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By: Captain Steve McAlpine
02-14 Nov. '09

Last November, 413 (Transport & Rescue) Squadron (Sqn) was tasked to represent Canada in the Treaty on Open Skies over Russia. "Open Skies" is a NATO treaty designed to enhance military transparency and to build confidence between nations by permitting observation flights over each of the 34 participating signatory states. Canada uses a C-130 Hercules aircraft equipped with a "SAMSON" sensor pod to conduct these flights. The pod (kept in Brussels, Belgium) is a converted CC-130 external fuel tank, modified to carry the permitted sensors, adjoined with other associated on-board mission systems. It is owned and its costs are shared by Belgium, Netherlands, Luxemburg, Canada, France, Greece, Italy, Norway, Portugal, and Spain.

Two 413 Sqn crews, Captain (Capt) Neil McMahon, (Aircraft Commander), Capt Jesse McGrath (Mission Commander), Capt Sam Vezina (First Officer), Capt Steve McAlpine (First Officer), Capt Marc Beaumier (Aircraft Combat Systems Operator), Capt Louis Henault (Aircraft Combat Systems Officer), Sergeant (Sgt) Pierre Blanchet (Flight Engineer), Sgt Keven Beaudry (Flight Engineer), Sgt. Lorne Simms (Loadmaster), and Master Corporal Kirby Pilgrim (Loadmaster) left Greenwood for Trenton on November

the second. Upon landing we met the remainder of the Open Skies crew from Ottawa and planned a training flight in the Tactical Training Area for the following day. The training flight went well, and by the end of the day the crew was eager to get on with the mission.

On the Fourth, the "A Team" (as Sgt. Blanchet affectionately called his crew) took the team of 23 across the pond to Brussels in a record 9.8 hours. Although it was a 3:00 a.m. local time arrival at the hotel in Brussels, the team still felt in good spirits as our watches were still showing 9:00 p.m.

Friday, the Sixth was pod upload day, so our Flight Engineers and Loadmasters went to the airport to supervise the configuration change. With the weekend being ours to prepare for Monday's trip to Russia, the crew reviewed the trip plan and took advantage of our off time to take in the Belgian and Parisian culture.

We departed early on the Ninth for Russia under the power of The "B" Team (coined un-affectionately by Sgt. Blanchet). This is where the smooth mission hit a bump in the road. Our Point of Entry (POE) was a military airfield in the town of Kubinka (50 kilometers West of Moscow). Unfortunately the weather there was not conducive for landing, and as such, we ended up spending the night at our alternate-Moscow location (Domodedovo). A Russian Sub-party scrambled to meet us; and after a long wait in an

Story continued on page 2.



Open Skies

Capt Stephen McAlpine, Capt Neil McMahon, Sgt Keven Beaudry, MCpl Kirby Pilgrim, and Capt Jesse McGrath.

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Open Skies ...continued

aircrew customs holding tank, we were off to the nearest airport hotel. The plan was to pray for good weather and try again the next day (but not before a quick visit to the Red Square).

When we woke up, the weather did not seem to want to cooperate. Despite our best attempts, Major Gary Stone (Open Skies Team Leader) decided to return to Moscow to cancel the mission. Under Open Skies policy, once you're stamped into the country, you have to be out within 72 hours. We were facing two insurmountable adversaries...weather and time. We returned to the same holding tank at Domodevo airport, talked it out with our superiors and Russian friends, said our



good byes, and returned to Brussels on the Tenth.

The only advantage of returning early, other than getting home, was that some of us were able to spend Remembrance Day touring Flanders Field, Passchendaele, and Brugge, Belgium. An unforgettable experience.

The remainder of the trip was spent downloading the pod and preparing for the long transit home. We flew direct Ottawa in order to drop off the Open Skies members, then home to Greenwood via a quick stop in Trenton.

Although the operation wasn't completed as planned, it was an excellent learning opportunity and cultural experience for us all.

Snow and Ice Control at 14 Wing Greenwood

By: Lt. Etienne LeGresley

During the winter months inclement weather can make driving in and around 14 Wing Greenwood hazardous. Lucky for all of us, the men and women of Transportation and Electrical & Mechanical Engineering (TEME) Squadron work tirelessly to eliminate the effects of snow and ice. All these efforts are performed according to the Snow and Ice Control (SNIC) plan.

Here on the Wing, the goal of the Special Purpose Vehicle Section (SPV) is to support flying operations by maintaining the continuous serviceability of the aerodrome. It is for this reason that the Aerodrome is the top

priority when it comes to SNIC. Mission support side SNIC considerations, while important, will not interfere with the Wing's principal objective of snow and ice control.

Priorities for SNIC are assigned by an assessment of several factors including the mission, roles and tasks of the Wing and supported units, the type, flow and density of air traffic, the emergency vehicle routes, primarily those for fire and ambulance. Other factors considered are the anticipated weather conditions including anticipated volume and type of snow and prevailing wind direction and velocity, the type, timing and traffic density on roads and parking areas

and personnel and SNIC equipment resources available.

SNIC crews begin working as soon as forecasts of icing and precipitation that will result in hazardous conditions are received. Area's assigned Priority One (Red) status are to be free of snow and ice accumulations to surface level on a 24/7 basis. This priority should be met within 24 hours from the end of precipitation. Some of the Red areas include the fire routes and the Military Police (MP) parking lot. Area's assigned Priority Two (Blue) status are initially to have the centre portion of the

roadway plowed to surface level to allow for single vehicle passage. This priority should be met within 48 hours from the end of precipitation. Some of the Blue areas include the Hospital front entrance and the Snow fall parking lots. Area's Assigned Priority Three (Yellow) status are initially to have the centre portion of the roadway plowed to surface level to allow for single vehicle passage and snow accumulation of more than 4 cm in parking lots is to be pushed aside. This priority should be met within 72 hours from the end of precipitation.

Sometimes Priority Three (Yellow) requirements could be cleared by a contractor. Some of the Yellow areas include the Fitness and Sports Center parking lot, Health Services Centre parking area, Annapolis Bldg parking lot, Zedex Theatre parking lot, the AVM Morfee School, the Chapel's parking lots, the Post Office, the Community Centre, and the Canex Mall parking lot.

Please remain cautious when walking in the parking lots as there are several slip and fall injuries every year. Keep in mind that it is

impossible for SNIC crews to clear out a parking area if it is filled with vehicles. It is not the responsibility of the SNIC crews to clear the snow that falls within 10 feet of buildings, that is the responsibility of the buildings respective custodians.

The next time you look out the window and see the snow piling up on the roads you will now understand the reasons why certain buildings are cleared and others are not. TEME asks for your patience as we perform snow removal operations at 14 Wing Greenwood.

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By Eric MacKenzie
Community Recreation Coordinator

Where: Greenwood Community Centre Gym
When: Saturday, 06 Feb 10 from 1000-1130 hrs.

Winter Carnival is only three weeks away! Since Vancouver is about to welcome the world, to celebrate the Olympic Winter Games, this years

14 Wing Winter Carnival theme will be focused around the upcoming Olympics. The 14 Wing Community Centre is ready to once again offer you some fun indoor games for the entire family.

We will be offering a number of great family games, which will be taking place inside the gym of the Community Centre, for all

to enjoy. This year's Winter Olympic theme will be incorporated into our fun indoor games, which will include the famous candy hop station, as well as the always popular cookie decorating station. Once again, inside the gym, a large Bouncy Kingdom will be set up for the children. Plus, face painting and an Olympic Winter games

craft corner will also be available.

This event is free of charge so make sure you mark it on your calendar and remember to include us in your Winter Carnival weekend of Fun!

If you have any questions about the Family Games please call Eric MacKenzie, at the 14 Wing Community Centre at 765-1494 ext. 5337.

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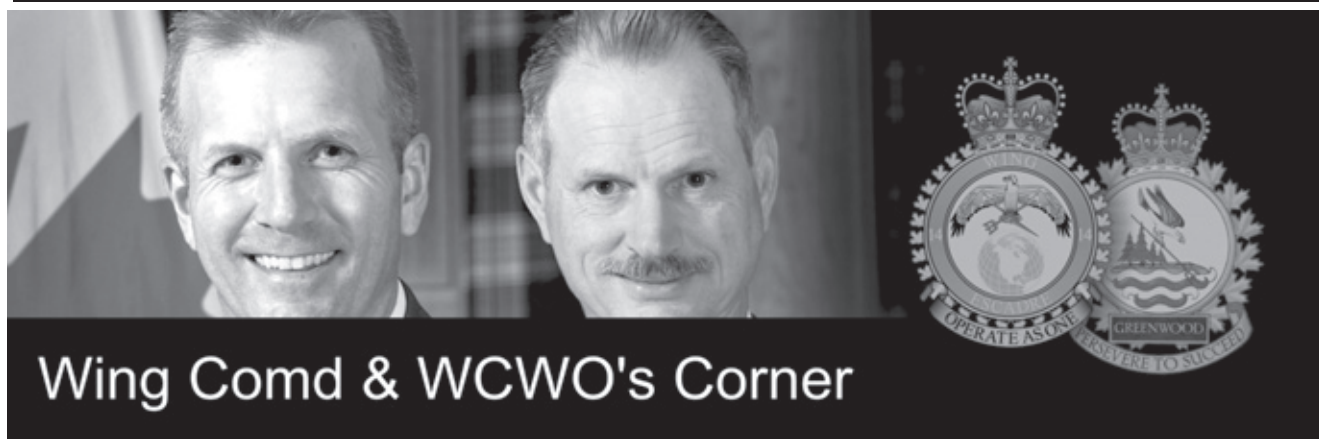
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Wing Comd & WCWO's Corner

14 Jan 2010

A New Year – Business Planning and Wing Quarterly Priorities. Happy New Year to one and all. CWO Jardine and I hope that your holidays were relaxing, that you all spent some quality time with family and friends, and that you have returned to work full of vim, vigour and a list of resolutions – both personal and professional – that you are attacking with the same level of determination that you applied in consuming your second helping of turkey.

Business Planning

With January's arrival we are in the home stretch for our Wing's Business Plan. Many of you will decide to read no further, but I encourage you to do so because we all have a part to play in making sure we live within our means. It has been a challenging year on the money front to say the least. All Wings in the Air Force were directed to cut ten percent from the funds we had been allocated at the beginning of the fiscal year. At our Comd's direction, the majority of this claw back was to be attained primarily through a reduction in administrative TD, discretionary O & M, and the limitation of civilian overtime to essential requirements only.

The Comd was very clear that all Wings were to live within their allocated spending amounts ...there was no overdraft available. To implement the claw back, the Wing Comptroller and his team came up with a plan that involved using the WComd's reserve to soften the pain for the Wing, and each unit's share was assessed based on ability to absorb. Not every unit on the Wing had to absorb a ten percent reduction. Added to the ten percent was a \$2.35 million cut from Wing CE that required us to cancel a number of planned projects. The decision regarding which projects to stop was based on a variety of factors including operational necessity. Finally, before Christmas, we were directed to absorb an additional \$600,000 reduction. To accomplish that, your COs have scrubbed their business plans line by line to identify any savings that do not impact operationally essential activities or commitments we have made to our military, reserve and civilian personnel. Additional reviews are under way to make sure the Wing continues to spend public money wisely.

You will all feel the impact in some way and your CO's have, no doubt, briefed you on the impact of the reductions at your Unit. To ensure the Wing lives within its means, I expect

all of you to do your part and every bit helps. There are lots of examples. When you go on TD, you should be making maximum use of rations and quarters. If a group of personnel are travelling to the airport, make use of Wing transport or car pool. When you go home at night, turn your computer off and turn the lights in your office off. If you have a DND cell phone or BB, where possible, make long distance calls from a land line and send an e-mail instead of phoning.

Quarterly Priorities

Clearly, keeping a tight reign on our spending is a priority for the remainder of the fiscal year that ends on 31 March. To ensure appropriate focus and level of effort, we have established the following priorities for this quarter:

1. Closely manage Wing and Unit business plan expenditures to accomplish essential Force Generation (FG), Force Employment (FE) taskings and Main Operating Base (MOB) and personnel support within our allocated funding envelope.

2. Ensure the Wing is ready to deliver required forces and effects ISO OP PODIUM, OP SAIPH and OP CADENCE.

3. Finalize the AIMP Block III implementation plan and identify 14 Wing and fleet issues and concerns along with 14 Wing and fleet mitigation/required action to be brought forward to next AIMP Operational Implementation Working Group (OIWG) meeting.

4. Develop a 14 Wing Child Care strategy, including short, medium and long term objectives and drive hard to implement local short term solutions as soon as practicable.

5. Initiate project LRP 2015, which will set an aim point for LRP Block III operations, and will address force structure, OTU and continuation training, maintenance and support operations.

With several hundred of the Wing's personnel deployed in support of Op Athena and Op Podium, we know you are all working hard and working together to make things happen. Well done and keep up the great work.

Tips for Winter

Now that the leaves are falling and there is a bit of a nip in the air, here are a few helpful hints to prepare for the cold weather ahead:

- Disconnect your garden hose from your outside tap. Empty the water from inside the hose and store away for the winter. If it is left on the tap, the water that is still inside the hose will expand and freeze.
- Turn off your outside tap. In most homes, there is a shut off valve in the basement where the line comes through the wall. Turn this valve completely off and check by going outside and opening the tap. There should not be any water coming out, and leave the outside tap open for winter. This will keep the tap from freezing and prevent a burst pipe in the spring.
- Check to make sure that your heat registers have not been covered. Placing beds, dressers and carpets over the registers will restrict the flow of heat.

Conseils pratiques pour l'hiver

Les feuilles tombent, l'air devient frais. L'ALFC vous donne quelques conseils pratiques pour vous préparer à l'hiver :

- Détachez le tuyau d'arrosage de votre robinet extérieur. Videz l'eau du tuyau avant de le ranger pour l'hiver. Si vous laissez le tuyau attaché au robinet, l'eau qu'il contient se dilatera en gelant.
- Coupez l'alimentation du robinet extérieur. Dans la plupart des maisons, il y a un robinet d'arrêt au sous-sol, à l'endroit où la conduite d'eau passe à travers le mur. Fermez ce robinet complètement, puis vérifiez que l'eau ne s'écoule pas du robinet extérieur. L'eau ne devrait pas couler de ce robinet. Laissez le robinet extérieur ouvert pour l'hiver. En procédant ainsi, vous préviendrez les risques de gel du robinet et d'éclatement de tuyaux au printemps.
- Assurez-vous de ne pas bloquer les bouches d'aération. Par exemple, si vous installez un lit, une armoire ou un tapis par-dessus une grille, vous limiterez la circulation de chaleur.

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DivorceCare group meets every Wednesday night from 7-9 PM at St. Mark's Chapel. Call 765-1494 ext 5883 for more info. Please register to ensure we have enough materials.

DivorceCare STARTS Wednesday, 27 January 2010.



Rent Setting 2010/2011 – Base Shelter Value (BSV) Adjustments

The Canada Mortgage and Housing Corporation based upon a comparison of our RHUs to the local (CMHC) are conducting market. Specifically, the the annual Rent Setting market value of a particular Exercise for Residential RHU is established using Housing Units (RHUs) for a comparative analysis between the RHU and a mandate is to establish rents (Base Shelter Values (BSV)) the local area. A number

of factors are considered, including: age of dwelling, size, basement, garage, quality of construction, maintenance, insulation, location, spaciousness of lot, type of community, etc. Consequently, our RHU rents are comparable (with the

above factors considered) to similar rental homes.

As part of this process, CFHA provides CMHC with a list of benchmark houses each year that generally represents one of each model type available on the Wing. CMHC determines a BSV

for each of these specific addresses which are then used by CFHA to establish all RHU occupancy charges. Soon, we will receive the 2010/2011 rent adjustments for our RHUs and each occupant will be notified prior to 1 January 2010 of any rent

adjustment that will become effective on 1 April 2010.

Note: The Canadian Forces Housing Agency (CFHA) does not establish RHU rents... this responsibility rests with CMHC, on behalf of the Treasury Board of Canada.

Inspection et entretien annuels des appareils de chauffage, des détecteurs de fumée et de monoxyde de carbone

Chaque année, l'Agence des inspections et procède de canadiennes (ALFC) mène

de fumée et de monoxyde de carbone pour s'assurer qu'ils fonctionnent de façon sécuritaire et efficace. L'inspection et l'entretien devraient commencer le novembre 2009 et se terminer

en mars 2010. Le contrat d'entretien des appareils de chauffage a été attribué à Kings Enterprises Ltd et celui des détecteurs de fumée, à R.R. Fitch Electrical. Un employé contractuel communiquera

avec vous afin de fixer un rendez-vous entre 8 h et 16 h, du lundi au vendredi. Vous pouvez vous attendre à ce que l'inspection et l'entretien des appareils de chauffage durent environ de 30 à 40 minutes, et prévoyez de 5 à 10 minutes pour les détecteurs de fumée et de monoxyde de carbone. Nous vous prions d'éloigner tous vos effets personnels des réservoirs d'huile avant cette

inspection. Notre spécialiste à l'interne, Craig Webber, accompagnera l'employé contractuel qui s'occupera des appareils de chauffage afin de contrôler son travail et d'effectuer une vérification des installations de chauffage. Si vous avez des questions, vous pouvez vous adresser à Craig Webber en composant le 825-7436. Nous apprécions votre collaboration et votre aide. Laissez-nous vous aider!

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A4 Logistics Recognizes Locally Created Program

Submitted by: Cheryl Arsenault, Administrative Assistant to Wing Logistics and Engineering Officer

In early 2009, 14 Wing Supply successfully launched a new innovative material management tool at Base Clothing Stores known as the SOI/IA (Scale of Issue to Individual Account) scanner program. Previous methods of issuing operational clothing to customers was found to be both time consuming and inconsistent; the unit's ability to correctly issue all necessary clothing items to newly posted-in personnel and deploying troops was at risk.

Identifying the need for better practises, MS Jim Dicks

single-handedly designed and spearheaded its integration with the Canadian Forces Supply System. The development and implementation of the SOI/IA Scanner Program improved clothing support Wing-wide and was integral to the success of the Wing Logistics & Engineering (WLE) Branch. This technical expertise and planning resulted in a continuous 100% efficiency kitting rate for MSS Roto 9 and saved the Air Force hundreds of manning hours and thousands of dollars in additional costs.

Reviewed by the A4 Log SAV team in Feb 09, and presented at the 2009 Air Logistics Symposium in Winnipeg by MS Dicks himself, the program was quickly recognized as a

"best practice" that could be used by all Clothing Stores throughout the CF. The database eliminates many time-consuming procedures while minimizing the amount of time a customer is required on location.

Here at 14 Wing Greenwood, MS Dicks' "self-made" Clothing database has already alleviated a significant workload within an already heavily tasked Clothing Stores. Exemplifying the CF Logistics Branch Motto – Servitium Nulli Secundus (Service Second To None), MS J.M. Dicks received the WLE Branch Quarterly Award for his outstanding contributions to the Clothing Stores section.

WO Nickerson, Wing Supply



EMPLOYMENT OPPORTUNITY
Greenwood Military Family Resource Centre

Greenwood
MILITARY FAMILY RESOURCE CENTRE
CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

Military Families
Strength Behind the Uniform

La Famille
La force conjointe

Full-Time Term Position (with possibility of continued employment)
CASUAL CHILDCARE PROVIDER

This position is responsible for day to day operation of the GMFRC Casual Childcare Program, and is also responsible for the development and implementation of our GMFRC Parent & Tot program.

Responsible to: Executive Director

QUALIFICATIONS REQUIRED:

- Bilingualism is a definite asset
- Early Childhood Education (ECE) diploma and a minimum of three years experience as a childcare provider in a childcare facility.
- Strong interpersonal skills are necessary as well as the ability to work independently as well as part of a team.
- A clear understanding of the community development process is essential as well as a strong awareness of risk management issues as they pertain to children. An ability to work effectively with parents in a supportive capacity.
- Excellent organizational skills
- A good understanding of the unique lifestyle of military families is essential as well as a strong belief in the principle of volunteerism.
- Knowledge of Microsoft Office & Graphics program.

Must have Infant/Child First-Aid/CPR. There is an annual requirement for a physical medical certificate.

37.5 hours weekly. Some flexibility will be required after-hours to accommodate GMFRC Special Events.

The successful candidate will be prepared to commence employment as soon as possible.

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, **on or before 4:00 p.m. on Friday, January 29th, 2010 to:**

Margaret Reid
Executive Director
Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0
email: margaret.reid@forces.gc.ca
(MS Word or PDF format)
fax: (902) 765-1747

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: www.greenwoodmfrcc.ca

14 Wing Family Snowshoe and Sleigh Ride Day

2010 has arrived, and with it our community will see the return of the third annual 14 Wing Wellness Campaign. The ongoing campaign is based on the idea that a healthy community is a happy community, and a happy community is a supportive

community for our troops. The 14 Wing Community Centre and MFRC will once again be partnering to offer a day of outdoor fun on Friday January 29th, at the 14 Wing Greenwood Golf Course. This day, which features snowshoeing and sleigh rides,

is an event to challenge to all Military and Defence Team members to get active, and enjoy the afternoon with their families. The event is offered from 3:30pm-5:30pm and is designed for all families to attend (including non-military). This event is also a

"Take the Roof off Winter" celebration. According to Recreation Nova Scotia, "Take the Roof off Winter" is a physically activity campaign designed to help Nova Scotians of all ages improve their health and quality of life by getting outdoors and being more active this winter. To learn more about this winter campaign, please visit: www.taketheroofoffwinter.ca

As mentioned, this third annual Family Snowshoe and Sleigh Ride Day is an event designed for the entire family. We have snowshoes to fit any size foot, big or small. Plus, there will also be a Kid Zone where your child can enjoy a face painting, crosswords, etc. Please note that the Kid Zone is not a child care service, and children can not be dropped off and left unsupervised.

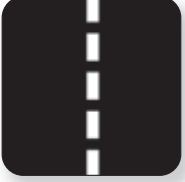
There will be sleigh rides during the two hour event for those who do not want to test their luck with snowshoes and for those who would like to enjoy both activities. In addition, there will be complementary hot drinks and sweet treats to warm the soul. Plus, prizes can be won along the course and additional prizes will be handed out back in the club house.

So make sure you mark the third annual 14 Wing Family Snowshoe and Sleigh Ride Day on your calendars! This event is a great way to "Take the Roof off Winter" and kick start an Olympic year with physical activity for the entire family. More information will be available in the coming weeks but to learn more please call 765-1494 ext. 5337, 5331 or 1421.

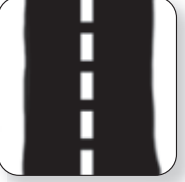
Plowing Priorities in Nova Scotia
Slow down. It's winter.

We are on the job day and night, 24/7, keeping our roads as clear and safe as possible. Road clearing and salting are done according to the following schedule.


1	100-Series and trunk highways, and other high traffic roads	Salted to achieve bare pavement within 8 hours after snow stops
2	Secondary routes and other medium volume roads	Salted to achieve centre strip bare up to 5 metres within 12 hours after snow stops
3	Local paved roads, most subdivisions and residential streets	Salted to achieve centre strip bare up to 2.5 metres within 24 hours after snow stops
4	Gravel roads	Sanding as needed



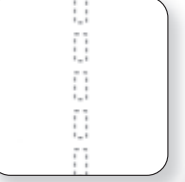
Bare pavement



Centre line bare
(2.5 – 5 metres)



Centre line bare
(1.5 – 2.5 metres)



Snow packed

More information on our winter maintenance standards:
www.gov.ns.ca/tran/winter

Conditions on provincial highways: **511**
Local road information: **1-888-432-3233**

NOVA SCOTIA
Transportation and Infrastructure Renewal

Future Engineer

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

The GMFRC Parent & Tot Program provides young children and their parents/caregivers with a professionally developed program that is geared to meet the developmental needs of young children. Pictured is one of our friends, Charlotte, who was having a great time building fantastic towers of blocks at our January 12th session. The Parent & Tot Program is available FREE of charge to families of 14 Wing who would like to spend a morning playing, doing crafts and meeting new friends at the GMFRC. There is no need to pre-register just come on out and join us! This is a great way for both parents and children to make connections with other military families in a very relaxed and fun atmosphere. Stop by the GMFRC and pick up your copy of our monthly newsletter and calendar of activities that we will be doing in Parent & Tot and make plans to join us for some fun with you child in 2010!



Charlotte is having a great time building towers of blocks while Violette looks on.

(Image by: Kim Dixon)

YOU AUTO KNOW

Filling All Your Antifreeze Needs

Steve Boutilier, Service Manager for Canadian Tire, Greenwood says, the #1 Antifreeze/coolant in North America and the Official antifreeze of NASCAR, Prestone Antifreeze/coolant provides maximum freezeup and boil over protection (from -84° to +276° F) for cooling systems in automobiles and light duty trucks. Prestone Antifreeze/coolant's patented Dual Action Formula uses high quality inhibitors to protect against the

ravages of rust and corrosion to all cooling system metals, including the thin aluminum radiators found in today's new vehicles.

Use a mix of 50% to 70% Prestone Antifreeze/coolant and water for outstanding protection. Optimum change intervals - Once per year to provide unsurpassed protection.

Steve explains, that unlike engine cooling system antifreeze products, Prestone RV Antifreeze is specially formulated for winterizing

all types of potable water systems, such as those found in vacation homes, boats, RV's as well as swimming pools and heating systems. This propylene glycol-based antifreeze enables users to prevent water supply pipes from suffering bust damage down to - 50°F, while protecting against the build up of rust and corrosion. The nonpermanent-staining pink colour indicates that it is in the system. Steve reminds motorists when you are ready to use the

water system, just flush out until the water runs clear.

Ideal for winterizing all types of portable water plumbing systems. Use undiluted. Optimum change interval - Winterize annually.



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



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ONLY

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Greenwood Location Only

See Store for Details

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Regular Price From \$69.99



**Wing Personnel Selection Office
Announcement**

Long Term Planning Seminar

24 Feb 2010

**Birchall Training Centre
The Chamber**

Concerned about Finances?
Wondering about changing trades?
Unsure of your financial entitlements when
buying a home?

This seminar provides Regular and Primary Reserve Force members with the opportunity to engage in long-term planning as it relates to their education, career, transition and goals for eventual retirement. All members are encouraged to attend this seminar in the early stages (3-10) of their career.

Registration Deadline:

15 FEBRUARY 2010

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

Deployment Spotlight

14 MSS Deployment Spotlight

Name: Camp Food Section
Home Section: 14 MSS & 19 Wing Comox.

Camp Mirage job: Camp Food Services.



MS Beardless Feeley and MWO Rick Nickerson

Favourite part of deployment: Feeding lots of great people, especially those good looking, talented people from Greenwood.

Message to Home Unit:

Thanks for all the support and good luck throughout the winter months.

Message from Camp Log Ft:

The Camp Mess Hall is the most favourite place on the camp, especially at meal times! MWO Nickerson has a good team of Cooks and together they provide great food and service. The majority of personnel working in the mess are deployed from Greenwood however we have one augmentee from Comox.

The desserts are to die for!

We are all going on a diet in the New Year.



Why Be Active This Winter?

Submitted by Jill Jackson, Community Recreation Director

A cup of hot chocolate on a cold winter night is so much better following outdoor fun! Weather plays a big role in determining levels of physical activity. It's no surprise that activity levels are highest in summer and lowest in winter, thanks to winter's shorter days and cold temperatures.

Guy Faulkner, an assistant professor at the University of Toronto's Faculty of Physical Education and Health, says that climate is potentially one of the most important environmental barriers to being physically active. Evidence supports the fact that people are less physically active during winter, particularly in climates with extreme temperatures -- like Nova Scotia!

There's no excuse not to be active in winter. Don't miss your chance to get out and play in the snow -- there are many great activities that can only be done in winter!

- Being active doesn't mean hard work, time and money. It's cheap, accessible, fun and can be made a part of your daily routine.
- More than half of Nova Scotians report getting less than 15 minutes per day of moderate exercise -- not enough to achieve health benefits. How active are you?
- Children become less active as they get older. More than 80 percent of youth in grade 11 get less than half an hour of physical activity a day. Help your children stay active and healthy.
- If we can encourage children



- and youth to adopt healthy habits when they're young, they will be more likely to keep these habits into adulthood - and to stay healthy!
- Inactivity can lead to obesity, heart disease and a host of medical problems.
- Obesity in children is growing at a higher rate than in adults. Almost one in every five children in grade 3 is overweight, with just as many at risk of obesity. In grade 7, almost 37 per cent

- of boys and 40 per cent of girls are overweight or at risk.
- The goal of the Department of Health Promotion & Protection is to improve the health of Nova Scotians, which includes increasing the number of people who are active enough for health benefits (combined 60 minutes of activity per day).
- Physical inactivity costs Nova Scotians \$107 million a year in direct medical

- costs.
 - Being active doesn't take a lot of time, money or equipment... all you need is warm clothes and the great outdoors. Take the roof off winter and be active for your health!
- For more information on how to get active or for programs in your area contact the 14 Wing Community Centre at 765-1494 ext 5337, 5331 or 5341. Get out and Get active!

2009 Christmas Home Decoration Winners

Congratulations to the winners of the 2009 Christmas Home Decoration contest in the Village of Greenwood. Well done.

1st place prize of \$250.00 went to Chris Crowell at 541 McClair Avenue, Greenwood

2nd place prize of \$150.00 went to Colleen Williams at 586 Chrystal Drive, Greenwood

3rd place prize of \$100.00 went to Arnold Pelton at 1036 Whittington Drive, Greenwood

Congratulations to all who decorated their homes, it really brightens the season.

Village Commissioners of Greenwood



Get Fit for Free in 2010

Submitted by: Jill Jackson, Community Recreation Director, Personnel Support Programs

The New Year is here, and so is a new year of lunch time fitness classes at the Fitness & Sport Centre. The lunch time

team is excited to be able to offer FREE classes to anyone with a valid Recreation Card. Classes started up again on 4 January and are being held from 11:45-12:35 on Mondays, Wednesdays and Fridays in the cardio room at the Fitness & Sport Centre. Join Cori, Adrienne, Helen and Jill for a whole lotta fun and a whole lotta sweating. The classes being offered include Step, Cardio Kick, Booty Bootcamp, Hi/Lo, Body Sculpting, Brazilian Dance and much more. Classes are structured so that all fitness levels are welcome. So why not try it out and get your new fitness program started. This class is open to all those with a valid Recreation Card or a Military ID. For more information on lunch time fitness classes contact Jill at the Community Centre at 765-1494 ext 5331. See you at Class!

Business of the Week is Back!

Due to popular demand, The Aurora Newspaper is delighted to once again offer you the opportunity to participate in our Business of the Week advertising feature. The idea is simple:

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured as the **Business of the Week**
- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy

• The cost for this is only

\$199.00 tax incl. per business

For more information on how you can take part in this exciting feature (**space is limited so don't delay!**) please contact:



Anne Kempton
 Marketing Consultant
 The Aurora Newspaper
 765-1494 ext. 5833
www.auroranewspaper.com

CUCINA AURORA



Palmier (hor D'oeuvres)

- 1 sheet thawed Puff pastry
- 1/4 lb. prosciutto
- 2 to 3 tbsp. Honey mustard
- 1/4 cup Parmesan

Lay out Puff pastry onto counter. Roll out seams. Spread entire sheet with Honey mustard. Layer 1/4-pound prosciutto over sheet, sprinkle with Parmesan cheese. Roll up long side to halfway mark, roll up opposite long side in to meet each other. Wrap in foil, freeze until firm. Remove foil, slice roll into 24 slices. Place on cookie sheets. Bake at 350 degrees until golden and puffed, 15 to 20 minutes.

13th Annual 14 Wing Greenwood Christmas Food Drive Kick-Off

Submitted by: Ferrar Sgt, A/Platoon Chief, Green Platoon, 14 Wing Greenwood Firehall

Wing Commander Col B. Seymour and Wing Chief Warrant Officer J. Jardine make a donation to the Wing Firefighters kicking off the 13th Annual 14 Wing Christmas Food Drive. Due to the generous donations from 14 Wing personnel the firefighters collected 1341 lbs of food making this another successful Food Drive. All non-perishable food items collected were donated to the Upper Room Food Bank in Kingston. The food bank is supporting over 100 families in our local area and these donations will certainly help them have a better Christmas this year. The Wing Fire Department would like to thank the Wing for their donations and support for this worthy cause.

(Image submitted)




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EOE

relationship management



Wing Intelligence Section

Photo of the Month

Submitted by: Cpl AJ Smith, 14 Wing Operations

The Wing Intelligence Section selects one photo each month as, "worthy of note", for its clarity and intelligence potential.

The selected photo of M/V STENA CHRONOS was taken by 405 Squadron, Crew 1 on 30 Dec 09, while conducting a Surface Patrol in the Nova Scotia Lower area. M/V STENA CHRONOS is a Bahamas flagged tanker enroute to New York in sea state seven. The pilot was Capt Janes and the camera operator was MCpl Poole.

Bravo Zulu to the members of 405 Squadron, Crew 1.

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The Busy (Centennial of Flight) Year at the Museum

By: Wayne Bailey

The 100th anniversary of powered flight in Canada made for an active year at the Greenwood Military Aviation Museum. There were various programs that kept the Staff and Volunteers involved, and brought a grand total of 22,362 visitors old and young alike to the Museum to take part in many activities and to view the displays, memorabilia and artefacts at the ever changing facility.

On January 14th 2009 the first of 10 Valley Middle Schools arrived to take part in the Flight Education Program. By Wednesday April 15th, over 450 students from the participating schools had toured the Museum and in 2 1/2 hour sessions, learned about Air Force Life, History and Aviation from 26 enthusiastic volunteer instructors. One group of Valley students from the Kings County Academy, were the lucky recipients of a surprise they should remember for many years. A visit and short address with a question and answer session with Astronaut and Silver Dart Pilot, Bjarni Tryggvason, was a thrilling and eye opening experience for the young guests. The first school visit for the 2010 Flight Ed Programs, begins on January 13th, and at present 9 Valley schools are expected to take part in the 8th year of the program.

In March of 2009, 517 Flight Lt Graham Air Cadet Squadron presented a Zenair Aircraft to then Wing Commander Colonel Derek Joyce. The aircraft was donated to the Air Cadets by valley resident Pearl Chambers whose husband Bill Chambers had begun

the home built construction. After his passing, the Air Cadets started work in the summer of 2007, and rebuilt the complete aircraft, from the ground up. The Zenair is now an interactive display at the Museum for all to see. During July and August 569 Air Cadets from all over the Maritime Provinces, attending the summer camp at 14 Wing, toured the Museum in three groups, and once again the museum volunteers guided and tutored the Cadets on all facets of the Museum.

The completion of the Anson, # 7135, and formal handover on May 20th, during the Future Flyers Event, to the Wing Commander was one of the major events involving Museum personnel. It was the culmination of five and one half years and 16,528 hours of dedicated effort by twelve members of the restoration team that was led, from start to finish, by Project Officer Colin Ainsworth. Many of those who attended the 31 March Annual RCAF Mess Dinner at 14 Hangar viewed the just completed Anson (next to the replica of the Silver Dart), and described seeing the two aircraft on display with special lighting as a jaw-dropping and memorable experience.

Other restoration projects included the continuing work on the Dak/C47, in 10 Hangar, with a crew of seven, led by Eric Welin. On Monday 26 October, a Bolingbroke aircraft arrived and is currently being restored by a dozen volunteers under Project Officer Major Bob Johnson. In addition, the recent arrival of Labrador helicopter 11308, soon to



be displayed in the Museum Air Park, will be keeping the Museum volunteers busy on more than one front.

Several additional events throughout last year kept everyone busy as well such as the festivities at Baddeck N.S., the Aircraft Model Contest winners of the Night at the Museum, and the many other activities associated with the 14 Wing Centennial of Flight Committee.

The dedication of the Wing's Centennial of Flight Monument on 23 February 2010 at the Museum Air Park, will cap off a busy and successful year. More details to follow on that event as

we get closer. In closing, the Staff and Volunteers of the Greenwood Military Aviation

Museum wish everyone a safe, happy, and prosperous 2010. For more information on the

activities at the Museum, please visit our website at: www.gmam.ca.

TOEPICS

James Hazelton Skates to Personal Best at Nationals

Submitted by: Cheryl Gaston

Representing the Greenwood Skating Club, James Hazelton skated a personal best long program to place 10th in the long and 11th overall at the 2010 BMO Skate Canada Junior Nationals last week in London, Ontario. A small error in the short set him back a bit but he remained focused and came back with a vengeance. "I was hoping to break into the top 10" noted James, "the jump I missed in the short would have made the difference. But I turned some heads with my second

program, I am really pleased." Coming up this weekend is the Valley Region Championships in Kentville

and the Greenwood Skating Club will have 10 skaters competing in 15 events...good luck to all our skaters!

Middleton location will be closed on Jan 24 at 6:30 p.m. for the staff Christmas party. Greenwood location will remain open.



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CARS								
478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,875
504U	2004	Chev	Aveo	4 Dr	Auto	Red	82,000	\$ 6,700
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,950
530U	2007	Ford	Focus	4 Dr Wag	Auto	Blue	48,000	\$12,800
534U	2006	Chev	Cobalt LT	2 Dr	Auto	Red	13,000	\$11,900
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
576U	2005	Chev	Optra LS	4 Dr Wag	Auto	Silver	95,000	\$ 8,800
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$10,800
615A	2007	Dodge	Caliber SXT	4 Dr	Auto	White	65,000	\$11,900
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$13,500
610U	2006	Ford	Fusion SE	4 Dr	5 Spd	Blue	85,000	\$11,900
620U	2008	Dodge	Avenger SXT	4 Dr	Auto	Grey	52,000	\$14,975
TRUCKS, VANS & SUVs								
499A	2004	Chev	Venture	Van	Auto	Green	86,000	\$ 7,900
599A1	2005	Honda	Odyssey EXL	Van	Auto	Grey	135,000	\$18,800
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$11,900
616U	2008	Dodge	Gr Caravan	Ext Van	SOLD Auto	Beige	90,000	\$15,995
621U	2007	Ford	Ranger Sport	Ext Cab, 4 Dr	Auto	Blue	57,000	\$12,995
623U	2005	Dodge	D150 SLT	4x4, 4 Dr	Auto	Blue/Silver	73,000	\$18,900
624U	2007	Ford	Ranger Sport	4x4, Ext Cab, 4 Dr	Auto	Red	75,000	\$15,995
627U	2005	Pontiac	Montana SV6	Ext Van	Auto	Silver	85,000	\$10,500
628U	2006	Ford	Escape XLT	4x4, 4 Dr	Auto	Silver	94,000	\$15,900

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David Corkum (w) 765-2219 after hours 765-6466

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Hats "ON" for Jim

Submitted by: Captain Don Armstrong

Local Realtor, Jim Houston, showed his true generosity this Hockey Season. He donated 35 Team Toques to Greenwood Minor Hockey's IP Bombers. The team consists of 5 and 6 year-old boys and girls, mostly first year hockey players.

Jim approached the team early in the season because he wanted to contribute to the community by sponsoring a local hockey player. To our surprise, he decided to sponsor the entire team and purchased toques for all the players. In addition, he will be assisting with our local Jamboree, which will be held on the 30th of January at the Kingston Arena and will include teams from Berwick, Middleton, Bridgetown and Acadia.

Jim Houston is also a retired Air Traffic Controller at 14 Wing Greenwood. We would like to thank Jim for his kindness and encouragement on behalf of our aspiring "Stars".



New Discoveries!

By: Kelly Clancey

The nursery school period is a period of many exciting discoveries. As children become more aware of their expanding fine motor capabilities, they are spurred on to new levels of creativity.

For Max and Finley playing with their classroom play foam is a fantastic way to

express their creativeness. Play foam is light weight and won't crumble or stick to your hands or table top ... and it never dries up!

If you are looking for more information about our Nursery or Preschool, English or French Immersion programs please contact Maurina Duret at 765-1494 local 5301.

Annapolis Valley Health Prepares for Potential CUPE Work Stoppage

January 11, 2010 - As of January 18, 2010, members of Canadian Union of Public Employees (CUPE) bargaining units employed with Annapolis Valley Health (AVH) will be in a legal strike position. Conciliation has not resulted in a resolution. Eight of the province's nine district health authorities will be affected. AVH was originally preparing for a January 11 strike date, but CUPE announced last week that they will take strike action on January 18. A strike or a potential strike will have a significant impact on our health care system. Our employees work as teams and many of our services and programs are integrated.

"We remain hopeful that the parties will successfully negotiate a collective agreement before a labour disruption occurs; however, we have started taking the necessary steps to prepare," say Janet Knox, President and CEO. "Patient, public and health teams' safety is pivotal to our planning both prior and throughout any labour disruption."

CUPE represents approximately 50 per cent of our 1690 staff. CUPE members within our organization include licensed

practical nurses, laboratory technologists, diagnostic imaging technologists, respiratory therapists, dietitians, maintenance, mental health professionals, pharmacists, pharmacy technicians, physiotherapists, occupational therapists, porters, environmental services staff, food and nutrition services workers, laundry workers, and many others.

This week some elective (non-urgent) surgeries will be cancelled, in this case AVH staff will be contacting patients impacted by these cancellations directly. Also beginning this week, families of patients waiting to be transferred to a long-term care may be contacted to discuss the options of temporarily taking the patient home or transferring to a bed in the community in preparation for a strike.

This is a serious situation. It is obvious that there will be impacts on our patients, clients and residents. The impact will vary depending on what level of care they need. All programs and services will be challenged and some will not be able to be delivered in the event of a strike. In the event of a strike, services at AVH's six

sites across the valley will be significantly reduced to emergency service only. Your doctor will tell you if your referral for tests or services is urgent or can wait until after the strike.

The potential impacts are as follows:

Closed or postponed

- Emergency Department at Annapolis Community Health Centre
- All non-critical Ambulatory Care & Outpatient Clinics (includes Walk-in clinics at WKMHC and EKMCHC, asthma, diabetes education etc.)
- Physiotherapy and Occupational therapy
- All non-emergency inpatient and day surgery
- All non-critical lab testing, blood collection, x-rays and ultrasounds
- Detox Unit and Structured Treatment Program at SMH

Open or available

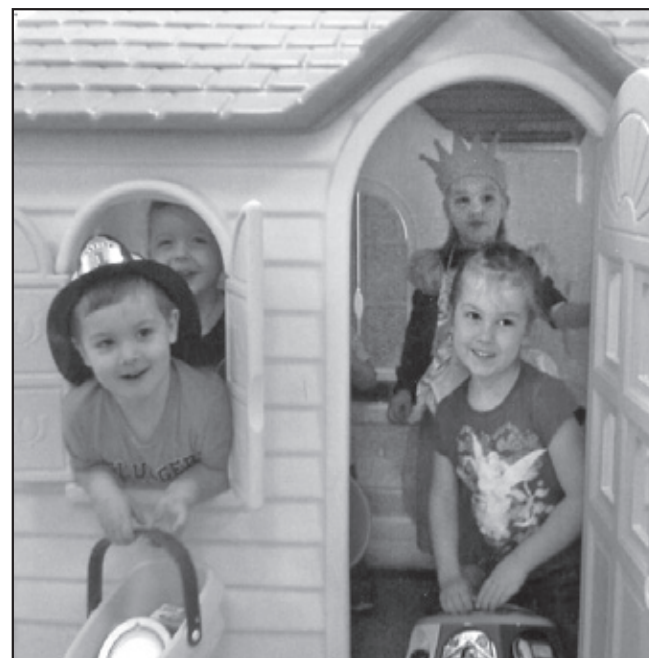
- Emergency Departments at Valley Regional Hospital and Soldiers Memorial Hospital
- Inpatient services for patients who can't be discharged
- Obstetrics (labour and delivery)
- Chemotherapy
- Veteran's Unit at SMH

- Renal Dialysis at WKMHC (provincial program)
- Emergency surgery, lab and x-ray services
- Family Doctor and Nurse Practitioner offices
- Palliative Care
- Public Health Services
- Continuing Care Services
- Crisis Mental Health
- Addictions Services

Updated information related to service will be posted on Annapolis Valley Health website at www.avdha.nshealth.ca and through our Information Line 1-866-430-4284.

AVH regrets any stress this may cause and will ensure postponed services are rescheduled as quickly as possible following a strike. Please remember the Hospitals will remain open to families who are encouraged to continue visiting loved ones. Please use the main entrances.

"A strike will be very difficult and stressful for everyone involved however we must respect the union's right to strike," say Knox. "We are thanking the community for their understanding and patience during this time. We are committed to our communities' health and safety."



Our Door Is Open, Come Join Us!

Come check out The Playhouse. Located in Room 7 of the Morfee Annex Building we're open M/T/Th & F 9:00-11:30 a.m. & W 9:30 - 11:30 a.m. We offer a playgroup for children (newborn to 5 yrs old) to socialize through play while being supervised by their own parents. Bring a snack and join us in 2010! Questions? Email Jen or Amber at theplayhouse2009@hotmail.com.

Greenwood Military Family Resource Centre Offerings

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

Note: 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 765-1494 local 1816 or email kristen.lawson@forces.gc.ca

Upcoming Workshop Selling Your Home Info Session
 Wednesday, Feb 17, 2010
 6:30 – 8:30 p.m.
 GMFRC Classroom #1
 Cost – FREE
 Registration Deadline: Friday, February 12, 2010

Ongoing Services

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

Outreach and Community Information Services
 Coordinator: Nicole Godin at 765-1494 local 5941 or email nicole.godin@forces.gc.ca

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
 Coordinator: Ann Gaudet at 764-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

Upcoming programs or services

The Emotional Roller Coaster of Deployment
 Tuesday, January 19, 2010
 12:00 p.m. to 1:00 p.m.
 GMFRC
 Registration Deadline: Monday, January 18, 2010
 This is a lunch and learn session; so pack a healthy lunch and join us at the GMFRC.

Let's Do Brunch
 Saturday, January 30, 2010
 11:00 a.m.
 Registration Deadline: Thursday, January 28, 2010
 Call for Location Details
 Let's Do Brunch is a great way to meet new friends in the community.

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 Hill, at 765-1494 local 1811 or email at Jennifer.Hill2@forces.gc.ca

Upcoming Programs Rainbows
 Due to program changes the Rainbows program which was to be offered January 20, 2010 for 12 weeks will be postponed until the spring.

Managing Emotions: Developing Coping Skills for Youth

Tuesday, January 26, 2010
 5:00 p.m. - 7:00 p.m.
 GMFRC
 FREE
 Registration Deadline: Tuesday, January 19, 2010
Max-Well Relax Casual

Get Together
 Thursday, January 28, 2010
 9:00 a.m. - 11:00 a.m.
 GMFRC
 FREE
 NO registration required
 Drop-Ins welcome

If childcare is required contact Casual Childcare at 765-1494 ext 1817 to book your child/ren. Due to program changes the Max Well Relax group will be coming to an end. Please contact me with your ideas for a new women's group to take the place.

Lunch and Learn: Maintaining Healthy Relationships

Tuesday, February 9, 2010
 12:00 p.m. – 1:00 p.m.
 Cost: FREE
 GMFRC

Registration Deadline: Tuesday, February 2, 2010.

Bring a Brown-Bag Lunch

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

Upcoming programs or services

Cooking for Kids – Valentine Cookies
 Wednesday, February 10, 2010

5:30 p.m. – 7:00 p.m.
 6 – 9 years
 \$6 per child or \$10 for 2 children in same family
 GMFRC

Registration Deadline: Monday, February 8, 2010

Children's Deployment Support Group

Sunday, February 7, 2010
 1:00 p.m. – 2:30 p.m.
 FREE
 GMFRC

Registration Deadline: Thursday, February 4, 2010

Respite Date

Saturday, Jan 30, 2010
 10:00 a.m. – 5:00 p.m.
 Children up to age 12

Registration deadline: Thursday, January 28, 2010

FREE to CF Families who currently have a partner deployed.

CF Families wanting to give themselves a break can register for a spot at a cost of \$25/child and \$40/two children or \$50 for families with three or more children.

Saturday, Feb 13, 2010

10:00 a.m. – 5:00 p.m.
 Children up to age 12

Registration Deadline: Thursday, February 11, 2010

FREE to CF Families who currently have a partner deployed.

CF Families wanting to give themselves a break can register for a spot at a cost of \$25/child and \$40/two children or \$50 for families with three or more children.

Ongoing Programs

- Youth Council – Tuesdays at 14 Wing Community Centre
- Academic Tutoring Service - ongoing
- Parent & Tot Program - Mondays
- Toddler Tuesdays Program
- Tumble Tots - Wednesdays
- Baby Club – 1st and 3rd 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


14 Wing Family Snowshoe/Sleigh Ride Day

Friday, January 29, 2010
 3:30 p.m.
 Greenwood Golf Course

All are welcome

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



15-21 Jan • 7:30 pm
"Avatar"
 Rated PG

22-24 Jan • 9:00 pm
25-28 Jan • 8:00 pm
"It's Complicated"
 Rated PG

22 Jan • 7:00 pm
23-24 Jan • 2 & 7 pm
"Alvin & the Chipmunks - The Squeakquel"
 Rated G

Pre-paid Admission Cards
 Regular eight card for \$40
 Sixteen card for \$75
 These may be purchased at the Zedex Theatre with cash or at The Inside Story (Greenwood Mall) using plastic.
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



KINGSTON & DISTRICT SCHOOL

school lunch menu

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

Daily Specials (Mon-Thur): Price Includes Main Course, Drink and Dessert - \$3.25

Mon: Open Faced Pizza Buns; **Tues:** Spaghetti & Garlic Toast;
Wed: Shepherd's Pie; **Thurs:** Hamburgers; **Fri:** Chicken Nuggets with Wedges

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



ANNAPOLIS EAST ELEMENTARY SCHOOL

LUNCH TIME!

~ 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 - \$1.50; **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.

Jan 18th: Beef Vegetable Soup 1.75 • Chicken Nuggets with Corn & Carrots 2.50 • Pudding 1.00

Jan 19th: Chicken Noodle Soup 1.75 • Spaghetti & Meat Sauce 2.50 • Garlic Bread .50 • Frozen Juice Bar 1.00

Jan 20th: Beef Noodle Soup 1.75 • Hot Chicken Sandwich with Vegetables 2.50 • Blueberry Parfaits 1.25

Jan 21st: Pizza Day 2.50 • Banana 1.00

Jan 22nd: Early Dismissal • Buses Leave School at 11:30 a.m.

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

Learning and Career Centre

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

LCC Upcoming Workshops

Volunteer Services

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

Volunteer Opportunities

14 Wing Family Snowshoe/Sleigh Ride Day

Friday, January 29, 2010
3:15 p.m. – 5:45 p.m.
14 Wing Golf Course
Volunteers Needed: 11

Childcare Provider

Saturday, January 30,
Saturday, February 13, and
Saturday, March 13, 2010
10:00 a.m. – 5:00 p.m. (or
can be done in shifts)
GMFRC
Volunteers Needed: 3 for
each date

Children's Deployment Support Group Facilitator

Sunday, February 7 &
Sunday, March 7, 2010
12:30 p.m. – 3:00 p.m.
GMFRC
Volunteers Needed: 2

Cooking Facilitator

Wednesday, February
10, 2010 and/or Monday,
February 22, 2010
5:15 p.m. – 7:00 p.m.
GMFRC
Volunteers Needed: 2

Valentine Cookie Grams Wrapping Day

Wednesday, Feb 10, 2010
10:00 a.m. to 4:00 p.m.
GMFRC classroom #1
Valentine Cookie Grams
Delivery Day

Valentine Cookie Grams Delivery Day

Friday, February 12, 2010
9:00 a.m. to 1:00 p.m.
GMFRC classroom #1
We are looking for drivers
with cars and navigators.

Prepare a List of Fun Things to Do in the Annapolis Valley

Daytime TBD
GMFRC
Volunteers Needed: 2
Make a list of fun things to
do in the valley for welcome
packages and newcomers

Warm Line Callers

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

Tutors

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

One hour per week – for 7 weeks.

* Suitable for our awesome
Youth Volunteers!

JANUARY 2010

19 Excel Level 1 (Part 1 of 2, ½ day, morning) • ½ day
20 Excel Level 1 (Part 2 of 2, ½ day, morning) • ½ day
21 Access Level 2 • 1 day
25-26 Understanding My Leadership Style • 2 days
26 Power Point Level 2 • 1 day
27 Coaching Practices for Managers • 1 day
27 Outlook Contacts & Calendaring, ½ day, morning
• ½ day
28-29 Building Excellence in Teams • 2 days
28 Excel Level 2 • 1 day

FEBRUARY 2010

1 Excel – Database Functions, ½ Day, morning • ½ day
2 Visio Level 1 • 1 day
09-11 Effective Presentations • 3 days
9 Excel Level 1 (Part 1 of 2, ½ day, morning) • ½ day
10 Excel Level 1 (Part 2 of 2, ½ day, morning) • ½ day
11 Front Page Level 1 • 1 day
16 Publisher – Creating Flyers & Newsletters • 1 day
17 Word – Mail Merge and Large Documents, ½ day,
morning • ½ day
18 Civilian Performance Planning & Review CPPR
• ½ day
18 Personal Learning Plans (PLP) • ½ day
18 Intro to Windows XP • 1 day
23 Front Page Level 2 • 1 day
24 Intro to Internet and Email • 1 day
25 Excel Level 2 • 1 day

MARCH 2010

1-5 Instructional Techniques • 5 days
1 File Management, ½ Day, morning • ½ day
2 Excel Level 1 (Part 1 of 2, ½ day, morning) • ½ day
3 Excel Level 1 (Part 2 of 2, ½ day, morning) • ½ day
4 Access Level 1 • 1 day
9 Word Level 1 • 1 day
10 Outlook Contacts & Calendaring, ½ day, morning

• ½ day
11 Excel Level 2 • 1 day
23 Access Level 2 • 1 day
24 Word – Creating Brochures, ½ day, morning • ½ day
25 Excel Level 3 • 1 day
29 Power Point Level 1 • 1 day
30 Civilian Performance Planning & Review CPPR
• ½ day
30 Personal Learning Plans (PLP) • ½ day
30 Access Level 3 (Part 1 of 2, ½ day, morning) • ½ day
30 Access Level 3 (Part 2 of 2, ½ day, morning) • 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

Training Retreat at the LCC Interested in Team Building and Leadership Training?

The LCC is pleased to bring you an ABSOLUTELY FREE week-long Training Retreat **25-29 Jan 2010**. Together, we will explore and expand the boundaries of what is possible for you as a Leader in the areas of communication, problem solving, decision making and leadership skills.

We use a wildly effective and fun combination of experiential education and cognitive learning that is *guaranteed to engage you!*

We'd absolutely LOVE to have you here for the entire week, but failing that, please feel free to attend any of the individual courses that fit your schedule.

25-26 JAN 10: UNDERSTANDING YOUR LEADERSHIP STYLE

This course replaces the former 'Introduction to Supervisory Leadership' course and is part of the Leadership for Supervisors

Program.

The aim of these two days is to provide first level supervisors with an introduction to a common base of leadership aptitudes, skills and knowledge necessary to effectively carry out their work within National Defence as first level supervisors.

At the end of the two days, participants will have a good knowledge of their personal Myers Briggs Type Indicator (MBTI) type and how this relates to leadership style, and they will have had an opportunity to explore various leadership models. In addition, they will have a good overview of the courses available to them in the Learning and Career Centres (LCCs) and the Canada School of Public Service (CSPS) that would best help them to develop their skills as supervisors within the Public Service and the Department of National

Defence.

27 JAN 10: COACHING PRACTICES FOR MANAGERS

Coaching in the workplace means bringing out the best in you staff. Create an environment where others will feel empowered and where responsibility, acknowledgement and creativity will be encouraged. With hands-on examples, you will use coaching principles in a variety of situations. Learn to apply these principles to lead your staff to success.

Associated Competency: Developing Talent

28-29 JAN 10: BUILDING EXCELLENCE IN TEAMS

This course is designed to help managers, supervisors and team leaders who would like to develop strategies for creating a flexible, creative and professional environment conducive to team excellence

and effectiveness.

The modules will include:

- Team Diversity: New Paradigms in the Workplace, Essentials of teamwork, Elements of diversity
- Leading Teamwork: Today's team leader, Challenges for team leaders
- Motivation: Factors that influence team motivation, Leaders responsibilities
- Communications: Decision-making, Challenges of conflicts
- Team Performance: Best practices
- Creativity and Innovation: Creative Problem-solving method

To register please contact your Unit Training Coordinator. Registration deadline is Friday, 22 Jan 2010.

For more information on this training opportunity, please contact the LCC at local 5226.

Have a great day!

14 Wing Community Centre presents, Family Trip to Ski Martock

Ski or snowboard under the stars! On Saturday February 27 we will leave the 14 Wing Community Centre at 3:30 p.m. to arrive at Ski Martock by 4:30 p.m., where you can grab a bite to eat and then hit the slopes! We will leave Martock around 10:00 p.m. to arrive back in Greenwood around 11:00 p.m.

Prices are as followed- \$24 includes- lesson, lift ticket and rental equipment. \$14 includes- lesson and lift ticket. For those who enjoy cross country \$12 includes- lesson and rental equipment and \$7 for a lesson. Bring extra money for snacks and supper!

Please note that Children under 8 have to make special arrangements to go on this trip, if they wish to go a parent would contact Ski Martock to reserve a lesson with an instructor, however, they **can not take part in the group rate**. Children 9-12 must be accompanied by an adult 19 and older at all times! Children 13-18 may have their parents/guardians fill out a permission form if they wish to go by themselves.

Drop-in to the 14 Wing Community Centre to fill out your permission form package, since this is very important for everyone! We may book another trip in March if this trip is well received.

Plased be advised that only **Rec. card holders, military members and their families can sign-up for this trip**. If you have any questions or concerns please call 765-8165.

**The
107
Valley
Wing**

904 Central Ave.
Greenwood



**Air Force
Association
of Canada**

Open to ALL Members,
Serving or Retired, of the
• CAF • Reserves • RCMP •
• Public Service • RCAC •
• Members & Guests •

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

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

We are open 7 days a week for your convenience.

We are looking for new members!

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

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

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. 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.

Dessert & Card Party

Bridge, 45s and others, Kingston Lions Hall. Monday, January 25th from 12:30 for 1:00 p.m. start. Admission \$5.00. Sponsored by Kingston & District Health Auxiliary. To purchase tickets or make inquiries please phone 765-3094 or 765-0437.

Music. Play for Life

As Benjamin Franklin once said, we do not stop playing because we grow old. We grow old because we stop playing. Music is important to growing minds.

So is play. With this in mind, a concert entitled Music. Play for Life will be held on Sunday, February 21 at 2:00 p.m. at Denton Hall, Acadia University (storm date February 28) in support of the Port Williams Community Park. Proceeds from the concert will go towards establishing a park in Port Williams. Tickets are now on sale at Boso (Railtown, Wolfville), the Acadia School of Music, and the Port Williams Baptist Church office for \$15 for adults and \$10 for

students and seniors. Kingston & District School January Newsletter Link

Please view our latest newsletter at the following link. Thank you till next month. <http://kingstondistrict.ednet.ns.ca>.

MRHS Band Parents Association Meeting

Thursday, January 21, 2010 at 7:00 p.m. in Harvey Hall (the new band room). Parents of all band students are encouraged to attend.

"Breakfast" R.C.L. Br#01 Middleton

Saturday, February 6, 2010 from 8:00 - 10:00 a.m. Menu: Scrambled eggs, hash browns, baked beans, bacon, or sausage, coffee, tea, apple or orange juice. Cost: \$5.00 per person. Open to the public. Come out and enjoy. Please help support the Branch. Sponsored by Ways & Means.

Special Brunch

Sunday January 24th at 12 Noon at St. Monica's Church hall, Middleton. This is in support of Knights of Columbus charities. Only \$4.00. Sponsored by Knights of Columbus, Greenwood/Middleton Council. Pancakes, Sausages, Hash Browns, Ham and Eggs. Everyone welcome. Contact Kent Sill at 765 2734 for more information.

Are you a Catholic Gentleman?

Are you looking to experience a different way of sharing your faith in action? Come join the Knights of Columbus. Be a part of an international fraternal organization that supports the corporal and universal works of the Catholic Church. Speak to any of the Knights in our Church community or Deacon Don. Dare to be a Knight of Columbus

Religious Articles

The Knights of Columbus, Greenwood/Middleton, and Queen of Heaven Catholic Womens League are sponsoring a Religious Articles Sale at Queen of Heaven chapel after

the 11:00 a.m. Mass on Sunday, January 31st. Included are articles for First Communion and Confirmation classes, Bibles, rosaries etc.

Greenwood/Middleton Council 6297

Will be hosting a dinner in honour of our priests and the good they do for the communities. The date is Sunday, February 21* 2010, 6:00 for 6:30 p.m. Tickets will be available shortly. Roast beef dinner for \$15.00. Mark your calendar.

Greenwood Health Auxiliary

The Greenwood Health Auxiliary will be holding their regular meeting at St. Marks Annex on January 25, 2010 at 1:00 p.m. Members are urged to attend, as dispersments will be allocated at this time. New members are always welcome.

Kingston United Baptist Church Library

Beginning January 21, the Kingston United Baptist Church Library will again be open to the public on Thursday evenings 6:30 - 7:30 p.m. Located upstairs in the Christian Education wing. Please use upper side doors off main parking lot. Excellent selection of Christian books, videos, CDs and DVDs. For further info, call 765-6735.

Wilmot Garden Club

The Wilmot Garden Club meets at the Melvin Square community hall at 7:00 p.m. on the third Wednesday of every month. Everyone is welcome. Our January 20th meeting will feature Paul Grimm from Springvale Nurseries talking about Trees & Shrubs. Go to www.wilmotgardenclub.ca

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No 98 of the Royal Canadian Legion. Fun day (cards & games) every second and fourth

Friday of the month at 1:00 p.m. For more information contact Minnie Rogers at 765-3292.

Annapolis Valley Toastmasters

Develop your communication and leadership skills every Tuesday, 6:30 - 8:00 p.m. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (by the Zedex Theatre), Classroom 7. Toastmasters provides a mutually supportive and positive learning environment in which every member can gain self-confidence and personal growth. We learn by doing. Further information is available at www.annapolis.freetoasthost.net or phone Christine at 825-1061.

Authors Ink, Creative Writing Group Feb. 3

Authors Ink, creative writing group meeting, 10:00 a.m. to 12:00 p.m., Wednesday, February 3rd, Macdonald Museum, Middleton. Cost \$3.00 per person. All levels welcome. Phone 825-6116 for more information.

Chocolate & Wine Festival

12:00 to 4:00 p.m., Sunday, February 7th, Macdonald Museum, Middleton. Come out and chase away the winter blues by sampling various chocolate delights and wines. No admission is charged, all welcome. There is a cash bar and cafe, gift basket door prize (no purchase necessary) and chocolate desserts. Phone 825-6116 for more information.

"Funds for Fuel" Bridge Party Feb. 8

Play begins at 1:15 p.m., Monday, February 8th, Macdonald Museum, Middleton. Come out for a fun afternoon and support your Museum. Cost \$4.00 per person, light lunch served. Call 825-6116 for more information.

Authors Ink, Creative Writing Group Feb. 17

Authors Ink, creative writing group meeting, 10:00 a.m. to 12:00 p.m., Wednesday, February 17th, Macdonald Museum,

Middleton. Cost \$3.00 per person. All levels welcome. Phone 825-6116 for more information.

"The Light Shines On"

2:00 to 4:00 p.m., Sunday, February 21st, Macdonald Museum, Middleton. An exhibit and reception celebrates 100 years of registered nurses in Nova Scotia. It features uniforms, yearbooks, photos and much more. Come in and show your appreciation of nurses and support the museum. There is no admission charged for this event. All welcome. Phone 825-6116 for more information.

"Funds for Fuel" Bridge Party Feb. 22

Play begins at 1:15pm, Monday, February 22nd, Macdonald Museum, Middleton. Come out for a fun afternoon and support your Museum. Cost \$4.00 per person, light lunch served. Call 825-6116 for more information.

Annapolis Valley Historical Society Meeting

7:30 p.m., Tuesday, February 23rd, Macdonald Museum, Middleton. Guest speaker David Attree will give a presentation on his father who died in Iceland while serving during World War II. All welcome. No admission charged. Phone 825-6116 for more information.

Thanks for the Memory

All Saints Anglican Church Kingston is hosting a Coffee House Saturday 23 January from 7:00-9:00 p.m. A band from Atlantic School of Theology will provide musical entertainment. Free will offering to offset expenses. Stormy weather contact Parish website at www.parishofwilmot.ca.

Overeaters Anonymous

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.

K'ton/G'wood Living With Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will hold its January monthly gathering in St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00-9:00 p.m. Monday, 18 Jan 10. Pharmasave pharmacist, Sandra Penny, will be our guest speaker on "Pharmacare and the Valley health shuttle operation". Family and friends or anyone seeking information on cancer are most welcome and encouraged to attend. For information call Lloyd Graham (765-6133) or Lynda Pierce 765-3055.

Relay For Life

Open House for everyone to come learn about Canadian Cancer's Society's Relay For Life. Relay is June 4th, 2010 in Middleton. If you would like to participate on a team, as a volunteer or as a Survivor and want

HOROSCOPES

January 17 to January 23

ARIES - Mar 21/Apr 20

Your imagination gets the better of you this week, Aries. You turn small problems into major ones just in your head alone. Take a few days to calm down.

TAURUS - Apr 21/May 21

Taurus, there is a silver lining to the clouds that plague you for much of the week. The wait will be worth it to find out what that ray of sunshine just may be.

GEMINI - May 22/June 21

Put yourself first for the next few days, Gemini. You have been neglecting some of your own needs and that needs to be remedied. Love opportunities abound on Tuesday.

CANCER - Jun 22/Jul 22

When it rains it pours, Cancer. You just might find that this isn't your week at all. If you want to stay under the bed covers for a few days, that's perfectly understandable.

LEO - Jul 23/Aug 23

Leo, others are no match for your wit. You just don't want the attention to go to your head. Thursday you have the opportunity to get out and party. Do it.

VIRGO - Aug 24/Sept 22

Everyone can relate to some problems you've been experiencing, Virgo. They just seem to have a different way of dealing with their obstacles. Take heed.

LIBRA - Sept 23/Oct 23

Be happy no matter the circumstances, Libra. Others will be inspired by your positive attitude and learn from your example. Take a break on Wednesday.

SCORPIO - Oct 24/Nov 22

You often think that you can take on a laundry list of tasks and complete them all yourself, Scorpio. But it's the bigger person that asks for help and realizes limitations.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, an encounter with someone from your past brings up some vivid memories. You can choose to rekindle the relationship or let it pass you by once again.

CAPRICORN - Dec 22/Jan 20

Few things in life are free, Capricorn, so don't let it surprise you when you have to make an investment in your future. This investment is worth the energy.

AQUARIUS - Jan 21/Feb 18

You have to make changes for yourself, Aquarius, not for others. So put aside what those around you are saying and figure out what you want to gain in the near future.

PISCES - Feb 19/Mar 20

All you need is a little inspiration to get yourself motivated, Pisces. There are plenty of good things on the horizon for you.

FAMOUS BIRTHDAYS

- JANUARY 17 Michelle Obama, First Lady (46)
- JANUARY 18 Kevin Costner, Actor (55)
- JANUARY 19 Shawn Wayans, Actor (39)
- JANUARY 20 Rainn Wilson, Actor (44)
- JANUARY 21 Izabella Miko, Actress (29)
- JANUARY 22 Diane Lane, Actress (45)
- JANUARY 23 Tiffany Amber-Thiessen, Actress (36)

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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, January 21, 2010.
Make sure you include your full name and phone number.

NAME _____ PHONE NUMBER _____
Limited to one win in a TWO MONTH PERIOD.
The winner will be drawn randomly from all correct entries. Only one entry per family per week.

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

- Where can you get a free cup of a coffee when you buy a bakery treat _____
- Which business is having a tax free sale _____
- What is the phone number for Tri County Communications _____
- Who wants to hire a Casual Childcare Provider _____
- What business is having a Boot Blowout Sale _____

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

Congratulations to last week's winner: **BURTEN STRONG**

"Youth Happenings" at 14 Wing Community Centre

more information come to our Open House at the Middleton Town Hall on January 24th from 2:00-4:00 p.m. Team kits are ready and will be available that day for all new or existing teams. COME RELAY WITH US.

Digital Camera Workshops

Jim Spurrell will be giving a couple of digital camera workshops for the Wing Library. Dates are Wednesday 20 Jan at 6:00 p.m. at the library; also Wednesday 17 Feb at 6 p.m. Attendees to sign up at the library ahead of time.

West Kings District High School January Newsletter

The West Kings District High School monthly newsletter can be found online at our schools website by following this link: www.westkings.ednet.ns.ca/ and then under "Parent student information".

Lets Dance Sleepover

Mary's Islanders Fundraiser at Roo's Playhouse. Saturday, January 30th, 2010 from 7:00 p.m. to 9:00 a.m. Children Ages 5-13 Welcome. (Pre-Registration and Payment Required) Please call Sleepover Coordinator, Wendy Waldrum, phone: 1-902-765-9374 for cost per child. Join us for a great night of fun, games, songs, dance, movies and much more. Breakfast and snacks are all provided.

By: Megan LeMoine

Come to the centre to get your January calendar to see what's happening this month. If you have any questions about any programs or just want more information call 765-8165. Here's what's happening this week.

Boys Club & Active Chicks

Dodge ball on Wednesday! Jan. 20, 10 6-7:30 p.m.

The battle is on! Boys Club vs. Active Chicks! We will play fun warm-up games in the gym and then a game of Dodge ball. Bring your game face!

Teen Council Tuesday Jan. 19, 10 3-4 p.m.

Calling all teens! Come be a part of your community and get involved, you never know who you're going to meet! We have Teen Council meetings every Tuesday from 3-4 p.m.

Teen Activity Bowling \$3 Thursday Jan. 21, 10 6-7:30 p.m.

Tonight we're going to Greenwood Bowling Centre;

bring \$3 to bowl one game or \$4 to bowl two games! This includes bowling shoes and games. See you there!

Wii Games Night

Saturday Jan. 23, 10 Pre-Teen: 6-8 p.m. Teen: 8-10 p.m.

Wii gamers, come play the latest games from Movie Gallery!

Dance!

Friday Jan. 29, 10 Pre-Teen: 6-8 p.m. \$3 Teen: 8:30-11:30 p.m. \$4

Pre-teens and Teens come celebrate another semester over! Exams are done and it's time to have fun, bring your friends to the 14 Wing Community Centre Dance, it's where you friends are!

Special Events Family Trip Ski Martock

Saturday Feb. 27, 2010 3:30-11 p.m.

Ski or snowboard under the stars! \$24 includes-lesson, lift ticket and rental equi p.m.ent. \$14 includes- lesson and lift ticket. For those who enjoy cross country \$12 includes-lesson and rental equi p.m.ent and \$7 for lesson. Bring extra money for snacks and supper! Children under 8 cannot go on this trip, if they wish to go a parent would contact Ski Martock to reserve a lesson with an instructor, however, they cannot take part in the group rate. Children 9-12 must be accompanied by an adult 19 and older at all times! Children 13-18 may have their parents/guardians fill out a permission form if they wish to go by themselves. Drop-in to the 14 Wing Community Centre

to fill out your permission form package, this is very important! Only Rec. card holders, military members

and their families can sign-up for this trip. If you have any questions or concerns please call 765-8165.

Youth Centre Drop in Hours

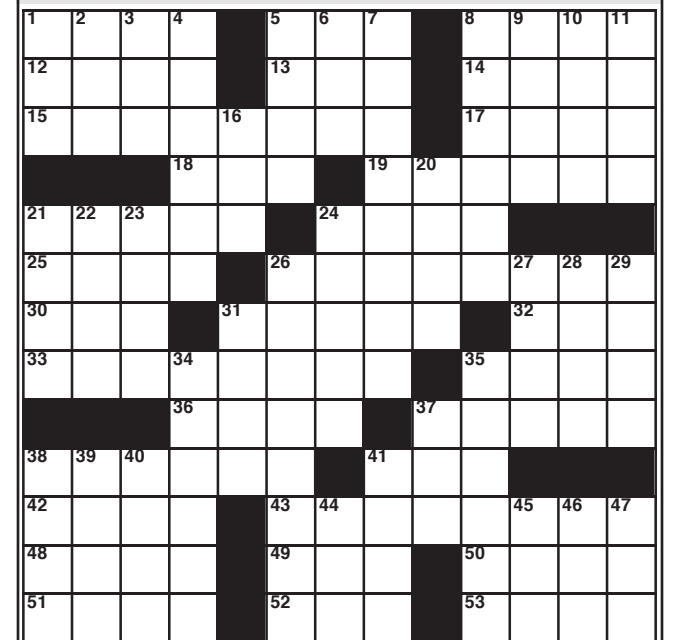
	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

Canadiana Crossword

Father Knew Best

By Bernice Rosella and James Kilner

Solution page 18



- ACROSS**
- 1 Egotistic
 - 5 Dandy
 - 8 Asian nation
 - 12 Region
 - 13 Roman household god
 - 14 Nigerian people
 - 15 Maven
 - 17 Biblical you
 - 18 Wrath
 - 19 Internal organs
 - 21 Popular cinema name
 - 24 Iranian currency
 - 25 Oast
 - 26 Capped
 - 30 MLS offering
 - 31 Harmonizes
 - 32 Ironic
 - 33 5th largest Australian city
 - 35 Experience
 - 36 Obsessed, in a way
 - 37 Of moons
 - 38 Excites
 - 41 Dine
 - 42 Direction to Dugald
 - 43 Omission
 - 48 Membrane
 - 49 Lion sign
 - 50 Formerly
 - 51 Plate or run opener
 - 52 White lie
 - 53 Turnpike
 - 21 Gumbo
 - 22 Passed away
 - 23 Otherwise
 - 24 Opus
 - 26 Conclusion of today's quote
 - 27 Dual
 - 28 Ms Bombeck
 - 29 Clothing colourer
 - 31 Rational
 - 34 Part 2 of today's quote
 - 35 Sir Charles _____, Author of today's quote
 - 37 Lions legendary kicker Passaglia
 - 38 Start of today's quotation
 - 39 A Chinese dynasty
 - 40 Calla Lily or Jack-in-The-Pulpit
 - 41 Boor
 - 44 Hawaiian garland
 - 45 Sign of a sold out attraction
 - 46 Part 4 of today's quote
 - 47 The S in CST
- DOWN**
- 1 Sixth Hebrew letter
 - 2 Hebrew given name (meaning lion)
 - 3 Blood or draft follower
 - 4 Part 6 of today's quote
 - 5 Bit of ice
 - 6 Americas org.
 - 7 Part 3 of today's quote
 - 8 Part 5 of today's quote
 - 9 _____ Khan
 - 10 Old Greek coin
 - 11 Beneath in Brossard
 - 16 Pot
 - 20 Many Scots

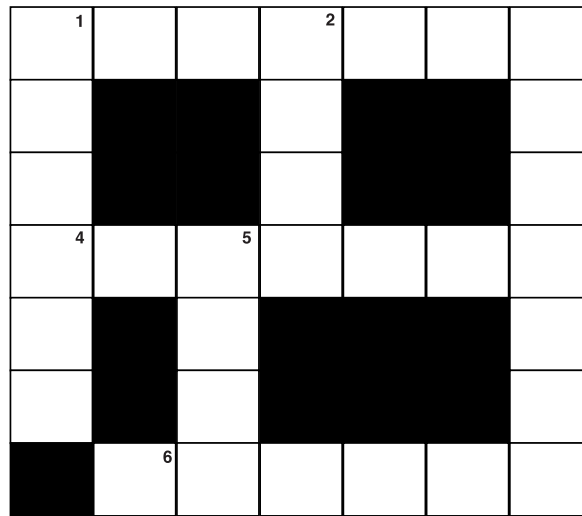
Weekly Crossword brought to you compliments of:

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(902) 678-6000

PATRICK'S PUZZLE

Crossword Puzzle



ACROSS

- 1. Bubbling water
- 4. Cleaning cloths
- 6. Makes a beverage

DOWN

- 1. Mid-morning meal
- 2. To regard
- 3. A type of herb
- 5. Lacking color

1. brunch 2. look 3. ginseng 5. pale
Down

1. boiling 4. napkins 6. tea bag

Answers:

Patrick's Puzzle brought to you compliments of:



ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2010 Bonnie J. Malcolm



Solution: 1. Mountain peak appears. 2. Handle on thermos is missing. 3. Shoe lace loop is hidden. 4. Handle appears on fishing reel. 5. Door on cabin is different. 6. Pocket on pants is colored in. 7. Inside of igloo is colored in. 8. Face of ice by hole has moved. 9. Steam above cup has moved. 10. Cloud has moved. 11. Line on fishing rod is different. 12. Label on thermos is larger.

Com Parrot brought to you compliments of:



954 Central Avenue
Greenwood
765-6381

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 Candace Ernst at 765-1494 local 5440. The Aurora Newspaper office is located on School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

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

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W. Bruce Gillis, Q.C.

Blaine G. Schumacher, CD
(Also of the Alberta Bar)
Counsel:
Clare H. Durland, Q.C.
(Non-Practicing)

Phone (902) 825-3415
Fax (902) 825-2522
74 Commercial Street
P.O. Box 700
Middleton, NS
B0S 1P0

able Jan 1, 2010. Phone 765-2421. (3051-ufn)

FOR RENT - 2-Bedroom apt with attached garage in 4 Plex in Bridgetown Included washer, dryer, fridge, stove, dishwasher, microwave, lawn care and snow removal. Very quiet area. Available Jan 1, 2010. \$825.00 Phone Joan 765-4400. (3101-ufnB)

FOR RENT - LINCOLNSHIRE APT AVAILABLE, March & May. 2 bedroom apartment \$575.00 month excludes utilities. Live-in Super, secured building. Please call 765-6669. (3102-ufnB)

FOR RENT - 2-bedroom duplex in Greenwood. Walking distance to mall. \$665.00 a month. Lights and heat includ-

ed. Call 765-4132. (3102-ufn)
FOR RENT - Small 2 room bachelor house, utilities included. \$525.00 per month. Phone 765-4132. (3103-ufn)

FOR RENT - 2-bedroom lower level duplex in subdivision behind Greenwood Mall. Fridge, Stove, Washer & Dryer hook-up's. Lawn care and snow plowing. Rear deck. \$550.00 per month plus electrical heat. Call Sue at 765-4206. (3103-ufn)

FOR RENT - 5-bedroom house, freshly painted. 10 minutes from Kingston/Greenwood. \$725.00 per month, utilities extra. Phone Peckford Holdings Inc at 765-0790. (3101-4tpB)

FOR RENT - Large clean 3-4 bedroom house, attached garage. Fridge, stove, washer, dryer. \$800.00 monthly

plus utilities. No smoking or pets. Quiet country living 5 min from Port George and Margareville. 15 minutes from Greenwood. 765-6428. (3102-2tp)

FOR RENT - 3-bedroom house, located in Kingston. Walking distance to all amities. \$600 a month plus utilities. Damage deposit & references required. Phone 765-3838. (3102-2tp)

FOR RENT - 3-bedroom house. Ocean view. Margareville. Hardwood floors. 10 minutes from Greenwood. Wood & oil heat. Dishwasher & deep freezer. Private deck, carport & workshop. N/S. N/P. Reference required. \$700.00 a month plus utilities. Phone 825-2013. (3102-2tpB)

FOR RENT - 1 bedroom apt. Located in Kingston. Fridge and stove included. \$425.00 a month, plus utilities. Cable included. Walking distance to all amenities. Phone 765-8632. (3102-3tpB)

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FOR RENT - Seniors 2 bedroom apt in Wilmot. Fridge, stove, washer and dryer. Security system. Snow clearing & lawn care included in rent. Available Feb 1st. Phone 1-902-306-0538. (3103-2tpB)

FOR RENT - New 3 bedroom house in Nictaux. \$850.00 monthly, utilities extra. Renovated 4-bedroom house in Lawrencetown. \$850.00 monthly, utilities extra. Phone 847-5529. (3103-2tp)

FOR RENT - 2 Bedroom Apartment. Parkview Seniors Complex located on 251 Marshall Street in the Heart of Middleton across from the park, close to all amenities. In floor radiant heat, whirlpool tub, and much more. Phone 765-0788. (3103-1tpb)

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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)

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SERVICE - Home helper. Local references available. Cleaning, stoves, windows, walls, Cooking, baking, Laundry, ironing, mending. Errands, outings, shopping. Great at sorting and organizing. \$10 an hour. Call 825-1597. (3103-1tp)

SERVICE - ECE Teacher available to care for children in my home. 12 years of daycare experience. First Aid/CPR, nutritious lunch snack provided. Rate - \$125.00 per week per child. References available. Part time positions as well. Shift work hours available. Call Melissa at 242-2144. (3103-2tpB)

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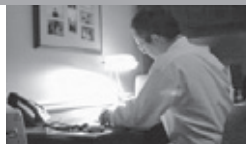
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If you want to drink ~
That is your business
If you want to stop drinking ~
We can help.



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

Crossword Solution

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

Milestone

The Greenwood Skating Club Presents the "Berwick Building Supplies" Skaters of the Week



From left to right, Kevin Sweet, Justin Hawboldt, Brendan Hawboldt, and TJ Sweet. (Image submitted)

By: MWO Andy Sweet, 14 SES

An interesting event occurred at the Greenwood Gardens on Thursday Jan 14, 2010. In a game between the two Greenwood Bomber Midget teams, two brothers, playing on the same team for the first time ever, played against two other brothers who were in the same situation. The Sweet brothers and the Hawboldt brothers are three years apart in age so never had the opportunity to play together as all minor hockey age groups are two years apart except at the Midget level. All four have played their entire minor hockey in the local organization (a combined total of approx 45 years). As side note, all four are also on-ice officials. Congratulations boys and well done!



Alyssa Lambert
Age: 9
School: Ecolé Rose-Des-Vents
Started Skating (age) 4 years old
Favourite Part of Skating: friend ships
Other Hobbies: Craft and swimming



Kacie Cameron
Age: 6
School: Dwight Ross
Started Skating (age) 4 years old
Favourite Part of Skating: spirals
Other Hobbies: swimming and camping



Mariah
Age: 8
School: Summer Set
Started Skating (age) 7 years old
Favourite Part of Skating: dance
Other Hobbies: Dances

Xi Kappa Christmas Cheer

The program on "SHARING" presented by Joyce, included stories from our past, remembering family members, traditions, gifts with special meanings and recipes. Members participated in the program.

Pat enjoyed her role as Secret Sister Santa and gave out our gifts as well as new names for 2010.

Everyone had fun trying to determine who had their name for the previous year.

We did not do very well in this guessing game. Lots of laughter, food and good cheer prevailed throughout the evening. This was a great ending to our 2009 Sorority year.

If interested in Beta Sigma Phi, an International Womens' organization, visit www.betasigmaphi.org <<http://www.betasigmaphi.org/>> or contact a member in your area for details on our history and format. Beta Sigma Phi could be your Passport to Adventure.



On December 8th, Xi Kappa members celebrated Christmas memories and revealing night. Left to right Jacqueline, Terry, Pat and Nina hold up special gifts made by our newest member, Joyce Mae.

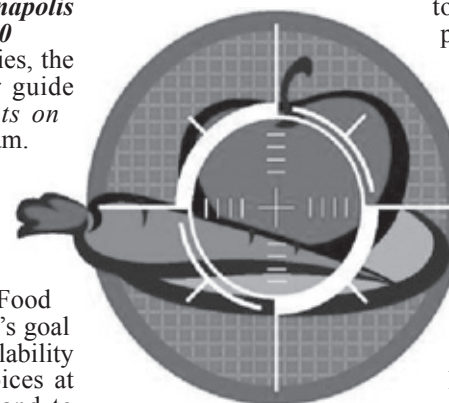
Set Your Sights on Healthy Eating!

At the 14 Wing Annapolis Mess 18 January 2010

In CF dining facilities, the sight symbol is your guide to the *Set Your Sights on Healthy Eating* program.

Brought to you by *Strengthening the Forces*, an initiative of the CF Health Services in partnership with CF Food Services, the program's goal is to increase the availability of healthier food choices at CF dining facilities and to encourage more diners to make these choices.

- Did you know that...**
- On average, adults spend 60% of their awake time at work
 - We eat almost half of our



- meals outside the home
 - 7% of CF personnel eat most of their meals at base/wing dining facilities
- Set Your Sights on Healthy Eating* offers information

to guide nutritious choices posted in the food service areas and on tables in the dining area. You have a wealth of information at your fingertips that can help you make healthier choices and begin cultivating healthier eating habits. By opting for entrees marked by the symbol, you'll be taking one more step to support healthy eating.

So when you head to the 14 Wing Annapolis Mess on 18 January 2010 Set Your Sights on Healthy Eating!
For more information contact the Health Promotion's Office at 765-1494 ext 5388/5389.



WINTER CARNIVAL CARNAVAL D'HIVER

FEB/FEV 4 - 6, 2010

Winter Carnival Key Chains

Key chains are *now* available for \$10.00 at the following locations:

- Annapolis Mess (2nd floor);
- 2 Hgr - W Sup Customer Service entrance;
- 4 Hgr - WTIS Service Desk;
- Fitness and Sports Center, front counter;
- Community Center, admin office;
- 10 Hgr Supply Section; and
- 11 Hgr Supply Section.

Key chains allow the holder entry into all Winter Carnival events, Pancake Breakfast, Family Movie, Family Skate and mess entertainment. This year's three main prizes are a 10 HP Snow Blower, 42 inch Large Screen TV and \$500 CANEX gift certificate.



Schedule of Events Winter Carnival 2010

Date	Time	Event	Location
Mon 1 Feb	1100 - 1200	Hockey - JR Mess vs O Mess	Greenwood Gardens
	1215 - 1315	Hockey - WOSM vs Civilian	Greenwood Gardens
Tue 2 Feb	1100 - 1200	Hockey - JR Mess vs Civilian	Greenwood Gardens
	1215 - 1315	Hockey - WOSM vs O Mess	Greenwood Gardens
	1830 - 1930	Hockey - O Mess vs Civilian	Greenwood Gardens
	1945 - 2045	Hockey - WOSM vs JR Mess	Greenwood Gardens
Wed 3 Feb	1100 - 1200	Hockey - Semi Final 1	Greenwood Gardens
	1215 - 1315	Hockey - Semi Final 2	Greenwood Gardens
Thu 4 Feb	0800 - 1200	Ice Painting	Greenwood Gardens
	1300	WComd Revenge	F&S Centre - Pool
	1330	Pool Relay Race	F&S Centre - Pool
	1830	Ice Painting Judged Beard Growing Contest Judged	Greenwood Gardens
	1900	Opening Ceremonies	Greenwood Gardens
			Hockey - Finals
Fri 5 Feb	0900	Olympic Sled Pull	Ball Diamond
	0930	Egg Toss	Ball Diamond
	1000	Blow Ball - Back Bar/WOSM Games	Annapolis Mess
	1000	Euchre - Argus Lounge	Annapolis Mess
	1000	Cribbage - Argus Lounge	Annapolis Mess
	1000	Crud - O Mess Games	Annapolis Mess
	1000	Darts - Jr Ranks Games	Annapolis Mess
	1300	Blind Volleyball	F&S Centre - Gym
	1300	Bowling	Bowling Alley
	1300	Curling	Curling Club
	2000	Lip Sync	Annapolis Mess
2130	Mess Entertainment - Band	Annapolis Mess	
Sat 6 Feb	0800 - 1100	Pancake Breakfast	Annapolis Mess
	1000 - 1130	Family Games	Community Center
	1130	Escapades	Greenwood Gardens
	1230	Closing Ceremonies	Greenwood Gardens
	1300	Family Movie	Zedex Theatre
	1500	Family Movie	Zedex Theatre
	1500 - 1700	Family Skate	Greenwood Gardens
	2100	Mess Entertainment	Annapolis Mess

