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Happy Valentine's Day!

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The Aurora newspaper

VOL. 32 NO. 07 FEBRUARY 14, 2011 NO CHARGE
14 WING • ESCADRE 14 GREENWOOD, NS



Major Al Harvey standing by aircraft 140121.
(Images: MCpl Mary Mechalko, 404 (LRP&T) Sqn, Imagery Technician)



The Thundering Herd Last Operational Mission for the Arcturus

Story page 3.



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Clayground Paint-it-yourself Pottery offers Creative Ceramic Painting for Francophone Families

Submitted by: Danielle Brochu, Second Language Services Associate at the GMFRC, danielle.brochu@forces.gc.ca

On Saturday, February 26, at 1:30 p.m., Francophone families are invited to the Greenwood Military Family Resource Centre (GMFRC) to paint pottery with a team member from the Clayground Paint-it-yourself Pottery Studio.

This creative ceramics studio, located in Wolfville, offers various pottery items such as vases, cups, plates, and small animal figurines with prices ranging from \$6 to \$40 (cash, Visa, and MasterCard accepted). You will have the opportunity to paint the object of your choice at the GMFRC and you only have to pay for the pottery. Your pottery will then be fired at the Clayground Studio and you will be able to pick up your

original piece a few days later at the GMFRC. Once fired, the paints are non-toxic as well as microwave and dishwasher safe.

Come with your family to chat in French and unleash your creativity. No need for any special skills! With the assistance of Clayground's attentive staff, you can create a project in your own style and discover your inner artist! Please register by Wednesday, February 23 at the GMFRC reception or by phone at 765-5611.

Studio créatif de céramique Clayground Paint-it-yourself Pottery pour les familles francophones

Article soumis par Danielle Brochu, adjointe des services de langues secondes au CRFMG, danielle.brochu@forces.gc.ca

Le samedi 26 février prochain, à 13 h 30, les familles francophones sont invitées à venir au Centre de ressources pour

les familles militaires de Greenwood (CRFMG) pour peindre une poterie avec les services d'un membre de l'équipe de Clayground Studio. Situé à Wolfville, ce studio créatif de céramique offre plusieurs modèles de poteries telles que des vases, des tasses, des assiettes ou des figurines en forme d'animaux, à des prix allant de 6 \$ à 40 \$. Vous n'avez qu'à payer le coût de votre création (argent, Visa et MasterCard seront acceptés) et vous aurez l'opportunité de peindre l'objet de votre choix au CRFMG. Par la suite, celui-ci devra être cuit au Clayground Studio et quelques

jours plus tard, vous pourrez venir récupérer votre création inédite au CRFMG. Une fois cuite, la peinture est non-toxique et les pièces vont au four à micro-ondes et au lave-vaisselle.

Venez avec votre famille, placoter en français et laissez libre cours à votre créativité. Vous n'avez pas besoin de talents spéciaux ! À l'aide d'un service attentionné, réalisez un projet à votre goût, nous avons tous un artiste en nous ! SVP. veuillez vous inscrire avant mercredi le 23 février à la réception du CRFMG ou par téléphone au 765-5611.

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Active Chicks and Boys Club - Take the Roof off Winter!

To celebrate Take the Roof off Winter, Active Chicks and Boys Club are having a Sledding party on Wednesday February 16 from 6:00 - 7:30 p.m. Bring your

favourite sled and we'll go sledding on the hill behind The Centre. After sledding, we'll enjoy hot-chocolate and cookies to warm-up!



Greenwood

MILITARY FAMILY RESOURCE CENTRE
CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

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

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

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

ADULT

Intro to Cooking – Ethnic

Wednesday, February 23

(Date change)

6:00 p.m. – 8:00 p.m.

\$15.00 per person

Sobeys Community Room

Register by: Monday, February 21

There is a 3 course meal featuring tastes of Germany and Afghanistan.

Defensive Driving Course

Monday, March 14

8:30 a.m. – 4:00 p.m.

\$25.00 per person at GMFRC

Provincial law now requires that all new drivers must successfully complete a defensive driving course before the "N" restrictions will be removed from their licence and also to ensure safer drivers on our roads.

Wall Thoughts

Monday, February 28

6:00 p.m. – 8:00 p.m.

GMFRC

\$15.00 per person and

FREE for GMFRC volunteers

Register by: Thursday, February 24

Looking for some insightful fun sayings to craft and hang on your wall? Join us as we create inspirational wall art – enjoyable quotes that you can use for your home or office to add a personal touch to any space.

FAMILY EVENTS

March Break Family Bowling

Wednesday, March 16

2:00 p.m. – 4:00 p.m.

\$4.00/person or \$12.00/family

Greenwood Bowling Centre

Register by: Thursday, March 10

Families are invited to join us for an afternoon of fun. We will supply the munchies! Register early as spaces are limited. Parents are required to stay for this activity.

*There are lanes reserved for deployed families as well!

FRANCOPHONE

Studio créatif de céramique Clayground pour les familles francophones

samedi 26 février

13h30

CRFMG

Le coût de votre création

Inscription : avant mercredi le 23 février

Venez peindre vous-même votre poterie avec les services d'un membre de l'équipe de Clayground Studio qui nous rendra visite ici à Greenwood.

Vous n'avez pas besoin de talents spéciaux ! Venez avec votre famille et choisissez votre modèle de céramique.

SCHOOL AGE

Home Alone Program

Mondays, March 21, 28, April 4,

11, & 18 (5 sessions total)

6:00 p.m. – 8:00 p.m.

Children aged 9 and up

\$20.00 per child

Register by: Wednesday, March 16

Our program can help provide children with the necessary tools they need to be on their own at home safely for short periods of time. All participants must pass an exam at the end of the program and will receive a certificate.

VOLUNTEERING

Warm Line Training

Friday, February 25

9:00 a.m. to 12:00 p.m.

FREE at GMFRC

If you are interested in becoming a Warm Line Caller, or want to know more please call.

Opportunities

Do you have other special talents that you would like to share with us? Many of our workshops are facilitated by volunteers. Call and let us know how you would like to help and we will see what we can do to make it happen.

Find us on

facebook!

Join us on our new facebook page! If you have a facebook account search for us at **Greenwood Military Family Resource Centre**. Join our page by clicking the **like button**. If you do not have a facebook account you can type this url into your search engine: <http://www.facebook.com/#!/pages/Greenwood-Military-Family-Resource-Centre/191603424186250>

YOUTH

How to Study for Teens

Tuesday, February 22

7:00 p.m. – 8:00 p.m.

Youth in grades 9 - 12

Free at GMFRC

Register by: Thursday, February 17

Good study habits are a skill that when mastered can really make a difference for students attending high school. Join us for an evening of tips, tricks, and techniques that just make writing those tests and exams a little easier.

DEPLOYMENT

Respite Childcare

Deployed families can choose 1 of the 2 Saturdays per month.

Saturday, February 26

10:00 a.m. - 5:00 p.m. at GMFRC

Register by: Thursday, February 24

Saturday, March 12

10:00 a.m. - 5:00 p.m. at GMFRC

Register by: Thursday, March 10

Wednesday, March 16

4:00 p.m. - 8:00 p.m. at GMFRC

Register by: Thursday, March 10

Children's Deployment Support Group

Sunday, March 6

1:00 p.m. – 2:30 p.m.

Free at the GMFRC (Aged 3 – 12 years)

Register by: Thursday, March 3

Card Club

Wednesday, March 30

6:00 p.m. - 8:00 p.m.

FREE at GMFRC

Register by: Monday, March 28

*Free childcare is available

Deployed Family Winter

Wonderland Sleigh Ride

Saturday, February 19

2:00 p.m. – 5:00 p.m.

FREE at Memory Lane Farm

Register by: Wednesday, February 16

After the sleigh ride there will be a warm roaring fire where we will roast marshmallows and enjoy hot chocolate.

The Thundering Herd • Last Operational Mission for the Arcturus

Cover story.

By Major Bruno Baker

The 15th of December 2010 marked the end of an era for the Aurora community. The last of the CP-140A Arcturus aircraft performed its final operational mission for the Canadian Forces. At 5:55 p.m. airframe 140121 fired up its 4,600 horsepower engines one last time in the performance of its duty to Canada and it did so in style. At 6:05 p.m. the Arcturus took off runway 26 in Greenwood for a 16.1 hour mission, pushing the outer limit of endurance and setting a record for the longest flight in a CP140A Arcturus.

The crew, composed mainly of members of 404 Squadron, was tasked with flying along the boundary of the eastern Canadian Airspace to test the communications coverage of NORAD's installations. This last mission departed Greenwood on a flight plan that took it north to a point almost abeam of Frobisher Bay, Nunavut and then turned around to fly south along the Canadian Airspace limit to a point near Yarmouth, Nova Scotia.

To carry out this long overnight mission, nine aircrew were tasked. The aircraft was piloted by 404 Squadron Commanding Officer, Lieutenant Colonel (LCol) Ron Walker, 14 Wing Chief Operations Officer, Major Al Harvey and crew commander Major Bruno Baker while the rest of the crew was made up of Air Combat Systems Officers Captains Jean-François Gallant and John Currie, flight engineers Warrant Officer Kevin Peddle and Sergeant Ralph Gignac as well as Airborne Electronic Sensor



The crew of last flight with WOPSO LCol Chouinard as A/WComd.

(Images: MCpl Mary Mechalko, 404 (LRP&T) Sqn, Imagery Technician)

Operators Warrant Officer Rob Butt and Sergeant Stu Greenslade.

After a somewhat confusing match of rock-paper-scissors, it was decided that LCol Walker would be at the controls for the take-off and Major (Maj) Harvey would bring the airplane safely back to mother earth after this test of endurance for both man and machine. The rest of the crew kept busy through the flight, communicating with NORAD, monitoring weather and aircraft systems for the other 16 hours.

The flight didn't unfold without a few challenges however. In order to achieve the maximum possible time

airborne, the crew was planning on shutting down or "loitering" up to two of its four engines, a practice commonly carried out to save fuel on long missions. Also, when flying in clouds at temperatures below the freezing point, ice accumulates on the airplane rendering the aircraft less aerodynamically efficient. To prevent this, anti-icing and de-icing systems are used as required. Operating these systems however, increases fuel consumption significantly.

The length of this mission therefore rested heavily on the abilities to shut down engines while airborne and to fly in clear air. Such

three decades after its initial acquisition.

Canada purchased its three Arcturus aircraft in the late 1980s and accepted delivery in the early 1990s. Their procurement stemmed from an offer from manufacturer Lockheed Martin to acquire the last three P3 airframes built at their assembly plant in Palmdale, California. They were originally purchased as Arctic and Maritime Surveillance Aircraft (AMSA) but were not equipped with the full suite of sensors normally found in the Aurora and were used more frequently as pilot and flight engineer training aircraft. It should be noted that, Maj Harvey who was a crew member of this last mission, also was one of the very first Canadian pilots to fly an Arcturus. He flew one of the initial line flights of 140121 on 9 May 1993 from Greenwood to Bermuda. The aircraft had approximately

50 hours on it then. It now has just under 11,000 flying hours.

In November 2004, aircraft 140119 was given a new role as a training aid for the ground technicians who can now acquire their new skills on the actual airplane instead of theoretical classroom style teaching. This has contributed greatly in reducing the number of hours required to train those new technicians and giving them the hands-on training they require. The last currently planned flight of tail numbers 140120 and 140121, will take place this month as they will be flown to the United States Aircraft Maintenance and Regeneration Group (AMARG) in Tucson, Arizona where they will be kept in storage, awaiting further disposition. Watch for further articles as these aircraft are "put to bed" for the final time.

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March 1st I QUIT!

The kick-off for the 2011 Challenge was January 19, 2011. All military tobacco users and non-users, their immediate family members, DND public, non-public fund and MFRC employees are invited to take the "March 1st, I Quit! Challenge" and stay tobacco free for at least one month, from

March 1 to April 1, 2011.

Tobacco users and non-users may take part in the Challenge. Non-users may register as supporters of members trying to quit.

Participating is easy. Tobacco users must stop using by March 1, and remain tobacco free until at least April 1. They must register at a Strengthening the Forces Health promotion office (on bases/wings across Canada) or on this web site: <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete> from January 19 to midnight February 28, 2011.

Once registered in the Challenge, supporters and participants are eligible to win prizes provided by CANEX and SISIP Financial Services (SISIP FS), partners of the "March 1st, I Quit" Challenge.

Health Promotion teams on every base/wing will provide support for tobacco users who decide to take this important step in the quitting process by organizing regular activities and providing information kits to everyone who registers.

The goal of the program is to prevent tobacco use-related diseases among CF members. The Health Promotion team recognizes that quitting may require many attempts and entering the "March 1st, I Quit! Challenge" provides tobacco users another opportunity to succeed.

Le 1er mars, J'ARRÊTE!

Le lancement du défi de 2011 a été le 19 janvier, 2011. Nous invitons tous les militaires, consommateurs du tabac et non-consommateurs, les membres de leur famille immédiate, de même que les employés du MDN, des FNP et des CRMF

à relever le défi « Le 1er mars, j'arrête! » et à demeurer non-consommateur du tabac pendant au moins un mois, soit du 1er mars au 1er avril 2011.

Tant les consommateurs du tabac que les non-consommateurs peuvent participer au défi. Les non-consommateurs peuvent s'inscrire à titre de parrains d'une personne qui tente d'arrêter de consommer du tabac.

Pour participer, les consommateurs du tabac doivent cesser d'en consommer d'ici le 1er mars, et demeurer non-consommateur jusqu'au 1er avril au moins. Ils doivent s'inscrire au bureau de la promotion de la santé Énergiser les Forces (qui se trouve dans chaque base ou escadre au Canada) ou sur ce site web : <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete> du 19 janvier au 28 février 2011 à minuit.

En s'inscrivant au défi, les participants et leurs parrains courent la chance de gagner des prix offerts gracieusement par CANEX et les Services financiers du RARM (SF RARM), partenaires du défi « Le 1er mars, j'arrête! ».

Les équipes de la promotion de la santé de chaque base/escadre appuieront les consommateurs du tabac qui ont décidé de faire ce pas important vers l'arrêt du tabagisme en organisant périodiquement des activités et en remettant des trousseaux d'information à toutes les personnes qui s'inscrivent.

Le programme a pour but de prévenir les maladies liées à l'usage du tabac parmi les membres des FC. L'équipe de la promotion de la santé reconnaît qu'on peut difficilement arrêter de consommer le tabac du jour au lendemain et que le défi « Le 1er mars, j'arrête! » donne une autre chance aux consommateurs de renoncer au tabac.



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TENDER 11-03

ELECTRICAL COMPONENTS - KINGS REGIONAL STP HEADWORKS UPGRADES

The Municipality of the County of Kings, Engineering & Public Works invites tenders for the supply of electrical components (lighting and distribution) for the Kings Regional STP Headworks Upgrades.

Specifications and tender forms may be viewed and picked up at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Bill MacLellan; Operations Manager at 678-1807, bmaclellan@county.kings.ns.ca or Tim Bouter, Engineer-in-Training; Supervisor of Engineering Services at 690-2219, tbouter@county.kings.ns.ca.

SEALED TENDERS WILL BE ACCEPTED UNTIL
2:00PM Thursday, February 24th, 2011

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

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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
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Learning and Career Centre

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LCC Upcoming Workshops

These sessions are for DND Military and Civilian personnel and NPF employees. You must go through your Unit Training Coordinator to register for these courses. If you do not know who your Unit Training Coordinator is, please contact the LCC at local 5226 or 5227 for referral.

February 2011

- 14 Prior Learning Assessment (PLA) (Day 3 of 10) • ½ day
- 14 Access Level 1 • 1 day
- 15-17 Stepping Up to Supervisor • 3 days
- 16 Excel Level 2 • 1 day
- 21 Prior Learning Assessment (PLA) (Day 4 of 10) • ½ day
- 22 Front Page Level 2 • 1 day
- 23 Defence Ethics • 1 day
- 23 Excel Database Functions • ½ day
- 24 Power Point Level 2 • 1 day
- 25 Civilian Personnel Performance Review/Personal Learning Plan briefing • ½ day
- 28 Prior Learning Assessment (PLA) (Day 5 of 10) • ½ day
- 28 Outlook – The Basics • ½ day

March 2011

- 1 "Bullying in the Workplace" What is it? (Annapolis Mess) • 1 day
- 1 Access Level 2 • 1 day
- 2-3 Understanding Your Leadership Style • 2 days
- 3 Excel Level 1 • 1 day
- 7 Outlook Calendar & Contacts • ½ day
- 7 Prior Learning Assessment (PLA) (Day 6 of 10) • ½ day
- 8 Word Level 2 • 1 day
- 10 Harassment Prevention & Resolution (Supervisors) • 1 day
- 10 Excel Level 2 • 1 day
- 14 Prior Learning Assessment (PLA) (Day 7 of 10) • ½ day
- 21 Prior Learning Assessment (PLA) (Day 8 of 10) • ½ day
- 22 Word – Managing long documents & mail merge • 1 day
- 23 JLP- Understanding Your Collective Agreement • 1 day
- 24 MS Publisher-Creating Newsletters • 1 day
- 28 Prior Learning Assessment (PLA) (Day 9 of 10) • ½ day
- 29 Excel Level 3 • 1 day
- 31 Access Level 3 • 1 day

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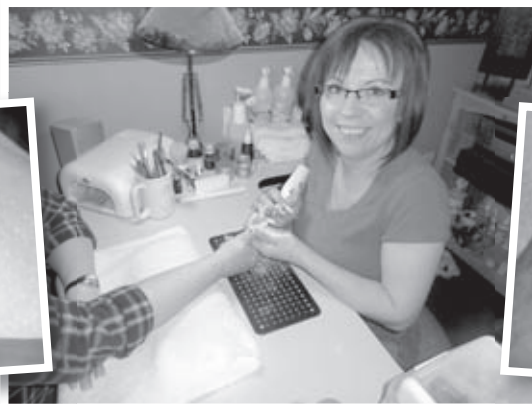
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Air Force Maintains Focus on Support to Military Families

Canada's Air Force is working to become a stronger family – a caring force. This has been demonstrated by the efforts of Wing Commanders across Canada to improve family support services in the areas of childcare, health care and housing over the past 18 months.

The challenges of facilitating consistent family services vary from Wing to Wing, but the measures of success are the same – to be able to assure newly posted families that they will be able to find a family doctor, re-enrol their children in childcare and have acceptable housing on any Wing.

Through partnerships with local communities, Military Family Resource Centres (MFRC), the Canadian Forces Housing Agency (CFHA), and many others, the Air Force planned, funded and executed several projects and initiatives in 2010. Major-General Yvan Blondin, Commander 1 Canadian Air Division (1 Cdn Air Div), is seeking valuable feedback from families through a formal Needs Assessment (14-25 February, 2011) to verify if efforts are proceeding in the right direction this year, in all three of the priority areas, across all Wings.

Feedback directly from our families will help shape the second annual Family Support Conference that is being planned to take place in Winnipeg 10-11 May, 2011, hosted by the Commander of 1 Cdn Air Div with the aim of bringing all the major players involved in this initiative together. The Chief of the Air Staff, the Commander of 2 Cdn Air Div, Wing Commanders, other Senior AF officers, CFHA members and many more will be there discussing lessons learned, best practices and the way forward.

“The effectiveness of our Air Force in continuing to stand on guard for Canadians depends on strong Air Force families,” said MGen Blondin. “I know we can do more to support our families, and with the full commitment of leadership at our Wings and with the essential involvement of our DND/CF partners and communities, we will continue to make progress.”

Improvements always can be made and, if recent history is any indication of the Air Force's progress, the family support initiative is headed in the right direction. Here are some recent examples of how your Air Force is working for you and yours.

Priority: Childcare

Affordable quality childcare is a main concern for parents. The aim is for parents to have the required childcare in place no longer than three months after identifying the need.

There is an ever-increasing demand for childcare in Canada and an ever-increasing shortage of available childcare spaces. Most provinces are experiencing a shortage of daycare spaces and long waiting lists. The military's unpredictable schedules coupled with the issue of mobility can cause issues for parents finding suitable daycare. To target these unique issues military leadership has been forging partnerships with the greater community to help address these requirements - for example, the ability to hold spots for future need.

9 Wing at Gander, Newfoundland, which is considered a semi-isolated location, is expected to have fewer services available compared with most wings or bases near urban centres. However, that has not limited

the Wing in working with their MFRC to establish a Transition Coordinator, who has the responsibility of soliciting and establishing daycare slots for newly posted families. Efforts have been so successful that 9 Wing now has a waiting list of vacant daycare positions as opposed to a waiting list of children!

At 14 Wing in Greenwood, Nova Scotia, they have identified a great need for a full-day casual childcare centre and under the direction of the 14 Wing Commander and in coordination with the Greenwood MFRC the facility was able to open its doors for business on November 29, 2010. The goals of the Full Day Casual Childcare Service include casual, affordable, flexible, and inclusive quality care to military families. It provides a service to

family care plan.

Priority: Health Care

The aim is for each Wing to have in place a Family Medical Centre with access to dependant medical care.

The shortage of family doctors in Canada also affects military communities. In many provinces, a shortage of family doctors necessitates a wait time for anyone new moving into the area. This complication is exacerbated further by the number of times a military family may move over the length of a member's career, causing them to start over in their search for medical care. These shortages, coupled with differing provincial regulations have made it necessary for military leadership to look to alternative ways of providing medical care for our families, such as clinics on Wings



Caporal (Cpl) Jean-Luc Mutezintare du Quartier Général et Escadrons des Transmissions (QGET) est accueilli par sa famille lors de son retour d'Afghanistan.

(Image: Cpl Roxanne Shewchuk, Imagery Section, CFB Valcartier)

parents so they may run errands, attend appointments, be able to participate in community activities, and to assist the MFRC's Emergency Childcare Service. The centre has a licensed capacity of 25 spaces for children aged 3 months to 12 years, with developmentally age-appropriate programming, and provides a safe and happy atmosphere in which children to learn and play.

Recently, a 19 Wing Comox, BC survey clearly identified a deficiency in the provision of childcare services to infants and toddlers; 25% of respondents said they required daycare. The entire Comox Valley is lacking in daycare spaces and there are currently 12 military families on a waitlist at Kinnikinnik Daycare centre.

Three organizations--Wing Administration, Construction Engineering and the MFRC--are closing in on a solution to build a new childcare shelter; in the meantime, there is a new temporary facility (modular building) scheduled to open March/April 2011, located near the Fitness and Community Centre. It will have the capacity to house a maximum of 16 infant/toddlers, 12 multi-age children, and 40 personnel for multi-purpose use. The modular unit will house the existing children's programs and will accommodate a full-time infant and toddler daycare program as well as other family and youth activities.

Emergency childcare, respite services and care for shift workers was also a concern and the MFRC provided emergency daycare and respite services to 18 families in 2010. Daycare for shift workers is more complicated, but many personnel have exercised their own

and/or partnerships with local clinics.

The 3 Wing Medical Family Health Services clinic opened its doors in October 2005 within the MFRC in Bagotville. The doctors work part-time and provide medical services, by appointment only, to the military community. Their mandate and mission is to improve and promote the health and well-being of family members within 3 Wing Bagotville's community. More precisely, the targeted clientele are those that are in transition and who frequently deal with postings. The Medical Family Health Services was created to serve clients who are temporarily in the region for example: spouse of a regular force member posted to Bagotville from another base, dependant child of a regular force member (moved from another base) or even reserve members (up to three years).

At 8 Wing the Family Medical Clinic at Trenton, Ontario is now a reality thanks to a collaborative effort between the Wing and the local community. An interim clinic currently in place since 2007 houses two doctors and 8 Wing is working with the community to bring in a third. The extended facility is expected to open in early 2011 and will allow the staff to provide much needed medical care for military families to a maximum of 2,500 patients. A unique benefit to the local community is that 8 Wing Construction Engineering tradespeople are building the clinic entirely in-house with the assistance of 16 trainees from the Union of National Defence Employees (UNDE) Apprenticeship and Operational Development Program integrating local apprentices with experienced veteran trades personnel.

In September 2010, a temporary family health clinic was set up in the existing military medical facilities at 22 Wing North Bay to provide medical services to 22 Wing's Canadian and American Regular Force families beginning 1 September when families could first call to sign up as clinic patients.

In November 2010, the base's MFRC officially opened a Family Medical Clinic comprised of two new trailers located next to the existing military medical facilities at 22 Wing, which now administers and facilitates healthcare to 22 Wing's families. The construction of the clinic, costing approximately \$265 000, was facilitated with the use of both 22 Wing in-house resources as well as through contracting with RCM Modulaire (Quebec), who provided

sustainable plan in order to be able to provide a variety of housing supports to members and their families

The reality of military housing differs across the country in terms of cost, availability and condition. Wing Commanders are working closely with the CFHA team, within the boundaries of imposed guidelines, to help ensure that scarce resources are allocated appropriately to ensure that Residential Housing Units (RHUs) are in the best possible condition for occupancy.

The ever-increasing cost of real estate and the availability of suitable, affordable rental housing across the country have affected greatly a number of members, challenging Wings to provide a variety of housing options to their members. Enrolment demographics have also shifted and

family needs. 5 Wing has also been working with the Canadian Forces Housing Association to continue improvements and renovations to military housing, and consolidating housing to capitalize on limited project funding and concentrate it where it will do the most good.

15 Wing Moose Jaw, Saskatchewan, should be getting some new housing for our members living in the PMQs in Bushell Park in the coming years when the Effective Project Approval is finalized in February. Currently, a total of 34 new RHUs are slated to be built by the 2014-2015 timeframe with eight of those units likely to start construction either in the fall of 2011 or spring of 2012.

The multimillion-dollar project is being designed by Northern Sky



Master Corporal (MCpl) Laberge is greeted by her family awaiting her arrival at Jean-Lesage International Airport in Québec City, in the International Flights Arrival Area.

(Image: Cpl Roxanne Shewchuk, Imagery Section, CFB Valcartier)

the trailers and their installation. Funding for the first two years, excluding technical services such as telephone and computer capabilities, will be provided by 1 Cdn Air Div, and 22 Wing will start to absorb more of the costs in the clinic's third year and beyond.

The new clinic provides medical services to Canadian and American regular force families, Class B Reservists' families and DND civilian employees in the North Bay and surrounding community. The new clinic has adopted the usage of Electronic Medical Records processing and maintenance, which allows families to take their records with them to their next postings, particularly beneficial given the itinerant lifestyle of Canadian Forces families.

Currently, over 520 patients are registered and services are offered from Monday to Friday, where four physicians provide medical services totalling approximately 35 to 40 hours a week. They are not doctors from the local community, and the clinic's establishment is reducing the patient load on medical service providers in the city.

The next year will assist the MFRC in determining how many patients the Clinic can effectively sustain. Depending on the results, the Clinic may expand its client base to members of the public.

Priority: Housing

The aim is for each Wing to have a

we are seeing a greater range of ages for our new recruits, in various family configurations, increasing the need for flexible housing options at each Wing.

Families at Wings located in major geographic centres may face fewer challenges in accessing services; however, demand for services provided through the Canadian Forces may outstrip supply in those areas. The major challenge at CFB Halifax, which provides support to 12 Wing Shearwater, is the availability of military housing noting that there are civilian options available. That said, Halifax has rebuilt and continues to renovate and modernize existing homes, and in 2010 Halifax Housing Services Centre received the DND Assistant Deputy Minister (Infrastructure and Environment) Director General's Special Award for its work on retrofitting housing for accessibility for members receiving treatment for injuries sustained in theatre and disabled family members.

A very different reality faces 5 Wing at Happy Valley-Goose Bay, Newfoundland, where military housing is expected in this remote location. During the past year, the Wing has made progress in all areas of family support services. The 5 Wing Community Council is closely linking its efforts and activities with those of the local MFRC and is concentrating resources to support military families and integrating local civilian medical services with Wing

Architecture Inc. of Winnipeg. Northern Sky has been awarded previous DND review and assessment projects at CFB Shilo and the Minto and McGregor Armouries in Winnipeg.

The Air Force is working hard to improve its families' quality of life by improving the level of and access to services. Both Commanders of 1 and 2 Cdn Air Divs and their Wing Commanders have made it a priority for the last 18 months to transform AF Wings into welcoming communities that current residents--as well as those newly posted in--can be proud to call home.

The challenges of offering consistent family services vary from Wing to Wing, but the measures of success are the same: the ability of newly posted families to find a family doctor, (re-)enrol their children in childcare and have access to suitable housing. By prioritising these support services, families will know how important they are to the Air Force and how important their well-being is for us to accomplish our mission.

The AF is a caring force - we care about our missions, our resources, our recruiting and retention. Most of all, we care about our people and their families. On 14 February, the Family Support Needs Assessment will be launched; stay tuned for more information about the online assessment and please take a few moments to fill it out. We look forward to hearing from you!

La Force aérienne continue à se concentrer sur le soutien aux familles militaires

La Force aérienne du Canada aspire à devenir une famille plus solide, une force compatissante. On le voit bien en constatant les efforts déployés par les commandants d'escadre partout au Canada pour améliorer les services de soutien aux familles dans les domaines des services de garde d'enfants, des soins de santé et du logement au cours des 18 derniers mois.

D'escadre en escadre, les difficultés varient pour ce qui est de la mise en œuvre de services uniformes aux familles, mais les mesures de succès sont les mêmes – pouvoir garantir aux familles nouvellement mutées qu'elles pourront trouver un médecin de famille, inscrire leurs enfants à des services de garde et habiter dans un logement acceptable, peu importe l'escadre où elles se trouvent.

Au moyen de partenariats avec les collectivités, les centres de ressources

et à veiller sur les Canadiens reposent sur les familles solides de la Force aérienne, affirme le Mgén Blondin. Je sais que nous pouvons en faire plus pour soutenir nos familles et, avec le plein engagement des dirigeants de nos escadres, avec la participation essentielle de nos partenaires et de nos communautés du MDN et des FC, nous continuerons à réaliser des progrès. »

Il y a toujours lieu de s'améliorer et, si l'histoire récente en est la preuve, il semblerait que les initiatives de soutien aux familles de la Force aérienne sont dans la bonne voie. Voici quelques exemples récents des efforts déployés par votre Force aérienne :

Priorité : Services de garde d'enfants
L'accès à des services de garde abordables et de qualité est une des principales préoccupations des parents. Le but est de faire en sorte que les parents

succès que la 9^e Escadre a maintenant une liste d'espaces libres plutôt qu'une liste d'enfants qui attendent!

À la 14^e Escadre Greenwood, en Nouvelle-Écosse, on a déterminé qu'il y avait grand besoin d'une halte-garderie (journée complète). Sous la direction du commandant de la 14^e Escadre et en collaboration avec le CRFM de Greenwood, on a donc établi une telle garderie, qui a ouvert ses portes le 29 novembre 2010. L'objectif de la halte-garderie (journée complète) est de fournir aux familles militaires, un service occasionnel, abordable, souple, inclusif de qualité. Il permet aux parents de faire leurs courses, de se rendre à leurs rendez-vous, de participer à des activités communautaires et de prêter main-forte au service de garde d'urgence du CRFM. La halte-garderie peut accueillir jusqu'à 25 enfants, de 3 mois à 12 ans, et offre

Priorité : Soins de santé

Le but est d'établir dans chaque escadre un centre médical pour les familles, donnant accès à des soins de santé pour personnes à charge.

La pénurie de médecins généralistes au Canada a aussi des effets sur les communautés militaires. Dans bon nombre de provinces, la pénurie de médecins fait en sorte que toute personne qui arrive à un nouvel endroit doit attendre pour obtenir des services. Dans le cas des militaires, cette problématique est empirée par le fait qu'une famille pourrait déménager plusieurs fois au cours de la carrière d'un militaire, ce qui veut dire que, chaque fois, tout est à recommencer pour ce qui est des soins de santé. Les pénuries, ajoutées aux règlements provinciaux qui diffèrent d'un endroit à l'autre, font qu'il est nécessaire pour les dirigeants militaires d'examiner d'autres façons de fournir des soins de santé aux familles des militaires, par exemple au moyen de cliniques situées dans les escadres ou de partenariats avec des cliniques locales.

La clinique de Services de santé en médecine familiale de la 3^e Escadre a ouvert ses portes en octobre 2005 dans le CRFM de Bagotville. Les médecins y travaillent à temps partiel et fournissent des services médicaux, sur rendez-vous seulement, à la communauté militaire. Leur mandat et leur mission sont d'améliorer et de promouvoir la santé et le bien-être des membres des familles de la communauté de la 3^e Escadre Bagotville. Plus précisément, la clientèle cible est constituée de personnes de passage et de personnes qui déménagent souvent à cause d'affectations. La clinique de Services de santé en médecine familiale a été créée pour répondre aux besoins de clients qui se retrouvent dans la région temporairement, par exemple la conjointe d'un militaire de la Force régulière provenant d'une autre base et affecté à Bagotville, l'enfant à charge d'un militaire de la Force régulière (arrivé d'une autre base) ou même un membre de la Réserve (jusqu'à trois ans).

À la 8^e Escadre, à Trenton (Ontario), la clinique médicale pour les familles des militaires est maintenant une réalité grâce aux efforts de collaboration entre l'escadre et la collectivité locale. La clinique intérimaire qui est actuellement en place depuis 2007 propose les services de deux médecins, et la 8^e Escadre travaille avec la collectivité pour en ajouter un troisième. L'établissement élargi devrait ouvrir au début de 2011 et permettra au personnel de fournir des soins médicaux bien nécessaires aux familles militaires, jusqu'à un maximum de 2 500 patients. Un avantage particulier pour la collectivité locale, est que les militaires spécialisés dans les métiers de la section du Génie construction de la 8^e Escadre construisent la clinique avec l'aide de 16 stagiaires qui participent au programme d'apprentissage ou de formation professionnelle de l'Union des employés de la Défense nationale (UEDN), encourageant ainsi des apprentis locaux à collaborer avec des personnes de métier ayant beaucoup d'expérience.

En septembre 2010, une clinique temporaire de soins de santé pour familles a été établie dans les installations médicales militaires existantes de la 22^e Escadre North Bay, dans le but de fournir des services médicaux aux familles des forces régulières canadienne et américaine de la 22^e Escadre. Depuis le 1^{er} septembre, les familles peuvent appeler à la clinique pour s'inscrire comme patients.

En novembre 2010, le CRFM de la base a officiellement ouvert une clinique médicale familiale composée de deux nouveaux bâtiments modulaires situés près des installations médicales militaires

de la 22^e Escadre North Bay. Celle-ci gère et dispense maintenant les soins de santé pour les familles de la 22^e Escadre. La construction de la clinique, qui a coûté environ 265 000 \$, a été possible parce qu'on a utilisé des ressources internes de la 22^e Escadre tout en misant sur un contrat avec RCM Modulaire (Québec) qui a fourni les bâtiments modulaires et leur installation. Pour les deux premières années, le financement de la clinique, sans compter les services techniques et informatiques, sera assuré par la 1^{re} Division aérienne du Canada; par la suite, la 22^e Escadre commencera à absorber une plus grande part des coûts.

La nouvelle clinique fournit des services médicaux aux familles des militaires des forces régulières canadienne et américaine, aux familles des réservistes de classe B et aux employés civils du MDN qui travaillent à North Bay ou dans les environs. La nouvelle clinique a choisi d'utiliser des dossiers médicaux électroniques; le traitement et la mise à jour de tels dossiers font en sorte que les familles peuvent emporter leur dossier avec elles lorsqu'elles doivent déménager lors d'une affectation, ce qui se prête particulièrement bien au mode de vie itinérant des familles des Forces canadiennes.

Actuellement, plus de 520 patients sont inscrits à la clinique, et les services sont offerts du lundi au vendredi. Quatre médecins y travaillent et fournissent, au total, de 35 à 40 heures de services par semaine. Ils ne sont pas des médecins issus de la collectivité, et le fait d'avoir établi la clinique réduit le nombre de patients que doivent voir les autres fournisseurs de soins de santé de la ville.

L'année qui vient permettra au CRFM de déterminer combien de patients la clinique peut effectivement prendre en charge. Selon les résultats, la clinique pourrait élargir sa base de clients à l'ensemble des membres du public.

Priorité : Logement

Le but est d'élaborer un plan durable pour chaque escadre en vue de fournir diverses formes de soutien en matière de logement aux militaires et à leur famille.

La réalité en matière de logement militaire varie d'un bout à l'autre du pays pour ce qui est du coût, de la disponibilité et de l'état des logements. Les commandants d'escadre travaillent étroitement avec l'équipe de l'ALFC, dans les limites des lignes directrices établies, afin de s'assurer que les rares ressources sont attribuées de façon appropriée et qu'ainsi les logements résidentiels (ULR) sont dans le meilleur état possible en vue d'être habités.

Dans l'ensemble du pays, le coût de l'immobilier qui ne cesse d'augmenter et la disponibilité de logements locatifs adéquats et abordables ont eu des conséquences importantes pour bon nombre de militaires, obligeant les escadres à diversifier le choix de logement pour leurs membres. Les données démographiques relatives à l'enrôlement ont aussi changé et nous constatons que l'âge et la configuration familiale de nos recrues varient plus qu'avant; ainsi, il faut des options souples de logement à chaque escadre.

Les familles situées dans des escadres se trouvant dans des centres géographiques importants ont sans doute moins de difficultés à accéder à des services; cependant, la demande pourrait dépasser l'offre des services fournis par l'entremise des Forces canadiennes dans ces régions. La principale difficulté à la BFC Halifax, qui soutient la 12^e Escadre Shearwater, est l'offre de logements militaires alors qu'il y a des choix intéressants du côté civil. Cela dit, Halifax reconstruit et continue à rénover et à moderniser ses maisons. En 2010, le

Centre de services de logement de Halifax a reçu le prix spécial du Directeur général du sous-ministre adjoint (Infrastructure et environnement) en reconnaissance de ses travaux de modernisation de logements selon des normes d'accessibilité pour accommoder les militaires recevant des traitements pour des blessures subies dans le théâtre et les membres handicapés de familles militaires.

À la 5^e Escadre, se trouvant à Happy Valley-Goose Bay (Terre-Neuve), c'est une tout autre histoire. À cet endroit éloigné, il est attendu qu'on fournisse des logements militaires. Au cours de l'année dernière, l'escadre a fait des progrès dans tous les domaines des services de soutien aux familles. Le conseil communautaire de la 5^e Escadre coordonne ses efforts et ses activités avec ceux du CRFM local et concentre ses ressources afin d'appuyer les familles militaires. Il s'emploie à harmoniser les services médicaux civils de la localité avec les besoins des familles de l'escadre. La 5^e Escadre travaille aussi avec l'Agence du logement des Forces canadiennes pour continuer l'amélioration et la rénovation des logements militaires, et pour consolider le logement et ainsi miser sur le financement limité de projets et concentrer les ressources là où elles seront les plus bénéfiques.

À la 15^e Escadre Moose Jaw (Saskatchewan), le projet de nouveaux logements pour les militaires qui vivent dans les logements familiaux de Bushell Park devrait aller de l'avant au cours des prochaines années, lorsqu'on aura reçu l'approbation définitive du projet en février. Actuellement, il est prévu que 34 nouvelles ULR soient bâties d'ici 2014-2015; la construction de huit de ces unités devrait commencer à l'automne 2011 ou au printemps 2012.

La firme Northern Sky Architecture Inc., de Winnipeg, conçoit un projet de plusieurs millions de dollars pour Winnipeg. Northern Sky a exécuté plusieurs contrats d'examen et d'évaluation pour le MDN dans le passé, pour des projets à la BFC Shilo et pour les manèges militaires Minto et McGregor à Winnipeg.

La Force aérienne travaille d'arrache-pied afin d'améliorer la qualité de vie de ses familles en améliorant le niveau des services et l'accès à ceux-ci. Depuis 18 mois, les commandants de la 1^{re} DAC et de la 2^e DAC et les commandants d'escadre ont comme priorité de transformer les escadres de la FA en communautés accueillantes où les résidents actuels, et ceux qui viennent d'y arriver, se sentent bien et dont ils peuvent être fiers.

Comme nous l'avons dit plus tôt, les difficultés varient d'escadre en escadre pour ce qui est de la mise en œuvre de services uniformes aux familles, mais les mesures de succès sont les mêmes – la capacité des familles nouvellement mutées de trouver un médecin de famille, la possibilité pour elles d'inscrire leurs enfants à des services de garde et l'accès à un logement adéquat. Étant donné que nous accordons la priorité à ces services de soutien, les familles sauront combien elles comptent pour la FA et à quel point leur bien-être est important pour que nous puissions continuer à accomplir notre mission.

La FA est une force compatissante – nous prenons à cœur nos missions et nos ressources, et les questions du recrutement et de la conservation de l'effectif. Mais plus important encore, nous nous soucions du bien-être de nos militaires et de leur famille. Le 14 février, l'Évaluation des besoins en soutien aux familles sera lancée; restez à l'écoute pour plus de détails sur la version en ligne de l'évaluation, et veuillez prendre quelques minutes pour y participer. Nous avons hâte d'avoir de vos nouvelles!



Captain Denis Bandet of 419 Squadron walks with his son, after his final flight in a CT-155 Hawk.

(Image: Private (Pte) Andre Maillet, 4 Wing Imaging, Imagery Technician)

pour les familles des militaires (CRFM), l'Agence de logement des Forces canadiennes (ALFC) et bien d'autres, la Force aérienne a planifié, financé et réalisé plusieurs projets et initiatives en 2010. Le Major-général Yvan Blondin, commandant de la 1^{re} Division aérienne du Canada (1 DAC), invite les familles à fournir de précieux commentaires par l'entremise officielle d'une évaluation des besoins (du 14 au 25 février 2011) afin de vérifier que les efforts déployés sont bien orientés pour cette année, dans les trois domaines prioritaires et dans toutes les escadres.

Obtenir la rétroaction directe des familles aidera à concevoir la deuxième Conférence annuelle sur le soutien aux familles qui devrait avoir lieu à Winnipeg les 10 et 11 mai 2011. À l'invitation du commandant de la 1 DAC, tous les principaux intervenants concernés par le soutien aux familles, y compris le chef de l'état-major de la Force aérienne, le commandant de la 2^e Division aérienne du Canada, les commandants d'escadre, d'autres officiers supérieurs de la FA, des membres du personnel de l'ALFC et bien d'autres, se réuniront pour discuter des leçons retenues, des pratiques exemplaires et de l'avenir.

« L'efficacité de notre Force aérienne et notre capacité de continuer à protéger

ont les services de garde d'enfants dont ils ont besoin au plus tard trois mois après avoir défini ce besoin.

Il y a de plus en plus de demande pour des services de garde d'enfants au Canada et, en même temps, une pénurie d'espaces en garderie qui ne cesse de s'amplifier. La plupart des provinces sont aux prises avec le problème des espaces insuffisants et des longues listes d'attente dans les garderies. Les horaires de travail imprévisibles des militaires, ajoutés à la question de leur mobilité, font que les parents ont d'autant plus de difficultés à trouver des services de garde adéquats. Afin de cibler ces problèmes particuliers, les dirigeants militaires ont établi des partenariats avec la collectivité élargie pour aider à répondre aux besoins, comme, par exemple, la possibilité de pouvoir réserver des espaces pour l'avenir.

À la 9^e Escadre Gander, à Terre-Neuve, que l'on considère comme un lieu semi-isolé, on s'attend qu'il y ait moins de services offerts en comparaison avec la plupart des escadres et des bases près de centres urbains. Toutefois, cela n'a pas empêché l'escadre de collaborer avec son CRFM pour établir un poste de coordonnateur de transition, qui s'occupe de demander et d'établir des espaces de garderie pour les familles nouvellement mutées. Cette initiative a eu tellement de



Kate Luczynski wraps her arms around her husband, Corporal Michal Luczynski of 17 Wing TISS.

(Image: Cpl Colin Aitken, 17 Wing Winnipeg)

des programmes de développement adaptés aux âges ainsi qu'une atmosphère sécuritaire et joyeuse où les enfants peuvent apprendre et jouer.

Un récent sondage mené à la 19^e Escadre Comox (Colombie-Britannique) a clairement révélé qu'il y avait une insuffisance de services de garde pour bébés et tout-petits; 25 % des répondants ont indiqué qu'ils avaient besoin de services de garde. Dans toute la vallée de Comox, il y a une pénurie d'espace de garderie – 12 familles militaires figurent actuellement sur une liste d'attente pour la garderie Kinnikinnik.

Trois organisations, soit les sections de l'administration et du génie construction ainsi que le CRFM, s'apprennent à mettre au point une solution, qui est de construire une nouvelle garderie. Entre-temps, une installation temporaire (bâtiment modulaire), située près du centre communautaire et de conditionnement physique, est censée ouvrir ses portes en mars ou avril 2011. Cet établissement temporaire pourrait accueillir un maximum de 16 bébés et tout-petits, de 12 enfants d'âges variés ou de 40 personnes quand l'espace est utilisé comme salle multifonctionnelle. Les programmes jeunesse existants, en plus de la garderie à temps plein pour bébés et tout-petits et d'autres activités pour familles et pour jeunes, seront offerts dans l'unité modulaire.

Les services de garde d'urgence et de relève et les services pour les travailleurs de quarts constituaient aussi des préoccupations et le CRFM a offert des services de garde d'urgence et de relève à 18 familles en 2010. La question des services de garde pour travailleurs de quarts est plus complexe, mais plusieurs militaires ont mis en place leur propre plan de soins familiaux.

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 February 8th and Wednesday February 9th. Roughly 230 donors came to support this worthy cause and as a result 207 donations were collected, which can be used to save over 620 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 April 19th and Wednesday April 20th 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 150 members register for the remainder of 2011! We exceeded our goal for 2010, and currently well on our way to achieving our goal for

2011, 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.

Une nouvelle vague d'essais pour le Cyclone

Le 31 janv. 2011

Arrivé le 6 janvier 2011 à Shearwater, le nouveau CH-148 Cyclone subira d'autres tests à bord du NCSM *Montréal*. Ceux-ci se dérouleront durant plusieurs semaines sous la direction de Sikorsky International Operations Inc., principal entrepreneur du Projet d'hélicoptère maritime.

Le CH-148 Cyclone permettra d'effectuer de la surveillance anti-sous-marine, disposera de capacités de recherche, de sauvetage et de transport tactique accrues. Les essais des limites opérationnelles d'un hélicoptère embarqué constituent de plus une percée considérable dans ce projet

visant le remplacement de la flotte actuelle d'hélicoptères Sea King, en service depuis les années 60.

Le NCSM *Montréal* servira de prototype durant les essais et, à ce titre, le navire a subi des modifications considérables afin que le déroulement des tests nécessaires soit optimal. Depuis qu'on y a apporté des modifications, le NCSM *Montréal* a réussi les Air Work Ups, qui permettent de tester les capacités de l'équipage d'effectuer des opérations ordinaires, de réagir aux urgences en vol, d'intervenir dans le cas de l'écrasement d'un hélicoptère et de combattre des incendies à bord d'un navire.

Cette nouvelle étape témoigne aussi de la volonté du gouvernement canadien de doter les FC d'équipement moderne, qu'on peut

déployer rapidement afin d'assurer la sécurité dans le monde et de réagir à diverses menaces au Canada et en Amérique du Nord.



CH-148 Cyclone. File photo: Cpl Jonathan Barrette.
CH-148 Cyclone. Photo d'archives : Cpl Jonathan Barrette

~ Thank you ~

In memory of Hank Baak
(Passed away 25 January 2011)

Jean, Leonard, Tony, Peter and families want to say Thank You so much for the outpouring of comfort and care that we have received in the past two weeks. There was a steady stream of people bringing food for us which was a huge help at this time. The funeral was amazing and with so many people attending, it was impossible to greet each and every one of you but we know you were there. We want to thank Rev. Mike Mugford, our church community, the Lion's Club (Hank's favourite place to be) for the wonderful reception, the Middleton Funeral Home, and last but not least friends who without hesitation provided accommodation for family members from out of town. Hank was a wonderful husband, father, and "Opa" who will live on in our memories.

We were remiss in not keeping track of who brought what food in what dish and hope that those people can call or drop in anytime and we can identify them. Thank you so much.

Jean & Family

ANNAPOLIS EAST ELEMENTARY SCHOOL



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

~ The following items are available at the Cafeteria daily ~
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;
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.

**Feb 14<sup>th</sup>:** Pancakes & Fresh Fruit 3.00 • Rice Crispy Square 1.00

**Feb 15<sup>th</sup>:** Spaghetti & Meatballs 3.00 • Garlic Toast .50 • Yogurt 1.25

**Feb 16<sup>th</sup>:** Tomato Soup & Grilled Cheese 3.00 • Applesauce 1.00  
• Subway Orders are Due Today

**Feb 17<sup>th</sup>:** Corn Chowder 2.00 • Sub-way 2.75 • Frozen Juice Bar 1.00

**Feb 18<sup>th</sup>:** Early Dismissal • Buses Leave at 11:30 a.m.

**This Spot Could be Yours**  
**\$15.40 plus HST**

Give Anne a Call 765 1494 loc 5833

## New Tests for the Cyclone

**Jan. 31, 2011**

The new CH-148 Cyclone, which arrived at Shearwater January 6, will be undergoing further testing on board HMCS *Montréal*. The tests will last several weeks, under the direction of Sikorsky

International Operations Inc., prime contractor on the Maritime Helicopter Project.

The CH-148 Cyclone will provide anti-submarine surveillance, and will have enhanced search and rescue and tactical transport capabilities.

Tests of the operational limits of a ship-borne helicopter will make a notable contribution to the Project, which seeks to replace the existing Sea King fleet that has been in service since the 1960s.

HMCS *Montréal* will serve as a prototype during the tests, and the vessel has undergone considerable modification so that the tests may be conducted in optimal fashion. Since the modifications were made, HMCS *Montréal* has successfully completed Air

Work-Ups, which tested the abilities of the crew to conduct routine flying operations, respond to in-flight emergencies and to a helicopter crash, and combat shipboard fires.

This new stage in the Project testifies to the Canadian Government's desire to provide the Canadian Forces with modern equipment that can be rapidly deployed to provide international security and react to threats to Canada and to North America.

| KINGSTON & DISTRICT SCHOOL                                                                 |                                                 |
|--------------------------------------------------------------------------------------------|-------------------------------------------------|
| school lunch menu                                                                          |                                                 |
| <b>Whole Sandwiches</b>                                                                    | Nacho Chips & Salsa.....\$1.25                  |
| 1/2 Sandwiches (Asst. fillings).....\$1.30                                                 | Sun Chips/Frito Chips.....\$1.50                |
| Delux 1/2's.....\$1.65                                                                     | Yogurt/Apple Sauce/Fruit Cups...\$1.00          |
| Full Sandwiches/Croissant/Wraps...\$3.30                                                   | Cheese.....\$0.80                               |
| <b>Hot Foods</b>                                                                           | Pepperoni & Cheese.....\$1.25                   |
| One Hot Food Daily.....\$2.50 - \$3.00                                                     | Bagel with Cream Cheese.....\$1.25              |
| Cup of Soup.....\$1.00                                                                     | Bagel 1/2 w/Flavored Cream Cheese & Fruit\$1.50 |
| Bowl of Soup.....\$2.00                                                                    | Boiled Egg.....\$1.00                           |
| Teachers Plate.....\$3.75 - \$4.25                                                         | Gold Fish Crackers.....\$0.60                   |
| <b>Beverages</b>                                                                           | Welch's Chews.....\$1.25                        |
| Milk.....\$0.35                                                                            | <b>Freezer Items</b>                            |
| Choc. Milk.....\$1.50                                                                      | Frozen Juice Bar.....\$1.25                     |
| Juice Small.....\$0.75                                                                     | Yogurt Tubes.....\$1.25                         |
| Bottled Water.....\$1.25                                                                   | <b>Desserts</b>                                 |
| Yop.....\$1.50                                                                             | Muffins/Biscuits.....\$1.00                     |
| Oasis Juice Purple/Red/Yellow...\$1.25                                                     | Cookies.....\$0.50                              |
| <b>Salads</b>                                                                              | Yogurt Parf/Cinnamon Bun/Apple Delight \$1.25   |
| Caesar Salad.....\$2.50                                                                    | <b>Condiments / Cutlery</b>                     |
| Chicken Caesar/Greek/Spinach/Potato...\$3.30                                               | Ketchup/Mustard/Relish.....\$0.15               |
| <b>Snacks</b>                                                                              | Mayo & Salad Dressing.....\$0.30                |
| Fresh Fruit (apple/banana/orange). \$1.00                                                  | Fork/Knife/Spoon.....\$0.05                     |
| Fresh Fruit.... Small \$1.50 - Large \$3.00                                                | Cream Cheese/Cheese Whiz pkg...\$0.50           |
| Veggie & Dip Small \$1.50 - Large \$3.00                                                   | Butter pkg.....\$0.25                           |
| Daily Specials (Mon-Thur): Price Includes Hot Meal, Dessert & White Milk - \$3.25 - \$3.75 |                                                 |
| There is a "NO" Charging Policy in Effect • Milk Card Available \$7.00 for 20 Milk         |                                                 |
| <b>Mon:</b> Chicken Burgers with Fixings \$3.75                                            |                                                 |
| <b>Tues:</b> Mac & Cheese with Vegetables \$3.50                                           |                                                 |
| <b>Wed:</b> Pizza Day from the Pizza Factory \$3.50 (Per Slice \$2.75)                     |                                                 |
| <b>Thurs:</b> Baked Potato with Fixings • Mexican Corn Salad \$3.50                        |                                                 |
| <b>Fri:</b> Chicken Nuggets & Veggies \$3.50                                               |                                                 |
| This menu brought to you compliments of:                                                   |                                                 |

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## Card of Thanks

**In memory of  
Carol Beatrice Smales**

*To all of our friends, neighbours and long-time military associates we wish to express our appreciation for your expressions of sympathy, condolences and the donations made to various charities in Carol's memory.*

We wish to thank the doctors, nurses, and staff of Soldiers Memorial Hospital for their compassion and care during Carol's confinement there.

We also wish to thank the staff of The Middleton Funeral Home for their personal and caring support during this difficult time in our lives.

*Yours sincerely*

*Herb, Michael, Patrick and Elizabeth*

# GMFRC Deployment Services....Who is Entitled?

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

GMFRC Deployment Services are available to anyone who is experiencing a "family separation" as a result of a family member being away from home for more than 24 hours due to operational commitments. This includes deployment, temporary duty (TD), training (such as pre deployment training), courses, and imposed restriction (IR). The GMFRC definition of family is very broad and Deployment Services can be provided to the spouses, children, parents, brothers/sisters, and friends, etc of a deployed member – whomever the member indicates as a loved one requesting services. GMFRC Deployment Services are available to family members of deployed 14 Wing regular force

and reservists, to family members who live in the Greenwood and surrounding area but whose deployed member is deployed from another base or wing, and to family members of 14 Wing Civilian Personnel deployed overseas.

The services available to families whose member is away from home for any work-related reason include morale mail, information packages, telephone outreach calls, social and support activities, quarterly GMFRC newsletters, special events, and respite childcare, etc. All services offered by Deployment Services are on a voluntary basis, so you can choose which services you would like to receive. It is very important that the deploying member visit us at the GMFRC and complete a pre-deployment information form to let us know of family members requiring support during their

deployment. Without this information we do not know that you are in need of our services. If for any reason you have not received contact from the GMFRC during your "family separation" please do not hesitate to call 765-5611. If the member is already away, we can still complete the necessary paperwork required to provide you with any of the programs/services/activities that may interest you.

Upcoming activities and services for February include Card Club Craft Night, Valentine's Day Adult Dinner Out, Winter Wonderland Sleigh Ride, and Children's Deployment Support Group. Respite Childcare is available every month to give the parent at home a much-needed break while their CF member is away on duty. For more information or to register for any event please call 765-5611.

## Les Services d'aide au déploiement du CRFMG... À qui sont-ils destinés ?

Soumis par : Amy Snow, coordonnatrice des Services  
de déploiement du CRFMG. Téléphone : 765-1494,  
poste 5583. Courriel : Amy.Snow@forces.gc.ca

Quiconque vit une séparation familiale parce qu'un membre de sa famille est à l'extérieur en raison d'un engagement opérationnel de plus de 24 heures peut profiter des Services d'aide au déploiement du CRFMG. Ces services incluent notamment les déploiements, le service temporaire, la formation (par exemple, la formation préalable au déploiement), les cours et les restrictions imposées. La définition qu'utilise le CRFMG pour désigner la famille est très large et les Services d'aide au déploiement peuvent donc être offerts aux conjoints, aux enfants, aux parents, aux frères et sœurs, aux amis ou autre d'un membre déployé – bref, la personne que le militaire a indiquée comme étant un proche qui a besoin de ces services. Les Services d'aide au déploiement du CRFMG sont offerts aux familles des membres en déploiement

de la Force régulière et de la Réserve de la 14<sup>e</sup> Escadre, ainsi qu'aux familles qui vivent à Greenwood et dans les environs, mais dont le proche est affecté à partir d'une autre base ou d'une autre escadre, ou est un membre du personnel civil de la 14<sup>e</sup> Escadre en déploiement à l'étranger.

Les services offerts aux familles dont un membre est absent en raison d'un engagement professionnel comprennent notamment les colis de réconfort, les trousseaux d'information, les contacts téléphoniques, des activités sociales et de soutien, le bulletin trimestriel du CRFMG, des événements spéciaux et le service de garde de relève. Les services offerts par les services d'aide au déploiement sont offerts sur une base volontaire, vous pouvez donc choisir seulement ceux que vous désirez recevoir. Mais il est très important que le militaire passe au CRFMG pour remplir le formulaire de renseignements avant de partir en déploiement, afin de nous indiquer quels membres de sa famille ont besoin de soutien pendant qu'il est

parti. Sans ces renseignements, nous ne pouvons savoir si vous avez besoin de nos services. Si pour une raison quelconque, vous n'avez pas de nouvelles du CRFMG pendant la séparation familiale, n'hésitez pas à nous appeler au 765-5611. Si le militaire est déjà parti, nous pourrions tout de même remplir les formalités requises pour que vous puissiez profiter des programmes, services et activités qui vous intéressent.

Parmi les activités et les services à venir en février, mentionnons une soirée avec le club de confection de cartes, un souper de la Saint-Valentin pour adultes, une ballade en traîneau dans un décor féerique et le groupe de soutien des enfants dont un parent est en déploiement. Le service de garde de relève est offert tous les mois afin de permettre aux parents de faire une pause dont ils ont grandement besoin pendant que leur conjoint militaire est absent. Pour en savoir davantage ou pour vous inscrire à une activité, veuillez communiquer au 765-5611.

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

Well fellow golfers... the trusty ground hog has indicated there will be just 6 more weeks of winter... from February 2nd...that would be Mid March. ARE YOU READY?

The letters to the past members are out with the new rates...pretty good...there is a small increase, but that should be expected.

Dust off those golf clubs and get yourself over to the Greenwood Golf Club and sign up. Karen will be at the Club starting March 14th or you can check out the new rates at [www.greenwoodgolfclub.ca](http://www.greenwoodgolfclub.ca) and click on the rates tab.

During the recent wind storms in January, we lost several trees on the course, but the maintenance crew have been busy doing clean up already...so they are getting a head start on things. It will be fun to get

out there again...just as soon as this white stuff leaves us.

On a lighter side, the Executive have been having meetings over the

winter and at the most recent meeting I hear "The Muffin Lady" set a new high standard by bringing homemade muffins for

everyone. Betty S...watch out...Gail is spoiling those guys with her muffins...hard act to follow.

This is early to start the

19th Hole articles, but I am sure there will be things to report and if anyone wants something included in the article, just e-mail

me [wdrichardson@eastlink.ca](mailto:wdrichardson@eastlink.ca). Clean off those clubs, March is just around the corner.

WAR

# PADERNO

## Winter Clearance Sale

### Feb. 16-20 Savings to 78%!

**61% OFF!**  
20pc Brookvale flatware set. \$89.99. **\$34<sup>99</sup>**

**Save \$100!**  
38cm/15" roaster with rack and lid. \$179.99. **\$79<sup>99</sup>**

**58% OFF!**  
5pc Euro knife set with bamboo block. \$149.99. **\$49<sup>99</sup>**

**75% OFF!**  
1L sauté pan with cover. \$99.00. **\$24<sup>99</sup>**

**60% OFF!**  
28cm/10" versatile, non-stick Everyday pan. \$149.99. **\$59<sup>99</sup>**

**Save \$100!**  
DuraPro square grill pan available in black, teal & red. \$139.99. **\$39<sup>99</sup>**

**78% OFF!**  
0.8L saucepan with cover. \$89.00. **\$19<sup>99</sup>**

**UP TO 50% OFF!**  
A wide variety of Premier non-stick bakeware starting at only \$5.99!

**66% OFF!**  
Our 8pc Maritime set. Set includes: 1.5, 2 and 3L saucepans, 5L Dutch oven and 4 covers. List: \$499.99. **\$169<sup>99</sup>**

Nature conscious Eco pan features a non-stick ceramic coating six times stronger than the traditional non-stick coating. Completely PFOA and PTFE free. Oven and dishwasher safe.  
20cm/8" - List: \$89.99 **Sale: \$29.99**  
25cm/10" - List: \$119.99 **Sale: \$34.99**  
30cm/12" - List: \$139.99 **Sale: \$39.99**

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

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**PADERNO**

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



# Winter Carnival 2011 Results!

14 Wing Greenwood finished celebrating Winter Carnival on Sunday, 06 February 2011. All of the teams performances and their team spirit were noteworthy, and even the weather cooperated to make the Carnival a definite success!

It would take the entire Aurora Newspaper issue to thank everyone for their contributions, but many thanks to all of the volunteers who served many months on the Winter Carnival Committee to make this event happen. Those who took the time to serve as OPIs of the events, and the numerous other volunteers who worked tirelessly to make the Carnival run smoothly. Thank you is also extended to the Carnival Judging Committee (WComd, WCWO, Kim Seymour and Amanda Jardine) for their support and participation in judging a number of events throughout the Carnival.

We are very fortunate to be able to participate in a Winter Carnival to chase those winter blues away and have fun. It would be difficult to do this without our communities sponsorship. On behalf of 14 Wing Greenwood, we would like to thank all of the sponsors who greatly assisted in making our carnival a success this year: We Engrave & Customize Gifts, TD Canada Trust, Exit Realty Town & Country, Atlantica Hotel and Marina, Maritime Travel, Valley Stationers Ltd, Universal Costumes, Mimie's Pizza, The Annapolis Mess, Zedex Theatre, IMP Group, AA Munro, Mary's Islanders School of Dance, Waverly Inn, Fraser's Pro Home Centre, Gaspereau Vineyards, Home Hardware, and Sobeys.

| Event              | 1 <sup>st</sup> placing | 2 <sup>nd</sup> placing | 3 <sup>rd</sup> placing |
|--------------------|-------------------------|-------------------------|-------------------------|
| Blind V'Ball       | 413 Sqn                 | WAdmin                  | WLEO/Hornell Trio       |
| Blow Ball          | 413 Sqn                 | Hornell Trio            | WLEO                    |
| Bowling            | WAdmin                  | Hornell Trio            | Combo 3                 |
| Cribbage           | 413 Sqn                 | Hornell Trio            | Combo 3                 |
| Crud               | Hornell Trio            | Combo3/<br>14 AMS       | WLEO/413 Sqn            |
| Curling            | WAdmin                  | Combo 3                 | Hornell Trio            |
| Darts              | 14 AMS                  | WLEO                    | 413 Sqn                 |
| Egg Toss           | Combo 3                 | 413 Sqn                 | 14 AMS                  |
| Escapades          | Hornell Trio            | WAdmin                  | 413 Sqn                 |
| Euchre             | Combo 3                 | WLEO                    | Hornell Trio            |
| Ice Painting       | 14 AMS                  | Hornell Trio            | WLEO                    |
| Lip Synch          | Hornell Trio            | WAdmin                  | 14 AMS                  |
| Pairs Race         | 413 Sqn                 | WAdmin                  | Combo 3                 |
| Pool Relay         | 413 Sqn                 | WAdmin                  | Combo 3                 |
| Smoosh Race        | Hornell Trio            | Combo 3                 | WAdmin                  |
| Survival Race      | 413 Sqn                 | Hornell Trio            | WAdmin                  |
| WComd's<br>Revenge | WAdmin                  | 413 Sqn                 | 14 AMS                  |
| Hockey             | 14 AMS                  | Combo 3                 | WLEO                    |
| Team Spirit        | WAdmin                  |                         |                         |

Congratulations are extended to all of the teams who participated, as well as to those individuals who won the three main prizes, secondary prizes, and 50/50 draws.

The following indicates the results of the winners of the competitions that were held throughout the carnival:

- Overall Placing**  
1<sup>st</sup> 413 Sqn  
2<sup>nd</sup> Hornell Trio  
3<sup>rd</sup> WAdmin  
4<sup>th</sup> Combo 3  
5<sup>th</sup> 14 AMS  
6<sup>th</sup> WLEO
- Best Beard:** 14 AMS  
**Most Futile Beard:** Hornell Trio  
**Most Colourful Beard:** 14 AMS



- Trophies**  
**Lip Synch:** Hornell Trio  
**Ice Painting:** 14 AMS  
**Escapades:** Hornell Trio  
**Team Spirit Award:** WAdmin  
**Winter Carnival 2011 Prizes and Winners**  
**Prize**  
Travel Voucher – \$2000  
Oak Island – Weekend  
Waverly Inn – Weekend  
Wine Tour  
Valley Stationers – Chair  
Fraser's – Green Fees  
Sobeys Voucher – \$75  
Sobeys Voucher – \$75  
**Beard – Best Beard**  
**Beard – Most Futile**  
**Beard – Most Colorful**
- Winner**  
Jonathan Violy  
Mike Macsween  
Andrew Saunders  
Pte Chaston  
Dave O'Brien  
Sgt S Hersey  
Mary Cameron-Kelly  
Perry Lockhart  
WO Albert  
Capt Matheson  
Vincent Carbonneau



More great Winter Carnival images on our website at [www.auroranewspaper.com](http://www.auroranewspaper.com) and click on the Winter Carnival 2011 link.

**Next Course: Feb 19, 20, 26, 27**

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(Images: 14 AMS Wing Imaging)

# 2011 Team Nova Scotia All-Star Tri-Meet



**By: Janice Hamilton, GDSC Head Coach**

On Sunday January 23rd, Nova Scotia's top developmental swimmers competed against Team New Brunswick and Team PEI at a tri-meet in Summerside PEI. The three teams participated in a performance camp followed by a tri swim meet.

Sarah O'Reilly, of the Greenwood Dolphins Swim Team was one of the 33 members of team Nova Scotia, that walked away with the title and several personal best times including a 37.21 seconds in the 50 metre breaststroke.

Final team scores concluded with: Nova Scotia 474 points, New Brunswick 351 points, and Prince Edward Island with 260 points.

Sarah qualified for the All-Star team in the 100 metre breaststroke with a time of 1:20.65.

## Mu Chapter Crowns Princess Valentine

**By: Anne Kempton, Recording Secretary**

The sisters of Beta Sigma Phi Mu Chapter, Greenwood enjoyed Sunday February 6<sup>th</sup> brunch at the Union Street Café in Berwick. Every year the ladies vote by secret ballot to select a "Princess Valentine". This year Anita Frittenburg was chosen and officially crowned by last year's Princess Wendy Robar.

This year we were honoured to have an exchange student Luice Jaminon who dined with us. Luice is from Belgium and is staying with Heather Charlton until June.

Luice plans on attending, Belgium's School of Veterinary Medicine, in the fall.



**Standing (L-R) Karen Clow, Wendy Robar & Anne Kempton. Sitting (L-R) Princess Valentine Anita Frittenburg, Dallas Harrigan, Sandy Bentley, Heather Charlton and Foreign Exchange Student Luice Jaminon from Belgium.** (Image: submitted)

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**69<sup>97</sup>**

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2 3/8" solid maple frame, veneer insert panel, deluxe door hinges, and easy glide drawer rails. Cherry finish. 36" x 21" 2 Doors, 2 Drawers. 3222-502 Reg. 329.99

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**USED INVENTORY**

| STOCK #   | YEAR | MAKE            | COLOUR | M | T | OPTIONS         | KMS     | PRICE  |
|-----------|------|-----------------|--------|---|---|-----------------|---------|--------|
| U1760     | 1996 | Trans Am        | Red    | 8 | 6 | AC,PW,PDL       | 164,000 | 13,995 |
| 10-376A   | 2003 | Camry SE AA     | Red    | 4 | A | AC,PW,PDL,Cru   | 108,000 | 10,995 |
| 11-10A    | 2003 | Camry LE AA     | White  | 4 | A | AC,PW,PDL,Cru   | 104,000 | 8,995  |
| 10-489A   | 2005 | Corolla LE AA   | Beige  | 4 | A | AC,PW,PDL,Cru   | 106,000 | 9,995  |
| 10-632A   | 2005 | Camry SE AA     | Grey   | 4 | A | AC,PW,PDL,Cru   | 111,000 | 12,995 |
| U1741     | 2006 | Corolla CE SE   | Silver | 4 | 5 | AC,S/R,PW,PDL   | 95,000  | 10,995 |
| 10-569B   | 2006 | Corolla CE BA   | White  | 4 | A | AC,PDL,CD       | 95,000  | 10,995 |
| 10-443A   | 2006 | Corolla CE BA   | Silver | 4 | A | AC,PDL,CD       | 87,000  | 10,995 |
| U1708A    | 2006 | Lexus IS250     | Silver | 6 | A | AWD,LTHR,S/R    | 82,000  | 24,995 |
| 10-114A   | 2007 | Camry LE AA     | Grey   | 4 | A | AC,PW,PDL,CD    | 85,000  | 14,995 |
| 08-72A    | 2007 | Camry LE AA     | Beige  | 4 | A | AC,PW,PDL,Cru   | 63,000  | 14,995 |
| 10-493A   | 2007 | Camry LE AA     | Beige  | 4 | A | AC,PW,PDL,Cru   | 77,000  | 14,995 |
| 10-626A   | 2007 | Passat 2.0T     | Green  | 4 | A | Leather, S/Roof | 115,000 | 14,995 |
| 10-568A   | 2007 | Matrix BA       | Red    | 4 | A | AC,PDL,CRU,CD   | 80,000  | 12,995 |
| 11-59B *  | 2007 | Camry Hybrid    | Beige  | 4 | A | AC,PW,PDL,Cru   | 65,000  | 18,995 |
| 11-88A    | 2007 | Corolla CE SE   | Black  | 4 | 5 | AC,S/R,PW,PDL   | 53,000  | 12,995 |
| 10-671A * | 2007 | Yaris 5Dr H/B   | Silver | 4 | 5 | LE,CD           | 56,000  | 9,995  |
| U1746     | 2008 | Rav4 Ltd 4WD    | Green  | 6 | A | S/R,AC,PW,PDL   | 91,000  | 24,495 |
| 10-661A   | 2008 | Corolla CE CA   | Red    | 4 | 5 | AC,PW,PDL,Cru   | 74,000  | 12,995 |
| 10-596A   | 2008 | Yaris Sedan AA  | Blue   | 4 | A | CD              | 100,000 | 9,995  |
| 10-274A   | 2008 | Corolla CE BA   | Grey   | 4 | 5 | AC,PDL,CD       | 52,000  | 12,995 |
| 11-67A    | 2008 | Sienna LE       | Blue   | 6 | A | Loaded,Leather  | 60,000  | 23,995 |
| 11-53A    | 2008 | Corolla CE BA   | White  | 4 | A | AC,PDL,CD,Cru   | 72,000  | 12,995 |
| 11-84B    | 2008 | C Rav4 4WD      | Beige  | 4 | A | AC,PW,PDL,Cru   | 27,000  | 21,995 |
| 11-68B    | 2009 | C Avalon XLS    | White  | 6 | A | Premium Pkg     | 12,000  | 32,995 |
| 11-69A    | 2009 | C Corolla Sport | Red    | 4 | A | AC,PW,PDL,Cru   | 32,000  | 16,995 |

**Vehicles have the following ECP/EXT Warranty Coverage:**

- \* 11-59B: 6 yr--160,000 Ext. Warr/ In-Service: Aug 27/07
- \* 10-671A: 5 yr--100,000 Ext. Warr/ In-Service: May 07/07
- \* 11-69A: 7 yr--160,000 Ext. Warr/ In-Service: Mar 12/09

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\*Alternative therapies in Health and Medicine, Nov/Dec, 2007. Results shown in first 4 weeks of study.

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**Greenwood Mall • 902-765-4766**

# Bravo Zulu

Images from 14 AMS Wing Imaging unless otherwise indicated.

## Procurement Excellence Recognised in Wing Supply



Glenn Gaudet receives the WLE Branch Civilian of the Quarter award from LCol Letourneau, WLEO.  
(Image submitted).



Corporal Charles LeMoyné from 14 Wing Telecommunications and Information Services Squadron (WTISS) was promoted from Private (Trained) to Corporal (Cpl) on Friday, January 14, 2011 by the WTISS Officer Commanding (WTISO) Major Dale King and Acting WTISS Chief Warrant Officer (WTISS CWO) Master Warrant Officer Denis Dubois.

Cpl LeMoyné received an accelerated promotion based on his proficiency as an Aerospace Telecommunications and Information Systems Technician (ATIS Tech), his proven aptitude in his trade to learn and acquire new skills, and his potential to excel as a Corporal. He works with WTISS as part of the Information Systems Flight as a System Administrator and Blackberry/Cellular Phone Manager.  
(Image submitted).



14 Wing Commander, Colonel WF Seymour presents the WOps O, LCol S Chouinard with his Air Command Commendation.



Sgt Gregory Brown receives the CD from the 14 Software Engineering Squadron CO, LCol Bergeron, 27 Jan 2011.  
(Image submitted).



Lt Catherine Cabot receives her Capt promotion from the 14 Software Engineering Squadron CO, LCol Bergeron, 27 Jan 2011. (Image submitted).



2nd Lt Blaine Losier receives his Lt promotion from the 14 Software Engineering Squadron CO, LCol Bergeron, 27 Jan 2011. (Image submitted).



Maj Carver, W SUP O and Ms Deborah Benda.  
(Image submitted).



Maj Carver, W SUP O and Ms. Nancy Tarkka.  
(Image submitted).

In the past several years, the Canadian General Standards Board of Canada (CGBC), in collaboration with the Treasury Board of Canada Secretariat, have been working on The Certification Program for the Federal Government Procurement and Material Management Community. This certification, which is a component of the government-wide Professional Development and Certification Program (PDCP), provides an independent and impartial assessment of the candidate's qualifications against the requirements of Canadian General Standards Board of Canada.

For the first time, practitioners in procurement and material management can acquire a professional designation through their own certification program. Certification

provides the increased professional recognition for the Community and offers a professional commendation to formally acknowledge a practitioner's level of achievement. Procurement specialists can now acquire certification as a Certified Federal Specialist in Procurement (CFSP), and those in material management can become a Certified Federal Specialist in Material Management (CFSMM).

To date, more than 600 functional specialists from 47 different departments and agencies across the country have enrolled in this program however; only 21 of them have currently succeeded the first level of certification, 5 of which are in DND.

14 Wing Greenwood Supply/Foods Squadron is proud to count

two of these five Certified Federal Specialists in Procurement among its ranks. Ms. Nancy Tarkka and Ms Deborah Benda both enrolled in the program in 2007 and completed the final exam in 2010 with exemplary results. Their accomplishments and dedication to work are simply outstanding and they consistently demonstrate uncompromising loyalty and distinction as outstanding 14 Wing procurement specialists. Ms Tarkka and Ms Benda's technical procurement and contracting expertise combined with distinguished initiative has served 14 Wing and the Canadian Forces extremely well continue to demonstrate the professionalism of the federal Procurement and Material Management Community. Servitium Nulli Secundus. Congratulations!

2Lt F.F. Hachez, Wing Supply



Cpl Inman receives her promotion from Maj Carver, W SUP O. (Image submitted).



The 14 Wing Commander, Colonel WF Seymour presents Cpl CD Barnes from the MP Detachment with his GCS.

Wise customers read the fine print: • \* †† \$ The Breakthrough Year Event offers apply to retail deliveries of selected new and unused models purchased from participating retailers on or after January 6, 2011. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. • \$16,995 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes \$2,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. \*Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ††Customer Choice Financing for 36-, 48-, 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on most new 2010 Chrysler, Jeep, Dodge and Ram models (except Grand Caravan Cargo Van and Ram Chassis Cab) and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts. (Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.) Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a \$199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of \$16,995 financed at 5.99% APR over 60 months with payments amortized over 82 months equals 130 bi-weekly payments of \$117 and one final payment of \$5,178 for a cost of borrowing of \$3,438 and a total obligation of \$20,432.72. Freight (\$1,400), taxes, licence, insurance, registration, excess mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. \$2010 Dodge Journey R/T AWD shown has a higher price than the 2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to [www.dodge.ca](http://www.dodge.ca) for complete details. ^Based on January through November 2010 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

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- Trip computer with temperature and compass
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- 16" Aluminum wheels

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RAM

# Le Centre de ressources pour les familles militaires de Greenwood

## À la recherche de nouveaux bénévoles pour la Ligne de réconfort

**Soumis par Leona Conrick, directrice des services de bénévolat du CRFMG. Téléphone : 765-1494, poste 5938. Courriel : leona.conrick@forces.gc.ca**

Vous cherchez une façon de redonner à votre communauté ? Vous aimeriez soutenir les familles de militaires déployés ?

Vous avez déjà vécu l'expérience du déploiement d'un proche et apprécié le soutien des intervenants de la Ligne de réconfort, et vous aimeriez devenir l'un d'entre eux ? Si vous avez répondu oui à l'une de ces questions, vous êtes la personne que nous recherchons et le CRFMG ainsi que les familles de militaires en déploiement ont besoin de votre aide.

**Qu'est-ce que le programme de la Ligne de réconfort ?**

Le programme de la Ligne de réconfort a été conçu pour offrir du soutien aux familles des militaires en déploiement. Ce soutien est offert par des intervenants qui appellent les familles pendant l'absence de leur proche.

**Qu'est-ce qu'un intervenant de la Ligne de réconfort ?**

Un intervenant de la Ligne de réconfort est un bénévole qui a été formé par le CRFMG pour

communiquer par téléphone avec les familles des militaires en déploiement. Quelle bonne façon de créer un lien avec les familles et de les informer des programmes et services du CRFMG !

**Un intervenant de la Ligne de réconfort devrait :**

- être capable de se mettre à la place de l'interlocuteur et de l'encourager
- être capable de respecter la confidentialité des ren-

seignements personnels de l'interlocuteur

- être impartial
- avoir une bonne écoute

**Engagement de la part des intervenants**

Une fois formé, l'intervenant de la Ligne de réconfort s'engage à offrir environ deux ou trois heures, une fois par mois. Ce poste de bénévole est très souple et peut s'intégrer facilement dans votre emploi du temps. Vous pouvez effectuer les appels depuis

le Centre ou dans le confort de votre salon !

Nous recrutons toujours de nouveaux membres au sein de cette importante équipe. De la formation et du soutien sont offerts à tous nos bénévoles. La prochaine séance de formation est prévue le vendredi 25 février, de 9 h à 12 h. Si vous aimeriez en savoir davantage sur cette possibilité de bénévolat ou d'autres possibilités, veuillez appeler **Leona Conrick** au 765-5611, poste 5938.



### No Strings Attached

13 - 17 Feb 11  
Sun-Thurs • 8pm  
Rated 14A

Coming Soon

### The Dilemma

18 - 24 Feb 11  
Fri-Thurs • 8pm  
Rated PG

### The King's Speech

25 Feb - 03 Mar 11  
Rated 14A

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### 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 - Progressive
- Jackpot - 3 Chances
- Consolation \$500**
- Double Action

Lic.#  
35542-96



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

Parenting during a deployment can be a challenge. Staying in touch with your child can make a huge difference in how they feel about your time away from them. Young children may not understand where the parent went or why they couldn't go with them. A few ideas on how you can

stay connected to your child during your deployment are:

- Send postcards home to your child showing where you have been.
- Write separate letters/emails to each child in your family.
- If you have older children read the same books as they are reading and talk about what is happening in the story via email.
- When writing letters to your children let them know what

activities you miss doing with them and remind them that you will do them once again when you get home.

- Share with your child what your typical day is like (the foods you eat, where you sleep, what you do).
- If you are able to chat with your child online try playing a game of rock paper scissors.

Military families have to make many emotional adjustments during a

deployment. Often children seem to gain confidence in themselves and become more independent. You can help your child know that it's okay to feel happy while you are away. It doesn't mean that they have forgotten the deployed parent it simply means that they are finding other ways to find strength within themselves and support from friends and other family members while the deployed parent is away from home.

Your Greenwood Military Family Resource Centre is a great place to find resources on parenting before, during, and after your deployment.

If you would like more information on how you can stay in touch with your child during your time away please contact Kim Dixon at the GMFRC. Remember it is never too early or too late to get connected to your child during deployment.

## Parenting from Afar – Staying in Touch with Your Child During Deployment

## Parent à distance : rester en contact avec vos enfants pendant un déploiement

**Soumis par Kim Dixon, coordonnatrice des services aux enfants, aux jeunes et aux adolescents du CRFMG, 902-765-1494, poste 1812.**

Être parent pendant un déploiement peut représenter un défi, mais rester en contact

avec ses enfants peut faire une énorme différence quant à la façon dont est vécu l'éloignement. De plus, les plus jeunes peuvent ne pas comprendre où leurs parents sont allés ou pourquoi ils ne peuvent pas être avec eux. Voici quelques trucs pour rester proche de vos enfants

pendant un déploiement :

- Envoyez à vos enfants des cartes postales montrant où vous êtes;
- Écrivez des lettres ou des courriels séparés à chacun de vos enfants;
- Si vous avez de grands enfants, lisez les mêmes livres qu'eux et parlez-leur par

courriel de ce qui se passe dedans;

- Lorsque vous écrivez des lettres à vos jeunes enfants, parlez-leur des activités que vous faites habituellement avec eux et qui vous manquent, et rappelez-leur que vous les reprendrez quand vous rentrerez;

- Expliquez à vos enfants à quoi ressemble votre journée type (ce que vous mangez, où vous dormez, ce que vous faites);
- Si vous pouvez clavarder avec vos enfants, essayez d'organiser un jeu de roche, papier, ciseaux.

Les familles de militaires ont de nombreux ajustements émotionnels à faire lors d'un déploiement; souvent, les enfants semblent gagner confiance en eux et devenir plus indépendants. Vous pouvez aider vos enfants à savoir que c'est tout à fait correct de se sentir heureux quand vous êtes au loin. Cela ne veut pas dire qu'ils vous ont oublié; cela signifie simplement qu'ils ont trouvé la force en eux-mêmes ainsi que le soutien d'amis et d'autres membres de la famille. Le Centre de ressources pour les familles de militaires Greenwood est un formidable endroit pour trouver des ressources sur l'art d'être parent avant, pendant et après votre déploiement. Si vous désirez en savoir plus sur la façon de rester en contact avec vos enfants pendant que vous êtes parti, communiquez avec Kim Dixon, au CRFMG. N'oubliez pas qu'il n'est jamais trop tôt ou trop tard pour se rapprocher de ses enfants pendant un déploiement.

### The 107 Valley Wing

904 Central Ave.  
Greenwood



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Association  
of Canada

Open to ALL Members,  
Serving or Retired, of the  
• CAF • Reserves • RCMP •  
• Public Service • RCAC •  
• Members & Guests •

Do you enjoy a good time in a friendly relaxed atmosphere?

Drop into the 107 Valley Wing and meet our friendly members and staff.

We are open 7 days a week for your convenience.

We are looking for new members!

For more information call 765-8415 after 12:30 p.m.

We also have Catering Service for your Weddings, Section Parties or other celebrations.

## Business of the Week is Back!

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

- Six businesses run a business card ad for six weeks

- Each week one of the businesses will be featured as the **Business of the Week**

- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy

- The cost for this is only

**\$199.00 tax incl.** per business

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

**Booking Now!**  
**Start Date of March 7th!**

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

# Youth Happenings at 14 Wing Community Centre

**By: Recreation  
Youth Worker;  
Megan LeMoine**

2011 Winter Carnival Family Games were a great success and I would like to thank all the volunteers who helped, your time and effort are greatly appreciated. If you would like more information about any events or programs please call Megan at 765-8165. Here's what's happening this week.

**Teen Council  
Tuesday Feb. 15  
3-4pm**

Meet at The Centre to discuss new events and fundraising opportunities! Pirate's Cove here we come!

**Boys Club and Active Chicks**

**Sledding Party  
Wednesday Feb. 16  
6-7:30pm**

Boys and girls come celebrate Take the Roof off Winter! Bring your sleds to The Centre where we will go sledding on the hill behind The Centre. After, we'll enjoy some hot-chocolate and cookies! If you don't have

a sled, we have crazy carpets!

**Teen Activity**

**Pool Bingo**

**Thursday Feb. 17**

**6-7:30pm**

Teens come to The Centre to play pool, bingo and pool bingo!

**Special Events**

**Pizza Party**

**Friday Feb. 18**

**Pre-teen- 6-8pm**

**Teen- 8-10pm**

**Cost- \$2**

Bring \$2 to make your own 'mini-pizza'! We'll make

our own home-made crust and then you can choose the toppings you like! Please pre-register by calling or drop-in!

**Craft- Sock Monkey**

**Saturday Feb. 19**

**2-4pm**

**Cost- \$4**

Pre-teens come make your very own 'sock monkey'! Bring \$4 and we'll provide all the supplies to make your own cute and lovable 'sock monkey'! There will be a lot of sewing involved, so please keep that in mind when

registering for this program.

**Movie & Treat Night**

**Saturday Feb. 19**

**Pre-Teen- 6-8pm Beverly**

**Youth Centre Drop in Hours**

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

**Hills Chihuahua 2**

**Teen- 8-10pm Secretariat**

**Treat Cost- \$2/\$3**

## TOEPICS • Annual 'Karen Norman Memorial Funskate'

It's the time of year again, when we focus on our up-and-coming future stars and celebrate the fun of 'learn-to-skate'. For 18 years we have been enjoying the annual Karen Norman Memorial Funskate, an event that brings together young skaters from across the Valley, a fun-filled day of challenge and celebration. The skaters, ranging in age from 3-13, will test their skills in team events and also elements, speed and artistry. Throughout the day, we will celebrate the memory of Karen and her legacy in the club. The colour of the day will be pink and the mascot a flamingo - decorating the arena and providing the skaters with games and door prizes, treat bags and medals, medals, medals!

If you would like to come out and watch, the event is being held on Sunday, February 27th from 9:00 a.m. to 3:00 p.m.

## Subway Swimmers of the Week



**Submitted by:  
Michelle O'Reilly,  
GDSC Secretary**

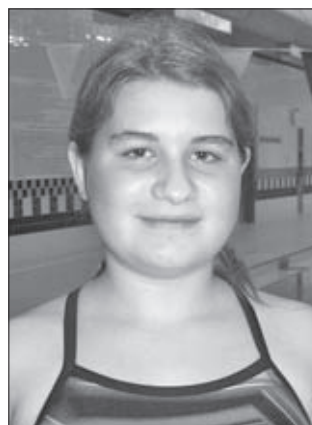
**Kennedy Sullivan**

Nova Tech

14 yrs old, 1st year with GDSC

Favourite Stroke: Freestyle

Other Interests: Piano



**Julie Hotton**

Age Group

12 yrs old, 3rd year with GDSC

Favourite Stroke: Breaststroke

Goal: Achieve East Coast Times



**Jenna O'Brien**

Age Group

11 yrs old, 4th year with GDSC

Favourite Stroke: Breaststroke

Goal: Achieve East Coast Times



**Abby Shears**

Novice

8 yrs old, 2nd year with GDSC

Favourite Stroke: Breaststroke

Other Interests: Basketball & Horseback Riding

(Images submitted)



### THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100  
Kentville, NS B4N 3W3

#### CALL FOR EXPRESSIONS OF INTEREST

In 2002, the province of Nova Scotia released a Drinking Water Strategy which provides the framework for managing drinking water supplies across the province. It describes a multiple-barrier approach to clean safe drinking water, the first barrier being an effective Source Water Protection Plan.

Engineering and Public Works is looking for people to become members of the Aylesford (Sandy Court) Source Water Protection Advisory Committee. Members will be appointed by the Water Utility, in consultation with the County of Kings.

The mandate of the Committee will be to review all activities affecting the Source Water Protection Area, make recommendations on Best Management Practices and develop information and education programs about source water protection for local residents, land owners and other users of the Source Water Protection area lands.

Anyone interested in becoming a member are asked to submit their interest to Tanya Oickle, Engineering Support Clerk [toickle@county.kings.ns.ca](mailto:toickle@county.kings.ns.ca)

**EXPRESSIONS OF INTEREST WILL BE ACCEPTED UNTIL  
4:30 PM FRIDAY, FEBRUARY 25<sup>TH</sup>, 2011**

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

Tel: (902) 690-6164 Fax: (902) 690-2212  
Toll Free: 1-888-337-2999  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)



*It is that time of year again!*

Here is your chance to have your business featured in this booklet that will be a great reference for military households for an entire year!

## 14 Wing Greenwood Information Booklet 2011

This full colour publication provides information on all activities, squadrons and units on the Wing and is distributed to all new arrivals.

**Inside Advertising sizes & rates:**

**1/4 page \$400 plus tax**

**1/2 page \$700 plus tax**

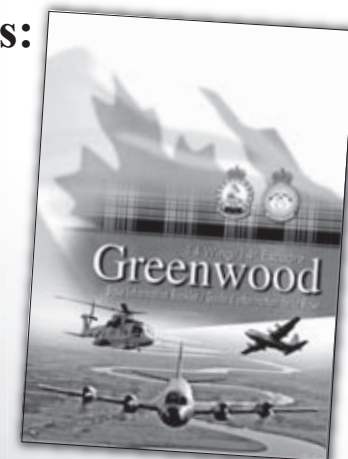
**~~Full page \$1200 plus tax~~**

**Wow! Now \$1000 plus tax**

**Call Anne at 765-1494 ext. 5833**

**or E-mail: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)**

**Visit our website to view last year's guide at  
[www.auroranewspaper.com](http://www.auroranewspaper.com)**



# FOR YOUR INFORMATION

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

FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted each week either in person to our offices located on 83A School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com). These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

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

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

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



# HOROSCOPES

February 13 - February 19

### ARIES - Mar 21/Apr 20

Aries, time is of the essence when a situation presents itself this week. Keep your eyes focused on the goal to make the most of what comes your way.

### TAURUS - Apr 21/May 21

Taurus, be careful who you rely on this week. You will quickly learn which people you can depend on and which you should avoid.

### GEMINI - May 22/June 21

Gemini, there are happy moments in store for you when a friend from your past pops in for a visit. This is a surprise and something that presents the perfect social engagement.

### CANCER - Jun 22/Jul 22

Cancer, weekend plans get changed in an instant when a different opportunity comes your way. This one has even better opportunities for fun and excitement.

### LEO - Jul 23/Aug 23

Leo, a lackluster start to the week gives way to more exciting events as the days progress. Just be sure to take a few moments for a little quiet time for yourself.

### VIRGO - Aug 24/Sept 22

Virgo, a missed opportunity foils your plans but another option will be right behind it. Wait a few days and see what the new scenario might be. Then take action.

### LIBRA - Sept 23/Oct 23

Libra, romantic plans may have to be postponed for a work event that simply cannot be missed. Because a paycheck is essential in this economy, save social things for later.

### SCORPIO - Oct 24/Nov 22

It definitely could be time for a change of scenery, Scorpio. You can use some time to simply recharge your batteries. At the end of the week, take a break.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, it's time to start taking your social life more seriously. Get out there and meet some new people or reconnect with old friends you haven't seen in awhile.

### CAPRICORN - Dec 22/Jan 20

Capricorn, "all's well that ends well" may certainly be the saying, but you need to help the situation along to realize that positive end. Pisces may be trouble this week.

### AQUARIUS - Jan 21/Feb 18

Aquarius, extra stress has you at odds with whomever crosses your path. Thankfully this phase will be short-lived when you are able to calm down.

### PISCES - Feb 19/Mar 20

Pisces, you have a particular goal that you want to complete, but can't seem to find the time to tackle the steps to get there.

### FAMOUS BIRTHDAYS

|             |                                      |
|-------------|--------------------------------------|
| FEBRUARY 13 | Peter Gabriel, Singer (61)           |
| FEBRUARY 14 | Michael Bloomberg, NYC Mayor (69)    |
| FEBRUARY 15 | Matt Groening, Simpsons Creator (57) |
| FEBRUARY 16 | John McEnroe, Athlete (52)           |
| FEBRUARY 17 | Jerry O'Connell, Actor (37)          |
| FEBRUARY 18 | Jillian Michaels, Trainer (37)       |
| FEBRUARY 19 | Haylie Duff, Actress (26)            |

Horoscopes brought to you compliments of:

**This Spot Could be Yours**  
**\$15.40 plus HST**

Give Anne a Call 765 1494 loc 5833

### Kingston United Baptist Church Library

Is open to the public on Thursday evenings 6:30 - 7:30 p.m. The Library is located upstairs in the Christian Education wing. Please use upper side door off main parking lot. Excellent selection of Christian books, videos, CDs, DVDs, and other resources. For info call 765-6735.

### Big Breakfast

Middleton Curling Club, 6 King Street, Middleton. Saturday February 19 from 8:00 - 11:00 a.m. \$6.00 per person. A Community favourite.

### RCAFA # 107 (Valley)

### Wing Ticket Auction and Bake Sale

Located at: 904 Central Avenue, Greenwood. Saturday 26 February from 10:00 a.m. - 2:00 p.m. Purchase 20 Tickets (per envelope) for \$1.00. Storm date: 27 February from 10:00 a.m. - 2:00 p.m. Draws begin at 2:00 p.m. Hotdogs and pop on sale from 11:00 a.m. - 1:00 p.m. Proceeds in support of Air Cadets.

### Country Music Night

The Kingston Lions Club presents a Country Musical Night on Saturday 19 February 2011 from 7:00 p.m. until 9:00 p.m. at the Kingston Lions Hall. Entertainment includes Old Country, Allan Butler & Carole Edwards. Come out and help us support our Community, in our 50th year of service to others. Cost is \$5.00 each. For info please call 847-0525 or email Eric at [bjourneay@eastlink.ca](mailto:bjourneay@eastlink.ca).

### Sunday Morning Worship Service at New Beginnings Center

We invite you to join us for our Sunday Morning Worship Service at New Beginnings Center, 1151 Bridge St., Greenwood. A pot luck lunch follows the service which begins at 10:45 a.m. and includes a Children's program. Everyone is most welcome.

### Middleton Fireflies Luncheon

Middleton Fire Hall, Tuesday, February 22 from 11:00 a.m. - 1:00 p.m. Menu: Lobster Chowder (\$8); Corn Chowder or Hamburger Soup (\$7). Desserts: Assorted cakes. Coffee/tea. Please call 825-3062 by February 21 for take out orders (Middleton area only).

### Knights of Columbus Meeting

Meeting of Knights of Columbus will be held on February 21 (due to Valentine's Day) at St. Monicas Church hall, 37 Connault Ave., Middleton at 7:00 p.m. All members are asked to attend.

### Benefit Dinner & Entertainment

### Kingston Lions Club

A benefit dinner for the Cardiac Rehab Program will be held at the Kingston Lions club on Sunday 27 February 2011. Social hour at 4:00 p.m. followed at 5:00 p.m. with a Chicken supreme dinner with mashed potato, carrots, peas and cole slaw, tea/coffee and cheese cake for dessert. Entertainment will be provided by Allan Butler. We will have a 50/50 raffle, Chinese Auction and a door prize. All of this for only \$12.50 a person. Tickets are available at the Pharmasave in Kingston and Middleton, Kingston Village Office, T&S Office Essentials. For information & or Tickets call Barbara at 765-3225.

### Let's Dance Sleepover

Mary's Islander Fundraiser at Roo's Playhouse. Saturday March 05, 2011 from 7:00 p.m. to 9:00 a.m. Children ages 5-13 welcome. (Pre-registration and payment required). Please call sleepover coordinator Wendy phone: 1-902-765-9374 for cost per child. Join us for a great night of fun, games, songs, dance, movies and much more. Breakfast and snacks are all provided.

### Macdonald Museum Tattoo Exhibit Opens

"Tattoo You" an exhibit featuring the art work of tattooist Anthony Robicheau, opens at the Macdonald Museum, 21 School Street, Middleton, on Sunday, February 20th, 2:00 - 4:00 p.m. There is no admission to the exhibit opening. All welcome. Refreshments served. Exhibit continues until April 15th. Phone 825-6116 for more information.

### Kingston Area

### Seniors Association

Meet 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 Barb Hildebrand at 765-2513.

### 2011 Relay For Life Information Session and Team Registration

Relay For Life is celebrating its 9th year in the Annapolis Valley. This year's event will take place on June 10 at Rotary Park in Middleton. We will be holding registration and information sessions for the 2011 event from 7:00 - 9:00 p.m. February 23 at Middleton Town Hall and from 1:00 - 3:00 p.m. February 25th at the Annapolis Mess, 14 Wing Greenwood. Everyone is welcome to see what we are all about.

### Benefit Pancake Breakfast

Meadowbrook Meat Market presents a Benefit Breakfast, Saturday, February 26 from 8:00 to 11:30 a.m. for NS Lego Robotics Team - "The Three Blind Mice and Their Lost Cousin". This fundraiser is to help send the team to St. Louis for the International Lego Robotics competition. Breakfast will include pancakes, sausage, ham, scrambled eggs, cider and tea & coffee. Come meet the team and see their robot in action.

### Special Valentine Supper

Monday, February 14 from 5:00 - 6:30 p.m. Emmanuel Church 37 Gates Ave, Middleton. Menu: Cupids cock-tail, poppy seed salad, skinny mashed potatoes, sweetheart carrots, rainbow turnip, luscious breast of chicken, cranberry dressing, dessert, tea and coffee. Advance tickets only. Limited seating. \$12 per person. For info: Sally 825-3087 or Shirley 825-2381.

### Nictaux Falls School Reunion

Students, teachers, friends, August 20, 2011, Nictaux Christian Family Centre, 1:00 - 5:00 p.m. More info: Elaine 825-3519.

### Kingston Greenwood Soccer Club Annual General Meeting

The annual general meeting for the Kingston Greenwood Soccer Club will be held February 16<sup>th</sup>, 2011 at the Conference Room above the gym at the Greenwood Community center at 7:00 p.m. All positions are up with some people reoffering. The Executive positions having no-one reoffering are Head Coach, Registrar and Mini-Referee Coordinator. Volunteer positions that need filling are: Mini Coordinator and Youth Coordinator. If you are interested in helping out or would like to learn more about how the Club is run, be sure to attend the meeting. Any questions can be directed to Club President David Morse via e-mail at [d.morse@valleycreditunion.com](mailto:d.morse@valleycreditunion.com). We hope to see you there!

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

The Canadian Cancer Society "Living With Cancer" Support Group will hold its February gathering at the Queen of Heaven Chapel Annex, 14 Wing Greenwood from 7:00 - 9:00 p.m. Monday, 21 February 11. Our guest speaker will be pharmacist Carolyn Coulombe from ARP Pharmasave, on the topic of "Drug Interactions". 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).

### Aylesford United Church Breakfast

Breakfast Saturday, February 19th, 2011 at the Aylesford United Church from 8:00 a.m. - 11:00 a.m. Pancakes, sausage, ham, scrambled eggs, toast, juice, tea or coffee. Free will offering. Sponsored by the Committee of Stewards

# EAP

Employee Assistance Program

When you need someone to talk to, call:

Wayne Atwater...5567

Darlene Richards...3119

Debby Benda...3340



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

1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
2. Fax: 765-1717
3. Drop into our office located on 83A School Road (Morfee Annex)

**No Central Registry or Canada Post please.**

**Deadline: Noon, Thursday, February 17, 2011.**

Make sure you include your full name and phone number.

## PRESENTS... FIND & WIN

**NAME**

**PHONE NUMBER**

**Limited to one win per family in a TWO MONTH PERIOD.**

The winner will be drawn randomly from all correct entries. Only one entry per family per week.

**Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!**

1. What type of work does Stephen MacKenzie do \_\_\_\_\_
2. Who is General Manager for Fundy Ford \_\_\_\_\_
3. How much can you save on a kitchen faucet \_\_\_\_\_
4. Who is the owner of "the nail diva" \_\_\_\_\_
5. What is Canfix Auto's phone number \_\_\_\_\_

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



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

**Congratulations to last week's winner: CAROL ENVIK**

We are now well into February and that means the "Take the Roof off Winter" campaign is well underway. Take the Roof off Winter is Nova Scotia's winter active campaign designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter! Recreation Nova Scotia has partnered with the Nova Scotia Department of Health and Wellness to challenge communities; schools, businesses, etc to build more physical activity in your daily routine.

The 14 Wing Community Centre is a registered Take the Roof off Winter supporter and at the end of January, along with the GMFRC, we extended the challenge to all of you to be winter active! Our fourth annual Snowshoe and Sleigh Ride Day was once again our main Take the Roof off Winter event, as part of the Wing Commanders Wellness Campaign, and roughly 200 individuals attended.

If you enjoyed the snowshoeing experience, and you are a valid Community Recreation card holder, then you can take advantage of some great benefits at the



14 Wing Fitness and Sports Centre. The Sports Stores provides Cross Country Ski rentals for Free, and you can sign out snowshoes for a small rental fee of \$2.50 a day, \$5 for the weekend (pick up on Friday and return on Monday) or \$10 for the week. For more information, please contact the Fitness and Sports Centre Sports Stores at 765-1494 ext. 5106.

Skiing is an excellent way for a family to exercise and have fun, especially as a Take the Roof off Winter Activity! The 14 Wing Community Centre organized a family trip on Saturday January 22nd, and over 40 individuals took advantage of this opportunity. If you would like to ski before the winter season ends, the Ski hill is offering daily lift tickets for all ages for only \$15. If you have the desire to sky but do not have the necessary equipment, they offer equipment rentals for \$27 a

day for adults, \$23 a day for youth 15 years of age and under, and only \$20 for those who are five and younger. For more information, please contact Ski Martock at 902 798-9501.

Currently, Ski Martock is preparing to host the Canada Winter Games Biathlon, Cross Country Ski, and Snowboarding events. The amazing news is that you can watch the best young athletes in the country compete at Ski Martock for FREE. To learn more about the other first class events held in our province, or a schedule for the Canada Winter

Games, please visit [www.canadagames2011.ca](http://www.canadagames2011.ca).

Family Skating is another great way to be winter active! The 14 Wing Arena offers FREE public skating, to anyone with a valid Community Recreation Card, every Saturday from 7-8pm and 11am-12pm on Sunday. For more information, or to make sure that Family Skating is not cancelled due to weather or a tournament, please call 765-1494 ext. 5305.

For more information about Take the Roof off Winter, please visit <http://www.taketheRooffoffwinter.ca/>. To learn more about our weekly youth programs or nearly thirty Clubs, which provide many great ways to stay winter active, please contact Eric MacKenzie at the 14 Wing Community Centre by calling 765-1494 ext. 5337.

...let's talk about **YOU**  
Send your articles and photos to:  
[aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

**GREENWOOD BOWLING CENTRE**

Leagues • Competitions • Birthdays • Glow Bowling  
• Family Bowling • Tournaments • Private Bookings



For more information or to reserve your lanes, phone: 765-1494 ext 5631

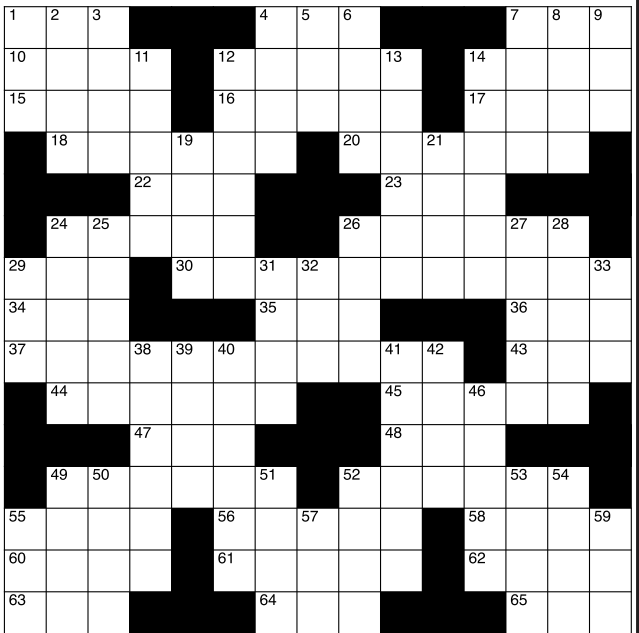
[www.5pinbowling.ca](http://www.5pinbowling.ca)

email: [gbcbowling@eastlink.ca](mailto:gbcbowling@eastlink.ca)

14 Wing Community Centre, Building 110 Church Street

**Metro Crossword**

Spelling: US English **Solution page 18**



- ACROSS**
- 1. Swiss river
  - 4. A salt or ester of boric acid
  - 7. Woman (French)
  - 10. Bulla
  - 12. Killer whales
  - 14. Afrikaans
  - 15. Picasso's mistress
  - 16. Father (Spanish)
  - 17. Covered with frost
  - 18. Makes joyful
  - 20. A large fleet
  - 22. Cannon
  - 23. An informal debt instrument
  - 24. Refrain from harming
  - 26. Las \_\_\_\_\_: Canary port
  - 29. Dekalitre
  - 30. Checkered flower
  - 34. \_\_\_\_\_ Lilly, drug company
  - 35. E. central English river
  - 36. Rip off
  - 37. Retractable keel
  - 43. Mandela's party
  - 44. The body's immune
  - 45. Douroucoulis genus
  - 47. Longest division of geological time
  - 48. Extinct flightless bird of New Zealand
  - 49. "Town Without Pity"
  - singer
  - 52. A salt or ester of boric acid
  - 55. Dutch for Meuse
  - 56. Codfish genus
  - 58. Scientific workplaces
  - 60. Highest point of something
  - 61. 2 door Lotus model
  - 62. Not what it seems
  - 63. A small amount
  - 64. Ethiopia
  - 65. Transmits genetic information
  - 14. Emotional shock
  - 19. Surface layer of grasses
  - 21. A gangster's girlfriend
  - 24. Gross revenue
  - 25. \_\_\_\_\_ the elder
  - 26. Extra long staple cotton
  - 27. Chilean pianist Claudio
  - 28. Type of pigeons
  - 29. 12th month
  - 31. #1 down worldwide
  - 32. Venetian nightclub
  - 33. Easy as
  - 38. Blood-sucking African fly
  - 39. British School
  - 40. Change mind
  - 41. Branched
  - 42. Portal
  - 46. Afrikaans
  - 49. Large burrowing rodent of S and C America
  - 50. Metrical unit
  - 51. A university in Connecticut
  - 52. A large wilderness area
  - 53. Himalayan shaggy goat
  - 54. Israeli politician Abba
  - 55. Angry
  - 57. Telegraphic signal
  - 59. Senior officer
- DOWN**
- 1. Defensive nuclear weapon
  - 2. Winglike structures
  - 3. Not fake
  - 4. Macaw genus
  - 5. Digital watch display
  - 6. 100 = 1 yugoslavian dinar
  - 7. A female domestic
  - 8. Female parent
  - 9. 55731 or 89301
  - 11. Brazilian actress Sonia
  - 12. The first event in a series
  - 13. Presented in installments

Metro Crossword brought to you compliments of:

# Sudoku

Solution page 18

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

**Purchase a Signature or Gourmet Sub & Receive a Ballot to Win a \$25 Gift Card**

Middleton - 902-825-5525 • Greenwood - 902-765-2267

# PATRICK'S PUZZLE

## Creative Coloring

Celebrate Valentine's Day.  
Color in this picture to create your own masterpiece.

Patrick's Puzzle brought to you compliments of:

954 Central Avenue  
Greenwood  
**765-6381**

Greenwood Mall

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

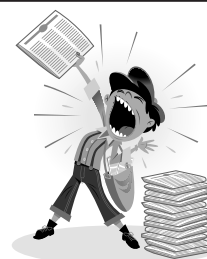
# Classified Ads

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

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](mailto:aurora@auroranewspaper.com). Fax: 765-1717.

## One of the Most Viewed Pages in the Newspaper

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



### FOR SALE

FOR SALE - 4 Michelin Xlce tires. 2-25-60 R16s with Rims. Bought to fit a 98 Aurora. Nitrogen filled. 90 percent

treed left. Asking \$500.00. Call 765-2749 after 5:00 p.m. (3207-2tp)

### FOR RENT

FOR RENT - Lincolnshire Apartments available Feb 1, 2011. One 2 Bedroom apart-

ment with balcony. \$575.00 a month excludes utilities. Live in super, secure building. Please call 765-6669. (3202-ufnb)

FOR RENT - Newly renovated 2 bedroom bungalow for rent in Nictaux across from Church. 10 Minutes from CFB Greenwood. Laminated floors,

electric heat, new siding, and back deck with garden doors. No smoking. \$650.00 a month. Call 1-403-502-6079. (3203-ufn)

FOR RENT - 1 bedroom basement apt located in Kingston \$535/month utilities included or \$400.00 a month utilities extra. Suitable for one person. New 2 bedroom located in Kingston. \$500.00 a month utilities extra. Phone 825-3607. (3206-ufnb)

FOR RENT - In Morden, spacious 2 bedroom duplex on large private lot. Stove, Fridge included. \$500.00 a month. Utilities not included. References Required. Call 844-0374 or 538-9259. (3205-4tpb)

FOR RENT - New 1 bedroom bright apartment in a quiet country setting. IR POSTINGS WELCOME. Short or long term lease accepted. Fully furnished and equipped fridge, stove, washer & dryer. Rent includes all services sat TV and wireless internet. No

smoking, no pets. Call Joe 765-1898 or 5215 on base. (3207-3tpb)

### SERVICES

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

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

### JOBS

DENTAL HYGIENIST - Experienced dental hygienist. Required for three days a week. Friendly practice in Middleton. Excellent wages for the right person. E-mail resume to [evva@eastlink.ca](mailto:evva@eastlink.ca) or drop of a resume at 233 Main Street, Middleton. (3207-3tpb)

### Barristers

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### Crossword Solution

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| A | A | R |   | A | L | P |   | M | M | E |
| B | L | E | B |   | O | R | C | A | S |   |
| M | A | A | R |   | P | A | D | R | E |   |
|   | E | L | A | T | E | S |   | A | R | M |
|   |   | G | U | N |   |   | I | O | U |   |
| S | P | A | R | E |   | P | A | L | M | A |
| D | A | L |   | F | R | I | T | I | L | L |
| E | L | I |   |   | C | A | M |   | R | O |
| C | E | N | T | E | R | B | O | A | R | D |
|   | S | Y | S | T | E | M |   | A | O | T |
|   |   | E | O | N |   |   | M | O | A |   |
| P | I | T | N | E | Y |   | B | O | R | A |
| M | A | A | S |   | G | A | D | U | S |   |
| A | C | M | E |   | E | L | I | S | E |   |
| D | A | B |   |   | E | T | H |   | R | N |

### Sudoku Solution

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

## Letter to the Editor The Flu Bug Has Arrived

February 9, 2011  
Dear Editor:

Every year in Canada, over 2,500 people are admitted to hospital and over 400 deaths occur as a result of flu complications. Immunization is the most effective way to protect yourself, your family, and your community from the flu.

Doctors in the province are encouraging all Nova Scotians to get immunized. This year it's even easier for Nova Scotians to get the protection they need. The seasonal flu vaccine is free for anyone in the province who wants it. The vaccine protects against three strains of the seasonal flu that are predicted to circulate this season, including H1N1.

In Nova Scotia, we are seeing some flu related illness with people of all ages being affected. Even young and healthy Nova Scotians are being affected by the flu virus this season.

Some of the symptoms of the flu include a fever and/or cough with one or more of the following symptoms: unusual tiredness, headaches, muscle or

joint aches, and sore throat. Combined with regular hand washing, the flu shot is the best way to protect yourself and others from the virus.

You can help prevent the spread of the flu virus simply by practicing proper hygiene. Wash your hands often with soap and water, especially after a sneeze or cough. When soap and water are not handy, alcohol-based hand sanitizers are an acceptable alternative. Cough and sneeze into your elbow or sleeve and limit touching your eyes, nose and mouth. Also, remember to stay at home if you are sick.

The seasonal flu vaccine is available through physician offices and public health offices throughout the province. Doctors Nova Scotia is committed to keeping you informed throughout the flu season. Please continue to be aware of flu prevention techniques and get immunized.

For more information, visit [www.gov.ns.ca/hpp/flu](http://www.gov.ns.ca/hpp/flu).

Sincerely, Jane Brooks, MD, PhD, CCFP, President, Doctors Nova Scotia • [www.doctorsns.com](http://www.doctorsns.com).

# Annapolis Valley Regional Bookmobile Schedule • March 2011

## Tuesday • 1 March 2011

|                                     |               |
|-------------------------------------|---------------|
| Margaretville.....                  | 9:45 - 10:30  |
| Morden.....                         | 11:00 - 11:45 |
| Torbrook Mines.....                 | 2:30 - 3:15   |
| Meadowview Sub Div (Aylesford)..... | 3:35 - 4:30   |
| Aylesford.....                      | 5:45 - 7:00   |

## Greenwood Military Aviation Museum

*"Saving your past for your future"*

**June to August • 7 days a week • 9 am to 5 pm**  
**September to May • Tuesday to Saturday • 10 am to 4 pm**

We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

For that "hard to find item for that someone special" browse in the **Museum Store** for items such as mess dress items, videos, books, badges, clocks, flags, licence plates, clothing, lapel pins, caps, limited edition prints and an extended selection of models, decals and paints. Remember us for your medals and mounting requirements. If we don't have it, we will order it!

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

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

**Admission is free!**

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

## Saturday • 5 March 2011

|                            |               |
|----------------------------|---------------|
| Waterville.....            | 10:00 - 11:00 |
| Cambridge (King's Co)..... | 11:15 - 12:00 |
| Bess View Sub-Div.....     | 12:45 - 2:00  |
| Coldbrook Centre.....      | 2:15 - 3:15   |

## Tuesday • 8 March 2011

|                         |               |
|-------------------------|---------------|
| Kings Rehab Centre..... | 10:00 - 11:30 |
| Casey's Corner.....     | 12:45 - 1:30  |
| Sunken Lake.....        | 2:00 - 2:45   |
| White Rock.....         | 3:00 - 3:45   |
| New Minas.....          | 5:00 - 6:30   |

## Wednesday • 9 March 2011

|                         |               |
|-------------------------|---------------|
| Avonport.....           | 10:00 - 10:30 |
| Newport Station.....    | 11:00 - 11:30 |
| Belmont.....            | 12:30 - 1:00  |
| Hants Shore Clinic..... | 2:00 - 2:30   |
| Cheverie.....           | 2:45 - 3:30   |
| Summerville.....        | 3:45 - 4:30   |
| Upper Burlington.....   | 5:30 - 6:00   |

## Wednesday • 16 March 2011

|                      |               |
|----------------------|---------------|
| Maitland Bridge..... | 10:15 - 11:15 |
| Clementsvale.....    | 11:45 - 12:30 |
| Cornwallis Park..... | 1:30 - 2:30   |

## EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



## Bilingual Administrative Receptionist

**Term position (maternity leave)**

The Administrative Receptionist is primarily responsible for confidential receptionist duties for the Greenwood Military Family Resource Centre. There is also a requirement for administrative support such as maintaining daily stats, registration for courses, and collecting, depositing, and balancing daily revenues.

**Responsible to:** Executive Director

**Probationary Period:** 6 months

### QUALIFICATIONS REQUIRED:

- Strong written and oral communication skills in both official languages
- Community College Diploma in Office Administration
- Minimum of 3 years experience working within a community or social service agency
- Excellent knowledge of public relations is required
- Demonstrated proficiency in the use of Microsoft Word, Excel, Access, Outlook and the Internet
- Ability to organize and prioritize workload effectively to meet deadlines
- Excellent organizational skills
- Sensitivity and tact in dealing with people.
- Working knowledge of IT office requirements

Awareness of risk management issues as well as a strong belief in the principle of volunteerism is required. A good understanding of the unique needs of military families is necessary, as well as the ability to work both independently with little supervision and as part of a team.

- 37.5 hours weekly - Flexible and accommodating to changing schedules / needs of the Centre;

**The successful candidate will be prepared to commence employment mid-March 2011.**

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, **on or before 4:00 p.m. on 18 February 2011 to:**

Margaret Reid  
 Executive Director  
 Greenwood Military Family Resource Centre  
 PO Box 582, Greenwood, NS, B0P 1N0  
 fax: (902) 765-1747  
 email: home@greenwoodmfrcc.ca  
 (subject line: resume reception)  
 (MS Word or PDF format)

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

*Only candidates selected for further consideration will be contacted.*

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: [www.familyforce.ca](http://www.familyforce.ca)

|                      |             |
|----------------------|-------------|
| Bear River East..... | 3:00 - 4:00 |
| Bear River.....      | 5:30 - 6:45 |

## Tuesday • 22 March 2011

|                       |               |
|-----------------------|---------------|
| Baxter's Harbour..... | 10:45 - 11:45 |
| Scott's Bay.....      | 1:00 - 1:45   |
| Canning.....          | 2:15 - 3:15   |
| Sheffield Mills.....  | 3:30 - 4:15   |
| Centreville.....      | 5:45 - 6:45   |

## Wednesday • 23 March 2011

|                       |             |
|-----------------------|-------------|
| Cherryfield.....      | 1:30 - 2:15 |
| East Dalhousie.....   | 2:30 - 3:30 |
| Springfield.....      | 4:00 - 5:15 |
| New Albany North..... | 6:30 - 7:00 |

## Tuesday • 29 March 2011

|                                     |               |
|-------------------------------------|---------------|
| Margaretville.....                  | 9:45 - 10:30  |
| Morden.....                         | 11:00 - 11:45 |
| Torbrook Mines.....                 | 2:30 - 3:15   |
| Meadowview Sub Div (Aylesford)..... | 3:35 - 4:30   |
| Aylesford.....                      | 5:45 - 7:00   |

## POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles de militaires de Greenwood (CRFMG)



## Réceptionniste-administrative - bilingue

**Position terme d'un an (congé de maternité)**

Le, la réceptionniste administrative sera prioritairement responsable du maintien de la confidentialité des informations liées à la réception du Centre des ressources pour les familles militaires de Greenwood et devra répondre aux exigences liées au support administratif.

**Sous la supervision :** Directrice exécutive

**Période de probation :** 6 mois

### QUALIFICATIONS REQUISES :

- Excellentes habileté de communication orales et écrites dans les deux langues officielles.
- Diplôme d'études collégiales en administration de bureau.
- Minimum de 3 ans d'expériences de travail avec une agence de service social ou communautaire.
- Une bonne connaissance en relations publiques est exigée.
- Démonstration des compétences dans l'utilisation des logiciels Microsoft Word, Excel, Access, LAN et Internet.
- Habilité à organiser et prioriser efficacement la charge de travail afin de respecter les échéances.
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance des systèmes informatiques et de leur fonctionnement.

Être conscient des situations demandant une bonne gestion du risque et appréciation et croyance dans les principes du bénévolat. Avoir une bonne compréhension des besoins uniques des familles militaires et une habilité à travailler de façon indépendante, sous peu de supervision, ainsi qu'en équipe.

- Horaire : 37.5 par semaine – flexibilité requise occasionnellement en soirée ou fin de semaines

**Le candidat sélectionné débutera vers la mi-mars 2011.**

Des vérifications du dossier criminel, Registre d'abus d'enfant et enquête de sécurité. L'appliquant(e) doit soumettre par télécopieur, poste, ou courriel une lettre couverture et curriculum vitae soulignant clairement ses habiletés à répondre aux exigences du poste.

**Soumettre votre Curriculum Vitae avant 16 h 00 le vendredi 18 février 2011 à**

Margaret Reid  
 Directrice exécutive  
 Centre de ressources pour les familles militaires de Greenwood  
 Casier Postal 582, Greenwood, N-É, B0P 1N0  
 courriel: home@greenwoodmfrcc.ca  
 (format MS Word or PDF) mettre en objet : CV réceptionniste  
 fax: (902) 765-1747

Les applications peuvent aussi être déposées en personne à la réception du CRFMG. Le CRFMG est situé au Centre AVM Morfee, rue School, à Greenwood.

*Seules les personnes retenues à la présélection seront contactées.*

Le CRFM de Greenwood respecte l'équité en matière d'emploi. Vous pouvez en apprendre plus sur le CRFMG en visitant le site web [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

## CUCINA AURORA



## Country Breakfast Sausage

|                            |                   |
|----------------------------|-------------------|
| 1 lb. Pork, ground         | 1/2 tsp. Pepper,  |
| 1 tsp. Cumin, ground       | freshly ground    |
| 1/2 tsp. Thyme, dried leaf | 1/8 tsp. Cayenne  |
| 1/2 tsp. Sage, dried leaf  | pepper (optional) |
| 1 tsp. Salt                |                   |

Combine all ingredients in medium bowl; mix well. Cover and refrigerate overnight for flavours to blend.

Shape into 6 patties. Cook in lightly greased skillet over medium heat about 15 minutes or until browned on both sides and centers are no longer pink, turning occasionally.

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<http://hr.ottawa-hull.mil.ca/lcc-cac/>  
**or drop in!**

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Only one (1) Offer may be applied toward the purchase or lease of each Eligible Vehicle. This Offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery, but not both. This Offer is not combinable with CPA, GP-C, Daily Rental Allowance, the Commercial Connection Program, the Commercial Fleet Incentive Program (CFIP), or the AXZD/ZFP Plan Program. Limited time offer. Offer may be cancelled at any time without notice. Some conditions apply. Offer available to residents of Canada only. See Dealer for details. \*Receive 0% APR purchase financing on new 2011 Ford (Fiesta, Focus, Escape, Edge, Explorer, Expedition, E-Series, Transit Connect) (each an "Eligible Vehicle") for a maximum of 36/60/72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: \$30,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is \$833.33/\$500/\$416.67/cost of borrowing is \$0 or APR of 0% and total to be repaid is \$30,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. \*Qualified retail customers on approved credit from Ford Credit (not all buyers will qualify for the lowest APR payment), may purchase finance a 2011 Ford (Fiesta, Focus, SE, Manual/Fiesta SE 4-Door Manual) for \$17,999/\$16,099, a monthly payment of \$250/\$244.53 (the sum of twelve (12) monthly payments divided by 26 periods gives a bi-weekly payment of \$115.38/\$112.86) for 72 months with a down payment of \$0. Down payment may be required based on approved credit. Cost of borrowing is \$0/(\$1,507.16) or APR of 0%/2.99% and total to be repaid is \$17,999/\$16,099. All purchase finance offers exclude optional features, freight & Air Tax (\$1550/\$1550), license, fuel fill charge, insurance, PDI, PPISA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. Bi-weekly payments are only available using customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract with a first payment date one month from the contract date and to ensure that the total monthly payment occurs by the payment due date. Bi-weekly payments can be made by making payments equivalent to the sum of 12 monthly payments divided by 26 bi-weekly periods commencing on the contract date. \*Purchase a new 2011 Ford Focus SE Manual for \$19,199. Taxes payable on full amount of purchase price. Offer excludes freight and air tax \$1,550, license, fuel fill charge, insurance, PDI, registration, PPISA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. \*Program in effect from Jan. 4/11 to Mar. 31/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYP") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" (delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program", which offers \$300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle (running condition) (able to start and move) which has been properly registered and insured for the last 6 months to an authorized retailer, to qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle (running condition) which has been registered and insured for the last 6 months to an authorized retailer. If a customer qualifies for "Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate with the purchase or lease of an eligible new 2010 F-150/2011 Ford or Lincoln vehicle (excluding all Fiesta, Ranger and Medium Truck models), in the amount of \$1000Cdn (Focus (excluding 2011 S), Fusion (excluding 2011 S), Taurus (excluding 2011 S), Mustang (excluding 2011 S), Boss 302, and 2011 Value Leader), Transit Connect (excluding EV), Escape (excluding 2011 S), Edge (excluding 2011 S), Flex (excluding 2011 S), Expedition, MKZ, MKX, MKT, Navigator (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. RYP Rebates are available to residents of Canada only (excluding Northwest Territories, Yukon Territory, and Nunavut). Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates not available on any vehicle receiving CPA, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-6373. © 2011 Ford Motor Company of Canada, Limited. All rights reserved. \*Estimated fuel consumption ratings for the 2011 Fiesta 1.6L I4 5-Speed Manual/Focus Sedan 2.0L I4 5-Speed Manual/Fusion FWD 2.5L I4 6-Speed Manual. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits.