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November is Mental Health Month  Novembre est le mois de la santé mentale

14 WING • ESCADRE 14 GREENWOOD, NS

the Aurora

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Open door support for mental health

Sara Keddy,
Managing editor

Keeping 14 Wing Greenwood's personnel operationally able means more than physical fitness and sound health: mental readiness is a big part of preparedness.

"No one looks any differently at people taking care of themselves, and seeing a mental health provider is valued, necessary and contributes to overall health," says Captain Kim Grondin, with 14 Wing's mental health branch, part of 26 Canadian Forces Health Services.

"Go see someone. Get looked after."

If 30 per cent of Canadians seek out mental health support in their lifetime, Grondin says, there is no difference in statistics within the Canadian Forces. Add in professional stressors – deployments, postings, operational demands, career decisions – and the mental health team of "helping professionals" in Greenwood are ready to help.

Grondin, the mental health clinic manager, is one of two base social workers. There is also a psychologist and part-

time psychiatrist as part of the mental health branch. There is the capacity for two more social workers, a mental health nurse and a military social worker as well.

"We have a very busy department, offering two levels of service: general mental health, and psychosocial programs," Grondin says. The primary patient is the uniformed CF Regular force member, the Class B reservist (180 days plus), or the Class A or B Reservist (less than 180 days) with conditions directly affected to their time in service. Spouses may also be included, depending on treatment options.

"We see everything – every mental health disorder or issue that exists has come through the door."

In addition to pre- and post-deployment screenings, the branch offers a range of programs in support of addictions, education and consultation, workplace and family problems, adjustment issues, mental health disorders and more. Because the CF looks after its own through the mental health branch, people are able to access help sooner.

Grondin says his team's

Continued on page 3...



Brigadier-General Derek Joyce presented Sergeant PR Bourgoin (404 Squadron) and members of 14 Wing Greenwood with their NATO Operation Unified Protector (Libya) medals November 16.

Corporal J. Kusche, 14 Wing Imaging

OP MOBILE service medals presented to CF personnel

Seventy-two 14 Wing Greenwood personnel were among the almost 1,000 Canadian Forces members presented with the North Atlantic Treaty Organization (NATO) Operation Unified Protector (OUP) – Libya medal November 16, in recog-

nition of their participation in Operation Mobile, the Canadian Forces' contribution to the NATO-led operation to protect the people of Libya with the enforcement of an arms embargo and no-fly zone through 2011.

"I am honoured to present

medals to these deserving men and women. The Canadian Forces' contribution to support the people of Libya was significant, and undoubtedly helped to save many lives as the Gaddafi regime tried to repress the popular upris-

ing," said Minister of National Defense Peter MacKay at a ceremony in Halifax. "The deployment of Canadian Forces naval and air assets to the Mediterranean on short notice demonstrated Canada's commitment to aiding in interna-

Continued on page 2...

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14 Wing Greenwood recipients of the Operation Unified Protector (Libya) medal form up in respective flights outside 11 Hangar November 16.

Corporal S. Wilson, 14 Wing Imaging

OP MOBILE medals...

...cover

tional humanitarian crises.”

The 14 Wing parade was held in Hangar 11, with former base commander now Brigadier-General Derek Joyce presenting the medals.

Canada responded after the passage of the United Nations (UN) Security Council Resolution 1973 of March 17, 2011, taking a leading role in the UN-mandated, NATO-led operation to protect the people of Libya from the former Gaddafi regime. The deployment of Canadian assets to the region, including two frigates and their Sea King helicopter detachments, CF-188 Hornet fighters, CC-150 Polaris in-flight refuelling tankers, CC-130 Hercules tankers and CP-

140 Aurora long-range patrol aircraft; gave Canada and the Canadian Forces the flexibility and capability to respond to the ongoing crisis with critical aviation support. Canada's massive C-177 Globemaster III aircraft were used to transport people and equipment.

The NATO OUP - Libya medal is awarded for 30 consecutive, or 60 cumulative, days of honourable service under NATO Operation Unified Protector, commencing March 23, 2011, and ending October 31, 2011.

14 Wing Greenwood recipients

Cpl SA Arsenault, 14 AMS; Capt JDI Arsenault, 405 Sqn; Sgt M Arsenault, WCE; WO AM Bergman, 405 Sqn; Cpl JLC Bernard, 14 AMS; Capt WJ Bernardi, 404 Sqn; MCpl B Boisvert, 413

Sqn; Capt CD Bond, 405 Sqn; Cpl JMM Bouchard, 14 AMS; Capt SP Bouchard, 405 Sqn; Sgt PR Bourgoin, 404 Sqn; Lt CA Brewster, 405 Sqn; MCpl FAC Brown, 405 Sqn; Cpl CC Camilleri, 14 AMS; MCpl VJ Cheeke, 404 Sqn; Capt JE Christianson, 405 Sqn; Maj RJ Clark, MPEU; Sgt KA Clifford, 14 AMS; MCpl FG Cloney, 404 Sqn; Cpl CD Cole, 14 AMS; Cpl LG Collett, 404 Sqn; MCpl FJ Couturier, 405 Sqn; Capt MS Crosbie, 404 Sqn; MCpl SG Curtis, W Ops; Cpl PT Detcheverry, 14 AMS; MCpl DP Dorosz, W Ops; MCpl ARR Duguay, 14 AMS; Pte GM Duncan, 405 Sqn; MCpl MF Dymond, 404 Sqn; Capt DC Ennis, 405 Sqn; Cpl AE Evans, 405 Sqn; Capt JAL Gallant, 14 SES; Cpl JA Gervais, 413 Sqn; WO PG Gillis, 405 Sqn; Capt TJ Goldie, 404 Sqn; MWO PD Goulding, 14 AMS; Cpl SW Green, 14 AMS; Capt SG Hale, MPEU; Sgt L Harnett, 14 AMS; WO LR Hatfield, 405 Sqn; Capt ADH Hollenback, 404 Sqn;

Sgt SD Horne, 404 Sqn; Maj DR Hotte, LRP Set; Cpl AJA Jalbert Landry, 14 AMS; Capt PH Janes, 404 Sqn; Capt LC Jennings, MPEU; Cpl D Jodoin, 14 AMS; Capt JFL Jones, W Ops; Cpl JT Kanis, 14 AMS; Capt DC Klco, 404 Sqn; Capt JMSD Kuhn, 404 Sqn; Cpl CJB Le Moyne, WTIS; MCpl MA Leblanc, 14 AMS; Sgt C Leblanc, 14 AMS; Maj JY Leblanc, 404 Sqn; MCpl AM Leblanc, W Ops; Sgt RJ Legere, 404 Sqn; MCpl FP Leveille, MPEU; Capt NA MacDougall, 405 Sqn; Capt CK MacFarlane, W Ops; WO TP Marques, 404 Sqn; Capt MH Marseille, 405 Sqn; Cpl DC Marston, 14 AMS; Cpl CH McCray, 14 AMS; MCpl JE McDevitt, 14 AMS; MCpl ES Meaney, 14 AMS; MCpl EA Oliver, 404 Sqn; Cpl ASL O'Quinn, 14 AMS; MCpl GPG Osborne, 14 AMS; WO DH Osmond, 404 Sqn; Sgt CR Paquette, MPEU; Capt BJP Parent, 405 Sqn; Cpl TB Parkes, 14 AMS; WO RJC Patoine, 405 Sqn; WO DM Pawulski,

405 Sqn; MCpl DD Penney, 14 AMS; Sgt HI Perreault, 405 Sqn; MCpl KPJ Pike, 405 Sqn; Sgt JN Plamondon, 404 Sqn; Capt BK Ransome, 405 Sqn; Capt JR Reeves, 405 Sqn; WO CA Ripley, W Sup; WO GR Robbins, 14 AMS; Cpl SJ Rogowsky, 405 Sqn; Cpl KB Roy, 14 AMS; MCpl MGJ Sauve, 405 Sqn; Capt RT Scholte, 404 Sqn; Lt S Shamsi, 404 Sqn; Cpl LE Sheehy, 14 AMS; Cpl SE Skaling, 404 Sqn; WO RC Smith, 405 Sqn; Sgt BE Stacey, WTIS; Cpl TR Stevenson, W Ops; PO1 JS Stewart, W Ops; MCpl M St-Laurent, 404 Sqn; MCpl MG Stockman, 404 Sqn; Capt HJ Stubbert, 405 Sqn; Capt LK Tagg, 405 Sqn; Capt AJA Thomas, 404 Sqn; Cpl M Truchon, 14 AMS; MCpl DC Urschatz, 404 Sqn; Sgt MD Vallis, W Admin; MCpl JW Veitch, 14 AMS; Cpl WA Venedam, 14 AMS; Cpl TW Wadman, 14 AMS; Sgt GR Whitaker, 405 Sqn; Sgt MD Whyte, 405 Sqn; Capt KE Wight, W Ops; Capt ND Zilka, 405 Sqn.



The North Atlantic Treaty Organization (NATO) Operation Unified Protector (OUP) – Libya medal: made of bronze, it bears, on the obverse, the NATO star set in a wreath of olive leaves; and, on the reverse, the title, “North Atlantic Treaty Organization,” and the words, “In the service of peace and freedom,” in English and French. The ribbon is NATO-blue with two white stripes centered on the two outer thirds of the ribbon, with a silver stripe in the centre of each white stripe. The white represents peace and the silver signifies the operation was ordered in accordance with an article other than Article 5 of the North Atlantic Treaty.

DND



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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
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfpsa.com

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Caméra de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpiinternational.ca

November is Mental Health Month Novembre est le mois de la santé mentale

Accessibilité de l'aide en santé mentale

Sara Keddy
Rédactrice en chef

Le maintien de la capacité opérationnelle du personnel de la 14^e Escadre Greenwood va au-delà de la condition et de la santé physiques : la condition mentale est un élément important de l'état de préparation.

« Il n'y a rien d'anormal à prendre soin de soi; consulter un professionnel de la santé est utile et nécessaire, et contribue à la santé générale » dit le Capitaine Kim Grondin, de la direction de la santé mentale de la 14^e Escadre, un des 26 services de santé des Forces canadiennes.

« Allez consulter, faites-vous aider. »

Environ 30 pour cent de la population canadienne font appel à des services de santé mentale au cours de leur vie. Selon le Capitaine Grondin, ce pourcentage est le même au sein des Forces canadiennes. Par ailleurs, les facteurs de stress liés à la profession ne manquent pas (déploiements, affectations, exigences opérationnelles, décisions liées à la carrière); c'est pourquoi l'équipe de professionnels de la santé mentale de Greenwood est prête à intervenir.

M. Grondin, gestionnaire de la clinique de santé mentale, est l'un des deux travailleurs sociaux de la base. Le service de santé mentale compte aussi un

psychologue et un psychiatre à temps partiel. Il pourrait accueillir deux travailleurs sociaux de plus, ainsi qu'une infirmière en santé mentale et un travailleur social militaire.

« Nous sommes bien occupés car nous offrons des services à deux niveaux, à savoir des services généraux de santé mentale et des programmes psychosociaux, dit M. Grondin; Nos principaux patients sont des membres de la Force régulière en activité, des réservistes de classe B (180 jours et plus) ou des réservistes de classe A ou B (moins de 180 jours de service) souffrant de troubles directement liés à leur service. Selon les choix de traitement, nous pouvons voir également les conjoints. »

« Nous traitons toutes sortes de cas – tous les troubles et problèmes mentaux qui existent nous sont présentés. »

Outre les évaluations qui précèdent ou qui suivent les déploiements, notre service offre divers programmes – traitement des dépendances, sensibilisation et consultation, problèmes au travail ou au sein de la famille, problèmes d'adaptation et problèmes de santé mentale, entre autres. Étant donné que les FC offrent ces services à leurs membres par l'intermédiaire du service de santé mentale, les patients peuvent obtenir plus tôt l'aide dont ils ont besoin.

Grondin précise que les services de son équipe sont confidentiels. La clinique suit toutes les directives des services de santé des Forces canadiennes en ce qui a trait à la protection de la confidentialité des renseignements médicaux.

La clinique de santé mentale se trouve au Centre Morfee jusqu'à la fin de décembre, après quoi elle déménagera dans le nouveau centre de santé. Les membres des Forces canadiennes peuvent solliciter, sans intermédiaire, les services psychosociaux offerts par les thérapeutes en travail social, toutefois, ils doivent être orientés par un médecin militaire pour obtenir les soins de santé mentale que prodiguent les psychologues, les psychiatres et les travailleurs sociaux spécialisés.

M. Grondin précise que le réseau de soins dont bénéficient les membres des FC fonctionne bien, les partenaires de la santé mentale et des soins médicaux offrant des services coordonnés et personnalisés à tous les patients. Les membres de l'équipe de santé sont très actifs, toutefois, ils reconnaissent que chacun a une part de responsabilité à assumer dans le maintien de sa santé.

« On ne peut forcer personne à s'inscrire à un programme ou à consulter. Chacun doit toutefois réfléchir à l'importance de la santé mentale. »

approaches for each and every patient. While they are active, they also recognize the responsibility each patient has to take, at some point, for their own health.

“No one can be forced into a program or an appointment. The question they need to ask themselves, though, is mental health important enough to them?”

Make MAP call

Sara Keddy
Managing editor

One phone call could change your life.

The Canadian Forces Member Assistance Program offers a range of mental health support services at the answering end of 1-800-268-7708. The line is completely anonymous, outside the management of the Canadian Forces and ensures callers get the help they need.

“The program was developed because people may not have felt comfortable within their own base or community system accessing help,” says Captain Kim Grondin, with 14 Wing Greenwood's mental health service branch.

“We don't care how people

get their help: we want them getting help, and that's the most important effort we can make for people at risk.”

The MAP program is open to all Regular and Reserve force



members, their families and civilian employees. The fact it is available 24 hours a day, 365 days a year, Grondin says, means mental health help offered during regular hours on the base are well complimented by MAP accessibility.

While the 1-800 line is answered far from Greenwood, the network of “helping profession-

als” here at the base consider the service a valuable part of the resources they can offer. The MAP can put callers in touch with counselling support for families, marriages, parenting, addictions, abuse and more. Work-related guidance, financial advisors, emotional and psychological programs, legal pointers and other services are available by contacting MAP. Once you've made the call,

you're assigned a number. That number is passed along to the appropriate agent for follow-up, generally within 24 or 48 hours.

“In this case, the fact you're ‘just a number’ provides anonymity for people: there may be personal reasons you're seeing someone outside the Canadian Forces circle.

“It works.”

Appelez le PAM!

Sara Keddy
Rédactrice en chef

Un seul coup de téléphone peut transformer votre vie...

À l'autre bout du 1-800-268-7708, le Programme d'aide aux membres (PAM) des Forces canadiennes offre une gamme de services de soutien à la santé mentale. Le service téléphonique est entièrement anonyme et indépendant de l'Administration des Forces canadiennes, et voit à ce que sa clientèle obtienne l'aide dont elle a besoin.

« Le programme a été créé parce que les gens étaient inconfortables à l'idée de chercher de l'aide dans leur base ou leur collectivité », explique la capitaine Kim Grondin, de la direction des services de santé mentale de la 14^e Escadre de Greenwood.

« Comment les gens obtiennent de l'aide nous indiffère »,

ajoute-t-elle. « Nous voulons qu'ils se fassent aider et c'est le meilleur service que nous pouvons rendre aux personnes à risque. »

Le PAM est offert à tous les militaires et réservistes et aux membres de leurs familles, ainsi qu'aux employés civils de la base. Le fait qu'il soit accessible 24 heures par jour, 365 jours par an signifie que les services d'aide mentale offerts sur la base durant les heures de bureau sont complétés par l'accès au PAM. Même si la ligne 1-800 est reliée à une localité éloignée de Greenwood, le réseau de professionnels aidants de la base considère qu'il s'agit d'un volet vital de l'aide qu'il peut dispenser. Le programme peut mettre les demandeurs en contact avec des services de counseling

familial et conjugal, sur les soins aux enfants, les toxicomanies et la violence, et ainsi de suite. De l'orientation liée au travail, des conseillers financiers, des programmes de soutien émotif et psychologique, des avis juridiques et d'autres services sont accessibles en communiquant avec le PAM. Une fois que vous aurez appelé, vous recevrez votre numéro personnel, qui sera transmis à l'agent approprié pour un suivi, qui se fait généralement dans les 24 à 48 heures.

« Dans ce cas, le fait que vous soyez « juste un numéro » vous assure de l'anonymat : il peut y avoir des raisons personnelles pour lesquelles vous voulez voir quelqu'un de l'extérieur du cercle des Forces canadiennes. »

« Et ça fonctionne! »

Open door...

...cover

services are confidential. The clinic follows all Canadian Forces Health Services and professional directions regarding the guarding of confidentiality of medical information.

The mental health clinic is located, until the end of December, in the Morfee Centre, then it will move into the new health service centre. Canadian Forces mem-

bers may self-refer for access to psychosocial services provided by social work therapists, but referral to mental health services provided by psychologists and psychiatrists and clinical social workers must be made by the medical officer.

Grondin says the network devoted to CF members' care works well, with partners on the mental and medical sides taking individualized, coordinated



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November is Mental Health Month  Novembre est le mois de la santé mentale

Health Promotion 'out in front' of mental health



Health Promotion director Lisa White, left, and assistant Edith Tremblay.

S.Keddy

Sara Keddy,
Managing editor

Lisa White and Edith Tremblay arrive at work each morning and check the display table in front of the Personnel Support Program Health Promotion office's door. What's disappeared overnight?

"We have a brochure, 'Helping Resources available in the Greenwood Area,'" White says. "We can't keep enough of them."

That's great news: the women tackle their role of providing information, education and awareness of health issues with enthusiasm. Knowing people are using their resources to make personal links with those resources is satisfying.

"We're out in front with prevention and referrals," White, the office's director, says. "I help link people to resources, whether its education programs or professionals."

Health Promotion is an active member of 14 Wing Green-

wood's collective of "helping professionals," all focused on supporting Canadian Forces personnel, defence team staff and families. White values the strong partnerships she has with the base's mental health providers, support programs and a network of unit representatives that help get news of her office's courses out to those who may be interested.

Health Promotion follows 11 national course outlines, focused on fitness and nutrition, addictions, stress and anger and more. Classes run regularly, and White and Tremblay shake timings up to ensure there's a class offered to meet participants' schedules as best they can. Programs are free, and open to Regular and Reserve Canadian Forces members, their family members over age 18, Cadet staff and defence team members. While some courses are career requirements for CF members, others are valuable for the life skills they address.

"Mental health is holistic: if someone is suffering from depression, they may be struggling with fitness and nutrition. If they have relationship issues, they could be drinking too much, or not sleeping enough. They're all intertwined, and we try and keep people mentally fit, help them improve or link to resources."

Registration for classes is voluntary, and confidential.

"People need to feel comfortable sharing their stresses with other adults, and we try and reduce the stigma for those who seek out our programs."

White is also called upon as a support and advisor if there is a base-wide "check up" on how programs and services are being delivered – and received – by personnel.

"Our social wellness programs in Greenwood are flourishing right now," she says. "We have tools and we have people to support prevention – and the best time to see us is now."

Promotion de la santé : à l'avant-garde de la santé mentale

Sara Keddy
Rédactrice en chef

Quand elles arrivent au bureau le matin, Lisa White et Edith Tremblay vérifient le présentoir devant la porte du bureau de la Promotion de la santé des Programmes de soutien au personnel. Qu'est-ce qui a disparu depuis hier? « Nous avons une brochure intitulée Helping Resources available in the Greenwood Area », raconte White. « Nous ne pouvons jamais en mettre assez sur le présentoir! »

Voilà une excellente nouvelle : ces femmes s'acquittent

avec enthousiasme de leur rôle de diffusion, d'éducation et de sensibilisation sur les questions de santé. Il est satisfaisant de savoir que les gens se servent de la documentation pour établir des liens vitaux avec ces ressources.

« Nous sommes sur la première ligne de la prévention et des références », explique White, la directrice du bureau. « J'aide mes clients à trouver les ressources dont ils ont besoin, qu'il s'agisse de programmes d'éducation ou de professionnels. »

Promotion de la santé est un membre actif du collectif

de « professionnels aidants » de la 14e Escadre de Greenwood, tous voués au soutien du personnel des Forces canadiennes, des employés de l'équipe de la Défense et de leurs familles. White apprécie les solides partenariats qu'elle a établis avec les professionnels en santé mentale de la base, les programmes de soutien et un réseau de représentants d'unité qui contribuent à fournir aux intéressés potentiels de l'information sur les cours de son bureau.

Promotion de la santé dispense 11 programmes de cours offerts à l'échelle nationale, axés

sur la santé physique et la nutrition, la toxicomanie, le stress, la colère, et ainsi de suite. Les cours sont offerts régulièrement et White et Tremblay en varient les horaires de manière à ce qu'ils puissent convenir au plus grand nombre de participants. Ces programmes sont offerts gratuitement aux militaires des Forces régulières et de la Réserve, aux membres de leurs familles de plus de 18 ans, au personnel de Cadets et aux employés de l'équipe de la Défense. Si certains cours sont obligatoires pour les militaires des Forces, d'autres sont profitables pour les connaissances

pratiques qu'ils abordent.

« La santé mentale est holistique : quelqu'un qui souffre de dépression pourra avoir du mal à se tenir en forme et à bien manger, et quelqu'un qui a des problèmes de couple pourra sombrer dans l'alcool ou souffrir d'insomnie. Tout ça est interrelié. Nous essayons d'aider les gens à conserver et à améliorer leur santé mentale, ou de les orienter vers des sources de soutien. »

L'inscription à ces cours est libre et confidentielle.

« Les gens doivent se sentir à l'aise de partager leurs difficultés avec d'autres adultes, et

nous nous efforçons d'atténuer le stigmatisé attaché à ceux qui font appel à nos programmes. »

On fait aussi appel à White comme assistante et conseillère s'il y a une vérification à la grandeur de la base de la façon dont tel ou tel programme ou service est dispensé, et reçu, par le personnel.

« Les programmes de mieux-être social dispensés à Greenwood sont en pleine expansion », raconte White. « Nous avons les outils et nous avons les gens pour faire de la prévention... et le meilleur moment pour nous rendre visite est maintenant. »

PSP Health Promotion, Lisa White – 765-1494 ext 5389

SISIP, Marc Brittany – 765-6714

Greenwood Military Family Resource Centre – 765-1494 ext 5611

CF Dispute Resolution, 765-1494 ext 5530

CF Member Assistance Program – 1-800-268-7708

Employee Assistance Program, Darlene Richards – 765-1494 ext 3119

Chaplaincy service, Major Jim McKay – 765-1494 ext 5883

Operational Stress Injury & Social Support, Tim Elliott – 678-2262

26 CF Health Services, 765-1494 ext 1958

PSP promotion de la santé, Lisa White – 765-1494, poste 5389

RARM, Marc Bretagne – 765-6714

Centre de ressources aux familles militaires de Greenwood – 765-1494, poste 5611

Résolutions de conflits des FC – 765-1494, poste 5530

Programme d'aide aux membres des FC – 1-800-268-7708

Programme d'aide aux employés, Darlene Richards – 765-1494, poste 3119

Aumônier de service, le Major Jim McKay – 765-1494, poste 5883

Traumatismes liés au stress opérationnel et le soutien social, Tim Elliott – 678-2262

26e Centre des services de santé des FC, 765-1494, poste 1958

November is Mental Health Month  Novembre est le mois de la santé mentale

Diverse mental health support available for military families

Sara Keddy,
Managing editor

Supporting families through life challenges is what Stephanie Townsend and Laura Jamont do daily.

The women work with the Greenwood Military Family Resource Centre, and are part of the wider 14 Wing Greenwood network of “helping professionals” ready to deal with potential mental health issues. These MFRC programs are free, confidential and are able to connect families to wider base or community resources. Serving, Reserve or retired Canadian Forces members, veterans, RCMP and extended families are all welcome.

Jamont is the family liaison

coordinator, working primarily with the families of ill and injured soldiers.

“An injury could be an operational stress injury, or something physical, or a medical diagnosis that requires ongoing care – but they all have a ripple effect on a spouse and children,” Jamont says. “While a Canadian Forces member will get support through base services, I’m here for the family.”

Her role includes confidential individual or family counselling, referrals to mental health services for adults and children as needed, outreach support and education and prevention-themed programs. Families may access her free services through their CF

member’s base connections or self-refer for particular needs.

Townsend, the prevention, support and intervention coordinator, has a broader mandate: the whole family, beyond what the CF member is accessing through work-based health services.

Formally, she offers short-term counselling for everything from separation and divorce to settlement challenges to kids dealing with school issues. She meets with local school’s guidance advisory councils to share challenges in the life of a military youth. She looks after Roundel House, a Residential Housing Unit available for families in crisis, such as a flood or fire. She sits on the base’s family crisis team,

with Military Police, chaplaincy and mental health.

Less formally, Townsend offers educational workshops, self-help and drop-in groups grounded in mental health and wellness basics: a “Coastal Connections” social hour for military spouses having a difficult time getting involved in their new community, naturopathic health care, or Rainbows, a group for youth dealing with loss or grief.

“We are busy: we do a variety of things focused on clients, but also some general programs,” Townsend says.

“We’re a positive service, and it should be as normal coming in to see us as it is to see your family doctor, meeting people for coffee or



Greenwood Military Family Resource Centre staffers Stephanie Townsend, left, the prevention, support and intervention coordinator; and Laura Jamont, the family liaison coordinator, tie a network of mental health support services for families together.

S.Keddy

social activities. We have a whole network under one roof here at the MFRC, and then there are all of our wider base partners. Greenwood is very supportive.”

La santé mentale des familles des militaires, on y veille

Sara Keddy,
Rédactrice en chef

De jour en jour, la tâche de Stephanie Townsend et de Laura Jamont consiste à aider des familles à surmonter les obstacles de la vie.

Elles travaillent toutes deux au Centre de ressources pour les familles des militaires (CRFM) de Greenwood, et participent donc au réseau élargi de « professionnels aidants » de la 14^e Escadre de Greenwood prêts à intervenir en cas de problème de santé mentale. Ces programmes du CRFM sont gratuits, confidentiels et capables de relier des familles à des ressources accessibles sur la base ou dans la localité. Les membres actifs, les réservistes et les retraités des Forces canadiennes, les anciens combattants et les membres de la GRC, ainsi que leurs familles, sont tous accueillis à bras ouverts.

Jamont, qui agit comme coordonnatrice des liaisons avec les familles, travaille surtout avec les familles de soldats malades ou blessés.

« Par blessure, on peut entendre un traumatisme lié

au stress opérationnel ou quelque chose de physique, ou un diagnostic médical qui exige des soins continus, autant de conditions qui ont des répercussions sur les conjoints et les enfants », explique Jamont. « Alors que les membres des Forces trouvent du soutien à la base, je suis là pour leurs familles. »

Son rôle comprend les services confidentiels de counseling individuel ou familial, les références aux services de santé mentale pour adultes et enfants au besoin, l’extention de services de soutien et divers programmes d’éducation et de prévention. Les familles peuvent avoir accès à ses services gratuits par l’entremise des contacts du membre à la base, ou venir sans rendez-vous pour des besoins particuliers.

Le mandat de Townsend, coordonnatrice de la prévention, du soutien et de l’intervention, est plus large : la famille dans son ensemble, au-delà des services que le membre des FC peut obtenir par les services de santé de son lieu de travail. Elle prodigue du counseling à court terme sur toutes sortes de sujets comme

la séparation et le divorce, les contestations d’ententes et les difficultés scolaires des enfants. Elle s’assoit avec les conseils d’orientation des écoles locales pour expliquer les problèmes associés à la vie d’enfant de militaire. Elle s’occupe de la maison Roundel, une unité de logement résidentiel ouverte aux familles en crise, notamment après une inondation ou un incendie. Elle siège au sein de l’équipe de crises familiales, de la police militaire, de l’aumônerie et de la santé mentale.

À titre moins officiel, Townsend propose des ateliers éducatifs, des groupes d’entraide et d’accueil axés sur les fondements de la santé et du bien-être mentaux, l’activité Connexions Nouvelle-Écosse (une heure de rencontres sociales pour les conjoints de militaires qui ont du mal à s’intégrer à leur nouvelle communauté), des soins de naturopathie, et le programme Arc-en-ciel destiné aux jeunes qui vivent une perte ou une transition.

« Nous sommes occupées, nous faisons toutes sortes de choses axées sur nos clients, mais offrons aussi quelques

programmes de nature générale », explique Townsend. « Nous sommes un service positif, et venir nous voir devrait être aussi normal que

visiter son médecin de famille, rencontrer des amis autour d’un café et prendre part à une activité sociale. Au CRFM, nous avons sous le même

toit un réseau complet, ainsi que toutes sortes de partenaires à la base. En ce sens, Greenwood est une base très constructive. »

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November is Mental Health Month  Novembre est le mois de la santé mentale

Managing money a sound mental health move

Sara Keddy,
Managing editor

Money.
Managing money.
Does that have a role in mental health?

“It’s commonly known stress affects physical and emotional well-being, and money is rated second in the top-three stressors, according to a study by Statistics Canada,” says Lois Baird, a financial counsellor with SISIP Financial Services, Greenwood.

That’s exactly why SISIP is part of the mental health network of “helping professionals” partnering at 14 Wing Greenwood to support serving and former Canadian Forces personnel.

Ideally, Baird says, people contact SISIP: many want a budget to ensure their loved ones are protected with insurance, they expect a posting, a spouse is transitioning to

Employment Insurance or no income status, they are planning for post-secondary education, they want guidance on how to fill the gap between income and a future pension or they are considering a real estate purchase.

“But often, people come to us in crisis,” Baird says, describing the challenges of high credit limits, the lure of cash stores, “buy now, pay later” programs, a minimum payment mentality, travel, special needs, divorce and critical illness. Specific to military families are unpredictable second incomes, and the fact they have no control over the timing of buying or selling their homes – “and, they often make the biggest purchase of their life in a week!” Baird says.

“We see people approved for mortgages that leave them little room for the unexpected, or for the lifestyle they want. Financial management may be thrown

off by prolonged absences of one partner and fluctuations in income.”

Baird looks at financial management with three key words in mind.

Number one is “**enlighten.**” The Greenwood SISIP team – a financial planner, counsellor, insurance representative and administrator – helps people look at facts.

“Many people are without peace of mind because they haven’t done a needs analysis for insurance coverage or talked to an unbiased certified financial planner. They may be unsure of how best to tackle their debt, didn’t realize the details in contracts they’ve signed, aren’t aware of their rights or are being intimidated by collection practices.”

Next: “**empower.**” While it’s not uncommon to struggle with finances, Baird helps people focus on their strengths to deal with a situation. This may

minimize the effects of stress.

Finally, “**inspire.**”

“We are helping people create a secure path. It’s motivating to look at debt reduction as an opportunity for a 19 per cent return on your money – simply by paying off your credit card.”

SISIP takes a “holistic approach” through products and services tailored for its only client: the military member and his or her family. In addition to loan and grant programs, SISIP covers protection and independence to enriched quality of life (according to your definition), through all stages of life.

SISIP counselling is free and confidential for serving CF members. Baird says some clients proactively seek out financial planning information, while others may come in after sessions with chaplains, Health Promotion or the base social



worker. In any case, “everyone can benefit.”

A less formal benefit the SISIP team offers is knowledge from handling local situations: are there tax implications if you’ve moved from another province? What does a Valley winter’s oil bill generally run? How much does quality childcare cost? Can you afford that new car, without robbing yourself of other needs?

“Knowing people can coordinate their financial needs with the team here at SISIP is comforting,” Baird says. “People may be vulnerable when they come in, and sometimes financial management is stressful

– but they usually feel better facing that stress with support. Instead of an overwhelming feeling, it’s now recognized as balancing your debt/income ratio, making savings strategies and building financial inde-

pendence.” Baird has seen success stories, where people have gone through a crisis and now take pride in their accomplishments and skills.

SISIP is committed to the financial well-being of the CF community, as individuals and families. In its mission to “serve those who serve,” SISIP has paid over \$38.5 million (2011) in life insurance benefits, and \$71.2 million through long term disability and vocational rehabilitation programs. Since 2002, SISIP has contributed close to \$50 million to enhance life within the general CF community.

Gérer son argent, c’est gérer sa santé mentale

Sara Keddy,
Rédactrice en chef

L’argent.
La gestion de l’argent.
Quel rapport avec la santé mentale, direz-vous?

« Tout le monde sait à quel point le stress affecte le bien-être physique et émotionnel. Or, l’argent arrive au deuxième rang des plus grands facteurs de stress au pays, selon une étude de Statistique Canada », rapporte Lois Baird, conseillère financière aux Services financiers du Régime d’assurance-revenu militaire (RARM) de Greenwood.

C’est précisément pourquoi le RARM fait partie du réseau de « professionnels aidants » en santé mentale qui s’associent à la 14^e Escadre de Greenwood pour aider les membres actifs et à la retraite des Forces canadiennes. Dans l’idéal, les gens viennent voir le RARM d’eux-mêmes : ils peuvent vouloir budgéter pour que leurs êtres chers soient protégés par une police d’assurance, ils s’attendent à une affectation, un des

conjoint fait la transition à l’assurance-emploi ou est sans revenu, ils planifient des études universitaires, ils veulent de l’orientation sur la façon de composer avec le manque-à-gagner entre leur revenu actuel et leur future pension de retraite, ou ils considèrent l’achat d’une propriété.

« Mais c’est souvent en temps de crise qu’on vient à nous », déplore Baird, décrivant des scénarios de limites de crédit astronomiques, d’accoutumance aux bureaux d’encaissement de chèques de type Cashstore ou aux programmes du genre ‘Achetez maintenant et payez plus tard’, de mentalités du paiement minimum, de voyages, de besoins spéciaux, de divorces et de maladies graves. Les familles des militaires en particulier doivent composer avec l’imprévisibilité des revenus d’appoint et avec le fait qu’ils n’ont aucun contrôle sur les moments où vendre et acheter leurs maisons : « Ils mettent souvent à peine une semaine à faire l’achat de leur vie! » ajoute Baird. « Nous voyons

des gens à qui on a consenti une hypothèque qui ne leur laisse aucune marge de manœuvre pour l’imprévu ou pour le style de vie auquel ils aspirent. La gestion financière peut être déséquilibrée par les absences prolongées d’un conjoint et par des fluctuations dans les revenus. »

Baird associe la gestion financière à trois mots clés.

Le premier est « enseigner ». L’équipe du RARM de Greenwood, constituée d’un planificateur financier, d’un conseiller, d’un courtier d’assurance et d’un administrateur, aide les gens à voir la réalité en face.

« Bien des gens perdent le sommeil parce qu’ils n’ont pas procédé à une analyse des besoins pour leur couverture d’assurance ou parlé à un planificateur financier accrédité et indépendant. Ils peuvent être incertains de la meilleure façon de réduire leurs dettes, n’avoir pas compris certains détails de contrats qu’ils ont signés, ne pas connaître leurs droits ou être intimidés par des pratiques de recouvrement. »

Le mot-clé suivant est «

conscientiser ». Il n’y a rien d’inhabituel à avoir des problèmes financiers. Baird aide les gens qui recourent à ses services à tirer parti de leur potentiel pour régler les situations. Il peut aussi s’agir d’une bonne façon de réduire le stress.

Enfin, le troisième mot-clé est « inspirer ».

« Nous aidons les gens à se tracer un chemin vers la sécurité. C’est motivant d’envisager la réduction de sa dette comme une occasion de gagner 19 pour cent sur son investissement, juste en acquittant sa carte de crédit! » Le RARM adopte une « démarche holistique » en dispensant à son unique clientèle, les membres militaires et leurs familles, des produits et des services taillés sur mesure. En plus d’offrir des programmes de prêts et de subventions, le RARM s’intéresse à la protection et à l’indépendance en vue d’un enrichissement de la qualité de vie (qui correspond à votre définition) à toutes les étapes de la vie.

Les consultations avec le

RARM sont gratuites et confidentielles pour les membres actifs des Forces. Baird explique que ses clients les plus proactifs viennent chercher de l’information sur la planification financière, tandis que d’autres nous abordent après un rencontre, référés par l’aumônier, Promotion de la santé ou le travailleur social de la base. Peu importe comment, « tout le monde peut en profiter. » Un avantage moins connu offert par l’équipe du RARM est son expertise des conditions locales. Quelles sont les implications fiscales de mon déménagement dans une autre province? En hiver, à combien s’élève la facture de chauffage d’un domicile de la Vallée? Combien coûte le service de garderie? Puis-je me payer cette voiture neuve, sans enlaidir ma capacité de satisfaire à mes autres besoins?

« Savoir que les gens peuvent coordonner leurs besoins financiers avec l’équipe du RARM est rassurant », explique Baird. « Les gens peuvent se sentir vulnérables à leur arrivée – et il est vrai

que la gestion financière peut être stressante – mais ils se sentent mieux quand ils ont de l’aide pour faire face à ce stress. Au lieu d’une impression d’écrasement, ils parlent du rapport dettes/revenus, de stratégies d’épargne et de construction de leur indépendance financière. »

Baird a vu toutes sortes de réussites au fil du temps, des histoires de gens qui ont vécu une crise et qui sont aujourd’hui fiers de leurs réalisations et de leurs compétences.

Le RARM est voué au bien-être financier de la collectivité des FC, tant au niveau individuel que familial. En vertu de sa mission, « À votre service », le RARM a versé en 2011 plus de 38,5 millions de dollars en indemnités d’assurance et 71,2 millions de dollars à des programmes d’assurance-invalidité prolongée et de réadaptation professionnelle. Depuis 2002, le RARM a déboursé plus de 50 millions de dollars pour améliorer la vie au sein de la collectivité des Forces canadiennes.

November is Mental Health Month



Novembre est le mois de la santé mentale

Respect, dignity goal of successful dispute resolution

Sara Keddy,
Managing editor

The ideal, dispute-free workplace?

“One of the most important things for a dispute-free environment is building trust – from the top down, so people from the bottom up feel confident they can talk about situations,” says Master Corporal Rick Hansen.

Hansen works with 14 Wing Greenwood’s Dispute Resolution Centre, based in the Morfee Centre. While his Canadian Forces career as an avionics system technician was focused on fixing problems with aircraft, his Reserve work now helps people continue do that kind of work. Successful dispute resolution, for Hansen, means “people will go back to work, do their job without interference and they’re effective in the workplace.

“It is a little bit easier dealing with an airplane,” Hansen says, “but people want one-on-one, and to know they are going to

be a priority. One of the things you’ve got to be able to do is sit in a room and be unbiased, and listen to all sides.”

Dispute resolution is one of the partner services in 14 Wing’s “helping professionals” network focused on mental health. All of its services are confidential.

“A lot of underlying things can trigger a dispute at work – stress at home, for example, and the second party in the dispute may not even know what’s going on. Just something could set off an argument that, any other day, might not have been an issue. You could be looking at insubordination, or verbal or physical assault.”

People with potential dispute situations have a few options. There are formal CF policies procedures in place for more serious issues that could lead to the filing of harassment complaints, or they may drop in to the Greenwood DRC office and get some ideas, or schedule an appointment to gain some

coping tools, even if the second party in a dispute is not involved.

In some cases, a formal mediation will be arranged with one of the DRC’s mediators.

“It can get messy, but there are guidelines that can be followed in mediation. We’ve had some intense get-togethers, with differences in rank involved. The good part is, if people agree, there’s an outcome they can live with because they had a role in it. There are basic human needs, such as respect and dignity, people don’t want stepped on.”

Any files the office generates are confidential, but they can help Hansen point individuals to other supporting services as needed. Formal mediations include documents signed by participants agreeing to mediation, and agreeing to the outcome.

Training is also a big part of Hansen’s work: “we see people react to a point in a training discussion – ‘Whoa, I never thought of that.’ We’d like to train ourselves out of a job.”



Master Corporal Rick Hansen

S.Keddy

Le respect et la dignité, clés du succès en règlement de conflits

Sara Keddy,
Rédactrice en chef

Existe-t-il, le lieu de travail idéal, sans disputes?

« L’une des conditions les plus importantes d’un milieu sans conflit est l’établissement de rapports de confiance de haut en bas de l’échelle, de sorte que les gens qui sont en bas se sentent à l’aise de parler de diverses situations », explique le caporal-chef Rick Hansen.

Hansen travaille au Centre de résolution des conflits (CRC) de la 14^e Escadre, logé au centre Morfee. Alors que sa carrière dans les Forces canadiennes à titre de technicien en systèmes avioniques était axée sur la réparation de problèmes aux avions, son travail dans la Réserve consiste maintenant à aider les gens à continuer de faire ce type de travail. Un processus de résolution de conflits fructueux, selon Hansen, signifie que « les gens rentreront au travail, feront leur boulot sans être embêtés et seront efficaces

dans leur milieu de travail. »

« Avec les avions, c’est un peu plus facile », ironise Hansen, « mais les gens veulent qu’on les rencontre seul à seul, il veulent savoir qu’on va s’occuper d’eux sans délai. Une des choses qu’il faut pouvoir faire est de s’asseoir dans une pièce sans idées préconçues et d’écouter toutes les parties. »

Le Centre de résolution de conflits est un des services d’organisations partenaires dispensés à la 14^e Escadre par le réseau « de professionnels aidants » spécialisés en santé mentale. Tous ses services sont confidentiels.

« Toutes sortes de facteurs imprévisibles peuvent déclencher une chicane au travail : qu’une personne vive du stress au foyer, et l’autre partie ne saura jamais ce qui lui arrive... Une chicane peut être provoquée par une remarque innocente qui, à tout autre moment, n’aurait pas été relevée. Nous voyons des cas d’insubordination, ou encore d’agression

verbale ou physique. »

Quelques options s’offrent aux gens qui sont dans des situations de conflits. Il existe des politiques officielles des FC pour les problèmes graves qui peuvent aboutir au dépôt d’une plainte pour harcèlement; on peut aussi passer au bureau du CRC de Greenwood et demander des suggestions, ou prendre rendez-vous afin d’apprendre quelques outils pour atténuer le stress, même si la deuxième partie au conflit n’est pas présente.

Dans certains cas, une médiation officielle peut être organisée avec un des médiateurs du CRC.

« Ce n’est pas toujours joli, mais il y a des lignes directrices à suivre pour une médiation. Nous avons eu des rencontres assez intenses, entre des gens de rangs différents. Ce qui est bien, c’est que si les gens en viennent à une entente, c’est un résultat satisfaisant pour eux, parce qu’ils ont pris part au processus. Il y a des besoins humains fondamentaux, comme le respect et la dignité, que

personne n’aime voir piétinés. »

Tous les dossiers créés par le bureau sont confidentiels, mais ils peuvent aider Hansen à diriger des particuliers vers d’autres services d’aide si le besoin s’en fait sentir. En signant le

document de médiation officiel, les participants reconnaissent qu’ils sont d’accord pour suivre la médiation, et qu’ils sont prêts à en accepter les conclusions.

La formation occupe aussi une grande place dans le travail

de Hansen. « Parfois, durant le cours, nous voyons des gens réagir à un point dans une discussion et s’exclamer : Wow, je n’y aurais jamais pensé! Nous aimerions que notre formation finisse par nous mettre au chômage! »



Kingston Legion Br 98 ~  ~ December 2012

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 Merry Christmas & Happy New Year to all! 						1 Route 12
2 BINGO - 1:30	3 EUCHRE	4 BINGO 7:30	5 LADIES DARTS Sr.'s Assoc. Exc. Mtg.	6 CRIB	7 TGIF - NO FOOD MIXED DARTS Karaoke w/ Bob Deveau Senior's Association	8 NO DANCE
9 BINGO - 1:30	10 EUCHRE EXECUTIVE MEETING	11 BINGO 7:30	12 LADIES DARTS Sr.'s Assoc. General Mtg.	13 CRIB	14 TGIF - FISH & CHIPS MIXED DARTS Kickin Mule Band	15 Childrens Christmas Party 1-3 p.m.
16 BINGO - 1:30 Workers Party	17 GENERAL MEETING	18 BINGO 7:30	19 LADIES DARTS EUCHRE	20 CRIB	21 TGIF - NO FOOD NO DARTS Karaoke w/ Bob Deveau	22
23 NO BINGO	24 EUCHRE President's Draw Legion Closes 6 p.m.	25 Merry Christmas	26 BOXING DAY LEGION OPEN	27 CRIB	28 TGIF - NO FOOD NO DARTS	29
30 BINGO - 1:30	31 New Years Eve Dinner & Dance					

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Fieldwork gives Aboriginal candidates experience of CF career

**Corporal Jessica Reynolds,
14 Air Maintenance Squadron**

October 7, the Canadian Forces Aboriginal Entry Program (CFAEP) headed to Camp Aldershot with 35 candidates ready for a five-day long field exercise where the students learned the basics of military field operations and tactics.

CFAEP is a three-week program designed to provide an overall introduction to the CF and the type of training CF members perform in their everyday employment. The course incorporates Inuit, Métis and First Nations people from across Canada. Throughout the course, candidates will complete the CF aptitude test, CF EXPRES test and an interview with the staffed recruiters. Upon graduation, they will have the opportunity to sign a contract with the Regular or Reserve Force if they have met all the requirements needed for the trade they are interested in.

At Camp Aldershot, the five days were filled with basic military field training. Upon arrival, participants were tasked with preparing the Forward Operating Base (FOB) for the week, starting with the setup

of bunk spaces, a meal tent, fire picket stations and learning about FOB security. Later, they were taken into the woods and learned a few of the basic formations for section attacks. The following days consisted of navigation, including a day of practice and a series of night navigation exercises.

Day three was an entire day dedicated to rappelling. This proved to be not only physically, but mentally, challenging – and the highlight for some candidates. They spent the morning learning the commands and safety precautions leading up to the 12-foot wall, the 36-foot wall and, for a brave few, the skid, which simulates rappelling from a helicopter: nothing between you and the ground but a rope.

Day four was long but worthwhile, as participants had the opportunity to fire the C7A2 assault rifle on a live range. They completed firing in the standing, sitting and prone position. Many showed superb shooting abilities, necessary for a member of the CF.

The week of field training was concluded by putting all of their newly acquired skills to the test. After being taken on a patrol far from the FOB, they were instructed to camou-



Morley Googoo, Regional Chief for Newfoundland and Nova Scotia, shakes hands with candidates while he inspects each of them during the Pre Recruit Training Course grad ceremony.

Master Corporal R. Mugridge, Formation Imaging Services, CFB Halifax

flage themselves and then find their way back, without being seen, in a stalking exercise. Staff waited at the FOB and, when they spotted a candidate, that individual was out of the

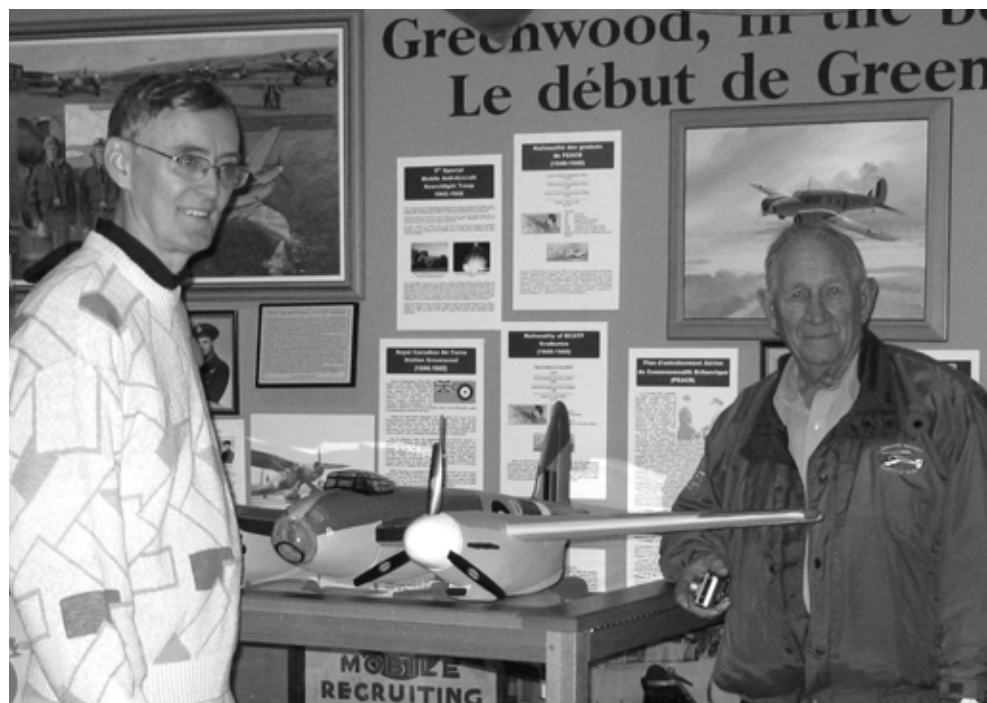
challenge. Many impressed the instructors with how close they were able to get.

After a hard week in the field, the course returned to Halifax for a week of drill and

practice for the graduation ceremony October 18. While candidates found the course physically and mentally demanding, many said it was an eye-opening experience that

gave them the insight they needed to make an informed decision on whether to join the Canadian Forces: many chose the Canadian Forces as the right career for them.

Mosquito aircraft at Greenwood 1943



Greenwood Military Museum society president Brian Handley proudly accepts the Mosquito model from craftsman Burt Pye of Truro.

H. Pye McLane

**Malcolm Uhlman,
Greenwood Military
Aviation Museum**

1942 saw the fortunes of the Allies in the Second World War finally change, after years of being on the defensive. With the development of newer faster aircraft, such as the Mosquito, the war in Europe was shifting to the offensive.

No. 36 Operational Training Unit (OTU) at Royal Air Force Station (RAF) Greenwood thus acquired a new role: to train aircrew for the new Mosquito, commencing July 3, 1943, with the first course starting two days later.

The first Mosquito aircraft, affectionately known as the "Mossie," arrived at RAF Station Greenwood in March

1943; Mosquito strength numbered 33 aircraft by the end of the year, and would reach a maximum strength of 50 to 60 aircraft – the majority being the bomber version. By July 1, 1944, sufficient crews had been trained under the British Commonwealth Air Training Plan (BCATP) and RAF Station Greenwood became Royal Canadian Air Force Station (RCAF) Greenwood, continuing training "Mossie" crews for the RCAF until war's end. (www.forces.gc.ca). The last Mosquito left Greenwood in August 1945. Of interest, the only flying Mosquito bomber in the air today has been recently rebuilt in New Zealand and can be seen at [http://tvnz.co.nz/national-news/warbird-flies-](http://tvnz.co.nz/national-news/warbird-flies-again-video-5108120)

[again-video-5108120](http://tvnz.co.nz/national-news/warbird-flies-again-video-5108120).

Burt Pye, Truro, has donated three large aircraft models to the museum and now, this month another: the iconic Mosquito aircraft, the "Wooden Wonder." This beautiful model is now "flying" from the ceiling of the BCATP museum area as you first enter the museum. Another Pye model, the Hurricane, also proudly "flies" in the same airspace, honouring the proud history of Greenwood as a crew training facility for aircrews for the war in Europe.

Plan to bring family and visitors to see this exciting addition to the museum. Free admission. Follow this story and all that is happening at the museum on our Facebook page, [Facebook.com/GMAM](https://www.facebook.com/GMAM).

'14 Wing reads!' book club looking for bookworms

Are you a military member or employee of 14 Wing Greenwood, interested in joining a book club... with a twist?

Are you looking at improving your communication skills?

The Learning and Career Centre's book club might be just right for you. This is a great opportunity to increase your reading skills and use your analytical abilities, in a very informal, friendly set-

ting. LCC staff have selected books to be read through 2012/2013.

Book club meetings will take place approximately every six weeks, from December to June.

Each member will read different books every month; the meeting will then be a presentation of your thoughts and opinions of the book you've read. Everyone will evaluate each of the books

read and, in June, we will tally the scores and select the "14 Wing Reads" book of the year (as voted by the members of the club).

The first book club meeting will be held December 7 from

noon to 1 p.m. at the LCC. Lunch will be provided (we will be requesting \$12 from members so lunch can be served at future meetings). Please register by email +14 Wg LCC@Greenwood.

Club de lecture recherche lecteurs assidus

Vous êtes militaire ou employé civil à la 14^e Escadre Greenwood. Que diriez-vous de faire partie d'un club de lecteurs... pas comme les autres?

Vous voudriez améliorer vos compétences en communica-

tion?

Le club de lecture du Centre d'apprentissage et de carrière (CAC) est peut-être ce qu'il vous faut. Il vous offre une excellente occasion d'améliorer vos compétences en lecture et vos capacités d'analyse,

dans une ambiance très décontractée et très amicale. Le personnel du CAC a choisi des livres à faire lire durant l'année 2012-2013.

Le club de lecteurs se réunira environ toutes les six semaines, de décembre à juin.

Les membres liront des livres différents tous les mois; lors des réunions, chaque membre présentera son analyse et donnera son opinion sur le livre qu'il a lu. Chaque membre évaluera tous les livres qu'il lira et, en juin, nous

ferons le total des scores obtenus afin de désigner le livre de l'année du club de lecture de la 14^e Escadre (résultat des votes des membres).

La première réunion du club de lecture aura lieu le 7 décembre, de midi à 13 h au CAC. Le

déjeuner sera fourni (nous demanderons une participation de 12 \$ aux membres pour que le déjeuner soit servi aux futures réunions). Les intéressés sont priés de s'inscrire par courriel à l'adresse +14 Wg LCC@Greenwood.

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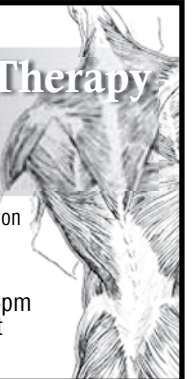
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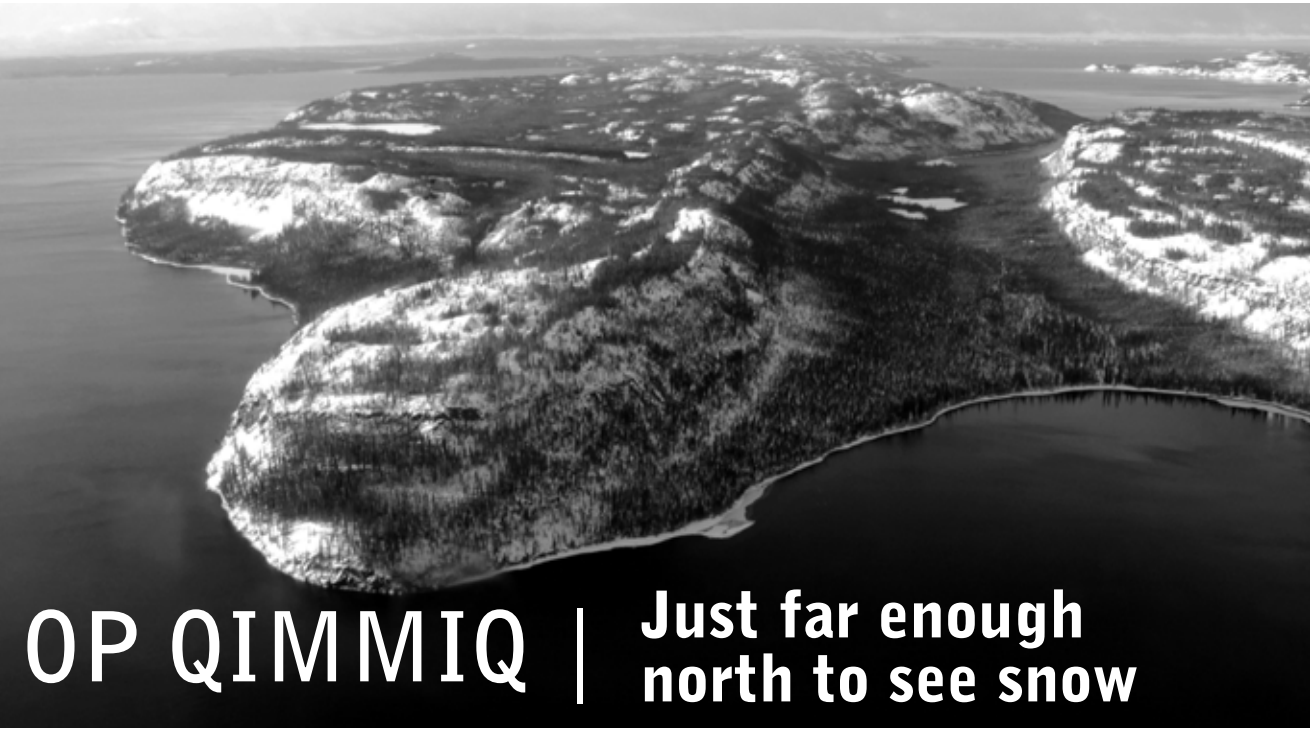
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OP QIMMIQ | Just far enough north to see snow



Australian exchange officer Flight Lieutenant Adam Saber (left) and Captain Jordan Mayich of 405 Squadron review flight procedures over the high Arctic.

Master Corporal Dan Shouinard, 14 Wing Operations – Electronic Sensor Support Section

Its motto, DUCIMUS (“We Lead”), indicates 405 Long Range Patrol Squadron has lead its formation as an RCAF Bomber Squadron since April of 1941. While anti-submarine warfare and anti-surface warfare are 405 Maritime Patrol Squadron’s primary combat functions, time is spent fulfilling a variety of domestic missions, including coverage of the Canadian Arctic, north of the 60th parallel.

Operation QIMMIQ, No-

Flying high over Canada’s Arctic shelf, 405 Squadron from 14 Wing Greenwood conduct sovereignty and presence patrols over Canada’s north.

Master Corporal D.Shouinard



Ground crew support from 14 Air Maintenance Squadron prepare for the crew of 405 Squadron to disembark from the CP-140 Aurora at 440 Transport Squadron.

ember 6 to 9, included low flying image and video gathering to observe the changing habitats of locals living in remote communities, environmental changes or impacts resulting in climate shifting and animal habitats across the vast plains, ensuring they are still roaming the Great White North. Ground crew support was carried out by technicians from 14 Air Maintenance Squadron to ensure the CP-140 Aurora was taken care of in the frigid cold environment at 440 Transport Squadron’s hangar, the operating base for take offs and recoveries.

Op Qimmiq also provides a part of the Canadian Forces’ commitment to ensuring Arctic sovereignty is maintained and the capabilities of northern airfields are known. It is an opportunity to display the RCAF presence in the Arctic in various settlements and towns and, depending on the time of year, crews support Joint Task Force North in ice surveys and snow conditions for possible exercises and adventurers.

“Once we’re north of 70N, the pure, untouched terrain is how I imagine the surface of the moon to look,” said pilot and exchange officer Flight Lieutenant Adam Saber of 405 Squadron, after his second northern experience.

“If I was in the RCAF, I would most certainly chase up a posting to Yellowknife. It really is a remarkable part of the planet, and I think Canadians are very lucky to have that at their fingertips (albeit a long reach!). It’s one of the most amazing places I’ve seen.”

— DECEMBER/DECEMBRE —

— 2012 —

Sun	Mon	Tues	Wed	Thu	Fri	Sat
INFO Non alcoholic beverages available	INFO Darts & Pool Balls are available from the bar.	INFO Wireless High Speed Internet available in TV Lounge/Mess	INFO Back Bar Daily Newspaper for your enjoyment	INFO TGIT's and TGIF's start at 1630 each week	1 FESTIVAL OF TREES	
2 FESTIVAL OF TREES	3 LADIES BRIDGE	4 XMAS BINGO WOSM Hosts	5 OFFICERS AT HOME	6 WOSM PMC DRAW JR RK PMC DRAW	7 JR RK XMAS DINNER	8 WADMIN XMAS PARTY WOPS XMAS PARTY
9 ANNUAL CHRISTMAS CONCERT	10 LADIES BRIDGE	11	12 CF H SVCS XMAS PARTY	13 405 SQN XMAS PARTY 14 AMS FUNCTION	14 14 AMS AIRO XMAS PARTY 14 SES XMAS PARTY	15 KIDS XMAS PARTY OM Hosts 404 SQN XMAS PARTY
16	17	18	19 DWD MWO THIBODEAU 14 AMS	20 14 AMS XMAS STICKY FLOOR	21	22 Mess Closed
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Opérations aériennes accrues à la 14^e Escadre

Des chasseurs CF-18 Hornet de l'Aviation royale canadienne feront des vols d'entraînement en Nouvelle-Écosse du 20 novembre jusqu'au 30 novembre, entre 9 h et 23 h (HA).

L'entraînement se fera à diverses altitudes au-dessus

de l'eau et la plupart des activités ne seront pas visibles par le public. Cependant, il est possible que le public se trouvant dans la zone d'exercice puisse entendre et apercevoir des chasseurs voler à proximité d'un aéronef civil militaire ou sous

contrat, d'un ravitailleur en vol militaire ou de navires militaires. De plus, le public pourrait entendre et apercevoir des chasseurs volant en provenance ou en direction de leur base d'opérations déployées ici à la 14^e Escadre Greenwood.

L'exercice Amalgam Dart est un exercice de la Région canadienne du NORAD (RC NORAD) qui déploie des ressources des Forces canadiennes pour qu'elles mènent des opérations aériennes depuis d'autres bases d'opérations déployées.



Home help

Habitat for Humanity Annapolis Valley celebrated its newest project, to be built on a four-acre parcel of land donated by the Village of New Minas, with a ceremony in early November in New Minas for supporters and volunteers. 14 Wing Greenwood Major Richard LeBlanc, 14 Air Reserve Flight Commander, represented the base, as personnel contributed many hours to the group's first build in Wolfville through the last year. He is shown here with project administrator, Belinda Manning. The group is accepting applications from families who wish to become a homeowner, and volunteers for the build committee. Details at www.habitatns.ca.

Submitted

Increased air operations at 14 Wing

Royal Canadian Air Force (RCAF) CF-18 Hornet fighter jets will be conducting training off Nova Scotia from November 20 until November 30, between 9 a.m. and 11 p.m.

The training will take place

at various altitudes over water, and most activity will not be visible to the public. However, the public in the exercise area may hear and see the fighters flying in close proximity to a military or

military-contracted aircraft, military air-to-air refuelling aircraft and military ships. Additionally, the public may hear and see the fighters as they transit to and from their deployed operating base at 14

Wing Greenwood.

Exercise Amalgam Dart is a Canadian Region (CANR) led NORAD exercise that deploys Canadian Forces assets to conduct air operations from other operating bases.

14 Wing Greenwood

Festival of trees

14 Wing Greenwood presents the Festival of Trees fundraising event **December 1 in the Annapolis Mess, 11 a.m. to 4 p.m.**

Proceeds are shared among the many organizations supported by 14 Wing's Combined Charity Program, such as the IWK, Canadian Cancer Society, Annapolis Valley schools, local food banks and over 50 other agencies.

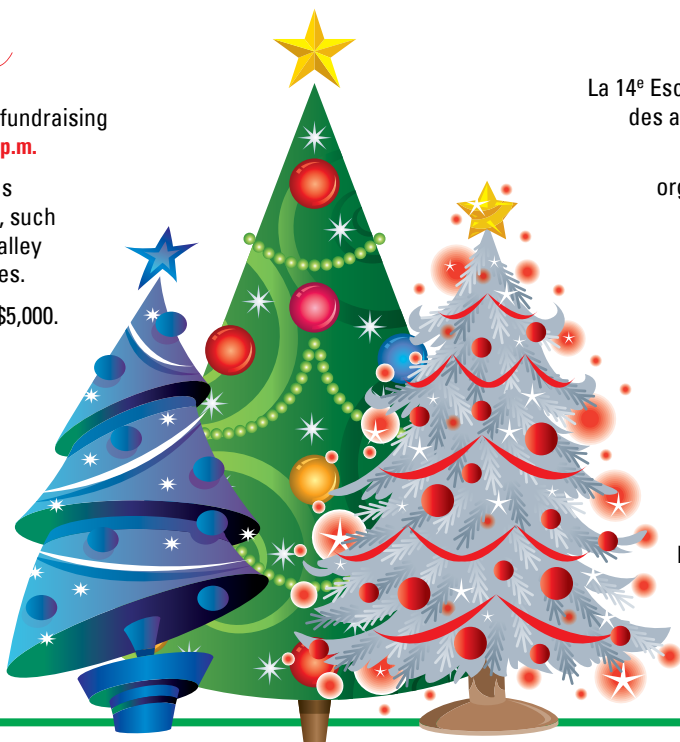
Scotiabank Greenwood will match funds raised to \$5,000.

Rummage through a sales table of gently used books for all ages.

GMFRC free one-hour childcare (ages two and up) at the Mess (parents must remain at the Mess).

Businesses are invited to present a decorated tree for public bidding in this silent auction.

To find out more, contact Lt Damon Murray, (902) 765-1494 ext 5230; or Manon Dubé, (902) 765-1494 ext 5671.



14^e Escadre Greenwood

Festival des arbres

La 14^e Escadre Greenwood sera l'hôte de l'activité de financement Festival des arbres le **1 décembre prochain, de 11 h à 16 h, dans le mess Annapolis.**

Le produit de cette activité sera partagé entre les nombreux organismes appuyés par le programme des œuvres de bienfaisance de la 14^e Escadre, comme l'hôpital IWK, la Société canadienne du cancer, les écoles de la vallée de l'Annapolis, les banques d'alimentation locales et plus de 50 autres organismes.

Scotiabank de Greenwood supportera les fonds amassés jusqu'à équivalence de 5 000\$

Furetage de la table de livres d'occasion pour personne de tout âge.

Le CRFMG offrira une heure de garde d'enfants gratuite au Mess. Les enfants doivent être âgés d'au moins deux ans et les parents doivent rester au Mess.

Les entreprises sont invitées à offrir un arbre décoré, qui sera mis aux enchères publiques dans le cadre de cet encan silencieux.

Pour en savoir plus, veuillez communiquer avec le Lt Damon Murray, au 902-765-1494, poste 5230 ou avec Manon Dubé, au 902-765-1494, poste 5671.

Christmas on the Wing

Sunday, December 2, 2012
4:00 p.m. - 6:00 p.m.

Hangar 4 parking lot
14 Wing Greenwood

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Holiday shopping survival tips

(NC) - Shopping for gifts with family in tow can be a challenging affair. Establishing when and where the excursion will take place and getting the kids ready can be quite overwhelming. Once you've started dodging the hectic crowds – that's when the fun begins.

To be ready for any obstacle that comes your way – like crying children or impatient shoppers – here are some tips on how to survive the hectic holiday shopping season:

- Set a date for the excursion. A chalkboard in the kitchen is the perfect place to write a reminder note (or post one up on the fridge) to get everyone excited for the big day. Mark off days on the calendar and make it a fun holiday countdown for the kids.
- Prepare to give the kids an allowance. It doesn't have to break the bank, but providing children with their own budget gives them ownership and can help teach them the value of a dollar – give them the chance to pick and purchase one or two gifts on the list (after all – it's the thought that counts).
- Keep a stash of bottled water and healthy, portable snacks in the car for the next time hunger pangs strike.

Retail therapy should be a treat the whole family can look forward to and with these simple guidelines in mind, the next outing should be a breeze.



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5 apps to get you through holiday hum-drum

(NC) - It's that time of year again.

Time for holiday shopping, complete with overcrowded malls, long lines, excited children and jingle bells on repeat. To help make the horror a little more bearable, here are five handpicked mobile apps to keep you entertained while you're waiting for your loved one to pick up those last few

items on the wish list:

1. Bubble Blast Holiday: Take charge of the season. Bubble Blast Holiday is a puzzle game in which you burst Christmas characters to trigger a chain reaction in order to eliminate them. See if your high score can beat the elves.
2. Dream Holiday: Take a relaxing tropical trip on a river

full of exotic boats. Enjoy the natural meditation and calming beauty of natural landscape. You'll forget you're stuck in a stuffy mall and drift away – virtually, of course.

3. Smartactions: Peace of mind can be yours this holiday. Whether you want to maximize your last ounce of power, auto-reply with a

text message when you're driving, or prevent your phone from ringing at night or during a meeting, this new app can help. It works by automatically triggering specific actions, based on things like time of day, location, battery levels and more.

4. Millionaire City Holiday: Earn your riches and build your company from the ground

up. Welcome to Millionaire City, where your holiday dreams can come true as you become a powerful CEO and watch the money roll in from the convenience of your Android phone.

5. Gifts Ultimate: Organize and budget all of your holiday shopping with this easy-to-use app. Keep track of individual and total budgets,

enter gifts as they are purchased and ensure you have money left over to celebrate the new year in style.

Warm up with a winter fondue

(NC) - Originally from Switzerland, the fondue started as a tasty way to use up leftover cheese. Today as well, there's nothing like a warm cheesy fondue to bring together friends and family on a cold winter night.

Ingredients

- 1 bottle Rickard's Oakhouse
- 2 ½ cups, smoked gouda, shredded
- 1 cup gruyere, shredded

- 1 tablespoon all-purpose flour
- A few drops of Worcestershire sauce

For serving:

- 1 ½ pounds cubed or thick sliced and browned sausage
- 1 head cauliflower, separated into florets, blanched
- 1 red pepper, grilled, sliced
- 1 small jar mini Gherkin pickles, drained
- 1 baguette, pumpernickel or

sour dough loaf, cubed

Directions

Combine cheeses in a bowl with flour. Add beer to a small pot and bring to a bubble over medium heat. Reduce the heat to a simmer and add cheese in handfuls. Stir constantly, melting the cheese in batches. Stir in a figure-eight pattern with a wooden spoon. When the



cheese has been incorporated fully, stir in the Worcestershire sauce. Transfer fondue to warm fondue pot.

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Luscious shortbread caramel chocolate pecan squares

(NC) - These luscious squares are perfect at the holidays when time is tight but you need to bake for guests. They also make a lovely hostess gift. Package them up in a tin with some ribbon and they'll never guess you started with a cookie mix.

1 pkg (500 g) PC Shortbread Cookie Mix
34 individually wrapped caramel squares
½ cup (125 ml) 35% whipping cream
2-1/2 cups (625 ml) toast-diced pecan halves
2 bars (each 100 g) milk chocolate, chopped

1-¼ cups (300 ml) unsalted butter, softened

Preheat oven to 325°F (160°C). Line rimmed 17 X

11-inch (43 X 28 cm) baking sheet with parchment paper, leaving an overhang on two opposite sides.

In large bowl and using electric mixer, beat butter until light and fluffy, about two minutes. Add cookie mix; beat on low speed for 30 seconds or until combined. Increase speed to medium; beat for 1-1/2 to two minutes or until mixture forms a mass. Dough will be soft. Place dough on prepared

baking sheet. Place another sheet of parchment paper on top; using rolling pin, flatten dough evenly on baking sheet. Discard top layer of parchment paper.

Bake in centre of oven for 35 to 40 minutes or until golden. Cool on baking sheet.

Meanwhile, unwrap caramels; place in saucepan and cook over medium-low heat for 4 to 5 minutes, stirring occasionally, or until smooth. Stir in cream. Remove from



heat. Immediately pour over warm shortbread base. Tilt baking sheet to evenly distribute caramel. Sprinkle pecans evenly over surface.

Place chocolate in microwave safe bowl. Heat in microwave on high for one minute or until fully melted.

Stir until smooth. Place in zippered plastic bag. Cut tip of one corner off; drizzle chocolate over pecans. Place in refrigerator to set.

Cut into squares to serve; store cut squares in refrigerator.

Makes 32 servings.

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the Aurora

Dear Santa...

The Aurora Newspaper is pleased to inform readers of all ages Santa Claus will be accepting **Christmas letters** at our office, 83A School Road, Morfee Annex, Greenwood, until 4 p.m. December 12.

Writers should hand deliver their 50-word maximum length letter to our front desk, including their full name, age and home community; along with a photo of themselves if they like. A parent's name and phone number must be included for those writers under age 18.

We will publish all letters in the December 17 edition - the last one Santa will read before his big Valley visit December 25.

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ScotiaMcLeod

Donner judicieusement

(EN) - En cette période des fêtes de fin d'année, l'Agence du revenu du Canada propose une liste de questions que les Canadiens pourraient vouloir poser avant d'effectuer un don.

1. Quel est le nom complet de votre organisme de bienfaisance?

Assurez-vous de savoir qui l'on vous demande d'appuyer. Parfois, de faux organismes utilisent des noms semblables à ceux d'organismes de bienfaisance bien connus.

2. S'agit-il d'un organisme de bienfaisance? Vais-je obtenir un reçu aux fins de l'impôt sur le revenu pour mon don?

Si vous voulez profiter d'une déduction d'impôt, assurez-vous d'obtenir un reçu de don officiel. Seuls les organismes de bienfaisance et d'autres donateurs reconnus peuvent délivrer des reçus officiels, mais ils ne sont pas tenus de le faire pour chaque don. Certains organismes de bienfaisance établissent des seuils minimaux de dons pour délivrer des reçus, tandis que d'autres peuvent ne délivrer

de reçus que pour certains cadeaux ou pas du tout. Il est donc toujours important de demander.

3. Comment l'organisme de bienfaisance utilisera-t-il mon don?

Quelles activités l'organisme de bienfaisance mène-t-il?

N'ayez pas peur de poser des questions sur les activités que mène l'organisme de bienfaisance. Où les mène-t-il?

Combien de personnes en profitent? Depuis combien de temps participe-t-il à ces activités?

Pour en apprendre plus sur la manière de faire vos dons judicieusement, allez à www.arc.gc.ca/donateurs ou com-

posez le 1-800-267-2384. Vous pouvez aussi visionner les vidéos Comment faire un don à des organismes de bienfaisance enregistrés sur le canal YouTube de l'ARC à www.youtube.com/user/AgenceRevCan.




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Les 6 super jouets en 2012

(EN) – Étant enfant, je me souviens que la livraison du catalogue Sears Cadeaux de rêve signalait l'arrivée officielle de la période des Fêtes. Depuis 60 ans, les enfants canadiens dressent leur liste de cadeaux en marquant les pages du catalogue ou en surlignant ce qui fait l'objet

de leurs désirs puis laissent « traîner » le catalogue à un endroit où leurs parents ne pourront pas le manquer – par exemple, sur la table de chevet de papa ou de maman.

Cette tradition se poursuit encore aujourd'hui – et cette année, certains des jouets les plus populaires ont même un air de « déjà-vu ».

Selon les experts, les six meilleurs jouets des Fêtes 2012 seront les suivants :

- L'assortiment Furby de Hasbro promet d'être le jouet numéro un en 2012. Il offre une caractéristique tout à fait novatrice de développer une « personnalité » pendant que l'enfant joue avec lui et interagit avec les autres jouets Furby;
- La tablette éducative Leap Frog LeapPad 2 Explorer inspire l'enfant à imaginer et explorer le monde du cinéma en se retrouvant devant et derrière la caméra, ainsi que la notion d'enregistrement de la voix. Elle offre une mémoire de 4 Go et une bibliothèque de plus de 325 applications, pour des activités d'apprentissage amusantes pratiquement sans limite.
- Le dôme Beyblades Metal Fury Destroyer de Hasbro permet aux jeunes d'organiser des batailles entre leurs toupies



Spiral Fox et Cyclone Herculeo, qui s'affrontent dans l'arène du Destroyer Dome;

- Le parc d'amusement Little People Wheelies Loops 'N Swoops de Fisher-Price mesure plus de deux pieds de hauteur et présentent des montagnes russes sinueuses qui se terminent par une vrille sur 360 degrés défiant la gravité;
- L'ensemble Power Tower Wall Tracks de Hotwheels est doté d'un ascenseur motorisé qui déplace les véhicules vers le haut en continu. Une scie en mouvement et une figurine de monstre offrent des options multiples et font diversion sur tout le parcours de la piste;

- Lego – Le préféré de tous les temps. Qu'il s'agisse de construire le TIE Fighter Star Wars, ou de créer son propre chef-d'œuvre à l'aide des briques de base, ce jouet classique plaît à tout coup.

« Les jouets à saveur rétro tels que Furby, Beyblades, Hot Wheels et Lego sont tout aussi populaires cette année qu'ils l'étaient à leur lancement sur le marché » précise Cedric Canu, directeur de division, commercialisation du Coin des enfants et des jouets chez Sears. « Moi-même en tant que parent, j'adore revivre et me remémorer tous mes souvenirs en regardant mon fils s'amuser avec ses ensembles Hot Wheels ».

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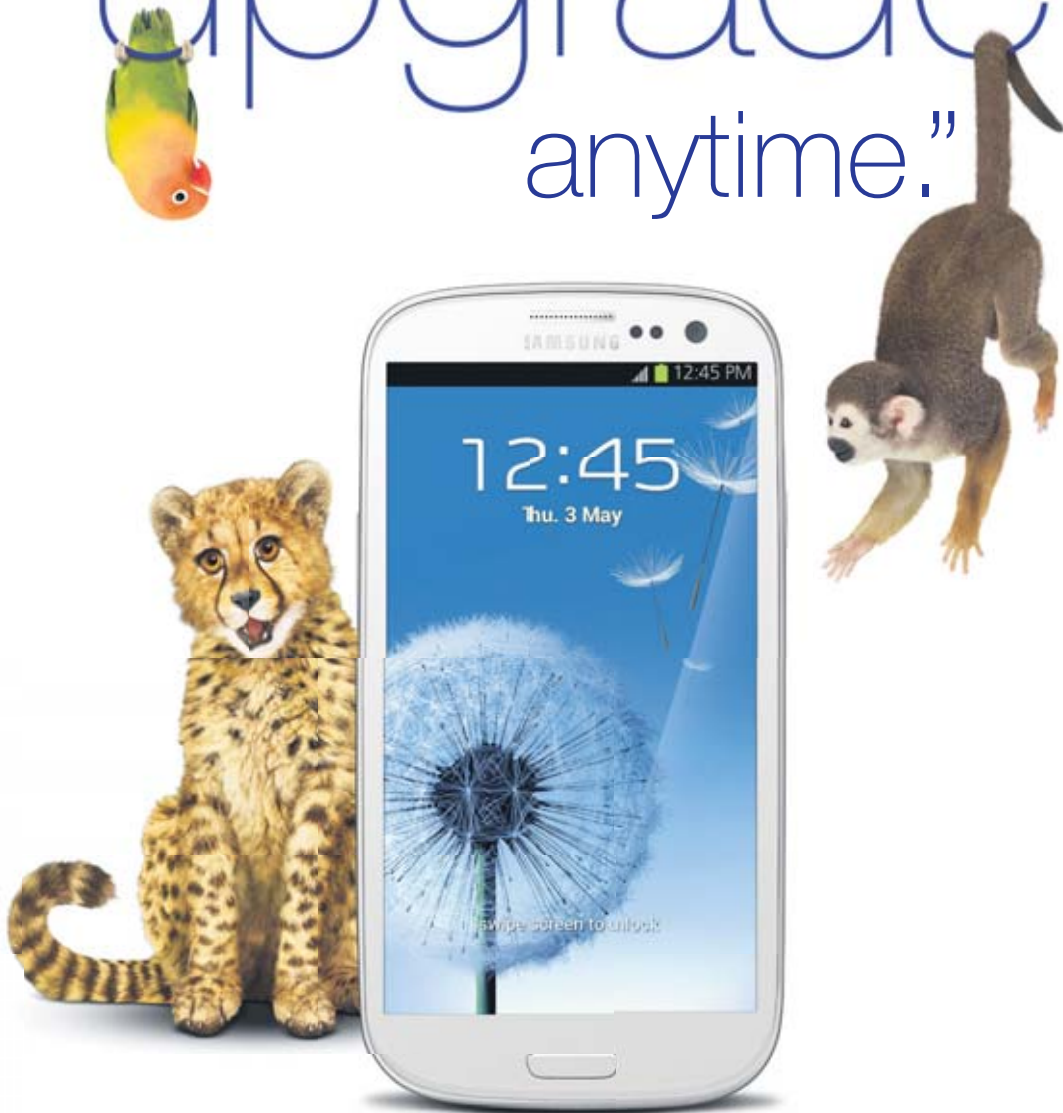


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Lights on for 14 Wing Christmas

**Sara Keddy,
Managing editor**

Christmas kicks off in Greenwood December 2.

14 Wing Greenwood partners focused on families invite everyone to join in the holiday tee-off, with music, lights, treats and fun activities.

"Family time can sometimes be a challenge for the military community," says Michelle Thibodeau Wagner of the Greenwood Military Family Resource Centre. Deployments and distance from extended relations can make traditional holidays more difficult to plan for.

"But," says 14 Wing Greenwood Community Centre staffer Eric MacKenzie, "that's when the military community can get together and share in the joy of Christmas together. We are one family at the end of the day."

The Greenwood Community Council is the third player in the day's events, taking in the neighbourhoods of the Residential Housing Units.

Between 4 p.m. and 6 p.m., there will be wagon rides, a BBQ, cookie decorating, a visit from Santa, games, music led by the Annapolis Valley Honour Choir and the tree lighting, near the base headquarters building. The tree will be decorated with yellow ribbons, a reminder of the many military personnel away from home during the holidays – and every day – because of operational requirements. Activities are free and open to the community. A public skate will follow at the Greenwood Gardens Arena, from 7:15 p.m. to 8:15 p.m.

Hosting partners organize the afternoon tree-lighting party, but also have a range of holiday-themed projects underway.

The MFRC is a great place for families new to the Valley to find out what the community offers during the holiday period: parades, Christmas tree lots, church services, craft sales, family activities and more. The adopt-a-troop program is reaching out to

schools now, encouraging students to make cards, ornaments and posters to be included in overseas parcels going out at the first of December to Canadian Forces members working around the world. Work collecting other goodies for the parcels is also underway. Families with deployed members will be invited to special events, including wreath-making, and MFRC friends are invited to a Christmas breakfast coming up as well. The MFRC is also the local contact for families in need, as applications are available for the community-based Friendly Neighbours Christmas hamper program.

At the community centre, MacKenzie says youth programs will take on holiday themes, with movies, crafts, gift-wrapping sessions, a shopping trip and dance all on the schedule. The Greenwood Players are also ready to stage a community drama, "Snow White and the Seven Dwarves," if you're looking for a fun family entertainment.



Michelle Thibodeau Wagner of the Greenwood Military Family Resource Centre and 14 Wing Greenwood Community Centre staffer Eric MacKenzie are ready for a base-wide holiday family party December 2.
S.Keddy

Pleins feux sur Noël à la 14^e Escadre

**Sara Keddy
Rédactrice en chef**

C'est le 2 décembre que la Saison des Fêtes prendra son essor à Greenwood.

Les partenaires de la 14^e Escadre de Greenwood associés aux familles invitent tout le monde à prendre part à ce coup d'envoi des Fêtes en musique, lumière, friandises et activités amusantes.

« Le temps en famille peut parfois être difficile pour la collectivité militaire, » rappelle Michelle Thibodeau Wagner, du Centre de ressources pour les familles des militaires (CRFM) de Greenwood. Les déploiements et l'éloignement des familles élargies peuvent compliquer la planification des vacances traditionnelles.

« Ceci dit », ajoute Eric MacKenzie, membre du personnel du centre communautaire de la 14^e Escadre de Greenwood, « c'est alors que la collectivité militaire peut resserrer ses liens et célébrer en commun les joies de Noël. Tous comptes faits, nous formons une famille. »

Le Conseil communautaire de Greenwood est le troisième intervenant dans les activités de la journée, accueillant les voisinages des unités de logement résidentiel.

Entre 16 h et 18 h, il y aura des promenades en charrette, un barbecue, de la décoration de biscuits, une visite du Père Noël, des jeux, de la musique animée par l'Annapolis Valley Honour Choir et l'illumination de l'arbre, près du bâtiment du quartier général de la base. L'arbre sera décoré de rubans jaunes, un rappel des nombreux militaires tenus loin du foyer durant la période des Fêtes – et le reste du temps – à cause des nécessités du service. Ces activités sont gratuites et offertes à toute la collectivité. Une séance de patinage pour tous les âges suivra la fête à la patinoire Greenwood Gardens, entre 19 h 15 et 20 h 15.

En plus d'organiser la fête d'illumination du sapin en après-midi, les partenaires hôtes entretiennent aussi toute une game de projets sur le thème des Fêtes.

Pour les familles qui arrivent tout juste dans la Vallée, le CRFM est un excellent endroit où se faire une idée de ce que la collectivité peut offrir durant le Temps des Fêtes : défilés, visite de sapinière, messes, ventes d'artisanat, activités familiales, et plus encore. Le programme Adoptez un soldat est présentement actif dans les écoles, encourageant les élèves à fabriquer des cartes, des ornements et des affiches à inclure dans les colis à destination de l'étranger expédiés le 1er décembre aux membres des Forces canadiennes en service dans le monde entier. On s'affaire aussi à recueillir d'autres cadeaux à ajouter aux colis. Les familles de membres déployés seront invitées à des événements spéciaux, y compris à un atelier de fabrication de couronnes, et les amis du CRFM seront bientôt conviés à un petit déjeuner de Noël. Le CRFM est aussi le point de contact local pour les familles nécessiteuses, et des formulaires de demandes sont aussi disponibles pour le programme de paniers de Noël communautaire Friendly Neighbours.

Au Centre communautaire, MacKenzie annonce que les programmes-jeunesse emprunteront à la thématique des Fêtes, avec des films, de l'artisanat, des séances d'emballage de cadeaux, une sortie de magasinage et de la danse. Enfin, si vous êtes à la recherche de divertissement familial, la troupe des Greenwood Players s'apprête à mettre sur les planches le drame Blanche-Neige et les sept nains ».

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Walk about a chance to see what makes base work

Sara Keddy,
Managing editor

14 Wing Greenwood Commander Colonel Jim Irvine went walkabout November 1, making short visits to a number of base operations to find out about daily work and the people who do it.

At the Fitness & Sports Centre, Irvine was a line judge during Canadian Forces personnel fitness testing. As a dozen participants ran on the beep, Personnel Support Program fitness staffer Tracy Campbell explained the standards various aged CF members need to meet annually. Irvine then presented her with his Commander's Coin, describing her efforts to support members' success "as the best possible way to keep people fit."

In the centre's sports storeroom, Angela Chenier, explained some of the chal-

lenges equipping the centre with gear staff identify as optimum, but then following those purchase requests through a national buying program to, sometimes, receive different products. Regular and attentive maintenance, on-site repairs and a parts inventory and successful loans programs meet the needs of centre clients, she said.

"Our sports stores is one of the best in the country," Irvine said, acknowledging the centre staff's "great job" in making this base's program so successful. He presented Chenier with a Commander's Coin as well.

Elsewhere in the facility, Irvine checked in with instructor Josh Leddicote, working with a CF member on a personalized, return-to-work fitness program, and dropped by Health Promotion director Lisa White's session on sui-



Sports stores staffer Angela Chenier talks shop with Colonel Jim Irvine, while Fitness & Sports Centre manager Fred Williams stands by.

S.Keddy



Fitness leader Tracy Campbell explains the processes behind testing CF members must pass every year to Colonel Jim Irvine, left, and Wing Chief Warrant Officer Pierrot Jette.

S.Keddy

Make a miracle happen with blood donation

Canadian Blood Services are calling the upcoming blood donor clinic at 14 Wing Greenwood the "Miracle on Church Street." It can take five donors to help one person in cancer treatment. Give a holiday miracle: donate blood.

Donor clinics will be held at the 14 Wing Greenwood Community Centre, Church Street, Greenwood, December 3 and December 4, both days between 1 p.m. and 3 p.m. and 5 p.m. to 8 p.m. If you

are interested in giving blood, bring identification with your full name and signature or full name and photograph. New donors are welcome!

Canadian Blood Services is aiming to collect 130 units in Greenwood, each day. In order to do that, 220 donors have to walk in or book an appointment.

DND was Canadian Blood Services' first national Partner for Life, and 14 Wing has set a goal of having 100 donors

register in 2012. So far, the base has collected 88 units towards its pledge of 100 units. It's time to rally together to save lives. A one-time member registration form is available during the clinics, and it will allow CBS to track how many times you have donated on behalf of 14 Wing.

For more information on the local clinic, call Eric MacKenzie at 765-1494 ext. 5337. Call 1-888-236-6283 to book an appointment.



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A Message to All Non-Profit Groups in Nova Scotia

In Nova Scotia, a wide variety of human, social and health related services are offered by local community groups, non-profit agencies and government departments. Finding the right service at the right time though, can be a real challenge.

Beginning next February, a "211" service will provide Nova Scotians with a free, confidential information and referral program for the thousands of these services provided across the province. It will be available throughout the province, 24 hours a day, 365 days a year by simply dialling "2-1-1" to speak to a helpful staff member, or by searching our on line database, which will be up and running when 211 launches.

To help Nova Scotians in every community find and make good use of your services and programs, we need complete and accurate information. We want to ensure all services provided by community groups have been included for each and every community in Nova Scotia. **211 Nova Scotia is inviting all non-profit providers of human, social and health related services in communities throughout the province to contact us to confirm that the 211 database has the right information about your service.** We are a non-profit association – there is no cost to any organization to have information included in our database.

You can reach our team members by calling **902-466-5721** or emailing **info@ns.211.ca**. We welcome inquiries from the general public as well. Information about 211 is available on our website at **www.ns.211.ca**

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Guild Sunday: Watch those ‘uppity’ women

**Clare MacDormand,
St. Mark’s Guild**

October 28, Guild Sunday was observed at St. Mark’s Chapel, Greenwood. The service was led by members of St Mark’s Guild and prepared by the Ladies of the Chapel of the Good Shepherd at 17 Wing in Winnipeg.

Just prior to the Bible readings, special music was provided by Guild member Daphne Albert, who sang a solo entitled “Speak, O Lord,” accompanied by her daughter, Emily Albert, on flute and Carol Richardson at the piano. The message touched the congregation.

Following the reading of the Gospel from the book of Mark, the meditation was brought to us by Padre Rosemarie Sheppard, invited to be the special speaker. Shep-

pard attends Guild meetings whenever possible, and we were delighted to have her bring the message concerning both real and spiritual blindness. She cited several examples of what she likes to call “uppity” women in the Bible: women such as Ruth, Tamar and sisters Mary and Martha, who were not afraid to step outside the boundaries of the protocol of their time in their devotion to God. These women could see clearly what they should do, and did not hesitate to do it. We were reminded members of today’s Guilds are also very much disciples of Christ, we should guard against complacency in our discipleship and set an example to other women by our devotion. At the conclusion of her message, Sheppard was presented with two things every woman loves to



The women of St. Mark’s Chapel Guild. Submitted

receive - “uppity” or not: a lovely bouquet of flowers and chocolates.

At the closing of the regular service, the installation of the Guild executive took place, led by Padre Richard Bastien, chapel life coordinator. The executive was installed as follows: president - Debra Poley, vice-president - Fiona Bissett, co-secretaries - Nancy Fleury and Carol Richardson, treasurer - Daphne Albert. After the installation, all repeated

the Guild Prayer.

Following the benediction, luncheon was enjoyed in the annex, where the themes of autumn and Halloween prevailed. Sheppard said grace and cut the lovely cake, a fitting final touch and appreciated by all.

So, be on the lookout for any “uppity” women you might encounter, and thank God for their courage and devotion to Christ and for being beacons for others to follow!

Prescription drug amnesty December 1

Residents of Kings County may safely rid their homes of unwanted and outdated medications (prescription and over-the-counter) December 1.

Safe disposal is key in helping to avert old and unwanted medications from misuse. Residents are encouraged to take advantage of the convenient drop-off locations December 1. Households in Kings County will receive an envelope in their weekly flyers that can be used to place medications in, and then return it to one of the four secure drop-off locations from 10 a.m. to 2 p.m.

December 1: County Fair Mall, New Minas; Greenwood Mall, Centre Square, Kentville; and the Berwick fire hall.

Beyond December 1, residents are strongly encouraged to adopt safe disposal as a regular practice, and speak with their pharmacist about safe disposal programs at their local pharmacy.

This initiative is a partnership between Annapolis Valley Health, Kentville Police and RCMP, with the support of other community partners. Information is available at www.annapolisvalleyhealth.ca.

Holiday hamper applications available

Friendly Neighbours Christmas hamper program applications are now available at the following stores: Foodland, Coldbrook; Save Easy and Foodland, Berwick; Sobey’s, Greenwood; Needs in Aylesford, Pharmasave in Kingston; Bert’s, Auburn.

All applications must be completed and returned to the store where picked up not later than December 7. Applications will not be accepted after that date.



WELLNESS INITIATIVE FUND OPPORTUNITIES

The Community Health Boards, through the Wellness Initiative Fund, support local groups in developing healthy communities.

Do you have an idea...

- that will help improve the health of your community?
- that will help people take control of their lives and improve their health?

If so, contact your CHB for a printed copy of the application guide or visit www.avdha.nshealth.ca/community for an electronic version.

Deadline for Applications: 12:00 Midnight, January 18, 2013

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POSSIBILITÉS DE FINANCEMENT POUR LES INITIATIVES SUR LE BIEN-ÊTRE

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

Avez-vous une idée :

- qui contribuera à améliorer la santé de votre communauté?
- qui aidera les gens à prendre contrôle de leur vie et à améliorer leur santé?

Le cas échéant, communiquez avec votre CCS pour obtenir un exemplaire du guide de présentation de demande ou consultez le www.avdha.nshealth.ca/community pour obtenir une version électronique.

Date limite pour la présentation des demandes : Minuit le 18 janvier 2013

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Fonds offerts par le ministère de Santé et Mieux-être

Learning centre offers basics, brand new IT opportunities

Sara Keddy,
Managing editor

Well-trained people are motivated and engaged employees, and it's the job of 14 Wing Greenwood's Learning and Career Centre to support that goal.

Staff at the centre marked Canada Career Week at the end of October, inviting their partners from base branches in for a lunch treat as thanks for the work they do to promote the LCC's offerings. Other sessions included a workshop on resume writing, interview preparation, career planning and an open house afternoon.

"People always think training would be nice to have, but really it's the foundation to getting things done," says Caroline Couture, LCC manager.

"We want people to know who we are and what we're about."

The LCC started its programs in Greenwood in 2001, and has been in its Birchall Centre space

for six years. Couture says they used to call themselves "the best kept secret on the wing," but that's changing as people recognize the importance of lifelong learning.

"We have people on the wing now looking for us, asking for our programs and wondering how we can tweak offerings for specific needs," Couture says.

The LCC's flexible programs offer professional training to both Canadian Forces and civilian employees at 14 Wing: "everyone needs to know how to do their job," Couture says, whether it's enhancing their negotiation and planning skills, team-building, looking at problem solving techniques or time management issues or computer program training.

The LCC's resources include books, a computer lab, DVDs, on-line courses and a schedule of structured classes – in both French and English. Local instructors facilitate the classes, but new IT means classes

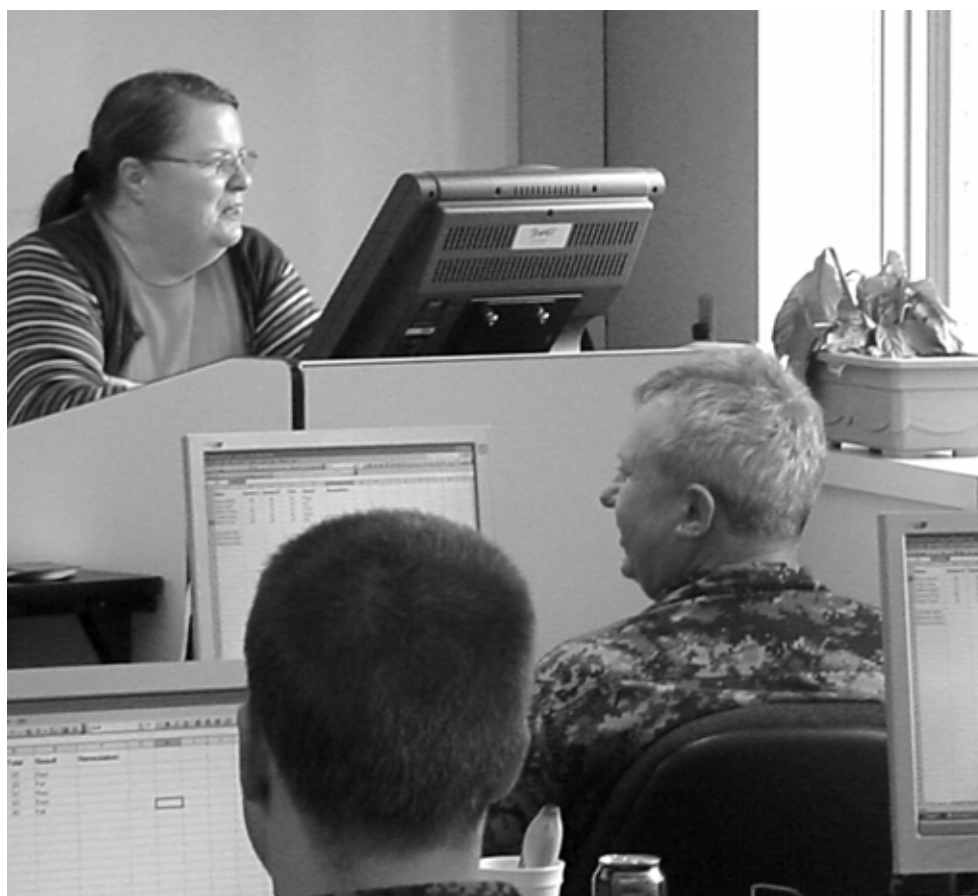
offered elsewhere can now be streamed to interested participants here, through the LCC's classrooms.

"The federal government and the Canadian Forces are in a period of transformation – and so are we. Technology is changing the way we facilitate programs."

The streamed classes, new class tablets with required manuals loaded on them (saving countless sheets of paper) and innovative ways to enable group work between participants sharing a course from centres across the country are all happening – along with the basics.

"Every learning plan is individual, and based on what one person needs – and you don't just look at the courses you want to take, you look at what you want to learn," Couture says.

"We're service oriented, and we'll help with all the logistics to make it happen for you."



Learning and Career Centre computer instructor Jan Hippman leads a class.

Submitted

Le centre d'apprentissage offre des ressources de base et toutes les nouveautés en TI

Sara Keddy,
Rédactrice en chef

Des employés bien formés sont des employés motivés et mobilisés, et au Centre d'apprentissage et de carrière (CAC) de la 14^e Escadre, notre travail est de contribuer à l'atteinte de cet objectif. Le personnel du CAC a souligné la Semaine canadienne de l'orientation à la fin d'octobre en invitant ses partenaires des autres divisions de l'Escadre à un dîner pour les remercier des efforts qu'ils font pour promouvoir les services du CAC. Parmi les autres activités qui se sont déroulées, mentionnons un atelier sur la rédaction d'un curriculum vitae, la préparation à une entrevue et la planification de carrière, ainsi qu'un après-midi portes ouvertes.

« Les gens pensent toujours que la formation, c'est bien d'en avoir, mais en réalité, elle est essentielle pour que le travail se fasse, » précise Caroline Couture, gestionnaire du CAC.

Le CAC a instauré ses programmes à Greenwood en 2001 et occupe des locaux au centre Birchall depuis six ans. M^{me} Couture dit qu'ils avaient l'habitude de dire d'eux qu'ils étaient « le secret le mieux gardé de l'Escadre », mais les choses ont changé et les gens reconnaissent maintenant l'importance de l'apprentissage continu.

« Aujourd'hui, des gens s'intéressent à nous, se renseignent sur nos programmes et se demandent si vous pouvez adapter nos services à leurs besoins précis », explique M^{me} Couture.

Les programmes souples du CAC offrent une formation professionnelle aux membres des Forces canadiennes et aux employés civils à la 14^e Escadre : « Chacun doit savoir comment faire son travail, dit M^{me} Couture, que ce soit pour améliorer ses aptitudes en négociation et en planification, ses capacités à travailler en équipe, à résoudre des problèmes ou à

gérer son temps, ou encore ses compétences en informatique.

Les ressources du CAC incluent des livres, un laboratoire informatique, des DVD, des cours en ligne et des cours structurés en classe – en français et en anglais. Des instructeurs locaux donnent les cours, mais grâce à la nouvelle technologie de l'information (TI), des cours donnés ailleurs peuvent maintenant être diffusés aux participants intéressés ici même à Greenwood, dans les salles de cours du CAC.

« Le gouvernement fédéral et les Forces canadiennes vivent

une période de transformation – et il en va de même pour nous. La technologie change la façon dont nous offrons nos programmes. »

Le CAC offre des ressources de base de même que toutes les nouveautés technologiques : cours à distance, nouveaux ordinateurs tablettes munis de tous les manuels requis (qui nous font économiser des tonnes de papier!) et moyens novateurs de faciliter le travail de groupe parmi les participants des cours dans divers centres au pays.

« Chaque plan

d'apprentissage est individuel, et basé sur les besoins d'une personne en particulier – il ne faut pas seulement penser aux cours que vous voulez suivre, mais aussi à ce que vous voulez

apprendre, précise M^{me} Couture.

« Nous sommes axés sur le service, et nous nous occuperons de toute la logistique pour que vous obteniez ce dont vous avez besoin. »



Western Kings Arena 3 on 3

Are you a hockey player and looking for something to do over the Christmas holidays? Western Kings Arena is looking for minor hockey players that want to play 3 on 3 hockey from the 22nd of December to the 31st. 9 games at a price of \$140.00 per player. Also looking for men and ladies that are interested in playing some shinny over the holidays.

For more info call Dean at the arena 765-2516 or go to our website www.wkaa.ca.

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 24

1	2	3	4		5	6	7	8		9	10	11	12	13
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		51	52	53					54					55
56							57					58		
59							60					61		
62							63					64		

- ACROSS
1. Buttery salad lettuce

5. Xtreme sport term “Shred the ____”

9. Superior of an abbey

14. R____y: prayer beads

15. Unaccompanied & apart

16. ____ and Diu, Indian

17. Norway’s capital

18. Notice of someone’s death

19. High above

20. 2012 London Games

23. Optic covering

24. Mrs. Nixon

25. Turkish title of respect

26. Eyelid hair

31. Degraded

35. Saudi peninsula

36. Small fry

37. Back talk

38. Disposed to inflict pain

41. Put in advance

43. Landed properties

45. Zedong

46. Shellac resin

47. Awaken from sleep

51. Naval signalling system

56. Ancient Semitic gods

57. Fleur-de-lys

58. Stomach of an animal

59. Separates seating areas

60. 100 = 1 Samoan tala

61. Fante edwo, yam

62. Jubilant delights

63. Extinct ratite birds

64. Coarse file

DOWN

1. Negative cheers

2. One periodical

3. Mild and pleasant

4. Cheatgrass or downy

5. Rejoiced

6. Person of no influence

7. Plant source for indigo

8. Key in again

9. Compatibility device

10. Indonesian jewelry island

11. Big man on campus

12. Stumblebumps

13. Explosive

21. Dresden River

22. Mexican Indian

27. Emit coherent radiation

28. Arab overgarments

29. VI or six

30. Thou ____ sinned

31. French abbot

32. Prevents entry

33. Be next to

34. Stalk of a moss capsule

39. Books of maps

40. Jump upward or forward

41. Can’t move

42. Covers a building

44. Division into factions

45. Boat area

48. Lesion

49. Bonitos genus

50. Good gosh!

51. Cruise

52. State of comfort

53. Young woman (French)

54. 100-year-old-cookie

55. Exchange

56. Shopping receptacle

metro crossword brought to you compliments of



954 Central Avenue
Greenwood

765-6381

Supper

November 27, the Alyesford Lions host a turkey dinner in support of Teens Against Drunk Driving, 4:30 p.m. to 6:30 p.m., at the Lions’ hall in Auburn. All welcome, free-will offering, take out available.

Meeting

November 27 Annapolis Valley Historical Society meeting, 7:30 p.m., at Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Christmas program includes music by Bob Chetwynd and Bob Boutilier and Christmas memories by AVHS members. No admission charged. All welcome. Phone 825-6116 for information.

Luncheon

November 27, the Middleton Fireflies host a luncheon, 11 a.m. to 1 p.m., at the Middleton fire hall. This month’s menu: your choice of turkey burger plate, corn chowder or hamburger soup along with either gingerbread or apple crisp and tea/coffee. \$7 per person. For Middleton deliveries to home or business, call 825-3062 by Nov. 26.

Réunion du comité francophone

Le 27 novembre. Lieu : le Centre de ressources pour familles militaires de Greenwood. Heure : 9h00. Téléphone 902-765-1494 poste 5276.

Craft sale

November 28, Torbrook Stitch and Chatter will hold a craft sale at the Greenwood Mall. Proceeds help local charities and the Lodge that Gives.

Luncheon

November 28, there is a free community lunch at New Beginnings Centre, 1151 Bridge St., Greenwood. 11 a.m. to 1 p.m. Everyone welcome.

Meeting

November 28, 7 p.m., is the monthly meeting of the board of directors of Companion Animal Protection Society of Annapolis County at the municipal building in Lawrencetown. Members and friends are cordially invited. In case of inclement weather, call 825-CAPS for updates.

Souper franco-femmes

Le 29 novembre. Lieu : Restaurant Kellock’s (Berwick). Heure : 18h00. Coût : Le coût de votre repas. Date limite d’inscription : le 27 novembre. Téléphone 902-765-1494 poste 5276.

Meeting

November 29, the Greenwood 14 Wing VPI will hold its monthly meeting at the VPI Centre. Fit Plan at 1500 hrs, E/O for the meeting at 1530 hrs, U/S at 1535 hrs, serviceable at 1545 hrs, paper-

work complete by 1555 hrs, with T/O planned for 1600 hrs. PLE sometime later.

Supper & sale

November 29, All Saints’ A.C.W. will be holding its annual Christmas casserole supper and sale. At All Saints’ Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). 4:30 p.m. to 6 p.m. Menu: variety of casseroles, salads and desserts. Cost: adults - \$10, children - \$5, family rates available, take out available. There will be a bake table.

Book sale

November 27, 28 & 29, the community is welcome to visit the Scholastic English book fair at Kingston & District Elementary School. All proceeds support the school library’s book purchases. Lots of great reading fun! The sale runs Nov. 27, 9 a.m. to 5 p.m.; Nov. 28, 9 a.m. to 8 p.m.; and Nov. 29, 9 a.m. to 5 p.m.; open to students, parents and the community. For info, contact Lisa, 765-2145.

Church meeting

November 27, 28 & 29, Charity Baptist Church invites the public to hear evangelist Dr. Paul Fosmark at 7 p.m. at 41 Messenger Road, Torbrook Mines. For information, call 765-6515.

Tree lighting

November 30, Middleton hosts its annual Christmas tree lighting, 6:30 p.m., in Centennial Park. Rachel MacLean will be singing and we hope that everyone will join in on the carols. Fire department bonfire and hot chocolate for all. Celebrate a sense of community and join us at this free event. Call the Middleton Recreation & Community Services Department for information or to help with this event, 825-6611.

Football fundraiser

December 1, 10 a.m. to 2 pm., West Kings school will host a ticket auction, used book sale and indoor yard sale in support of senior high football in 2013. Books: fill a bag for \$2. Ticket auction: envelope of tickets for \$1. Yard sale: to rent a table (indoors), contact Vanda, 847-4440.

Breakfast with Santa

December 1, the Lawrencetown Home and School will be holding its 25th Santa’s breakfast and craft sale at the Lawrencetown Consolidated School. Breakfast 8:30 a.m. to 10:30 a.m., featuring pancakes, bacon, coffee, juice. Adults \$3, children \$2. Huge ticket auction and local crafters, NS Power light exchange, Christmas hamper draw – and Santa! – 8:30 a.m. to noon.

Christmas in the village

December 1, join friends for Lawrencetown’s Christmas in the Village celebrations, starting at 2 p.m. at the Youth Arena with free skating, wagon rides, hot chocolate.

Christmas tea

December 1, the Nictaux Hospital Auxiliary hosts a Christmas tea at the Middleton fire hall, 2 p.m. to 4 p.m. Admission \$5, door prizes, bake table, \$2 gift bags.

Breakfast with Santa

December 1, the Three Rivers Community Centre invites you to breakfast with Santa, 8:30 a.m. to 10:30 a.m. Full breakfast, freewill offering. 41 Messenger Road, Torbrook Mines. Info 765-8724.

Holiday fun

December 1, Middleton is hosting a family holiday celebration from 10 a.m. to noon at the Annapolis East Elementary School. There are lots of fun activities planned that’s sure to keep the whole family entertained. A food bank donation would be appreciated. You’re welcome to call the Middleton Recreation & Community Services Department for information or to help with this event. 825-6611.

YARMOUTH

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greg.kerr.c1a@parl.gc.ca



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the Aurora

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2. Fax: 765-1717

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

Entry deadline:
Noon, November 29, 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. Whose ads says, “Fill a tummy?”

2. Whose ad says, “Pay it off?”

3. Who is taking orders for fresh and free range turkeys?

4. When can you take back old medications?

5. Who offers interior & exterior painting services?

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: **DEBORAH GILLIS**

Luncheon
December 1, the Aylesford United Church will host a Christmas salad plate luncheon, 11:30 a.m. to 1:30 p.m. Admission \$8. Door prizes.

Tea & sale
December 1 is the annual Christmas tea & sale, 2 p.m. to 4 p.m., at the Kingston United Church of Canada 733 Main Street. Everyone welcome.

Dance
December 1, Valley Pride will host a Christmas gay/lesbian dance, 9 p.m. to 1 a.m., at the Middleton Lions Club, 8921 Highway 10 in Nictaux. Admission \$5, 50/50 draw, cash bar and an all request DJ spinning tunes. Let's kick of the holiday season! For information: contact David, 1-902-825-3197, or Valley Pride on Facebook or email us at menembracingmen@hotmail.com.

Benefit
December 2, there is a benefit variety show for Tiny Jordan (all proceeds for medical expenses), 2 p.m. to 4 p.m., at the Waterville & District fire hall. Featuring; Matt Lunn and local jammers, bake table, 50/50 draw, canteen. Freewill offering.

Noël à l'escadre
Le 2 décembre. Lieu : stationnement du Hangar 4. Heure : 16h00 à 18h00. Événement organisé par le Centre de ressources pour familles militaires de Greenwood qui s'adresse à toutes les familles militaires! Téléphone 902-765-1494 poste 5276.

Hanging of the Greens service
December 2, 7 p.m., at Nictaux Baptist Church. Offering will support Carleton Road Industries Association. Everyone welcome.

Dessert tea, ticket auction
December 3, Berwick Pathfinders host a dessert tea and ticket auction at the Waterville fire hall, 6:30 p.m. to 8:30 p.m. Admission \$5, includes dessert, tea/ coffee. Ticket auction envelopes: 10 tickets for \$1. Draws begin at 8 p.m. One of our girls will represent

Canadian Girl Guides in Australia in January, one of eight selected to attend an international camp and event. We appreciate your support.

Cartes de Noël en français
Le 3 décembre. Lieu : le Centre de ressources pour familles militaires de Greenwood. Heure : 18h00. Coût : 10 \$ (cours et matériel de scrapbooking inclus pour la réalisation de 2 cartes) Animatrice de l'atelier: Julie Thérien. Date limite d'inscription : le 26 novembre. Téléphone 902-765-1494 poste 5276.

Blood donor clinic
December 3 & 4 Canadian Blood Services will hold a donor clinic at the 14 Wing Greenwood Community Centre, Church Street, both days between 1 .m. and 3 p.m. or 5 p.m. to 8 p.m. Bring identification with your full name and signature or full name and photograph. New donors welcome. Call 1-888-236-6283 to book an appointment.



Dfit winner
The fall Dfit launch at 14 Wing Greenwood was successful, especially for Corporal Laura Brophy from 14 Air Maintenance Squadron, who won an ipod (donated by Canex) just by signing up. With her are Personnel Support Program staffers Lauren Walton, left, and Tracey Campbell. Dfit was specifically developed to prepare Canadian Forces personnel for the physical rigours of today's complex and demanding operating environments. Sign up anytime at www.dfit.ca, or see PSP staff for more info.

Submitted

sudoku

solution page 24

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

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

sudoku brought to you compliments of

Subway Gift Card

Purchase a \$25 Gift Card and immediately receive a free 6" sub.

Good till December 21, 2012

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patrick's puzzle

solution page 24

CPR WORD SEARCH

T	R	H	D	Q	X	N	L	S	T	L	U	D	A	T	S	E	H	C	D
R	E	P	X	N	W	O	O	I	E	T	U	N	I	M	A	F	X	E	C
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M	E	E	T	F	I	R	S	T	A	I	D	O	D	H	S	U	P	I	M
H	G	I	P	R	O	C	E	D	U	R	E	S	O	N	I	T	A	P	P
X	O	X	O	U	F	Y	A	C	E	D	S	E	S	S	A	L	C	F	T
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- WORDS
- ACTION
ADULTS
AMBULANCE
BRAIN
BREATHING
CARDIO
CHEST

CHILDREN
CLASSES
COMPRESSION
DROWNING
EMERGENCY
EXHALE
FIRST AID

HEALTH
HEART
HEARTBEAT
LIFESAVING
MEDICAL
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TRAINING
UNCONSCIOUS

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* See dealer for details

horoscopes

November 25 - December 1

- ARIES - Mar 21/Apr 20

Aries, while there's much about a situation that you don't understand, you will quickly be filled in on all the details you need to know to get the job done.
- TAURUS - Apr 21/May 21

Taurus, confrontation will get you nowhere. It is better to avoid any troublesome parties and simply go on with your days. No need to put monkey wrenches in the plans.
- GEMINI - May 22/Jun 21

Take some time to reflect on what you need to get done, Gemini. Things are about to get more hectic, and it will help to know what is on your schedule in the coming days.
- CANCER - Jun 22/Jul 22

There is no need to put off romantic endeavours, Cancer. Make time to further relationships, and you will be happier for having made the additional effort.
- LEO - Jul 23/Aug 23

Leo, a casual encounter with an old friend goes by like no time has elapsed at all. Agree to keep in touch and spend more time together going forward.
- VIRGO - Aug 24/Sept 22

Virgo, there are too many messes to clean up, so instead of digging in you may just decide to procrastinate a little longer. Just be sure to make up the time later on.
- LIBRA - Sept 23/Oct 23

You may find that things that are beneficial for others may not always be beneficial for you, Libra. But often you have to make sacrifices for the benefit of the entire group.
- SCORPIO - Oct 24/Nov 22

Certain challenges may be tough to conquer, Scorpio. But with the right help you can get the job done. Gemini may be your shining light this week.
- SAGITTARIUS - Nov 23/Dec 21

There is no point in speculating about your finances, Sagittarius. Keep track of your deposits and withdrawals so you have a handle on all accounts.
- CAPRICORN - Dec 22/Jan 20

Now is not the time to leap without looking, Capricorn. You have to be cautious with your choices and actions this time of the month. Don't make waves so close to the holidays.
- AQUARIUS - Jan 21/Feb 18

Aquarius, although you do plenty, someone around the house could really use some more assistance from you. It may take some juggling of your schedule to accomplish.
- PISCES - Feb 19/Mar 20

Usually your outpouring of creative juices is unstoppable, Pisces. This week you could have a little trouble thinking up new ideas.

horoscopes brought to you compliments of

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KENTVILLE • 1-902-678-8044
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www.frasers.ca

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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 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.

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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

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FOR RENT – 1 bedroom apartment on second floor in quiet rural area for single person. Rent includes all utilities, cable, Wi-Fi. Fully furnished

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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 or Tim Fay 765-4987. (3339-ufn)

FOR RENT – Lincolnshire apartments in Kingston. Two bedroom apartments: available immediately. 5 appliances included with each. \$800/month plus utilities. Live in super, secure building. Phone 765-6669. (3342-4tpb)

For Rent – 2 Bedroom Duplex Greenwood available December 1, 625.00/month plus utilities. Laminate floors and recent renovations. Located in walking distance to Greenwood Mall and on bus route. Fridge/stove included also washer/dryer hook-up. Shed in back yard for storage. Non-smoking unit and no pets.

Contact Alison at 825-9876 for further information or viewings. (3346-1tpb)

For Rent – 3 Bedroom Duplex Cambridge available December 1, 825.00/month plus utilities. Laminate and in-floor heated ceramic floors. Located walking distance to Cambridge schools and close to other amenities. Fridge/stove/dishwasher included also washer/dryer hook-up included. Shed in back yard for storage. Non-smoking unit and no pets. Contact Alison at 825-9876 for further info or viewings. (3346-1tpb)

FOR RENT – 2 bedroom apartment with 1100sqft of living space. Located on Victoria Street, Middleton the apartment affords worry free retirement living at its' best. Hardwood flooring, R2000+ construction, electric heat and paved driveway are a few on the amenities. Kitchen includes 5 appliances. In a very quiet area, with a 10 minute walk to all amenities. Snow removal, lawn care and garbage collection included. Available Dec 1st. Rent is \$795/month. For further information contact Joan at 847-1365. (3342-ufnb)

FOR RENT – 2 bedroom lower level duplex. Fridge/stove in-

cluded, washer dryer hookup, lawn care and snow removal provided. Available immediately. \$585.00 per month plus utilities. Call Sue 765-4206. (3344-ufn)

FOR RENT – Margaretsville home for rent – 4 bedrooms, 3 baths. Upstairs: kitchen; living, TV and dining rooms; 2 bdrms, 2 bathrooms plus hobby room. Downstairs: 2 bdrms, sitting area, bathroom and laundry room. Higher end washer, dryer, fridge, stove and freezer provided. Year round occupancy, on extra large landscaped lot. No dogs. \$500 damage deposit and references required. Rent is \$1000/month plus utilities. Call 825-6519. (3345-2tpb)

FOR RENT – The little guest house located centrally between Kingston & Greenwood. Ideal for IR and HHT Personal looking to relocate in the area. Within walking distance to all amenities. 2 bedroom house, new kitchen & bathroom, laundry room and dining room and den on main level with detached one car garage. Internet, heat and cable TV included as well as being fully furnished including 5 appliances with bedding, towels, etc. Driveway and lawn care and snow removal are included. Easy 10 minute access to golf

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For Sale – 1994 Ford Explorer Limited Edition. Has 4 new tires, only used 5 days. In good working condition, needs some body work. Safety until Jul 2013. Asking \$2,700 OBO. Call 765-2730. (3344-4tp)

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sudoku solution

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

patrick's puzzle

T	R	H	D	Q	X	N	L	S	T	L	U	D	A	T	S	E	H	C	D
R	E	P	X	N	W	O	O	I	E	T	U	N	I	M	A	F	X	E	C
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B	O	X	Y	G	E	N	R	Q	R	H	T	E	V	A	R	I	V	A	R
U	X	E	C	N	A	L	U	B	M	A	T	C	A	T	C	G	A	E	R
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2013 Dodge Grand Caravan Crew shown.<sup>5</sup>

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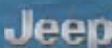
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# Toepics | Robert NS skating champ



Submitted

October 27 and 28, skaters from across the province gathered at the East Hants Sportsplex to compete for Nova Scotia Section titles and the chance to qualify for the Challenge Championships in Regina in December.

Greenwood Figure Skating members Alex Robert and Jenna Breckon represented the club in fine style: Robert skated a personal best, landing four doubles to take the Juvenile men's title, while Breckon reclaimed a place on the podium and qualified for the Nova Scotia Challenge team. She will compete in the Pre-Novice

ladies' national championships in Saskatchewan the first week of December. Breckon hit a major milestone, landing her first double axel in competition during her long program. She finished the event with a bronze medal and is excited about the trip to nationals.

"I have been working really hard for this," says Breckon. "It requires a lot of commitment and determination, but I love it!"

Other Greenwood skaters are hard at work preparing for upcoming events and the annual Nutcracker performance December 16.



Greenwood youth bowlers, from left, Devon Lund, Danna and Alyssa Mayhew, mark their achievements at last season's year-end banquet.

Submitted

## Bowling away the winter blahs

What do youth get out of Youth Bowling Canada? Bowling in a YBC league offers many benefits: regular, moderate exercise and improved coordination, balance and motor skills; team dynamics improves social skills through positive interaction with peers;

and the concepts and importance of sportsmanship and fair play are reinforced by coaches and volunteers. Bowlers also learn about setting personal goals and receive achievement awards throughout the season in recognition of personal and team accom-

plishments.

Bowling is every Saturday from 9 a.m. to noon, October through April, open to youth ages four to 19 (younger kids must be able to hold and roll the ball). Registration is \$25 for the first child, \$20 for the second child and \$15 for every child thereafter (children must be from same family for the discount). Weekly costs to cover a two-game/ week program for ages eight and under (at December 31) are \$5.70. A three-game/ week program (for those ages five to 19 at December 31) is \$7.55/ week (paid only if child bowls during the week). League dues are payable three times per year, equalling \$2/ week (paid regardless if child misses a week, as the collection covers costs for the banquet, awards, prizes and other costs).

Bowling has been identified by the Canada Revenue Agency as eligible for the Children's Fitness Tax Credit. For information, visit [www.youthbowling.ca](http://www.youthbowling.ca) or contact the program director for YBC Greenwood, Joshua Keir, (902)847-5446.

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**Happy New Year**

**NEW YEARS EVE AT THE ANNAPOLIS MESS!!**

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**Band:** Mellotones & a DJ from 21:30 to 02:00  
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**Tickets:** Members \$20.00 each for the first two  
**Guest tickets:** \$25.00 each

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# WK Wolverines driving to 2013 season

Sara Keddy,  
Managing editor

The cleats are digging in in an effort to see West Kings District High School students on the football field next season.

"People keep saying, 'Is it going to work?'" says volunteer Mark Gordon. "Why else would we be working so hard! We're ordering gear in January."

Gordon has been involved in the last couple years' efforts by youth and parents to establish a football program. West Kings' team would be the sixth entry from Valley high schools, and the 18<sup>th</sup> to join the Nova Scotia



School Athletic Federation program. The goal is to hit a \$20,000 fundraising target through continuing fundraising and corporate sponsorship, which would buy the uniforms and gear needed to get the team up and running. The effort in subsequent years to maintain the program would then be less.

Gordon is a big backer of the program, as a parent and football volunteer with the Western Valley Wings.

"My son played hockey, then he stopped because it conflicted with football – and he's travelled nationally now with the provincial football program. We had 54 kids at the school last year say they were interested in high school football, and now we have this feeder system out of Western Valley and the Valley Bulldogs farther east.

"Football is a sport every kid can play – there is a role for everyone."



**Aspiring West Kings football players show off their fundraising progress.**

Submitted

The school program has a number of volunteers lined up, and a head coach is still being sought, but Gordon says it's just a matter of getting the word out about how close the effort is to reality. Anyone interested in supporting the drive to see West Kings football on the field in the fall of 2013 may contact Mark Gordon, 765-0152 or

markgordon@eastlink.ca.

A football fundraiser will be held December 1 at the school, between 10 a.m. and 2 p.m. The event includes a ticket auction, used book sale and indoor yard sale. Books: fill a bag for \$2. Ticket auction: envelope of tickets for \$1. Yard sale: to rent a table (indoors), contact Vanda, 847-4440.

## Speed away on skates

The Valley Speed Skating Club is up and running (that be up and skating!).

The club practices every Saturday morning, 11 a.m. to 12:15 p.m., at the Western Kings Arena in Kingston and is open to all ages. Everybody is invited to come and try out the sport, with speed skates provided (helmet required). Those who join the club receive a free loan of a pair of speed skates for the season. The club's coach is Sean McGee, an experienced skater currently studying at Acadia University.

The VSSC is working with Todd Landon, regional development mentor/ long track coach, Speed Skating Canada and Canadian Sport Centre Atlantic.

For information, contact valleyspeedskating@gmail.com, find us on Facebook at Valley Speed Skating or call Steve Raftery at 824-0387.

## 'Latin Night' dance event: learn, practice, socialize

In cooperation with Dance-Brats and Halifax Salseros, the 14 Wing Greenwood Community Centre is pleased to announce Latin Night.

Open to military and defence team members, as well as Recreation Card holders, Latin

Night offers a one-hour pre-dance class followed by social dancing. It's a great opportunity for those recently completing the centre's salsa session to practice new skills, and for those interested in joining the next round of classes to experience the excitement. Snacks and refreshments provided. This is a non-alcohol event. Outdoor shoes are not permitted. To be part of the Dance-Brats community, "like" <https://www.facebook.com/#!/groups/dancebrats/>. Latin Night is No-

vember 30, 7 p.m. to 10 p.m., at the community centre. The cost is \$2 per couple.

Local instructors Brad and Laura will offer a new seven-week program January 23 to March 6, 6:30 p.m. to 8:30 p.m., at the 14 Wing Fitness

and Sports Centre Multipurpose Room. The first hour will be for those who are new to Salsa; the second half is scheduled for advanced participants.

For information about Latin Night, or the winter program, call 765-1494 ext. 5337.



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visit [www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca) for more information!

## LED Light Exchange

Nova Scotia Power and the Village of Kingston are offering a LED light exchange this year. Bring in two sets of glass holiday lights for recycling and receive one string of LED holiday lights for free – a gift from Nova Scotia Power to help you on your way to energy savings. Quantities are limited and are based on a first-come, first-serve basis. One LED set per person.



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| Wednesday | 9:00 am - 5:00 pm | Saturday | 9:00 am - 5:00 pm |
|           |                   | Sunday   | Noon - 4:00 pm    |

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