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the **Aurora**

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Door-to-door donation drive December 8

14 Wing Greenwood Fire and Emergency Services will be holding its 16th annual food drive in support of the Upper Room Food Bank in Kingston Saturday, December 8, starting at 10 a.m.

Meet your wing firefighters at your door with non-perishable food items, or leave donations in a bag on your front step.

Fire and Emergency Services crew appreciate the donations made every year by you and your family. Help us make the sixteenth year for this endeavour a big success!

Service de donation porte-à-porte du 8 décembre

Les services d'incendie et de secours de la 14^e Escadre effectueront la collecte annuelle d'aliments afin d'appuyer la Banque alimentaire Upper Room de Kingston, le samedi 8 décembre prochain, débutant à 10 heures du matin.

Vous pouvez accueillir les pompiers à votre porte pour leur donner vos aliments non périssables ou laissez vos dons dans des sacs près de la porte principale/avant de votre demeure.

L'équipe services d'incendie et de secours apprécie les dons que vous faites annuellement. Aidez-nous à faire de cette seizième année de bienfait, un succès remarquable!



Master Corporal Darren Williams, left, stands back as Search and Rescue Technician Master Corporal Dennis Van Sickle calls a pump drop.

S.Keddy

Coast crawl picks up as lobster fishery hits water

Sara Keddy,
Managing editor

"It's a beautiful day for flying."
It was a beautiful day for lobster

trap setting, too, and hundreds of Nova Scotian crews were on the waters off Southwestern Nova Scotia November 27.

"You should see the tracks on

the radar up here," radio chatter continued aboard one of 14 Wing Greenwood's Hercules aircraft, flying over it all. "I think every boat in the fleet must be out."

"I would be, too – but I'd rather be flying."

The 413 (Transport & Rescue) Squadron crew would have been out for the traditional "dumping day" coverage of the lobster fleet November 26, but bad weather shifted the season's start a day for crews on the water and in the air. In support of the opening of the fishery in areas 33 and 34, 413 Squadron puts rescue crews on heightened standby, along with partners at the Joint Rescue and Coordination Centre, the Canadian Coast Guard, the Department of Fisheries and Oceans and other agencies. November 27's plan, leaving Greenwood at 7 a.m., was to "crawl around the coast" from Digby to Mahone Bay, then back, said Lieutenant (U.S. Coast Guard) Jason Gale, the acting aircraft commander.

Oh, how quickly things can change.

Just past Yarmouth, a report came in of a boat dead in the water, its most recent transmission placing it a quarter-mile off an island, but drifting.

"Let's put some coal in the fire, let's be there," from the plane's radio.

"One thing about boats – they're always sinking. You lose engine power, you lose your bilge pump – you'll find leaks you never knew you had."

Flying over top of the vessel,

Continued on page 2...

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Tom Ruggles

Lobster fishery...

...cover

Search and Rescue Technicians' eyes were at the windows, looking for an anchor chain.

"It's out," came the call, and a Coast Guard vessel in the area was also steaming into play.

The plane turned southeast again, travelled a short distance... "We have a mayday."

A crew member aboard a boat off Digby had fallen overboard. He'd been plucked out of the water, but was severely hypothermic – what should the boat's crew do?

The Hercules crew turned toward Digby, at the same time as a 413 Cormorant helicopter crew was dispatched to the scene. SAR Techs provided radio medical advice and supervision until the helicopter could arrive on scene.

"We've been retasked," over the radio.

The Hercules left the Digby area, heading back off Yarmouth.

"We're looking for the Fall

Harvest, with four souls on board – they're donning their life suits. The boat is taking on water."

As fishing boats in the area converged alongside the stricken vessel, the Hercules crew readied a 200-gallon-a-minute pump, calculating a plan to drop it to the boat. SAR Techs Master Corporal Dennis Van Sickle and Sergeant Shane Best called the plan from the rear of the plane – their first operational drop of a pump, as it turned out, and it went off perfectly: the pump parachuted 30 feet off the stern of the boat and, within 30 minutes, was moving water and the fishermen were back in business.

More radio chatter between the Hercules crew members...

"There's our Christmas lobster."

"It's a shame about the price – these are good people, and they're struggling. It's hard on the entire economy."

"All we can do is keep them safe."

**Sergeant Pete Nicholson,
14 Wing Photojournalist**

Have you ever attended a briefing where the presenter just wasn't into it? Think of the annoying habits we have all seen and heard – their hand in a pocket jingling keys or coins, reading the slides verbatim instead of talking about the subject – and others. According to statistics, people today are more afraid of public speaking than any other fear – including death!

Today's military demands a lot from its personnel. As we progress through careers, leadership is extremely important. Mentoring subordinates, and to be able to brief peers and supervisors, is expected. Yet, very few people have the confidence or the training to accomplish this.

This is where Toastmasters comes in (www.toastmasters.org or <http://annapolis.free-toasthost.net>). Toastmasters International is a world leader in communication and lead-

ership development. It is a learn-by-doing workshop, in which participants hone their speaking and leadership skills in a no-pressure atmosphere. There is no instructor in a Toastmasters meeting; instead, members evaluate one another's presentations. This feedback process is a key part of the program's success. And, the great news is, they have a local group that meets every Tuesday at 6:30 p.m. in the Air Commodore Birchall Training Centre, building 221 at CFB Greenwood.

After being invited to attend a meeting, I can with certainty say this is a fantastic resource for Canadian Forces members as they progress through their career, developing their skills and building self confidence. The guest speaker, Lieutenant-Colonel Brian Richardson, 14 Wing Logistics and Engineering Officer, spoke about public speaking in the military and its importance in achieving the mission. Today, we rely



Lieutenant-Colonel Brian Richardson, 14 Wing Logistics and Engineering officer, listens intently to Sergeant Jim Arsenault, 14 Air Maintenance Squadron, at the local Toastmasters meeting.

Sergeant P. Nicholson, 14 Wing photojournalist

far too much on email traffic in the interest of expediency. No gadget, device or medium has the ability to inspire, encourage, motivate and guide an assembled group toward a common objective than direct verbal connections between a military leader and their subordinates.

So, here in the 21st century, with technology overflowing

our lives and not having to deal with people directly, the old, time-honoured way of making eye contact, showing compassion and taking the time to speak to people is still the best way to get your point across.

For more information on the local Toastmasters group, visit <http://annapolis.freetoasthost.net>.

The Aurora Newspaper will not publish **December 24** or **December 31**.

The office will be closed **December 24 through January 1**.

Le journal Aurora ne sera pas publié entre le **24 et le 31 décembre**.

Le bureau sera fermé du **24 décembre au premier janvier**.



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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14^e Escadre. Publié chaque lundi par la 14^e Escadre sous les auspices du Colonel J.A. Irvine, M.S.M., C.D., commandant de l'Escadre.



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

Stay smart, safe through holidays

**Sergeant Shawn Sperling,
IC Police Operations,
31 Military Police Flight**

The holiday season is a time for giving, sharing and enjoying family and friends. The seasonal spirit, along with busy schedules, may increase the opportunities for criminal activity, such as property crime, identity theft and impaired driving. The 31 Military Police Flight suggests these simple safety and security tips to assist you in having a safe and happy holiday season:

1. Be alert and aware of your surroundings.

Pay attention to who is around

you and what activities are going on nearby. Trust your instincts; if you feel uncomfortable with a place or person(s), leave. When shopping, park in a well-lit area and never leave your car unattended with the motor running or with the keys in the ignition.

2. Don't get scammed.

Use your credit card smarts. Don't carry extra credit cards or large amounts of cash. Keep a master list of all cards in a safe place in the event your wallet is lost or stolen.

3. Don't leave valuables, in plain view, in your vehicle.

Parking lots are target rich environments for thieves. Never leave

your purse, wallet, cell phones, garage door openers or personal information in your vehicle. Parcels and other bags may be theft attractors, as thieves are always looking for easy targets. Locking your valuables in the trunk can deter them from choosing your car. Remember: lock your car.

4. Away from home during the holidays?

Arrange to have your driveway cleared of snow. Cancel all deliveries and arrange for a neighbour to pick up any mail. Discard the packaging from major ticket items carefully in order to conceal the nature of their contents. Consider using automatic light timers and

leaving on a TV or radio to make your home seem occupied. Remember: lock your residence.

5. Holiday driving.

Prepare for winter driving conditions and ensure your vehicle is properly maintained and equipped with the appropriate tires and cold weather emergency supplies. Buckle up and be a patient and courteous driver.

Always plan ahead and arrange for a designated driver, use shuttle buses when available, have funds for a taxi or use other local programs, such as Operation Red Nose, when attending social events. Don't drink and drive. Once you've had "too much," no amount

of coffee, fresh air or cold showers will help you get sober. The only cure is time: it takes about six hours for your body to eliminate all the alcohol from a blood/ alcohol reading of .08 (the legal limit). Impaired driving is the leading criminal cause of deaths in Canada, and impaired drivers face initial penalties ranging from seven-day roadside prohibitions and vehicle impoundments to one-year driving prohibitions, criminal charges, fines and jail time. Driving while impaired voids your vehicle insurance: you could be responsible for paying for any damages or injuries that result from an accident. Party hosts could also be held legally

liable for damage caused by a guest's impaired driving. Offer non-alcoholic options, monitor your guests' alcohol consumption and be prepared to assist with cab fares, arranging rides or offering overnight accommodations.

Do your part to help keep people and roadways safe. If you see or suspect someone of drunk driving, call 911 or the Military Police, 765-1494 local 5333, and be ready with a description of the vehicle, its location and direction of travel and, if possible, the license plate number. The Military Police will be conducting random roadside checks throughout the 14 Wing Greenwood community

Durant les Fêtes, gardez toute votre tête

**Sergent Shawn Sperling,
Resp des opérations de police
31^e Escadrille de la police
militaire**

Le temps des Fêtes est propice aux dons, au partage et aux retrouvailles en famille et entre amis. L'esprit des Fêtes et les horaires bien chargés favorisent une hausse des activités criminelles telles que les infractions contre les biens, les vols d'identité et la conduite avec facultés affaiblies. La 31^e Escadrille de la police militaire vous suggère de mettre en pratique ces simples conseils de sécurité qui vous aideront à passer un Temps des Fêtes joyeux et sans mésaventures.

1. Soyez attentif et conscient de votre environnement.

Soyez conscients des gens qui vous entourent et des activités qui se déroulent aux environs. Fiez-vous à votre instinct; si vous n'êtes

pas à l'aise avec une personne ou dans un endroit, partez. Lorsque vous allez magasiner, stationnez votre véhicule dans un endroit bien éclairé et ne le laissez jamais sans surveillance lorsque le moteur tourne ou que la clé est dans le commutateur d'allumage.

2. Ne vous laissez pas bernier.

Faites preuve de bon sens avec votre carte de crédit. Ne portez pas de cartes de crédit inutiles ou de grosses sommes d'argent. Au cas où quelqu'un vous volerait votre portefeuille, dressez une liste de toutes vos cartes et gardez-la dans un endroit sûr; cette liste servira aussi si vous égarez votre portefeuille.

3. Ne laissez pas d'objets de valeur bien en vue dans votre véhicule.

Les stationnements sont des environnements riches en cibles pour les voleurs. Ne laissez pas votre sac à main, votre porte-

feuille, votre cellulaire ou votre ouvre-porte de garage dans la voiture, ni aucun renseignement personnel. Les paquets et les sacs peuvent aussi attirer les voleurs, qui sont toujours en quête de cibles faciles. En plaçant vos objets de valeur dans le coffre, vous pourrez les décourager de choisir votre véhicule. Et n'oubliez jamais de verrouiller votre automobile.

4. Vous partez pour les Fêtes?

Prenez des dispositions pour faire pelleter votre entrée. Annulez toutes les livraisons et demandez à un voisin de prendre votre courrier. Lorsque vous jetez les emballages d'articles coûteux, assurez-vous qu'on ne puisse pas déterminer la nature de leur contenu. Pensez à utiliser une minuterie automatique pour l'éclairage et laissez la télévision

ou la radio en marche de façon à ce que votre maison semble occupée. Et n'oubliez pas de la verrouiller à double tour.

5. Conduire et bien se conduire.

Préparez-vous à affronter les conditions routières hivernales et veillez à bien entretenir votre véhicule, à le doter de pneus appropriés et à vous équiper d'une trousse d'urgence pour l'hiver. Portez votre ceinture soyez patient et courtois au volant. Quand vous prenez part à des activités sociales, faites des plans pour vous assurer d'avoir un conducteur désigné, utilisez une navette s'il y en a, mettez des sous de côté pour prendre un taxi ou servez-vous d'autres programmes locaux, comme l'Opération nez rouge. Si vous devez conduire, ne buvez pas. Une fois que vous avez trop

bu, ni le café, ni l'air frais, ni les douches froides ne vous feront retrouver votre sobriété. Le temps est le seul remède : il faut environ six heures à votre corps pour éliminer tout l'alcool d'un taux d'alcoolémie de 0,08 (la limite légale). La conduite avec facultés affaiblies est la principale cause criminelle de décès au Canada, et les conducteurs ivres s'exposent à des peines allant de sept jours à un an de suspension du permis de conduire, à la mise en fourrière de leur véhicule, voire à des accusations au criminel, à des amendes et à un séjour en prison. Conduire en état d'ivresse annule votre police d'assurance : vous pourriez devoir payer les frais associés à tous dommages ou blessures résultant d'un accident. Les hôtes d'une fête peuvent aussi

être tenus responsables devant la loi pour tout dommage causé par un invité ivre. Offrez un choix de boissons sans alcool, surveillez la consommation de vos invités et soyez prêt à les aider à payer la course de taxi, à leur fournir du covoiturage ou à leur offrir une chambre pour la nuit.

Faites votre part pour la sécurité des gens et des routes. Si vous voyez quelqu'un conduire en état d'ivresse, composez le numéro 911 ou celui de la police militaire (765-1494, poste 5333), et soyez prêt à décrire le véhicule, sa position et sa direction, ainsi qu'à fournir si possible son numéro de plaque d'immatriculation. La police militaire procédera à des contrôles routiers à divers endroits de la collectivité de la 14^e Escadre de Greenwood.



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RHU annual inspection/ servicing of furnaces, HRVs and smoke/ carbon monoxide alarms

The Canadian Forces Housing Agency (CFHA) conducts annual inspections and servicing of furnaces, heat recovery ventilators (HRVs) and smoke/ carbon monoxide alarms to ensure they are safe and efficient. This work is scheduled to commence in Greenwood in November 2012 with a completion timeframe of March 2013.

H.E. Armstrong Mechanical Ltd. was awarded the contract for furnace and HRV inspection and servicing and the contract for inspection and maintenance of smoke/ carbon monoxide alarms was awarded to R.R. Fitch Electrical. Representatives of these companies will soon be contacting occupants directly to schedule an appointment to conduct such inspections and servicing as necessary. Occupants can expect the duration of the furnace and HRV inspection and servicing to last approximately 45 minutes. The smoke/ carbon monoxide alarm servicing on the other hand is expected to be completed in 10 minutes. CFHA encourages occupants to have all personal effects moved away from the furnace, HRV and oil tank prior to the scheduled appointment to facilitate access to the equipment.

We thank residents of DND housing in advance for allowing CFHA contractors access to their RHU, as per CFHA Licence to Occupy, when a 24-hour notice or more is provided. When an appointment is scheduled, occupants are encouraged to make every effort to keep it since missed appointments cause significant

disruptions in productivity and scheduling. If, for any reason, the scheduled appointment requires cancellation, residents are asked to advise the contractor in a timely manner.

RHU contact information

A significant number of RHU occupants have changed their contact information since their "march-in" and, as a result, CFHA and contractors are unable to reach them to perform maintenance work required to their RHU.

Occupants are required to contact the CFHA Greenwood office at (902)765-1294 to advise of any changes made to their work phone number, home phone number, cellular number or any other changes that have occurred since their march-in. In addition, CFHA will be updating the electronic filing system to include all occupants' e-mail addresses. This initiative is being done in order to contact occupants immediately in emergency situations. Therefore, occupants are advised to provide a home e-mail address in addition to their work e-mail.

Should occupants leave their RHUs for a period longer than 48 hours, they are reminded, as per the Licence to Occupy, they should ensure their residence is checked for maintenance emergencies daily. Occupants should communicate the name and telephone number of a contact person to CFHA; otherwise, they will be held responsible for all costs of damages done to their RHU.

Inspection annuelle des unités de logement résidentiel, des ventilateurs récupérateurs de chaleur et des avertisseurs de fumée/ monoxyde de carbone

L'Agence de logement des Forces canadiennes (ALFC) effectue chaque année l'inspection et l'entretien des fournaies, des ventilateurs récupérateurs de chaleur et des avertisseurs de fumée/ monoxyde de carbone afin de s'assurer que ceux-ci sont efficaces et sécuritaires. Ces travaux devraient débuter à Greenwood en novembre 2012 et devraient être finalisés au mois de mars 2013. H.E. Armstrong Mechanical Ltd a obtenu le contrat pour l'inspection et l'entretien des fournaies et des ventilateurs récupérateurs de chaleur et le contrat pour l'inspection et l'entretien des avertisseurs de fumée/ monoxyde de carbone a été attribué à R.R. Fitch Electrical. Les représentants de ces entreprises communiqueront bientôt avec les occupants pour prendre rendez-vous afin de procéder à l'inspection de l'équipement et à l'entretien, si cela s'avérait nécessaire. Les occupants devraient s'attendre à ce que l'inspection de la fournaie et du ventilateur récupérateur de chaleur soit d'une durée d'environ 45 minutes et que l'entretien de l'avertisseur de fumée/monoxyde de carbone soit complété en 10 minutes. L'ALFC encourage les occupants à déplacer tous les objets et les effets personnels se trouvant à proximité de la fournaie, du ventilateur récupérateur de chaleur et du réservoir d'huile avant le rendez-vous prévu afin de faciliter l'accès à l'équipement.

Nous remercions à l'avance les résidents des logements du MDN de permettre l'accès à leur ULR aux entrepreneurs engagés par l'ALFC quand un préavis d'au moins 24 heures a été émis, tel que prévu dans le Permis d'occupation de l'ALFC. Lorsqu'un rendez-vous a été fixé, les occupants sont encouragés à faire tout ce qui est en leur pouvoir pour le conserver puisque les rendez-vous manqués causent d'importantes perturbations dans la productivité

et la planification. Si, pour une raison quelconque, le rendez-vous doit être annulé, les occupants sont priés d'en informer l'entrepreneur dans un délai raisonnable.

Coordonnées des unités de logement résidentiel (ULR)

Comme les coordonnées de beaucoup d'occupants des ULR ont changé depuis le « march-in », l'ALFC et les entrepreneurs concernés sont parfois incapables de communiquer avec ces occupants afin d'effectuer les travaux d'entretien nécessaires dans leur ULR.

Les occupants sont donc tenus de communiquer avec le bureau de l'ALFC Greenwood au (902) 765-1294 pour nous informer de tout changement concernant leur numéro de téléphone au travail, à la maison, leur téléphone cellulaire, ainsi que de tout autre changement s'étant produit depuis leur « march-in ». De plus, l'ALFC procédera à une mise à jour des données électroniques pour inclure les adresses courriel de tous les occupants. Cette initiative est réalisée dans le but de pouvoir communiquer avec les occupants dans les plus brefs délais en cas d'urgence. En plus de leur adresse courriel au travail, les occupants sont invités à fournir une adresse courriel à la maison.

Dans le cas où les occupants doivent laisser leur ULR pendant une période de plus de 48 heures, nous leur rappelons de veiller à ce que leur résidence soit surveillée chaque jour afin de prévenir les urgences liées à l'entretien, conformément au Permis d'occupation. Enfin, les occupants devraient transmettre à l'ALFC le nom et le numéro de téléphone d'une personne à contacter en cas d'urgence, sinon ils seront tenus responsables de tous les coûts reliés aux dommages causés à leur ULR.

YARMOUTH

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greg.kerr.c1a@parl.gc.ca



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He's home!

14 Wing Greenwood's Major Aleem Sajan, an aircraft maintenance support officer, arrived back in Canada mid-November, after a six-month tour in Afghanistan as the advisor at the Afghan Air University in Kabul. Peers at Greenwood's 14 Air Maintenance Squadron made up a homecoming party at the airport: from left are Teresa Gilliatt, cleaner, 14 Wing Accommodations; Michelle Bourdon, AMSO administrative assistant; Major Gordon Colwell, Block 3 Implementation Flight - Maintenance, 404 Squadron; Sajan, Master Warrant Officer Mike Gilliatt, AMO senior superintendant; Chief Warrant Officer Mike Power, squadron chief warrant officer; and Lieutenant-Colonel Christian Ouellette, commanding officer. Sajan received a Commander's Commendation from Major General Jim Ferron, commander Canadian Contribution Training Mission - Afghanistan while deployed.

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26 Canadian Forces Health Services advises of **closures and changes in services** related to its move to the new 14 Wing Greenwood health centre December 17 through 21. Personnel thank you, in advance, for your patience, and look forward to serving you at the new clinic.

Sick parade

There will be longer wait times than usual for sick parade during this period. December 17 through 21, sick parade will be open to all base personnel (normal hours 0730-0930 at the current location), covered by duty staff. December 24 through December 31, sick parade will be available for wing personnel at the new health centre.

January 2 through 4, sick parade hours return to normal hours, 0730-0930.

Booked appointments

No booked appointments after December 14.

No immunization clinics scheduled after December 14.

January 7, booked appointments and medicals restart. Regular routine.

Mental Health

Closed December 17 through January 2. Emergencies will be handled through sick parade.

Pharmacy

All refills from Pharmacy will be refilled and picked up NLT December 14.

Closed December 17 through December 28.

Any prescriptions not refilled by EOB December 14 will be dealt with after December 28. If prescriptions need to be filled downtown, the use of a Blue Cross card to obtain prescriptions will be required. If there is a cost involved, bring the

receipt in after the clinic reopens January 3.

Case managers

Closed December 17 through January 2. Emergencies will be handled through sick parade.

Orderly Room

Closed 17 Dec 2012 thru 21 Dec 2012. Minimal manning from December 24 through January 7.

Medical **records** and Blue Cross

Closed December 17 through January 2. Please note any Blue Cross receipts will be dealt with after January 2.

Physiotherapy

Closed December 17 through January 2.

X-ray

Closed December 10 through January 4 to ensure equipment is working properly post-move. All requirements will be outsourced.

Lab

Closed December 17 through January 4 to ensure all equipment is moved. All lab needs will be outsourced during this time.

PMED

Closed December 17 through December 21.

Immunization

Closed December 17 through December 21. Any allergy issues or emergency immunizations will be dealt with through the CDU. Immunization clinics restart January 2.

Ready, set, move!

Health personnel set for move to modern medical centre

Sara Keddy,
Managing editor

Major Christine Drab knows what's definitely making the move from 14 Wing Greenwood's old health services clinic to the new facility opening in January.

"The old operating room lights – I want to take them," she says. "Medical people will walk into the new centre and just say, 'Wow.'"

"Wow" to the 1940s era fixtures, or to the new centre's modern space, open design and multi-functional ability?

26 Canadian Forces Health Services, along with all its clinic services; 1 Dental Unit Detachment and the mental health branch; will make the big move into their new facility over the Christmas break, with service and clinics affected from December 7 through January 7.

"We've gone around and counted everything, we've marked stuff – it's been an on-going process," Drab says. "We've done so much prep work, people know what their marching orders are, Wing Telecommunications and Information Services has been phenomenal. We're taking everything that's functional and useable. All the individuals have to do is pack their own personal stuff, and movers will do the rest – just like moving your house."

Well, not quite.

The prospect of a new health centre in Greenwood has been on the horizon for over a decade. Drab says, for many personnel, it was always an



Major Christine Drab says it has been almost an entire job in itself, contributing to the construction of the new health services centre, and preparing for the move into the facility this month.

S.Keddy

"I'll believe it when I see it" infrastructure project.

"When they broke ground in 2010, they said it would be a 720-day build, and we put up a counter to keep our minds on it."

Construction was delayed a few months, but the move is now approaching single digit days away.

"If it doesn't happen, we'll just push everything to the right..." Drab says slowly, likely thinking of the time her staff has spent shredding old files, counting chairs, taking Thursday afternoon tours of the new space in recent months, planning the move of not only stuff, but people and the essential medical services they provide 14 Wing personnel.

The new centre is built on a national design – a "care delivery unit" – based on the number

of personnel associated with a base. Greenwood's CDU has the capacity to treat 1,500 to 2,000 people. While the plan is national, the Greenwood medical staff did have opportunities to "add our voice," Drab says. Unique to Greenwood: a self-enclosed Cadet reception, administration and treatment space immediately accessible by crossing the road from the Cadet Summer Training Camp. Other spaces are "nicer, warmer – inviting for our staff and clients." Services' space are colour coded in central hallways, with building access and various waiting areas and reception desks keeping client privacy in mind.

"We've been in three different buildings – mental health has been a kilometre away, and our case manager and a few others have been in a trailer across the

street," says Drab. "We are a collective unit, but our ability to follow a collaborative model of work will be enhanced: now, we'll just walk across the hall, or downstairs. We're getting proper space for what we do."

There are nerves about the move, Drab acknowledges: the current centre has been home to Greenwood's health services since it was erected as a temporary building in 1942.

"There is a lot of nostalgia with folks here – this has been 'home.' This place was here with the Royal Air Force at the beginning, it was a hospital and saw some pretty interesting cases – people actually think the place is haunted. The old med techs, when you talk to them, have their stories...."

"This clinic is a very enduring part of our Greenwood history."

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Attention... Ça déménage!

Le personnel des services de santé prêt à emménager dans le nouveau centre médical

Sara Keddy
Rédactrice en chef

Le Major Christine Drab sait parfaitement ce qui mettra la touche finale au déménagement de l'ancienne clinique de santé dans le nouveau centre médical, qui ouvrira ses portes en janvier.

« Les lumières de l'ancienne salle d'opération – Je tiens à les emmener, dit-elle. Les professionnels de la santé seront époustoufflés en entrant dans le nouveau centre médical. »

Époustoufflés... Devant les luminaires des années 1940 ou devant des locaux modernes, ouverts et polyvalents?

Le 26^e Centre des services de santé des Forces canadiennes emménagera dans ses nouveaux locaux pendant les congés des Fêtes, avec tous les services cliniques, le détachement de la 1^{ère} unité dentaire et le service de santé mentale. Les services et le fonctionnement des cliniques seront perturbés du 7 décembre au 7 janvier.

« Nous avons fait le tour et nous avons tout compté; nous marquons le matériel depuis un bon moment. Nous nous sommes tellement préparés que chacun sait ce qu'il a à faire. Les services d'information et des télécommunications de l'escadre ont fait un travail extraordinaire. Nous récupérons tout ce qui fonctionne et tout ce qui peut servir. Les gens n'ont qu'à emporter leurs affaires personnelles et les déménageurs feront le reste – Comme



Paul Perry dans son entrepôt actuel : depuis des mois, il contemple son futur lieu de travail et ses possibilités d'entreposage.

S. Keddy

quand on déménage dans une nouvelle maison » explique le Major Drab.

Enfin... Pas tout à fait.

L'idée d'un nouveau centre de santé à Greenwood fait son chemin depuis plus d'une décennie. Selon Christine Drab, bien des membres du personnel ne croyaient pas que ce projet d'infrastructure serait un jour mené à bien.

« Lorsque les travaux de terrassement ont commencé, en 2010, on nous a dit que ce serait un chantier de 720 jours. Nous avons donc commencé le compte à rebours » dit-elle.

Les travaux ont été retardés de quelques mois, mais nous ne sommes plus maintenant qu'à une dizaine de jours du déménagement.

« Si ça ne se fait pas dans les temps, nous pousserons tout sur le côté... » dit lentement le Major Drab, pensant sans doute à toutes les heures passées

par son personnel ces derniers mois à déchieter des dossiers ou à compter des chaises, ou encore à visiter les nouveaux locaux, le jeudi après-midi, pour préparer le déménagement du matériel mais aussi des gens et des services de santé essentiels qui sont offerts au personnel de la 14^e Escadre.

Le nouveau centre a été construit selon un modèle national – l'unité de prestation de soins de santé – en fonction des effectifs que compte une base. L'unité de soins de Greenwood a la capacité de traiter entre 1 500 et 2 000 personnes. Bien qu'il s'agisse d'un plan national, le personnel médical de Greenwood a eu la possibilité de dire son mot, selon le Major Drab.

Ainsi, le centre de Greenwood a sa particularité : un bureau distinct pour l'accueil et le traitement des cadets, situé juste en face du camp d'entraînement d'été des cadets. Quant aux

autres locaux, ils sont plus gais, plus chaleureux que les anciens – accueillants pour le personnel et les clients. Les différents services sont distingués par des couleurs visibles à partir des couloirs principaux. L'accès au bâtiment et les diverses salles d'attente et aires de réception ont été conçus pour protéger la vie privée des usagers.

« Nous avons occupé jusqu'à trois bâtiments différents, les services de santé mentale étant situés à un kilomètre et le gestionnaire des cas – entre autres personnes – travaillant dans une roulotte de l'autre côté de la rue, dit Christine Drab. Nous avons toujours constitué un tout, mais notre capacité de collaborer sera améliorée : désormais, nous n'aurons plus qu'à traverser un couloir ou à descendre un escalier. Nous aurons des locaux adaptés à notre mission. »

Le Major Drab reconnaît toutefois que le déménagement suscite certaines émotions : le centre actuel abrite les services de santé de Greenwood depuis sa construction, comme bâtiment temporaire, en 1942.

« Il y a de la nostalgie dans l'air – c'était « chez nous ». Ce centre servait l'Aviation royale à l'origine, c'était un hôpital qui a vu passer toutes sortes de cas – certains pensent même que le lieu est hanté. Les anciens techniciens médicaux ont toutes sortes d'histoires à raconter... »

« Cette clinique fait partie intégrante de l'histoire de Greenwood. »

Le 26^e Centre des Services de santé des Forces canadiennes annonce des fermetures et des modifications de services liées à son déménagement dans le nouveau centre de santé de la 14^e Escadre Greenwood, du 17 au 21 décembre prochains. Le personnel du Centre vous remercie à l'avance de votre patience et a hâte de vous servir à la nouvelle clinique.

Revue des malades

Le temps d'attente pour la revue des malades sera plus long qu'à l'habitude durant cette période.

Du 17 au 21 décembre, la revue des malades sera ouverte à l'ensemble du personnel de la base (heures normales, de 7 h 30 à 9 h 30, à l'endroit actuel) et sera assurée par le personnel de service.

Du 24 au 31 décembre, la revue des malades sera ouverte au personnel de l'Escadre au nouveau centre de santé.

Du 2 au 4 janvier, la revue des malades reprendra ses heures normales, de 7 h 30 à 9 h 30.

Rendez-vous

Aucun rendez-vous après le 14 décembre.

Aucune clinique de vaccination après le 14 décembre.

Le 7 janvier, les soins et les examens médicaux sur rendez-vous reprendront comme à l'habitude

Santé mentale

Fermé du 17 décembre au 2 janvier. Les urgences seront traitées pendant la revue des malades.

Pharmacie

Tous les renouvellements de prescriptions devront être soumis et ramassés au plus tard le 14 décembre.

Fermé du 17 au 28 décembre.

Toute prescription non renouvelée à la fin de la journée du 14 décembre sera traitée après le 28 décembre. Si une prescription doit être exécutée en ville, une carte de la Croix

Bleue est nécessaire. S'il y a des frais, apporter le reçu à la clinique après la réouverture, le 3 janvier.

Gestionnaires de cas

Fermé du 17 décembre au 2 janvier. Les urgences seront traitées pendant la revue des malades.

Salle des rapports

Fermé du 17 au 21 décembre. Effectif minimal du 24 décembre au 7 janvier.

Dossier médicaux et Croix Bleue

Fermé du 17 décembre au 2 janvier. Veuillez noter que tout reçu destiné à la Croix Bleue sera traité après le 2 janvier.

Physiothérapie

Fermé du 17 décembre au 2 janvier.

Radiographie

Fermé du 10 décembre au 4 janvier pour s'assurer que le matériel fonctionne adéquatement après le déménagement. Tous les besoins feront l'objet d'une impartition durant cette période.

Laboratoire

Fermé du 17 décembre au 4 janvier pour assurer le déménagement de tout le matériel. Tous les besoins feront l'objet d'une impartition durant cette période.

Médecine préventive

Fermé du 17 au 21 décembre.

Vaccination

Fermé du 17 au 21 décembre. Les problèmes d'allergie et vaccinations d'urgence seront traités par l'UPSS. Les cliniques de vaccination reprendront le 2 janvier.



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SNOW SUIT SWAP
Wed., Dec 12
9 - 11 a.m. at the GMFRC
Exchange only

ÉCHANGE D'HABITS DE NEIGE

Mercredi le 12 décembre
9 h à 11 h au CRFMG
Échange seulement

DEPLOYMENT FAMILY SUPPORT SOCIAL

Wed., Dec 12, 5 - 7 p.m.
Open to all ages!
Free at the GMFRC
Register by: Mon., Dec 10

RÉUNIONS SOCIALES DE SOUTIEN POUR LES FAMILLES EN DÉPLOIEMENT

Mercredi le 12 décembre
17 h à 19 h. Pour tous les âges!
GRATUIT au CRFMG
Date limite d'inscription:
lundi le 10 décembre

PREPARING FOR COLLEGE/UNIVERSITY APPLICATIONS

Wed., Dec 12
6:30 - 8:30 p.m.
FREE at the GMFRC

Register by: Wed., Dec 5

PRÉPARATION AUX DEMANDES D'ADMISSION AU COLLÈGE OU À L'UNIVERSITÉ

Mercredi le 12 décembre
18 h 30 à 20 h 30
GRATUIT au CRFMG
Date limite d'inscription :
mercredi le 5 décembre

LANGUAGE COURSES

English Module 1 and
French Module 2:
Tues., and Thurs., 6 - 9 p.m.

French Module 3:

Wed. & Fri., 9 a.m. - 12 p.m.
English module 2 and French module 1: will run based upon the number of participants
January 14 - March 29 (10 weeks)

Register by: Mon., Jan 7
\$50 for Military families refundable upon completion of 85% of the course. \$100 non-refundable for other participants.

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mardis et jeudis de 18 h à 21 h
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Anglais module 2 et Français module 1 : peuvent être offerts selon le nombre de participants.

Du 14 janvier au 29 mars (10 semaines)

Date limite d'inscription :
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Avoid gift giving disasters

(NC) - While we know that it's better to give than receive, it's always nice when a gift exchange doesn't result in awkward silence, tears or a store return.

To avoid gift giving disasters this year, check out these easy tips:

Use your ears. Listen up when someone is talking about their hobby so you can avoid buying something they already have or something they won't be able to

use. Striking up a conversation with them is a great way to narrow things down.

C r o w d source. If you're not sure about your gift, it

never hurts to consult other people. Your best bet is people close to the recipient.

Do some research. There's nothing worse than a great gift that just misses the mark,



like a beautiful sweater in the wrong size. If you're buying a video game, make sure you're buying it for the right system. You don't want to show up with the greatest, hottest game from 2008.

It's a gift, not a lecture. Even if you mean well, giving gifts like a self-help book or dieting book may offend people. Instead, you could play it safe and give a gift card to a sporting goods store. You never want your gift to make someone feel bad.

Protégez vos photos des Fêtes contre les virus

(EN) - Un virus informatique peut détruire ou même supprimer les fichiers et les images que vous conservez sur votre disque dur. Envisagez de prendre le temps, au cours de la période des Fêtes, pour sauvegarder vos fichiers et protéger vos photos afin de ne pas perdre ces précieux souvenirs.

La meilleure défense, c'est la prévention. Voici quelques conseils pour protéger votre ordinateur :

- Installez et mettez à jour régulièrement un logiciel antivirus;
- Installez un pare-feu et assurez-vous qu'il est actif;
- Soyez prudent lorsque vous cliquez sur un hyperlien qui vous semble suspect ou qui provient d'un courriel ou d'un site de réseau social.

Malgré les meilleures intentions, vous pourriez perdre des fichiers sur votre ordinateur – en raison d'un virus ou d'une défaillance du disque dur, par exemple, alors il est important de sauvegarder tous les fichiers, dossiers et documents que vous souhaitez protéger.

Ces conseils vous permettront de sauvegarder vos renseignements de manière sécuritaire :

- Organisez vos fichiers et vos documents au moyen de dossiers et de sous-dossiers, plutôt que d'enregistrer vos fichiers dans des dossiers au hasard ou de les laisser éparpillés sur votre bureau.
- Utilisez des lecteurs de disque dur externes, des clés USB et des lecteurs réseau; des CD ou des DVD de données que vous créerez

au moyen d'un graveur de CD ou de DVD; ou un service de conservation dans un serveur en ligne assuré par des fournisseurs publics de tels services. Songez à sauvegarder l'information dans deux appareils de conservation différents.

Conservez vos copies de sauvegarde de l'information dans un endroit distinct de votre ordinateur, et peut-être à l'extérieur de la maison – pour réduire les possibilités de vol ou de destruction.

Protégez les copies de sauvegarde de votre information au moyen de mots de passe ou de chiffrement de protection.

Vérifiez ou restaurez une certaine partie de l'information sauvegardée de temps à autre, simplement pour vous assurer que tout fonctionne.

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Scouts wave during Berwick's 2012 Parade of Lights November 24. Mother Nature held off on the rain forecast for the evening – although a dusting of snow would have helped set the festive mood. Commercial Street was packed, as people enjoyed the various entries from businesses, fire stations, bands, community groups and more.

Atlantic Canada's only drum line, from West Kings, gave a flawless performance.

Berwick firefighters sound their sirens.

D.Shouinard

Sounds of the season

Base, community concert sets holiday mood

Sara Keddy,
Managing editor

Musicians are getting set to share some Christmas spirit through sound and song, as 14 Wing Greenwood gets set to host its ninth Christmas concert.

"We're looking forward to it," says bandmaster Warrant Officer Vincent Roy. "I think it will be fun, and special. It's always nice for us to be able to do Christmas music, and this is a nice event close to Christmas. It's a great way to get people in the mood."

14 Wing's band will be joined in concert by the Kingston & District Elementary

School 60-plus voice choir, and vocalists Felicia King and Jaden Braniff. King is a military spouse, and her partner is currently deployed. Listen for a very appropriate "I'll be Home for Christmas. Braniff is a private here at 14 Wing as well. A quartet of the base's padres are preparing a special musical presentation, and Wing Commander Colonel Jim Irvine will read the classic "Twas the Night Before Christmas," with some musical additions from the band. A trombone quintet

has some music planned, and there are hopes a special visitor may drop by, taking a break from busy Christmas preparations at the North Pole.

"We could do the concert with just our band," says Roy, "but it's nice to have people from the base and the community involved together."

The concert gets underway at 7 p.m. December 9, in the Annapolis Mess. It is open to the general public: admission is by donation to the Upper Room Food Bank.

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Friends share sounds of the season

Internationally-renowned and hometown heroes the singer-songwriter Dan Hill Spinney Brothers join host and

performer Rachel MacLean for Christmas with Friends December 9, 7 p.m., at University Hall in Wolfville.

Grammy winner Dan Hill, best known for his classic hits "Sometimes When We Touch," "Can't We Try" and "Never Thought (That I could Love)," has enjoyed a long career as a songwriter, penning songs for artists such as Celine Dion, Rod Stewart, Tina Turner and Reba McEntire, just to name a select few.

Fresh off signing an American record deal and releasing a new CD in March, The Spinney Brothers (Rick and Allan) bring their energetic and distinctive bluegrass sound to Christmas with Friends. Since 1992, they've released eight CDs and are recipients of many Eastern Canadian Bluegrass Awards,



The Spinney Brothers

Submitted

including three Vocal Group of the Year awards. In 2010, they were inducted into the Nova Scotia Country Music Hall of Fame. The Spinney Brothers have performed all over North America, making

them Canada's International Bluegrass Band.

Tickets (\$25) are on sale at the Acadia Box Office (542-5500 or 800-542-8425), Atlantic Save Easy and Pharmasave stores from Windsor to Digby. There is a 20 per cent discount for 14 Wing military members and their families (\$20 taxes included). To order discounted tickets, contact Len Hawley, 678-6753 or rachelmacleans-music@gmail.com.



Dan Hill



Rachel MacLean

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Four ways kids can help others this holiday season

(NC) - Parents can plant seeds of compassion this holiday season by letting their children care for others. This time of year there are many ways to nurture empathy.

- Have kids help out with holiday planning. A parent hosting a party can ask their child how to make it more enjoyable for the guests.
- Give a deeper understanding of how they can make



a difference through acts of charity. A fun way to introduce children to charity is World Vision Gifts (www.worldvision.ca/gifts). Kids can also carry their own change to donate to charities collecting money in malls and shopping centres.

- Volunteer as a family, perhaps visit a local homeless shelter, stop by a retirement home, donate food to a local food

bank, or serve up a hot meal at a soup kitchen.

- A homemade card is a great way for children to express

thanks, and let people know they care about them. They

can create cards for family, friends or teachers.

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Dec 10 issue - Dec 5 deadline

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**FREE
Breakfast
with
Santa**

CHILDREN 12 and UNDER

provided by **A&W** and **Subway**

*Today only
Pictures with Santa
10:30-11:30 and 12-4
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Activities include:

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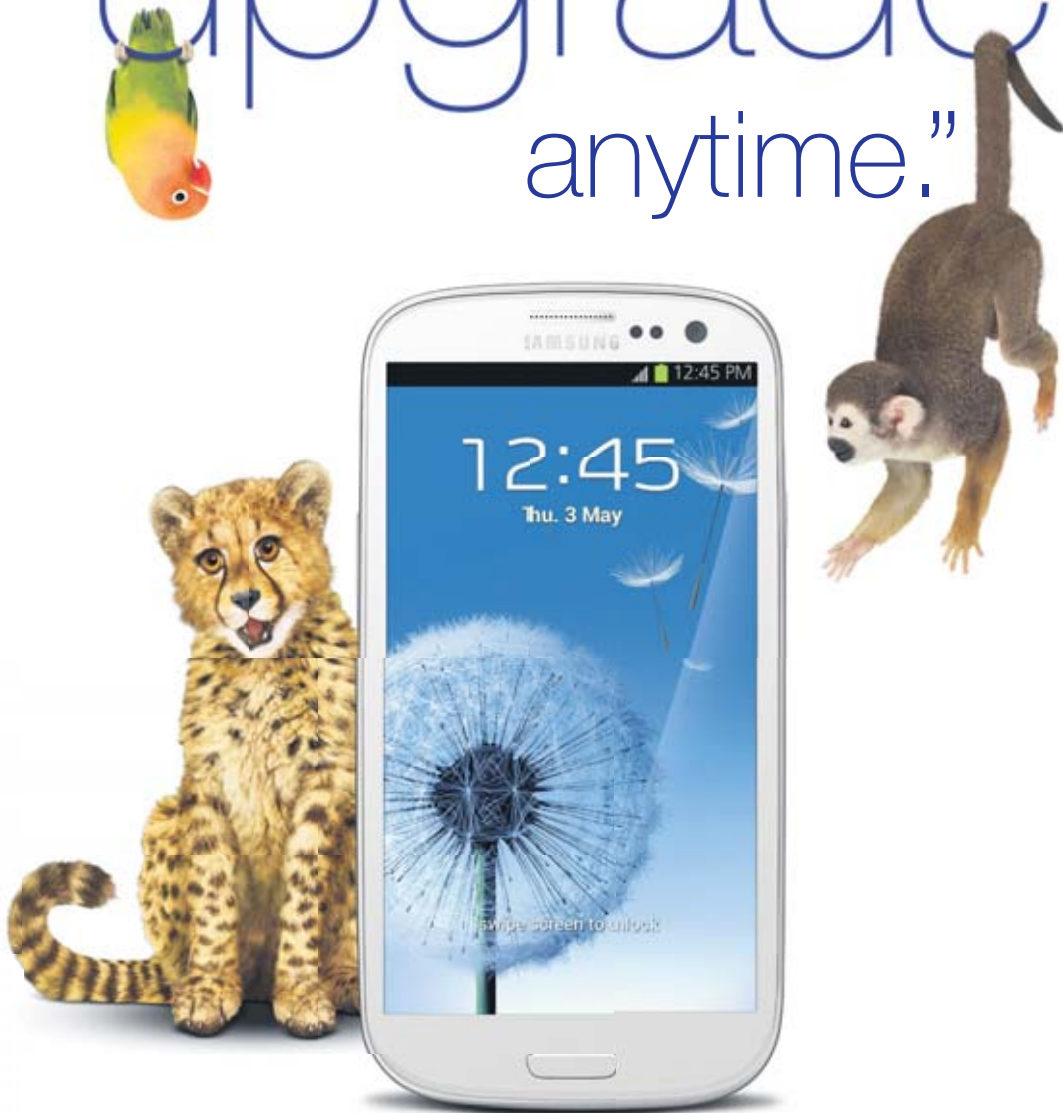
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Cashews 320 Roasted
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reg. \$9.99-\$16.99
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Great for Santa helpers!

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\$2.72 lb

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Bath Salts



Chocolate Flavored
Jumbo Chips
\$0.48/100g
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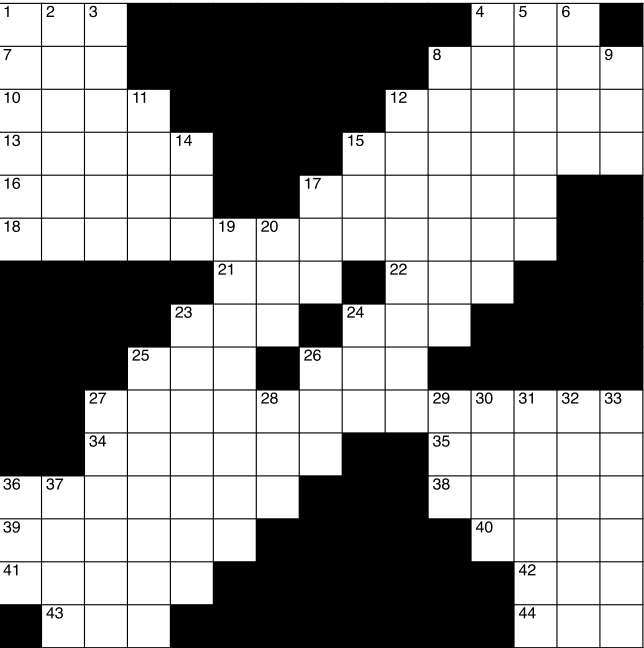


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated 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 16



- ACROSS
1. German rapper

4. Aries sign

7. Atmosphere

8. Send payment for

10. Digs

12. Pathetically weak

13. Give a thrashing to

15. How a witch laughed

16. Being of use or service

17. Lassie's breed

18. XXX Olympic site

21. Tax collector

22. Above average in size

23. It carries genetic information

24. E. central English river

25. Baked pastry-lined dish

26. Basics

27. Manson murder book

34. Actress May

35. Dry white Italian
- wine from Verona

36. Easily conversed

38. Java pepper vine

39. Eagle nests

40. Irish mother of gods

41. Belongs to St. Paul's architect

42. Soak flax

43. CGS work unit

44. Tooth caregiver
- DOWN
1. Common detergent measure

2. Island in Venice

3. Establish by law or with authority

4. Exuding a strong odor

5. Walked leisurely

6. A unit of length equal to 1760 yards

8. Return to a useful condition

9. CNN's Turner

11. Young herring in Norway
12. Disengagement

14. The lion zodiac sign

15. Mt. Washington railroad

17. The brain and spinal cord (abbr.)

19. Last decade of the 20th cent.

20. A major division of geological time

23. Causes to expand

24. Ed Murrow's network

25. Happening in quick succession

26. They ____

27. Perceiver of sound

28. The last part of anything

29. Top left corner key

30. Opposite of quiet

31. Knights' outer tunic

32. Made level

33. Refutes in a legal case

36. Sound of a crow

37. In this place

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.

Library event
December 5, Allison Maher will be reading from her most recent novel, Time Flies When You Are Chasing Spies, at the 14 Wing Library, 6 p.m. to 7 p.m.

Donut sale
December 5, All Saint's Anglican Church will be selling mini donuts all day, from the All Saints' Anglican Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). Cost: \$4 a box. Come out and try them warm from the kitchen - buy a couple of boxes and enjoy them for snacks and coffee breaks!

Ticket auction
December 6, the Catholic Women's League of St Monica's will hold a ticket auction at the parish hall on Connaught Ave. (canteen, bake table & raffles). Doors open at 2 p.m., with the auction beginning at 7 p.m. All proceeds to the community.

French movie evening
December 7, CPF Valley (Canadian Parents for French) invites you to the Berwick library, 6 p.m., to watch The Polar Express in French. Treats and beverages provided. Grades Primary to 7 are welcome. Cost is \$2 per child, or free for CPF members. This movie is sure to put you in the Christmas spirit!

Christmas hampers
December 7 is the deadline to complete and return Friendly Neighbours Christmas hamper program applications. Forms are available at: Foodland, Coldbrook; Save Easy and Foodland, Berwick; Sobey's, Greenwood; Needs in Aylesford; Pharmasave, Kingston; Bert's, Auburn. All applications must be completed and returned to the store where picked up.



Lions' support
Kingston Lions recently presented a \$4,000 to the Valley Regional Hospital Foundation for a nasal high flow oxygen machine. From left to right are King Lion Alice Neiley, Lion Tom Beardsley, respiratory therapists Susan Sangster and Danielle Reeves and Kathie Swindell, nurse manager of the medical unit.

Submitted

Church concert
December 7, Charity Baptist School will hold its Christmas concert at 7 p.m., 41 Messenger Road, Torbrook Mines. Info: 765-6515. All are welcome.

Workshop
December 8, the free Safe TALK workshop will be held at the Fundy YMCA, 1 p.m. to 4 p.m., covering suicide alertness for everyone. People attending do not need any previous experience or training to become more ready, willing and able to become suicide prevention helpers. Sponsored by the Annapolis County Branch of the Canadian Mental Health Association and the Annapolis West Health Foundation. To register or for information, call the Fundy YMCA, 638-9622, or the CMHA, 526-2456.

Breakfast
December 8, big breakfast at the Middleton Curling Club, 8 a.m. to 10:30 a.m., 6 Kings Street. A community favourite.

Concert
December 8, the Middleton Choral Society, directed by Maureen MacLean, accompanied by pianist Elizabeth Harwood, presents its annual Christmas concert in Kingston United Church, Kingston at 8 p.m. A freewill offering will be taken at the door. Featured will be selections performed by individual members of the choir.

Breakfast
December 8, All Saint's Anglican Church will be serving a full breakfast, 8 a.m. to 10 a.m., at All Saints' Anglican Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). Cost: \$7. Menu : pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea & coffee. All welcome.

Luncheon
December 8 is the annual Christ-

~ In Memory ~

Westcott, Florence B.

May 11, 1939 –

December 7, 2011

In memory of our dear Angel, mother, grandmother, wife, sister, aunt and friend, who passed away one year ago.

Forever in our Hearts
A million times we needed you,
A million times we cried.
If love alone would have saved you,
You would've never died.
In life we loved you dearly,
In death we love you still.
In our hearts you hold a place,
No one can ever fill.
A light from our household is gone,
A voice from our love is stilled,
A place in our vacant home
Which never can be filled.
Some may think you are forgotten,
Though on Earth you are no more,
But in our memory you are with us,
As you always were before.
It broke our hearts to lose you,
But you did not go alone.
A part of us went with you,
The day God called you Home.
Your precious memories are for keepsakes, with which we never part.
God has you safely in his keeping,
But we have you forever in our hearts.

"A mother is she who can take the place of all others, but whose place no one else can take."

Loving husband Victor,
daughter GERALYN HOWELL (Keith),
special granddaughter
Gillian Howell.

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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, December 6, 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. When is casual swim?

2. Who personalizes sweet heart baskets?

3. Where can you get a free \$25 gift card?

4. Whose ad says, "we care for all our veterans"?

5. What is Tom's vehicle of the week?

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: HEATHER DOBBIN

mas quiche luncheon and bake sale, 11 a.m. to 3 p.m., at Emmanuel Church, 37 Gates Ave, Middleton. Luncheon \$6. Miracles Christian Store from Bayers Lake will have a display of great gift ideas, along with our popular gift baskets and baking. For info: Sally, 825-3087.

Concert
December 9, the Lawrencetown Male Choir, accompanied and directed by Carole Baltzer, will present its annual Christmas service of music and readings in Lawrencetown United Baptist Church, Lawrencetown, at 7 p.m. A freewill offering will be taken.

Hymn sing
December 9, there will be a hymn sing, 7:30 p.m., at the Wilmot Christian Fellowship Centre, corner of Hwy 1 and Dodge Road. Special Christmas music by members of our congregation and choir. Fellowship time to follow.

Home tour
December 9, the 2nd annual Christmas house tour will start at 6 p.m. There are five places to view in the Kingston, Wilmot,

Auburn and Torbrook area; including the Kingston United Church, where festive refreshment are available. Each home is decorated differently, so you are in for a treat. Cost is only \$10, and tickets are available from Kingston Pharmasave, Chisholm's Pharmacy in Aylesford, Joann Corey (765-0105). What a great way to spend a December evening.

Meeting
December 10, 7 p.m., a Human Rights Day program, Education under Fire, will be held at the Nova Scotia Community College, 295 Commercial Street, Middleton. A panel has been invited to speak on issues such as: home schooling, health and international education. This is part one of a series on human rights to be held in Annapolis County. All welcome.

Meeting
December 11, 6:30 p.m. Foster family/ adoptive family information session, Kentville. If you are interested in becoming a foster family, call 1-800-565-1885 for information. Potential adoptive applicants are asked to call 1-866-259-7780.

Scottish heritage night planned for Mess

Three members of 14 Wing Greenwood are trying to raise interest in a traditional Scottish event. Sergeant Andrew Bruce, Flight Sergeant (RAF) Alan Marjoribanks and Flight Lieutenant (RAF) Keith Bissett are organising a Robbie Burns Night to be held in the Annapolis Mess January 25.

Robbie Burns nights are a traditional Scottish gathering which brings together the culture, food, drinks and dancing of Scotland into one entertaining night. The inaugural Burns supper at 14 Wing includes a six-course meal, a set of Highland dncers from the Celtic Sole Highland troupe (facebook.com/#!/groups/132633343462631/photos/ and Young Perform-

ers of the Year at the Canadian Folk Music Awards, folk band Cassie & Maggie.

Pipe Major Bruce recommends the event to all of 14 Wing.

"This promises to be a fantastic night, as I attend various formal functions - but Burns nights are by far my favourite."

Tickets are limited and may be bought from the Annapolis Mess, MP&EU (from Bissett) or 404 Squadron (from Marjoribanks) and cost \$40 per person. If all tickets are sold, a rebate will be given on the ticket price. Tickets are sold on a first come basis with an initial deadline of December 7 to ensure the event can run (this is due to the event being held outside of



Haggis, neeps and tatties.
Submitted

the normal Mess calendar). If the night proves a success, it is hoped this will become a regular Mess event.

This exciting event is open to all members and guests of the three wing Messes. For more information, contact the Flight Lieutenant Keith Bissett, 765-1494 local 3354.



765-8848
Wreck-It Ralph
02 - 06 Dec 12
Sun - Thurs 7 PM
Sat - Sun Matinees 2 PM
Rated PG

Skyfall
07 - 13 Dec 12
Fri - Thurs 7 PM
Rated 14A

Rise of the Guardian
14 - 20 Dec 12
Rated G

The Hobbit: An Unexpected Journey
21 Dec 12 - 03 Jan 13
See you at the Movies
www.zedex.ca

sudoku

solution page 16

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

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

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patrick's puzzle

solution page 16

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

WORDS

BITTER	COAT	GLOVES	LIFT	SLED
BLIZZARD	COLD	HAT	MITTENS	SLICK
BLOWING	DECEMBER	HIBERNATE	PARKA	SNOWBOARD
BOOTS	DRAFTY	HILL	POWDER	SNOWFLAKES
BREATH	FEET	ICE SKATING	RESORT	SNOWING
BUNDLE	FREEZING	ICY	SCARF	TEMPERATURE
CHILL	FROSTBITE	JANUARY	SKIING	WINDY
				WINTER

patrick's puzzle brought to you compliments of



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horoscopes

December 2 - December 8

ARIES - Mar 21/Apr 20
Aries, avoid tackling more than you can handle at work and home this week. When tackling tasks, don't be afraid to ask for and accept help.

TAURUS - Apr 21/May 21
Family and romantic endeavours may have been put aside while work issues have been at the forefront, Taurus. It is time to shift priorities.

GEMINI - May 22/Jun 21
Gemini, there's not much you can do to change the course of this week's events. You might want to consider swimming with the current instead of against it.

CANCER - Jun 22/Jul 22
Cancer, overanalyzing your workload is not going to make it disappear any faster. Therefore, simply take your assignments at face value and just get started.

LEO - Jul 23/Aug 23
New experiences can be scary at first, but many times you will find that they are opportunities to learn and grow, Leo. Take full advantage of all opportunities this week.

VIRGO - Aug 24/Sept 22
Virgo, although it seems like you have most of your financial woes worked out, now is not the time to get too cocky with spending. Being conservative is the way to go.

LIBRA - Sept 23/Oct 23
Libra, career developments have you riding high and you're anxious to share your news with the world. This enthusiasm can be a good catalyst for change with others.

SCORPIO - Oct 24/Nov 22
Scorpio, success may not come easy with a project you're working on. But rest easy and take solace knowing you have tried things outside of your comfort zone.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, avoid confrontations at all costs, as this week you will not come out victorious. Keep a low profile and don't ruffle any feathers.

CAPRICORN - Dec 22/Jan 20
Capricorn, if you think about things too long, there's a good chance you won't act at all. Instead, consider your options quickly and then get going on your plans.

AQUARIUS - Jan 21/Feb 18
Quality time spent at home or with the family has buoyed your spirits, Aquarius. The next step on your relaxation journey is to book a vacation to a warm area of the world.

PISCES - Feb 19/Mar 20
Don't underestimate your ability to garner quite a following, Pisces. There are many people just waiting to hear what you have to say next.

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classifieds

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

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

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

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

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

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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

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

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

equipped with fridge, stove, washer and dryer. No smoking, no pets. Perfect for person on IR. Rent is \$900/month. Call Joe 765-1898. (3331-ufn)

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)

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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-ufn)

FOR RENT – 2 bedroom lower level duplex. Fridge/stove included, 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 – Room x 3 for rent - Use of kitchen, living, and dining rooms, TV, 2 x bathrooms, laundry, family and sitting area. Lower level can be used as own private space. Responsible adults and non-smoker need only apply. References and damage deposit required. Available immediately. Located 4 kms from Base. Please call 242-5034 and leave msg. (3347-1tp)

For Rent – Two 3 bedroom homes for rent. Both are newly renovated and each includes a fridge and stove. One is located on Highway #1, Aylesford and the other is on Pine Ave, Aylesford. Rent for each is \$850/

month plus utilities. Call 847-1376. (3347-2tpb)

For Rent – Three bedroom home located on Glebb Road, Kingston. Fridge and stove provided. Rent is \$700/month plus utilities. (3347-2tpb)

SERVICES

SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

FOR SALE

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. Ask-

ing \$2,700 OBO. Call 765-2730. (3344-4tp)

For Sale – 4 winter tires size 215/60R16. Like new used only 2 months. Asking \$475.00. Call 765-8902. (3346-2tpb)

For Sale – 1996 Chev Astro AWD van. The van seats 7 has a 4.3ltr V6 Vortex engine, PS, PB. Well maintained with 190K kilometers. The vehicle has a remote starter, class II hitch and has had yearly Krown checks. Winter and summer tires on separate rims included. Safety inspected until Apr 2013. Asking \$3,000. Call 765-6855. (3347-3tp)

OTHER

Open House! Saturday, December 8th. Just Right Child Care, 15143 Hwy 1, Wilmot. Welcome to our classroom! See how we spend our day! Our teachers will be happy to show you how JRCC will help your child to be 'school ready'. Bring a friend. (3346-2tpb)

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crossword solution

C	R	O								R	A	M											
A	I	R								R	E	M	I	T									
P	A	D	S							F	E	E	B	L	E								
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sudoku solution

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

patrick's puzzle

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

Veteran of the month

Kingston Legion Branch 98 Comrade Don Rioux joined the Canadian Armed Forces February 4, 1971 in Montreal as a supply technician, and did his basic training in Cornwallis and his trades training in Borden. His first posting was St. John's, Newfoundland, where he met his wife, Andrea. In 1973, he was transferred to CFB Moose Jaw and then, in 1976, he was transferred to CFS Churchill in support of winter warfare. After two years in isolation, he was posted to CFB Galetown; then, in 1983, to CFB Toronto, detached to the James Street Armouries in Hamilton. In 1986, Rioux was posted to 5 Wing Goose Bay, and then, in 1987, to CFB Petawawa with 2 SVC Battalion, where he was in charge of the laundry and bath and decontamination units. In 1990, he was posted



back to 5 Wing Goose Bay. After four years, Rioux was posted to 14 Wing Greenwood, where he retired in 1997 with 26 years' service to work for Litton System. In 2000, Rioux joined the Air Reserves and worked at Camp Aldershot for a year. In 2001, he went to work with IMP Aerospace on the Cormorant project as lead storeman, and has been there since.

Youth Happenings

Lindsay McCormack,
Recreation Youth Worker

There are some holiday happenings coming up at the 14 Wing Community Centre...
Boys' Club
December 3, 6 p.m. to 7:30 p.m.
Board games are on the agenda tonight. Anyone up for some Monopoly Canada?
Centre decorating
December 4
Pre-teens 5 p.m. to 6 p.m.
Teens 6 p.m. to 7 p.m.
Come down to the centre to help decorate in the spirit of the season!
Active Chicks
December 5, 6 p.m. to 7:30 p.m.
Join us at the 14 Wing Library, and we will meet Allison Maher, a local author, and hear a bit about her new book, "Time Flies when you are Chasing Spies." Dress warm because, if we have time, we will play at the playground after the reading.
Teen activity
December 6, 6 p.m. to 7:30 p.m.

Tonight, we will be heading over to the Fitness and Sports Centre to get a work-out going! Bring your indoor shoes and water.
Pizza & games
December 7
Pre-teen 6 p.m. to 8 p.m.
Teen 8 p.m. to 10 p.m.
Your choice: board games,

Wii, pool, table tennis, outside, etc... Just remember \$3 for your pizza.
Baking & hot chocolate
December 8
Pre-teen 6 p.m. to 8 p.m.

Teen 8 p.m. to 10 p.m.
Let's get started on some holiday baking! Christmas cookies and cupcakes, with hot chocolate to wash it all down.

Kingston
Legion

BiNGO

Beginning Nov 4th
Sunday start time
1:30 p.m.
Tuesday, 7:30 p.m.
Regular Games - \$100

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

Consolation \$300

- Double Action

Lic.# 115910-08

In Loving
Memory of

SYLVAIN BRODEUR
husband, father and grandfather
who passed away 5 years ago
on December 5 2007.

If tears could build a stairway
and memories a lane,
I would walk right up to heaven
and bring you home again.

In our hearts forever
Ellen
Shawn & Heather
Laura & Jeff
Jean-Paul & Krista
and grandchildren
Jacob, Kenzee-Love, Lucas and Josie
Miss miss you so much



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



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

 Annapolis Community HEALTHBOARD <i>Caring...for the Community</i>	 Kingston / Greenwood Community Health Board	 Western Kings CHB Community Health Board	 CENTRAL KINGS COMMUNITY HEALTH BOARD	 EASTERN KINGS COMMUNITY HEALTH BOARD
Annapolis CHB P.O. Box 730 Middleton, NS B0S 1P0 Tel: 825-6160 Ext. 357 achb@avdha.nshealth.ca	Kingston/Greenwood CHB P.O. Box 730 Middleton, NS B0S 1P0 Tel: 825-6160 Ext.357 kgchb@avdha.nshealth.ca	Western Kings CHB P.O. Box 490 Berwick, NS B0P 1E0 Tel: 538-7088 wkchb@avdha.nshealth.ca	Central Kings CHB P.O. Box 154 Kentville, NS B4N 3W4 Tel: 681-2524 ckchb@avdha.nshealth.ca	Eastern Kings CHB 23 Earnscliffe Ave. Wolfville, NS B4P 1X4 Tel: 542-1244 ekchb@avdha.nshealth.ca

*Funds provided by Department of Health and Wellness

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CCS Annapolis C.P. 730 Middleton (N.-É.) B0S 1P0 Tél. : 825-6160 poste 357 achb@avdha.nshealth.ca	CCS Kingston/Greenwood C.P. 730 Middleton (N.-É.) B0S 1P0 Tél. : 825-6160 poste 357 kgchb@avdha.nshealth.ca	CCS Western Kings C.P. 490 Berwick (N.-É.) B0P 1E0 Tél. : 538-7088 wkchb@avdha.nshealth.ca	CCS Central Kings C.P. 154 Kentville (N.-É.) B4N 3W4 Tél. : 681-2524 ckchb@avdha.nshealth.ca	CCS Eastern Kings 23, av. Earnscliffe Wolfville (N.-É.) B4P 1X4 Tél. : 542-1244 ekchb@avdha.nshealth.ca

• Fonds offerts par le ministère de Santé et Mieux-être

GMFRC introduces new family liaison coordinator

By Margaret Reid,
GMFRC executive director

The Greenwood Military Family Resource Centre family liaison coordinator is responsible for the development, implementation and service delivery of support services/ programs and crisis

intervention to Canadian Forces families coping with illness, injury and/ or a special need. This includes initial and continued contact with families; assessment and referral; short term individual, couple and/ or family crisis intervention; group work; program development; network-

ing with community resources/ teams; and emergency response to critical incidents.

I am very happy to introduce Laura Jamont to our 14 Wing community. Jamont brings a wealth of experience to our centre and looks forward to working with families. She will work

in close partnership with our Integrated Personnel Support Centre to ensure 14 Wing families receive high level services. Welcome back to Greenwood, Laura and Don!

Hello CF families!

My name is Laura Jamont and I am excited about the opportunity to continue on as the family liaison coordinator at the GMFRC while Jillia Pritchett is away on maternity leave. It is my hope to continue to spread awareness of the position, to build partnerships within the community, and to continue to offer support and services to families of ill or

injured CF members. My family is back in the Greenwood area after a short time in Ottawa and I am enjoying the maritime lifestyle yet again. I have a Masters in Counselling Psychology and bring with me a variety of experiences in offering counselling services to individuals, couples, and families. Since each person in a family is affected by the others, an injury or illness will undoubtedly impact more than just the injured person. This may come in the form of grief and loss, stress due to finances and the additional care-giving responsibilities, an uncertainty of the process, and a fear of the



Laura Jamont

Submitted

future. If you or a CF family you know is experiencing the stress of illness or injury, please contact me at 765-1494 ext. 5675.

Sincerely,
Laura Jamont, MC

Need help keeping warm this winter?



The Heating Assistance Rebate Program may be able to help with up to \$200 towards your home heating costs.

**Call 1-800-670-4357 or visit
www.homeheatinghelp.ca**


NOVA SCOTIA



**CHRISTMAS BINGO
ANNAPOLIS MESS**

**HAVE IT
YOUR WAY!!**

**DECEMBER 4
ANNAPOLIS MESS
7 PM**

**\$10 FOR MEMBERS AND GUESTS
TICKETS AT THE DOOR
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BOOKLET 3 X 15 GAMES**

TURKEY AND HAM DRAWS FOR MEMBERS

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\$1000 FROM**



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Le CRFMG présente la nouvelle coordonnatrice de liaison auprès des familles

Margaret Reid,
Directrice exécutive du CRFMG

La coordonnatrice de liaison auprès des familles du Centre de ressources pour les familles militaires de Greenwood est responsable de l'élaboration, de la mise en œuvre et de la prestation des services et des programmes de soutien et d'intervention en situation de crise pour les familles des Forces canadiennes qui doivent composer avec la maladie ou des blessures ou qui ont des besoins particuliers. Cela comprend la prise de contact initiale avec les familles et le suivi nécessaire, l'évaluation des besoins et l'aiguillage, l'intervention

en situation de crise à court terme (individuelle, en couple ou en famille), le travail de groupe, l'élaboration de programmes, le réseautage avec des équipes ou des ressources communautaires et l'intervention d'urgence en cas d'incidents critiques.

Je suis très heureuse d'accueillir Laura Jamont dans la communauté de la 14e Escadre à titre de coordonnatrice de liaison auprès des familles. Jamont mettra sa vaste expérience au service du CRFMG et est impatiente de travailler avec les familles. Elle collaborera étroitement avec le Centre intégré de soutien du personnel afin que les familles de la 14e Escadre reçoivent

des services de haut niveau. Bon retour à Greenwood, Laura et Don!

Bonjour à toutes les familles des Forces Canadiennes !

Je m'appelle Laura Jamont et je suis heureuse d'assumer le rôle de coordonnatrice de liaison auprès des familles du CRFMG pendant le congé de maternité de Jillia Pritchett. J'espère continuer à faire connaître le poste de coordonnatrice de liaison auprès des familles, à miser sur les partenariats établis dans la communauté et à offrir un

soutien et des services aux familles des membres des FC malades ou blessés. Ma famille est de retour dans la région de Greenwood après un court séjour à Ottawa et je suis heureuse d'adopter à nouveau le style de vie des Maritimes. Je possède une maîtrise en psychologie du counseling et un riche bagage d'expériences dans la prestation de services de counseling individuel, en couple ou en famille. Lorsque survient une blessure ou une maladie, cette situation a non seulement des répercussions sur la personne

affectée mais aussi sur son entourage. Chaque membre d'une famille est donc touché par la situation des autres. Ces répercussions peuvent prendre différentes formes : perte et deuil, stress découlant de problèmes d'argent ou de la prise en charge des soins, incertitude et peur

face à l'avenir. Si vous (ou une famille des FC que vous connaissez) subissez un tel stress lié à une blessure ou une maladie, veuillez communiquer avec moi au 765-1494, poste 5675.

Sincères salutations,
Laura Jamont, MC

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.

There's no time like the "PRESENT" to book your holiday advertisements.

There are **ONLY 2 MORE ISSUES** left this year.

Call 765-1494
ext 5833

www.auroranewspaper.com



WINTER SWIMMING REGISTRATION

In office registration dates/times

Tues Jan 8 • 1600 - 1900
Wed Jan 9 • 0900 - 1230
Thurs Jan 10 • 0900 - 1230

Online Registration Dates
January 5 - 13

www.cfcommunitygateway.com
and follow the links

New • Friday Swimming Lessons

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Aquatics Supervisor Marie-Claude Carrier
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Fitness & Sports Centre

Casual Swim Time

Tuesday, Thursday and Friday
6:30 to 7:30 p.m. **new**

No more Monday evening swim.

Saturday and Sunday
1:15 to 3:00 p.m.

The change will begin on
January 3, 2013

Contact Aquatics Supervisor Marie-Claude Carrier
765-1494 ext 5564 for more information

14 Wing Christmas Concert

presented by the 14 Wing Band

Featuring
the Kingston
Elementary Felicia King
&
vocalist Jaden Braniff and more!!!

Sunday December 9th
7:00PM
Annapolis Mess,
CFB Greenwood

Open to the general public,
military and families

Free Admission
Food Bank
Donations Encouraged



Christmas telethon a success

The November 25 Friendly Neighbours Christmas Mommies and Daddies Telethon signed off with a grand total of over \$20,000 pledged and bid by viewers. The money raised will be used to assist less fortunate families in the Coldbrook to Kingston areas with Christmas hampers and toys.

Please honour your pledges at the Royal Bank in Coldbrook and Berwick, CIBC Kingston and Greenwood, Bank

of Nova Scotia in Middleton and Greenwood, the Credit Union in Greenwood and Cambridge and Chisholm's Pharmachoice in Aylesford. Make your cheques payable to the local "Christmas Mommies and Daddies" telethon.

The host Lions club, Aylesford & District, would like to extend a sincere thank you to the businesses and individuals who donated items for the auction, EastLink tv and its crew for programming and

broadcasting of the show, the Aylesford fire department for the use of its hall, partner Lions club in Kingston, Aylesford and Berwick; Rod Reeves and Bob Lyle for hosting the telethon, the dignitaries who assisted on the pledge desk, telephone operators, the Lions who operated the cameras, the sound crew from Electric Starz Productions, entertainers for their excellent performances, all the volunteer Lions and their spouses and friends, and to the businesses and other organizations that donated food for the volunteers.

Thanks most sincerely to the community for its pledges and bids that will ensure needy families in have a more joyful Christmas this year.



14 Wing Greenwood Chief Warrant Officer Pierrot Jette, left, and Commander Colonel Jim Irvine with telethon special guests who need no introduction.

B.Graves



"Welcome to my Kitchen" host Joan McElman and 14 Wing Greenwood Commander Colonel Jim Irvine man the pledge desk.

B.Graves



The West Kings hand bells choir.

D.Shouinard



1st Annual GREENWOOD AUTO SALES...

GIVE A GIFT—FILL A TUMMY!

In the spirit of the season, Greenwood Auto Sales presents their

Holiday Toy Drive! Now through to December 14th

Stop by and donate a new, un-wrapped toy to be given to a child in need in your community!

On top of that, Greenwood Auto Sales will make a food donation equivalent to the total weight of the toys to Valley Food Banks!

Proudly locally owned and operated! Greenwood Auto Sales, open 7 days a week!

Open late Tuesdays and Thursdays year-round. 902-765-1184

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