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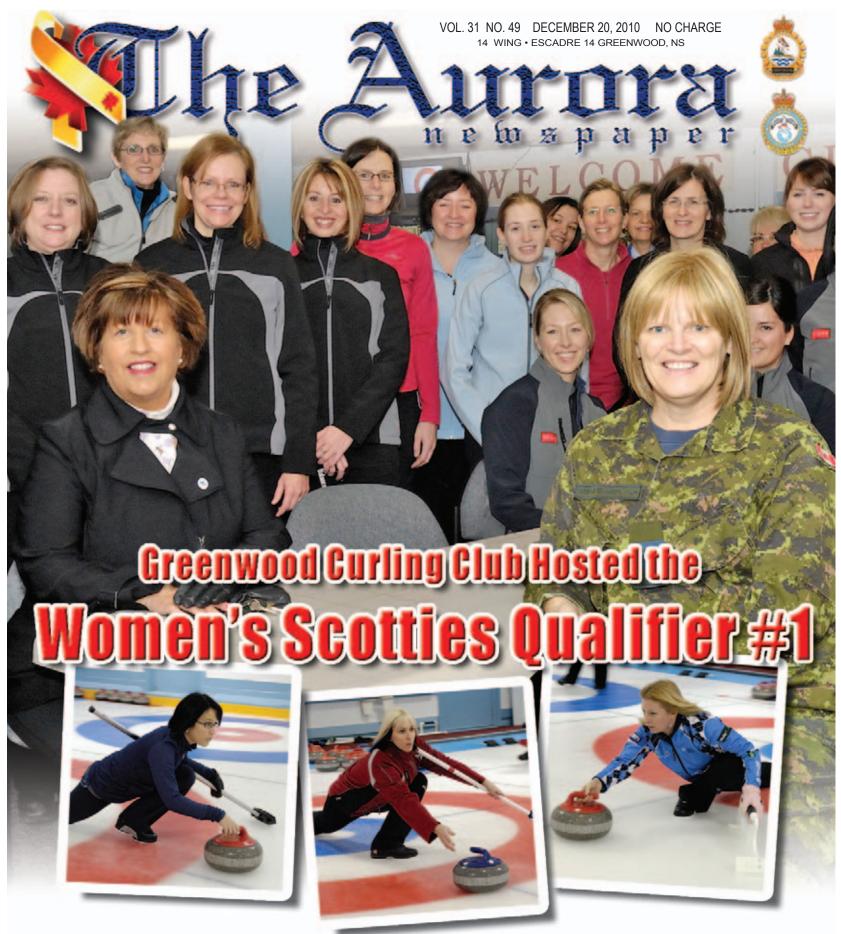
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By: Carolyn Dale and Mary Wredenhagen

Wing Administration Officer LCol Smith McBride and Kings County Warden Diana Brothers welcome curlers to Women's Scotties Qualifier #1.

(Images: Corporal I Thompson, 14 AMS Wing Imaging, Imagery Technician)

Story on page 3.







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BODYSHOP

## Le coin des Padre's Corner

By: 14 Wing Chaplains' team

#### La parabole sapin et du pommier!

Un jour d'automne, un pommier, mécontent de son sort, confia sa déception au pomiculteur. La nature avait été injuste envers lui en lui donnant une apparence toute difforme, alors que le magnifique sapin qui s'élançait à ses côtés faisait l'envie de tous les hommes qui, d'années en années, ne cessaient de le décorer de magnifiques étoiles illuminées.

Le pomiculteur repris alors: «Tu es difformes, c'est vrai. Mais souviens-toi que tu es un arbre greffé dès ton jeune âge et que tu rappelles à l'homme qu'il est lui aussi un peuple déformé par ses fautes et ses faiblesses, mais capable aussi de donner de bons fruits. Tu es émondé, c'est vrai aussi, mais c'est pour que tes fruits n'en soient que plus magnifiques.

Et, parlant de ses fruits, le vieux pomiculteur tira une belle pomme du pommier, sortit son couteau et, d'un trait horizontal, la coupa en deux parties égales. Il montra les deux moitiés au pommier et pointant avec son couteau l'étoile formée au milieu par les pépins, il lui dit: «Tu vois, mon vieux, le sapin a les étoiles qu'on lui ajoute, mais toi c'est au milieu de toi que tu as tes étoiles. C'est dans ton coeur même qu'est ta beauté!'

Auteur inconnu

À vous tous et toutes, que votre beauté intérieure illumine ce Noël! Heureux temps des Fêtes et que toutes les lumières qui scintillent autour de nous nous rappellent cette lumière intérieure!



Your 14 Wing Chaplain Team: Padre C Pigeon, R Lauder, D McKeage, L'équipe des aumôniers 14 Ere Greenwood M McKeage (Front): R Sheppard and F Staples. In medallion: Pader G Poley and T Nelligan. (Image: 14 AMS Wing Imaging)



#### Apple tree and the Christmas tree One day in autumn, a very

The Parable of the

unhappy apple tree talked to the apple farmer about the way things were for him. He was very sad. His purpose in life was not joyful and his shape as an apple tree was disappointing. He compared himself to the beautiful fir tree. The fir tree was so beautiful. Everyone was envious of the fir tree. Every year the beautiful fir tree was decorated with many bright and colorful stars.

The apple farmer answered him: 'Your shape is not the same, that is true. But remember that you are a tree who was grafted when you were very young and you remind everyone that they are also a people deformed by their mistakes and weaknesses, but still able to produce good fruits. You are pruned, that's true, but it is to make your fruits magnificent.

And, as he was speaking about his fruits, the old apple farmer picked an apple in the tree, took his knife and, with a smooth movement, cut it in two equal parts. He showed the two halves to the Apple tree, he pointed with his knife to the star formed by its seeds in the centre, and said to him: you see, my old friend, the fir may have stars that are added on, but you, it is at vour core that you have stars. It is in your heart where your beauty lies!"

To all of you, may your beauty shine this Christmas - the beauty that is within you. Merry Christmas and may the lights shining on your Christmas tree remind you of the light that shines within you.

14 Wing Chaplains team

## **GMFRC** Closure

The Greenwood Military Family Resource Centre (GMFRC) would like to inform the public that the centre and GMFRC Casual Childcare will be closed from Friday, December 24, 2010 to Monday, January 3, 2011 inclusive. For emergencies please call Wing Duty Ops 765-1494, local 5457. Merry Christmas to all and a Happy New Year!

#### 14 Wing Chapels Christmas Schedule

#### **Queen of Heaven Roman Catholic Chapel**

24 Dec (Fri) – Christmas Eve • (6:00 p.m.) Family Mass

2330 hrs (11:30 p.m.) • Christmas Carols 2400 hrs (12 midnight) • Traditional Midnight Mass

25 Dec (Sat) – Christmas Day • (11:00 a.m.) Christmas Day Mass (bilingual)

**26 Dec (Sun) – Holy Family •** (11:00 a.m.) Mass

1 Jan (Sat) • Mary, Mother of God • (11:00 a.m.) New Year Mass

**2 Jan (Sun) – Epiphany** • (11:00 a.m.) Mass

#### St. Mark's Protestant Chapel

Due to renovations, the Protestant services will be held at Queen of Heaven Chapel.

24 Dec (Fri) – Christmas Eve • (8:30 p.m.) Christmas Eve Communion Service

26 Dec (Sun) - First Sunday after Christmas • (9:00 a.m.) Sunday Service

**2 Jan (Sun) – Epiphany** • (9:00 a.m.) Holy Communion Service

## Women's Scotties Qualifier #1

had! 16 of the finest ladies curling teams in Nova Scotia gathered at the Greenwood Curling Club on the weekend of the December 10 – 12 to compete in the Scotties Qualifier #1. The prize for 6 teams was a spot in the Nova

will be held in Kentville at What a weekend we the Glooscap Curling Club the week of January 25 -30, 2011. The curlers and fans were disappointed that to attend due to illness. We all weekend long fans were

Special guests at the opening of the bonspiel included Wing Administration Officer, LCol Pamela Smith McBride, who Colleen Jones was unable came to welcome the curlers and said she hopes that the wish all the best to Colleen in her recovery. However, Greenwood, Kingston, and 14 Wing of a new arena and Scotia Scotties Tournament treated to some fantastic curling complex would be of Hearts. This tournament curling. These ladies have completed by 2014. LCol

everyone to come back to enjoy the new facilities once they are open. Kings County Warden, Diana Brothers, welcomed the curlers to Kings County. She invited letters of support from the curlers regarding the new arena complex.

Congratulations to teams Arsenault, Richard,

Smith McBride invited MacKenzie, Smith-Dacey, welcome. Thanks to the ice everyone to come back to Hilliard, and Mattatall. These staff for giving our curlers 6 teams are the winning teams from the Qualifiers #1 that will be advancing to the provincial Scotties Tournament of Hearts.

To the organizing committee, Thank You, you did a fabulous job keeping everything running smoothly and making our guests feel

a fantastic ice surface to compete on. You rock! January 21 - 23, 2011 the Greenwood Curling Club will be hosting the Men's Challenge Round. This is the second opportunity for curlers to advance to the provincial men's championship. We hope to see you there!

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

Submitted by Brenda Virtue-Ellis, Childcare Programs

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 have

happened without the 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 for children aged 3 to 17 months and a multi-aged 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; social-emotional, cognitive, as well as fine and gross motor skills. The infant and multi-aged program plans are posted so that parents can see what their 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 the GMFRC's Emergency Childcare Service; and to support volunteers of the GMFRC. The centre provides a safe and

> Music classes for children ages 3-6 with parent participation.

New session starting in January.

Gift certificates for 10 weeks of classes available for Christmas.

> Please contact Janet Richter

765-8909

richters@av.eastlink.ca

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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 is casual and should **not** 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

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.



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## Adopt the Troops: The Schools are In!

Submitted by: Michelle Thibodeau Wagner, Coordinator of **Special Events** and Promotions, **Greenwood Military Family Resource** Centre 765-1491 local 1421 michelle. thibodeau-wagner@ forces.gc.ca

2010 marks the 10th anniversary of the Greenwood Military Family Resource Centre's (GMFRC) Adopt the Troops Campaign. Each year the GMFRC enlists the help of local schools to create Christmas letters and cards

which are sent to 14 Wing Greenwood personnel who will be deployed over the Christmas holidays. This year, hundreds of beautiful crafts and pieces of artwork were created especially for our deployed troops.

The following elementary schools participated in the Adopt the Troops Campaign: Cambridge, Champlain in Granville Ferry, Lawrencetown, Annapolis West, Dwight Ross, Kingston, St Mary's in Aylesford, Somerset, Kings County Academy, Berwick, École Rose des Vents, and



(Image: 14 AMS Wing Imaging)

these schools created wonderful shows of support for our troops. The time, effort, and thoughtfulness that was put into the creative

amazing. The beautiful pencil drawings, large class banners, colourful Christmas cards, ornaments, and heartfelt letters are sure to bring a tear

Aldershot. Students from works from the schools was to the eye of a soldier who is far from home during the holidays.

This year, we were fortunate to be able to talk to some of the students at Dwight Ross Elementary. Kingston Elementary, and St Mary's Elementary. With the assistance of Major Russ Defer, MWO Peggy O'Neil, and CWO Denis Gaudreault, the children were able to better understand just how important the Adopt the Troops campaign is; how much their hard work is appreciated by the soldiers who receive it; and what it is like to be deployed. Being able to look at the students'

artwork and see the support and love that they convey can help a soldier overcome a bad day. The students work helps to remind the soldier of home, how lucky children are in our country, and how much children in other countries need the help of the Canadian Forces. The program also provides a learning opportunity for the children, about other countries, about the Canadian Forces, and about the life of a deployed soldier.

Thank you to Major Defer, MWO O'Neil, and CWO Gaudreault for meeting with the students regarding our Adopt the Troops program, thank you to the schools who opened their doors for our presentation, and a special thank you to all the students who took time to send a Christmas message to each and every member deployed from 14 Wing. Their efforts are certain to bring a smile to 14 Wing deployed members scattered all over the world this holiday season! Merry Christmas!



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**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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# Bravo Zulu

Images from 14 AMS Wing Imaging unless otherwise indicated.



The Wing Commander, Colonel WF Seymour presents the WRTF OC, Maj Ron Kielback with the CD2.



The 14 Wing Commander, Colonel WF Seymour presents Sqt Ken Grosset from the WOps MP Det with the CD1.



The 14 Wing Commander, Colonel WF Seymour presents Captain Richard Foy from the WOps ATC section with the CD1



The 14 Wing Commander, Colonel WF Seymour presents Ms Judy Carpenter from the WOps MP Det OR with her 25



The WOps O, LCol Steve Chouinard



The WOps O, LCol Steve Chouinard presents Lt Darren Hicks with his new rank.



Colonel William Seymour presented Second Lieutenant (2Lt) Tyrel Waldner with the Wing commander's Commendation for 2Lt Waldner's outstanding commitment and contribution to the success of 14 Wing's 2010 Terry Fox Fund-Raising Campaign. 2Lt Waldner worked tirelessly as the 14 AMS Fund-Raising OPI, diligently organizing and coordinating multiple activities, both within 14 AMS and at the Wing level. The incomparable results of numerous successful events; such as, the 14 AMS Head Shave and the Charity Poker Night raised over \$4,100. Without 2Lt Waldner's tireless efforts, the 14 AMS Fund-Raising Campaign could not have achieved the success that it did. 2Lt Waldner's unwavering dedication, remarkable drive and exceptional results make him highly deserving of the Wing Commander's Commendation.



The Commanding Officer (CO) of 14 Air Maintenance Squadron (AMS) presented the Commanding Officer's Commendation to the Avionics Labs Commemoration Team for their dedication and leadership in the organization of a commemorative event to recognize the closure of the Avionics Labs. Their commitment, perseverance, and flexibility resulted in a superbly executed function. By providing a fitting tribute to an organization which was an essential part of the Maritime Patrol community for over 50 years, the Avionics Labs Commemoration Team truly exemplified our Squadron motto of "Dedicated-Driven-Ready".

From L to R: Captain Natalie Wispinski, Lieutenant Colin Harrison, Lieutenant-Colonel Thomas Flynn, CO of 14 AMS, Second Lieutenant Tyrel Waldner, Chief Warrant Officer Gary Pitman, 14 AMS CWO, Sergeant Joanne Lewis and Corporal Karen Karasz.



Pte MacGillivary receiving his first hook from LCol Letourneau, WLEO and Maj Tromp, WCEO.

(Image Submitted)



Sgt L Connell receives his promotion from LCol Letourneau, WLEO and Maj Tromp, WCEO.





Pte Emilie Langlois receiving her first hook from Maj Tromp, WCEO and CWO Etheridge, UCWO.

(Image Submitted)



Major Stephane Racle, 14 AMS Aircraft Maintenance Support Organization Officer, presents Cpl Ross Francis with his new rank.



Major Watters presents Cpl Mel Mineau with her new Rank, 17 Nov 2010. (Image Submitted)



Major Mike Smith, 14 Air Maintenance Organization Officer, presents Private Pier-Yves Gravel with his first chevron.



Corporal Guillaume Pouliot is presented with his new rank by Captain Maxime Leclerc, acting Aircraft Maintenance Organization Officer.



Lieutenant Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron, presents Warrant Officer Dwayne Fox with his promotion to current rank. Pictured on the right is Acting Squadron Chief Warrant Officer, Master Warrant Officer Michael Gilliatt.



Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron, presents Warrant Officer Scott Longland with his promotion to current rank. Pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



MCpl M Hayward, WCE receiving the CD from LCol Letourneau, WLEO and CWO Viel, WLE Branch CWO. (Image Submitted)



The W Ops Officer, LCol Steve Chouinard presents MS Scott Stroh with the CD. (Image Submitted)



Sgt Jesso receives his promotion from Maj Carver, W Sup O.

(Image Submitted)



MCpl Clements receives his promotion from Maj Carver, W SUP O.

(Image Submitted)

## A Full Year at 404 (LRP&T) Squadron

By: Captain Jeff Hallam

2010 was an extremely productive year for 404 Squadron (Šqn). To accomplish our top priority of generating capable air and ground crew for the Aurora fleet, we have implemented some progressive solutions to ensure that we meet the training requirements of the Long Range Patrol (LRP) community.

In addition to a demanding residential program, 404 Sqn has continued its evolution of training delivery to include more Distance Learning (DL) content than ever before. DL provides flexibility for students who

are able to stay at home with their families while preparing for a residence portion of their course. This acts as a multiplier for the staff as they are able to conduct training in-house and by DL simultaneously, thereby increasing overall throughput.

The Maintenance Training Flight (MTF) generated a total of 95 Aviation Technicians, 120 Avionic Technicians, and 24 Maintenance Managers this year. MTF changed the way its training was delivered with the adoption of DL. The Corrosion Control and the Maintenance Managers Courses were the first to undergo this transformation.

Both courses were delivered using this new format, with great success. A new addition to MTF, the Apprentice Training section, has provided a single training continuum from the Apprentice through Journeyman phases, and increased the squadron's overall throughput. They qualified a total of 40 apprentices on CP140/A Arcturus servicing and elementary tasks this year. This benefit combined with improved practical training and Blended Learning initiatives promises to improve the training experience and quantity of future CP140 Aurora technicians.

The Squadron was able to graduate 40 Aircrew in 2010 and will be able to provide an additional 21 bodies early in 2011 upon completion of the current course's flying and simulator phases. The pilot section produced seven new pilots to the LRP community and six students are currently on course. There are six new Flight Engineers (FE) in the LRP community this year and five of them will experience the Aurora as their first CF aircraft, indicative of the trade's progression to meet the needs of the new CF. The Tactical Navigator (TN) section graduated three qualified

TNs, with two more inhouse. TN graduates were able to shorten their time in-house by making use of the DL content and this encouraging trend is likely to continue. The Navigator-Communicator (NC) section instructors successfully met evolving demands to produce capable aircrew and subsequently graduated nine NCs, with another four currently in their flying phase. There are another seven Airborne Electronic Sensor Operator (AESOp) crew working at the Operational squadrons and another seven will soon be ready to meet the challenges presented to them at their home units.

Striving to provide the best possible training, the AESOp staff have recently added Overland **Equipment Mission Suite** (OEMS) training to the MOAT curriculum. Last but not least, the Acoustic Sensor Officers (ASO) at 404 Sqn qualified a total of eight graduates, five of which were new to LRP. With another two students in house, the staff are continuing to transition and improve our ASW capability to ensure that this critical capability is maintained.

On behalf of the Herd, we would like to wish everyone a safe and peaceful holiday season!

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# COUNTRY Preserving the Past, Moving Natural Alternatives for a Healthy Lifestyle Forward into the Future

What's going on at the museum?

It's a very exciting time at the Greenwood Military Aviation Museum. On the restoration side of operations there are several projects picking up steam under the power of some fantastic and dedicated volunteers including a Sperwer UAV that served in Afghanistan, a DC-3 Dakota, and a Bristol Bolingbroke. The Argus restoration project was unfortunately delayed by weather issues despite the best efforts of the excellent 14 Wing ACS crew. However, it is scheduled to be completed as soon as the weather warms up in the spring. The recently restored Labrador

Helicopter is also scheduled to be moved into the Air

Park in the spring.
In August Major Robert Johnson became the General Manager of the museum and Wing Heritage Officer. His passion for the preservation of Greenwood's aviation heritage is clearly demonstrated by the improvements he has made within the museum operations, as well as the ones he is working towards in the near future. On top of all the aircraft projects, there have been numerous aesthetic improvements completed.

As always, the museum is looking for volunteers. Front desk staff are especially in need, but all skills are an asset.



Left to right: Patricia House, OCdt Elizabeth Cowden, 2Lt Ivan Beaudry (Image submitted)

Application forms can be picked up at the front desk.

All museum projects carry a rather hefty price tag. If you would like to contribute to keeping history alive in Greenwood donations are greatly

appreciated. All donations over \$150.00 receive a free LED 14 Wing flashlight.

The museum is open from 10:00 a.m. to 4:00 p.m. Tuesday to Saturday. The front desk can be reached at (902) 765-1494 ext. 5955.

Huge Inventory Sale!

In the spirit of the holiday season almost all of the gift shop stock is on sale with savings of up to 50%. T-shirts, hats, children's toys, model kits, model paint, books, and anything else you could need to thrill the aviation enthusiast on your shopping list. The staff's favourite is a new remote control helicopter, which you can get "checked out" on when you come in.

Do you have a family member's old service medals collecting dust somewhere? Bring them in to be beautifully mounted and professionally cleaned. The usual turnaround is 7-10 days, with very reasonable rates.

It's mess kit season! Mini-medals, wire aircrew wings, cuff links and all the other necessary accoutrements can be purchased at the museum and are included in the holiday sale!

On top of the sale there is a clearance section full of stocking stuffer potential at incredible prices. Come see what the museum gift shop has to offer.







AT THE INDOOR POOL

Jan 10 • 1500 - 1830

Jan 11, 12 • 1500 - 1730

Online Registration

www.cfcommunitygateway.com and follow the links

**Adult & Children** 

**Swimming Lessons** 

Mon-Thur January 17-20

Sat January 22

Contact Yvonne Clarke: 765-1494 ext. 5564

#### Smart device, sweet price.

Stay in the loop with **Exclusive Android phones** from \$0° and add data for as little as \$10<sup>+</sup>/month.

Greenwood Mall Cellular Sales & Service Authorized Product Care Centre 765-2415





nts who activate or renew on a 3 year term. Prices are subject to change without advance notice. †Taxes, long distance, additional ai

## The Grinchs' Heart **Grew Five Sizes that Day**



Anna Clark, Grinch (Kristina Kozera) Dr Teresa Speelman, Cindy-Lou Who (Sherri Croft) passed on a cheque for \$600 to CAPS. (Images submitted)

By: Dr. Dave MacHattie, **Middleton Vet** Services, Greenwood Animal Hospital

The staff at the Greenwood Animal Hospital and Middleton Vet Services would like to thank all of the people who came out to the clinic on Saturday, December 4th, with their furry friends to get their photo taken with the Grinch! By the end of the day we were able to raise \$600 including numerous donations for the Companion Animal Protection Society, which will help vaccinate, spay, neuter and aid in the cost of food, bedding and litter.

With approximately 80

dogs and several quite brave breed dogs and cats sitting on cats, the Greenwood Animal Hospital was a VERY busy place to be. With ultrasound demonstrations taking place, children viewing slides on the microscope, to the refreshment stand, where everyone was able to sit back, relax and enjoy tea, coffee and doughnuts while waiting for their turn with the Grinch. Our day was very successful.

This was our 6th year taking holiday pet photos and by far the best outcome! The Grinch had, among others, Leonbergers, Dachshunds, Collies, Miniature Pinschers, Chihuahuas, Siamese, Saint Bernards and beautiful mixed

his lap (sometimes more than one at a time!). It was a sight to see! Thank you once again to everyone who joined us for our 2010 Christmas Photo Fundraiser, we hope to see you all next year!

Everyone at Greenwood Animal Hospital and Middleton Vets would like to extend Best Wishes for a Merry Christmas and Happy New Year to all the hard working volunteers at C.A.P.S. and to all their foster pets looking for homes this holiday season.

If you are interested in adopting, please contact C.A.P.S. at 825-2277 (825-CAPS)

## A Wing Teen Counc One Night at Falls Lake 2 Adult Lift Tickets at Martock Limitless Snowboard Gear 3 Tickets for \$5 Purchase Tickets@14 Wing Community Centre ~ Draw Date-Mon. Jan. 31

## **TOEPICS**

#### 2<sup>nd</sup> Starskate **Competition of** the Season!

Submitted by: Sergeant Steph Lambert

Two Greenwood Starskaters attended the recent Bridgewater Open event on December 11. Erika Rice, a senior skater with our club, brought home 2 gold medals after skating clean performances in the Jr Silver Ladies Freestyle Event and the Silver Interpretive Event! Erika was joined by intermediate skater, Alyssa Lambert. This was Alyssa's first time competing in a Starskate event and we are proud to announce that she also brought home a gold medal in her Introductory Ladies Freestyle Event! Congratulations to both our skaters!

Watch for them and several other club members as they compete at the Valley Open Competition on January 8 at the new Kings Mutual Century Centre in Berwick! The Greenwood club, which is co-hosting this event, looks forward to welcoming skaters from across the province to our first competition at the new facility!



(Image submitted)



LOVOS, LOVOS, LOVOS, LOVOS,

Somewhere beneath

the glimmer that comes

this time of winter

In many souls there is a cry.

If you've lost your way, and can't feel the

magic in the air, join us at the Church of Jesus

Christ of Latter Day Saints for a musical

presentation that will be sure to lift your spirit.

Help us celebrate the true

reason for the season on

Christmas Eve, December 24th,

from 4:30pm - 6:30pm,

free admission,

at 10588 Ward Rd, Greenwood.

"COACH" "COACH" "COACH" "COACH"

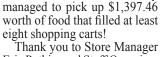
## **Sobeys Shopping Spree** for Local Food Bank

On Friday, December 10, 2010, the Sobeys grocery store in Greenwood hosted a shopping spree for the Village of Kingston's Food Bank and invited local MLA for Kings

West, Leo Glavine and 14 Wing and when the dust settled they to participate. Together they had about 103 seconds to gather as much food as they could

Representative Lieutenant managed to pick up \$1,397.46 Colonel Pamela Smith McBride worth of food that filled at least

Eric Pothier and Staff Organizer Kathleen Boates who were instrumental in bringing these two power shoppers in line for this wonderful fundraiser.



(Image: Pete Nicholson, 14 Wing Photojournalist)



#### Yogi Bear

19 Dec - 23 Dec Sun• 2 & 7pm Mon-Thurs • 7pm Rated G

#### **Tangled**

26 Dec - 02 Jan Sun-Thurs • 2 & 7pm Fri-Sun • 2pm Rated G

The Zedex Theatre will be closed all day on 24 & 25 Dec 2010 & the evening of 31 Dec 2010.

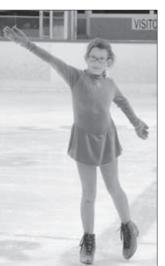
#### \$\$ Save Money \$\$

**Buy Pre-Paid Admission Cards** 

7 Admissions - \$40 11 Admissions - \$60 www.zedex.ca



## The Greenwood Skating Club Presents the Invisible Fence Skaters of the Week



Submitted by: Francois Robert, GSC Juliette Chipman Age: 9 yrs old School: Kingston and District School

Skating Level: Junior Started Skating: 6 yrs old Highest Tests Passed: CanSkate Favourite Part of Skating: Dressing up, gliding Other Hobbies: Dancing, singing, knitting, anything outdoors

#### **Luke Robert**

Age: 6 yrs old School: École Rose-des-Vents Skating Level: Junior Coach: Ann Young Started Skating: 4 yrs old Highest Tests Passed: CanSkate Favourite Figure Skater: Joannie Rochette Favourite Part of Skating: Jumps and spins, making friends Other Hobbies: Dance, reading, playing outside (Images: RFTS Inc.)



## Kingston Legion

Prize Money Guaranteed: \$3,050

#### **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 ProgressiveJackpot 3 Chances
- **Consolation \$500**

Double

Action Lic.#

## PADER **Boxing Week Blowout** Savings up to 77% Dec. 27-31 ONLY PADERNO ProGourme 11pc Paderno ProGourmet cookware set features thick 18/10 stainless steel durable enough for professional kitchens, but elegant enough for everyday use at home.

Set includes 1.5L, 2L, 3L saucepans, 5L Dutch oven, 3L saute pan, 24cm fry pan and 5 covers. List: \$699.99



#### **GREENWOOD Greenwood Home Hardware** 963 Central Ave Unit 35 (902) 242-7777



nation & dealer listings: 1-800-A- NEW-POT or www.paderno.com. Not all locations open Sunday. Quantities are limited, so please be early for best selection. Sale items may not be exactly as sh

ipating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended the Payment Offer. See participating retailer for complete details. Pricing excludes freight (\$1.400), rotudes an amount on account of GST/HST (where applicable) and in the Province of Loubebc, GST and obe to all retail customers that purchase a new eligible 2010/2011 Chrysler, Jeep, Dodge or Ram from the to all retail customers that purchase a new eligible 2010/2011 Chrysler, Jeep, Dodge or Ram from the seasts. 2010 Chrysler, Jeep, Dodge and Ram models. The following terms approved in Chassis, and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms approved mopile. 2011 Ram 1500 Quad Cab SXT 444 (244A-4GR), with a Purchase Price of \$24.995 financed at 1,400), taxes, licence, insurance, registration, excess mileage and wear and tear charges, any retailer once than the 2011 Ram 1500 Quad Cab SXT 444 advertised. See your retailer or go to www.dodge. and trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC. before taxes. Amounts vary by vehicle. See your retailer for complete details. If Customer C am models (except Grand Caravan Cargo Van and Ram Chassis Cab) and select 2011 Chrystomer or 60-month term with payments amortized over a term of up to 96 months and the pre-denote and easy seas were and tear, mileage and similar charges), financing the remaining balance of Customer Choice Financing offers are 1D offers. Example: 2011 Ram 1500 Quad Cab SXT 2.681 and a total obligation of \$27,6750 Gr. Freight (\$1,400), taxes, licence, insurance, registered to with optional equipment) shown has a higher price than the 2011 Ram 1500 Quad amarks of SIRIUS Satellite Radio Inc. \*Jeep is a registered trademark of Chrysler Group LLC. C) ler incentives, which are deducted from the negotiated price before taxe il customers or mosts new 2010 Chrysler, Jeep, Dodge and Ram models for complete details.) Vehicles are financed over a 36-, 48- or 60-mor with no further obligations (except payment of a \$199 return fee and each es is subject to different terms and conditions. All advertised Customer of the final payment of \$10,260 for a cost of borrowing 0 \$2,581 and retailers for complete details. §2011 Ram 1500 Laramie Crew Cab Wart under licence. SIRIUS and the dog logo are registered trademarks of SI. of selected new and u m 1500 Quad Cab S stailer order/trade may price after taxes of ort, Compass 4x2/4x filves, which are ded mers on most new 20

**PURCHASE FOR** 

# \$24,995

AT THIS PRICE, WHAT ELSE IS THERE TO SAY?



## THIS YEAR'S TRUCK - LAST YEAR'S PRICE!

## THE NEW 2011 RAM 1500 QUAD CAB SXT 4X4

INCLUDES \$8,250 CONSUMER CASH\* AND \$500\* FIRST FREE PAYMENT OFFER.

2011 Ram 1500 Laramie Crew Cab (with optional equipment) shown.§



CUSTOMER CHOICE FINANCING

\$134 @ 2.99\*\*

BI-WEEKLY FOR 60 MONTHS AND 50 DOWN

WITH THE OPTION TO RETURN

STEP UP FOR ONLY

MORE BI-WEEKLY
with Customer
Choice Financing

#### THE NEW 2011 RAM 1500 QUAD CAB SLT 4X4

- Remote Keyless Entry 17" Aluminum wheels
- SIRIUS® Satellite Radio (includes one year of service)
- Temperature and compass gauges
- Premium interior door trim Overhead console
- Power sliding rear window

NO CHARGE HEMI® ENGINE

**AFTER 60 MONTHS** 

WE'LL MAKE YOUR FIRST PAYMENT UP TO \$500°



Jeep.





RamTruck.ca/Offers



**DECK THE DRIVEWAY** HOLIDAY EVENT

## OROSCOPES

#### ARIES - Mar 21/Apr 20

Take a moment to breathe, Aries. All of this running around has left you more frazzled than ever before. Relationships may suffer if you don't slow down.

#### TAURUS - Apr 21/May 21

Taurus, family matters must take precedence over personal issues this week. A close friend arrives to pitch in and help smooth things over.

#### GEMINI - May 22/Jun 21

Gemini, romantic endeavors take a back seat to other pressing issues. Don't worry, there will be time to spend with a special someone in a few days. Until then, get other work done.

#### CANCER - Jun 22/Jul 22

Cancer, consider an alternate way of doing things this week. It's fine to go against the grain once in a while. But others won't want you to make it a habit.

#### LEO - Jul 23/Aug 23

Leo, you may be passed over for a promotion but don't let it get you upset. Your time will come in the near future. Simply be patient and you will be rewarded.

#### VIRGO - Aug 24/Sept 22

Bide your time. Virgo. The best things come to those who wait, and vou're about to reap the rewards of your patience in the next few days.

#### LIBRA - Sept 23/Oct 23

Libra, someone you've counted on in the past proves unpredictable this week. Rather than dwell on what cannot be changed, find someone responsible.

#### SCORPIO - Oct 24/Nov 22

Scorpio, things are a bit rocky at home but you are a survivor. Just wait out this rough patch and you will find that things return to normal in no time at all.

#### SAGITTARIUS - Nov 23/Dec 21

A simple change in attitude can bring on an entirely new perspective. Sagittarius. Rather than go with the status quo, try a few new things and see how it goes

#### CAPRICORN - Dec 22/Jan 20

Take a chance on an adventure. Capricorn. It's good to play by the rules most of the time, but a little excitement can be good for the system. Leo wants to come along.

#### AQUARIUS - Jan 21/Feb 18

Aquarius, leave room for a little mystery. While it's your nature to analyze, play it free and easy this week and enjoy the spontaneity that comes with such an approach.

#### PISCES - Feb 19/Mar 20

The financial stars are smiling in your favour, Pisces. That big-ticket purchase has your name on it. Go out and get it.

#### **FAMOUS BIRTHDAYS**

DEC 19 Alyssa Milano, Actress (38) DEC 20 David Cook, Singer (28) DEC 21 Jane Fonda, Actress (73) DEC 22 Robin Gibb, Singer (61) DEC 23 Harry Shearer, Voice Actor (67) DEC 24 Ryan Seacrest, TV Host (36) DEC 25 Annie Lennox, Singer (56)

#### Dec 26 - Jan 1

#### ARIES - Mar 21/Apr 20

It's time to get moving, Aries. Beef up an exercise regimen and take health seriously. Get a head start on those New Year's fitness resolutions.

#### TAURUS - Apr 21/May 21

Taurus, the hectic pace of the holiday season has taken its toll on you. But that doesn't mean you can't recuperate quickly. A few days and you'll be on your feet again.

#### GEMINI - May 22/Jun 21

Gemini, expect to spend time in the stores even though the holidays have passed. With some post-holiday money in the bank, you're ready to take advantage of great deals

#### CANCER - Jun 22/Jul 22

Cancer, surprises await as friends and family members stage an impromptu get-together. It would seem the holiday season is stretching on and on.

#### LEO - Jul 23/Aug 23

Leo, with the holiday social schedule clear for the time being, pass the time with hobbies that interest you or sit back and get some well-deserved R&R

#### VIRGO - Aug 24/Sept 22

Virgo, your sharp tongue leaves you in a bit of hot water. Don't be so guick to talk before you think your words through. Otherwise, you could offend a lot of people.

#### LIBRA - Sept 23/Oct 23

Libra, dwell on the positives and this week will soar by. Socializing with friends comes fast and furious; so much so that you don't have room in vour calendar to fit them all.

#### SCORPIO - Oct 24/Nov 22

Scorpio, look for an ally when a sticky situation arises. With a good friend at your side, the situation will soon be nothing more than a distant memory.

#### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a budding relationship gets taken to the next level. However, those closest to you are still on the fence about how they feel toward this special person in your life.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, there's more than meets the eye to a particular situation this week. Someone could be hiding something from you and you don't like it one bit.

#### AQUARIUS - Jan 21/Feb 18

Aquarius, just when you start to doubt your good luck, something goes your way and it's a big bonus. Share the good news and wealth with a spouse or loved one.

#### PISCES - Feb 19/Mar 20

Pisces, this will be a week of compromises, and on occasion you will receive the short end of the stick.

#### **FAMOUS BIRTHDAYS**

DEC 26 Jared Leto, Singer/Actor (39) **DEC 27** Cokie Roberts, News Anchor (67) John Legend, Singer (32) DEC 29 Ted Danson, Actor (63) DEC 30 LeBron James, Athlete (26) DEC 31 Val Kilmer, Actor (51)

JAN 1 Verne Troyer, Actor (42) Horoscopes brought to you compliments of:



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 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, firstserved 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.

#### RCAFA #107 (Valley) Wing New Year's Eve Party

When: December 31st, 2010 at 8:00 p.m. Where: RCAFA 907 Central Avenue. Why: To celebrate surviving 2010. Dress: Informal. Cost: Zilch, Nada, Nothing. Food: Munchies (Bring some if you wish). Music: Yes. See you there!

Toastmasters Do you think you might like to MC an event someday? Does the thought entice and terrify you? Either way, you will love Toastmasters. Starting again on 4 Jan 11, we will gather every Tuesday from 6:30 - 8:00 p.m. at 14 Wing Greenwood, Building B 221. Air Commodore Birchall Training Centre (home of the Zedex Theatre), Classroom 7. Plan to arrive at 6:15 p.m. so we can greet you and introduce ourselves. Guests will see how "We learn by doing". For further info, see <a href="http://"></a> annapolis.freetoasthost.net/> Annapolis.freetoasthost.net or phone Scot at 825-1061.

## 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  $\frac{1}{2}$  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

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

\$30 (tax incl)



#### 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 transmission (short range) 107.9 FM radio. The light show started 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

#### K'ton/G'wood Living with Cancer Support Group

vou for your support! MCpl

Larose & Family

The Canadian Cancer Society "Living With Cancer" Support Group will hold its December Christmas gathering at the Queen of Heaven Chapel Annex, 14 Wing Greenwood from 7:00-9:00

p.m. Monday, 20 December 10. Base Padres Robert Lauder and Rosemarie Sheppard will be guest presenters on "Spirituality". Mr. Frank Dobbin will be with us again this year with his keyboard for Christmas Carols Spouses, family members or anyone seeking information on cancer are most welcome and are encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce (765-3055) **Chowder and Soup** 

#### Luncheon

December 21 - Chowder and Soup Luncheon. Choose from Lobster (\$8), Corn or Turkey Soup (\$7). Served with Dessert 11:30 a.m.-1:00 p.m. at the Middleton Fire Hall on the corner of Commercial and Church Streets Hosted by: Holy Trinity Anglican Church.

## Valley Autism Support

**Team Present Kym Hume** The Valley Autism Support Team (VAST) is pleased to present the next in the series by Kym Hume, former Autism Consultant for the Annapolis Valley Regional School Board. Our January meeting will be held Thursday, January 13, 2011, at 7:00 p.m. at the Autism Centre in the Kingston and District School, 631 Pine Ridge Avenue, Kingston. For more information, please visit our website at www.annapolisyast.org. Kym's topic is called, "The Zones of Regulation" which is a strategy that teaches children with social emotional regulation difficulties how to recognize their emotional state and then how to takes steps to stay calm or regain a calm state. It is very helpful for children with anxiety, anger or over excitability issues. The Zones are an easy way for children to develop an understanding of them-

selves and what may make them upset. The whole family can use the Zones to describe their emotional state and can collaboratively develop strategies to help each other stay

#### calm and happy. Somewhere Beneath the Glimmer that Comes this **Time of Winter**

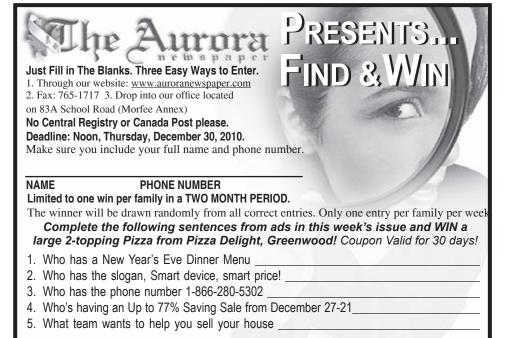
In many souls there is a cry. If you've lost your way, and can't feel the magic in the air, join us at the Church of Jesus Christ of Latter Day Saints for a musical presentation that will be sure to lift your spirit. Help us celebrate the true reason for the season on Christmas Eve, December 24th, from 4:30 p.m. - 6:30 p.m. Free admission, at 10588 Ward Rd. Greenwood.

#### New Year's Eve **Community Celebration**

Everyone is invited to join Kingsley the Steer in the festivities at the Western Kings Arena on New Year's Eve, beginning at 6:00 p.m. for Kingston's community celebration to ring in the New Year. Bring your skates and dress warmly. Enjoy a sleigh ride, live entertainment, hot dogs, steamy cider & hot chocolate. As well as face painting, balloon animals and cotton candy, kids can be fingerprinted. All events are free. Guests are encouraged to bring along non-perishable items for our Food Bank to share the joy of the season. Shortly after 9:00 p.m., watch a magical display of fireworks! We hope you will accept Kingsley's invitation to usher in 2011 with a BANG! Storm date is January 1, 2011. For more information: www. kingstonnovascotia.ca. **Christmas Eve Service** 

#### & Concert

At the New Beginning Center on December 24th at 7:00 p.m. Special music. Everyone welcome.





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

Congratulations to last week's winner: HEATHER DOBBIN

## Youth Happenings at 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

During Christmas we will be open from 2-9pm starting Dec.20 and finishing Jan 3 our regular hours will start Jan.4. We will be closed Dec.24, 25.

would like more info please call 765-8165. Here's what's happening this week.

**Boys Club Christmas Party** Dec. 20 4:30-6pm

Boys come celebrate Christmas at The Centre, we'll make gingerbread houses and play Christmas games!

**Teen Council** Dec. 21 3-4pm Teens, this is our last meeting until the New Year! Let's make goals for the New Year and see what we can achieve!

**Gift Wrapping Party** Dec. 22 Pre-teen- 3-4pm Teen- 5-6pm

Bring your Christmas presents to The Centre, we'll have the paper, bows, ribbon and gift tags to make your presents look amazing! There will also be hot-chocolate and

cookies to enjoy! Youth Centre Drop in

Also see last weeks, The Aurora Newspaper, the holiday hours on page 13 or check the Website under, "archives", December 13th www.auroranewspaper.com

#### **Greenwood Military Family Resource Centre (GMFRC) Children and Youth Services**

By: Sergeant Pete Nicholson, 14 Wing Photojournalist

Children and Youth services are yet another beneficial resource that the GMFRC makes available! This service includes a Parent/Tot Program, Adult and Teen Sitters Lists, Emergency Childcare Services and Programs for children ages 0 -18 years.

Kim Dixon is the Coordinator of Children and Youth Services (local 1812 or Kim.Dixon@forces.gc.ca). Emergency Childcare Services can be accessed after hours through Wing Duty Ops at 765-1494 ext. 5457. Kim has been with the GMFRC since 1999 and like all the staff at the GMFRC, Kim is extremely dedicated and devoted to the unique lifestyle of Canadian Forces (CF) families. Her job is very fulfilling, following the progression of the children from start to High School graduation. Kim thoroughly believes in what she does.

Children and Youth services are intertwined with other GMFRC departments, with regards to families and children. They have a great partnership with the Annapolis Valley Health Services (AVHS) for babies 0 -1 year. Baby Group is a weekly program to enhance and educate

TUTORING is a No Cost, seven week plan for children of CF members. Screened volunteer tutors, ranging from high school teens to university / college grads (usually spouses) volunteer once a week to assist students with school work. A very successful program of adults tutoring children!

SITTERS LIST is a list of screened and qualified teens and adults who will provide reliable Babysitting services.

Sudoku

1

4

6

9

2

8

6

Fun By The Numbers

Greenwood Mall

7

9

1

2

8

EMERGENCY CHILD CARE is provided 24/7 for Operational-ready

2

7

3

1

5

5

9

3

1

3

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

Sudoku brought to you compliments of:

8

6

9

765-2415

Solution page 14

6

5

3

8

1

Level: Beginner

4

7

6

personnel, Deployed members' families and every CF family who meets eligibility requirements in a family emergency. Kim will also assist families in preparing an emergency childcare plan which is highly recommended for all CF families simply because of our lifestyle.

**RESPITE CARE** offers deployed families a much needed "break"

from childcare responsibilities. Emergency Respite Childcare is available to all CF families.

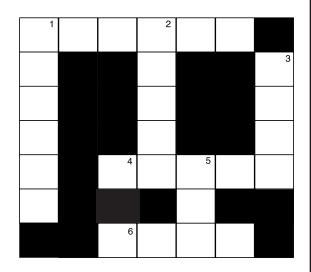
We have all seen the Canadian Forces (CF) deployments (OP Tempo) accelerate from low to the present day deployments of very high! Most of today's parents and families are time poor, so go and take advantage of all that the Children and Youth services have to offer.

www.familyforce.ca



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

#### **Crossword Puzzle**



#### **ACROSS**

#### 1. Cold season

- 4. Deposit of small ice crystals
- 6. Brief written message

#### **DOWN**

- 1. State of being warm
- 2. Tall structure
- 3. Outer clothing
- 5. Opposite of "in"

1. warmth 2. tower 3. coat 5. out umon

1. winter 4. frost 6. note ACross

:sıəmsuy

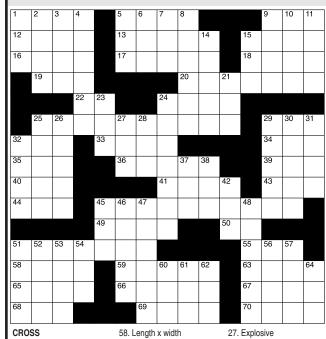
Patrick's Puzzle brought to you compliments of:

Book your 6 Foot Party Sub or **Platter** for your New Year's Celebration!



Middleton - 902-825-5525 • Greenwood - 902-765-226

### **Metro Crossword** Spelling: US English Solution page 14



#### **CROSS**

- 1. Lowest musical range
- 5. Examine hastily
- 9. Burns wood (abbr.)
- 12. Buttocks 13. Heroic tales
- 15. New York art district16. Cut into cubes
- 17. Wine out information
- 18. A graphic symbol
- 19. Decametre
- 20. Drooping 22. Manuscript (abbr.)
- 24. Large cat (archaic)
- 25. Yellow green
- 29. Defunct fast airplane
- 32. The cry made by sheep 33 Hostelries
- 34. Ingested
- 35. Frosty
  36. E. Asia weight units
- 39. Long fluffy scarf 40. Melancholy
- 41. Paper thin tin plate
- 43. Acorn tree
- 44. Longest division of
- geological time 45. A miserly person

- 51. Loins of lamb 55. Deaf language (abbr.)

- 49. Myanmar monetary units 50. Atomic #37

- 7. Honorable title (Turkish) 8. Bahamian capital

- 9. Focal points

59. Type of battery

66. Unaccompanied

68. Used to possess

69. Other side of yin

Very dry
 A paper bag

DOWN

6. Auto

70. Urochord or tunicate

1. Barrels per day (abbr.)

4. Family tree of manuscripts

5. Midway between S and SE

63. Gastrocolic omentum

67. Tangerine + grapefruit

65. Strike worker replacement

- 10. Unit of loudness
- 11 Yearn
- I. Worked with Roebuck
- 15. Message at end of an
- e-mail 21. Haitian monetary unit
- (abbr.)
- Lanka: old Cevlon
- 24. Former Spanish monetary units
- 25. Source of chocolate 26. "The Creation" composer

- 32. A dry cold north wind in SE France 37. Area between the
- waist and knees when sitting down 38. Female sibling

28. Genetic information

30. Covered colonnades 31. Pool area wood

messenger

29. Wooden shoe

- 42. Norwegian currency
- 45. NCO rank below
- Sergeant (abbr.) 46. Shenzi in "Lion King" 47. Without difficulty
- 48. Ancient counting device 51. Frame that holds
- window panes 52. Blood clam genus 53. No longer having life
- 54. Light hit of paint
- 56. Heroic tale 57. Calming pause
- 60. Common postal form
- (abbr.) 61. Diarist Frank
- 62. 1/360 in a circle (abbr.) 64. Top edge of a glass

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To place a Classified Ad by Word Count call Candace Ernst at 765-1494 local **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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FOR RENT - House for rent in Middleton. 3 bedroom, 2 story. Well maintained. Quiet residential hardwood floors & fireplace. \$750.00 plus utilities. Phone 825-3674. (3148-2tpb)

FOR RENT - Home for Rent, 2 Bedroom on quiet dead end street in Middleton \$800 +utilities no pets, non smoking references required. Contact David at 681-6077 or 698-0527. (3148-2tp)

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vour 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

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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 email angels\_helper@live.ca. (3145-6tpb)

SERVICE - Yoga classes at the telegraph tea room located in Melven square starting Jan 3, 2011. Monday and Wednes-day's 6:30 p.m. to 8:00 p.m. Classes at the Nicholsville Hall: Tuesday and Thursday 5:30 p.m. to 7:00 p.m. Gentle yoga Wednesday's 8:30 a.m. to 10:00 a.m. Call Elena at 847-0097 or e-mail Elena\_basevich@hotmail. com. (3149-1tpb).

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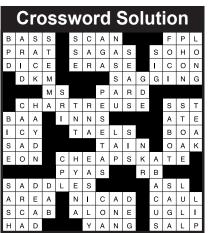
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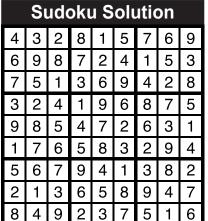
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## Injured Soldier Network Peer Support Program

(ISN) is a program within the spectrum of those provided by the Director Casualty Support Management (DCSM).

The focus of the ISN is on building a strong network of peer supporters who offer peer support services to all physically ill and injured CF personnel.

Injuries could be due to combat, accidents while on duty, highway accidents, work related illness, various illnesses and events that have had traumatic outcomes such as cancer or sports injuries.

ISN Peer Support Volunteers (ISN PSV) are: · still serving or retired CF

individuals who adapted to, and overcome a life changing injury or illness;

at least one year post life

changing injury or illness; in stable physical and mental health condition;

perceived by their peers and CoC as positive indi-

individuals with the potential and the will to provide peer support to members of the CF.



Injured Soldier Network Peer Support Volunteers - 7 Oct 2010. (Image submitted) Pairs Aidants Bénévoles du Réseau des Soldats Blessés - 7 oct 2010.

volunteers who must be trained in order to carry out their duties with the ISN. They encourage peer clients to live life without limitations. promote empowerment and provide an example of hope, and potential for achievements after a traumatic injury.

The first Peer Support Training session was held in Montreal from 4 to 7 October 2010. We now have 14 qualified peer support volunteers covering many regions across the country. Many more volunteer peers are required and there training sessions are already planned for 2011.

If you need someone to talk to about your life changing injury or illness or know someone who would benefit from peer support or if you would like to become a peer support volunteer for the Injured Soldier Network, please contact the Injured Soldier Network team at 1-800-883-6094, or your local **Integrated Personnel Support** Center (IPSC).

## Programme de soutien par les pairs, Réseau des soldats blessés (RSB)

Le réseaux des soldats du RSB (PAB du RSB) sont: blessés est un des programmes offerts par leDirecteur Gestion de soutien aux blessés (D

Le focus du RSB et de bâtir un solide réseau de soutien par les pairs offrant leurs services au personnel physiquement blessé ou malade des FC.

Les blessures peuvent être liées au combat, à un accident en devoir, accident d'auto, maladie reliée au travail, différentes maladies ou évènements ayant eu un effet traumatisant, comme les blessures liées au sport ou le cancer.

Les Pairs Aidants Bénévoles

• membres des FC actifs ou

- retraités; des individus ayant eu à s'adapter à une maladie ou une blessure avant changé leur vie:
- en rétablissement d'une blessure ou d'une maladie depuis un an ou plus:
- dans un état stable mentalement et physiquement;
- perçus par leurs pairs et par la chaîne de commandement comme des personnes positives; et,
- des individus ayant le potentiel et le désir d'offrir du soutien par les pairs aux blessés et malades des FC.

Tous les pairs aidants sont des bénévoles qui doivent suivre une formation afin de commencer leurs activités avec le RSB. Ils encouragent leurs pairs clients à vivre sans limites, à promouvoir la prise en charge personnelle et sont considérés comme un exemple d'espoir, de ce qui est possible d'atteindre après une blessure traumatique.

La première formation de pairs aidants a eu lieu à Montréal du 4 au 7 octobre 2010. Quatorze pairs aidants bénévoles sont maintenant disponibles dans plusieurs régions au travers du pays. Il y existe toujours un

grand besoin pour plus de bénévoles et des sessions de formation sont déjà prévues pour 2011.

Si vous aimeriez parler avec quelqu'un au sujet de votre maladie ou blessure physique ayant changé votre vie, si vous connaissez quelqu'un qui pourrait profiter du soutien par les pairs ou si vous voulez devenir un pair aidant bénévole pour le réseau des soldats blessés, veuillez contacter l'équipe du réseau des soldats blessés au 1-800-883-6094, ou le centre intégré de soutien du personnel (CISP) en région.





#### **Do It Yourself Croutons**

4 Slices bread 2 tbs. Parmesan cheese 1/4 tsp. Oregano

1/4 tsp. Celery salt 1/4 tsp. Garlic salt 2 tbs. Salad oil

Slice bread (homemade if possible) into 3/8 in. cubes and place in a bowl. Add seasonings and oil. Toss well to mix. Place on cookie sheet. Bake at 300F until crisp. Cool. Store in a glass jar.

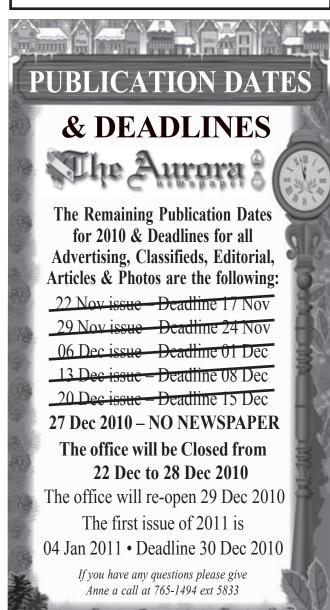


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## Kingston Village New Year's Eve Bang

quickly. Very soon we will be turning over our calendars to the dawn of a new year. The folks of Kingston Village have an opportunity to usher in the New Year with a bang. Once again a celebration is planned at the Western Kings Arena, beginning at 6:00 p.m. December 31st. (A storm date is planned for January 1st.) All events are absolutely free; however, if guests would like to bring something to supplement our Food Bank, all donations of nonperishable items are gratefully received. Cash donations will also be accepted for the Food

Bank, if you don't want to bother toting a bag of groceries.

You may want to bring along your skates so that you can glide over the ice with Kingsley, our village mascot. Throughout the evening, he will be making appearances, to the delight of all the kiddies. Young and old alike will have the opportunity to skate throughout the evening. When you tire of skating, you can warm up upstairs in the gallery, and listen to musical entertainment. To warm your innards, hot chocolate and steamy cider will be available, at absolutely no cost. Also free hot dogs will be served in

several locations. While you are chatting with friends and neighbours and sipping on a delicious hot beverage, your kiddies can have their faces painted and stand in line to wait their turn for a customized

balloon animal.

Another attraction will be sleigh rides, or, if there is no snow, hay rides. Dress warmly for a nice little jaunt around some of the streets in west Kingston to the jingling of bells

in the frosty night air. All that bouncing about in the back of a wagon or sleigh will help to settle the cotton candy being given away from the Rec Hut, beside the arena. And if your fingers aren't frozen, you might

choose to be fingerprinted at the Rec Hut, too, a service provided cheerfully by Murray Rolph.

All this excitement lasts until a little after 9pm when the crowds move outside to admire the splendid fireworks display, which lasts for approximately 15 minutes. There is nothing more magical than standing outside in the bitter cold watching the light explosions high in the night sky while snowflakes fall softly between each colourful burst. What a way to end the evening!

So if you have no reservations and no money when New Year's Eve arrives, don't despair. Plan to come to Kingston's Community Celebration at the Western Kings Arena. Join families, young and old, for a wonderful evening filled with fun. Share in the genuine sense of community that makes this village such a great place to live and raise a family. Bring a donation to the Food Bank if you are able. And also, bring along lots of good will, hope, and optimism for the year to come.

By the way, if you have read this article and are inspired to help with the execution of this New Year's Eve event, pop into the village office and offer a hand. Glenn would love to hear from you.

# 517 Royal Canadian Air Cadet Squadron Give Back

Submitted by Eric Wood

For a second year, 517 Royal Canadian Air Cadet Squadron have been able to gather toys and clothing for Christmas. It is such a joy to see the cadets and staff, give back to our community. Nothing warms the heart more and puts the spirit back into Christmas then having the pleasure to present all that was gathered, knowing that there will be a smile on a child's face this year. We would like to thank all 517 Royal Canadian Air Cadets and Staff for helping out.



Pictured L-R: Rachelle Wood (Friendly Neighbours) Capt Heather-Jane Dupuis, WO2 Murphy, Sgt Cooper, WO2 Paquette and of course Santa.

(Image submitted)







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