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the **Aurora**

Vol. 33 No. 38 OCTOBER 1, 2012 NO CHARGE [www.auroranewspaper.com](http://www.auroranewspaper.com)

## A life with pipes CF musician brings hobby's passion to professional role

Sara Keddy,  
Managing editor

Sergeant Andrew Bruce keeps his competitive edge in a kilt.

He's a Canadian Forces regular force piper, posted at 14 Wing Greenwood. While he could be piping 26 days a month at work - the average last year, he also makes piping his hobby, representing Canada most recently at the World Pipe Band Championships in Scotland in August.

"I started piping when I was four - both my parents were pipers: Dad was a sergeant piper in the forces, and mom had uncles in the forces. There's a lineage of pipers, yes," Bruce says.

"A small, small percentage of us turn piping into a career."

Bruce has a biology degree, but was working as the pipe major at Citadel Hill developing the national park's band and British soldiers' re-enactment performance skills when he heard of a Canadian Forces' audition - recruitment specifically for pipers and drummers in the musicians' branch.

"I had never thought of the forces, but a musician's role in the military is historic - we were the voice, the timepiece, an integral part of the military's drill and deportment. It is significant."

He was successful with that audition, and did the same time in basic training and trades training as every other Canadian soldier.

"Just because you're a trade musician, doesn't mean you're out of the game - deployments, courses, promotions... We can fill roles in transport pools, packing for disembarkations - the logistics and people skills we have can be matched to the role.

We carry a lot of leadership and stability, we're expected to perform under strenuous environments and pay attention to detail in our day-to-day work.

"We're world class musicians in a profession: you need to be on game all the time."

Formal ceremonies are Bruce's "bread and butter" responsibilities here at 14 Wing,



Pipe Major Sergeant Andrew Bruce  
of the 14 Wing Pipes and Drums.

Private M. Gaudreault, 14 AMS, Wing Imaging

Continued on page 2...

## Water use restrictions lifted

Effective September 27, the outdoor water use restrictions in the Residential Housing Unit area of CFB Greenwood have been lifted.

Potable water restrictions on the Operations and Operational Support areas will remain in effect until further notice.

Questions regarding water usage on the base may be directed to Major A. Taylor, wing chief engineering officer, at 765-1494 local 5458.

## Les restrictions concernant l'utilisation d'eau sont levées

À compter le 27 septembre, les restrictions concernant l'utilisation d'eau à l'extérieur sont levées dans le secteur des ULR à BFC Greenwood.

Les restrictions liées à la consommation d'eau potable dans les secteurs des opérations et du soutien opérationnel demeurent en vigueur jusqu'à nouvel ordre.

Si vous avez des questions au sujet de l'utilisation d'eau sur la base, veuillez vous adresser au Major A. Taylor, OGC Ere, au 765-1494 poste 5458.

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## Mill work

Crews from 14 Wing Greenwood's 14 Construction Engineering have been working in the field in the last month, a community commitment to develop a walking path and overlook of the former McMaster mill on the Rocknotch Road. The project has been in the works for a couple of years, with family, former mill workers and community members keen to see the heritage aspects of the once vibrant mill remembered. The path is now roughed out and gravelled, and the construction of the wooden cantilevered overlook of the "notch" where the mill's wheel once turned will be underway soon.



**Corporal Dan Bertrand is roped off as he works on the face of the cliff over the Fales River September 24.**



**Corporal Ian Delafontaine at work digging footing holes in rough terrain: hole number four of the day – of 18 on the plan....**

S.Keddy



**Crews with CBCL Limited, which designed the walkway and overlook, measure up the job. In the foreground is Bruce Higgins, with Katie Hughes.**

## A life with pipes...

...cover

and at CF events across Canada and around the world. Change of command ceremonies, mess dinners, special guests, medal presentations, tattoos – all often require a piper's presence. Bruce was the duty piper for Queen Elizabeth in Halifax on her most recent visit to Canada.

"How often do you get to do that?" he asks.

A couple of hours' practice a day make up his "professional maintenance," and he also works with 14 Wing's drummer and bandmaster to maintain the 14 Wing Pipes and Drums and Brass and Reed bands, made up of volunteer musicians from both military and civilian bands.

He pursues independent piping opportunities and has played at many weddings, special events and funerals: "It's neat when you show up and family is excited because it's a wedding, or you contribute to a ceremony. Funerals are harder, but you're part of a process for people grieving. It's very emotional, and you have to be sensitive."

He steps it up as part of Grade 1 competitive bands: this year, attending the Scotland worlds with the Citadel's 78th Highlanders. This was his third appearance at worlds, with various non-Canadian Forces bands.

"Judges want to hear a good bagpipe, see clean finger work and hear music how it's supposed to be played. A well-tuned

bagpipe should give you goose bumps."

Four judges walk around a competing band, looking for piping, drumming and ensemble work. Ten thousand people watch from the stands, and BBC Scotland live streams the entire event worldwide. Across Canada, there were "pipe band parties" to watch the Canadian entries.

"In a military setting, I never have butterflies. In Scotland: way more scary. The whole world – well, the piper world – is watching. It's the gold medal hockey game for us."

The 78th hadn't been to worlds since 2006, and Bruce said they had high hopes. Canadian entries are always watched: Canada is the only country other than Scotland to have ever won the world championship. With eight of 14 spots in the finals locked up from placings the previous year and at qualifying competitions leading up to worlds, the 78th had their work cut out to win a placing.

"We finished eighth out of 18. We had very good scores – we were on the cusp of being in there."

Four Canadian entries did grab space in the six open placings, and Bruce is pleased to know Canadian Forces pipers were part of every one of those bands.

"We do compete on the civilian side against each other but, on the Canadian Forces side, we're very much a team."



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### Useful links | Liens utiles

**Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
[www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca)

**Community Gateway Site**  
Site du portail communautaire des Forces canadiennes  
[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

**14 Wing Greenwood Site**  
Site de la 14<sup>e</sup> Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

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**Captain Jordon Mayichm, a pilot on 405 Squadron's Crew 2, left; and Lieutenant Scott Meaden, an on-the-job training pilot, with Garry Beck, 483 Wing Royal Canadian Air Force Association president.**

Submitted

## Eagle Speaks

### Aurora crews trained, ready to show their stuff

**Captain Michael Austin,  
405 Squadron**

With posting season and summer leave behind us, 14 Wing Greenwood's 405 Squadron is getting back to business.

Preparing crews to deploy on a worldwide intelligence, surveillance and reconnais-

sance tasking with little notice is our priority, vitally important for Canadian Forces operations. However, this is no small feat. Requiring considerable personnel and crew readiness training, the Eagles kicked off the fall schedule with two days of valuable ground training. September 6 and 7, crew members

were provided the individual battle task briefings on public relations and media awareness, laws of armed conflict, the CF Code of Conduct, rules of engagement and the use of force. Crews were also provided critical safety training in the form of air weapons, flight safety and general safety briefings.

The squadron also took the opportunity to recognize recent squadron member achievements. Commanding Officer Lieutenant-Colonel Mike Adamson and squadron Chief Warrant Officer Roussel announced Master Corporal Fred Brown's promotion to sergeant, awarded Sergeant Ian Perreault with his CD clasp 1 and presented Captain Dan Arseneault with a certificate for the completion of the Air Force Officer Development (AFOD) Block 3 Course. In addition, flight safety Bravo Zulus were presented to Master Warrant Officer Glen Priddle, Warrant Officer Reg Smith and Warrant Officer Dave Pawulski for their outstanding contributions to squadron flight safety.

Over the Labour Day weekend, Toronto hosted the annual Canadian International Air Show. Along with the Snowbirds, CF-18 Hornets, Harvards, a T-33 and much more, 14 Wing tasked 405 Squadron Crew 2 to provide an air display. Departing Greenwood August 30, the crew arrived in Toronto just in time to provide local media a static tour of the CP140. August 31 was used for air display practice. The Aurora's routine consisted of low level passes and tight turns at high speed followed by a simulated torpedo attack with the bomb bay doors open. Saturday to Monday was show time. Although the Aurora lacks the smoke generators of the vintage planes and the sonic

booms of the fighter jets, the sight of such a large aircraft manoeuvring so quickly at low levels grabbed the attention of spectators. During the display, the announcer enlightened the crowd on the role of the CP140 in the Canadian Forces. As only the two pilots, flight engineer and fourth crewman are authorized to fly the air display, the remaining crew members attended the air show in their flight suits. Excellent ambassadors, they walked the VIP

tents and talked with several groups, including veterans and corporate sponsors. Numerous photos were taken with the crew and autographs were signed at the request of admiring youngsters. The show was a great venue for the CP140, promoting the Aurora's past and current accomplishments to the public - a public that showed much enthusiasm and appreciation for the aircraft and those involved in its operations.



**Sergeant Ian Perreault received his CD clasp 1 from 405 Squadron Commanding Officer Lieutenant-Colonel Mike Adamson, left.**

Submitted

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promotions & presentations

14 AMS, Wing Imaging unless otherwise indicated.



Master Corporal Michael Thomas receives his appointment from Second Lieutenant Tristan Armstrong, acting Wing Telecommunications and Information Services Officer (WTISO). Submitted



Able Seaman Brett Ross accepts his promotion to current rank from Major Heather Ewing, Officer in Command of 14 Wing Replenishment Squadron. Submitted



Corporal Noella Kennedy accepts her CF Aerobic Award of Excellence with second seal from Lieutenant Gillian Kelland, Acting Officer in Command of 14 Wing Replenishment Squadron. Submitted



Private Kendall Thorburn accepts her promotion to current rank from Lieutenant Gillian Kelland, Acting Officer in Command of 14 Wing Replenishment Squadron. Submitted



Corporal (Cpl) Anthony Bangay (center) is presented the 14 Air Maintenance Squadron (AMS) Excellence Award by Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS Squadron Chief Warrant Officer Chief Warrant Officer Mike Power. The 14 AMS Excellence Award is presented in recognition of a task or event that exemplifies technical excellence and/or professionalism. Cpl Bangay is rewarded for his outstanding job knowledge, professionalism and unrivalled work ethic. When tasked to safety the #1 engine fire bottle on aircraft 103, Cpl Bangay noticed the bonnet was not connected to the fire bottle. Cpl Bangay's brilliant attention to detail lead to the rectification of the problem. Because of Cpl Bangay, malfunction of the equipment in case of emergency was prevented.



Corporal Luke Verran (center) receives his promotion to current rank from Major Timothy Neal, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer (AMO) (pictured on the left); pictured on the right is AMO Senior Superintendent Master Warrant Officer Mike Gilliatt.



Master Corporal Ron Moore (center) receives his appointment from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS acting Squadron Chief Warrant Officer, Master Warrant Officer Rick O'Driscoll.



Captain Tristan Armstrong receives his promotion from Lieutenant-Colonel Brian Richardson, Wing Logistics & Engineering Officer. Master Corporal Michael Thomas



Master Corporal Rob Bennett (center) receives his appointment from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS acting Squadron Chief Warrant Officer, Master Warrant Officer Rick O'Driscoll.



Sergeant Murielle Arsenault (center) receives her promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is Chief Warrant Officer, 14 AMS Mike Power.

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# Aldershot to get warm Kentville welcome

Kentville Mayor David Corkum, and town council will grant the Freedom of the Town to the Land Force Atlantic Area Training Centre, the unit responsible for running Camp Aldershot, in a traditional ceremony at Kentville town hall at 10 a.m. October 13.

The Freedom of the Town is a ceremony that dates back to feudal times, when formed groups of soldiers were not permitted to enter the towns until the town authorized them to do so. Granting of the Freedom of the Town is a declaration of the trust the town has in the military unit the honour is bestowed

upon, and an acknowledgment of the important role the unit and its soldiers play in the community.

Corkum says he and his council are honoured to be able to grant this privilege to the training centre, due to the long and meaningful connection between Camp Aldershot and the Annapolis Valley, especially Kentville.

LFAATC Commanding Officer Lieutenant-Colonel Mike Patrick will lead two guards with 50 soldiers in each to the front door of the Kentville town hall and ask permission to parade through the town.



Kentville Mayor David Corkum



Lieutenant-Colonel Mike Patrick, commanding officer of the Land Force Atlantic Area Training Centre

LFAA file

## business spotlight of the week

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**Joyce Sharp,**  
Communications and marketing  
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## Les avertisseurs de fumée ne sont pas éternels

(EN) - Nous remplaçons régulièrement une foule d'objets dans nos maisons. Alors pourquoi est-il si difficile de se souvenir qu'il faut également remplacer

les avertisseurs de fumée et les avertisseurs de monoxyde de carbone ?

Comme ces appareils fonctionnent sans arrêt, toute l'année, il est normal qu'ils ne soient pas éternels. Selon les autorités de la sécurité incendie, les avertisseurs de fumée doivent être remplacés à tous les dix

ans, qu'ils fonctionnent à piles ou qu'ils soient branchés sur le système électrique ou le système d'alarme de la maison. Quant aux avertisseurs

de monoxyde de carbone, ils doivent être remplacés à tous les 7 à 10 ans, tout dépendant du fabricant, et quelle que soit la façon dont ils sont branchés.

La prochaine que vous serez dans une quincaillerie, procurez-vous une autre « décennie de tranquillité » afin de protéger votre famille



## October a great way to walk

Dr. John Finley,  
President, Doctors Nova Scotia

Physical activity and proper nutrition are the cornerstones of a healthy lifestyle for everyone, regardless of age. With October being International Walk to School Month, there is no better time to begin developing new healthy habits. Physical activity and proper nutrition can improve your health and help prevent, delay

or alleviate diseases and conditions like cancer, heart disease, type 2 diabetes, obesity, stroke, hypertension, osteoporosis and depression. Doctors know, when healthy habits are introduced at a young age, they can last a lifetime. In order to get the health benefits, children and youth need to achieve a minimum of 60 minutes of moderate to vigorous intensity physical activity each day.

Doctors Nova Scotia rec-

ognizes walking to school is not practical in all areas of the province. However, doctors encourage all communities who depend on school buses to transport students to participate by implementing walking events at the school. School-wide walks during recess or before class, is an excellent way to join communities around the globe who celebrate walking in their neighbourhoods. Video games, computers, televi-

sion and other electronics make children seated for most of the day. It is important to make an effort to take part in physical activity whenever possible. Walking to school can be a group activity. Families, pets and friends can walk together. Don't let the fun end in October; continue to walk to school whenever possible. For information on International Walk to School Month, visit [www.saferoutesns.ca](http://www.saferoutesns.ca).

### Dempsey Corner Orchards Thanksgiving Special October 6,7,8 2012

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### Roast Turkey

a traditional favorite, with apple  
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### Maple Glazed Ham

with maple and raisin sauce

Herb Roasted Potatoes

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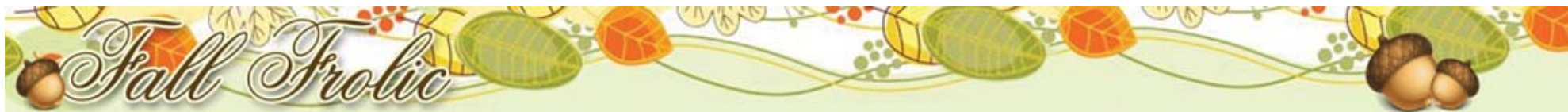
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# Leaf Watch | Share your NS fall colours experiences with others

A tour of Nova Scotia during the height of the fall colours display of nature is truly awe inspiring and unforgettable. The Nova Scotia fall colours typically start changing the last week of September and



continue until late October. From Cape Breton's Cabot

Trail to the southern tip of Nova Scotia along the Yarmouth and Acadian Shores, Mother Nature puts on quite a show. Before heading out this fall on a golf vacation or camping trip, to discover

Nova Scotia wine or simply for a weekend of beautiful Nova Scotia fall colours tours, find Fall Leaf Watch updates on Nova Scotia's homepage, <http://www.novascotia.com>. Find out why leaves change colour, or plot your Nova Scotia vacation using a leaf watch map.



## Wine your way through vineyards aboard double decker bus

Hop on a double decker wine bus for a tour of Nova Scotia's wine country!

The Wolfville Business

Development Commission, Town of Wolfville and local wineries have teamed up to deck out the Wolfville Magic

Winery Bus in fall vineyard style, and are excited to invite riders aboard for a tour of five great area wineries (Muir Murray Winery, Domaine de Grand Pré, L'Acadie Vineyards and Gaspereau Vineyards).

The bus leaves downtown Wolfville at 10:30 a.m., and from then on the hour, every Saturday and Sunday until October 14, with the last passenger bus leaving Wolfville at 3:30 p.m.; for one-hour loops of the local area (a 4:30 p.m. bus will make a final trip for pick-up only, arriving back in Wolfville at 5:30 p.m.). You may hop on and hop off at any one of the stops. Stay for an hour or stay for five, the choice is up to you.

Free all day parking is available in Wolfville. The bus ride is \$10 per adult; children are free. For information, email [info@downtownwolfville.com](mailto:info@downtownwolfville.com).

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<p><b>2009 Toyota Corolla Sport</b> <b>\$13,995</b>            Manual, 4-Cyl 1.8L, 4 door Sedan, A/C, 54,203 kms • <b>\$ 130 BIWEEKLY</b></p>	<p><b>2009 Toyota Corolla CE</b> <b>\$11,995</b>            Manual, 4-Cyl 1.8L, 4 door Sedan, A/C, 83,658 kms • <b>\$ 112 BIWEEKLY!</b></p>
<p><b>2008 Toyota Yaris</b> <b>\$10,995</b>            Automatic, 4-Cyl 1.5 L, 4 door Sedan, A/C, 87,045 kms • <b>\$ 119 BIWEEKLY</b></p>	<p><b>2009 Toyota Tacoma SR5</b> <b>\$20,995</b>            Automatic, V6, 4.0 Liter, 4WD, 4 door Double Cab Truck, A/C, 151,433 kms • <b>\$ 193 BIWEEKLY</b></p>

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# Weatherproof windows and doors to keep winter drafts out

(NC) - As fall approaches, we can expect temperatures to drop as old man winter prepares for his return. As homeowners get their houses ready for the frigid weather, it's important not to overlook two main areas where cold air can seep into your home: windows and doors. Use the following tips to ensure your entrances and exits are properly weatherproofed this cold weather season.

**Accessorize – and prevent cold air leaks**

Add some flair – and block out the winter chill – with curtains. Hang (and close) drapes in a heavy fabric to

help prevent cold air from seeping in through your windows. For doors, a fabric-covered bottom that slides between the door and the threshold will prevent the frosty air from entering your home. Retailers often suggest the Duck brand Double Draft Seal since it's easy to install and provides two layers of protection against drafts.

**Add film to block the frost**

Since windows can be found in almost every room, it's worth giving them some extra attention. Use a clear film to create another layer of insulation on your windows. Simply tape a product like

Shrink Film Window Kits (also from Duck brand) to the window edges and then give the film a once-over with a hair dryer to seal the plastic and make it tight. For even easier set up, use the Roll-On Window Kits. They come with a pre-taped edge for the simplest install.

**Stop drafts with a storm door**

For an added barrier between the inside of your home and the winter weather, make sure you have a storm door installed. This extra amenity will provide an additional level of protection from the frigid temperatures of the cold weather season, allowing you

to keep your thermostat – and your heating bill – low.

**Use seals to combat the chill**

When you close and lock your windows and doors, there's often a crack between the top and sides and the frame or threshold. Opt for seals to place along the inside perimeter of your windows and doors to prevent

drafts from entering. For the easiest installation, choose seals that are self-adhesive. Popular options for this are the Duck brand Heavy-Duty Weatherstrip Seals, made of durable EPDM rubber, or Self-Adhesive Foam Seals. Both are good choices for blocking drafts and they won't freeze or crack in low temperatures.



# Top places germs hide at school may surprise you

(NC) - If you thought the school bathroom was the “germiest” place your kids visit when they go to school each day, you’re wrong.

According to a new two-part school hygiene study conducted by Lysol and the Global Hygiene Council, eating areas contain the most germs.

As part of the study, seven elementary schools in the United States were swabbed for bacteria to detect levels of contamination. The results showed 44 per cent of eating areas, such as cafeteria tables and water fountains, were commonly contaminated, compared to just three per cent of bathrooms and 11 per cent of student areas.

“Thorough and regular hand washing with soap and warm

water, and encouraging kids to not put food directly on their desk or cafeteria table, can help to protect children against many illnesses,” says Erica Di Ruggiero, chair of the Canadian Public Health Association.

Moms can also reduce the risk of kids falling ill at lunchtime by taking steps to ensure their lunch is prepared hygien-

ically and stored safely. The study showed less than half of Canadian moms refrigerate their child’s lunch box after preparation - and the same number don’t clean and disinfect the lunchbox every day either. Even a small spill and a few crumbs can be a breeding ground for bacteria to grow and spread to the food.



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# Harvest an Annapolis Valley adventure

Harvest your Annapolis Valley Adventure this October with the 8th annual Valley Pumpkin Fest.

The Valley Pumpkin Fest celebrates agriculture, cuisine and culture of the fall season in the Annapolis Valley and builds upon the region's existing assets: U-picks, farm markets, wineries and much more.

Check out a number of key events across the Valley, which includes the 28th annual Windsor-West Hants

Pumpkin Weigh-off October 6 at the Hants County Exhibition grounds. Also in Windsor, the 14th Pumpkin Regatta will be held October 14, where eager spectators watch the start of the regatta and hear those famous words, "Ladies and Gentlemen, start your pumpkins!"

Kentville's Pumpkin People Festival, themed



around "Lights, Camera, Pumpkins!" Pixar and DreamWorks movie scenes, will be on display October 6 to 28, with over 300 pumpkin people characters appearing all over Kentville. A new event for Kentville this year is Octoberfest, October 6 in Centre Square and at the Kings Arm Pub.

An exciting addition this year is Wolfville's Magic Winery Tour October 6, 7, 13 and 14. Hop on the double-decker bus in Wolfville for a tour the whole family will enjoy. Also in Wolfville, at Acadia University, is the 20th Valley Harvest Marathon October 6 and 7, with events for all age categories.

The Valley Pumpkin Hunt Contest will be offered again this year as, last year, many enjoyed hunting for special pumpkins using clues or

geocaching coordinates. Submit your entry, found in the 2012 fest brochure, and you could win an amazing prize provided by local accommodations, restaurants and wineries.

Harvest time is definitely an adventure in the Annapolis Valley, so check out [www.valleypumpkinfest.com](http://www.valleypumpkinfest.com), and don't forget to pick up your brochure at participating U-picks, farm markets, wineries and visitor information centres.

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**Friday 11-6 | Saturday 11-4**

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All other store hours will remain the same.

**Sorry for any inconvenience to our patrons.**



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until November 4th

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# Parent & Tot – a ‘funtastic’ good time for everyone

**Kim Dixon,**  
GMFRC coordinator of child and youth services

The goal of the Greenwood Military Family Resource Centre's Parent & Tot Program is to promote positive parenting and healthy child development

in support of family cohesion. We will provide children with opportunities for social interaction and learning, and their parents/ caregivers with a relaxed group environment where they can develop their parenting and care giving skills.

We meet at the GMFRC every

Monday and Tuesday at 9:30 a.m. for a fun-filled morning of laughter and learning through play together. There is no cost for this program – all you need to do is bring your smile and we will provide the rest.

Parent involvement is an important part of our program, as

it allows you, as the parent, to participate in your child's learning experience, and continue to foster the bond between you and your child as you learn through play together. Our circle activities (songs, finger plays and stories) are also a way parents can interact in a fun and posi-

tive way with their children. We hope you gain confidence in your ability to sit and sing in a social environment during this time, and you are able to simulate many of our circle activities at home with your child.

Parenting is a lot of work, and at times can be challenging.

Activities such as Parent & Tot provide you with opportunities to relax and learn tools that will help you enjoy your parenting experience with your young child. If you would like a copy of our monthly Parent & Tot calendar, stop by the GMFRC or check us out at [www.familyforce.ca](http://www.familyforce.ca).

# Parents et bambins – Plaisir assuré pour tout le monde

**Kim Dixon,**  
Coordonnatrice des services aux enfants et aux jeunes du CRFMG

Le programme Parents et bambins du Centre de ressources pour les familles militaires de Greenwood a pour objectif de promouvoir les pratiques parentales positives et de favoriser le bon développement de l'enfant, pour renforcer la cohésion familiale. Nous offrons aux enfants des possibilités d'interaction sociale et d'apprentissage, et aux parents et gardiens un

milieu décontracté propice au perfectionnement de leurs compétences de parents et de gardiens.

Nous nous rencontrons au CRMFG le lundi et le mardi à 9 h 30, pour passer une matinée amusante où nous apprenons en jouant ensemble. La participation au programme est gratuite. Vous n'avez que votre sourire à apporter. Nous nous chargeons du reste.

La participation des parents est un volet important de notre programme. En effet, elle permet aux parents de faire partie de

l'expérience d'apprentissage de leur enfant. Elle renforce également les liens entre le parent et l'enfant qui apprennent en jouant ensemble. Nos activités en cercle (chant, jeux de doigts, contes) sont également pour les parents un moyen d'interagir de façon amusante et constructive avec leurs enfants. Nous espérons également donner confiance aux parents dans leurs capacités d'interagir et de chanter devant un groupe, afin qu'ils puissent reproduire bon nombre de nos activités de cercle à la maison avec leur enfant.

Être parent, c'est exigeant et parfois difficile. Des activités comme celles qui sont proposées dans le cadre du programme Parents et bambins permettent aux parents de se détendre et de découvrir des outils qui enrichissent leur expérience de parent d'un jeune enfant. Pour obtenir un exem-

plaire du calendrier mensuel du programme Parents et bambins, il suffit de passer au CRFMG ou de consulter le site [www.familyforce.ca](http://www.familyforce.ca).

# Premiers soins en santé mentale pour les personnes qui travaillent auprès des jeunes

La Coalition pour la santé mentale de Kingston/ Greenwood est un partenariat formé par des groupes communautaires locaux (y compris le Conseil de santé communautaire de Kingston/ Greenwood) désireux de promouvoir l'éducation sur la santé mentale dans notre communauté.

La Coalition pour la santé mentale de Kingston/Greenwood offre des séances simultanées de premiers soins en

santé mentale en anglais et en français aux adultes qui travaillent auprès des jeunes de notre communauté. On y traite des aspects fondamentaux des premiers soins en santé mentale, avec un volet supplémentaire sur les problèmes mentaux touchant les jeunes. Il s'agit donc d'un cours idéal pour tous, non seulement pour les personnes qui travaillent auprès des jeunes. Pour s'inscrire ou en savoir plus sur le cours,

il suffit de communiquer avec Lisa Garand, coordonnatrice du Conseil de santé communautaire, au 825-6160, poste 357.

# Mental first aid for youth workers

The Kingston/ Greenwood Mental Health Association is a partnership of local community groups (including the Kingston/ Greenwood Community Health Board) interested in promoting education on mental health within our community.

Mental Health First Aid ([www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)) is a program of the Mental Health Commission of Canada and is promoted by the Canadian Mental Health Association and the Mental Health Strategy for NS ([www.gov.ns.ca/health/mhs/first\\_aid.asp](http://www.gov.ns.ca/health/mhs/first_aid.asp)).

The Kingston/ Greenwood Mental Health Association is offering concurrent Mental Health First Aid sessions in English and French for adults who work with youth within our community. This course incorporates the basic courses of Mental Health First Aid and has an additional component on common youth concerns. This makes it an ideal course for anyone to take - not just those who work with youth. Registration and course information is available by contacting Lisa Garand, CHB coordinator, 825-6160 ext 357.

**Kingston Legion Br 98** ~  ~ **October 2012**  
Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail [legion98sect@ns.sympatico.ca](mailto:legion98sect@ns.sympatico.ca)

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 EUCHRE	2 BINGO 7:30	3 LADIES DARTS	4 CRIB	5 TGIF Annie's Cabbage Rolls DARTS	6 BREAKFAST BENEFIT DANCE Stagecoach
7 BINGO 1:45	8 EUCHRE	9 BINGO 7:30	10 LADIES DARTS	11 CRIB	12 TGIF Senior's Association DARTS	13 Lion's Charter Banquet DANCE David Burbine & Traditional Country
14 BINGO 1:45 District "D" Meeting	15 EUCHRE EXECUTIVE MEETING	16 BINGO 7:30	17 LADIES DARTS	18 CRIB	19 TGIF Fish & Chips DARTS	20 DANCE Spare Parts
21 BINGO 1:45 CTR Meeting	22 GENERAL MEETING Elections	23 BINGO 7:30	24 LADIES DARTS EUCHRE	25 CRIB	26 TGIF Senior's Association DARTS	27  Halloween DANCE with Borderline
28 BINGO 1:45	29 EUCHRE	30 BINGO 7:30	31 LADIES DARTS 	<b>Notes:</b> October 22, Br. 098 Elections October 27, Halloween Dance, prizes		

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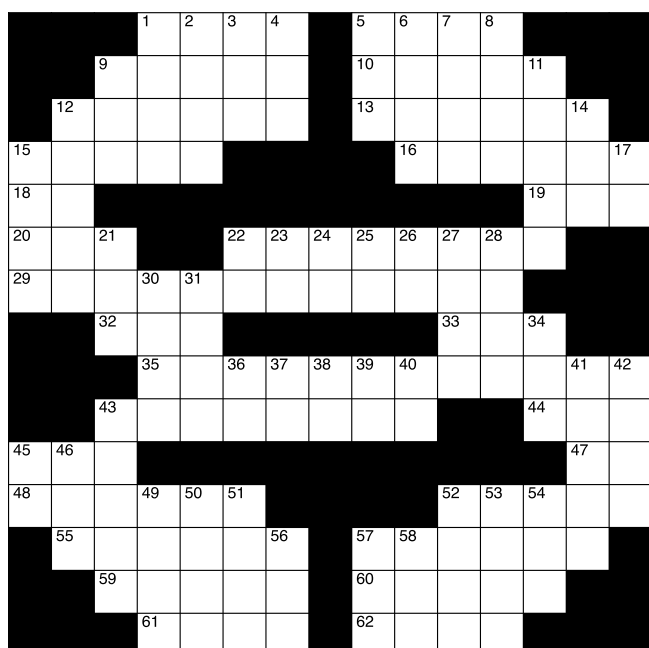


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email [editor@auroranewspaper.com](mailto:editor@auroranewspaper.com). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14<sup>e</sup> Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à [l'adresse.editor@auroranewspaper.com](mailto:l'adresse.editor@auroranewspaper.com). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

## metro crossword

solution page 14



### ACROSS

1. Long tailed rodents
5. Meets the Danube in Belgrade
9. Bohemian dance
10. Hancock star Will
12. Chapeaux carrier
13. A warning or caution
15. Bangladesh capital
16. One who hands
18. Rural delivery
19. Poke
20. Express pleasure
22. Wife of a maharajah
29. Irish kissing rock
32. Variant of Tai
33. Plural of os
35. She sang with the Pips
43. Setting out
44. Swiss river
45. Negative sports cheer
47. Liberal degree
48. Relating to the back
52. Muslim family of wives (alt. sp)
55. Was in charge of a project
57. Indehiscent legume
59. Ice or roller
60. A citizen of Iraq (alt. sp.)

61. Goidelic language
62. Indian poet

### DOWN

1. College army
2. Dark Angel actress Jessica
3. Boxing blow
4. Single-reed instrument
5. Secondary school certificate
6. A wet nurse in India
7. Long live! (Spanish)
8. Egyptian Sun god
9. Political action committee
11. Tolstoy novel "\_\_\_\_ Murat"
12. Regions of the ocean below 6000 m
14. Earl Grey or green
15. Bland in color
17. Atomic #37
21. Possessed
22. Of I
23. Poetic ever
24. High school
25. Indicates position
26. Road open
27. In a short time
28. Filippo \_\_\_, Saint
30. Traditional Hindi music
31. Former NHL player Jim
34. Honorable title (Turkish)
36. Trumpeter Hirt
37. Atomic #66
38. Lolo
39. Tin
40. 1,000 grams
41. Latin variant of "to have"
42. An electric car that runs on rails
43. Skin lesions
45. Bahrain dinar
46. Express delight
49. Japanese beverage
50. 6th Jewish month
51. Leases
52. U.S. Poet Laureate 1995-97
53. Egyptian cross
54. Remote user interface
56. River in NE Scotland
57. Small seed of a fruit
58. Major division of geological time

metro crossword brought to you compliments of



954 Central Avenue  
Greenwood  
**765-6381**

### Walking club

Wednesdays this fall, join the Kingston Recreation walking club. Meet at the village office parking lot, 671 Main St., at 1 p.m. Contact Glen at 765-2800 or [recreation@kingstonnovascotia.ca](mailto:recreation@kingstonnovascotia.ca) for information. No cost.

### CentreStage Theatre

Said the Spider to the Spy, a fast-paced, witty comedy by Fred Carmichael, centres around Augusta Waycross, a librarian leading a mundane life in 1987. When Gussie borrows her friend's Florida beach house, she decides to borrow the glamorous romance-writer's identity as well. In scene after hilarious scene, we meet an intriguing variety of

characters, thrown into uproarious situations by a plot that builds and twists, culminating in surprising revelations. The show is appropriate for those 14 and older. Continues Friday and Saturday nights at 8 p.m. until October 20. There will be a 2 p.m. matinee October 14. Call 678-8040 for reservations. [www.centrestagetheatre.ca](http://www.centrestagetheatre.ca).

### Relay For Life meeting

October 1, help the Canadian Cancer Society make a difference. Join the Relay For Life's planning committee meeting at 7 p.m. at Middleton town hall. New members are needed, various positions available. For information, call Raymond, 824-3070, or email [burns.raymond1@gmail.com](mailto:burns.raymond1@gmail.com).

### Activités pour les francophones

Cours de guitare pour intermédiaires. Date: tous les mercredis à partir du 3 octobre 2012 de 18h30 à 20h. Lieu: Local 1230 de l'école Roses-des-Vents. Coût: 75\$/ session de 10 cours. Détail: Le participant doit apporter sa guitare. Pour vous inscrire ou obtenir plus d'informations, n'hésitez pas à communiquer avec Wrendy Breau, coordonnatrice, l'Association francophone de la Vallée. Téléphone: (902)765-1078. [www.afva.ca](http://www.afva.ca).

### Lunch

October 3, there is a community

lunch this at New Beginnings Centre, 1151 Bridge St., Greenwood. The lunch is open to everyone; no charge. 11:30 a.m. to 2 p.m. Free clothes available.

### Health course

Your Way to Wellness is a self-management program for people living with a chronic health condition (diabetes, arthritis, high blood pressure, heart disease, COPD, ABI...), designed to help participants manage symptoms and gain the confidence needed to cope with on-going health conditions. The programs are free to participants. Woodville, Woodville Community Hall, Thursday mornings, October 4 to November 8, 9:30 a.m. to noon. To register or for information: Pat Lithgow-Rose, (902) 538-1315 or [plithgow@avdha.nshealth.ca](mailto:plithgow@avdha.nshealth.ca). Co-sponsored by Nova Scotia Health & Wellness and Annapolis Valley Health.

### Ticket auction

October 4, the Nictaux Fire-Ettes host their annual ticket auction at the Nictaux & District fire hall, 9349 Hwy 10. Doors open at noon, draws at 7 p.m. Many items donated by local businesses, canteen available. For information: Holly Stillwell, 765-3927.

### Hike

October 4, Hike Nova Scotia and

Annapolis County Recreation present a guided hike on the Hemlock's and Hardwoods Trail in Kejimikujik National Park, 3 p.m. The hike is free, but there is a fee to enter the park. Participants qualify to win trail prizes. Go to [www.hikenovascotia.ca](http://www.hikenovascotia.ca) for details.

### Activités pour les francophones

Tournée des vignobles entre francophones. Date: 6 octobre 2012 de 10h00 à 17h30. Lieu: départ au Centre-ville de Wolfville (coin Main Street et Linden Ave). Coût: 10\$/ personne, gratuit pour les enfants. Détails: Le départ se fera à 10h30, mais nous vous demandons d'arriver 30 min à l'avance, puisque nous ne pouvons malheureusement pas réserver le nombre de places dans l'autobus (65 places disponibles). De plus, vous pouvez apporter votre lunch pour le dîner. Pour vous inscrire ou obtenir plus d'informations, n'hésitez pas à communiquer avec Wrendy Breau, coordonnatrice, l'Association francophone de la Vallée. Téléphone: (902)765-1078. [www.afva.ca](http://www.afva.ca).

### All candidates forum

October 10, 7 p.m. to 9 p.m., the Women's Place Resource Centre, Annapolis Royal, will host an all candidates forum for those running in the October 20 municipal elections. Please join us in asking

### YARMOUTH

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Sun-Thur - 8 pm  
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## Hotel Transylvania

05 - 11 Oct 12  
Rated G

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### Kingston Legion

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Sunday, 1:45 p.m.  
Tuesday, 7:30 p.m.

Regular Games - \$100

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

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2. Fax: 765-1717
3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:  
Noon, October 4, 2012

### Full name

### Phone number

Complete the following questions from ads in this week's issue and win a large 2-topping pizza from **Pizza Delight, Greenwood**. Coupon valid for 30 days.

1. Who wants to hire a public works supervisor? \_\_\_\_\_
2. What band is playing at the Legion Halloween dance? \_\_\_\_\_
3. Who has a better place for you? \_\_\_\_\_
4. What business offers airport service? \_\_\_\_\_
5. What is Justin Veinot's phone number? \_\_\_\_\_

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

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



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

Congratulations to last week's winner: ISIAH VALLILLEE



# Blood donors add up

the candidates about our future at the Berwick and District fire hall.

**Religious program**

October 10, a Biblical studies course will begin at New Beginnings Centre, Bridge Street, Greenwood. 7 p.m. "What is the importance of Pentecost?" The course is sponsored by New Beginnings Christian Ministries. For information: 765-8155.

**Dancing**

Fridays, join us for an evening of square dancing, 8 p.m. to 10 p.m., at the Melvern Square Hall. Phone 765-8145 for information.

**Artists' group**

Anyone interested in getting together an art group for informal painting, please call (902)242-2782 and ask for Skye. We're thinking of finding a place to meet, getting visiting artists, doing workshops, etc.

**Donations accepted**

The Greenwood Health Auxiliary's Opportunity Shop (in the Greenwood Mall, next to The Inside Story), is accepting donations of

good used clothing, purses, shoes, linens, and small appliances. All proceeds go back to health care in our area.

**Toastmasters**

Tuesdays – join Toastmasters – where leaders are made - 6:15 p.m. to 8 p.m., at the Air Commodore Birchall Training Centre, Bldg 221, Greenwood. Everyone welcome. For information contact edwardwedler@gmail.com or Edie Murray, 665-2397.

**Horse back riding**

Public horse back riding and lessons, 471 Vault Road, Melvern Square. Non-profit, registered charity; all funds support abused women and children. (902)824-2329.

**Community luncheon**

Community lunch every Wednesday at New Beginnings Centre, 1151 Bridge St., Greenwood. No charge. 11:30 a.m. to 2 p.m. There are also free clothes. Sponsored by Open Hand.

**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.

**Kingston Area Seniors Association**

Kingston Area Seniors Association meets the second Wednesday of each month at 10 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 Fred Carter, 902-363-2406.

**Support group**

Valley Acquired Brain Injury Support Group hosts various outing of general interest each month, determined by the group. The ABI group meets in Kingston, Greenwood and surrounding areas every third Wednesday, 7 p.m. to 9 p.m. (location & activity will be announced). All are welcome to attend. For information, contact Dan and Sharon Nogler, 765-6760 (leave a message).

**Eric MacKenzie, Community Recreation Coordinator**

Canadian Blood Services held another successful two-day blood donor clinic at the 14 Wing Greenwood Community Centre September 17 and 18. Roughly 250 donors attended and, as a result, 219 donations were collected, which can be used to save over 650 lives.

Canadian Blood Services will return December 3 and 4. If you are interested in booking an appointment to give blood or to volunteer at the next two day clinic, call 1-888-236-6283. If you have been a resident for more than three months in the United Kingdom from 1980 to 1996 (during the mad cow disease outbreak), you are unable to donate blood.

14 Wing is a Partner for Life with Canadian Blood Services, and has set a goal to have

100 members register in the remainder of 2012. Sign up at <https://www.blood.ca/>. Greenwood's Partner ID number is 14WIO11270.

Thanks to Tim Hortons and McDonald's for continued support of the clinics, and to

volunteer work party members who assisted with the load in and out of equipment: Sergeant Martin Cound, Sergeant Christopher Dempsey, Corporal Justin Kubis, Corporal Andrew Vernon, Private John McElroy and Private Kristopher Hann.

## paper carrier needed

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## sudoku

solution page 14

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

**Fun By The Numbers**

Level: Beginner

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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## patrick's puzzle

solution page 14

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

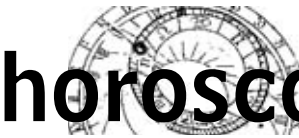
**WORDS**

Beans	Crackers	Hot	Savory
Beef	Cumin	Jalapeno	Simmer
Biscuits	Cup	Kitchen	Slow
Bowl	Delicious	Ladle	Sour cream
Bread	Dining	Meat	Spicy
Casserole	Entertain	Onions	Stew
Cheese	Filling	Peppers	Stir
Chicken	Frankfurter	Pot	Stove
Chili	Garlic	Powder	Tomato
Cooper	Hearty	Saute	Turkey

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## horoscopes

September 30 - October 6

**ARIES - Mar 21/Apr 20**

Someone is not telling you the entire story, Aries. However, you will find a way to fill in the missing details. What you learn will come as a big surprise.

**TAURUS - Apr 21/May 21**

Taurus, reach out to friends and family members for some support. A helping hand always can lift the spirits, and those closest to you will be happy to help.

**GEMINI - May 22/Jun 21**

Gemini, you are strong and determined, so the obstacles that arise this week will be no match for you. Just keep up the positive thinking and you will prevail.

**CANCER - Jun 22/Jul 22**

Cancer, this week is not the time to harbour secrets. It's a good policy to always be open and honest with the people with whom you interact on a regular basis.

**LEO - Jul 23/Aug 23**

Leo, allow a friend to be the center of attention so he or she can enjoy his or her moments in the sun at an upcoming social event. Your magnetism can be addicting.

**VIRGO - Aug 24/Sept 22**

Virgo, all that time and effort you put into past projects is certainly paying off now. It probably feels good to be back in the game and going along successfully.

**LIBRA - Sept 23/Oct 23**

Libra, you are ready to take a leap of faith, but make sure your parachute is on before you do so. Sometimes you tend to err on the side of risky.

**SCORPIO - Oct 24/Nov 22**

Scorpio, sometimes you take on too much. But you have a funny way of making it all work out. You will find this to be the case with a situation that presents itself this week.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, if you keep pushing someone to their limits you may not be happy with the results. It might be a better plan to go with a softer method of inspiration.

**CAPRICORN - Dec 22/Jan 20**

Capricorn, you are ready for a change, but haven't zeroed in on just what to do as of yet. A deep conversation later this week just might reveal all of the answers.

**AQUARIUS - Jan 21/Feb 18**

It's best to act while your motivation is high, Aquarius. Otherwise you are prone to extended periods of inactivity. Make the most of your productive moments.

**PISCES - Feb 19/Mar 20**

Pisces, you serve as educator this week, and it suits you just fine. It boosts your spirits to help others in unique ways.

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Classified advertising must be booked and prepaid by noon Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) or fax 765-1717.

To place a boxed, display ad, contact 765-1494 local 5833; email [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com).

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## FOR RENT

**FOR RENT – Completely renovated 1 bedroom apartment located at 517 Pleasant St. Kingston. Rent is \$650/month including utilities (heat and lights). Kitchen, living room on main level with bath and bedroom upstairs. No Pets.**

**Mature person discount. Call 250-0181. (3332-8tpb)**

**FOR RENT – Fully furnished one bedroom ground floor apartment. Comes with appliances, utilities, cable, high speed internet, lawn care and snow removal. Country setting on 10 acres, private deck overlooking a large pond. Ten**

**minutes to the Base. No pets or smoking. IRs welcome. Call 847-1878 or 847-5483. (3329-ufn)**

**FOR RENT – 1 bedroom apartment on second floor in quiet rural area for single person. Rent includes all utilities, cable, Wi-Fi. Fully furnished and equipped with fridge, stove, washer and dryer. No smoking, no pets. Perfect for person on IR. Rent is**

**\$900/month. Call Joe 765-1898. (3331-ufnb)**

**FOR RENT - Beautiful house for rent in Lawrencetown - Fully restored and modernized 1884, 3 bedroom house. Less than 25 minutes from CFB Greenwood. New hardwood floors, open concept, 2 full bathrooms, main floor laundry, dining room, family room, parlor, wraparound porch. Includes fridge, stove, and dishwasher. One year lease \$1100 plus utilities. Refer-**

**ences required. No pets and non smoking. Call 902-584-2252 (3331-ufnb)**

**FOR RENT – Fully self-contained furnished apartment. One bedroom plus den. Rent is \$1,400/month all inclusive. Call (902) 242-2507 or 242-2887, ask for Cathy or leave message. (3334-ufnb)**

**FOR RENT – Modern 4 bedroom house in Margaretsville. Includes washer, dryer, fridge, stove and dishwasher. On quarter acre property with view of the Bay. Attached garage. References required. Rent is \$1,200 per month plus utilities. Available September 1st. Contact (902) 363-2079 or (902) 825-6519. (3333-5tpb)**

**FOR RENT – 2 bedroom house in Kingston. Single level home ideal for seniors. Fridge and stove included and washer/dryer hook-up available. Large yard in a quiet subdivision. Available 15 Oct. Rent is \$650/month plus utilities. Call 825-6512. (3336-2tpb)**

**FOR RENT – 1 bedroom apartment located at 677 Central Ave in Greenwood Apt A. No pets. Rent is \$350/month plus utilities. Call Cathy at 765-2938. (3335-4tp)**

**FOR RENT – One bedroom apart-**

**ment in Greenwood only 2kms from the Base. Non smoker and no pets allowed. Rent is \$500/month plus utilities. References needed and damage deposit required. For more information call 765-6238 (3335-4tpb)**

**FOR RENT – Lincolnshire apartments in Kingston. 2 - Two bedroom apartments: 1 available Oct 1st and 1 available Nov 1st. 5 Appliances included with each. \$800/month plus utilities. Also available 2 - Two bedroom apartments \$550/\$600 per month plus utilities. 2 appliances included with each. Live in super, secure buildings. Phone 765-6669. (3336-4tpb)**

**FOR RENT – Room for rent. Looking for mature employed non-smoker to rent a large fully furnished room in Fales River Subdivision. (Greenwood Area). Close to all amenities. \$125.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3337-2tp)**

**FOR RENT – One bedroom apartment located at 635 Main St. Kingston. Rent is \$700/month including heat and lights. Fridge and stove provided. Also available one 2 bedroom apartment at \$800/month including heat and lights. No pets and non-smokers. Call 698-1095. (3338-2tpb)**

**FOR RENT – 5 bedroom, 3 bath home at the top of Meadowvale Road. Open concept house with panoramic view of the Valley. 8 minutes from 14 Wing if you don't stop at Tim Horton's. Stove and pool table included. Rent is \$1,200/month. Please call (250) 532-0272 (3338-4tpb)**

**FOR RENT – Posted to Greenwood? Spacious one bedroom plus den house in quiet residential area 12 minutes from 14 Wing. Fully furnished and**

**equipped. Rent includes utilities, Wi-Fi, lawn care and maintenance. Non smokers and no pets. Call 825-5800 (3338-4tpb)**

**FOR RENT – The little guest house located centrally between Kingston & Greenwood. Ideal for IR and HHT Personal looking to relocate in the area. Within walking distance to all amenities. 2 bedroom house, new kitchen & bathroom, laundry room and dining room and den on main level with detached one car garage. Internet, heat and cable TV included as well as being fully furnished including 5 appliances with bedding, towels, etc. Driveway and lawn care and snow removal are included. Easy 10 minute access to golf courses at Paragon and 14 Wing Greenwood. Call Arthur at 765-4795 and leave a message. Available immediately. (3338-1tp)**

## SERVICES

**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 – Typing/Secretarial Services – Serving the community and local businesses. Long or short assignments welcomed. Professional and confidential. Reasonable rates and flexible hours. Call 765-8959 or contact [serviceoffice1661@gmail.com](mailto:serviceoffice1661@gmail.com). (3336-4tpb)**

**SERVICE – Looking for quality child care? Look no further. Full time and before/after care available including in-service and storm days. Greenwood area. Mon-Fri, CPR/First Aid certified. Meals, snacks, crafts and outdoor play time. References available. Please call Kerrie at 804-9042 (3336-3tp)**

## EMPLOYMENT

**Employment – Wanted a casual church teacher for kids on Sunday mornings. Reference required. Position available immediately. Call New Beginnings at 765-8155 and leave a message. (3337-4tp)**

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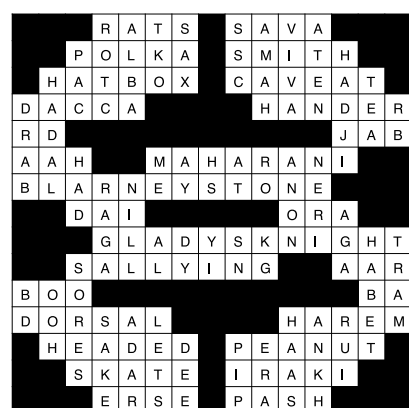
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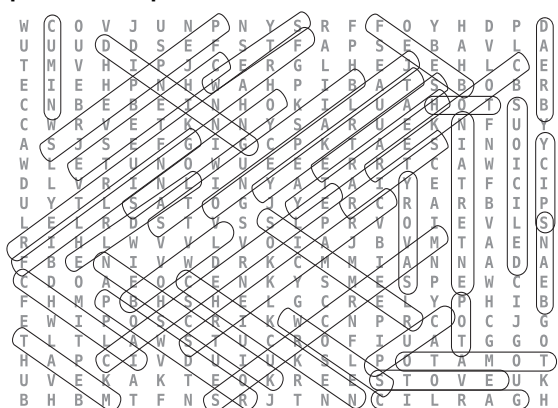
## crossword solution



## sudoku solution

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

## patrick's puzzle



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# Sharing the road with bicycles



Sergeant Paul Veinot  
S.Keddy

**Sergeant Paul Veinot**

I took up cycling outside after being introduced to indoor cycling (spinning) a few years ago. I bike to work and back and, for the most part, it's very enjoyable - with a few exceptions.

After a tandem axle dump truck squeezed out an oncoming frontend loader, while trying to pass me, I decided to write this article. This is not the first incident I have had a front row seat for. I have been forced off the road by oncoming cars passing other cars, without any regard for my bicycle and me. There are a few motorists who seem to like to see how close they can get to you while passing. On a regular basis, vehicles, while passing me, will straddle the center line, forcing oncoming

traffic to either slow or move on to the shoulder of the road. I've been cursed at, signed at and yelled at.

I would like to know where everyone is going in such a rush they obviously need to put themselves, or other vehicle operators and pedestrians, in jeopardy.

According to the Nova Scotia Motor Vehicle Act, bicyclists have the same rights and responsibilities as motorists. When cyclists and motorists follow the same set of rules, the chance of a collision is greatly reduced.

**Common car-bike collisions**

Right hook: Many motorists misjudge the speed of a bicycle; they can travel faster than you think! Experienced cyclists can travel at 25 to 30 kilometres per hour on a flat

surface, and up to and exceed 50 km/h downhill. This misjudgement causes motorists to pass and turn directly in front of the bicyclist. Scan the side of the road for bicyclists and, if it is not safe to pass before turning, slow down and move behind the cyclist before making the turn. Do NOT pass and cut.

Left cross: Motorists making turns which cross oncoming traffic must watch for cyclists, as well as motor vehicles. Too often, motorists misjudge the speed of an oncoming bicyclist and turn in front of them. Motorist should always stop and wait for oncoming traffic, including bicycles, to pass before turning.

Getting doored: When exiting your vehicle, look behind you for approaching bicyclists.

Don't open your door unless it's safe to do so.

While researching for this piece, I started to think. The intent of my article is not to trash vehicle operators and get folks upset. I want to bring awareness to the fact there are going to be more bicyclists on the road for many different reasons. We can write all the articles and have promotions to bring attention to this issue but, until we adjust our attitudes, what we put to paper isn't worth a thing.

What does the one metre rule mean? The one metre rule is included in new legislation designed to encourage safe sharing of Nova Scotia highways by all road users. Drivers will be required to leave one metre of open space between their vehicle and a cyclist when driving beside or passing a cyclist. Even if the bicyclist is riding on the edge of the bicycle lane next to the traffic lane, the one metre rule applies.

What does the new Bill 93 legislation mean to cyclists and drivers? Bill 93 requires drivers to leave at least one metre (three feet) of space when passing a cyclist, only cross a yellow line if necessary to pass a cyclist if it is safe to do so, and only pass only if there is no oncoming traffic or wait if it is not safe to pass. Motorists will have to avoid driving or parking in bike lanes, unless avoiding a hazard, a left-turning car or they are under the instruction of a police officer.

Bill 93 requires cyclists to ride single file, except when passing another cyclist, and ride on the right side of the road. They may move to the left lane when riding through a roundabout, turning left or avoiding obstacles. Cyclists will have to use designated bike lanes where they are present and free of obstructions.

The bottom line is this: we can introduce all the bills we want, put up all the "share the road signs" we want, but, until we change the way we look at bicycles - as more than just a two-wheeled vehicle that's in my way, how can we promote safe bicycling for our children and ourselves. Please take a few minutes to think about sharing the road.

OCTOBER/OCTOBRE

The Annapolis Mess  
14 Wing Greenwood

2012

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 LADIES BRIDGE	2	3	4	5 GENERAL MESS MEETING TGIF • WOSM Hosts FISH N CHIPS & MUSSELS	6
7	8 CLOSED THANKSGIVING	9 INFO Darts & Pool Balls are available from the bar.	10	11	12 OCTOBERFEST TGIF WOSM Assoc. Hosts GOULASH STEW, SPATZEL, & SAUSAGES	13
14 INFO Non alcoholic beverages available	15 LADIES BRIDGE	16 INFO TGIF's and TGIF's start at 1630 each week	17 INFO Wireless High Speed Internet available in TV Lounge/Mess	18	19 TGIF • JR RK Hosts CAESAR WRAP, FRIES & GRAVY	20 WOSM & OM COMBINED WINE & CHEESE
21	22	23	24	25	26 TGIF • OM Hosts PUB FOOD	27 JR RK HOSTS HALLOWEEN DANCE FEATURING DRESSED 2 KILL
28 WOSM Hosts KIDS HALLOWEEN PARTY	29 LADIES BRIDGE	30 INFO Back Bar Daily Newspaper for your enjoyment	31			

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A white coffee cup with a cinnamon stick on a saucer, next to a pile of coffee beans.

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October 7 to 13 with a drop-in coffee party with homemade goodies Wednesday, October 10, 10 a.m. to noon. Please come meet us!

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- For our classifieds customers, we'll raffle three prizes of one free week's insertion.
- For our friends and readers, we'll raffle a \$100 value basket of unique handmade crafts from Dempsey Corner Orchards and Farm Market's Pieces for Peace program, supporting international co-ops from developing countries.

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the Aurora

## EMPLOYMENT OPPORTUNITY

### Public Works Supervisor

The logo of the Village of Greenwood, featuring a shield with a tree and the year 1981.

The Village of Greenwood is accepting Resumes for the position of Public Works Supervisor. The successful applicant shall be highly motivated, show initiative, be a self starter, work well with others and be able to work alone with minimal supervision.

Responsibilities include but are not limited to, civic building custodian including general maintenance of the building and the facilities (ie: furnace). Snow removal in winter and mowing / grounds maintenance in summer, inspection / repairs of sidewalks and playground equipment, day to day supervision of public works employee(s) as well as duties as they arise.

Class 1 license or air brake endorsement, preferred.

This is a 40 hour per week position, and extended hours shall occur based on weather and associated work duties. Salary commensuration based on experience. Benefits are available.

Interested applicants please forward resume and cover letter to MEIsworth@greenwoodns.ca or mail to Public Works Position  
Village of Greenwood  
PO Box 1068  
Greenwood, NS  
BOP 1N0

**Closing date for Resumes is noon October 15, 2012, no phone calls please.**

**All applicants are thanked for their interest, however, only those selected for consideration will be contacted.**





A ribbon cutting in Greenwood opened the road ahead to Halifax, covered in an all-day ride to promote Boomer's Legacy.

M.Jones

## Boomer's ride moving with dedicated cyclists

Riders on the road September 1 were out to build on a local commitment to the growing national participation in Boomer's Legacy.

Greenwood area cyclists travelled from CFB Greenwood to Halifax to build momentum for the 2013 local ride Boomer's Legacy Century Ride. The awareness event follows the wheels of the very first rider, Deb Koster, who, alone, rode from Victoria to Comox, in memory of Corporal Andrew "Boomer" Eykelenboom, a Canadian Forces medic killed in Afghanistan in 2006. Since then, the ride has grown exponentially, within Canada and around the world, to represent all Canadian casualties in Afghanistan. Funds raised through this not-for-profit charity are used to build goodwill through a variety of humanitarian efforts globally by Canadian Forces soldiers on

the ground in areas of distress.

"It's absolutely a good thing the ride is growing. We did the ride, and it was a tremendous success again," says Team Nova Scotia's ride director, Captain Naval Zilka of 405 (Long Range Patrol) Squadron. "We had some first-timers this year, and we're hoping every year we have them come out and join us."

The Greenwood-Halifax route was carefully selected to balance ride exposure, provincial culture and military history, challenges for varying rider experience levels and safety. The overall relaxed pace is designed for maximum participation. During rest-stops, participants, volunteers and ride supporters meet with the public and socialize amongst the riding group, sharing their commitment to the Boomer's Legacy message.

"This year's route matched

to the minute last year's first time effort, so it works for the experienced rider – and means our new cyclists are definitely part of the group and supported the whole way."

Greenwood riders have had great local support, including from Karen and Ian Taylor at Flight Line Café in Greenwood, who manned a penny collection jar for the cause: \$175. They also started the early morning ride off with their own Maverick blend of coffee for riders. A red Boomer sport band, available for a minimum donation of \$2 at the Greenwood Military Aviation Museum, also backed local riders' efforts.

Riders were fortunate, with sunny and mild conditions, and rest stops ahead in Wolfville, Windsor and Bedford en route to the penultimate Magazine Hill climb and MacDonald Bridge crossing of

Halifax Harbour. The final leg was a "victory lap" and finish atop Citadel Hill in downtown Halifax.

Food and hydration was sponsored again this year by Cynthia Thompson, director, communication and corporate affairs, Sobeys Atlantic; and Eric Pothier, store manager, Sobeys Greenwood. The now annual favourite "Boomer Bars" were sponsored by local entrepreneur Jessie Wright who, in addition to fronting the Boomer's Legacy penny collection through Flight Line, drove one of the ride's



Greenwood area cyclists hit the road in an awareness ride for Boomer's Legacy September 1.

M.Jones

support vehicles dressed in the Boomer's Legacy Charity Ride banner provided by Brad Beardsley at T&S Office Essentials. At the end of the ride, participants enjoyed unique Boomer's Smoothies from Pete's Frootique.

## A-mazing fall fun at Riverbreeze

Lindsay McCormack,  
Recreation Youth Worker

The 14 Wing Greenwood Community Centre has arranged a family trip to the Riverbreeze Farm and corn maze in Truro. There will be a wide variety of activities to partake in during the day, as well as a haunted corn maze in the evening.

A 40-passenger bus will depart the centre at noon October 13 to arrive at Riverbreeze by 2:30 p.m. You will have a few hours to eat, participate in the daytime corn maze and activities before the haunted maze opens in the evening. The bus will leave Riverbreeze no later than 9:30 p.m. and should arrive back at the centre by midnight.

Children under the age of eight should not go through

the haunted maze, as there over 70 actors in the "field of screams" and it has proven to be overwhelming for younger individuals. There will be plenty of activities through daytime hours, including laser tag, a jumping pillow, a rope maze, the pumpkin patch, pony rides, a wild west photo op, a tire jump, swing sets and wagon rides out to the bee observation hive.

Bring warm clothes, as the evening will be much cooler. Bring a camera, sunglasses, money, snacks, drinks and/or brown bag meals if you do not wish to purchase any meals in Truro. If you are bringing younger children, you may want to bring activities and even a blanket for the bus travel time.

Costs vary depending on how many people register. The highest rates would be (taxes

included): daytime maze \$10 (last tickets sold at 3:30 p.m.), night time haunted maze \$14, Riverbreeze haunted farmhouse \$14. A combination ticket for the haunted corn maze and haunted farmhouse is \$20. The more people that go, the better the prices will become.

This trip is available to military members, their families and those who have a 14 Wing Community Recreation Card. Payment must be received and a waiver completed when you register at the centre's main office. There will be limited supervision: each participant is responsible for his or her own well being. Youth who wish to attend must have their parent or guardian's permission. Any youth 12 years of age or younger must be accompanied by an adult (over the age of 18).

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