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# The Aurora

newspaper



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# Official Opening of 14 Wing's New Fire Hall

Mr Greg Kerr, Federal Member of Parliament (center with scissors), Colonel R Baker, A4 Construction Engineering at 1 Canadian Air Division in Winnipeg (left) and Lieutenant Colonel G Letourneau, Commanding Officer for the 14 Wing Logistics and Engineering Organization and Acting Wing Commander (right), prepare to officially cut the red ribbon and open the new Fire Hall at 14 Wing Greenwood, on the 18th of January, 2011.

(Image: Corporal Jennifer Kusche, 14 AMS Wing Imaging, Imagery Technician)

**By: Sergeant Pete Nicholson, 14 Wing Photojournalist**

14 Wing Greenwood officially opened their new Fire Hall on Tuesday, 18 January, 2011. The ribbon cutting ceremony was attended by acting Wing Commander Ghislain Letourneau and the Wing's Chief Warrant Officer, Jim Jardine. Greg Kerr, Member of Parliament for West Nova and other dignitaries such as Colonel Raymond Baker, director of Construction Engineering from the 1 Canadian Air Division and Mr James Paul, Defence Construction Canada President and Chief Executive Officer also attended.

The construction of a new fire hall (between Hangars 5 & 7) commenced with a sod turning ceremony in the fall of 2009 and 856 days later the construction was completed.

Marco Maritimes Inc., of Dartmouth, Nova Scotia was responsible

for erecting the eight million dollar state of the art 23,000 square meter structure. The new Hall has updated administrative, training, operational and domestic features necessary for a modern fire department. Some of the new features include ten large bays for fire fighting equipment and the accommodation of two brand new fire trucks that the Wing has just received! The new location also reduces response times for the fire department due to better access to the air field. It will be the first time that the Wing will have all these services under one roof!

It will be fully operational by the end of February 2011. The new two story facility replaces the current one which dates back to 1965.

The construction of the new Fire Hall was part of the multi-million dollar long-term capital projects announcement for Greenwood that was made in 2007 by the Honourable Peter MacKay, Minister of National Defence.

**Also see page 2, Official Opening.**

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# Official Opening of 14 Wing's New Fire Hall

...cover story continued. Lieutenant Colonel (LCol) G. Letourneau, Commanding Officer for the 14 Wing Logistics and Engineering Organization and Acting Wing Commander describes the events leading to the construction of the new Fire Hall at 14 Wing Greenwood and what it means to

the base. Much of the ribbon cutting ceremony, including the introductions, speeches and dedications were held in the vehicle bay, on the 18th of January, 2011, in front of one of the brand-new fire engines.

The construction of the new Fire Hall was announced by the

Federal Government in the Fall of 2007, one of many new construction projects slated for 14 Wing Greenwood. The new facilities will greatly improve fire fighters response time to all area of the airfield and provide a modern, state of the art facility to support Wing Operations.

(Image: Corporal Jennifer Kusche, 14 AMS Wing Imaging, Imagery Technician)



## POSSIBILITÉ D'EMPLOI

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



### Réceptionniste-administrative - bilingue

Position terme d'un an (congé de maternité)

Le, la réceptionniste administrative sera prioritairement responsable du maintien de la confidentialité des informations liées à la réception du Centre des ressources pour les familles militaires de Greenwood et devra répondre aux exigences liées au support administratif.

**Sous la supervision :** Directrice exécutive  
**Période de probation :** 6 mois

#### QUALIFICATIONS REQUISES :

- Excellentes habiletés de communication orales et écrites dans les deux langues officielles.
- Diplôme d'études collégiales en administration de bureau.
- Minimum de 3 ans d'expériences de travail avec une agence de service social ou communautaire.
- Une bonne connaissance en relations publiques est exigée.
- Démontre des compétences dans l'utilisation des logiciels Microsoft Word, Excel, Access, LAN et Internet.
- Habilité à organiser et prioriser efficacement la charge de travail afin de respecter les échéances.
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance des systèmes informatiques et de leur fonctionnement.

Être conscient des situations demandant une bonne gestion du risque et appréciation et croyance dans les principes du bénévolat. Avoir une bonne compréhension des besoins uniques des familles militaires et une habilité à travailler de façon indépendante, sous peu de supervision, ainsi qu'en équipe.

- Horaire : 37.5 par semaine – flexibilité requise occasionnellement en soirée ou fin de semaines

#### Le candidat sélectionné débutera vers la mi-mars 2011.

Des vérifications du dossier criminel, Registre d'abus d'enfant et enquête de sécurité. L'appliquant(e) doit soumettre par télécopieur, poste, ou courriel une lettre couverture et curriculum vitae soulignant clairement ses habiletés à répondre aux exigences du poste.

**Soumettre votre Curriculum Vitae avant 16 h 00 le vendredi 18 février 2011 à**

Margaret Reid  
Directrice exécutive  
Centre de ressources pour les familles militaires de Greenwood  
Casier Postal 582, Greenwood, N-É, B0P 1N0  
courriel: home@greenwoodmfrcc.ca  
(format MS Word or PDF) mettre en objet : CV réceptionniste  
fax: (902) 765-1747

Les applications peuvent aussi être déposées en personne à la réception du CRFMG. Le CRFMG est situé au Centre AVM Morfee, rue School, à Greenwood.

Seules les personnes retenues à la présélection seront contactées.

Le CRFM de Greenwood respecte l'équité en matière d'emploi. Vous pouvez en apprendre plus sur le CRFMG en visitant le site web [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

## EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre



### Bilingual Administrative Receptionist

Term position (maternity leave)

The Administrative Receptionist is primarily responsible for confidential receptionist duties for the Greenwood Military Family Resource Centre. There is also a requirement for administrative support such as maintaining daily stats, registration for courses, and collecting, depositing, and balancing daily revenues.

**Responsible to:** Executive Director  
**Probationary Period:** 6 months

#### QUALIFICATIONS REQUIRED:

- Strong written and oral communication skills in both official languages
- Community College Diploma in Office Administration
- Minimum of 3 years experience working within a community or social service agency
- Excellent knowledge of public relations is required
- Demonstrated proficiency in the use of Microsoft Word, Excel, Access, Outlook and the Internet
- Ability to organize and prioritize workload effectively to meet deadlines
- Excellent organizational skills
- Sensitivity and tact in dealing with people.
- Working knowledge of IT office requirements

Awareness of risk management issues as well as a strong belief in the principle of volunteerism is required. A good understanding of the unique needs of military families is necessary, as well as the ability to work both independently with little supervision and as part of a team.

- 37.5 hours weekly - Flexible and accommodating to changing schedules / needs of the Centre;

**The successful candidate will be prepared to commence employment mid-March 2011.**

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, **on or before 4:00 p.m. on 18 February 2011 to:**

Margaret Reid  
Executive Director  
Greenwood Military Family Resource Centre  
PO Box 582, Greenwood, NS, B0P 1N0  
fax: (902) 765-1747  
email: home@greenwoodmfrcc.ca  
(subject line: resume reception)  
(MS Word or PDF format)

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

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.familyforce.ca](http://www.familyforce.ca)

## 2011 Winter Carnival Family Games

This year's Winter Carnival Family Games will be Saturday, February 5 from 10-11:30 a.m. located in The Fitness and Sports Centre Gymnasium. We will have some great family activities for children of all ages. Bounce Kingdom, cookie decorating, craft and games station, face-painting and the famous candy-hop station! We will be incorporating each team's theme into our Family Games Event; there will be St. Patrick's Day, Halloween, Prom Night, Pirates, New Year's and Mardi Gras all wrapped into one amazing Celebration!

**Please note** that this event is free of charge to all families, provided a member of each family has a **2011 Winter Carnival key chain**, so make sure you remember to include us in your Winter Carnival weekend of Fun!

If you have any questions about the Family Games please call Eric MacKenzie, at the 14 Wing Community Centre, 765-1494 ext.5337 or Megan LeMoine, 765-8165.



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#### TENDER 11-01

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The Municipality of the County of Kings, Engineering & Public Works invites tenders for the supply of electrical components (lighting and distribution) for the Kings Regional STP Headworks Upgrades.

Specifications and tender forms may be viewed and picked at the office of Engineering & Public Works, Municipal Complex, 87 Cornwallis Street, Kentville, Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association located at 260 Brownlow Avenue - Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Bill MacLellan; Operations Manager at 678-1807, [bmaclellan@county.kings.ns.ca](mailto:bmaclellan@county.kings.ns.ca) or Tim Bouter, Engineer-in-Training; Supervisor of Engineering Services at 690-2219, [tbouter@county.kings.ns.ca](mailto:tbouter@county.kings.ns.ca).

**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM Thursday, January 27<sup>th</sup>, 2011**

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

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

# Community Conversation 13 Oct 10 – Wing Follow-Up

On the evening of 13 Oct 10, the Wing Commander (WComd), the Wing Chief Warrant Officer (WCWO) and a number of the personnel support staff from 14 Wing held the first Community Conversation at the Community Centre to discuss family support issues. Although not attended by a large group, there were a number of valuable points and issues brought up that the W Comd promised to address. The following discusses most of those items and identifies what has occurred since that time to move them forward.

## Financial Information and Advice

A need was identified to provide more financial information to families. The personnel at SISIP, who work in the CANEX complex, are available by appointment to provide excellent financial management, counselling and insurance services to all 14 Wing personnel and their families. After hearing the request identified at the Community Conversation to provide more information through The Aurora Newspaper, an article called "Fall Spending Frenzy" was published in the 8 Nov edition of the paper. The article outlined the best ways to approach the fall season and the financial challenges that come during that time including back to school, sports and recreation expenses, and the seasonal needs of items such as snow tires, extra fuel for the home and of course, the expectations that come with the Christmas season. SISIP has committed to providing an article on financial management/investments/insurance



**The 14 Wing Commander, Colonel Bill Seymour addresses the audience at the Community Town Hall at the Community Centre.**

(Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

considerations to the Aurora on a bi-monthly basis and if service usage at SISIP identifies a specific topic, there may be other articles produced in accordance with the requirement.

## Fitness and Sports

A discussion regarding the potential of an outdoor skating rink at 14 Wing was raised. Although an excellent idea, and one supported by the Fitness and Sports Staff, this was deemed not to be possible given the uneven winter weather conditions of the Greenwood area. In fact, the Fitness and Sports team did try to have an outdoor rink a few years ago to dismal success. To try to keep an outdoor rink open on the Wing would involve much work for potentially a very short operating time. However, the Kingston Duck Pond, which is very near to 14 Wing, is often available for public skating when deemed safe by the Kingston Village authorities.

However, to address the need for more public skating time, effective 1 Dec 10 the 14 Wing Arena will now have an additional public

skating period on Weds from 1015 – 1115 am. This is an enhancement to the already available Parents and Tots Skates held at 0900 – 1000 every Tue and Thurs morning and the public skating times at 1900 – 2000 every Sat evening and 1100 – 1200 every Sun morning. Of course, during the Christmas period, there were additional periods available and advertised for the holidays.

There was also a question raised about the timings and availability of fitness classes. The Wing provides a good variety of fitness classes both during and after working hours so that all personnel both military and those holding a 14 Wing Recreation Card (Rec Card) can attend. In many cases, volunteers run these classes and there are no additional charges. For some classes, outside experts are brought in to run

specialized courses (AquaSize and Zumba are examples) and user fees will be charged at a very reasonable rate. There are a range of classes available from core training to indoor cycling and if there is a need for something new, it can be requested through the Fitness and Sports Staff who will make every effort to identify the latest fitness trends and available instructors to meet the needs of the DND community. These classes are advertised through the The Aurora Newspaper, at the Fitness and Sports Centre and on line at <http://www.cg.cfpsa.ca/cg-pc/Greenwood/>.

With our new full time Casual Day Care Centre at the MFRC now offering childcare over the lunch hours, many of the noon hour classes will be more accessible for anyone with a rec card to attend.

It should be noted that there are also a variety of courses offered in the local community at places such as local schools and the Wellness Centre that are available to the public. You will also find these advertised in local newspapers.

Temperature of the indoor swimming pool was identified by a number of personnel as being very cold. As a result, the Fitness and Sports staff, along with the Wing Medical Personnel and Construction Engineering Section, have worked very diligently to address this issue to ensure

that proper temperatures both in the water and the surrounding pool area are kept at a comfortable temperature without raising the risk of bacterial growth. We can now report that the temperatures, which are always being very carefully monitored, have been raised and the personnel now using the pools seem very happy with the warmer temperatures.

## Community Recreation

Club hours were identified (specifically Wood Hobby, Library and Ceramic Club) as not meeting the needs of the members.

All Club presidents were asked to review their hours. In the case of the Wood Hobby Club, access is limited to the number of qualified supervisors available; however the Club President often opens the club at non-published hours to accommodate members. For those members who require additional access outside the normal hours (1700 – 2100

Tues and Wed evenings and Sat from 1000 – 1600 hours), they are requested to get in touch with the Club President, whose contact information can be obtained through the Community Centre.

The Ceramic Club has now extended their hours by opening 30 minutes earlier. This is a very small club who hours are dictated by club membership. If the club grows, there will be additional timings made available. Their contact information can also be obtained from the Community Recreation Centre.

The Library is a flexible organization that is continuously reassessing the best times to be open. The current hours are based on what has been determined to be peak times for usage of that facility and are limited by the financial realities of staffing. In order to keep the library open for longer hours, more funding would have

... continued on page 4.

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# Community Conversation 13 Oct 10 – Wing Follow-Up

... page 3 continued.  
to be provided by the Wing Fund, which is currently not available. Therefore the current number of hours that the Library is open, although a bit flexible, will not be extended at this time. If there are any requests for changes to the Library hours recommended, please be sure to let the Library Staff know.

## Bilingual Services on the Wing

It was heard clearly at this forum that there are concerns with the lack of bilingual services provided to 14 Wing families. To that

end, the WComd directed that a Tiger Team (Équipe CORSAIRE) be established with members from our military team, our families and our Wing Coordinator of Official Languages to review the services currently provided and to make recommendations how these services can be improved. The team has met twice and are currently preparing their recommendations for the WComd. You will see more shortly as the work from this team is expected to provide tangible results in the very near future.

## Letting you Know What

## is Available

The personnel support agencies on the Wing are committed to letting you know what is out there so that you can take advantage of the large number of programs and services available. To that end, most of the personnel support programs will be advertised in the Aurora newspaper and through the Wing-Wides (weekly emails of current events on the DWAN). Additionally, the MFRC sends out quarterly newsletters electronically that are available to anyone who wants to receive them. We are looking at the feasibility of including other information in that email that will outline programs offered by the Fitness and Sports, Community Rec and Health Promotion activities. Additionally, all of these activities as well as club information will soon be found on the PSP Community Gateway Website at <http://www.cg.cfpsa.ca/cgpc/Greenwood/EN/pages/default.aspx>. Although the



14 Wing Greenwood Military Family Resource Centre new Child Care Facility. The Ivy Room. (Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

site is not fully operational, we expect to have it more completely populated in the very near future. However, if there is something specific that you are interested in, please do not hesitate to call any of the personnel support agencies who will be glad to pass on the information to you.

You can be assured that the Wing Personnel Support agencies are totally dedicated to providing exceptional services to the families of 14 Wing. The issues identified above were only addressed because you identified them as important to you. The WComd plans to have another conversation in the future

to gather feedback from the community as a means of ensuring that we meet your needs. In the meantime, if there are any further questions or concerns, please contact the Wing Administration Officer, LCol P.J. Smith McBride at extension 5231 or at [Pamela.SmithMcBride@forces.gc.ca](mailto:Pamela.SmithMcBride@forces.gc.ca).

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**Useful Links**

**Canadian Air Force website**  
<http://www.airforce.forces.gc.ca/v2/index-eng.asp>  
**Community Gateway Site**  
<http://www.cfcommunitygateway.com/en/index.asp>  
**14 Wing Greenwood Site**  
<http://www.airforce.forces.gc.ca/14w-14e/index-eng.asp>  
**Personnel Family Support Services**  
<http://www.cfpsa.com/en/>

**National Defence and the Canadian Forces**  
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# Local Company Receives International Award

Submitted by: Mike Cohen

Hantsport, NS - Canada - January 11, 2011 - Perseverance and hard work are two of the keys to success for Pamela Murray and Peter Andresen's Invisible Fence® Brand of Annapolis Valley. Their dealership, along with five others was recognized by Invisible Fence® Brand for their achievements at the company's 2010 International Dealer of the Year Awards. Invisible Fence® Brand of Annapolis Valley was named the Dealer of the Year in the company's Power Division.

Murray and Andresen say that client service and satisfaction are top priorities and also very critical to the success of their business. "We are fully accessible and want to make sure our clients are taken care of and satisfied, even if it means taking calls at home on the weekend," said Murray. "We truly believe in the product and the strong impact it makes in our clients' lives."

The International Dealer of the Year Awards recognizes dealers and dealerships that represent ideal business models in the Invisible Fence® Brand network. Award recipients excel in a variety of critical business areas including marketing, sales and customer service. "It is important for us to recognize and reward our dealers and distributors for their hard work and dedication to Invisible Fence," said Lori Sharp, Invisible Fence Brand Manager. "Much of the success of our company can be attributed to dealers like the ones being recognized with these awards."



**Peter Andresen and Pamela Murray (pictured center) of Invisible Fence® Brand of Annapolis Valley are recognized as a 2010 Dealer of the Year at the Invisible Fence® Brand International Dealer of the Year Awards ceremony.** (Image submitted)

# Business of the Week ~ AA MUNRO Financial ~

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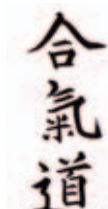
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## Discussions avec la communauté du 13 octobre 2010 – suivi de l'escadre

Le 13 octobre 2010 au soir, le commandant de l'Escadre (cmdt Ere), l'adjudant-chef de l'Escadre (adjuc Ere) et plusieurs membres du soutien du personnel de la 14<sup>e</sup> Escadre ont tenu au centre communautaire les premières discussions avec la communauté, qui portaient sur le soutien aux familles. Bien que l'affluence a été réduite, ces discussions ont permis de soulever un certain nombre de points intéressants que le cmdt Ere a promis de régler. Vous trouverez ci-dessous la plupart de ces points et ce qui a été fait depuis à leur sujet.

### Information et conseils financiers

Les familles ont exprimé leur souhait de recevoir plus d'information financière. Le personnel du RARM est à la disposition des membres de la 14<sup>e</sup> Escadre et de leurs familles au complexe du CANEX, sur rendez-vous. Il offre d'excellents services de gestion financière, de conseils et d'assurance. Pour répondre au besoin exprimé lors des discussions avec la communauté de recevoir davantage de renseignements par l'intermédiaire du journal *Aurora*, le RARM a publié un article intitulé « Fall Spending Frenzy » dans l'édition du 8 novembre. L'article décrivait les meilleurs moyens d'aborder l'automne et les défis financiers qui se posent à nous durant cette période : frais liés à la rentrée scolaire, frais de sports et de loisir, besoins saisonniers en articles tels que les pneus d'hiver, augmentation de la consommation de combustible de chauffage et, bien sûr, attentes liées à Noël. Le RARM s'est engagé à produire bimensuellement un article sur la gestion financière, sur les investissements et sur les assurances dans l'*Aurora*. Si le RARM relève dans le cours de ses activités un sujet particulier, il pourrait aussi rédiger d'autres articles.

### Conditionnement physique et sports

Une demande d'aménagement d'une patinoire extérieure à la 14<sup>e</sup> Escadre a été formulée. Bien qu'il s'agisse d'une excellente idée, qui a l'appui du personnel du conditionnement physique et des sports, il n'a pas été jugé possible d'y répondre

en raison de la variabilité des conditions météorologiques hivernales dans la région de Greenwood. L'équipe des services de conditionnement physique et des sports a déjà essayé d'aménager une patinoire extérieure il y a quelques années, et ça a été un échec lamentable. Garder une patinoire extérieure ouverte à l'Escadre nécessiterait un travail considérable pour une période d'utilisation très courte. Cependant, l'étang aux canards de Kingston, situé non loin de la 14<sup>e</sup> Escadre, est

supplémentaires sont prévues et annoncées.

On a aussi posé la question des horaires et de la disponibilité des cours de conditionnement physique. L'Escadre offre une bonne variété de cours de ce type durant et après les heures de travail, afin que tous les militaires et toutes les personnes détenant une carte des loisirs de la 14<sup>e</sup> Escadre puissent y assister. Dans de nombreux cas, ces cours sont donnés par des bénévoles et sont offerts sans frais supplémentaires. Mais pour certains d'entre eux, lorsqu'il s'agit de cours spécialisés (Aquasize et Zumba, par exemple), on fait appel à des experts de l'extérieur et des frais, très raisonnables, sont alors exigés. Ces cours sont très variés et s'étendent de l'entraînement de base au cardiovélo. Il est aussi possible de demander à avoir de nouveaux cours par l'intermédiaire du personnel du conditionnement physique et des sports, qui fera tout ce qui est en son possible pour déterminer les toutes dernières tendances en matière de conditionnement physique et les instructeurs pouvant répondre aux besoins de la communauté du MDN. Ces cours sont annoncés dans l'*Aurora*, au centre de conditionnement physique et des sports et en ligne, au <http://www.cg.cfpsa.ca/cg-pc/Greenwood/>.

Maintenant que la nouvelle halte-garderie à temps plein du CRFM est ouverte durant le dîner, nombre de cours donnés à midi seront plus accessibles aux détenteurs de

carte des loisirs.

Il faut noter que divers cours sont également offerts dans la communauté, par exemple dans les écoles et au Wellness Centre, et sont ouverts au public. Ils sont annoncés dans les journaux locaux.

De nombreuses personnes se sont plaintes que l'eau de la piscine intérieure était très froide. Par conséquent, le personnel du conditionnement physique et des sports, ainsi

... *continued on page 8.*



Interior of the Fitness and Sports Centre.

(Image: Sgt Pete Nicholson, 14 Wing Photojournalist)

souvent ouvert au public pour le patinage quand les autorités du village de Kingston estiment que c'est sécuritaire.

Toutefois, pour offrir aux familles plus de temps pour patiner, l'aréna de la 14<sup>e</sup> Escadre est depuis le 1<sup>er</sup> décembre 2010 ouvert au public également le mercredi, de 10 h 15 à 11 h 15. Ceci s'ajoute à la période réservée aux parents et aux tous petits, du mardi et du jeudi de 9 h à 10 h, et aux périodes de patinage pour tous, soit le samedi de 19 à 20 h et le dimanche de 11 h à midi. Bien entendu, pendant les fêtes, des périodes

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Interested parties please forward your resume to [careers@adga.ca](mailto:careers@adga.ca) and quote reference #MTT-CM-122.

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*Oh, by the way, the hammers are from left to right: Claw Hammer, Ball-peen Hammer, Drywall Hammer. See, you've already learned something.*



# Discussions avec la communauté du 13 octobre 2010 – suivi de l'escadre

... **page 6 continued.** que le personnel médical de l'Escadre et la section du génie construction, ont travaillé très efficacement pour résoudre ce problème, afin que la température dans l'eau et aux abords de la piscine soit à une valeur confortable sans accroître le risque de prolifération

bactérienne. Nous pouvons maintenant déclarer que les températures, qui sont toujours soigneusement contrôlées, ont été haussées et que les utilisateurs de la piscine semblent très heureux du changement.  
**Loisirs communautaires**  
 Les heures d'ouverture du centre (en particulier du

club de menuiserie, de la bibliothèque et du club de céramique) ne répondent pas aux besoins des membres.  
 On a demandé aux présidents de tous les clubs de revoir leurs horaires. Dans le cas du club de menuiserie, l'accès est limité par le nombre de superviseurs qualifiés disponibles;

cependant, le président du club ouvre souvent en dehors des heures affichées pour accommoder ses membres. Il est demandé à celles et ceux qui ont besoin d'y accéder en dehors des heures normales (mardi et mercredi, de 17 à 21 h et samedi de 10 à 16 h), de communiquer avec le président du club, dont les coordonnées peuvent être obtenues par l'entremise du centre communautaire.

Le club de céramique a étendu ses horaires en ouvrant 30 minutes plus tôt. C'est un très petit club et son horaire est dicté par ses membres. Si le club s'agrandit, d'autres plages horaires seront offertes. Ses coordonnées peuvent être obtenues au centre récréatif et communautaire.

La bibliothèque est un organisme souple qui redéfinit continuellement les

heures d'ouverture les plus appropriées. Les horaires actuels correspondent à ce qu'on a jugé être les heures d'affluence et sont limités par les réalités financières de la dotation en personnel. Pour que la bibliothèque soit ouverte plus longtemps, il faudra qu'elle obtienne plus d'argent du fonds de l'Escadre, lequel n'est pour l'instant pas accessible. Par conséquent, il n'est pas possible d'ouvrir la bibliothèque plus longtemps pour le moment, même si on dispose d'un peu de souplesse. Si vous souhaitez la modification des heures d'ouverture recommandées, parlez-en au personnel de la bibliothèque.

### Services bilingues à l'Escadre

Lors de ce forum, les familles de la 14<sup>e</sup> Escadre ont clairement exprimé leurs

préoccupations quant au manque de services bilingues dont elles disposent. Pour y répondre, le cmdt Ere a ordonné la mise sur pied d'une équipe spéciale (Equipe CORSAIRE) composée de membres de l'équipe militaire, des familles et du coordonnateur aux langues officielles de l'Escadre. Son rôle est d'examiner les services actuellement fournis et de formuler des recommandations sur la façon dont ils peuvent être améliorés. L'équipe s'est réunie deux fois et prépare présentement ses recommandations à l'intention du cmdt Ere. Vous en saurez plus bientôt, car on s'attend à ce qu'elle produise des résultats tangibles dans un futur très proche.

**Vous informer des programmes offerts**  
 ... continued on page 9.

## I SELECT: Winter Fresh Flavours



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### DISCOVER

Enjoy **Seasonal Local Ingredients** this season with one of our new **Winter Recipes**. Find recipes at participating retailers and farm markets or at: [SelectNovaScotia.ca](http://SelectNovaScotia.ca)



### TASTE

Attend a **Community Supper, Soup Tastings at Markets** or in-store food **Sampling** this February. Find one near you at: [SelectNovaScotia.ca](http://SelectNovaScotia.ca)



### WIN!

Enter our contest on Facebook for a chance to win weekly giveaways of **Cookbooks** featuring **Local Chefs**. Enter on the Select Nova Scotia [facebook](https://www.facebook.com/SelectNovaScotia) page



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# Blood Donor Clinic at 14 Wing

By Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will continue to hold **two day donor clinics** as a result of the outstanding support from our local communities. Let's respond and take advantage of this opportunity by filling up two full days with appointments. If we can double our one day attendance, over both days, Canadian Blood Services may be able to collect enough donations to save over a thousand lives!

The next **two day donor clinics** will be held at the 14 Wing Greenwood Community Centre on Tuesday February 8<sup>th</sup> and Wednesday February 9<sup>th</sup>. Donors can either give during the 1pm – 3pm time slot or the 5pm – 8pm evening slot on Tuesday or Wednesday. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

Canadian Blood Services is aiming to collect 130 units at 14 Wing, each day, and in order to collect 130 units, 220 donors

have to walk in or book an appointment. Every 60 seconds, someone in Canada requires blood or a blood product, so please try and take the time to donate on either day.

**Please note that if you get a flu shot, you must wait 2 days after the shot before donating blood.**

This two day clinic is made possible by the generous support from McDonald's and Tim Hortons. If you are interested in more information please call Eric MacKenzie at 765-1494 ext. 5337 and

please call 1-888-236-6283 if you wish to book an appointment.

## Discussions

... page 8 continued.

Les organismes de soutien du personnel de l'Escadre se sont engagés à vous faire savoir ce qu'ils offrent, de manière que vous puissiez profiter du grand nombre de programmes et de services proposés. À cette fin, la plupart de ces programmes seront annoncés dans l'*Aurora* et par l'intermédiaire des courriels hebdomadaires sur les activités transmis sur le RED. De plus, le CRFM envoie des bulletins électroniques trimestriels à quiconque le désire. Nous étudions la faisabilité d'inclure d'autres renseignements dans ce courriel, qui souligneront les programmes offerts par les services de conditionnement physique et des sports et par le centre communautaire et les activités de promotion de la santé. En outre, toutes ces activités et de l'information sur les clubs seront bientôt affichées sur le Portail communautaire du PSP, au <http://www.cfcommunitygateway.com/>

fr/index.asp. Ce site n'est pas entièrement fonctionnel, mais il devrait l'être très bientôt. Cependant, si un sujet particulier vous intéresse, n'hésitez pas à appeler n'importe quel organisme de soutien du personnel, qui sera heureux de vous transmettre l'information désirée.

Vous pouvez être certains que les organismes de soutien du personnel de l'Escadre sont entièrement dévoués à la prestation de services exceptionnels aux familles de la 14<sup>e</sup> Escadre. Les problèmes ci-dessus n'ont été traités que parce que vous avez signalé à l'Escadre qu'ils étaient importants pour vous. Le cmdt Ere prévoit tenir une autre séance de discussions pour recueillir la rétroaction de la communauté et faire en sorte que nous répondions à vos besoins. Entre temps, si vous avez d'autres questions, communiquez avec l'Officier de l'administration de l'Escadre, le Lcol P.J. Smith McBride, au poste 5231 ou à Pamela.SmithMcBride@forces.gc.ca.

CANADIAN FORCES  
PERSONNEL SUPPORT AGENCY

EMPLOYMENT  
OPPORTUNITY

COMPETITION NUMBER:  
GRD-11-001

*This Category II position is open to all interested parties.*

**General Manager**  
Non-Public Funds  
Personnel Support Programs  
Golf Course

14 Wing Greenwood

**Temporary Term Full Time Position,**  
*The anticipated Term of this position is March-November.*

Under the direction of the PSP Manager, the General Manager plans, coordinates, and manages the golf course operations, facilities, and hospitality services. He/She coordinates golf club tournaments, develops club budgets and business plans as well as provides guidance to the Executive Committee and Wing authorities on all matters pertaining to the Club's operations.

**Qualifications:**

- Bachelor's degree in Business Management, Hospitality or a related field AND some years of experience in golf course management or related field OR
- College diploma or certificate in Business Management, Business Administration, Hospitality or a related field AND several years of experience in golf course management or related field OR
- High school diploma AND some experience or an acceptable combination of education, training, and/or experience will also be considered

**Language Requirement:**

This position is Bilingual Mandatory (level 222). If no qualified candidates meet the language proficiency of the position, the Bilingual Non-Mandatory staffing will apply.

**Knowledge Requirements:**

- Of hospitality management, practices, and theories
- Of general business practices and theories
- Of personnel management
- Of employee labour relations and union proceedings
- Of budget management
- Of risk management
- Of loss prevention

**Experience Requirements:**

- In golf course operations and management
- In coordinating hospitality services
- In facility management
- In preparing marketing strategies
- In using point of sales systems and automated reservation systems
- In using software for word processing, spreadsheets, presentations, databases, email and Internet browsing

**Skills Requirements:**

Customer service skills, organizational skills, interpersonal skills, communication skills.

**Salary:** \$41,170- \$48,450 per annum

Successful candidate will be prepared to commence employment as soon as possible.

NPF employees must demonstrate the following core characteristics: team player, customer focus, positive attitude, excellence, and competence.

NPF is committed to Employment Equity and Diversity and invites applications from Women, Aboriginal People, Persons with Disabilities and Visible Minorities.

To receive this job poster in an alternative format, please contact the NPF Human Resources Manager.

Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements by mail to: NPF Human Resources Office, PO Box 5000, Stn Main, Building 18, Greenwood, NS B0P 1N0, by fax at 902-765-1778, by e-mail to [npfhrgreenwood@cfpsa.com](mailto:npfhrgreenwood@cfpsa.com) or online at [www.cfpsa.com](http://www.cfpsa.com). Applications must be received before 1600 hrs on 01 February 2011

Please note that only those candidates selected for further consideration will be contacted. If you have special needs and require accommodation measures for the selection process, please notify the NPF Human Resources Manager at that time.

CANADIAN FORCES  
PERSONNEL SUPPORT AGENCY

OFFRE  
D'EMPLOI

NUMÉRO DE CONCOURS :  
GRD-11-001

*Toutes les personnes intéressées peuvent postuler ce poste de catégorie II.*

**Directrice ou Directeur  
général du club de golf**

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Programmes de soutien du personnel

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14e Escadre Greenwood

Terme temporaire Position à plein temps

*Durée maximale prévue de l'emploi : mars-novembre*

Sous la direction du gestionnaire des PSP, la ou le titulaire du poste planifie, coordonne et gère les activités, les installations et les services d'accueil du terrain de golf. Elle ou il coordonne les tournois du club de golf, élabore les budgets et les plans opérationnels du club de golf en plus de prodiguer des conseils au comité exécutif et aux autorités de l'escadre sur toutes les questions portant sur les activités du club.

**Qualification :**

- Baccalauréat en gestion des affaires, en services d'accueil ou dans un domaine connexe ET quelques années d'expérience de la gestion d'un terrain de golf ou dans un domaine connexe OU
- Diplôme ou certificat collégial en gestion des affaires, en administration des affaires, en services d'accueil ou dans un domaine connexe ET plusieurs années d'expérience de la gestion d'un terrain de golf ou dans un domaine connexe OU
- Diplôme d'études secondaires et de l'expérience. Une combinaison acceptable d'études, de formation et/ou d'expérience sera aussi considérée

**Exigences linguistiques :**

Cette position est bilingue obligatoire (niveau 222). Si aucun candidat(e) ne rencontrent les critères linguistiques prédéterminés de cette position, le processus de dotation bilingue non-obligatoire sera appliqué.

**Connaissances requises :**

- De la gestion des services d'accueil ainsi que des pratiques et des théories connexes
- Des pratiques et des théories générales de la gestion des affaires- De la gestion du personnel
- Des relations de travail avec les employés et des procédures relatives aux syndicats
- De la gestion budgétaire
- De la gestion du risque
- De la prévention des pertes

**Expérience requise :**

- Des activités et de la gestion d'un terrain de golf
- De la coordination des services d'accueil
- De la gestion d'installations
- De la préparation de stratégies de marketing
- De l'administration du personnel
- De l'administration budgétaire
- De l'utilisation de systèmes de point de vente et de systèmes informatisés de réservation
- De l'utilisation de logiciels de traitement de texte, de tableur, de présentation, de base de données, de courriel et de navigation dans Internet

**Compétences requises:**

Service à la clientèle, sens de l'organisation, entretient, aptitude à communiquer

**Rémunération :** 41,170 \$ – 48,450 \$ par année

La candidate ou le candidat retenu doit être prêt à entrer en fonction dès que possible.

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Les FNP souscrivent au principe de l'équité en matière d'emploi et de la diversité, et invitent les femmes, les Autochtones, les personnes handicapées et les membres des minorités visibles à poser leur candidature.

Pour obtenir cet avis de concours dans un média substitut, veuillez communiquer avec le gestionnaire des ressources humaines des FNP.

Les personnes admissibles doivent soumettre leur curriculum vitae décrivant clairement leur capacité de répondre à toutes les exigences du poste par courrier à : Bureau des ressources humaines des FNP, 14e Escadre Greenwood, C.P. 5000, succursale Main, bâtisse 18, Greenwood (Nouvelle-Ecosse) B0P 1N0, par fax au 902-765-1778 ou par courriel à [npfhrgreenwood@aspc.com](mailto:npfhrgreenwood@aspc.com); elles peuvent aussi postuler en ligne à [www.aspc.com](http://www.aspc.com). Les candidatures doivent être reçues avant 16 h le 1 février 2011

Veuillez noter que nous ne communiquerons qu'avec les personnes convoquées à une entrevue. Si vous avez des besoins spéciaux et nécessitez des mesures d'adaptation dans le cadre du processus de sélection, veuillez en aviser le gestionnaire des ressources humaines des FNP à ce moment.

## Greenwood Military Aviation Museum

"Saving your past for your future"

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

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

The display aircraft are now part of the museum complex and are located next to the parking lot.

The museum is now located in the Canex building, East Side, and remember:

**Admission is free!**

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

# Mrs Norma Irving Visits Union Church Cemetery at 14 Wing

By: Maj Chris Larsen

When you drive through Greenwood, you are passing through what was, only 80 years ago, fields and woods. The Sobey's/Irving Corner was then known as Baker's Corner where a small general store stood on the south side of the intersection, and further west, near the river, was the small Kingston Village. Bridge Street led north, over two single lane bridges, to Kingston Station, a newer village that arose in the later 1800's due to the arrival of the newly built railway.

The road in front of the Wing Commander's home, all of the way to the old Greenwood Road, did not exist; the Rocknotch Road carried on straight through the Mall and across the PMQs to where it joined Ward Road near the CANEX prior to crossing Zeke's Creek.

All of this would have been very familiar to Mrs Norma Irving, a resident of Berwick. A very spry 96 year old, Norma was born in a small village in 1916 of which the location is the subject of this story.

When you travel on the Glebe Road towards the back gate of the base, turn to the



**Mrs Norma Irving a resident of Greenwood Square with Mr Russ Keddy, community volunteer and Maj Chris Larsen looking at a plot marker stone at the Union Church cemetery near 11 Hangar on 14 Wing. Greenwood Square existed very near 11 Hangar but the community was moved in the 1950's.**

(Images: Cpl Peter Redden, 14 Wing AMS Imaging, Imagery Technician)

west on the Ward Road and continue toward the Wing's 'operational side'. Some of the homes along this stretch are original to the area, though many have been moved here, hence the seemingly crowded countenance. When you stop

at the Back Gate look straight ahead - the Ward Road carried on straight and took a gentle turn towards the south as it travelled through long gone orchards and fields. A few houses and barns dotted the landscape. Near where

Hangar 11 sits was a cross road, intersecting the Ward Road and what is now called Greenwood Road (though at the time may have been known as the Spinney Road).

The nucleus of the small village of Greenwood Square



**Mrs Norma Irving.**

centred on this cross road, and all is gone now except for the small Union Church cemetery. Once nestled amongst the pines, the cemetery is resting place for many Valley pioneers, including the family of Norma Irving (nee Newcomb); her grandparents, parents and first husband. Many prominent family names are memorialized in the cemetery, including Balcom, Banks, Bent, Durling, Keddy, Magee, Milner, Neily, Newcomb, Palmer, Saunders, Spinney, Tupper, Winott, Woodbury and Wynot (amongst others).

Norma, a dedicated community volunteer, grew up in Greenwood Square, and remembers the building of Greenwood as a military base very well. She was the organist for the Union Church for many years, until the church was demolished during the expansion of the base during the 1950's. A small community hall that was once part of the old church survives just outside the back gate.

As a part of her community dedication, Norma wrote a history of Greenwood Square (called Around the Square, History of Greenwood Square, printed by Lancelot Press), a copy of which is in the Base Library.

Norma was recently invited to return to her family plot on the base, and was able to spend some time reminiscing during a windy autumn afternoon. Her stories and memories were well enjoyed by Major Chris Larsen, Corporal Peter Redden, Mr Russ Keddy and Mr Jim Eakins as she spoke of the families and friends she remembered. This was a very welcomed visit by Norma, as she and her family are an important link between 14 Wing and what was here before.

# Local Author has First Book Signing at 92

Submitted by:  
**Harvey Priest**

Since Nancy Kopulos was very young she wanted to write a novel. At age 87 she completed the novel *The Long Bridge*. Nancy writes about what life was like in the years around 1929. She writes history and uses fictional characters to show what it was like to live in a small farming community at that time and paints a picture

of a cross section of people - the good, the bad; the love, the hate; the misery, the happiness; the back-breaking toil and the gratitude for simple things. Katie Anderson is the heroine in the book. She came home to renew her relationship with her father, strained as it was, when her mother passed away. Life is not happy for Katie until her and her father reconcile the events of the past and learn to

forgive and establish a good relationship with each other. Nancy says the title came from an experience she had as a child when she was travelling with her family. "We got out onto a long bridge and the hole at the other end looked really small. I asked my mother if we would be able to go through, and she said it only looked small because we were so far away. Sure enough as we got closer

the hole got bigger." She says it is a metaphor of the trials each person deals with. Everything is out of perspective until a person gets close, then they can cope with it more effectively.

Nancy has received many compliments from the people who have read *The Long Bridge* and they have told her that it is hard to put the book down once they start reading it.

**Info**

The Long Bridge is published by Eastbound Publishing. The book can be purchased locally in the Annapolis Valley area at The Inside Story in the Greenwood Mall and various other stores in the Valley or on-line at [www.eastboundpublishing.com](http://www.eastboundpublishing.com) and for more information phone 1-866-667-9662, 1-902-765-3819 and Fax 1-902-765-3852.





***It is that time of year again!***

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**14 Wing Greenwood Information Booklet 2011**

This **full colour** publication provides information on all activities, squadrons and units on the Wing and is distributed to all new arrivals.

**Deadline  
March  
1st!**

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Call Anne at 765-1494 ext. 5833  
or E-mail: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com)

Visit our website to view last year's guide at [www.auroranewspaper.com](http://www.auroranewspaper.com)



# Lest We Forget

Thanks to the good people of Greenwood, Kingston and the surrounding area we have again had a successful year with our Poppy Campaign. Your donations will enable Br. 098 to continue to provide needy Veterans, their spouses (and dependent children who reside at home) with things they require but cannot afford. To bring you up to date, I keep on hand supplies of wheelchairs, crutches and canes etc for those who require them. I recently had four inoperative wheelchairs

repaired which will be brought back into service shortly. An electric wheelchair was fitted with foot supports and is ready for use. The President and Branch members will continue to aid our Veterans whenever possible and it is thanks to your generosity that we are able to do so.

Yours in comradeship,  
Don MacCoy, Service Officer,  
Royal Canadian Legion, Br. 098,  
Kingston, NS.



**THEME: CELEBRATIONS!**

Open to all CF members, their families, and the 14 Wing community at large, purchase a \$10 key chain from the **Fitness & Sports Centre** (Front Desk), **Annapolis Mess** (2nd floor - Office - 0800 to 1200 and 1300 to 1600hrs), **Community Centre** (Admin Office), **WTIS & 4 Hangar** (Front Desk), or **Winter Carnival Committee**: Team Rep OPIs listed above, as well as Capt Pahl, Capt Dussault, Capt Soanes, Lt Shamsi, and Keith Pinkerton

**Teams:**

**WAdmin**  
**Saint Patrick's Day**  
(Team Reps: Cpl Porter & Capt Jones assisting)

**413 Sqn**  
**Prom Night**  
(Team Reps: Capt Boudreau & Ms D. Richards)

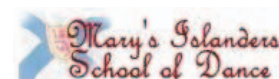
**WLEO**  
**Mardi Gras**  
(Team Reps: Lt Bailey & Cpl White)

**14 AMS**  
**New Year's**  
(Team Reps: Sgt Hersey & Sgt W. Peckham)

**Combo 3 - 405 Sqn, MP&EU, LRPSET**  
**Int'l Talk Like a Pirate Day**  
(Team Rep: Capt Jennings)

**Hornell Trio - WOps, 404 Sqn, 14 SES**  
**Halloween**  
(Team Rep: Lt Vidito)

*Thank you to our*  
**•SPONSORS•**



**14 WING GREENWOOD WINTER CARNIVAL SCHEDULE OF EVENTS**

Cut out this schedule, & please attend these great events!

4 - 5 FEBRUARY 2011

Cut out this schedule, & please attend these great events!

DATE	TIME	EVENTS	LOCATION
Fri 21 Jan	1430	Winter Carnival Pep Rally WComd's Challenge: Dancing With the Bars Menu: Chili Bread Bowl with Caesar Salad, \$5 charge for non-members. Entertainment DJ	Annapolis Mess
Mon 31 Jan	1015 1145 1415	Game 1 14 AMS VS Hornell Trio Game 2 WLEO VS Combo 3 Game 3 WAdmin VS 413 Sqn	TD Canada Trust Hockey Tournament Round Robin Greenwood Gardens
Tue 01 Feb	1015 1300 1415 1845 2000 2215	Game 4 Hornell Trio VS WAdmin Game 5 14 AMS VS WLEO Game 6 Combo 3 VS 413 Sqn Game 7 WAdmin VS WLEO Game 8 Combo 3 VS Hornell Trio Game 9 413 Sqn VS 14 AMS	Greenwood Gardens
Wed 02 Feb	1300 1415	Game 10 Semi Final 1 Game 11 Semi Final 2	TD Canada Trust Hockey Tournament Round Robin Greenwood Gardens
Thu 03 Feb	1900	TD Canada Trust Hockey Tournament Finals 50/50 Draw followed by Karaoke	Mimie's Pizza at the Arena Greenwood Gardens Annapolis Mess
Fri 04 Feb	0830 0900-1300 0930-1200 1300  1900 2000 2130	Opening Ceremony Ice Painting Blow Ball (JRM), Cribbage & Euchre (WOSM), Crud (OM), Darts (Back Bar) Blind Volleyball Bowling Curling Ice Painting Judged Lip Sync and 50/50 Draw Live Entertainment Joker's Right	Greenwood Gardens Greenwood Gardens Annapolis Mess F&S Centre Rec Centre Greenwood Gardens Greenwood Gardens Annapolis Mess Annapolis Mess Mimie's Pizza available during the evening
Sat 05 Feb	0900-1000 1000 1000 1000 1000 1100-1300 1300  1500 2100	Free Family Skate Pool Relay Pairs' Race Survival Race Free Family Games Polar Bear BBQ (Sponsored by Exit Realty) Beard Growing Judged and 50/50 Draw Egg Toss Smooch Race Closing Ceremony Free Family Skate Free Family Movie - Megamind Mess Entertainment DJ	F&S Centre Pool F&S Centre Pool F&S Centre Pool F&S Centre Pool F&S Centre F&S Centre (Outside)  Greenwood Gardens Greenwood Gardens Greenwood Gardens Greenwood Gardens Zedex Theatre Annapolis Mess Mimie's Pizza available during the evening
Sun 06 Feb	1400	Free Family Movie - Megamind	Zedex Theatre



### March 1st I QUIT!

The kick-off for the 2011 Challenge was January 19, 2011. All military tobacco users and non-users, their immediate family members, DND public, non-public fund and MFRC employees are

invited to take the "March 1st, I Quit! Challenge" and stay tobacco free for at least one month, from March 1 to April 1, 2011.

Tobacco users and non-users may take part in the Challenge. Non-users may register as supporters of members trying to quit.

Participating is easy. Tobacco users must stop using by March 1, and remain tobacco free until at least April 1. They must register at a Strengthening the Forces Health promotion office (on bases/wings across Canada) or on this web site from January 19 to midnight February 28, 2011.

Once registered in the Challenge, supporters and

participants are eligible to win prizes provided by CANEX and SISIP Financial Services (SISIP FS), partners of the "March 1st, I Quit" Challenge.

Health Promotion teams on every base/wing will provide support for tobacco users who decide to take this important step in the quitting process by organizing regular activities and providing information kits to everyone who registers.

The goal of the program is to prevent tobacco use-related diseases among CF members.

The Health Promotion team recognizes that quitting may require many attempts and entering the "March 1st, I Quit! Challenge" provides tobacco users another opportunity to succeed.

### Le 1er mars, J'ARRÊTE!

Le lancement du défi de 2011 a été le 19 janvier, 2011. Nous invitons tous les militaires, consommateurs du tabac et non-consommateurs, les membres de leur famille immédiate, de même que les employés du MDN, des FNP et des CRMF à relever le défi « Le 1er mars, j'arrête! » et à demeurer non-consommateur du tabac pendant au moins un mois, soit du 1er mars au 1er avril 2011.

Tant les consommateurs du tabac que les non-consommateurs peuvent participer au défi. Les non-consommateurs peuvent s'inscrire à titre de parrains d'une personne qui tente d'arrêter de consommer du

tabac.

Pour participer, les consommateurs du tabac doivent cesser d'en consommer d'ici le 1er mars, et demeurer non-consommateur jusqu'au 1er avril au moins. Ils doivent s'inscrire au bureau de la promotion de la santé Energiser les Forces (qui se trouve dans chaque base ou escadre au Canada) ou sur ce site web du 19 janvier au 28 février 2011 à minuit.

En s'inscrivant au défi, les participants et leurs parrains courent la chance de gagner des prix offerts gracieusement par CANEX et les Services financiers du RARM (SF RARM), partenaires du défi « Le 1er mars, j'arrête! ».

Les équipes de la promotion

de la santé de chaque base/escadre appuieront les consommateurs du tabac qui ont décidé de faire ce pas important vers l'arrêt du tabagisme en organisant périodiquement des activités et en remettant des trousseaux d'information à toutes les personnes qui s'inscrivent.

Le programme a pour but de prévenir les maladies liées à l'usage du tabac parmi les membres des FC. L'équipe de la promotion de la santé reconnaît qu'on peut difficilement arrêter de consommer le tabac du jour au lendemain et que le défi « Le 1er mars, j'arrête! » donne une autre chance aux consommateurs de renoncer au tabac.

**Zedex Theatre**  
765-8848

**True Grit**  
23 - 27 Jan 11  
Sun-Thurs • 8pm  
Rated 14A

**Coming Soon**

**The Green Hornet**  
28 Jan - 3 Feb 11  
Fri-Thurs • 8pm  
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Buy Pre-Paid Admission Cards  
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11 Admissions - \$60

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

**Kingston Legion**

**BINGO**  
Prize Money  
Guaranteed: \$3,050

**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

Lic.#  
35542-96

## 14 Wing Library - Serving those who read!

By Judy McCool and Liz Tappen AVM Morfee  
Centre, Greenwood,  
765-1494, local 5430.

Hello from your local library. **Happy New Year!** We hope everyone enjoyed the festive season. Two special dates in January merit your attention - Thursday 27<sup>th</sup> Jan is Canada Literacy Day. Join us for special events - games, stories, songs, and crafts. 1:30 to 4:30, led by Miss Donna. We are a registered event with ABC Canada so come on out for some fun.

On January 15<sup>th</sup> the birthday of Martin Luther King is celebrated. We have interesting books for you to read on this very special man.

**Books for January** - FICTION: Chapter & Hearse/ Lorna Barrett • The Hard Way-#10 Jack Reacher/Lee Child • Songbird/Josephine Cox • The Brave/Nicholas Evans • Fall of Giants-#1 Century Trilogy/Ken Follett

• Harvesting the Heart/ Jodi Picoult • Indulgence in Death/J.D.Robb • Safe Haven/Nicholas Sparks • Cool Water-Governor General Prize 2010/Dianne Warren • Annabel- Giller Finalist/ Kathleen Winter; plus other titles on front racks.

**NON-FICTION:** The Elephant to Hollywood/ Michael Caine • Marine/Tom Clancy; • Highway of Heroes/ Kathy Stinson.

DVDs: Toy Story • Toy Story 2 and Toy Story 3

En français: Les accoucheuss - La fierte/Anne-Marie Sicotte • Bandolino/ Umberto Eco • La Terre Sacrie/Barbara Wood

A selection of recently donated Non-Fiction books is on display for your pleasure. These include cookbooks, travel, biographies, life, crafts and handwork. Come in and see what attracts your attention.

**Thank You**

**Volunteers** - Beth, Class, Ali, Jessie, Kaye, Judy and Roger. Special thanks to our two story tellers - Miss Donna and Miss Kendra. Never think that the work you do is not important. The library is a better place because of your input and we look forward to seeing you each week.

**Overdue Books** - Please check under beds, on shelves and in closets for any borrowed books that you have **FORGOTTEN** to **RETURN** to 14 Wing Library as fines add up quickly!! Other patrons may like to read them too. If you are unable to come to the library personally, don't forget that there is a 24 hour drop box for your convenience.

**Library Hours**  
Monday 1:00 - 5:00 p.m. & 6:00 - 8:00 p.m.  
Tuesday 10:00 a.m. - 1:00 p.m. & 2:00 - 5:00 p.m.  
Wednesday 1:00 - 5:00 p.m. & 6:00 - 8:00 p.m.

Friday Noon - 4:00 p.m.  
Sunday 1:30 - 4:00 p.m.

**Special Note** - "Under The Story Tree" story hour with **Miss Donna** every Tuesday, in the Library at 10:30 a.m. • **Sunday Story Hour: 2:00 - 3:00 p.m. with Miss Kendra**

**THANK YOU** for recent donations of books in excellent condition. They are welcome additions to our collection. Duplicates are placed in our Book Sale corner.

**Winter Carnival.** We have lots of books to help with costume designs for Winter Carnival coming up in February.

**Library Services**  
14 Wing Library offers the community the following services: Free Book, Audio Books, Video (DVD & VHS) and Magazine Loans, Friendly Library Assistance, 24-Hour Book Drop, Phone Renewals,

Community Computers, Internet Access and Printing, Photocopying and Faxing.

We have 3 community access computers - 2 with internet access and 1 for word-processing. Computers are booked in ½ hour sessions on a drop-in basis or by phone reservation.

**French language books DID YOU KNOW** that we have a large selection of **FRENCH** Fiction and Non Fiction for both adults and children?

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

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

## Magician Al Bernard to Appear at Macdonald Museum's Chocolate & Wine Festival

The Annapolis Valley Macdonald Museum will be holding its fourth annual Chocolate & Wine Festival on Sunday, February 6<sup>th</sup> from 12:00 to 4:00 p.m. This year, the Museum has added some exciting features for children so they can enjoy the fundraising festival as much as their parents. Well-known magician Al Bernard will be on hand to entertain children of all ages at 1:30 p.m. Following the magic show, children can decorate a chocolate cupcake (or vanilla) and make a special old-fashioned valentine. Admission to the magic show and other children's activities is \$2.00 per person.

There is no charge to come into the Museum the day of the festival but there are many ways to support it. Why not drop by for a delicious lunch in our café where you can purchase lasagna, wine and/or hot chocolate? Annapolis Highland Vineyards will be on hand to provide information and taste testing of their wines. Purchase a bottle of wine as a special Valentine treat.

The always popular chocolate dessert contest will be part of the fun

once again. So if you would like to polish your baking skills and enter a scrumptious chocolate dessert, please contact the Museum at 825-6116 to register right away. There is no cost to enter the contest. The desserts are sold in the café at the close of the contest when winners are announced. Desserts can be dropped off at the Museum, 21 School Street in Middleton between 9:30 and 10:30 a.m. on Sunday, February 6<sup>th</sup>.

Besides the Al Bernard magic show, children's activities, Italian style café, Annapolis Highland winery and chocolate dessert contest, there will be a gift basket draw (no purchase necessary), and the always popular chocolate "bar" where one can indulge their love of chocolate even further.

The Museum welcomes everyone to attend this "sweet" event on February 6<sup>th</sup> and to enter the dessert contest. Remember, those who would like to enter the contest should pre-register by calling 825-6116 and have a staff member register you.





Canadian Forces Housing Agency

Agence de logement des Forces canadiennes

www.cfha-alfc.forces.gc.ca

Allocation Policy Change - Priority 3 Applicants

The mandate of the Canadian Forces Housing Agency (CFHA) is to meet the residential accommodation needs of Canadian Forces members. Where surplus accommodation exists, the Managing Authority (CFHA) can permit individuals identified as Priority 3 applicants (RCMP, Indeterminate Government of Canada employees, full-time CFPSA employees, indeterminate employees of other Departments

and DND contractors over 6 months) to live in Residential Housing Units (RHUs).

As a result of increased demand, diminishing numbers of available Residential Housing Units (RHUs) and the commencement of the Active Posting Season (APS), it has become necessary to place a moratorium on allocating RHUs to Priority 3 applicants until 1 September 2011, to enable this office to meet our principle mandate. If it is determined on 1 September 2011 that surplus accommodation

is available, and we can meet the residential accommodation needs of Canadian Forces members, this moratorium will be removed.

Moratorium On Intra-Base Moves

Due to a shortage of available Residential Housing Units (RHUs), there is a need to place a moratorium on all intra-base moves until further notice. As a general guideline, requests for local moves will only be considered if there are exceptional circumstances. This policy does not apply to occupants requesting a larger RHU due to an increase in family size.

Changement à la politique d'allocation d'ulr visant les demandeurs de la priorité 3

L'Agence de logement des Force canadiennes (ALFC) a pour mandat de répondre aux besoins des militaires en matière de logement. Lorsque le nombre de logements excède les besoins des FC, l'autorité de gestion (l'ALFC) peut permettre à des demandeurs de la Priorité 3 (membres de la GRC, employés du gouvernement du Canada (GC) nommés pour une période indéterminée qui soutiennent le MDN dans le cadre de leur travail, employés à temps plein de l'ASPFC, employés d'autres

ministères du GC nommés pour une période indéterminée, entrepreneurs du MDN liés par un contrat de plus de six mois) d'habiter dans des unités de logement résidentiels (ULR).

Étant donné l'augmentation de la demande, le nombre décroissant d'unités de logement (URL) disponibles et le début de la période active des affectations (PAA), nous avons dû imposer un moratoire sur l'allocation d'ULR aux demandeurs de la Priorité 3 jusqu'au 1er septembre 2011 afin de respecter notre mandat principal. Rendu au 1er septembre 2011, si le nombre de logements excède les besoins des militaires, nous mettrons fin à ce moratoire.

Moratoire sur les déménagements intra bases

Étant donné le manque d'unités de logement résidentiel (ULR), un moratoire sur les déménagements intra bases s'impose jusqu'à nouvel ordre. En règle générale, les demandes de déménagement local seront prises en considération seulement dans des circonstances exceptionnelles. Cette politique ne s'applique pas aux occupants qui demandent une ULR plus grande en raison d'une augmentation de la taille de leur famille.

# Overcoming Deployment-Related Stress: A Soldier Recounts His Experience

By: 2Lt Christopher Daniel, Candidate, BPAOC 1002, Ottawa

"It was dark, damp and cold when I arrived at Kabul International Airport," said Master Corporal (MCpl) Dan Shouinard about his first deployment. "It was a bewildering experience."

MCpl Shouinard, an Air Force Imagery Technician from 14 Wing Greenwood and a family man, went on deployment to Kabul,

Afghanistan in February 2005 under Operation ATHENA. Life in Afghanistan was not easy but he was able to overcome emotional obstacles through the support of his family, friends, and the Canadian Forces (CF).

"My wife and two kids were very supportive and proud of me," said MCpl Shouinard. "They certainly boosted my morale and gave me the spirit to carry on."

During his first two weeks in

Kabul, MCpl Shouinard pushed himself to be acclimatized to his new environment and tried his best to focus on his mission.

"At that moment, I was missing my family," said MCpl Shouinard. "But I know that I cannot let it bring me down. I did not let the situation deter and overwhelm me. I tried to be in control of myself."

The CF has various measures in place to assist deployed CF members in dealing with stress and the psychological impact of their work. These initiatives, along with the support of family and friends, help CF members overcome the emotional and

psychological challenges of deployment.

Halfway through his deployment in Kabul, MCpl Shouinard came back to visit his family in Canada through the Home Leave Travel Assistance program. Together with his wife and two kids, he travelled throughout Ontario visiting friends and relatives. "Seeing my family and friends gave me the strength to persevere," he said.

While MCpl Shouinard was in Kabul, the Military Family Resource Centre (MFRC) helped his wife and kids overcome the challenges

of temporary separation through warm calls and social activities. "Having support programs in place helped me and my family during challenging moments," said MCpl Shouinard. "Our neighbours were also calling my wife on a regular basis, checking out if she needed any assistance. This good news eased my mind and made things easier for me to concentrate on my mission."

About two weeks before leaving Afghanistan, MCpl Shouinard had a chance to go to Kandahar for a week-long project with Combat Camera. During those moments, he started to think about his homecoming.

On his way back to Canada, MCpl Shouinard spent a few days in a third location decompression (TLD) site in Dubai. "I went on shopping trip for a day where I bought presents for my family," he said. "Most of the time I was just sitting back and letting my mind process what I had been through in Afghanistan. It truly helped me get a grip of myself

before coming home."

At the TLD site, CF members get the opportunity to speak privately with a mental health professional and to raise concerns that they may have at that time. The mental health team provides information about home, work and community life back in Canada in order to make reintegration less stressful.

"It gave me an opportunity to put myself together before coming home," said MCpl Shouinard. "There were also follow-up sessions a few months after my homecoming to make sure that I am alright. I truly appreciate the support and it helped me to effectively stay in uniform."

The time and resources devoted to reintegration of CF members after deployment demonstrates the CF's commitment to take care of its people. The CF's considerable investment in the welfare of its personnel and their families strives to ensure that they are physically and psychologically healthy, so they can continue to serve.

## 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.  
Jan 24<sup>th</sup>: Corn Chowder \$2.00 • Oven Fries, Cheese & Gravy \$3.00  
• Oragne Slices \$1.00  
Jan 25<sup>th</sup>: Chicken Noodle Soup \$2.00 • Tacos \$3.00 • Yogurt Parfait \$1.25  
Jan 26<sup>th</sup>: Beef Rice Soup \$2.00 • Chicken Dinner \$3.00  
• Homemade Cookie \$.50  
Jan 27<sup>th</sup>: Pizza Slice with Apple Slices \$2.75 • Pudding \$1.00  
Jan 28<sup>th</sup>: Chicken Strips & Potato Wedges \$3.00 • Banana \$.75

## KINGSTON & DISTRICT SCHOOL

school lunch menu  
Whole Sandwiches  
1/2 Sandwiches (Asst. fillings) .....\$1.30  
Delux 1/2's.....\$1.65  
Full Sandwiches/Croissant/Wraps..\$3.30  
Hot Foods  
One Hot Food Daily.....\$2.50 - \$3.00  
Cup of Soup .....\$1.00  
Bowl of Soup .....\$2.00  
Teachers Plate .....\$3.75 - \$4.25  
Beverages  
Milk.....\$.35  
Choc. Milk.....\$1.50  
Juice Small .....\$.75  
Bottled Water .....\$1.25  
Yop .....\$1.50  
Oasis Juice Purple/Red/Yellow .....\$1.25  
Salads  
Caesar Salad.....\$2.50  
Chicken Caesar/Greek/Spinach/Potato..\$3.30  
Snacks  
Fresh Fruit (apple/banana/orange). \$1.00  
Fresh Fruit... Small \$1.50 - Large \$3.00  
Veggie & Dip Small \$1.50 - Large \$3.00  
Daily Specials (Mon-Thur): 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: Taco Salad \$3.50  
Tues: Early Dismissal - No Cafeteria Service  
Wed: Pizza Day from the Pizza Factory \$3.50 (\$2.75 Per Slice)  
Thurs: Hamburgers with Fries \$3.75  
Fri: Poutine \$3.50  
This menu brought to you compliments of:

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www.frasers.ca

14 Wing Teen Council  
Winter Basket  
One Night at Falls Lake  
2 Adult Lift Tickets at Martock  
Limitless Snowboard Gear  
1 Ticket for \$2  
3 Tickets for \$5  
Purchase Tickets @ 14 Wing Community Centre - Draw Date: Mon. Jan. 31  
Martock  
LIMITLESS

This Spot Could be Yours  
\$15.40 plus HST  
Give Anne a Call 765 1494 loc 5833

# Old Timer's Hockey Regional's!

| DATE            | TIME     | HOME TEAM          | AWAY TEAM  | SCORE |
|-----------------|----------|--------------------|------------|-------|
| TUESDAY 8 Feb   | 0800 HRS | OPENING CEREMONIES |            | ARENA |
|                 | 0830 HRS | GREENWOOD          | SHEARWATER | ARENA |
|                 | 1330 HRS | HALIFAX            | GAGETOWN   | ARENA |
|                 | 1900 HRS | HALIFAX            | GREENWOOD  | ARENA |
| WEDNESDAY 9 Feb | 0830 HRS | GAGETOWN           | SHEARWATER | ARENA |
|                 | 1330 HRS | SHEARWATER         | HALIFAX    | ARENA |
|                 | 1900 HRS | GREENWOOD          | GAGETOWN   | ARENA |
| THURSDAY 10 Feb | 1000 HRS | 2ND                | 3RD        | ARENA |
| FRIDAY 11 Feb   | 0930 HRS | FINAL              |            | ARENA |
|                 | 1145 HRS | CLOSING CEREMONIES |            |       |

## Aprons Very Much Appreciated by Local Church



(Image: Brian Graves)

Submitted by:

**Rev. Brenda Nesbitt**

Sue Skinner (right) and the Reverend Brenda Nesbitt (left) accepted ten complimentary aprons on behalf of the Aylesford United Church, Steward Committee from Councillor Wayne Atwater from District 5, Municipality of the County of Kings on Saturday morning, January 15, 2011, during their monthly Community Pancake Breakfast.

The volunteer breakfast crew served 227 patrons

between 8:00 and 11:00 a.m.

On the third Saturday of the month please join us at our County wide renowned

'Breakfast of Kings', King's County that is. All are welcome – comments come back saying we offer, "The best breakfast in the County" and "The pancakes are what keeps us coming back."

Thank you Wayne for our 'Select Nova Scotia' - Buy Local. Eat Fresh. – Aprons from all the hard working volunteers in our kitchen.

Halifax, Shearwater, Gagetown and of course our very own Greenwood Bombers are going head to head in exciting round robin competition. The hockey Regional's take place at the Greenwood Gardens 7-11 Feb 2011. Please come out and support your team!

## Military Family Services Program Participant Survey "Tell us what you think..."

Submitted by Mary Wredenhagen, GMFRC Program Associate

This Military Family Services Program (MFSP) Participant Survey is designed to take an annual snapshot of the MFSP. The Survey is written to obtain quality responses about the experiences of Canadian Forces (CF) families. Respondents should be knowledgeable about their family's experiences at the Centre and in the community. Their responses should reflect the experience of the entire family.

The Greenwood Military Family Resource Centre (GMFRC) will distribute the MFSP Participant survey January 17 - February 17, 2011. Only one survey can be completed per military family.

The survey will be available at the GMFRC reception and at every GMFRC activity during the month. Fill out the survey and your name will be entered in a draw that will take place on Monday, February 21st. The prize is an Xbox 360 with Kinect.

For more information on the MFSP Survey, or the draw, please contact the GMFRC at 765-5611 or visit us on-line at [www.familyforce.ca](http://www.familyforce.ca).

## Hachikin Judo Club Member Donates Hair to Locks of Love

Submitted by: Darnise Strickland, Hachikin Judo Club, 14 Wing Greenwood

Meagan Strickland cut off 11 inches of her hair to donate to Locks Of Love, which is a non-profit organization that provides hair pieces to children under 21 suffering from long-term medical hair loss. (Image: Submitted)



## Le Sondage sur la participation au Programme des services aux familles des militaires « Dites-nous ce que vous pensez... »

Soumis par Mary Wredenhagen, Adjointe aux programmes au CRFMG

Le Sondage auprès des participants au Programme des services aux familles des militaires (PSFM) vise à donner un aperçu annuel du PSFM. Ce sondage est formulé de manière à obtenir des réponses de qualité au sujet de l'expérience des familles des membres des Forces canadiennes. Les répondants devraient être renseignés sur l'expérience de leur famille au Centre et au sein de la communauté. Leurs réponses devraient refléter l'expérience de toute leur famille.

Le Centre de ressources pour les familles militaires de Greenwood (CRFMG) distribuera le sondage du 17 janvier au 17 février 2011 inclusivement. Seulement un questionnaire peut être complété par famille.

Le Sondage sera disponible à la réception du CRFMG en tout temps et sera aussi disponible lors des activités du CRFMG pendant tout le mois. Remplissez le sondage et votre nom sera entré dans le tirage qui aura lieu le lundi 21 février 2011. Le prix de participation est une console Kinect Xbox 360.

Pour de plus amples renseignements sur le sondage du PSFM ou sur le tirage, veuillez communiquer avec le CRFMG au 765-5611 ou visitez-nous en ligne au [www.familyforce.ca](http://www.familyforce.ca).

## CUCINA AURORA

### 20 Minute Rolls

|                           |                      |
|---------------------------|----------------------|
| 1 1/3 cups. buttermilk    | 1/2 tsp. baking soda |
| 1/2 cup Crisco shortening | 2 pkgs. yeast        |
| 1/2 cup water             | 1 tbsp. salt         |
| 3 cups flour              | 4 tbsp. sugar        |

Heat oven to 400 degrees. Heat first 3 ingredients to lukewarm. In big bowl mix dry ingredients. Add wet mixture and beat until smooth. Add 3 cups of flour. Knead 5 minutes. Let dough rise. Roll into rolls and bake until golden brown.

**Military Family Services Program Participant Survey**

Tell us about your experiences. Provide your feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre.

Contact your local Canadian/Military Family Resource Centre to obtain your copy of the survey.

**YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!**

Monday, January 17 to Thursday, February 17, 2011

**Sondage sur la participation au Programme des services aux familles des militaires**

Partagez votre expérience et vos commentaires avec la Direction des services aux familles des militaires et votre Centre de ressources pour les familles des militaires/canadiens.

Communiquez avec votre Centre de ressources pour les familles des militaires/canadiens pour obtenir votre exemplaire du sondage.

**VOTRE PARTICIPATION EST VOLONTAIRE, PRÉCIEUSE ET CONFIDENTIELLE!**

Lundi 17 janvier au jeudi 17 février 2011

# 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 83A 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.

## Greenwood 14 Wing VPI Meeting

The Greenwood 14 Wing VPI will hold their monthly meeting on Thursday 27 Jan at the VPI Centre. Ft Plan at 1500 hrs, Engines On for the meeting at 1530 hrs, with Take Off planned for 1600 hrs. PLE sometime afterward.

## Aylesford & District Lions Club hosts Community Supper

The Aylesford & District Lions Club will join with the Home and School Associations

of Pine Ridge Middle School and St. Mary's Elementary School and offer a delicious supper to community members on Tuesday, February 1, 2011 from 4:30 p.m. to 6:30 p.m. The Aylesford & District Lions Club is located at 2160 Hwy #1 in Auburn. The menu: scalloped potatoes, baked beans, dinner rolls, and ham with coffee, tea, and juice. The Lions' own famous apple crisp will be the dessert. Takeout available. Freewill donations. All funds donated will be used by the

Home and School Associations to help fund ongoing projects. Both Home and School Associations thank the Aylesford & District Lions Club's dedication in supporting the school communities.

## Mama Capozzi's Italian Spaghetti Dinner

The MRHS Band Parents Association is pleased to present the 34th Mama Capozzi's Italian Spaghetti Dinner. Saturday, February 12th, 2011 at the Middleton Legion. Two sittings: 4:30 - 6:00 p.m. (100 tickets) & 7:30 - 9:00 p.m. (100 tickets). Menu consists of Caesar Salad, Spaghetti

with Meat Sauce (vegetarian sauce available), Garlic Bread, Cheesecake, Coffee/Tea (cash bar). Tickets \$12.50. Available at Valley Drug Mart, Allens Building Supplies (please ask for Lisa), Middleton or from Dennis at 825-4965, Shear Techniques (Meadowvale) 765-4789. Proceeds to the MRHS Junior & Senior Band Trips.

## Acadia Lifelong Learning

Acadia Lifelong Learning offers irresistible courses ranging from conversational French, poetry, painting and Pilates to life transitions and legal issues aimed at the over-50 set. Space

still available in some courses. To view complete course information online: <http://all.openacadia.ca>. Or phone: 902-585-1434 or 800-565-6568.

## Wolfville School Fund-raiser at Festival Theatre February 2<sup>nd</sup>

The Spinney Brothers will be one of the special guests at the Wolfville School music program fundraiser, Crescendo. The concert will take place at the Festival Theatre in Wolfville on February 2, 2011 at 7:00 p.m. The music program is raising money in order to participate in a music festival at Mount Saint Vincent University

in Halifax on April 29. Admission to the evening is a free will offering, with a suggested donation of \$12. Band students will be selling refreshments during intermission.

## H.A.R.T. will be Having a Chilli (veggie and meat) Lunch/Supper

On February 19th at the Aylesford Fire Hall from 1:00-6:30 p.m. 50/50 draw, Silent Auction, Jewelry sale, raffles. Adults: \$8.00; Seniors: \$6.00; Children 12 & Under: \$5.00. All proceeds go to H.A.R.T.'s vet bill at Port Royal Animal Hospital. 341-HART for more details.

# GMFRC 2011 Annual Valentine Cookie Gram

Once again, the Greenwood Military Family Resource Centre (GMFRC) will be holding its annual Valentine fundraiser.

## A Cookie Gram for only \$3.00/3 cookies

You personalize the message attached to three beautifully wrapped heart-shaped sugar cookies. The GMFRC will deliver them to

your loved ones on Monday, February 14, 2011.

From now until February 9<sup>th</sup>, the GMFRC will be taking orders for the Valentine Cookie Grams.

**Deliveries will be made to the following areas:** Schools in Kingston, Greenwood, Middleton and including West Kings. The Wing, PMQ's, all subdivisions/businesses

within Kingston, Greenwood and Middleton town limits and subdivisions directly off Ward Road.

**Cookie orders will be taken at the GMFRC with payment until February 9th.** Special orders and Pick-up orders will also be accepted. Special orders are perfect for treating an entire class or workplace!

Our address is as follows: Greenwood Military Family Resource Centre AVM Morfee Centre, School Road, Greenwood, NS.

You can contact us by phone at (902) 765-5611 for more information.

## OPI: Leona Conrick local 5938.

Leona.conrick@forces.gc.ca

# HOROSCOPES

January 23 - January 29

## ARIES - Mar 21/Apr 20

There are strange things happening, Aries, but it's better to just go with the flow. Who knows, maybe you'll like the change of pace and its effect on your lifestyle.

## TAURUS - Apr 21/May 21

Better days lie ahead, Taurus. It's just a matter of waiting a few weeks. In the interim, start a new project that will take your mind off of your worries.

## GEMINI - May 22/Jun 21

Make the most of time spent with friends, Gemini, because for a little while you will be flying under the radar while you handle a few necessities that have been overlooked.

## CANCER - Jun 22/Jul 22

There's much more to you than meets the eye, Cancer, but you don't often give others a peek into your inner thoughts unless they truly earn it. Someone special does this week.

## LEO - Jul 23/Aug 23

You've been feeling a bit gloomy, Leo, and it's understandable based on how much you've had going on. But it's easy to change your mood if you surround yourself with friends.

## VIRGO - Aug 24/Sept 22

Generosity is a good thing, Virgo, but not when you put others continually before you put yourself. Reassess your values and make an effort to make changes.

## LIBRA - Sept 23/Oct 23

When one door closes another door opens, Libra. Look at the positive side of things and embrace the changes that are happening to you. If you dwell on the negative, you can't succeed.

## SCORPIO - Oct 24/Nov 22

There's so much going on that it's any wonder you can still function on a daily basis, Scorpio. Although times may be stressful, things will work out in the end.

## SAGITTARIUS - Nov 23/Dec 21

A relationship is blooming, Sagittarius, and you're not sure how you feel about it just yet. Take a few more weeks to work through your feelings and form a solid opinion.

## CAPRICORN - Dec 22/Jan 20

You have an eye for value, Capricorn, and it will help you realize a good deal this week. Share the wealth with other people if you can. Tuesday is a banner day.

## AQUARIUS - Jan 21/Feb 18

Aquarius, take firm hold of the financial reigns because overspending could be the downfall to an important relationship. Curb any purchase for a few days.

## PISCES - Feb 19/Mar 20

Creativity is blooming, Pisces, but you're not sure how to harness your artistic energy. Redesigning a room could help.

### FAMOUS BIRTHDAYS

|            |                               |
|------------|-------------------------------|
| JANUARY 23 | Rutger Hauer, Actor (67)      |
| JANUARY 24 | Ed Helms, Actor (37)          |
| JANUARY 25 | Alicia Keys, Singer (30)      |
| JANUARY 26 | Cameron Bright, Actor (18)    |
| JANUARY 27 | Patton Oswalt, Comedian (42)  |
| JANUARY 28 | Joey Fatone, Entertainer (34) |
| JANUARY 29 | Adam Lambert, Singer (29)     |

Horoscopes brought to you compliments of:

# Pour la Saint-Valentin offrez le cadeau parfait!

Dites... "Je t'aime," "Merci" ou "Tu es apprécié" via

**Trois délicieux biscuits en forme de cœur élégamment enveloppés et décorés (3 biscuits/3.00 \$).**

Personnalisez le message que nous attacherons à vos biscuits. Les biscuits seront

livrés le vendredi, 14 février 2011.

**Nous ferons la livraison aux endroits suivants :** Les écoles de Kingston, Greenwood, Middleton, incluant West Kings. L'Escadre, les logements pour les familles militaires, les subdivisions et les commerces

localisés dans les limites de Kingston, Greenwood et Middleton.

**Les commandes doivent être faites et payés au CRFMG avant le 9 février 2011** (argent comptant ou chèque).

Notre adresse: Centre de ressources

pour les familles militaires de Greenwood Centre AVM Morfee, rue School, Greenwood, N.E. Pour plus d'information vous pouvez nous contacter au: (902) 765-5611 Collecte de fonds pour le programme des bénévoles du CRFMG

# 14 Wing Family Snowshoe and Sleigh Ride Day

**Submitted by: Eric MacKenzie, Community Recreation Coordinator**

2011 has arrived, and with it our community will see the return of the fourth annual 14 Wing Wellness Campaign. The ongoing campaign is based on the idea that a healthy community is a happy community, and a happy community is a supportive community for our troops.

The 14 Wing Community Centre and GMFRC will once again be partnering to offer a day of snowshoe bliss on Friday January 28<sup>th</sup>, at the 14 Wing Greenwood Golf Course. This event is a challenge to all Military and Defence Team members to get active, and enjoy the afternoon with their families. The event

is offered from 3:30-5:30 p.m. and is designed for all Defence Team members and valid Recreation Card holders only. Please note that if there is inclement weather, the event will be held on Friday February 11<sup>th</sup> during the same time as mentioned above.

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

As mentioned, this fourth annual Family Snowshoe Day is

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

This event will once again be in partnership with the GMFRC who will provide sleigh rides and hot drinks for all families during 3:30-5:30 p.m. These sleigh rides will depart from the 14 Wing Golf course and allow the opportunity for all families to enjoy a sleigh ride before, after or while waiting for your chance to hit the links in snowshoes! If you would like to bring your own snowshoes, cross country skis, Nordic walking poles, etc you can! Plus, prizes can be won along the course and additional prizes will be handed out back in the club house.

So make sure you mark the fourth annual 14 Wing Family Snowshoe and Sleigh Ride Day on your calendars! This event is a great way to "Take the Roof off Winter" and kick start 2011 with physical activity for the entire family. For more information, please call 765-1494 ext. 5337 or ext 1421.

## Youth Happenings at 14 Wing Community Centre

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

Drop into The Centre and become a member today! Anyone can join-Military or non-military pre-teens (9-12) and teens (13-18) who want to have fun at one of our weekly programs or just enjoy the drop-in hours. We've got the place for you! Our annual membership is free for those that have a Recreation Card, if you don't a pre-teen membership is \$6 and a teen membership is \$12. For more information please come to The 14 Wing Community Centre or call 765-8165. Here's what's happening this week!

**Teen Council Tuesday Jan. 25 3-4pm**

Teens come to the Centre to plan and discuss upcoming events and activities. Volunteers needed at The Snow Shoe event and Winter Carnival.

**Teen Games Night Tuesday Jan. 25 6-8pm**

Teens come play your favorite board games here at The Centre.

**Boys Club and Active Chicks**

**Swimming Wednesday Jan. 26 6:30-7:30pm**

Boys and girls come to The F&S Centre for casual swim!

There we'll swim, dive and have a great time! Meet at The F&S Centre please!

**Teen Activity Snowshoeing & Sledding Thursday Jan. 27 6-7:30pm**

Teens bring your sleds to the hill behind The Centre. We'll go sledding, snowshoeing and

then enjoy hot-chocolate!

**Pre-Teen Dance Friday Jan. 28 6-8pm**

**Cost- \$3**

Pre-teens (9-12) come to The Centre and dance the night away! Tell, your friends, bring your friends, it's where your friends are!

## PATRICK'S PUZZLE

### What's the Difference?

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



Answers: 1. pumpkin pie is reflected 2. lime pie is darker 3. tea bag is missing 4. coffee is missing steam

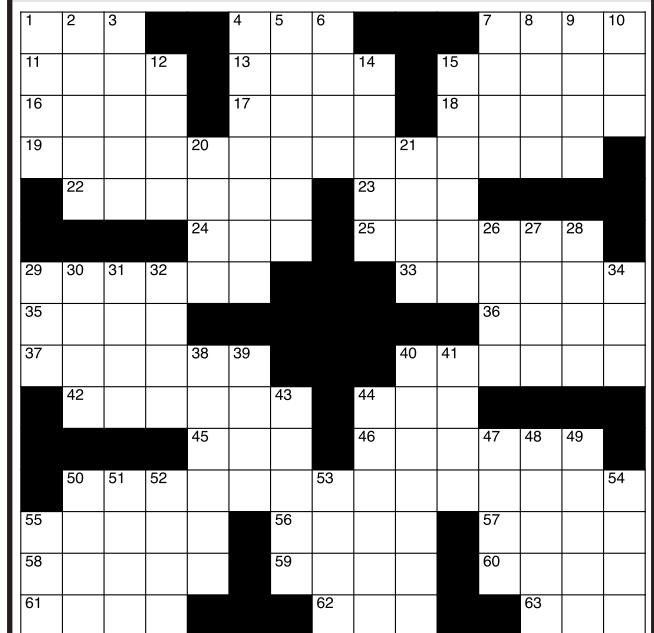
Patrick's Puzzle brought to you compliments of:

**BEST TOYOTA**  
840 Park St., Kentville  
(902) 678-6000  
Toll-free 1-888-466-2702  
[www.besttoyota.ns.ca](http://www.besttoyota.ns.ca)

## Metro Crossword

Spelling: US English

Solution page 18



- ACROSS**
- 1. Femur head joint
  - 4. Co. name prior to CCN & Experian
  - 7. An encircling route
  - 11. Actor Baldwin
  - 13. Yeman monetary unit
  - 15. Slightly curved blade sword
  - 16. London Int'l. Advertising Award
  - 17. Exchange premium
  - 18. Am. artist Edwin Austin
  - 19. Hyperopia
  - 22. Purplish red color
  - 23. Take in marriage
  - 24. Promotional messages
  - 25. Full of high-spirited delight
  - 29. The study of plants
  - 33. S. Am. camel relative
  - 35. Amounts of time
  - 36. Purplish brown
  - 37. Treat with contempt
  - 40. Set in advance
  - 42. In a lucid way
  - 44. Only laughed once
  - 45. One point E of due N
  - 46. Revolve
  - 50. Harry Potter star
  - 55. Olympic contests
  - 56. A small lake
  - 57. Arabian chieftain
  - 58. Ribonuclease
  - 59. Plants of the genus salvia
  - 60. Small deer of Japan
  - 61. Slang for "alright"
  - 62. \_\_\_ student, learns healing
  - 63. Spring ahead
  - 64. Slogged
  - 65. Hyperopia
  - 66. Rest in expectation
  - 67. Baseball's \_\_\_ Ruth
  - 68. Flows away
  - 69. Belonging to Robert E.
  - 70. Attempt
  - 72. House in Spanish
  - 74. Lerner and \_\_\_ wrote "My Fair Lady"
  - 15. Summer shoe
  - 20. Formerly Persia
  - 21. A small wooded hollow
  - 26. Duct or cellophane
  - 27. Large flightless birds
  - 28. Genus leuciscus fish
  - 29. A place to sleep
  - 30. Minerals
  - 31. Scarlett's home
  - 32. 7th Hindu month
  - 34. Poised to
  - 38. Fitness guru Austin
  - 39. Czech & German River
  - 40. Slogged
  - 41. College army
  - 43. Short sharp barks
  - 44. CA. citrus county
  - 47. Brews
  - 48. Fearful and cautious
  - 49. The people of Chief Kooffreh
  - 50. Euphemistic damn
  - 51. Far East wet nurse
  - 52. Where birds hatch their young
  - 53. Wander
  - 54. Male undergrad social club
  - 55. Programming language

Metro Crossword brought to you compliments of:

**Tri County Communications**  
Greenwood Mall

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

## Sudoku

Solution page 18

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

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:

Greenwood & Middleton Stores will be Closed Jan 30 at 5:00 p.m.  
**SPECIAL \$5.00 Foot Long**  
All Classic Subs  
**SUBWAY**  
eat fresh.  
Middleton - 902-825-5525 • Greenwood - 902-765-2267

# 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, 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 83A School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

### JOBS

HELP WANTED - The Inside Story in the Greenwood Mall is seeking an enthusiastic, friendly, mature store clerk to

work in our gift, card, stationary and art section. The ideal candidate is able to work full hours, wants 20-30 hours per week, has retail experience (though not a requirement), and can work well alone or

under supervision within a team. If this is you, please bring in your own hand-written cover letter and a resume to the store. Interviews begin this week. (3203-2tp)

### FOR RENT

FOR RENT - Lincolshire Apartments available Feb 1,

### FOR SALE FIREWOOD

Clear Hardwood Cut, Split and Delivered Quality Guaranteed Please Phone 825-3361

### DAN'S FIREWOOD

Hardwood, \$190 a cord Softwood, \$150 a cord Cut, Split, Delivered Ph: 825-6424

2011. One 2 Bedroom apartment with balcony. \$575.00 a month excludes utilities. Live in super, secure building. Please call 765-6669. (3202-ufnb)

FOR RENT - Newly renovated 2 bedroom bungalow for rent in Nictaux across from Church. 10 Minutes from CFB Greenwood. Laminated floors, electric heat, new siding, and back deck with garden doors. No smoking. \$650.00 a month. Call 1-403-502-6079. (3203-ufn)

FOR RENT - Small 1 Bedroom house on Marshall Road in Kingston. Fridge & stove supplied. Newly decorated. \$425.00 per month. No utilities included. Call Gerald Chase at 542-3398 or Tim Fay at 765-4987. (3202-5tp)

FOR RENT - Worry free retirement living, IR Post-

ings 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. (3203-4tpb)

FOR RENT - New 1 bedroom bright apartment in a quiet country setting. IR POSTINGS WELCOME. Short or long term. Fully furnished and equipped fridge, stove, washer &

dryer. Rent includes all services sat TV and wireless internet. No smoking, no pets. Call Joe 765-1898 or 5215 on base. (3203-2tpb)

FOR RENT - 3BD side of a duplex in Middleton with Garage, laundry hook-up, nicely renovated, wood stove, no smoking or dogs, ref. required, \$700/mo + Util. Available Feb 1, 2011. Call 840-3580. (3204-3tpb)

FOR RENT - 3 Bedroom house for rent in Torbrook. \$600.00 a month plus utilities. Damage deposit and references required. Call Donna at 765-3838. (3204-2tpb)

FOR RENT - 1 bedroom basement apt located in Kingston \$535/month utilities included or \$400.00 a month utilities extra. Bachelor apartment suitable for one person located in Kingston \$535.00 a month utilities included. Phone 825-3607 (3204-2tpb)

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)

SCUBA COURSE - Entry level course open to military, dependents and public (adults and children 12 and over) starting Friday April 8 for two consecutive weekends followed by a third week of ocean diving. Designed for those who have to travel to attend. Location of training will be #12 Wing Shearwater and Dartmouth. Military members may be able to arrange accommodations and messing at Warrior Block. Participants must be in good physical condition and must be able to swim 8 lengths of pool, no time limit. Cost is \$300, no taxes. Participants should bring own mask, snorkel and fins and are responsible to provide their own wet suits for open water dives. Maximum number of students will be ten. To register contact Roland Morrison at rolymorrison@netscape.net (3204-2tpb)

### SERVICES

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

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

Bookmobile Schedule - February 2011 Tuesday - 1 February 2011 Sunken Lake.....2:00-2:45 Cornwalls Park.....1:30-2:30 Margaretville.....9:45-10:30 White Rock.....3:00-3:45 Bear River East.....3:00-4:00 Morden.....11:00-11:45 New Minas.....5:00-6:30 Bear River.....5:30-6:45 Wednesday - 9 February 2011 Avonport.....10:00-10:30 Tuesday - 22 February 2011 Newport Station.....11:00-11:30 Baxter's Harbour.....10:45-11:45 Belmont.....12:30-1:00 Scott's Bay.....1:00-1:45 Aylesford.....5:45-7:00 Canning.....2:15-3:15 Saturday - 5 February 2011 Waterville.....10:00-11:00 Sheffield Mills.....3:30-4:15 Cambridge (King's Co).....11:15-12:00 Cheverie.....2:45-3:30 Centreville.....5:45-6:45 Bess View Sub-Div.....12:45-2:00 Summerville.....3:45-4:30 Wednesday - 23 February 2011 Coldbrook Centre.....2:15-3:15 Upper Burlington.....5:30-6:00 Cherryfield.....1:30-2:15 Tuesday - 8 February 2011 Kings Rehab Centre.....10:00-11:30 Maitland Bridge.....10:15-11:15 East Dalhousie.....2:30-3:30 Casey's Corner.....12:45-1:30 Clementsvalle.....11:45-12:30 Springfield.....4:00-5:15 New Albany North.....6:30-7:00

# Make Story Time Special

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

"Once Upon A Time, in a land far far away..." How many images does this simple phrase bring to mind. We instantly remember stories told to us from our parents, grandparents, babysitters, teachers, or friends. These stories often told of exciting adventures, fairy princesses, or fiery dragons. If your parents read to you or told you stories at bedtime, these may be some of your most treasured childhood memories.

We remember these stories so clearly because of the experience we had sharing the moment with our parents. These are the kinds of memories we want to give our kids – quiet, loving moments together; stories that will have them pretending to be princesses or knights in shining armour will spark their imagination and stay with them forever.

Research has shown that children benefit intellectually, emotionally and developmentally from being read to from an early age. There are many books geared towards infants for parents to read. These special plastic books with colourful pictures are perfect for babies to look at or chew! Before children are able to talk, parents are able to ask children to point to different things in these types of picture books. As our children develop, we can ask them to tell us about the pictures – what they like, colors, size, or shape – the possibilities are endless.

Children also love to hear stories about themselves when they were babies. There is something very exciting to a child when the description or name of the story character sounds exactly like them. Tell them stories about the lives of their toys, dolls and pets before they came to live in their house! Be imaginative – you will surprise yourself at how much fun you and your child will have together.

The important thing about storytelling is the closeness that these simple stories can create. For a few short minutes, you are paying 100% of your attention to your child. You are teaching them, bonding with them and showing them that you enjoy spending time together. The years of snuggling at story time are very limited. Before you know it, your children have decided that they are too old for stories and hugs. Be sure to take advantage of these special moments.

Children of Military Families are often faced with having one of their parents absent for an extended period of time. Therefore, the time spent with that parent becomes even more special. Parents who find themselves preparing for a deployment or who will be away on course can still share in the routine of story time with their child. Being prepared is key when it comes to nurturing your relationship with your child during your absence. With the many wonderful technological gadgets available today, parents can not only record themselves reading their child's favourite stories, but can video tape story time for their child. These tapes can be played or viewed with the other parent or caregiver at bedtime. This allows for children to still feel as though the missing parent is still part of their day.

Parents who are looking for information on the importance of reading to children or who would like to hone their story telling abilities can simply check out any of the following resource sites to gather further information: [www.canadianparents.com](http://www.canadianparents.com) or [www.earlyliterature.ecsd.net/](http://www.earlyliterature.ecsd.net/)

Remember your local GMFRC is a great place to look for programs and services that address the unique needs of military children and their families.

If you would like to meet with Kim Dixon, Coordinator of Child and Youth Services, about how you can develop storytelling techniques for your children, or would like to talk about parenting challenges you may be facing, please call 765-1494 local 1812 or email at [kim.dixon@forces.gc.ca](mailto:kim.dixon@forces.gc.ca)

# Learning and Career Centre

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

## LCC Upcoming Workshops

These sessions are for DND Military and Civilian personnel and NPF employees.

You must go through your Unit Training Coordinator to register for these courses. If you do not know who your Unit Training Coordinator is, please contact the LCC at local 5226 or 5227 for referral.

### JANUARY 2011

31 Prior Learning Assessment(PLA)(Day 1 of 10) • ½ day

### FEBRUARY 2011

1 Intro to Windows XP and File Management • 1 day

3 MS Publisher – Creating Newsletters • 1 day

4 Basic Writing (by Videoconference) (Day 1 of 4) • 1 day

7 Prior Learning Assessment (PLA) (Day 2 of 10) • ½ day

8 Excel Level 1 • 1 day

10 Outlook Level 2 – Beyond the Basics • 1 day

11 Basic Writing (by Videoconference) (Day 2 of 4) • 1 day

14 Prior Learning Assessment (PLA) (Day 3 of 10) • ½ day

14 Access Level 1 • 1 day

15-17 Stepping Up to Supervisor • 3 days

16 Excel Level 2 • 1 day

18 Basic Writing (by Videoconference) (Day 3 of 4) • 1 day

21 Prior Learning Assessment (PLA) (Day 4 of 10) • ½ day

22 Front Page Level 2 • 1 day

23 Defence Ethics • 1 day

23 Excel Database Functions • ½ day

24 Power Point Level 2 • 1 day

25 Basic Writing (by Videoconference) (Day 4 of 4) • ½ day

25 Civilian Personnel Performance Review/Personal Learning Plan briefing • ½ day

28 Prior Learning Assessment (PLA) (Day 5 of 10) • ½ day

Please note the Employment Equity session scheduled for 3 Feb 11 will be rescheduled to a later date.

## Greenwood Golden Oldies



Submitted by: **Jerry Meade**

**Col (Ret'd) Brian Handley, CWO (Ret'd) Wally Travis, WO (Ret'd) Bob Holmes participated in dropping the puck to Capt (Ret'd) Bob Landry and Team Captain Harry McIntyre of the Ottawa, Ontario Hockey Team (The Fallen Heroes). This was the opening ceremonies of the 2<sup>nd</sup> Annual Veterans/Friendship Tournament held 14, 15, & 16 January 2011.**

## Skater of the Week

The Greenwood Skating Club Presents the OK Tire & Auto Service Skater of the Week

Submitted by:

**Francois Robert, GSC**

### Kaylynn Vessey

Age: 8 yrs old

School: Homeschooled

Skating Level: Junior

Started Skating: 6 yrs old

Highest Test Passed: Canskate

Favourite Figure Skater:

Joannie Rochette

Favourite Part of Skating:

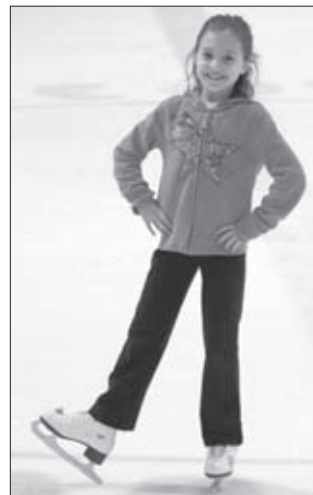
Backward crossovers, spirals

Other hobbies: Spending

time with family, highland

dancing, baking

(Image: RFTS Inc.)



## Health Promotion Winter/Spring Program Schedule

For more information or to register, please contact:

Edith Tremblay at 765-1494 ext 5388

**EDITH.TREMBLAY@forces.gc.ca**

| Program                                        | Date                           | Time                | Location   |
|------------------------------------------------|--------------------------------|---------------------|------------|
| Stress Take Charge!                            | 09 – 10 Mar 11                 | 0830 -1530          | F&S Centre |
|                                                | 14 – 15 Jun 11                 |                     |            |
| Weight Wellness Lifestyle Program              | 23 Mar – 18 May 11 (Wednesday) | 1130 – 1400 hrs     | F&S Centre |
| Top Fuel for Top Performance                   | 07 – 08 Apr 11                 | 0830 – 1530 (day 1) | F&S Centre |
|                                                | 02 – 03 Jun 11                 | 0830 – 1130 (day 2) |            |
| Alcohol, other Drugs & Gambling Supervisor Trg | 14 Apr 11<br>22 Jun 11         | 0800 – 1600 hrs     | F&S Centre |
| Applied Suicide Intervention Skills Training   | 18 – 19 Apr 11                 | 0800 – 1600 hrs     | F&S Centre |
| Managing Angry Moments                         | 26 Apr – 24 May 11 (Tuesday)   | 0830 - 1130 hrs     | F&S Centre |
| Butt Out – Self-Help Program                   | Monday (by apt only)           | 1330 – 1530 hrs     | F&S Centre |
|                                                | Friday (by apt only)           | 0930 – 1130 hrs     | F&S Centre |

Good things are brewing at the

## Annapolis Café

### 14 Wing Food Services

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Breakfast Full ..... \$6.00

Breakfast Continental ..... \$3.60

(Beverage & Toast or Cereal)

Full Lunch/Supper ..... \$12.00

Lite Lunch/Supper ..... \$7.20

(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)

Full Dinner ..... \$12.00

Dinner Speciality ..... \$15.00

~ Miscellaneous ~

Coffee: **Only .75 cents everyday**

Coffee, Toast or Muffin: **Only \$1.50**

**Lunch Special:** Choose any two of Sandwich, Soup or Salad with a cookie and your choice of beverage, **only \$4.50.**

**Check out our great Healthy Choices!**

Salmon Florentine, Poached Haddock and a Variety of Salads everyday.

### Meal Hours

Breakfast ..... 0600 - 0900

Weekend & Holidays ..... 0600 - 1000

Weekend Brunch ..... 1100 - 1315

Lunch ..... 1100 - 1315

Dinner ..... 1600 - 1830

**OPEN TO AUTHORIZED PATRONS ONLY**



www.canex.ca  
14 Wing Greenwood

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26 Jan - 5 Feb 2011

AUTHORIZED PATRONS ONLY



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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 for all the details.