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the **Aurora**

Vol. 33 No. 40 OCTOBER 15, 2012 NO CHARGE www.auroranewspaper.com



Master Seaman Kim Smith talks with a veteran.

Master Corporal D. Shouinard, 14 Air Maintenance Squadron

Present visits the past

Master Corporal Dan Shouinard, 14 Air Maintenance Squadron

October 6 marked the annual trip to the Camp Hill Veterans Hospital Wing of the Queen Elizabeth II in Halifax. Soldiers, sailors, air-

men and airwomen from 14 Wing Greenwood, hosted by the Royal Canadian Legion Branch 98 in Kingston, loaded into a bus with pride and food for the visit.

For myself, this was the first time attending such an event outside of Remem-

brance Day. I could not wait to listen to the tales of those who have served before me - let alone before I was born, and enjoy time with fellow soldiers.

Upon arrival, members helped bring the vets from their rooms to the common

room, chatting along the way. A local band played old time songs, reminiscing of days gone by. Greenwood personnel and Kingston Legion members sat with them and listened to stories of the land, sea and air campaigns from the various battles and

Continued on page 2...

Jeepers! Museum at it again

Major (retired) Dave Saulnier, Greenwood Military Aviation Museum

What a great time to be a member of the Greenwood Military Aviation Museum's restoration team.

Everywhere you look, there are amazing projects of every shape and size being worked on by volunteers of every skill and trade. Major aircraft restorations are currently underway on five different aircraft, and September delivered yet another great opportunity for the museum's craftsmen to showcase their talents.

It seems the late Colin Ainsworth (former Avro Anson project leader) was moonlighting in his spare time, meticulously restoring a 1946 Willys Jeep. His unfortunate passing in 2009 set the wheels in motion for his son, Peter, to donate the Jeep to the museum in a very generous gesture. September 8, museum volunteers Dave Saulnier and Malcolm Uhlman set off on a 19-hour road trip to fetch the Jeep from Oromocto, NB.

To honour one of Colin's wishes, the Jeep team intends to repaint the body from red to Air Force blue, and convert it to appear typical of Jeeps used on Canadian military airfields circa the Second World War. The body will be separated from the frame before being painted, and a host of other minor modifications will be done this winter in time for the car show and parade circuits in the spring of 2013.



"The Jeep, the Dakota airplane, and the landing craft were the three tools that won the war"

~General Dwight Eisenhower, Allied Supreme Commander, Europe

D. Saulnier

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Dinner dollars for MFRC

September 28, the True Patriot Love Foundation presented Atlantic Canadian military family resource centres and the Veterans Transition Program with funding to support military families and veterans from the proceeds of the Atlantic Maple Leaf 2011 Nova Scotia Tribute Dinner.

In 2011, True Patriot Love hosted its second dinner in Atlantic Canada, the Atlantic Maple Leaf 2011 Nova

Scotia Tribute Dinner, raising over \$400,000. Among recipients were military family resource centres, each receiving at least \$2,500, for a total of \$50,000. Military family resource centres play a critical role in providing military families with relevant programs and services on the community level that empower and encourage strong, independent individuals and families within the Canadian Forces.

MFRC Greenwood was presented with funding to bring the local military community together and support deployed troops and their families, and Halifax and Region MFRC received funding to support the youth of military families and provide short-term housing for military families when faced with an emergency situation.

Additionally, \$250,000 from the Dinner will sup-

port the Veterans Transition Program in Atlantic Canada. This successful and purposeful program helps current and former members of the Canadian military make the sometimes difficult transition back to civilian

life, reducing depression, traumatic symptoms and experiencing greater self-confidence.

True Patriot Love is a national foundation that supports and honours members of the Canadian military and their families. It was founded by a

group of citizens dedicated to building bridges between Canadian civilians and their military, in order to better understand and appreciate the sacrifices of soldiers and their families. In celebrating the patriotism of our military families, our foundation also strives to inspire Canadians to serve their country, whether it's in or out of uniform. Please visit www.truepatriotlove.com to learn more.



Members of Royal Canadian Legion Branch 98 Kingston and 14 Wing Greenwood personnel at the Camp Hill Veterans Hospital.
Master Corporal D. Shouinard, 14 Air Maintenance Squadron

Present visits the past...

...COVER

missions they had been part of. Captain John Jones from 14 Wing Operations even got in on the musical side of things, tickling the ivories for a few tunes.

"There is nothing more

rewarding than seeing a smile on the face of a veteran," said Master Seaman Kim Smith, 404 Squadron Orderly Room, and OPI for this event.

"I strongly encourage anyone to attend. To bring such joy to so many by 'just showing up' is remarkable."

The Legion ladies' auxiliary prepared the food all had brought and current service members took plates and coffee and tea to the vets. All enjoyed a light lunch and, after a long visit, the vets departed and the visitors packed up and headed for home.

Everyone enjoyed the day's visit, especially bringing out the vets' "spark."

This annual visit is conducted by the Kingston Legion as a prelude to Veteran's Week, November 5 to 11, and Remembrance Day itself November 11. Visits of this



Captain John Jones of 14 Wing Operations lends a musical hand.

type are a constant reminder of where Canadian Forces members have been, and of the direction we set in history.



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Circulation | Circulation: **5,900 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : www.auroranewspaper.com

The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **83A School Road, Morfee Annex** | Annexe Morfee

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel J.A. Irvine, M.S.M., C.D., Wing Commander.

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Useful links | Liens utiles

Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
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www.familyforce.ca

VPI | VPI
www.vpinternational.ca

Committed service a win-win for vets, Commissionaires

“Commissionaires do more than access control at various sites - which is what most people probably know us for,” says Denis Emond of Commissionaires Nova Scotia.

Emond is a case in point. The former chief petty officer (second class), who spent 25 years in the Navy, is working as the Nova Scotia Divisions’ chief instructor. That involves teaching commissionaires-in-training, as well as the general public, everything from basic security and non-violent crisis intervention to driving improvement.

“After I left the Canadian Forces, I spent three years in real estate, but I got tired of starving,” says Emond. “I hadn’t thought of Commissionaires at the time, but I soon realized that the Corps had changed a lot and it was moving with the times.”

Emond is one of thousands of commissionaires working out of 16 divisional offices located across Canada. The not-for-profit organization employs about 20,000 members in positions ranging from security guarding, fingerprinting and identification services, municipal by-law enforcement, management, training, administration and security consulting.

Commissionaires Nova Scotia, celebrating its 75th anniversary this year, employs nearly 1,700 Nova Scotians.

“We are the largest private sector employer of veterans in Nova Scotia,” says Colonel Mike Brownlow, CEO of the Nova Scotia Division. “We’re proud to have engaged, skilled and committed security professionals like Denis working for our clients across four districts and in more than 200 unique sites across the province, including at 14 Wing Greenwood.”

Currently, Commissionaires is bolstering its ranks with veterans, including the regular and Reserve force members who served in the 10-year Afghanistan mission.

“Commissionaires is committed to providing a spectrum of support - both transitional support and employment support - to veterans,” says Bill Sutherland, national chair of



Chief Petty Officer (retired) Denis Emond is now Commissionaires Nova Scotia’s chief instructor. Submitted

Commissionaires. “We mean to the military in many ways: veterans from any theatre the uniform, the structure and where Canadians served, from the close-knit environment. the Second World War to the present, and whatever their background and experience.” We have up to five generations working together here at the Nova Scotia division,” adds Emond. “It’s a family.”

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Big day for washing up

**Sergeant Laura Hobin,
Preventive medicine technician,
26 Canadian Forces Health
Services Center**

Washing your hands correctly is one of the best ways to prevent the spread of infection and illness. About 80 per cent of common infectious diseases and conditions, such as influenza (the "flu"), Norovirus (stomach flu) and the common cold; are spread by not washing hands with soap and clean, running water.

Proper handwashing is easy to learn, cheap and one of the most effective ways to prevent the spread of many types of infection and illness in all settings, from your

home and workplace to child care facilities and hospitals.

What is the right way to wash your hands? Wet your hands with clean running water and apply soap. Rub your hands together to produce a lather and scrub them well, making sure to include the backs of your hands, between the fingers and under the nails for at least 40 seconds. Rinse your hands well under running water and dry using a clean towel or air dry. Supervise young children during handwashing. Do not assume they are practicing good handwashing technique.

You should wash your hands several times a day



October 15 is Global Hand Washing Day.

S.Keddy

with soap and warm water, especially before meals, after using the toilet, after changing diapers, blowing your nose, coughing or sneezing, before and after visiting with people who are sick, after touching garbage and after handling animals or their waste. You may also catch germs when you touch contaminated objects or surfaces and then touch your face (mouth, eyes, and nose).

Antibacterial soaps and cleaners are readily available - there are hundreds of brands on the market. Yet, antibacterial soaps offer no benefit over regular, plain soaps in preventing common illnesses. Plain, ordinary soap has ingredients that help to remove dirt and grease from your skin. The mechanical action of handwashing - rubbing your hands together with soap and water - breaks down the tiny bits of grease, fat and dirt on your hands bad germs cling to. Soap doesn't actually kill the bad germs; instead, it's the combination of soap, rubbing, rinsing and drying that helps these bugs slide

off your hands.

The bottom line: plain soap and a good handwashing technique are the best way to remove the dirt and grease that attract bad bacteria.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 per cent alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs. The alcohol-based sanitizer also kills both the good and bad germs on your skin, so use it sparingly. Hand sanitizers are not effective when hands are visibly dirty.

Journée Mondiale du Lavage des mains

**Sergent Laura Hobin
Technicienne de
médecine préventive
26 Centre de Santé des
Forces Canadienne**

Lavez vos mains de façon appropriée est la meilleure méthode pour prévenir la propagation des infections et des maladies. Environ 80 pour cent des conditions et maladies infectieuses communes comme l'Influenza (grippe), Norovirus (grippe intestinale) et le rhume; se répandre par un lavage de main insuffisant avec de

l'eau propre et du savon.

Apprendre à se laver les mains de façon appropriée est la manière la plus efficace, à peu de coût pour prévenir la propagation des infections dans tout endroit, que ce soit à la maison, au travail, à la garderie ou à l'hôpital...

Quelle est la bonne méthode pour se laver les mains? Mouillez vos mains avec de l'eau claire courante et appliquez le savon. Frottez vos mains ensemble pour produire de la mousse

et frottez les bien ensemble. Faites sûr d'inclure le dos des mains, entre les doigts et sous les ongles, pour au moins 40 secondes. Rincez bien vos mains sous l'eau courante et asséchez avec l'aide d'une serviette propre ou d'un séchoir à main. Supervisez vos jeunes enfants, n'assumez pas qu'ils ont une pratique parfaite de lavage des mains.

Vous devriez laver vos mains plusieurs fois par jour avec un savon et de l'eau chaude, spécialement avant

les repas, après l'utilisation de la toilette, changer les couches, après vous être mouché, tousser ou éternuer. Avant ou après rendre visite à des personnes qui sont malade, avoir touché des vidanges, jouer avec un animal domestique ou ramasser ses excréments. Vous pouvez aussi attraper des germes quand vous touchez des objets ou des surfaces contaminés et vous touchez par la suite votre visage (bouche, yeux et nez).

Savon antibactérien et détergent sont facilement disponibles - il y en a une centaine de marque sur le marché. Cependant le savon antibactérien n'offre pas de bénéfice supplémentaire par rapport à un savon régulier ou ordinaire dans la prévention des maladies. Le savon ordinaire à des ingrédients qui aide à enlever la saleté et la graisse de sur la peau. L'action mécanique de lavez les mains - frottez les mains ensemble avec du savon et de l'eau - décompose les petits fragments de graisse et de saleté qui pourraient s'accrocher à la peau de vos mains. En fait ce n'est pas le savon qui tue les mauvais germes, mais la combinaison du savon, de frottez, de rincez et du séchage qui aide à détruire ses pathogènes de sur vos mains.

En résumé l'utilisation d'un savon ordinaire avec une bonne technique de lavage des mains est la meilleure façon d'enlever la saleté et la graisse qui attirent les mauvaises bactéries.

Si le savon et l'eau ne sont pas disponibles, utiliser un désinfectant pour les mains à base d'alcool qui contient au moins 60 pour cents d'alcool. Les désinfectants pour les mains peuvent rapidement réduire le nombre de germes présent sur les mains dans certaines situation, cependant il n'élimine pas tous les types de germes. Ses désinfectants tuent les bonnes et les mauvaises bactéries sur la peau, il est meilleur de les utiliser avec modération. Ils ne sont d'ailleurs pas aussi efficaces quand les mains sont recouvertes de saletés visibles.

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One Book Nova Scotia launches with McKay's Twenty-Six

The One Book Nova Scotia project wants to get Nova Scotians reading the same book and sharing the same story. That book was revealed September 21 to be *Twenty-Six*, by Nova Scotian author Leo McKay Jr.

Published in 2003, McKay's *Twenty-Six* is a work of fiction about a family living in small town Nova Scotia whose lives are changed forever after a mining accident claims the lives of 26 men.

The 14 Wing Greenwood Library is pleased to have two copies of this featured book in its collection, and encourages patrons to take up the challenge.

The program will run until November 9. McKay will hold readings at libraries across the province, and Nova Scotians may participate in book club discussions and get involved through Facebook and Twitter. For information, visit <http://1bns.ca>.



14 Wing librarian Judy McCool with one of two copies of *Twenty-Six* at the Greenwood library. S.Keddy

Lancement de One Book Nova Scotia avec Twenty-Six de Leo McKay Jr.

Le projet One Book Nova Scotia souhaite faire lire à tous les Néo-Écossais le même livre et leur faire partager la même histoire. Le 21 septembre, on a appris que ce livre sera *Twenty-Six*, de l'auteur néo-écossais Leo McKay Jr.

Publié en 2003, le livre *Twenty-Six* est une oeuvre de fiction portant sur une famille habitant dans une petite localité de la Nouvelle-Écosse et dont la vie sera changée à jamais après la mort de 26 hommes dans un accident minier.

La bibliothèque de la 14^e Escadre Greenwood est heureuse d'offrir dans sa collection deux exemplaires du livre en vedette, et encourage sa clientèle à relever le défi.

Le programme se tiendra jusqu'au 9 novembre. M. McKay fera des lectures dans des bibliothèques de toute la province, et les Néo-Écossais peuvent participer à des discussions sur le livre et se joindre au projet sur Facebook et Twitter. Pour de plus amples renseignements, veuillez consulter le <http://1bns.ca>.

business spotlight of the week Evans' Family Farm Market

Come Get Lost in our Corn Maze

The corn maze at Evans' Family Farm Market is open 10-7 daily or by special reservation until November 4th. The corn maze will come alive with ghosts, vampires, the Grim Reaper, & the walking dead on Oct 20 and 27 at 6 pm with extended hours. Come out and be haunted! On Oct 30 at 4:30 pm we will be hosting a Trick or Treat maze. Come out and find the mailboxes within the maze and receive a treat at each one! **Lots of great fun!**

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Canadian Coastal Radar (CCR) Site Barrington
Submitted

Radar a remote link with historic role

Private Jaden Braniff,
Wing Telecommunications and
Information Services Squadron

Barrington is home to Canadian Coastal Radar (CCR)

Site Barrington. Located in a somewhat remote, quiet corner of Nova Scotia, CCR Site Barrington provides an important contribution to the defence of Canada and North America.

This small detachment of 14 Wing Telecommunications and Information Systems Squadron (WTISS) has undergone some major changes through the past 60 years. It may not look like it

today, but Barrington has had quite a history.

Handed over by the United States Air Force (USAF) to the Royal Canadian Air Force (RCAF) June 1, 1962, RCAF

Station Barrington was a long-range radar site and part of the semi automatic ground environment (SAGE system) during the Cold War. Its mission was to detect unidentified aircraft approaching our airspace and guide interceptors towards them. After the unification of the Canadian Forces February 1, 1968, the site was re-named CFS Barrington 213 Radar Squadron.

Throughout the '70s, the radar site was home to over 100 Canadian Forces men and women and their families. Barrington was equipped with a mess, gym, barracks and all other required support facilities. As the Cold War wound down during the mid-1980s, the site reduced operations and eventually was decommissioned August 1, 1990. Refitted with new radar equipment, it became a remotely operated CCR facility. The radar data collected here is fed into the NORAD system and monitored by air defence controllers located elsewhere.

Supported by 14 Wing, Barrington is maintained by on-site Reserve aerospace telecommu-

nications information systems (ATIS) technicians. Currently, 14 ARAF members Sergeant Stacey Waye and Master Corporal Steve Neville run daily inspections and manage the site. They are backed up by Regular Force ATIS technicians from 14 Wing Greenwood, who visit periodically to perform heavier maintenance and repairs.

With the wide variety of equipment used on the site, it's no wonder the job must be held by senior ATIS techs. There are a myriad of radar components, computers and phone systems that enable the site to function. A two-month training course held yearly at CFB Gander gives ATIS techs the specialized knowledge needed to work on the equipment.

What was once an integral part of the Barrington community during the 1970s and 1980s has become a vital component of the NORAD system protecting the security of our coastal air space. 14 Wing's Regular Force and Reserve personnel work in unison to ensure that security, a mission they are very proud of.

Firefit competition 'Toughest two minutes in sport'

Five of 14 Wing Greenwood firefighters trained extensively to compete in what has been labelled by TSN as "the toughest two minutes in sport."

Competing in the Scott Firefit Competition were corporals Chris Hamilton,

Nathan Justice, Adam Arsenault, Craig Henman and Private Justin Chamberlain; members of the 14 Wing Fire and Emergency Services Combat Challenge team who went up against the top physical performers from fire departments from

across the country. The team competed in two events: a regional competition to qualify for the Canadian nationals in Brampton, Ontario August 11 and 12; and then the Canadian National Championships in Baie Comeau, Quebec from August 30 to September 2.

Few people realize just how tough this competition is; even hearing it called "the toughest two minutes in sport" really does not do the training and sacrifice the team members have to put into this competition justice.

The events are designed to imitate real life scenarios firefighters may - and have - encountered while responding to emergency situations. Competitors must run up six flights of stairs, do a hose hoist, and then head back down. Missing a step will cost you a two-second penalty. A forcible entry component of the course must be completed using a sledge hammer, followed by a 140-foot agility run around

pylons without hitting any. Competitors then drag a fully charged hose 75 feet and then must hit a small target. A mock victim rescue, a 165-pound dead weight mannequin, has to be saved from 100 feet away. All of this is done in full firefighting gear, which weighs over 60 pounds, including the breathing apparatus.

All in all, the team bested its times from the previous year, finishing in respectable positions within the different competition heats. In most cases, timings from first to mid point of the pack only differed by a few seconds since most competitions are measured in tenths of a second. For more info, please visit <http://www.firefit.com/>.

The Fire and Emergency Services Combat Challenge Team members would like to extend a personal thank you to 14 Wing Commander Colonel Jim Irvine, Wing Logistics and Engineering Commanding Officer Lieutenant Colonely Richard-



From left are Private Chamberlain, Corporal Henman, Corporal Justice, Corporal Hamilton. Absent: Corporal Arsenault.
Submitted

son, Canadian Forces Fire Marshal Lieutenat Colonel Bouffard, 14 Wing FES and the Halifax Regional Fire

Services for the use of training facilities; and the many others who made this event a huge success.

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Youth Happenings

Lindsay McCormack,
Recreation youth worker

Check out what's on the go at the 14 Wing Greenwood Community Centre:

Boys' Club

October 15
6 p.m. to 7:30 p.m.
Boys, come to the centre for hide and seek in the dark.

Sports Club

October 16
4 p.m. to 5 pm
All pre-teens are welcome to join in sports fun. Anyone up for some basketball or four square?

Active Chicks

October 17
6 p.m. to 7:30 p.m.
Girls, come to the centre with your idea caps on: tonight we will be face painting! Maybe we will end up with a few ideas for Halloween?! Cost \$2.

Teen Activity

October 18
6 p.m. to 7:30 p.m.
Tonight we will be making ghoulish-ghetti (spaghetti, haunted style). Bring your appetite and \$3.

Mexican night

October 19
Pre-teens 5 p.m. to 6 p.m.

Youth Centre Drop in Hours

	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Tuesday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Wednesday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Thursday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Friday	6 p.m. to 8 p.m.	4 p.m. to 6 p.m. 8 p.m. to 10 p.m.
Saturday	2 p.m. to 4 p.m. 6 p.m. to 8 p.m.	4 p.m. to 6 p.m. 8 p.m. to 10 p.m.
Sunday	2 p.m. to 5 p.m.	5 p.m. to 9 p.m.

Teens 7 p.m. to 8 p.m.

Tacos with loads of veggies are on the menu tonight! Don't forget to bring \$3.

Spooky Movie Night

October 20
Pre-teens 6 p.m. to 8 p.m.

Teen 8 p.m. to 10 p.m.

It's time to get Halloween thrills and chills with some freaky movies! There will be grave dirt sundaes for \$3 or regular sundaes for \$2. Hope to scare you... I mean, see you there!



Food funds

Major Troy Kennedy recently presented \$400 to Bud Little of the Fundy Interchurch Food Bank, on behalf of the soldiers of Camp Aldershot. The money represents the proceeds from the sale of hot dogs at the 6th Camp Aldershot open house held in August. Kennedy said, "Camp Aldershot is always ready to help those in need in our community. Raising money for the food bank is a great way to do that."

Captain M. Chalmers

business of the week Pasta Jax & Ribs Restaurant

We are a fully licensed restaurant priding ourselves on serving freshly prepared foods. Meals are made from scratch and we try to tailor your meal to suit your dietary needs or tastes. We offer Canadian and Continental dishes, as well as soups, salads, seafood, ribs, and burgers. Finish your meal with a delicious homemade dessert.

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Bev and Peter Terauds



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Saturday: 5-8 pm

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14 Wing Greenwood Padre Gord Poley: "We're a ministry of presence."
14 AMS, Wing Imaging

Part of the team

Base chaplaincy helps with the human side of CF

Sara Keddy,
Managing editor

A padre may be the last person you'd expect to be called to the scene of an accident as an emergency responder, but the chaplaincy team at 14 Wing Greenwood count themselves as vital.

"A padre walks through the lines and is with the firefighters, the crews – you be there, and you follow up," Padre Gord Poley told those attending a ground training day September 27 for 14 Wing Greenwood's emergency response program.

"First responders are human as well, they may know an individual involved in the situation. It's really important

for a chaplain to be informed of everything that's happening at an incident in order to minister effectively."

14 Wing's procedures include a padre in emergency call-outs, or as part of the advisory team looking after an incident. They work hand-in-hand with the base's emergency responders, public affairs officer, unit commanders and unit padres.

"We're a ministry of presence at the beginning," Poley said. "The real work for the padre is after the initial crisis, and the effectiveness of recovery is directly related to when we're engaged."

A padre could be a counsel, a listener, a bearer of news about a Canadian Forces'

member's illness, injury or death – or the illness, injury or death of a CF member's peer or loved one.

"No situation is the same," Poley said. "You want to be perfectly prepared for all situations, but there is no perfect preparation. It needs to be done, you stay and you be there."

Poley is part of a four-member interdenominational chaplaincy team at 14 Wing; many of the base's branches have their own padre as part of their "family." Faith may or may not be the driving factor behind any of the padres' work.

"People are allowed to decline a padre's services," Poley said, talking about many individuals who define themselves as "non-practising."

"But, tragedy hits every one of us, and our equilibrium is blown out of the water. We very much want someone with us on that journey, and I just don't want people doing that alone. That's my motivation: focus on who needs care."

Poley said the chaplaincy team works with serious military-related incidents, but also wants to hear from commanding officers of significant events in their personnel's lives: new babies, the death of a grandmother, a serious illness or injury.

"Don't leave a chaplain hanging for information. How cold would we look if we walked by and didn't acknowledge something important in someone's life?"

Ils font partie de l'équipe

L'aumônerie de la base s'occupe des aspects humains de la vie des membres des FC

Sara Keddy
Rédactrice en chef

Un aumônier est probablement la dernière personne que vous vous attendez à voir sur les lieux d'un accident en tant que premier intervenant. Et pourtant, l'équipe de l'aumônerie de la 14^e Escadre Greenwood s'estime indispensable dans ce genre de situation.

« Un aumônier va dans les périmètres de sécurité, aux cô-

tés des pompiers et des équipes d'urgence – vous êtes présents et vous suivez les opérations » dit l'aumônier Gord Poley aux participants à la journée d'instruction au sol organisée le 27 septembre dans le cadre du programme d'intervention d'urgence de la 14^e Escadre Greenwood.

« Les premiers intervenants sont aussi des humains, ils peuvent connaître une personne aux prises avec une situation

d'urgence. Il est essentiel, pour un aumônier, d'être informé de tout ce qui se passe lors d'un incident, pour pouvoir intervenir efficacement. »

Les procédures de la 14^e Escadre prévoient qu'un aumônier soit appelé pour intervenir en cas d'urgence, ou à titre de membre d'une équipe de conseillers chargé d'intervenir après un incident. Ces conseillers collaborent étroitement avec les intervenants d'urgence de la base, l'officier des affaires publiques, les commandants des unités et les aumôniers des unités.

« Nous portons assistance aux personnes concernées dès le début d'un incident, dit Poley. Le vrai travail d'un aumônier

commence après la crise initiale. Le degré de rétablissement des victimes est directement lié au moment auquel nous intervenons. »

Un aumônier peut être appelé à conseiller, à écouter, à annoncer la maladie, la blessure ou la mort d'un membre des Forces canadiennes, ou à annoncer à un militaire la maladie, la blessure ou la mort d'un de ses collègues ou d'un de ses proches.

« Il n'y a pas deux situations identiques, dit Poley; On souhaite toujours être parfaitement préparé à affronter toutes les situations mais il n'y a pas de préparation parfaite. Ce sont des choses qu'il faut faire. Nous les faisons. »

Poley fait partie de l'équipe d'aumônerie pluriconfessionnelle de la 14^e Escadre, qui compte quatre membres; bon nombre des services de la base ont leur propre aumônier au sein de leur « famille ». La foi n'est pas nécessairement l'élément moteur du travail d'un aumônier.

« Les gens ont le droit de refuser les services d'un aumônier » dit Poley, en faisant allusion aux nombreuses personnes qui se disent non pratiquantes.

« Mais nous pouvons tous être touchés par des tragédies qui bouleversent notre équilibre. Dans ces moments-là, nous souhaitons être accompagnés. Je ne veux pas laisser des

personnes seules face à leur malheur. Me concentrer sur les personnes qui ont besoin de soutien : voilà ma motivation. »

Poley explique que l'équipe de l'aumônerie s'occupe particulièrement d'incidents liés à la vie militaire, toutefois, les aumôniers souhaitent que les commandants leur signalent certains événements de la vie personnelle : naissance d'un bébé, décès d'une grand-mère, maladie ou blessure grave.

« Ne laissez pas un aumônier ignorer ce qui se passe. Nous serions taxés d'indifférence si nous passions à côté des événements importants dans la vie des personnes pour lesquelles nous travaillons. »



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NOTICE TO RESIDENTS

GREENWOOD WATER UTILITY – HYDRANT FLUSHING

The Municipality of the County of Kings wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed from October 15 to November 16, 2012 inclusive.

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

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GMFRC offers French cooking class

Francophone chef Michel Bérubé will help us travel and discover flavours of the world during this private cooking class in French October 18, 6:30 p.m. to 8:30

p.m., at the Kingston Atlantic Superstore.

The menu will include an Italian starter of honey chicken, followed by the main course, a typical fish soup

from the South of France. We will complete our meal with an inspiration from Germany: a black forest cake.

Registration deadline is October 16. Registration

and payment (\$20) may be completed at the GMFRC reception desk. For information, contact Isabelle Leblanc at 765-5611 or Isabelle.Leblanc2@forces.gc.ca

Cours de cuisine en français avec CMFRG

Le chef francophone Michel Bérubé nous fera voyager et découvrir des saveurs du monde lors de ce cours privé de cuisine en français le 18 octobre de 18 h 30 à 20 h

30 au Atlantic Superstore, Kingston.

Au menu, une entrée italienne de poulet au miel, une Bouillabaisse typique du sud de la France comme plat

principal et une inspiration de l'Allemagne pour dessert avec un gâteau forêt noire.

La date limite d'inscription est le 16 octobre. L'inscription et le paiement (20\$) doivent

être complétés à la réception du CRFMG. Pour plus de renseignements, communiquez avec Isabelle Leblanc au 765-5611 ou Isabelle.Leblanc2@forces.gc.ca.

Cormorants mark decade of RCAF service

AgustaWestland, a Finmeccanica company, is pleased to announce its fleet of AW101 (formerly EH101) Cormorant search and rescue helicopters has achieved dual milestones of 10 years active service with the Royal Canadian Air Force and 50,000 operating hours.

"Canada's Cormorants are the benchmark for AW101s around the world," said Jeremy Tracy, AgustaWestland's head of region for Canada. "We are proud to be supplying a helicopter which helps the Canadian Forces' search and rescue squadrons perform selfless heroics time and time again ensuring the safety and survival of Canadians anywhere on and offshore."

Tracy recently presented a certificate marking the 50,000 operating hours by the Cormorant fleet to Lieutenant-General Alain Parent, the former Commander of 1 Canadian Air Division, just prior to his appointment as deputy commander of NORAD. Parent acknowledged the AW101, saying, "the Cormorant in SAR operations in Canada performs



Jeremy Tracy, AgustaWestland's head of region for Canada, recently presented a certificate marking the 50,000 operating hours by the Cormorant fleet to Lieutenant-General Alain Parent, the former Commander of 1 Canadian Air Division. Submitted

well with a capability second to none."

The Cormorant fleet has a dispatch availability rate in excess of 99 per cent for proven reliability in emergency and critical mission deployment. This past year alone, Cormorants have been used for life-saving missions off both Canadian coasts, high up snowy, windswept mountains and in the high

Arctic. Almost 200 AW101s have been ordered worldwide with the total fleet having flown more than 275,000 hours, including deployments to Iraq and Afghanistan.

In August, an AW101 Cormorant – Rescue 908 – flew 15,221 km round trip from Gander, for Operation Nanook 12, Canada's annual Arctic military exercise. Dur-

ing the 26-day exercise, the helicopter travelled over three provinces, one territory and parts of Greenland, becoming the first Cormorant to land in Alert, the northernmost inhabited place in the world. At one point, it also transported Prime Minister Stephen Harper and his wife, Laureen, on hand to observe various exercises. The same AW101 was used in September for

SAREX 2012, Canada's annual search and rescue competition in Val-d'Or.

The first operational flight of a Cormorant in Canada took place in July 2002, with a medical evacuation of a sailor from a freighter 200 km off the coast of British Columbia. Later that year, a Cormorant flew a 1,200 km (648 nm) rescue mission off Newfoundland, demonstrating its enhanced search and rescue capabilities by surpassing the 1,100 km range of the Labrador helicopters it replaced.

Over the past decade, Canadian Forces SARTechs and

flight crews have received international recognition for rescues they have performed using Cormorants. The AW101 continues to lead its class as the world's most advanced and capable search and rescue helicopter in the world today with a large cabin, long range of over 1,300 km, high cruise speed, all weather operating capability, reliability and safety including proven 30-minute run dry gearbox. Its cabin can accommodate 30-plus people, SAR equipment and crew, and the cabin can be reconfigured in flight to meet mission requirements.



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~ Obituary ~

John W.R. "Red" Harrison
1940-2012

HARRISON, John Wesley Raymond "Red" - CD2. R.C.A.F. (Retired) - 71, Weltons Corner, Kings Co., passed away peacefully on Tuesday, October 2, 2012, in Soldiers Memorial Hospital, Middleton, surrounded by family members. Born in Springhill, he was a son of Grace (Spence) Harrison, Amherst, (formerly of Springhill) and the late Raymond B. Harrison.

Red had served in the Canadian Armed Forces for 35 years, with postings in Lahr, Germany, Greenwood, Chatham, N.B., Toronto and Borden, Ont. John was a member of the Aylesford & District Lions Club and was a volunteer with Citizens Patrol and as a guard at the Kingston detachment of the R.C.M.P. John will be greatly missed by the daily coffee club in the Greenwood Mall & Thursday morning's at Betty's. He loved spending time with his granddaughters. He was a great man, and will be sadly missed by friends and loved ones.

Besides his mother, he is survived by his wife of 47 years, Phyllis H. (Cogswell) Harrison, Weltons Corner; son, Douglas (Sue Foster); daughter, Pamela (Daniel) Hennessey, all of Kingston; grandchildren, Natasha and Vanessa Harrison, Barrie, Ont.; Sophia and Abigail Hennessey, Kingston; sister, Joy (Robert) Goodwin, Cole Harbour; sister-in-law, Sylvia (Pat) Smith, Comox, B.C.; uncle, Leonard (Margaret) Spence, Amherst; several nieces and nephews; as well as his new furry friend Cujo. Besides his father he was predeceased by twin sons in infancy, Burton R and John W.; his furry friends Trinket & Buddy.

Arrangements were entrusted to Bryce Johnstone of DeMont Family Funeral Home & Cremation Service (902-538-8317). There was no visitation. A Celebration of Life Service was held Wednesday, October 10, 2012 at 1 p.m., at the Royal Canadian Legion, Branch No. 98, Kingston. Burial in the Berwick Cemetery. In lieu of flowers, donations in his memory may be made to the Carry Me Fund at Soldiers Memorial Hospital, Victorian Order of Nurses, Annapolis Valley Branch or charity of choice. A special thank you is extended from the family to Katrinia Patterson from the Palliative Care Program and the V.O.N. home care workers. Messages of condolence may be sent to the family by visiting: www.demontfamilyfuneralhome.ca

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— Roy J. Surette, Chair
Nova Scotia Fisheries and Aquaculture Loan Board

"You feel a real sense of responsibility to make decisions respectfully and fairly. The overall experience has been positive, challenging and rewarding."

— Bob Curley, Chair
Assistance Appeal Board — Pictou/Antigonish/Guysborough

If you have an interest, we have a committee.

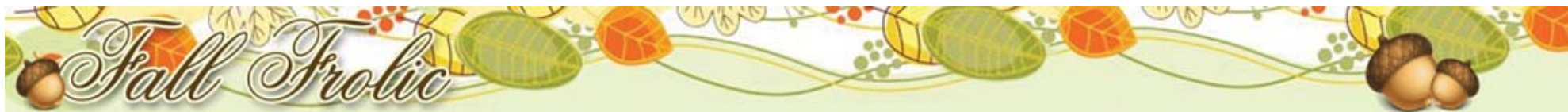
Deadline for Adjudicative applications is November 19, 2012

Consideration of Non Adjudicative applications will begin November 12, 2012

For more information about current opportunities and the selection process for each, visit www.gov.ns.ca/exec_council/abc or call the Executive Council Office 902-424-4877 (toll free 1-866-206-6844) or email execounc@gov.ns.ca



The Province of Nova Scotia is an equal opportunity employer. Through the Employment Equity Policy, the Government of Nova Scotia seeks to better represent the diverse public it serves. Government is committed to ensuring diversity in the workplace by supporting initiatives that promote the equitable participation of Aboriginal persons, African Nova Scotians and other racially visible persons, persons with disabilities, and women in positions where they are under-represented. All applicants who are members of an employment equity group are encouraged to self-identify.



Autumn bursts with colour – and with flavours

(NC) - The days are getting shorter, the nights longer, and there's a definite chill in the air. To greet the autumn harvest moon, leaves are turning deep, rich, auburns, crimsons and burnt oranges. It's the perfect time to cozy up to a crackling fire, with your favourite stick-to-your-ribs, hearty comfort foods.

French Onion Dark Brew Soup

French Onion Dark Brew Soup adds a unique twist to this classic. Hearty and filling, the deluxe European roast coffee gives the broth a depth

of flavour and a silky texture.

Ingredients:

5 cups Vidalia or Spanish onions, thinly sliced
4 tbsp. butter
1 tbsp. vegetable oil
1 tsp. salt (first dash)
1 cup brewed coffee
3 tbsp. all-purpose flour
6 oz. dark ale or stout
8 cups beef broth or stock, hot
½ tbsp. ground black pepper
1 tbsp. salt (second dash)
1 French-style baguette
½ cup grated gruyere or cheddar cheese

Directions:

- Over low heat, in a large heavy bottomed pot, warm butter and oil. Add sliced onions and sprinkle with salt. Sauté, stirring occasionally for approximately 10 minutes. Onions will begin to colour and become very soft.
- Add coffee to onion mixture. Stir and continue to cook for further 10 minutes until coffee is absorbed.
- Stir in flour and cook for 1 minute, remove from heat.
- Add ale or stout and beef broth. Return to heat and add balance of salt and pepper.
- Simmer for 40 minutes. Taste and adjust seasoning as desired.
- Preheat oven to 375°F.
- Slice 8 slices (approximately ½ inch thick) of bread. Lay-out on baking sheet and top with grated cheese. Cook in preheated oven until cheese begins to bubble.
- Ladle into bowls and top with cheese covered bread. Last step? Sit back and savour every last drop of your indulgent treat.



Efficacité énergétique - Pourquoi l'étiquette?

(EN) - En raison d'un intérêt accru envers les bâtiments verts et l'efficacité énergétique, un certain nombre d'étiquettes « vertes » ont été conçues.

Mais comment savoir si l'étiquette verte peut aussi déterminer l'efficacité énergétique de votre maison?

L'Office de l'efficacité énergétique (OEE) de Ressources

naturelles Canada (RNCAN) offre trois étiquettes en efficacité énergétique qui aident les propriétaires de maison à devenir plus verts et à réduire leurs coûts énergétiques.

L'étiquette de la cote ÉnergieGuide* est le système de cote bien établi de RNCAN pour l'évaluation énergétique et l'étiquetage des produits—surtout des

électroménagers, mais aussi des maisons. Une cote ÉnergieGuide vous donne (ainsi qu'au futur acheteur) le profil exact d'efficacité énergétique de votre maison neuve au moment de la construction.

L'étiquette R-2000* certifie qu'une maison figure parmi les plus éconergétiques sur le marché. Depuis les 30 dernières

années, des milliers de Canadiens choisissent ces maisons éconergétiques qui leur ont permis d'économiser de l'argent, de jouir d'une qualité d'air intérieur plus saine et de prendre des mesures bénéfiques pour l'environnement. En fait, choisir une maison R-2000 est une formidable façon de minimiser votre empreinte écologique en

réduisant votre part d'émissions de gaz à effet de serre.

L'étiquette d'une maison certifiée ENERGY STAR** apposée sur une maison indique une demande énergétique plus faible et un meilleur rendement général. Cette initiative fait valoir les lignes directrices que les constructeurs observent pour construire des maisons neuves éconergétiques. Elle est offerte dans différentes régions du Canada.

ENERGY STAR est une marque reconnue et respectée.

Si l'efficacité énergétique est un aspect que vous souhaitez incorporer à votre maison neuve, nous vous suggérons de consulter le site Web de RNCAN à l'adresse www.maisonsneuves.rncan.gc.ca ou de composer le 1 800 0 Canada (1 800 622-6232) pour obtenir plus de renseignements sur les divers programmes d'efficacité énergétique offerts au Canada.

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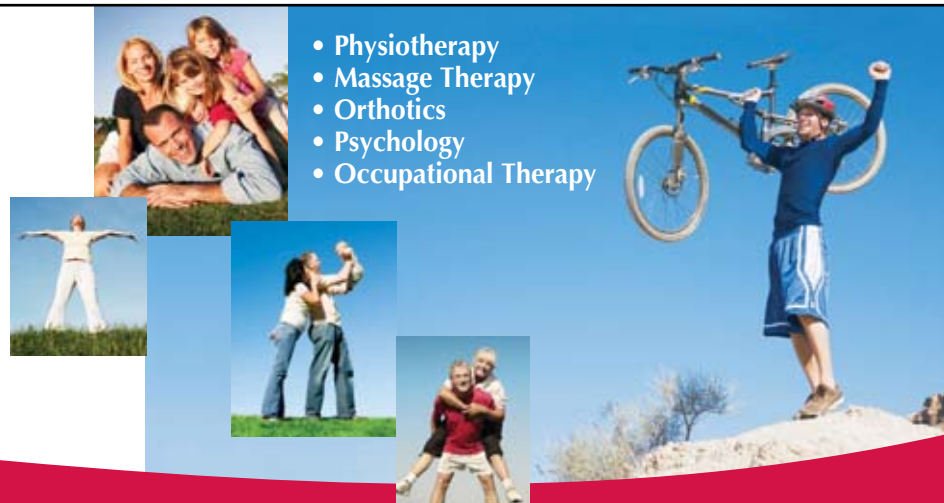
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L'anatomie d'un pneu d'hiver

(EN) - Saviez-vous ce qui fait qu'un pneu d'hiver est supérieur à un autre? Les chercheurs ont passé des années à les perfectionner avec des technologies de pointe pour assurer une sécurité et une performance optimales.

« Les automobilistes achètent souvent des pneus d'hiver sans savoir ce qui les rend uniques », indique Bill Hume, spécialiste et vice-président de Pneus Hankook Canada. « Par exemple, nos différents pneus font l'objet d'autant de recherches et d'innovations que votre véhicule. »

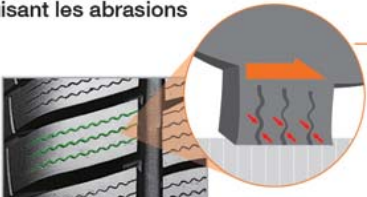
Le mélange de caoutchouc
Contrairement aux pneus d'été ou aux pneus toutes-saisons, les pneus d'hiver sont fabriqués avec des mélanges de caoutchouc spécialement formulés pour offrir une élasticité supérieure, ce qui leur permettra de mieux adhérer aux

routes durant l'hiver. Les formules des différents mélanges varient selon les marques, mais chacune contient un mélange de caoutchoucs naturels et synthétiques et d'additifs spéciaux. M. Hume souligne que Hankook incorpore de la silice dans ses mélanges, ce qui rend ses pneus plus élastiques et plus flexibles à des températures plus basses, leur permettant de mieux adhérer à la chaussée et de mieux freiner lors des conditions hivernales difficiles.

Le design unique
Les caractéristiques les plus importantes d'un pneu d'hiver sont ses larges rainures et ses entailles. Les rainures des pneus d'hiver sont plus profondes et plus larges pour comprimer et expulser la neige afin de rehausser la performance du véhicule, tout en retirant la gadoue et l'eau pour prévenir l'aquaplanage. La largeur de

Rainures longitudinales
• Les rainures droites aident à maîtriser le véhicule lorsque celui-ci fait de l'aquaplanage et lorsque vous freinez sur une surface mouillée

Design de lamelle 3D
• Empêche les petits blocs de glisser et leur permet de se soutenir mutuellement
• Procure une traction et une maniabilité exceptionnelles sur la neige tout en réduisant les abrasions



Rainures larges et profondes
• Les rainures larges et profondes compriment et expulsent la neige tout en retirant la gadoue

Lamelles de soutien verticales
• Maximisent la performance du véhicule sur la neige et la glace

Fentes latérales convergentes
• Réduisent les bruits et aident à l'expulsion de l'eau et de la gadoue

la rainure est soigneusement optimisée par les chercheurs pour équilibrer la conduite sur une surface sèche, mouillée, glacée ou enneigée. Les lamelles sont de petites entailles perpendiculaires sur la bande de roulement du pneu, conçues pour procurer une adhésion supplémentaire aux surfaces glissantes. Le design

des lamelles est en constante évolution car les fabricants mettent au point de nouvelles technologies pour améliorer l'efficacité des pneus. Par exemple, le pneu Winter i*cept

Evo de Hankook est fabriqué avec des lamelles 3D dont l'angle est soigneusement calculé pour favoriser le freinage et la maîtrise du véhicule. Ces lamelles 3D permettent aux pe-

tits blocs qui se trouvent dans les bandes de roulement de se soutenir mutuellement, ce qui empêche les pneus de dérapier sur une surface glissante.

How to choose a chainsaw

(NC) - Millions of chainsaws are sold every year and, although not every purchase is punctuated with a Tim "The Tool Man" Taylor grunt, it is clear Canadian men (and some women) still love their chainsaws.

So is Tim right? Is it always just about "more power?" Not according to Edward Andria from Husqvarna, a company reported to be the world's largest producer of outdoor power products. "There are many factors to consider when buying a chainsaw, but the first question you should ask is: What kind of work do I need the saw for? Models range from full-time

professional saws to leisure or hobby saws and you want to make sure you get the right one." Here are few more tips to help you choose the right saw:
• Unless you are very experienced with a chainsaw, go for a lighter saw which will be much easier to handle.
• Ergonomic engineering and design, such as low vibration levels in the handles and a slim and well-balanced saw body, are welcome features, even if you only use the saw part-time. Good ergonomics can be just as important as low weight.
• Efficient kickback protection is a requirement in most

countries. Also pay attention to small details. For example, how easy it is to replace a simple part like a chain catcher stud? Do you have easy access to controls?
• Is the saw easy to maintain and service? Good access to the air filter and spark plug, and easy chain tensioning save time and effort.
• Look for approved protective equipment like safety trousers, safety boots, helmets with visors, hearing protection, and gloves.
• And don't forget, your saw will appreciate regular service by a qualified professional, so look to purchase one from a dealer that can service it.

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Wealth Advisor
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kim_connell@scotiacleod.com

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405 Squadron hits the road in marathon charity march

**Captain Andrew Newton,
405 Squadron**

With an early start, 405 Squadron's Crew 1 left the front gate of 14 Wing Greenwood August 9 at 4:45 a.m. on a 56 kilometre march to Lake Pleasant Campground. The fundraiser was led by Flight Sergeant John Shakelton, who rallied his co-workers to raise \$1,700 for the Children's Wish Foundation and Soldier On Fund.

"I really wanted help out and give back to the community," says Shakelton. "There are so many charities out there, but we felt that giving sick children some joy in their lives and taking care of our own were important to us."

This idea of charity work evolved over a few weeks of discussions in the early summer. The crew wanted a physical challenge to help encourage others to donate to these charities. The march certainly proved challenging. To fit within their operational schedule, Crew 1 chose early August in anticipation it would still provide enough daylight. This also meant hot days, and the thermometer pushed well past 30 degrees during the afternoon. All told,



It was (not) bright and early when 405 Squadron members hit the road on a 56-kilometre trek for charity.

the march took 14 hours.

Local businesses were very generous with their support. The Greenwood Golf Course, Berwick Heights Golf Course, Paragon Golf Course, Andy's Tire Shop, Top Hat Lounge, Greco Pizza and Central Stations Hair Salon all donated gift cards for a raffle held in July; and the Flight Line Cafe provided meals during the march. Their help was much appreciated by the crew and made the fundraiser more enjoyable.

Millie Clements, a volunteer with the Children's



Children's Wish Foundation volunteer Millie Clements was happy with a recent contribution from 14 Wing Greenwood's 405 Squadron.

Wish Foundation, met with the crew September 14 to receive the cheque.

When asked if they would

do the march again the participants were enthusiastic.

"We're hoping to make this an annual event," says

Corporal J. Reynolds, 14 AMS, Wing Imaging

Shakelton. "Maybe next year, we can make it bigger and challenge other crews to march with us."

Changing Minds about mental health

The Kingston/ Greenwood Mental Health Association is hosting a Changing Minds workshop October 26 and 27, 9 a.m. to 5 p.m., at École Roses-des-Vents in Greenwood.

Changing Minds is a two-day, innovative multi-use education program that provides effective communication tools to help people better understand mental illness. The program consists of eight instructional modules, including a practice module, using video stories of people who have major mental illnesses or complex mental health problems.

Registration is \$35, and space is limited to 25 people. For information, contact the Kingston/ Greenwood Mental Health Coalition, 825-6160 ext 357.

Paradise pride recognized

His Honour Brigadier-General the Honourable J.J. Grant, Lieutenant Governor of Nova Scotia visited Paradise October 13 to present the community with its 2012 Lieutenant Governor's Community Spirit Award.

The ceremony was held as part of the Paradise Fall Fair and Pumpkin Party, BBQ and family games; with musical entertainment provided by the Annapolis Big Band, Jack & Jill Preschool and the Paradise United Baptist Church.

SCAN TRANSITION & MEDICAL SEMINAR

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Concerned about retirement?
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Wondering if your will is sufficient?
Entitled to education reimbursement?

**For more info call
765-1494 local 5390**

Second Career Assistance Network (SCAN) seminars assist Regular Force and full-time Primary Reservists and their families in planning, preparing and achieving their personal and professional transition to the civilian environment upon release from the CF. **Members are encouraged to attend at least one SCAN seminar at a mid-point in their career and then again prior to release, to gain any updated information.**

23 - 25 October 2012
Du 23 au 25 octobre 2012



La retraite vous inquiète?
Vous souhaitez vous y préparer d'avance?
Vous ne savez pas à quels avantages vous aurez droit à votre libération?
Vous voulez savoir ce que sera votre pension?
Vous vous demandez si votre testament est adéquat?
Vous ne savez pas si vous avez droit au remboursement de vos frais d'études?

D'autres renseignements peuvent être obtenus en téléphonant au 765-1494, poste 5390

Les séminaires du Service de préparation à une seconde carrière (SPSC) ont pour but d'aider les militaires de la Force régulière et les militaires à temps plein de la Première réserve à planifier et réussir leur transition personnelle et professionnelle à la vie civile lors de leur libération. Ces séminaires s'adressent aussi aux familles de ces militaires. Il est recommandé aux militaires de suivre au moins un séminaire du SPSC à la moitié de leur carrière et de nouveau à leur libération pour bénéficier de toute mise à jour de l'information.

CF Family Violence Prevention Week

Family Violence Prevention Week (October 14 to 20) is a Canadian Forces wide initiative to raise awareness about family violence and to encourage military families, personnel and service providers to take a stand against family violence.

Family violence can be difficult to talk about and, therefore, it often goes unreported, leaving those it impacts to cope in silence. Because it is not often spoken about, it may appear it is not a serious concern, or that it is not happening in our community. This is most certainly not the case. We must all play a role in the prevention of family violence within our families and in our communities.

Q: What is family violence?

A: Family violence goes by several names including intimate relationship violence, domestic abuse, and domestic violence. Use of the word “violence” can be misleading, as not all family violence includes physical actions. However, use of the term family violence is known to describe a wide variety of behaviours including, physical abuse (hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, threatening to assault, homicide), sexual abuse (forcing anyone to have sexual relations against their will, unwanted sexual touching), verbal and emotional abuse (yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, controlling behaviour, denial of privacy, overpowering their emotions) and financial abuse (restricting or limiting access to funds, making financial support contingent on certain activities). It is important to remember the above examples are just a sample of

ways in which people experience abuse and, in reality, abusive behaviours can extend beyond the examples provided. It is also important to remember that people other than the direct target can be harmed by family violence. For example, children may be physically or emotionally harmed by witnessing family violence.

Q: How prevalent is family violence?

A: Based on police reports and other official reporting procedures, it is estimated approximately seven per cent of the population has experienced violence in their current or past relationship. Results from the CF Health and Lifestyle Information Survey 2008/ 09 indicated 15 per cent of CF personnel who responded experienced at least one type of physical or sexual abuse in their current relationship with their spouse. However, research indicates that the actual prevalence of family violence is difficult to measure accurately and may actually be higher as not all cases are reported because many survivors can not or will not come forward to disclose the abuse.

Q: Are there certain things that make violence more likely in a relationship?

A: Previous history of violent behaviour, relationship difficulties and consumption of alcohol all increase the likelihood of family violence. Nonetheless, violence can still occur without the presence of these risk factors.

Q: I think my partner may be violent. What can I do?

A: It is important to remember that you are not alone and that there are services in the community to support you, whether you are a victim of violence or whether you are someone who uses violence in your relationships with loved ones and desire to change this.

If you are a victim of violence or find yourself using violence in relationships with loved ones, it is very important you reach out for support. This is a difficult first step, but is one that could change your life in a positive way. The following are some examples of services that you could access for assistance. Some people believe cost is barrier to accessing services. However, it is important to know many of the services listed below do not have any associated fees.

- Mental Health Services at 14 Wing Greenwood, 765-1494 ext 5215
- Greenwood MFRC Prevention, Support & Intervention Co-ordinator, 765-1494 ext 5611
- Chrysalis House (shelter for women and children), 1-800-264-8682
- Department of Community Services (child protection), 678-6176
- Mental Health Services, 825-4825 (Middleton); 679-2870 (Kentville)
- Alternatives (a counselling organization for people who use violence and people who experience violence), 698-3444
- Canadian Forces Member’s Assistance Program, 1-800-268-7708
- Kids Help Phone, 1-800-668-6868
- Military Police, 902-765-1494 ext 5111
- RCMP, town, municipal police (phone numbers depend on your location)

At 14 Wing Greenwood, the Family Crisis Team (FCT) is the point of contact for arranging awareness briefings related to family violence. FCT members may also assist members and dependents with accessing any necessary or desired services related to family violence. FCT members are also available as a resource to the chain of command should they have queries related to family violence. Members of the FCT in Greenwood are listed below. Please feel free to contact them with any inquiries:

- Michelle Hammond, social worker and FCT lead, 765-1494 ext 5215
- Lisa White, Health Promotion, 765-1494 ext 5215 5389
- Stephanie Townsend, PSI co-ordinator MFRC, 765-1494 ext 5611
- Capt Rosemarie Sheppard, chaplain, 765-1494 ext 5883
- Sgt Cliff McGraw, MP, 765-1494 ext 5111

Semaine de la prévention de la violence familiale dans les FC

La Semaine de la prévention de la violence familiale (du 14 au 20 octobre) est une initiative à grande échelle des Forces canadiennes (FC) visant à sensibiliser le public à la violence familiale et à encourager les familles des militaires, le personnel et les fournisseurs de services à « prendre position contre la violence en milieu familial ».

La violence familiale est un sujet que l’on aborde difficilement; il est donc rare que les actes de violence soient dénoncés, laissant les victimes en porter le fardeau en silence. Partant de ces considérations, la violence familiale peut paraître un sujet peu préoccupant ou qui ne touche pas notre collectivité. C’est loin d’être le cas. Il nous appartient à tous de jouer un rôle dans la prévention de la violence au sein de nos familles et nos collectivités.

Q : Qu’est-ce que la violence en milieu familial?

R : Plusieurs expressions sont utilisées pour qualifier la violence familiale : violence dans les relations intimes, violence au foyer, violence intrafamiliale, etc. L’usage du terme « violence » peut induire en erreur, car la violence familiale ne se traduit pas toujours par des actes physiques. Cependant, l’usage du terme « violence familiale » décrit une large variété de comportements, à savoir la violence physique – frapper, tirer, pousser, pincer, gifler, secouer, serrer, tordre un bras, utiliser une arme et menacer d’agresser, commettre un homicide, la violence sexuelle – le fait de forcer une personne à avoir des relations sexuelles non désirées, y compris des attouchements, la violence verbale et émotive – cris, intimidation, le fait de faire croire à une personne qu’elle est folle ou stupide, l’insulter, la traiter de tous les noms, lui refuser toute vie privée et l’écraser psychologiquement et l’exploitation financière – limiter les sources financières, rendre le soutien financier subordonné à certaines activités. Il est important de garder à l’esprit que les exemples ci-dessus ne sont qu’une partie des actes de violence vécus et qu’en réalité il y en a bien d’autres. Il est également important de rappeler que

la violence familiale peut causer préjudice non seulement à la victime, mais aussi à d’autres personnes. Par exemple, les enfants peuvent subir des dommages physiques ou psychologiques lorsqu’ils sont témoins de violence familiale.

Q : La violence familiale est-elle courante?

R : Selon les rapports de police et d’autres sources officielles, près de 7 % de la population ont vécu des actes de violence familiale dans le cadre de leur relation actuelle ou passée. Les résultats du Sondage sur la santé et le style de vie 2008-2009 du personnel des Forces canadiennes montrent que les militaires des Forces canadiennes ont répondu, dans une proportion de 15 %, avoir déjà subi au moins un type d’acte de violence physique ou sexuelle dans leur relation actuelle avec leur conjoint. Cependant, la recherche indique qu’il est difficile de mesurer avec précision la fréquence d’actes de violence familiale et que celle-ci peut être effectivement plus élevée, car tous les cas ne sont pas signalés, dans la mesure où de nombreuses victimes ne peuvent pas parler de la violence commise à leur égard ou ne veulent pas la dénoncer.

Q : Y a-t-il des indicateurs qui rendent la violence plus probable dans une relation?

R : Les antécédents de comportements violents, les difficultés dans les relations et la consommation d’alcool accroissent fortement la propension à commettre des actes de violence familiale. Néanmoins, la violence peut toujours survenir sans la présence de ces facteurs de risque.

Q: Je crois que mon partenaire peut se montrer violent. Que puis-je faire?

R : Il est important de vous rappeler que vous n’êtes pas seul(e); il y a des services communautaires qui peuvent vous aider, que vous soyez victime d’un acte de violence ou que vous soyez celui ou celle qui fait preuve de violence dans le cadre de ses relations avec ses proches, et que vous souhaitez changer cette situation.

Si vous êtes victime de violence familiale ou si vous-même faites preuve de violence dans vos relations avec vos proches, il est impératif que vous sollicitiez de l’aide. Bien que cette première étape soit difficile, elle peut toutefois changer votre vie de manière positive. Vous trouverez ci-après quelques exemples de services d’aide auxquels vous pouvez avoir accès. Même si certaines personnes croient que le coût est un obstacle à l’accès à ces services, il est néanmoins important de savoir que bon nombre des services cités ci-dessus sont offerts sans frais connexes.

- Services de santé mentale, 14^e Escadre, 765-1494, poste 5215
- Coordinatrice du service Prévention, soutien et intervention du CRFM Greenwood, 765-1494, poste 5611
- Maison Chrysalis (maison d’hébergement pour femmes et enfants), 1-800-264-8682
- Ministère des services familiaux et communautaires (protection de l’enfance), 678-6176
- Services de santé mentale, 825-4825 (Middleton); 679-2870 (Kentville)
- Autres possibilités (un organisme de conseil au service des auteurs et des victimes d’actes de violence), 698-3444
- Programme d’aide aux membres des Forces canadiennes, 1-800-268-7708
- Jeunesse, J’écoute, 1-800-668-6868
- Police militaire, 902-765-1494, poste 5111
- GRC, les services de police de la ville ou de la municipalité (les numéros de téléphone dépendent de votre emplacement)

À la 14^e Escadre Greenwood, l’équipe d’intervention en cas de crise familiale (EICF) est le point de contact pour organiser des séances d’information en matière de violence familiale. L’EICF peut également apporter son assistance aux membres de l’escadre et à leurs familles en leur donnant l’accès aux services nécessaires ou recherchés pour tout problème de violence familiale. Les membres de l’EICF sont également disponibles en tant que ressource pour la chaîne de commandement, dans le cas où cette dernière aurait des questions se rapportant à la violence familiale. La liste des membres de l’EICF de Greenwood est présentée ci-dessous. N’hésitez pas à communiquer avec ces personnes pour toute demande.

- Michelle Hammond, travailleuse sociale et chef de l’EICF, 765-1494, poste 5215
- Lisa White, Promotion de la santé, 765-1494 poste 5389
- Stephanie Townsend, coordinatrice Prévention, soutien et intervention du CRFM, 765-1494 poste 5611
- Capt Rosemarie Sheppard, aumônière, 765-1494 poste 5883
- Sgt Cliff McGraw, PM, 765-1494 poste 5111

Course promotes fitness fun for youth

**Eric MacKenzie,
14 Wing Greenwood
Community Centre**

If you are a youth who has always wanted to learn more about fitness or have not had the opportunity to be a member at the 14 Wing Greenwood Fitness and Sports Centre, the Fun with Fitness program is for you!

Almost 50 youth have been certified over the past four

years, a mixture of guys and girls ages 12 to 18 who now not only know how to properly use all the equipment at the Fitness and Sports Centre, but are also now certified to work out unsupervised and put together their own fitness program.

The 14 Wing Greenwood Community Centre will offer Fun with Fitness 9 a.m. to 4 p.m. November 3, at the Fitness and Sports Centre.

This seven-hour program will provide participants a thorough introduction to active living, goal setting and exercise maintenance, as well as classroom lessons and hands-on practical training. Roughly half the course will be spent in the classroom on theory; the other half will be spent in the weight room, cardio room, track, etc devoted to practical training. Once you have completed the course you will receive a pack-

age with some cool material.

The instructor is Josh Leddicote, a physical exercise specialist at the Fitness and Sports Centre with a bachelor's degree in kinesiology, is a CSEP Certified Exercise Physiologist and Personal Trainer, holds an IYCA Youth Specialist Certification, and was previously a manager and youth trainer at a gym exclusively for adolescents.

Fun with Fitness is intended

for anyone between the ages of 12 and 15, who are too young to currently use the gym, or any 16- to 18-year-olds who would like to learn more about active living, and receive additional training and information. Participants must have a 14 Wing Community Recreation Card (purchase one at the community centre) or pay the \$6 drop in fee at the gym. Thanks to the continued support of the Western

Valley Active Kids Healthy Kids Committee, the program fee itself is a minimal \$10 per participant. Registration maximum is 15 participants. All must wear indoor footwear and proper gym clothing, and bring a water bottle and their own (peanut free) lunch and snack. For information and to register, contact Eric MacKenzie at 765-1494 ext. 5337, or Josh Leddicote at 765-1494 ext. 5651.

« Pour le plaisir de bouger », un cours pour les jeunes

**Eric MacKenzie,
Centre communautaire de la
14^e Escadre Greenwood**

Les jeunes qui ont toujours voulu en savoir davan-

tage sur l'exercice physique ou qui n'ont pas eu l'occasion de devenir membre du Centre de conditionnement physique et de sports de la 14^e Escadre Greenwood

seront sûrement intéressés par le cours « Pour le plaisir de bouger »!

Une cinquantaine de jeunes ont été accrédités au cours des quatre dernières années. Grâce au programme, ces garçons et filles âgées de 12 à 18 ans savent non seulement se

servir adéquatement de tout l'équipement du Centre de conditionnement physique et de sports, mais peuvent aussi préparer leurs propres séances d'entraînement et s'entraîner sans supervision.

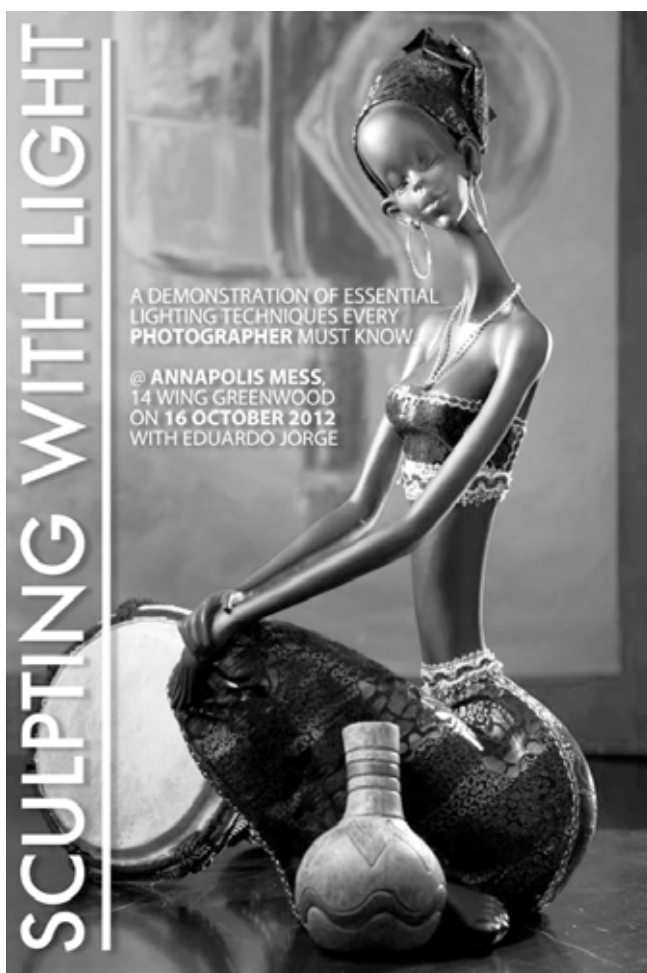
Le Centre communautaire de la 14^e Escadre Green-

wood présentera « Pour le plaisir de bouger » le 3 novembre prochain, de 9 h à 16 h. Ce programme d'une durée de 7 heures offre une introduction complète à diverses façons de mener une vie active, de se donner des buts et de continuer à faire de l'exercice, grâce à une combinaison de séances en classe et d'entraînement pratique. Environ la moitié du cours se déroulera en classe à voir de la théorie, et l'autre moitié sera consacrée à des exercices pratiques dans la salle de musculation, dans la salle de l'équipement cardio, sur la piste, etc. Les participants qui terminent le cours recevront une trousse remplie d'articles intéressants.

L'animateur du cours est Josh Leddicote, spécialiste de l'exercice physique au Centre de conditionnement physique et de sports. Il est titulaire d'un baccalauréat en kinésiologie, physiologiste de l'exercice accrédité par la SCPE et entraîneur personnel. Il est spécialiste en conditionnement physique pour les jeunes accrédité par la IYCA et occupait auparavant un poste de gestionnaire et d'entraîneur pour les jeunes à un gymnase pour adolescents.

adolescents.

« Pour le plaisir de bouger » s'adresse aux jeunes de 12 à 15 ans qui sont trop jeunes pour utiliser l'équipement du gymnase et aux jeunes de 16 à 18 ans qui veulent en apprendre davantage sur la façon de mener une vie active et recevoir de la formation et de l'information supplémentaires. Les participants doivent avoir une carte des loisirs communautaires de la 14^e Escadre (on peut s'en procurer une au Centre communautaire) ou payer les frais d'accès au gymnase de 6 \$. Nous vous remercions de l'appui continu que vous offrez au comité *Jeune actif, Jeune en bonne santé* de Western Valley. Le cours est offert au coût minimal de 10 \$ par participant et le nombre de places est limité à 15. Tous les participants doivent porter des chaussures d'intérieur ainsi que des vêtements appropriés pour le gymnase et apporter une bouteille d'eau, son propre repas et sa collation (sans arachides). Pour obtenir des renseignements ou s'inscrire, communiquer avec Eric MacKenzie, au 765-1494, poste 5337, ou avec Josh Leddicote, au 765-1494, poste 5651.



Greenwood Camera Club

October 16 at 7 p.m., Annapolis Mess
Eduardo Jorge will do a special demonstration of essential lighting techniques.
Family and friends are more than welcome.

Le club de photographie de la base militaire de Greenwood vous invite pour un événement spécial.

Le 16 octobre prochain, à 19h00 au Mess Annapolis Eduardo Jorge fera une démonstration sur les techniques essentielles d'éclairages. Votre famille et vos amis sont les bienvenus s'ils désirent participer à cet événement.

Flu Vaccine CLINIC

The Middleton Collaborative Practice

Dr Balser, Dr Brooks, Dr Saxon,
Dr John Drysdale, LeeAnn White-Young, NP
and Sylvie Laprise, NP

Greenwood: Greenwood Kingston Family Health Clinic, AVM Morfee Centre, Bldg 83 School St
Friday, Oct 19 • 1pm - 4pm

Sylvie Laprise, NP, Lee Ann White-Young, NP

Middleton: Family Life Centre at Middleton Baptist Church
Parking lot on School Street across from Museum

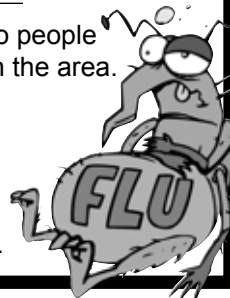
Friday, Oct 26 • 10am - 7pm Dr Eric Balser,
Dr Jane Brooks, Sylvie Laprise, NP

Middleton Collaborative Practice, 452 Main Street
Friday, Oct 19 • 1 - 4pm Dr Eric Balser
Friday, Nov 9 • 1 - 4pm Dr Michele Saxon

Bridgetown: Bridgetown Medical Centre,
20 Jeffery Street
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Paralympic role for WK basketball grad

Sara Keddy,
Managing editor

Steve Sampson modestly admits to a "rough" basketball career through high school at West Kings, but his love of the sport recently took him to the London Paralympics in a unique position.

The Greenwood native (his parents are a retired military family still living here) now lives in Metro with his wife and four children. It was on their trip to China four years ago to claim their youngest daughter he and his wife picked up some tickets for a wheelchair basketball game at the 2008

Paralympics.

"It was my first to watch – a whole lot of bashing, crashing and smashing – but it's still basketball, with skills and movement that was just insane," he says.

"I came home and started playing myself.

The number of Nova Scotian wheelchair basketball players is small and, before long, Sampson found himself in a coaching role. He'd done the job in high school for junior teams at West Kings and Dwight Ross. Add in some years playing at Mount St. Vincent – including two appearances at the college

nationals (one year winning a team bronze). He coached the provincial 2011 Canada Games team and hopes to be on the scene for the 2015 games.

The London connection came from that last Canada Games, as Sampson met up with national coaches working on the Paralympic program. Before long, he was on board, and travelled to London the last two weeks of August to help out as a scout.

"I got to see four games a day, watching for player tendencies and strategies, making note of what they do, and what we can do to beat them."

Working a day or two ahead of his Canadian players, he knew the men's team was on a winning run – but it's always one game at a time on the floor.

"They were in incredible shape, they were all ready and really kept their cool when they needed to."

There were 12 teams in two divisions, and Canada made it out of their side to the final unbeaten – and stayed that way in the gold medal game.

"My face hurt from smiling. It's been just four years since I saw my first game, and I am so lucky to be able to do what I do now."



Steve Sampson with New Brunswick player Dave Durpos, Paralympic gold medal and match net around his neck.

Submitted

Toepics | Forty years of skating on the wing

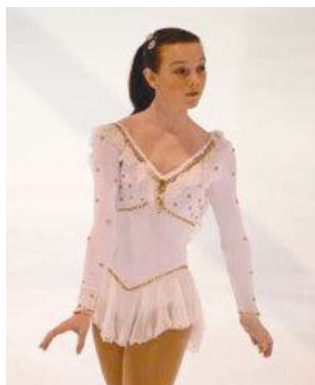
Cheryle Gaston,
Greenwood Figure Skating Club

An exciting season lies ahead for the Greenwood Skating Club.

In 1972, a small group of skating enthusiasts started what has become an integral part of the recreation community in Greenwood. Huguette Peck, Jean Spencer and Sue Burke are the originators of the legacy that has seen, on average, about 75 skaters per year take to the ice to learn-to-skate and/or pursue their passion for figure skating.

Over the years, the club has boasted national level competitors in singles, pairs skating, ice dance and synchronized skating. The club has hosted clinics and seminars for skaters and coaches, bringing world level coaches to our region. Several club skaters have been members of Team Nova Scotia for the Canada Winter Games and a few have gone on to skate in Disney on Ice. Countless young faces have hit the ice to learn skills for a lifetime. Our club coaches have been provincially and nationally recognized for their work, including Best of the Best Canskate Program.

Figure skating is challenging and fun for the participant and teaches more than just the sport: goal setting, perseverance, time-management, sportsmanship and friendship. There is nothing better than jumping on the ice and skating



Jenna Breckon, a recent bronze medallist from Autumn Skate in Ottawa.

Submitted

as fast as you can; adding the agility required to jump and spin

and have "crazy, mad footwork" makes this sport great fun, and truly Canadian.

This year's celebration will include the annual Nutcracker performance December 16, and the 20th edition of the Karen Norman Memorial Funskate February 23 and 24. In addition, starskaters and competitive skaters will represent the club at competitions throughout Nova Scotia and New Brunswick.

One of our senior skaters recently brought home a bronze medal from Autumn Skate in Ottawa. Pre-Novice competitor Jenna Breckon is eyeing a spot

on the Nova Scotia team heading to Regina in December for the national challenge event. She is off to a great start and is optimistic about her chances.

Alex Robert will join her at the Nova Scotia sectional championships at the end of October, but first they will compete in Sackville, NB, at Fall Skate Oc-

tober 13 and 14.

Keep a watch out for more news about club events this season, and we look forward to seeing you at the rink.

SKATING CAMP

Want to learn the finer aspects of skating? Come join us and learn the importance of edges and blade pressure that will make you a better skater and hockey player. We can analyze your skating and develop drills to improve your technique and fine tune your stride. My name is Dean Peach and have been instructing the finer aspects of skating for more than 25 years. I have had experience coaching and instructing skating techniques at the Minor Hockey, Junior and Pro levels.

We will be offering 1 hour sessions every Wednesday starting on November 7th and end on the 19th of December 2012 at the Kingston Arena. This will include 7 sessions of on ice instruction for \$150.00 per student.

There will be Novice/ Atom group at 5:00-6:00 and a Pee wee/ Bantam from 6:15-7:15.

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

You can contact Barb at 765-3899 or Dean at peachdf@hotmail.com.

See you at the rink!



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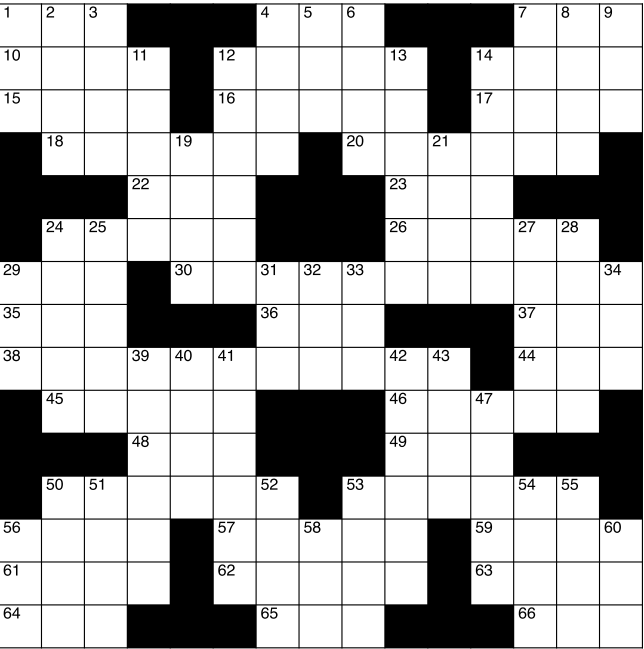


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated 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^e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à 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 19



- ACROSS
1. European Common Market

4. Poetic go quickly

7. Parts per thousand (abbr.)

10. Pigeon pea

12. Sao __, city in Brazil

14. Longest division of geological time

15. __ Alto, California city

16. Small terrestrial viper

17. Coming after all others

18. Penetrate with a sharp fork

20. Still-hunt

22. Chinese frying pan

23. Cave-dwelling salamander

24. Any thick messy substance

26. About the moon

29. AKA Tao

30. Jet cabin requirement

35. Prince Hirobumi, 1841-1909

36. An easy return in a high arc

37. Italian commune

38. L. ComfortOs illuminator

44. Foot digit

45. Minute tunicate genus

46. Green regions of desert

48. Direct a weapon
49. __ de Janeiro

50. Equestrian animals

53. Acress Tomei

56. Head of the RCC

57. Twines

59. Scientific workplace

61. Minerals

62. Hypothetical original substances

63. Hit with the open hand

64. Political action committee

65. Winged goddess of the dawn

66. W. states time zone
- DOWN
1. Electronic data processing

2. Man or boy (Br.)

3. W. African nation

4. FaultOs incline from vertical

5. Method of birth control

6. City founded by Xenophanes

7. Legumes

8. BeckhamOs spice girl

9. Explosive

11. 1936 Nobel winner

12. Greenbay teammate

13. Brass that looks like gold

14. School graduates
19. Lively, merry play

21. Make indistinct

24. Egyptian mythological figure associated with floods

25. Washing sponge

27. Old name for nitrogen

28. Impounds for lack of payment

29. Radiotelegraphic signal

31. MN 55731

32. Sun in spanish

33. Helps little firms

34. Cease living

39. Flames up

40. Egyptian sacred bull

41. To wit

42. Mire

43. Bring two objects together

47. Filths

50. Israeli dance

51. Oil cartel

52. A particular instance of selling

53. Microelectro-mechanical system

54. Var. of 45 across

55. Goat & camel hair fabrics

56. Soda

58. A firmOs operational head

60. Seaport (abbr.)

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 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.

Kingston Legion

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

Regular Games - \$100

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
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Rated PG

Here Comes the Boom

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Fri-Thur 8 pm
Rated PG

See you at the Movies

www.zedex.ca

Continues Friday and Saturday nights at 8 p.m. until October 20. Call 678-8040 for reservations. www.centrestagetheatre.ca.

Cards
October 15 "Funds for Fuel" bridge party, 1 p.m., Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. Light lunch served. All welcome. Call 825-6116 for details.

Meeting
October 15, the Canadian Cancer Society "Living With Cancer" Support Group will meet at St. Mark's Chapel Annex, 14 Wing Greenwood, 7 p.m. to 9 p.m. Our guest speaker, pharmacist Kathy Spurrell from Kingston Pharmasave, will speak on the Pharmacare plan and pharmacy assistance. Cancer patients, spouses, family members or anyone seeking information on cancer are encouraged to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Queen's coffee party
October 16, The Flight Line Café and Greenwood Military Aviation Museum host a Queen's Jubilee coffee party, memorabilia display and silent auction at the CANEX mall, Greenwood, 2 p.m. to 4 p.m. Freewill offering for the refreshments, and proceeds from the

silent auction benefit the Military Police Blind Fund and the museum. All welcome.

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. Kingston village office, Tuesday evenings, October 16 to November 20, 6:30 p.m. to 9 p.m. To register or for information: Pat Lithgow-Rose, (902) 538-1315 or plithgow@avdha.nshealth.ca. Co-sponsored by Nova Scotia Health & Wellness and Annapolis Valley Health.

Luncheon
October 17, there is a community lunch at New Beginnings Center, 1151 Bridge St., Greenwood. Open to everyone, no charge. 11:30 a.m. to 2 p.m. Free clothes available.

Meeting
October 18, 6:30 p.m. Foster family/ adoptive family information session, Kentville. If you are interested in becoming a foster family, call 1-800-565-1885 for information. Potential adoptive

applicants are asked to call 1-866-259-7780.

Craft sale and auction
October 20, 10 a.m. to 4 p.m. Craft and small business fair at the Kingston fire hall. Over 25 vendors. Door prize draws every half-hour. Refreshments for purchase. Thousands of \$\$\$ worth of silent auction items up for bid! Admission \$2. Sweeten and spice up your holiday shopping with all things nice at this festive event! Proceeds to Bust a Move for Breast Health in N.S.

Variety show
October 20, the Kingston Lions will be holding a variety show at the Kingston Lions' hall featuring Lois Lutz, Chet Brown, Wendy Lynn and Jeff Tooker. Doors open at 6:30 p.m. and the show starts at 7 p.m. Cost \$5 at the door. There will be a 50/50 draw for the Kingston food bank. Come out and enjoy an evening of music.

Kentville pumpkin walk
October 20, Hike Nova Scotia and the Valley Trekkers Volkssport Club present a guided pumpkin walk in Kentville, 11 a.m. Register on site. Cost is \$2 for members, free for new walkers. Participants qualify to win trail prizes. www.hikenovascotia.ca for details.

CentreStage
CentreStage Theatre Presents:

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902-742-6808
greg.kerr.c1a@parl.gc.ca

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

Entry deadline:
Noon, October 11, 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 is having a block party?

2. When is the skating camp?

3. What is Wynne Craig's phone number?

4. Who is holding a flu vaccine clinic?

5. Who is having wagon rides and live music?

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: KIM GOODALL

Gary Grinkle's Battles with Wrinkles and Other Troubles in Mudgeville, by Stefan Graves Lanfer. Mudgeville is an unusual town, where fears, big and small, real and imagined, keep everyone hidden away in their homes. Gary Grinkle is never sure he has ironed all the wrinkles out of his clothes. He irons them all the time! Maggie Magoulis cannot bear the thought of ruining her favourite shoes. Melissa B. Little is terrified of things she can't see. Arnold J. Arnold is glued to his TV. They all seem quite hopeless, until one day Martin A. Maven arrives. This is a delightful fable all ages will enjoy, performed by a large cast of children, teens, and adults. Plays October 20 to November 4 Saturdays (11 a.m. and 2 p.m.) and Sundays (2 p.m.). All tickets \$5. Call 678-8040 for reservations. www.centrestagetheatre.ca.

Meeting
October 21, the executive committee of the Call to Remembrance

Quiz/ Challenge for students in grades 6 through 9 will meet at the RCL Br. 098 in Kingston, 2 p.m. Interested parties are invited to attend. For information: Harold MacKenzie, 825-6345.

Fundraiser
October 21, the Companion Animal Protection Society of Annapolis County hosts Paws 'n' Pumpkins, an open house, from 2 p.m. to 4 p.m. Please come out and "trick or treat" with our volunteers and foster animals in care at 1468 Ben Phinney Road, Margaretsville. Help to fill the animals' Hallowe'en goodie bags with donations of food, treats and toys, litter, bleach, etc. Refreshments to be served and incentives offered for potential adopters. Visit www.caps-annapolis.org.

Coffee party
October 22, 10 a.m. to 12:30 p.m. at the Beehive Adult Service Centre, 1119 Station Street, Aylesford. Freewill offering. Door prizes available to be won.

Meeting
October 23, the Annapolis Valley Historical Society meets 7:30 p.m., at Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Guest speaker is Dr. Maurice Tugwell who will speak on his experience on board the SS Concordia. No admission charged. All welcome. Phone 825-6116 for information.

Writing group
October 24, the Authors Ink creative writing group meets 10 a.m. to noon, Annapolis Valley Macdonald Museum, 21 School Street, Middleton. All welcome. Cost is \$3 admission. Phone 825-6116 for information.

Meeting
October 24, the monthly meeting of the board of directors of the Companion Animal Protection Society of Annapolis County will be held, 7 p.m. at the municipal building in Lawrencetown. All CAPS' members and friends invited to attend.

Supper
October 25, the Three Rivers Community Centre will be holding a turkey supper, 4:30 p.m. to 6 p.m., at 41 Messenger Road, Torbrook Mines. For more info, call 765-8724.

Citrus sale
Middleton Skating Club's annual Florida orange and grapefruit sale is now taking orders. Pre-order your delicious fruit by November 2 by calling Tave McLennan, 825 3937, or email msccitrussale@hotmail.com. Full case: \$38, half-case \$24, quarter-case: \$14.

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.



Queen's tea

Karen Taylor of the Flight Line Cafe has cups and saucers at the ready for the October 16 Queen's jubilee event in the foyer of the CANEX Mall and Greenwood Military Aviation Museum. Musicians from the 14 Wing Greenwood band will welcome community guests from 1:45 p.m., with opening remarks at 2 p.m. by base officials. Refreshments with a freewill offering in support of the Military Police's Blind Fund and the museum society, and a silent auction, will run until 4 p.m. The museum has gathered a collection of its own Queen-related memorabilia, along with community loans, for a jubilee display. All are welcome to attend the tea, auction and exhibit.

S.Keddy



sudoku

solution page 19

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

Level: Beginner

Fun By The Numbers

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



patrick's puzzle

solution page 19

HALLOWEEN WORD SEARCH

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

WORDS

Autumn	Friends	Money	Pranks	Trick
Candy	Fright	Monster	Princess	Undead
Cemetery	Ghost	Mummy	Ranger	Vampire
Costume	Ghoul	Neighborhood	Safety	Zombie
Doorbell	Gore	October	Scare	
Dracula	Halloween	Parties	Scary	
Dress	Houses	Pirate	Shaving cream	
Flashlight	Makeup	Police	Treat	



horoscopes

October 14 - October 20

ARIES - Mar 21/Apr 20
Aries, you may need some creative strategies to clear up some conflicts in your schedule this week. You must be quite popular since you have so much going on.

TAURUS - Apr 21/May 21
Taurus, there's so much to get done this week that you may not know where to begin. Making a list of your responsibilities may help you get organized.

GEMINI - May 22/June 21
Gemini, you may be on the fence about making a large purchase, but the stars indicate that now could be a good time to buy and things will work in your favour financially.

CANCER - June 22/July 22
Cancer, instead of rushing along through the daily grind, take some time to slow down and enjoy the scenery along the way. This will help you clear your head and relax.

LEO - July 23/Aug 23
Leo, the weekend will not be fun unless you finish up all of your work at the office. Don't procrastinate and leave all the difficult tasks until next week.

VIRGO - Aug 24/Sept 22
Virgo, there are serious things to consider with respect to your family life, and not all of the conversations will go your way. Be patient and work through everything a little at a time.

LIBRA - Sept 23/Oct 23
Libra, whether feedback from work is positive or negative, rest assured that hard work will ultimately garner some recognition. Keep working hard and all will work out.

SCORPIO - Oct 24/Nov 22
No one is going to know how you feel unless you speak up, Scorpio. Don't sink into the shadows; get out in the open and have your voice heard.

SAGITTARIUS - Nov 23/Dec 21
Projects around the house seem to grow with every passing day, Sagittarius. If you do not think you can get them all done on your own, it may be time to hire a professional.

CAPRICORN - Dec 22/Jan 20
Experiencing car troubles, Capricorn? This may be the ideal time to go shopping for a new vehicle. A new ride can lift your spirits and put to rest those fears about your current vehicle.

AQUARIUS - Jan 21/Feb 18
Don't work yourself silly, Aquarius. It's good to be productive and company-minded, but not if it comes at the price of your health. Recharge before you tackle anything else.

PISCES - Feb 19/Mar 20
Pisces, while it can be challenging to sit idle, lazy days are very often great ways to catch up on some rest and personal time.

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Wise customers read the fine print: * , †, ‡ The 2012 Ram Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 1, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. • \$23,995 Purchase Price applies to 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFH) only and includes \$9,750 Consumer Cash Discount. See participating retailers for complete details. Pricing excludes freight (\$1,400–\$1,595), licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †4.49% purchase financing for up to 96 months available on the new 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFH) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFH) with a Purchase Price of \$23,995 (including applicable Consumer Cash Discount) financed at 4.49% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$138 with a cost of borrowing of \$4,611 and a total obligation of \$28,606.33. Pricing excludes freight (\$1,400–\$1,595), licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. \$2012 Ram 1500 Crew Cab Longhorn 4x4 shown. Price including applicable Consumer Cash Discount: \$40,275. Pricing excludes freight (\$1,400–\$1,595), licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. ‡Based on longevity of entire Ram pickup lineup compared to competitive pickups. Based on R. L. Polk Canada, Inc. Canadian vehicles in operation and new registrations for model years 1987 – 2011 as of June 30, 2011. †Based on October 2010 – November 2011 Canadian industry survey of light-duty pickup truck owners trading in their pickup for a new pickup truck. ‡Based on calendar year-to-date market share gain. †Based on Ward's full-size pickup segmentation. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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- Available class-exclusive RamBox[®] Cargo Management System[‡]
- Available class-exclusive in-floor storage bins[‡]
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classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bolded text \$8, tax included. If you require a receipt and/or invoice via Canada Post a surcharge of \$1 including tax will be added.

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 or fax 765-1717.

To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses. Si vous vous voulez recevoir un reçu et/ou d'une facture par l'entremise de Postes Canada, un supplément de 1 \$, taxes incluses, sera ajouté. Les annonces classées doivent être réservées et payées à l'avance avant midi, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au (902) 765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à frontdesk@auroranewspaper.com ou nous transmettre un fax au (902) 765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à marketing@auroranewspaper.com.

FOR RENT

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)

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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

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FOR RENT – Commercial Space – Located at 805 Central Avenue, Greenwood. Consisting of 2 large offices, large reception area and small storage room. Air conditioned with lots of parking. Available immediately. For full details contact Gerald Chase at 542-3398. (3339-ufn)

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. 1 large bedroom house, new kitchen & bathroom, storage & 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. (3339-2tp)

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 – 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 – 2 bedroom upstairs apartment located in Kingston. Close to Legion. Fridge and stove provided. Rent is \$550/month plus utilities. Available 1st Nov. Call 825-3607. (3339-2tpb)

FOR RENT - 2200 sq.ft. building Hwy. 1 in Wilmot. Originally used for licenced childcare center. All equipment remains including large fenced playground. Building may be used for variety of retail businesses or workshop. Hot water heating. Fridge, stove, dishwasher and

fully functional kitchen space included in the building. Lawn care and snow removal included. \$500.00 per month plus utilities. References required. Please call 709-726-8265 for more info or email ngranter@bellaliant.net. (3339-2tp)

FOR RENT – Small 2 bedroom house located in Kingston. Available immediately. Rent is \$675/month including utilities. Call 902-847-5046. (3339-ufn)

FOR RENT – One bedroom apartment located at 635 Main St. Kingston. Rent is \$700/month including heat and lights. Fridge and stove provided. No pets and non-smokers. Call 698-1095. (3340-2tpb)

FOR RENT – 1 bedroom apartment in a duplex house in Greenwood. Only 2 minutes from 14 Wing. Fridge, stove, washer/dryer, shed, clothesline, parking and snow removal included. There is a spare room or den. Rent is \$500/month plus utilities. No pets and non-smokers. Call 765-6238. (3340-3tp)

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. (3340-1tp)

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 – Valley Chiropractic Services is pleased to welcome Registered Massage Therapist Jennifer Jantz to our office. Jen is accepting new clients for therapeutic and relaxation massage in a comfortable, professional setting. For an appointment, please call 825-2323 or visit our office at 239 Marshall Street, Middleton. (3339-4tpb)

SERVICE – Fales River Subdivision – snow removal – snow blowing and plowing, shoveling steps and walkways. Also landscaping and handyman services available. Call 760-2166. (3340-2tpb)

SERVICE – Entertainment Services – DJ, karaoke and live music services available. Also available balloon animal creations. Call 760-2166. (3340-2tpb)

SERVICE – J&R PAINTING SERVICES is available for all your painting needs. Residential and commercial. Free estimates. Get your home or business ready for the holidays! Call 765-9159. (3340-1tp)

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

sudoku solution

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

patrick's puzzle

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

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