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The Aurora

newspaper



DEFENCE
INFRASTRUCTURE

Strengthening our Forces
Building Communities

INFRASTRUCTURE
DE LA DÉFENSE

Consolider nos Forces
Bâtir des communautés

Infrastructure Announcement for 14 Wing Greenwood

By: Captain Scott Spurr

Annapolis Mess, 14 Wing Greenwood, Nova Scotia
The Honourable Peter Gordon MacKay, Minister of National Defence (MND) and Minister for the Atlantic Gateway announces new infrastructure construction projects at 14 Wing Greenwood. Projects include the construction of a new fire hall, hospital, air traffic control tower and fuel compound.

(Photo: Private I Thompson)

The Honourable Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway visited the Wing on Thursday, September 24, 2009 to make an investment announcement for defence infrastructure projects. The overall investment will be more than 66 million dollars and will include a new health services centre, a refuelling tender garage, a new fire hall (construction is all ready under way), improvements to 14 Hangar, an aircraft mobile support equipment storage facility (AMSE) and an intermediate framework distribution building.

As the Minister stated: "These investments represent more great examples of this governments significant contribution to building infrastructure across Canada. These projects provide the facilities and the modern accommodations that the Canadian Forces deserve."

The new health services centre will be a two story, 4,473 square meter building that will provide up to date medical, dental and mental health services to Wing personnel. Construction is slated to start in the early part of next year.

A 2,495 square meter refuelling tender garage will be built to store and maintain airport refuellers. The current forty-two year old facility is old and an out of date and needs to be replaced. The new building will be built sometime in the future.

The construction of a new fire hall (between Hangars 5 & 7) for the Wing commenced earlier this month (with completion slated for June 2010) and the new one will house updated administrative, training, operation and domestic features necessary for a modern fire department. There will also be more and larger bays for fire fighting equipment which

will be able to accommodate the new fire trucks that the Wing will be receiving soon. The new location will also reduce response times for the fire department due to better access to the air field.

Hangar 14 that is home to 413 (Transport & Rescue) Squadron will have its roof raised in order to accommodate various aircraft such as the CC-130 Hercules Transport plane. Construction is currently underway.

The remaining projects include a new AMSE storage facility which is important for the operations of the CP-140 Aurora Long Range Patrol aircraft and an intermediate distribution framework building.

All of the above projects will create employment opportunities for local contractors and labourers and the Wing looks forward to the completion of them and the updated capabilities they will bring.

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October is Women's History Month in Canada

Source: Status of Women Canada website

Proclaimed in 1992 by the Government of Canada, Women's History Month provides an opportunity for Canadians to learn about the important contributions of women and girls over time to our society – and to the quality of our lives in the 21st century.

Canada is in the final stages of preparing to host the 2010 Winter Olympics and the Paralympics in Vancouver. Inspired by the women and girls, past and present, who excel in winter sports, the Government of Canada has chosen **Women in the**

Lead: Winter Sports as this year's theme.

In 2008, in recognition of the contributions of Canadian women and girls in all areas of human endeavour, we introduced the over-arching theme of **Women in the Lead**. This year, with the Winter Olympics and Paralympics around the corner, we honour the women athletes who have followed their dreams to become champions, who have rejected stereotypes and charted the course for other female athletes to follow.

Canadian women and girls have a long history of excellence

in winter sports and we take pride in their individual achievements as well as their extraordinary commitment – to their sports, their teams and their country. We stand firmly behind our 2010 Olympic athletes as they prepare, once again, to make history.

For more information please visit www.swc-cfc.gc.ca

Information for 14 Wing military and civilian employees about the Combined Advisory Group, please contact Rita Jardine at local 5384 and Lt Nadia Kang at local 3801.

Muscular Dystrophy Boot Drive



On the morning of October 08-09 the Wing Fire Services will once again be conducting the annual Muscular Dystrophy Boot drive. Firefighters will be located at all three entrances to 14 Wing carrying firefighter boots to collect donations in support of the MD campaign. This year we are hoping to beat the \$2246.66 total donated last year for this worthy cause. Your generous donations allow the Muscular Dystrophy Services Team to assist families in need of funding for essential mobility equipment, disorder information and education, as well as advocacy and support. Muscular Dystrophy Canada also funds leading research to find treatments and cures for 100 neuromuscular disorders.

ZX Cycle and Run Club

Looking for running buddies?

Summer is now over but you still want to enjoy the outdoors.

Why don't you come running with us!

Sunday morning run 8:00 a.m., meet at Needs in Greenwood, next to McDonalds You pick the distance from 8K to 17K!

5K Prediction run, 4:00 p.m. on Tuesdays at the F&S Center. Bring a loony and if you are the closest to your predicted time, leave with the pot! ...No watches allowed of course.

Thursday, 4:00 p.m. group run, meet at the F&S Center.

All you need is a pair of running shoes and a smile to have fun this fall!

If you have questions, please feel free to contact Rose at local 3618 or Pam at the F&S Centre local 5108.

Stress Management Workshop 14-15 October

If you are interested in taking a relaxing 2 day Stress Management workshop on

14-15 October from 0830-1530 at the base gym Lisa White will be facilitating on behalf

of 14 Wing Health Promotion. This 2-day workshop will support participants in their identification of the strategies that they already use and those that they will begin to implement in order to optimize their resiliency to stressors. During the two days, participants will practice relaxation exercises as well as identify stressors in their lives and begin action planning in order to improve their coping mechanisms for stress. This program is *free* and open to military members and their spouse. NPF and DND employees are also welcome to attend.



Image: Department of National Defence

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Military Family Home-Based Business Group (MFHBBG)

Are you a military dependent who runs, or would like to run, your own home-based business? Join MFHBBG to network with other home-based business entrepreneurs in the military community. It's a great opportunity to learn from and share with others who are running a business from home within the unique military lifestyle.

For more information, please contact Kristen Lawson, Coordinator of Education and Employment Services 765-1494 local 1816 Kristen.Lawson@forces.gc.ca



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Comprehensive Financial Assistance Today... for a Better Tomorrow

Submitted by: Communications and Marketing Department, SISIP Financial Services.

In today's financial environment, with challenging times being felt by many Canadians, Canadian Forces (CF) members are no exception and having the proper insurance coverage as well as adequate guidance in planning your finances may be more relevant than ever.

Financial counselling provided by SISIP Financial Services (SISIP FS) for example, is not only for those CF members and families who need help now; it is also a very effective tool to determine where you stand financially. A simple budget can quickly bring to light unwise spending patterns, which may otherwise go unnoticed. By taking a look at your income and subtracting your monthly fixed and variable expenses, as well as your debt payments, one can see what funds remain at the end of the month. This surplus can be used to pay down high interest debt or to save for a rainy day. Every family's situation is unique; a financial counsellor is there to help you fulfill those financial goals and objectives specific to your situation.

Simple adjustments to your lifestyle such as cutting down on restaurants, or buying that morning coffee can save a significant amount of money over time – buying just one coffee daily can add up to \$45 per month, \$540 per year! Fine tuning your finances can also save you money; try looking for better deals for your home phone, cell phone or television/internet packages.

The experience and expertise of a SISIP FS financial counsellor can shed light on a particular situation that your family has been dealing with. They can also be instrumental in providing constructive guidance and advice as to the best use for supplemental income such as a CF member's deployment allocations, setting up automatic payment plans for the family to help ward off unforeseen expenses.

Our financial counsellors also have access to the Canadian Forces Personnel Assistance Fund's (CFPAF) loans and grants. Basic eligibility requirements can be found online at www.sisip.com and in more extreme situations, where larger loans are required, the member may apply with the help of a

counsellor; these requests are dealt with on a case by case basis.

Whether you need term life insurance or your current coverage no longer meets your needs; perhaps you are thinking of setting up a Tax Free Savings Account (TFSA), RRSPs or need guidance to set up an investment program; or you and your partner may simply want to develop a plan and household budget, consider seeking the help and advice of a SISIP FS financial counsellor, a certified financial planner (CFP) or a licensed insurance representative. This solid team of professionals will work together with you to help you reach your overall financial objectives and help secure your financial well-being and that of your family.

This article is for general purposes and reflects solely the opinion of the writer.

Fire Prevention Week – October 4-10, 2009

Public safety is a top priority in 14 Wing Greenwood. Residents must take action to prevent fires and to protect themselves if fire strikes. The Fire Prevention Week 2009 theme "Stay fire smart, don't get burned" is an important reminder for all citizens.

Awareness of simple safety practices can help lower fire deaths and injury rates. Working smoke alarms on every level, an uncomplicated home fire escape plan and regular drills are essential for every household. The Fire Prevention week is commemorated across North America and supported by the public safety efforts of fire services, schools and other safety advocates, in conjunction with National Fire Protection Association.

I call upon the people of Greenwood to remember the Fire Prevention Week 2009 theme for this year "Stay fire smart, don't get burned" and



Wing Commander Colonel Bill Seymour and Wing Chief Warrant Officer Jim Jardine with Wing Fire Chief Chief Warrant Officer Ken Ochitwa Proclaim the week of October 4-10 2009 as Fire Prevention Week.

urge all citizens to heed the advice to install smoke alarms and change batteries on detectors this week. previously installed smoke

Military Police Outreach

By: Sgt Wendy O'Quinn, 14 Wing MP Detachment

When you visit the Military Family Resource Centre, you may be wondering why there is an increased presence of the Military Police. The 14 Wing Military Police, with the gracious acceptance of the MFRC, will be spending more time at the MFRC as another avenue of outreach to the community. Our plan is to frequent there during the morning hours, at least once

a week, to be available to the community. It may be utilised as a means to bring up concerns you have within the community or simply to get to know what services the MP Det can provide. Upon request, we can provide information on various topics to include safety pamphlets and court information. The members of the 14 Wing Military Police are looking forward to meeting you at your convenience.

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PSP Corner

Turn over a new leaf this fall with the 14 Wing Community Centre

It is now officially fall and although our summer programs have wrapped up, our fall programs are just beginning.

Our ongoing Pre-Teen programs such as our Boyz Club, Active Chicks, movie nights, etc are still offered weekly for ages 9-12. Our ongoing Teen based programs such as our Teen Activity, Teen Council, movie nights, etc are also offered weekly for youth

with Fitness Program, as a result of the great response we received from the two previous courses. The 14 Wing Community Centre will offer another special 4 week Fun with Fitness program for FREE. This program will be instructed by Josh Leddicote, a Fitness and Sports Instructor at the 14 Wing Fitness and Sports Centre. Fun with Fitness is intended for anyone between the ages of 12 and 15, who are too young to currently use the gym. Or any 16 to 18 year olds who would like to learn more about active living, and receive additional training and information on operating the exercise equipment safely.

The fun 4-week program will also provide the participants with a thorough introduction to active living, goal setting and exercise maintenance, as well as weekly classroom lessons and hands on practical training! The goal of the program is that by the end of the 4 weeks, you'll be able to not only operate the equipment at the Fitness and Sports Centre but also work out unsupervised. Plus, at the end of the program you should even be able to put your own program together!

This program is an excellent way for you to improve your strength and conditioning, and is also a great way to train for all sports programs offered later this fall or winter. Please note that the dates of the program will be determined next week,

so continue to check the Aurora for our next announcement and all participants will be required to have a 14 Wing Community Recreation Card. If you have any questions about the program or want to find out more or would like to register, please call Eric MacKenzie at 765-1494 ext. 5337.

New youth programs include partnering with Stacy Hanninen, Primary Care Dietician at the new family practice clinic, to offer an exciting after school program for Teens (13-18). This program, which will be held on Tuesday October 13th from 3:30 until 4:30 p.m. at the Community Centre, is designed for those who want to learn more about healthy eating and healthy snack ideas. For more info please contact Megan LeMoine at 765-8165.

Another After School Program is underway at Dwight Ross School, every Thursday, for any of their students who are between grades 3-5. If you're looking for an After School program, and not a student at Dwight Ross, then you can register to join the After School Bowling Program at the 14 Wing Bowling Centre. This program will be offered every Monday and Wednesday, starting on October 5th, from 3:00 - 4:30 p.m., and each participant will receive pizza and a drink. This program is for Pre-Teens and Teens who are interested in bowling, wining prizes, having pizza and a drink for only \$7 per session but you must pre-register. For more info and to

register, please contact Megan LeMoine at 765-8165 or Tim Martell-Norman at 765-1494 ext.5631.

The 14 Wing Bowling Centre's Intersection League is also underway and takes place every Thursday afternoon. For more information or to sign up, please contact Tim Martell-Norman at 765-1494 ext. 5631.

The 14 Wing Community Centre offers lots of great family trips to the Zoo, Brier Island Whale Watching, the Putting Edge in Halifax, Ski Martock, etc. This fall we have organized a family trip to Noggins Family Farm, New Minas, on Sunday October 25th. Noggins Family Farm has an amazing corn maze that is 9 feet tall and stretches 8.5 acres! The farm also offers a rope maze, duck races, washer toss game, puzzle mazes, the barnyard adventure area and a wagon ride. The bus will depart from the Community Centre at 1:00 p.m. and return at 6:00 p.m. All of our trips are only available to military members, their families and those who have 14 Wing Community Recreation Cards. These trips are always reasonably priced as a result of the great support from 14 Wing TEME. Please note that payment must be received to register. For more information, please contact Megan LeMoine at 765-8165 or Eric MacKenzie at 765-1494 ext.5337.

Now that the fall has arrived, we can finally start to once again enjoy another hockey season and Halifax Moosehead Tickets! The 14 Wing Community Centre has four lower bowl tickets,

available to anyone with a 14 Wing Community Recreation Card, for all regular season and playoff home games. The Mooseheads compete in the QMJHL and the cost of each ticket is \$14.00. The four seats are located together in row G (7 rows up) of section 5. If you're interested in seeing The Herd play, please call soon since these tickets are sold on a first come first serve basis and we require a full payment to secure each order. For more information, please contact 765-1494 ext. 5341, 5337 or 5331.

Speaking of hockey, Free Public Skating will once again be offered to all 14 Wing Community Recreation Card holders and is scheduled to start on October 17th. The time slots will be the same as last year, with a Public Skate being offered from 7:00-8:00 p.m. on Saturdays and 11:00 a.m. -12:00 p.m. on Sundays.

When you think of hockey, you naturally have to think of winter and the white stuff that will be falling from the sky in the next month or two. However, as sad as it is to think about snow this time of year, the 14 Wing Community Recreation Card provides you with a discount at Ski Martock! This ski skill is located roughly an hour away outside of Windsor and will once again offer day lift tickets for adults and youth ages 6-15 for \$15.00 and only \$10.00 for children 5 years and under. If you have the desire to sky but do not have the necessary equipment, Ski Martock offers a \$22.00 per day equipment rental for adults and only \$20.00 a day

for youth under 15 years of age. These discount coupons are available at Ski Martock! To contact Ski Martock, please call 902 798 9501.

Lastly, since the fall is here, most of our 14 Wing Clubs are now active or taking registration for the upcoming season. In order to join one of our nearly 30 clubs on base, you require a 14 Wing Community Recreation Card. Please note that if you are interested in only joining one club then a One Activity pass is available to become a member of only the golf club, minor hockey, swim club, etc. Plus some clubs also charge an additional nominal membership fee.

A 14 Wing Community Recreation Card allows you to access the 14 Wing Fitness and Sports Centre during selected times. Accessing the Fitness and Sports Centre will allow you to take advantage of all of the great cardio and weight room machines and equipment, as well as the indoor pool, walking track and gymnasium. This is an excellent way to stay in shape and active during the cold and dark days of fall and the upcoming winter season. If you are interested in learning more about the over 15 benefits of having a 14 Wing Community Recreation Card or inquiring about one of the three membership fees that would apply to you, simply call the Community Centre at 765-1494 ext. 5341, 5337 or 5331.

Have a safe and active fall, and please pass along any program ideas or suggestion that you may have!

between the ages of 13-18. We have recently received a new 40" flat screen TV and large air hockey table, so be sure to come in and check out our new additions. However, please note that the 14 Wing Community Centre is now closed at 10:00pm on Friday and Saturday nights, with the exception of our monthly Teen dances.

This fall will also see the return of our popular Fun

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GARC News and Views - Flea Market on 17 October

By VE1RCF

The Greenwood Amateur Radio Club will be holding its annual flea market at the Greenwood Community Center again this year. This is designed for and by amateur operators, and consists of radios, computer parts, electronics, and an assortment of other items of interest to the Ham world. You won't find clothing, dishes, or other household item here, BUT you will find a lot of amateurs who will talk about their Radio Room, and other such topics. The doors open at 8:00 a.m. for sellers only, and at 10:00 a.m. for the general public. Our club is trying to help our youth this year by having them staff the canteen during the flea market. Brats and hotdogs will be available, along with a few other sweets, coffee and soft drinks. Please try to attend, and meet your fellow Hams.

If you are interested in helping you're your local community with communications, please contact our club. You don't have to be a club member to participate, but we would like you to support a club. It is times of distress that volunteers come to the aid of overburdened EMO staff. You can do your part by volunteering.

The Greenwood Amateur Radio Club holds monthly meeting on the first Thursday of each month in the community center conference room, at 7:00 p.m., and we hold "Tinker" nights on the other Thursday evenings. Come out and meet the "Hams". For more information contact VE1RCF Brian at 765-3028, or any of our club members. Check us out at <http://greenwoodarc.org>. Until next time, good listening.

Under The Story Tree

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Tuesday October 6th, 2009

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Call the professionals at **CLEAN TECH** to give you the gift of time!

(902) 242-2706 or (902) 760-0012
nicana@eastlink.ca



14 Wing Long Term Capital Plan Gains Momentum

Significant progress has been made towards implementing a number of projects on the 14 Wing Long Term Capital Plan for Infrastructure. The plan is managed by the Construction Engineering Section and consists of construction projects valued at over \$1M. At present, work has started on a major project to raise the roof on 14 Hangar to accommodate the CC-130 as well as a project to construct a new Fire Hall, which will be located between hangars 5 and 7. Moreover, there is a project out to tender for the construction of a new Intermediate Distribution Framework bldg to support the increased communications requirements of the Wing.

In addition to the four projects above, the Wing is anticipating receiving approval/construction funding in the near future for construction of a new

Health Services Facility for the Wing as well as a new Refuelling Tender garage. Work on these six projects is should start this fiscal year and continue into 2011 with an "irreversible momentum".

In future years 14 Wing Greenwood should see construction of a new Air Traffic Control Tower, a complete retrofit of the Hornell Centre and construction of a new single bay SAR Ready Hangar for 413 Squadron. These projects are currently in various stages of design but we do hope to see construction start on the Air Traffic Control Tower next fiscal year as a minimum. It is an exciting and extremely busy time for the Construction Engineers here at Greenwood, and it is with great enthusiasm that we look forward to the challenge of modernizing the infrastructure at the Wing.



Reality Asset Development Plan
FY 09/10 - FY 10/11
14 Wing Greenwood

Air Traffic Control Tower



Refueling Tender Garage

Health Care Facility



Fire Hall

Thank You

The Kingston & District Health Auxiliary has embarked on another year of fundraising for Annapolis Valley Health projects and our 2009/2010 year has started with wonderful results. We would like to extend a sincere thank you to all who supported this season's first Coffee Party in September and our "Ticket Auction" held this past weekend, September 26th. We could not put together successful auctions without the wonderful donations received from individual donors, and

"especially" not without the support of our local business community. Last, but not least, none of these fundraisers would happen without our Volunteers. Thank you everyone. The results are as follows:

- Coffee Party: Sept. 18 - raised: \$300.00
- Ticket Auction: Sept. 26th - raised: \$1,210.05
- Don't miss our next Coffee Party & Silent Auction, Friday November 20th from 0930 - 11:30 (Kingston Fire Hall) where the winner of our "Quilt Lottery" will be drawn as well.



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, November 2, 2009



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 539 Kingston, NS B0P 1R0 Tel: 765-4541 kgchb@eastlink.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 Earncliffe Ave. Wolfville, NS B4P 1X4 Tel: 542-1244 ekchb@avdha.nshealth.ca
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*Funds provided by Health Promotion & Protection

CHBs are the Eyes, Ears and Voice of our communities!

www.avdha.nshealth.ca/community



Best Western Aurora Inn

765-3306
831 Main Street, Kingston, Nova Scotia

Thanksgiving Buffet

Sunday, October 11th, 2009
11 am 'til closing



Fresh Rolls

Salads

Home Baked Beans

Roast Turkey

a traditional favorite, with apple & pecan sage dressing

Roast Hip of Beef

carved at the buffet, served au jus

Duchess Potatoes

Buttered Almond Green Beans

Glazed Baby Carrots

Roast Butternut Squash

Seasoned with Fine Herbs

Pies, Pastries and Cakes

Tea or Coffee

\$17.95

Plus Tax

per person

\$7.95

Plus Tax

children under twelve

Capt Al Arbuckle Receives a CO's Commendation from Maj Russ Defer, CO MP&EU

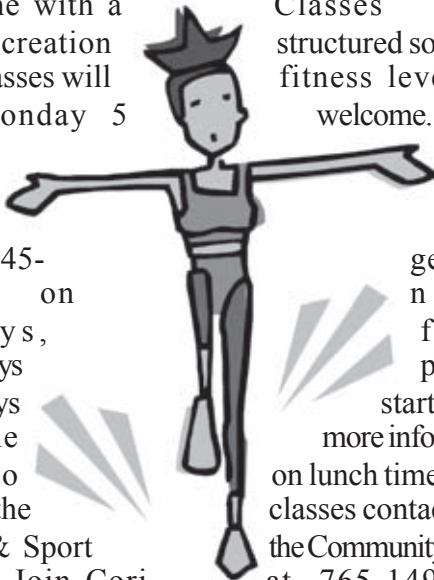


Each year, former members of the Maritime Proving and Evaluation Unit (MP&EU) return to Greenwood for a reunion. This summer saw the 50th anniversary of the formation of MP&EU and to celebrate, this year's annual reunion was bigger and better than ever. To organize such an event needed careful and meticulous planning. Capt Al Arbuckle was chosen as the OPI to lead a team of MP&EU personnel to plan and execute this demanding mission. Due to his hard work, leadership, managerial direction and enthusiasm, the celebration was an outstanding success bringing plaudits from all who participated. In recognition of this success Capt Arbuckle was awarded a CO's Commendation from CO MP&EU for all his efforts in bringing about an event that will be remembered for many years.

Free Lunch Time Classes Are Back

Fall is here, the start of a new season and so is a new season of lunch time classes at the Fitness & Sport Centre. The lunch time team is excited to be able to offer FREE classes to anyone with a valid Recreation Card. Classes will start Monday 5 October and will be held from 11:45-12:35 on Mondays, Wednesdays and Fridays in the cardio room at the Fitness & Sport Centre. Join Cori, Adrienne, Helen and Jill for

a whole lotta fun and a whole lotta sweating. The classes being offered include Step, Cardio Kick, Booty Bootcamp, Hi/Lo, Body Sculpting, Brazilian Dance and much more... Classes are structured so that all fitness levels are welcome. So why not try it out and get your new fitness program started. For more information on lunch time fitness classes contact Jill at the Community Centre at 765-1494 ext 5331. See you at Class!



YOU AUTO KNOW

~ So ... Do I Still Need Rust Proofing ~

Temperature changes from cold to hot... freezing and thawing is devastating to the seams and spot welds of a vehicle. Trapped moisture freezes and the expansion of the crevice ruptures the paint and creates a cavity that only needs the warm sun to cook the rot. In Canada and Northern USA, the answer is a definite YES you need rust proofing.

Steve Boutilier, Service Manager for Canadian Tire, Greenwood says corrosion FREE protects your vehicle against damage caused by severe temperature changes, acid

rain and winter driving conditions.

Steve says, it actually terminates rust and corrosion in all metals; it protects vinyl and plastic surfaces from UV rays and improves the function of moving parts through lubrication.

At a Corrosion FREE Zone, your vehicle receives the "in depth protection" of Formula 3000 and CSC850. It's so good that our long-term customers in Newfoundland and Nova Scotia, where salt is a year round problem have named it the *Cure for Rust!*

For more information contact Steve and his staff at the Greenwood Canadian Tire store.



For days like today™

CANADIAN TIRE

Greenwood
730 Central Avenue

Auto Centre
Mon-Fri 8am-5pm
Sat 9am-12 noon
Sun Closed

902-765-6337

Starting the first week of October the Service Bay will be open Thursday & Friday Nights.

Corrosion Free Underbody Rust Cure **\$49⁰⁰**

Essential Rust Cure **\$89⁰⁰**

Complete Rust Cure **\$129⁰⁰**
on most vehicles

Get \$20 off the **Complete Rust Cure Package ONLY** with this ad.

See story for details.
Greenwood location only.
Offer Expires October 12, 2009.

canadiantire.ca

For days like today™



Des services financiers complets aujourd'hui... pour un avenir meilleur

Par : Service des communications et du marketing, Services financiers du RARM.

Vu le panorama financier d'aujourd'hui, de nombreux Canadiens connaissent des temps difficiles, et les membres des Forces canadiennes (FC) ne font pas exception. Pour cette raison, il est plus pertinent que jamais de se procurer une bonne couverture d'assurance ainsi que des conseils spécialisés afin de planifier vos finances.

L'objectif du counselling financier des Services financiers du RARM (SF RARM), par exemple, n'est pas uniquement d'aider les membres des FC et leurs familles qui ont besoin d'une assistance immédiate, c'est également un outil très efficace pour vous aider à déterminer où vous en êtes avec

vos finances. Un simple budget peut révéler de mauvaises habitudes dans vos dépenses, qui autrement auraient pu passer inaperçues. Pour savoir combien il vous reste d'argent à la fin du mois, soustrayez de votre revenu toute dépense mensuelle fixe et variable ainsi que vos paiements au remboursement de vos dettes. Le montant restant peut servir à rembourser les dettes à taux d'intérêt élevé ou être mis de côté en prévision pour l'avenir. Chaque famille présente une situation bien spécifique; le rôle d'un conseiller financier consiste à vous aider à réaliser les objectifs financiers propres à vos circonstances.

De légers changements dans votre style de vie, tel que réduire vos sorties au restaurant, ou vous passer de votre « Latte »

du matin, peuvent représenter des économies importantes au bout du compte – l'achat d'un seul café par jour peut signifier près de 45 \$ par mois, soit 540 \$ par an! Vous pouvez aussi économiser en passant vos finances au peigne fin; essayez d'obtenir de meilleurs tarifs pour vos forfaits de téléphone résidentiel, cellulaire, câble et services Internet.

Le conseiller financier des SF RARM met toute son expérience et son expertise à votre disposition afin de vous éclairer quant à cette situation particulière que vous et votre famille venez de traverser. Il peut également être d'un grand secours en offrant une orientation et des conseils constructifs sur le meilleur usage d'un supplément de revenu, telles les allocations pour le déploiement d'un membre des FC, en établissant un régime de prélèvement automatique, permettant à la famille d'économiser pour faire face aux dépenses imprévues.

Le conseiller financier a également accès aux prêts et subventions de la Caisse d'assistance au personnel des Forces canadiennes (CAPFC). Les critères d'admissibilité de base sont énoncés au www.sisip.com. Dans des cas plus sérieux, où il est question d'un prêt plus élevé, le membre des FC peut présenter une demande auprès de la CAPFC avec l'aide d'un conseiller. Ces demandes sont examinées au cas par cas.

Que vous ayez besoin de souscrire une assurance vie temporaire, d'élargir votre couverture pour mieux répondre à vos besoins, d'établir un compte d'épargne libre d'impôt (CELI) ou un REER, d'obtenir des conseils pour composer un portefeuille de placements ou dresser un plan et un budget familial avec votre conjoint, songez à demander les conseils et l'assistance d'un conseiller financier des SF RARM, d'un planificateur financier agréé (CFP ou Pl. fin.) ou d'un représentant en assurance agréé. Leur équipe de professionnels dévoués travaillent de concert avec vous pour vous aider à réaliser l'ensemble de vos objectifs financiers, et assurer votre bien-être financier et celui de votre famille.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

Come to the 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

Here at the Centre there are so many activities for pre-teens (9-12) and teens (13-18) like; Boyz Club, Active Chicks, Dances, Teen Activity, Movie Night, Wii

Games Night, Fun Trips, and weekend tournaments, just to name a few. The Community Centre is open to everyone; military and non-military. If you don't have a pre-teen or teen membership come and sign-up! A pre-teen membership is only \$6 and a

teen membership is only \$12.00 for the year. If you have a Rec.Card then your membership is free! With the membership you can come during the Drop-In hours for free! Some things we have here at the Centre are; Pool tables, fooseball tables, New

Air Hockey Table!, computers, Play Station 2, Wii, Rock band, new Flat Screen and tons of gym equipment! If you're new to the area come to the 14 Wing Community Centre to see all the cool stuff we have and become a member!



U-pick Apples & Pears

.50¢ a lb. This Week Only!

Come and enjoy Live Music! Try the fresh baking and the not-turkey lunches. Take a guided tour on a wagon through the orchards and learn while you pick, or just enjoy the view.

Dempsey Corner Orchards U-Pick and Farm Market
Open 7 days a week (yes that includes Sundays) 10:00 a.m. until 5:00 p.m.

Just North of Exit 16 and follow our Signs

For more info call 847-1855




Don't just flip over your finances ***

Ne feuillotez pas vos finances du bout des doigts ***



1-800-267-6681 • www.sisip.com • Greenwood: 902-765-6714



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

TENDER 09-25

Public Works Roof Replacement

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders to repair the roofing system at the Public Works Repair Shop located at the Municipal Complex in Kentville, NS. The work includes the removal and disposal of the existing roofing system on the peaked section and flat roof section and design and installation of new roofing system on the peaked roof and flat roof sections.

There will be a mandatory pre-tender meeting at 10:00 am local time Tuesday, October 6, 2009 at the project site. Tenders received from parties who did not attend the pre-tender meeting will not be considered.

Specifications and tender forms may be viewed and picked up at the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tender documents may be viewed at the offices of the Construction Association of Nova Scotia located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Tammie Bezanson, tbezanson@county.kings.ns.ca or (902) 690-6113

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, October 15th, 2009

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

Tel: (902) 690-6195 Fax: (902) 679-0911
Local from Kingstons & Greenwood (902) 847-3051
Toll Free: 1-888-337-2999
www.county.kings.ns.ca

14 Wing Library - Serving those who read!

By: **Judy McCool and Liz Tappen**

AVM Morfee Centre, Greenwood - 765-1494, local 5430

Hello from your local library. Wow! Where did September go? We had a fabulous time at the Wing Welcome and the winner of our door prize was Mr Rowbotham who received a \$25. gift certificate from The Inside Story. Thank you Ed and Anne for your donation. It was great to have so many people taking time to visit our booth. Now here we are at October with Thanksgiving and Halloween just around the corner. Before that though, there are several happenings at the Library in October that we want to let you know about right off the bat.

Our *Giant Book Sale* will take place on in the Thur, Fri and Sat, Oct 1, 2 & 3 AVM Morfee Gym; but, before we can open the doors to this sale we are in need of help to load/unload tables at 2 Hangar and AVM Morfee

Centre. If you can give us a hand we will be forever grateful. Time needed is 1 pm on Weds 30 Sep 09 and again on 7 October. Contact the library at 765-1494 ext 5430 or drop in to see us. Thanks. The organizing of this book sale is being led by Kaye, our Tuesday volunteer. Thanks a million Kaye!

There will be a *temporary* closure of the library on Wednesday 30 Sep to allow us to set up for the book sale. The 24 hr phone line will be open and the drop box will also be available. We will be back in business on Friday 2 October.

Sunday Opening will commence on 18 October with a revised time of 1:30 pm to 4pm. This is a great opportunity for families to pay us a visit.

Story Tree will commence on Tues 6 October at 1030 am. Pre-schoolers are welcome accompanied with an adult. Our story lady will be Miss Donna.

Please call the library at

local 5430 to register your child so that we have enough craft materials for everyone. Thanks so much!

Overdue Books – We have recently sent out some letters reminding patrons of their overdue books. Please check under beds, on shelves and in closets for any borrowed books that you have FORGOTTEN to RETURN to 14 Wing Library as fines add up quickly!! We have a 24 hour drop box for your convenience but actual fines must be paid during open hours. Thank you in advance.

Library Hours*

Monday - 1-5 pm & 6-8pm
 Tuesday - 10am-1pm & 2-5pm
 Wednesday - 1-5pm & 6-8pm
 Friday - Noon-4pm
 Sunday - 1:30 pm-4pm - Starting Oct 18th, 2009

*Special Note- "Under The Story Tree" story hour will start on Tuesday October 6th, 2009 at 10:30 in the Children's Room in the

library. Please call to register your little ones, local 5430

Thank You - The 14 Wing Library has a great team of volunteers who do many jobs to make the library a better place. Our newest volunteer, Ali, has helped immensely with the organizing of our French Adult fiction and also in covering books. We really appreciate that Ali is bilingual and willing to share her knowledge.

Congratulations to Adrian who has recently received a promotion in his military career. We appreciate his volunteering with us too!

Books for October - Fiction:

The Sea/John Banville
 Blood Royal/Vanora Bennett
 Finger Lickin' Fifteen/Janet Evanovich
 Still Life/Joy Fielding
 The Spare Room/Helen Garner
 The Love Season/Elin Hilderbrand
 The Lost Garden/Helen Humphreys

The Devil's Punchbowl/ Greg Iles
 Just After Sunset/Stephen King

Black Hills/Nora Roberts
 Summer Pleasures/Nora Roberts
 An Irish Country Doctor/Patrick Tayloe

Non-Fiction:
 China – Eyewitness Travel
 Trash to Treasure/Leisure Arts
 Better Homes & Gardens- Christmas Quilts & Afghans
 100 Weekend Cross-Stitch Gifts/Banan Designs

En francais: 200 Recettes Faiblesen Glucides Par La Mayoteuse
 Un Marriage de Convenance/Kathleen Woodiwiss
 Les Marchands d'espoir/Helen Potvin

DVD – Body of Lies and The Lion King 1 ½.
Library Services
 14 Wing Library has three community access computers – two with internet access and one for word-processing. Computers

are booked in ½ hour sessions on a drop-in basis or by phone reservation, 765-1494 ext 5430.

Membership – A reminder to all, that 14 Wing Library is a public library open to military and civilians. Membership is free, but the benefits are priceless. We invite all our registered patrons to visit us but if you're not already a member, drop in and sign up to enjoy your local library.

Reading Opens Doors! So come and open the doors to 14 Wing Library.



The Informant

Rated 14A
 Starring Matt Damon
 1 hour 48 minutes

Showing 8:00 p.m.
 Sunday through Thursday
 Oct 4 - Oct 8

Pre-Paid Cards Available

Buy 8 Admissions for \$40
 Buy 16 Admissions for \$75
 & SAVE, SAVE, SAVE

Dolby EX Digital Sound
www.zedex.ca

Emergency Childcare – Do you have a childcare plan?

Submitted by: **Kim Dixon, GMFRC**
 Coordinator of Child and Youth Services at 765-1494 local 1812

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide CF families with the tools & resources you need to prepare for the challenges & emergencies this unique lifestyle may bring. In order to support the CF member's ability to be available for operational duty, the family's needs must be acknowledged & identified so we can prepare ourselves for emergency situations. For those CF families with children, Emergency Childcare Services will offer you the resources you need for emergency preparedness.

This childcare plan is *not* the same as the "family care plan" form you are required to have on file with your unit. Our Childcare Plan requires more information- is used as a tool in preparing for the family's emergency childcare arrangements- and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family emergency
 - When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable
 - When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation
 - When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation
 - When there is a need for respite childcare due to the total family situation- including the CF member's work commitments
 - When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with DMFS)
- If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim.

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre

- Are you involved in a conflict in the workplace and unsure of how to handle it?
- Do you have issues with a work situation that you want resolved?
- Do you want to know how to approach a co-worker during a dispute?

Maj. Bob Sealby

Call 5530

Call DRC Coordinator Maj. Bob Sealby for assistance or visit the Greenwood Dispute Resolution Centre (DRC) at the AVM Morfee Centre (MFRC), School Road or for a DRC nearest you National Phone Number: 1-888-589-1750

DRC services are available to all Regular and Reserve Force members, Civilian and NPF employees, and members of the Cadet organizations.

Greenwood Curling Club

Fun Night is Back

Friday, October 16th
7:00 p.m. • \$5.00 Per Person

Door Prize
Non Curlers
Welcome
Bring a Friend

Get off the couch and join us!

Membership Not Required

Call Brian Campbell if you need details 765-4543

DEADLINES

for The Aurora Newspaper are as follows:
 12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material MUST be typed and MUST be accompanied by an electronic/digital (MS-Word@file) and a printed hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday.
 Or E-mail us at aurora@auroranewspaper.com

Kingston Legion

BiNGO

Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

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

Regular Games - \$100

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

Lic.# 35542-96

The 19th Hole

Where did the golf season go? It's hard to believe we are into October already. There are still some golfing days left – you just have to dress a little warmer. Time to carry some 'palm warmers' in your golf bag.

Time for a recap of the past week or so –

First of all – The Tuesday Men's Night Closing was held on Saturday, 19th and there were 51 eager golfers who played. The format was a 4-man scramble and the winners were:

1st – Nauss, Caldwell, Spurr, Desrochers (61).

2nd – Dan Smith, Watters & Swan (64)

3rd – Cooper, B.G. MacDonald, Hennessey, Paul (65)

4th – W. Pellerine, Mullen, Belander, Toole (65)

5th – Carpenter, Swindells, Rankin, Baker (67)

The only team to win a skin (#8) – Grist, Rideout, McEwan, Pineo.

The closest to the Pin winners - #3 Dan Smith; #8 Weldon Rideout; #11 & 13 – Stu Nauss.

Our very own President – Glenn Watters, won the Free Membership for 2010.

Special "Thanks" to the Pro Shop Staff; Kitchen & Bar Staff; Cart Girls, Bruce Whitman and Mike McCorry.

Sandra Cathcart & Kathy Matthews were there to make sure the tournament ran like clockwork – "Thank-you! Thank-you! Thank-you!"

Sponsors are a big part of making a successful tournament – thanks for your

support – Home Hardware, Middleton Todd Taylor; B & H Wholesalers – Darren Hennessey; Sport Swappers – Shawn Scotney; MRM Sales & Management – Doug & Wendy; Greenwood golf Club – Mike McCorry; Labatts Brewery – Ernie Hatfield; Appleton Rum - Chris Collins.

Special thanks to all participants. They had a total of 104 different players throughout the year. Great turnout guys. "Hats off" to Doug and Scotty for organizing Men's Night and I hear they are willing to do it again next year.

The Greenwood Shootout (2009) Golf Tournament would like to thank the following for making our tournament successful: Mike McCorry (Club Manager); Glenn Watters (Club President); Bruce Whitman (Course Superintendent) and Staff, Pro Shop Staff; Bar & Kitchen Staff; Jackie & Sherry (Barbecue & Cart); Donna, Sandra, Sheila, Audrey, Paulette – (Scoring); Doug Smith & Doug McEwan (Marshalls); Junior golfers (fore-caddying); Sponsors: Ken-Wo golf Club, Paragon Golf Club, Chester Golf Club, Greenwood Golf Club, Sport Swappers, Royal Canadian Legion, MRM Painting Services, Appleton Rum and Labatt Brewery.

Friday Night 2-Ball: It was a sunny but cold day that saw the final round for the Friday night 2-ball. The tournament was held on Saturday, Sept. 26th. 60 people had signed up and 58 showed - many of

whom were dressed up to reflect the theme of the day, Hawaiian. There were many grass shirts and the loudest shirts that could be found in the Annapolis Valley. It would be hard to say who would have won a "best dressed" contest, there were just too many to choose from. The format was a 4-person scramble and as we have done in the past years, there were a few obstacles in our way – the toilet seat, the hula hoops and the hexagon. Everyone took the obstacles in stride and found a way to shot through. The winning team was David Costin, Michelle Hale, Ron Bailey and Millie MacDonald. Closest to the pin for the men was Patrick Robinson. The ladies had a tie for closes to the pin with Dianne Moore and Elizabeth DesRochers and each took home a prize. The winner of the beautiful hand-made jewellery box was Bob Landry who was out earlier in the year.

As with past years the meal was a potluck and oh my! The food! From spicy Jerk Chicken to a wonderful trifle – our bellies were filled. It was a great meal.

It was a great year and I would like to thank many people. First I would like to thank the manager Mike McCorry, his support during the past two years was greatly appreciated. I would like to thank the staff of the pro shop, if it were not for them working the Friday nights I could not have been there to run the 2-ball. Thanks to Karen for working the schedules to reflect that. The kitchen staff always worked hard to feed us all at the end of the round.

Some evenings there were 50 or more. I would like to thank everyone who took over for me the nights that I was not here. They made it possible for everyone to come out and play, even though I could not be there. Thanks to everyone who gave me prizes for the draws every week – Wayne Cathcart and Tim Brown for draw prizes – it was greatly appreciated. And to everyone who came out week after week to have some fun on our beautiful golf course! Lastly I would like to thank my partner Dave Stoddart who was by my side every week as my "lovely assistant". He did all the "grunt" work and whenever he could, hugging the ladies. He did enjoy coming out and meeting all the new people. On that note I once again say that I will not be running the 2-ball next season. I hope whoever takes it over has as much fun as Dave and I did.

The Lonely Bull Tournament and the Ladies Closing was held under dry cool skies on Sunday, Sept. 27th. The Lonely Bull trophy is awarded to a lady golfer who has never had a handicap below 40. This year the club had three golfers who qualified and Janet Campbell won the coveted trophy with Elizabeth Robinson and Janice Spinney winning second and third place respectively. The remainder of the field was divided into two flights with winners as follows for Flight A: 6th – Audrey Costin, 5th – Sandy Adams, 4th – Sue Burke, 3rd – Wanda Moyer, 2nd – Doris Sampson, 1st – Queenie Bond. The winners in Flight B were:

6th – Donna Hill, 5th – Betty Saltzman, 4th – Cyndi Landry, 3rd – Sheila Johnson, 2nd – Rose Allen, 1st – Sandra Cathcart. The ladies enjoyed pizza, followed by a wonderful "lonely bull" pound cake.

The General meeting of the Ladies Division was held on Sunday also. A new slate of officers was nominated. President – Betty Saltzman; Secretary Treasurer- Sue Burke; Tournament Chairman and Assistant – Sandy Adams and Wendy Richardson. Wendy will also continue on as Publicity representative. The Vice-President position was not filled. It is hoped that the position can be filled in the spring. Betty Saltzman thanked Donna Hill for all her work and efforts for the past four years and presented her with a small past president's departure gift as an appreciation for all she has done.

Twenty-nine ladies turned up for the Wednesday Night Closing and played a scramble followed by a great dinner. The President had a table full of prizes for the wrap-up evening. Ladies who not members of the club and who participated in the Wednesday Night 9-hole play throughout the season had an opportunity to win a \$150. gift certificate that could be used towards next year's membership dues. Carolyn Litsas was the luck winner – congratulations Carolyn. Sue Burke, Erma Raines, Jane Rafuse and Carolyn Litsas won special earrings for their play during the season. The remaining ladies picked prizes from the table. The traditional exchange of Christmas gifts took place with most ladies chasing a "Snowman Wine Bag" or a "Christmas Mat".

Rose Allen provided entertainment with a musical bicycle that came as a gift. Lots of laughs and comradeship occurred throughout the exchange of gifts. It is expected that the Wednesday Night Ladies play will continue next season.

The winners on the final Wednesday were Margie, Queenie, Paulette and Rose. 2nd were Sandy, Pat, Faye and Marilyn and 3rd were Betty, Laura, Doris and Janet. The 50/50 winner was Betty. I hear the meal was yummy but even better – the dessert was to die for!

"Hats off" to Donna Hill for all her efforts as President and looking after the Wednesday Night Ladies – now you can relax and enjoy your golfing.

The next tournament will be the "Cross-country" – get your team organized and sign up! This is the final tournament and is truly a challenge – don't miss it.

Congratulations to Betty Saltzman on winning 1st Low Gross in the 2nd Division at the Jackie Frost Tournament (Clare) – also Paul VanTassel won 4th Low Net in the 2nd Division at the Jack Frost tournament (Clare).

I hear Brian Walker's team almost missed the meal at Tuesday Men's Night Wind-up – they finished an hour after everyone else – now do you believe the story that they had 3 flat tires! (sounds like that big fish that got away type story!) Brian said – no one was holding them up – Do you Think?!?

Until next week – enjoy the warm days and get out for a round of golf. Happy Thanksgiving everyone – Joe Bartkow – "get well soon".

Mental Health Services 26 Canadian Forces Health Services Centre

Confidential services are available to all military personnel and their families. Our primary mandate is to ensure the deployability of all Military personnel. This includes suitability screenings for deployments as well as postings to isolated units. Secondary services provided are: individual, marital and family counselling which may include counselling to assist with relationship difficulties, addictions, PTSD, emotional problems, issues arising from childhood experiences, family violence, separation/divorce, stress, grief and loss. We also provide information regarding referrals to local community services and military resources.

Mental Health Services Team:

Manager: Lt Yvonne Luedee, MSW, RSW

Social Work Officers: Joe Beninati, MSW, RSW

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

*A referral is not required for appointments to see Social Work Officers.

We are located at the Morfee Centre, School Road Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members.

Phone: 765-1494 ext 5215 • Fax: 765-1742



Wing Personnel Selection Office Announcement

SCAN TRANSITION SEMINAR

18 - 19 Nov 2009

Birchall Training Centre Theatre

SCAN Seminars assist members and their families in planning, preparing and achieving their personal and professional transition to the civilian environment. Members are strongly encouraged not to wait until their last year of service to attend a SCAN Transition Seminar but to attend one at the mid-point of their career and then again prior to release to gain any updated information.

Deadline for Registration is 2 Nov 2009

For more information please call local 5390 or visit the WPSO website.

Greenwood Curling Club

We are starting for another year

Monday Night • Mens League
Tuesday Night • Ladies League
Wednesday Night • Mixed League
Day Time • Stick League
Junior League
Introduction to Curling Classes

Come see us at our Meet & Greet
Wednesday, October 14th at 7:00 p.m.

Membership Fees (hst included)

One League (Adult) • \$125.00

Two Leagues (Adult) • \$180.00

Junior • Contact Eric MacKenzie 765-1494 ext. 5337
Spare Fee (None member curlers per game) • \$5.00

Rec Card Required at Time of Joining

I Don't Want To Eat!

Submitted by: **Kim Dixon, GMFRC Coordinator of Child and Youth Services at 765-1494 local 1812.**

Life with a preschooler can be not only wonderful and exciting, but when it comes to mealtime it can become a family war zone. Most preschoolers are too busy investigating their worlds to take time to sit down and eat a meal. It is very frustrating for parents to sit back and watch the delicious meal they just prepared uneaten by their child. Preschoolers are notorious for their occasional bouts of not wanting to eat; which can certainly be a challenge even for the most experienced parent. It is important that as parents we try to prevent this behaviour from becoming an issue at every mealtime. Remember... our children are watching our behaviours all of the time, and are learning some of our habits - including our eating habits.

A few tips to keep in mind:

- **Don't Skip Meals Yourself** - Skipping meals yourself can give your child the idea that not eating is okay for you; therefore it must be okay for her.
- **Don't Emphasize a Big Tummy or Idolize a Bone Thin Body** - Although it may not seem possible, even preschoolers can become concerned about body image. It is never too early to be aware of this.
- **Learn About the Appropriate Amount of Food for Your**

Childs Age and Weight - There are many factors that determine how much food your child should be eating daily. Activity level, growth rate, physical size etc. are all important factors when deciding on how much food your child can realistically eat. Check with your Family Doctor or local Public Health Nurse for the recommended nutritional needs of your child.

- **Let Your Child Choose Foods** - Occasionally, with your supervision, let your child choose her morning or afternoon snack, or even her lunch. If she feels she has more control over what she is eating, she might actually become a little excited about food. Keep in mind that preschoolers can become overwhelmed easily by too many choices; so limit her to only 2 items to choose from. Once your child has made her choice, praise her by saying something like "I am so glad you choose the cheese & crackers for your snack" or "Hummm Mommy loves apples too - good choice sweetie".
- **Catch Them with a Mouthful** - Give our child praise whenever you catch them eating a spoonful of healthy food on her plate. It's far too easy to notice the negative non eating behaviours and forget to praise them when they are actually doing something we would like them to do such as eating without a fuss. Praise good eating habits by saying things

like "I'm glad you like the rolls we have today for supper" or "I am so proud of you eating your meat tonight".

- **Don't Bribe or Beg Your Child to Eat** - When your child is not eating, try not to bribe them into cleaning off their plate. This makes their non eating a game that ensures you will give them your attention - which gives your child a feeling of power over you.
- **Don't Get Upset when They Won't Eat** - Giving our children extra attention for not eating can make it only again reinforces the negative behaviour that we do not want to see. Save your attention for when she starts eating. Mealtime should not be a battleground that everyone in the family starts to dread everyday.

Yes, parenting a preschooler has many rewards, but it is also filled with many challenges. If you feel that your child's non-eating is a result of illness or not being able to eat properly, then you should seek medical advice right away. As difficult as this "stage" may seem during the moment, we as parents need to remember that eventually this too will pass, and they will soon become hungry teenagers who are eating us out of house and home on a regular basis.

If you would like more information on any parenting topics, or would like to meet to discuss concerns or challenges you are facing as a parent, please contact Kim at the GMFRC.

New Air Hockey Table and Flat Screen TV

By: Recreation Youth Worker,
Megan LeMoine



Here at the 14 Wing Community Centre we have a new Air Hockey Table and Flat Screen T.V to watch our movies on Saturday! Come and play a game on the Air Hockey table or bring a DVD to watch on our new T.V! Thanks to Alex Pyne and Josh Sampson for putting the Air Hockey Table together, we really appreciate all your help!

Financial Stress?

During these stressful financial times, I thought that I would bring an important organization to the attention of all Wing personnel and their families.

The SISIP FS Financial Counselling Service provides all CF personnel and their spouses with confidential guidance to help resolve financial difficulties and educate in sound money management principles. This financial counselling is provided at absolutely no cost to CF members and their spouses.

The service includes, but is not limited to, assistance in:

- Alleviating financial difficulties;
- Adjusting finances in anticipation of /or following changes to locale or circumstances;
- Negotiating and resolving problems with creditors;
- Submitting application for loans through the Canadian Forces Per-

sonnel Assistance Fund (CFPAF);

- Developing Debt Reduction Plans;
- Getting support from local community services or other military resources;
- Developing a money management plan; and
- Regaining financial control by providing ongoing counseling in follow-up sessions.

Through CFPAF's Financial Distress Program, CF personnel can apply for distress grants to a maximum of \$5000 and/or low interest distress loans to a maximum of \$25,000. Loans are also available to a maxi-

mum of \$4000 through the Self-Improvement and Education Assistance Programs. In order to access these CFPAF programs, you must contact a FS financial counsellor.

SISIP FS is fully committed to the privacy of clients and know that confidentiality is of the utmost importance. For more information, contact 765-6714 and ask for Lois. Our Greenwood office is there to "serve those who serve" with beneficial resources and empowering and successful strategies.

Information provided by the W Admin O.

GMFRC • Feature of the Week

Special Events and Promotion

Coordinator: Michelle Thibodeau-Wagner at 765-1494 local 1421 or email at Michelle.Thibodeau-Wagner@forces.gc.ca

Parenting Your Defiant Child

Dates: Friday, October 16th, 2009—Friday, December 4th, 2009

(8 Consecutive Weeks, every Friday)

Time: 9:30 a.m.—11:30 a.m.

Cost: FREE

Where: GMFRC

Ages: Parents who have children ages 3–12 years

Registration Deadline: Tuesday, October 13th, 2009

Topics Include:

* Why Children Misbehave * Positive Attention * When Praise is not Enough * Getting your Child to be More Cooperative and Independent while Playing * Effective Discipline Strategies * Improving School Behaviours * Managing Behaviours in Public *

The GMFRC is partnering with the 14 Wing Health Promotion and Annapolis Valley Health by offering an educational course on Parenting Your Defiant Child. The course will be held once a week every Friday at the GMFRC and is open to all CF families and members of the defence team. Register by calling the GMFRC Reception at 765-5611.

The GMFRC Casual Childcare is open during this time for CF families at a cost should you need to use this service. Contact Coren, local 1817 ASAP as space is limited.

For more information on this workshop or other parenting services, please contact Kim Dixon.

GMFRC • Feature of the Week

Prevention, Support and Intervention Services

Coordinator: Jennifer Calkin at 765-1494 local 1811 or email: Jennifer.Calkin@forces.gc.ca.

Conductive Education 101 with Beth Brydon

Lunch and Learns are the second Tuesday of each month Tuesday, October, 13th, 2009

12:00 p.m. - 1:00 p.m.

GMFRC

FREE

Bring a brown bag lunch

Registration deadline: October 6th 2009.

Beth is one of the very few conductors' of education working for the March of Dimes in Halifax. Conductive education is designed to assist persons who have survived strokes, acquired brain injury, children with cerebral palsy and developmental apraxia and for adults living with multiple sclerosis or Parkinsons disease. Conductive Education helps participants to help gain, or regain, physical mobility and self-sufficiency one small step at a time. Beth is an amazing speaker; you do not want to miss this opportunity to learn more about the services conductive education offers.



Friday Night is
Family Night at the
Greenwood Bowling Centre!

- **Bring the whole family for 2 hours of glow bowling and a large pepperoni pizza from Mama Sofia's for only \$40!**

By reservation only,
prices based on 1 lane, 2-6 people.
Additional lanes extra.
Offer only available Fridays 6-10pm

**Call 765-1494 ex. 5631 or email
gbcbowlingstaff@eastlink.ca
to reserve!**

Western Valley Wings: Now and the Future

Many people are not aware that there is a PeeWee Tackle Football team in the Valley - don't worry you are not alone.

Mike and Judy Upward started this team back in May - at the beginning of the summer. They ran information/practices twice a week to see if there was interest in the valley for tackle football. The interest was slow at first, but quickly gained momentum as the fall approached. They now have twenty-nine (29) players on the team. They practice three times a week and have played three games so far this season. The Wings have yet to win a game, but remember folks - this is a new team and every player on this team has never played a game of tackle football. The program is new

and with every play they improve. The Wings put their heart into the games and it truly shows! The kid's success would not happen without the tireless support of their coaches and parents. This team is functioning smoothly thanks to the parent volunteers who give their extra time and effort into seeing this program succeed in the Valley!

Now:
Coach Mike is in need of more coaches to help him with the team. Many people have other commitments and can't come to every practice/game which leaves him short handed. So he really needs more coaches to volunteer to assist so that there will always be enough available when needed. There are many

things that need to be taught/practiced by our team and Coach Mike cannot cover them all by himself every practice. There just isn't enough time and he can't really work with one group (like defence, for example) and leave the others with nothing to do. It is not fair to the team members and it is really difficult for Coach Mike.

The Future:
Although this year's season has just gotten under way, we are already looking ahead to next year. As mentioned earlier, currently there is only the Pee-Wee team that consists of members aged 11 to 13. This means that many of the boys who are on the team this year will not be able to play next year as they will be too old



Western Valley Wings.

for the Pee-Wee team. For this reason, Coach Mike and Judy would like to start up a Bantam Team for next year so

that the boys can continue to play minor tackle football next season in 2010. In order to do so however, we need - you guessed it! - more coaches. Mike and Judy have done a wonderful job of bringing this sport to these young players, it would be a shame if there tireless efforts were for not.

If you are aware of someone who is able to coach tackle football at the Bantam or Pee-Wee level, please let us know

as soon as possible or request that person to contact Mike at 825-6500 or by email at mikeupward43@hotmail.com.

Look for the Wings doing some fundraising in your community in the near future... please be supportive of these young football players! You can check out the happenings of the Wings and their upcoming schedule on the team's web-site www.westernvalleywings.ca. *Go Wings Go!*

Thanksgiving Farmers Market

2 days | Fri. Oct. 9th from 11-7
Sat. Oct. 10th from 11-6
Centre Court **with** Live Music

Enjoy fresh fruits and vegetables provided by our local farmers for your Thanksgiving Dinner.

Homemade pies, cookies, rolls, pickles, and more will be available to compliment your meal.

Plus colourful harvest centre pieces to accent your table.

Greenwood Mall is proud to announce an indoor Farmers Market every Wednesday in Centre Court from 2-6 pm beginning October 14th

GREENWOOD MALL

Mall Hours : Monday-Friday 9:30 - 9 • Saturday 9:30 - 6 • Sunday 12:00 - 5

RED FRIDAY Don't forget to wear RED on Friday to show your support to the troops. There is no better way to make a statement and to say thank you to the men and women of the Canadian Forces than to proudly wear red on Friday. Drop by the Greenwood Military Family Resource Centre (GMFRC) to see us and buy a T-shirt to show your support!!! 100% of proceeds from the sale of Red T-shirts go directly to support GMFRC programs and services. For more information please contact Michelle Thibodeau Wagner, GMFRC Coordinator of Special Events and Promotions at 765-1494 local 1421 or email at michelle.thibodeau-wagner@forces.gc.ca.

Check out Vivitas & Quest at **Country Store**

20% off Quest or Vivitates Products
Sale Dates • Oct 5-11, 2009

MADE FOR YOU
Unique formula for every family member. The gender specific multi-vitamins for teens.

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West Kings Honours Jeff McBean

On Wednesday, September 23rd, West Kings Principal Barry Squires presented Jeff McBean with a plaque acknowledging 14 years of exceptional involvement at West Kings High School. From the time his and Janet's oldest son, Sean, began there in 1995 to the graduation of son Cory this year (with Scott and Paul in between), Jeff has actively contributed to the wellbeing and growth of the school. Among other things, Jeff has served on the PTSA executive and the Accreditation team and was one of the driving forces behind the School Enhancement Fund (including the many Golf Tournaments). He has consistently been a strong supporter of all student activities (i.e. band, athletics, musicals...), was one of the

main voices lobbying for school renovations and has passionately encouraged academic success. The West Kings Community sends its heartfelt appreciation to Jeff McBean and wishes him well on his "graduation."

Hockey Night in Greenwood

On Oct 9th at 7:00 p.m. the 14 Wing Greenwood Bombers will take to the ice against the Acadia Axemen in what promises to be a fun filled charity event, complete with Minor Hockey demonstration, prize give a ways and a chance to meet the players from both teams after the game. "Connecting with the Community" has been an important pillar of the Centennial of Flight campaign and the connection with Acadia Athletics has been bolstered recently with a successful military appreciation day with the Football Axemen last Fall and another planned for their football homecoming game against Concordia at 2:00 p.m. Sat 17 Oct 09. But before football let's talk about "Hockey Night in Greenwood".

This will be the first home opportunity for the Bombers to wear the RCAF Flyer Jerseys they wore at the Canadian Forces National last March. The jerseys are symbolic of the 1948 RCAF Flyers who won Gold at the Olympics.

The Axemen will travel to 14 Wing and have a quick tour prior to the 6:30 p.m. warm up and 7:00 p.m. start on Friday the 9th of Oct at the Greenwood Gardens. Minor Hockey will treat us to some great Atom Hockey action in the first intermission and tickets will be drawn for by ticket stub numbers for a chance to shoot for some great prizes of significant value. After the game, fans and children will have the chance to meet, greet and obtain autographs and pictures with the players.

14 Wing Combined Charities, minor hockey and the entire community will be the beneficiaries of this much anticipated event. Advance and gate

admission is \$5.00. The first 200 to purchase advance tickets will be receiving a Centennial of Flight coin (\$5.00 value) included in the

price of admission. Tickets will be available at the Fitness & Sports Centre, Community Centre, MFRC as well as at the door at 6:00

p.m. on game night. So come out and support local charities, the Bombers and Acadia Athletics. See you at the Gardens!

“Youth Happenings” at The 14 Wing Community Centre

By: Recreation Youth Worker; Megan LeMoine

Now that September is over many kids are getting used to the routine of school and after school programs. 14 Wing Community Centre is offering two different After School Programs; Active after School Activities, held at Dwight Ross Elementary. As well as After School Bowl held here at the Greenwood Bowling Centre. These programs are great for kids who need a place to go when Mom or Dad is still working!

Starting October the Community Centre will be closed Friday and Saturday at 10pm. For Thanksgiving the Centre will be closed

Sunday Oct. 11. On Monday Oct. 12 the Main office and Bowling Centre will be closed, however, we will still have our regular pre-teen (4-6pm) and teen (6-9pm) hours.

If you have any questions please call 765-8165 and we would be happy to help you! This is what's happening this week at the Community Centre!

Boyz Club
Floor Hockey
Monday October 5, 2009
4:30-6pm

Boyz come over to the Community Centre to sign-in and we'll go upstairs to the gym and practice our hockey skills. If you don't have your pre-teen membership it's only \$6 for the year! See you there!

Teen Activity

Cooking Class
Tuesday October 6, 2009
6-7pm

Now that Thanksgiving is right around the corner, many teens will be helping their parents with Thanksgiving dinner! We will be making mini pumpkin pies!

This little treat is something teens could make for their family on the holidays!

Active Chicks
Greenwood Horse & Riding Club
Wednesday October 7, 2009

6-7:30pm

Girls this week we will meet at the Horse & Riding Club. If you are interested in coming, you need to fill out a permission form signed by your parent/guardian. This

form can be picked up at the Community Centre and has to be returned by Oct. 7th. There is limited space so pre-registration is necessary!

Open Gym
Thursday October 8, 2009
6-7pm

A great opportunity to get active and have fun! You could play badminton, hockey, basketball, anything! Come down to the Community Centre, Open Gym is every Thursday from 6-7pm, come check it out!

Pre-Teen Dance
Friday October 9, 2009
6-8pm

Pre-Teens ages 9-12 come to the Community Centre, bring your friends and dance the night away! For only \$2 you can have a great night

here! Hope to see you there!

Wii Games Night
Saturday October 10, 2009
Pre-Teens: 6-8pm
Teens: 8-10pm

Come and test your skills at Wii Games Night. Every other week we will have Wii Games Night, instead of Movie Night. Hope to see you there!

Special Events
After School Bowl
Monday Oct. 5, 2009
Wednesday Oct. 7, 2009
3-4:30pm
Cost: \$7

Come to the Greenwood Bowling Centre here in the Community Centre and Bowl, play Games eat pizza and have a drink for only \$7! This is for pre-teens (9-12) and teens (13-18) who need a place to

go or just want to have fun afterschool. Please call 765-8165 or 765-1494 ext. 5631 to register.

Noggins Corner Farm Market
Sunday October 25, 2009
1-6pm
Cost: \$6

Enjoy an afternoon at the farm! For \$6 we will go through a corn maze, relax on a wagon ride, have fun at the barnyard adventure area and pick pumpkins and apples! For a little extra, there is a Haunted House for only \$3. As well as many homemade treats and fresh fruits veggies. Please come to the Community Centre main office to register. If you have any questions please call 765-8165!

The In Between Kid

By: Scot Austin

Do you recall an event that you thought shaped your life? Or an event that changed how you feel about yourself?

I do. It was May of my

Grade 5 year and it started something like this: 'Hey, Austin, after school, at the bus stop'. I had no idea how much those words were going to shape the person I

am today.

You see, I was severely shy and self-conscious. I wasn't particularly gifted in any one area so I was the class clown.

In fact, I was the In-Between Kid. I was a book worm - I loved to read and

still do - but not enough of a book worm to be included in the nerds. I was athletic enough - I loved track and field and swimming - but never joined any teams. For the most part I kept to myself and did my own thing. I was the In-Between Kid.

I was really miffed at why Jay wanted to beat me up. He wasn't a book worm and definitely wasn't a nerd, if you know what I mean. Sure, he was athletic but he played team sports - soccer in the fall, hockey in the winter, and softball in the summer. I

definitely didn't play on those teams so how could I have been enough of threat to him that he wanted to beat me up? Geez, I barely knew him.

The 3:30 bell rang and I took off like a shot, because I had to go past the bus stop to get home. Sure enough there was Jay, his cronies and his own spectator section. How did they get there so fast? It started with naming calling and trying to get me mad. It hurt but I kept walking, trying to ignore him and his entourage. That lasted about 1/2 a block when he started pushing me around to get me to respond. Again, I kept walking but was getting scared. After all, I'm a reader not fighter. I was the In-Between kid.

WHAM! He hit me on the side of my head - a cheap shot by any measure. I fought back and gave as good as I got, and when his friends thought he was in trouble I had to fight them too.

You know I'm pretty sure that Jay or his cronies or even the spectators don't even remember that event, but I do. And looking back I can say that single event contributed more to who I am today than any other.

I learned three things from that event.

First, stand up for yourself because no one else is obligated to. Life is unfair - at the time. Second, if you believe in Karma then you know things will work out over time, and third, it's okay to be the In-Between Kid.

A speech on bullying, given by Toastmaster Scot Austin at a recent meeting of The Annapolis Valley Toastmasters Club.

WINTER HOURS AT THE GREENWOOD BOWLING CENTRE

League Bowling Available

• Ladies • Mixed • Mens • Youth • Coffee League •

Prices • Adults - Non-Rec. Card \$2.50

Rec. Card holder \$2.00

Kids under 18 - Non-Rec. Card \$2.00

Rec. Card Holders \$1.75

Group Rate Per person \$1.85

Shoe Rental Per Person \$2.00

Note: prices are per game and tax Included

Glow Rate \$20.00 per hr/per lane (max 6 people) Shoes Included

Bowling Times

Monday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	All Games \$1.50
Tuesday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	Men's + Open play
Wednesday	1-4 p.m.	All you can Bowl \$5.00
	6-9 p.m.	All Games \$1.50
Thursday	1-4 p.m.	Intersection
	6-9 p.m.	Open play
Friday	1-4 p.m.	Open play
	6-10 p.m.	Cosmic (Glow Bowl)
Saturday	1-4 p.m.	Open play
	6-10 p.m.	Open play
Sunday	1-4 p.m.	Open play
	6-9 p.m.	Mixed League + Open Play

Prices & Times May Vary Due to Lane Availability
Licensed for your Enjoyment

For more information or to reserve your lanes,
Ph: 765-1494 ext 5631 • www.spinbowling.ca

14 Wing Community Centre, Building 110 Church Street.

After School Bowl

14 Wing Community Centre & Greenwood Bowling Centre

Starting October 5th

Every Monday & Wednesday

from...3-4:30pm

Bowling, Games, Pizza & a Drink

for only \$7

Pre-Teens and Teens

Pre-Register at Community Centre 765-8165

or Bowling Centre 765-1494 ext.5631



By: Patrick Giffin

The following is a Bird Studies Canada press release.

“Bird Watchers Look for Changes in Bird Populations, Participants needed for 23rd Project Feederwatch season. Port Rowan, Ontario – Canadians who watched birds at their feeders last winter know that the big story of the 2008-2009 season was the remarkable movement of Pine Siskins throughout much of North America. In some areas, siskin numbers exceeded those seen at any time in the last 20 years. Pine Siskins are known for their nomadic migrations. They are also highly social birds, and

can often be found at feeders in large winter flocks, sometimes mixed with American Goldfinches.

Pine Siskins are the most-frequently encountered member of the irruptive winter finches – a group of birds that live in the northern portions of North America and periodically stage major winter invasions into central latitudes. Why the high numbers of Pine Siskins last winter? Because siskins are conifer seed specialists, the most likely explanation is that the poor spruce cone crop in Canada’s boreal forest drove them outside their regular winter range in search of food.

For the Birds

Project FeederWatch participants have helped track erratic seasonal movements in several species over the last two decades, and have documented long-term declines in some of our common birds. What are these declines telling us? You can help answer this question (and many others!) by becoming a ‘FeederWatcher’. Since 1986, Project FeederWatch has revealed alarming downward population trends for some birds. Evening Grosbeaks, which breed in the Canadian

boreal forest, were once one of the most common species at North American winter bird feeding stations. Recent research shows significant range wide declines in Canada and the United States since 1986, with a 50% reduction in the number of sites reporting the species. Research is urgently needed to determine what is driving the steep declines. FeederWatchers have also helped track the northward expansion of several southern specialists including Northern Cardinals, Carolina

Wrens, Red-bellied Woodpeckers, and Anna’s Hummingbird. These range expansions may be linked to broad scale changes in climate, but habitat and food availability may also be factors.

FeederWatchers help our scientists detect and understand population trends. These volunteers count the birds at their feeders at regular intervals between November and April and send their observations to Bird Studies Canada(BSC).

In Canada, you must be a member of Bird Studies Canada to participate in Project FeederWatch. For an annual \$35.00 membership fee, participants receive: the Project FeederWatch instruction booklet and resource manual, data forms, a calendar, a poster of common

feeder birds, subscriptions to BSC’s quarterly publication *Birdwatch Canada* and bi-weekly electronic newsletter *Latest News*, opportunities to participate in other BSC programs such as the Canadian Loon Survey and the Christmas Bird Count, and a tax receipt for the full amount of the membership. Bird Studies Canada is a national non-profit organization dedicated to bird research and conservation. For further information contact: Kerrie Wilcox, Canadian Coordinator, Project FeederWatch, Bird Studies Canada, Tel. 519-586-3531 ext. 134 kwilcox@birdscanada.org

For a PowerPoint presentation that illustrates the details of Project Feederwatch contact us at 765-8688, or p_giffin@hotmail.com.

2009 / 2010 Junior Curling Program

Are you looking for a fun activity to do with your friends this winter? The 14 Wing Greenwood Curling Club has what you are looking for!

The 2009 / 2010 Curling season is about to start and we are getting excited to offer our junior program to anyone between the ages of 11 and 18 for *free!* This great form of physical activity, for you and your friends, will be starting with a meeting at the Curling club on Tuesday, October 27th, at 4:30 p.m.

This meeting will provide an opportunity for all parents to complete the registration forms that will be available and to learn more about the program. We would like to mention that it is mandatory for all juniors to wear proper indoor footwear (carry with you when you arrive) so please come prepared. We also encourage all participants to wear warm and comfortable clothing (jogging pants, gloves, etc) since we may even be able to spend the last part of the day on the ice!

The 2009 / 2010 14 Wing Junior Curling program is expected to run weekly from 4:30 – 5:30 p.m. on Tuesday afternoons. Brooms will be provided along with sliders for the youth to experiment with. All that is required is an interest in the game and a willingness to learn more and meet new friends. Please note, if you feel that your youth may be more comfortable on the ice with either a bicycle or hockey helmet, then we strongly encourage the use of one.

Curling is a very fun, and inexpensive way to stay active during the winter and an excellent way to meet new friends! If

you’re interested in curling or learning more about our weekly program, please call Eric MacKenzie at 765-1494 ext. 5337 or come out to the meeting on October 27th!

GMFRC • Feature of the Week

Employment and Education Services

Coordinator: Kristen Lawson at 765-1494 local 1816.

Introduction to Yoga

Dates: Monday, October 26, 2009 and Monday, November 2, 2009

Time: 4:30 p.m. – 6:00 p.m.

Cost: \$10.00 per person for both classes

Ages: 18 and over

Registration Deadline: Monday, October 19, 2009

Are you looking to enhance your own ‘om’ or are you wondering what your ‘om’ is? The GMFRC is happy to offer a comprehensive Introduction to Yoga course that will be facilitated by a local instructor. If you are interested please contact 765 – 5611 for further information or to register. All participants are advised to wear comfortable clothing/footwear and to bring your own mat if possible, as we only have a limited number available.

CUCINA AURORA



Apple Pickles

- 2 cups Pared and quartered apples
- 1 cup Mild vinegar
- 1/8 tsp. Cloves
- 1 Stick cinnamon
- 2 cups Sugar

Combine sugar, vinegar, and spices. Boil 5 minutes. Add fruit and cook until tender. Pack in sterilized jars. Fill to within 1/4 inch of top with syrup. Other fruits such as peaches, pears, and crab apples may be substituted for apples.

ANNAPOLIS EAST ELEMENTARY SCHOOL



- ~ The following items are available at the Cafeteria daily ~
Sandwiches: \$2.00; Wraps - \$2.00; Sub Sandwiches - \$2.00; All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.
Vegetables & Dip - \$1.50; Cheese & Crackers - \$1.50;
Fruit & Dip - \$1.50; Tossed Salad - \$2.50 sm \$1.50;
Caesar Salad - \$2.50 sm \$1.50; Spinach Salad - \$2.50 sm \$1.50;
Yogurt - \$1.00; Yogurt Tubes - \$1.00; Yogurt Parfaits - \$1.25;
Fresh Fruit: Apples, Oranges & Bananas - \$1.00; Fruit Squiggles - \$1.50;
Gold Fish Crackers - \$.45; Baked Lays - \$1.50; Flat Earth - \$1.50;
Smart Popcorn - \$1.50; Frozen Juice Bars: Orange & Cherry - \$1.00;
Rice Crispy Squares - \$.80; Smoothies: Mon, Wed, Fri - \$1.25;
Juice: Apple, Orange & Seven Fruit - \$1.00; Milk - \$.35; Water - \$1.00;
 ~~~ Canteen Items - CASH ONLY ~~~  
 There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.  
**Ketchup, Mustard, Relish - \$.15 each; Mayo & Salad Dressings - \$.30 each;**  
**Barbecue/Sweet & Sour Sauce - \$.40 each**

- We are a NUT & SCENT sensitive school with a smoke-free environment.  
**Sept 28<sup>th</sup>:** Beef Noodle Soup 1.75 • Chicken Nuggets & Corn on the Cob 2.50 • Yogurt 1.00  
**Sept 29<sup>th</sup>:** Grilled Cheese & Tomato Soup 2.50 • Toss Salad 1.50 • Frozen Juice Bars 1.00  
**Sept 30<sup>th</sup>:** Chicken Noodle Soup 1.75 • Shepherds Pie 2.50 • Fresh Fruit Cup 1.00 • Sub-Way Orders are Due Today  
**Oct 1<sup>st</sup>:** Sub-Way 2.50 • Carrot & Celery Sticks 1.00 • Watermelon 1.00  
**Oct 2<sup>nd</sup>:** Meatball Soup 1.75 • Macaroni & Cheese 2.50 • Toss Salad 1.50 • Baked Apple 1.00

Daily Specials can be purchased for \$3.25 • Main Entree, Milk & Daily Dessert

### KINGSTON & DISTRICT SCHOOL

| Whole Sandwiches                      |                 | Snacks                        |                 |
|---------------------------------------|-----------------|-------------------------------|-----------------|
| 1/2 Sandwiches (Asst. fillings) ..... | \$1.15          | Cheese & Crackers .....       | \$1.00          |
| Subs/Kaisers/Wraps .....              | \$2.25 - \$2.50 | Fresh Fruit .....             | \$0.75 - \$1.25 |
| Hot Foods                             |                 | Gold Fish Crackers .....      | \$0.50          |
| One Hot Food Daily .....              | \$2.50          | Miscellaneous                 |                 |
| Cup of Soup .....                     | \$1.00          | Bread & Butter .....          | \$0.50          |
| Bowl of Soup .....                    | \$2.00          | Bagel .....                   | \$1.25          |
| Beverages                             |                 | Cream Cheese .....            | \$0.50          |
| Milk .....                            | \$0.35          | Cheese Whiz .....             | \$0.50          |
| Choc. Milk .....                      | \$1.30          | Freezer Items                 |                 |
| Juice Small .....                     | \$1.00          | Frozen Yogurt .....           | \$1.25          |
| Juice Medium .....                    | \$1.25          | Yogurt Tubes .....            | \$1.00          |
| Bottled Water .....                   | \$1.25          | Desserts                      |                 |
| Yop .....                             | \$1.25          | Muffins .....                 | \$1.00          |
| V8 Juice .....                        | \$1.00          | Cookies (small) .....         | \$0.35          |
| Salads                                |                 | Biscuits .....                | \$1.00          |
| Assorted Salad Plates .....           | \$2.50          | Yogurt .....                  | \$1.25          |
| Fruit Plate .....                     | \$1.75 - \$2.25 | Fruit Salad .....             | \$1.00          |
| Veggies & Dip .....                   | \$1.00          | Other Assorted Desserts ..... | \$0.75          |
| Apple Snacks .....                    | \$1.00          | Special Treat Days .....      | \$1.50          |

**Daily Specials (Mon-Thur): Price Includes Main Course, Drink and Dessert - \$3.25**  
**Mon:** Grilled Cheese; **Tues:** Pulled Chicken Subs; **Wed:** Spaghetti;  
**Thurs:** Hamburgers; **Fri:** CLOSED  
 This menu brought to you compliments of:

### FRASER'S PRO Home Centre

- BERWICK • 1-800-959-3727
- KINGSTON • 1-902-765-3111
- KENTVILLE • 1-902-678-8044
- BRIDGETOWN • 1-902-665-4449
- [www.frasers.ca](http://www.frasers.ca)

## Annapolis Café

### 14 Wing Food Services

All Prices include HST • Effective 30 Sept 09

- Breakfast Full .....** \$5.74
- Breakfast Lite .....** \$3.45  
(Beverage & Toast or Cereal)
- Lunch Full .....** \$11.48
- Lunch Lite .....** \$6.90  
(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)
- Dinner Full .....** \$11.48
- Dinner Specialty (Steak Night, etc.) \$14.35**

### Meal Hours

- Breakfast .....** 0600 - 0900
- Weekend & Holidays .....** 0600 - 1100
- Weekend Brunch .....** 1100 - 1315
- Lunch .....** 1100 - 1315
- Dinner .....** 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

# 5 Basic Health Tips to Practice Every Day

Submitted by: **Aprill Denney, Physical Exercise Specialist**

## 1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs, walk your dog, jog to the mailbox, play a game of tag with your kids. Anything that gets you out and moving is not only a fitness tool; it can also be used to help combat stress. When starting out, think about moving in small increments of time, you don't have to start with countless hours at the gym, start with 10 minute sessions throughout your day and work up from there!

## 2. Cut Fat

Avoid the obvious fried foods like burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). If you love having a hamburger, no sweat, simply choose to have lower fat options most of the time, and keep the higher fat options limited.

The Dairy products you choose should be low in fat; most things like cheese, milk and cream are available with low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in lower fat versions.

Think lean, mean, fat-burning machine!

## 3. Reduce Stress

Easier said than done, right?! There are many ways to combat stress, exercise being one of them! Some other things to try could be to spend time each day doing something you enjoy, (i.e. soak in the bathtub, read a book, take a walk in the woods, visit with friends or family, listen to soothing music, get a massage, maybe even try to meditate. Counting to 10 will help with aggravation, so you don't lose your temper.

## 4. Keep a Positive Mental Outlook

There is a definite connection between living well and healthy and having a cheerful outlook on life. Try smiling, singing or dancing, even if the day isn't going so well, you can't be unhappy when you're doing these things!

## 5. Quit Smoking

Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Canadians have been reducing their use of tobacco products that kill. Where to start? Give up just one cigarette, then the next one.

Thanks for reading this article, and keep tuned for new and exciting tips f°

If you have any questions please feel free to contact me: [Aprill.Denney@forces.gc.ca](mailto:Aprill.Denney@forces.gc.ca) – ext 5651.

## Learning and Career Centre

*"People working together to foster a learning culture – within the Defence Team – many places, many ways."*

### LCC Upcoming Workshops

*Please note that the cost for each LCC full-day computer course is \$110.00*

#### October 2009

14-15 Communication for Leadership • 2 days

#### November 2009

03 JLP: Understanding Your Collective Agreement • 1 day

04-05 JLP: Respecting Differences • 2 days

9-14 CANADA CAREER WEEK (CCW)

09 CCW: Kick-off Lunch & Learn • 1 hour

10 CCW: Resume Writing • 1 day

12 CCW: Interview Techniques • 1 day

13 CCW: Canadian Forces Leadership Institute (CFLI) Lunch & Learn • 1 hour

18-19 Building Excellence in Teams • 2 days

24-26 Pre-Retirement Planning (Civilian Employees over age 45) • 3 days

#### December 2009

02 Coaching • 1 day

03 Encadrement (Coaching, présenté en français) • 1 jour

10 You and Change • 1 day

15 Diversity & Employment Equity for Managers and Supervisors • 1 day

#### January 2010

07 Balancing Work and Personal Life • 1 day

#### February 2010

09-11 Effective Presentations • 3 days

18 Civilian Performance Planning & Review CPPR • ½ day

18 Personal Learning Plans (PLP) • ½ day

#### March 2010

01-05 Instructional Techniques • 5 days

30 Civilian Performance Planning & Review CPPR • ½ day

30 Personal Learning Plans (PLP) • ½ day

#### April 2010

08 Defence Ethics

12-13 Interpersonal Communication Skills • 3 days

16 Prior Learning Assessment (PLA), Day 1 of 10 • 1 day

20 Effective Meetings • 1 day

23 Prior Learning Assessment (PLA), Day 2 of 10 • 1 day

28 Myers-Briggs Type Indicator (MBTI) • 1 day

30 Prior Learning Assessment (PLA), Day 3 of 10 • 1 day

#### May 2010

07 Prior Learning Assessment (PLA), Day 4 of 10 • 1 day

11-12 New Employee Orientation • 1.5 days

12 Future Planning (Civilian Employees under age 45) • 1 day

14 Prior Learning Assessment (PLA), Day 5 of 10 • 1 day

21 Prior Learning Assessment (PLA), Day 6 of 10 • 1 day

28 Prior Learning Assessment (PLA), Day 7 of 10 • 1 day

#### June 2010

01-02 Exploring the Leader in You • 2 days

04 Prior Learning Assessment (PLA), Day 8 of 10 • 1 day

11 Prior Learning Assessment (PLA), Day 9 of 10 • 1 day

15-16 Stepping Up to Supervisor • 2 days

18 Prior Learning Assessment (PLA), Day 10 of 10 • 1 day

#### July 2010

06-08 Negotiation Skills • 3 days

14 Assertive Communications • 1 day



## GREENWOOD MILITARY FAMILY RESOURCE CENTRE Celebrates National Family Week

OCTOBER 5 - 11, 2009



The Greenwood Military Family Resource Centre invites our military families to join us as we celebrate National Family Week 2009. This year's theme is "Jump into Family Fun".

### Activities at your GMFRC

#### GMFRC at the Orchard

**"FREE APPLES FOR MILITARY FAMILIES"**

Sunday, October 4<sup>th</sup>, 2009

1:00p.m.-3:00 p.m.

Johnson Farm, 2380 Harmony Road

No Registration required

#### GMFRC Open House/Family Fun Day

Tuesday October 6<sup>th</sup>, 2009

3:00 p.m. – 6:00 p.m.

No registration required.

Lots of family fun things to do!!

#### GMFRC Fall Family Cookie Decorating

Wednesday, October 7<sup>th</sup>, 2009

9:00 a.m. – 11:30 a.m.

GMFRC

Ages: 1 – 5 years

Free, No Registration Required

Come out for a fun morning of cookie decoration and play.

#### GMFRC/Sobeys Spaghetti Supper

Wednesday, October 7<sup>th</sup>, 2009

5:00 p.m. - 7:00 p.m.

No registration required.

Free military family supper at the mess

for 250 people, come early.

#### GMFRC Red Friday Lunch and Walk

Friday, October 9<sup>th</sup>, 2009

12:00 p.m.-1:30 p.m.

No registration required.

Come out for a free lunch and a Red

Friday walk with friends and family.

Don't forget to wear red!!!



*This a wonderful opportunity to spend quality time with your family!*

For more information call 765-5611



Centre de ressources pour les familles des militaires de Greenwood

## Célébre la semaine nationale de la famille

du 5 au 11 octobre 2009



Le CRFMG invite toutes les familles militaires à ce joindre à nous pour célébrer la Semaine nationale de la famille sur le thème « En famille, on s'amuse et ça bouge »

### Activités

#### Après-midi au verger

**"Pommes gratuites pour les familles militaires"**

Le dimanche 4 octobre 2009

de 13h à 15h

Ferme Johnson, 2380 Harmony Road

#### Journée portes ouvertes et familiale

Le mardi 6 octobre 2009

de 15h à 18h

Venez vous joindre à nous!!

#### Décoration de biscuits en famille

Le mercredi 7 octobre 2009

de 9h à 11h30

CRFMG

Âge: 1 an à 5 ans

Gratuit

Venez vous joindre à nous pour un avant midi plein de plaisirs.

#### Souper Spaghetti du CRFMG/Sobeys

Le mercredi 7 octobre 2009

de 17h à 19h

Mess Annapolis

Gratuit pour les premières 250 personnes. Venez tôt!!

#### Vendredi rouge, BBQ et marche du CRFMG

le vendredi 9 octobre 2009

de 12h à 13h30

Venez vous joindre à nous pour un

BBQ gratuit et pour une marche en famille

ou avec vos amis. N'oubliez pas de porter du rouge!!



*Voici de très belles occasions de passer du temps en famille.*

Pour renseignements veuillez téléphoner le 765-5611



# Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

Submitted by: Bryan Nelson, Executive Director, Canadian Aeronautical Preservation Association



## CLe CL41 de Canadair

Le CL41, qui porte le nom de *Tutor* dans les Forces canadiennes, est peut-être le plus connu de tous les produits de Canadair, car c'est l'avion qu'utilise la célèbre patrouille acrobatique des FC, les *Snowbirds*. Contrairement à ses produits antérieurs, la firme Canadair a entièrement conçu cet appareil, et ce, avec ses propres fonds.

La conception du *Tutor* commence en 1958, lorsque Canadair constate qu'il y a un marché potentiel pour un avion d'entraînement à réaction polyvalent destiné aux militaires. Deux prototypes sont construits, et le premier vole pour la première fois le 13 janvier 1960. Il y a au total trois modèles de CL41. Le premier, appelé CL41A, est un avion d'entraînement pour les pilotes, alors que le deuxième, le CL41R, est un avion d'entraînement sur les systèmes, configuré de manière à correspondre au

système radar du CF104 *Starfighter* construit par Canadair. Le troisième, le CL41G, est conçu pour l'entraînement au maniement de l'armement et à l'attaque au sol. La Malaisie a acheté 20 avions de ce troisième modèle, qu'elle a appelé *Tebuan* (terme signifiant « guêpe » en malais); les appareils lui ont été livrés en 1967.

L'Aviation royale du Canada (ARC) s'intéresse au CL41 et, en septembre 1961, elle commande 190 avions de modèle CL41A, lesquels entrent en service en 1964 comme avions d'entraînement à réaction et continuent de jouer ce rôle jusqu'en l'an 2000, année où les avions du programme d'entraînement en vol de l'OTAN les remplacent. En 1967, à l'occasion du centenaire du Canada, 10

*Tutor* sont peints de couleur or et servent d'avions de démonstration à la patrouille acrobatique « Les Paladins du Centenaire ». Après le démantèlement de cette patrouille à la fin de 1967, le *Tutor* reprend du service en 1971 comme avion de démonstration aérienne des *Snowbirds* et il continue d'épater le public depuis ce temps.

Le *Tutor* a constitué un avion évolutif pour Canadair. Après l'avoir conçu et construit dans ses propres installations, l'équipe de conception de l'entreprise a continué de mettre au point des appareils adaptés aux créneaux les plus en demande et de créer ainsi de nouvelles occasions d'affaires en aéronautique pour le Canada et pour elle-même.

## Canadair CL-41

The CL-41, named the *Tutor* in Canadian service, is perhaps the best known of all Canadair products, serving as the aircraft of the famous *Snowbirds* aerobatics team. The aircraft started as a private venture and unlike previous Canadair products, was wholly designed by the company.

The *Tutor*'s design began in 1958 when Canadair saw the potential for an all-purpose jet trainer for the military. Two prototypes were built, the first flying on 13 January 1960.

There were three models of the CL-41. The first, designated the CL-41A and used by the RCAF and Canadian Armed Forces, was

a pilot trainer while the second, the CL-41R, was a systems trainer configured to match the radar system of the Canadair-built CF-104 *Starfighter*. The third type, the CL-41G was designed for armament training and ground attack. It was this last model of which Malaysia bought 20 aircraft, designated the *Tebuan* ("Wasp" in the Malay language) and delivered in 1967.

The Royal Canadian Air Force (RCAF) became interested in the CL-41 and in September 1961 ordered 190 aircraft of the CL-41A model. It began service as a jet trainer in 1964 and continued in this

role until 2000, when aircraft of the NATO Flying Training Program replaced it. In 1967, ten *Tutors* were painted in gold colours and flew as the "Golden Centennaires" aerobatic team during the centennial year. Although the team was disbanded at the end of 1967, the *Tutor* reappeared in 1971 as part of the *Snowbirds* and has thrilled audiences since then.

The *Tutor* was an evolutionary aircraft for Canadair. After designing and building it in-house, Canadair's design team went on to create aircraft that fit into niches, thereby developing new aviation opportunities for the Canada and this Canadian firm.



*If you want to drink ~ That is your business  
If you want to stop drinking ~ That is our business.*



AA meetings every Tuesday at 8 p.m. at St. Mark's Protestant Chapel

## Are you a Commuter?

*We have books on tape/CDs to make your journey fly by.*



14 Wing Greenwood Library School Street 765-1494 Loc 5430

HOUSE OF COMMONS CHAMBRE DES COMMUNES

### Greg Kerr

Member of Parliament/Député West Nova/Nova-Ouest

233 Water Street Yarmouth, B5A 1M1 Office/Bureau (902) 742-6808 Fax/Télécopieur (902) 742-6815  
14373 Highway 1 Wilmot, N.S. B0P 1W0 Office/Bureau (902) 825-2320 Fax/Télécopieur (902) 825-3785



Toll Free/Sans Frais 1-866-280-5302 KerrG1a@parl.gc.ca

# Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers for the next couple of weeks. For future and ongoing programs and services, please visit our website at [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca) or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

*Note: We are sorry for any inconvenience this may cause, but to keep costs down, the only methods of payment accepted for workshop registrations is cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration.*

## Employment and Education Services

*Coordinator: Kristen Lawson at 765-5611 local 1816 or email [kristen.lawson@forces.gc.ca](mailto:kristen.lawson@forces.gc.ca)*

## Upcoming programs or services

- Military Family Home-Based Business Group**  
Wed, October 7, 2009  
7:00 p.m. – 9:00 p.m.  
Classroom 2  
FREE
- Fairy & Mythical Creatures Portraits Session**  
Thursday, October 15, 2009  
9:00 a.m. – 1:00 p.m.

**Classroom 2**  
Prices Vary  
Registration deadline: Tuesday, October 13, 2009

**Women's Self Defence Class**  
Saturday, October 24, 2009  
9:00 a.m. – 1:00 p.m.  
École Rose de Vent  
Cost \$30.00  
Registration Deadline: Friday, October 16, 2009

## Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Employment Resource Library
- Career Assessment / Counseling
- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on the Military Family Home-Based Business Group
- Employment Computer Available
- Portfolio Development

## Outreach and Community Information Services

*Coordinator: Nicole Godin at 765-1494 local 5941 or email [nicole.godin@forces.gc.ca](mailto:nicole.godin@forces.gc.ca)*

## Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- Outreach to Reserve Units

## Deployment Services

*New Coordinator: Ann Gaudet at 764-1494 local 5583 or email [Ann.Gaudet@forces.gc.ca](mailto:Ann.Gaudet@forces.gc.ca)*

## Upcoming programs or services

**\* NEW \* Laugh Craft Connect**

Wed, October 28<sup>th</sup>, 2009  
6:00 p.m. - 8:30 p.m.  
GMFRC  
Cost: Complimentary  
Registration Deadline: Friday, October 23<sup>rd</sup>, 2009  
Call 765-5611 to Register

## Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give us a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out

there unless you let us know. All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

**\* For respite childcare offerings for deployed families, see details under Children and Youth Services**

## Prevention, Support and Intervention Services

*Coordinator: Jennifer Calkin, at 765-1494 local 1811 or email at [Jennifer.calkin@forces.gc.ca](mailto:Jennifer.calkin@forces.gc.ca)*

## Upcoming programs or services

**Operation Military Bond**

Starts Monday, October 5<sup>th</sup>, 2009 (bi-weekly)  
12:00 p.m. - 1:00 p.m.  
GMFRC  
FREE

This is a support group for families of single regular and reserve force members.

Is your sister, brother, son, daughter, nephew, cousin in the forces? This group offers a chance to meet and connect with other community members who have a shared experience. This group offers education surrounding the military lifestyle to help you understand and connect with your family member.

## Max-Well Relax Casual Get Together

Thur, October 8<sup>th</sup>, 2009

9:00 a.m. - 11:00 a.m.  
GMFRC  
FREE  
NO registration required  
Drop-Ins welcome

If childcare is required contact Miss Coreen at 765-1494 ext 1817 to book your child/ren

## Conductive Education 101 with Beth Brydon

Lunch and Learns are the second Tuesday of each month

Tuesday, October, 13<sup>th</sup>, 2009  
12:00 p.m. - 1:00 p.m.  
GMFRC  
FREE

Bring a brown bag lunch  
Registration deadline: Friday, October 6<sup>th</sup> 2009.

## Ongoing Services

- Emergency Shelter
- Assessment and Referral
- Short Term Support
- Crisis Intervention

Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

## Child and Youth Services

*Coordinator: Kim Dixon at 765-1494 local 1812 or email at [kim.dixon@forces.gc.ca](mailto:kim.dixon@forces.gc.ca)*

## Ongoing Programs

- Youth Council - Tuesdays
- Academic Tutoring Service - ongoing
- Parent & Tot Program - Mondays
- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club - 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month

## Upcoming programs or services

**Lunch & Learn - It's Time to Start Potty Training!**

Wed, October 7<sup>th</sup>, 2009  
1:00 p.m. – 2:00 p.m.  
FREE

GMFRC  
Registration Deadline: Monday, October 5<sup>th</sup>, 2009

## Children's Deployment Support Group

Sunday, November 8<sup>th</sup>, 2009  
1:00 p.m. – 2:00 p.m.  
GMFRC  
FREE

Registration Deadline: Thursday, November 5<sup>th</sup>, 2009

## Mad Scientist Club

Dates:  
Mon, November 9<sup>th</sup>, 2009  
Mon, November 16<sup>th</sup>, 2009  
Mon, November 23<sup>rd</sup>, 2009  
Mon, November 30<sup>th</sup>, 2009  
(Total of 4 sessions)

Time: 6:00 p.m. – 7:00 p.m.  
Cost: \$12.00 per child for all sessions

Ages: 5 – 8 years  
Registration Deadline: Monday, November 2<sup>nd</sup>, 2009

## Parent Information Session - Bullying and your Child

Mon, November 16<sup>th</sup>, 2009  
6:00 p.m. – 7:00 p.m.  
GMFRC  
FREE

Registration Deadline: Thurs, November 13<sup>th</sup>, 2009

## Respite Dates

**Wed, October 28<sup>th</sup>, 2009**  
5:00 p.m. – 9:00 p.m.

Children up to age 12  
Free to CF Families who currently have a partner deployed. Pre-registration is essential. Call reception at 765-5611.

Registration deadline: Monday, October 26<sup>th</sup>, 2009

## Special Events and Promotions

*Coordinator: Michelle*

# Haven't yet visited the Learning and Career Centre?

Are we still the best-kept secret on the Base?


If you are a **military member or civilian** employee, you have access to all services the LCC offers.  
**VISIT OUR WEBSITE**  
<http://hr.ottawa-hull.mil.ca/lcc-cac/>  
**or drop in!**

We are located on the upper level of the Birchall Training Centre  
**We're so much more than just courses:**

- Career Development/Advisory • Learning Advisory
- Personal and Professional Development Courses
- Computer Courses • Loaning Resource Library
- Internet Café • Book Club • Career and Learning Software

**Want to relax on your lunch hour?**  
Why not drop over and browse our shelves, lounge while watching a video, borrow a book and listen to your favourite tunes, surf the net on our high-speed internet computers, or simply drop in and say hello.  
**You're always welcome!**

**Why not drop in and check us out!**  
**We're open daily**  
**Monday to Friday from 0800-1600 hrs**  
(including lunch hour).



**THE MUNICIPALITY OF THE COUNTY OF KINGS**  
87 Cornwallis Street PO Box 100  
Kentville, NS B4N 3W3

**NOTICE TO RESIDENTS OF GREENWOOD WATER UTILITY**

**FIRE HYDRANT FLUSHING**

The Municipality of the County of Kings' Department of Engineering and Public Works wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed between the dates of October 5<sup>th</sup> to October 23<sup>rd</sup> during the hours of 8:30 a.m. to 4:30 p.m.

Customers may experience low water pressure or discolored water during this time. Customers should flush their own lines by allowing the water to run until the water clears.

Flushing of the water system is conducted twice each year to maintain water quality in the utility's piping.

The Municipality apologizes for any inconvenience this may cause.

**Bill MacLellan, Operations Supervisor**  
[bmaclellan@county.kings.ns.ca](mailto:bmaclellan@county.kings.ns.ca)

Tel: (902) 690-6195 Fax: (902) 679-0911  
Toll Free 1-888-337-2999  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

# Greenwood Military Aviation Museum

*"Saving your past for your future"*

**June to August**  
**7 days a week 9 am to 5 pm**  
**September to May**  
**Tuesday to Saturday 10 am to 4 pm**

We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

For that "hard to find item for that someone special" browse in the **Museum Store** for items such as mess dress items, videos, books, badges, clocks, flags, licence plates, clothing, lapel pins, caps, limited edition prints and an extended selection of models, decals and paints. Remember us for your medals and mounting requirements. If we don't have it, we will order it!

The display aircraft are now part of the museum complex and are located next to the parking lot.  
The museum is now located in the Canex building, East Side, and remember:

**Admission is free!**



**For further information, contact the museum at 765-1494 local 5955. Meet you at the museum!**

# Remembrance 2009 - Veteran of the Week

## Mr. Clyde Goulden



Aylesford with his wife and raised 3 children; 2 daughters and one son. He was em-

ployed as a truck driver for 4 years until he began a more than 30 year career as a civilian employee in the Heating Plant at CFB Greenwood. Clyde has been a devoted Legion member of Br.098 for the past 46 yrs and was presented with a Life Membership a few years ago. Clyde attends the General Meetings, is a regular crib player and enjoys a sip and a story with other Legion members. Clyde is active in the Branch and is currently serving in the position of Honourary President. Thank you, Clyde, for your dedication to your comrades and all those serving in your footsteps!

Thibodeau Wagner at 765-1494 local 1421 or email michelle.thibodeau-wagner@forces.gc.ca

### Upcoming events GMFRC Open House/ Family Fun Day

Tuesday October 6, 2009  
3:00 p.m. - 6:00 p.m.  
No registration required. Bouncers, magician, live entertainment, face painting, cotton candy, prize draws, Military Police Identification kits, Military Family ID's. Lot's of family fun things to do and a chance to learn about your GMFRC!

### GMFRC Family Red Friday Lunch and Walk.

Friday, October 9<sup>th</sup>, 2009  
12:00 p.m.-1:30 p.m.  
Come out to the GMFRC wearing red and we'll give you a free hot dog and drink!!! Then we'll show our support for our troops after lunch by taking a Red Friday walk in the community to raise awareness and let our members know we support what they do!

### Ongoing Services

- Red Friday Promotions
- Yellow Ribbon Campaign
- Support our Troops Awareness Campaign
- Military Families Strength Behind the Uniform Campaign
- GMFRC and Community Special events planning
- Morale Mail Packages to the Troops

### Volunteer Services

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at janie.gagnon@forces.gc.ca

### Volunteer Opportunities

**Baby Club Facilitator**  
Bi-monthly program, 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month 9:45 a.m. to 12:00 p.m.  
GMFRC

Facilitate bi-monthly program for new parents of infants. Childcare is available. Training provided.

### GMFRC Open House/ Family Fun Day

Tuesday, October 6, 2009  
3:00 p.m. - 6:00 p.m.  
GMFRC  
Volunteers Needed: 20  
Need many volunteers to do the following: game assistants,

booths, face painters, MOD setup, Guitar Hero, evaluations, train assistants, food table and tear down.

### Childcare Providers for 404 Squadron Briefing

Wed, October 14<sup>th</sup>, 2009  
5:30 p.m. - 8:30 p.m.  
Annapolis Mess  
Volunteers Needed: 5

### Childcare Providers for Deployed Family Briefing

Wed, November 18<sup>th</sup>, 2009  
6:00 p.m. - 9:00 p.m.  
Annapolis Mess  
Volunteers Needed: 5

### Jingle Bell Bingo

Tuesday, December 1, 2009  
3:00 to 5:00 p.m. set up the Mess room  
5:00 to 6:00 p.m.  
Annapolis Mess  
Volunteers Needed: 12  
Working admission tables, selling tickets, and working canteen

### Warm Line Callers

A Warm Line Caller is a volunteer who has been trained by the GMFRC to provide a monthly call to families of a deployed member. The call is a wonderful way to connect with the families and to also inform them about the programs and services at the GMFRC. Two to three hours per month

### Tutors

To provide educational assistance to children enrolled in elementary, junior and high school that are experiencing difficulties with a particular subject. You must enjoy working with children and have a comfort level in the subject area.

One hour per week - for 7 weeks.

\* Suitable for our awesome Youth Volunteers!

### Second language service/service de langue seconde

Coordinator/  
Coordonnatrice: Janie Gagnon at/au 765-1494 local/poste 5938 or email/ c o u r r i e l : janie.gagnon@forces.gc.ca

### Upcoming activities/ Activités à venir

**Redécouvrez les joies de l'automne**  
Dimanche, le 25 oct 2009  
10h00  
Verger Dempsey Corner

Prix d'entrée à être déterminé  
Tout juste avant la grande collecte de sucreries d'Halloween, venez passer une belle journée de plein air à goûter différentes sortes de pommes au verger. Il y aura beaucoup d'activités pour tous les âges, cueillette de pommes, décoration de biscuits, compétition du lancer de la citrouille et pour quoi ne pas faire le choix de la citrouille qui ornera votre maison. Une belle activité pour petits et grands. On se rencontre tous au verger Dempsey Corner. Réservez votre place 765-5611!

### Brunch francophone entre amis et familles

Dimanche, 15 nov 2009  
10h30  
Farmers Family Dinner (passé le Zoo)  
Coût de votre déjeuner seulement  
Prendre un bon petit déjeuner tout en jasant. On se retrouve sur place pour 10h30. Réservez votre place 765-5611!

### Brunch francophone entre amis et familles

Dimanche, 15 nov 2009  
10h30  
Farmers Family Dinner (passé le Zoo)  
Coût de votre déjeuner seulement

Prendre un bon petit déjeuner tout en jasant. On se retrouve sur place pour 10h30. Réservez votre place 765-5611!

Send your articles and photos to:  
[aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

## Thank You

The Evangeline Pony Club would like to thank the families of Fales River, Planesview, and River Ridge Subdivisions for their generous support during our fund raising bottle drive.

Thank you  
Valerie Peck for Evangeline Pony Club

## GMFRC • Feature of the Week

### Volunteer Services

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

### GMFRC Open House

Date: Tuesday, October 6, 2009  
Time: 3:00 p.m. - 6:00 p.m.  
Where: GMFRC  
Volunteers Needed: 20

This is a fun and exciting event and a great opportunity to come out and support your community! We need many volunteers to do the following: cotton candy makers and distributors, bounce kingdom supervisor, family games assistants, booths representatives, face painters, Guitar Hero facilitators, Clue Game administrator, pizza sellers, evaluations distributor and tear down helpers. Please contact Janie to register to volunteer.

### CRFMG - Publicité de la semaine

#### Service de bénévolat

Coordonnatrice Janie Gagnon au 765-1494 local 5938 ou courriel à Janie.Gagnon@forces.gc.ca

### Journée portes ouvertes du CRFMG

Date : mardi le 6 octobre 2009  
Heure : 15h à 18h  
Bénévoles requis : 20

C'est une activité amusante pour toute la famille et une opportunité pour les bénévoles de rencontrer et interagir avec la communauté. Nous avons besoin de plusieurs bénévoles pour nous assister dans différentes position : barbe à papa, jeux gonflables, jeux en famille, représentants aux tables du CRFMG, peintres de visages, guitare héros, jeux questionnaire, vendeurs de pizza, évaluation et replacer la salle. Contactez Janie Gagnon afin de participer en tant que bénévole

### GREENWOOD MILITARY FAMILY RESOURCE CENTRE WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood  
Tel: (902) 765-5611 • Fax: (902) 765-1747

Email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Website: [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)  
For locations and contact information of all Canadian/Military Family Resource Centres, please visit [www.mfrc.ca](http://www.mfrc.ca) or call 1-877-280-3636

#### Outreach and Community Information Services

- Welcome and Community Orientation  
GMFRC Website ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)), GMFRC Welcome Packages and online Virtual Welcome Package, new arrivals registration, GMFRC welcome calls to newly posted families, welcome GMFRC visit/tour and welcome gift to newly posted families, education information on posting service
- Information and Referral  
E-Mail Information Service (quarterly), Welcome Packages from other MFRCs, Outreach, information, support and assistance to CF family members of 14 Wing Greenwood and Reserve Units in Aldershot, Bridgewater, Yarmouth and Pearson Peacekeeping Training Center, Clementsport, Information Database on the services available to the community, referral to government and civilian agencies, GMFRC promotion/advertising, resources

#### Deployment Services

- Outreach, information, support, and assistance to CF family members during deployment, TD, and IR.
- Pre & Post Deployment information packages.
- Warm line contact during separation
- Social gatherings for the whole family will provide opportunities to connect with and support each other during periods of separation.
- Monthly Deployment newsletter
- Pre and post deployment briefings and screenings
- Video Tele Conferencing (VTC)

#### Children & Youth Services

- Activities and initiatives for children and youth
- Parent & Tot activities, Early Childhood Education Program, Youth Council, various activities/workshops for children under 12 years, Tutoring, Life Skills workshops for youth
- Parent/Caregiver education and support services
- Parent and caregivers information sessions, parenting workshops & resources, information on childcare in the area, appropriate information and referrals for children with special needs, Adult/Teen sitter registry, Daycare/Childcare facility listings, Baby Club
- Emergency Childcare & Respite Services  
Information sessions on Emergency Childcare & Respite eligibility, quality childcare resources/information, education &

- assistance with childcare planning, 24/7 access to emergency childcare & respite services, group respite offerings for deployed families
- Casual Childcare  
Licensed Casual Childcare Services
- Prevention, Support and Intervention Program
- Education and Prevention  
Personal growth & wellness workshops (i.e. Anger Management, Communication Skills), Rainbows Program (grief & loss), Roundel Emergency Housing
- Assessment and Referral  
Needs/risk assessment, referred to appropriate community resources, clients supported throughout the referral process
- Self-Help Groups  
Peer support groups, Women's group, awareness of and referral to community based support groups (i.e. Al-Anon)
- Short-Term Intervention/Crisis Support  
-Short-term counseling (individual and family), crisis support, client advocacy

- Volunteer Involvement and Leadership  
Recruiting, screening, training, orientation, evaluation, and recognition, placements designed for individual interests and talents, On-the-job training; develop new or existing skills, professional development courses and workshops available, volunteer recognition activities, volunteer opportunities for teens aged 12 - 18 years

- Second Language Services  
Second Language Training (SLT)  
Francophone activities  
French movies

#### Employment and Education Services

- Education Programs:  
Food Handling Course, First Aid / CPR, Defensive Driving Course  
Education & Employment Fair, CF Recruiting
- Self Care & Self Improvement Workshops:  
International Women's Day Celebrations
- Leisure Programs:  
Sewing, Creative Writing, Military Home-Based Business Group  
Creative Painting on Clay, Flower Arrangements, Card Stamping

- Special Events and Promotion Services  
Red Friday Promotion  
Yellow Ribbon Campaign  
Support our Troops Awareness Campaign  
Military Families Strength Behind the Uniform Campaign  
Morale Mail Packages to the Troops  
GMFRC and community special events

The Greenwood Military Family Resource Centre adheres to the Military Family Services Privacy Code that was developed from the Canadian Standards Association Model Code for the Protection of Personal Information. For more information on the MFSP Privacy Code, please contact the GMFRC at 765-5611 or visit us online at [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)



This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot. Contact the Environment Office, at 14 Wing Greenwood 765-1494 ext. 5367



## EAP

Employee Assistance Program


When you need someone to talk to, call:

- Al MacDonald ..... 1532
- Wayne Atwater ..... 5567
- Darlene Richards .. 3119
- Debby Benda ..... 3340

# FOR YOUR INFORMATION

**UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS**  
 FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted each week either in person to our offices located on School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com). These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

**Discover the Magic of Reading**  
 ...visit 14 Wing Library



Located at AVM Morfee Centre, School Street  
 Monday ..... 1-5pm & 6-8pm  
 Tuesday ..... 10am-1pm & 2-5pm  
 Wednesday ..... 1-5pm & 6-8pm  
 Friday ..... 12-4pm  
 \* Sunday ..... Closed

**765-1494** 24 hour drop-off box • Phone for Renewals  
 Loc. 5430 Closed on holidays and holiday weekends throughout the year.

# HOROSCOPES

September 28 to October 3

**ARIES - Mar 21/Apr 20**  
 It's time to face the music, Aries. You've been skirting by and now you simply cannot get away with that. This week you'll need to be all business.

**TAURUS - Apr 21/May 21**  
 Taurus, it's been a busy few months and you're ready for a break. It's going to happen soon. Sagittarius is needy on Wednesday and you'll have to entertain.

**GEMINI - May 22/June 21**  
 Make the most of a bad situation, Gemini. Try to see the silver lining and encourage others to see it as well. You'll be the hero for the day and looked at with regard.

**CANCER - Jun 22/Jul 22**  
 Cancer, soon all eyes will be on you and you're expected to step up to the plate and take the lead. It's a situation that may make you a little uncomfortable, but you'll get it done.

**LEO - Jul 23/Aug 23**  
 If you have something to say, Leo, then say it soon. The spotlight will be directed at you soon and you'll have your moment to shine. Friday is an exciting day.

**VIRGO - Aug 24/Sept 22**  
 Although you enjoy some solitary time, Virgo, this week you will be feeling like you want some more company around. Have a party or do a dinner for family.

**LIBRA - Sept 23/Oct 23**  
 Libra, a tiff between you and a friend may lead to a permanent end to the friendship. That is unless you take steps to mend the fence. Decide if this is what you want.

**SCORPIO - Oct 24/Nov 22**  
 It'll take a lot of determination to survive the week, Scorpio. Financial matters cause some anxiety, and you may have to reassess your budget in the days to come.

**SAGITTARIUS - Nov 23/Dec 21**  
 Sagittarius, too much of a good thing can turn sour. Therefore, don't expect the world from friends and family members; they can't spend every waking hour with you.

**CAPRICORN - Dec 22/Jan 20**  
 Capricorn, it's not a sign of weakness to ask for help. Why do you feel the need to do everything yourself lately? Delegate some of your tasks and relieve your stress.

**AQUARIUS - Jan 21/Feb 18**  
 Even more will be expected of you, Aquarius, when someone close is unable to hold up his or her end of the bargain for the time being. You'll be a trouper.

**PISCES - Feb 19/Mar 20**  
 A few bumps early in the week lead the way to an easier time of it later on, Pisces. Just hold out for a couple of days.

### FAMOUS BIRTHDAYS

- OCTOBER 4 Susan Sarandon, Actress (63)
- OCTOBER 5 Kate Winslet, Actress (34)
- OCTOBER 6 Elisabeth Shue, Actress (46)
- OCTOBER 7 Toni Braxton, Singer (41)
- OCTOBER 8 Chevy Chase, Actor (66)
- OCTOBER 9 Tony Shalhoub, Actor (56)
- OCTOBER 10 David Lee Roth, Singer (54)

Horoscopes brought to you compliments of:



**24 HOUR SERVICE**



**www.morsetowing.ca (902)825-7026**

### West Kings Craft Fair

Sunday, Nov. 1/09 at West Kings District High School in Auburn from 10:00 a.m. to 4:00 p.m., Admission \$2.00. Crafts, Draw Auction, Door Prizes, Bake Table and Canteen. Proceeds in support of the West Kings Band Program. If anyone is interested in booking a table at the Craft Fair, please contact Gladys at 847-3507.

### It's Girl Guide Cookie Time!

Yes, it's that time of the year again. The 1st Greenwood Sparks will be carrying out their cookie blitz in the PMQs on Wednesday, October 7th, 2009 from 6:00-7:00 p.m. Help support our activities by purchasing a box, or an entire case, of our delicious chocolate mint cookies (\$4.00 per box). They make great gifts for family and friends. Thank you for your support!

### Morse Code Class

The Greenwood Amateur Radio Club is offering a Morse Code Class starting Tuesday, 15 Sep 2009, in the Club Conference Room, upstairs in the Greenwood Community Centre. Anyone interested in learning Morse, or reviewing it, is welcome. The course will be conducted by Lloyd, VE1VEI. For more information, or registration, contact Guy, VE1NC, at 902-825-6151, or [ve1nc@rac.ca](mailto:ve1nc@rac.ca).

### Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. At the Kingston Branch No 98 of the Royal Canadian Legion. Fun day (cards & games) every second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

### Annapolis Valley Toastmasters

Every Tuesday 6:30 - 8:00 p.m. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (by the ZEDEX Theatre), Classroom 1. Toastmasters provides a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn fosters self-confidence and personal growth. We learn by doing. Further information is available at [Annapolis.freetoasthost.net](http://Annapolis.freetoasthost.net) or by phoning Christine at 825-1061.

### Bake Sale

It's that time of year again. The Valley Animal Shelter will hold its annual Bake Sale on Friday, October 30th, 9:00 a.m. - 3:30 p.m., at the Valley Drug Mart (Pharmasave) in Middleton. Expect to find all sorts of yummy goodies such as homemade candy, squares, cookies, breads, preserves and more. For more information, please call Jennifer at 765-6629.

### Hymn Sing for October

Hymn Sing October 18th at 7:00 p.m. at the Wilmot Baptist Church (Christian Fellowship Centre) with guests the "Crouse Town Trio" from Lunenburg County. Refreshments and fellowship will follow, please join us.

### Kids Church

Kids Church will be held at New Beginnings Center Church, 1151 Bridge St., Greenwood. This fun program is a Church especially for children and is held at 11:00 - 12:00 on Sunday mornings for kids ages 5 - 12. For info phone the Center at 765-8155 or call Jen at 242-2754.

### Child Identification Program

By: Sgt Wendy O'Quinn, 14 Wg MP Det, Between 1500 hrs and 1800 hrs, 6 Oct 09, the 14 Wing Military Police/Ident Section, along with the Military Family Resource Centre (MFRC) will be holding a Child Ident program at the MFRC, during their Open House. Any CF family may bring in their child to have them photographed and fingerprinted at no cost. The 14 Wg MP Det and the MFRC are looking forward to meeting with you and providing this service to our community.

### Upcoming Event

Emmanuel Congregational Christian Church, Gates Ave, Middleton will be starting Family Movie Nights on Saturday, October 17 at 6:30 p.m. The first of these movie nights will feature Monsters vs Aliens, the new animation movie which has proved to be a great hit. Come along and enjoy a good family movie, popcorn and drinks. Admission is free. Everyone welcome.

### Carousal Fundraiser

The Carousal Fundraiser to support VRH is being held Sat. Oct 17th at the Kingston Fire Hall, Sparky St. Kingston from 10:00 a.m. to 2:00 p.m. Admission is \$2.00 (includes 20 tickets for ticket auction) many tables including children's activities). Lunch/Desert will be available. Proceeds for Valley Regional Hospital Expansion Fund. Hosted by Soldiers Memorial Hospital, Greenwood, Kingston, Nictaux, and Lawrencetown Auxiliaries.

### Overeaters Anonymous

(OA) is a fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include Bulimics, Anorexics and Overeaters. No dues... no fees... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit [www.oa.org](http://www.oa.org).

# It's Open House at the GMFRC


Submitted by: **Michelle Thibodeau Wagner, Coordinator of Special Events and Promotions, Greenwood Military Family Resource Centre 765-1491 local 1421 [michelle.thibodeau-wagner@forces.gc.ca](mailto:michelle.thibodeau-wagner@forces.gc.ca)**

It's an exciting time at the GMFRC as we prepare for our Annual Open House/Family Fun Day. We are getting ready to have a fun afternoon of family games, face painting, bouncers and cotton candy. Nicky Lee and Courtyard will be here to provide live entertainment, the *Great Timbeanie* will entertain us and Sparky will even drop by to visit. Our Military Police will be here to do child identification kits. Military Family ID's will

also be done for those who haven't already gotten one.

We have some exciting door prize draws including one from Milford House, [www.milford.house.ca](http://www.milford.house.ca), located in South Milford on Highway 8; they are donating a two-night stay in one of their lakeside cabins with fireplace and use of a canoe! There will also be a chance to win a Nintendo DS! There will be draws for lots of cool stuff!

Come out and meet the staff of the Greenwood Military Family Resource Centre, new neighbours and old friends. Learn about the GMFRC, its programs and have a fun filled afternoon with other military families. See you there.



**PRESENTS... FIND & WIN**

**Just Fill in The Blanks. Three Easy Ways to Enter.**

- Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
- Fax: 765-1717
- Drop into our office located on School Road (Morfee Annex)


**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, October 8, 2009.**  
 Make sure you include your full name and phone number.

**NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_**  
 Limited to one win per month.  
 The winner will be drawn randomly from all correct entries. Only one entry per person per week.

**Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!**

- What restaurant is celebrating Octoberfest \_\_\_\_\_
- Where is Englands Furniture located \_\_\_\_\_
- When is Fire Prevention Week \_\_\_\_\_
- You receive \$20 off what package \_\_\_\_\_
- What is Best Western Aurora Inn's phone number \_\_\_\_\_

**The 107 Valley Wing**



**Air Force Association of Canada**  
 904 Central Ave. Greenwood

Open to ALL Members, Serving or Retired, of the

- CAF • Reserves • RCMP •
- Public Service • RCAC •
- Members & Guests •

Do you enjoy a good time in a friendly relaxed atmosphere?

Drop into the 107 Valley Wing and meet our friendly members and staff.

We are open 7 days a week for your convenience.

We are looking for new members!

For more information call 765-8415 after 12:30 p.m.

We also have Catering Service for your Weddings, Section Parties or other celebrations.

**This contest is brought to you by:**



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

**Congratulations to last week's winner: ELMER SPROULE**

# Letter to the Editor

Dear Editor:

When the West Novas were in Italy during World War II, we were usually on the offensive as the Germans continued to retreat.

One day we came under heavy machine gun mortar and artillery fire. It looked like the enemy might have plans for a counter attack.

The Commanding Officer called a halt and told us to dig in, as we might possibly be there all night, not knowing

what the enemy had planned.

Around midnight the barrage started to taper off, we wondered if they were there waiting for us or had they decided to retreat.

I relaxed in a shell hole for a while and then decided to go out and try to find what they were up to, as it had been so quiet.

I got to where the enemy had been the day before and there was no sign of them. They must have decided to

continue their retreat.

It was now beginning to get light in the east and there about a hundred yards away was an Italian house but no one around. It was a big house, two stories, and there were a few holes in it from armour piercing artillery shells. I stood for a few minutes and as it got light, an Italian came out and he immediately saw me.

I walked up to him and asked if there were any

*Tedeskis*, this is what the Italians called the Germans. He pointed to the second floor and said *ona*, which means one. That made me wonder if he was telling the truth.

He opened the door and pointed up a flight of stairs and it looked like he was pointing me into a trap. I stood there for a minute and then decided to climb the stairs hoping to make no noise.

I got to the top silently and kicked the door open. There

was one German sitting behind a machine gun, which was pointed out a hole in the wall. I levelled my rifle at him and said you are my prisoner. He started talking in very good English. He said I am a sick man and unable to go with you but he saw the safety catch off my rifle and he got to his feet.

I said pick up that machine gun and let's go. He complained a little more about being sick then picked up the gun and we left.

I pointed to our lines and kept well behind him. We eventually got to the West

Novas and they were amazed to see my prisoner with a machine gun on his shoulder.

There is a veteran who lives in Yarmouth who was there that morning, and we got a big kick out of my prisoner carrying a machine gun.

That German was sitting by a machine gun pointed out a hole in the wall beside a stack of ammunition. There was an old road about fifty yards from the house and the West Novas advanced down that road later in the morning.

Oren Foster B.E.M.  
Deep Brook



Camryn Little and Eliot White enjoy the musical train during free play at Casual Care this week.

**ComParrot** by Bonnie J. Malcolm  
Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Fold in hanging coat is hidden. 2. Feather on turkey is missing. 3. Latch on purse is missing. 4. Boy's ear is hidden. 5. Item in trash is colored in. 6. Pocket on pants is colored in. 7. Skateboard wheel has moved. 8. Paper behind trash can has moved. 9. Vine beside pumpkin has moved. 10. Stem on pumpkin is reversed. 11. Shift is longer. 12. Design on paper plane is different.

Com Parrot brought to you compliments of:

**McDonald's**  
954 Central Avenue  
Greenwood  
765-6381

## All Aboard!

Casual Care is open to current serving military, DND, and RCMP families who are in need of short-term care. We take children from the age of 4 months to 12 years of age and are always happy to see new faces. For more information on our program please contact me, Miss Coreen at 765-1494 local 1817.

### PATRICK'S PUZZLE

#### Family Dinner Word Find

Just in time for Eat Better/Eat Together Month, see how many related words you can find and circle in the puzzle.

|              |           |           |
|--------------|-----------|-----------|
| CHILDREN     | ENJOYMENT | MEAL      |
| CONVERSATION | FAMILY    | NUTRITION |
| DINING ROOM  | FOOD      | PARENTS   |
| DINNER       | HEALTHY   | TOGETHER  |

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

#### Dinner Scramble

Unscramble the words to complete the sentences.

- Family meals may prevent **V A R O I H E B** problems in children.
- H Y E H A T L** foods are important for keeping weight down.
- K L M I** is full of calcium and vitamin D.
- Don't skip **T S A F K A B R E** to lose weight.

Answers: 1. behavior 2. healthy 3. milk 4. breakfast

Patrick's Puzzle brought to you compliments of:

**Tri County**  
Communications  
Greenwood Mall

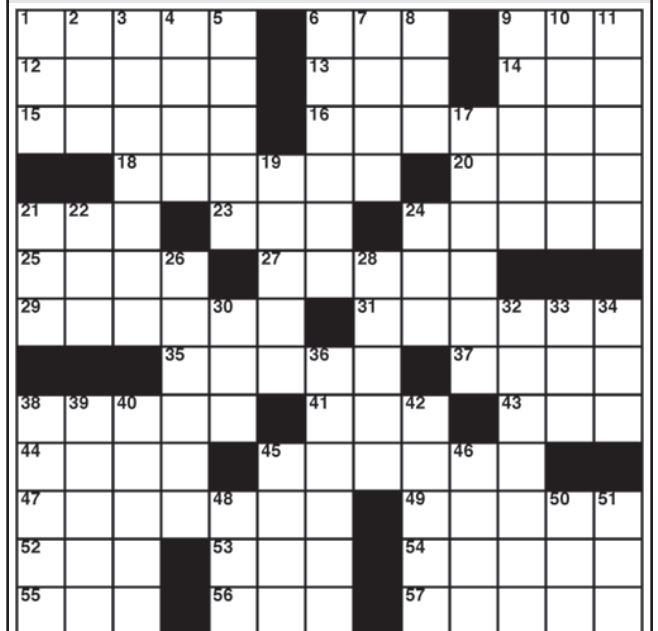
**TELUS**  
authorized dealer  
Cellular Sales & Service  
Authorized Product Care Centre  
765-2415

## Canadiana Crossword

### Fabulous Folk Foods

Solution page 22

By Bernice Rosella and James Kilner



- ACROSS**
- 1 Small time gambler
  - 6 Cleo's pet
  - 9 Sales person slangily
  - 12 Stuffed cigar, or a migratory bird
  - 13 Deuce
  - 14 Titled Turk
  - 15 Ait
  - 16 Twelve hours
  - 18 Make deaf
  - 20 Midway attraction
  - 21 Former Ontario Premier Bob \_\_\_\_\_
  - 23 Whitney invention
  - 24 Silly person, or a migratory bird
  - 25 Sr. manager
  - 27 Of the nose
  - 29 Containing iron
  - 31 Baltimore basebatter, or a migratory bird
  - 35 Antiknock fluid
  - 37 Many a Hwy. driver
  - 38 Prepares for exams
  - 41 Auditory sense
  - 43 Look at
  - 44 Spa amenity
  - 45 Atlantic isles, or a migratory bird
  - 47 Wrongdoers
  - 49 Strange
  - 52 With picking, trivial faultfinding
  - 53 Cannabis
  - 54 Boredom
  - 55 Printers' concern
  - 56 Sounds from a dentist's chair
  - 57 Thesaurus publisher
  - 17 Gambol
  - 19 Harper Lee character, or a migratory bird
  - 21 Ump
  - 22 Fire, in a way
  - 24 Food fish
  - 26 \_\_\_\_\_ de menthe
  - 28 Gannet
  - 30 Ran \_\_\_\_\_ course
  - 32 Conforming to rules
  - 33 Greensward
  - 34 Before to Browning
  - 36 Leaveners
  - 38 Construction machine, or a migratory bird
  - 39 Batman's buddy, or a migratory bird
  - 40 Adjoins
  - 42 Less refined
  - 45 To boast annoyingly, or a migratory bird
  - 46 House in need of repair
  - 48 Environmental org.
  - 50 Regret
  - 51 Telegraphic signal

Weekly Crossword brought to you compliments of:

## BEST TOYOTA

840 Park St., Kentville  
(902) 678-6000

# Classified Ads

Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Acceptable payment methods include VISA, MasterCard, AMEX or Debit or Cash. Classified advertisements can be accepted by telephone if paying by Credit Card. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content.

To place a Classified Ad by Word Count call Keith Pinkerton at 765-1494 local 5440. The Aurora Newspaper office is located on School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

For information on Placing a Boxed Business Ad in the Classified Section call Anne Kempton at 765-1494 local 5833. Business or Boxed Ad Sizes for the Classified Page Range from 1 Column to 7 Columns.

**Barristers**  
**C. HANSON DOWELL, Q.C.**  
 250 Main St., Middleton  
**825-3059**

**PARKER & RICHTER**  
 Barristers, Solicitors, Notaries  
**Chris Parker L.L.B.**  
**Ronald D. Richter**  
 (B.A. Hon.), L.L.B.  
 Southgate Court,  
 Greenwood N.S.  
 Phone: **902-765-4992**  
 Fax: **902-765-4120**  
 "Serving the Western Valley Since 1977"

**cole sawler**  
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**Stephen I. Cole, LL.B.**  
**Craig G. Sawler, LL.B.**  
 264 Main Street, Middleton, N.S.  
 Tel: 902-825-6288  
 Fax: 902-825-4340  
 Email: info@colesawlerlaw.ca  
 Website: www.colesawlerlaw.ca  
**Evening and Weekend Appointments Available**

*Durland, Gillis & Schumacher Associates*  
 Barristers, Solicitors, Notaries  
**W. Bruce Gillis, Q.C.**  
**Blaine G. Schumacher, CD**  
 (Also of the Alberta Bar)  
 Counsel:  
**Clare H. Durland, Q.C.**  
 (Non-Practicing)  
 Phone (902) 825-3415  
 Fax (902) 825-2522  
 74 Commercial Street  
 P.O. Box 700  
 Middleton, NS  
 B0S 1P0

**FOR SALE**  
 FOR SALE - 16' Crestliner, fishfinder, downrigger Bimin, top, travel top, live well, more. 50 HP Honda 4 stroke, power tilt. Both bought new in 2004. EZ Loader trailer w/rollers new 2007, oversized, spare and more. \$13,500.00 Call Rick 825-3796 (3039-2tp)

**FOR SALE** - Large 4 bedroom house in Kingston. Large kitchen, built in appliances, nice fenced yard, easy to heat with wood stove and electric. Asking \$79,900 Call 765-2439 (3040-1tp)

**FOR RENT**  
 FOR RENT - 4 bedroom house in Port Lome. 5 appliances included,

**What is a True Home Business?**  
 It has a Training Program, Huge Market, Unique Product and a Free Evaluation.  
 Most importantly, it needs to move when you do.  
 www.see-it-do-it.com

**GUITAR GURU GUITAR LESSONS**  
 Play & Learn in our comfortable home studio Electric or Acoustic Guitar All ages, all styles of music Beginner to Advanced Over 26 years experience  
 Call Steve 825-6553

**Future Glass and Mirror Ltd.**  
 Sampson Dr., Greenwood  
**902-765-2105**  
 SPECIALIZING REPAIRS/ REPLACEMENTS OF WINDSHIELDS  
 ALSO: \*plateglass \*mirrors \*plexiglass  
 \* vehicle accessories  
 \* window & screen repairs  
 Many Used Windshields Available at Reduced Prices  
**"INSURANCE CLAIMS OUR SPECIALTY"**

\$650.00 per month plus utilities. Call Glengary Property Management 765-2421. (3022-ufn)

**FOR RENT** - Small 2 bedroom house behind Greenwood Mall. Recently renovated, hard wood floors, new bathroom, w/d hookup. Large outside deck. Lawn care and snow removal provided. \$650.00 plus utilities. Call 765-4206 (Susan) (3038-ufn)

**FOR RENT** - 2 bedroom, School St Middleton. Laundry room, laminate flooring, private deck. \$650.00 per month plus utilities. Call 825-3424 or 825-2606. (3037-4tp)

**FOR RENT** - 3 bedroom house in Middleton, 475 Main St. \$795.00 per month 7plus utilities Call 825-3424 or 825-2606 (3037-4tp)

**HOUSE FOR RENT** - English Tudor style home, 1500 sq. ft., 5 minutes from CFB Greenwood and shopping mall. 1 Acre property, 2 Bedrooms, separate din-

ing room, vaulted ceiling and large stone fireplace, patio. Includes 5 appliances. \$950.00 per month. Call 902-670-6522 (3040-3tp)

**FOR RENT** - 2 bedroom mobile in Kingston \$630.00 per month utilities included. Call 847-5046 (3039-ufn)

**FOR RENT** - 2 bedroom duplex in Nictaux. Fridge/stove, washer/dryer hook-up, electric heat, references required. \$425.00 per month plus utilities. Call 473-9804 after 6:00 p.m. (3039-3tp)

**FOR RENT** - 4 bedroom house in Greenwood, double car garage, appliances, finished basement, 2 full baths. References and damage deposit required. \$1200.00 per month Call 760-0012. (3039-2tp)

**FOR RENT** - 4 bedroom house on Lilly Lake Road Middleton. This home has panoramic views of the valley, very private. Fridge

and stove included. References and damage deposit required. \$1000.00 per month Call 760-0012. (3039-2tp)

**FOR RENT** - 3 bedroom house in Kingston. This home is centrally located, fridge and stove included. References and damage deposit required. \$550.00 per month Call 760-0012. (3039-2tp)

**FOR RENT** - 3 bedroom house in Middleton. This home is within walking distance to all amenities including the schools. Appliances included. References and damage deposit required. \$900.00 per month Call 760-0012. (3039-2tp)

**FOR RENT** - 2 bedroom, Cherry Lane, Kingston. \$550.00 per month plus utilities. Available immediately Phone 679-9511 (3040-1tp)

**FOR RENT** - Apartment for rent in Forest Brook Park Subdivision. Available Nov 1st. \$575 a mos. Phone 840-3709 or 825-6096. (3040-2tp)

**FOR RENT** - 2 bedroom apartment in adult building located in central Kingston. Available October 1st. Fridge and stove included. \$450.00/month plus utilities. Please call 765-6879 after 4pm, references required. (3040-1tp)

**DAN'S FIREWOOD**  
 Hardwood, \$180 a cord  
 Softwood, \$140 a cord  
 Cut, Split, Delivered  
**Ph: 825-6424**

**Steve Lake's Light Trucking**  
 Moving & Deliveries  
**844 0551**

**Cam's Cab**  
**760-0293**  
 7 DAYS A WEEK  
**JOIN CAB CLUB!**  
 9 Trips and the 10th is FREE • Applies to local fares only.  
**Seniors discount**  
 everyday on local fares

**FOR SALE FIREWOOD**  
 Clear Hardwood  
 Cut, Split and Delivered  
 Quality Guaranteed  
 Please Phone  
**825-3361**

**For Sale By Owner**  
 3 Bedroom home, situated on almost 1/2 acre lot in quiet subdivision, 3 miles from CFB Greenwood. Immaculate and a must see for discerning buyers. All upgrades have been completed including new roof installed in 07, steel liner in chimney for Pacific Energy wood stove in large family room. A Jenn Air counter top stove is featured and a generous 12'x16' deck. Asking Price: \$164,500. Call 765-3498

Please visit us at [www.PropertyGuys.com](http://www.PropertyGuys.com)  
 ID# 53686

**RALPH FREEMAN MOTORS LTD.**  
  
**YOUR LOCAL USED CAR DEALER**  
**Licensed Mechanic Available on Site**  
 •Rust Check  
 •U-Haul Dealer  
[www.freemansautosales.com](http://www.freemansautosales.com)  
 820 Main Street, Kingston  
**765-2544 765-2555**

**FOR RENT** - New three bedroom house in Nictaux. \$850 monthly. Renovated four bedroom house in Lawrencetown. \$850 monthly. Phone: 847-5529. (3040-1tp)

**FOR RENT** - Large 2nd floor flat in Kingston. Newly painted, clean and quiet. Snow removal and lawn care provided. \$650.00 per month includes heat. Call 765-2439 (3040-1tp)

**ROOM FOR RENT** - Mature non-smoker to rent room in Fales River S/D. \$110.00 per week. All facilities and amenities available. Seniors welcome call 765-3092 (3040-1tp)

**FOR RENT** - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveways with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services, available Nov 01. For more information or viewing please contact 902-765-0339 or 902-848-6279 (3040-4tp)

**SERVICES**  
**DROP & LOCK STORAGE** - Kingston/Greenwood's newest building, clean, secure self storage your lock—your security code sizes: 10' x 10' or 5' x 10' 847-1405 or 760-0278. (2903-ufn)

**SERVICE** - Self Storage located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-ufn)

**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 Greenwood/Kingston (3024-ufn)

**CERAMIC WORKSHOP/ CLASSES** - Thursday evenings 7:00 - 9:00 p.m. 3884 #1 Hwy Berwick area. Call Dorothy Fraser at 902-538-7141. Adults \$5.00 (3040-4tp)

**SERVICES** - Retired Personal Care Worker will provide light house keeping duties/personal care, for seniors. Minimum 3 hours a shift Phone 847-9755 (3040-2tp)

**WANTED**  
**WANTED** - Looking for sitter/nanny to come into our home. Children ages 1 and 2 1/2. Mon - Fri, 7:00 a.m. - 4:00 p.m. No nights, start date required beginning Dec 09. Please call 765-6388 or email scottandshenna@eastlink.ca (3039-2tp)

**CLEAR FIREWOOD FOR SALE**  
 Hard wood \$185 a cord  
 Popple wood \$135 a cord  
**Split, Cut, Delivered**  
**825-8525 or 825-4930**

**ENGLAND WE BUY FURNITURE**  
 By the piece or lot.  
 We do local moving  
**765-4430**  
 812 Maple Street Ext., Kingston

**JASON BEZANSON ROOFING & CONSTRUCTION**  
 9594 South Farmington  
 RR1 Wilmot, NS BOP 1W0  
 840-0552  
 Specializing in Roofing • Free Estimates

**Self-Storage**  
 Units 6'x6'x10' up to 13'x16'x10'  
 Starting at \$65 a month  
 Military Discounts on Storage Units  
 ~~~~ ALSO STORAGE FOR ~~~~  
Cars - Trucks - Boats - Motorcycles
847-0490 • 847-5074

Crossword Solution

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

David A. Proudfoot
 Barrister * Solicitor * Notary
 811 Central Avenue, PO Box 100
 Greenwood, NS BOP 1N0
Email: dap@davidproudfoot.com
Web: www.davidproudfoot.com
T: 902-765-3301 F: 902-765-6493

- Real Estate
- Family Law
- Wills / Estates
- Litigation
- Incorporations
- Consultations / Referrals

Greenwood Players Present:

Robin Hood and Babes in the Wood



Sarah-Jane Russell.

Rehearsals are going well. We are all having lots of laughs as you will when you come to see the pantomime. December 8th through to December 12th at the AVM Morfee Centre in Greenwood. Tickets will be \$8.00. Featured this week are the two ghosts Sarah-Jane Russell and Tianna Russell who also play village children.



Tianna Russell.

Mmmm ... Good!

Eric Christianson enjoys playing with the play food during Toddler Tuesday this week at the Greenwood Military Family Resource Centre. This is merely one of our many Drop-In programs that our centre provides for children. Don't forget our Parent & Tot group which takes place on Monday mornings from 9:30-10:30 a.m. in our Casual Childcare room, as well as Tumble Tots on Wednesdays from 9:30-10:30 a.m. in the gym. For more information please contact Coreen at 765-1494 local 1817. We look forward to seeing you!



It's time again for Fun with Fitness!

If you are a youth who has always wanted to learn more about fitness or have not had the opportunity to be a member at the Fitness and Sports Centre then this program is for you!

Last year, we offered the second ever *Fun with Fitness* program, for nine youth, which brings our combined total to over 20 youth who have now been certified! The two *Fun with Fitness* programs included a mixture of guys and girls who ranged from 12-16 years of age. These twenty young individuals now not only know how to properly use all the equipment at the Fitness and Sports Centre but are also now certified to work out unsupervised.

As a result of the great response we received from these two courses, the 14 Wing Community Centre would like to offer another special 4-week *Fun with Fitness* program for free. This program will be instructed by Josh Leddicote, a Fitness and Sports Instructor at the 14 Wing Fitness and Sports Centre. *Fun with Fitness* is intended for anyone between the ages of 12 and 15, who are too young to currently use the gym. Or any 16 to 18 year olds who would like to learn more about active living, and receive additional training and information on operating the exercise equipment.

This fun 4 week program will provide the participants with a thorough introduction to active living, goal setting and exercise maintenance, as well as weekly classroom lessons and hands on

practical training! The goal of the program is that by the end of the 4 weeks, you'll be able to not only know how to properly operate the equipment at the Fitness and Sports Centre but also work out, unsupervised. Plus, at the end of the program you should even be able to put your own program together!

This program is an excellent way for you to improve your strength and conditioning, and is also a great way to train for all sports programs offered later this fall or winter.

Once again there will be no charge for this program if you have a 14 Wing Community Recreation Card. If you do not, you can simply purchase one at the Community Centre or pay the \$5.00 drop in fee, each

week. Once you have completed the course you will receive a package with some cool material.

Please note that the dates of the program will be determined next week, so continue to check the Aurora for our next announcement. In the event that there is sufficient interest, registration will be done on a first come, first serve basis! All participants will be required to have a rec. card, wear indoor footwear, and proper gym clothing. It is also recommended that each participant brings a water bottle as well.

If you have any questions about the program or want to find out more or would like to register, please call Eric MacKenzie at 765-1494 ext. 5337.

BOWLERS WANTED

Sign up today!

- Fall leagues are now getting underway
- Youth Bowling starting at 9:30 a.m. 12 September, 09
- Men's Bowling 7 p.m. every Tuesday Mid September, 09
- Military Mixed Thursday 1 p.m. TBA
- Family Night Friday eve 6-10 p.m. Cosmic Bowling
- Mixed Bowling 7 p.m. every Sunday eve. mid September, 09

Keep watching for our fall specials.

Greenwood Bowling Centre
Call Today 765-1494
Extension 5631
FAX 765-1255
Web www.5pinbowling.ca
E-mail gbcbowlingstaff@eastlink.ca



CONVERGYS
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You're totally at home with success.

WE CAN RELATE.

YOU CAN DO ANYTHING YOU PUT YOUR MIND TO. YOU'RE SELF-DIRECTED AND LOVE THE CHANCE TO TAKE THE BALL AND RUN WITH IT. YOUR DEDICATION TO EXCELLENCE SHINES THROUGH, NO MATTER THE CHALLENGE OR ENVIRONMENT. WE'RE THE SAME WAY.

WORK AT HOME CUSTOMER SERVICE ASSOCIATES

CONVERGYS IS A WORLD LEADER IN RELATIONSHIP MANAGEMENT –THE ART OF MAKING OUR CLIENTS' INTERACTIONS WITH THEIR CUSTOMERS SMARTER, MORE EFFICIENT AND MORE PROFITABLE.

ON SITE ON THE 9TH OF OCTOBER FROM 10:00 AM TO 3:00 PM.

**CAREER RESOURCE CENTRE
326 MAIN STREET
KENTVILLE, NS**

- > FULL-TIME POSITIONS AVAILABLE
- > TOTAL COMPENSATION CAN REACH \$19.75 WITH INCENTIVES
- > PAID CERTIFIED TRAINING PROGRAM
- > EXCELLENT BENEFITS
- > NO TELEMARKETING, INBOUND CALLS ONLY
- > TUITION REIMBURSEMENT
- > NOW HIRING FOR WORK AT HOME!

SOUND LIKE AN OPPORTUNITY TOO GOOD TO PASS UP? WE CAN RELATE. FIND OUT MORE AND APPLY ONLINE NOW AT WWW.CONVERGYS.COM OR APPLY IN-PERSON AT 421 BURNS HILL ROAD, CORNWALLIS PARK, CORNWALLIS, NS OR E-MAIL: CORNWALLIS.RECRUITMENT@CONVERGYS.COM.

Fire Prevention Week

**October
4th - 10th, 2009**

History of the Fire Prevention Week

The Fire Prevention Week 2009 theme, "Stay Fire Smart! Don't Get Burned", focuses on burn awareness and prevention, as well as keeping homes safe from the leading causes of home fires. The fire and life safety public educators will focus on simple actions that can be taken to prevent devastating burns.

The history of National Fire Prevention Week has its roots in the great Chicago Fire that occurred on October 8, 1871, and killed some 300 people, left 100,000 homeless and destroyed more than 17,000 structures. The popular story is that a cow knocked over an oil lamp in the O'Leary barn. Although the fire is still undetermined, and it has been established that the O'Leary's were asleep at the time the fire started, the massive fire swiftly took its toll,

burning more than 2000 acres in 27 hours.

The National Fire Protection Association (NFPA) decided that the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. In Canada, the first national Fire Prevention Day proclamation was issued by the Governor-General in 1919.

From the beginning, it was apparent that a united effort between Canada and the U.S.A. would give the work greater impetus. To this end fire prevention Organizations in both countries have always supported a common date at federal, State, provincial, and municipal levels. Fire Prevention week falls in the week that includes October 8.

This Year's Theme
**"Stay Fire Smart
Don't Get Burned!"**



Scheduled Events

09 October 2009, the 14 Wing Greenwood Fire Department will be in the GREENWOOD MALL, from 3:00 to 6:00 p.m. for Fire Prevention Week.

- Monday 5th** 10 am Morfee Annex Day Care – Fire drill / Sparky / Fire Vehicle.
- Tuesday 6th** 11 am to 12 noon Ecole Rose des Vents
1:15 pm to 14:30 pm Dwight Ross School
- Wednesday 7th** 9 am Morfee Day Care, Sparky / Fire vehicle
- Thursday 8th** 3 pm Morfee Day Care, Sparky / Fire vehicle
- Friday 9th** 3 pm to 6 pm Greenwood Mall will have a display booth set up in front of M&M with Sparky and Fire Prevention information
- Saturday 10th** 1 pm to 4 pm Fire Hall open house to public at the rear entrance of Fire Hall.

14 Wing Greenwood Fire Services

What you can do during fire prevention week!

Be sure every level of your home or office has a working smoke alarm, and be sure to check and clean it every month.

B&D Carpets & Flooring Ltd.

50 School St., Middleton
825-4522

Wood stoves & chimneys should be cleaned annually & inspected for structural integrity.

Best Western Aurora Inn

831 Main Street, Kingston
765-3306

Use extreme caution when burning candles. Make sure they are in sturdy, non-combustible holders, and are kept away from decorations and other combustible materials. Check candles often to ensure they don't burn down too far or drip hot wax. Never leave burning candles unattended.

CANEX

14 Wing Greenwood
765-6994

Don't overload electrical circuits.

Valley Drug Mart Pharmasave

26 Commercial St., Middleton
Ph. 825-4822
613 Main St., Kingston
Ph. 765-2103
468 Main St., Lawrencetown
Ph. 902-584-3366

Holiday decorations should be made with flame-retardant or non-combustible materials.

Tibb's Tumblers Locksmithing Services

59 Stronach Mtn. Rd.
902-840-3658
www.tibbslocksmithing.ca

At home, use electrical devices that are in good condition and certified by the Underwriters Laboratories (UL), a trusted source for safety. At work, check with your building manager to ensure electrical circuits will not be overloaded.

Co-operators Insurance Company

780 Central Ave., Greenwood
765-3334

Never use an outdoor grill, such as a gas or charcoal grill, indoors.

Ralph Freeman Motors & Freeman Auto Sales

820 Main St., Kingston
765-2555

Inspect walls and ceiling near your furnace and along the chimney line. If the wall is hot or discoloured, additional pipe insulation or clearance may be required.

Mimie's Pizza

678 Central Ave., Greenwood
765-6888 or 765-2232

Unplug counter appliances when they are not in use.

David A. Proudfoot Barrister • Solicitor • Notary

811 Central Ave., Greenwood
765-3301
dap@davidproudfoot.com

Designate an outside meeting place in case of a fire.

The Aurora Newspaper

83A School Rd., Greenwood
14 Wing Greenwood
www.auroranewspaper.com

Plug cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

AA Munro Insurance

635 Bowlby Park Rd, Greenwood
765-8110

Never use a range or an oven in your home as a supplemental heating device. Not only is it a fire safety hazard, it can be a source of potentially toxic fumes.

B&H Wholesalers Ltd.

802 Main St., Kingston
765-2272