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# The Aurora news paper



## The Bee is Back in Town



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Background image: Pte Alex Bouchard  
Graphic editing: Cpl Andrew L Davis

See story page 2.

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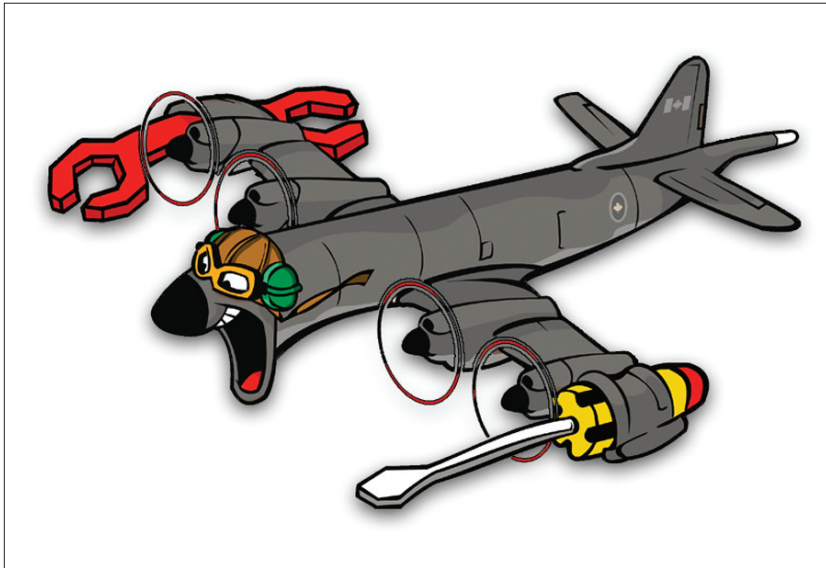
# The Bee is Back in Town *from Page 1*

By: 2Lt Colin Harrison

For some time the image of 14 AMS has been represented by a gung ho Aurora, wrench and screwdriver 'in wingtip', screaming with enthusiasm to get to work. Having performed yeoman's service, there comes a time when an organization needs new representation (not to mention the poor guy's vocal chords are a little tired). 14 AMS is proud to announce its new Squadron logo, seen above. The new logo incorporates the Worker Bee that is part of 14 AMS's heraldic crest, but in this

format he displays the poise and strength of character that our team displays in the daily challenges of main-

professional and personal at the same time." Well done Cpl Gidge! According to LCol T.E. Flynn, CO 14



taining our fleet of Aurora aircraft and supporting 14 Wing at large. The logo was designed by Cpl Kerry Gidge, who summarizes his effort as, "trying to make it

AMS, "the logo incorporates a measure of the traditional and contemporary – capturing the spirit and ethic of our Squadron – Dedicated, Driven, and Ready."



## 2009 Poppy Campaign

(L-R): 14 WCWO Jim Jardine, 1st Vice President Ron Langevin, Poppy Chairman Dale Clarke, Honourary President Clyde Goulden, and 14 Wing Comd Col Bill Seymour. Legion members are from Royal Canadian Legion Br. 098.

(Photo: Pte Gerald Cormier – 14 Wing Imaging)

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# Un militaire canadien décédé et deux autres blessés lors d'une attaque à l'EEI

## COMFEC

**OTTAWA (le 28 octobre 2009)** -- Un militaire canadien a perdu la vie et deux autres ont été blessés lorsqu'un engin explosif improvisé a explosé alors qu'ils patrouillaient à pied, à environ 20 kilomètres au sud-ouest de Kandahar vers 9 h (heure de Kandahar) le 28 octobre 2009.

Le militaire décédé est le Lieutenant Justin Boyes, du 3e Bataillon, Princess Patricia's Canadian Light Infantry. Il était affecté à l'équipe de reconstruction provinciale de Kandahar.

Les militaires blessés ont été évacués par hélicoptère aux installations médicales multinationales de l'aérodrome de Kandahar. Leur condition est jugée comme étant bonne. Les plus proches parents des militaires blessés ont été avisés. L'identité des militaires blessés ne sera pas révélée.

Nos pensées et condoléances accompagnent la famille et les amis de notre camarade tombé au champ d'honneur.

Les membres de la Force opérationnelle interarmées - Afghanistan collabore avec les forces de sécurité afghanes pour le plus grand bien de l'Afghanistan. Nous demeurons engagés et déterminés à apporter la paix, la stabilité et une bonne gouvernance, et ce, malgré les défis posés par les insurgés. Nous demeurons engagés envers l'Afghanistan.



Lieutenant Justin Boyes. (credit/source: CF Photo)

# One Canadian soldier killed and two injured in an explosive device strike

## CEFCOM

**OTTAWA (October 28, 2009)** -- One Canadian soldier was killed and two injured by an improvised explosive device that detonated near their dismounted patrol. The incident occurred approximately 20 kilometres south-west of Kandahar City at around 9 a.m., Kandahar time, on 28 October 2009.

Killed in action was Lieutenant Justin Boyes of the 3rd Battalion Princess Patricia's Canadian Light Infantry, serving with the Kandahar Provincial Reconstruction Team.

The injured soldiers were evacuated by helicopter to the Multi-National Medical Facility at the Kandahar Airfield and are in good condition. The next of kin for the injured soldiers have also been notified. The identities of the injured soldiers will not be released.

Our thoughts and condolences go to the family and friends of our fallen comrade.

Members of Task Force Afghanistan work with Afghan security forces for the greater good of Afghanistan. We remain focused and determined to bringing peace, stability and good governance despite the challenge imposed on us by the insurgents. We remain committed to Afghanistan.

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# 413 Squadron Wins Award

Submitted by: **Capt Andrew Mercer - 413 (Transport & Rescue) Squadron**

On January 6, 2009, two survivors were saved from a single engine plane crash in the hills south of Quebec City through the combined effort of 413 & 424 (Transport and Rescue) Squadrons (413 Sqn & 424 Sqn) and, 439 Combat Support Squadron, and the Joint Rescue Coordination Centre out of Halifax. These personnel were awarded the Mynarski Trophy for their collective resourcefulness, ingenuity, tenacity and professionalism. So, why the Mynarski Trophy? What is the history behind the trophy, and who was Mr. Mynarski?

Pilot Officer (P/O) Andrew Charles Mynarski was born in Winnipeg, Manitoba, and joined the Royal Canadian Air Force in November of 1941. Upon completion of

his training as an air gunner, he joined a Bomber Squadron in December 1942. On 12 June 1944, P/O Mynarski was the mid-upper gunner of a Lancaster that was detailed to bomb a target at Cambrai, France. The aircraft was attacked from below by a German night fighter. As an immediate result of the attack, both port engines failed, fire broke out on the port wing and in the aft section between the mid-upper turret and the tail gunner. The crew was ordered to abandon the aircraft. P/O Mynarski left his mid-upper turret and proceeded to the escape hatch when he saw that the rear gunner was still in his turret and was having problems trying to leave it. Disregarding his own personal safety, P/O Mynarski proceeded to the rear to assist his tail gunner. While proceeding through the flames his parachute

and clothing caught on fire. Despite his attempts to free the tail gunner, it was to no avail and P/O Mynarski had to abandon his attempts. Reluctantly, P/O Mynarski left the tail gunner and proceeded back through the flames to the escape hatch where, as a last gesture, he saluted the tail gunner before he jumped from the aircraft. His descent was watched by some French farmers as his parachute and clothing were still on fire. He was eventually found by the French, but he was so severely burned that he died shortly after. Miraculously, the tail gunner escaped from the aircraft after it crashed and reported the events surrounding P/O Mynarski's death. For this conspicuous act of unselfish heroism and for valour of the highest order, P/O Mynarski was awarded the Victoria Cross.

So did we fight through


a burning aircraft to save our comrades? No we did not, but what we did was to work together in four different aircraft, four different fuel loads, and varying weather conditions to save the lives of our fellow man. 424 Sqn's Search and Rescue technicians were parachuted into fields and then picked up by a 439 Sqn Griffon helicopter and inserted into the crash site further into the hills, where extremely low visibility and ceiling existed. Aerial insertion by a C-130 Hercules would have been impossible at the crash site. A CH-149 Cormorant helicopter from 413 Sqn arrived on site after scrambling to get a second aircraft and crew after the first Standby crew went unserviceable enroute. Some crewmembers were called out of bed and asked to report for a crashed aircraft. All Operation and



IMP personnel (a civilian company that maintains the Cormorants) worked extremely well assisting the launch of this second CH-149 and getting the aircraft airborne in record time. 439 Sqn's Griffon while close to running out of fuel, escorted 413 Sqn to the crash site as it was almost impossible to find the site in the heavy snow and minimal visual clues. Extraction was completed smoothly and quickly and the survivors were airlifted to the Canadian Coast Guard Station in Quebec where ambulances were waiting.

Trenton's Griffon arrived as the Cormorant was departing and was able to extract the remaining SAR techs and gear from the crash site allowing all personnel to rejoin at Quebec International Airport for continuing SAR Operations.

I hope we, the SAR units, across Canada can continue to embody the values in which our forefathers embraced and demonstrated in their times of hardship. To all the members and supporting personnel that helped us save two lives trapped in a plane crash in the middle of winter, I thank you.



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# Saturday Childcare at your GMFRC

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

The GMFRC offers Respite Childcare Services that will assist CF families during a deployment as well as for the challenges this unique lifestyle may bring. The GMFRC understands that finding short term childcare in our area can be difficult; therefore we are pleased to offer this service to all CF Families who would like to take some time for themselves without having the stress of trying to find a babysitter for a few hours.

Maybe you want to have a lunch date with your spouse, do a little early Christmas shopping or simply take time just for you. Families wanting to take advantage of this service can do so by coming into the GMFRC and registering with our receptionist. Space is limited due to the age and number of children in care, so pre-register early to avoid disappointment. Priority will be given to our deployed families. There is no charge for Deployed Families wanting to use this service.

Our next Childcare Saturday is on November 14th from 10:00 a.m. – 5:00 p.m. here at the GMFRC. Cost is \$25.00/per child for the day. Please pre-register by Thursday, November 12th 2009.



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## CUCINA AURORA



### Old Fashioned Baked Apples

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6 tbsp. brown sugar  
3 tbsp. butter  
1/2 tsp. cinnamon

Make shallow cut in skin completely around each apple, 1 inch from the bottom. (To keep skin from shrinking during cooking.) Place apples in 12 x 7 inch glass baking dish. Place 1 tablespoon brown sugar and 1/2 teaspoon butter in center of each apple. Sprinkle with cinnamon. Cover apples with waxed paper. Microwave for 10-14 minutes on high or until tender. Let stand covered for 3 minutes before serving.

# Business of the Week THE CLEAN TECHS

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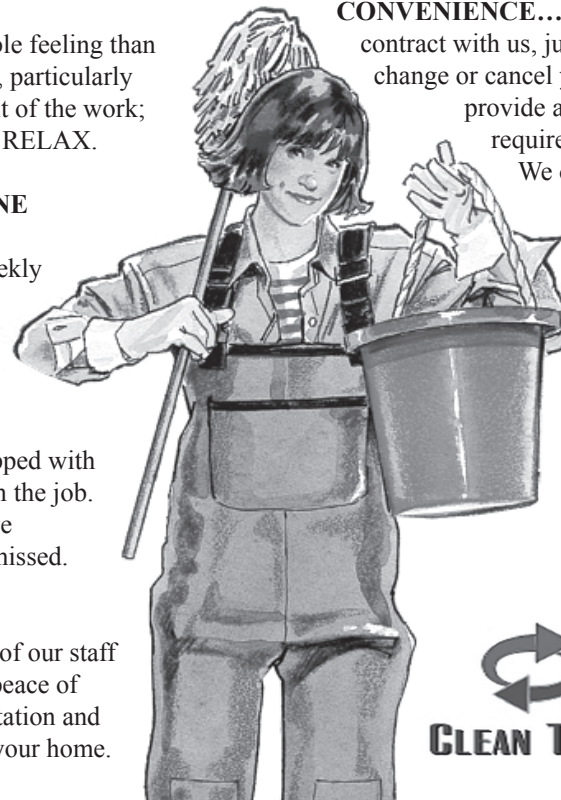
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# CF Immunization Clinics to Start on 02 Nov 09

Health Canada recently approved the use of the H1N1 pandemic vaccine – Arepanrix in Canada. Arepanrix is produced by Glaxo Smith Kline (GSK), the same manufacturer who produces our seasonal influenza vaccine. As of 26 Oct 09 Arepanrix has also been approved for the use in the CF. The CF goal is to immunize at least 70% of CF members. By getting your vaccine, you will protect yourself, your family, your friends, your coworkers and your community from the H1N1 virus. The more people in the com-

munity who receive the vaccine the less likely it is for the virus to spread.

Influenza vaccination clinics for CF members (Regular and all classes of Reserve Force) of 14 Wing will commence on 02 Nov 09 (provided the vaccine is received before close of business on Friday, 30 Oct 09). The majority of the vaccine clinics will be conducted at the Medical Clinic with some clinics being offered on the operational side. The emphasis this year is on the provision of H1N1 pandemic influenza vaccine as this

is the predominant strain affecting North America. Seasonal influenza vaccine is also recommended for high risk CF members (diabetics, asthmatics, immune suppressed, chronic lung diseases and pregnant members) and will also be provided during the influenza vaccine parades for those interested members.

Although all vaccines, including H1N1 vaccine, are voluntary in the CF, orders from Canada Command require we conduct a “positive declination” approach regarding the H1N1 vaccine. What does

this mean? It means all CF members must receive educational information regarding the risks and benefits of the vaccine, the CF member must then be afforded an opportunity to discuss the information with a health care provider and finally the CF member must either accept or decline the vaccine. Either a verbal consent for the vaccine or a verbal declination will be obtained from each CF member. A written declination is not required. Acceptance or declination of the vaccine will be recorded in the member’s medical record. Medical confidentiality prevents

disclosure of who accepts or declines the vaccine.

The “positive declination approach” means each CF member of the Wing must be seen by a health care provider and as such all units will be provided timings to arrange for their members to attend an immunization parade during the month of November. Our initial plan is to see 20 booked members an hour between 0900 and 1600 hrs daily and as such unscheduled members (walk-ins) can not be managed.

**Points to remember:**

- Walk-ins will not be managed at the immunization clinic during the H1N1

vaccine campaign as only booked appointments will be seen during this campaign

- Units on the Wing will be provided vaccination time slots the unit OPI will be required to manage

- ARV’s will not be processed during the influenza campaign (month of Nov)


- Any member screening for deployment will be managed via medical appointments

- Aircrew are reminded they will be grounded x 36 hours after the administration of the vaccine.


- Currently, we are only authorized to provide H1N1 vaccine to CF members and civilians are encouraged to use their family physician or the public vaccination clinics available throughout the Valley.

- A 15 minute observation period is required after receiving the vaccine

OPI for the Wing vaccination clinics is Colin Muise, RN, local 5613.



## Notice

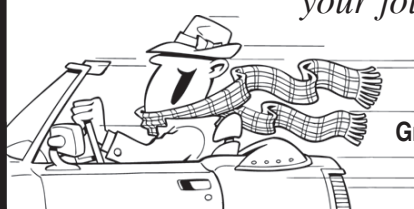


**The 14 Wing Greenwood Bowling Centre will have reduced hours from 26 OCT to 1 DEC 2009.**

**For more information or to book the Bowling Centre please contact the 14 Wing Community Centre at 765-1494 ext 5341, 5331 or 5337.**

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**WHERE: Greenwood Military Family Resource Centre, School Road, Greenwood**

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**QUAND: Lundi 16 novembre, de 13h à 17h**  
**OÙ: Centre des ressources aux familles militaires de Greenwood School Road, Greenwood**

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit [www.legion.ca/ServiceBureau](http://www.legion.ca/ServiceBureau).



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# Remembrance 2009 Veteran of the Week

## Mr. Allan Sabean

14 WLE (Wing Logistics and Engineering) is excited to introduce Mr. Allan Sabean of The Royal Canadian Legion Branch #21 located in Annapolis Royal. Mr. Sabean was born in Granville Beach Nova Scotia in 1916. When he turned 26 years old he joined the Nova Scotia Highlanders as an infantry soldier.

Mr Sabean shared many fond memories with me the morning of 22 Oct 09 and amongst them were these stories. He can vividly remember being the last soldier to get onboard the Landing Ship Tank and as a result being one of the first soldiers to jump into the water at The Normandy Landings. One of his fondest memories was shortly after the war. Mr. Sabean felt a little thirsty and noticed a fellow standing guard next to a ship. Mr. Sabean asked the guard for some water and the guard took him on board and filled his canteen with water and his thermos with coffee. The sailors of the ship treated Mr. Sabean incredibly well and spoke with him without a hint of a German accent. Much to Mr. Sabean's surprise it turned out that the ship and its crew were German.

After wearing the Army uniform for 36 years he went on to serve another 6 years of loyal service with the Com-



missionaires. Nowadays Mr. Sabean loves to be outside and takes great pride in his lawn. As of last year at age 92 he would still go out into the woods and cut his own lumber. With all the time he has spent in the woods and overseas Mr. Sabean is one of the lucky few who can say that he has never broken a single bone in his entire life.

14 Wing Logistics and Engineering would like to thank Mr. Sabean for his dedication to his comrades, his family and his country. You are a true hero and an inspiration to all who are serving in your footsteps.

Submitted by: Lieutenant Etienne LeGresley

# YOU AUTO KNOW

## Get a Better Grip on the Road this Winter

Winter weather presents additional driving challenges but that does not mean you have to be housebound this winter says Steve Boutillier, Service Manager for Canadian Tire, Greenwood. Use extra care on slippery roads, allow additional time, and equip your car with tires especially designed for winter conditions.

Steve explains, that even the best all-season tire is a compromise. Although they generally handle rain and light snow, they do not perform well in severe winter conditions. With snowy and icy conditions, you should consider winter tires for that extra margin of safety.

Two identical vehicles, one with all-season tires and one with purpose built snow tires will have very different performance capabilities. Studies show that the special win-

ter tires can increase traction by 50% or more, comments Steve.

### Winter Tire Design

Winter tires are made of softer components that all-season tires and the rubber are especially formulated to remain pliable in extremely cold temperatures. This pliability, along with different tread designs, gives winter tires better traction and road-gripping abilities.

Nordic Wintertrac has an aggressive tread design for exceptional traction and control in snow and slushy conditions. Molded for studs (where permissible by law) to provide increased traction. As an added bonus, the improved traction that winter tires provide will cut down on your fuel consumption.

### Look for the Snowflake

When shopping for winter tires, be sure to look for one with a symbol of a mountain and a snowflake – this

means the tire has met the severe snow service requirements of the Rubber Association of Canada.



This symbol of a mountain and a snowflake means a tire has met the severe snow service requirements of the Rubber Association of Canada.

Transport Canada recommends that you install four identical snow tires on your vehicle, to help maintain stability and control. Also, have your tires installed by your tire dealer to make sure that they are properly mounted.

Steve would like to remind drivers to remember to check your tire inflation at least monthly throughout the year. All tires gradually loose pressure and temperature changes can add to under inflation.



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



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## Why Head Out of the Valley When You Can Buy Locally and Save

For the past 8 years owner Greg Brydon of Topline Equipment & Tool Services located on Bridge Street in Kingston has been offering outstanding customer service to both homeowners and contractors who purchase tools and equipment at prices they can afford for every reason or season.

The prices of equipment, at Topline are comparable to Box Stores, we also offer sales and service. Greg performs all warranty work and maintenance on site for every piece of equipment sold at his shop. He is familiar with every piece of equipment in store; he knows how to operate them, how to repair and perform any maintenance required.

From the age of 10, Greg has always been fascinated with maintenance and repair of equipment. At 16, he was repairing farm equipment. While serving in the Military, Greg worked at aircraft maintenance and aircraft equipment. Greg started his own business called Mountain Valley Excavation after retiring from the Military.

A few years later, he closed that business and opened Topline Equipment & Tool Servicing. His passion in tools and equipment was the motivational reason he changed direction to a career that is both challenging and rewarding.

Topline Equipment offers sales and services on all of the best brand power tools, lawn, and garden products, plate temps, compressors, paint sprayers, grinding wheels, wood blades, pressure washers, compaction jumpers and electric breakers as well as air supply tools and hoses. Air filters, recoils, and construction equipment, cement mixers are all in stock.

Knowledge, quality, and consistency in a job well done are high on Greg's list of priorities. If you are looking for a particular product chances are it can be found at Topline Equipment located right here in your own area.

## What you need to know before receiving the H1N1 Flu Vaccine

Influenza, commonly known as the flu, is a respiratory infection that is caused by a virus. The H1N1 flu virus is new, so people have little or no natural immunity to it. The H1N1 flu virus spread quickly around the world and in June 2009, the World Health Organization declared an influenza pandemic.

The flu is transmitted from person to person via the respiratory route. Coughs and sneezes release the germs into the air where they can be breathed in by others. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose.

Symptoms almost always include the sudden onset of cough and fever, commonly include fatigue, muscle aches, sore throat, headache, runny nose and decreased appetite, and sometimes include nausea, vomiting and diarrhea. People of any age can get the flu. Most people are sick for two to seven days, although the cough may last for weeks. The flu can sometimes lead to serious complications, including pneumonia, hospitalization, and even death.

Groups at risk of complications from the H1N1 flu virus include children under five years of age, especially those less than two years old; women who are pregnant; and people with chronic conditions such as heart/liver/kidney disease, blood disorders, diabetes, severe obesity, asthma, chronic lung disease, people with compromised immune systems, and those with neurological disorders.

### Who should get the H1N1 flu vaccine and when?

Adults and children six months of age and older should get vaccinated to protect themselves and their families from the H1N1 flu virus as soon as it is available. The H1N1 flu vaccine is particularly important for people at risk of complications from the flu and those in close contact with them.

**Note: if you are pregnant or think you could be pregnant, tell your health care provider as this may affect the vaccine recommended for you.**

How well will the vaccine protect against the H1N1 flu virus?

Most people will develop immunity in about 10 days after the H1N1 flu shot. Clinical trials have shown 85% to 98% of healthy adults developed an immune response strong enough to offer protection against the virus.

The vaccine may not work as well in people who have problems with their immune systems or who are taking medication that affects their immune systems, however it is still very important for these people to be vaccinated.

### How safe is the H1N1 flu vaccine?

Clinical trials from several countries around the world have shown the H1N1 flu vaccine to be safe and effective for protecting yourself against the H1N1 flu virus. The H1N1 flu vaccine is produced in a similar manner to seasonal flu vaccines, which have been used safely and effectively in Canada for many years.

The H1N1 flu vaccine contains an adjuvant, which is an ingredient made of naturally occurring oil, water and vitamin E that boosts the body's immune response and increases the vaccine effectiveness. This same adjuvant was tested in 45,000 people and did not identify any safety concerns for healthy adults or children. However, the adjuvant was not tested widely in children under three years and pregnant women.

From the Public Health Agency of Canada - H1N1 Flu Vaccine Information

### What are the risks from the H1N1 flu vaccine?

The H1N1 flu vaccine contains trace amounts of dead virus, so you cannot get infected by the vaccine. The side effects are generally similar to those associated with the seasonal flu vaccine.

Most common reactions after getting the H1N1 flu vaccine were minor and included pain, swelling and redness at the injection site. Other commonly reported reactions were fatigue, muscle and joint pain, and headache. In younger children, a fever, drowsiness, irritability and loss of appetite were also reported in low levels. Serious and life-threatening reactions are

very rare.

### Very common: (greater than 10%)

Headache; tiredness; pain, a hard lump at the injection site; joint pain.

### Very common: (1% - 10%)

Warmth, itching or bruising at the injection site; increased sweating/shivering, flu-like symptoms; swollen glands in the neck, armpit or groin.

### Uncommon: (0.1% - 1%)

Tingling or numbness of the hands or feet; sleepiness; sleeplessness; dizziness; diarrhea, vomiting, stomach pain, feeling sick; itching or rash.

All of these side effects usually disappear within 1-2 days without treatment. If they persist, **CONSULT YOUR DOCTOR.**

A more serious illness called Guillain-Barré syndrome (a severe paralytic illness also called GBS) has occurred very rarely after the administration of seasonal flu vaccine. All age groups can be affected but GBS is most common in the elderly population.

### Who should not get the H1N1 flu vaccine?

The H1N1 vaccine is not authorized for use in children younger than six months of age.

You shouldn't get the H1N1 vaccine if:

- you have had a previous anaphylactic (severe allergic reaction) to any element of the vaccine;
- you have a hypersensitivity to eggs (e.g. hives, swelling of mouth and/or throat, breathing difficulty);
- you currently have a high fever; or
- you have experienced Guillain-Barré Syndrome within eight weeks of receiving a seasonal flu vaccine

If you have had a severe reaction to previous vaccinations, are pregnant or may be pregnant, have a bleeding disorder, are taking medication that could affect blood clotting, you should consult a health professional before receiving the vaccine.

**Be sure to read this thoroughly before receiving the H1N1 flu vaccine. If you have any questions about the flu or the flu vaccine, please discuss them with your health care provider before receiving your vaccine.**

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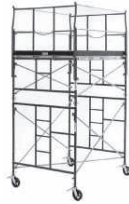


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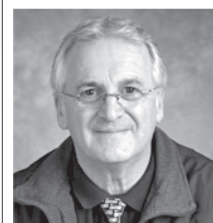
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# We've Had a Vision!!

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

A vision can be described as a goal, something to reach for, the ultimate

reward!

The Greenwood Military Family Resource Centre (GMFRC) operates on a daily basis with its vision in mind, the official vision being: *Military Families are Proud and Strong.*

First, let's talk about the proud military family. Families are always proud of a family member's accomplishments; that's what we do. Imagine the in-

creased pride brought on by the fact that their military family member serves this great country of ours, keeps everyone safe and allows us to live in this great country we call home. Imagine the pride in knowing that your family member helps people at what could be the worst moment of their lives; the direst moment they could imagine. Imagine the pride of knowing how many lives

are positively affected by the work of a husband, wife, mother, father, sister, or brother in your family; immeasurable pride.

Military families are proud of the work of their loved one; they are also strong because of it. The lifestyle of a military family is like no other, it's based on change, personal demands, responsibility and strength. Military families

are the ones who hold everything together to allow the CF members to successfully complete the tasks they have been given. They deal with the member being away on course, training, deployments and missions while carrying out all the demands of being completely in charge at home. Military families step up to the plate everyday to make sure their loved ones know they are OK and able to carry on in their absence. The families are the ones who hold everything together to allow the CF members to successfully complete the jobs they have been given, not always an easy task!

The GMFRC celebrates the accomplishments of our proud and strong military families everyday. We are here to offer assistance when a little help is needed,

we are here to encourage, help to make connections with other families going through the same issues; provide emergency childcare or respite care when needed. We help foster community support and acknowledgement by encouraging people to wear red on Fridays and wear or display yellow ribbons in honour of not only the CF members but also to honour the families that are truly the *Strength Behind the Uniform.*

At the GMFRC, we work toward our vision of *Military Families are Proud and Strong* everyday. We are honoured to acknowledge and support the proud and strong military families of 14 Wing Greenwood. For more information, please contact our centre at 765-5611.

## November Specials at



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## 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**



## VILLAGE OF KINGSTON

671 Main St.

PHONE: 902-765-2800

### NOTICE MEETING TIME CHANGE

Due to the Remembrance Day Holiday the Village of Kingston's Regular Session meeting will be held on Thursday, November 12 at 7pm at the Kingston Village Office



## H1N1 & Seasonal Flu Vaccine Clinics

Be Healthy, Stay Healthy

\*All Clinics will be held from 1-8pm\*

<b>Annapolis Royal</b> Fire Hall	November 9 November 18
<b>Bridgetown</b> Legion	November 3 November 17
<b>Middleton</b> Baptist Church	November 2
<b>Middleton</b> NSCC	November 19
<b>Kingston</b> Fire Hall	November 12 November 25
<b>Berwick</b> Fire Hall	November 5 November 24
<b>Kentville</b> Fire Hall	October 29 November 16
<b>New Minas</b> Baptist Church	November 10 November 26
<b>Canning</b> Glooscap Elementary	November 3 November 17
<b>Wolfville</b> Acadia Auxiliary Gym	November 4 November 23

Nova Scotians can now be vaccinated against the H1N1 and seasonal flu at the same clinics. We urge everyone to get the H1N1 vaccine. It's the best way to protect yourself and your community.

#### What You Need to Know

- You **cannot** get influenza from these vaccines.
- **Both** vaccines can be administered safely at the same time.
- H1N1 vaccine will also be available at **some doctors' offices** and workplace clinics.
- The **seasonal** influenza vaccination will now be available to the **usual risk groups**: the elderly, the young, and anyone with chronic medical conditions and those in close contact.
- The vaccinations are **free**; bring your **Health Card**.
- **Do not** visit a clinic if you have a cough & fever or common flu symptoms.

For more information on H1N1 & seasonal influenza visit [www.gov.ns.ca/h1n1](http://www.gov.ns.ca/h1n1), or call **Healthlink 811**



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](mailto:gbcbowlingstaff@eastlink.ca)  
to reserve!

# Dwight Ross Elementary November 2009 Newsletter

## Important Dates for November

- Nov 6 - Early Dismissal—Buses leave at 11:45; Crazy Hair Day
- Nov 9 - Remembrance Day Assembly 1:15; PTA Meeting 6:00 pm
- Nov 10 - Marking Day—No school for students
- Nov 11 - Remembrance Day Holiday—No school for students
- Nov 19 - Term 1 Report Cards Home
- Nov 20 - Full Day In-service—No School for students
- Nov 24 & 25 - Scholastic Book Fair Viewing for students
- Nov 26 - 6:00-6:30 Open House
- Parent/Teacher Interviews 6:30-8:00 pm (by appointment only); Scholastic Book Fair in Library, open from 6:00-8:00 pm
- Nov 27 - In-service AM—No school for students; Parent/Teacher Interviews 1:30-3:30pm (by appointment only); Scholastic Book Fair in Library open from 1:00-3:00 pm
- Nov 30 - Good News Awards Assembly 1:15 pm

## Good News Awards

Here are the winners from October's Assembly:

- PMc - Catherine Timms, Rachel Power, Taylor Stacey(DQ)
- 1CF - Van Schneider, Madison Stacey, Jacob MacKenzie, Kacie Cameron(DQ)
- 1/2C - Ryan Davison, Jada LeBlanc(DQ)
- 1/2M - Marcel Heighington, Colby Pipher, Nicole Atkins(DQ)
- 2A - Logan Poole, Liam Patchett, Destyni Harper(DQ)
- 2/3P - Reilly Nofall, Owen St. Nicolaas, Sophie Hibbert(DQ)
- 3C - Nicholas Currie, Dominik Tringle, Hannah MacDonald(DQ)
- 4L - Gabby Collins, Madison Cowie, Talia Gidge(DQ)
- 4/5H - Alyssa Higgins, Cameron Jackman, Elise Adamson(DQ)
- 5M - Keighley Jackson, Paul Janes(DQ)
- Mr. Pearle - Ethan Bower(DQ)
- Mr. Reid - William Cross(DQ)
- Mr. Clark - William Cross(DQ)
- Mme. Winott - Sarah Winters(DQ)

## H1N1 Information

The AVRSB H1N1 Pandemic Plan is now available on the Board's website at [www.avrsb.ednet.ns.ca](http://www.avrsb.ednet.ns.ca)

Just follow the orange "H1N1" button to the plan as well as a number of other documents and resources regarding H1N1.

## Canteen Cards

Our lunch and milk programs are working very well this year. A huge thank you goes out to Mimie's Pizza and Subway in Greenwood for their participation in our healthy lunch program.

A reminder to parents that you do not need to send in money every month with the lunch and milk order sheet. You will receive a pink reminder notice home, with your child, when it is time to send in more money for their canteen card.

## School Dismissal/Bus Notes, etc.

We frequently receive requests for students to go home, to after-school care, to a friend's house, etc. using alternate transportation arrangements. In order for a child to go on a bus that he or she does not normally take, or to get off at a stop where they normally don't get off, we require a note from a parent or guardian. This note must be available to the teacher by 2:00 p.m. in order that the information can be properly passed along to the child or homeroom teacher. As well, the transportation office requires that the school office stamp the request for a change in transportation arrangements. Without these stamped notes, bus drivers cannot allow changes to their normal passenger lists and stops.

## Yearbook Committee

As a reminder, parents/caregivers and staff are requested to provide pictures to the email address listed below that may possibly be used in our 2009/10 Yearbook.

As well, as a "last chance" reminder, we still have spaces available for advertising in the yearbook. Please contact the co-chair noted below if you are interested.

Help us make this yearbook a lasting memory for your child!

Thanks,  
Ann Marie Chalifoux  
Yearbook Co-chair  
765-0999 • [chalifoux@eastlink.ca](mailto:chalifoux@eastlink.ca)

## PTA News

Welcome to the 2009-10 Dwight Ross PTA. We have a great group this year. Our main focus is to find ways to make everyday fun and special for the students. We have many "Spirit Days" lined up for the kids. We recently had our "PJ Day". It was amazing to see so many students taking part. Our next Spirit Day is November 6<sup>th</sup> and it will be "Crazy Hair Day". We are looking forward to seeing lots of crazy "dos" that day. Pictures and memories from these days will make our Yearbook that much more special.

Our Halloween Dance was a great success. Thank you to all the families who came out to support the school. As well, many thanks to all those parent volunteers who helped make it such a great night for everyone; whether it was donating baked goods/treats, taking money at the door, helping with the games, or working in the canteen – all help is always so appreciated!

We have many upcoming events; hot dog days, clean-up-the-yard day, and a possible Fun Fair day. If you are interested in helping make these days successful, please let anyone on our PTA know! We are bringing back our Spirit Bear this year. Each month this bear will go to the class who had the most parents attending the PTA meetings. At the end of the year the class who had the privilege of having the Spirit Bear in their class the most will win a pizza party for their class. So come out to our meeting and help your child's class earn the Spirit Bear!

Our next meeting is Monday, November 9<sup>th</sup> at 6:00 p.m. at DRES... come out, meet the group and see how you can help make this year a great year for our children!

## Halloween Dance

This year's Halloween Dance had a fantastic turn-out, raising for the school approximately \$350.00. Even with the reduction in price of the entrance fee! Wow! Attendance to the dance was the highest in some years. There were so many costumed children and parents it was like a sea of monsters and princesses and superheros! It was wonderful (and frightening) to see so much Halloween spirit at the school. And from all of the squeals and laughter it sounded like everyone had a wonderful time!

A huge Thank You is sent out to Ann Marie Chalifoux, her son Devon and Mr. Clark for helping to decorate for the dance. Without their help, it would not have been done at all! Also, a big Thank You to the following Volunteers for sending in donated baked goods (they were absolutely yummy and well received by our little 'ghosts' and 'goblins'): Angela St. Nicolaas, Bob and Rosetta McDonald, Dawn Laffin, Lisa Ferus and Melissa Perry. Another most grateful Thank You goes out to all of the parent volunteers and staff who took time out of their busy schedules to help during the dance and afterwards for cleaning up: Tanya Bishop, Kerrie Revels-Scholte, Mary Major, Tricia Courtney, Dawn Remenda, Brian Jackson, Michelle Walbourne, Melissa Phillips, Brenda Bailey, Crystal MacArthur, Teena Pineo, Anne Hibbert, Bob MacDonald, Mr. Clark, Mme. Winott, Ms. Moulton, Mme. Hjelkrem, Mrs. Corbett, Ms. Crouse, Mrs. Fitch, Mrs. Cross, Mrs. Poole, Mrs. Neiley and Ms. Keyser. (If I have missed anyone, please accept my apologies as it was not intentional.) Cheryl Welsh,

## PTA Volunteer Coordinator

## Holiday Shopping Spree

Hello everyone! Though I know some of us don't want to hear it yet, the Holidays are just around the corner! Just a short note to ask parents that if you have been Fall Cleaning or Decluttering and have any new or gently used items that you would like to get rid of, please consider donating them to the Shopping Spree. We will need about one thousand items to ensure that we have enough for all of the children to shop for their families. You can leave any donated items at the office, or phone me, if you would like them to be picked up, or if you have any questions about the Shopping Spree. Have a wonderful day.



## THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100  
Kentville, NS B4N 3W3

## TENDER 09-26

### Kings Regional STP UV Upgrades

The Municipality of the County of Kings, Department of Engineering & Public Works invites tenders for conversion of the existing chlorine contact tank to a new UV disinfection building. Also included is the installation of a new lagoon baffle.

Specifications and tender forms may be viewed and picked up upon receipt of a non-refundable deposit of \$100.00 at the Department of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

**There will be a pre-tender meeting at the project site at 10:00 am, Thursday, November 5, 2009.**

Inquiries pertaining to this tender may be directed to Aaron Baillie, P. Eng., CBCL Limited, phone (902) 421-7241 during regular business hours.

**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, November 19, 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.*



PROJECT FUNDED THROUGH BUILD CANADA FUND

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

**NOVEMBER 2009**

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3 Annapolis Mess Entertainment Meeting - 1500 h Darts 1900 h	4	5 Movie & Pizza "Transformers 2"	6 TGIF - OM Hosting FISH N' CHIPS	7
8 INFO Bar Darts Available from bartender	9	10 Darts 1900 h	11	12	13 TGIF - JR Hosting SUBWAY	14
15 INFO Movie Nite Times Pizza 1845 h Movie 1900 h	16	17 Darts 1900 h	18	19 Movie & Pizza "G.I. JOE"	20 TGIF - WS Hosting DONAIRS	21 Officers' Candlelight Dinner - 1900 h UFC All Ranks
22 INFO Fridays TGIF • 1700 h • Events subject to change	23	24 Darts 1900 h	25	26	27 TGIF - OM Hosting PIZZA	28
29 Grey Cup Night Door open at 1900 h Kick off time 1930 h Popcorn & Wings Jersey draw	30	INFO Bar Daily Newspaper Available	INFO Darts & Pool Balls are available from the Bar.	INFO Internet/wireless available in TV Lounge/Mess	INFO Non Alcoholic Beverages Available	

Co-sponsored by Fraser's Pro Home Centre • Mess Office Phone - 765-1494 Ext. 5470

**FRASER'S PRO Home Centre**

**Berwick • Kingston**

**1 800 959-3727 • 1 902 765-3111**

[www.frasers.ca](http://www.frasers.ca)

[www.annapolismess.com](http://www.annapolismess.com)

# "Youth Happenings" 14 Wing Community Centre

By: Recreation Youth Worker, Megan LeMoine

There are so many activities happening this month, if you haven't picked up your calendar, come to the Community Centre to get one! You don't want to miss out!

Here's what's happening this week at 14 Wing Community Centre. If you have any questions please give us a call at 765-8165!

**Boys Club**  
Open Gym

Monday Nov. 2  
4:30 - 6:00 p.m.

Boys come to the Community Centre and we'll have the gym to ourselves! We can play anything you want! Floor hockey, badminton, volleyball, dodge ball! With your member card it's free, if you don't have one it's only \$2.00!

**Teen Council**  
3:00 - 4:00 p.m.

Tuesday Nov. 3  
Teens ages 13-18 come to a Teen Council meeting to let us know what you want! We

meet every Tuesday from 3:00 - 4:00 p.m. at the Community Centre. See you there!

**Active Chicks**  
Games & In-door Soccer  
Wednesday Nov. 4  
6:00 - 7:30 p.m.

Girls it's games night! We will all meet at the Community Centre then go to the upstairs gym where we will have a night of fun games and then a game of soccer!

**Teen Activity**  
Open Gym  
Thursday Nov. 5

6:00 - 7:00 p.m.

Now Teen Activity night is on Thursdays from 6:00 - 7:00 p.m. and tonight we have the gym to ourselves! We could play basketball, soccer, or anything you like!

**Pre-teen Wii Games**

Saturday Nov. 7  
6:00 - 8:00 p.m.  
*Mario & Sonic at Olympic Winter Games*

**Teen Wii Games**  
Saturday Nov. 7  
8:00 - 10:00 p.m.  
*Cars-Race-O-Rama*

**Special Events**

**Tuesday Night Bowling**

Nov. 3  
6:00 - 8:00 p.m.  
Cost: \$5.00

Come to the Bowling Centre both Pre-teens and Teens to bowl, have pizza and a pop for only \$5.00. It's a great opportunity to meet some new friends and have a great time! Please call 765-8165 to register, or would like more information.

**Info. Sessions**

We will Remember  
Tuesday Nov. 10  
6:00 - 7:00 p.m.

Tonight we will be watching a small film about a Holocaust survivor; Philip Riteman then followed by a brief

discussion. This is only open to teens ages 13-18. See you there!

**Pre-teen & Teen Dance**

Friday Nov. 13  
Pre-teen 6:00 - 8:00 p.m.  
\$2.00

Teen 8:30 - 11:30 \$3.00  
Come to the dance on Friday the 13<sup>th</sup>, it's your lucky night!

**Air Hockey Tournament**

Saturday Nov. 14  
Pre-teen 2:00 - 4:00 p.m.  
Teen 4:00 - 6:00 p.m.

Come to the Community Centre to compete at Air hockey! You could win a \$20.00 gift card to the Greenwood mall. It's only \$2.00 to compete so give us a call at 765-8165 to sign-up!

## Check out the 14 Wing Community Centre

By: Recreation Youth Worker, Megan LeMoine

There are so many great activities planned this month, be sure to get your calendar so you don't miss out! For some programs you must pre-register, to register call 765-8165 or come to the Community Centre and sign-up!

Starting Tuesday November 3, we will have Tuesday

Night Bowling. This program is for both pre-teens and teens from 6:00 - 8:00 p.m. and its only \$5.00. You can bowl and have a pizza and a pop for only \$5.00, now that's a great deal!

On Tuesday November 10<sup>th</sup> we will have Info Sessions; We will Remember. This is for teens only (13-18) from 6:00 - 7:00 p.m. There we will watch a movie about a Holocaust survivor; Philip

Riteman followed by a brief discussion.

*Please note the Community Centre will be closed on November 11<sup>th</sup> Remembrance Day.*

On Friday November 13<sup>th</sup>, we will have the Pre-teen and Teen Dance. The pre-teen dance is from 6:00 - 8:00 p.m. and the cost is \$2.00, the teen dance is from 8:30 - 11:30 p.m. and costs \$3.00. It's your lucky night!

On Saturday November 14<sup>th</sup>, we will be hosting an Air Hockey Tournament. The Pre-teen tournament is from 2:00 - 4:00 p.m. and costs \$2.00, and then we'll have the Teen tournament from 4:00 - 6:00 p.m. and also costs \$2.00. The winner of each tournament will receive a \$20.00 gift card from the Greenwood Mall.

Please give us a call at 765-8165 to register or if you would like any more information about anything mentioned above please don't hesitate to call!

### GMFRC • Feature of the Week

**Education and Employment Services**

Coordinator: Kristen Lawson at 765-1494 local 1816.

#### Selling Your Home Info Session

Wednesday, November 18, 2009

7:00 p.m. - 9:00 p.m.

GMFRC Classroom #1

Cost - FREE

No Registration Required

Are you planning to be posted this year? Do you have any questions about selling your home? The GMFRC is happy to offer a Selling Your Home Info Session, where local professionals will be gathered, to answer any questions you may have surrounding the home selling process. Bring your questions, our team has the answers! For more information please contact 765-5611

**765-0988**  
*essentials@eastlink.ca*

# Essentials Lingerie

**Military Bra receipts**

*Essentials Lingerie Nominated for Most Outstanding Business Award*

*Professional Bra fittings*

## Home of the Bra Doctor

*Sizes A-K cups*

**748 Central Avenue**  
*beside Valley Burner and Century 21.*

*Lisa Barrie, owner*  
**www.essentialslingerie.ca**

## 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.

### Kingston Legion Br 98 ~ November 2009

Office 765-4920 • Bar 765-4428 • Fax 765-2479 • E-Mail legion98sect@ns.sympatico.ca

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 BINGO	2 EUCHRE	3 BINGO	4 VALLEY DARTS	5 CRIB	6 4 WAY STOP CORDON BLEU MIXED DARTS	7 BREAKFAST
8 BINGO	9 EUCHRE	10 NO BINGO	11 REMEMBRANCE DAY	12 CRIB	13 REEBOOT FISH & CHIPS MIXED DARTS	14 CRIB
15 BINGO	16 EXEC MTG EUCHRE	17 BINGO	18 VALLEY DARTS	19 CRIB	20 STRAIGHT OUT CHILI MIXED DARTS	21 DARTS MEN'S PROV SING/DOUB BR PLAYOFF
22 BINGO DARTS MEN'S PROV. TEAMS BR PLAYOFF	23 GEN MTG	24 BINGO	25 VALLEY DARTS	26 CRIB	27 BIG DEAL LOBSTER ADVANCE TICKETS MIXED DARTS	28
29 BINGO	30 EUCHRE	Events Subject to Change Without Notice.				
Members & Guests Welcome!						

Legion Calendar Sponsored by

613 Main St. KINGSTON 765-2103

488 Main St. LAWRENCETOWN 584-3366

26 Commercial St. MIDDLETON 825-4822

# Chief of the Air Staff Visits Greenwood

By: Captain Rhonda Stevens

Arriving by King Air on October 22<sup>nd</sup>, 2009, Lieutenant General (LGen) André Deschamps, Chief of the Air Staff (CAS) and Chief Warrant Officer (CWO) Michel Verreault, Acting Command Chief Warrant Officer, dropped in for short visit as part of their east coast familiarization tour of Bagotville, Goose Bay, Gander, and Shearwater.

The CAS and Acting Command CWO had the opportunity to meet with 14 Wing personnel while touring the operational and support sides of the Wing, and also took the opportunity to present thirteen CAS coins and a Wing Chief Warrant Officer

certificate.

LGen Deschamps visited various units on the Wing. At each unit, he addressed the members of 14 Wing. During his address, he highlighted his priorities – operations, equipment and people. LGen Deschamps stated that his “(my) immediate priority is success in operations. We will maintain our tempo in Afghanistan, support the 2010 Olympics and the G-8 summit”. He added that his second priority is the integration of new capabilities. “We have new Hercules, Chinooks and Cyclones arriving soon. We will need to integrate them as rapidly, as effectively and as seamlessly as possible into our current capabilities”. The CAS finally highlighted

his most mission critical element and important resource – our people. He added that without the dedicated and professional men and women, we would not be where we are today.

A luncheon at the Annapolis Mess followed with 30 senior staff from 14 Wing. Venues visited during the tour included the Military Family Resource Centre, Dependant Health Care Clinic, 404 (Long Range Patrol & Training) Squadron, 14 Air Movement Squadron, 413 (Transport and Rescue) Squadron, and a CP-140 Aurora aircraft. CAS departed 14 Wing via a King Air aircraft on the afternoon of the 22<sup>nd</sup> having completed his East coast tour.



Lieutenant-General (LGen) J.P.A. Deschamps, CD Chief of the Air Staff (CAS) arrives via King Air at 14 Wing Greenwood, Nova Scotia. During his visit to 14 Wing the CAS met with various members discussing the future of the Air Force and answering questions, and presenting coins to various members of the Wing.

## November Community Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Operation Military Bond 12pm at GMFRC Parent and Tot 9:30am at GMFRC	3 Toddler Tuesdays 9:30am at GMFRC Teen Council 3:00pm at Community Centre Warm Line Caller Training 6:30pm at GMFRC	4 Tumble Tots 9:30am at GMFRC	5 Baby Club 10am at GMFRC Applied Suicide Intervention Skills Training 8am at F&S	6 Friday night bowl, pizza, Wii \$7 pre-register at 765-8165 (Community Centre)	7
8 Children's Deployment Support Group 1pm at GMFRC	9 Mad Scientists Club 6pm at GMFRC Food Handlers Course at GMFRC GMFRC Deployed Families Pool Night 8pm at Doolys	10 Information session "We will remember" 6-7pm Community Centre Teen Council 3:00pm at Community Centre Women, money and power has been rescheduled for DEC 8	11 Remembrance Day	12 Well Relax Casual Get Together 9am at GMFRC 12-13 Squash tournament 17h00-19h00 F&S	13 12-13 Squash tournament 17h00-19h00 F&S Pre-teen dance 6-8pm and teen dance 8:30-11pm Community Centre	14 14-15 Squash tournament 08h30-19h00 F&S Family field Trip – Putting Edge, I Max (A Christmas Carol), shopping Pre-register at 765-8155 Community Centre
15 14-15 Squash tournament 08h30-19h00 F&S Francophone family brunch 10:30am Farmers Family Diner (GMFRC event) GMFRC Deployed Family Brunch 1pm at Cora's in New Minas	16 Operation Military Bond 12pm at GMFRC Second language class registration begins call GMFRC 765-5611 Bullying and Your Child 6pm at GMFRC	17 Teen Council Meeting 3:00pm at Community Centre Tuesday night bowl for teens, pizza, Wii \$7 pre-register at 765-8165 (Community Centre) Blood Donor Clinic 1-3pm or 5-8pm at Community Centre	18 Blood Donor Clinic 1-3pm or 5-8pm at Community Centre Deployed Family Briefing 6:30pm at Annapolis Mess	19 Baby Club GMFRC	20	21 Olympic Torch Relay 2:30pm
22 Afternoon baking \$2 pre-register, pre-teens and teens at Community Centre	23 Stress Management 101 - 3pm at GMFRC Canadian Forces Recruiting 1pm at GMFRC	24	25 Laugh Craft Connect 6pm at GMFRC Sole Parents and Children's Movie Night 5:30pm at GMFRC	26 Max-Well Relax Casual Get Together 9am at GMFRC	27 Pre-teen Dance 6-8pm at Community Centre	28 28-30 Figure skating school at Greenwood Gardens Teen Coffee House 7-10pm at Community Centre
29 28-30 Figure skating school at Greenwood Gardens Air Hockey Tournament 2-5 pm pre-register at 765-8165 Community Centre	30 28-30 Figure skating school at Greenwood Gardens Operation Military Bond 12pm at GMFRC	<b>On Going Activities</b> <b>Boyz Club</b> ages 9-12 every Monday from 4:30-6 at the Community Centre (Nov 2,9,23,30 Dec 7,14) Change of day to accommodate other activities: Nov 17 from 6-8pm <b>Active Chicks</b> ages 9-12 every Wednesday from 6-7:30pm at the Community Centre (Nov 4,18,25 Dec 2,9,16) <b>Teen Activities</b> , ages 13-18 Tuesday evenings from 6-7pm at the Community Centre (Nov 3,10,17,24 Dec 1,8,15) <b>Movie Nights</b> on Saturday evenings for pre teens 6-8pm and teens from 8:30-11:30pm (Nov 7,14,21,28 Dec 5,12,19) <b>Parent and Tot</b> every Monday 9:30-10:30am at the GMFRC (Nov 2,9,16,23,30 Dec 7,14) <b>Tumble Tots</b> every Wednesday from 9:30-10:30am at the GMFRC (Nov 4,18,25 Dec 2,9,16) <b>Toddler Tuesdays</b> every Tuesday 9:30-10:30am at the GMFRC (Nov 3,10,17,24 Dec 1,8) <b>Max-Well Relax Casual Get Together</b> (Nov 12,26 Dec 10) GMFRC <b>Baby Club</b> (Nov 5,19 Dec 3,17) GMFRC <b>Teen Council Tuesdays</b> 3-3:45pm (Nov 3,10,17,24 Dec 1,8,15)				

For more information please call 1-902-765-1494 ext. 5611.



PSFM  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES



# GMFRC Volunteer of the Month

**Submitted by: Jennifer MacLeod, GMFRC Program Support Assistant**

Our volunteer of the month for October 2009 is *Lauchlin MacLean*.

Lauchlin volunteers his time with tutoring and is committed to enriching the lives of students within our community. He has been a registered volunteer with the GMFRC for two years and has volunteered over 80 registered hours! Thank you Lauchlin for all your hard work and commitment to the centre!

The Greenwood Military Family Resource Centre (GMFRC) recognizes that



**Lauchlin MacLean.**

our volunteers truly do make a difference within the centre and the community. Every volunteer donates their time and energy and embraces our mission

by supporting and celebrating our unique military family lifestyle.

At the beginning of each month we will feature a different volunteer. It will be posted monthly in the Aurora newspaper. Deciding on a *Volunteer of the Month* is simple. Names will be chosen and drawn based on the *volunteer sign-in book*. It is important to always remember to record your hours, as the *Volunteer of the Month* will receive a special thank you gift.

We understand that every volunteer works hard and gives freely of their time and we would love to recognize each and every one of

you, but there will only be one *Volunteer of the Month*, per month. As a registered volunteer with the GMFRC, we do have an annual Volunteer Appreciation Dinner coming up in April 2010 where every volunteer is invited and recognized for their outstanding efforts and hard work.

If you would like more information on *Volunteer of the Month* or how to become a registered volunteer at the GMFRC, please contact the Coordinator of Volunteer Services, Janie Gagnon at 765-1494, local 5938 or email at [Janie.Gagnon@forces.gc.ca](mailto:Janie.Gagnon@forces.gc.ca)

# Veteran of the Month



**Comrade Charles "Charlie" "Red" Fahie**

Comrade Fahie joined the Royal Canadian Air Force in July 1952 out of Halifax as an Air Frame Technician. During his career he had postings in Borden, Ont.; Summerside, PEI; Trenton, Ont.; Greenwood, N.S.; Marville, France; Lahr, Germany and then back to Greenwood where he retired in 1976 and now resides in Tremont. Legion Branch 98 in Kingston is proud to present Comrade Fahie as "Veteran of the Month" Nov. / 2009.

# December Community Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jingle Bell Bingo Alcohol and other Drug and Gambling Supervisor Training 8:30am F&S Centre Toddler Tuesdays 9:30am at GMFRC Teen Council 3:00pm at CC	2 Active Chicks ages 9-12 from 6-7:30pm at the Community Centre Tumble Tots from 9:30-10:30am at the GMFRC	3 Baby Club 10am at GMFRC	4 Christmas on the Wing 4-6pm	5 Movie Nights on Saturday evenings for pre teens 6-8pm and teens from 8:00-10:00pm
6 Children's Deployment Support Group 1pm at GMFRC	7 Boyz Club ages 9-12 every Monday from 4:30-6pm at the Community Centre Parent and Tot 9:30-10:30am at the GMFRC	8 Teen Activities, ages 13-18 from 6-7pm at the Community Centre Toddler Tuesdays 9:30am at GMFRC Lunch & Learn "Women, Money & Power" 12pm at GMFRC	9 Active Chicks ages 9-12 from 6-7:30pm at the Community Centre Tumble Tots from 9:30-10:30am at the GMFRC	10 Lunch and Learn "Choosing Childcare" 12pm at GMFRC Max-Well Relax Casual Get Together 9am at GMFRC ADHD and Learning Disability Awareness Day 2pm at GMFRC	11	12 Movie Nights on Saturday evenings for pre teens 6-8pm and teens from 8:00-10:00pm
13	14 Boyz Club ages 9-12 every Monday from 4:30-6pm at the Community Centre Parent and Tot 9:30-10:30am at the GMFRC	15 GMFRC Annual Christmas Breakfast Teen Activities, ages 13-18 from 6-7pm at the Community Centre Teen Council 3-3:45pm at CC	16 GMFRC "How to make your child feel special" 11am at GMFRC Laugh Craft Connect 6pm at GMFRC Active Chicks ages 9-12 from 6-7:30pm at the Community Centre	17 Baby Club 10am at GMFRC	18	19 Movie Nights on Saturday evenings for pre teens 6-8pm and teens from 8:00-10:00pm
20	21	22	23 Tumble Tots from 9:30-10:30am at the GMFRC	24 GMFRC closed until January 4th	25	26
27	28	29	30	31		

For more information please call 1-902-765-1494 ext. 5611.



# A Tribute to Vera Lynn at the Kentville Legion

The **War Surplus Gang**, directed by **Larry Woodman**, is doing a musical evening in support of the Kentville Royal Canadian Legion Br. No. 6.

Woodman's group is well known for their entertaining shows throughout the valley and was pleased to have been performers at Pier 21 for the recent War Brides reunion.

Many songs that were said to "win the war" are part of this concert and most of the songs were recorded by Dame Vera Lynn. The group consists of the **Apple Blossom Trio** (Margo Corkum, Mildred Small and Sylvia O'Brien) and George Estey, Gwyn Phillips and Paul Rogers. The girls do a lot of Andrews Sisters-type arrangements and the men also do a special trio number of their own. The back up band includes Earle Illsley, Bob McCarthy and Paul Rand.

throughout the world for her many war time anthems including We'll Meet Again, White Cliffs of Dover, A Nightingale Sang in Berkely Square. She is well-known for entertaining the troops during the war years and for her touring of the Allied countries for 50 or more years following the war.

Presently 92 years old, she topped the Beatles by becoming the No. 1 record in Britain with her album, "We'll Meet Again". In her recent interviews, Dame Vera continues to show a great deal of grace and compassion for the troops and vets after more than 70 years in the limelight.

**A Tribute to Vera Lynn**, will include audience participation and sing-alongs of some of those old familiar comfort songs of the war years which continue to offer hope even in today's world of conflict and unrest.

This show is at the Royal Canadian Legion Br. No.6 at 7:30 p.m. on Friday Nov. 6th.

Tickets at R.D. Chisholm's Ltd in Kentville, Pretti Posies in New Minas, a Wolfville Save-Easy and at the Kentville Legion.



## Greenwood Golf Club 50th Anniversary Booklet ON SALE NOW!

Get your copy today for \$6 plus tax.

- Great keepsake or Christmas gift.
- History of golf club in full colour
- Photos and articles to take you back in time to when the Club became a reality.

For more information contact Greenwood Golf Club Manager Mike McCorry at 765-9305



# Calendrier de la communauté novembre 2009

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
1	2 Opération « établir des liens militaires » 12h00 au CRFMG  Programme parents et bambins, 9h30-10h30 au CRFMG	3 Programme du mardi pour les tout-petits, 9h30-10h30 au CRFMG  Conseil Jeunesse, 15h00 au Centre communautaire  Formation sur les appels de soutien 18h30 au CRFMG	4 Programme Pirouettes et Culbutes, 9h30 au CRFMG	5 Le Club bébés, 10h00 au CRFMG  Cours sur les techniques d'intervention du suicide, 8h au Centre de sport et conditionnement physique	6 Vendredi soire des quilles, pizza, Wii 7\$, s'enregistrer au 765-8165 Centre communautaire.	7
8 Groupe de soutien pour les enfants dont un proche est en déploiement, 13h00 au CRFMG	9 Le Club des mordus des sciences, 18h00 au CRFMG  Soirée billards, 20h00 au Doolys (événement du CRFMG)  Formation sur la manipulation des aliments au CRFMG	10 Conseil Jeunesse, 15h00 au Centre communautaire  Dîner conférence « Femmes, argent et pouvoir » 12h au CRFMG  Session d'information "nous nous rappelons" 18h au centre communautaire	11 Jour du souvenir	12 Bienvenue à la pause café Max-Well Relax, 9h00 au CRFMG  12-13 Tournois de squash 17h00-19h00 au Centre de sport et conditionnement physique	13 12-13 Tournois de squash 17h00-19h00 au Centre de sport et conditionnement physique  Dance pour préadolescents 18h00 et adolescents 20h30 centre communautaire	14 14-15 Tournois de squash 08h30-19h00 au Centre de sport et conditionnement physique  Sortie en famille a Putting Edge, IMAX (A Christmas Carol), magasinage, s'enregistrer au 765-8155, centre communautaire
15 14-15 Tournois de squash 08h30-19h00 au Centre de sport et conditionnement physique  Brunch pour les familles francophones 10h30, Restaurant Farmers Family Diner (événement du CRFMG)  Brunch des familles en déploiement, 13h au Cora à New Minas (événement du CRFMG)	16 Opération « établir des liens militaires » 12h00 au CRFMG  Début de la période d'enregistrement pour les cours de langues secondes du CRFMG, téléphonez le 765-5611  Séance d'information à l'intention des parents « Votre enfant et l'intimidation », 18h00 au CRFMG	17 Conseil Jeunesse, 15h00 au Centre communautaire  Clinique de sang 13h00-15h00 et 17h00-20h00 au centre communautaire	18 Clinique de sang 13h00-15h00 et 17h00-20h00 au centre communautaire  Séance d'information pour les familles en déploiement 18h30 au Mess Annapolis	19 Le Club bébés au CRFMG	20 Relais de la flamme olympique 14h30	21
22 Après-midi de cuisine pour préadolescents et adolescents, 2\$ d'enregistrer au centre communautaire	23 Gestion du stress 101 en partenariat avec la Santé mentale, 15h00 au CRFMG  Centre de recrutement des Forces Canadiennes, 13h00 au CRFMG	24	25 Rire, bricolage et rencontre, 18h00 au CRFMG  Soirée cinéma pour les parents seuls et leurs enfants, 17h30 au CRFMG	26 Bienvenue à la pause café Max-Well Relax, 9h00 au CRFMG	27 Dance pour préadolescents 18h00 au centre communautaire	28 28-30 La Maison de café pour adolescents, 19h00 au centre communautaire  L'école de patinage artistique Greenwood Gardens
29 28-30 La Maison de café pour adolescents, 19h00 au centre communautaire  Tournois de hockey sur table, 14h00 à 17h00 s'enregistrer au 765-8165 au centre communautaire	30 28-30 La Maison de café pour adolescents, 19h00 au centre communautaire  Opération « établir des liens militaires » 12h00 au CRFMG	<b>Activités en cours</b> <b>Club pour garçons</b> de 9 à 12 ans, lundis de 16h30-18h00 au Centre communautaire de Greenwood (Nov 2,9,16,23,30 Dec 7,14) <b>Jeunes filles</b> actives de 9 à 12 ans, mercredis de 18h00-19h30 au Centre communautaire de Greenwood (Nov 4,18,25 Dec 2,9,16) <b>Activités pour les adolescents</b> de 13 à 18 ans, Mardis soirs de 18h00 à 19h00 au Centre communautaire de Greenwood (Nov 3,10,17,24 Dec 1,8,15) <b>Soirée cinéma du samedi</b> soir pour les préadolescents 18h00-20h00 et adolescents de 20h30 à 23h30 au Centre communautaire de Greenwood (Nov 7,14,21,28 Dec 5,12,19)				
<b>Programme parents et bambins</b> les lundis de 9h30-10h30 au CRFMG (Nov 2,9,16,23,30 Dec 7,14) <b>Programme du mardi pour les tout-petits</b> , les mardis de 9h30-10h30 au CRFMG (Nov 3,10, 17,24 Dec 1,8) <b>Programme Pirouettes et Culbutes</b> les mercredis de 9h30-10h30 au Gymnase du CRFMG (Nov 5,18,25 Dec 2,9,16) <b>Bienvenue à la pause café Max-Well Relax</b> , au CRFMG au CRFMG (Nov 12,26 Dec 10) <b>Le Club bébés</b> , au CRFMG (Nov 5,19 Dec 3,17) au CRFMG <b>Conseil Jeunesse</b> , 15h30 au Centre communautaire de Greenwood (Nov 3,10,17,24 Dec 1,8,15) Les <b>Visites de bienvenue du CRFMG</b> pour les nouveaux arrivants sont offertes du lundi au vendredi de 8 h 00 à 16 h 00						

Pour plus d'informations s'il vous plaît appeler  
1-902-765-1494 ext. 5611.



# XI KAPPA Chapter News



What a great Social Outing for Xi Kappa Members, left to right, Joyce-Mae, Joyce, Terry, Esther and Brenda. The Social Committee booked a vineyard tour at Gaspereau Vineyards, White Rock Rd.

Wolfville, Nova Scotia. A welcoming staff member explained the vineyard's history and provided all of us with samples of their red and white Nova Scotia wines. The vineyard produces an excellent ice wine too and displays all wine selections in their gift shop. Visitors and tourists are welcome to visit the vineyard on their own or book a tour by calling: 542-1455 (902). Members Joyce-Mae and Joyce admire the harvest pumpkins who greet you at the front entrance. If interested in a Beta Sigma Phi Chapter, contact a member in your community or visit [www.betasigmaphi.org](http://www.betasigmaphi.org) to learn more about this international women's organization.



## Calendrier de la communauté décembre 2009

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		1 Bingo Jingle Bell Cours sur la gestion des abus d'alcool, des drogues et du jeu, 8h30 au Centre de sport et conditionnement physique Programme du mardi pour les tout-petits, 9h30-10h30 au CRFMG Conseil Jeunesse, 15h00 au Centre communautaire	2 Programme Pirouettes et Culbutes, 9h30 au CRFMG Jeunes filles actives de 9 à 12 ans, mercredis de 18h00-19h30 au Centre communautaire de Greenwood	3 Le Club bébés, 10h00 au CRFMG	4 Noël à l'Escadre 16h00	5 Soirée cinéma du samedi soir pour les préadolescents 18h00-20h00 et adolescents de 20h00 à 22h00 au Centre communautaire de Greenwood
6 Groupe de soutien pour les enfants dont un proche est en dépliement 13h00 au CRFMG	7 Club pour garçons de 9 à 12 ans, lundis de 16h30-18h00 au Centre communautaire de Greenwood Programme parents et bambins les lundis de 9h30-10h30 au CRFMG	8 Activités pour les adolescents de 13 à 18 ans, Mardis soirs de 18h00 à 19h00 au Centre communautaire de Greenwood Conseil Jeunesse, 15h30 au Centre communautaire Programme du mardi pour les tout-petits, 9h30-10h30 au CRFMG Dîner conférence « Femmes, argent et pouvoir » 12h au CRFMG	9 Jeunes filles actives de 9 à 12 ans, mercredis de 18h00-19h30 au Centre communautaire de Greenwood Programme Pirouettes et Culbutes, 9h30 au CRFMG	10 Dîner conférence « Choisir le bon service de garde », 12h au CRFMG Journée de sensibilisation au THADA et aux troubles d'apprentissage, 14h00 au CRFMG Bienvenue à la pause café Max-Well Relax, 9h00 au CRFMG	11	12 Soirée cinéma du samedi soir pour les préadolescents 18h00-20h00 et adolescents de 20h00 à 22h00 au Centre communautaire de Greenwood
13	14 Club pour garçons de 9 à 12 ans, lundis de 16h30-18h00 au Centre communautaire de Greenwood Programme parents et bambins les lundis de 9h30-10h30 au CRFMG	15 Déjeuner de Noël au CRFMG	16 Séance d'information à l'intention des parents « Comment amener votre enfant à se sentir spécial », 11h00 au CRFMG Rire, bricolage et rencontre, 18h00 au CRFMG Jeunes filles actives de 9 à 12 ans, mercredis de 18h00-19h30 au Centre communautaire de Greenwood Programme Pirouettes et Culbutes, 9h30 au CRFMG	17 Le Club bébés, 10h00 au CRFMG	18	19 Soirée cinéma du samedi soir pour les préadolescents 18h00-20h00 et adolescents de 20h00 à 22h00 au Centre communautaire de Greenwood
20	21 Activités pour les adolescents de 13 à 18 ans, Mardis soirs de 18h00 à 19h00 au Centre communautaire de Greenwood Conseil Jeunesse, 15h30 au Centre communautaire Programme du mardi pour les tout-petits, 9h30-10h30 au CRFMG	22	23	24 Le CRFMG sera fermé du 24 Décembre au 3 Janvier inclusivement	25	26
27	28	29	30	31		

Pour plus d'informations s'il vous plaît appeler 1-902-765-1494 ext. 5611.



# Back Injury Prevention – Fit Tips for a Fit Back!

Back Injuries are a major topic of concern for the general population. Injuring your back can lead to serious and painful long term problems. Low back pain is usually caused by a muscle strain or ligament sprain, from incorrect lifting methods or improper posture. Repetitive lifting, bending, and twisting motions of the torso can affect both the degree of severity and frequency of low-back pain. One of the key injury prevention tips is learning how to lift properly, and when weight training using weights that are appropriate for

you. Lifting weights that are too heavy can lead to back injury because you are using improper body posture to cheat/help lift the heavy weight. Performing your repetitions without proper form could end up causing an injury or further aggravating an existing condition. Before increasing the amount you lift in the weight room, make sure you have the proper technique mastered. When lifting heavy objects at home, lift with your legs, keeping the object close to your body with your core tight and back straight! Try not to twist at the waist, and keep

the movement slow and controlled.

Sedentary lifestyles can also lead to weak abdominal muscles and hamstrings which can eventually end up causing the stronger muscles to pull the body away from its optimal anatomical form, which can cause injury and pain. So get active and moving, and remember to strengthen your core and lower back when you do your workouts. One of the most popular core strengthening exercises is the *plank*.

The standard plank is performed in a push up position with your weight resting on your forearms instead of your palms. Try holding this position for 30 seconds, keeping your abdominal muscles tight, spine long and shoulder blades back and down.

It is also important to remember to include a warm up prior to your exercise routine, and to cool down and stretch at the end. Holding stretches to the point of mild tension, for 15-30 seconds will help you to increase your flexibility.

If you are experiencing back pain and are unaware of the cause, you should see a doctor for further information. Thanks for reading again, keep your eyes open for the next Fit tip! Feel free to contact me with any questions ext 5651 or April. Denney@forces.gc.ca

## Greenwood Players Presents:



Peter Trites.

### Robin Hood and Babes in the Wood

December 8th through to the 12th - Tuesday to Saturday.

AVM Morfee Centre. Curtain time 7:30 p.m. Tickets \$8.00

Featured this week are Joe Johnson who plays Will Scarlet and Peter Trites who plays Little John both members of Robin Hood's band of merry men.

Come on out and see the show and cheer for the goodies and boo the baddies. Some scary bits but lots of laughs and suitable for all age groups.

Tickets are now on sale at Middleton PharmaSave and Kingston PharmaSave.



Joe Johnson.

### 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

Ladies League starts November 10th  
Mixed League starts November 11th

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

**Greg Kerr**  
Member of Parliament/Député  
West Nova/Nova-Ouest

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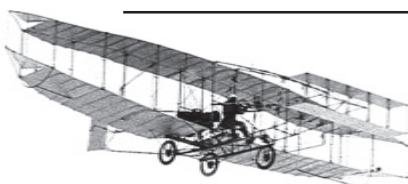
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That is your business  
If you want to stop drinking ~  
We can help.*

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

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Centennial of Flight is a year long celebration recognizing 100 years of powered flight in Canada. Your business will receive maximum exposure to our 2300 military and civilian personnel, their families and the thousands of residents in the surrounding communities.



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For more information on sponsorship contact **Rod Reeves**, 14 Wing Sponsorship Coordinator at 765-1494 local 5058 or (902)840-0739 or email: RODERICK.REEVES@forces.gc.ca.

[www.greenwood100years.com](http://www.greenwood100years.com)



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### BLOW OUT SALE

T-SHIRTS \$10 each

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# Ce que vous devez savoir au sujet du vaccin contre le grippe H1N1 avant de le recevoir

## Qu'est-ce qu'une grippe?

L'influenza, que l'on appelle communément la grippe, est une infection respiratoire causée par un virus. Le virus de la grippe H1N1 est nouveau; c'est pourquoi les gens n'ont généralement peu ou aucune immunité pour lutter contre ce virus. Le virus de la grippe H1N1 s'est rapidement propagé dans le monde entier, si bien qu'en juin 2009, l'Organisation mondiale de la Santé a déclaré une situation de pandémie d'influenza.

La grippe se transmet d'une personne à une autre en empruntant les voies respiratoires. La toux et les éternuements libèrent les microbes dans l'air ambiant et alors, les personnes qui se trouvent à proximité peuvent les respirer. Les microbes peuvent aussi rester sur des surfaces dures, comme les comptoirs et les poignées de porte, où ils peuvent être transférés aux mains par le toucher puis transmis ensuite au système respiratoire quand la personne se touche la bouche ou le nez avec sa main.

Les symptômes se manifestent presque toujours par une apparition soudaine d'une toux et de la fièvre, et sont généralement accompagnés de fatigue, de douleurs musculaires, de maux de gorge, de maux de tête, d'écoulement nasal et d'une perte d'appétit et, parfois, de nausées, de vomissements et de diarrhée. La grippe peut frapper les personnes de tout âge. La plupart des gens sont malades de deux à sept jours, alors que la toux peut se poursuivre pendant plusieurs semaines. La grippe peut parfois mener à des complications graves, comme la pneumonie, l'hospitalisation, et même la mort.

Parmi les groupes à risque de complications en raison du virus de la grippe H1N1, signalons les enfants âgés de moins de cinq ans, en particulier ceux âgés de moins de deux ans; les femmes enceintes; et les personnes atteintes d'une maladie chronique, par exemple d'une maladie cardiaque, du foie ou des reins, d'hémopathie

(maladie du sang), de diabète, d'obésité sévère, d'asthme, d'une maladie pulmonaire chronique, d'une atteinte au système immunitaire, ou de troubles neurologiques.

## Qui devrait recevoir le vaccin contre la grippe H1N1, et à quel moment?

Les adultes et les enfants âgés de six mois et plus devraient se faire vacciner afin de se protéger, tant eux-mêmes que les membres de leur famille, contre le virus de la grippe H1N1, dès que le vaccin sera disponible. La vaccination contre le virus de la grippe H1N1 est particulièrement importante pour les personnes à risque de complications de la grippe et les personnes de leur entourage immédiat.

Remarque : Si vous êtes enceinte ou croyez que vous pourriez l'être, mentionnez-le à votre médecin ou fournisseur de soins de santé car cela peut influencer sur le choix du vaccin qui serait le plus indiqué pour vous dans les circonstances.

## Dans quelle mesure le vaccin vous protégera-t-il contre le virus de la grippe H1N1?

Après avoir été vaccinés, la plupart des gens commenceront à acquérir de l'immunité dans les 10 jours qui suivent. Les essais cliniques ont montré qu'entre 85 % et 98 % des adultes en santé ont obtenu une réponse immunitaire suffisamment forte pour leur procurer une protection contre le virus.

De l'agence de la santé publique du Canada - au sujet du vaccin contre le grippe H1N1  
Il se peut que le vaccin

ne fonctionne pas aussi bien chez les personnes ayant des problèmes affectant leur système immunitaire ou prenant des médicaments affectant leur système immunitaire; il n'en demeure pas moins qu'il est très important que ces personnes se fassent vacciner.

## Dans quelle mesure le vaccin contre la grippe H1N1 est-il sécuritaire?

Les essais cliniques réalisés dans divers pays à travers le monde ont montré que le vaccin contre la grippe H1N1 est sécuritaire et efficace pour vous protéger contre le virus de la grippe H1N1. Le vaccin contre la grippe H1N1 est produit d'une manière similaire à celle employée pour produire les vaccins contre la grippe saisonnière, dont l'utilisation au Canada depuis plusieurs années s'est avérée à la fois sécuritaire et efficace.

Le vaccin contre la grippe H1N1 contient un adjuvant, un ingrédient composé de substances naturelles, soit de l'huile, de l'eau et de la vitamine E, et qui renforce la réponse immunitaire de l'organisme en plus d'accroître l'efficacité du vaccin. Ce même adjuvant a été testé sur 45 000 personnes sans que cela ne soulève quelque inquiétude quant à sa sécurité lorsqu'administré à des adultes ou des enfants en santé. Toutefois, l'adjuvant n'a pas fait l'objet d'essais cliniques de grande envergure chez les enfants âgés de moins de trois ans et les femmes enceintes.

## Quels sont les risques as-

## sociés au fait de recevoir le vaccin contre la grippe H1N1?

Le vaccin contre la grippe H1N1 contient une quantité infime d'une forme morte du virus, et donc vous ne pouvez pas être infecté en recevant le vaccin. Les effets indésirables sont généralement les mêmes que ceux associés au vaccin contre la grippe saisonnière.

Les réactions les plus couramment observées après l'administration du vaccin contre la grippe H1N1 étaient mineures, notamment une douleur localisée, de l'enflure et de la rougeur au site d'injection. Une fatigue, des douleurs musculaires et articulaires et des maux de tête ont également été signalés. Chez les jeunes enfants, on a signalé de la fièvre, de la somnolence, de l'irritabilité et une perte d'appétit, dans une faible mesure cependant. Les réactions graves ou constituant un danger de mort sont très rares.

## Très courant : (plus que 10%)

Maux de tête; fatigue; douleur; une bosse dure au site d'injection; douleurs articulaires

## Courant : (1% - 10%)

Sensation de chaleur, démangeaison ou ecchymose au site d'injection; sueurs/grelotement accrus, symptômes grippaux; enflure des glandes du cou, des aisselles ou de l'aîne.

## Peu courant : (0.1% - 1%)

Picotement ou engourdissement des mains ou des pieds; somnolence; insomnie; étourdissement; diarrhée, vomissements, maux d'estomac, sensation d'être malade; démangeaisons ou éruptions cutanées.

Tous ces effets indésirables se dissipent habituellement le lendemain ou le surlendemain sans traitement. Toutefois, s'ils persistent, **CONSULTEZ UN MÉDECIN.**

Une maladie plus grave toutefois, appelée syndrome Guillain-Barré (une

atteinte paralytique grave, aussi appelée SGB), est survenue très rarement après l'administration du vaccin contre la grippe saisonnière. Tous les groupes d'âge peuvent en être affectés, mais on l'observe de manière plus courante chez les personnes âgées.

De l'agence de la santé publique du Canada - au sujet du vaccin contre le grippe H1N1

Quelles personnes ne devraient pas recevoir le vaccin contre la grippe H1N1?

Le vaccin contre la grippe H1N1 n'est pas homologué pour son administration à des enfants âgés de moins de six mois.

## Par ailleurs, vous ne devriez pas recevoir le vaccin si :

- vous avez déjà fait une réaction anaphylactique (une réaction allergique grave) à un élément entrant dans la composition du vaccin;

- vous avez une hypersensibilité aux oeufs (urticaire, enflure de la bouche ou de la gorge, difficultés respiratoires);

- vous avez présentement une forte fièvre; ou

- avez eu un syndrome Guillain-Barré au cours des huit semaines après avoir reçu le vaccin contre la grippe saisonnière

Si vous avez déjà eu une réaction grave après avoir été vacciné par le passé, êtes enceinte ou pensez que vous pourriez l'être, avez un trouble hématique (une maladie du sang), ou prenez des médicaments pouvant avoir un effet sur la coagulation sanguine, vous devriez consulter un professionnel de la santé avant de recevoir le vaccin.

**Il est important de bien lire tout ce qui est écrit dans ce document avant de recevoir le vaccin contre la grippe H1N1. Si vous avez quelque question à propos de la grippe ou du vaccin contre la grippe, il faut en discuter avec votre fournisseur de soins de santé avant de recevoir le vaccin.**

## Free Public Skating

### Western Kings Arena

Sunday's  
4:00 - 5:00 p.m.

Sponsored by:  
Royal Canadian Legion Branch 98



### Wing Personnel Selection Office Announcement

# SCAN TRANSITION SEMINAR

18 - 19 Nov 2009

Birchall Training Centre Theatre

Concerned about retirement?  
Wondering about your pension?  
Unsure of your financial entitlements on release?

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

Registration Deadline EXTENDED to:  
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For more information please call local 5390  
or visit the WPSO website

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For more information call 765-1494 local 5833.

Carrier applications are available on our website

[www.auroranewspaper.com](http://www.auroranewspaper.com)

## Alternative Dispute Resolution

### Greenwood Dispute Resolution Centre



Maj. Bob Sealby

Call  
**5530**

- 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?

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.

# LINDA WHITTLE Thank you

Thank you to all those who sent cards, condolences, flowers, prayers and those who attended my sister Linda's memorial service on September 26 at St. Mark's Protestant Chapel in Greenwood. A special heartfelt thank you to "Liz" McAdam for her enduring assistance, friendship, strength and love, and her fortitude to write and read Linda's eulogy. You are our surrogate Mom. A special thank you to Leta & Hugh Moore for their kindness, assistance and support. We thank Father "Mike" McKeage for his service which was of comfort to our family. Our deep appreciation to the 107 Valley Wing Greenwood, especially Rose Gillis and "Sam" Jarrett for a wonderful reception after the service. Thanks to Uncle Jack Whittle for his reading & Aunt Carol for their constant support, cousin Pat & her husband Al for their warmth and great spirit. Aunt Betty and cousin Jayne for "being there" and caring. Cousin Brenda Whittle for her true understanding, and cousins Alana & Raymond Yetman. A special thanks to our very good friends Cheryl and Richard Moore from Ottawa who came to support us. My heartfelt thanks to my sister's good friend Sharon (Lunn) Snyder who graciously gave a reading. Thanks to Linda's nephew, Matt for reading Linda's best friend, Maria Kearney Nee's letter. Linda was interred at North Kingston Cemetery next to her mother Clara and her dad Ron. As befitting Linda's zest for life, she was celebrated with a glorious balloon send off at the gravesite to honour her life and welcome her "home".

Love and remembrance always, Rhonda, Keith, Tiffani and Matthew

# Fun with Fitness – Dates are Set!

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. Josh has taken many Kine-

siology courses and was a fitness trainer with the, Bulldog Fitness for youth, Halifax Mooseheads, Fitness Experience, and a Professional Trainer for almost 10 years.

*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 excel-

lent 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 drop in fee, each week. Once you have completed the course you will receive a package with some cool material.

Please note that the program will be offered on Sunday evenings in

the Fitness and Sports Centre classroom from 5-7pm. The program will start on November 1<sup>st</sup> and continue on the 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> with registration 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.

**The Anglican Parish of Wilmot**  
*Welcomes You!*

**Holy Trinity in Middleton**      **All Saints' in Kingston**  
**244 Main St. (across from Tim's)**      **Pleasant St. (off Bridge St.)**  
**8:00 a.m. BCP Eucharist**      **9:30 a.m. BAS Eucharist**  
**11:00 a.m. BAS Eucharist & Sunday School**      **& Sunday School**

**Information: call the Parish Office 825-2326 or Administrator 825-2474**  
**Contemporary Faith, Catholic Worship & Living Community**

## Together in Church

### Queen of Heaven Chapel

**Sunday Schedule**  
11 a.m. (English Mass)

### St. Mark's Chapel

**Sunday Schedule**  
10:30 a.m. Divine Worship

**Switchboard** ..... 765-1494  
**Wing Chaplain**  
**Chapel Life Coord - Queen of Heaven**  
Father Tim Nelligan ..... ext 1960  
**Wing Chaplain's Admin Assistant**  
Ms Diane McKeage ..... ext 5883  
**Chapel Life Coord - St. Mark's**  
Padre Gord Poley ..... ext 5541  
**Unit Chaplain**  
Father Claude Pigeon ..... ext 5119  
**Unit Chaplain**  
Padre Mike Peterson ..... ext 5835  
**Chaplain (BTL)**  
Padre Frank Staples ..... ext 5545  
**Unit Chaplain**  
Padre George Helou ..... deployed

**Emergencies**  
In an emergency, you can reach a chaplain anytime through Wing Operations at (902) 765-1494 ext. 5457.



### 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.mfr.ca](http://www.mfr.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 Services**

- 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)

### CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE GREENWOOD

**AU SERVICE DES FAMILLES**

Centre AVM Morfee, route School, C.P. 582, Greenwood (Nouvelle-Écosse)  
BOP 1N0 Téléphone: (902) 765-5611 Télécopieur: (902) 765-1747 • Courriel : [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca) • Site Web : [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)  
Pour obtenir les coordonnées de tous les Centres de ressources pour les familles des militaires/canadiens consultez le site web [www.crfm.ca](http://www.crfm.ca) ou téléphonez le 1-877-280-3636

**Services de renseignements et à la communauté et services de soutien**

- Bienvenue et Orientation communautaire**
- Trousse de bienvenue de Greenwood, trousse de bienvenue virtuelle du CRFMG, Inscription des nouveaux arrivants, appels de bienvenue du CRFMG, service d'accueil et cadeau de bienvenue du CRFMG pour les nouveaux arrivants, pochettes d'accueil provenant des autres CRFM
- Information et Orientation**
- Bulletin électronique du CRFMG (trimestriel), Site web du CRFMG, promotion/publicité du CRFMG, base de données sur les collectivités, extension de services à la force de réserve, services d'orientation vers des agences gouvernementales et civiles, en plus de diverses autres ressources

**Services à la famille lors d'un déploiement**

- Sensibilisation, information, soutien et assistance aux membres des familles des FC lors d'un déploiement, d'un service temporaire ou d'une RI
- Trousses d'information pré déploiement et post déploiement
- Appels téléphoniques de soutien durant la période de déploiement
- Service gratuit d'envoi de colis
- Les réunions mondaines offrent l'occasion aux familles d'établir des liens réciproques et de se soutenir mutuellement pendant l'absence d'un des leurs
- Bulletin mensuel sur le déploiement
- Séances d'information et évaluation avant et après le déploiement, campagne de sensibilisation sur le soutien au déploiement
- Vidéoconférence (VC), permettant aux familles des militaires d'être en contact avec les membres de leur famille qui sont à l'étranger

**Service pour enfants, jeunes et parents**

- Activités et initiatives pour les enfants et les jeunes**
- Activités pour enfants et bambins, Programme d'éducation à petite enfance, comité des jeunes, activités diverses et ateliers à l'intention des enfants de moins de 12 ans, tutorat, ateliers d'aptitudes à la vie quotidienne à l'intention des jeunes
- Éducation et services de soutien pour parent/gardien**
- Séances d'information à l'intention des parents et des pourvoyeurs de soins, ateliers et ressources sur le rôle parental, information sur les services de garde d'enfants dans le secteur, information appropriée et orientation vers les services de garde pour enfants ayant des besoins spéciaux, registre de gardien(ne)s pour adolescents et adultes, Liste des services de garde
- Service de garde en situation d'urgence et le service de relève pour les familles dont le membre est déployé**
- Séances d'information sur l'admissibilité aux services de garde d'urgence et de relève, ressources/renseignements fiables sur les services de garde d'enfants, éducation et aide à la planification des services de garde
- l'accès aux services de garde d'urgence et de relève 24 heures sur 24, 7 jours sur 7, offres de services de garde de relève pour les familles déployées
- Services de garde occasionnelle**
- Services de garde occasionnelle autorisée du CRFMG

**Programme de prévention, soutien et intervention**

- Éducation et prévention**

**Services de reconnaissance des bénévoles**

- Recrutement, sélection, formation, orientation, évaluation et reconnaissance
- Orientation des bénévoles en fonction de leurs domaines d'intérêt et de leurs talents
- Formation pratique en cours d'emploi; acquisition de nouvelles compétences et amélioration des connaissances
- Cours et ateliers de perfectionnement professionnel
- Activités de reconnaissance des bénévoles
- Opportunités de bénévolat pour les jeunes de 12 à 18 ans

**Services d'aide à l'emploi et l'éducation**

- Aide à l'emploi**
- Création et modification de CV et de la lettre de présentation, évaluation/orientation professionnelle, aide à la recherche d'emploi
- Perfectionnement des techniques d'entrevue, planification des petites entreprises, information sur le réseau militaire des petites entreprises indépendantes, échange de magazines et de livres, ordinateur disponible pour la recherche d'emploi, élaboration d'un dossier d'emploi, liste à jour des emplois disponibles
- Programmes éducatifs**
- Cours de manipulation des aliments, cours de premiers soins/RCR
- Cours de conduite préventive, salon de l'éducation et de l'emploi, recrutement des FC, ateliers de croissance et de soins personnels,
- Journée internationale de la femme
- Programmes de loisirs**
- Couture, création littéraire, réseau des petites entreprises indépendantes (PME), peinture créative sur argile, arrangement floral

**Services de langue seconde**

- Enseignement des langues secondes (cours de français et d'anglais)
- Activités de renforcement des liens entre francophones (organisées trimestriellement)
- Ressources et informations disponibles dans les deux langues officielles

**Événements spéciaux et items de promotion du CRFMG**

- Promotion du vendredi rouge
- Promotion de la campagne du ruban jaune « soutenons nos troupes »
- Campagne de sensibilisation au déploiement auprès de la communauté
- Coordination de la campagne « la famille La force conjointe »
- Service de colis pour les membres militaires en déploiement
- Événements spéciaux pour la communauté du CRFMG

Le CRFM de Greenwood adhère au Code de protection des renseignements personnels des services aux familles des militaires tiré du Code type sur la protection des renseignements personnels de l'Association canadienne de normalisation. Pour de plus amples renseignements sur le Code de protection des renseignements personnels, veuillez communiquer avec le CRFM ou consulter notre site Web à l'adresse suivante : [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca).

# Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers the next couple of weeks. For future and ongoing programs and services, please visit our website at [www.greenwoodmfrcc.ca](http://www.greenwoodmfrcc.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 Events

- Fall Flower Arranging**  
Wednesday, Nov 4, 2009  
6:30 p.m. – 8:30 p.m.  
GMFRC Classroom #2  
Cost: \$25.00  
Registration Deadline: Friday, October 30, 2009
- Nova Scotia Food Handling Course**  
Monday, November 9, 2009

8:30 p.m. – 3:30 p.m.  
GMFRC Classroom 1  
Cost: \$28.00  
Registration Deadline: Monday, November 2, 2009

**Christmas Portraits Session**  
Tuesday, Nov 17, 2009,  
9:00 a.m. – 1:00 p.m.  
GMFRC Classroom #1  
Cost: Vary  
Registration Deadline: Tuesday, November 10, 2009

**Intro to Thai Cooking Class**  
Thursday, Nov 26, 2009  
6:00 p.m. – 8:00 p.m.  
Sobeys Community Room  
Cost: \$15.00  
Registration Deadline: Thursday, November 19, 2009

**Ongoing Services**

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Employment Resource Li-

- 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**
- Let's Do Brunch**  
Saturday, Nov 14<sup>th</sup>, 2009  
Meet at Cora's at 1:00 p.m.  
Cora's Restaurant, New Minas  
Pay the cost of meal and Transportation to New Minas  
Registration Deadline: Thursday, Nov 12<sup>th</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**
- Max-Well Relax Casual Get Together**  
Thursday, Nov 12<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
- 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)

## Upcoming programs or services

**Children's Deployment Support Group**  
Sunday, November 8, 2009  
1:00 p.m. – 2:00 p.m.  
GMFRC  
FREE  
Registration Deadline: Thursday, November 5, 2009

**Parent Information Session – Bullying and your Child**  
Monday, Nov 16, 2009  
6:00 p.m. – 7:00 p.m.  
GMFRC  
FREE  
Registration Deadline: Thursday, November 12, 2009

**Babysitting Course**  
Monday, Nov 23, 2009  
Monday, Nov 30, 2009  
Monday, Dec 7, 2009  
(3 sessions total)  
6:00 p.m. – 8:00 p.m.  
Youth aged 11 years and up  
\$25.00 for all 3 sessions  
Registration deadline: Wednesday, Nov 18<sup>th</sup>, 2009

**Respite Dates**  
**Saturday, Nov 14<sup>th</sup>, 2009**  
10:00 a.m. – 5:00 p.m.  
Children up to age 12  
Free to CF Families who currently have a partner deployed. CF families who are not a deployed family are able to use the Saturday Respite service at a cost of \$25 per child for the day. Pre-registration is essential. Call reception at 765-5611.


Registration deadline: Thursday, November 12, 2009 and

**Wednesday, Nov 25<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. Call reception to register at 765-5611.

Registration deadline: Monday, Nov 23<sup>rd</sup>, 2009

**Ongoing Programs**

- Youth Council - Tuesdays
- Academic Tutoring Service - ongoing
- Parent & Tot Program -



**Zedex Theatre**  
765-8848

Sun 1 - Thur 5 Nov 09  
Showtimes 8:00 PM

## Couples Retreat

Rated PG

Sun 1 - Matinee Nov 09  
Showtimes 2:00 PM

## Cloudy with a Chance of Meatballs

Rated G

Coming Soon

### Law Abiding Citizen and Twilight Saga - New Moon

All are welcome at the Zedex Theatre

**Consider buying Pre-Paid Cards**

Buy 8 Admissions for \$40  
Buy 16 Admissions for \$75

Available at Zedex Theatre or at The Inside Story Books & Magazines at the Greenwood Mall

Dolby EX Digital Sound  
[www.zedex.ca](http://www.zedex.ca)

# 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



## 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](mailto:Michelle.Thibodeau-Wagner@forces.gc.ca)

## Remembrance Day

Remembrance Day is a day to reflect on the sacrifices soldiers have made for the Canadian Forces and for our country. It's a time to reflect upon the service of both past and present servicemen and women, their contribution to the world and their commitment to peace. Please wear a poppy during Veterans Week and take the time to attend a service, it's the least we can do. Lest we forget.

Jour du Souvenir  
Le jour du Souvenir est un jour pour réfléchir aux sacrifices des soldats membre des Forces canadiennes et citoyens de notre pays. C'est le temps de réfléchir aux services des hommes et femmes militaires du passé et du présent, à leur contribution au monde et à leur engagement à l'égard de la paix. Nous vous invitons à porter un coquelicot et à assister à une cérémonie, c'est le moins que nous puissions faire. Nous nous souvenons d'eux.

## 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!

## Does Your Child Know the Story of David and Goliath?



What about Moses and the deliverance of an entire nation out of slavery? Or the timeless teachings of Jesus and his works of compassion and healing?


Anouncing... **St. Mark's YAHoO!** (Youth Adventure Hero Organization).

If you are interested in your children knowing and appreciating some of the greatest stories of all time, then **St. Mark's YAHoO** is for you. Whether your motivation is for your child's faith development or simply a cultural appreciation of Biblical events, **YAHoO** will help.

**Who** – Children Ages 4 - 13  
**What** – Activities / Stories / Crafts to help explore our God  
**Where** – St. Mark's Chapel (P)  
**When** – Sunday at 10:30 a.m.  
(The same time as Worship for Moms & Dads)

**Register your kids TODAY!**

Contact Padre Gord Poley at Local 5541 or Diane at 5883.



# Learning and Career Centre

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

## Military or Civilian Defence Team Members

### "Book Club in a Bag" Offered by your LCC

Would you like to start your own Reading Group? Not sure how to get started? The LCC can help! Our previous book club selections have been collecting dust in our library ...but no more! We are now offering previous book club selections to any Unit of military or civilian Defence Team members who want to start their own club.

We will provide guidelines on how to get your group up-and-running, plus loan you the books. You will find Index of titles at: M:\14 Wing Public Shared Folders\ Lodger Units\ Learning and Career Centre\LCC Book Club in a Bag. All titles are linked to their discussion guide.

#### How it Works

The LCC's new "Book Club in a Bag" is a great new program we offer to 14 Wing Reading Clubs.

One member of your club (the Chairperson) will sign for all copies of the Book Club Book. The LCC Book Club in a Bag includes:

All copies of the selected book, bagged and numbered  
A sign out sheet the Chairperson will use to track who has the books (all our books are numbered for easy tracking, i.e. "copy 1 of 6")

A laminated Discussion Guide which you can use to keep your discussion moving along during your discussion meeting.

When signing out the books (this must be done in person), the Chairperson will inform the LCC staff of the date of the discussion meeting. The due date of the "Book Club in a Bag" will be set within a week following the discussion meeting.

The Chairperson is responsible for the books, and the "Book Club in a Bag" must be returned to the LCC intact and complete. In other words, if one or two copies have not yet been returned to the Chairperson, the Chairperson is responsible to request an extension from the LCC, rather than return only

### GMFRC • Feature of the Week

#### Volunteer Services

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

#### Childcare Providers for Deployed Family Briefing

Wednesday, November 18th, 2009  
6:00 p.m. – 9:00 p.m.  
Annapolis Mess  
Volunteers Needed: 5

Looking for fabulous volunteers who enjoy working in a large group setting and looking after multi-aged children. The volunteer will be providing care during the MSS Briefing for deployed families. If you are interested, please contact the Volunteer Coordinator.

#### CRFMG - Publicité de la semaine

##### Service de bénévolat

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

#### Service de gardiennage pour les familles en déploiement

Le mercredi 18 novembre 2009  
18h à 21h  
Mess Annapolis  
Bénévoles demandés : 5

Nous recherchons des bénévoles qui aiment travailler avec les enfants. Les bénévoles s'occuperont des enfants pendant que leurs parents assistent à une séance d'information sur le déploiement. Si vous êtes intéressés contactez la coordonatrice du service de bénévolat.

- Mondays  
• Toddler Tuesdays Program  
• Tumble Tots - Wednesdays  
• Baby Club – 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month

#### Special Events and Promotions

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

#### 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

#### Childcare Providers for Deployed Family Briefing\*

Wednesday, Nov 18, 2009  
6:00 p.m. – 9:00 p.m.  
Annapolis Mess  
Volunteers Needed: 5  
Jingle Bell Bingo  
Tuesday, Dec 1, 2009  
3:00 to 5:00 p.m. set up the Mess room  
5:00 to 6:00 p.m. Jingle Bell Bingo

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 pro-

vide 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/Coordonatrice: Janie Gagnon at/au 765-1494 local/poste 5938 or email/courriel : janie.gagnon@forces.gc.ca

#### Upcoming activities/Activités à venir

##### Brunch francophone

Le dimanche 15 nov 2009 10h30  
Farmer's Family Diner, 1248 rue Ward, Aylesford (sur la rue du Zoo)  
On se retrouve sur place pour 10h30.  
Coût de votre déjeuner seulement.  
Confirmer votre présence au 765-5611.

##### Francophone Brunch

Sunday, Nov 15, 2009 10:30 a.m.  
Farmer's Family Diner, 1248 Ward rd., Aylesford (after the Zoo)  
We meet there for 10:30 a.m.  
Cost of your breakfast only.  
Register by calling 765-5611

## Greenwood Curling Club

### Fun Night is Back

Friday, November 20th

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

a partial set.

Please contact Kim (5226) or Kristine (1638) for more information, and to reserve your "Book Club in a Bag" today! Happy Reading!

### GMFRC • Feature of the Week

#### Prevention, Support and Intervention Services

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

#### Max-Well Relax Group

Date: Thursday, November 12th and Thursday, November 26.

2nd and 4th Thursday of each month

Time: 1:00 p.m. – 3:00 p.m.

Location: GMFRC

Cost: FREE

No registration required, drop in welcome. Please phone 765-5611 for more information

Max Well Relax is a group similar to Java Talk in Comox, Coffee Connections in Halifax, and Coffee Talk in Dundurn offers a casual social get together to meet and catch up with friends.

Our lives can often be hectic. Sometimes that cup of coffee is what perks us up when we have been burning the candle at both ends. Well no need to worry any longer; come on in to the MFRC for a nice relaxing cup of hot coffee or tea. This group provides a chance to take some time for you and feel well-relaxed. Guest speakers and weekly themes will be announced in the aurora each week and through participant's input. Please contact us if you have any ideas for upcoming meetings.

## 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).

# LCC Upcoming Workshops

## November 2009

- 02 Excel Level 1 (no cost) • 1 day
- 03 JLP: Understanding Your Collective Agreement • 1 day
- 03 Front Page Level 1 (no cost) • 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
- 10 Power Point Level 1 (no cost) • 1 day
- 12 CCW: Interview Techniques • 1 day
- 12 Introduction to Windows XP (no cost) • 1 day
- 13 CCW: Canadian Forces Leadership Institute (CFLI); Lunch & Learn • 1 hour
- 17 Word Level 1 (no cost) • 1 day
- 18-19 Building Excellence in Teams • 2 days
- 19 Excel Level 1 (no cost) • 1 day

- 24 Access Level 1 (no cost) • 1 day
- 24-26 Pre-Retirement Planning (Civilian Employees over age 45) • 3 days
- 26 Introduction to Internet & Email (no cost) • 1 day\*

## December 2009

- 01 Excel Level 2 (no cost) • 1 day
- 02 Coaching • 1 day
- 03 Front Page Level 1 (no cost) • 1 day
- 03 Encadrement (Coaching, présenté en français) • 1 jour
- 08 Power Point Level 1 (no cost) • 1 day
- 09 Outlook Basics (no cost) • ½ day
- 10 Outlook Contacts & Calendar (no cost) • ½ day
- 10 You and Change • 1 day
- 15 Diversity & Employment Equity for Managers and Supervisors • 1 day
- 15 Word Level 2 (no cost) • 1 day
- 17 Access Level 1 (no cost) • 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

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

## 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

## GMFRC • Publicité de la semaine

Second Language Service/Service De Langue Seconde  
Coordinator/Coordonnatrice: Janie Gagnon at/au 765-1494 local/poste 5938 or email/courriel: janie.gagnon@forces.gc.ca

### Brunch francophone

Le dimanche 15 novembre 2009

10h30

Farmer's Family Diner, 1248 rue Ward, Aylesford (sur la rue du Zoo)

Pour terminer le trimestre en beauté avant de quitter pour les fêtes, un brunch francophone entre amis et familles. Prendre un bon petit déjeuner tout en jasant. On se retrouve sur place pour 10h30. Coût de votre déjeuner seulement. Confirmer votre présence au 765-5611.

## GMFRC • Feature of the Week

### Francophone Brunch

Sunday, November 15, 2009

10:30 a.m.

Farmer's Family Diner, 1248 Ward rd., Aylesford (after the Zoo)

To finish this quarter in beauty, just before Christmas holidays, a Francophone Brunch with friends and family. Take a good breakfast, chat, and meet new francophone at the same time. We meet there for 10:30 a.m. Cost of your breakfast only. Register by calling 765-5611.

## GMFRC • Feature of the Week

### Children and Youth Services

Coordinator: Kim Dixon at 765-1494 local 1812 or email at kim.dixon@forces.gc.ca

### Parent Information Session – Bullying and your Child

Monday, November 16, 2009

6:00 p.m. – 7:00 p.m.

GMFRC

FREE

Registration Deadline: Thursday, November 12, 2009

Join us for an informal information session on how parents can be aware of the signs that their child may be the victim of bullying as well as what steps should you take next to provide comfort and support to your child. This session is geared towards parents who have children in grade 6 and up. Parents will receive an anti-bullying resource package that they can take home with them at the end of the session. To register, please stop by the GMFRC or call our receptionist at 765-5611.

## GMFRC • Feature of the Week

### Deployment Services

Coordinator: Ann Gaudet at 765-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

### Let's Do Brunch

Saturday, November 14, 2009

Meet at Cora's at 1:00 p.m.

Cora's Restaurant, New Minas

Pay the cost of meal and Transportation to New Minas

Registration Deadline: Thursday, November 12, 2009

Call 765-5611 to Register

Let's do Brunch! Come out have a great meal, have laughs and get a jump start on your Holiday shopping. This program is offered to Adult Deployed Family Members. Check the schedule for Respite Child Care and remember Respite Childcare is free for Deployed Families.

## 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.

Nov 2<sup>nd</sup>: Chicken Rice Soup 1.75 • Meatballs, Potato, & Vegetables 2.50 • Yogurt Tube 1.00

Nov 3<sup>rd</sup>: Macaroni & Hamburger 2.50 • Baked Potato 1.25 • Caesar Salad 1.50 • Apple Slices 1.00

Nov 4<sup>th</sup>: Beef Rice Soup 1.75 • Sliced Ham & Potato Wedges 2.50 • Yogurt 1.00

Nov 5<sup>th</sup>: Pizza Day 2.50 • Banana 1.00

Nov 6<sup>th</sup>: Beef Noodle Soup 1.75 • Chicken Burger wuth Lettuce & Slice of Tomato 2.50 • Orange Slices 1.00

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

## 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

## school lunch menu KINGSTON & DISTRICT SCHOOL

<b>Whole Sandwiches</b>	<b>Snacks</b>
1/2 Sandwiches (Asst. fillings).....\$1.15	Cheese & Crackers.....\$1.00
Subs/Kaisers/Wraps.....\$2.25 - \$2.50	Fresh Fruit.....\$0.75 - \$1.25
<b>Hot Foods</b>	Gold Fish Crackers.....\$0.50
One Hot Food Daily.....\$2.50	<b>Miscellaneous</b>
Cup of Soup.....\$1.00	Bread & Butter.....\$0.50
Bowl of Soup.....\$2.00	Bagel.....\$1.25
<b>Beverages</b>	Cream Cheese.....\$0.50
Milk.....\$0.35	Cheese Whiz.....\$0.50
Choc. Milk.....\$1.30	<b>Freezer Items</b>
Juice Small.....\$1.00	Frozen Yogurt.....\$1.25
Juice Medium.....\$1.25	Yogurt Tubes.....\$1.00
Bottled Water.....\$1.25	<b>Desserts</b>
Yop.....\$1.25	Muffins.....\$1.00
V8 Juice.....\$1.00	Cookies (small).....\$0.35
<b>Salads</b>	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: Mac & Cheese; Wed: Assorted Menu; Thurs: Hamburgers; Fri: Chicken Burgers

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



# Helping Children Cope with Deployment

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

Dealing with a deployment is an emotional time for the entire family; however it can often be even more difficult for our children. They may feel as though their family is being split apart and that they have very little control over the situation.

The GMFRC is pleased to offer a support group geared to meet the unique needs of children and youth that are experiencing a deployment in their family. Our Children's Deployment Support Group is facilitated by screened volunteers from the GMFRC who have experience working with children in group settings. Our program is here to provide parents with support

to your child in understanding and coping with a deployment or work-related separation such as IR, TD or course training. The goal of our program is help build resilience, minimize stress and keep attitudes positive when a child faces a military parent's absence.

**Try some of these simple tips designed to help your child cope:**

- Discuss your child's feelings with them
- Listen to your child without distractions
- Register your child for the Children's Deployment Support Group at the GMFRC

- Assure your child that everyone still loves them
- Explain that this absence is temporary
- Inform your child's school/daycare about the deployment
- Share your feelings with your child
- Try to use humour often
- Look at maps or books that show where the parent is going
- Stop by your GMFRC and pick up parenting resources on fears and emotions that your child may be having during this time

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



**The H1N1 virus is here.**

What would you need to know to **get vaccinated?**

That you're going to catch it? That you'll spread it to others? That some of them won't get better?

**The best way to protect yourself, your family, and your community from H1N1 is to get vaccinated.**

**Call HealthLink 811 | or visit [gov.ns.ca/H1N1](http://gov.ns.ca/H1N1)**

  
**NOVA SCOTIA**

# 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 Starting October 18..... 1:30-4pm

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



# HOROSCOPES

November 1 to November 7

**ARIES - Mar 21/Apr 20**  
 This week is more favorable than last where money matters are concerned, Aries. However, you may need to find extra cash for some unexpected expenses.

**TAURUS - Apr 21/May 21**  
 Taurus, this week you will discover new dimensions to your personality. You will also find that the evenings are full of romantic fireworks to balance out dull days.

**GEMINI - May 22/June 21**  
 Lay all of your cards out on the table, Gemini, or others may not trust you for future ventures -- especially where business is concerned. A sensitive family situation needs attention.

**CANCER - Jun 22/Jul 22**  
 Get chores out of the way early on this week, Cancer, so that you can spend the rest of the time having fun. Scorpio is your partner in crime when kicking back.

**LEO - Jul 23/Aug 23**  
 This week supports hobbies, leisure time and your love life, Leo. Now is the perfect time to tap your artistic potential and do something very creative just for the fun of it.

**VIRGO - Aug 24/Sept 22**  
 Self-discipline enables you to spend time on a project you have been putting off, Virgo. Later in the week, share your time with a child or romantic interest.

**LIBRA - Sept 23/Oct 23**  
 An early start puts you ahead of the competition, Libra. Don't let little things annoy you as you plot your course for success. A new attitude can do wonders.

**SCORPIO - Oct 24/Nov 22**  
 Take some time this week to catch up on uncompleted assignments or to simply spend time relaxing, Scorpio. Doubts that have popped up during the week vanish.

**SAGITTARIUS - Nov 23/Dec 21**  
 Try some special entertainment that plays to interests of the heart, Sagittarius. This is your week to cuddle and pamper the one you love. Relish all of your time together.

**CAPRICORN - Dec 22/Jan 20**  
 Try not to be impatient with others this week if they let you down, Capricorn. Simply pick up the slack and muddle through. Rough waters are ahead.

**AQUARIUS - Jan 21/Feb 18**  
 Aquarius, this week you will be devoting a lot of time to routine tasks. Shopping, making household repairs, and items like this will dominate your days.

**PISCES - Feb 19/Mar 20**  
 It's good to set your sights on career goals you want to accomplish, Pisces. Others will be excited to see your progress.

### FAMOUS BIRTHDAYS

- NOVEMBER 1 Jenny McCarthy, Actress (37)
- NOVEMBER 2 Nelly, Singer (35)
- NOVEMBER 3 Gemma Ward, Model (22)
- NOVEMBER 4 Ralph Macchio, Actor (48)
- NOVEMBER 5 Kevin Jonas, Singer (22)
- NOVEMBER 6 Glenn Frey, Singer (61)
- NOVEMBER 7 Keith Lockhart, Conductor (50)

Horoscopes brought to you compliments of:

**24 HOUR SERVICE**

**STEVE MORSE**  
 HEAVY TOWING  
 LIGHT ROADSIDE

[www.morsetowing.ca](http://www.morsetowing.ca) **(902)825-7026**



### Centennial Celebration Supper

Emmanuel Church presents a Centennial Celebration Supper honouring Middleton's Anniversary. Featuring Homemade Foods circa 1909. A choice of roast pork or roast beef. Friday Nov. 13th from 5:00 to 6:30 p.m. Adults \$12.00 children under 12 \$6.00. 37 Gates Ave., Middleton, limited seating. Advance tickets call, Sally 825-3087 or Shirley 825-2405.

### 2010 Olympic Torch Relay

The 2010 Olympic Torch Relay will be coming through Middleton on Friday, November 20th at approximately 3:50 p.m. The Torch bearers will be running on Hwy #1 from Senator Road to Bridge Street. Please come out and cheer on the runners as they pass through our Town. For more information please phone 825-6611.

### Annual Tree Lighting Ceremony

The Town of Middleton's Annual Tree Lighting Ceremony will take place on Friday, November 27th at 6:30 p.m. at the Middleton Save-Easy Parking Lot. Son's of Maxwell will provide the musical entertainment at the tree lighting. Treats and wagon rides to follow at the Middleton Fire Hall. For more information please phone 825-6611.

### Son's Of Maxwell Concert

Son's Of Maxwell Concert, Friday, November 27th at 9pm at NSCC-Middleton Campus for the 19 and over crowd. Admission: Donation to the Food Bank. Information: 825-6611.

### Family Christmas Celebration

Annual Family Christmas Celebration, Saturday, December 5th from 10:00 noon at AEES. Entertainment by 2 ECMA nominees, Maria Alley and Scotty & Stars. There will be wagon rides, cookie decorating, a monster truck bouncer and of course Santa!

Admission: Food Bank donation. Fun for the entire family! Information, 825-6611.

### Valley Autism Support Team

The November VAST meeting will be held on Thursday 5 November starting at 7:00 p.m. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave, Kingston. Contact: 765-3883.

### 5th Annual Christmas Fantasy Craft Show

The 5th be held Sunday November 8th at the Nictaux Fire Hall, 10:00 a.m. - 3:00 p.m. Come find that unique gift for Christmas. Canteen and Chinese Auction also.

### Wanted: Coach for Women's Base Hockey team

14 Wing Greenwood Women's Base Hockey Team is looking for any military member/DND employee interested in coaching the base team this year. The team consists of a broad range of players from beginner, with little or no hockey experience, to the experienced, skilled player. Practices are twice a week with the opportunity to participate in civilian tournaments and in the Military Regional/ National Championships. The Team's Goals are to learn about hockey, work hard, have fun and of course win. If you think you are able help them out with this, please contact Graham White Loc 5753.

### Christmas Tea and Sale

Aylesford and District Firefighters Auxiliary Christmas Tea and Sale on November 15, 2009 from 2:00 - 4:00 p.m. Touch and Take table, Baked Goods, Door Prizes. \$5.00 per person, \$3.00 for children 10 and under. Proceeds to the Auxiliary. All welcome.

### Kid's Church

Every Sunday morning at 11:00am there is a Kid's Church at New Beginnings Center in Greenwood. The children may be dropped off at 11:00 a.m. and picked up at 12:00 p.m. The ages are from 3 to 11. Come and have a great time at Kid's Church.

Indoor Cycling Classes have begun for the season. Classes are run by a cadre of C.O.R.E. Certified Indoor Cycling Instructors. Classes are held at the F&S Center in the training room on the upper deck at the pool end. All levels of riders are welcome and it is recommended you bring a water bottle and small towel. All bikes are compatible with SPD style cycling shoes. Lunch time classes are 45 minutes and evening classes are 60 minutes. Mon, Wed, Fri 12:00-12:45; Tues, Thur 1800-1900.

### Kingston Lions Community Luncheon

The Kingston Lions Club will be holding their monthly Community Luncheon on Tuesday, November 10th, 2009 from 11:30 to 1:00 p.m. Menu: Turkey Dinner with all the fixings. Cost: \$8.00 per meal, \$8.50 delivered.

### Mobility Team Reunion

The team that brought you information workshops on assistive devices, such as scooters, walkers, canes, and hip protectors, are holding a reunion workshop. The workshop will be held on Thursday, November 12th at 3:00 p.m. at the Middleton Legion. A light supper will follow, with time to catch up with the rest of the Mobility Team! If you are interested in attending this reunion, please call the Coordinator Wendy Knowlton at 532-2664 to register.

### 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.

### Bottle Drive

1st Kingston Scouts & Venturers Members will be collecting door-to-door in the Kingston/Greenwood area Saturday November 7 at 10:00 a.m. - 2:00 p.m. Advance donations can be dropped off at 1749 Katelyn St., Kingston. Contact: Bill Laird at 765-8254. We thank you for your support.

### Ladies Auxiliary Christmas Dessert Tea & Sale

Tuesday November 17th, 7:00 to 9:00 p.m., Nictaux Christian Family Centre. Bake Table, homemade chocolates, sewing, knitting and crochet items. Everyone welcome.

### Christmas Craft/Gift Sale and Lunch

Saturday, November 21st, 10:00 a.m. - 2:00 p.m., Nictaux Christian Family Centre. Bake Table, Pickles, sewing, knitting, crochet items and quilts. Door prizes. Everyone welcome.

### 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).

### Christmas Tea

Nov. 7; 1:00 - 3:00 p.m.; Christmas Tea and Chinese Auction; West Dalhousie Community Hall; \$4.00 adults, \$2.00 children 12 and under; Auction tickets 5 for \$1.00; Draws start at 2:00 p.m.; Proceeds in support of the hall.

**The Aurora newspaper PRESENTS... FIND & WIN**


**Just Fill in The Blanks. Three Easy Ways to Enter.**  
 1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)  
 2. Fax: 765-1717 3. Drop into our office located on School Road (Morfee Annex)

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, November 5, 2009.**  
 Make sure you include your full name and phone number.

NAME	PHONE NUMBER
<b>Limited to one win in a TWO MONTH PERIOD.</b>	
The winner will be drawn randomly from all correct entries. Only one entry per person per week.	
<b>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!</b>	
1. Who wants to hire a Commercial Cook?	_____
2. What page is "ADDICTION - is destroying you dreams" on?	_____
3. Who says it is time to upgrade yourself?	_____
4. What is the telephone number for Cathy & Co.?	_____
5. Who offers a "Wide Assortment of Keys"?	_____

**This contest is brought to you by:**  
**Pizza Delight, Greenwood**  
**765-4477**

**Congratulations to last week's winner: ??????????????**



**The 107 Valley Wing**

**Air Force Association of Canada**

904 Central Ave. Greenwood

Open to ALL Members, Serving or Retired, of CMF • 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.



# Oldtimers Hockey Shinny Still Going On

By R.E.H.

Yes if you're looking for an hour and a quarter of good clean fun and good hand/eye coordination twice a week the Greenwood Rink is the place to be. For the price of \$7.50, you can get your ice time and a cold pop or beverage.

A free shower is a bonus; where else can you get such a bargain? Not even a tanning salon has a price like that. Re-

member guys, the cost of living has almost tripled since the seventies so the three dollar ice hour is no more.

This shinny is primarily for the over 50 players so if you are interested come on out with the old boys who range in age from fifty to seventy-six. If you are slightly under fifty we've been known to relax the rules a bit. For ice time inquiries just phone Jerry at 765-6059 or the rink at 765-1494 local 5305.

Congratulations go out to the Valley Seniors Rep team that won the right to represent Nova Scotia in Brookville, Ontario next summer by beating out four other teams in Yarmouth last month in the over 55 Division.

This space is reserved for a tip of the hat to all the minor hockey coaches who donate a lot of their free time coaching the little guys.

While we are at it the following advice is for minor hockey team players; if you play in a hit league, just let your body relax if you are pushed or hit into the boards during play. This is a lot better than stiffening up and breaking an arm or fracturing a leg due to having your body so stiff it had no choice but to break a limb. Remember, "Stay loose!"

Your morning smile, "You are never a loser until you quit trying".

That is it sports fans, have a great week, and we'll see ya at the rink.

## Computer Courses from your LCC

Attention to all members of the Defence Team at 14 Wing Greenwood and Aldershot. Greenwood LCC is pleased to announce that we will once again be offering computer training, this time for FREE!

Yes, these courses, the same quality we have offered over the last seven years, are now being offered absolutely free to Defence Team members.

Registration is of course required through your Unit

Training Coordinator, as in the past, but we now have no minimum number of registrations for these courses, and again, there is No Cost!

Here are the courses scheduled for November and December. Hope to see you soon!

- |                      |                      |   |
|----------------------|----------------------|---|
| <b>November 2009</b> | 17                   | Word Level 1                            |
| 2                    | 19                   | Excel Level 1                           |
| 3                    | 24                   | Access Level 1                          |
| 10                   | 26                   | Introduction to Internet & Email        |
| 12                   |                      |   |
| Windows XP           |                      |   |
|                      | <b>December 2009</b> |   |
|                      | 1                    | Excel Level 2                           |
|                      | 3                    | Front Page Level 1                      |
|                      | 8                    | Power Point Level 1                     |
|                      | 9                    | Outlook Basics, ½ day                   |
|                      | 10                   | Outlook, Contracts and Calendars, ½ day |
|                      | 15                   | Word Level 2                            |
|                      | 17                   | Access Level 1                          |

Loan Consolidation	Short term Loan	Prepaid Credit Cards	Cheque Cashing
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No credit report refused\*

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\*Loan and loan amount may be subject to application approval. Payment plans are based on your paydays and can be bi-weekly and semi-monthly. Loans are based on a 6 to 18 month term. Call for details.

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



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



**Solution:** 1. Trigger on rifle is missing. 2. Buckle appears on belt. 3. Top of lady's hat is colored in. 4. Pocket on lady's jacket is colored in. 5. Pocket on lady's pants has moved. 6. Medals on lady's sleeve have moved. 7. Necktie lady's shirt is different. 8. Badge on man's sleeve is upside down. 9. Lady's shirt is longer. 10. Rifle is longer. 11. Flag is different. 12. Rock beside path is smaller.

Com Parrot brought to you compliments of:

**McDonald's**

954 Central Avenue  
Greenwood  
**765-6381**

## PATRICK'S PUZZLE

### Election Word Find

Just in time for Election Day, see how many related words you can find and circle in the puzzle.

BALLOT	GOVERNMENT	PROCESS
BOOTH	LAW	RESULTS
COUNT	NOVEMBER	RIGHT
ELECTION	OFFICIAL	VOTE

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

### Voting Scramble

Unscramble the words to complete the sentences.

- In Canada an election **R T W I** must be issued to schedule an election.
- Student **O C I L C N U** elections are held at school.
- You must **G R R T S E I E** to vote.
- The **N R I W N E** will be declared.

Answers: 1. writ 2. council 3. register 4. winner

Patrick's Puzzle brought to you compliments of:

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

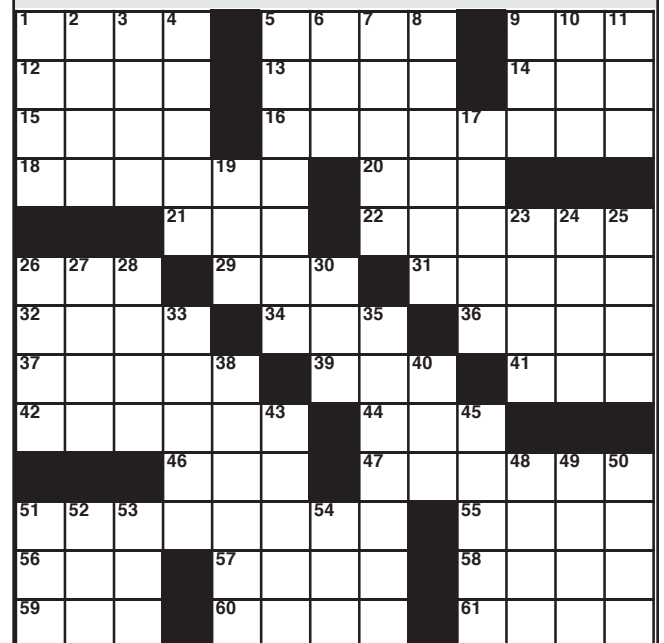
**Tri County Communications**  
Greenwood Mall

## Canadiana Crossword

### Where Evil Lurks

Solution page 26

By Bernice Rosella and James Kilner



- |  |                                      |                               |
|--|--------------------------------------|-------------------------------|
| <b>ACROSS</b>                          | 41 Scottish hill                     | 10 Bristle on a bract         |
| 1 Delivery wagon                       | 42 Hair care suppliers               | 11 Humour                     |
| 5 Gibe                                 | 44 The Big Easy                      | 17 Russian retreat            |
| 9 Hack, band or Jig trailer            | 46 Auto workers org.                 | 19 Many a Pope                |
| 12 Gutter                              | 47 Hell _____ (1987 Horror movie)    | 23 Agenda                     |
| 13 Fencer's sword                      | 51 The _____ (1973 horror movie)     | 24 Inward                     |
| 14 Ghanaian dialect                    | 55 Lion King character               | 25 Frankenstein creation      |
| 15 Landed                              | 56 Avant garde                       | 26 Hazelnuts                  |
| 16 _____ Evil (2002 horror movie)      | 57 Joint                             | 27 Polynesian rain dance      |
| 18 _____ Trade (1978 horror movie)     | 58 The _____ (1997 horror film)      | 28 And the rest               |
| 20 Irish para military org.            | 59 Compass pt                        | 30 Dove's discourse           |
| 21 Comprehend                          | 60 Dispatch                          | 33 Abrade                     |
| 22 Cores                               | 61 Canabis                           | 35 Warned                     |
| 26 _____ Guevara                       |                                      | 38 Bents                      |
| 29 Tolkien critter                     | <b>DOWN</b>                          | 40 Guido's high note          |
| 31 The _____ (1982 horror movie)       | 1 The Evil _____ (2006 horror movie) | 43 Omnivorous animals         |
| 32 Pitcher's quest                     | 2 Rasp, in a way                     | 45 Respiratory duct           |
| 34 Ubiquitous RV parks                 | 3 Tel _____                          | 48 Herb                       |
| 36 Concerning                          | 4 Abominable snowmen                 | 49 Annexes                    |
| 37 _____ Christmas (2006 horror movie) | 5 Out of control                     | 50 Light beams                |
| 39 Cartagena cheer                     | 6 Imitate                            | 51 Vancouver to Kamloops dir. |
|  | 7 Sticky stuff                       | 52 Former spouses             |
|  | 8 Lebanese capital                   | 53 Be obliged                 |
|  | 9 RC honouree                        | 54 Japanese currency unit     |

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 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.

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**825-3059**

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**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  
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**Craig G. Sawler, LL.B.**  
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 Tel: 902-825-6288  
 Fax: 902-825-4340  
 Email:  
 info@colesawlerlaw.ca  
 Website:  
 www.colesawlerlaw.ca  
 Evening and Weekend  
 Appointments Available

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 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  
 BOS 1P0

**FOR SALE**  
**FOR SALE** - Well maintained 3 bedroom house located at 840 Fales River Drive in Greenwood. Approx 1295 square feet, new roof, windows, steel entry doors, paved driveway, pellet stove etc. Asking \$139,900.00. Please call Keith at 765-2166. Leave a message. (3044-B4tp)

**FOR SALE - HONEYCRISP**  
 apples. Half bushel (approx. 20 pounds) bag \$15. Bob Johnson, 2380 Harmony Road, Aylesford. NS (6 km south of

**Aylesford). Phone 847-9146. (3044-2Btp)**  
**FOR SALE** - To sell as is, Property in North Kingston. Consisting of a 9 room house, 4 bedrooms, electric heat, paved driveway, workshop attached to house. 2 car garage. Three quarter acre garden spot well treed lot, maple, oak and willow. Interested parties. For more information call 765-4936. (3043-2tp)

**FOR RENT**  
**FOR RENT** - 2 Bedroom apartment, newly renovated. Washer/dryer included. \$600 a month. Available Nov 1. Located on Central Ave. Greenwood. Call glen at 825-9930. (3044-1tpB)

**FOR RENT** - Large, modern  
**MOOD CRAFTS**  
**NATURAL PRODUCTS**  
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 It has a Training Program, Huge Market, Unique Product and a Free Evaluation.  
 Most importantly, it needs to move when you do.  
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**2 bedroom apartment** in quiet security 4 plex. Close to Paragon Golf Course and all amenities. Basic Rent \$550.00/mos plus utilities. IR package available. Call 765-4946 anytime. References required. (3044-2tp)

**FOR RENT** - New 2 bedroom apartment on Neily Crescent. Located off Bridge Street in Greenwood. fridge, and stove included. Lawn care and snow removal. Laundromat located in building. Conveniently located to all amenities. \$600.00 per month. Please call 765-0788 for more information. (3044-ufn)

**FOR RENT** - New three bedroom house & garage in Nictaux. \$850 monthly. Utilities extra. Phone: 847-5529 (3044-1tp)

**HOUSE FOR RENT** - One bedroom house with ample closets/storage. Full basement, stove & fridge, Washer/Dryer Hook Up. Cleaned/Renovated/Draperies Included. Smoke/Pet. Free. 15 MIN from 14 Wing. 15 Minutes from Mi-

**FOR SALE FIREWOOD**  
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 By the piece or lot.  
 We do local moving  
**765-4430**  
 812 Maple Street Ext., Kingston

chelin Nice view, quiet area \$550.00/mo Utilities Extra. PH: 847-9775 for viewing and application. (3044-1tp)

**FOR RENT** - Small 3 bedroom house behind Greenwood Mall. Fridge/Stove included. \$650 per month plus utilities. Available November 1. Call Glengary Property Management 765-2421. (3043-ufn)

**FOR RENT** - 3 bedroom lower level duplex, newly renovated, located behind Greenwood Mall. Fridge/stove, washer/dryer hook-up, snow removal included. \$550.00 plus utilities. Call 765-4206 (Sue) (3043-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. (3041-3tp)

**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. (3044-1tp)

**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 (3040-4Btp)

**FOR RENT** - Large 2 bedroom second floor flat. Private deck, lawn care, snow removal provided. Heat, water and appliances included. Available immediately. Ph: 765-2439. (3043-1tp)

**FOR RENT** - 3-4 bedroom house located in Greenwood This home features large double car garage, finished basement and well landscaped yard. For more info please call 760-0012. (3043-1tp)

**FOR RENT** - One bedroom apartment near Bridgetown. All utilities included. Available Nov 1. \$600.00 per month. Phone 902-665-5085 after 6 p.m. or 902-478-0256 during the day. ((3043-B1tp)

**FOR RENT** - 2 Bedroom apartment for rent suitable for personnel on IR. Newly renovated & fully furnished. Rent is all inclusive and includes phone, cable, heat, lights, electricity, washer & dryer, snow removal. If

interested call 765-9274. (3043-(Bufn)

**FOR RENT** - Storage for rent for motorcycles/4 wheelers etc. \$50.00 for 6 months. Half way between Greenwood and Middleton. Call 765-2614 for more information. (3044-4tpB)

**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-Bufn)

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

**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)

**SERVICE** - Jane's Domestic Cleaning - Will do domestic cleaning in Kingston, Greenwood, and Middleton area. Monday to Friday, 9 to 5. Reference available. Phone 765-8028 and leave a message. (Also will do vacancy clean outs (3043-2tp)

**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

**Lost Coffee Card**  
 A TAN Coffee card was left at The Aurora Newspaper office. Anyone who has misplaced this card can call Anne Kempton at 765-1494 local 5833.

**Future Glass and Mirror Ltd.**  
 Sampson Dr., Greenwood  
 902-765-2105  
 SPECIALIZING REPAIRS/ REPLACEMENTS OF WINDSHIELDS  
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**Massage Therapy Clinic**  
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**765-8500**

## Crossword Solution

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

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 RR1 Wilmot, NS BOP 1W0  
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# Paws N' Pumpkins

Over 100 people visited the Companion Animal Protection Society's Paws N' Pumpkins open house Sunday, Oct. 25, 2009, in Margaretsville. Six animals -- including Kenneth the kitten, pictured here with his new mom, Jeanette Stephens -- were adopted during the event, and several more adoptions are pending. CAPS is a non-profit organization that rescues abandoned animals from the pound and places them in foster homes until permanent homes can be found. It currently has over 200 animals in care.

(Photo: Lacey Cranston)



## Prize Winner

Albert Johnson, Co-Chair of the Kinsmen Club of Mid-Annapolis Valley's TV Bingo project, presents cheques for \$2,406.00.00 and \$100.00 to Sandy Morrison. On October 21, Sandy won the Cookie Jar prize and the prize on the third of four weekly games played on Kinsmen TV Bingo seen each Wednesday on the local EastLink Television channel 13. The Kinsmen Club uses the funds raised from this project toward many worthwhile community needs.



## Pumpkin Picking!

(Submitted by: Kelly Clancey)

Not rain, nor mud, nor rain could keep the boys and girls from enjoying their morning at Dempsey's Corner. Last week the children from Morfee Annex Nursery School joined their parents and teachers in choosing pumpkins and picking apples.

Shown here with her pumpkin is Emillie, she chose just the right size to share with her brother Alex.

We still have a few spots available for our English and French Immersion programs, we offer Nursery School as well as Preschool classes. For more information on our programs please contact Maurina Duret at 765-1494 local 5301 or stop by the Community Centre and pick up a brochure.

...let's talk about YOU

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

**Habitat for Humanity**  
Halifax Regional Municipality / Annapolis Valley



# Gingerbread House Contest



Prizes will be awarded for "Most Original" in two categories: under 18 over 18. Judging to take place December 4, 2009 at 4:45 pm.

All proceeds go to Habitat for Humanity AV.

For more information, please call: (902) 690-5344, email: [habitat.av@gmail.com](mailto:habitat.av@gmail.com) or visit our website at: [www.habitatav.com](http://www.habitatav.com)

**Habitat for Humanity**  
Halifax Regional Municipality / Annapolis Valley  
"A Hand Up Not a Hand Out"

Enter by **November 9th!**  
Entry forms available at any Mall merchant  
  
Houses on display at County Fair Mall starting Nov. 23rd  
**& Auction**  
**December 6th at 2pm**

Habitat for Humanity is a community-based, non-profit organization working for a world where everyone has affordable, safe and decent housing. Habitat for Humanity HRM/Annapolis Valley is actively fundraising for our first project in 2010. We are excited about our first build, and with your support, we look forward to turning over a set of house keys and an affordable mortgage to a deserving family right here in the Annapolis Valley.

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**Country Store**

Natural Alternatives for a Healthy Life Style  
Greenwood Mall • 765-4766

# 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. November is here with lots of interesting things happening as far as books and reading go. The big Canadian event this month is the awarding of the annual Scotiabank Giller Prize. This prestigious event has \$50,000. in prize money for the novel chosen as the best new Canadian book this year. We have three of the five finalist books for you to sign out. See how you like them.

We are pleased to advise that the RCAF Tartan throw was won by Gerry Doherty. Thank you Fengrove Consulting for donating it.

Before we get too far into November items we wish to thank everyone who made our book sale such a success. Chester and his staff from Accommodations who moved many boxes of books for us; our 'lend a hand' guys – Moose, Fred, Tom, Eric and Roly; Eric and the members of the Teen Council who made us posters and signs. A special *Thank You* to Jonathan from Blue Grif-

fin Books for delivering and donating many of the books. We couldn't have done it without all of the help that we received! Thanks again for your participation.

Drop in to see our display for Remembrance Day. Roger will be making a display from the wide range of titles we have on Military History, from ancient warfare to modern conflicts which will satisfy the interests of the amateur military historian within all of us. Why not sign some out?

### BOOKS FOR NOVEMBER – FICTION

The Lost Symbol-Davinci Series #3/Dan Brown  
Tuscan Holiday/Holly Chamberlin

The Sugar Camp Quilt/Jennifer Chiaverini

The Winner Stands Alone/Paulo Coelho

Cecilian Vespers/Anne Emery

Capricornia/Xavier Herbert  
Taking Flight/Lynne Kaufman

Tuck - #3 King Raven Trilogy/Stephen Lawhead

A Rogue of My Own/Johanna Lindsey

Life Sentences/Laura Lippman

Fall (Giller Prize Nomination)/Colin McAdam



RCAF Tartan throw was won by Gerry Doherty.

Swimsuit/James Patterson & Maxine Paetro

Julie & Julia/Julie Powell Gilhead (Pulitzer Prize Winner)/Marilynne Robinson

NON-FICTION

Hiking Trails of Nova Scotia-8<sup>th</sup> Edition/Haynes

The Smart Canadian's Guide to Saving Money/Foran

Cooking Well-Osteoporosis

Stay Mad For Life (Get Rich, Stay Rich)/James J.

Cramer

EN FRANCAIS

Une Chance de trop/Harlan Coben

Testament d'un tueur des Hells/Pierre Marlineau

Le Lit d'Alienor/Mireille Calmel

DVDs

The Lion King 1 1/2

The Secret Life of Bees

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 and the computer keeps track!

French Language Books - Quelques faits concernant votre bibliotheque de la 14e Escadre et ses services...

• Saviez-vous que la bibliotheque de la 14e Escadre se procure et conserve du material en francais ainsi qu'en anglais?

• Saviez-vous que du materiel en francais est disponible dans differents domaines – Romans et litterature pour adultes, jeunesse et enfants.

• Savez-vous qu'il y a actuellement plus de 5,000 articles en francais presentement disponible?

Faites-vous des etudes en francais ou participez-vous a un programme d'immersion en francais? Travaillez-vous sur un projet? Ou etes-vous simplement a la recherche d'un livre interessant a lire? Nous avons quelque chose pour vous...venez visiter votre bibliotheque de la 14e Escadre!

Library Hours

Monday 1-5pm & 6-8 pm

Tuesday 10am-1pm & 2-5pm

Wednesday 1-5pm & 6-8pm

Friday Noon-4pm

Sunday 1:30pm-4pm

Special Note: "Under The Story Tree" story hour is every Tuesday, in the

Library at 10.30 am with Miss Donna. Contact the Library to register

your little ones, local 5430. Library Services – 14

Wing Library offers the community the following services: Free Book, Audio Books, Video (DVD & VHS) and Magazine Loans. Friendly Library Assistance, 24-Hour Book Drop and Phone Renewals, Community Computers, Internet Access and Printing, Photocopying and Faxing.

We have three community access computers – 2 with internet access and 1 for word-processing. Computers are booked in 1/2 hour sessions on a drop-in basis or by phone reservation.

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 and if you're not 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.

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