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"How's everyone doing? Getting some of that aRRRmy life?"

Colonel Jim Irvine was at Camp Aldershot September 28 checking in on 14 Wing personnel settling into day three of camp life for Operation Blue Foundation, which wrapped October 7

'Morale is high, I've heard. Is it true?'

"Yes, sir!" answered back a mess tent full of Canadian Forces participants in one of the largest training encampments staged by 14 Wing in recent years.

Greenwood is in the final stages of preparing a contingent of "high readiness" personnel, who could be eligible for deployment over the next 12 months.

ness training and testing, work adjustment planning and, now, this field exercise.

'We do this mission support training to make sure we're ready for deployment – I'm very impressed with what I've seen.

The 14 Wing personnel tapped into Blue Foundation, being held as part of its annual training by 14 Construction Engineering Squadron's (CEF) Bridgewater, Gander and Pictou flights. Eightynine Greenwood and 82 CEF personnel would be in camp by the third evening.

Mission Support Flight Major Andrea MacRae said the operation took in everyone from privates to majors, new members to those with deployment

experience, drivers and cooks to convoy planners to supply techs.

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"This is an invaluable experience, to have all these people together," she said.

Planning to make it all happen started in May: floor space in one of 14 Wing's buildings was cleared to start the pile of gear. In total, and taking two days' transport at each end, the operation required two tractor trailers, five seven-tonne flat deck trucks and two sea containers all the way from Cold Lake

'That's a lot of canvas," Irvine said, touring the site with Wing Chief Warrant Officer Jim Jardine, MacRae and Master Warrant Officer Darrell Frowen.

...page 3.





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14 Wing Commander Colonel Jim Irvine addresses 14 Mission Support Flight troops at the pistol range. Image Sergeant P.Nicholson, 14 Wing photojournalist

#### Corporal James Bruce patches a fresh target. Image Corporal Jennifer Kusche, 14 AMS Wing Imaging



Corporals Bernard Pritchett (left) and Frederic Sylvain practice conducting vehicle searches. Image Corporal Jennifer Kusche,

14 AMS Wing Imaging





# Life at camp

The mess tents took over 40 people to erect in one big move; the headquarters were set up in several canvas 'wings" off Army-innovated hub peak tents. The welfare tent had a dozen computers equipped with rocket sticks to allow members to check their gmail through the exercise. The central firefighting gear – which everyone was trained on within the first day or two, had water and hose to be able to hit any of the outlying tents.

tated through four training schedules, but also went through trade-specific field exercises. West Nova regiment members assisted with range time, and the Camp Aldershot support team was on deck with everything from boxed lunches until the operation's field kitchen was up and running to site equip-

"There's nothing like experience as a teacher," Irvine things we don't quantify, but

said. "You're coming together for this exercise to get ready for deployment liability. The extra work to be ready is part of what we do. Where and when? Notwithstanding that, it's our objective to be ready.

Irvine also made particular mention of the exercise's more subtle lessons in bringing a team together. All the different desks, the trades, the jobs: we learn to respect each other's skills and expertise. These are

mean a great deal for what we do in the military.'

He passed on encouragement from the entire wing: 'It's been a lot of work and extra duties, and everyone on the wing has an understanding of what this involves. I've been talking to all the commanding officers to make sure their expectations are managed while you're here, away from your regular taskings.

The entire wing is 100 per cent behind you folks."



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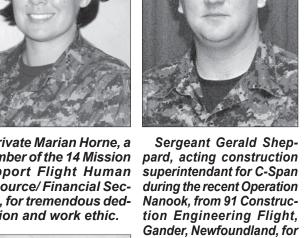
While visiting Camp Aldershot September 29 during Operation Blue Foundation, 14 Wing Colonel Jim Irvine presented his Wing Commander's Coin to a number of people who made extra efforts to ensure the exercise took place. Images Sergeant P.Nicholson, 14 Wing photojournalist



Sergeant Dave Hymers, chief clerk from 143 Construction Engineering Flight, Bridgewater, for stepping outside the bounds of expected duties.



Support Flight Human Resource/Financial Section, for tremendous dedication and work ethic.





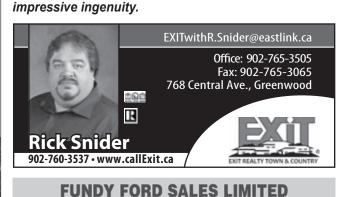
Master Warrant Officer Chrystal Bradshaw, 14 Mission Support Flight operations and training, for her exceptional knowledge and unconditional support.



Corporal Bernard Pritchett, Communication Information System section member, Mission Support Flight, for ensuring the CIS mandate was met for this exercise.



Sergeant Leslie Stoddart, Non-Commissioned Officer in charge Transport for the Mission Support Flight, for exceptional motivation and dedication.



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

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# Auroras fly first missions over Libya

By Captain Jill Strelieff, Public affairs officer, **Sicily Air Wing** 

Sigonella, Italy - The CP 140 Aurora aircraft added to an impressive list of firsts, flying its first mission over Libya and its first strike coordination and armed reconnaissance-coordinator (SCAR-C) mission during Operation MOBILE.

September 22, crew from 405 Long Range Patrol Squadron, 14 Wing Greenwood, flew their first intelligence, surveillance and reconnaissance (ISR) mission over Libvan soil.

"The Aurora is a very capable platform which can be employed in a myriad of roles," said Captain Barrie Ransome, pilot with Sicily Air Wing CP 140 Aurora Flight. "The role of ISR is just an extension of the many other capabilities we can employ. It feels very rewarding to be able bring this capability to the mission, and knowing where these capabilities can take us in the future is very exciting."

It is a future that has been dramatically impacted by the Aurora's unmatched, and continually expanding, contribution to the operation.

Two long range patrol aircraft - one from 14 Wing and the other from 19 Wing Comox - began conducting

identify vessels in the embargo zone and relay that information to the NATO task group patrolling the waters off Libya. Demonstrating a combination of unique capabilities and a superior ISR data product, that role expanded to coastal patrols that allowed the Aurora to capture inland imagery of Libya's coastline, highways and command and control centres and then to missions directly over Libyan territory.

Imagery is captured by the Aurora's overland equipment mission suite, which allows the aircraft's crew to record three live video feeds from improved electro-optic infrared cameras. At the end of each mission, the imagery is analyzed and transmitted to the Combined Air Operations Centre (CAOC) 5 in Poggio Renatico, Italy so that they have a clear, precise picture of what's happening on the ground.

"The ISR package that we provide has been held up as the example within NATO for how intelligence reporting should be done,' said Major Scott Hale, Deputy CP 140 Aurora Flight Commander. "This is a testament to the professionalism of both the crews who capture the imagery and the personnel who analyze it afterward, and we are extremely maritime surveillance to proud of the capabilities

Building on these successful overland missions, the Aurora from 407 Long Range Patrol Squadron at 19 Wing flew the first Aurora SCAR-C mission October 1. During typical SCAR-C missions, aircraft fly over a specific geographical area in Libya to detect targets and coordinate an attack by striking fighter jets on the identified target.

"The benefit of the Aurora conducting SCAR-C missions is that we can sit over an area for a long time and build an accurate picture of activities and pattern of life, which allows better target identification and a more precise collateral damage estimate," said Hale.

"The Aurora aircraft is more than proving its worth through flexibility in operations over Libya. Its ability to loiter over an area for hours is critical to better understanding the complex picture on the ground, contributing to effective operations while maintaining NATOs zero tolerance for civilian casualties," said Brigadier General Derek Joyce, Commander of Task Force Libeccio in Naples,

controllers from CAOC 5 flew onboard the Aurora to provide positive identification of the target, conduct the collateral dam-



Captain Barrie Ransome, with the Sicily Air Wing CP 140 Aurora flying over Libyan coast during the first intelligence, surveillance and reconnaissance mission over Libya soil September 22; is a CP 140 pilot from 405 Long Range Patrol Squadron at 14 Wing Greenwood.

Image Corporal M. St-Amour, Image technician, Task Force Libeccio

municate directly with the fighter aircraft attacking the

The CP 140 Aurora will find itself tasked more frequently with this type of mission - fine by them.

The capabilities of the Aurora are extremely broad and flexible, which we've demonstrated on an international stage throughout Operation Unified Protect-

SCAR-C missions is one more step in the continuing expansion of our role, which is entirely due to the great work of our personnel.

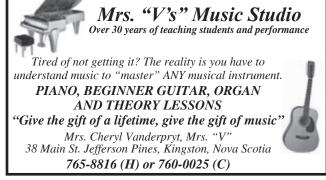
For the CP 140 Aurora Detachment in Sigonella, the sky's the limit.

Operation Mobile is the Canadian Forces' participation in Operation Unified Protector, the NATO-led effort, as authorized in U.N. Security Council Resolution 1970 and 1973, to impose upon Libya an arms embargo, a no-fly zone and to protect civilians and civilian-populated areas in Libya. Task Force Libeccio is the Air Component of Operation MOBILE and it is composed of the Task Force Headquarters, based in Naples; the Air Coordination Element, based in Poggio-Renatico; and the Sicily Air Wing, based out of two

age estimates, and com- or," said Hale. "Conducting locations in Sicily. There are approximately 400 personnel deployed to Italy as part of Task Force Libeccio. Sicily Air Wing is made up of four air operations flights and two close support flights, which include: a CP 140 Flight, based at Sigonella, Sicily; and a CF 188 Flight, a CC 150T Flight, a CC 130J Flight, an Operational Support Flight and a Mission Support Flight, all based at Trapani-Birgi, Sicily.

In addition to the support furnished to Operation Mobile by Task Force Libeccio, HMCS Vancouver is currently conducting presence and surveillance patrols under CJTF Unified Protector, through the NATO Maritime Component Commander and Combined Task Group (CTG) 455.01 deployed in the Mediterranean.





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# Greenwood part of Frontier Sentinel 11

personnel and government civilian agencies took part in the annual training exercise, Frontier Sentinel 11 (FS 11), focusing on maritime security fSeptember 20 through October 5 in the waters of the Northwest Atlantic, all the way to the Great Lakes.

FS 11 is a combined Commander U. S. Coast Guard

Atlantic Area, Commander U.S. Fleet Forces and Commander Joint Task Force Atlantic full scale exercise. This year's exercise is led by the U.S Coast Guard. The purpose is to conduct a maritime homeland security/ defence exercise in the Northwest Atlantic, Gulf of St. Lawrence, St. Lawrence Seaway and Great Lakes

response to mutual maritime threats. This is the first time the location of the exercise extended to the Great Lakes

scenario revolved The around an exchange of narcotics for guns from a U.S. fishing trawler to a private-

for transit through the St. Lawrence Seaway to the Great Lakes. The exercise challenged participants to develop multiple scenarios involving controlled takedowns both vessels.

Joint Task Force Atlantic organizations involved in

ters staff and the Maritime Forces Atlantic headquarters based out of Halifax, HMCS (Her Majesty's Canadian Ship) Goose Bay, a maritime coastal defence vessel, a CP-140 Aurora aircraft from 14 Wing Greenwood, and the Halifax-based

ernmental Marine Security Operations Centre (MSOC).

Frontier Sentinel 12 will be led by Joint Task Force Atlantic in Nova Scotia and along the U.S. eastern seaboard in May. The exercise will include mine counter measure and migrant vessel

# Putting the boot to Muscular Dystrophy

a.m., the 14 Wing Fire Service will hold a boot drive support of Muscular Dys-

The goal this year is to beat the 2010 total - \$2,663. Your generous donations

First thing October 14, allow the Muscular Dystrobetween 6:30 a.m. and 8 phy Services Team to assist phy Services Team to assist families in need of funding for essential mobility equipat all three base entrances ment, disorder information in its annual campaign in and education, advocacy and support. Muscular Dystrophy also funds leading research into treatments and cures for 100 neuromuscu-

# Santa getting set

Say hello to Santa, played by Jeff Pocock. Rehearsals are coming along well for the Greenwood Players' Christmas production of Santa and the Magic Bird. Make plans to see the show at the AVM Morfee Centre Nov. 22 through Nov. 26, 7 p.m. each night. There is a matinee performance Nov. 27 at 2 p.m.





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# **Changing duties**

Lieutenant-Colonel Ghislain Létourneau, 14 Wing Logistics and Engineering Officer, presided over the June 16 change of appointment ceremony for the Wing Construction Engineering Squadron. Major Judy Tromp relinquished her duties as 14 Wing Construction Engineering Officer to Major Allan Taylor. Tromp has since retired and assumed a Reserve position as the 14 Wing Logistics and Engineering Chief of Staff. Image Private Jessye Therrien, 14 Wing Imaging

# Looking for new volunteer Warm Line callers

By Leona Conrick, GMFRC provides families of de- and have good listening volunteer services manager

Are you looking for a way to give back to your community? Would you like to support families of deployed military members? Have you been through a deployment, enjoyed the support of the Warm Line callers and would like to be one yourself?

If you answered ves to any of these questions, then we at the GMFRC - and many deployed families are looking for your help.

The Warm Line program

ployed military members skills. support through outreach telephone calls during their loved one's absence. A Warm Line caller is a volunteer trained by the GMFRC to provide an outreach call to families of a deployed member. The call is a wonderful way to connect with the families and inform them about the programs and services of the GMFRC.

A warm line caller should have the ability to empathize and encourage, be able to adhere to confidentiality, be non-judgemental

Once trained, a warm line caller's time commitment is approximately two to three hours a month. This volunteer position is very flexible and may be completed at our centre or from the comfort of your own home.

We are always recruiting new members to become part of this important team. Training and support is provided to all of our volunteers. If you would like to know more about this or other volunteer opportunities, call Leona Conrick at 765-1494 ext 5938.



#### THE MUNICIPALITY OF THE COUNTY OF KINGS

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#### NOTICE OF PUBLIC HEARING

TAKE NOTICE that the Council of the Municipality of the County of Kings will be holding a PUBLIC HEARING on THURSDAY, OCTOBER 27, 2011 at 7:00 p.m. in the Council Chambers of the Municipal Complex, 87 Cornwallis Street, Kentville, NS. It is Council's intention to adopt the following proposed amendments to Bylaw 56, the Municipal Planning Strategy and Bylaw 75, the Land Use Bylaw for the Municipality of the County of Kings, which would affect certain areas of the Municipality:

#### (1) Rezoning a Portion of Land on Aylesford Road, Morristown (File 11-08)

Proposed amendments to rezone a portion of land located south of 6128 Aylesford Road, Morristown, NS (PID 55146831) from Forestry (F1) to Recreational Open Space (P2). The proposed rezoning is intended to legalize the campground use currently on this site.

### (2) Greenwood Wellfield Protection Plan (File F-3-

Proposed amendments to protect the groundwater, the source of drinking water for the Greenwood area, by restricting land uses that pose a risk of contamination. The location of the wellfield protection area is generally located in the southern area of Greenwood and into parts of Tremont.

Any interested persons who wish to speak on the proposed amendments are invited to attend and make their opinions known to Council. Written submissions to Council should be delivered to the Municipal Clerk at least two (2) days prior to the time of the Hearing.

A copy of the proposed Municipal Planning Strategy and Land Use Bylaw amendments may be inspected at Planning Services in the Municipal Complex, 87 Cornwallis Street, Kentville, NS, between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday, excepting holidays.

For further information, please contact Planning Services 690-6139 cbenedict@county.kings.ns.ca.

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Darlene Richards...3119 Debby Benda...3340 Connector. Hall was the first Nova Scotian to be awarded the Victoria Cross.

"Nova Scotia is a province of many firsts," says Premier Darrell Dexter. "Mr. Hall was the first Nova Scotian and the first African Canadian to receive this award, and deserves to be celebrated for his courage. He holds a special place in the province's and the country's history.

The province retrieved Hall's Victoria Cross medal from Britain in 1967. It is on permanent display at the Maritime Museum of the Atlantic in Halifax.



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### ~ Obituary ~

FIANDER, Kenneth Wayne "Ken" Greenwood, NS

FIANDER, Kenneth Wayne "Ken" - 77, of Greenwood, NS passed away Wednesday, October 5, 2011 in Soldiers Memorial Hospital, Middleton. Born in Halifax, he was a son of the late James and Gertrude (Barrett) Fiander. Ken retired from the Royal Canadian Air Force after 26 years and was a member of Royal Canadian Legion, Branch No. 98 Kingston and # 107 Valley Wing RCAFA. He was an avid Montreal Canadiens fan and the last surviving member of his immediate family. He is survived by his wife the former Mary "Molly" Hines, Greenwood; daughter, Carol Gillis, St. John, NB; sons, Robert "Bob" (Vicka) Fiander, Ottawa; Brian Fiander (Joy Blenkhorn), Wilmot; Shawn (Kathy) Fiander, Cole Harbour; grandchildren, Kenny, Laura, Erica, Beth, Lindsay, Kyle, Shamus, Brianna and 7 great grandchildren. Besides his parents, he was predeceased by daughter Sheila Creemer and several brothers and sisters. Visitation will be held 7-9PM Friday, October 7, 2011 in the Middleton Funeral Home, 398 Main St., (902) 825-3448 where funeral service, followed by cremation, will be held 11:00AM Saturday, October 8, 2011 with Rev. Deacon Don Boudreau officiating. A reception for family and friends will follow the service. Donations in Ken's memory may be made to the charity of choice. On-line guest book may be signed by visiting: www.middletonfuneralhome.com

# Getting a flu shot?

The flu

vaccine does not

- repeat, does

not - "weaken

your immune

system," nor

does it cause the

flu, nor does it

cause you to be

"sick all winter."

By Colin J Muise, RN, **Community Health** Nurse, 26 Čanadian Forces Health **Services Centre** 

What is the best way to protect yourself and your family from the flu? By getting the annual flu vaccine, of course!

In Canada, the regular flu

season usually starts in November and runs until April, with 10 per cent to 25 per cent of Canadians get-ting sidelined by the flu each year until the illness runs its course.

The flu is a highly contagious respiratory infection caused by

the influenza virus, spread through the air by coughing or sneezing and on surfaces we touch: doorknobs, countertops, etc. It typically starts as a headache, sore throat, chills and cough. Most often, it also includes a fever, muscle aches and fatigue. The symptoms usually last a week or more. Children may also suffer nausea, vomiting and diarrhoea, but these symptoms are very uncommon in adults: if an adult has nausea, vomiting and diarrhoea, it is very likely not the flu; rather, a viral gastroenteritis such as a norovirus.

The flu is most easily spread in crowded conditions such as schools, workplaces and public transportation. In addition to getting your flu vaccine, regularly washing your hands, keeping surfaces at home and at work (telephone, countertops and doorknobs) as clean as possible and covering your mouth (with the inside of vour elbow rather than your hand) when you cough also help limit the spread of the virus.

The flu vaccine causes your immune system to produce antibodies against three specific stains of the virus in the vaccine; when you are exposed to those strains of the virus, the antibodies will help prevent the infection. The flu vaccine does not – repeat, does not - "weaken your immune system," nor does it cause the flu, nor does it cause you to be "sick all winter." It is a dead vaccine and can not

cause the disease. If you are exposed to other strains of the virus (not in the vaccine) you may become infected, but the severity and duration of the infection is normally limited. In other words, you will likely be less sick and you will likely be sick for a shorter period of time.

Health Canada recommends the flu vaccine for

followthe ing high risk people: children aged six to 23 months, adults children with chronic heart or lung disease (asthma, COPD, etc), anyone living in a nursing home or chronic care facility, people 65 years of age

older, people with chronic conditions (diabetes, anaemia, cancer, immune suppression, HIV or kidney disease, etc), children and adolescents on long-term acetylsalicylic acid (ASA) therapy, healthcare workers, other caregivers and household contacts capable of transmitting influenza to the above "at-risk" groups; pregnant women, in any tri-

The Canadian Forces surgeon general strongly recommends anyone who wants to protect themselves and their family from the flu get the influenza vaccine. Since the H1N1 season in 2009, Nova Scotia recommends the flu vaccine and has been providing the vaccine free of charge to all interested in protecting themselves and their family from the flu.

In the local area, the flu vaccine will soon be available for civilians through your family physician check with your doctor's office to obtain more information. For military mem-



# Think, live fire safety

October 9 through 15 is Fire Prevention Week, and 14 Wing Greenwood's fire service encourages everyone to heed the week's theme, "Protect Your Family from Fire." Wing Commander Colonel Jim Irvine, right, and Fire Chief Captain Bruce Paradis, second from right, were joined by Sparky and Wing Chief Warrant Officer Jim Jardine to proclaim the week's schedule of official events and tours on the base. Fire tragedies have touched the lives of many people in one way or another, all ages, all lifestyles. To minimize the danger of fire, we all must work together. From installing smoke detectors - and testing them on a regular basis, to planning and practicing fire escape drills at home, everyone can play a role in preventing tragedy. Fire services personnel practice this every day, and encourage community members to promote and practice fire safety at home and on the job. Image Corporal P.Evans, 14 AMS Wing Imaging

clinic at 26 Canadian Forces until the end of November Health Services. Aircrew are reminded they are grounded for 36 hours after all immunizations. Everyone who receives any vaccines, including influenza, are reminded they should remain in the medical clinic for 15 to 20 minutes afterwards to ensure they have access to medical attention should they have an adverse reaction. For military members, the flu vaccine is now available at the immunization clinic during normal immunization clinic hours: Monday, Wednesday and Friday, 9 a.m. to 11:30 a.m. Starting October 11, the bers, the vaccine is provided vaccine will also be availthrough the immunization able each Tuesday afternoon

between 1:30 p.m. and 3

Questions regarding the flu or other vaccines may be addressed to Colin Muise, RN at the immunization clinic, 765-1494 local 5613.

Information was compiled from the Canadian Forces *'Combat the flu – Get your* shot!" pamphlet and "Fighting the Flu" article by Ylva Van Buuren, published in the Nov/ Dec 2006 edition of Stitches for Patients.









Cordell Levy of Kingston, being presented with a Minister of Veterans Affairs Commendation by Eve Adams, parliamentary secretary to the minister of veterans affairs. Image submitted

# Local veteran recognized for on-going service

Twelve Nova Scotians lasting difference with active member of the Cawere honoured September 13 for their commitment and dedication to veterans.

Eve Adams, parliamentary secretary to the Minister of Veterans Affairs Steven Blaney, presented these individuals with the Minister of Veterans Affairs Commendation during a ceremony in Hali-

"These twelve individuals are making a real and

The Aurora

their service and dedication to our nation's truest heroes," said Blaney. "On behalf of all Canadians, I am proud to be able to acknowledge their extraordinary efforts in helping to provide the care and recognition our veterans and their families deserve."

Among those oured was Cordell Levy of Kingston, a Canadian Forces veteran. He is an

nadian Association of Veterans in United Nations Peacekeeping and has held many positions, including chapter secretary, chaplain and president. As chaplain, he presides over all ceremonies of remembrance, conducts funerals and remains in contact with members who are ill. Levy provided chaplain services at CAVUNP's biennial convention in 2010. Levy is a

licensed barber and, at his own expense, provides his services to veterans who reside in the veterans wing of his local hospital. He also assists veterans with preparing benefit documents. He is also a member of the Royal Canadian Legion.

The Minister of Veterans Affairs Commendation includes a bar, which can be worn below official decorations on a veteran's blazer, as well as a lapel pin for civilian wear and a certificate. The Commendation is presented to individuals who have contributed to the care and well-being of veterans and to the remembrance of their contributions, sacrifices and achievements. It is intended primarily for veterans, but in some circumstances may also be awarded to non-veterans. Nominations may be submitted at any time and are reviewed annually by an advisory committee.

Please be advised that we have created new e-mail accounts to better handle your inquires.

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

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## **NOTICE**

The Village of Greenwood will be moving the regularly scheduled monthly meeting

from October 19 for this month. The meeting will instead be held on October 26, 2011 at 9 a.m. at the Village of Greenwood office, 904 Central Avenue, Greenwood, NS



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.



: Facebook.com/GMFRC



#### **VOLUNTEERING**

#### **OPPORTUNITIES**

- Administrative Support
- Tutors

Page 8

- Special Events Assistants
- Second Language Services committee members
- Warm Line Callers
- Support our Troops Promoter
- Fundraising Committee Members
- Greenwood Mall Farmers Market booth organizer/attendants

#### CHECK OUT THIS FREE **ACTIVITY FOR VOLUNTEERS & DEPLOYED FAMILIES!!**

#### **SPOOKTACULAR** HALLOWEEN PUMPKIN CARVING!

Saturday, October 22

2:00 - 4:00 p.m. FREE at the GMFRC

Register by: Wednesday, October 19

Please join us for a fun-filled afternoon of pumpkin carving and Halloween themed snacks. We will provide all that you need and you can take your pumpkin home at the end of the day. Please pre-register to ensure that we have enough supplies for everyone. Hope that you and your family will be able to attend!

#### **PARENTS**

#### PARENTING THROUGH DEPLOYMENT

Wednesday, October 19

10:00 a.m. – 12:00 p.m.

FREE at the GMFRC

Register by: Friday, October 14 Parenting can be even more difficult

when your family is preparing for a deployment. We will discuss the importance of connection during deployment, preparing the deploying parent, and parenting on your own. Families attending this workshop will receive resources to take home that will help make parenting through deployment a little easier.

#### **EMERGENCY CHILDCARE** INFORMATION SESSION

Tuesday, October 25

6:30 - 7:30 p.m. FREE at the GMFRC

Register by: Thursday, October 20 Are you prepared for an emergency?

We will discuss the importance of having an Emergency Childcare plan in place. Don't wait until the last minute to find out if your childcare arrangements are adequate. Childcare will be provided on site FREE of charge for families attending this session by GMFRC Volunteers.

\*Let us know if you require childcare.

#### FRANCOPHONE

#### **SOUPER FRANCO-FEMMES**

Jeudi le 24 novembre

18 h au restaurant Black Trumpet Cafe, à Berwick

Le coût de votre repas

Date limite d'Inscription : lundi le 21 novembre

Le mois de novembre peut parfois être long...Alors, c'est le moment idéal pour se réunir entre femmes francophones et passer une belle soirée! Venez passer une soirée sympathique entre filles avant que ne commence le tourbillon des Fêtes!

#### **ADULT**

#### **HOLIDAY CARDS**

Monday, October 17 6:30 - 9:00 p.m.

**GMFRC** 

\$10.00 (3 projects)

Register by: Thursday, October 13 Join us for a fun crafty night of holiday card creations! Enjoy creating three special and unique projects that can be used as a wonderful gift or added touch to your holiday giving.

\*Drop in to take a peek at the cards on display at the GMFRC...they are absolutely beautiful!

\*See Defensive Driving Course under School Age/Youth section.

#### **SCHOOL AGE/YOUTH**

#### **BABYSITTING COURSE**

Friday, October 28

8:00 a.m. - 4:00 p.m. Children aged 11 years and up

\$25.00 per child

Register by: Friday, October 14 Each participant must pass an exam at

the end of the session to receive their St. John's Ambulance Babysitting

#### HOME ALONE PROGRAM Wednesdays,

November 9, 16, 23, & 30

6:00 - 8:00 p.m.

Children aged 9 years and up \$20.00 per child

Register by: Thursday, November 3 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.

#### **DEFENSIVE DRIVING** COURSE (DDC)

Monday & Tuesday, December 5 & 6

5:30 - 8:30 p.m.

GMFRC Illingworth Room

Register by: Thursday, December 1 \*In honour of Safe Driving Week, this course is FREE at the GMFRC!! \*Priority given to military families.

#### **DEPLOYMENT**

#### RESPITE CHILDCARE

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

Saturday, October 29

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

Register by: Thursday, October 27 Saturday, November 5

10:00 a.m. - 5:00 p.m. Register by: Thursday, November 3

**Saturday, November 19** 10:00 a.m. – 5:00 p.m.

Register by: Thursday, November 17

#### CHILDREN'S **DEPLOYMENT SUPPORT GROUP**

Sunday, November 6 1:00 – 2:30 p.m.

FREE at the GMFRC (3 - 12 years)Register by: Thursday, November 3

SEE FREE ACTIVITY UNDER **VOLUNTEER SECTION!!** 

#### FAMILY COOKING CLASS TASTES OF DEPLOYMENT

Thursday, November 3

6:00 - 8:00 p.m.

Sobeys Community Room \$7.50 Deployed family members, \$15 non deployed family members

Register by: Monday, October 31 Tastes of Italy, Afghanistan, and Alert. Never use baking soda to substitute for a fire extinguisher.

# T&S Clothing, Promotional Signage & Printing

778 Main St., Kingston 765-8655 www.tands.ca

Don't put your ashes in a green bin. Keep them in a fireproof container to avoid a house fire.

## Foster's Fire & Safety Ltd.

5943 Highway #1, Cambridge 538-7214 www.fostersfireandsafety.com

Smoke alarms are the first line of defence against a deadly fire

#### Steve Morse Heavy Towing Light Roadside

24 Hour Service • 902-825-7026 www.morsetowing.ca

Faites nettoyer et inspecter votre foyer au bois chaque année.

### **B&D Carpets** & Flooring Ltd.

50 School St., Middleton 825-4522

Never use an outdoor grill such as a gas or charcoal grill, indoors.

#### Village of Greenwood

904 Central Avenue, Greenwood 765-8788

# 14 Wing Greenwood Fire Services Services d'incendie de la 14e Escadre de Greenwood



Protect Your Family From Fire

It's Fire Prevention Week
October 9-15, 2011

### Protégez votre famille contre les incendies

C'est la Semaine de la prévention des incendies octobre 9-15, 2011

#### **Fire Prevention Week Schedule**

#### **Tuesday 11 October**

**Dwight Ross Elementary** 

0830 - 0900 Primary/Grade 1 0915 - 0945 Grade 2/3 1105 - 1135 Grade 4/5

École Rose-des-Vente 1215 - 1400

#### **Thursday 13 October**

**Morfee Annex** 83A 0930 - 1030

#### **Wednesday 12 October**

Morfee Annex 83A

0930 - 1030 1330 - 1430

**Military Family Resource Centre** 1100 - 1145

#### Friday 14 October

Dwight Ross Pre-school 0930 - 1030

# Semaine de la prévention des incendies Programme

#### Mardi 11 octobre

École élémentaire Dwight Ross

8 h 30 - 9 h Primaire/1e année 9 h 15 - 9 h 45 2e/3e année 11 h 5 - 11 h 35 4e/5e année

École Rose-des-Vents 12 h 15 - 14 h

#### Jeudi 13 octobre

**Annexe Morfee** 83A 9 h 30 - 10 h 30



#### **Mercredi 12 octobre**

**Annexe Morfee** 83A 9 h 30 - 10 h 30 13 h 30 - 14 h 30

Centre de ressources pour les familles des militaires 11 h - 11 h 45

#### Vendredi 14 octobre

**École préscolaire Dwight Ross** 9 h 30 - 10 h 30

Various fire drills will be taking place during Fire Prevention Week throughout the wing.

Plusieurs exercices d'évacuation en cas d'incendie auront lieu
dans l'escadre tout au long de la Semaine de la prévention des incendies.

### Use ashtrays with a double rim and deep centre.

#### **AA Munro Insurance**

Auto, Commercial, Financial, Property Bridge St., Greenwood 1-877-464-7121 Keep cooking areas clean and clear of cloths, pot holders, towels etc.

#### Diana Brothers. Warden

Councillor - District 6 Municipality of the County of Kings Kentville, NS Ph: (902)690-6132 www.county.kings.ns.ca

Débrancher vos appareils électroménagers quand vous ne les utilisez pas.

#### Andy's Tire

473 Main St., Kingston 765-6348

Utilisez des cendriers suffisamment profonds et munis d'un double rebord.

Leo Glavine, MLA Kings West

780 Central Ave., Greenwood 765-4083

Don't overload electrical circuits.

#### Valley Drug Mart Pharmasave

Middleton • 825-4822 Kingston • 765-2103 Lawrencetown • 584-3366 Home Health Centre Kingston & Middleton

Turn pot handle inwards so they can't be bumped and children can't pull the pot off the stove.

### **Country Stoves** and Sunrooms

3319 HWY #1, Aylesford 847-3494 • Toll Free 1-877-847-3494

Make sure that everyone in your home knows what the smoke alarm sounds like and knows how to react when they hear it.

#### Fraser's Pro HomeCentre

Hwy #1, Kingston 765-3111 www.frasers.ca

Désignez un lieu de rassemblement à l'extérieur, en cas d'incendie.

#### David A. Proudfoot Barrister • Solicitor • Notary

811 Central Ave., Greenwood 765-3301 dap@davidproudfoot.com Have wood fireplaces cleaned and inspected annually.

#### Best Western Aurora Inn

831 Main Street, Kingston 765-3306



# Search and rescue crews test their mettle

By Captain Bertrand Thibodeau, 413 Transport and Rescue Squadron

Summerside, P.E.I. From September 26 to October 1 Search and Rescue (SAR) crews from across the country and the United States gathered in Summerside, in order to participate in 413 (Transport and Rescue) Squadron's annual Search and Rescue Exercise (SAREX).

Crews from 413 Squadron, 103 Squadron (Gander), 39 and 304 Rescue Squadron (USAF RQS), Civil Air Search and Rescue Association (CASARA), the Canadian Coast Guard (CCG). and Canadian Coast Guard Auxiliary (CCGA) met to train and exchange best prac-

SAREX is an annual 413 Squadron exercise that tests the unit's deployability in response to a major search and rescue incident. Both CH-149 Cormorant and C-130 needs of those in distress.'

Hercules fleets deployed, along with their maintenance crews and headquarters support staff.

SAREX is an excellent opportunity for crews to take part in challenging training scenarios - this year was no exception. Thanks to the great support of the CCGA, crews were able to participate in valuable cross training during the day and at night, as helicopters hoisted personnel on and off ships at sea and Hercules aircraft provided top cover and flare illumination.

"The tremendous efforts from CASARA and the CCGA were crucial in making this year's SAREX the success that it was" says Lieutenant-Colonel Guy Leblanc, commanding officer of 413 Squadron.

"This week's training was a great opportunity for 413 Squadron to demonstrate its ability to operate as one with its partner organizations, and its readiness to respond to the



103 Squadron and 413 Squadron Cormorants, along with 304 RQS and 413 Squadron Hercules aircraft, on the ramp at the Summerside airport. Image Corporal M.Spence

# 405 family

405 Squadron held its annual family day event at 11 Hangar, 14 Wing Greenwood, September 25, allowing members' family a closer look at where they work. An invitation was also extended to the families of 31 Military Police Flight and 1 Dental Unit Detachment members. The day's events included familiarization flights, a visit to squadron workspaces, a MP vehicle and fire truck, children's activities and a barbecue for all.

Images Corporal P.Evans, 14 AMS Wing Imaging



Dawson Evans gets an inside look at Military Police officer Corporal Watson's patrol car.



Private Sean Rogowsky, an Airbourne electronics sensor operator and his wife, Melanie, during their flight on the Aurora.



Joshua Whitaker takes it all in.





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Bill Sampson, President



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George Milligan Financial Sales Manager



Heather Veinot General Manager



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TRACTION MP3/USB AVAILABLE CONTROL COMPATIBLE ECOBOOST 12.7L/100 km 22 MPG HWY 18.3L/100 km 15 MPG CITY

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ELIGIBLE CUSTOMERS GET \$1,000 COSTCO INCENTIVE & \$2,500 RECYCLE YOUR RIDE INCENTIVE

INCLUDES \$6,000 IN MANUFACTURER REBATES.

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LEASE FOR ONLY

TRACTION MP3/USB 4WD FOUR-WHEEL CONTROL DRIVE







Hurry in and get winter ready. Only at your Atlantic Ford Store.

Drive one.

atlanticford.ca

### 'Roadeo' round-up Greenwood drivers part of Team Atlantic's national title

By Sergeant Shawn Crowder

CFB Halifax hosted the Canadian Forces Safe Driving Championship from August 28 to September 1.

More commonly known as "the roadeo," this marked the first time the national competition was held in Halifax since it was brought back into existence in 1981. The competition fosters safety and encourages all military and civilian drivers to perfect and demonstrate professional skills in a friendly - but challenging - competition.

More than 220 participants came from across Canada from the four regions - Atlantic, Eastern, Central and Western - to run the events' five classes for 78 competitors on the decommissioned runway at 12 Wing Shearwater. Team Atlantic included competitors, administrative and logistics staff and judges from 3 ASG Gagetown, CFB Halifax, 14 Wing Greenwood and LFAA Reserve

The first day of competition started with a written test, followed by a physical vehicle inspection test of the vehicle they competed in. The remaining days were spent showcasing driving skills.

Privates Darren Rector and Timothy Conway



From left are Chief Warrant Officer Martin Bilodeau, D Mil C Ottawa, NDHQ, "rookie of the year" Don Furlotte, Master Driver, from Canadian Forces Base Greenwood with 50 years of collision-free driving; and Major Neil Glockling, DTN Ottawa.

Image Corporal N.Coutinho, 12 Wing Imaging Services

represented 14 Wing in the Route Discipline event, which uses navigation skills, use and marking of map coordinates. At check points, they were required to carry out various scenarios, from the proper techniques to boost a vehicle to identifying airbrake components, and even some first aid techniques. This was the men's first time competing in the roadeo and they took home a lot.

At the event's awards banquet, Team Atlantic was top region, having dethroned the Central Region, the winners of the previous three championships. The High Aggregate trophy was presented to Atlantic Region Team Leader Sergeant Shawn Crowder, 14 Wing Greenwood, and is currently on display at the Transportation & Electrical & Mechanical Engineering Squadron canteen in 8 Hanger here in Greenwood

The highlight of the awards banquet was when Don Furlotte, 14 Wing Greenwood, was presented with the first Master Driver (Platinum) award recognizing 50 years of collisionfree driving while employed in the military.

The Canadian Forces Safe Driving Competition will be back in Halifax again next year

# Francophone et fier de l'être

Par Danielle Brochu, Adjointe des services de langue seconde au CRFMG

Être francophone dans un milieu majoritairement anglophone comporte de nombreux défis. Le fait de déménager loin de sa famille et de ses amis est une épreuve en soi, mais c'est encore plus

pourquoi le Centre de ressources pour les familles militaires de Greenwood (CR-FMG) organise des activités pour les familles militaires francophones afin de créer une occasion de se rassembler et de réseauter.

Depuis plusieurs mois, j'ai la chance de travailler à temps partiel comme addifficile lorsque la langue jointe des services de langue

m'ont permis de rencontrer de nouvelles familles francophones et de constater à quel point il est important de pouvoir vivre dans sa langue première mais aussi d'avoir 'ouverture d'esprit nécessaire à l'apprentissage d'une langue seconde. En effet, mon mandat consiste également à coordonner les cours

nous est étrangère. C'est seconde. Ces derniers mois de langues secondes offerts par le CRFMG. Ces derniers sont une incroyable opportunité d'apprentissage offerte gratuitement aux familles du personnel des Forces canadiennes par le Centre de ressources pour les familles militaires de Greenwood. Pourquoi ne pas en profiter pour faire vos débuts avec la langue anglaise ou pour

parfaire vos acquis? L'intégration dans la communauté n'en sera que plus facile.

Pour de plus amples renseignements sur les prochaines activités francophones ou au sujet des cours de langues secondes, n'hésitez pas à venir me rencontrer au ĈR-FMG ou à me contacter au 765-1494 poste 5276 ou par courriel à danielle.brochu@



#### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### **TENDER 11-32**

#### Pump Station Upgrade — RG6

The Municipality of the County of Kings, Engineering and Public Works invites tenders for construction services for the retrofit of Pump Station RG6, located in Kentville, NS.

Specifications and tender forms may be viewed and picked up beginning October 6, 2011 upon receipt of a \$50.00 non refundable deposit at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at 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 Supervisor, bmaclellan@county.kings.ns.ca (678-1807), Matthew Sponagle, CET, Engineering Technologist, msponagle@county.kings.ns.ca (690-2454).

#### SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, OCTOBER 27, 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) 690-6195 Fax: (902) 679-0911 Toll Free: 1-888-337-2999 www.county.kings.ns.ca



#### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### **TENDER 11-31**

Winter Maintenance Services — **Municipal Complex** November 1, 2011 to October 31, 2012

The Municipality of the County of Kings, Engineering and Public Works invites tenders for work that includes, but is not limited to, the control of snow and ice (including supply and placement of salt and sand) on the parking areas and road entranceways for the Municipal Complex and Operations Garage for a one

Specifications and tender forms may be viewed and picked up beginning October 6, 2011 upon receipt of a \$25.00 non refundable deposit, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Tim Bouter, P. Eng.; Supervisor of Engineering Services, tbouter@county.kings.ns.ca (690-2219) or Tanya Oickle; Engineering Support Clerk, toicke@county.kings.ns.ca (690-6164).

#### **SEALED TENDERS WILL BE ACCEPTED UNTIL** 2:00PM THURSDAY, OCTOBER 27, 2011

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

# Francophone, and proud of it

By Danielle Brochu, **Greenwood Military Family Resource** Centre second language services assistant

Being a francophone in a predominantly anglophone environment presents a number of challenges. Moving far away from family and friends is hard enough as it is, but it's even more difficult when you don't know the language. The Greenwood Military Family Resource Centre (GMFRC) organizes activities for francophone military families so people have an opportunity to get together and socialize.

I have had the pleasure of language services assistant. The past few months have given me the opportunity to meet new francophone families and brochu@forces.gc.ca.

see just how important it is to be able to live in your first language. I have also been able to appreciate how open-minded a person needs to be to learn a second language. Part of my job consists of coordinating the second-language courses offered by the GMFRC. The courses are given free of charge to the families of Canadian Forces personnel and are a wonderful learning opportunity. You can begin learning English or perfect the skills you already have. Developing a facility with the language will make integrating into the community much easier.

For information on upcoming francophone activities or working part-time as a second on second-language courses, come and see me at the GM-FRC, or contact me at 765-1494 local 5276 or Danielle.

# Kingston Legion

#### Sunday, 1:45 p.m. Tuesday, 7:30 p.m. Regular Games - \$100

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

#### Consolation \$300

Double Action

Lic.# 115910-08

### The 19th Hole

By Wendy Richardson

Who knew September would bring our summer weather! My goodness: 28 degrees in September - never mind, we will take it.

September 24 was the closing tournament for the Tuesday Night Men's league. About 40 minutes before the guys were finished, it absolutely poured. Normally, the guys would say it never rains on the course; this time, they were soaked, no telling that tale this time. There were 58 guys out to play the four-man scramble. The big winners were Steve Lake, Nel-

son Mullen, Doug McEwan and Phil Allan. "KPs" were won by #3, Randy Anderson; #8, Stu Nauss; #11, Team Nauss (again) and #13, Al Doyle. There were only two skins, Randy Anderson's team and Ian MacKenzie's team. Everyone got a prize: the best of all was the free membership won by Brent Jones. When it got down to the final 12 prizes, Tom Litsas still had four chips in the can, and he walked off with two great prizes. Special thanks to all sponsors who donated prizes and helped make this tournament such a success. Todd Taylor from Middleton Home Furniture donated a swivel/ rocker recliner and everyone had two shots at trying to get closest to the pin on #18 from 100 yards out. In the end, Doug Carpenter won the chair. Thanks to Hazel and Wendy for standing out in the rain to run this event. The guys were treated to a steak BBQ. Thanks to the kitchen staff for helping with the meal. Special thanks to Sandra, Margie and Wendy, who helped with registration and scoring. Hats off to Scotty and Doug for doing a great job with the tournament and for running the league all vear

The ladies held their Lonely

Bull tournament September 25, and the winner was Erma Rains. Just like the guys, everyone got a prize and, after the golf, we were treated to pizza and a delicious cake. I must tell a little story: I golfed with Dawn Fraser and we were on #7 and it looked like she was blocked by the big tree on the left of the fairway, about 100 yards from the green. I heard her say, "Keep an Eye for this." I looked at the tree and could see a couple of spots in the middle where the sun was shining through. You guessed it: she went through one of them and didn't even touch a leaf, ending up beside the green, pin-hi! That was a shot! The ladies held their annual meeting and the new president for next year is Gail Croucher, vice is Cyndi Landry, secretary/ treasurer Sue Burke, handicaps Sandra Cathcart and Sheila and Donna have agreed to do the tournaments again next year. Yours truly will be doing the publicity. Betty Saltzman was thanked for her two years as president and Gail presented her with a gift on be-

half of the ladies. September 28 was the windup night for the Wednesday Ladies League. I did hear 20 ladies were in attendance and, after the golf, they had a delicious meal and Betty treated everyone to apple crisp and ice cream. Then they had the usual Christmas gift swap/ exchange/ steal. I understand several gifts were coveted by a lot of the women: a fleece blanket, Christmas ornaments, candles, wine - lots of fun. One of the highlights was the towel with the embroidery, "Ladies of the Night, ZX 2011." This was a nice league keepsake.

The date for the cross country has changed! It is now October 22, and the sign-up sheet is on the bulletin board. For those who don't know what the cross country is, you tee up on the #1 ladies tee box, but you hole out on #3 (through the driving range). Then you tee it up on #4 tee box, but you hole out on #5....and so on. It is not easy, but it IS a lot of fun - especially when you have to putt through the toilet seat on #17!?

Nice to see that the #15 men's tee box is being levelled and will soon have sod laid.

Don't forget the annual meeting is October 16 at 2 p.m. This is the time to voice your concerns and show your support for the club. Don't forget to get your \$10 tickets for the three-year free membership. The draw will take place at the

### Together they have found a friendship raised a Family and built a beautiful marriage. 50th Wedding Anniversary The children of

#### Lawrence and Louise Freeman

invite you to participate in the celebration of our parents 50th Anniversary on Saturday, October 15th, 2011 at the Kingston Fire Hall for an open house from 2-4 p.m.

~ Best Wishes Only ~



#### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### NOTICE TO RESIDENTS **GREENWOOD WATER UTILITY -HYDRANT FLUSHING**

The Municipality of the County of Kings wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed from October 11 to November 10, 2011 inclusive. As a result of this work, customers may experience low water pressure or discolored water during this period. This condition may cause staining of clothing during Customers should flush their own lines by allowing the water to run for about ten minutes or until water clears.

Flushing of the water system is conducted each year to maintain and improve water quality in the utility's piping. The Municipality apologizes for the extended period of time required to perform this work and any inconvenience it may cause. Extra servicing is needed at this time to maintain water quality.

Bill MacLellan, Operations Supervisor bmaclellan@county.kings.ns.ca

> ) 678-1807 Fax: (902) 690-2212 Toll Free 1-888-337-2999 Tel:(902) 678-1807 www.county.kings.ns.ca

### Health auxiliary appreciates support The Kingston & District auction in support of Annapo-

Health Auxiliary expresses heartfelt thanks for the turnout September 24 (in the rain) to its ticket auction, sponsored by the auxiliary and the Bank of Nova Scotia in Greenwood.

Not only did six bank staff volunteer that day (they were the ladies in bright red!), the bank itself will match whatever the auxiliary made on the auction November 18.

lis Valley Health projects. The public, coming in from the rain, brightened volunteers'

Last but not least, a big thank you to the auxiliary volunteers and associate members who worked at the auction. The group looks forward to its coffee party and silent

### Community Council 2011/2012

With APS behind us I would like to take this opportunity to introduce you to your community council for 2011/2012. This year we have added an exciting new aspect to our council. For the first time ever we have two members that will represent the community at large, outside the 'PMQ Patch'.

Your ward representatives serve you in two ways. Firstly, if there is an issue in your neighbourhood that you need some help resolving your Ward Rep is your first line of defence. Secondly, your Ward Rep is your voice on the Wing regarding the community that we all live in. If you have a thought, idea, proposal or concern, please do not hesitate to get in touch with anyone on the list.

At this time I would also like to announce this year's Halloween Decorating Contest. Halloween night we will be doing the rounds along with all the little ghosts and goblins to evaluate your decorations. The most impressive RHUs will receive cash prizes!

\$250 for first place, \$150 for second, and \$100 for third so get creative and be spookily impressive!

#### Le Conseil communautaire 2011/2012

La période des affectations est maintenant derrière nous et je voudrais prendre cette occasion pour vous introduire au Conseil communautaire pour l'année 2011/2012. Cette année nous avons ajouté un nouvel aspect à notre conseil. Pour la première fois, nous avons deux membres qui vont représenter la communauté à l'extérieur des unités de logement résidentiel.

Les représentants de quartier peuvent vous aider de deux façons. Premièrement, s'il y a un problème dans votre quartier auquel vous avez besoin d'assistance, votre représentant de quartier est là pour vous aider. De plus, cette personne vous représente à l'Escadre en tout ce qui concerne votre communauté. Si vous avez des idées, des questions, ou des inquiétudes, s'il-vous plait n'hésitez pas à contacter qui que ce soit sur la liste.

J'aimerais aussi prendre cette opportunité pour annoncer le concours de décorations d'Halloween 2011. Les participants avec les décorations les plus impressionnantes auront la chance de gagner un premier prix de \$250, un deuxième prix de \$150, et un troisième prix de \$100. Les gagnants seront sélectionnés durant la soirée d'Halloween.

Bonne chance et au plaisir de vous voir dans notre communauté.

Good luck and see you around our community.	
President	Maj Mike Peters (3560)
V/President	Capt Etienne Gignac-Bouchard (3182)
Ward 1	Cpl Stephen McNeil (5206)
	MCpl James Saunders (3489)
Ward 2	MCpl Doug Junkin (3277)
	Cpl Darrly Knott (3239)
Ward 3	WO Glen Goodall (3308)
	Pte Richard Morrison (5882)
Ward 4	Cpl France Durand (5533)
	Sgt Paul Green (3389)
Ward 5	Pte Jason Ross (3801)
	Cpl Guy Durand (3314)
Ward 6	MCpl Tyler Feindel (3801)
	Sgt Ken Riles (3143)
Member-at-Large	Cpl Jennifer Kusche (3389)
	Cpl Michael Weir (3034)
Pet Control Officer	Capt Cabot [Ward 3 Alternate] (3210)
	Cpl Traci Ketchum (3801)
Special Events Coordinator	Capt Eric Duquette (deployed)
	MCpl Julia White (5789)

r	
<b>■</b> Président	Maj Mike Peters (3560)
V/Président	Capt Etienne Gignac-Bouchard (3182)
Quartier 1	Cpl Stephen McNeil (5206)
i	CpIC James Saunders (3489)
Quartier 2	CpIC Doug Junkin (3277)
i	Cpl Darrly Knott (3239)
Quartier 3	Adj Glen Goodall (3308)
i	Sdt Richard Morrison (5882)
Quartier 4	Cpl France Durand (5533)
i	Sgt Paul Green (3389)
Quartier 5	Sdt Jason Ross (3801)
i	Cpl Guy Durand (3143)
Quartier 6	CpIC Tyler Feindel (3801)
i	Sgt Ken Riles (3143)
Membres hors cadre	Cpl Jennifer Kusche (3389)
i	Cpl Michael Weir(3034)
Responsables des animaux	Capt Cabot [intérimaire quartier 3] (3210)
1	Cpl Traci Ketchum (3801)
Coordinateurs d'événements	Capt Duquette (deployed)
spéciaux.	CpIC Julia White(5789) Q

necessary. Retailers may se Caravan Cargo Van, Journe Clude those that had entereners Digest Communication. Eligible customers include

**PURCHASE THE 2011 RAM 1500 QUAD CAB SXT 4X4 FOR** 

# \$22,995

THE 2011 RAM CLEAROUT AT OUR BEST PRICE OF THE YEAR:



**PURCHASE PRICE INCLUDES \$10,750 CONSUMER CASH.\*** 



#### OR CHOOSE

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

PURCHASE FOR

\$25,995

INCLUDES \$10,001 CONSUMER CASH.\*

- HEMI® V8 power with V6 fuel economy®
- Remote keyless entry 17" aluminum wheels
- SIRIUS® Satellite Radio (includes one year of service)
- Temperature and compass gauges
- Premium interior door trim
- Overhead console Power sliding rear window

2011 Ram 1500 Crew Cab Laramie shown.§

NO CHARGE HEMI® ENGINE

#### **2011 RAM HEAVY DUTY**

CANADA'S #1 SELLING DIESEL PICKUP\*

NO CHARGE CUMMINS® TURBO DIESEL ENGINE

\$9,345 VALUE



RETURNING LEASE CUSTOMERS, GET \$1,500 LOYALTY CASH."

RamTruck.ca/Offers











# **FOR YOUR INFORMATIO**

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

#### Luncheon

October 11, the Kingston Lions hold their monthly community luncheon at the Lions' hall, 11:30 a.m. to 1 p.m. Roast beef and apple crisp, \$8 (\$8.50 delivered: call 765-2128). Proceeds for Lions' charitable work

Writing group

October 12 and 26: Authors Ink, a creative writing group,

meets 10 a.m. to noon at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Admission \$3 per person, with proceeds to the museum. All welcome. Phone 825-6116 for information.

Supper

October 13, there will be a creamed lobster or roast beef dinner with all the fixings, 4:30 p.m. to 7:30 p.m. at the Family

LIBRA - Sept 23/Oct 23

Sometimes you don't think before

you speak, Libra. Avoid blurting out

the first thing that comes to mind.

Friends and family may forgive

Big plans are in the works

that will require your supreme

organizational skills, Scorpio.

Others actually look to you to

plan all of their events because

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, baiting someone into

an argument seems to be your

modus operandi this week. This is

certainly no way to win favours with

anyone. Think this tactic through.

Capricorn, save some time

for romance and relaxation. A

special someone could be feeling

neglected lately and will need

Accept help graciously, Aquarius.

Such help is not always easily

some quiet time with you.

AQUARIUS - Jan 21/Feb 18

CAPRICORN - Dec 22/Jan 20

of your talents.

you, but coworkers might not.

SCORPIO - Oct 24/Nov 22

Life Centre (across from the Middleton fire hall. Proceeds for new Middleton community hall and fire hall. \$15 adults, under 12 \$8

VAST meeting
October 13, the Valley Autism Support Team (VAST)
presents Dr. Bryan J. Rade, Naturopathic Doctor, at its meeting at the Kingston Elementary school, 6:30 p.m. to 8:30 p.m. Rade will talk about treating patients on the Autism Spectrum from the biomedical approach, using dietary, nutritional, supplemental and neutraceutical interventions based on the Autism Research Institute's Defeat Autism Now training. VAST invites anyone with an interest in Autism Spectrum Disorder to attend. For information, call 825-2588 or visit www.annapolisvast.ca.

#### **Boot drive**

October 14, 6:30 a.m. to 8 a.m., the 14 Wing Fire Service will hold a boot drive at all three base entrances in its annual campaign in support of Muscular Dystrophy. Help families in need of mobility equipment, disorder information and education, advocacy and support. Muscular Dystrophy also funds research into treatments and cures for 100 neuromuscular disorders.

Hike

October 14, Hike Nova Scotia and the Valley Trekkers Volkssport Club present a guided walk in Kingston, 6 p.m. Participants qualify to win trail prizes. Visit www. hikenovascotia.ca for details. Newfie show

October 15, the Berwick Legion presents Eddie Coffee's Newfie and Irish music show, along with open mic performances during the breaks. Celebrate Oktoberfest with the canteen and bar. Admission is \$15: tickets available Wilson's Pharmasave, Commercial Street.

at the door, or in advance at

#### Children's theatre

CentreStage Theatre presents: Munsch at Play. Come see your favourite Robert Munsch stories brought to life on the stage! Stories include Angela's Airplane, Mortimer, Murmel Murmel and the Paper Bag Princess. This compilation of stories is about 45 minutes long, suitable for children of all ages. Munsch at Play runs Saturdays and Sundays at 2 p.m., October 15 to October 30. All seats are \$5. Reserve at 678-8040. CentreStage Theatre is located at 61 River Street. Kentville.

#### Ticket auction

October 15, the Aylesford Firefighters Auxiliary presents a ticket auction of new items at the fire hall, 10 a.m. to 2 p.m. Proceeds to the auxiliary.

#### Concert

October 16, there will be a gospel concert featuring Southwind, 2 p.m., at the Inglisville Church. All welcome.

Card party

October 17, "Funds for Fuel" bridge party, 1:00 p.m., Macdonald Museum, 21 School Street, Middleton. Admission is \$4 per person. Come out for a fun afternoon and support vour museum. Call 825-6116 for information.

Support group

October 18, the Careforce Alzheimer Café will be held at New Beginnings Centre, 1151 Bridge St., Greenwood, 2 p.m. to 4 p.m. No cost. For more information, call 765-3122.

Soup kitchen

PHONE NUMBER

What are the dates for National Fire Prevention Week

Who do you call to enroll in Bronze Medallion course\_

What business is located at 59 Stronach Road

Where can you get gel nails for \$50

Whose ad says, "We'll get your home"

Pizza Delight

October 19, and Wednesdays to follow, there will be a free community soup kitchen at the New Beginnings Centre, 1151 Bridge Street, Greenwood. 11:30 a.m. to 2 p.m., all welcome. For information, phone Jackie, 847-0336. Sharing is caring!

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!

Congratulations to last week's winner: MICHAEL KELLY

This contest is brought to you by:

Pizza Delight, Greenwood 765-4477

# Set your sights on healthy eating

In Canadian Forces dining • facilities, the sight symbol is your guide to the Set Your Sights on Healthy Eating pro-

Brought to you by Strengthening the Forces, an initiative of Canadian Forces Health Services in partnership with Food Services, the program's goal is to increase the availability of healthier food choices at military dining facilities - and encourage more diners to make these choices.

#### Did you know...

- On average, adults spend 60 per cent of their awake time at work
- We eat almost half of our meals outside the home
- seven per cent of CF personnel eat most of their meals at base/ wing dining facilities Set Your Sights on Healthy Eating offers information, posted in the food service areas and on tables in the dining area, to guide nutritious choices. By opting for entrees marked by the symbol, you'll be taking one more step to support healthy eating.

Increasing the fibre content of your recipes

Look for ways to include fibre-rich vegetables, fruits, legumes and whole grains in your recipe:

- Replace half of all-purpose flour with whole wheat
- Replace up to one-quarter of all-purpose flour with a bran cereal flour, made by grinding a ready-to-eat high fibre cereal like Bran Buds or 100% Bran in a blender or food processor.
- Replace up to one-quarter of all-purpose flour with an oat flour, made by grinding either oat bran or oatmeal in a blender or food processor.
- Replace white rice with brown rice, barley or bulgur.
- Replace white pasta with whole wheat pasta.
- Replace some or all of the meat with beans, peas, or lentils
- Add extra fruit to muffins, pancakes, salads and desserts.
- Add extra vegetables to quiches, casseroles and soups.
- Add pureed beans, peas or lentils to spaghetti sauce, chilli or sloppy joes.

so when you head to 14 Wing's Annapolis Mess through October, Set Your Sights on Healthy Eating! For more information, contact Health Promotion's office at 765-1494 ext 5388/ 5389.

### Help field a Wolverine football team

Many local high schools already have a football team

PRESENTS...

FIND & WIN

and, with the involvement of local communities, West Kings has the dream of doing the same by the fall of 2012.

A football team can carry up to 55 players and is a great way for students to stay active. In order to achieve this dream, \$20,000 must be raised in a short time to cover field expense, uniforms, gear and training for coaches. Future players, along with a Booster Club, will be busy over the next few months participating in fundraisers and are asking for public support. If you can donate in any way, as a corporate sponsor, with a personal donation or donations for fundraising, equipment/ supplies for the field - whatever you can offer - they would appreciate it.

You may contact Deanna LeBlanc, 847-3705, or Mark Gordon, 765-0152.



This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot.



ARIES - Mar 21/Apr 20

Aries, reflect on happy times and then try to recreate that feeling when you are experiencing moments of stress this week. This might offer some welcome relief.

#### TAURUS - Apr 21/May 21

Taurus, a conflict of interest leads you on a wild goose chase to find something that everyone will agree upon. Opinions are strong so don't expect this to be easy.

#### GEMINI - May 22/Jun 21

Gemini, success takes lots of hard work and you need to recognize you can't please everyone. But it is a good goal to work toward for the next few days

#### CANCER - Jun 22/Jul 22

Rethink your plan of attack, Cancer. While the idea has merit, there are some big gaps between ideas that can lead to too much confusion. Go back to the drawing board.

#### LEO - Jul 23/Aug 23

Leo, step back from a difficult situation and you will get a better idea of the bigger picture. Things are not as important as you once believed. Time for fun arrives on Thursday.

#### VIRGO - Aug 24/Sept 22

Virgo, shopping strictly for the best bargain might not be the best approach. The deal actually could be too good to be true. Factor in all the information.

#### PISCES - Feb 19/Mar 20

Pisces, a remarkable insight comes to you and you cannot contain your elation over it. Spread the word ... fast!

#### **FAMOUS BIRTHDAYS**

OCTOBER 9 Bryan Routh, Actor (32) OCTOBER 10 Brett Favre, Athlete (42) OCTOBER 11 Emily Deschanel, Actress (35) OCTOBER 12 Hugh Jackman, Actor (43) OCTOBER 13 Jerry Rice, Athlete (49) OCTOBER 14 Usher, Singer (32) OCTOBER 15 Emeril Lagasse, Chef (52)

Horoscopes brought to you compliments of:





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# Lots to learn, love at library

By Sara Keddy, Managing

Judy McCool is pretty confident in the future of libraries

'I don't think libraries will ever lose their serviceability," the 14 Wing Greenwood librarian says

McCool can point to over 40,000 resources under the community library's roof in the Morfee Annex - more, once you tap into the library's internet connections. There are DVDs, CDs, audio books, magazines, a growing French collection – and books, of course.

"We're a hidden jewel," McCool says.

October is the best time to find out more about what the Greenwood library offers: it's Canadian Library Month, and this year's theme is "Your Library, a Place Unbound/ Votre bibliotheque: un peu, beaucoup, a la infini.

"We have lots of families coming in for storytimes every Wednesday, the kids like the life-size Woody and Mr. Potato Head fig-

6

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6

ounty

Greenwood Mall

Sudoku

9

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3

6



Greenwood library staff Judy McCool, left, and Joanne Sealby invite friends in to celebrate October, Canadian Library Month. Image S.Keddy

ures, we'll see people come right now!" in looking for research for courses they're taking, or just \$5 a year, or \$10 for aviation history.

"Who comes in? We have a membership of about 1,200 people," McCool says.

"We let kids stamp out their own books, usually the music is playing - in fact, it's way too quiet in here

5

6

8

8

Solution page 18

4

9

authorized dealer

Cellular Sales & Service

Authorized Product Care Centre

765-2415

1

2

4

1

9

turn into new books for the shelves

McCool also depends on the year-and-a-half old Friends of the Greenwood Library group, about nine people who have volunteered to support the library's programs and purchases.

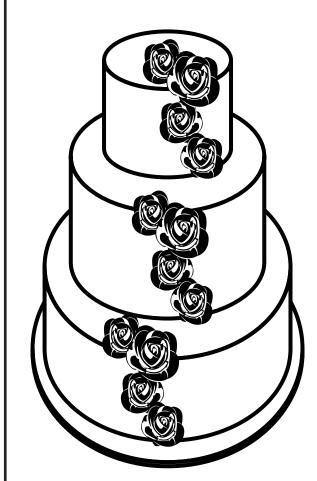
"They're a very small group, but they do the work of giants! They raise money, look for donations from service groups and track down grants - and they're definitely open to new members.'

Čelebrate Canadian Library Month in Greenwood as the library hosts an open house October 18, 10 a.m. to noon There will be free tutorials on how to use the library's on-line card catalogue October 18, 2 p.m. to 3 p.m., and October 28, 1 p.m. to 2 p.m.

A library membership is

#### **Creative Coloring**

Celebrate Bake and Decorate Month. Color in this picture to create your own masterpiece.



Patrick's Puzzle brought to you compliments of:



954 Central Avenue Greenwood

765-6381

### **14 Wing Fitness & Sports Centre**

#### **Bronze MEDALLION Course**

Sunday, October 29 & 30 from 9:00 a.m. - 2:00 p.m. Sunday, November 6 & 13 from 9:00 a.m. - 2:00 p.m. Sunday, November 20 • EXAM

#### **Bronze CROSS Course**

Sunday, November 27 from 9:00 a.m. - 2:00 p.m. Sunday, December 4, 11 & 18 from 9:00 a.m. - 2:00 p.m. Sunday, December 18 • EXAM

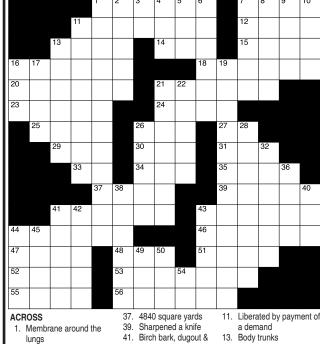
Please register early, limited space available



### **Metro Crossword**

Spelling: US English

Solution page 18



outrigger Yellow winter melon

A flat cushion or mat

Initial poker wager

Linking together

56. Satisfying an appetite

Synthetic wood finish
 Soils

A long thin implement

Precipitation

Admirer

Afrikaans

47.

48.

51.

53.

DOWN

Hands on hips

European hop

- lungs Perennial trunked plant
- Upper side of a building
- 12. Count on13. W. Samoan monetary unit
- Much \_\_\_ About Nothing
   Freedom from difficulty
- 16. Person for whom some
- thing is named
- 18. Filled with lead Against
- 21. Upper surface of the
- 23. Belgian painter James, 1860-1949
- 24. Miri or Dafla 25. Alaskan gold rush tov
- Lanka Touchdown
- Theater stage scenery
- A slight amount Of she 30
- Designated hitter

- Lemon or lime drink

- Expel in large quantities

- pharmacy
- Greek god of light Goody

Reptile genus

After E

- Duane

- Other, different 10. In a way, looked

- 13. Body trunks
- Adam's wife
- 19. Of major consequence Festival processions
- 22. Tolerate
- Look at with fixed eyes 28 Take a deposition from
- 32. 36. Rechrister
- "Dragnet" actor Jack
- Christi, TX
- Taoism Coon cat
- Former U.S. Senator Spector
- 43. Sleeping room on a
- 44. Essential oil from flow-
- "Church lady" Carvey
- 49. Professional nursing
- group Telegraphic signal
- 54. Atomic #22

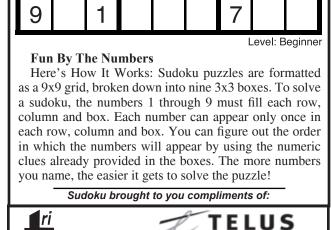
Metro Crossword brought to you compliments of:



Purchase soup, classic sandwich and drink for only \$6

Effective Sept 30th Middleton Subway location will close Fri & Sat at 12 midnight

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



# assifie

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 Ical 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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L E A D E D

A S A B A

AKIMBO

BINE

P A L A T E

A B O R

2 5 9

7 3 5 6 1 8 4 9 2

8 6 2 9 4 7 5

**Crossword Solution** 

R O O F T O P

E P O N Y M

V E R S U S

A D O R E R

CANOES

Reese hitch. Asking \$3500.00. Phone 825-3653. (3237-4tpb)

FOR SALE - OCEANFRONT APPROVED BUILDING LOT. 1.2 acres, 150 feet waterfront on the BAY OF FUNDY, PORT GEORGE AREA. Very private yet only 10 minutes

from Middleton. Heavily treed lot. Many newer up sale homes. Assessed value of \$80,000.00. Asking \$80,000.00 or best offer. Call 825-4093. (3239-1tpb)

#### **FOR RENT**

FOR RENT- 356/366

### FOR SALE FIREWOOD

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• Family Law

Referrals

**Sudoku Solution** 

3 2

9

8 9

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5 3

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3 6

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9 6

8

6 2

3

8

4

3

3

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4 2 5

• Wills / Estates

Consultations /

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Ronald D. Richter

(B.A. Hon.), L.L.B. Southgate Court, Greenwood N.S.

Lincoln Street. 2 Bed-

rooms, 2 appliances & balcony. \$575.00 per month plus utilities. Available September &

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

3 bedroom house with

5 appliances. \$850.00

per month plus utili-

ties. Contact Glengary

Property Management at 765-2421. (3239-ufnb)

FOR RENT - Furnished

one bedroom apartment

near Greenwood. All utili-

ties included in rent. Heat.

lights, high speed internet, cable, 42" flat screen

TV. Maytag washer and

dryer. Completely fur-

nished with towels, bed-

ding, kitchen appliances and dishes. IR inquires

FOR RENT - Middleton,

Phone: **902-765-4992** Fax: **902-765-4120** Serving the Western Valley Since 1977

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#### welcome. Call 902-309-9007. (3237-3tp)

The Aurora Newspaper, 14 Wing Greenwood, NS

FOR RENT - Worry free retirement living located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 ap-pliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3229-4tpb)

FOR RENT - Fully fur-nished 4 bedroom house in Kingston close to all amenities. Oil heat, hardwood and ceramic tile floors throughout. Large yard available for Nov 1st, 2011. IR inquires welcome. Damage deposit and security references

C.HANSON DOWELL, Q.C 250 Main St., Middleton 825-3059

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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.(3239-2tpb)

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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)

SERVICE - Looking for storage space for your Ride-on Lawn Mower, Motorcycle or Golf Cart, contact Geoff at 902-844-1633 for space in the Greenwood, Kingston and surrounding area. (3237-4tp)

SERVICE - Have you always wanted to play saxophone? Love the flute or clarinet? Want better grades in band class? Experienced music teacher, all levels: Trevor Dimoff 844-1562. (3237-3tpb)

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### Thanks!

Thanks to all our friends who dropped in to see us at The Aurora Newspaper during our National Newspaper Week coffee party October 5. It was nice to see our clients and readers and, in many cases, put faces to names!

As always, please drop in anytime to share your business and community news!

Sara Keddy, Managing editor, The Aurora Newspaper editor@auroranewspaper.com

#### Congratulations to winners of our door prizes

Diana Brothers – one-eighth page Aurora advertising certificate Violet Empereale - Dempsey Corner Orchard and Farm Market goodies Barb Madic – one-quarter page Aurora advertising certificate Rita Bourassa- free Aurora classified ad coupon Marlene Deion - free Aurora classified ad coupon

Burten Strong - free Aurora classified ad coupon



#### Durland, Gillis & Schumacher Associates Barristers, Solicitors, Notarie. W. Bruce Gillis, Q.C.

Clare H. Durland, Q.C.

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P.O. Box 700 Middleton, NS

### A Celebration of Life

Heather Lynn McGinnis of White Horse, Yukon (formerly of Tremont, NS) will be held at the **New Beginnings Center,** 1151 Bridge St., Greenwood on October 15 at 2 p.m.

for the late



Mid Valley ATV Club members spend time on the trails for many good causes, turning proceeds from fundraisers over to a number of community projects. Image submitted

# ATV clubs raise funds for community

Mid Valley ATV Club ton and the Kingston El- Mitchell congratulates the members have been busy all year participating in fundraising efforts for various community and family projects.

The non-profit organization coordinated ATV fun runs to raise money. Most runs consist of club members and guests, all donating a good will offering. One ride, a co-chaired event held at the St. Anne's Church Camp, raised \$950. Special thanks to Abitibi Bowater for allowing access to their property. Funds raised were donated to the Annapolis Elementary East School in Middleprograms.

Financial support was also provided to the Arthritis and Canadian Diabetes societies in memory of two Valley residents.

Also, in coordination with the Shelburne ATV Club, a fun run was held in the Valley, with money raised donated to an Annapolis County family in need of a wheelchair accessible vehicle for their ill child.

The club's Relay for Life 2011 event raised \$1,089. Mid Valley president Barry tre, Highway #1.

ementary School to assist members of the four clubs with their family Christmas - Kings County ATV Club; - Kings County ATV Club; Mid Valley ATV Club; Digby County ATV Club and Sou'West Nova ATV Club (Yarmouth) - who participated in the fundraiser, which took place at Electric City in Digby County.

Anyone interested in future club fundraisers and events, or in joining the Mid Valley ATV Club, may contact Mitchell at 902-825-1382. The club meets the sector Tuesday of each month; 7:30 p.m., at the Wilmot Community Cen-

# Youth Happenings

Recreation youth worker

If you would like more information on any at 14 Wing Community Centre programs or just have a question, please call 765-8165. Here's what's happening this week.

#### Teen Council

October 11, 4 p.m. to 5

Teens - the big Halloween dance is only two weeks away! Let's get together and discuss our decorating plans!

#### Games night

October 11, 6 p.m. to 8

Teens, bring your favorite board games to the centre to-

#### **Active Chicks**

October 12, 6 p.m. to 7:30

Girls ages nine to 12, come to the centre and be pampered by Mary Kay consultant Allie Hebb at a spa night. She will teach us about skin care and then we'll have a facial, manicure and pedicure.

#### Teen activity

October 13, 6 p.m. to 7:30

Teens, come to the Greenwood Bowling Centre, where we can bowl two strings and then play bowling bingo! Cost \$3.

#### Pre-teen dance

October 14, 6 p.m. to 8

Pre-teen boys and girls, come dance the night away, listen to your favorite music, win a cool prize and have lots of fun! Cost \$3.

October 15, 2:30 p.m. to 4

Let your creativity show: today, we'll make Halloween crafts to get in the spirit!

#### Movie and treat night

October 15

Pre-teens- 6 p.m. to 8 p.m. Monster House: Three teens discover that their neighbour's house is really a living, breathing, scary monster.

Teens- 8 p.m. to 10 p.m.

Corpse Bride: When a shy groom practices his wedding vows in the inadvertent presence of a deceased young woman, she rises from the grave assuming he has married her.

#### Pre-teen bingo

October 22, 6 p.m. to 8

Come play bingo for only \$1 and win cool prizes. We'll have popcorn and hot-dogs for sale as well!



# **Community support**

Beta Sigma Phi Xi Kappa service committee members Pat Vink (left) and Esther McKnight were pleased to recently extend the group's support to cancer patient navigators for Kings and Annapolis counties. Xi Kappa donated \$200 to this worthwhile project on behalf of sorority members in the area. Cancer patient navigators provide a single focus point for cancer patients, ensuring access to rehabilitative care, family physicians, oncologists and other support in the community. The program's contact person for Kings and Annapolis counties is Nancy Roach, 678-7381. Beta Sigma Phi is an international women's organization whose motto is "Life, Learning and Friendship. Image submitted



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### Hair Expressions is pleased to announce we now offer Babe Lash Extensions!

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Babe™ Eyelash Extensions can last up to 2 months, depending on the natural growth cycle of the client's eyelashes. Babe™ adhesives are specially formulated with a unique waterproof bonding agent that lasts longer than most other adhesives. Clients can keep up on their lashes by having touch up appointments every 3-5 weeks.



### PROMOTIONS & SPECIALS • October 2011

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### FALL is the season of change...

Now is the time to get that hair make-over you've been waiting for all summer! Book your color service for the month of October with Robert, Sarah, Jessica, or Veronica and receive

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### Get EVEN with your skin!



Whether your hyperpigmentation is brown, pink, or red in color, the discolored portion of your skin is basically signaling that it has been damaged. The causes range from acne scaring, the sun or another type of skin injury, and greatly depends on your skins tone.

Treat your skin with a selection of customized Bioelements treatment based facials that are targeted to address rehydration, resurfacing, firming, and hyperpigmentation.

Microdermabrasion treatments combines the latest technologies to bring superior, longer lasting results including younger-looking skin, reduction in fine lines and wrinkles, tightening facial contour, increase skin elasticity, and improved textural irregularities (pigmentation, enlarged pores, mild scars).

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- This process is then fortified with 22ct gold Nano-particles, which are naturally conductive to heat and have the ability to affect negative ions, making results more consistent.
- The exclusive KS Complex vapors capture system ensures no irritation or excess vapors while being applied.
- The treatment reinforces the hair shaft to dramatically improve its quality from the inside out; and then gently fades over time.
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