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"We're all vulnerable, at different points in our lives," says wing social worker Michelle Hammond. "It's all about awareness."

The Canadian Forces is focusing on mental health issues, from depression and anxiety to occupational stress injuries related to deployEarlier this year, she came up with an idea to host a mental health workshop to help wing leadership better understand mental health issues and the things they can do to help their people nurture their own mental health and assist in their recovery process from mental The military lifestyle and spirit dictates members put the service before themselves, in support of a mission – domestic or international. Competing demands and a "suck it up" atmosphere could heighten levels of distress.

...page 2.

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Abattons les obstacles

Faisons de la santé mentale une grande priorité de la base

Par Sara Keddy, rédactrice- sensibiliser les dirigeants aux jambe cassée. C'est une bles- éduquer et faire participer la nombreux, on continue à aller nombre des militaires qui se directrice en chef

Page 2

La 14^e Escadre Greenwood adopté une approche d'équipe pour donner à son personnel les meilleurs outils possible pour prendre soin de sa santé mentale. « Nous sommes tous vulnérables à différents moments de notre vie et il faut donc être informé », explique la travailleuse sociale Michelle Hammond. Les Forces canadiennes se penchent sur les problèmes de santé mentale – dépression, angoisse, traumatismes liés au stress opérationnel causé par les déploiements, suicide - et cherchent à assurer non seulement la bonne santé physique, mais aussi la bonne santé mentale de leur personnel, explique Michelle Hammond C'est dans l'intérêt des gens, mais aussi dans celui des Forces.

Un peu plus tôt dans l'année, elle a eu l'idée d'un atelier de santé mentale destiné à blème mental n'est pas une

enjeux de la santé mentale et à leur montrer ce qu'ils pourraient faire pour aider les gens à se tenir en bonne santé mentale et pour aider les personnes qui en ont besoin à guérir.

Elle explique : « Quelquefois, on dit la mauvaise chose ou quelque chose de contre-productif, tout simplement parce qu'on ne sait pas. L'éducation en santé mentale a pour but d'éviter cet écueil. Pour les militaires, le service et la mission, nationale ou internationale, passent avant le bien-être personnel; c'est comme ça. Et parfois, ce n'est pas évident. Quand on est tiraillé de tous les côtés et qu'il faut quand même faire bonne figure, on est parfois désemparé. En plus, on ne sait pas très bien ce que sont les maladies mentales et ce qu'il faudrait faire.»

Michelle Hammond sait bien que ce n'est pas de la mauvaise volonté. « Un prosure ou une maladie invisible, un problème inconnu, face auquel on ne sait pas quoi dire et quoi faire. Cette campagne de sensibilisation a pour but d'aider les dirigeants à savoir comment travailler et comment superviser, leur personnel.»

Faisant appel aux services de Promotion de la santé et de Soutien aux traumatismes liés au stress opérationnel de la Base, Michelle Hammond et sa collègue, le Capitaine Kim Grondin, gestionnaire des services de santé mentale, ont mis sur pied un atelier de sensibilisation à la santé mentale, qui sera donné le 23 novembre prochain.

« Nous allons mettre fin à toutes sortes de mythes,

communauté » explique le Capitaine Grondin. « Nous voulons que le personnel de l'Escadre ait accès aux membres de notre équipe qui offrent ces services et nous voulons éliminer certains obstacles et certaines idées fausses. »

Le Capitaine Grondin explique que les Forces demandent à leurs membres d'oublier leur individualité au profit de l'équipe et de faire passer le service avant euxmêmes. Pourtant, le devoir militaire et les exigences de la vie ne sont pas incompatibles. « La vie suit son cours : on est loin de ses systèmes de soutien, on veut sa promotion, les emplois de réservistes sont de moins en moins

à Kaboul, on a des problèmes d'argent... Les problèmes de la vie courante prennent une place énorme. »

Le 23 novembre, il y aura une présentation faite par un panel de fournisseurs de services de santé mentale, ici à la Base, et un aperçu de certains des programmes offerts. Un conférencier invité parlera de son propre usage des traitements de santé mentale pour surmonter un traumatisme lié au stress opérationnel. Le séminaire du 23 novembre sera suivi, au cours des prochains mois, de plusieurs autres. Ces séminaires s'inscrivent dans le cadre d'une stratégie de lutte contre le suicide. En effet, un rapport des Forces canadiennes a révélé qu'un grand

sont suicidés souffraient de problèmes mentaux, mais n'étaient pas traités. Le stigmate et les mythes qui s'attachent à la santé mentale sont deux des plus grands obstacles au traitement de ces problèmes, et le rapport recommande d'abattre ces obstacles réels ou perçus.

« Pouvons-nous faire quel-que chose? Je veux que les gens viennent nous voir et reçoivent des renseignements qui leur seront utiles » déclare Michelle Hammond.

Ce séminaire gratuit aura lieu le 23 novembre à 9 h 30, au mess Annapolis. Pour s'inscrire, prière de communiquer avec Édith Tremblay, Promotion de la santé, au 765-1494, poste 5388.

Breaking barriers ...cover.

There may be a lack of knowledge of what mental health issues are, how people try and

malice behind that lack of mental health concern – it's people."

not like someone with a broken leg. These are invisible injuries or illnesses, and peomake sense of them and what ple don't know what to do or say. They are dealing with an Hammond knows it is not unknown, and the goal is to help leadership know how to awareness: "someone with a work with and supervise their

Pulling in base resources from Health Promotion and the Operational Stress Injury Social Support Service, Hammond and co-worker, mental health manager Captain Kim Grondin, are behind a day of mental health education, coming up November 23.

We'll be debunking myths, doing education and trying to engage the community," Grondin says. "We want to offer 14 Wing personnel access to the people on our team who provide these services and try to eliminate some of the barriers and misconceptions that may be out there.'

Grondin says the military asks its members to "step away" from individuality, be part of a team and put service before self – but the demands of military duty and life are not mutually exclusive.

"Life happens – people are away from their support systems, they're looking for the next promotion, reserve jobs are being reduced, people are still going to Kabul, there is financial stress.... Those everyday problems exist, and are the most significant.'

At the November 23 ses- noon, November 23.

sion, a panel presentation will introduce mental health care providers here at the base, and outline some of the programs available. A guest speaker will be on hand to talk about his own road to health, from an operational stress injury through making use of mental health treatments. This seminar is the first in a series coming over the next few months, part of 14 Wing's overall suicide mitigation strategy. A Canadian Forces report found many members who committed suicide were suffering from a mental illness - but were not receiving mental health treatment. Stigma and myths about mental illness and mental health are two of the biggest barriers to care, and the report recommends addressing those barriers real or perceived.

"Can we make a difference?" Hammond asks. "I want people to come and get information they can use.

To register for this free seminar, contact Edith Tremblay at Health Promotion, 765-1494 ext 5388. It will be held at the Annapolis Mess, 9:30 a.m. to

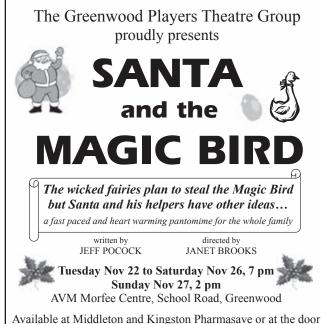


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http://www.cfpsa.com/en/

National Defence and the Canadian Forces http://www.forces.gc.ca/site/home-accueil-eng.asp

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Recruiting

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Military Family Resource Centre

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

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Home work







Volunteers from 14 Air Maintenance Squadron pause for a group photo after a hard day of yard work October 27 at the Habitat for Humanity housing project in Wolfville. Images Corporal J.Kusche, 14 AMS Wing Imaging

ifelong learning keeps options open

By Sara Keddy, Managing editor

Done school, through with university, working as a military pilot – Colonel Jim Irvine admits he thought his time with formal learning was over.

"I was getting on with my life," he told guests gathered at the Learning and Career Centre at 14 Wing Greenwood for the opening of Canada Career Week events October 31. "I did professional development when I was told to do it, but I was more interested in flying planes.'

Now the Greenwood base commander, Irvine says he held that attitude for many years until he registered for a 13week French language course (he knew he'd be promoted if he took it, and hired by Air Canada when his military life was over).

"Coming home on leave, I got a lot of comments for taking the course from the people who picked my up – I was sucking up, I wanted to be a major...

"I started thinking about why I was doing it.'

Irvine says it came down to seeing his own future's opportunities as open or closed.

"Everyone walks their own road, with lots of exit ramps. Why would you want to close those off? Take a French course, take a degree, take a course keep those options open.

Now as a leader, it's his responsibility to make sure members of his team, are ready better members make better leaders in their own time: "My job is to make sure those doors are open for you. Think about your future.'

Making time for training happen is a challenge, he ad-

mitted.
"We're all busy, and how do we make sure personal de-



Colonel James Irvine, 14 Wing commander, speaks to the importance of career development, kicking off the Greenwood Learning and Career Centre's Canada Career Week. Image Corporal J.Kusche, 14 AMS Wing Imaging

of negotiating to get what you and need that course. want out of your life.

velopment happens? It's a bit plain why they want this time

"Your boss, 90 per cent of the He advised people to sit time, will honour that because down with their bosses and ex- it's in his best interest to make

Delivery in Local Area

Irvine says, at a base such as Greenwood, with a high, dayto-day operational demand,

sure you get what you need to training isn't always high on the and that can mean a lot of pain priority list - but, sometimes, it's priority number one.

"Sometimes we have to post people off a unit for training,

- I've seen it. But it's a short term pain to see someone become a commanding officer in



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Picking up operational ropes – Jamaica style

New captain deployed within weeks of Greenwood posting on international mission

By Sara Keddy, Managing editor

Dan Fisher is experiencing a real mix of what search and rescue is all about - in Ja-

The 413 Squadron captain arrived at 14 Wing Greenwood in August, and started putting in shifts in operations as he waits for a Cormorant helicopter training course next spring. When the call went out a couple of weeks later for people to man a Canadian Forces' support and service deployment in Jamaica, Fisher thought it would be too good an opportunity to pass up.

Operation JAGUAR is Canada's contribution of military aviation and search-and-rescue capability in support of the Jamaica Defence Force, and also a chance to conduct essential training for Canadian search-and-rescue teams.

"It was just a waiting game for me, and this is a great opportunity essentially the same work I'd be doing in Greenwood, with an international flavour," Fisher says. 'Experiencing a deployment also isn't a usual thing for search and rescue."

Fisher was picked up to work with Op JAGUAR's operations office, which really means he "coordinates anything that pertains to flying, anything we can do to make the crew's job easier, so, at the end of the day, we fly missions," Fisher says.

Doing that logistics work in a foreign, Caribbean country, comes with its "own unique Fisher says. challenges," There is a local, different way of doing business that takes getting used to.... Getting fuel for the airplanes – everything started from scratch with this deployment.



Captain Dan Fisher (left) listens to a point raised by Jamaica Defence Force Air Wing Lieutenant Damian Mackay (right), at the initial brief of Task Force Jamaica personnel August 13. Looking on is Captain Joel Nelson, also from the JDF Air Image submitted

"Some of our guys have combat support squadron background, and they're now jumping to a primary SAR

idiosyncrasies coming in to ations. play, and some things I know from 413 Squadron at home He's quick to thank his co-workers at home with 413

Des colis pour nos soldats

role. There have been some I could add to smooth oper-

He's quick to thank his co-

for quick lessons learned in a working search and rescue squadron environment.

But once up and running, Op JAGUAR crews have been busy, working closely with the Jamaican search and rescue service to train, share information of how each force does its work, and, most importantly, be at hand to help cover emergencies through the southern hurricane season. Mid-October, Canadian crews completed their 200th mission. Fisher says most of the calls have been medical evacuations and other cases related to humanitarian assistance.

In their off time, Canadian crews are sticking pretty close to quarters in Kingston, with a warrant officer lining up a few weekend activities to see some local sights. Operation JAGUAR expects to redeploy to Canada in late November.

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Par Michelle Thibodeau Wagner, Centre de ressources pour les familles militaires

Joyeux Noël à tous nos soldats en déploiement!

Le Centre de ressources pour les familles militaires de Greenwood (CRFMG) est en train d'assembler des colis de réconfort pour les soldats de la 14^e Escadre Greenwood, du Camp Aldershot ainsi que des unités de réserve de Bridgewater et de Yarmouth qui seront en déploiement pendant la saison des Fêtes. Au cours de la dernière année, le CR-FMG a envoyé près de 500 colis dans des endroits tels que l'Afghanistan, Alert, l'Allemagne et l'Égypte; environ 50 colis de Noël le mois prochain.

Ce n'est jamais facile d'être loin de chez soi, de sa famille et de ses amis, mais c'est encore plus difficile au moment de Noël. Il est donc particulièrement agréable de recevoir des marques de reconnaissance de la part de sa communauté pour tous les sacrifices effectués par les soldats et leurs familles pour notre

Dans ces colis, le CR-FMG envoie toutes sortes de choses: des bonnets du Père Noël, des décorations de Noël, des bonbons, des arachides et autres gâteries, afin que nos soldats sachent que nous ne les

les supportons pendant la période des Fêtes.

Le CRFMG reçoit toutes sortes de lettres, de courriels et de cartes provenant de militaires déployés et qui nous disent combien ils sont heureux de recevoir le « petit coin de pays » que nous leur envoyons.

Ces cadeaux nous mettent le sourire aux lèvres et nous donnent l'impression de ne pas être si loin de chez nous.

C'est toujours récon-fortant de savoir qu'il y a quelqu'un qui pense à nous et à notre famille pendant que nous sommes au loin.

Ca fait vraiment chaud au cœur de savoir que nous ne sommes pas oubliés et que

nous prévoyons envoyer oublions pas et que nous nous sommes appréciés. De savoir que quelqu'un au pays a pris le temps de poser ce geste est vraiment réconfortant.

Le CRFMG ne reçoit pas de financement officiel pour envoyer des colis aux soldats en déploiement. C'est grâce à nos activités de collecte de fonds pendant toute l'année et à la générosité des membres de la communauté que nous pouvons maintenir ce programme qui, nous le savons, fait beaucoup pour le moral de nos soldats en déploiement!

Pour plus de renseignements sur notre programme de colis de réconfort ou pour y contribuer, appelez au 765-5611.

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Pumper pulling challenge winners

What happens when a challenge is issued to the 14 Wing Fire and Emergency Services to raise food items for the local food bank?

We make it interesting! That's exactly what happened October 21 at the Canex parking lot, as wing units flexed their muscles 46,000-pound pulling a pumper truck and then participated in a challenging relay event.

Teams of six members were asked to canvass their individual units for non-perishable food items, brought to the event as a registration fee. After many valiant efforts by a total of 16 teams, one team stood victorious when the dust cleared: the "Red Rockets," composed of firefighters from FES managed a first place ranking, with ACS and 141 CEF teams close behind. Although the event is decided by ranking from the two challenges, the overall best time was achieved by the ACS team - but timings between teams on the Pull the Pumper event boiled down to differences of as little as 1/100 of a second!

Everyone who participated knew they were there for a very worthy reason and, as a result of the combined effort of all teams, 14 Wing members and local sponsors collected \$895.44 from BBQ sales and donated gift cards



Image Corporal P.Evans, 14 AMS Imaging

and 1,896 pounds of food! The 14 Wing Fire and

Emergency Services would like to thank local sponsors for contributions. The trophy was provided by Kingston Pharmasave, the BBQ and gift card from Greenwood Sobey's and Kingston Atlantic Superstore, food and BBQ from Greenwood Flight Line Café, apples, Scotian Gold; sausages, Brother's Meats. Prizes were donated by Kentville Mazda, McDonald's, Pizza Delight, Autosense, Canadian Tire, Bell Aliant, Fraser's Pro Home Centre. Signs were donated by T&S Office Essentials and Printing. Event planning assistance supplied by the Green-Military Aviation Museum.





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By Colonel Jim Irvine, 14 Wing Commander

This past summer was extremely busy, with six changes of command and many other personnel rotations. We were pleased to welcome new members to 14 Wing Greenwood, and we were sad to say goodbye to others moving on to other postings. I trust you have all taken advantage of the numerous summer activities found in the beautiful Annapolis Valley. With autumn in full swing and winter just around the corner, I felt it was important to communicate what is affecting the Canadian Forces, the Royal Canadian Air Force and our

I wish to pass a hearty welcome to our new wing members and their families. The local community and the surrounding Annapolis Valley region are

I would like to reiter-

ate what the mission

and vision of 14 Wing

Greenwood is. Our

mission is to conduct

airborne intelligence,

surveillance, recon-

naissance and control

(ISR&C), rescue and

transport operations

and to deliver

operational support

for Canada's defence

mission.

abounding with beautiful vistas and welcompeople. ing I hope you taking are advantage of the numerous events available to make you feel at home, as well as the myriad of wing clubs and available activities 14 Wing has to offer.

have You likely already read some of the articles as a result of

interviews I gave The Aurora Newspaper and some of the other local community papers. Although I am also one of the newly posted in members to 14 Wing, I am not new to Greenwood as I have spent many years of my military service here. I am now back as your wing commander, carrying on with the torch passed to me from Colonel Bill Seymour.

Quality of life for our 14 Wing membership, which includes CF and defence employees and their families, is extremely important to me. In order for 14 Wing personnel to be ready to tackle our missions, they need to know the other imperatives of life are being taken care of to the best of our ability. This is a complex issue that takes up a big portion of my work, and it also is a task that occupies many leaders within my wing command team. You can be assured your welfare and morale are front and centre considerations for us.

Forces Canadian The and the Department of National Defence will be going



through some major changes in the coming years. We have started to see some positive changes with respect to the reinstitution of the historic names of the three services: the Royal Canadian Navy, the Canadian Army, and the Royal Canadian Air Force. Other changes are on the horizon, and these initiatives will do much to improve our ability to serve Canadians and ensure national security. I will ensure any new issues are communicated to you as soon

as they are announced.

If there is one thing I have learned in my time in service, it is the fact change is a constant in military. the Although some of the changes to come will not be easy, I will do my utmost to make sure our people have the resources they need to do their job. Our job is always challenging,

and it is even more challenging when we are facing tight financial times as a nation. Our national leaders are determined to ensure the longterm financial viability of the country. The Canadian Forces must do its part by conducting high quality defence activities in a financially responsible way. To that end, I have directed my command team to ensure we all strike the right balance by optimizing operational capabilities while ensuring efficient use of our resources.

I would like to reiterate what the mission and vision of 14 Wing Greenwood is. Our mission is to conduct airborne intelligence, surveillance, reconnaissance and control (ISR&C), rescue and transport operations and to deliver operational support for Canada's defence mission. Our vision is to be Canada's leader in developing and applying air power for airborne ISR&C, rescue and transport missions in global, joint and combined operations.

What does this all mean?

our collective efforts and capabilities so that we can generate and support airpower. On a day-to-day basis, 14 Wing certainly delivers! This summer has seen a host of terrible weather conditions, and Greenwood aircrews have conducted challenging search and rescue (SAR) operations in spite of these conditions. 413 Squadron is ready, 24 hours a day, seven days a week - and they are second to none! Throughout Eastern Canada and in the North, their dedication does much to ensure "that others may live."

Additionally, 14 Wing is a world leader in the conduct of ISR&C. As we have seen from our contributions over Libya, our world class crews are leading NATO on difficult combat surveillance operations. They have stretched new boundaries, conducting integrated operations with naval and fighter forces in order to ensure the safety of Libyan civilians. The exceptional contribution of our personnel during Op MO-BILE has received many accolades. In my view, this kind of performance originates in the quality of our exceptional people and in the hard readiness training they have received. Great personnel and great training. These are the ingredients for success!

It is equally important for me to mention the great work done by the maintenance technicians and all the operational support personnel who support our operations. Whether it be an aircraft tech, refuelling tender driver, supply tech, or MP; every job is crucial to our success. SAR missions take off on time due to the diligence of the technicians, military and civilian, who maintain the Hercs and Cormorants. Aurora missions continue in Greenwood despite many local servicing challenges. Our CP-140 maintenance crews supporting operations over Libya have not experienced a single mission abort as a result of a maintenance failure. This is an enviable record, and all our techs can be proud of what they have achieved.

Mission Support Our Flight has also achieved great things, getting ready for the Operational Readiness Declaration earlier this fall. They have worked extremely hard to get ready, and have main-We succeed by marshalling tained high esprit de corps

despite the lack of a welldefined mission. Equally admirable is their dedication to their "day jobs," as they go about supporting the activities of this busy wing. The wing chief warrant officer, Chief Warrant Officer (CWO) Jim Jardine, and I admire them for their dedication and professionalism. Even though we have

worked hard up to now, we cannot rest on our laurels. Given our contribution to the successful completion of Op MOBILE, we must now focus on other taskings, exercises and operations to come, as well as the upcoming Christmas break. I ask you all to continue to diligently apply yourself to your daily tasks so this wing can continue to be ready for operations. We must always be ready for SAR missions. For the CP-140 community, we must prepare for the introduction of the ground-breaking capabilities that will come with the Block III aircraft. Over the next year, we will ensure the timely and complete testing of its various new sensors and systems while completing plans for the rapid conversion training of our front-line crews. My goal is to demonstrate readiness for operations of the Block III Aurora by next fall. Our future success depends on your hard work and initiative!

Our motto, Operate as One, is reflected daily in the work our personnel do. By working together, the dedicated professionals of 14 Wing can achieve anything. As we move into the future and tackle the many challenges to come, I ask you to continue to be at the top of your game. Be informed and, if you feel you are not, let me know either through the chain of command or personally as Wing CWO Jardine and I visit you at your workplaces.

Nous avons connu un été extrêmement occupé avec six changements de commandement et de nombreuses autres rotations de personnel. Nous avons eu le plaisir d'accueillir de nouveaux membres à l'Escadre et nous malheureuseavons. ment, vu partir plusieurs vers d'autres affectations. Je suis persuadé que vous avez tous bien profité des nombreuses activités estivales que nous a

offertes notre belle vallée de l'Annapolis. Maintenant que nous sommes au beau milieu de l'automne et que l'hiver est à nos portes, j'ai senti qu'il était nécessaire de vous parler de ce qui touche les FC, l'ARC et notre escadre.

J'aimerais tout d'abord puhaiter chaleureusement souhaiter la bienvenue aux nouveaux membres de l'Escadre et leur famille. La communauté locale et la région de l'Annapolis qui nous entoure abondent de sites magnifiques et les gens y sont accueillants. J'espère que vous profiterez des nombreux événements qui y sont organisés et qui vous permettront de vous sentir chez vous, ainsi que de la multitude de clubs et d'activités offerts à la 14e Escadre.

Vous avez probablement déjà lu certaines des entrevues que j'ai données au jour-

J'aimerais rappeler ce

que sont la mission et

la vision de la 14^e Es-

cadre Greenwood. Notre

mission est de mener

des opérations aéropor-

tées de renseignement,

surveillance, recon-

naissance et contrôle

(RSRC), de sauvetage et

de transport et d'assurer

le soutien opérationnel

de la mission de défense

du Canada.

nal l'Aurora et dans d'autres iournaux locaux. Bien que ie fasse partie des nouveaux affectés à la 14e Escadre, ce n'est pas la première fois que je viens à Greenwood, puisque j'ai déjà passé de nombreuses années de serici. J'v vice main-SHIS tenant de retour comme commandant d'escadre pour reprendre le flambeau que transmis m'a

le Col Bill Seymour.

La qualité de la vie des membres de la 14^e Escadre, qui comprennent les employés des FC et du ministère de la Défense nationale et leur famille, est extrêmement importante pour moi. En effet, pour que le personnel de l'Escadre soit prêt à s'attaquer aux missions qui nous sont confiées, il doit savoir qu'on prend soin du mieux possible des autres impératifs de la vie. C'est un sujet complexe qui occupe une grande partie de mon temps, tout comme celui de nombreux dirigeants de mon équipe. Vous pouvez être assurés que votre bienêtre et votre moral sont au cœur de nos préoccupations.

Les Forces canadiennes et le ministère de la Défense nationale entreprendront des changements majeurs ces prochaines années. avons commencé à voir des évolutions positives avec le rétablissement des noms historiques des trois armées la Marine rovale cana-

dienne, l'Armée canadienne et l'Aviation royale canadienne. D'autres changements pointent à l'horizon et ces initiatives amélioreront notablement notre capacité à servir la population canadienne et à assurer la sécurité nationale. Je ferai en sorte que les nouvelles décisions vous soient communiquées dès qu'elles seront annoncées.

S'il y a une chose que j'ai apprise au cours de mes années de service, c'est que dans l'armée, nous vivons des changements constants. Certains des changements à venir ne seront pas faciles, mais je ferai tout ce qui est en mon pouvoir pour que notre personnel ait les ressources dont il a besoin pour faire son travail. Notre tâche est toujours délicate, et elle l'est encore plus quand notre pays fait face à une situation économique difficile. Nos dirigeants nationaux sont déterminés à assurer la viabilité financière à long terme du pays. Mais

les Forces canadiennes doivent aussi participer en exécutant les activités défense de avec compétence et de façon financièrement responsable. À cette fin, j'ai demandé à l'équipe de commandement de voir à ce aue nous réalisions l'équilibre approprié en optimisant les capacités opération-

nelles tout en utilisant de façon efficace nos ressources.

J'aimerais rappeler ce que sont la mission et la vision de la 14e Escadre Greenwood. Notre mission est de mener des opérations aéroportées de renseignement, surveillance, reconnaissance et contrôle (RSRC), de sauvetage et de transport et d'assurer le soutien opérationnel de la mission de défense du Canada. Notre vision est d'être le leader au Canada en matière de développement et d'application de la puissance aérienne pour les missions aéroportées de RSRC. de sauvetage et de transport dans le cadre d'opérations mondiales, interarmées et combinées.

Mais qu'est-ce que cela signifie? Que nous réussissons à coordonner nos capacités et nos efforts collectifs de manière à mettre sur pied et à soutenir la puissance aérienne. Et au quotidien, il ne fait pas de doute que la 14° Escadre y parvient! Cet été, nous avons connu des conditions météorologiques

... continued on page 7.

Bravo Z

Promotions & Presentations

Image 14 AMS Wing Imaging



October 24, 14 Wing Greenwood hosted its Honours and Awards ceremony, held in the Annapolis Mess.

14 Wing honours and awards ceremony recognizes achievement

The Canadian Forces Decoration (CD) is bestowed upon members of the Canadian Forces who have completed 12 years of military service, with certain conditions. A ceremony was held at the Annapolis Mess, 14 Wing Greenwood, October 24 to award the CD and various other commendations, including civilian long-year-service awards. All the presentations represent many years of hard work, dedication and personal sacrifice on the part of the member and his/her family.

From the Maritime Proving & Evaluation Unit: Major J.P. Ouelett, Canadian Expeditionary Force Command Commendation; Warrant Officer E.S. Keur, Wing Commander's Commendation; Master Warrant Officer D.D. MacLeod, CD2

From 404 Squadron: Warrant Officer R.E. Butt, Wing Commander's Commendation; Captain R.F Payne, Wing Commander's Commendation; Master Corporal E.S. Rubin, 1ST Bar General Service Medal (GSM); Captain R.T. Scholte, GSM; Sergeant D. Struble, GSM; Master Corporal W.L. Dwyer,

From Wing Logistics & Engineering/ Transportation & Electrical & Mechanical Engineering Squadron: D.W. Furlotte, Commander's Commendation; Sergeant M. Lozier, Serviceperson of the Quarter; Corporal W.L. Donaldson, 1ST Bar GSM; Master Corporal R.L. Crouchman, Operational Service Medal (OSM) – HUM; Master Warrant Officer D.M. Karsten, CD2; Master Corporal S.D. Waldrum, CD2.

From Wing Administration/ Wing Coordinator of Official Languages: Warrant Officer D.A. Kimbers, Wing Commander's Commendation.

From Wing Administration/Wing Personnel Selection Office: Master Corporal J.G. Squires, CD2.

From 14 Air Maintenance Squadron: Master Corporal B.W. Souter, Wing Commander's Commendation; S. Lazar, Civilian of the Quarter; Corporal M.C. Lacey, 1ST Bar GCS; Master Corporal D. Skinner, GSM; Warrant Officer R.J. Arsenault, CD2; Sergeant R. Geub, CD2; Master Warrant Officer M. Gilliatt, CD2; Master Corporal R.L. Niemelainen, CD2; Sergeant K.H. Reynolds, CD2.

A group award, the Wing Commander's Commendation, was presented to the Argus Restoration Team.

From 3 Military Police Flight: Master Corporal Oxford, Wing Commander's Commendation

From Wing Logistics & Engineering/Wing Construction & Engineering: E. Schwarz, 25 year service award; Corporal I.T. Delafontaine, GCS; Corporal W.T. Lawrence, GCS; Corporal T.W. MacDonald, GCS; Sergeant G.R. Wood, 1ST Bar GCS; Corporal M.S. Probert, OSM – HAITI; Corporal L.A.J. Pauze, OSM – HUM; Sergeant R.W. Gale, SSM – Alert.

From 413 Squadron: Corporal J.D. MacKenzie, GCS; Chief Warrant Officer V. Molnar, GCS; Corporal A.C. Somers, GCS; Master Corporal D.J. Walbourne, GCS; Corporal J.M.W. LeClerc, 1ST bar GCS; Corporal J.J. Tozer, 1ST Bar GCS; Sergeant J.R. LaPierre, GSM; Chief Warrant Officer V. Molnar, GSM; Master Corporal B.A. Tremblett, GSM.

From Wing Logistics & Engineering/ Supply: Corporal D.C. Washington, GCS; Sergeant S.R. Hatton, 1ST Bar GCS; Master Warrant Officer S.D. Ellis, 1ST Bar GSM.

From Wing Logistics & Engineering/ Telecommunications & Information Services: Corporal J.T.A. Harper, 1ST Bar GSM.

From 405 Squadron: Major B.L. Vachon, Special Service Medal – NATO.

From Wing Operations/ Intelligence: Master Corporal D.H.F Adams, OSM -HAITI; Master Corporal M.D. Ernst, OSM -HUM; Captain R.A. Bertrand, SSM – NATO; Master Warrant Officer J.W. Burke, CD2; Private C.R.W. Carson, 1st Bar GCS; Warrant Officer G.W.J. Reid, 2ND Bar GCS; Captain D.W. Nelson, OSM – Sudan.

From Wing Operations/ Readiness Training Flight: Warrant Officer R.B. Harkness, CD2.

From Wing Operations: Sergeant J.E. Swallow, CD2.

... page 6 continued.

affreuses, dans lesquelles les équipages aériens de Greenwood ont tout de même dû mener des opérations de recherche et sauvetage (SAR) difficiles. Le 413° Escadron est prêt 24 heures sur 24, sept jours sur sept, et comme aucun autre escadron! Dans tout l'est et le nord du Canada, son dévouement lui permet d'intervenir «pour sauver des

De plus, la 14^e Escadre est un leader mondial de la conduite de missions de renseignement, surveillance, reconnaissance et contrôle. Comme nous l'avons vu au-dessus de la Libye, nos équipages de premier ordre sont le fer de lance de l'OTAN lors des difficiles opérations de surveillance de combat. En Lybie, ils ont repoussé les limites et ont techniciens d'aéronef, les grandes choses en étant prête et opérations à venir, ainsi démontrer l'état de prépara-

avec les avions de chasse ravitaillement, les techniciens et avec les forces navales afin d'assurer la sécurité de membres de la PM, chaque la population. L'apport exceptionnel de notre personnel durant l'Op Mobile lui a valu de nombreux éloges. De mon point de vue, ce genre d'exploit est dû à la qualité de nos exceptionnels aviateurs et au dur entraînement qu'ils ont suivi pour atteindre l'état de préparation. Un personnel formidable et un entraînement formidable, tels sont les ingrédients du succès!

Il est également important pour moi de mentionner le fantastique travail accompli par les techniciens de maintenance et par l'ensemble du personnel de soutien opérationnel, qui soutient nos opérations. Que se soient les

mené des opérations intégrées chauffeurs des citernes de en approvisionnement ou les poste est essentiel à notre succès! Les missions SAR décollent à l'heure grâce à la diligence des techniciens, militaires comme civils, qui effectuent la maintenance des Herc et des Cormorant. Les missions des Aurora se poursuivent à Greenwood, malgré les nombreux problèmes d'entretien que nous connaissons. Grâce à la compétence de nos équipes de maintenance de CP-140 qui ont assuré le soutien opérationnel au-dessus de la Libye, aucune mission n'a été annulée C'est un résultat enviable dont nos techniciens peuvent être fiers.

Notre escadrille de soutien de mission a aussi réalisé de

pour la déclaration de disponibilité opérationnelle plus tôt cet automne. Elle a travaillé extrêmement fort à cette fin et a maintenu un grand es-prit de corps malgré l'absence mission bien définie. La générosité dont elle fait preuve dans l'exécution de ses tâches quotidienne pour le soutien les activités de notre très active escadre est également fabuleuse. L'adjudantchef de l'Escadre Jim Jardine et moi-même admirons le dévouement et le professionnalisme de ses membres.

Nous avons certes travaillé dur jusqu'ici, mais nous ne devons pas pour autant nous endormir sur nos lauriers. Après notre contribution à la réussite de l'Op Mobile, nous devons nous concentrer sur les affectations, exercices

que sur la prochaine pause de Noël. Je vous demande à tous de continuer à vous impliquer avec diligence dans vos tâches courantes de facon que notre escadre puisse continuer à être prête pour les opérations. Nous devons toujours être prêts pour les missions SAR.

Chers membres de la communauté des CP-140, nous devons nous préparer en vue de l'introduction des capacités inédites qu'apporteront les appareils du bloc III. Au cours de l'année prochaine, nous procéderons rapidement aux essais complets de ses nouveaux et divers capteurs et systèmes, tout en élaborant le plan pour une rapide instruction de conversion de nos équipages de première ligne. Mon objectif est de tion pour les opérations des Aurora du bloc III d'ici à l'automne prochain. Notre succès futur repose sur un travail acharné et sur l'esprit d'initiative!

Notre devise, Operate as One, se manifeste chaque jour dans le travail effectué par notre personnel. En œuvrant ensemble, les professionnels dévoués de la 14e Escadre peuvent réussir n'importe quoi. À la veille de nous attaquer aux nombreux défis que l'avenir nous réserve, je vous demande de continuer à vous tenir au courant. Renseignez-vous et, si vous pensez que vous n'êtes pas informés, dites-le-moi par la chaîne de commandement ou en personne quand l'adjudant-chef de l'Escadre, l'Adjuc Jardine, et moi passerons sur votre lieu de travail.

Engineering Support Flight

ensures the members of OF

and EF have the tools and soft-

ware development environ-

ments they need. Library staff

control and safeguard copies

of all software and documen-

tation used at the squadron as

well as the mission software

4 SES: Moving forward with wisdom

By Captain Craig A. Lewis, 14 Software **Engineering Squadron**

Software Engineering Squadron (14 SES) consists of 37 people working to support the software found on the CP140 Aurora aircraft and within fleet training devices

Functionally, 14 SES consists of four flights: Operations Flight (OF), En-Flight gineering (EF), Engineering Support Flight (ESF) and Admin- a well-defined process that inistrative Flight. Each flight has its own distinct role, yet is dependent on the other flights to support the needs of the Au-

rora community.

Operations Flight consists of aircrew representatives from the Aurora fleet, the liaison between the operational community and the systems specialists. Identified problems are investigated by members of the Operations Flight. Problems are either passed on to the appropriate agency, or prioritized by a committee of users, chaired by the Operations Flight commander, software problems. OF members are instrumental in verifying and validating the

software, confirming its compliance, suitability and effectiveness.

Engineering Flight is the heart of 14 SES: 16 programmers, lysts and software engineers working with OF personnel to ensure all operational requirements are satisfied. These personnel follow

cludes analysis to determine the actual needs to be met by the software product, design to plan for the changes to the existing software or for the development of the new software product, implementation, which encompasses the actual programming effort; integration to bring all soft-ware components together in a single software system and verification to ensure the software product meets the requirements identified in the analysis phase.



Lieutenant Blaine Losier of 14 Software Engineering Squadron's Engineering Flight, uploading a new airfield to the Full Flight Simulator's visual database.

deliver software services to

rora aircraft. Database and the CP140 fleet and the Royal web design personnel assist in Canadian Air Force. the design of data repositories 14 SES contains a small and user interfaces to software Administrative Flight and a products. Information net-

quality management cell to work specialists design and ensure the needs of squadron maintain the various computer personnel are met, and the networks and labs required by appropriate procedures are in the EF specialists to test and place to guide the day-to-day

activities.

As 14 SES transitions to supporting the upgraded Aurora Incremental Modernization Programme (AIMP) Block III CP-140 aircraft, it continues to support the Full Flight Simulator and the legacy Operational Mission Simulator (OMS). The unit recently completed an effectively zero cost, three-year, in-house Block II hardware/ software upgrade to the OMS; a force generation tool now representative of a Block II Aurora and now provides high fidelity training to our CP140 crews. Personnel played a significant role in satisfying the Urgent Operational Requirement that resulted in the Overland Equipment Mission Suite being added to the Block II Aurora in time for the 2010 Olympics and continue to be involved with further enhancements being made to that system. In the future, 14 SES's unique mix of skilled civilian and military personnel will continue to provide the support the Long Range Patrol community has come to expect. Its motto, "Petere Cum Sapientia," indicates, in all we do, we are moving "Forward with Wisdom.



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Les conseils communautaires de santé, par l'entremise du Wellness Initiative Fund (fonds pour les initiatives sur le bien-être), appuient les groupes locaux dans le développement de communautés saines.

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Le cas échéant, communiquez avec votre CCS pour obtenir un exemplaire du guide de présentation de demande ou consultez le

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Date limite pour la présentation des demandes : Minuit le 13 janvier 2012











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those involved in making this

a very successful season.

Firefighters' combat challenge a team effort

The "toughest two minutes" team would like to extend its in sports" and the "Olympics thanks to the wing, and all of firefighting," according to TSN, took place recently, with 14 Wing Greenwood firefighters competing in the Fire and Emergency Services Firefighter Combat Challenge

Although the Greenwood team did not finish first, all members achieved new personal best times. In many cases, the difference between competitors is measured in just hundredths of a second.

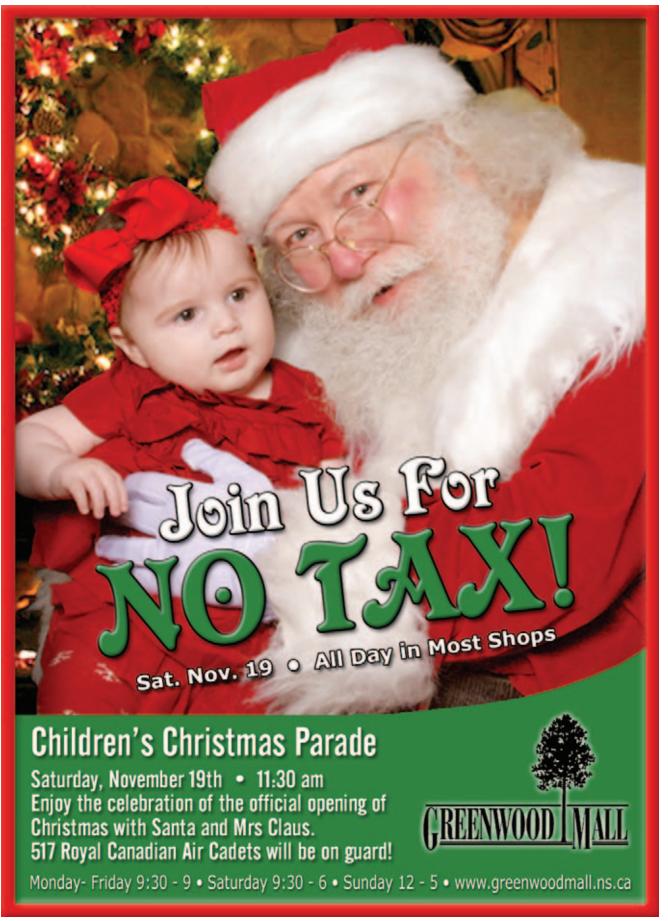
The event begins with competitors - wearing full bunker gear and breathing apparatus - carrying a 45 pound high-rise pack of hose up six flights of steps. At the top, contestants must raise a 45 pound donut roll attached to a rope wearing gloves (which reduces 50 per cent of their grip strength). The competitors run back down the stairs, making sure to touch every single step on the way down or risk drawing a time penalty. Then, competitors drive a 160 pound steel beam five feet with an eight-pound shot mallet. After completing this, contestants weave their way around hydrants towards a charged hose line, weighing roughly 300 pounds. Drag this line 100 feet, spray a target - the race isn't over yet. The last task involves dragging a 165 pound dummy 100 feet - backwards - to safety.

Through events and competitions like this, the Greenwood team was able to push itself to be in the best mental and physical shape, building both cardiovascular stamina and strength training level, but also building an injury reduction tool for a career very demanding on the body.

The Greenwood team had incredible support from supervisors and co-workers at 14 Wing and Fire and Emergency Services, making it possible to train together and compete at events in Moncton and Medicine Hat. The



Firefighters' Combat Challenge team members from 14 Wing Greenwood's fire service include, from left, privates Gordon Tessier, Jonathan Lanteigne and Adam Arsenault; Corporal Nelson Nordstrom, privates Mark Beer, Joel Holmes, Mathew Sankey and Asif Khan.





Bits and pieces of **Bolingbroke coming together**

By Malcolm Uhlman, **Greenwood Military Aviation Society**

The workshop behind the Greenwood Military Aviation Museum is now chocka-block full of Bolingbroke

Boly restoration team

Butch Fleury and Ernie Killen.

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A successful parts scavenging trip to Alberta by two society volunteers has allowed the restoration team to get to work on all areas of the aircraft. Two wings were perhaps the most important

acquisition, as the spars of the old wings were corroded beyond repair. A tail-wheel strut, a complete nose section, main hatch cover, complete turret, elevators, rudder spindle, engine mounts and cowlings, landing gear parts,

several fairings were other important finds. Bob Evans, curator at

Bomber Command Museum of Canada at Nanton, Alberta, and Francis Gardner were invaluable resources. At Wetaskewin, Byron Reynolds (ex-honorary colonel 404 Squadron) donated many other parts. A particular treat for us was meeting Stan Reynolds, an 89-year-old collector of vintage aircraft, automobiles and farm machinery. Many pieces of his collection are displayed at the Reynolds-Alberta Museum, Wetaskewin, and in museums across Canada and elsewhere 14 Wing Greenwood drivers corporals John Mayhew and Billy Hannaford were a great asset to the recovery process, driving, loading and unloading the various treasures.

More than a year's work has

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Boly restoration team members include, at the top, Dan Daigle, Hugh Ryan. Middle: Bob Johnson, Rolf Hippman, Ian Patrick. Bottom: Malcolm Uhlman, Norm Bonney and Len Greene. Images M.Uhlman

fuselage of the Bolingbroke, 9997: number replacing stringers, formers and outer skin. The fuselage has now been turned up-right, and the interior cleaned and primed. Vertical and horizontal stabilizers have been completely restored, with some new metal - including all leading edges and refurbished original skin. A temporary fit of these parts to the fuselage has been completed to ensure integrity - and

gone into repairing the bottom to prove we do, indeed, have an aircraft! A major undertaking is the remanufacture of the turret. Construction of an oven is underway to enable us to heat and mold clear Lexan over a wooden form to give the dome shape of the turret windows.

Replacing the old nose frame with the one obtained from the Alberta trip requires some pipe bending to replace broken formers or to strengthen cracked pieces. The newly-acquired, damaged, horizontal stabilizer extensions and elevators are being used as templates to manufacture new ones. New aluminum skin and minor repairs are being done on the large wing box, and a set of small bomb bay doors for the port side and a cover for the starboard fuel section are being installed.

There is still much to do, but the project is taking shape. Drop by the museum workshop on a Monday or Thursday morning; we'll be glad to show you our progress first-hand.

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Double Action





1st place: Private Tim MacDonald at 8 Rose



3rd place: Master Corporal Andrew Collins at Images submitted liams at 39 on Elm. 14 on 12th Crescent.



2nd place: Corporal Darrell Philipitt at 11 Rose



Honourable mention: corporals Ron and Lori Wil-

jured.

the airport.

"Who will I remember?

My mentor as I was com-

ing up through university,

who watched over me, was

Major Michelle Mendes.

I'll never forget that sicken-

ing feeling as I watched the

news: soldier lost. I had just

seen her 10 days before at

Boo! Who looked best this Halloween

By Major Mike Peters, Greenwood **Community Council**

It was with great anticipation I drove around the Greenwood residential housing units to look at the extraordinary decorations put out for Halloween October 31.

It is a privilege for the community council to be able to offer prizes of \$150, \$100 and \$50 to the three best decorated homes each year. After an evening of dodging wee ghouls and goblins, narrowing the field and revisiting the top contenders, it was obvious many people put a lot of time and effort into their decorations. Rose Street stood out in particular! After much pondering, it was eventually decided an honourable mention should go to corporals Ron and Lori Williams at 39 on Elm, third prize to Master Corporal Andrew Collins at 14 on 12th Crescent, second prize to Corporal Darrell Phillpitt at 11 Rose and first prize, practically across the street, to Private Tim MacDonald at 8 Rose, who not only did a superlative job decorating but also ran his own haunted house

Well done to all, and the community council looks forward to seeing what you all come up with next year. Don't forget Christmas decorations will be judged December 17.

Remembrance: loss, peace, hope

Students share tribute with community

By Sara Keddy, Managing editor

With a spotlight on stage and on remembrance students and the West Kings school community marked Remembrance Day at two special services November 4.

Students involved in the Royal Canadian Legion's summer leadership camp, with school staff advisor Donna Griffin, organized the services, what have become major productions of dance, song, music, video and memories. The afternoon presentation was held for students and invited community guests, including representation from local Legions and 14 Wing Greenwood; the evening event was open to the wider public.

West Kings 2004 grad Nick Dunning returned to the school to share his understanding of remembrance. He's now a captain with the Royal Canadian Air Force,



some of what we have here in Canada."

telligence officer. "It's good to be home,"

Dunning said.

don't think I fully understand me." it, or have any answers" even after spending 10-and-

a-half months in Afghanistan through to 2010.

Dunning described his work with the air crews to provide intelligence on what 'the bad guys would do to try and hurt us.

"We'd try and stop it, and make it a better country. There were frequent meetings with village elders and there was a different way of doing business: we'd arrive in a helicopter, an assault team would jump out and secure the area – all this, for a meeting.'

Dunning described guard duty in a hospital, watching Afghan dads coming in to visit their children, or people visiting wounded soldiers.

"They looked a lot like the people I was targeting all the rest of the time, but here they are caring for their child. It's all about the human connection. Some people are bad; most are just like you and

While he was deployed, 22 Canadian soldiers and one

Dunning said the last journalist were killed: "you thought he has of rememdon't see the many more inbrance is for families.

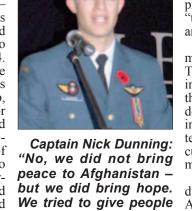
"It's hard to see your loved ones go overseas, and hard to stay home. The love and support you get from home and your community means everything.

Greenwood Wing Padre Captain Gordon Poley echoed that remembrance of family, and all that it means

in the support of a serving Canadian Forces' member's emotional, mental and spiritual health.

"We need each other."

14 Wing Commander Colonel Jim Irvine said two minutes' remembrance once a year at ceremonies like West Kings' is short – "but it's long enough to reflect on this great country we live in.'



Images S.Keddy working in Ottawa as an in-

"How do I remember? I

Students presented theatre, dance, video and music as part of their remembrance tribute.





AMS family fun

Page 12

There were many different stands to explore at the 14 Air Maintenance Squadron family day October 22, including a static display of a CP 140 Aurora and a Cormorant helicopter. Events also included familiarization flights, a barbecue, bounce castles and entertainment.

Images Corporal P.Evans, 14 AMS Wing Imaging



A little pumpkin carving challenge...

Corporal Pamela Evans (left) and Private Jessica Reynolds of 14 AMS Wing Imaging with their commanding officer, Lieutenant Colonel Ouellette.



Some hands-on at the obstacle course.



N.S. monument honours our own

The Aurora Newspaper, 14 Wing Greenwood, NS

Peter MacKay, Minis-Governor of Nova Scotia, Her Honour the Honour- ey. "The unveiling pays reable Mayann E. Francis spect to the fallen members were present at an afternoon unveiling ceremony November 7 at 12 Wing Shearwater for a monument honouring Nova Scotians who have lost their lives in were on hand to take in the Afghanistan.

"Being from Nova Scotia myself, I am honoured to be present for the official unveiling of this poignant memorial dedicated to the sacrifices Nova Scotians have made while proudly serving Canada and bringing hope to the country of Afghanistan," said MacKay.

monument was initiated by 12 Wing's Captain Bill Thomey, following the loss of a friend in Afghanistan July 4, 2007.

"The idea for this monuter of National Defence, ment came from a personal along with the Lieutenant desire to honour my friend's memory," explained Thomand provides their family members with a symbol of remembrance and lasting respect."

> Several family members military ceremony. Eleven Canadian Forces members native to Nova Scotia have lost their lives in Afghani-

The granite memorial was put in place in August 2011 and is located on the 12 Wing Shearwater grounds off of Swordfish Road. The public is welcome to view The project to erect the the monument and reflect upon the sacrifice made by the fallen of this province, as well as all Canadians who have paid the ultimate price in service to their country.



SIRIUS CARAVAN KIDS 2 2011/2012 vehicles and are manufacturer-to-ge Grand Caravan Canada Value Package (29E) Canada Value Package (29E) with a Purchase 15 (including applicable Consumer Cash Discount) financed at 4.99% over 96 months with \$0 down payment, equals 208 bi-weekly payments of \$111 with a cost of borrowing of \$4,082 and a total obligation of \$23,076.94. Pricing excludes freight can including applicable fees and taxes. Retailer order/trade may be necessary. Retailers may self for less. \$2012 Dodge Grand Caravan Crew shown. Price including applicable fees insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may self for less. ■Based Sacility (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may self for less. ■Based Sacility (\$1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may self for less. ■Based Sacility (\$1,400), licence, insurance and/or manufactured vehicles. ©Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual may vary. 2012 Dodge Grand Caravan Canada Value Package — Hwy: 7.9L/100 km and City: 12.2L/100 km. ©SIRIUS and the dog logo are registered trademarks of SIRIUS satellite Radio Inc. ©Jeep is a registered trademark of Chrysler Group LLC. includes \$8,000 Cor only and Canada Value Package (29E) (\$1,400),





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The Aurora

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Major Yves LeBlanc, a member of the CP 140 Aurora aircrew from 14 Wing Greenwood, with Minister of National Defence Peter MacKay after arriving home from Operation Mobile November 5.

Last of Op Mobile crews land

November 5, Peter MacKay, Minister of National Defence, met with personnel at 14 Wing Greenwood as they returned from Operation MOBILE, Canada's contribution to the NATO-led mission to protect civilians in

"Canada once punched above its weight as part of an international coalition. The men and women of the Canadian Forces confirmed their leadership position at NATO and the role they can play in successful international opera-tions," said the Honourable Peter MacKay, Minister of National Defence. "I am extremely proud of the men and women of the Royal Canadian Air Force and Royal Canadian Navy whose contribution was, without a

the violence of the Gaddafi regime.

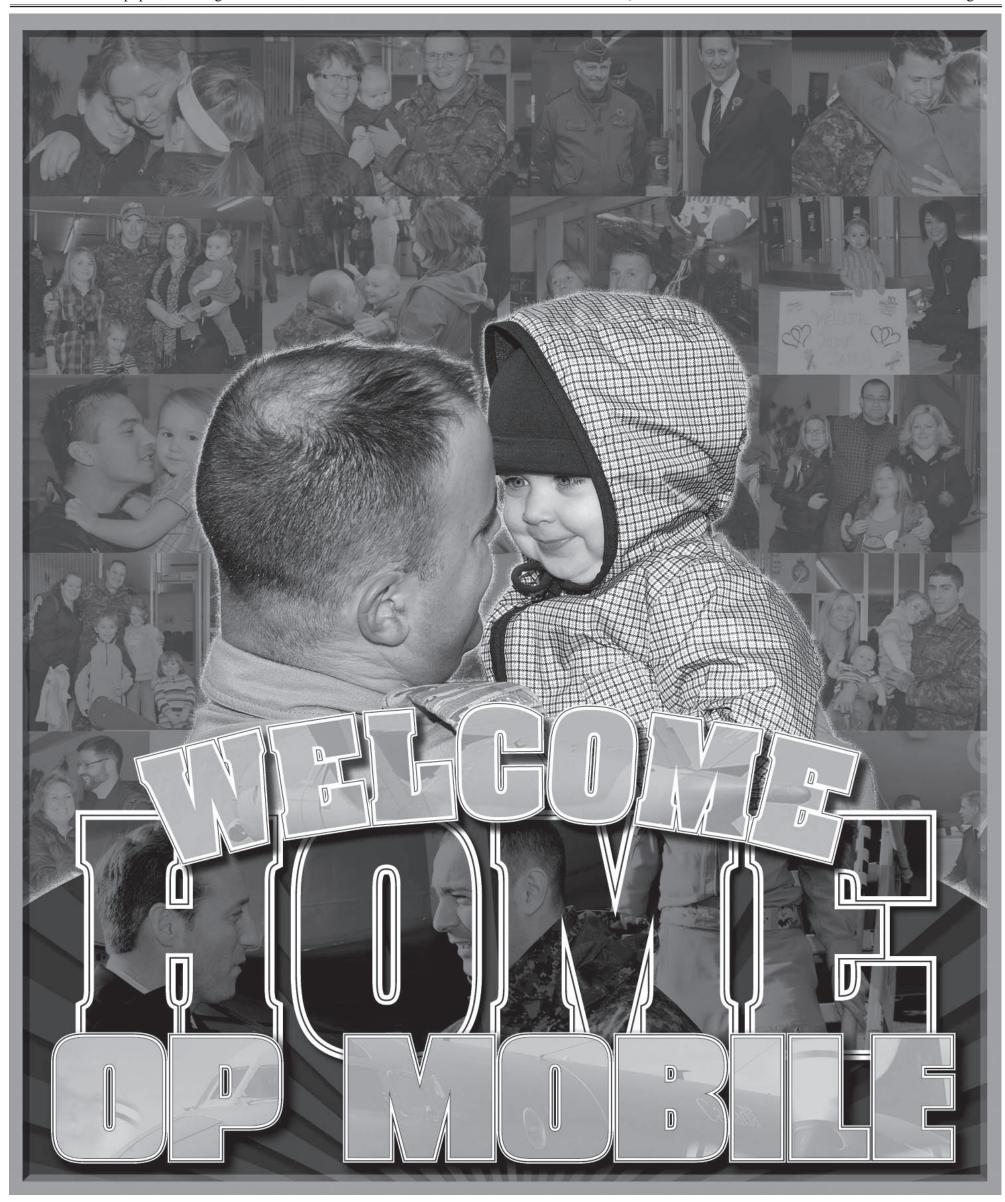
As part of Task Force Libeccio, Canada's CP-140 Aurora Long Range Patrol aircraft flew from Sigonella, a major naval air base on the eastern coast of Sicily. Task Force Libeccio operations were directed by the Task Force Commander and his staff from the NATO Combined Air Operations Centre 5 (CAOC 5) in Poggio Renatico, Italy. The first Greenwood personnel returning home from deployment arrived November 3, with several more planes coming in over the next few days.

"Throughout this deployment, our personnel and planners have demonstrated their flexibility and agility in successfully conducting doubt, instrumental in the air-to-air integrated opera-

protection of civilians from tions with our NATO Allies, flying side-by-side observations and bombing missions, supporting mid-air refueling, and patrolling the shore of Libya," said General Natynczyk. "The successful deployments of CF personnel, and air and naval assets under Operation MOBILE have confirmed the leadership role of the Canadian Forces within NATO, and have made Canadians proud."
Operation MOBILE was

the Canadian Forces' participation in Operation UNI-FIED PROTECTOR, the NATO-led effort to impose on Libya the arms embargo and no-fly zone authorized in U.N. Security Council Resolution 1973 of March 17, 2011, which called on the international community to protect civilians and civilianpopulated areas in Libya.

MSE SAFETY wishing you and your family a safe winter	La Section de sécurité MMS souhaite à vous et votre famille un hiver en toute sécurité
☐ Inspect your tires.	Inspectez vos pneus.
Get your car serviced.	Faites inspecter votre voiture.
☐ Check your battery.	☐ Vérifiez votre batterie.
☐ Check your cooling system.	Vérifiez votre système de refroidissement.
Fill the washer reservoir.	Remplissez le réservoir de lave-glace.
☐ Plan your route before departure.	Planifiez votre itinéraire avant votre départ.
Check your wipers and defrosters.	Vérifiez vos essuie-glaces et les dégivreurs.
Stock your vehicle with an emergency l	kit. Assurez-vous d'être équipé d'une trousse d'urgence.
Educate yourself in the event of an emergency.	Soyez au courant des procédures en cas d'urgence.





Dance day

October 28, 32 students from Annapolis East Elementary School and Middleton Regional High Schools travelled to Bridgewater for the second annual Dance Spectacular, an event created for the TAPHE conference to help promote dance in schools. The dancers performed seven of their favourite routines, to the delight of the audience. Their next performance will be in Halifax at the national TAPHE conference. Dance is a great form of exercise that promotes self esteem, social skills, creativity, and much more. Several of the members have started creating choreography routines of their own. Special thanks to Cindy Perry who leads the group, the volunteers who went on the trip and Mrs. Zaleski, who has introduced a dance club at the Middleton school. Image submitted

November 13 to November 19

LIBRA - Sept 23/Oct 23

Calm down.

take precedence.

your accounts.

Libra, one minute you're going

one way and the next minute

another way. People can't follow

your train of thought, and they

may see you as scatterbrained.

Scorpio, happy times are ahead,

so relish every moment of the

break you're given and the

memories that can be made in

the next few days. Kids' activities

SAGITTARIUS - Nov 23/Dec 21

New factors breathe new life into

a stale plan, Sagittarius. This

renews your ambition and desire

to make changes. Others will be

CAPRICORN - Dec 22/Jan 20

Capricorn, financial issues can be

quite a problem. You actually may have to ask someone for help until

you can get back on track with

Aquarius, many people experience

something special but you won't

get the chance. Relax, you'll have

Pisces, work can be enjoyable

if you make it that way. Don't

grumble about the assignments

that come your way this week.

AQUARIUS - Jan 21/Feb 18

other opportunities shortly.

PISCES - Feb 19/Mar 20

supportive of your efforts.

SCORPIO - Oct 24/Nov 22

ARIES - Mar 21/Apr 20

Aries, wait until your temper simmers down before confronting someone who has angered you. This way you will have a level head when you address the situation.

TAURUS - Apr 21/May 21

Taurus, mysterious things come into your life, and for once you don't have the answers. Go with the flow on this and you will be pleasantly surprised.

GEMINI - May 22/Jun 21

Patience is something you lack entirely this week, Gemini. But you will make up for it in personality. Just when you think others aren't listening to what you say, they're all ears.

CANCER - Jun 22/Jul 22

A few changes are in store that come as a surprise, but it's nothing that you can't handle, Cancer. Rethink your plan of attack later in the week, or you can fall short of your goal.

LEO - Jul 23/Aug 23

Leo, there's not much you can do at the moment to resolve a certain issue, so it's best to just sit quietly on the sidelines and let everything blow over.

VIRGO - Aug 24/Sept 22

Virgo, no one expects you to be perfect at everything, so there is no need to drive yourself crazy with all of the minute details. Focus on the bigger picture instead.

FAMOUS BIRTHDAYS

NOVEMBER 13 Jimmy Kimmel, Comic (44) **NOVEMBER 14** Yanni, Pianist (57) Zena Grey, Actress (23) **NOVEMBER 15 NOVEMBER 16** Dwight Gooden, Athlete (47) **NOVEMBER 17** Danny DeVito, Actor (67) **NOVEMBER 18** Sinbad, Comic (55) **NOVEMBER 19** Meg Ryan, Actress (50) Horoscopes brought to you compliments of:



Dr. Katie C. Sloma, Chiropractor 239 Marshall St, Middleton • 825-2323

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, 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.

Soup kitchen

Wednesdays 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!

Adult fitness

Until December 15, adults ages 55+ are invited to a fun and social low impact aerobics program at the Kingston Legion, hosted by Kingston Recreation. Tuesdays and Thursdays 10 a m to 11 a m Course cost \$20 or \$2 per class. Try one free, and bring a friend!

office, or call 765-2800.

Funds for fuel

November 14, bridge party at the Macdonald Museum, 21 School Street, Middleton. Play begins at 1 p.m. Admission is \$4 per person. Come out for a fun afternoon and support your museum. Call 825-6116 for information.

Meeting

November 15 is the monthly Alzheimer's Cafe at New Beginnings Center, 1151 Bridge St., Greenwood. The cafe is free, held the third Tuesday of each

Sign up at the Kingston village

fering, all welcome.

November 16, the Kings County Race Relations and Anti-Discrimmination Committee will host a celebration of multiculturalism and inclusion. 6 p.m. to 8:30 p.m., at the Old Orchard Inn, Greenwich. Spe-

month, 2 p.m. to 4 p.m. The goal is to provide support in a relaxed, accepting environment for those with memory loss and their families. Music, snacks and the opportunity to meet with others in similar situations. For information, phone 765-3122

Spectacle

L'Association francophone de la Vallée vous invite au spectacle de Ryan Doucette le 15 novembre prochain dans la cafétéria de l'école Rose-des-Vents. En première partie à 19h00, le gagnant(es) de notre concours Devenez une vedette" et en deuxième partie à 19h45 le spectacle pourquoi pas? de Ryan Doucette! Le coût du spectacle est de 10\$/adulte, 7\$/étudiant 12 ans et plus et membre de l'AFV et 5\$/étudiant moins de 12 ans. Les billets sont en vente au bureau de l'AFV. Contactez-nous au 765-1078 pour obtenir plus de détails. Meeting

November 15, there is a Middleton high school band parents' meeting, 7 p.m. We've had some trip discussions and presentations and there are decisions to be made for the spring 2013 band trip. Please come and be a part of it!

Support group Valley Acquired Brain Injury Support Group meets every third Wednesday, 7 p.m. to 9 p.m. All are welcome to attend. Nov. 16, the meeting will be at the home of Dennis, Rupert and Shayna Weaver, 2514 Highway 362, Margaretville. For additional info, please call Dan or Sharon Nogler at 765-6760.

Coffee party

November 16, from 10 a.m. on, the 4th annual festival coffee party will be held at St. John's United Church, Middleton. Freewill of-

Multicultural celebration

cial guest is speaker Dr. Wanda Thomas Bernard. Featuring a sampling of international flavours and live performances by the Chinese Society of Nova Scotia (INDISA), the Maritime Centre for African Dance, Liz Furniss. Lenley Melvin. Free event, open to the public.

Christmas sale

November 17, 10 a.m. to 4 p.m. and 6:30 p.m. to 7:30 p.m.; November 18, 10 a.m. to 4 p.m. Carousel Gift Shop, Soldiers' Memorial Hospital, Middleton. Fifteen per cent off all regular priced gift items, no tax. Glass, tableware, sterling silver jewelry and purses. Free parking Novemher 17

Bake sale

November 17, 10 a.m., the Soldiers' Memorial Health Auxiliary will hold a bake sale in the lobby of SMH. Free parking. Please join us for a cup of hot cider, while supporting the efforts of SMH Auxiliary.

Coffee party and auction

November 18, the Kingston and District Health Auxiliary will be holding a coffee party and silent auction at the Kingston fire hall, 9:30 a.m. to 11:30 a.m. Proceeds to the VON. Please come out and support this great cause.

Christmas sale & lunch November 19, between 10 a.m. and 2 p.m., the Nictaux Christian Family Centre will host a tea and sale with a bake table, crafts. quilts, knitting, crochet, sewing, gift baskets, Christmas decorations, Watkins products, pickles and jam. Sandwich plates. And tea/ coffee. Everyone welcome.

Book signingNovember 19, join Annapolis County author Nancy Kopulos at

The Inside Story in Greenwood for a book-signing of her book, The Long Bridge, 1 p.m. Experience rural life around 1929 here in the Valley.

Breakfast

November 19 - breakfast at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Sponsored by the Committee of Stewards. All are welcome.

Animal crackers

November 19, 6:30 p.m. to 9:30 p.m. a variety show fundraiser for North Mountain Animal Sanctuary, Black Rock Community Hall. Pay-whatyou-can at the door. All ages/ non-licensed. www.facebook. com/pages/North-Mountain-Animal-Sanctuary/53246044886.

Breakfast

November 19, the Middleton Curling Club hosts a breakfast, 8 a.m. to 10:30 a.m. at the club, 6 King Street.

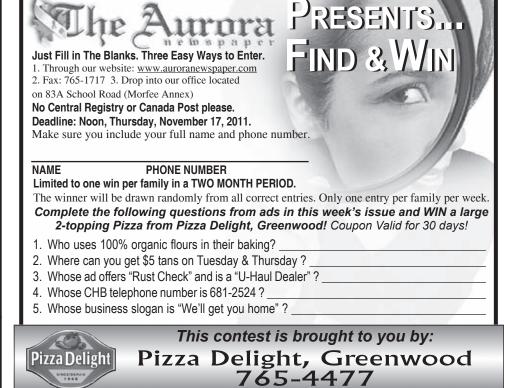
Auction

November 19 is the Rotary Club of Middleton's 53rd annual auction, starting at 10 a.m. at NSCC in Middleton, 295 Commercial St. Over 200 brand new items up for grabs. Top prize: eyeglasses and exam, up to \$850 value. Free admission.

Gospel concert

November 20 at the Inglisville church, 2:30 p.m., featuring the ABCs and Christmas selections. Everyone welcome.

Support group November 21, the Kingston/ Greenwood Living with Cancer Support Group will meet



Congratulations to last week's winner: KIM GOODALL

at St. Mark's Chapel Annex, Greenwood, 7 p.m. to 9 p.m. Guest speaker will be volunteer firefighter and paramedic, Patrick Armstrong, on the topics of Emergency Health Services and Vial of Life. Cancer patients, spouses, family members or anyone seeking information on cancer are most welcome to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Book sale

November 20, the Catholic Women's League is holding a book sale at the Queen of Heaven Chapel Annex after mass, noon to 2 p.m.. All kinds of books everyone is welcome.

Concert

November 22, come and enjoy an evening of fine music with the Acadia Symphonic Band on Tuesday, 7:30 p.m. at Berwick United Church. Adults \$10 and students \$5. Call 538-1737 or 538-8326 to reserve.

Annapolis Valley Historical Society

November 22, 7:30 p.m., Annapolis Valley Macdonald Museum, 21 School St., Middleton. Christmas program, featuring stories and music. All welcome. No admission charged. Phone 825-6116 for information.

Greenwood Players Theatre Company

November 22 to 26, 7 p.m., Greenwood Players proudly presents "Santa and the Magic

6

9

4

9

5

Sudoku

1

3

8

Fun By The Numbers

8

3

2

8

5

7

6

3

Cat care



writing group will meet from 10

a.m. to noon at the Annapolis

Valley Macdonald Museum. 21

School St., Middleton. Admis-

sion \$3 per person, proceeds to the museum. All welcome. Phone

November 24, All Saints' A.C.W. will be holding its annual

Christmas casserole supper and

sale at the All Saints' church hall,

Pleasant Street, Kingston. 4:30

Solution page 18

9

6

3

4

7

1

Level: Intermediate

825-6116 for information.

Middleton.

Supper

November 2 was Take your Child to Work Day, and the Companion Animal Protection Society in Margaretsville welcomed a young girl from Greenwood, Sarah Thibodea, pictured, and her mother, Sherry. Sarah wants to be a vet and thought spending the day doing chores and visiting with the animals would be a great experi-Image submitted

Bird." AVM Morfee Centre. p.m. to 6:30 p.m. Menu: a large November 27, 2 p.m. matinee. variety of casseroles, salads and Tickets available at Valley Drug desserts. Adults - \$ 10, children -Mart/Pharmasave, Kingston and \$ 5, family rates available. There will be a bake table and take out. Writers' group
November 23, the creative

Souper Franco-Femmes Le 24 novembre, à 18 c'est le moment idéal pour se réunir entre femmes francophones et passer une belle soirée! Le Black Trumpet Cafe concocte ses menus à partir de produits biologiques

locaux cultivés directement à Berwick. Venez passer une soirée sympathique entre filles avant que ne commence le tourbillon des Fêtes! Vous avez jusqu'au 22 novembre pour vous inscrire. Pour plus d'informations et pour vous inscrire, s.v.p. appelez au 765-5611.

Greenwood AA Group

Greenwood Group of Alcohol Anonymous, Tuesdays at St. Mark's Church Annex, 8 p.m. Meetings are open to those who have a desire to stop drinking.

Club d'échange de livres en français

Venez voir l'inventaire des livres maintenant disponible à la bibliothèque de la 14e Escadre dans la section désignée à cet effet. En collaboration avec des bénévoles et en partenariat avec la bibliothèque de la 14e Escadre, le CRFMG a lancé il y a déjà quelques mois un projet afin de faciliter l'échange de livres en français (romans ou autres) pour la communauté francophone. Le principe est simple; les gens peuvent amener un ou des livres à la réception du CRFMG et ils peuvent en demeurer le propriétaire ou en faire don. Les livres sont

mis à la disposition de la communauté dans une section réservée à cette fin à la bibliothèque de la 14e Escadre. Les gens peuvent les emprunter de la même façon qu'ils emprunteraient un livre appartenant à la bibliothèque. Il n'v a aucun frais de membre. Si plusieurs personnes s'impliquent et amènent les livres qu'ils ont à la maison, ceci nous permettra d'avoir accès à un bel inventaire de romans à jour et de réduire nos coûts d'achat!

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1:00 p.m. For information, contact Barb Hildebrand, 765-2513.

Playgroup

You are welcome to join a parent-run playgroup for children o age five, Mondays, Wednesdays and Fridays, 9 a.m. to 11:30 a.m.; in the Morfee Annex (across from the MFRC), Greenwood. Non-structured fun for children and adult conversation, \$25 yearly membership (must have a rec card number). Check us out on Facebook – Greenwood, The Playhouse; or call Nicole, 242-2329

Church service

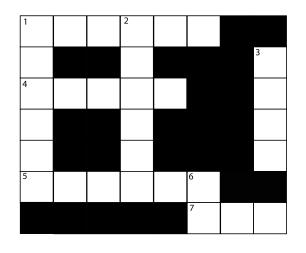
Sundays: 9:45 a.m. Sunday school, 11 a.m. and 6 p.m. worship services at the Fellowship Baptist Church, 174 Bridge Street, Melvern Square. 765-6361

Church service

You are invited to attend the New Beginnings Centre, 1151 Bridge St., Greenwood. We are an Evangelical church. Everyone is welcome to the service, which includes a children's program. Please join us at 10:45 a.m. Sunday (the service is followed by a potluck luncheon) and for prayer meeting Wednesday evenings at 7 p.m. New Beginnings, 765-8155.

PATRICK'S PUZZLE

Crossword Puzzle



ACROSS

DOWN

- 1. Thanksgiving food 1. Give
- 4. Taken _
- surprised 5. Dinner, another
- name
- - 2. Toss up something
 - 3. Sweet potatoes 6. Prefix for "once
 - more"

7. Consume

1. thanks 2. kickup 3. yams 6. re

1. turkey 4. aback 5. supper 7. eat ACTOSS

:SIƏMSU\

Patrick's Puzzle brought to you compliments of:





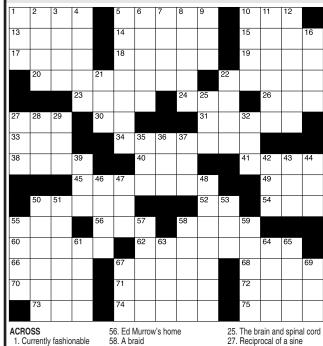
Cellular Sales & Service Authorized Product Care Centre

765-2415

Metro Crossword

Spelling: US English

Solution page 18



ACROSS

- 1. Currently fashionable
- Free from gloss
 Licenses TV stations

- 13. Pop 14. Wakes a sleeper 15. Not light 17. 13-19
- 18. Sets of statistics
- 19. Ultimate image
- 20. Rescued by payment of
- River in Florence
- 24. European money
- Electronic data processing
- 27. Carriage for hire 30. Not out 31. Bird homes 33. Helps little firms
- 34. Challengingly approaches
- 38. Taxis 40, 007's creator
- 41. Scoundrels
 45. Landed properties
 49. Dash
- 50. Yemen capital 52. Atomic #89 54. One point E of due S

- 55. Kilocalorie (abbr.)
- Lanka
- 8. An equal exchange 9. M M M Insures bank's depositors
 Indication of superior status

60. Czech writer Karel 62. Examines in detail

70. Add alcohol beverages

71. N. Swedish lake & river

Time in the central U.S.

2. Garden digger
3. The content of cognition
4. Indian shot lily
5. Pop star Ciccone

"1836 siege" of U.S. Murdered by Manson

72. Fury 73. Prohibition

DOWN

74. Birthday sweet 75. Frozen rain

- 12. Large groups16. Chip stone with sharp blows
- 22. Fat for birds

- 25. The brain and spinal cord 27. Reciprocal of a sine 28. Goat and camel hair fabri
- Founder of Babisn
- 66. W. Rumania city on the Muresel 32. 67. A citizen of Oman 35. 68. Cain's brother 36. 32. Strategic Supply Chain 35. Former OSS 36. Feline mammal 37. Smallest whole number
 - 39. Brunei monetary unit 42. Public promotions
 - 43. Tap gently
 44. The woman
 46. Terminate someone's job
 47. The bill in a restaurant
 - 48. Rushes out to attack
 - 50. Divine Egyptian beetle 51. Llama with long silky
 - fleece 53. A coral reef off of S.
 - Florida

 - Florida
 55. 1000 calories
 57. A S. Pacific island group
 58. A special finish for velvet
 59. Former Russian rulers
 61. Home of Adam & Eve
 63. Informer (British)
 64. Israeli politician Abba
 65. Lily flower of Utah
 67. Sequrities market
 - 67. Sécurities market
 - 69. Soul singer Rawls

Metro Crossword brought to you compliments of:



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:

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



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\$450.00 a month. Available Immediately. Phone 824-2329. (3243-2tp)

FOR RENT - 2 Bedroom apartment on Hall road. 1 ½ miles from Greenwood Mall. 5 appliances + basic cable and internet. \$650.00 a month utilities included. Non Smoking. Call Matt Hazelwood (Nicana Home Services) at 1-888-735-2990. (3242-4tpb)

OR RENT - Greenwood Modern two Bedroom adult apartment. Fridge, stove, snow removal and lawn care provided. Utilities extra. No animals please. Rent \$520.00 per month. Call 765-3140. . (3244-5tp)

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and equipped fridge, stove, washer and dryer. Rent includes all services sat TV and wireless internet. No smoking, no pets. Call Joe 765-1898 or 5215 on base or Mike at 824-3738.

(3240-ufnb) FOR RENT - 1 Bedroom adult apartment in quiet neighborhood close to all amenities. Fridge, stove and microwave supplied. Rent \$425.00 plus utilities. Phone 765-3664. (3244-4tp)

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 appliances, 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

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FOR RENT - One bedroom Apartment heat and lights included. \$600.00 a month. Available Dec 1st. Fridge & stove available. Located on 577 Meadowvale Road. Phone 765-8019 or 760-0496 (Cell). (3244-2tp)

FOR RENT - Comfortable energy efficient two bedroom duplex apartment in adult only building. Private driveway, fridge, stove included and washer & dryer hook-ups. Quiet central location. Aylesford \$495.00 monthly. Phone 765-2042. (3244-1tp)

FOR RENT - 3 bedroom, two bathroom house in East

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7

2

8

5

3

9

Crossword Solution Sudoku Solution 2 3 8 9 6 8 6 1 4 3 2 9 5 I C O N R A N S O M E D S C H W A 9 5 4 6 7 1 8 3 A R N O E C U E D P N E S T S 2 4 3 5 1 6 9 A C C O S T S 2 1 9 3 6 4 8 7 2 5 6 9 8 4 1 4 5 1 8 6 3 2 A P E K A N A L Y S E S 6 8 5 O M A N I 9 2 3 7 4 4 5 3 9



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like the pros. Please bring \$3. Recreation youth Teen Activity Nov. 17, 6 p.m. to 7:30 p.m.

Teens, bring \$3 to The There are lots of great pro-Greenwood Bowling Centre grams happening this week at the 14 Wing Community to bowl two strings and then play bingo bowling. Centre, so make sure you pre-**Pre-Teen Bingo and** register before you miss-out! If Pizza Party vou would like more informa-

what's happening this week" Teen Council

worker

Nov. 15, 4 p.m. to 5 p.m. We are always looking for Teen Council members: teens 13 to 18 interested in volunteering, fundraising and giving back to their community.

Active Chicks

Nov. 16, 6 p.m. to 7:30 p.m. Girls, please bring a dozen photos you don't mind cutting and gluing. Rosalynd Kelly from Close to my Heart Scrapbooking and Stamping will show us how to scrapbook

Margaretsville. This home

features a whirlpool tub in

en-suite off the Master bed-

room, tennis court, laundry,

dishwasher, and only minutes

from the Gate of 14 Wing.

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ties, and proof of rental in-

surance. Phone 765-0765.

SERVICES

SERVICE - Bilingual handy-

man carpenter available, 25

(3244-1tp)

RALPH

Nov. 18, 6 p.m. to 8 p.m. Pre-teens, bring your lucky socks to bingo. We'll have tion on programs or memberships, call 765-8165. Here's

small prizes and a grand prize. Please pre-register for this event with \$3, which includes your bingo games and pizza.

Pre-Teen Cuisine

Nov. 19, 2:30 p.m. to 4 p.m. New this month. Pre-teen Cuisine: learn how to make healthy snacks; today, it's homemade fruit smoothies. We will also talk about other healthy food options and their benefits.

Movie and Treat Night Nov. 19

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Zookeeper - A group of zoo animals decide to break their code of silence in order to help their lovable zoo keeper

Teen- 8 p.m. to 10 p.m. Pirates of the Caribbean: On Stranger Tides - Jack Sparrow and Barbossa embark on a quest to find the elusive fountain of youth, only to discover Blackbeard and his daughter are after it, too.

Cost- \$2 regular sundae or \$3 supreme sundae Pre-Teen & Teen Walking

Program

Nov. 21

find love

4:30 p.m. to 6 p.m.

Both pre-teens and teens, get your walking shoes ready. We'll meet at the centre to stretch and warm-up. Depending on the weather, we'll walk outside or on the F&S Centre track. Wear appropriate shoes.

rates. Please call Heather at 765-3825.(3241-8tpb)

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RESTAURANTS - Tay Do Palace Restaurant is located at 583 Main, Street Kingston, Nova Scotia. "Specializ-ing in Thai, Vietnamese & Chinese cuisine "Dining & Take out. Call 765-0025 or 765-0038. (3242-8tpb)

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Make a call, make a local family's Christmas

bours Christmas Mommies and Daddies Telethon and Auction will air on EastLink TV Channel 13 November 27, live from the Aylesford fire hall, noon to 8 p.m.

A11 proceeds support Friendly Neighbours' efforts to provide a happy Christmas

brook to Kingston areas.

The telethon is sponsored by EastLink TV, the Lions Clubs of Kingston, Aylesford, Berwick and Coldbrook and the Aylesford Fire Department.

Drop in and see the program live at the Aylesford fire hall, where you can honour a pledge or bid on the auction until noon; and from 1 p.m.

on an auction item by phone, call local 341-3013 or toll-free 855-351-3013

Successful bidders may pick up their items at the Aylesford fire hall the day of the telethon. Items not picked up then will be available November 28 at the Aylesford fire hall, 9 a.m. to needy families in the Cold- items. To make a pledge or bid until 4 p.m. November 28 at

the Kingston Lions Club

Please honour your pledges after the telethon at Royal Bank branches in Coldbrook and Berwick, CIBC branches in Kingston and Greenwood. Bank of Nova Scotia branches

the Credit Union offices in Greenwood and Cambridge and Chisholm's Pharmachoice in Aylesford.

Please call Lion Barbara Lyle at 765-3225 for informa-

From all of the volunteers connected with the Christmas Mommies & Daddies Telethon, we wish the best for your family this Christmas, and throughout the new year.

GMFRC casual childcare closed November 21

The Greenwood Military Family Resource to participate in professional development. Centre would like to inform the public casual childcare will be closed November 21.

This will provide staff with an opportunity tion at 765-5611.

We apologize for any inconvenience this may cause. For information, contact recep-

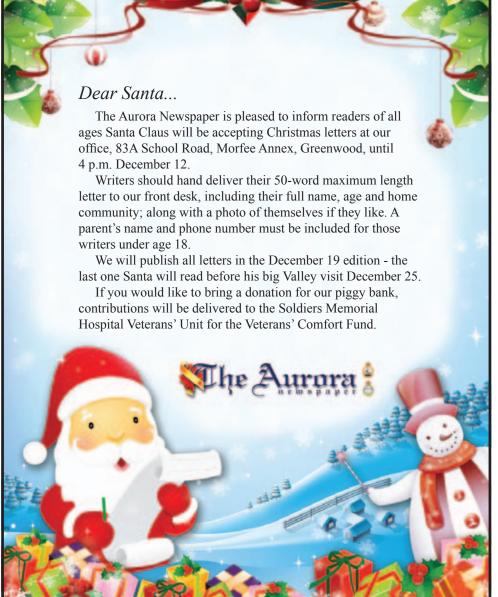
La halte-garderie du CRFMG sera fermée le 21 novembre

communauté que la halte-garderie sera fermée le 21 novembre.

Ceci permettra au personnel de participer au 765-5611.

Le Centre de ressources pour les familles à un atelier de développement professionmilitaires de Greenwood désire informer la nel. Nous nous excusons des inconvénients que cela pourrait occasionner. Pour plus d'informations, s.v.p. appelez la réception











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