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14 Wing Adventure Challenge 2010



14 Wing Greenwood Adventure Challenge 2010 saw 5 teams of four people compete in the over 50km adventure race. The day began with map navigation through several kms of woods, mountain biking and shooting. Then competitors had to canoe and bike some more, followed by crossing a high line that passed over a running brook. Fourteen way-points were placed along the course and competitors had to reach each one. The winning team finished in just under eight hours.

(Images: 14 AMS Wing Imaging)

... cover story.

By: Sergeant Darcy Keating

It was a cool fall morning when the teams arrived at the Greenwood Fitness and Sports Centre on October 8, 2010. Five teams, with a total of twenty participants boarded a bus for the short trip to the start line of the 14 Wing Adventure Challenge. The Adventure Challenge was a test of endurance, mental toughness and the will to complete the fifty kilometre (km) route. It included fourteen navigation points, five of which were on a seven km land navigation cross country portion found only by map reading and compass. The event also included a thirty km mountain bike route that took them through mud, water and to seven of their navigation points.

Throughout the course, they had to stop at a shooting check point for time bonuses, and also at the start of a ten km canoe section on Cloud Lake. Participants during the canoe portion were given two options to either canoe back in a strong head wind or take a three km portage. At the finish of

the canoe section they were back on their bikes heading to a Highline check point, set up by the Search and Rescue (SAR) Technicians from 413 (Transport & Rescue) Squadron to cross a river with their bikes. Then back on their bikes they went to the finish line at the Fitness and Sport Centre.

The teams were all from 14 Wing and included both military and Department of National Defence employees. Team "SAR Silver Backs" with Master Corporal (MCpl) Dan Bodden, Sergeant Chris MacIntyre, and MCpl Jeff Connors from the SAR Technicians section and Yvonne Clarke from the Fitness and Sports (F&S) Centre finished 1st with a total time of 7 hours, 32 minutes and 25 seconds. Team "Crazy Beavers" with MCpl Les Connell, MCpl Scott Alberts, Lieutenant (Lt) Scott Bailey, and Lt Philip LaChapelle from

Wing Construction Engineers finished second with a time of 8 hours, 03 minutes and 45 seconds. Team "14 SES Hooters" with Captain David Dunwoody, Master Warrant Officer Steve Jackson, Lt Yves Daigel, and Lt Catherine Cobot, finished third with a total time of 9 hours, 30 minutes and 18 seconds. Team "The Agency" with Eric Plante, Danielle Lidstone, Todd MacLeod, and Etienne Gignac-Bouchard from the F&S Center finished a hard race even though they managed to flip a canoe, and break one of their bikes. Finally Team "SAR FNG's" I am sorry to say had a few problems on the land navigation and didn't finish the Race.

I want to say congratulations to all the teams that came out and competed in the race and a big thank you to all the volunteers who helped to make this a successful event.

Royal Canadian Legion Poppy Campaign

November 11 will soon be upon us and the Royal Canadian Legion will be conducting our annual Poppy Campaign to raise money to aid those who need our help. Once again, we remember and reflect on the past and recall those who laid down their lives so that we who are left may reside in peace. It is also a time to help the loved ones

who protected the children and families of those who stayed behind. We also remember those who returned from war and now need our help.

We thank you for the overwhelming generosity that you have demonstrated so often in the past with your donations. These funds go to assist with the purchase

of eye glasses, teeth, food and many other items that veterans, their dependant spouses and children living at home so desperately need. In the past year, we purchased crutches, canes, electric wheel chair, mobile electric carts plus mattresses for our hospital beds.

Available to our veterans are wheel chairs and other

equipment that we lend out for their use. All of these things cost a great deal of money.

I thank you in advance for your donations which have always proven to be extremely generous; it is greatly appreciated.

Yours in Remembrance,
Don MacCoy
Service Officer
RCL Branch #098

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CFAWC Celebrates 5th Anniversary

By Colonel Derek Joyce

The Canadian Forces Aerospace Warfare Centre's (CFAWC) new building was dedicated on 17 September 2010 to the memory of Air Marshall Clare Annis. His recognition of the need to study, learn and communicate the lessons of air power to foster continuous improvement within the Air Force helped sow the seeds for the tardy, but ultimately successful, creation of this unit. As we celebrate the fifth anniversary of CFAWC, it is fitting that you as members of the Canadian Air Force understand how the unit fits into the overall Air Force context. The intent of this article is to inform Canada's airmen and airwomen on what CFAWC has achieved to date, and where it is going in the future.

Functionally organized under 2 Canadian Air Division, the mission of CFAWC is to "ensure the evolution of Canadian Aerospace Power." This mission statement may seem quite daunting, and perhaps a better way to explain CFAWC's mandate is to describe it as the Chief of the Air Staff's "Think Tank." In order to meet this challenge, CFAWC is striving towards six specific objectives which are all a part of a holistic cycle of force development that both improves current Air Force capabilities and better positions us for future challenges. Our objectives are to:

1. research past, study present and analyse future aerospace challenges in order to identify gaps in our Air Force's capabilities;
2. work to develop concepts that could address these capability gaps;
3. where appropriate, experiment with different technologies to close these capability gaps;
4. inform our airmen and women about aerospace operations today;
5. train airmen and women for specialized tasks; and
6. foster continuous improvement through lessons learned to better prepare our Air Force for the future.

The focus areas I describe below work to accomplish these six objectives, but it is important to note that although this article focuses on CFAWC activities, the unit is a "light blue" capability that works very closely with numerous Air and Joint organizations to achieve our objectives for the Air Force.

Research

In order to prepare the Air Force for the future, we need to study our past challenges, assess our current capabilities and look to the future with an eye to predicting potential capability gaps in the context of possible geostrategic shifts and threats. To achieve this, CFAWC has in short order developed strong ties with the Canadian academic community. We host the annual Air Force Historical Workshop to study Canadian aerospace power issues of the past that remain relevant today, such as aerospace leadership, the role of the Air Force in the Arctic, and aerospace support to Peacekeeping, for example. The results of these conferences are then published in both official languages, in print and digital copies, to educate as broad an audience as possible. We have also commissioned several aerospace power focused academic studies in the areas of leadership, command and control, effects-based operations, and Canada's Air Force in 2035. CFAWC has also finalized two new service level agreements (SLA) which will increase our capacity to execute aerospace research. The first agreement with the Canadian Forces College, Toronto, will allow student Master's in Defence Studies (MDS) papers to be published in a CFAWC-produced compendium titled *The Wilf Curtis Papers*. The second SLA with the Royal Military College will allow CFAWC to contract out research projects to the College's scientists and academic staff.

CFAWC also has strong ties to our allied Air Forces with whom we share lessons learned, best practices and intelligence information. This sharing is accomplished by CFAWC liaison officers in our

allies' air warfare centres, and participation in future security threat conferences.

CFAWC also publishes *The Canadian Air Force Journal* on a quarterly basis to provide a forum for sharing ideas on aerospace power. The main objectives of these academic and inter-air force collaborations are to better understand our future security environment, to determine how Canada's Air Force is placed to meet potential capability gaps and to stimulate the aerospace power conversation in Canada.

Concept Development

CFAWC has an embryonic—but budding—concept development capability in support of the larger force development process. We work closely with other Canadian Air Force organizations to identify suitable ways to bridge or close current and future Air Force capability gaps. For example, as a result of our experiences in Afghanistan, 1 Wing has identified a need for a direct fire weapon for the tactical aviation community. CFAWC is currently working the concept development process to identify potential direct fire precision strike weapon systems that could be incorporated on to a reconnaissance and/or utility helicopter. While this is a current example, CFAWC is also building the capability to look to the future with a more strategic view to closing future capability gaps.

Experimentation

Concepts developed to address capability gaps can offer numerous solutions, from command and control changes to organizational modifications to equipment acquisition. CFAWC

possesses a modest capability to experiment both in the simulated environment and in more tangible areas. For example, the Distributed Mission Simulation Centre (DMOC) at Shirley's Bay in Ottawa is experimenting with training aerospace controllers at 22 Wing. Through the use of scenarios run out of Shirley's Bay, a synthetic environment connected to the Canadian Air Defence Sector (CADS) in North Bay, we will soon be providing high fidelity training to AECs and AC Ops. This type of training simply cannot be replicated even by real-world exercises because of the air traffic congestion in certain areas of Canada. The intent is to eventually connect the Combined Air Operations Centre (CAOC) in Winnipeg with 22 Wing and the CF18 simulators at 3 and 4 Wings to improve the fidelity of the training and exercise the whole system, from command to control to the aircraft. Our subsequent step will be to connect this synthetic environment with the other Air Force capabilities and the joint environment. This is a great example of how CFAWC is leveraging new technology to improve collective training opportunities for the Air Force.

From a more tangible perspective, a successful experiment was recently conducted at the Connaught Ranges in Ottawa called the Disaster Interoperability Response Experiment (DIRE). This experiment is designed to seek out ways to improve the situational awareness for the commander on the ground. In the case of natural disasters, the emergency responders on the ground

frequently find themselves with no easy means of communications and without a firm grasp of the situation on the ground. DIRE used an aerostat (tethered balloon) with a communications relay capability and sensor package. The experiment included local emergency measures representatives who used this capability while playing out several disaster scenarios to improve their situational awareness. This type of technology is certainly not new, but DIRE leverages currently available equipment to address a unique capability gap for the Air Force, the joint CF community and other government departments charged with coordinating emergency response. DIRE is expected to be further trialled during Exercise MAPLE GUARDIAN / MAPLE FLAG next spring and during Op NANOOK in the Arctic next summer.

Doctrine

Throughout our history, the Air Force has been particularly good at developing tactical-level doctrine to meet our immediate needs in field-level operations. However, what we have lacked for so many years is a more holistic description of how the Air Force writ large operates within the Canadian context. By ignoring operational and strategic-level aerospace doctrine for so many years, we failed to provide the Air Force at all levels with an overall understanding of Air Force operations and the tools necessary to fully represent our interests in the joint community.

CFAWC, in cooperation with all Air Force and joint communities, is well on its way to fully developing

operational and strategic-level Air Force doctrine. It is currently providing the basis for the education of Air Force officers through the Air Force Officer Development Programme (AFOD), and the foundation upon which Air Force operations are conducted. Once complete, this doctrine will also support the substantiation for our force development and force structure processes. As LGen Bouchard said when he was Commander of 1 Canadian Air Division during CF Transformation, "in the absence of sound doctrine that you have developed yourself, someone else will decide how your forces will be deployed and employed."

The capstone doctrine manual has been published and the majority of the keystone and several supporting manuals will be released in the next 12 months. Once on the street these documents will be dynamic and continually amended as we bring new capabilities online through the force development process, and improve the way we operate via the Air Force Lessons Learned Programme.

Education and Specialized Training

While the responsibility for individual training within the Air Force resides in the Air Force Training Centre (AFTC) in Winnipeg, CFAWC supports some niche education and specialized training of Air Force officers and NCMs. For example, with the development of the Air Force Command and Control Doctrine, the need to train Air Force personnel on the functions of an air component command (ACC) staff was identified

... see CFAWC page 4.

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CFAWC Celebrates 5th Anniversary...continued



Clare L. Annis Building - Home of the Canadian Forces Aerospace Warfare Centre.

(Image: Anne Wride Pennington, Production Manager, 8 Wing/CFB Trenton)

... page 3 continued.

and is being prepared by CFAWC. We are starting with training officers' assigned ACC duties and their staffs for upcoming exercises and deliberate operations such as Ex MAPLE GUARDIAN / MAPLE FLAG and Op NANOOK prior to execution. The intent is to create a cadre of well-trained Air Force senior officers and supporting staff that can be called upon to stand up an ACC in response to reactive operations. CFAWC is also working closely with AFTC to provide specialized

training in electronic warfare to supplement the courses currently offered at the Canadian Forces School of Aerospace Studies (CFSAS). CFAWC is also looking to leverage the synthetic environment more fully by developing collective training exercises for the Air Force and participating more fully in joint and combined virtual exercises. Imagine taking part in a joint synthetic exercise where actual aircraft simulators and command and control facilities like the CAOC and the Canadian Air Defence

Sector are full participants in a scenario with simulated ships and land forces—all this prior to conducting the next "Op PODIUM" or "Op CADENCE." To have "flown" an operation before actually burning AVGAS would certainly be a very powerful collective training tool.

Lessons Learned

In order for an organization to improve and prepare itself for future challenges it must continually self-assess. The Air Force has for years talked about "doing" lessons learned but we have rarely been successful at truly adopting those lessons. CFAWC has stood up the Air Force Lessons Learned Programme in order to ensure we act upon the areas that need improvement and adopt best practices at the tactical, operational and strategic levels. The philosophy we use is similar to the Flight Safety Programme, where observations are acted upon at the lowest level of command necessary to address the

problem.

CFAWC is taking both a deliberate and a responsive approach to supporting the Air Force lessons learned. First, we have developed and distributed the Air Force Lessons Learned Manual, and will be training the Division and Wing lessons learned officers (LLOs) this fall. The Lessons Learned Branch at CFAWC will provide close mentorship to these LLOs for the next few years until the system is well understood and the Air Force has adopted lessons learned within its culture. We will also be providing a distance learning training package for Unit LLOs in the near future that will prepare candidates to attend a week-long specialist course at CFAWC which, when complete, will ensure that all levels of LLOs have access to the training they require. It took years to inculcate the flight safety programme into the Air Force mindset and the lessons learned process is a similar challenge.

At the same time that the deliberate lessons learned process is being developed, CFAWC also remains responsive to current Air Force operations. The Lessons Learned Branch has been involved in collecting observations from the numerous operations that occurred this year. Firstly, as a result of Air Force command and control observations from Op PODIUM, CFAWC developed an Air Doctrine Note in concert with joint and Air Force staff, that clarified the options available to the Commander of 1 Canadian Air Division when standing up an air component for an operation or exercise. This Doctrine Note was then used to establish the command relationship for Op CADENCE and Op NANOOK. The Lessons Learned Branch also collected data for Op HESTIA with the specific mandate to recommend improvements to the airlift command and control. These lessons will form the basis for an Air

Doctrine Note which will improve the effectiveness of airlift for future operations.

Conclusion

The decision to stand up CFAWC filled a long-standing void in the Air Force's ability to be a learning organization. The initial manning of the unit was controversial, as it necessitated retiring three operational squadrons, but I stand firm in my belief that the efforts of CFAWC to date and the value the unit will provide the Air Force in the future more than make up for the emotional mourning we experienced five years ago. The Air Force now has a unit—a think tank—that looks at the continuum of the force development process for the Air Force from a holistic perspective through research, concept development, experimentation, doctrine development, specialty training, and concluding with lessons learned. Our work to date is impressive, but our potential contribution to the Air Force and the joint environment is huge.

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Wing Public Affairs Officer & Editorial Asst. -

Capt Scott Spurr (902) 765-1494 ext. 5101

Production Coordinator/Coordinateur de production -

Brian Graves (902) 765-1494 ext. 5699

Business & Advertising Representative/Représentant, Affaires et Publicité -

Anne Kempton (902) 765-1494 ext. 5833

Administrative Clerk/Commis administratif

Candace Ernst, (902) 765-1494 ext. 5440

FAX (902) 765-1717 • E-mail: aurora@auroranewspaper.com

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Editor,
The Aurora Newspaper
PO Box 99
Greenwood NS
B0P 1N0



Rédacteur,
Le Journal Aurora
C.P. 99
Greenwood, N.-É.
B0P 1N0



email: aurora@auroranewspaper.com
website: www.auroranewspaper.com

Launch of the Canadian Forces Cancer and Mortality Study

October 15, 2010

OTTAWA – The Honourable Peter MacKay, Minister of National Defence, and the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs, announced today that the Government of Canada will be conducting a Canadian Forces Cancer and Mortality Study.

The health study is funded and led by Canadian Forces Health Services Group at the Department of National Defence (DND) in collaboration with Veterans Affairs Canada (VAC) and Statistics Canada. The study will provide essential information about causes of death and incidence of cancer among CF personnel who have enrolled since 1972.

“The Government of Canada is pleased to announce this initiative as it allows health care professionals with the Department of National Defence and Veterans Affairs Canada to have a better picture of the health of military personnel. The data may well help mitigate occupational risks for serving personnel and improve opportunities for prevention,” explains Minister MacKay. “As Canadian Forces personnel are protecting Canadians and contributing to international missions, they are exposed to unusual circumstances and environments. This study will help shape health policies and programs to ensure the Government of Canada is doing its utmost to protect Canadian troops.”

“It is important for us to be involved with this study,” says Minister Blackburn. “This research, the first of its kind in Canada, will help us ensure that appropriate services are in place for Veterans, and that our programs meet the needs of all Veterans and their families, now and in the future.”

The study cohort includes an estimated 315,000 serving and former military personnel, who enrolled in the CF after January 1, 1972. DND, VAC and Statistics Canada will collaborate on the linkage of the military cohort database to the national mortality and cancer databases in order to determine mortality rates and cancer incidence. Initial mortality results are expected to be available in 2011, while cancer linkage and analysis will be conducted from 2011 to 2012.

Business of the Week Old Mill Computers

Wayne Hutchinson, owner of Old Mill Computer Services, started his business in a small shop in 1996 located on Ward Road behind his home. Fourteen



years later the business expanded to the extent more space was required. The new location opened three and one half years ago beside Avery's in Greenwood.

The shop offers sales, service and consulting. Old Mill sells new and refurbished computers; hardware, upgrades, older parts, monitors and keyboards. Their selection is extensive.

Anyone in need of a new monitor, peripherals, components, or wants a custom built computer can call or drop into the shop and discuss options available by their knowledgeable staff.

Repairs are done on computers and notebooks. Upgrades are also provided for anyone who wishes to increase their hard drive space or ram. If you are satisfied with your current computer system but want to keep the maintenance running in optimal performance Old Mill can help. Wayne says if we


don't have what you are looking for; we will do our best to find it.

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Le coin des Padre's Corner

PARABLE OF THE CORN MAZE by Padre Gordon POLEY

Have you ever tried to find your way in a Corn Maze? Deb and I have driven by the Corn Maze on the old highway to Middleton dozens of times lately. During thanksgiving weekend, when our girls were home from university, Deb suggested that we take the whole family through the maze. Well, it didn't sound very interesting me, especially since there was a good football game on TV, however, Deb used the "family theme" as a hook to persuade me. After all, two of our four daughters are in wheelchairs and it is hard to find fun things that we can all enjoy together.

It is funny how God teaches us as we journey through ordinary life. That day, the Corn Maze was like a parable, that is, an earthly object lesson with a heavenly meaning. The Corn Maze reflects life in general. Life filled with lots of wrong turns. Life is frustrating when you go down the same path over and over again making the same mistake. Often in life we feel simply lost. And finally, life is a challenge and at times it drains your energy. (For most the maze was probably not physically taxing, however pushing the wheelchairs on the soft, rain moist ground was exhausting for the Poley.)

I suppose getting lost in the maze was a little bit of fun. However, the fun would quickly fade into frustration if it wasn't for the maze map. The people who created the maze had produced a map for each person in order for them to find their way. If it was not for the map I'd probably still be in the maze right now.

Can you see the parallels between a maze and life? Life is also filled with lots of wrong turns, dead ends, frustration and periods of feeling utterly lost. The good news is that the Creator of this world (terrestrial maze) has also given us a map. 2 Timothy 3:16 says "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. The psalmist proclaims the practicality and usefulness of God's Word. "Your word is a lamp to guide my feet and a light for my path" (Psalm 119:105).

There is additional good news. Not only did God give us a map (His Word) to help us make sense of life, but also a personal Guide to assure us that we are on the right track and assist us with the obstacles and challenges on life's road. Jesus said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life" (John 8:12).

So here is the question. "When it comes to life, how is your map reading?" "Do you know how to use it?" I'm talking about God's map, His Word.

I'm getting ready to deploy this December for eight months. One of the many "checks in the box" that I need is my Navigation & Communications course (Nav/Comms). Every year we need to be current on our Annual Readiness Verification (ARV) with

Nav/Comms. In the same way we should be current and proficient with handling accurately God's Manual so that we don't get lost in life's maze.

Queen of Heaven Chapel and St. Mark's Chapel are great places for our 14 Wing personnel to become more familiar with our Spiritual Guide and His Road Map for life. How is your currency and proficiency? How is your readiness verification? We are here to help. Come check us out.

LA PARABOLE DU LABYRINTHE DE MAÏS

Avez-vous déjà essayé de retrouver votre chemin dans un labyrinthe de maïs? Deb et moi sommes passés près du 'Corn Maze' sur l'ancienne route qui conduit à Middleton des douzaines de fois. Pendant le congé de l'Action de Grâce, avec nos filles en congé de l'université, Deb a suggéré que nous allions en famille dans ce labyrinthe de maïs. En fait, cela ne m'intéressait pas plus que cela, surtout qu'il y avait une bonne partie de football à la télé, cependant Deb insista sur la fibre 'familiale' de manière à me persuader. Après tout, deux de nos quatre filles sont en chaises roulantes et il est difficile de trouver une activité que l'on peut apprécier tous ensemble.

Il est amusant de voir comment Dieu nous enseigne à travers notre vie quotidienne. Ce jour-là, le labyrinthe de maïs a été comme une parabole, qui, à travers une réalité terrestre contenait un enseignement céleste. Le labyrinthe de maïs représente notre vie. La vie est remplie d'épis robustes. La vie est frustrante lorsqu'on marche encore et encore sur les mêmes sentiers en faisant les mêmes erreurs. Souvent dans la vie on se sent tout simplement perdus. Puis, finalement, la vie devient un défi qui draine notre énergie. (Pour la plupart des gens le champ n'est probablement pas exigeant physiquement, mais pousser des chaises roulantes sur le sol mou et humide fut très demandant pour les Poley.)

Je suppose que d'être perdu dans le labyrinthe de maïs fut un peu amusant. Cependant, le plaisir se serait vite changé en

frustration n'eût été de la carte du labyrinthe. Les personnes qui l'ont créé ont produit une carte pour que chacun puisse retrouver son chemin. Sans la carte, je serais probablement encore dans le labyrinthe.

Pouvez-vous voir le parallèle entre le labyrinthe et la vie? La vie est aussi remplie de mauvais tournants, de chemins sans issues, de frustrations et de temps où l'on se sent perdu. La bonne nouvelle est que le créateur de ce monde (le labyrinthe terrestre) nous a aussi donné une carte. 2 Timothée 3,16 dit « Toute Écriture est inspirée de Dieu et utile pour enseigner, pour reprendre, pour remettre les choses en ordre, pour discipliner dans la justice ». Le psalmiste proclame l'aspect pratique et utile de la Parole de Dieu. « Ta parole est une lampe qui guide mes pas et une lumière sur ma route » (Ps 119 :105).

Il y a une autre bonne nouvelle. Non seulement, Dieu nous donne une carte (sa Parole) pour nous aider à donner un sens à la vie, mais aussi un guide personnel pour nous assurer que nous sommes sur la bonne voie et pour nous aider devant les obstacles et les défis sur la route de la vie. Jésus a dit : « Je suis la lumière du monde. Celui qui marche derrière moi, ne marchera pas dans les ténèbres, mais possèdera la lumière de la vie » (Jn 8, 12).

Alors voici la question : « Lorsqu'il est question de la vie, ou en êtes-vous avec votre lecture de cartes? » « Savez-vous comment l'utiliser? » Je parle de la carte de Dieu, sa Parole.

Je me prépare à être déployé en décembre pour huit mois. Un des nombreux « checks in the box » dont j'ai besoin est le cours de navigation et de communications (Nav/Comms). Chaque année il faut refaire l'état de vérification opérationnel. De la même manière, nous devrions être à jour et compétent pour utiliser le Manuel offert par Dieu afin de ne pas se perdre dans le labyrinthe de la vie.

Les chapelles Queen of Heaven et St-Marc sont d'excellents lieux pour que le personnel de la 14^e Escadre puisse se familiariser avec notre Guide Spirituel et sa Carte des Routes de la vie. Êtes-vous à jour et compétent? Où est votre état de préparation? Nous sommes là pour nous aider. Venez vous informer.

Emergency Childcare – Do you have a childcare plan?

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

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide

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

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

When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family

emergency

When the CF member is required to report for duty on short notice and the spouse/usual caregiver is unavailable

When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation

When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation

When there is a need for respite childcare due to the total family situation- including the CF member's work commitments

When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with the GMFRC Executive Director)

If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim.

ANNAPOLIS EAST ELEMENTARY SCHOOL



Daily lunch combo includes main entrée, daily dessert, and white milk for \$3.50

~ The following items are available at the Cafeteria daily ~
Sandwiches: \$2.35; **Wraps** - \$2.35; **Sub Sandwiches** - \$2.00;
 All sandwiches & wraps will include fresh/vegetable on the side.
Fresh Vegetables & Dip - \$1.75; **Cheese & Cracker Plate** - \$1.75;
Fresh Fruit & Yogurt Dip - \$1.75; **Toss Salad** - \$3.25 sm \$2.50;
Caesar Salad - \$3.25 sm \$2.50; **Yogurt** - \$1.25; **Yogurt Tubes** - \$1.25;
Yogurt Parfaits with nut free granola - \$1.50; **Cheese Strings** - \$1.00
Fresh Fruit: Apples, Oranges, Kiwi, Grapes, & Bananas - \$.75;
Gold Fish Crackers - \$.60; **Frozen Juice Bars:** Orange & Cherry - \$1.25;
Rice Crispy Squares - \$1.00; **Smoothies:** Mon, Wed, Fri - \$1.25;
Juice: Apple, Orange, 7-Fruit, & Wildberry - \$1.25; **White Milk** - \$.35;
Chocolate Milk - \$1.35; **Welch's Fruit Snacks** - \$1.25; **Apple Slices** - \$1.00;
Pudding Cups (vanilla, butterscotch, banana) - \$1.00;
Bagels (blueberry, plain) - \$1.00; **Bagel & Cream Cheese** (strawberry, plain) - \$1.50;
Applesauce (strawberry/apple, blueberry/apple, plain apple) - \$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** - \$.25 each; **Barbecue/Sweet & Sour Sauce** - \$.40 each; **Cream Cheese (plain or strawberry)** - \$.50 each; **Cheese Whiz** - \$.40 each; **Strawberry Jam** - \$.15 each

We are a NUT & SCENT sensitive school with a smoke-free environment.

**Oct 25<sup>th</sup>:** Pancakes with fresh fruit 3.00 • Yogurt Tube 1.25  
**Oct 26<sup>th</sup>:** Corn Chowder 2.00 • Macaroni & Cheese with Carrot Coins 3.00  
 • Apple Slices 1.00  
**Oct 27<sup>th</sup>:** Baked Chicken Dinner 3.00 • Orange Slices 1.00  
**Oct 28<sup>th</sup>:** Chicken Rice Soup 2.00 • Sloppy Joe with Vegetables 3.00  
 • Chili & Roll 3.00 • Frozen Juice Bar 1.00  
**Oct 29<sup>th</sup>:** Hamburger with Lettuce & Slice of Tomato 2.50 • Cheeseburger with Lettuce & Slice of Tomato 2.75 • Applesauce 1.00

## KINGSTON & DISTRICT SCHOOL

| school lunch menu                                                                                 |                                                    |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>Whole Sandwiches</b>                                                                           | Nacho Chips & Salsa .....\$1.25                    |
| 1/2 Sandwiches (Asst. fillings) .....\$1.30                                                       | Sun Chips/Frito Chips .....\$1.50                  |
| Delux 1/2's .....\$1.65                                                                           | Yogurt/Apple Sauce/Fruit Cups.....\$1.00           |
| Full Sandwiches/Croissant/Wraps .....\$3.30                                                       | Cheese.....\$0.80                                  |
| <b>Hot Foods</b>                                                                                  | Pepperoni & Cheese.....\$1.25                      |
| One Hot Food Daily.....\$2.50 - \$3.00                                                            | Bagel with Cream Cheese.....\$1.25                 |
| Cup of Soup .....\$1.00                                                                           | Bagel 1/2 w/Flavored Cream Cheese & Fruit...\$1.50 |
| Bowl of Soup .....\$2.00                                                                          | Boiled Egg.....\$1.00                              |
| Teachers Plate.....\$3.75 - \$4.25                                                                | Gold Fish Crackers.....\$0.60                      |
| <b>Beverages</b>                                                                                  | Welch's Cheews.....\$1.25                          |
| Milk.....\$0.35                                                                                   | <b>Freezer Items</b>                               |
| Choc. Milk.....\$1.50                                                                             | Frozen Juice Bar.....\$1.25                        |
| Juice Small .....\$0.75                                                                           | Yogurt Tubes.....\$1.25                            |
| Bottled Water .....\$1.25                                                                         | <b>Desserts</b>                                    |
| Yop.....\$1.50                                                                                    | Muffins/Biscuits.....\$1.00                        |
| Oasis Juice Purple/Red/Yellow .....\$1.25                                                         | Cookies.....\$0.50                                 |
| <b>Salads</b>                                                                                     | Yogurt Parf/Cinnamon Bun/Apple Delight.....\$1.25  |
| Caesar Salad.....\$2.50                                                                           | <b>Condiments / Cutlery</b>                        |
| Chicken Caesar/Greek/Spinach/Potato.....\$3.30                                                    | Ketchup/Mustard/Relish.....\$0.15                  |
| <b>Snacks</b>                                                                                     | Mayo & Salad Dressing.....\$0.30                   |
| Fresh Fruit (apple/banana/orange).....\$1.00                                                      | Fork/Knife/Spoon.....\$0.05                        |
| Fresh Fruit.....Small \$1.50 - Large \$3.00                                                       | Cream Cheese/Cheese Whiz pkg.....\$0.50            |
| Veggie & Dip.....Small \$1.50 - Large \$3.00                                                      | Butter pkg.....\$0.25                              |
| <b>Daily Specials (Mon-Thur):</b> Price Includes Hot Meal, Dessert & White Milk - \$3.25 - \$3.75 |                                                    |

There is a "NO" Charging Policy in Effect • Milk Card Available \$7.00 for 20 Milk

**Mon:** Grilled Cheese with Veggie Sticks \$3.25

**Tues:** Chili & Bun \$3.50

**Wed:** Creamy Broccoli & Ham Casserole \$3.50

**Thurs:** Potato Wedges \$3.25

**Fri: Full Day Inservice • No School**

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# Canada Remembers the Burma Campaign

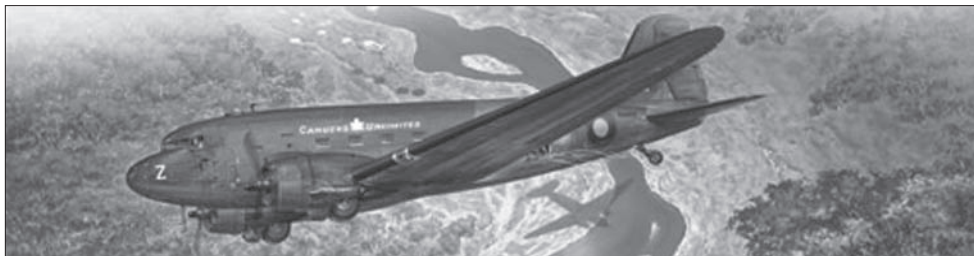
**D-News posted October 19, 2010.**

Ask Canadians about Canada's contribution to the Second World War and many will quickly identify D-Day, or perhaps the Netherlands campaign. Fewer will recall the crucial role Canadians played in the Far East, particularly in Burma, known today as Myanmar. Of the 8,000 Canadians who served in the "Burma Campaign," almost 100 gathered in Ottawa on August 15, to mark the 65th anniversary of VJ-Day, the end of the war.

In the thick jungles

and mountains of the Himalayas, the Allies fought a fierce enemy during the Second World War. The terrain and a five-month long monsoon season made progress a challenge.

By 1943-44, the British Fourteenth Army, including Canadians like Major Charles Hoey of Duncan, British Columbia, had turned the tide in northern Burma and eastern India in a series of hard-fought battles. In February 1944, Hoey led an infantry company in an assault on a Japanese-held hill, losing his life in



**Robert Bradford \* Drop Zone - Toungoo; Burma August 1945 \* CWM 19780780-001 \* Beaverbrook Collection of War Art \* ©Canadian War Museum**

the process. His bravery earned him the Victoria Cross, one of three awarded to Canadians in the Far East.

The campaign to drive back the enemy began in earnest in the fall of 1944. A massive air effort was required to supply the largest Allied army assembled during the war—almost one million strong—as it advanced over the mountains and

down into the jungles of Burma. Canadian and other transport crews flew to the edge of enemy lines and dropped supplies that kept the army moving. It was a dangerous job.

The American B-24 Liberator proved to be an effective long-range bomber and Britain soon had several squadrons of these giant planes operating in the Far East. Often their crew members

came from a Canadian training station in British Columbia. They still refer to themselves as "the Burma Bombers."

Canadians also joined the sea reconnaissance unit, a group of divers who led the assaults across the rivers of Burma. Meanwhile, "mule skimmers" escorted

shiploads of mules from North America for the jungle supply effort. Some 180 Canadians made the journey, escorting more than 1,600 mules across dangerous seas.

By 1945, more than 10,000 Canadians had served in the Far East and more were readying to join the effort, when atomic bombs were dropped on Japan. The Japanese surrendered unconditionally on August 15, 1945. The war was over. The courageous Canadians serving in Burma and across the Far East would be returning home at long last.

## POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles de militaires de Greenwood (CRFMG)



### Directeur des services de bénévolat

Poste à plein temps (congé de maternité)

Fonctions du directeur des services de bénévolat : recrutement, formation, élaboration des programmes, gestion des ressources humaines et soutien à l'équipe de plus de 200 bénévoles du CRFMG. Le directeur des services de bénévolat relève de la Directrice exécutive et voit à ce que les bénévoles jeunes et adultes puissent s'épanouir en contribuant de façon enrichissante au travail que nous faisons dans la communauté militaire.

#### Études et qualités personnelles souhaitées

- Diplôme d'études postsecondaires d'une université reconnue en gestion des ressources humaines ou un domaine connexe des sciences sociales.
- Entrent, grande aptitude à la communication, verbale et écrite, et aptitude faire des exposés et à animer des ateliers. Doit savoir se servir des programmes Microsoft Office, y compris MS Access.
- Expérience de travail dans un organisme sans but lucratif et connaissance approfondie de la gestion des bénévoles et du développement communautaire.
- Aptitude à travailler indépendamment et au sein d'une équipe dans un milieu dynamique et aptitude à organiser et à prioriser la charge de travail de manière à respecter les délais.
- Mise en pratique, en milieu de travail, des principes du Code canadien du bénévolat. Avoir établi et maintenu avec succès des partenariats communautaires.
- Bonne connaissance des besoins bien particuliers des familles de militaires et connaissance pratique des ressources communautaires du secteur desservi.
- Connaissance des enjeux de gestion des risques qui s'appliquent aux bénévoles et aux clients. Croire fermement aux principes du bénévolat.
- Bilinguisme souhaité (constitue un atout).

Déposer, faxer ou envoyer par courriel une lettre de présentation et un c.v. en anglais, qui devront arriver au plus tard le vendredi 5 novembre à 16 h, à :

Margaret Reid, Directrice exécutive  
Centre de ressources pour les familles de militaires de Greenwood  
Centre AVM Morfee, School Road  
Greenwood NS B0P1N0  
Fax : 902-765-1747  
Courriel : home@greenwoodmfr.ca (en objet : candidature – directeur des services de bénévolat)

Remarque : Seuls les candidats retenus seront contactés.

Le CRFM Greenwood pratique l'équité en matière d'emploi. Pour plus de renseignements sur le CRFMG, veuillez visiter le site du CRFMG : www.greenwoodmfr.ca

## EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



### Volunteer Services Manager

Full-Time Term Position (Maternity Leave)

The Volunteer Services Manager is responsible for the recruitment, training, program development, human resource management, and support of the GMFRC's team of over 200 volunteers. Responsible to the Executive Director, the Manager will ensure our youth and adult volunteers embrace personal and professional growth opportunities with meaningful contributions through the work we do in our military community.

The ideal candidate should possess the following skills and education:

- Post-secondary undergraduate degree in Human Resource Management or a related social science field from a recognized university.
- excellent interpersonal, oral, and written communication skill with the ability to facilitate presentations and workshops; and must be computer literate in Microsoft Office programs, including MS Access.
- experience working in a not-for-profit organization with an in-depth knowledge of volunteer management and community development.
- able to work both independently and as part of a team in a fast-paced environment, with the ability to organize and prioritize workload effectively to meet deadlines.
- experience working with, and subscribe to, the principles of the Canadian Code for Volunteer Involvement and have an excellent track record of establishing and maintaining community partnerships.
- an understanding of the unique needs of military families is necessary and a working knowledge of community resources in the catchment area is required.
- awareness of risk management issues as they pertain to volunteers and clients as well as a strong belief in the principles of volunteerism is required.
- Bilingualism is a definite asset.

Hand deliver, fax, or e-mail cover letter and resumé no later than 4:00 pm, Friday, November 5, 2010 to:

Margaret Reid, Executive Director  
Greenwood Military Family Resource Centre  
AVM Morfee Centre, School Road  
Greenwood, NS B0P1N0  
Fax: 902-765-1747  
E-mail: home@greenwoodmfr.ca (subject line : VSM Resumé)

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.greenwoodmfr.ca

## Jessy's Pizza

~ Greenwood ~

### Customer Appreciation Day

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## Happy Birthday

Sarah Thibodeau  
who is 13 years old  
on October 29th.

You are the best  
teen any parent  
could have!

Love Mom & Dad

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Chelsey brings with her 5 years experience in the grooming salon.

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Wise customers read the fine print: ±. The New Fall Colours offers apply to retail deliveries of selected new and unused models purchased on or after October 13, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. ±. Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 and 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. †. Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on most new 2010 Chrysler, Jeep, Dodge and Ram models (except Grand Caravan Van and Ram Chassis Cab) and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts. (Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.) Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a \$199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2011 Jeep Grand Cherokee Laredo (26E) with a Purchase Price of \$37,499 financed at 2.99% APR over 60 months with payments amortized over 61 months equals 130 bi-weekly payments of \$237 and one final payment of \$10,355 for a cost of borrowing of \$3,661 and a total obligation of \$41,160.36. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailer for complete details. ±. Loyalty Bonus Cash is offered on most 2010/2011 models (with the exception of 2010/2011 Ram 1500 Regular Cab 4x2, 2010/2011 Jeep Compass and Patriot 4x2, 2010/2011 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan CVP and Cargo Van (CV)) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your retailer for complete details. ±. SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®. Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

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# Fire Prevention Week a Huge Success

Fire Prevention week is over for another year, but the week was a huge success. We met countless amounts of adults and children who showed a genuine interest in what we were saying and doing. I know for a fact that the children of The Morfee Annex Nursery School, École Rose des Vents, Dwight Ross, and St Mary's school received this year's message: *Smoke Alarms: A Sound you can live with.*

Sparky the Fire Dog once again was a huge success as well as his son Junior Sparky; they had a huge impact on driving home important fire

safety tips to the children such as Stop Drop and Roll and the importance of not playing with matches and lighters. Of course the fire safety bags and goodies presented to the children are always a huge hit. The coloring contest at Morfee Annex Nursery School saw five separate winners who were presented JR. Sparky seat belt holders along with some really cool Fire Prevention items.

I would like to thank everyone for assisting us with this years Fire Prevention Week, some of the key players would be

The Aurora Newspaper, Mr Bruce Gormley at MPEU, the Aylesford Fire Department who provided the kids from St. Mary's School with some Fire Prevention safety items, the Fire Warden of the Year as well as the runners up, and of course you the public.

On behalf of the 14 Wing Greenwood Fire Chief, Fire Inspection Cell, and the entire Fire Department we would like to thank everyone in the community for their support and enthusiasm by allowing us to provide Fire Safety tips throughout the week. Just a friendly reminder although the banners are down fire prevention should be practiced all year round, remember to change your batteries on your smoke detectors and have a safe year.



**14 Wing Greenwood Harvest Festival**  
**29-30 October 2010**  
**Annapolis Mess**

**Combined Charities**

**SILENT AUCTION (75+ items to bid on...)**

**29 October 4:30 PM – 9:30 PM**  
**30 October 11:00 AM – 4:00 PM**

**Winners will be announced NLT 1 November**

**FAMILY PORTRAITS (no pets please)**  
 Choice of a Harvest/Halloween or Christmas Background  
 \$10 per package which includes 1 - 8/10, 1 - 5/7 and a CD

**30 October 11:00 AM – 4:00 PM**

**"LOCALLY, WE MAKE A DIFFERENCE"**

## Thank You



On behalf of the 14 Wing Greenwood Fire Chief, Fire Inspection Cell and the entire Fire Department we would like to thank the following local businesses for their kindness and support during this years Fire Prevention Week:

The Aurora Newspaper, Foster's Fire and Safety,

McDonalds Restaurant, Subway, The Candy Shop, Lyreco, Mama Sofia's Pizzeria, Cleve's Source for Sports, Best Western Aurora Inn, Co-operators Insurance Company, Steve Morse Heavy Towing Light Roadside, B&D Carpets & Flooring Ltd., Tibb's Tumblers Locksmithing Services, David A. Proudfoot Barrister-Solicitor-Notary, Capitol Pub, Andy's Tire, Valley Drug Mart/Pharmasave, and Tim Hortons.

Without your support, we would have never exceeded our expectations.



**HALLOWEEN DANCE**  
**SATURDAY OCTOBER 30<sup>th</sup>**  
**Royal Canadian Legion Br. 098**  
**Kingston**

**9PM - 12:30AM**  
**\$5.00**

**GOOD FEELIN' BAND**  
**FUN & PRIZES!**

reconnect with **AVEDA**  
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

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THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

# The GMFRC's National Family Week



Natasha, Alex, Stephanie, Halie, and Greg Osborne.

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

National Family Week, October 4-10<sup>th</sup>, was a busy week at the Greenwood Military Family Resource Centre (GMFRC). The GMFRC places special emphasis on planning for National Family Week, not just to acknowledge the importance of family but especially to honour our military families and their service to our country. Family demands can be tough, military family demands require a strong family unit, one that is both resilient, adaptable and worth celebrating everyday.

The GMFRC hosted several events in honour of National Family Week. On Saturday, September 25<sup>th</sup> military families were invited to the orchard to pick fresh valley apples to take home and enjoy. Several of the families who attended were new to the community and it was their first experience in an Annapolis Valley Orchard. Welcome to Greenwood!

On the afternoon of Sunday, October 3<sup>rd</sup>, the GMFRC could be found at the Stronach Park duck pond for the 3<sup>rd</sup> Annual Family Walk. Over 250 people took part in the walk and scavenger hunt, had a BBQ'd hamburger or hot dog, and enjoyed a relaxed afternoon with other members of the community. A simple event that allowed people to come out and meet GMFRC staff, meet some new community members and touch base with old friends, not to mention get a bit of exercise!



Jolene, Jerome, Dustin and Gabriella Aubé.

On Wednesday October 6<sup>th</sup>, spaghetti, garlic bread, and apple crisp were the fare for the 2<sup>nd</sup> Annual GMFRC Spaghetti ...see Family Week page 12.

## Annual Witches Brew

Thursday, October 28th

Trick or Treat Mall Wide & Stop by the Food Court for a taste of famous Witches Brew.

from 3-5 pm

Seniors Appreciation Day

VON Blood Pressure & Cholesterol Clinic • 11 am - 1 pm

BINGO, \$50 Jackpot • 11 am

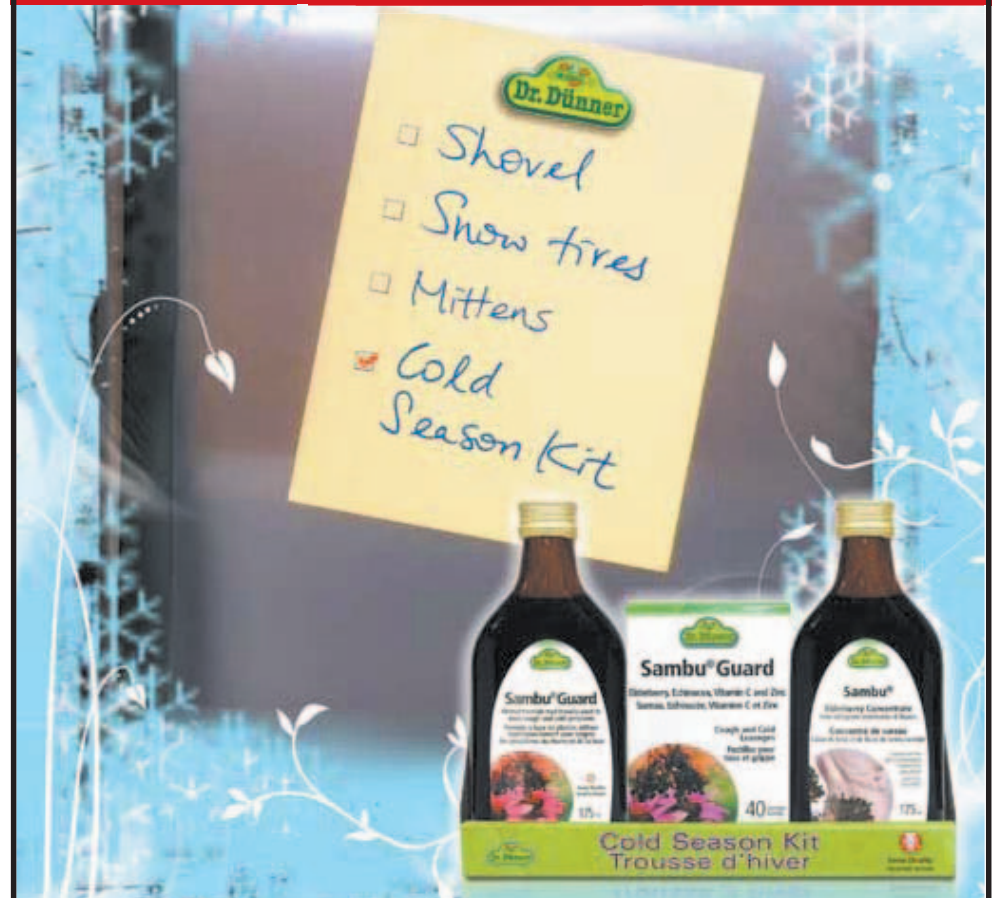
Variety Show, Presented by Greenwood Health Auxiliary "Celebrating 50 Years" • 1 pm

Special Guests, NS Power & Mind Bender Toys • 11 am - 3 pm

Make & Take Crafts & Refreshments all Day!  
Prize Draws! Prize for Best Costume!



**Mall Hours:** Monday-Friday 9:30-9 • Saturday 9:30-6 • Sundays 12-5  
**OCTOBER 31 OPEN 12-5**



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Greenwood Mall • 902-765-4766

# Family Week

...continued from page 11.

Supper. Thank you to LCol Walker, LCol Smith McBride, and Margaret Reid for dishing up supper to over 210 people! Kudo's to the kitchen staff at the Annapolis Café for cooking such a wonderful supper! Military family cooks had a well-deserved night off with no dishes to wash!

Why does the GMFRC host special events? GMFRC special events are for more than entertainment, they are for

connecting. Military families are given the opportunity to connect with GMFRC staff. Should families have questions about programs and services, we are there to answer those questions. The opportunity is there to connect with other military families to create support systems and friendship networks where extended family might not be present. Activities are also designed for military families to connect with the community, helping families to settle and enjoy their

posting to Greenwood.

The GMFRC celebrates military families not only during National Family Week but the whole year through. Thank you to all who attended the National Family Week events. We look forward to the next GMFRC event; Christmas on the Wing on December 5<sup>th</sup> (in partnership with the 14 Wing Community Centre)! For more information on GMFRC programs and services, please contact the GMFRC at 765-5611.

## Greenwood Amateur Radio Club News and Views



VE1RCF Brian.

**Hello from the Shack.** I have been taking a break from writing anything about our club for the past couple of months. I have been busy travelling to Ireland, the USA, and Newfoundland. It has been a busy summer for a lot of us, with traveling, Field Day, a Corn Boil, the NSARA Picnic, and providing communications for the 14 Wing Challenge Run. We just completed our part for Adopt-A-

Highway, and our Flea Market was last weekend.

Our club is involved with the Emergency Measures Organization (EMO), both in Annapolis and Kings Counties, and in the town of Berwick. There is a way that you can help, if you are a licensed Amateur Radio Operator. The Counties are looking for more operators to help in case of emergencies. Just contact myself or any member of the GARC or the Kings County Amateur Radio Club if

you would like to help.

The Amateur world is also getting involved with CANWARN. This is where we can report damages and events caused by Hurricanes, in our local area while the storm is going on. We report to a Net Controller, who in turn reports to a Control Station, who then passes all information to the Weather Bureau. This gives the Maritime Weather Bureau additional information across the province during a storm. We enjoyed helping

with the Challenge Run on the South Mountain. It allowed us to see some of our military personnel doing things that most of us only dream of. The Run consisted of Orienteering, Biking, Shooting, Canoeing, a horizontal rappel across a ravine (carrying their bike), and a run to the finish. I can only say *good show* to all involved.

The next event should be the St Andrews 1/2 Marathon, where we have been providing check-points and

communications. I believe that it will be held on the 7<sup>th</sup> of November.

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



### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### MCMASTER MILL HISTORIC SITE (also known as Rocknotch Mill Park) COMMUNITY OPEN HOUSE

KINGSTON FIRE HALL  
Thursday, November 4, 2010  
5:00 – 7:00PM

The McMaster Mill Historic Site Steering Committee welcomes public input at this Community Open House. Municipality of the County of Kings Staff and their Parks design consultant join the Steering Committee to meet the public, provide information on the vision for this parkland site, and receive input on a draft Vision and Conceptual Plan.

The draft Vision and Conceptual Plan will guide the establishment of priorities and municipal investment in the provision of this public parkland space. The site is located adjacent to Rocknotch Road and is the historical location of a sawmill settlement.

For further information or enquiries please contact :

Bob Suffron  
Coordinator of Parks and Open Space  
Municipality of the County of Kings  
P.O. Box 100  
Kentville, N. S. B4N 3W3  
Email: [bsuffron@county.kings.ns.ca](mailto:bsuffron@county.kings.ns.ca)

Tel: (902) 690-6153 Fax: (902) 679-0911  
Local from Kingston & Greenwood (888-337-2999)  
[www.county.kings.ns.ca](http://www.county.kings.ns.ca)

## Upcoming Health Promotion Programs

Submitted by: Mary Wilson

All programs and workshops are FREE and available to military members and their spouse. DND and NPF employees are also welcome to attend.

**Stress: Take Charge! (02 Nov 10 - 03 Nov 10) 0800-1500 hrs**

This workshop will provide you with time to identify the stressors in your life as well as recognize the coping

mechanisms so that you can incorporate them into your life. Relaxation and meditation exercises will be introduced and practiced throughout the two days so bring a blanket and pillow if you like. Refreshments and light snacks will also be available. This is a chance to get away from it all, meet some new people, relax and take in some great information.

**Weight Wellness Lifestyle**

**Program (01 Nov 10 - 06 Dec 10) Monday evenings 1800-2030**

This program was designed to help people develop a healthier lifestyle through a personalized weight management plan. The focus is on healthier eating and physical activity. A variety of nutrition-related topics will be discussed and each participant will receive a pedometer, a Myotape for measuring, and a log book to keep track of their food and exercise. A fitness instructor will visit the class and offer a tour of the F&S Centre as well as provide healthy and safe tips for exercise to help give you jump start.

**Managing Angry Moments (03 Nov 10 - 08 Dec 10) Wednesday mornings 0830-1200**

This workshop is for anyone who would like to learn more about how to manage the

angry and frustrating times in life. It is a prevention program and IS NOT for treatment or counselling. MAM is an interactive program designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you, and learning how to manage your responses for the long-term.

**SPACES ARE STILL AVAILABLE. CALL TODAY TO REGISTER!**

For more information or to register, please contact: Health Promotion Office (PSP), F&S Centre (Gym) (902) 765-1494 ext: 5388



### THE MUNICIPALITY OF THE COUNTY OF KINGS

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

#### TENDER 10-18

**Winter Maintenance Services  
November 22, 2010 to November 21, 2013**

The Municipality of the County of Kings, Engineering & Public Works is seeking bids for work that includes, but is not limited to the control of snow and ice on Municipality owned roads, sidewalks, and facilities for a three (3) year period.

**Work has been divided into multiple service zones. Prospective bidders may bid on work in one or more service zones.**

Specifications may be viewed and picked upon receipt of a \$50.00 non-refundable deposit after 1:00 pm on Monday, October 18, 2010, at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm.

Specific inquiries pertaining to this tender may be directed to Tanya Oickle, Engineering Support Clerk at 902-690-6195 or at: [toickle@county.kings.ns.ca](mailto:toickle@county.kings.ns.ca)

**PROPOSALS WILL BE ACCEPTED UNTIL 2:00PM  
THURSDAY, NOVEMBER 4, 2010**

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

HOUSE OF COMMONS CHAMBRE DES COMMUNES

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

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Yarmouth, BSA 1M1  
Office/Bureau (902) 742-6808  
Fax/Télécopieur (902) 742-6815

14373 Highway 1  
Wilmot, N.S. B0P 1W0  
Office/Bureau (902) 825-2320  
Fax/Télécopieur (902) 825-3785

**Toll Free/Sans Frais 1-866-280-5302**  
[KerrG1a@parl.gc.ca](mailto:KerrG1a@parl.gc.ca)

# Mental Health Services - 26 Canadian Forces Health Services Centre

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

provide information regarding referrals to local community services and military resources.

#### Mental Health Services Team:

Manager: Lt (N) Marcy Daniels, MSW, RSW  
Social Work Officers: Michelle Hammond, MSW, RSW; Joe Beninati, MSW, RSW, ICCAC; Geri Tobin, MSW, RSW, CD  
Psychologist: Eileen Donahoe, PhD, Registered Psychologist  
Psychiatrist: Dr Mark Johnston, (Medical Referral required)  
\*A referral is not required for appointments to see Social

Work Officers.

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

Phone: 765-1494 ext 5215; FAX: 765-1742.

## Hallowe'en Safety Tips for People of All Ages

#### 14 Wing Military Police Detachment

With Hallowe'en just around the corner, it's time to start preparing for that exciting day where children get to enjoy funny and scary costumes while gathering treats from neighbours in the community.

The 14 Wing Greenwood Military Police detachment would like to remind both children and adults to play safe on Hallowe'en day and also remind motorists to drive with care. Keep these useful tips in mind before heading out on your exciting Hallowe'en festivities:

#### Tips for Adults and Homeowners:

1. Parents should be aware of the route their children intend to take and who they are going with.
2. Ensure that your child eats dinner before setting out.
3. Check your children's candy before they eat any; throw out any candy not commercially wrapped.
4. Keep house and porch lights on, the more lit up your house, the safer it will be.
5. Decorations shouldn't pose a tripping hazard. Keep doors clear and accessible.
6. Avoid inviting children inside your home.
7. Ensure your children know an emergency contact number or place they can meet you if they get lost.
8. Refrain from handing out treats that contain allergenic ingredients (i.e. peanuts or peanut butter).
9. Keep pets indoors.
10. As an alternative idea, organize a Hallowe'en party for children in the neighbourhood.

#### Tips for Children and Teenagers:

1. Go trick-or-treating with a parent or responsible adult. Older teenagers should go with friends, and everyone should use the buddy system.

2. Carry a flashlight! Make sure you can see and be seen in the dark.
3. Wear a watch if you go out on your own to be aware of the time.
4. Walk on sidewalks only and do not run.
5. Never go inside a strange residence or car.
6. While trick-or-treating, go down one side of the street first, then the other. Avoid crossing back and forth across the street and only cross the street at crosswalks or intersections.
7. Avoid taking shortcuts through alleys, or parks. Stay in well-lit areas.
8. Trick-or-treat in well-known areas; don't

wander into unknown neighbourhoods.

9. Bring your candy home to be inspected before eating it.

#### Motorist Tips:

1. Reduce your speed for the extent of the evening, especially after dark. Be extra cautious if it rains.
2. If possible take alternative routes away from busy subdivisions filled with young trick-or-treaters.
3. Slow down and be cautious at all intersections.

#### Costume Tips:

1. Wear bright costumes or pick up a reflective band or jacket, glow stick, anything that will light you up for motorists.
2. Ensure costumes are

made of flame-retardant materials.

3. Never restrict your vision. Masks are fun to wear, but often impair your peripheral vision. Swap the mask for face paint on the night you trick or treat. If you must wear a mask cut the eye holes larger so that your sight is not affected.
4. Wear comfortable shoes even if they don't match the costume. Be sure your costume doesn't drag on the ground or you might trip.

Remember these general safety guidelines and we can all ensure a safe and exciting day for our children and community!



### The Village of Kingston

## REQUEST FOR PROPOSAL

### #10.01 – SUPERVISORY CONTROL AND DATA ACQUISITION (SCADA) SYSTEM

The Village of Kingston invite proposals to provide a SCADA System for its wastewater collection system. Interested firms are invited to contact the undersigned for further information and to receive a formal Request for Proposal (RFP) package, which provides terms and conditions, general information and requirements for proposals.

The RFP package is also available on the Village's website.

Sealed proposals will be received at the address below prior to 2:00 pm Friday November 5, 2010.

Greg Towne  
Clerk/Treasurer  
gtowne@kingstonnovascotia.ca

Proposals will be opened in public at 2:05 pm Friday, November 5, 2010 in the Village Office.

The Village of Kingston  
671 Main St, PO Box 254  
Kingston, NS B0P 1R0  
p: (902) 765-2800 f: (902) 765-0807  
www.kingstonnovascotia.ca

## West Kings Annual Remembrance Day Ceremony



November 5<sup>th</sup>, 2010

7:00 PM (public ceremony)

West Kings Gymnasium

1941 Highway #1 Auburn N.S

# 50<sup>th</sup> Anniversary

The Greenwood Health Auxiliary recently celebrated their 50<sup>th</sup> Anniversary. On September 16<sup>th</sup>, members and former members enjoyed a dinner catered by the Kingston Lion's Club at which area MLA Leo Glavine, his wife Doris, and former president, Joan Patrick, were special guests. Readings and skits brought back memories of the Auxiliary's history and the establishment of its main fund raiser, The Opportunity Shop.

On Saturday afternoon, a further celebration was held

in the form of a sixties style, afternoon Tea with music by Ila Vidito and Gloria Gallant. There were pictorial displays of the Auxiliary's history and members in sixties garb catered to a good turnout. Draws were made for a variety of door prizes donated by local merchants. The 50/50 draw was won by Nancy Fowler and the area rug was won by Wanda Crawley. Congratulatory messages were received from these merchants, sister auxiliaries and friends from across Canada.

On Tuesday, Opportunity Shop customers shared in the fun with cake and coffee served from the Mall Boardroom.

During its 50 years; recycling of used clothing at the Opportunity Shop has

realised a profit of nearly half a million dollars. This has been donated to Valley Health Care concerns to boost the level of comfort and care for patients in this area.

It is thanks to the constant support and used clothing donations from area residents that this project continues to give. Keep the donations coming please so all of us may benefit. Good used clothing can be dropped off during mall hours, by the Opportunity Shop door in the Greenwood Mall. The Opportunity Shop, staffed by Auxiliary member volunteers, is open daily from 1:00 to 3:00 p.m.

If you would like to know more about this organisation, leave your name with the Opportunity Shop staff, or contact Shirley at 765-2658.



(L-R): Kaye Amos Secretary, Shirley Houghton President, Shirley Keddy Treasurer, Ida Hall Vice President.

**Zedex Theatre**  
765-8848

24 - 27 Oct  
**You Again**  
Sun - Wed • 8 pm  
Rated G

28 Oct  
**"Restrepo"**  
Thurs • 8 pm ONLY  
Special Admission  
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Rated PG

A documentary on soldiers in Afghanistan

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11 Admissions - \$60  
[www.zedex.ca](http://www.zedex.ca)



The winner of "area rug" was Wanda Crawley.



Shirley Houghton.



Ahh... delicious!

**Kingston Legion**

**BINGO**  
Prize Money  
Guaranteed: \$2,500

**BOOKLET BINGO**

Sunday, 1:45 p.m.  
Tuesday, 7:30 p.m.  
Regular Games - \$125

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

**Consolation \$500**

- Double Action

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There will be no charge for Military Obituaries of 150 words or less.  
For more information, contact Anne Kempton at 765-1494 local 5833

**The Aurora**

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



# 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.

## Aylesford & District Lions Annual Fall Auction

Saturday, November 6th from 10:30 a.m. till 5:00 p.m. and Sunday, November 7th from 1:00 p.m. till done. Viewing starts 1 hour before the auction. New and used items. Canteen available. If you have items, gift certificates or services you would like to contribute to the auction please contact Philip Graves at 847-3847 and leave a message or any Aylesford Lion.

## Valley Animal Shelter Annual Bake Sale

It's that time of year again. The Valley Animal Shelter will hold its annual Bake Sale on Friday, October 29th, 9:00 a.m. to 3:30 p.m., at the Valley Drug Mart (Pharmasave) in Middleton. Expect to find all sorts of yummy goodies such as homemade candy, squares, cupcakes, cookies, breads, preserves and more. For more information, please call Jennifer at 765-6629.

## Middleton Fireflies' Luncheon

Tuesday, October 26, 2010, Middleton Fire Hall 11:00 a.m. to 1:00 p.m. Menu will be: Lobster chowder; corn chowder; split pea & ham soup, strawberry short cake, tea or coffee. Take out orders in Middleton. Please call by October 25th. 825-3062. (tea/coffee not included with take out orders).

## Jigg's Dinner

4 November 4:30 - 6:15 p.m. at the Middleton Fire Hall, proceeds for the Parish of Wilmot. Adults \$12.00, Under 12 \$7.00. We are serving Corned Beef, Cabbage, Vegetables and all the fixings with Apple crisp for dessert.

## Country Music Concert

A Tribute to Allan White and his music at New Beginnings Center, 1151 Bridge St., Greenwood, Oct.30th. at 7:00 p.m. Musicians include Paul Marshall & Best of Intentions, Ken Best & Silverado, and the White Family. Freewill Offering. Canteen available. For info contact Paul Marshall 765-4644.

## Hallelujah Harvest Hoedown

The Annapolis Valley Community Church of the Nazarene 738 Tremont Mountain rd, is having a Hallelujah party (Halloween Alternative) for all kids on October 30th from 6:30 - 8:30 p.m. There will be lots of fun, games, activities and lots of treats. Come in your favourite costume and have a great time. For more information call Giselle Paul at 765-4326.

## Breakfast

R.C.L #01 Middleton. Scrambled eggs or pancakes, hash browns, baked beans, bacon or sausage, toast, coffee tea, apple or orange juice. Nov. 6th 2010 from 8:00 to 11:00 a.m. \$5.00 adults, \$2.50 children under 12 years. Open to the public, come out and enjoy!

## Notice for Sunday VPI Meeting

The Greenwood 14 Wing VPI will hold their monthly meeting on 28 Oct at the VPI Centre. For the meeting, Fuel Top Up at 1515, Engines On at 1530 hrs, with Take Off planned for 1600 hrs. Check your itinerary and Flight Plan ahead.

## Special Brunch

Sunday Oct. 31st after 11:00 a.m. Mass at St. Anthony's church hall in Berwick. Your support will help feed those who cannot feed themselves. Only \$4.00. Sponsored by Knights of Columbus, Greenwood/Middleton Council. Pancakes, Sausages, hash browns, ham, scrambled eggs, coffee, tea, juice. Everyone welcome. Contact Kent Sill at 765 2734 for more information.

## West Kings Craft Fair

Sunday, November 7, 2010 at West Kings High School in Auburn from 10:00 a.m. til 4:00 p.m. Admission \$2.00. Proceeds in support of West Kings Band program. Any one interested in booking a table at the craft fair, please contact Marla at marlapalmer@eastlink.ca or phone 847-1749.

## Dessert Night and Silent Auction

The West Kings District High School is having a Dessert Night and Silent Auction, November 18, 2010 from 7:00 - 9:00 p.m. at the High School in Auburn. Come out for an evening of musical entertainment, delicious desserts, tea and coffee. Admission \$4.00 or \$10.00 per family. In support of the Musical Arts.

## Kingston and District Hospital Auxiliary Meeting

The meeting of the Kingston and District Hospital Auxiliary will be on Tuesday November 2nd at 1:00 p.m. at the Kingston Fire Hall. Guest speaker is Valerie Thomas of Volunteer Resources. Come out and join us, all are welcome.

## IODE Rummage Sale

Saturday, October 30th at the NSCC, Middleton from 1:00 - 3:00 p.m.

## Kingston & District Health Auxiliary Coffee Party & Silent Auction

Friday November 19th, 2010, 9:30 a.m. - 11:30 a.m. at the Kingston Fire Hall. Proceeds from the coffee party go to: V.O.N. Thanks for your support.

## CentreStage Presents Little Women

Little Women opens on Thursday, November 4th (pay what you can) and continues playing on Friday and Saturday nights until December 11th. There will be a 2:00 p.m. matinee on Sunday, November 28th. Phone 678-8040 to make reservations, or visit www.centrestagetheatre.ca for more information. CentreStage Theatre is located at 61 River Street, Kentville across from the Police Station.

## Toastmasters

Guests are invited to attend our next meeting to see why we come back each week. Our motto: We learn by doing. We meet every Tuesday, 6:15 - 8:00 P.M. at 14 Wing Greenwood, Building B 221, Air Commodore Birchall Training Centre (home of the Zedex Theatre), Classroom 7. Visit: http://annapolis.freetoasthost.net phone Christine at 825-1061 for further info.

## Christmas Craft Sale

5:00 - 9:00 p.m., Friday, November 12th and 10:00 a.m. to 4:00 p.m., Saturday, November 13th at the Macdonald Museum, 21 School Street, Middleton. Come out and support your Museum at this biggest fundraiser of the year. Three floors of crafts, canteen, table of delicious baked goods and washrooms available. Cost \$2.00 per person, children 12yrs and under get in free. Phone 825-6116 for information.

## Annual Harvest Supper

All Saints A.C.W. will be holding their Annual Harvest Supper. At the All Saints Church Hall, Pleasant Street, Kingston on Thursday October 28, 2010 from 4:30 - 6:30 p.m. Menu: Ham, baked beans, scalloped potatoes, pumpkin pie, apple crisp. Cost: Adults - \$9.00 Children - \$4.00; family rates are available. There will be take out!

## 4th Annual Christmas Shopping Expo

Nov 5th, 6:00 - 9:00 p.m. & Nov 6th, 9:00 a.m. - 1:00 p.m. New Beginnings Center in Greenwood, next to the Dairy Queen. Free admission & refreshments! Bring a friend and get some Christmas shopping done!

## Turkey Supper

Three Rivers Community Centre, 41 Messenger Road, will be having a Turkey Supper, November 4th, 2010 from 4:30 to 6:30 p.m. Adults \$10.00, children under 12 \$5.00. For information please call Audrey 765-3442 or Cynthia 765-8724.

## A New Shade of Blue

Annapolis Valley Bluegrass & Old-Time Music Association presents "A New Shade of Blue". November 7th, 2:00 p.m. at the Berwick Lions Hall, Kings Mutual Century Center, Veterans Drive, Cottage Street West. 50/50 draw, Canteen, Price \$8.00. Please phone Bill at 844-0374 or Doug at 624-9492.

## Authors Ink Creative Writers

Will meet 10:00 a.m. to 12:00 p.m., Wednesday, October 27th, at Macdonald Museum, 21 School Street. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

## C.D. Pete Harris Art Exhibit

Continues at the Macdonald Museum, Middleton until October 29th. Admission charged. Museum open 10:30 a.m. to 4:30 p.m., Monday - Friday. Call 825-6116 for more information.

## "Funds for Fuel" Bridge Party

Monday, November 1st, Macdonald Museum, Middleton. Play begins at 1:00 p.m. All welcome. \$4.00 per person. Light refreshments. Come out for a fun afternoon and support your museum. Phone 825-6116 for more information.

## Authors Ink Creative Writers

Will meet 10:00 a.m. to 12:00 p.m., Wednesday, November 17th, at Macdonald Museum, 21 School Street. Cost is \$3.00 per person to attend. All welcome. Please phone 825-6116 for details.

## Annapolis Valley Historical Society Meeting

7:30 p.m., Tuesday, November 23rd, Macdonald Museum, Middleton. Special Christmas program includes guests. Rev. Karen Ralph and the St. John's United Church choir of Middleton. All welcome. No admission charged. Call 825-6116 for more information.

# HOROSCOPES

October 24 - October 30

## ARIES - Mar 21/Apr 20

Aries, this week's problems may seem a little unreal because you've been walking on sunshine for a while now. Get back in problem-solving mode ASAP.

## TAURUS - Apr 21/May 21

A friend is going through some changes, Taurus. Your support is necessary, so show some patience while this person struggles to adapt to the new situation.

## GEMINI - May 22/June 21

Gemini, things beyond your control could affect your reputation. You will be responsible for righting the wrongs against you. Friends can vouch for you as well.

## CANCER - Jun 22/Jul 22

Cancer, prepare for your mind to wander this week as plans for travel become even more real. Just don't get too caught up in daydreams and let work suffer.

## LEO - Jul 23/Aug 23

You are in an artistic mood, Leo. Try redecorating a room, or visit a museum and view some of your favorite artists. Take a family member along.

## VIRGO - Aug 24/Sept 22

Virgo, you have the ability to change anything in your life. This week decide just what it is that you want to change and then get to work on achieving that goal.

## LIBRA - Sept 23/Oct 23

Libra, you are a bit frazzled this week, partially because people close to you are saying one thing but doing another. Once you sort things out, you will be more grounded.

## SCORPIO - Oct 24/Nov 22

Get creative this week, Scorpio. Feed your imagination with all sorts of fanciful things. If anyone can use a break from reality, it's you. A project is on the horizon.

## SAGITTARIUS - Nov 23/Dec 21

Sagittarius, thinking through every decision in excess can lead to a pounding headache and inactivity. Go with your gut and get a few things accomplished.

## CAPRICORN - Dec 22/Jan 20

You have a lot of stable energy this week, Capricorn. This enables you to be viewed positively by others and gives you the best chance to have your voice heard.

## AQUARIUS - Jan 21/Feb 18

Watch your spending this week, Aquarius. You need to keep as many funds in reserve as possible for a big purchase that is on the horizon. Put away your wallet.

## PISCES - Feb 19/Mar 20

Pisces, most people think you're perfect the way you are, so don't feel the need to make any changes -- especially now.

## FAMOUS BIRTHDAYS

|            |                                  |
|------------|----------------------------------|
| OCTOBER 24 | Tila Tequila, Internet Star (29) |
| OCTOBER 25 | Katy Perry, Singer (26)          |
| OCTOBER 26 | Keith Urban, Singer (43)         |
| OCTOBER 27 | John Cleese, Actor (71)          |
| OCTOBER 28 | Bruce Jenner, Athlete (61)       |
| OCTOBER 29 | Winona Ryder, Actress (39)       |
| OCTOBER 30 | Gavin Rossdale, Singer (43)      |

Horoscopes brought to you compliments of:

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

**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, October 28, 2010.**  
 Make sure you include your full name and phone number.

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

**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!**

1. What business is looking for a Training Pilot \_\_\_\_\_
2. Whose ad has 50% off Dr. Dünner cold & flu products \_\_\_\_\_
3. When is Jessie's Pizza having a 1/2 price pizza sale on any size \_\_\_\_\_
4. Whose ad says, Big dogs, small dogs, we groom them all \_\_\_\_\_
5. When is the Kentville Volunteer Fire Dept having their Haunted House Party \_\_\_\_\_

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

**Congratulations to last week's winner: RALPH COMEAU**

**Christmas Centrepiece Workshop**

Register now at the Macdonald Museum, 21 School Street, Middleton by calling 825-6116 or dropping in. Cost is \$15.00 per person, most supplies provided. Make a beautiful centrepiece for the holidays under the direction of an experienced local florist. Workshop to take place 9:30 - 11:30 a.m., Thursday, November 25th at the Macdonald Museum. Proceeds to the Museum. Call now to register or get information at 825-6116.

**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.

**RCAFA #107 (Valley) Wing Upcoming Events**

Hallowe'en Party - Saturday Oct. 30th - 7:30 p.m. Costumes, munchies, music and dancing. Come out and have some scary fun. No charge if in costume, \$5.00 if not, so put on your ugly face, take your teeth out and it's free! Another Hot Flash - Charter Night tickets now on sale at the bar. Date is Nov. 20th, cocktails at 6:30 p.m. Contact us for prices.

**Middleton Skating Club Annual Florida Orange and Grapefruit Sale!**

Pre-Order your delicious fruit by Friday, November 5th by calling Tave McLennan 825 3937 or by e-mail mscctrusale@hotmail.com. Cost: Full case: \$37; half case \$23; quarter case: \$13...Please order now!

**Stick League Curling**

A new league for both men and women will be starting on Tuesday, October 26th at 10:00 a.m. at the 14 Wing Greenwood Curling Club. For more information on this new curling technique and league call Dwight Richardson at 765-0470. Everyone is welcome so come on out and bring a friend.

**Story Hour**

Sunday Story Time with Miss Kendra at the 14 Wing Library, AVM Morfee Centre, from 2:00 - 3:00 p.m., already in progress. Call 765-1494 ext 5430 to register your little ones.

**Meet the Herbalist**

**Open Clinic Day**

At the Telegraph Tea Room, 127 Bridge St., Melvern Square, Thursday, October 28, 2010 from 10:00 a.m. to 5:00 p.m. Pay what you can sessions. Come meet Clinical Herbalist Candidate Amanda Dainow, and enjoy a health consultation. The consultation takes 1-2 hours and we will work together to address your health needs. We will work

# Youth Happenings at 14 Wing Community Centre

**By: Recreation Youth Worker; Megan LeMoine**

Everyone get your costumes ready for the Halloween Dance at The Centre Friday October 29. Wear your spookiest, craziest or most creative costume; you could win a great prize! For any info on programs or events, please call 765-8165.

**Boys Club**

**Bowling**

**Monday October 25**

**6-7pm Cost \$3**

Boys ages 9-12 come to The Greenwood Bowling Centre to bowl the night away! Bring \$3 and we could bowl 2 strings! See you there!

**Teen Council**

**Tuesday October 26**

**3-4pm**

Teens come to The Centre to get ready for the Halloween Dance. Everyone remember decorating is on Thursday

**Christmas Coffee Party**

10:00 a.m. to 1:00 p.m., Saturday, November 27th, at Macdonald Museum, 21 School St, Middleton. Come in for some holiday refreshments amidst a lovely Christmas setting. Free will offering. Call 825-6116 for details.

**Oct. 28. Active Chicks Bowling**

**Wednesday October 27**

**6-7pm**

**Cost \$3**

Girls ages 9-12 come to The Greenwood Bowling Centre to bowl the night away! Bring \$3 and we could bowl 2 strings! See you there!

**Halloween Dance**

**Pre-teen- 6-8pm \$3**

**Teen- 8:30-11:30pm \$4**

Come dressed in your favourite Halloween costume, make it the

best spooky, scary or funny costume, and you could win a prize! Be there or be scared!

**Special Events Caramel Apple Night**

**Tuesday October 26**

**Pre-teen 5-6pm**

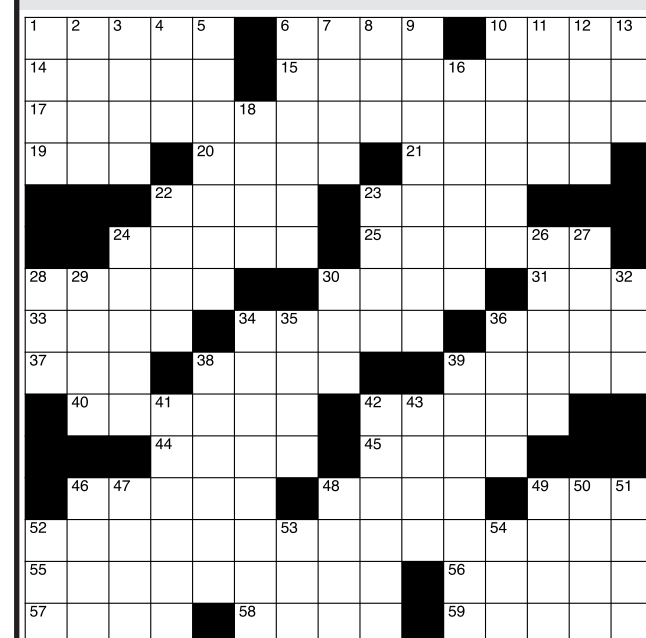
**Teen 6-7pm**

**Please Pre-register!**

For a special Halloween treat come to The Centre to enjoy a caramel apple, for free! Please let us know if you have any allergies, there will be nuts! For this program you must pre-register!

## Metro Crossword

Spelling: US English Solution page 18



- ACROSS**
- 1. Officer trainee
  - 6. District in ancient Greece
  - 10. Queen of Sparta
  - 14. Excessively fat
  - 15. Beach guard
  - 17. Chocolate & cherries dessert
  - 19. 1/100 yen
  - 20. Duct or cellophane
  - 21. Scottish novelist John \_\_\_\_\_
  - 22. Act as an assistant
  - 23. Engage a worker
  - 24. Countertenors
  - 25. Capacity for activity
  - 28. Heavy steel rope
  - 30. Geological times
  - 31. Vestment worn by clergy
  - 33. Opposite of work
  - 34. Challenges
  - 36. TV choral show
  - 37. Non-commercial TV
  - 38. Delayed
  - 39. State of dishonor
  - 40. Benne seeds
  - 42. American Indian tribe (pl.)
  - 44. Formerly Persia
  - 45. The \_\_\_\_\_ Ranger
  - 46. Scaly ant eater genus
  - 48. Pouches
  - 49. Denotes three
  - 52. Blotter, inbox etc.
  - 55. Impelling forces
  - 56. Small spur wheel
  - 57. Soviet Union
  - 58. Crystal ball divining
  - 59. Weighing device
  - 22. Treaty associate
  - 23. Not there
  - 24. Cause to feel # 39 across
  - 26. Festivities
  - 27. Hypothetical original substance
  - 28. Cost per page
  - 29. White linen vestments
  - 30. Before
  - 32. Spelling or Quilting
  - 34. Syrian capital
  - 35. Egyptian Sun god
  - 36. Indian clarified butter
  - 38. Lasso
  - 39. Detectors
  - 41. Fishing line weight
  - 42. Push & smart
  - 43. Plural of 54 down
  - 46. Microelectromechanical systems (abbr.)
  - 47. Vipers
  - 48. One with powers of foresight
  - 49. Toronto Ins. Woman's Assoc.
  - 50. Film spool
  - 51. A small island
  - 52. Daman and \_\_\_\_\_, India
  - 53. Reciprocal of a sine
  - 54. Mythological bird

Metro Crossword brought to you compliments of:

## Sudoku Solution page 18

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

Level: Beginner

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

Sudoku brought to you compliments of:

## PATRICK'S PUZZLE

### What's the Difference?

There are five things different between Picture A and Picture B. Can you find them all?



Answers: 1. missing bubbles 2. bigger flames 3. missing glasses on witch 4. bats are in sky 5. eyes in cauldron

Patrick's Puzzle brought to you compliments of:

954 Central Avenue  
Greenwood  
**765-6381**

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

**BEST TOYOTA**

840 Park St., Kentville  
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Toll-free 1-888-466-2702  
www.besttoyotasales.com

# 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.

## One of the Most Viewed Pages in the Newspaper

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.



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 SALE

FOR SALE - Desk and Amethyst Stone. Phone 847-3496. (3140-2tpb)

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

### PARKER & RICHTER

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

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

FOR SALE - HONEYCRISP apples. 20 pound bag. \$12.00 a bag. Bob Johnson, 2380 Harmony Road Aylesford, Nova Scotia. (6km south of Aylesford). Phone 847-9146. (3140-4tpb)

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

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820 Main Street, Kingston  
**765-2544 765-2555**

YARD SALE - 104 School Street, Middleton. October 30, 2010 10 a.m. until 12 a.m. (3141-1tpb)

### FOR RENT

FOR RENT - Worry free retirement living, IR Postings welcomed, located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3135-ufnb)

**Valleywide In-Home Computer Repair**  
Offers a full range of services in the comfort of your home  
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• Networking • Tutoring •  
• Pickup/Return •  
• Laptop Repair •  
• Eve-Wkend Appointments •  
• Drop-off in Aylesford •  
**For Fast, Economical, Convenient Service ~ Call Valleywide ~ 844-2299**

FOR RENT - 2 Bedroom Mobile located in Kingston. \$650.00 a month, utilities included. Phone 847-5046. (3139-ufn)

FOR RENT - Small bachelor house located in Kingston. \$535.00 a month, utilities included. Phone 847-5046. (3139-ufn)

**GUITAR GURU GUITAR LESSONS**  
Play & Learn in our comfortable home studio  
Electric or Acoustic Guitar  
All ages, all styles of music  
Beginner to Advanced  
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FOR RENT - 2 bedroom apartment for rent (bottom level of a 2 level duplex) behind Paragon in Kingston. Quiet area with large yard and shed for storage. \$525 a month plus utilities. Includes fridge, stove, washer/dryer, snow removal, and lawn care. No smoking and references required. Available Nov 1st. Contact 765-9274 after 5pm for more info or to view. (3140-ufnb)

FOR RENT - Beautiful home on 1 acre landscaped property in quiet residential area 5 minutes from CFB Greenwood and shopping. 2 bedroom, 1.5 baths, approx 1800 sq. ft. large stone fireplace 200 AMP service. \$875.00 a month, pets allowed, available Nov 1st. Includes fridge, stove, dishwasher, washer & dryer. Phone 670-6522. (3139-6tpb)

FOR RENT - Available Nov 1st. 701 Balsar Drive, Kingston. Large clean 2 Bedroom Apartment none smoking, no pets. Stove & Fridge included. \$700.00 a month plus utilities. Call 765-6489. (3140-4tp)

**DOUG'S FIREWOOD**  
Clear hardwood, full cord, cut, split & delivery from New Minas to Annapolis  
Phone 825-4930 or 825-8525

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Autos • Trucks • Boats  
~ ALSO ~  
Self-Storage Units  
Moving Services Available  
**Getting Deployed? Call 847-0490**  
- Military Discounts - 2 kms from Base

FOR RENT - 2 bedroom flat located in Margareville. Over looking the Bay of Fundy. Hardware flooring, laundry room, fridge, stove, heat & lights included. No pets. \$650.00 per month. Phone 825-2327. (3139-4tpb)

FOR RENT - Available Nov 1st. 701 Balsar Drive, Kingston. Large clean 2 Bedroom Apartment none smoking, no pets. Stove & Fridge included. \$700.00 a month plus utilities. Call 765-6489. (3140-4tp)

FOR RENT - 3 Bedroom side of a duplex in Middleton with garage, laundry hook-up, nicely renovated, no smoking or dogs. Reference required. \$600.00 a month plus utilities. Available Nov 1. Call 840-3580. (3140-3tpb)

FOR RENT - 1 bedroom house in Aylesford. \$550.00 per month, utilities extra. Phone 847-3496. (3140-2tpb)

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

**FOR SALE FIREWOOD**  
Clear Hardwood  
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Quality Guaranteed  
Please Phone **825-3361**

FOR RENT - Bachelor apartment for rent in Kingston. \$535.00 a month, utilities included. Call 825-3607. (3141-2tpb)

FOR RENT - CLEAN, MODERN ONE BEDROOM APARTMENT. Suitable for professional person. Fully furnished good location, 1013 Main St Kingston. Private paved parking, Lawn care & snow removal. Non-smoker. \$800.00 per month includes all utilities as well as phone and high speed internet. Call 765-6741(3140-1tpb)

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

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

SERVICE - Offering childcare in Ravenwood Subdivision. This is a non-smoking home. I have a degree in Early Childhood, Child psychology and First Aid qualified. For further information please contact Lois at 844-0258. (3141-3tpb)

**DAN'S FIREWOOD**  
Hardwood, \$190 a cord  
Softwood, \$150 a cord  
Cut, Split, Delivered  
Ph: **825-6424**

**David A. Proudfoot**  
Barrister \* Solicitor \* Notary  
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Greenwood, NS B0P 1N0  
Email: **dap@davidproudfoot.com**  
Web: **www.davidproudfoot.com**  
T: 902-765-3301 F: 902-765-6493

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RR1 Wilmot, NS B0P 1W0  
840-0552  
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**Stop Smoking with Hypnosis**  
Cheryl Tardif, CD  
Certified Hypnotherapist  
Psychosynthesist  
1994 Lily Lake Road  
Middleton  
**825-2286** Gift Certificates Available

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

**Sudoku Solution**  
9 7 3 5 2 4 6 1 8  
5 6 1 8 7 9 2 4 3  
2 4 8 6 1 3 5 7 9  
1 5 2 9 3 6 4 8 7  
3 9 4 7 8 5 1 6 2  
7 8 6 1 4 2 3 9 5  
4 3 7 2 9 1 8 5 6  
8 1 5 3 6 7 9 2 4  
6 2 9 4 5 8 7 3 1

**Greenwood Players Theatre Presents "Robinson Crusoe"**  
AVM Morfee Centre  
December 7th to 11th  
Curtain time 7:30 p.m.  
Tickets \$8:00  
Featured this week are **Helen Shields, Kyla Shields, Susan Vanhorne and Crawford VanHorne** who play pirates and cannibals.

# Parent & Tot at the GMFRC

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

The goal of the GMFRC Parent & Tot Program is to promote positive parenting and healthy child development to support family cohesion. Our program provides children with opportunities for social interaction and learning and it provides their parents/caregivers with a relaxed group environment where they can develop their parenting and care giving skills.

Parent involvement is an important part of our program, as it allows you, as the parent, to participate in your child's learning experience and continue to foster the bond between you and your child as you learn through play together. Our circle activities (songs, finger plays, and stories are also a way that parents can interact in a fun and positive way with their children. By attending our program we hope that you gain confidence in your ability to sit and sing in a social environment with your child and that you are able to simulate many of our circle activities at home. Parenting is a lot of work and at times can be challenging. Activities such as Parent & Tot provide you with opportunities to relax and learn together with tools that will help you enjoy your parenting experience with your young child.

If you are interested in joining us for a morning of fun, stop by the GMFRC and pick up our monthly Parent & Tot calendar. We have a theme planned for every session, and since there is no pre-registration needed you can just drop in and have fun! Our program starts at 9:30 on Monday and Tuesday mornings here at the GMFRC.

If you would like parenting support, information, or resources on children and youth please stop by the GMFRC to see Kim Dixon or email at kim.dixon@forces.gc.ca

# Skater of the Week

**The Greenwood Skating Club presents the Invisible Fence Skater of the Week**

**Name: Kristina Remenda**  
 Age: 6 years old  
 School: Dwight Ross Elementary  
 Skating Level: Junior  
 Started Skating: 4 yrs old  
 Highest Test Passed: Canskate Badge 4  
 Favourite part of skating: Bunny Hops  
 Other hobbies: Swimming



# GMFRC Closure

The Greenwood Military Family Resource Centre (GMFRC) would like to inform the public that the centre will be closed on Friday, October 29, 2010 from 11:30 a.m. – 1:00 p.m. We apologize for any inconvenience this may cause.



## Need help keeping warm this winter?

- Single and making less than \$27,000 per year?
- Living on a combined family income of \$42,000 per year?
- On income assistance?

If so, you may be eligible for a heating rebate of up to \$200.  
 To apply for your heating rebate visit:  
[www.homeheatinghelp.ca](http://www.homeheatinghelp.ca)

Phone: 424-5200 (HRM) or 1-800-670-4357 (toll free in NS)

Or: Drop by any Access Nova Scotia Centre

The Heating Assistance Rebate Program...  
**making life better for families.**



## Provincial Aerospace Ltd.

### Training Pilot

Provincial Aerospace Ltd. is an innovative and highly focused aerospace and defense company with operations nationally and internationally. Focused on special mission aircraft, we provide our clients with aircraft modification, systems integration, aircraft operations and training services.

Provincial Aerospace is currently seeking a **Training Pilot** to join our team in Halifax, Nova Scotia. The successful candidate will provide both academic and flight training on the MPA program. They will develop the lesson plans and training documentation.

#### Training Pilot (MPA) Qualifications:

- Dash 8 PPC an asset
- 3000 Total Time hours
- Experience in Maritime Patrol Aircraft
- Experience with Anti-Submarine Warfare and self-defense systems
- Knowledge of Electronic Warfare
- Previous Instructional Experience
- CFITES Knowledge
- Minimum 10 years operational military experience would be an asset
- Level II Security Clearance an asset

Interested candidates may send their resumes in confidence to the Human Resources Department referencing "Training Pilot".

Human Resources Department  
 Provincial Airlines Limited  
 Hangar #4, St. John's International Airport  
 P.O. Box 29030 St. John's, NL A1A 5B5  
 Fax: 709-576-1802  
 E-mail: jobs@provair.com  
 Website: [www.provinciaaerospace.com](http://www.provinciaaerospace.com)



Provincial Aerospace is an Equal Opportunity Employer.  
 Only those candidates selected for an interview will be contacted.



# CANEX



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## Range

- 5.6 cu ft.
- Ceramic top
- Model LST5651SW
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- 3 glass shelves
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**5.99**

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**Bread**

- Reg. 1.69

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- Reg. 3.49

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# CANEX



**27 Oct - 6 Nov 2010**  
**AUTHORIZED PATRONS ONLY**



### ADVERTISED MERCHANDISE POLICY

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at [www.canex.ca](http://www.canex.ca) for all the details.

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