonel Smith McBride

The Central Annapolis Valley Chamber of Commerce has watched the recent developments surrounding the Annapolis Digby Economic Development Agency (ADEDA) with great interest. Our Chamber strongly supports the continued effective operation of a credible regional development and we encourage and look of the current interpretation work can continue without interruption.

how ADEDA has supported their business to help them be successful. It is absolutely critical that the good work

agency in our region. ADEDA ADEDA has undertaken and that the resolution come agency, ADEDA. has done great work here with respect to business quickly given the pending encourage you to fo retention and expansion and forward to quick resolution business attraction continues, especially given the economic issues so that their impressive losses our region has faced in recent years.

The Chamber encourages At Chamber, our members the funding partners have shared stories about of ADEDA to work collaboratively towards an effective resolution of the interpretation issues related to the funding agreement,

continued economic pressures faced in our region.

We understand that the fiscal challenges faced by municipal governments can at times be overwhelming. Likewise, competition for business is also tough. For these reasons, we encourage all ADEDA funding partners to plan for appropriate levels of economic development funding as part of their budgeting process. We encourage you to earmark the funds necessary to ensure the continued and effective

quickly given the pending encourage you to follow holiday season and the sound business practices and sound business practices and consider all aspects of costs and benefits, both short term and long term, as you consider opportunities, and throughout your budget deliberations we ask that you consider investing even more money in economic development initiatives so that our region may prosper.

Our Chamber represents your business in our community. Business is like the air we breathe; it flows easily over municipal boundaries and county lines. It is essential to our health, prosperity. Just as business flows throughout the region, so does the money. An investment in economic development today has the potential to make a better tomorrow for the entire region. What is good for one of us, is good for all of us. Let's all work together to build our region to new and greater economic prosperity. The Chamber is here to help and support businesses in any way that we can. We believe that by working together, we can be successful.

Central Annapolis Valley Chamber of Commerce; Your operation of our development well being, and long term Business, Our Community.

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GMFRC Presents Common Law Information Lunch and Learn

Submitted by Jennifer Hill BSW, SWC. **GMFRC Coordinator of Prevention** Support and Intervention Services 765-1494 local 1811

The GMFRC will be offering a common law relationship session with a family lawyer(s) from Waterbury Newton law firm. Common Law relationships are becoming more and more popular in recent years and coupled with the popularity comes some confusion. The notion of being in a common law relationship differs significantly from being common law in the eyes of revenue Canada the base, each province and the legal world. This workshop is designed for participants to become educated and aware of what the differences are and what they can do in their own lives to make December 10, 2010

proactive/informed decisions when it comes to a common law relationship.

For more information related to common law relationships please visit the following websites: http://greenwood.mil.ca/14wing/ dja/index e.htm and http://greenwood.mil. a/14wing/dja/commonlaw relationships.htm

Please bring a brown bag lunch (please note that the GMFRC is a nut free facility). Call to register at 765-5611.

When: Monday December 13, 2010

Time: 12:00p.m. – 1:00 p.m. Location: GMFRC

Cost: FREE

Register by: 12:00 p.m. on Friday,



Canadian Air Force website http://www.airforce.forces.gc.ca/v2/index-eng.asp **Community Gateway Site** http://www.cfcommunitygateway.com/en/index.asp
14 Wing Greenwood Site

http://www.airforce.forces.gc.ca/14w-14e/index-eng.asp **Personnel Family Support Services**

http://www.cfpsa.com/en/

National Defence and the Canadian Forces

http://www.forces.gc.ca/site/home-accueil-eng.asp **Combat Camera**

http://www.combatcamera.forces.gc.ca/common/

combatcamera/home-eng.asp

Recruiting
http://www.forces.ca/

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Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by the disk and 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

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 aussie porter le nom, l'adresse et le numéro de téléphone de l'auteur. Ou Email:

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Dodge.ca/Offers

Reducing and Managing Stress During the Christmas Holidays

Submitted by: Mental Health Services 26 CF H Svcs C

The Christmas holidays are fast approaching and this is the season which often lends itself to cumulated stress atop an already stressful life. This is the time of year that we often; shop 'til we drop, spend beyond our means; indulge ourselves in food and drink, and take on more responsibilities and obligations than we are able. In order to manage our stress level, it is often helpful to choose the obligations we can deal

with and eliminate those we can't otherwise, we can become overwhelmed and worn down. This may lead to health problems that we didn't expect. There are several ways we can avoid or reduce our stress levels in order to enjoy this holiday season.

Here are some ways that you can begin to tackle the stress in your life:

 Make a list of the things you wish to accomplish this season. Find out which ones are necessary and which ones can be eliminated. Make decisions about how you will best manage these obligations. Plan your shopping day, shop on-line, and delegate some of the list to others. Ask for help from your loved ones and permit others to take part. They may be delighted to help out.

Be realistic about your list and your ability to afford the items on your list. Often parents fall into the guilt trap by wanting to buy their children things they didn't have as a child. Overindulgence doesn't teach your child to value what they already have

and often makes them appreciate things less.

Parcels going through the postal system should be mailed earlier to alleviate undue stress and ensures your parcel gets there on time

- Take time to enjoy the season in quiet relaxing ways; like taking a walk with your loved ones to enjoy the festive season and all the lights galore. Listen to some relaxing Christmas music in your own home surrounded by lights and candles. Just ensure it is a calm time to give you a minute to breathe and just be.
- Continue to follow your normal activities like taking a Yoga class, going to the gym regularly, going for walks in the woods,

doing arts and crafts or other activities that you enjoy. You'll feel better because you did and you would not have to beat yourself up afterwards for not working out. Working out is a great stress reducer.

Find ways to be creative. Ingenuity helps decrease stress. Whether it is building a snowman, decorating the tree, baking cookies, or just enjoying leisurely time with loved ones. Outdoors offers free entertainment and provides memories that will last for a lifetime. Children enjoy tobogganing, throwing snowballs, making snowmen, or just spending time with family.

Last, but certainly not least, moderation in all things; remember Christmas is for family time together, not overindulging in food and alcohol. And please, DON'T DRINK AND DRIVE.

Daily life can be very complicated and stressful; but no more than during the Christmas season which often brings unique demands and commitments. It is important that you find ways that help to reduce the stress. Be aware of your thoughts and feelings, be realistic about how much you can give; financially, emotionally and physically, and be able to revise them accordingly. thereby reducing your stress levels. Have fun and enjoy this wonderful time of year. And remember THE REASON FOR THE SEASON. Further information about stress reduction may be obtained by speaking with a health care professional such as a medical doctor or a mental health clinician at Mental Health Services. Staff at Mental Health Services can be reached at local 5215.

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The Aurora?

Information & dealers: 1-800-A-NEW-POT or www.paderno.com. Not all locations open Sunday. Quantities limited, please be early. Sale items may not be exactly as shown.

Le coin des Padre's Corner Today is St. Nicholas Day! Be Generous. Always

Submitted by Padre Mike McKeage, COC (Civilian Officiating Clergy)

In its 15th and final season, the TV hospital drama ER resurrected the dead: fans of the series will remember Anthony Edwards reprised his role as Dr. Mark Green in the last episode in a series of flashbacks.

Earlier in the series, during the episode leading up to his death from an inoperable brain tumor, Dr. Green takes his daughter to Hawaii, to teach her "important" life lessons – how to drive, how to surf and how to be a teenager.

Near the end of his life, he has one last admonishment time, your love, your life.'



to her, one that has haunted me in the ensuing years: "Be generous. Always," he said to her. "Be generous with your

that a parent's dying words would speak to generosity. It was unsettling for some reason; I judged those words as somehow falling short. In my mind, as a believer, I felt like he should have offered some great spiritual insight, something with eternal value, something more. Of course, I realized it was television after all, and the series had never before offered anything substantively spiritually enlightening; but still, I saw it as a missed

opportunity. Over time, and years later, I had learned many lessons in generosity, and how it costs to give to others. I learned how

It struck me as odd, then, to attend to the needs of others a friend or someone close to remembers a 4th century saint quietly and without need for recognition or recompense, and so often the words from ER came ringing back to me, "Be generous." "Always."

Was God was using this to affect me, change me-to renew my mind and transform my heart. I prayed that He would expose any areas of selfishness or greed in me; that I would hold loosely to material things, and consider others in need more than myself ... that I could focus on how God was a companion on the journey of life allowing me to forgive freely.

Often, without intention, we withhold generosity from

us; and somehow they will demand "something more." Then we are faced with the realization that God is at work in the tension, the angst of the "give and take" in growth and relationships. Anyway, those dying words of fictional doctor Mark Green are profoundly and deeply spiritual to me now. Be generous.

Just thinking about the gospel, what God did in sending his son into this world, what Jesus did in enduring the cross, is there anything more loving, more unimaginable, more generous than giving your life for another?

Today, when the Church

named Nicholas, let's make room for others in our lives, even if it's in the smallest of ways, unspoken, humbly and without need for reward or compensation. A family friend once shared the story about how St. Nicholas Day is celebrated in Germany, telling me how parents remind their young children to put their shoes outside their door on the 'eve of St. Nicholas Day. In the morning, the shoes were filled with delicious chocolates – a truly simple and kind way of letting your children know that you love them. Remember him well today and be generous.

Christmas Mommies and Daddies 2010 a Success

Telethon was held on Sunday, 28 November 2010. The money raised will be used to assist the less fortunate families in the Coldbrook to Kingston areas with Christmas hampers and toys.

The Host Lions Club, Coldbrook & District, would like to extend a sincere Thank you to the businesses and individuals who donated the items for the auction, EastLink tv and their crew for the programming and broadcasting of the show.

The Friendly Neighbours Christmas Mommies and Daddies Clubs of Kingston, Aylesford and Berwick for their assistance, Rod families in the Coldbrook to Kingston areas will have a more joyful Reeves and Bob Lyle for hosting the event, the dignitaries who assisted on the Pledge Desk, our telephone Operators, the Lions who operated the Cameras, our Sound Crew from Electric Starz Productions, the entertainers for their excellent performances, all the volunteer Lions, and their spouses and friends, and, to the businesses and other organizations that donated food for the volunteers.

On behalf of the Organizing Committee we sincerely thank The Aylesford Fire Department, for the use of their hall, The Lions the Community for their Pledges and Bids that will ensure needy

Christmas this year.

PLEASE honour your Pledges at the Royal Bank in Coldbrook and Berwick, CIBC Kingston and Greenwood, Bank of Nova Scotia in Middleton and Greenwood, the Credit Union in Greenwood and Cambridge and Chisholm's Pharmachoice in Aylesford.

Make your cheques payable to the Local "Christmas Mommies and Daddies'

On behalf of the Organizing Committee we THANK YOU.





SPECIALS FOR THE HOLIDAY SEASON

Dec 6 - 11/2010

Hot Chocolate Mix \$0.36/100g \$1.65 lb

Coconut Unsweetened Medium \$0.42/100g 40% of \$1.91 lb

Natural Peanut Butter Smooth & Crunchy \$0.37/100g 20% of \$1.67 lb

Nutmeg Ground \$2.99/100g **5% off** \$13.63 lb

Ginger Ground \$1.04/100g **30% off** \$4.73 lb

Golden Raisins \$0.48/100g 10% off \$2.18 lb

Hershey Kisses 227gr

43% off \$ 1.99

> Lexia Sticky Seeded Raisins \$1.27/100g 1**5% off** \$5.79 lb

Chocolate Wafers Dark, Light & White \$0.67/100g 25% off \$3.06 lb

Great for making your own homemade chocolates & fondous

Baking Gums \$0.42/100g **30% off** \$1.91 lb

Chocolate Semi Sweet Squares \$0.82/100g 25% of \$3.75 lb

Chocolate Squares Bitter \$1.16/100g **20% of** \$5.27 lb

Cranberries Dried \$1.01/100g 35% off \$4.61 lb

Dare Christmas Jelly Beans \$0.42/100g **40% off** \$1.91 lb

While Supplies Last

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(902) 765-4766

The Maple Leaf/Canadian Forces STORE Natural Alternatives for a Healthy Lifestyle Newspaper DND Photography Co **Newspaper DND Photography Contest**



The Honourable Robert Fonberg announces his choice for the Deputy Ministers Award.

(Image Submitted)

Ryan Cane, National **Recreation Manager**

The 42nd DND Photography Contest wrapped up November 18th at the Director General Personnel and Family Support Services Headquarters in Ottawa with an awards reception.

The ceremony honoured the major winners, thanked generous sponsors and celebrated another successful year of participation and excellence in photography.

A highlight of the evening was the unveiling of the Deputy Minister's Award. This award is chosen by the Deputy Minister of National Defense and is the photograph that best depicts the Canadian military. The photographs are chosen from both the professional and amateur category.

The honourable Robert Fonberg proudly chose "Helping Hand's" captured by Cpl Johanie Maheu of



Helping Hand's by Cpl Johanie Maheu

the HMCS Athabaskan.

"The image I have chosen depicts the work of our Canadian soldiers and the impact they make in the communities in which they serve," Fonberg says. "The earthquake in Haiti was devastating, but in this time of disaster, stories of bravery and remarkable

courage were shot on film.

Mr. Fonberg, who is the patron of the program displays all the winning photographs at his office at NDHŎ.

"When I pass the images I am reminded of attributes to took for the photographers to

capture them; courage, perseverance and determination...the very qualities of the Canadian Forces and National Defense Team.

To view all the winning photographs and to watch for information on the 2011 program, log on to www.dndphotocontest.ca.

Holiday Shopping Ideas are advertised right here in

The Aurora Newspaper

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

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RCMP Annapolis Valley Traffic Service Focus on **Impaired Drivers**

For the month of December the RCMP's Annapolis Valley Traffic Services will be focusing on the detection and apprehension of impaired drivers. During the holiday season many people are attending functions and events some of which entail the consumption of alcohol. The RCMP are asking that if you drink, then drink responsibly. Have a designated driver, alternate accommodations or call a cab. Too many lives have been affected by people getting behind the wheel of a car when their ability to drive is impaired.

In 2009 alone there were seven people seriously injured and one killed on roads in the Annapolis Valley. Lets all work together to make this December collision free for everyone.

For further information contact Sgt DC GAUDET (902)765-3317 or daniel.gaudet@rcmp-grc.gc.ca.



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There is Still Time to **Enter the Christmas Colouring Contest**

There is still time to enter The Aurora Newspaper's 1st Annual Christmas Colouring Contest which was published on page 5 of our Nov 29th issue. You can also download the contest from our website at www.auroranewspaper.com

You can drop your entries at the 14 Wing Fitness & Sport Centre, 14 Wing Community Centre or The Aurora Newspaper office. Cassie Taylor, daughter of Mike & Stephanie Taylor, has finished her colouring and has now safely dropped her entry into the ballot box at The Aurora Newspaper office.

Deadline for entries is end of day Tuesday, December 7th.



Skater of the Week

The Greenwood Skating Club presents the OK Tire & Auto Service Skater of the Week.

Submitted by: Francois Robert

Julia Allen

Age: 6 yrs old School: Kingston and District School Skating Level: Junior Started Skating: 5 yrs old Highest Test Passed: Canskate Favourite figure skater: Michelle Kwan Favourite part of skating: Sparkly dresses, skating fast Other hobbies: Gymnastics, tap dance

Greenwood Curling Club Hosts the Women's Scotties Qualifier #1

Submitted by: Mary Wredenhagen

The ice is in, the teams are formed, and the 2010-2011 curling season is now in full swing. Now the Greenwood Curling Club invites everyone to come out and watch some of the best female curlers in NS compete against each other to earn a berth in the Nova Scotia Scotties Tournament of Hearts.

During the weekend of December 10 to 12 the Greenwood Curling Club will be hosting the Women's Scotties Qualifier #1. This event is a 16 team triple knockout format with 6 teams advancing to the Nova Scotia provincial Scotties Tournament of Hearts to be held at the Glooscap Curling Club in Kentville the week of January 25 to 30, 2011. Play begins on Friday,

December 10 and will continue to the final qualifiers being determined on Sunday, December 12.

Come out, cheer on your favourite teams, and see curlers such as Colleen Jones (former Provincial, National, and World Champ; Colleen has won more Canadian Curling championships than any other skip), Colleen Pinkney (World Senior Champ) and Jocelyn Nix (last year's Provincial Senior Ladies Champ). Can Nancy McConnery defend her provincial title?

For a full list of teams go to http://www.nscurl.com/index.php?/ component/option,com eventlist/Itemid,611/id,181/view,details/ The first draw will be at 9:00 a.m. on Friday, December 10th.

See you at the curling club.



1431 Bridge Street, Kingston, Nova Scotia ~ 902.765.0000 ~ www.hairexpressionsanddayspa.com

Lawrencetown Consolidated School Term Assembly

Submitted by: Lieutenant-Colonel Pamela J. Smith McBride

Members of The Royal Canadian Legion Law-rencetown Branch #112 and 14 Wing Admin Branch participated in the Lawrencetown Consolidated School Term Assembly on 26 Nov to help present term awards, certificates and prizes to the winners of the Annual Remembrance Day Poster, Poem and Essay Contest sponsored by the Royal Canadian Legion. Five volunteers from the W Admin Branch had the honour to judge the posters, poems and essays created by members of the school's grades 4, 5 and 6 students and were exceptionally impressed by the talent and imagination of all of the entries. Well done!

Employee Assistance Program

When you need someone to talk to, call:

Al MacDonald...1532 Wayne Atwater...5567

Darlene Richards...3119

Debby Benda...3340



Megamind

Rated G 05 Dec Sun • 2pm

Due Date

Rated 14A 05 Dec - 09 Dec Sun - Thurs • 8pm

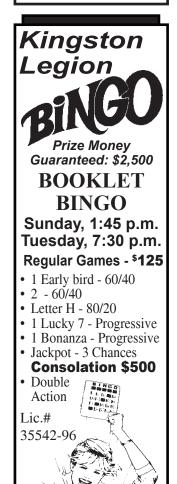
Yogi Bear

Dec 17-23 • Showtimes TBA Rated G

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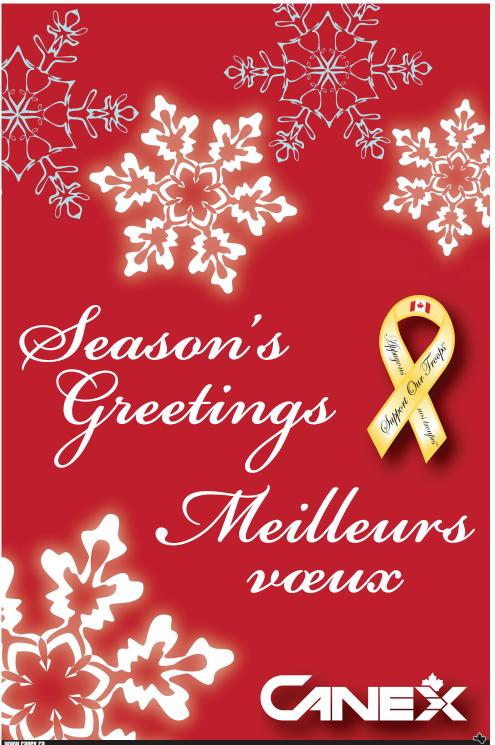
www.zedex.ca





Blood Donor Clinic

By Eric MacKenzie, Community Recreation Coordinator



Canadian Blood Services held another successful two day Blood Donor clinic at the 14 Wing Community Centre on Tuesday November 30th and Wednesday December 1st. Roughly 257 donors came to support this worthy cause and as a result 230 donations were collected, which can be used to save up to 690 lives!

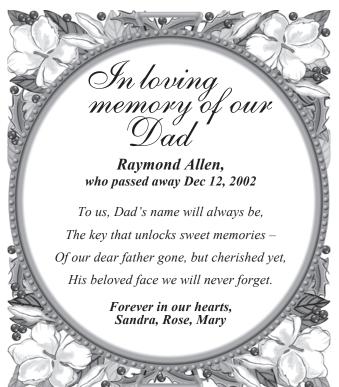
As a result of our outstanding support, Canadian Blood Services will continue to hold two day clinics, and their next two day clinic, at the 14 Wing Community Centre, will be on Tuesday February 8th and Wednesday February 9th 2011.

Please note that 14 Wing is now registered as a "Partner for Life" with Canadian Blood Services, and have set a goal to have 50 members register for the remainder of 2010, and 150 members signed up for 2011! Currently, we are very close to meeting our goal for 2010 and you can easily sign up on-line at https://www.blood.ca/ (select the "forms" option on the left hand side and then you'll see a link to the "Become a Partner for Life"), and remember that our official Partner ID number is 14WI011270.

Once you sign the form, you will never have to do it again. It's a simplistic form (name, DOB, postal code, etc) that will allow CBS to track how many times you have donated on behalf of 14 Wing, and what % of our collective goal has been achieved.

If you are interested in booking an appointment to give blood or to volunteer at the next two day clinic, please call 1-888-236-6283. If you

The 14 Wing Community Centre would like to thank Tim Hortons and McDonald's for their continued sponsorship towards this event.



Greenwood Military Family Resource Centre (GMFRC) Full Day Casual Childcare is Now Open

Submitted by Brenda Virtue-Ellis, Childcare **Programs Director**

After much anticipation, the GMFRC Full Day Casual Childcare Centre is officially open. The last of the inspections are complete and we are now open to clients. We would like to thank everyone who had a hand in making this venture a reality; this has been a joint effort which could not for children aged 3 to 17

full support of the Wing.

Our Casual Childcare Program has undergone a transformation from a licensed part day program to a licensed Full Day Casual Childcare Centre. The Childcare Centre has a licensed capacity of 25 spaces for children aged 3 months to 12 years. There is now an infant program

program for children 18 months to 12 years of age. These programs are divided to provide developmentally age appropriate programming. Our programming is designed to foster growth in all areas of development; socialemotional, cognitive, as well as fine and gross motor skills. The infant and multi-aged program plans are posted so

child will be learning while in care

The aim of our Full Day Casual Childcare Service is to provide casual, affordable. flexible, and inclusive quality care to military families; to provide a service to parents so they may run errands, attend appointments, participate in community activities, or enjoy some free time; accommodate

Childcare Service; and to support volunteers of the GMFRC. The centre provides a safe and happy atmosphere for children to learn and play.

The Childcare Centre is open Monday to Friday, from 8:00 a.m. to 4:00 p.m. We provide daily nutritious snacks as well as a hot lunch. Our menu has been created in consultation with a Public Health Nutritionist.

Parents are encouraged to pre-book spaces a minimum of 24 hours in advance. We will accept bookings one month at a time, but please remember that this service

replace your full-time childcare arrangements. This is a very popular service and is booked on a first come. first served basis.

We look forward to sharing this wonderful new Childcare Centre with our 14 Wing community! Please come by and take a peek.

To book a space please call 765-1494; Infant Room is local 1818 and the Multi-Aged Room is local 1817.

For general inquires about the program contact Brenda Virtue-Ellis, Childcare Programs Director at 765-1494 local 5053.

Youth Happenings at 14 Wing Community Centre

Worker; Megan LeMoine

During the holidays we will have Christmas Drop-In Hours starting Dec.20 and going through until Jan 3. From Dec.20-23 we will be open from 2-9pm- 2-5pm pre-teen hours and 5-9pm teen hours. We are closed Dec.24-28 and will open again on Dec.29-30 with Xmas drop-in hours, 2-5pm preteen and 5-9pm teens. We are closed from Dec.31-Jan.1 and then will open for Jan.2-3 with Xmas hours. If you have any questions please call 765-8165. Here's what's

happening this week at The Centre.

Boys Club Open Gym Dec. 6

4:30-6pm

Boys ages 9-12 come to The Centre for Open Gym night, where you can play any game you like; hockey, soccer, dodge ball. Your choice!

Teen Council Dec. 7 3-4pm

Teens come to The Centre we need to plan our Coffee House event.

Teen Activity Dec. 7 **Bowling**

Strike! Come to The Greenwood Bowling Centre, we are going bowling for only \$3 you can bowl two strings! See you there
Active Chicks

Dec. 8 Open Gym 6-7:30pm

Girls come to The Centre for Open Gym night, we can play tag games, tennis or touch football. Your choice!

Coffee House Dec. 10 Pre-teen- 6-8pm Teen- 8-10pm Cost- \$2

Calling all musical performers, come show your talent at The Centre's Coffee

House. For only \$2 listen to great music, stories and poems and enjoy hot-chocolate or coffee. There will be sweets for sale, brought to you by Teen Council. If you are interested in performing, call Megan at 765-8165.

Christmas Dance Dec. 17 Pre-teen- 6-8pm \$3

Teen- 8:30-11pm \$4 Get dressed in your best for our Christmas Dance! Who knows maybe Santa will pay us a visit? Only if you're nice!

Movie & Treat Night

Dec. 18 Pre-teen- 6-8pm Teen- 8-10pm Cost- \$2/\$3

Stay tuned for the movie

Auto Center

Full line of winter tires, wheels and accessories now available!

CANEX

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GMFRC Closure

The Greenwood Military Family Resource Centre (GMFRC) would like to inform the public that the centre will be closed on Friday, December 10, 2010 from 11:30 a.m. – 1:00 p.m. and on Friday, December 17, 2010 from 12:00 p.m. - 4:00 p.m. We apologize for any inconvenience this may cause.

school lunch menu DISTRICT SCHOOL KINGSTON & Nacho Chips & Salsa..... Whole Sandwiches Yogurt/Apple Sauce/Fruit Cups ...\$1.50 Yogurt/Apple Sauce/Fruit Cups ...\$1.00 Cheese\$1.25 1/2 Sandwiches (Asst. fillings)\$1.30 Delux 1/2's.....\$1.65 Full Sandwiches/Croissant/Wraps.\$3.30 One Hot Food Daily....... \$2.50 - \$3.00 Bagel with Cream Cheese Cup of Soup Bowl of Sour Bagel 1/2 w/Flavored Cream Cheese & Fruit\$1.50 Boiled Egg Gold Fish Crackers .. Teachers Pla Beverages Freezer Items Frozen Juice Bar ... Yogurt Tubes Choc. Milk. ..\$1.50 ..\$0.75 ..\$1.25 Bottled Water .. Desserts Muffins/Biscuits. Cookies Oasis Juice Pr **Salads** Caesar Salad. Yogurt Parti/Cinnamon Bun/Apple Delight \$1.25 Condiments / Cutlery Ketchup/Mustard/Relish......\$0.15

22222222222222222222222222

Chicken Caesar/Greek/Spinach/Potato .\$3.30

Fresh Fruit (apple/banana/orange). \$1.00 Fresh Fruit.... Small \$1.50 - Large \$3.00 Veggie & DipSmall \$1.50 - Large \$3.00 Butter pkg ... 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

Mayo & Salad Dressing...

Cream Cheese/Chesse Whiz pkg...\$0.50

Fork/Knife/Spoon.

Mon: Broccoli & Chicken Bake \$3.50 Tues: Chicken Nuggets & Veggies \$3.25 Wed: Parent Teacher Afternoon and Evening • No School for Students Thurs: Parent Teacher Afternoon . No School for Students Fri: Potato Wedges & Veggies \$3.25

This menu brought to you compliments of:

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ANNAPOLIS EAST **ELEMENTARY** SCHOOL

Daily lunch combo includes main entrée, daily dessert, and white milk for \$3.50

 $^\sim$ The following items are available at the Cafeteria daily $^\sim$ Sandwiches: \$2.35; Wraps - \$2.35; Sub Sandwiches - \$2.00; Sandwiches: \$2.35; Wraps - \$2.35; Sub Sandwiches - \$2.00;
All sandwiches & wraps will include fresh/vegetable on the side.
Fresh Vegetables & Dip - \$1.75; Cheese & Cracker Plate - \$1.75;
Fresh Fruit & Yogurt Dip - \$1.75; Toss Salad - \$3.25 sm \$2.50;
Caesar Salad - \$3.25 sm \$2.50; Yogurt - \$1.25; Yogurt Tubes - \$1.25;
Yogurt Parfaits with nut free granola - \$1.50; Cheese Strings - \$1.00
Fresh Fruit: Apples, Oranges, Kiwi, Grapes, & Bananas - \$.75;
Gold Fish Crackers - \$.60; Frozen Juice Bars: Orange & Cherry - \$1.25;
Rice Crispy Squares - \$1.00; Smoothies: Mon, Wed, Fri - \$1.25;
Juice: Apple, Orange, 7-Fruit, & Wildberry - \$1.25; White Milk - \$.35;
Chocolate Milk - \$1.35; Welch's Fruit Snacks - \$1.25; Apple Slices - \$1.00;
Pudding Cups (vanilla, butterscotch, banana) - \$1.00;
Bagels (blueberry, plain) - \$1.00; Bagel & Cream Cheese (strawberry, plain) - \$1.50; Bagels (blueberry, plain) - \$1.00; Bagel & Cream Cheese (strawberry, plain) - \$1.50; Applesauce (strawberry/apple, blueberry/apple, plain apple) - \$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 - \$.25 each; Barbecue/ Sweet & Sour Sauce - \$.40 each; Cream Cheese (plain or strawberry - \$.50 each; Cheese Whiz - \$.40 each; Strawberry Jam - \$.15 each

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

Dec 6th: Hot Chicken Sandwich & Vegetables \$3.00 Dish of Grapes \$.75 Corn Chowder \$2.00 • Sliced Ham, Potato & Mixed

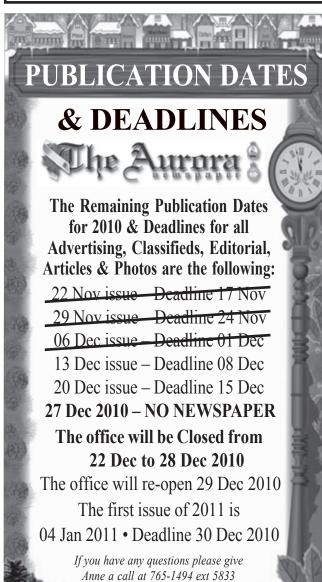
Vegetables \$3.00 • Yogurt \$1.00 Macaroni & Hamburger \$3.00 • Baked Potato \$1.50 • Applesauce \$1.00 • Subway Orders are Due Today

Subway \$2.75 • Frozen Juice Bar \$1.00

Tomato Soup & Grilled Cheese Sandwich \$3.00 • Choice of Fruit Bowl (Banana, Orange, Kiwi or Apple) \$.75

This Spot Could be Yours \$15.40 plus HST

Give Anne a Call 765 1494 loc 5833



FOR YOUR INFORMATION

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 83A 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.

Children's Wish **Foundation Fund Raising Light Show**

My name is MCpl Mario Larose, AVN Technician for 413 Squadron at 14 Wing Greenwood. My family and I are inviting everyone to our Children's Wish Foundation fund raising light show located in the Forest View Estate subdivision in Nictaux, on Balcom Crescent Street. There will be over 15,000 LED lights dancing to the sound of Christmas music on FM trans-

mission (short range) 107.9 FM radio. The light show will start on November 24th and continue throughout the entire Christmas period. The show will run from 17:00 hrs (5:00 p.m.) till 22:00 hrs (10:00 p.m.) Sunday to Thursday and from 17:00 hrs (9:00 p.m.) till 23:00 hrs (11:00 p.m.) on Fridays and Saturdays. There will be an illuminated sign on Nictaux road to guide you to our display. We look forward to seeing you. There will be a donation box during these

times. Thank you for your support! MCpl Larose & Family. MRHS Band Concert

Beginner and Junior Band December 8th at 7:30 p.m., Senior Band December 9th at 7:30 p.m. at the Middleton High School. Free will offering

Christmas Eve Service

Friday, December 24th, 2010 - 7:00 p.m. at the Wilmot Baptist Church Worship Centre, corner of Hwy #1 and Dodge Road.

Christmas Hymn Sing

Sunday, December 12th, 2010 - 7:30 p.m. at the Wilmot Baptist Christian Fellowship Centre, corner of Hwy #1 and Dodge Road.

Name the Christmas Piece How well do you think you know all the Christmas carols & songs? All Saints

Anglican Church is presenting this fabulous fun evening on Saturday December 11th in their hall at 7:00 p.m. Parts of fifty pieces will be played and game pads are provided to name the pieces of music. You will also be entertained by Cheryl VanDerPryt with a variety of Christmas melodies and a singsong while a panel of judges are marking the entries. A huge basket of Christmas items will be the prize. Seasonal refreshments will be available. There will be a free-will offering.

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

A Night In Bethlehem

Takes place at Middleton Baptist Church on Saturday, December 18 from 6:30-9:00 p.m. Join us for a night in the town of Bethlehem as we relive that first Christmas night. This is an interactive evening complete with a live nativity that both children and adults will enjoy. Come and go as you wish. All children under 12 must attend with a parent or guardian. Everyone is welcome to come to this exciting family event. Free admission. **Planned Closure SMH ER**

and DI

Friday, December 10th, 2010. The Emergency Room and Diagnostic Imaging at Soldiers Memorial Hospital (SMH), Middleton will be closed due to Physician shortage on the following date: Friday, December 10th from 6:00 p.m. until Saturday, December 11th at 8:00 a.m. For nonemergency health information, please call 811 to speak with a Registered Nurse. If you have an emergency, please call 911. The Emergency Room at Valley Regional Hospital in Kentville is available for emergency care. Alternatively, the Emergency Room at Annapolis Community Health Centre in Annapolis Royal is open on Mondays, Wednesdays, Thursdays, Fridays, Weekends and Holidays. The Out-Patient Clinic at Western Kings Memorial Health Centre, Berwick, is also open Monday to Thursday from 8:00 a.m. to 10:00 p.m., Fridays 8:00 a.m. to 6:00 p.m. and weekends/holidays from 10:00 a.m. - 6:00 p.m. for nonemergency care. Annapolis Valley Health apologizes for any inconvenience this may

Recital of Seasonal Music

Pine Ridge Middle School Band students present a Recital of Seasonal Music, Sunday, December 12, 7:00 at the Aylesford United Church, Hwy 1 Aylesford. Free-will admission. Information call 765-7570.

Community Breakfast

Saturday December 18, 8:00-10:00 a.m. There will be a Community Breakfast held at the Kingston Baptist Church, Main St., Kingston. For a freewill offering, come and enjoy a delicious, hot breakfast. All are welcome!

Wilmot and Area Neighbourhood Watch Association Meeting

The Wilmot and Area Neighbourhood Watch Association will hold its monthly meeting at the Melvern Square Community Centre, 165 Bridge Street, Melvern Square, at 7:00 p.m. on Monday, December 6, 2010. Guest speaker will be Daniel Cress, the Annapolis County By-Law Enforcement and Animal Control Officer. All residents and business owners are welcome to attend.

Christmas Cabaret Come enjoy the 12 Days of Christmas Extravaganza with CentreStage Theatre on Friday, December 17, at 8:00 p.m. More singing, more dancing, more drumming and a partridge in a pear tree! The evening will begin with a spread of holiday appetizers. Tickets can be reserved by calling 678-8040. CentreStage Theatre is located at 61 River Street, Kentville.

GDSC are Looking for **Qualified Competitive** Swim Coach

The Greenwood Dolphins Swim Club is a youth swim team that is actively searching for and accepting applications for a qualified competitive swim coach. As a minimum requirement, applicants should have completed the Level 1 Coaching Course. In accordance with Swimming Regulations, A RCMP Criminal Records Check will need to be conducted. If interested please respond to GDSC, P.O. Box 1199, Greenwood, N.S., BOP 1N0, or contact Jim LeBlanc at 765-4827 for more information.

Christmas and Country Music Show

A Christmas and Country Music Show with Paul Marshall's Best of Intentions Band, Marcus Fritz and other guests will be held at New Beginnings Center, 1151 Bridge St., Greenwood on December 18th at 7:00. Admission is \$5.00

19+ New Years Dance

19+ New Years Dance showcasing the Greatest Hits of the last 5 decades. West Dalhousie Community Hall, December 31, 2010. Doors open 9:30p.m. (id on request) Midnight munchies served. \$8 a person; \$15 a couple. Advance tickets available at Endless Shores, Bridgetown or via our facebook group.

December 5 - December 11

ARIES - Mar 21/Apr 20

Take a few steps into the unknown, Aries. It can be good to try a few things that are different and not in your comfort zone. You'll get encouragement from friends.

TAURUS - Apr 21/May 21

Taurus, choose the more difficult path instead of the easy way out when faced with an important decision this week. The payoff will be much greater in the end.

GEMINI - May 22/Jun 21

Gemini, there are a lot of tasks on your agenda this week, but you only have two hands. Therefore, don't try to do everything at the same time; otherwise nothing will be finished.

CANCER - Jun 22/Jul 22

Cancer, rethink your opinion of someone at work. While you may not have gotten along thus far, there is a chance for a change of heart on the horizon.

LEO - Jul 23/Aug 23

Leo, romance is in the air this week if you make time for it. Put aside other responsibilities and spend some time wining and dining a loved one.

VIRGO - Aug 24/Sept 22

Virgo, nostalgia reigns supreme when you bump into someone from your past. Enjoy the trip down Memory Lane and all the fond times the trip brings to mind.

LIBRA - Sept 23/Oct 23

When someone turns to you for advice, Libra, you may want to pass on saying much. Right now you really can't count on your decisionmaking skills. Wait a bit longer.

SCORPIO - Oct 24/Nov 22

Scorpio, it has been a waiting game for you for quite some time now and you're not one for patience. Keep your head up because things are looking like they will go your way.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a funny thing will happen to you this week, although at the time you may not find much humour in it. Be a good sport and go along with the course of events.

CAPRICORN - Dec 22/Jan 20

Capricorn, a difference of opinion can quickly escalate into a war of words if you're not careful. Keep mum when others seem to be goading you into an argument.

AQUARIUS - Jan 21/Feb 18

Aquarius, you are called on to be the voice of reason, but it may not be the role you were looking for this week. Relish in the idea that others look to you for support.

PISCES - Feb 19/Mar 20

Pisces, projects pile up and it is time to delegate some of this work. Trust a close friend with the task of helping out.

FAMOUS BIRTHDAYS

DECEMBER 5 Frankie Muniz, Actor (25) DECEMBER 6 Andrew Cuomo, Politician (53) **DECEMBER 7** Larry Bird, Athlete (54) **DECEMBER 8** Kim Basinger, Actress (57) **DECEMBER 9** Jakob Dylan, Singer (41) **DECEMBER 10** Bobby Flay, Chef (46) **DECEMBER 11** Teri Garr, Actress (61)

Horoscopes brought to you compliments of:



for the following areas: Jefferson Pines S/D Beach St., Birch Dr., Elm Dr., Oak Dr., Pine Dr., Hemlock Dr., Main St., Maple Ave., Poplar Dr., and Willow Ave. Forest Brook S/D 1489 & 1499 Marshall Road, Cherry Lane, Maplewood Lane, Oakwood Drive, Oakwood Drive, Princess Lane, Sunset Drive For more information call 765-1494 local 5440. We are also compiling waiting lists for all areas.

www.auroranewspaper.com

Paper Carriers



2. Where can you buy Dried Firewood

Carrier applications are

available on our website

- 3. Whose ad says, Stock up and Save
- 4. Who is having a 15% off Christmas Sale
- 5. Where can you get a Signature Facial for a \$65 value

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

Congratulations to last week's winner: MIKE KELLY

Annual GREENWOOD & AREA Christmas Gathering Flight Engineers, AESOPS and SAR Techs. Serving & Retired

A little get together to share some Christmas Cheer with Flight Engineers (Oilers), AESOPs (Observers) and Search and Rescue Technicians

Thursday 16 December 2010 V.P.I. CENTRE

Open: 1400 Hrs • Close: 1800

Come on out and meet new friends and chat with a few old friends

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Sudoku Solution page 14 8 5 2 4 2 3 2 3 5 6 3 5 3 5 1 9 3 2 9 8 6 8 9 2 2 6

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:

TOYOTA



A Big Thanks to Our Friendly Neighbours

Submitted by Jennifer Hill, BSW SWC, GMFRC Social Worker 765-1494 ex 1811

The month of December is a beautiful and magical time of they year. Right now Santa is adding some finishing touches to his Sleigh so he can begin loading it with turkey dinners, toys, and gifts that his elves have been very busy preparing all year. In our local community we are aware that many families are facing financial stressors which can make Christmas time feel more worrisome rather than joyful. Whether it is an unexpended expense, family emergency, or day to day bills one may feel added financial pressures during this time of the year. 42 years ago the Friendly Neighbours program recognized the need to support military families who were facing financial hardships during Christmas. Over time the organization has branched out through assisting the community as a whole and has acted as a team of Santa's Elves by ensuring that everyone between Coldbrook and Annapolis has a Merry Christmas.

The Friendly Neighbours is made up entirely of volunteers and partner with other local community organizations such as the Lions Club. The volunteers work year round through fundraising, accepting donations, and organizing the upcoming years Christmas.

In 2009 The Friendly Neighbours food bill reached \$17,000; which was covered solely through donations. Last year 377 children from 275 families received gifts, toys, and turkey dinners. As the social work candidate for the Prevention, Support and Intervention Program I receive an abundance of calls and

PATRICK'S PUZZLE

Safe Gift Word Find Just in time for the holiday season, find the hidden words in the puzzle.

FUN

GIFTS

PARENT

PLAYING TNEMYOJNEHNC SYEMQUZGUOLA

> T L U C U T ETAIBRC

K A W R P L A Y

Y F R D E V T X F

TNICYOHAE

NHREGNADWP

1. Locomotive

2. Labrynth

3. Figurine

4. Orb

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F L R R J A L D C O E D

C B A E R N J M C R N O

OESXHAGKZRGT

Toy Match

Match the toys names that are relatively the same.

Patrick's Puzzle brought to you compliments of:

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A. Maze

B. Ball

C. Doll

D. Train

YURMELR: BY JD 34 4C

PROTECT

RECALL

SAFETY

TOYS

CAUTION

CHILDREN

DANGER

ENIOYMENT

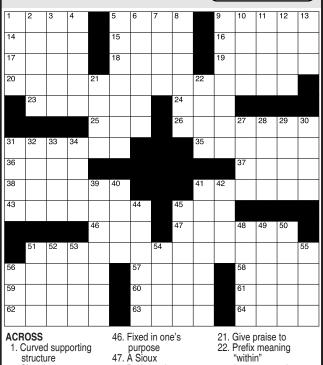
inquiries from people in the community looking to offer some assistance to local families at Christmas. A couple of ways to lend a hand could include donating items to the Christmas trees in the Greenwood Mall and Zellers. The items donated at these locations are gathered by Santa's Elves (the Friendly Neighbours) who then make sure they find homes to go to. The Friendly Neighbours are always looking for donations particularly toothbrushes, toothpaste, hats, and mittens. It is amazing that such a small community can make such an enormous impact.

The Friendly Neighbours are an amazing volunteer organization who dedicate countless hours throughout the year to help Santa prepare for Christmas. Without a doubt this organization brings oy to the season, restores hope, and provides families with an opportunity to connect with their community and enjoy the power and spirit of the season. Thank you Friendly Neighbours for all that you do; your positive impact in the community is substantial. For more information about the Friendly Neighbours Christmas Hampers Program please contact Jennifer Hill, BSW SWC.

Metro Crossword

Spelling: US English

Solution page 14



- 1. Curved supporting
- structure
- 5. Cleaning agent 9. A stout sword
- 14. Many serums 15. Modern Tell Mardikh
- 16. Roman god of the underworld
- 17. Maple genus 18. Scottish kinship group
- 19. Superior of an abbey
- 20. Baywatch star
- 24. Autonomic nervous
- system 25. Chief Ouray's tribe
- 26. Famous hat brand 31. Tossed, cobb and
- tuna

- varnish 41. Filches
- cruel 45. Mimic
- 43. Shockingly evil or

- 46. Fixed in one's
- purpose 47. A Sioux
- 51. Bedroom bureau
 56. White person,
 Hawaiian slang
 57. A disdainful grimace

- 58. A Spanish river 59. Regions
- 60. Sparks 61. Close by

- 62. Herons, archaic 63. Let it stand (Latin) 64. Torn ticket receipt

- DOWN
- 35. Red + yellow
- 36. Freshwater duck genus 37. One who speaks
- 38. Removes furniture

- As fast as can be done, (abbr.)
- 2. Go over 3. ___ de la creme
- 4. Hurried
- 5. Lines that intersect a curve
- 6. Pumpkin-shaped
- 7. Ladd, actor 8. They love to eat bamboo
- 9. Less thick or dense
- 10. Vestment
- 11. Swollen lymph node 12. British School
- 50. Chilean pianist Claudio 51. Int'l. relief
 - organization 52. One who cultivates
 - with a tool
 - 53. Ardour

 - 55. Fruit of the service

27. Japanese sock 28. Clothing closing

mechanism 29. Stare at

31. Fabric belt

41. Least dense

42. Wood hen

44. Leaf pores

30. Fish entrapers

32. Stake for new cards

33. = to 100 tetri 34. 7th Hindu month

39. Have ownership of 40. Hard fat bird cakes

48. US Olympic athle

Jesse 49. 10th Hebrew month

Advance evidence for

- 56. Expresses surprise

Metro Crossword brought to you compliments of:



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ed. No pets. Call 765-4132.

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To place a Classified Ad by Word Count call Candace Ernst at 765-1494 local FOR RENT - 2-bedroom mini **5440**. The Aurora Newspaper office is located on 83A School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

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apartment. Five appliances. Heat, lights, TV cable included. Close to mall and CFB Greenwood. \$700.00 a month. Call 1-888-735-2990. (3146-2tpb)

FOR RENT - 1 bedroom basement apt in Kingston. Utilities included. \$535.00 a month. Call 825-3607. (3146-2tpb)

FOR RENT – Quiet 1 Bedroom apartment in Wilmot. Fridge, stove, microwave included and washer & dryer hookups. No pets and no smoking. \$600.00 a month, lights and heat included. Contact 825-6024. (3146-2tp)

FOR RENT - New 3 Bedroom apartment in quiet subdivision in Nictaux. \$850.00 a month, heat and lights included. Washer & dryer hookups. Fridge, stove and dishwasher included. References required. Call 840-0534. (3146-2tp)

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SERVICE - Annie's Palm readings & Tarot readings. Great gift idea for Christmas as well as free recorded sessions. Gift certificates are available. To book an appointment, please call 765-0712 or e-mail angels_ helper@live.ca. (3125-6tpb)

SERVICE - Need help with your holiday decorating? With twelve years experience I can professionally decorate your home or Christmas tree (real or artificial.) Will also custom make artificial Christmas wreaths. Call 847-0103. (3147-1tpb)

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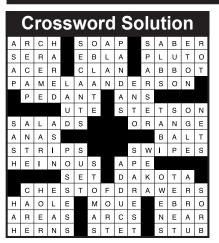
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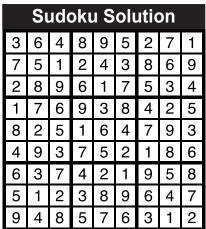
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Pump for Palliative Care

Sponsored by the Kingston Lions Club and organized by Lions wives, the Ghosts & Goblins Dinner Dance held October 29th was very successful. The purpose of the event was to assist friends of Mid Valley Palliative Care to raise funds for a pain pump. The four course meal was well received, the prizes were numerous and the guests danced into the late hours to the music of Jokers Right (who donated their time and music).

Thanks to the generous donations of local

merchants, Wheaton's, Forsythes Farm Market, Pierces Farm Market, Sobeys, Superstore, Robicheau Fisheries, Shoppers Drug Mart, Kingston Pharmasave, T & S Office Essentials, and Lola's touch of Beauty the organizers were able to pull off a fun filled evening which netted \$1700.00 for the pain pump

Our gratitude to all who donated or worked and to our wonderful guests for assisting us achieve this success.



Make Your Holidays Easier This Year!

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

Tis the season to be jolly, tired and somewhat frazzled for most parents. However, once we see the excitement in our kids' eyes as they spot Santa or the feeling that comes from watching the first snowflakes of the season cover the ground makes all the hustle and bustle of the season worth it. If you're like most parents you might find that the commercialism and the excesses of the holidays are what makes things complicated and stressful. It may be a good idea to try to simplify your holidays this year by giving these tips a try:

Set limits on gifts. Give only one or two special gifts per child with a couple of smaller presents, especially if your child has grandparents or extended family members, who will be sending along gifts to add to their stash of presents.

Draw names. If you have a big family, or exchange gifts among extended family members think about drawing names from a hat instead of having to buy gifts for everyone. It is so much more fun to look for that special gift for the one name you're picked from the hat instead of rushing around buying lots of gifts

for everyone in the family. Participate in a cookie exchange with friends. This gives everyone the opportunity to have a wide variety of sweets in the freezer all ready

for those unexpected guests. If you have always exchanged gifts with friends, try all going out to dinner together this year instead of buying a gift that you know they really do not need. The gift of time together having a few laughs may become

your new holiday tradition. Limit the number of parties you attend over the holidays. If both you & your spouse have workplace Christmas parties, think about alternating which one you will attend each year.

Make or buy a few frozen family meals and keep them in the freezer. These will be perfect for those days when there are school Christmas concerts, last minute holiday shopping that runs later Kim Dixon.

than expected or for days that you just want to stay home in your pj's and take care of you while everyone is at work or school.

With a little planning, it is possible to enjoy the holidays without feeling exhausted, at the end of your rope, or with credit cards over the limit. If you would like more information or help locating resources on parenting, please stop by the GMFRC and see

Nova Scotian Skating Team Heads to Mississauga

Submitted by: Susan MacPhee, Skate Canada N.S. **Media Contact**

Twenty skaters are heading to Mississauga, Ontario to represent Nova Scotia at the 2011 BMO Skate Canada Western and Eastern Challenge in the Hershey Centre on December 1 - 5. Skater qualification was based on the top four placements in each discipline at the 2011 BMO Skate Canada Nova Scotia Sectionals, held November 5 - 7 in Dieppe, N.B. The team members are:

Pre-Novice Men: Matthew Allen, Tatamagouche S.C.

Pre-Novice Women: Jenni-

fer Mahoney, Sackville S.C.; Stephanie Walmsley, Dart-mouth S.C.; Jenna Breckon, Greenwood S.C.; Nicole Tonin, Sackville S.C.

Pre-Novice Dance: Jaimie Clarke, Elmvale S.C. & Matthew Webb, St. Margaret's Bay S.C.; Rebecca MacDonald & Bradley Keeping-Myra, St. Margaret's Bay S.C.; Katie Buckland and Cody Husk, St. Margaret's Bay S.C.

Novice Men: James Hazelton, Greenwood S.C.; Darren Bogle, Antigonish S.C

Novice Women: Gillian Baldwin, Riverview S.C.; Katherine Short, Bedford S.C.; Janelle Hawkins, Cape Breton County Blades; Shaelynn Elliott, Bridgewater F.S.C

Novice Dance: Jayden Rau, Kitchener-Waterloo S C & Alexander Green. Sackville S.C. Junior Women: Najala Orrell, Sydney F.S.C.

Senior Pair: Mylene Brodeur, CPA Saint Leonard & John Mattatall, Tatamagouche S.C., have a bye through Challenge to Canadians

Challenge event is a national B.C., on January 21-23, 2011. be looking to qualify for the nior Nationals, also in Victoria qualifier for Novice, Junior and Senior level competitors. Senior skaters will aim for a spot at the 2011 BMO Canadian Figure Skating

Junior and Novice skaters will 2011 BMO Skate Canada Ju-

from January 17-20, 2011.







Garlic Clam Dip

8 oz. Cream Cheese 1/2 tsp. Salt 1/2 tbs. Garlic 1/4 cup Clam Broth

7 oz. Clams, Drained & Minced dash Fresh Ground Pepper 1 1/2 tsp. Worcestershire 2 tsp. Lemon Juice

Using garlic press, squeeze pulp and juice into softened cheese. Cream with a spoon until smooth. Gradually add the remaining ingredients, blending until smooth. For thinner dip, add more clam broth. Serve with crackers, chips or veggies.



Thank You from the **Kingston & District Health Auxiliary**

Submitted by: Ruby Neville

THANK YOU from the KINGSTON & DISTRICT HEALTH AUXILIARY to the local community and corporate sponsors for your terrific participation in our September Ticket Auction, our Silent Auction held on November 19th and the 3-Prize Lottery.

Net Proceeds from these two events came to \$2,842.55, which will be added to our 2010 fund raising total. Winners of the three lottery prizes were M. Archibald (the Quillow), M. Kennedy (the Quilt) and R. Jardine (Crystal Dish). AVH health benefits greatly from your awesome support.



Congratulations Graduates!

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

The GMFRC is very proud of the hard work and dedication of the youth attending the Home Alone Program this fall. Our eight graduates completed the five week course facilitated by our awesome GMFRC volunteers Matt & Tracy. Programs such as Home Alone provide youth with valuable life-skills training that help prepare them for making good choices when on their own for short periods of time. If you would like more information on programs and services for children or youth, please contact Kim Dixon at your GMFRC.

(Image: Claire Cormier)



As the Holiday Season approaches, we would like to pause and give a heartfelt thank you to the men and women in uniform who serve our country both deployed and here at home. We would also like to thank our many customers who have made our success possible. It is in this spirit we say "thank you and best wishes for the holidays and a Happy New Year".



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Special warm Holiday wishes are extended to our troops who serve our country so bravely here at home and over seas.

Merry Christmas Happy Holidays and best wishes for the New Year. Joyous Holiday Season to All.

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Would like to wish everyone a very festive holiday season. Hope you enjoy this time with family and friends.

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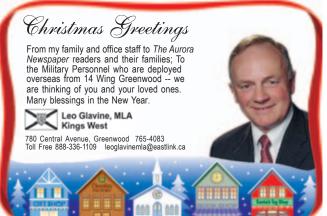
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As the Holiday Season is upon us, we find ourselves reflecting on the past year and on those who have helped to shape our Municipality. We value our relationship with you and look forward to working with you in the year to come. On behalf of the Council and Staff of the Municipality of the County of Kings we wish you a Safe and Happy Holiday Season and a New Year filled with peace and prosperity. To our troops serving overseas and their loved ones here at home our thoughts and

> prayers are with you during this festive season. Warden, Council and Staff Municipality of the County of Kings



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