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  the **Aurora**

Vol. 37 No. 46 DECEMBER 5, 2016 NO CHARGE www.auroranewspaper.com

Kelly recognized by Canadian Disability Hall of Fame

November 4 in Toronto, the Canadian Foundation for Physically Disabled Persons inducted Terry Kelly (Achiever), along with Marni Abbott-Peter (Athlete) and Tim Frick (Builder) into the Canadian Disability Hall of Fame.

The Hall of Fame provides permanent recognition of outstanding Canadians who have made extraordinary contributions to enriching the quality of life for people with physical disabilities. Founded by the CFPDP, this public exhibit was officially opened in 1994. Nominations to the Hall of Fame come from sources across Canada: community groups, private citizens, associations and organizations of and for people with physical disabilities. Nominees are chosen each year by the Hall of Fame's selection board in the category of Builder, Achiever or Athlete.

Continued on page 2...



From left to right are 405 (Long Range Patrol) Squadron members Corporal Nathan Crosby, Corporal Adam Briggs, Master Corporal Ulrich Reiner, Captain Chris Appleby, Sergeant Mark Ejdrygiewicz, Sergeant Rhys Littlejohn, Warrant Officer Craig Laraway, Captain Rob Scholte, Major Nicholas MacDougall, Flight Sergeant Daniel Bedford, Captain Colin Clansey, Captain Tyler Korn, Captain Vincent Doucette, Captain Bruce Jarvis, Corporal Tony King. Kinloss schoolchildren helped the squadron with an informal ceremony November 11 to remember 26 Canadian airmen and women buried in the community cemetery.

Submitted

Honouring the fallen, miles from home

Captain Tyler Korn,
405 (Long Range Patrol)
Squadron

In early November, members of 405 (Long Range Patrol) Squadron deployed to

Lossiemouth, Scotland. Due to the foresight of the tactical navigator, Captain Rob Scholte, a

wreath and 26 poppies were stowed aboard the CP140 Aurora prior to its departure from

14 Wing Greenwood.

Upon arrival in Lossiemouth, Scholte announced he had

Continued on page 2...

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Santa, safe and ready to work

Members of 143 Construction Engineering Flight were happy, as always, to step in as a military escorts for Santa Claus, as he travelled south to appear in November 26's Christmas on the LaHave holiday parade in Bridgewater. All were glad to meet up with Santa again, and report he is safe and happy and ready for the busy month ahead.

Honorary Colonel, 14 Construction Engineering Squadron



The Aurora Newspaper will not publish **December 26** or **January 2**.

The office will be closed **December 20** through **January 2**.

Le journal Aurora ne sera pas publié entre le **26** et le **2 janvier**.

Le bureau sera fermé du **20 décembre** au **2 janvier**.

Honouring the fallen ...

...cover

brought along the wreath and poppies and that, based on his previous experience in the region, he knew of a small abbey in nearby Kinloss with a cemetery containing 26 Royal Canadian Air Force personnel who had died in a period which began during the Second World War and ended in the late 1960s. It was Scholte's intention to lead his crew in a small Remembrance Day ceremony at this abbey.

November 11, the 405 Squadron members travelled to the cemetery and spent time visiting each headstone and commemorating the fallen in their own way. The experience was both humbling and peaceful, lacking the formality of a traditional ceremony. After each member paid their respects, the contingent formed up around the cenotaph across from a group of Scottish school

children who were also in attendance. Scholte said a few words on the nature of the sacrifice each and every fallen RCAF airman and airwoman had made for their country, as well as the significance of that sacrifice to all of those who currently wear the uniform.

Following this, the contingent observed one minute of silence. When the moment was over and headdresses had been replaced, Scholte and one of the schoolchildren placed the 405 Squadron wreath on the cenotaph. After saluting the cenotaph as a ceremonial gesture of honour and appreciation for the sacrifices of the fallen, each 405 Squadron member moved to a separate RCAF headstone, placed a poppy and saluted.

Miles away from home, 405 Squadron has ensured these airmen were not forgotten on this special day of remembrance.

Hommage aux disparus, à de nombreux kilomètres du pays

Capitaine Tyler Korn, 405e Escadron de patrouille à longue portée

Au début de novembre, des membres du 405e Escadron de patrouille à longue portée ont participé à un déploiement à Lossiemouth, en Écosse. Grâce à la prévoyance du Capitaine Rob Scholte, navigateur tactique, une couronne et 26 coquelicots ont été mis à bord du CP140 Aurora avant son départ de la 14e Escadre Greenwood.

À son arrivée à Lossiemouth, Scholte a annoncé qu'il avait apporté la couronne et les coquelicots et que selon son expérience antérieure de la région, il connaissait l'existence d'une petite abbaye tout près d'où ils se trouvaient, à Kinloss, et dont le cimetière contenait les restes de 26 membres du personnel de l'Aviation royale canadienne qui étaient décédés pendant

la Seconde Guerre mondiale jusqu'à la fin des années 60. Avec son équipage, Scholte avait l'intention d'organiser une petite cérémonie du jour du Souvenir à cette abbaye.

Le 11 novembre, des membres du 405e Escadron se sont rendus au cimetière et ont pris le temps de visiter chaque pierre tombale et de rendre hommage à leur façon à ces personnes qui sont tombées au champ d'honneur. L'expérience était à la fois modeste et paisible et elle n'avait pas le caractère officiel d'une cérémonie traditionnelle. Lorsque chaque militaire avait rendu hommage aux personnes qui sont tombées au champ d'honneur, le contingent s'est recueilli au cenotaphe faisant face à un groupe d'écoliers écossais qui étaient également présents. Scholte a prononcé quelques mots sur le sacrifice pour leur pays de chacun des

aviateurs et chacune des aviatrices de l'ARC ainsi que sur la signification de ce sacrifice pour tous ceux qui portent actuellement l'uniforme.

Le contingent a ensuite observé une minute de silence, puis lorsqu'elle fut terminée et que les militaires eurent replacé leur couvre-chef, Scholte et un des écoliers ont placé la couronne du 405e Escadron sur le cenotaphe. Après avoir salué le cenotaphe comme geste d'hommage et de reconnaissance pour les sacrifices des personnes tombées au champ d'honneur, chaque membre du 405e Escadron s'est dirigé vers une pierre tombale de l'ARC, y a placé un coquelicot et a fait un salut.

À des kilomètres du pays, le 405e Escadron s'est assuré que ces aviateurs n'étaient pas oubliés lors de cette journée commémorative très particulière.

Kelly recognized ...

...cover

Kelly has been blind since early childhood. This Newfoundland native has since attained the distinction of being the third blind person in the world to run a sub-five minute mile, he has released seven full-length recordings, resulting in seven East Coast Music Awards and nominations for four Canadian Country Music Awards and a JUNO. Kelly is a recipient of the Order of

Canada and holds Honorary Doctorates in Civil Laws and in Fine Arts; the Hal Rogers Fellow Award; the Canadian Country Music Association's Humanitarian Award; and, from the Canadian Foundation for Physically Disabled Persons, the King Clancy Award. He remains active in his profession, performing regularly throughout North America and beyond. A strong advocate for social justice, Kelly uses his music to focus

attention on the needs of others. Additionally, through his music and public speaking, he encourages individuals to strive to reach their full potential in life.

In 2015, Kelly was appointed honorary colonel at Canadian Forces Base 14 Wing Greenwood.

"Please join me in congratu-

Wrapping up Christmas

November 9, the final touches went into 110 Christmas parcels, destined for Canadian Armed Forces deployed soldiers from 14 Wing Greenwood. The Greenwood Military Family Resource Centre coordinated the effort, with 11 volunteers on packing day and lots of help leading up to the "work" of adding chocolate, books, CDs, candy, cards and ornaments to the parcels from home.

Submitted



MFRC volunteer JoAnn Hudson secures the surprises inside.



1st Kingston Guide Grace Wagner adds to the goody bag.



Terry disability award.jpg Terry Kelly, 14 Wing Greenwood's honorary colonel, was recently inducted into the Canadian Disability Hall of Fame.

Submitted

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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 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Patrick Thauberger, 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 14e 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.cfmws.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

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Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from **Mimie's Pizza, Greenwood**. Coupon valid for 30 days.

1. Who says, "No job is too large or too small?" _____
2. Where can you apply for credit? _____
3. Where can you win a gift basket? _____
4. How much are Safety Hikers? _____
5. How much are 3 small donairs? _____

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14 Wing Imaging unless otherwise indicated.



Aviator Christopher Beckwith, centre, received his propeller, denoting Aviator-Trained, from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron, left; and Squadron Chief Warrant Officer Roddy Chittick October 28.



Corporal Jordan Hillier, centre, received his propeller, denoting Aviator-Trained, from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron, left; and Squadron Chief Warrant Officer Roddy Chittick October 28.



Master Corporal James Kelly, second from left, received his appointment from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron, left; with Captain Mary Cameron-Kelly, second from right, and Squadron Chief Warrant Officer Roddy Chittick October 28.



Master Corporal Todd MacDougall, centre, received his appointment from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron, left; and Squadron Chief Warrant Officer Roddy Chittick October 28.



Master Corporal Michael Manning, centre, received his appointment from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron, left; and Squadron Chief Warrant Officer Roddy Chittick October 28.



Private Hannah DeBoer, centre, received the 14 Air Maintenance Squadron Stinger of the Quarter Award from Commanding Officer Lieutenant-Colonel Sean Duggan, left, and Squadron Chief Warrant Officer Roddy Chittick October 28.



Sergeant James Bramwell, centre, recently received the 14 Air Maintenance Squadron Commanding Officer's Commendation from Lieutenant-Colonel Sean Duggan, Commanding Officer of 14 AMS (left); and Squadron Chief Warrant Officer Roddy Chittick.



Master Warrant Officer BEG Boutilier, left, and Major JJLM Coude, right, 14 Wing Telecommunication and Information Services Squadron; recently presented Aviator JA Whatman with his propeller.



Master Warrant Officer BEG Boutilier, left, and Major JJLM Coude, right, 14 Wing Telecommunication and Information Services Squadron; recently presented Aviator AA Arab with both his propeller and corporal insignia.



14 Wing Fire and Emergency Services Master Corporal Christopher Lear, second from right, was recently promoted, with, from left, wife Krystyna Lear, Major Rodney Normore and Master Warrant Officer Eric Bungay on hand.



14 Fire and Emergency Services officials - from left, Warrant Officer Vanderlinden, Captain Gannon, Aviator Hornsby and Master Warrant Officer Bungay – were on hand as Hornsby was recently promoted to current rank.



Captain BW Joyce, left, received the General Service Medal – Expedition (Operation Impact) October 24 from Major Normore, Acting Wing Logistics Engineering Officer.



Corporal CW Slute, left, received the General Service Medal – Expedition (Operation Impact) October 24 from Major Normore, Acting Wing Logistics Engineering Officer.



Petty Officer 2nd Class PS Rossignol, left, received the General Service Medal – Expedition (Operation Impact) October 24 from Major Normore, Acting Wing Logistics Engineering Officer.



Captain Tim Blakesley, 14 Wing Greenwood's A5-1 and Lessons Learned, left; swore in his son, Aviator Peter Blakesley, as a member of the Royal Canadian Air Force in Halifax November 3. Aviator Blakesley is an aircraft structures technician at Canadian Forces Leadership and Recruit School in Saint Jean.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Master Corporal Harsha (Harry) Perera, centre, the General Campaign Star – Expedition, with Squadron Chief Warrant Officer Craig Chislett in attendance.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Sergeant Frederic Couturier, centre, the General Campaign Star – Expedition, with Squadron Chief Warrant Officer Craig Chislett in attendance.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Sergeant Paul Goulding, centre, with the second clasp for the Canadian Forces Decoration, signifying 32 years of dedicated service; with Squadron Chief Warrant Officer Craig Chislett in attendance.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Captain Bryan Morrison, centre, the General Campaign Star – Expedition, with Squadron Chief Warrant Officer Craig Chislett in attendance.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Major David Venne, centre, the General Campaign Star – Expedition with Squadron Chief Warrant Officer Craig Chislett in attendance.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, November 17 presented Captain Phil Tate, centre, the General Campaign Star – Expedition, with Squadron Chief Warrant Officer Craig Chislett in attendance.

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November 2, 413 (Transport and Rescue) Squadron Aviator MR Bernat received his promotion to Aviator Trained from Major I Koussay and Chief Warrant Officer JGC Faucher.



October 14, Acting Wing Administration Officer Major Durand, left, promoted 14 Wing Greenwood padre Officer Cadet Deutschmann, centre, to 2nd Lieutenant, and then to lieutenant; with Branch Chief Warrant Officer Flamand.

SISIP focuses on financial how-tos



Lieutenant-Colonel Jamie Marshall, commanding officer of 413 (Transport and Rescue) Squadron, left, Wing Administration Chief Warrant Officer Denis Flamand and SISIP Financial's Lois Baird kick off SISIP's Greenwood open house celebration November 23.

Sara Keddy,
Managing editor

Cake, coffee and financial advice were all on offer as SISIP Financial 14 Wing Greenwood staff celebrated Financial Planning Week (November 20 to 26) with an open house November 23. "As a user of SISIP, I only have good things to say," said Lieutenant-Colonel Jamie Marshall, commanding officer of 413 (Transport and Rescue) Squadron, as he represented 14 Wing Greenwood Commander Colonel Pat Thauberger. "Finance isn't something you learn in school, unless you had parents who taught you. SISIP's educational programs are a great place to start." SISIP staffer Lois Baird said November's events went well, including a lunch and learn session, a "life hacks" evening with the Military Family Resource Centre and a presentation at the beginning

of November with Pierre Goulet, SISIP Financial's national associate vice-president for client service delivery, themed on The Wealthy Barber's David Chilton's financial planning books. "We have the planned sessions, but we always ask our participants and clients what they want," says Baird, who says a military community's interest in the rent versus buy argument as members post across the country, credit ratings information or whether its more important to pay down debt or create savings - or both - have all been topics addressed with SISIP advisors in recent presentations.



Master Corporal Greg Smith was the lucky winner of a \$250 TFSA/RRSP credit within the Canadian Armed Forces Savings Plan, the prize offered by SISIP Financial during November's Financial Literacy Month programs. From left are Sandra Nelson, Smith, Melinda den Haan, Darnice Strickland and Lois Baird.

During November, Financial Literacy Month, SISIP Financial launched its "Get out of the Red" 30-day challenge. The campaign intends to show individuals and families the benefits of habitual savings, and how easy it can be done. There is an explanatory video, a downloadable 30-day chart and contest (with a chance to win a \$2,500 grand prize or one of three \$500 secondary prizes under the Canadian Armed Forces Savings Plan's TFSA/RRSP program). All information is online at sisisp.com.



Five tips for perfect homemade meatballs

(NC) From cocktail parties to potlucks, no holiday party is complete without meatballs. These tasty treats are always a crowd pleaser and one of the first to disappear. This season, be authentic using these chef-to-table

tips that will result in perfect meatballs every time. 1. For light and more flavourful meatballs, experiment with ground pork. It's cost-efficient, adds amazing texture, and results in delicious meatballs.

You can also combine ground pork with other lean ground meats and poultry. Choose high quality, extra lean ground pork for a nutritious option you can feel good about. 2. Pre-soak breadcrumbs in milk or water before combining with meat to help keep the meatballs tender and juicy. No breadcrumbs in the pantry? Crushed up crackers or corn flakes make a great substitute. 3. Use cold meat and cold, wet hands to form the meatballs. Form ones that are about 1" in diameter when raw for bite-sized cooked meatballs that are perfect for entertaining. You can use an ice cream

scoop for larger portions. Keep them consistent in size to ensure even cooking. 4. If you're serving the meatballs on their own or freezing for later, roast them on a baking sheet in the oven at 400°F (205°C) for 15 minutes or until the internal temperature reaches 160°F (70°C). They'll keep in the freezer

for 3 to 4 months and make for quick and easy dinner and entertaining options that can easily be heated in your favourite sauce. 5. Once you've perfected your classic recipe, try experimenting by adding other favourite ingredients - cranberries, cheese, Greek seasoning - the sky's the limit. Or get

creative by serving with a variety of dipping sauces. For a festive flair, cook the meatballs by gently simmering in a slow cooker on low for 6 to 8 hours in a mixture of cranberry and chilli sauces. Crunched for time? Precook the meatballs in the oven and then add the sauce and continue cooking on low for 15 minutes.



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Regional badminton, squash this week

14 Wing Greenwood will host the Canadian Armed Forces' badminton and squash regionals December 5 through 9. All sports action will take place at the Fitness and Sports Centre, with approximately 90 additional military athletes involved in the competition. Athletes arrive December 5, with a meet and greet warming the week up at the Annapolis Mess that evening. The competition's opening ceremony kicks off December 6 at 8 a.m., with rounds underway at 8:15 a.m., and continuing December 7, 8 and 9 from 8 a.m. Awards presentations will be held at the Fitness and Sports Centre at 11 a.m. December 9. Spectators are welcome.

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How to gift the perfect bottle of wine

(NC) A bottle of good wine often makes the perfect present for a holiday host. But gifting wine can sometimes be a bit intimidating. “Many of us just want to enjoy a good glass of wine without thinking about it. So sometimes keeping it simple might be the best way to find the perfect present,” advises Jane Masters, who is one of the world’s 354 masters of wine and tastes and hand-picks wines for Opimian, Canada’s largest wine community. For Masters, the most important thing about buying wine for someone else is to find out what wine styles they like. Does your friend tend to drink red wine more than white, or are they a fan of rosé? Do they like wines from a particular country, like France or Australia? Or are they fans of a specific grape variety, like Chardonnay, Sauvignon Blanc, Cabernet Sauvignon, or Shiraz? Others like to hear more

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about the wine, where it comes from, how it’s made, and who makes it. Knowing what your friend likes, you can select something that fits the bill but is a bit different and widens their repertoire. For example, if they love Shiraz from Australia, why not try one from Chile, where it is also called Syrah? For wine lovers, a bottle from an unexplored or often neglected region is a great selection. A premium wine from Germany, Sicily, or even Greece should do the trick. Offering something to a collector leaves a bit less leeway both in terms of price point and variety. In fact, you’ll most likely have to scout for a fine wine from a renowned appellation. Take a peek in their cellar for some ideas or discreetly ask them what their favourite wines are — collectors usually enjoy sharing their thoughts about wine. A great alternative is gifting a wine club membership, which gives members access to exclusive wines and is the perfect present for new enthusiasts and aficionados alike. Find more information at www.opimian.ca.

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Trois conseils pour épargner durant les Fêtes

(EN) Par le passé, les Canadiens épargnaient 20% de leur revenu. Mais ce n’est plus le cas. Selon un récent sondage mené par l’Association canadienne de la paie, de nombreux travailleurs canadiens n’arrivent pas à joindre les deux bouts. L’étude démontre que 48 pour cent de ceux qui ont été interrogés ont un revenu qui ne leur laisse aucune marge de manœuvre. Il est important d’épargner pour ses vieux jours, mais il est aussi important de mettre de l’argent de côté en cas de dépenses imprévues, comme des réparations à son automobile ou une facture du vétérinaire. Tout le monde devrait avoir quelques économies pour les mauvais jours, car la vie nous réserve bien des surprises, et elles ne sont pas toujours bonnes : une perte d’emploi, une maladie, etc. Le fait d’épargner peut faire la différence entre une vie de stress et le confort de savoir que vous maîtrisez votre situation financière. Quelques conseils pour épargner même durant les Fêtes:

- Commencez dès maintenant. Certaines banques offrent des comptes sans

frais ou à frais réduits pour les jeunes, les personnes âgées, les nouveaux arrivants et les Canadiens à faible revenu.

- Automatisez vos épargnes. Optez à transférer de façon automatique de l’argent à votre compte d’épargne à chaque jour de paye et faites fructifier vos épargnes.
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Impressionnez vos invités avec cette entrée originale de fromage cuit au four

(EN) Cette recette réunit tous les meilleurs ingrédients des Fêtes pour une entrée parfaite.

Servir du fromage lors des réceptions des Fêtes est un incontournable, mais pourquoi ne pas sortir des formules traditionnelles et essayer quelque chose de différent?

Voici ce que dit Martin Patenaude, chef pour les écoles culinaires le Choix du Président. « Surmontée de fruits pochés dans un savoureux sirop, cette alléchante version du fromage cuit au four remplace le brie habituel par le fromage affiné à croûte lavée La Belle Rivière. Servez-le

chaud et fondant, tout juste sorti du four, accompagné de vos craquelins préférés, de pain plat ou de tranches de baguette à tartiner. »

Fromage La Belle Rivière cuit au four avec confit pomme-poire
6 portions
Ingrédients

- 1 meule (170 g) de Fromage affiné à pâte molle et à croûte lavée La Belle Rivière PC
- 1 pomme Granny Smith
- 1 poire Bosc
- 250 ml (1 tasse) de vin blanc sec
- 125 ml (1/2 tasse) de Sirop simple

préparation pour cocktail PC Collection noire

- 1 zeste de citron de 5 x 2,5 cm (2 x 1 po)
- 10 ml (2 c. à thé) de jus de citron frais
- 15 ml (1 c. à soupe) de noisettes, grillées et grossièrement hachées

Directives

1. Préchauffer le four à 180 °C (350 °F). Couper la croûte supérieure du fromage et la jeter. Placer le fromage dans une assiette à tarte en verre. Laisser reposer pendant environ 30 minutes pour que le fromage atteigne la température ambiante.
2. Pendant ce temps, peler et évider la pomme et la poire et les couper en dés. Mettre dans une petite casserole.



Ajouter le vin, la préparation pour cocktail, ainsi que le zeste et le jus de citron. Porter à ébullition à feu moyen-vif. Baisser à feu moyen-doux

et laisser mijoter de 18 à 20 minutes, en remuant de temps à autre, jusqu'à ce que les fruits soient très tendres.

3. Retirer les fruits du liquide de pochage à l'aide d'une cuillère à rainures. Réserver les fruits. Remettre la casserole à feu moyen et laisser mijoter de 10 à 12 minutes, en remuant de temps à autre, jusqu'à ce que le liquide ait réduit à environ 50 ml (1/4 tasse) et qu'il soit d'un caramel légèrement doré. Retirer du feu et laisser refroidir pendant 15 minutes.

Mélanger les fruits et le liquide de pochage. Réserver.

4. Cuire le fromage au four de 4 à 6 minutes, ou jusqu'à ce qu'il soit chaud et fondant. À l'aide d'une cuillère, verser sur le dessus 50 ml (1/4 tasse) du mélange de confit pomme-poire et parsemer de noisettes. Servir dans l'assiette à tarte avec des craquelins et du pain plat.

Par portion : 110 calories, 9 g de lipides, 220 mg de sodium, 4 g de glucides, 1 g de fibres, 6 g de protéines

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Is your car ready for the first snowfall?

(NC) Canadian winters can be challenging, especially for those who need to drive in seasonal conditions. Harsh weather is often unpredictable and it's extra demanding on your vehicle and driving skills. With the first snowfall just around the corner, it's a smart idea to be prepared now for the months of hazardous road conditions that lie ahead.

"The first step in safe winter driving is to give yourself ample time to reach your destination," advises Glenn Cooper from Aviva Canada. "Most winter collisions occur when drivers do not allow for enough time or distance to brake effectively. Slippery conditions require you to slow down and take your time."

Cooper offers these additional tips:

1. Keep a safe distance between you and the vehicle in front of you in case you have to brake suddenly on a slippery surface. The general rule is to drive at least two seconds behind the vehicle in front during ideal conditions. Be sure to add extra buffer time during winter conditions.
2. Get your vehicle winter-ready with a maintenance check-up.
3. Make sure you have sufficient windshield washer fluid in the reservoir and keep an extra jug in the vehicle.
4. Clear snow and ice from all windows, lights, mirrors, and the frequently forgotten roof.
5. Install winter tires before the season begins.

Winter tires are often not available later in the season. Before reusing last season's tires, check to see if they need replacing.

6. Remember to check tire air pressure frequently as it decreases in cold weather.
7. Prepare a winter survival kit for your vehicle. Having essential supplies can provide some comfort and safety for you and your passengers should you become stranded.



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How to get sick less often this winter

(NC) Besides making you feel bad, getting sick often can put a real damper on holiday festivities and any winter getaways you are planning. Fortunately, Marlene Day, a registered nurse at EMD Serono, says there are quick and easy steps you can take to help keep yourself from falling prey to a nasty cold or flu. Here are her top tips for getting sick less often this winter.

1. Get social. Turns out that one sure-fire way to feel good is having tons of fun. Connecting with people you like can help boost your system. Research shows you'll get the most benefit by having diverse social groups, so hang out with different kinds of friends and family.

2. Channel your inner relax-

guru. People who manage stress through exercise, meditation, or relaxation techniques have a better shot at fighting viruses. Take time to learn what helps you unwind and be sure to practice it regularly, even for only a short time. A positive outlook also goes a long way.

3. Back to basics. This should go without saying, but we can all use a little reminder to take care of ourselves when life gets busy. Get enough quality sleep, exercise regularly, make sure all your vaccinations (including the flu shot) are up to date, and eat nutritious meals. Finally, Marlene Day adds this simple reminder: "wash your hands!"





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Cuisinez mieux avec le beurre

(EN) À l'approche des Fêtes, période de repas gargantuesques et festifs pris en famille et avec les amis, mettez en pratique ces quelques conseils pour bien utiliser l'ingrédient de base essentiel qu'est le beurre.

1. N'utilisez pas le beurre salé et non salé indifféremment. Le sel ajouté dans le beurre agit tel un agent de conservation et permet de garder le beurre plus longtemps. Cependant, dans une recette, il est presque toujours préférable d'utiliser du beurre non salé afin de mieux doser le taux de sel dans les plats. Veillez donc à utiliser le type de beurre demandé dans la recette.

2. Choisissez le beurre en fonction du plat cuisiné. Outre le beurre salé et non salé, il existe de nombreux styles de beurre différents, chacun ayant un goût unique et des qualités particulières. Le nouveau beurre de type européen Lactantia a une teneur en gras 2 % plus élevée que le beurre ordinaire, ce qui le rend plus crémeux et



plus onctueux. Il est donc idéal pour les pâtisseries au goût plus riche.

3. Vérifiez la température du beurre. Si vous fouettez des petites quantités de beurre froid dans un mélange très chaud, vous obtiendrez une sauce plus onctueuse et plus goûteuse, car le beurre froid fond plus uniformément. Pour la cuisson des bis-

cuits et des gâteaux, le beurre utilisé doit être suffisamment mou pour qu'une pression du doigt laisse une marque, mais pas assez pour que le doigt s'enfonce facilement.

4. Découvrez les nombreuses utilisations du beurre. Le beurre est bien sûr utilisé pour la cuisson des pâtisseries et comme produit à tartiner, mais on peut aussi s'en servir comme substitut dans un breuvage chaud, comme le café. Pendant le temps des Fêtes, régaliez-vous en ajoutant une cuillerée de beurre aromatisé à l'érable Lactantia à votre maïs soufflé ou à votre infusion du matin.



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Conseils pour une conduite hivernale sécuritaire

(EN) Que vous soyez prêt ou non, l'hiver est à nos portes. Malgré que de nombreux conducteurs sont très à l'aise

durant la période estivale, ils sont parfois plus hésitants lorsque les premiers flocons touchent le sol. Ne craignez

pas les routes gelées et les températures glaciales, ces simples conseils vous aideront à vous rendre du point A au

point B en toute sécurité.

1. Une question de temps.

L'hiver commence peut-être officiellement le 21 décembre, mais le mercure descend souvent sous zéro bien avant cette date. Prenez rendez-vous avec votre mécanicien avant les premiers grands froids pour faire installer vos pneus d'hiver et n'oubliez pas le balai à neige!

2. Investissez dans votre sécurité. De bons pneus d'hiver en valent la peine. Votre vie et celle de vos êtres chers sont en jeu, alors misez sur la fiabilité et la durabilité plutôt que sur le prix. De nombreux assureurs vous offriront un rabais pour un véhicule prêt à affronter les routes enneigées. Consultez votre



assureur pour en savoir plus.

3. Enlevez la neige de votre véhicule. La neige et la glace sur le toit de la voiture ou dans le pare-brise peuvent tomber sur d'autres voitures et aveugler temporairement leurs conducteurs. De nombreuses provinces imposent de fortes amendes pour une plaque d'immatriculation ou un pare-brise enneigé. Gardez un balai à neige dans votre voiture pour dégager votre

pare-brise et conserver un dossier de conduite sans tache!

4. Tout commence avec vous. Un bon comportement au volant demeure essentiel en période hivernale. Certains assureurs récompensent les conducteurs qui ont des habitudes de conduite plus sécuritaires en réduisant leur prime. Par exemple, belairdirect a lancé un programme d'assurance en fonction de votre conduite, automérite, qui tient compte de vos accélérations, freinages et des périodes de la journée où vous prenez le volant pour vous aider à économiser sur vos primes d'assurance. Une accélération constante et en douceur est plus sécuritaire en hiver et pourrait contribuer à diminuer votre prime, un véritable cadeau des Fêtes!

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Submitted



14 Wing Greenwood Commander Colonel Pat Thauberger, seated, and Wing Administration Chief Warrant Officer Denis Flamand were joined on the hosting desk by Eastlink tv “Welcome to my Kitchen” host Joan McElman November 27.

B. Graves



Kingston Lion Bob Lyle mans the pledge desk.

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Community calls in for Christmas hamper help

Christmas will be more cheery for hundreds of families in the area, thanks to the successful efforts of the November 27 Friendly Neighbours Christmas Mommies and Daddies Telethon and Auction

Broadcast live on Eastlink tv's Channel 10 from the Aylesford Fire Hall, the eight-

hour show of music, live auctions, draws, tradition and more raised \$24,412. That could go higher, as donations continue to come in in support of the Christmas hamper and toy collection program.

All funds stay in the community, helping families between Coldbrook and Kingston.

Campaign sponsors included Eastlink tv, the Lions Clubs of Kingston, Aylesford, Berwick and Coldbrook; and the Aylesford fire hall.

Organizers encourage everyone who pledged to honour their contributions in the coming days in Coldbrook at the Royal Bank, in Berwick at

the Royal Bank, in Aylesford at Chisholm's Pharmachoice, in Middleton at the Royal Bank and Bank of Nova Scotia, in Cambridge at the Credit Union, in Greenwood at the Credit Union, Bank of Nova Scotia and CIBC; and in Kingston at CIBC. Income tax receipts will be issued.

14 Wing Library | Serving those who read

Judy McCool & Sophie Beaudin,
14 Wing Greenwood Library

The shorter days and cold nights of winter are upon us! For those moments when you wish to escape the hustle and bustle of the holiday season, visit your 14 Wing Greenwood Library and stock up on some "good reads." We have several new titles by well-known authors available, including "The Whistler," by John Grisham; "The Twenty Three," by Linwood Barclay; "Night School," by Lee Child;

and "Sleeping Beauty Killer," by Mary Higgins Clark. New DVDs added to our vast collection include "Finding Dory" and "Ice Age: Collision Course."

The 14 Wing Library hosts its annual winter/ Christmas craft and bake sale December 12 through 18. We are accepting donations of baked goods and crafts in support of our winter fundraiser, and we will be set up during open hours. Please come on in, browse and enjoy.

Miss Amy and Miss Sandra would like to invite all children Tuesday mornings,

from 10:30 a.m. to 11:30 a.m., to Under the Story Tree. Story time is a great place for stories, songs, crafts and introducing kids to a lifelong library adventure! Come out and meet other parents and children living in the area.

January 24, the 14 Wing Library and the GMFRC will jointly participate in "Family Literacy Day" at 10 a.m. Everyone is welcome to bring their children to the library to listen to stories read by special guest readers and sing some favourite songs.

A reminder the 14 Wing

library is open to both military and civilian patrons. Our shelves house many new release books and DVDs, with more arriving on a monthly basis. Make use of our Seasonal Affected Disorder lamp while snuggling up into one of our big comfy chairs. Enjoy a coffee, tea or hot chocolate as you get lost in a book by the fireplace.

We would like to wish everyone a safe and wonderful Christmas season. The 14 Wing Library will be closed for the holidays December 24 and will resume regular hours January 3.

12 Days of Cookies begins December 5

The staff of Annapolis Valley Regional Library invites you to share in the joy of cookies.

For 12 days in December, staff and the public will be baking – and sharing – recipes and cookies. Each recipe, along with pictures, will be

shared via Twitter, Instagram, Facebook and on the AVRL blog. All branches and the Bookmobile will be taking part in this 12-day cookie extravaganza December 5 to 9, December 12 to 16, and December 19 to 20.

There is also a contest to encourage public participation and a chance to win a "cookie gift bag." Contest rules are available at valleylibrary.ca.

This is a fun way to showcase the library's collection of cookbooks and magazines,

especially during the holidays when many people are baking. We invite everyone to see and taste what we are baking!

Be sure and check out the AVRL Feed Your Mind blog to see which branch will be sharing cookies that day.



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 auroraeditor@ns.alianzinc.ca. 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), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. 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 18												
1	2	3		4	5	6	7	8		9	10	11
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- ACROSS

1. No (Scottish)
4. Heroic tales
9. A way to tend
14. Not or
15. Where rockers play
16. Dutch name for Ypres
17. Ingested
18. A resident of California
20. Unfounded rumor
22. Oats
23. Type of women's coat
24. Life forms
28. Every
29. Alternating current
30. Withered
31. 'Gymnopedies' composer
33. Plate glasses
37. Musical artist ____ DeBarge
38. Before
39. Arrange in steps of size
41. Electron cloud model
42. Morning ____ famed
43. Leonard ____ Swiss mathematician
44. Capital city of Buenos Aires province
46. Snouts
49. Of I
50. Swiss river
51. Perplexes
55. Made angry
58. Precious stone
59. Type of envelope
60. One who believes in reason and knowledge
64. Monitors brain activity (abbr.)
65. Get ____ of
66. Actress Zellweger
67. Spinal muscular atrophy (abbr.)
68. 'Inferno' author
69. Puts together in time
70. Silvery-white metal
- DOWN

1. Civil Rights group
2. Early Slavic society
3. Mammals that lack incisors and canines
4. Blasphemy
5. Israeli city
6. Put this in your hair
7. Black tropical American cuckoo
8. Month in the Islamic calendar
9. Begets
10. Court game
11. Painkiller
12. New Zealand parrot

13. Suffix
19. Egg cells
21. Another name for Thor
24. About pontiff
25. The academic world
26. Raise
27. Civil rights city in Alabama
31. Encompasses
32. Helmet
34. Nostrils
35. Lovable Spielberg alien
36. Divides
40. Ruthenium
41. Preceding all others in time
45. Past participle of lie
47. Fastener
48. Overindulged
52. Ancient lyric poem
53. Ardent supporter
54. Iranian village and Islamic pilgrim attire
56. A fragrant resin obtained from tropical trees
57. Semiotic fertility god
59. Millisecond
60. Cool!
61. 'Take on Me' singers
62. ESPN sportscaster Bob
63. Accommodating place

metro crossword brought to you compliments of

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Christmas hamper applications
Friendly Neighbours' Christmas hamper program applications are available at the following stores: Foodland, Coldbrook; Independent and Foodland, Berwick; Sobeyes, Greenwood; Needs, Aylesford; Pharmasave, Kingston; Bert's, Auburn. All applications must be completed and returned to the store where picked up not later than December 9. Applications will not be accepted after that date.

Story time
Tuesdays, 10:30 a.m.: enjoy "Under the Story Tree" in the 14 Wing Greenwood Library's Children's Room with Miss Sandra and Miss Amy. Bring your little ones to listen to stories, sing songs and enjoy a craft.

Dessert tea and ticket auction
December 5, Berwick Pathfinders and Rangers (Girl Guides of Canada) will host their annual dessert tea and ticket auction at the Waterville Fire Hall, County Home Road, Waterville, Kings County. Doors open at 6:30 p.m., admission for buffet desserts \$5. Ticket auction tickets 10 for \$1, draws start at 8 p.m.

Christmas cookie exchange party
December 5, 10 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts gingerbread boys and gingerbread girls for the sweetest party of the season. Bring three dozen of your favourite homemade Christmas cookies, with seven copies of the recipe to share. Go home with a few of seven other kinds of cookies and their recipes. Hot and cold drinks, lots of holiday sweets. Register at 902-825-4835.

Middleton Writers' Group
December 5, 1:30 p.m., Rosa M. Harvey Middleton & Area Library invites you to write down your thoughts on the current topic, "gender violence," and bring in for presentation and discussion.

Pie sale
December 5, is the deadline to order unbaked, homemade apple and apple and cranberry crisps from the West Dalhousie Community Hall. Crisps are \$6 each (delivers for \$7 a crisp). Orders may be placed on the West Dalhousie Community Hall Facebook page or by contacting Cecile (902-665-2197), Jonathan (902-665-2409), Val (902-665-4056). Crisps will be available for pick up at the hall at 3:30 p.m., December 7.

Christmas craft fun
December 6, 3:30 p.m. to 5 p.m., the Kingston Library is making fun and easy Christmas ornaments

Evening of sound, song as band celebrates Christmas

14 Wing Greenwood Band presents its 2016 Christmas concert Sunday, December 11 at 7 p.m. in the Annapolis Mess, 14 Wing Greenwood.

Joining the band are 14 Wing Greenwood Honorary Colonel Terry Kelly, Andy Duinker, the Kingston Elementary School Choir and the Canadian

with kids age four to seven (parental accompaniment required).

Positive approaches for dementia
December 6, 2 p.m. to 3:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library hosts a workshop with Marcy MacPherson, certified Teepa Snow trainer. Useful for caregivers, friends and all who engage with people living with dementia. Includes a general overview of dementia, information on how to positively approach people living with dementia and techniques for caring for someone with dementia. Register at 902-584-3044.

Book club
December 8, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library book club is reading "The Birth House," by Ami McKay. Bring a favourite mug and join us for coffee or tea and conversation. Register at 902-825-4835.

Concert
December 8, 7 p.m., enjoy Songs of Peace and Light, the North Mountain Chorus' annual Christmas concert, at the Berwick United Church.

Chase the ace
December 9, 5 p.m. to 7 p.m., the Berwick Legion hosts its weekly chase the ace. Supper \$8, desserts \$2. "The Oxbow Mountain crisps" perform in the lounge. Everyone welcome, ages 19-plus.

Christmas crafts
December 9, 3 p.m. to 4:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library. Join us for a Christmas craft with the Lawrencetown Creative Hands Group. For ages six to 12. Register at 902-584-3044.

Christmas lights campaign
To December 9, the Middleton Soldiers' Memorial Health Auxiliary will be holding its annual Christmas Light-a-Bulb sale in

Military Wives' Choir of Greenwood.

This concert is open to the public, as well as military members and their families. Admission is free, with food donations accepted for the Upper Room Food Bank, Kingston.

Please remember to bring picture ID for access to the base.

memory of and honouring loved ones. Memorial light bulbs may be purchased at the Middleton Home Hardware Thursdays and Fridays, 10 a.m. to 4 p.m. These lights and names will adorn a Christmas tree in the lobby of Soldiers' Memorial Hospital through December. All proceeds go to Soldiers' Memorial Health Auxiliary. For more info: Ingrid Crowell, 902-825-3177.

At the Evergreen
December 10, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents Working Class Band: blending elements of soul, blues, R&B and reggae with an inspiring groove, smooth vocals, soul stirring guitar and colourful keys; nominated for two East Coast Music Awards as well as a Music Nova Scotia Award nomination for blues recording of the year. Tickets, \$25, at www.evergreen-theatre.ca or 902-825-6834.

Chase the Ace
December 10, 1 p.m., to 3 p.m.: Chase the Ace at the Royal Canadian Legion Branch 098 in Kingston. Tickets three for \$5. Draw will take place by 3:30 p.m. Must be 19 years of age to play. Public welcome.

Walk
December 10, join the Valley Trekkers Volksport Club for the Kingston Walk. Meet at the Aurora Inn, 831 Main Street (take Exit 17 off Hwy 101, Kingston). Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 5/10km, 1A walk. For further info: 902-765-4051.

Brunch with Santa
December 11, 9 a.m. to 11 a.m., the West Dalhousie Community Hall hosts a brunch buffet with pancakes, scrambled eggs, ham and more! Adults \$5, children five to 12 \$3, preschoolers free. There will be an opportunity to have photos with Santa (photos by Travis Baker). Last chance to

joyous, appreciative people. All Millville community members and surrounding supporting neighbourhoods are invited, free of charge. Contact Candice at 847-0116 for information.

Breakfast
December 10, 8 a.m. to 10 a.m., the Kingston Baptist Church, Main Street, hosts a community breakfast. Freewill offering - come and enjoy traditional breakfast items and healthy choices, such as fruit, yogurt and homemade muffins. All welcome.

Author reading
December 10, noon, the Bridgetown & Area Library hosts an author reading with Seymour Hamilton, "The Hippies Who Meant It." Travel back to the 1960s to North Mountain, Nova Scotia and meet a group of hippies who went back to the land. Hamilton now lives in Quebec but, during the 1960s, he taught at Acadia University. His story is about those who went searching for peace, love and happiness and, in particular, a few who found all three.

Christmas décor house tour
December 11, 4 p.m. to 8 p.m.,

get your 50/ 50 tickets. For more info, call Debbie (902-665-2355) or Cecile (902-665-2197).

Bake sale
December 11, 1 p.m. to 4 p.m., there will be a bake sale at 107 Valley Wing (904 Central Avenue, Greenwood). Come check out the goodies and get a jump start on your Christmas baking. Proceeds support our local Cadet troops.

Concert
December 11, 7 p.m., attend the 14 Wing Greenwood Christmas concert, presented by the 14 Wing Band, and including guests Honorary Colonel Terry Kelly, Andy Duinker, Kingston Elementary School Choir and the Canadian Military Wives' Choir of Greenwood. At the Annapolis Mess. Open to the public, free admission, with donations accepted for the Upper Room Food Bank, Kingston. Bring picture ID for access to the base.

Christmas décor house tour
December 11, 4 p.m. to 8 p.m.,

take in a Christmas décor house tour, presented by Kingston United Church, 733 Main Street, Kingston. Tour will consist of one beautiful church and four private homes and will conclude at Kingston United Church for refreshments. Tickets \$10, available at Kingston Pharmasave or contact Joann, 902-765-0105. Get into the Christmas spirit with this wonderful event!

Bridge party
December 12, 1 p.m., the MacDonald Museum, 21 School St., Middleton; hosts its "Funds for Fuel" bridge party. All levels welcome, light lunch served. Cost is \$5 per person. Come out for a fun afternoon and support your community museum. Call 902-825-6116 for information.

Crafts and bake sale
December 12 to 18, visit the 14 Wing Greenwood Library during open hours for its annual craft and bake sale. Come in and explore your local library!



sudoku

solution page 18								
1	6			3		4		2
	9			1				
	5	8						1
			2			9		
7		5			8	6	2	4
	4				1	3		7
	2			7	9		4	8
		9			6	1	7	
				5	3			

Fun By The Numbers

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

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6 inch Meatball Pizza Veggie Ham or Cold Cuts

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Youth Happenings

Lindsay McCormack, Recreation youth worker, 14 Wing Greenwood Community Centre

The 14 Wing Greenwood Community Centre offers a range of weekly programs for youth. Please be sure to pre-register for any activities you're interested in by calling 902-765-1494 local 5341. Youth Centre activity ages are pre-teen (ages six to 12) and teen (ages 13 to 18).

Monday, December 5
Boys Club, 6 p.m. to 7:30 p.m., boys ages six to 12 are invited to join us for Christmas card making, great for family and friends.

Tuesday, December 6
Tuesdays, 6 p.m. to 7:30 p.m., take in Creative Critters, for youth ages six to 12. Get creative with art and cooking with a different theme each week.

Wednesday, December 7
Active Chicks – 6 p.m. to 7:30 p.m., it's a Just Dance and Zumba party. Bring your gym clothes and indoor sneakers and get ready to have some fun.

Thursdays, December 8 & 15
Drop-in Zumba for youth ages six to 12, 6 p.m. to 7 p.m.

Friday, December 9
YTGF – 4 p.m. to 7:30 p.m. Bring along \$5 for pasta and pinball in the gym!



patrick's puzzle

FOOD SAFETY WORD SEARCH

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

WORDS

BACTERIA CALIBRATION CELLS CHEMICALS CONTROL COOLED CORRECTION	DISEASE DISINFECTANT EQUIPMENT FOODBORNE HANDLING HAZARD	HEATED ICE INTESTINE LEFTOVERS OUTBREAK PARASITES PERISHABLE	PLAN POISONING PREPARATION SANITIZER SERVICE SPOILED TEMPERATURE	THERMOMETER TOXIC TRANSPORT UNCOOKED UTENSILS VIRUSES
--	---	--	--	--

patrick's puzzle brought to you compliments of

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Greenwood Mall
902-765-2415



Camp support

Hardwood Lake Girl Guide Camp would like to thank Rotarians with the Mud Creek Rotary Club (Wolfville) for their generous contribution to their campsite. Their support will help the camp make structural improvements this fall to Paxtu, the covered shelter on the tenting site. The funds come from Mud Creek's successful, weekly toonie lottery, so double thanks to everyone who also contributes their toonie! From left are Rotarian Marilyn Carey, Harvest Trail Area Girl Guides Commissioner Julia Parr, Hardwood Lake Girl Guide Camp campsite volunteer Sara Keddy, and Rotarians Bud Miller, Tom Herman and Barb Lutz. Submitted



horoscopes

- December 4 - December 10

LIBRA - Sept 23/Oct 23

Libra, facing one of your biggest obstacles this week will not be an easy task. However, with a support team behind you, you can overcome this obstacle.
- SCORPIO - Oct 24/Nov 22

Scorpio, you may match wits with someone who shares your stubbornness. But this is a battle that will come out with no winner. Embrace compromise instead.
- SAGITTARIUS - Nov 23/Dec 21

An interesting turn of events shifts your focus from one of your goals to another, Sagittarius. This may be a time of great change, so expect the unexpected at every turn.
- CAPRICORN - Dec 22/Jan 20

Capricorn, if you feel stretched to your limits, start delegating some of your work to others. It isn't a sign of giving up, but rather an indication of your ability to manage.
- AQUARIUS - Jan 21/Feb 18

Conversations with a spouse or loved one can expand your way of thinking, Aquarius. This fresh perspective may be just what you need to see goals through to completion.
- PISCES - Feb 19/Mar 20

Pisces, things within the realm of your relationships may be in flux, but you must take control and figure out how to proceed.

classifieds

Classified advertisements, 35 words or less, are \$8 tax included. Additional words are 10 cents each, plus tax. Bold text \$9, tax included. Classified advertising must be booked and prepaid by 10 a.m. Thursday 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 902-765-1494 local 5699, visit the office, 83A School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi 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 5699, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca 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 auroramarketing@ns.aliantzinc.ca.

crossword solution

AND	SAGAS	STOKE
ARE	ARENA	STER
ATE	CALIFORNIA	ES
CANARD	FAVORITE	
PETIT	PARASIT	
SATIE	PANES	EL
PRE	GRADUATE	COM
AM	EULER	PLAYA
NEWS	ME	AAR
STUPEFIES	RILED	
TOPAZ	MANILA	
RATIONALIST	EEG	
AHOLD	RENEE	SMIA
DANTE	SYNCS	TTIN

sudoku solution

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

patrick's puzzle

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

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APARTMENT FOR RENT

FOR RENT – Down town Middleton, newly renovated, two-bedroom apartment, washer/ dryer hookup. Close to all amenities. Monthly \$595.00 plus utilities, please call 902-825-2338. (3743-4tp)

FOR RENT – Middleton – Two-bedroom apartment, 492 Main Street, \$650/month, utilities included, quiet building, coin operated laundry, rental application required. Please call 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3736-ufn)

FOR RENT – One-bedroom adult apartment, central Kingston, close to everything. Quiet neighbourhood. Non-smoking. Ideal for people on IR. Fridge, stove, microwave. Heat & lights extra. \$625 per month. 902-765-3664. Available immediately. (3743-4tp)

FOR RENT – Three-bedroom apartment, with custom kitchen, in-

cludes washer & dryer plus fridge & stove, lawn care, outside storage, snow plowing. \$750.00 per month plus utilities. Available now. Call 902-844-0432 (Sue) for viewing. (3742-ufn)

FOR RENT – Kingston – 3 or 4 bedroom, well insulated single family home, close to all amenities. Two full bathrooms, hardwood floor throughout, fridge and stove, washer & dryer hook-up, wrap around veranda, large yard in quiet neighbourhood. \$975.00 per month plus utilities. Available immediately. Call 902-765-4748. (3745-2tpb)

FOR RENT – Available December 15, 2016, Victoria St. Middleton. Worry free retirement living at its' best. Two-bedroom apartment, 1100 sq ft living space. Kitchen has 5 appliances. Laminated floors, R2000+ construction, electric heat. Paved driveway. Snow & garbage removal, lawn care included.

Very quiet area, 10 minute walk to all amenities. \$900.00 per month. Call Joan for further information 902-847-1365. (3742-ufn)

FOR RENT – Middleton – Two-bedroom apartment, 28 Taylor Drive, \$600/month, heat, hot/ cold water, coin operated laundry, storage area, rental application required. Please call 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3736-ufn)

FOR RENT – Kingston – Kira Place, beautiful two-bedroom units, \$1,100/month, fridge/ stove/ dishwasher/ microwave/ washer/ dryer, garage, quiet, non smoking/ vaping units. Please call 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3736-ufn)

FOR RENT – Kingston Lincoln Shire Luxury Apartments – two-bedroom, 5 appliance. \$800 per month, plus utilities. Available January 1st. Call 902-840-0683. (3746-ufn)

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

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\$240 a cord, split and delivered. One-year old, seasoned hardwood.
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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; or, email auroraproduction@ns.aliantzinc.ca until 4 p.m. December 14.

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 19 edition - the last one Santa will read before his big Valley visit December 25.



DUPLEX FOR RENT

FOR RENT – Whittington Heights, 55+ community living, spacious 1050 sq ft, two-bedroom unit with 1.5 baths, 5 appliances, attached single vehicle garage, snow and lawn care included. \$1,150 per month plus utilities. Call for additional details 902-765-6371. (3745-10tp)

IN THE COMMUNITY

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

CHURCH SERVICE – New Beginnings Center invites you to our church worship services, 10:45 a.m. Sunday. Bible Study Wednesday at 7:30 p.m. – Social time till 7:30 p.m. Course on Bible titled “Holy Spirit” – Thursday, October 13 at 7:30 p.m. till November 24. Sharing from scriptures and discussion after each session. (3743-4tp)

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Festive events

Middleton Writers' Group

December 5, 1:30 p.m., Rosa M. Harvey Middleton & Area Library invites you to write down your thoughts on the current topic, “gender violence,” and bring in for presentation and discussion.

Christmas cookie exchange party

December 5, 10 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts gingerbread boys and gingerbread girls for the sweetest party of the season. Bring three dozen of

your favourite homemade Christmas cookies, with seven copies of the recipe to share. Go home with a few of seven other kinds of cookies and their recipes. Hot and cold drinks, lots of holiday sweets. Register at 902-825-4835.

Christmas lights campaign

To December 9, the Middleton Soldiers' Memorial Health Auxiliary will be holding its annual Christmas Light-a-Bulb sale in memory of and honouring loved ones. Memorial light bulbs

may be purchased at the Middleton Home Hardware Thursdays and Fridays, 10 a.m. to 4 p.m. These lights and names will adorn a Christmas tree in the lobby of Soldiers' Memorial Hospital through December. All proceeds go to Soldiers' Memorial Health Auxiliary. For more info: Ingrid Crowell, 902-825-3177.

Luncheon

December 10, 11:30 a.m. to 2:30 p.m., the Emmanuel Church, 37 Gates Avenue, Middleton; hosts its annual quiche and salad luncheon

and Christmas bake sale. Shopping is free; lunch is \$6. Miracles Christian Store (from Bayer's Lake) will have a display of gift ideas for sale, with special Christmas baking and gift baskets for sale also. For more info: Sally, 902-825-3087, or Pat, 902-825-3823.

At the Evergreen

December 10, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville, presents Working Class Band: blending elements of soul, blues, R&B and reggae with an in-

spiring groove, smooth vocals, soul stirring guitar and colourful keys; nominated for two East Coast Music Awards as well as a Music Nova Scotia Award nomination for blues recording of the year. Tickets \$25, at www.evergreentheatre.ca or 902-825-6834.

Lions membership drive

The Middleton and District Lions Club is recruiting new members. If you are interested in becoming a member of one of the largest organizations in the world, please call membership chair Terry Gaudet, 902-825-1736, for more info.

Stamp drive

The Middleton & District Lions Club, and clubs all over Canada, saves used stamps to help fund many projects.

Turn in used stamps to a Lion in your local area, or mail to Stuart Crawford, 157 Vault Road, Kingston, NS, B0P 1R0. Please leave at least 1/4” of paper around the stamp; or, just tear them off the envelopes and Lions will trim to size.

Escape Room

Now open at Macdonald Museum, 21 School Street, Middleton. You have 15 minutes to stop the Grinch from stealing Christmas and escape the room. Cost is just \$2 per person, with proceeds to the museum. Work in teams of up to five people. Please call ahead to book a time, or take a chance and drop by. The Escape Room will close December 14. For information, call 902-825-6116 or email macdonald.museum@ns.sympatico.ca.

Christmas Greetings
Thanks for your patronage this year and looking forward to serving you in the New Year.

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Colin Fraser
Member of Parliament - West Nova
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1-866-280-5302

2 George Street, P.O. Box 865,
Middleton, NS B0S 1P0
T: 902-825-3327 F: 902-825-3213

**HOUSE OF COMMONS
CHAMBRE DES COMMUNES**
Confederation Building
Suite 117, Ottawa, ON
K1A 0A6
613-995-5711



Morse field funds

November 17, Kingston Royal Canadian Legion Branch 098 presented \$5,000 to the principal of West Kings District High School in Auburn, Barry Squires, to assist with the construction of the David Morse Memorial Sports Field, next to the high school. At the presentation were, from left Branch President David Geddes, Chase the Ace volunteer James Duguid, Chase the Ace chairperson Ian Clow and Squires. The Legion will continue to assist West Kings through the Chase the Ace project. Submitted

CONCERT DE NÖEL DE LA 14e Escadre

PRÉSENTÉ PAR LA MUSIQUE DE LA 14e ESCADRE
METTANT EN VEDETTE
LE COLONEL HONORAIRE TERRY KELLY
ANDY DUINKER
LA CHORALE DE L'ÉCOLE ÉLÉMENTAIRE KINGSTON
LA CHORALE DE GREENWOOD
DES ÉPOUSES DE MILITAIRES CANADIENS

Le dimanche 11 décembre, à 19 h
MESS ANNAPOLIS • 14e ESCADRE GREENWOOD

Nous acceptons avec plaisir les dons de denrées non périssables que nous remettrons à la banque alimentaire Upper Room Food Bank

Ouvert au public,
aux militaires et aux familles
ENTRÉE GRATUITE

Mark's

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ONE DAY ONLY

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8" WORK BOOTS
SALE \$134.99

*Our regular price. °Excluding gift cards. Offers valid December 10, 2016 only at participating locations. °Check local store for hours of operation. An amount equivalent to the applicable provincial sales tax will be deducted from the total transaction, before taxes. Applicable tax(es) will be shown on your receipt. Selection may vary by store. Regular prices shown are those at which the items have been sold by Mark's Work Wearhouse Ltd. Typographical, illustrative or pricing errors may occur. We reserve the right to correct any errors. To find the Mark's nearest you and for other inquiries, call 1-800-663-6275 or visit marks.com.