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The Aurora newspaper

VOL. 32 NO. 36 SEPTEMBER 19, 2011 NO CHARGE
 14 WING • ESCADRE 14 GREENWOOD, NS
 www.auroranewspaper.com



Greenwood library staff Judy McCool, left, and Joanne Sealby have the cure for bookworms.
 Image S.Keddy



Four-year-old Isaiah Vallillee of Wilmot – in his second year of competition in the Iron Kids Triathlon – sets out on the bike course.

Image S.Keddy



Wing Welcome 2011 What a weekend!

Joe Huntley, Berwick, freestyle, during 14 Wing Welcome 2011 competition September 10.

Image Corporal E.Jorge, 14 AMS Wing Imaging

See page 8 for all the fun!



Wing officer a national asset

By Lieutenant (Navy)
Sylvain Rousseau, 14
Wing public affairs
officer

January 12th, 2010, while the Canadian Forces (CF) were preparing to provide unique military capabilities to the 2010 Muskoka G8 and Toronto G20 Summits, while approximately 2800 troops were deployed to Afghanistan, while 3,000 troops were training for the Afghan mission and while an estimated 5,000 troops embarked for security duties at the Vancouver Olympics, an earthquake struck Haiti.

The readiness and efficiency of the CF made it possible to quickly deploy 2,000 CF members to Haiti, along with hundreds of vehicles, seven helicopters, two ships and airlift support to the recovery and reconstruction efforts. The remarkable dedication of CF personnel was, without

a doubt, instrumental in the success of this mission.

The global security environment has seen significant recent change, from regional tensions escalating quickly into conflict and natural disasters turning into humanitarian crises. In 2010, thousands of CF personnel displayed the flexibility to respond to such challenges; among them were a few who stood out, including Captain Francois Lacaille, an air combat systems officer with 404 Squadron.

From February to June 2010, Lacaille, in addition to a challenging workload as an acoustics instructor and course director at 404 Squadron, deployed twice under extremely demanding and diverse conditions in support of Operation HESTIA in Haiti and Operation Cadence, CF support of the RCMP-led integrated security unit at

the 2010 Muskoka G8 and Toronto G20 summits.

"With very little notice, he deployed on two completely different missions, each requiring disparate skill sets from his normal range of duties," says Major Jake Gallant, deputy commanding officer 404 Squadron. Gallant defines Lacaille as "an outstanding example of a dedicated officer who seeks and meets the challenges presented to him," and strongly considers Lacaille one who embodies 14 Wing's motto, "Operate As One".

During his tour in the command post for Operation HESTIA, Wing Commander Trenton says Lacaille "quickly distinguished himself as an outstanding and dedicated member of the team who assumed his duties with vigour, determination, and panache of his own." With no background in air mobility operations, Lacaille rapidly grasped critical

duties required to assist with the coordination of the CF response.

Four months later, with Operation CADENCE as a CP-140 Aurora liaison officer and tactical air control party duty officer, Lacaille was noted to be an exceptionally valuable addition to Toronto staff. He employed air assets with a high degree of professional knowledge and competency, and developed and executed surveillance plans.

In June, Lacaille, along with 10 other CF members, gathered in Ottawa to be recognized for their outstanding work, performance and valuable contributions.

"These deserving members have been selected from across the country for their demonstrated leadership, commitment, skill and initiative," said Chief of Defence Staff General Walt Natynczyk.



Chief of Defence Staff General Walt Natynczyk with Captain Joseph Jacques Francois Lacaille after receiving the CDS Commendation at the Warrants and Sergeants Mess in Ottawa.

Image Master Corporal T.Tobin,
Canadian Forces Joint Imagery Centre

"They represent the best a special congratulation of the CF." from Governor General and

Each member received a Commander-in-Chief of CDS Commendation, and Canada, David Johnston.

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We will be offering 1 hour sessions every Wednesday starting on October 5th and end on the 15th of February 2012 at the Kingston Arena. This will include 18 sessions of on ice instruction for \$200.00 per student.

Novice/Atom 5:15-6:15
Peewee/Bantam/ Midget 6:30-7:30

This is not a get in shape class but a class to work on the awareness and stability in your stride.

You can contact me at 765-0700 or at peachdf@hotmail.com.

See you at the rink!



14 Wing Greenwood Search & Rescue Spotters Volunteers List

413 Squadron CASARA office will be running a Military Spotters course next month. This will be to act as a vital part of 413 Squadron during actual searches as a spotter. You would be required to fly on the Hercules and Cormorant. You must be a CF member (Regular or Reserve "B" class). For more information or if interested, please call Sgt. Al Daigle at local 3113 and leave a message.



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Useful Links

Canadian Air Force website

<http://www.airforce.forces.gc.ca/v2/index-eng.asp>

Community Gateway Site

<http://www.cfcommunitygateway.com/en/index.asp>

14 Wing Greenwood Site

<http://www.airforce.forces.gc.ca/14w-14e/index-eng.asp>

Personnel Family Support Services

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

National Defence and the Canadian Forces

<http://www.forces.gc.ca/site/home-accueil-eng.asp>

Combat Camera

<http://www.combatcamera.forces.gc.ca/common/combatcamera/home-eng.asp>

Recruiting

<http://www.forces.ca/>

Military Family Resource Centre

<http://www.familyforce.ca/splash.aspx>

VPI

<http://www.vpinternational.ca/>

Demands on health service heat up

**By Sergeant John Cooper,
26 Canadian Forces
Health Services C**

As summer draws to an end, many of us begin to turn our thoughts and minds to what fall brings. Children return to school (some grudgingly, some not) and parents breath a quiet sigh of relief, now that they can turn their attention to the various tasks that prepare their home for the coming winter.

We at 26 Canadian Forces Health Services C

are no different. However, instead of sending the kids to school, we are - and have been - sending a number of our comrades on deployments. October is shaping up to be a busy month, with Nursing Officer Captain Haney deployed to LRMC Germany, Physician Assistant Warrant Officer Dospital to Kuwait and one lucky medical technician, Master Corporal Rowbottom, to Naples, Italy. Currently, our

record management support clerk, Private Horne, is preparing to deploy to Afghanistan and Medical Officer Captain Murray to Kabul. In addition, one of our QL3 Med Techs, Private Guy, has recently returned from *Operation Nanook*, which turned into a no-duff mission with the civilian plane crash in Nunavut.

The clinic itself will be equally busy in the next few months, with annual professional development

days, C7 and 9mm pistol ranges, Chemical Biological Radioactive Nuclear and other necessary military training and, of course, none of this would be complete without the 13-kilometre Battle Fitness Test. If you see a large group of CADPAT-garbed troops marching through the PMQs, be not afraid: it's just the clinic members trying to beat last year's recorded timings.

In other news, 26 Canadian Health Services C

is proud to have been chosen to host the annual Atlantic region QL 5/6A Medical Technician seminar, a two-day event to provide a venue for medical technicians from the Maritimes and other regions of Canada to hone existing skills and be exposed to new advances in pre-hospital and clinical medicine. Then, in November, the clinic will undergo the Primary care progress notes CPN rollout. This is a new clinical notes

computer program that will change the way the healthcare staff document medical information in a member's file. There will be some growing pains during this process, as the entire Canadian Forces' health services is going through this modification.

As always, we strive to provide the highest quality of medical support and patient care possible to the members of 14 Wing Greenwood.

Recrutement de participants au comité de sensibilisation au bilinguisme

Nous sommes une communauté bilingue vibrante!

Un de nos mandats comme escadre est de s'assurer que nos deux populations linguistiques s'épanouissent. Nous devons créer un environnement où les francophones et les anglophones se sentent bien servis et supportés.

Un comité de sensibilisation au bilinguisme a été formé et

nous voulons recruter d'autres intéressés à se joindre à notre groupe vibrant. Unilingues ou bilingues, tous sont les bienvenus. Les réunions se déroulent dans les deux langues officielles et ont lieu trois fois par année. Vous aurez la chance de témoigner de vos expériences, de partager votre point de vue, apprendre de vos droits et responsabilités

et de participer dans le développement d'un plan d'action pour la promotion du bilinguisme.

SVP contactez la coordonnatrice des langues officielles de l'escadre, Ludmilla Tremblay, au poste 5671 ou par courriel à ludmilla.tremblay@forces.gc.ca pour vous joindre à nous.

Recruiting participants to bilingual awareness committee


We are a vibrant bilingual community!

One of our mandates as a wing is to ensure our dual linguistic populations blossom. We must create an environment in which francophone and anglophone people feel well served and supported.

A bilingualism awareness committee has been formed, and we wish to recruit interested parties to join our vibrant group. Unilingual or bilingual; all are welcome.

The meetings take place three times a year in both official languages. You will get the chance to testify to your experiences, share your point of view, learn your rights and responsibilities and participate in the development of an action plan for the promotion of bilingualism.


Join us by contacting the wing coordinator of official languages, Ludmilla Tremblay, at local 5671 or ludmilla.tremblay@forces.gc.ca.



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- **Intersections:** Thursdays from 1:30pm to 3pm starting the end of September
- **Kings Special Olympics:** Every second Thursday from 7pm to 9pm starting end of September
- **Ladies League:** Wednesdays from 7pm to 9pm - will start once enough participants have registered.

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REQUEST FOR PROPOSAL

CONSULTANT ENGINEERING SERVICES

The Village of Kingston is seeking proposals to pre-qualify three (3) engineering consulting firms for the provision of engineering services to the Village.

Tender documents are available through the Village of Kingston website at www.kingstonnovascotia.ca. The Proponent is solely responsible for ensuring any addenda are downloaded, reviewed, and included in their bid.

Any inquiries regarding this request for proposal should be directed to Greg Towne, Clerk/Treasurer, at (902) 765-2800 or email at clerk@kingstonnovascotia.ca.

The Village will receive hard copy or electronic (pdf) proposals signed and dated before 2:00 pm local time on Thursday, October 13, 2011.

Village of Kingston
PO Box 254
671 Main St
Kingston, NS B0P 1R0

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



Village of Kingston

REQUEST FOR PROPOSALS AUDIT SERVICES

The Village of Kingston invites qualified accounting firms to submit proposals to perform annual financial audits for the Village.

Tender documents are available through the Village of Kingston website at www.kingstonnovascotia.ca. The Proponent is solely responsible for ensuring any addenda are downloaded, reviewed, and included in their bid.

Any inquiries regarding this request for proposal should be directed to Greg Towne, Clerk/Treasurer, at (902) 765-2800 or email at clerk@kingstonnovascotia.ca.

Four copies of the proposal must be submitted in a sealed envelope, clearly marked "RFP for Audit Services", by mail or in person, no later than 2:00 pm local time, Thursday, October 6th, 2011 to:

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

New head at AMS

August 10, 14 Air Maintenance Squadron (14 AMS) held a change of command parade, marking the transfer of command from Lieutenant Colonel TE Flynn to Lieutenant Colonel JJC Ouellette. Members of the squadron made for an impressive sight on parade in 11 Hangar, with the first two Block 3 Auroras serving as the backdrop.

In his address, Flynn duly noted the fitting backdrop, as 14 AMS has played a large role in Block 3 evaluations and will continue to be at the forefront as they are introduced to service. Flynn reiterated the honour he had being the squadron's commanding officer, and the fierce pride he feels for the men and women that continuously worked so hard while under his command.

Ouellette has taken command of 14 AMS following a posting to NATO's Air Component Command in Ramstein, Germany. Ouellette spoke about his experiences at the strategic, operational and tactical levels, and said he



Colonel Irvine, 14 Wing commander, presides as Lieutenant Colonel Flynn (left) formally signs over command of 14 AMS to Lieutenant Colonel Ouellette (right).

Images Private A. Bouchard, 14 Wing Imaging

now looks forward to sharing that with his fellow COs and the Long Range Patrol community. He expressed his gratitude to Flynn for handing over a unit obviously "firing on all cylinders," and he is eager to get to work and lead the organization into the future.

Presiding over the change of command as one of the first official duties for our new wing commander was Colonel JA Irvine. In his address, he noted the importance of 14 AMS' contribution to the wing, and the expectation the squadron will continue to deliver

impressive results.

The squadron as a whole wishes Flynn and his family the very best, while welcoming Ouellette and his family to life in the Valley, and what will undoubtedly be a few years of challenges and excitement at the Air Force's largest squadron.



Lieutenant Colonel Flynn, accompanied by his wife, Caroline, and their granddaughter are shipped off in style, a tribute to Flynn's loyalty to his beloved Minnesota Vikings.



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L'Association francophone de la Vallée vous invite à ses prochaines activités. Pour s'inscrire ou obtenir plus d'informations, communiquez avec nous au 765-1078. Le paiement doit être effectué lors de l'inscription au bureau de l'AFV au 6 chemin Bedford à Greenwood. Argent ou chèque au nom de l'Association francophone de la Vallée sont acceptés. Visitez notre site Internet au www.afva.ca!

Cours de Yoga

Début : Lundi 19 septembre 2011

Quand/Heure : Tous les lundis de 19h00 à 20h30

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Début : jeudi 29 septembre 2011

Heures : 19h00 à 20h15

Coût : 7\$/cours pour 10 semaines

Lieu : Centre scolaire communautaire Le Point-de-Mire

Note : Il est nécessaire d'apporter son appareil photo

Cours de guitare

Début des cours : mercredi 28 septembre

Heures : De 19h00 à 20h15

Coût : 7\$/cours pour 10 semaines

Lieu : Centre scolaire communautaire Le Point-de-Mire

Note : Il est nécessaire d'apporter sa propre guitare

Atelier de scrapbooking

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Lieu : Centre scolaire communautaire Le Point-de-Mire

Maximum d'inscriptions : 8 personnes

Coût : 10,00\$/pers (matériel fourni)

Note : Atelier réservé pour les adultes

The Aurora Newspaper is published each Monday by 14 Wing under the authority of Colonel J.A. Irvine, M.S.M., C.D., Wing Commander. Est publié chaque lundi par la 14^e Escadre sous les auspices du Colonel J.A. Irvine, M.S.M., C.D., Commandant de l'escadre. Managing Editor/Rédacteur - Stephen R. Boates (902) 765-1494 ext. 5441 Interim Managing Editor - Sara Keddy (902) 765-1494 ext. 5441 14 Wing Public Affairs Officer & Editorial Asst. - Lieutenant(Navy) Sylvain Rousseau (902) 765-1494 ext. 5101 Production Coordinator/Coordinateur de production - Brian Graves (902) 765-1494 ext. 5699 Business & Advertising Representative/Représentant, Affaires et Publicité - Anne Kempton (902) 765-1494 ext. 5833 Administrative Clerk/Commis administratif Candace May Timmins, (902) 765-1494 ext. 5440 FAX (902) 765-1717 • E-mail: aurora@auroranewspaper.com Circulation/Circulation: 5900 - Agreement No. 462268; Numéro de contrat 462268. The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a Service Newspaper as specified in Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans Forces canadiennes intermédiaire journaux politique. Pen names may be permitted at the discretion of the Editor. Le rédacteur en chef peut, à sa discrétion, permettre l'utilisation de pseudonymes. Opinions and advertisements appearing in "The Aurora Newspaper" are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the Printers. L'escadre 14, Greenwood et les éditeurs laissent l'entière responsabilité de leurs textes et de leurs annonces publicitaires aux auteurs et aux annonceurs. Les opinions exprimées sont celles des collaborateurs et ne reflètent pas nécessairement les points



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

12h00 pour les annonces publicitaires moins d'une demie page, le mercredi qui précède la semaine de publication. Les annonces publicitaires de plus d'une demie page ou demandant une épreuve doivent nous arriver par le mercredi à 12h00. Les documents doivent être dactylographiés et provenus avec le disque et une copie imprimée. Ils doivent aussi porter le nom, l'adresse et le numéro de téléphone de l'auteur. Ou Email: aurora@auroranewspaper.com Promotion of Private Businesses in articles submitted for publication is not permitted

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Editor,
The Aurora Newspaper
PO Box 99
Greenwood NS
B0P 1N0



Rédacteur,
Le Journal Aurora
C.P. 99
Greenwood, N.-É.
B0P 1N0



email: aurora@auroranewspaper.com
website: www.auroranewspaper.com

14 Wing men's basketball team

Any military member interested in playing on the 14 Wing men's basketball team, practices will be held from 4 p.m. to 6 p.m. Mondays and Wednesdays, commencing September 26.

If you have any questions, please contact Master Corporal Scott Savage, local 3021, or Graham White 5753.

Équipe de basketball de la 14^e escadre

Pour les membres militaires qui aimeraient jouer sur l'équipe de basketball de la 14^e escadre, les sessions d'entraînement auront lieu de 1600-1800 heures les lundis et mercredis commençant le 26 septembre.

Si vous avez des questions dirigez-les à cplc Scott Savage au poste 3021 ou à Graham White au poste 5753.

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Bravo Zulu

Promotions & Presentations

Photos are taken by 14 Wing Image unless stated otherwise.



Master Corporal Sonia Boucher receives her appointment from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



Warrant Officer Robert Laprade receives his promotion to current rank from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



Master Warrant Officer Roland Albert receives his promotion to current rank from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Acting Squadron Chief Warrant Officer, Master Warrant Officer Michael Gilliatt.



Corporal (Cpl) Jason Ross receives his accelerated promotion to current rank, by nine months, from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Acting Squadron Chief Warrant Officer, Master Warrant Officer Michael Gilliatt.



Master Corporal John Shea receives his promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Chief Warrant Officer Gary Pitman, Squadron Chief Warrant Officer.



Corporal Alexandre Bouchard receives his promotion to current rank from Major Aleem Sajjan, 14 Air Maintenance Squadron Aircraft Maintenance Support Organization (AMSO) Officer; pictured on the right is Master Warrant Officer Dwight Sawler.



Master Corporal Pier-Olivier Poulin receives his promotion to current rank from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Chief Warrant Officer Gary Pitman, Squadron Chief Warrant Officer.



Master Corporal Elizabeth Oliver receives her appointment from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Chief Warrant Officer Gary Pitman, Squadron Chief Warrant Officer.



Sergeant Paul Swansburg receives his promotion to current rank from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



Sergeant Chris Crowell receives his promotion to current rank from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Acting Squadron Chief Warrant Officer, Master Warrant Officer Michael Gilliatt.



Master Corporal Duncan Haldane receives the 14 Air Maintenance Squadron (AMS) Performer of the Quarter award from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Chief Warrant Officer Gary Pitman, Squadron Chief Warrant Officer. During the last quarter, MCpl Haldane has demonstrated outstanding professionalism and loyalty, combined with a rare work ethic. His top-notch assistance to Flight Safety investigations and exceptional leadership as IC of the Conformance Verification team for aircraft CP 140116 were critical in meeting 14 AMS and CP 140 fleet objectives. A true professional, MCpl Haldane is well-deserving of this recognition.



Corporal Ryan Pyke receives his three month accelerated promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron; pictured on the right is Chief Warrant Officer Gary Pitman, Squadron Chief Warrant Officer.



Master Corporal Christopher Crowell receives his Special Service Medal (SSM), with the North Atlantic Treaty Organization (NATO) bar, from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron for his participation in OPERATION SIRIUS. MCpl Crowell became the first technician to be presented this decoration for OP SIRIUS, as description of which can be found below.

The Special Service Medal (SSM)

The Special Service Medal (SSM) recognizes members of the Canadian Forces (CF) who have performed a service determined to be under exceptional circumstances, in a clearly defined locality for a specified duration. The SSM recognizes approved activities underway on 11 June 1984 or subsequently established. This medal is always issued with a bar that specifies the special service being recognized, each bar having its own criteria for a specified duration.

Operation SIRIUS was the Canadian contribution to the NATO Operation ACTIVE ENDEAVOUR and took place from 13 October to 16 December 2004. CP140 Aurora Surface Patrol Operations were conducted out of Naval Air Station (NAS) Sigonella, Italy, covering an Area of Operations that included the entire Mediterranean Sea. Task Force Sigonella consisted of personnel from 405, 407, 415 and 14 Air Maintenance Squadrons, and other support/HQ personnel from 14 and 19 Wings. 14 AMS and 407 Sqn each provided a CP140 Aurora Incremental Modernization Project (AIMP) Block-1 modified aircraft and 28 maintenance personnel required to support the task force for 40 scheduled operational missions for this operation. Setting the bar for future CP140 deployed operations, OP SIRIUS achieved an astounding one hundred percent mission success rate.



Major Gord Colwell receives his Special Service Medal (SSM), with the North Atlantic Treaty Organization (NATO) bar, from Lieutenant-Colonel Thomas Flynn, Commanding Officer of 14 Air Maintenance Squadron for his participation in Operation SIRIUS.



Private Dylan Doucet receives his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.



Corporal Frederic Harvey receives his promotion to current rank from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.



Corporal Justin Kubis receives his promotion to current rank from Captain Mariano Arruda, 14 Air Maintenance Squadron Acting Aircraft Maintenance Support Organization Officer.



The 404 (Long Range Patrol & Training) Squadron Acting Commanding Officer, Major Jake Gallant presents Private (T) Katharina Meihuizen from 407 (Long Range Patrol) Squadron, with her first hook. 25 Aug 2011. Photo credit Cpl Pete Redden.



Chisholm Lieutenant Kimberley Chisholm receives the certificate of completion for Block 2 of the Air Force Officer Development Program from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron.



Sergeant Mike Carreira receives the Joint Task Force Afghanistan Commander's Commendation award; the award is presented by Major Gord Colwell, Acting Commanding Officer of 14 Air Maintenance Squadron.



Private Todd MacLeod receives his first chevron from Major Aleem Sajan, 14 Air Maintenance Squadron Aircraft Maintenance Support Organization Officer.



Private Myles Foster receives his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.

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Lieutenant Colonel G.A. Gillam had the cake cutting honours during the September 10 community showcase. Wing Welcome volunteers, visiting families and invited guests were on hand for the first slices.

Image submitted

Wing Welcome – what a weekend!

By Sara Keddy, Managing editor

Anyone looking for fun and excitement at 2011 Wing Welcome events could find it in many places, including under the “W” at Wing Welcome bingo - or under a big umbrella during the golf tournament.

Along with great home fries at the pancake breakfast and all the information you could hope to find about your new community, families new to 14 Wing Greenwood, and the Valley, were invited to make themselves at home through the September 8 to 11 events.

Wing Commander Colonel Jim Irvine, new to the base as commander - but no stranger to Greenwood, was one of the first on the greens as a full card of golfers were out in the early morning rain of September 8.

“It’s a little wet, but we’ll live by Tommy Birch’s quote, ‘Golf is a walk well wasted,’” he said.

While no one managed a hole-in-one on any of the three holes with major prizes – cars and \$5,000 cheques, one of

the organizers, Major Tom Gorman, said the day went well, everyone seemed to enjoy themselves – and the rain did stop as golfers were wrapping up their play.

The sun was out for a full day of Saturday events, beginning with the start of the Boomer’s Legacy Greenwood-to-Halifax cycle. Wing leaders were also on hand to serve up a pancake breakfast at the Annapolis Mess, and the recreation expo and Iron Kids triathlon at the Fitness & Sports Centre were both well attended.

Town crier Lloyd Smith, on hand for pancakes himself, opened Saturday events congratulating 14 Wing on its “celebration of partnerships with the Valley community.” He welcomed base newcomers and visitors, and extended a special welcome home to military personnel returning from deployment in Afghanistan and elsewhere.

A committee of volunteers organized this year’s events, supported by dozens of others who picked up jobs doing everything from directing young triathletes on course to judging Youth Idol talent contest participants.



“Iron Kids” listen up for route rules and directions before hitting the triathlon course.

Image S.Keddy



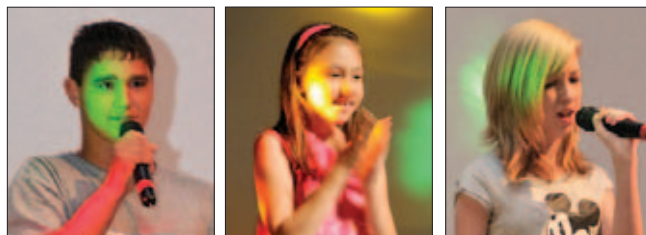
Jennifer McLeod was the lucky grand prize winner of the Wing Welcome raffle, taking home a Middleton Home Furniture leather recliner. From left, making the draw, are 14 Wing recreation director Jill Jackson, Wing Commander Colonel Jim Irvine and Wing Chief Warrant Officer Jim Jardine.

Image submitted



Major Scott Tromp of 413 Squadron gets set to step on the course with the essentials.

Image S.Keddy



Youth Idol contestants, from left, James Dowling, Valérie Chouinard and Aleia Trimm.

Image Private J.Reynolds

Talent front and center at Youth Idol

By Eric MacKenzie,
Community recreation
coordinator

The 8th Wing Welcome Youth Idol was held September 10 at the Zedex Theatre, in front of a crowd of nearly 50. Ten individuals, ranging in age from eight to 18, displayed their skills on stage with confidence.

Selena Gomez was a popular artist for song selections, but there was a wide variety of tastes and styles of music. All eight solo performances were memorable, and no one will forget the two dancers.

Best overall

Aleia Trimm, a Grade 9 student at MRHS, “Travelling Soldier;” Lesley Jacob, 12, “Love You Like a Love Song;” Kat Harris, 18, “Bring Me 2 Life;” Elise Choquette, 14, “Love You Like a Love Song”

Most creative

Joanna Noseworthy, 16, “Hands;” James Dowling, 17, “Closer - Naruto Shippuden Opening 4;” Katherine Fortin, 14, “Unlove You”

Best choreographed

Valerie Chouinard, eight,

and Leeana Houston, nine, amazed everyone with their well-choreographed version of “Party in the USA;” Sarah Thibodeau, 14, “My Dilemma”

This event would not be possible without all the great services provided by B and S D.J. Services. Thanks also to the Zedex for helping host the event. The commanding officer of 404 Squadron Lieutenant Colonel Patrick Thauberger, welcomed everyone on behalf of the wing. Private Jessica Reynolds, Wing Imaging, did a fantastic job. We greatly appreciate the support of volunteer judges Stephanie Townsend, Cheryl Vanderpryt and Jill Jackson. A special thank you to Nick Cooper, who assisted Jenna Gillis at the registration table. He also volunteered at the community youth centre display, the REXPO and at the pre-teen and teen video dances - close to 15 hours all told.

If you have any suggestions on the event, call Eric MacKenzie, 765-1494 ext. 5337.

Skateboard, BMX competition wrap

Thanks to everyone who came out to the 2011 Wing Welcome Skateboard and BMX competition, a great success. Many volunteers helped, and a big thanks to sponsor Evan Banks of Limitless Skate and Snow.

All skateboarders did a great job. Winners are as follows: Beginner - first, Chris Harris; second, Mitchell Hickey; third Mitchell Carey. Intermediate - first, John

Lee Mann; second, Jason Hannam; third, Alex Gagnon. Advanced - first, Josh Saunders; second, Robbie Frontain; third, Jake Titus. In the BMX competition, Steven Beaudry was first, second was Josh Clayton and third was Medford Lutz. In the 19 and older class, Theo Saunders was first, second was Joe Huntley and third was Deon MacKenzie.

Iron Kids Triathlon results

The 2011 Iron Kids Triathlon left the starting line at 9 a.m. September 10 as part of Wing Welcome, and was a great success. The support from volunteers and the enthusiasm of the 48 children registered made this event a fun time for all. Thanks to everyone involved!

7 & under

Jelynn Samson, 14:08; Rosalie Gosselin, 14:11; Frederic Gilbert, 16:37; Sarah Wade, 18:49; Jeremy Duchesne, 16:20; Simon Hatt, 14:14; Chase Johnston, 14:48; Maya Costain, 16:37; Hailey Costain, 15:48; Kayla Jarvis, 13:56; Taylor Denman, 15:40; Daphnee Ouellet, 19:45; Devon Chalifoux, 13:00; Isaiah Vallillee, 22:54

8 & 9 year olds

Rebekah Wade, 37:33; Kimball Wolfs, 18:03; Leeona Houston, 20:39; Josh Sveinson, 23:25; Florence Gosselin, 11:28; Raphael Marchand, 17:34; Hannah

MacLeod, 35:51; Kyra Jarvis, 17:41; Alexanne Ouellet, 21:39; Justin Chalifoux, 16:42; Paige Jackman, 21:32.

10 & 11 year olds

Liam Taylor, 34:14; Anna Wolfs, 35:04; Savannah LeBlanc, 24:00; Holly Morrison, 44:13; Sarah Houston, 22:59; Charles-Antoine Boulainne, 45:57; Isaac Abriel, 22:15; Sammy Hatt, 41:08; Willyam Marchand, 45:16; Jason Chalifoux, 41:04.

12 & 13 year olds

Eveline Choquette, 47:58; Mercedes LeBlanc, 60:49; Leah Morrison, 72:38; Zoe Goodman, 72:38; Maria Laforce, 58:22; Isaac Hatt, 57:30; Jenna O’Brien, 60:15; Gabriel Ouellet, 75:24; Olivier Fortin, 50:38.

14 & 15 year olds

Raphael Choquette, 55:33; Leonie Schulz, 1:18.50; Ira Hatt, 1:00.18.

16 & 17 year olds

Tamara Hatt, 2:11.23.



Western Kings Arena manager Paul Tidman, left, and association president Wayne Fowler say a summer's work to refresh the aging facility shows the community's commitment to the building's future.

Image S.Keddy

Old rink, new life

Western Kings Arena ready for season, future

By Sara Keddy,
Managing editor

Volunteers working to give the aging Western Kings Arena a face lift admit they have “a passion for the place.” As the ice goes in and skaters pick up their game this month, anyone walking into the facility should be able to see the first signs of improvement, right from the mats inside the door.

“We had to take a giant step this summer to make the arena useable, fun, safe and modern,” says rink association president Wayne Fowler. “Now, it’s baby steps. It is going to be a struggle for us, but you’re going to see a lot more creative things in the community, some fundraisers – all for a common goal.” That includes the rink’s now-annual golf tournament September 23 at Paragon.

Fowler played his own minor hockey in the arena back in his younger days, and has been involved as an adult volunteer for the past four or five years. When the association asked him to take on the president’s role, he said he’d give it a year “and see what change we could make.”

“It wasn’t a month, and we had the place was cleaned up totally, the bleachers painted, the floors redone, kitchen work, the ladies’ washroom.

The arena has new faces and new ideas working for it.” He credits a core group of volunteers who, like him, “love the history of the arena and have family connections.” In the group’s effort to gather money, donations of goods for the summer’s repairs and confirm its bank’s commitment to that work, they’ve seen Kingston “as a whole, taking pride in this facility. People are stepping up.”

Also new on board – but no stranger to the rink – is arena manager Paul Tidman. He’s filling big shoes, as long-time manager Charlie Bishop left the job earlier this year. Tidman remembers playing on the tennis courts-turned outdoor rink next door as a kid in the ‘60s, and stepping onto indoor ice when the current facility was built in 1975/ 1976. He’s spent the past couple of months lining up the work schedule, tracking down sponsors and promoting the rink’s availability in the community.

The arena is home to West Kings high school’s girls’ and boys’ hockey teams, the Western Valley rep teams, used by Greenwood Minor Hockey and local figure skaters. There is ice available at flexible times, and Tidman is willing to offer off-peak booking rates. He’s also got an eye on potential use of the upstairs

warm room, a fair-sized hall overlooking the ice. By 8:15 this morning, he’d taken a call from someone wanting to hold Zumba classes in the space.

“This rink is going nowhere,” says Fowler. However, both men are involved in on-going discussions to see a replacement rink – a second pad – built alongside a new rink at 14 Wing Greenwood. There is federal and municipal support for the project, and 14 Wing has moved its timeline for construction; the twin-pad proposal is now in limbo, awaiting financial support from the province. If that happens, the local community needs to come up with its own \$1 million to finish the financing.

In the meantime, Fowler says, the Kingston rink is viable.

“We’re serving the community, and we have to run this now as if it is going to be here another 20 years. We are supportive of the twin-pad project in the long-run, but we need to run our facility as if it’s forever.”

The association is looking at a community thank-you event in October, keen to show off the summer’s improvements. Fowler, though, says, “if the doors are open, come in and have a look. There’s a fresh face.”

Shooting success wraps up summer

By Lee Russell, North Mountain Gun Club

August was a very busy month for the North Mountain Gun Club.

August 13 and 14, some members traveled down the road -- and back in time -- to attend R&T Mack Fur Outpost’s annual Mountain Man and Free Trappers Rendezvous near Bridgetown. This is a competition of marksmanship, using primitive, muzzle-loading rifles and pistols, bows and arrows, hawk and knife throwing, fire-starting, a frying pan toss for the ladies and the very popular Seneca run, a timed run over an obstacle course, shooting at tiny targets from various positions (on horseback, over a log, under cover, etc). Scott and Lee Russell of NMGC tied for fourth overall, but Scott won the men’s division of the Seneca run.

August 21, the NMGC held a pistol shoot for .22 rimfire handguns. There was a good turn-out of shooters, sporting an assortment of sporting and target handguns. The competitors shot at an array of targets - clay pigeons, wooden blocks, reset targets and knock-down silhouettes. The scores were very close, with a shoot-out needed to settle second place. At the end of the day, first place went to Scott Russell, second to Dieter Jilge and third to Paul McNeil.

August 26 and 27, more members went to the annual



NMGC members Savannah Brown and Scott Russell had good luck in events this past August. Image submitted

Primitive Shoot at the Blue Mountain Long Rifles Club, Blue Mountain. This is a similar event to the R&T Mack rendezvous, with the addition of their renowned Woods Walk, a preset course through the forest upon which shooters shoot at tiny targets arranged at regular intervals along the trail, all at various distance and angles, with varying degrees of difficulty. At the end of the weekend, the results showed our very own Savannah Brown had won the Whelps (under 13) division and her dad, Thomas, came a very credible fourth place against tough competition in his first major outing. Scott Russell won the overall championship, the Woods Walk and the hawk and knife events.

The next event for the club will be the annual turkey shoot October 2. There will be prizes, and the event is open for any legal deer rifles.

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MAC marks a 20-year milestone

By Sara Keddy,
Managing editor

The open door policy at North Kingston's Multi-Addiction Centre goes even further September 25, as the society that looks after the community drop-in facility celebrates its 20th anniversary.

"When we first moved there, it was, 'Oh, and addiction centre,'" says founding board member and treasurer Heather England. "Now, there hasn't been one problem."

In fact, there have been many successes. MACS provides a building for people involved in 12-step programs. It's just people trying to make a change," England says.

"These people were meeting in coffee shops, or people's homes, and that's a challenge for privacy and comfort in

what they're trying to do and talk about. We provide and maintain a building, there's a board of directors from the community, some business people and representatives from the Alcoholics Anonymous organization."

The building is the old community schoolhouse, decades old and in hard shape when MACS took on a 100-year lease for \$1. England says, at the time, 10 people each contributed 10 cents to make it happen. At the end of the lease, the building will revert to the community.

In the past two decades, much work and effort has gone into renovations and improvements – and fundraising – to keep it

all going. Community use is always welcome outside the times booked for the 12-step sessions: no drugs or alcohol are allowed inside, at any time.

England says her involvement has been rewarding, as she has gotten to know many of the people involved in MAC's programs.

"They are just the best people," she says. "They're honest, earnest and such hard workers. For the ones this has worked out for, it's been just amazing to see. I respect them, and some of these people have worked very hard to again have real respect."

MACS is not affiliated with any government-sponsored

recovery program, but considers its role the "after program" for people who have used them. MACS depends on fundraising and small grants when and where it can access them to continue its work.

Now, with 20 years in operation, MACS invites the community in to see what's been going on and what MACS has done with the building. The open house is September 25, between 2 p.m. and 4 p.m. England says, "Come on in," and says there will be volunteers on hand to talk about MAC, give a tour and offer refreshments. It's also a chance for anyone interested in MAC's work to find out about volunteering.



Heather England, the Multi-Addiction Centre's volunteer treasurer, accepts a \$2,000 cheque from Kings County Councillor Wayne Atwater from its grants to organizations fund, in support of MAC's work. Image S.Keddy

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Greenwood Bowling Centre manager Leon Bullock has been hard at work in the off-season, sprucing up the lanes. Image S.Keddy

Bowling back: new season, new look

By Sara Keddy,
Managing editor

Leon Bullock is the first to admit he's a "terrible" bowler. "But, I love it!" he says.

Bullock manages the Greenwood Bowling Centre and, after just one year, he's made some big efforts to freshen up the facility and what bowling can offer all ages and skill levels.

"I was never a bowler, but I started bowling last winter in the coffee league to get to know the sport and my patrons. Bowling is not necessarily a sport where you have to get better top progress, you just have to improve – and I have!"

Bullock spent the summer's quiet months working hard at the centre, repainting everything – particularly the alleys' glow in the dark highlights, lightening bolts striking some pins. There's even a smoke machine and disco lights.

"It's looking good."

He was racing to be ready for his Wing Welcome weekend opening, anxious to show off the improvements. Regular bowling programs also got underway the same weekend. The mixed league is full, the men's league is busy, and there are also coffee, youth and a senior men's leagues. Bullock is working to start

an open seniors' program and a ladies' league, and says there is always room for more bowlers.

"Bowling is a 'doing' sport – not a spectator sport, and it's all accessible to everyone, all ages, and really social. Plus, you can do it for \$2."

Building on Wii consoles, flat screen TVs, seating areas and his licensed canteen, Bullock now has a range of packages for birthday parties, from simple bowling to pizza delivery, face painting and even a designated "host" to help with activities. All of that can be – and has already been – adapted for work parties and even a stagette.

GMFRC - Parenting tip

Draw a picture or write a loving message on a napkin or a small piece of paper and put it in your child's lunch bag. Your message can be as simple as "Have a happy day, love Mommy." Tell them a silly joke of the day, or use it as a way to let your child know you are thinking about them.

These little messages are great ways to make your child feel special, and take very little time to create.

If you would like more information on parenting topics, contact Kim Dixon at the Greenwood Military Family Resource Centre, 765-1494, local 1812.

Looking for lifeguard wanna bes

A National Lifeguard Course will be held at 14 Wing Greenwood's Fitness & Sport Centre, beginning September 23.

National Lifeguard Service (NLS) certification is the standard for professional lifeguards in Canada. This

course is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude.

To take the course you must be at least 16 years old, have Bronze Cross certification and 100 per cent attendance is required. Dates are September 23, 24, 25, 30 and October 1, 2, 7. Friday classes will be from 4:30 p.m. to 8:30 p.m. and

Saturday and Sunday classes from 9 a.m. to 5 p.m. The exam will be October 7. Course cost is \$280, and the maximum registration is 12 participants.

Please register through on-line at www.cfcommunitygateway.com and click on "Greenwood." The Fitness & Sports Centre front desk, 765-1494 ext 5997, can be contacted to acquire a user ID and password.

Religious Education Classes – time to register!



Queen of Heaven Chapel offers classes for grades primary to grade six, from September to May. Classes include sacrament preparation for First Communion, First Reconciliation and Confirmation. Registration fees: \$10/child or \$25/family.

Classes begin Sunday 25 Sep (0930 – 1030 hrs)
at the Birchall Centre classrooms.

If you have a child eligible for Religious Ed at Queen of Heaven Chapel, please pick up a form at the Chapel any Sunday or call the Wing Chaplain's Office at 765-1494 Ext 5883. Or you can call the Coordinator, Samantha Ford, directly at 765-6525.



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

Middleton Girl Guides

September 19 is registration for Sparks to Rangers (ages five to 17), 6 p.m. to 7 p.m., at the Emmanuel Congregational Church on Gates Avenue, Middleton. All girls are invited to stay and participate in activities during the hour that evening. The first unit meetings will begin the following Monday. For information, call Diane at 765-4191.

Card party

September 19 is the "Funds for Fuel" bridge party, 1 p.m., at the Macdonald Museum, 21 School Street, Middleton. Admission is \$4 per person. Come out for a fun afternoon and support your museum. Call 825-6116 for information.

Cancer support group

September 19, the Canadian Cancer Society Living With Cancer Support Group will

hold its September gathering at St. Mark's Chapel Annex, 14 Wing Greenwood, 7 p.m. to 9 p.m. Guest speaker will be psychologist Dr. Stefani Hurley on a topic of "Dealing With Stress." Cancer patients, spouses, family members or anyone seeking information on cancer are most welcome to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Your Way to Wellness

Do you have a chronic health condition, such as diabetes, arthritis, COPD or heart disease? Learn tools to cope with the everyday challenges of an ongoing health condition with Your Way to Wellness, a free, six-week self-management program. Programs will be held in Bridgetown, Kingston, Berwick and Wolfville beginning in late September. To reserve a seat, contact Pat, (902) 538-1315 or plithgow@avdha.nshealth.ca.

Guiding, Scouting registration

September 20, register for Wilmot Guiding and Scouting, 6 p.m. to 7 p.m., at the Kin Centre. For more info, contact 825-6981.

Parkinson Society meeting

September 20, people affected by Parkinson's are invited to an information sharing session

hosted by the Parkinson Society Maritime Region in Middleton at 6:30 p.m. in the Level Two Meeting Room of Soldiers Memorial Hospital. For information about this event or other resources available from PSMR, call 1-800-663-2468 or visit www.parkinsonmaritime.ca.

Taoist Tai Chi

September 20, Taoist Tai Chi classes begin in Middleton (765-4667 or 825-6151 for info).

Turkey supper

September 21, the Kingston United Church Pastoral Charge will be holding its annual turkey supper with all the fixings, 4:30 p.m. to 6 p.m. at the Kingston United Church, 733 Main Street Kingston. Adults \$10, children \$5.

Garden club

September 21 is the next meeting of the Wilmot Garden Club, which meets at the Melvin Square community hall at 7 p.m. on the third Wednesday of every month. Everyone is welcome. Go to www.wilmotgardenclub.net.

Support group - ABI

September 21, the Acquired Brain Injury - ABI - Support Group will enjoy the hospitality of Leslie Stoddard and son Joe Hohmann, 905 Argus Drive,

Greenwood, 7 p.m. to 9 p.m.. ABI Group meets every third Wednesday of the month. All welcome. Location of meeting may vary month - month and will be published in The Aurora Newspaper in advance. Contact Dan/ Sharon Nogler with inquiries, 765-6760.

Skating registration

September 22 and 23, the Middleton Skating Club's annual CanSkate program registration will be held from 6 p.m. to 8 p.m., upstairs at the Middleton town hall. Spaces are limited. Open to boys and girls, three years and up. Call Tave McLennan at 825-3937 for further details.

Square dancing

September 23, square dancing for the West Kings Twirlers starts at 8 p.m. Classes for beginners start October 7 at 7 p.m. Dance location is the Melvern Square community centre. Visitors are invited any Friday to experience the advantages of square dancing.

Hockey coaches wanted

September 24 is the deadline set by Middleton Minor Hockey for coaching applications for all intro and rec levels. Applications can be found at www.middletonminiorhockey.ca, or by calling Kevin Corbett, 584-2209.

Ticket auction

September 24, the Kingston & District Health Auxiliary holds its 12th annual ticket auction at the Kingston fire hall, 11 a.m. to 1 p.m. Tickets are 25/\$1. Canteen available. Please help support Soldiers Memorial Hospital and district healthcare.

Yard sale

September 24, the United Baptist Church, Melvern Square, will host a yard sale, rain or shine.

Open house

September 25, the public is welcome to attend an open house at the Berwick United Church Campgrounds, 115 Commercial Street, from 1 p.m. to 4 p.m. Folks can come in for a tour or just wander the grounds. There will be a narrated slide presentation at 2 p.m. which tells the story of the camp rebuild following that destructive December wind storm, and all of those who made it happen. Parking is available; watch for the signs.

Boxing

The Pegasus Amateur Boxing Club is ready to start a new season. We are located at 65 School Street, Middleton at Fitness Experience Gym. If you are interested in competitive boxing or recreational boxing, call Bruce Harkness, 825 1671.

HOROSCOPES

September 18 to September 24

ARIES - Mar 21/Apr 20

Aries, if you're seeking fun in the sun, make the most of the last few days of summer or hop a plane to a tropical paradise. This could be a time for romance.

TAURUS - Apr 21/May 21

Taurus, take some time to relax. Keeping up this momentum is only going to cause burnout down the road. It's time for some well-deserved relaxation.

GEMINI - May 22/Jun 21

Make a list of all your expenses and see what you can trim, Gemini. It's time to get your finances in check and knowing what you're working with is a first step.

CANCER - Jun 22/Jul 22

Cancer, after doing the same thing week after week, you are certainly ready for a change. Use this opportunity to try one of your "bucket list" ideas to drum up excitement.

LEO - Jul 23/Aug 23

A change of scenery will do you good, Leo. Take a walk or hop on a bike and enjoy the neighbourhood or someplace a little further away. This change of pace is refreshing.

VIRGO - Aug 24/Sept 22

Virgo, stress at the office has left you feeling a bit down. But recognize this opportunity to show you're a winning employee to your higher-ups.

LIBRA - Sept 23/Oct 23

Libra, plan a visit to see family members and you'll get those warm and fuzzy feelings only your loved ones can help inspire. If a trip isn't in the cards, do a video chat.

SCORPIO - Oct 24/Nov 22

Scorpio, sometimes you have to step away from the problem to find its solution. Spending all your waking hours obsessing over the problem won't help.

SAGITTARIUS - Nov 23/Dec 21

Lay low for a while, Sagittarius. Things are happening around you that can lead to trouble if you become involved. It's safer if you keep a low profile.

CAPRICORN - Dec 22/Jan 20

Capricorn, consider hiring some help around the house in the coming weeks. There's a lot on your plate and a few extra helping hands can make it easier to manage what lies ahead.

AQUARIUS - Jan 21/Feb 18

Aquarius, friends and family will rely on you to diffuse a stressful situation. When something occurs this week, take your usual calm approach.

PISCES - Feb 19/Mar 20

Creativity is in bloom for you, Pisces. Make the most of crisp weather on the horizon for a fun day trip somewhere.

FAMOUS BIRTHDAYS

SEPTEMBER 18	Lance Armstrong, Athlete (40)
SEPTEMBER 19	Jimmy Fallon, Comic (37)
SEPTEMBER 20	Gary Cole, Actor (54)
SEPTEMBER 21	Bill Murray, Actor (61)
SEPTEMBER 22	Scott Baio, Actor (50)
SEPTEMBER 23	Bruce Springsteen, Singer (62)
SEPTEMBER 24	Nia Vardalos, Actress (49)

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Please re-direct your e-mail to the appropriate contact.

Editor@auroranewspaper.com - Sara Keddy (FYIs, Photos, Articles, Management)

Production@auroranewspaper.com - Brian Graves (Specs, File Format)

Marketing@auroranewspaper.com - Anne Kempton (Advertising, Rates, Sizes, Insertions, Special Products)

Frontdesk@auroranewspaper.com - Candace May Timmins (Paper Carriers, Billing & Payments, Classifieds, Delivery, General Inquiries)

Auroranews@ns.alianzinc.ca - Candace May Timmins (Billing & Invoicing)



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3. Drop into our office located on 83A School Road (Morfee Annex)

No Central Registry or Canada Post please.

Deadline: Noon, Thursday, September 22, 2011.

Make sure you include your full name and phone number.

NAME

PHONE NUMBER

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

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

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

1. Whose ad says "Cleaning drives me crazy"? _____
2. What is England's phone number? _____
3. What do "Returning lease customers" get? _____
4. Whose ad has "Have you heard" on it? _____
5. Whose ad says "Need oil" on it? _____



This contest is brought to you by:

Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: Direk Maske

Watch for premiere as Greenwood Players prepare to take stage

The Greenwood Players Theatre Group, which meets at the AVM Morfee Centre, is now in rehearsal for its upcoming Christmas pantomime, "Santa and the Magic Bird."

This will be a world premiere, as the play was written by Jeff Pocock and has just been published. The play opens in Greenteeth Grotto, located at the South Pole. The Grotto is a secret hide-out for the "Greencoats," a gang of nasty, wicked fairies headed by Gwyllion Greenteeth. Their plan is to ruin Christmas. When Santa places an advertisement for a toymaker, Gwyllion sends a spy to the North Pole for the job. The spy then reports back to about a Magic Bird that lays golden eggs. Gwyllion plans to steal the Magic Bird, but is thwarted by Robbie the Robot, a pair of mischievous snow fairies and an abominable snowman.

The show will run from November 22 through to November 27. November 27, there will also be a matinee. All other performances start at 7 p.m. Watch for more details as performances draw nearer.



On parade

14 Wing Greenwood's pipes and drums band was on parade in Berwick, marking the end of summer performances at the town's Gala Days weekend grand street parade September 5. Image S.Keddy

...let's talk about YOU

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

Sudoku

Solution page 14

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

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:

Tri County Communications
Greenwood Mall

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

Youth Happenings

By Megan LeMoine, Recreation youth worker

Come to The at 14 Wing Community Centre today and get your October calendar - with so much happening, you don't want to miss out! If you would like more information about any programs or events please call 765-8165.

Youth are invited to join the Teen Council today; we meet every Tuesday from 4 p.m. to 5 p.m. Come make a difference in your community by becoming a volunteer.

Teen Council
Sept. 20, 4 p.m. to 5 p.m.
Teens ages 13 to 18 are invited to join Teen Council and get involved in the

community, volunteer and have a say as to what happens at the centre.

is 7 p.m. and the cost is \$2 for children and \$4 for adults (if you wish to stay).

Art Program
Sept. 20, 4:30 p.m. to 6 p.m.
Let your creative side show! Today we are making "wall flowers." Please pre-register for this program.

Boys Club and Active Chicks
Sept. 21, 4:30 p.m. to 7 p.m.
Boys and girls ages nine to 12: meet at Oaklawn Farm Zoo in Millville at 4:30 p.m., where we'll see feeding time at 5 p.m., have a snack at the canteen and then enjoy the rest of the zoo. Pick up time

Teen Activity
Sept. 22, 6 p.m. to 7:30 p.m.
Teens: today we are going to make Mexican pizza. Please pre-register for this program, and the cost is \$2.

Pre-Teen Dance
Sept. 23, 6 p.m. to 8 p.m.
Boys and girls ages nine to 12, come listen to great music, win a cool prize and meet friends! Bring \$3 for the entrance fee and extra money if you would like a treat at the canteen.

PATRICK'S PUZZLE

Crossword Puzzle

1				2				3
4	5			6				
7								

ACROSS

1. Study of past events

4. Adventurous

7. Having a brim

DOWN

1. Top of body

2. Woody plant

3. Provided

5. At a distance

6. Place where food and animals are raised

Answers:

Across: 1. history 4. daretful 7. brimmed

Down: 1. Head 2. tree 3. yielded 5. afar 6. farm

Patrick's Puzzle brought to you compliments of:

Metro Crossword

Spelling: US English

Solution page 14

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21					22			
23			24	25	26			27	28	29		
			30					31				
32	33	34		35	36		37		38	39	40	41
42				43			44		45			
46				47			48		49			
			50	51				52	53			
54	55							56			57	58
59						60	61				62	
63		64	65			66		67		68	69	
70						71				72		
73						74				75		

ACROSS

1. Early European people

5. P&G soap bar brand

10. Goes with cola

14. Fencing sword

15. Sonia __, Brazilian actress

16. 6th Hebrew month

17. Mother of Zeus

18. Any watery animal fluid

19. One point E of NE

20. Farm state

21. Consumed

22. 6th tone of the scale

23. Bureaus

27. Lowest male voices

30. 89301 NV

31. Turns into noun

32. Burial city of Wm. the Conqueror

35. Stone parsley

38. Grabs

42. Winglike structures

43. Tennessee

44. Touchdown

45. Swiss river

46. On the positive side

47. Diplomatic agent (var. sp.)

49. A light two-wheel carriage

50. Computer-aided manufacturing

52. Though (informal usage)

54. Cuts all ties

56. So. Pacific loose skirt

59. One of the blood groups

60. Soft shell clam genus

62. Exclamation of surprise

63. Small water craft

66. Put an end to

68. Hillside (Scott.)

70. Prefix for internal

71. Twain __, CA 95383

72. Proceeding rate

73. "Love Story" actor O'Neil

74. Excavate things buried

75. Gremlins

DOWN

1. Contains cerium

2. Kor = 10 X

3. Side sheltered from the wind

4. Green or Earl Gray

5. "Sunday Morning" network

6. = length x width

7. Belonging to TV's Stewart

8. Chills and fever

9. Edible tuberous root

10. Common soup container

11. A lyric poem of some length

12. A telegram sent abroad

13. Regions

24. Grow old

25. Atomic #81

26. Groups of physiologically related organs

27. Robbers

28. Public promotion of a product

29. E. Kennedy was one

32. Something serving as a cover

33. Every

34. Cologne

36. Hostelry

37. Word element meaning "ear"

39. Swiss river

40. Women's undergarment

41. 9th calendar month (abbr.)

48. Island name with 7 down

51. Atomic #18

53. Expresses surprise

54. Stout sword

55. Black wood

57. Civil Rights group

58. Clarified Indian butters

60. Not kind

61. __ Spumante (Italian wine)

64. Dentist's organization

65. 2000 pounds

66. NYSE symbol for China Unicom

67. Records electric brain currents

68. Characters in one inch of tape

69. A male sheep

Metro Crossword brought to you compliments of:

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Classified advertisements, 35 words or less, \$7.00 tax incl. Additional words are 10 cents each plus tax. Bolded text \$8.00 tax incl. 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 May Timmins at 765-1494 local 5440. The Aurora Newspaper office is located on 83A School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

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FOR RENT

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FOR RENT- 356/366 Lincoln Street. 2 Bedrooms, 2 appliances & balcony. \$575.00 per month plus utilities. Available September & October. Phone 765-6669. (3227-ufnb)

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tober. Phone 765-6669. (3227-ufnb)

FOR RENT – Wilmot, Hidden Valley S/D. 4 Bedroom house with fridge and stove. \$800.00 a month plus utilities. Available 1st September. Contact Glen-gary Property Management. Phone 765-2421. (3233-ufnb)

FOR RENT - 1 bedroom basement apt for rent in Kingston utilities included \$535 a month. Phone 825-3607. (3234-ufnb)

FOR RENT – 1474 Marshall Road, Kingston. 2nd floor 1.5 bedroom apartment. Fridge & stove supplied. \$410.00 a month plus utilities. Call Cindy at 765-4987. (3235-4tpb)

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FOR RENT – The little guest house located centrally between Kingston & Greenwood. Ideal for IR and HHT Personal looking to relocate in the area. Within walking distance to all amenities. 2 bedroom house, new kitchen & bathroom, laundry room and dining room and den on main level with detached one car garage. Internet, heat and cable TV included as well as being fully furnished including 5 appliances with bedding, towels, etc. Driveway and lawn care and snow removal are included. Easy 10 minute access to golf courses at Paragon and 14 Wing Greenwood. Call Arthur at 765-4795 and leave a message. Available Oct 1st, 2011. (3235-2tp)

FOR RENT – 1 Bedroom apartment. Central Kingston. Close to all amenities. W/D Hook-up,

Fridge and Stove supplied. \$490.00 per month (lease) plus utilities. References required. Leave message at 765-6879 including home and work telephone numbers. (3235-2tp)

FOR RENT – House for rent. One 2 bedroom house for rent in Kingston. Dishwasher, fridge and stove. \$700.00 per month, utilities extra. Phone 765-6908. (3236-2tpb)

ROOM FOR RENT IN PRIVATE HOME – Mature, employed non smoker to rent a large, fully furnished room in Fales River Subdivision. (Greenwood Area). Close to all amenities. \$125.00 per week. Meals can be included with adjusted agreed upon rent. Phone 765-3092. Ask for Rhonda. (3236-1tpb)

FOR RENT – 2 Bedroom apartment on Hall road. 1 1/2 miles from Greenwood Mall. 5 appliances + basic cable and internet. \$700.00 a month utilities included. Non Smoking. Call Matt Hazelwood (Nicana Home Services) at 1-888-735-2990. (3234-1tp)

LOOKING TO RENT – 1 Bedroom or bachelor in Kingston or Greenwood. Must have heat and lights included. \$450.00 - \$535.00 a month. Please call Terry at 365-5630. (3236-1tp)

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NOTICE

NOTICE-May the sacred heart of Jesus be adored, glorified, loved and preserved through the world now and forever. Sacred heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer (9) times a day, by the (8) day your prayer will be answered. Say it for (9) days; it has never been known to fail. Publication must be promised. Thank you St. Jude for favor received. C.A.S. (3235-2tp)

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Crossword Solution

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

Sudoku Solution

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

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Fall and winter health programs

All programs are free and open to military members and their spouse. DND and NPF employees are also welcome to attend. To register, please contact Edith Tremblay at 765-1494 ext 5388 or visit www.cfcommunitygateway.ca

Top Fuel for Top Performance

September 28, 29 (two day course, 8:30 a.m. to 3:30 p.m.), February 23 and March 7, 2012 (two day course, 8:30 a.m. to 3:30 p.m.)

F&S Centre classroom

The Top Fuel for Top Performance workshops are designed for healthy, active men and women. The workshops' suggestions allow individuals to plan meals for before, during and after physical activity or a sport competition. The amount of food suggested is based on an estimate of the individual's energy output, body weight changes and hunger.

Mental Fitness & Suicide Awareness: Supervisor's Training

October 6 and 7, or January 26 and 27, 2012; 8 a.m. to 4 p.m. (day 1), 8 a.m. to noon (day 2)

F&S Centre classroom

The Mental Fitness & Suicide Awareness

Supervisor's Training is a health promotion program to be used as a health education tool and provide opportunities for learning, with the goal to improve knowledge and develop life skills. It is also aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. Mental Fitness & Suicide Awareness Supervisor's Training is not suitable as a form of treatment for anyone experiencing severe and persistent difficulties with mental health issues.

Take a Stand and Lose Grand

October 12 to December 14, noon to 2 p.m.

F&S Centre classroom

This class takes the principles of the Weight Wellness Lifestyle Program and combines them with weekly exercise classes to help individuals meet their fitness and lifestyle

goals. Participants meet for mandatory sessions every Wednesday from noon to 2 p.m. The first part of the session is classroom information on goal setting, nutrition, active living and positive thinking. During the second half of the session participants will participate on teams in fitness classes that will include many different aspects of training, such as endurance exercises, weight training, stability ball, spin bike, circuit training and team competitions. Participants will be monitored by professional fitness staff to ensure safe and proper fitness progression.

Stress: Take Charge

November 16 and 17, or February 8 and 9, 2012, 8:30 a.m. to 3:30 p.m.

F&S Centre Classroom

To support participants in their identification of the strategies they already use and those that they will begin to implement in order to optimize their resiliency to stressors.

Butt Out (Self Help)

Monday, 1:30 p.m. to 3:30 p.m. (by appointment only)

Friday, 9:30 a.m. to 11:30 a.m. (by appointment only)

Butt Out is a smoking cessation program that applies the latest information and research related to quitting smoking. Butt Out is 14 steps over eight weeks. Participants must be registered to receive free smoking medication. To book an appointment, call: 5388/5389.

Managing Angry Moments

November 8 to December 6 or February 7 to March 6, 2012; 8:30 a.m. to 11:30 a.m. every Wednesday

F&S Centre classroom

This program will assist participants to learn and practice new knowledge, tools and skills to apply to anger generating situations in five group sessions over five weeks.

Basic Relationship Training

January 10 to 31, 2012;

8:30 a.m. to 11:30 a.m. (every Tuesday)

F&S Centre classroom

The Basic Relationship Training workshop is a research-based approach to teaching couples how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance love, commitment, and friendship.

Addictions Education for Supervisors

October 20, or February 16, 8 a.m. to 4 p.m.

F&S Centre classroom

Canadian Forces' members in supervisory positions will receive supervisory training on alcohol, other drugs and gambling. This one-day supervisory training will focus on the Low Risk Drinking Guidelines, CF Policy, the supervisor's role in dealing with alcohol misuse and illicit drug involvement, as well as information on the physical and emotional signs and symptoms

of substance misuse.

Alcohol, other Drugs and Gambling Education Modules

There are 12 standalone Alcohol, other Drugs and Gambling Education Modules that can be delivered individually or in combination by request. For a complete list, visit [www.cg.cfpsa.ca/cg-pc/Greenwood/EN/HealthPrograms/HealthPromotion/Programs/Pages/Alcohol,OtherDrugsGambling\(AODG\)Trg.aspx](http://www.cg.cfpsa.ca/cg-pc/Greenwood/EN/HealthPrograms/HealthPromotion/Programs/Pages/Alcohol,OtherDrugsGambling(AODG)Trg.aspx).

Injury Prevention Briefing

November 3, or March 8, 2012; 1:30 p.m. to 3:30 p.m.

F&S Centre classroom

Nutrition Active Living Seminar

October 13, or January 19, 2012; 8:30 a.m. to 3:30 p.m.

F&S Centre classroom

Keeping Your Parties Safe Seminar

November 24, 1:30 p.m. to 3:30 p.m.

F&S Centre Classroom

Programation automne, hiver

Pour plus d'information ou enregistrer, contactez le Bureau de la Promotion de la santé Bâtiment a Le Centre du conditionnement physique et de sports, 765-1494 ext 5388, courielle edith.tremblay@forces.gc.ca ou visitez www.cfcommunitygateway.com.

Bouffe-santé pour un rendement assuré

28 au 29 septembre 2011 (deux jours)

23 février 2012 (jour un) sur deux semaines

7 mars 2012 (jour deux)

8h30 à 15h30

Salle de classe du Centre de conditionnement physique et de sports

Le programme Bouffe-santé pour un rendement assuré est conçu pour les hommes et les femmes actifs et en santé. Les suggestions données dans le cadre des ateliers permettent aux participants de planifier leurs repas avant, pendant et après une activité physique ou une compétition sportive. La quantité d'aliments qu'il est suggéré de consommer est établie en fonction de l'énergie dépensée, des changements de poids et de la faim.

Force mentale et sensibilisation au suicide – Formation du superviseur

6 et 7 octobre; et 26 et 27 janvier 2012; 8h à 16h (jour un) et 8 h à 12 h (jour deux)

Salle de classe du Centre de conditionnement physique et de sports

Le cours Force mentale et sensibilisation au suicide – Formation du superviseur est un programme de promotion de la santé qui a été conçu pour servir d'outil pour

l'éducation en matière de santé et offrir une possibilité d'apprentissage dans le but d'améliorer les connaissances et de développer les compétences de la vie courante. Il vise également à faciliter la compréhension et l'entretien de la force mentale, y compris la sensibilisation au suicide et l'intervention en cas de risque de suicide pour les non-professionnels. Ce cours n'est pas destiné à servir de traitement pour une personne faisant face à des problèmes de santé mentale sévères et persistants.

'Take a Stand and Lose Grand'

12 octobre au 14 décembre, 12h00 à 14h (tous les mercredis)

Salle de classe du Centre de conditionnement physique et de sports

Ce cours reprend les principes du Programme poids-santé style de vie et les conjugue à des séances d'exercice hebdomadaires pour aider les participants à atteindre leurs objectifs en matière de conditionnement physique et de style de vie. Les participants se rencontrent lors de réunions obligatoires qui ont lieu tous les mercredis de 12 h à 14 h. La première partie consiste en une séance d'information en

salle de classe sur les sujets suivants: fixer des objectifs, une saine alimentation, établir un plan d'activité physique et restez positif. Ensuite, les participants ont la possibilité de s'entraîner en équipes. Les séances portent sur les nombreux aspects de l'exercice comme l'entraînement cardiovasculaire, poids, ballon d'exercice, entraînement en circuit et sports d'équipe. Les participants vont être suivis par les instructeurs professionnels du Centre de conditionnement physique et de sports.

Le stress, ça se combat

16 et 17 novembre, et 8 et 9 février 2012; 8h30 à 15h30

Salle de classe du Centre de conditionnement physique et de sports

Cette approche aidera le participant à cerner les stratégies qu'il utilise déjà et celles qu'il commencera à utiliser pour optimiser sa résistance au stress. Détendez-vous et profitez de ces deux jours pour faire une autoévaluation et établir un plan d'action.

Écrase-la (S'aider soi-même)

Lundi: 13h30 à 14h30 (sur rendez-vous seulement)

Vendredi: 9 h 30 à 11h30 (sur rendez-vous seulement)

Écrase-la est un programme

de renoncement au tabagisme qui met en application les connaissances les plus récentes sur le sujet. Il s'agit d'un programme en quatorze étapes réparties sur huit semaines. Les participants doivent être inscrits au programme Écrase-la pour recevoir gratuitement des médicaments d'aide au sevrage tabagique. Pour prendre un rendez-vous, composez le 5388 ou le 5389

Gérer les moments de colère

8 novembre au 6 décembre, et 7 février au 6 mars; 8h30 à 11h30 (tous les mardis)

Salle de classe du Centre de conditionnement physique et de sports

Le programme Gérer les moments de colère aide les participants à mettre en pratique les connaissances, les outils et les techniques nouvellement apprises afin de gérer les situations qui peuvent engendrer la colère. Le programme est composé de cinq séances en groupe réparties sur cinq semaines.

Cours préparatoire sur les relations

10 au 31 janvier 2012, 8 h 30 à 11 h 30 (tous les mardis)

Salle de classe du Centre de conditionnement physique et de sports

Le Cours préparatoire sur les relations utilise

une approche axée sur la recherche et vise à enseigner aux couples comment communiquer efficacement, travailler en équipe pour résoudre les problèmes, gérer les conflits sans que cela n'affecte leur intimité, et entretenir et renforcer leur amour, leur engagement et leur amitié.

Formation en matière de toxicomanies destinée aux superviseurs

20 octobre 2011, 16 février 2012; 8h à 16h

Salle de classe du Centre de conditionnement physique et de sports

Les militaires qui occupent un poste de superviseur suivront une formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif. Cette formation d'un jour destinée aux superviseurs et va être portée sur les directives de consommation d'alcool à faible risque, la politique actuelle des forces canadiennes, le rôle du superviseur en ce qui concerne l'abus d'alcool et la consommation de drogues illicites et de l'information sur les signes typique d'abus d'alcool et de drogues.

Séminaire de la Prévention des blessures

3 novembre et 8 mars 2012, 13 h 30 à 15 h 30

Salle de classe du Centre de conditionnement physique et de sports

Séminaire sur la nutrition et la vie active

13 octobre et 19 janvier 2012, 8 h 30 à 15 h 30

Salle de classe du Centre de conditionnement physique et de sports

Séminaire Fêter en sécurité

24 novembre, 13 h 30 à 15 h 30

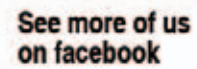
Salle de classe du Centre de conditionnement physique et de sports

Modules de Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif

Le programme de Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif compte actuellement douze modules autonomes qui peuvent être suivis individuellement ou en combinaison avec d'autres modules si on en fait la demande. Pour consulter la liste complète des modules, allez sur notre site web: [www.cg.cfpsa.ca/cg-pc/Greenwood/EN/HealthPrograms/HealthPromotion/Programs/Pages/Alcohol,OtherDrugsGambling\(AODG\)Trg.aspx](http://www.cg.cfpsa.ca/cg-pc/Greenwood/EN/HealthPrograms/HealthPromotion/Programs/Pages/Alcohol,OtherDrugsGambling(AODG)Trg.aspx).



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