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the Aurora

Vol. 33 No. 39 OCTOBER 8, 2012 NO CHARGE www.auroranewspaper.com

Defining 'deployment' Families welcome to make military life easier with MFRC programs

Sara Keddy,
Managing editor

Kelly Aucoin wants people to think about the definition of "deployment."

Aucoin, the deployment services coordinator at the Greenwood Military Family Resource Centre, wants people to think about the people away from home for days, weeks, months or more on courses, trainings, exercises, search and rescue missions and more. Right now, that's 17 deployed on the generally accepted definition – overseas, months and months, tough conditions..., and 30 members on imposed restriction; she's supporting 90 families altogether.

"14 Wing is a training base, and we see spouses and families left on their own many times more than through deployment," she says. "Our military family services here

realize it's not necessarily the overseas deployments that cause the most stress for families – it's the extended stays, the never settling in, all the coming and going.

"It's about educating people, when they see the word 'deployment,' it means the Canadian Forces member is gone – they're not here. Absences are absences."

Deployment services – emergency childcare, for example, or special activities – used to be available for personnel and families involved in over 30-day calls. Aucoin says that's changed.

"If your spouse is gone two days, they've been tasked away from the base and home – you could have all your plans in place and then still see things fall through.

"You can call us."

Aucoin knows the life in more ways than one: her hus-

Continued on page 2...



Challenge met
Darnise Strickland and Bruce Gillis head for the lake in the September 28 14 Wing Greenwood Adventure Challenge. For photos and full results, turn to Page 8.

Sergeant P. Nicholson

405 Squadron remembers RAF Nimrod crews

Flight Sergeant Ian Sinski,
Royal Air Force (RAF)
exchange

August 31 to September 3, crew 2 from 405 Squadron, 14 Wing Greenwood, took part in the Canadian International Air show held in Toronto. The crew, led by Flight Lieutenant Adam Saber, a Royal Australian Air Force exchange pilot with the squadron; arrived at Pearson International airport August 30. Members were met by eager groups of aircraft enthusiasts, air show organisers and youngsters from a local children's charity being given special access to the air show. The crew spent several hours showing the groups around the CP140 Aurora, answering questions and, in some cases, signing autographs.

Over the course of the weekend, with the expert help of two technicians from 14 Air Maintenance Squadron, the crew conducted air displays and provided crew members to meet and greet the general public on the air show grounds.

September 2, the crew dedicated its display in memory of two RAF Nimrod crews who had tragically been lost on that exact date in two separate tragic accidents. The first was at the To-



RAF Flight Sergeant Ian Sinski laid 21 red roses, one for each crewmember lost in two separate Nimrod crashes, on Lake Ontario.

A.H.Cline

ronto Air Show in 1996: seven aircrew were lost during the air display when their Nimrod MR2 crashed into Lake Ontario. The second accident happened in 2006, when 14 crewmembers lost their lives after an onboard fire caused their Nimrod to explode during an operational mission over Afghanistan.

The weekend was a huge success, and an excellent chance for the public to see the Aurora in all her majesty. The air show organisers are always pleased to see 405 Squadron and 14 Wing represented, stalwart participants in the air show warmly welcomed back each year.

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Friendly Fridays

Every Friday from 10 a.m. to 11:30 a.m. Coffee and great conversation! Everyone welcome - deployed spouses, parents and community members.

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Once a month, Thursday afternoons. A step away from the normal routine, a chance to expand your knowledge base, skills and experiences with a variety of crafts, personal development activities and more.... Classes coming up: Countdown Chalkboard Sign - October 18, 1:30 p.m., Pumpkin Carving - October 27, 2 p.m.

For information on MFRC deployment services, contact Kelly Aucoin, (902) 765-1494 local 5583.

Defining 'deployment'...

...cover band of 19 years was posted to 14 Wing's 14 Air Maintenance Squadron in June, so the family – with four kids – made the move. Luckily for Aucoin, the Valley is home for her, and her parents live in Cape Breton. Aucoin is also slipping into a comfortable role at the MFRC: she held the same deployment services support job at their last posting for seven years.

"This move has been seamless – all the training and the work I was doing, I can continue here in Greenwood."

Aucoin is looking forward to making deployment supports as accessible – and as casual – as families here need them to be.

"If there are parents here alone, day in and day out, eating what the kids eat and missing adult interaction – just come," she says. "I know military families are very resilient: needing help is not the message."

A Friday morning coffee drop in for "single" parents, children and community members will, Aucoin hopes, turn into more: "Before long, people are sharing

deployment tips and babysitting for each other!"

Long-standing MFRC services, including the emergency and respite childcare program, the volunteer network and the volunteer-run "warm line" phone tree; are all available, and getting a fresh boost of attention from Aucoin and her MFRC co-workers. Families affected by deployment should see more information come their way on just what's happening at the MFRC.

"We're lucky in that we receive regular information from 14 Wing Taskings about members being taken away from the wing for temporary duties, courses and other operational requirements – however, there is one catch, Aucoin says. "The only way the MFRC knows the CF member tasked away has a family or significant other that could benefit from our programs and services is if they fill out our pre-deployment services contact information form."

Families are also welcome to fill out the forms themselves: in fact, anyone affected by a deployment may access deployment support programs.



Greenwood Military Family Resources Centre deployment services coordinator Kelly Aucoin: "Our military family services here realize it's not necessarily the overseas deployments that cause the most stress for families."

S.Keddy

"Deployment is not an ideal situation, but it's not for me or the MFRC to decide how long someone can 'handle' being on their own," Aucoin says. "Everyone's different, and successful deployments happen when people keep busy, keep a routine and don't isolate themselves. "The MFRC is here to support them."

The Aurora Newspaper staff wishes to thank our dedicated PAPER CARRIERS for a job well done!

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Useful links | Liens utiles

Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfpsa.com

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Caméra de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpiinternational.ca

Définir le terme « déploiement »

Les programmes du CRFM vous facilitent la vie

Sara Keddy
Rédactrice en chef

Kelly Aucoin veut que les gens réfléchissent à la définition du terme « déploiement ».

Mme Aucoin, coordonnatrice des Services de soutien aux familles de militaires en déploiement du Centre de ressources pour les familles des militaires (CRFM) de Greenwood, veut que les gens pensent aux personnes qui doivent s'absenter de leur foyer pendant des jours, des semaines, des mois et même de plus longues périodes pour participer à des cours, des exercices, de l'instruction, des missions de recherche et sauvetage, etc. Présentement, 17 membres sont en déploiement, selon la définition généralement acceptée (outremer, absence prolongée, conditions difficiles...) et 30 membres sont en restriction imposée. En tout, Mme Aucoin offre un soutien à 90 familles.

« La 14^e Escadre est une base d'instruction et nous voyons des conjoints et des familles laissés à eux-mêmes plus souvent qu'en situation de déploiement, explique-t-elle. Nous savons que les déploiements outremer ne sont pas nécessairement la plus grande cause de stress pour les familles. Ce sont plutôt les absences prolongées, l'instabilité et le va-et-vient continu. »

« Nous devons informer les gens. Quand ils voient le mot "déploiement", cela signifie que le membre des Forces canadiennes est parti, il n'est pas là. Une absence est une absence. »

Les Services de soutien aux familles de militaires en déploiement (p. ex. les services de garde en cas d'urgence et les activités spéciales) étaient auparavant offerts au personnel et aux familles touchés par des missions de plus de 30 jours. Mme Aucoin indique que les règles ont changé.

« Si votre conjoint est parti pendant deux jours, s'il est affecté à l'extérieur de la base et loin de la maison, vous pouvez planifier autant que vous le voulez et voir quand même des choses vous échapper. »

« Vous pouvez nous appeler. »

Mme Aucoin connaît bien la vie des familles militaires : son époux des 19 dernières années a été affecté au 14^e Escadron de maintenance (Air) de la 14^e Escadre en juin, alors sa famille – qui compte quatre enfants – a déménagé à Greenwood. Heureusement pour Mme Aucoin, la vallée est son coin de pays et ses parents vivent au Cap-Breton. Mme Aucoin assume aussi un rôle dans lequel elle est à l'aise. En effet, avant son arrivée au CRFM, elle a occupé pendant sept ans le même poste de

soutien aux familles de militaires en déploiement.

« Ce déménagement s'est fait tout en douceur. La formation que je donnais et le travail que je faisais se poursuivent à Greenwood. »

Mme Aucoin a bien hâte de rendre les Services de soutien aussi accessibles – et informels – que les familles d'ici le désirent.

« S'il y a des parents seuls qui, jour après jour, mangent ce que les enfants mangent et n'ont pas d'interaction avec d'autres adultes, je les invite à venir faire un tour. Je sais que les familles de militaires sont très résilientes. Pas nécessaire d'avoir besoin d'aide pour venir nous voir. »

Mme Aucoin espère que l'invitation à venir prendre un café le vendredi matin, lancée aux parents « seuls » et aux membres de la communauté, mènera à des interactions positives. « En peu de temps, les gens s'échangent des conseils relatifs au déploiement et la garde des enfants! »

Les services de longue date du CRFM, y compris le Programme de garde d'enfant d'urgence et de relève, le réseau des bénévoles et la ligne d'écoute gérée par des bénévoles sont disponibles et retiennent l'attention de Mme Aucoin et de ses collègues du CRFM. Les familles touchées par un déploiement devraient

bientôt recevoir davantage d'information sur les activités et services du Centre.

« Nous avons la chance de recevoir régulièrement de l'information de la section d'attribution des tâches de l'Escadre au sujet des membres qui s'absenteront de la base pour des tâches temporaires, des cours ou d'autres exigences opérationnelles. Toutefois, nous ne savons pas si un membre a une famille ou un conjoint qui pourrait bénéficier des programmes et services du CRFM, à moins que le membre ne remplisse notre formulaire de renseignements sur la famille avant le déploiement. »

Les familles sont aussi invitées à remplir elles-mêmes le formulaire. En fait, toute personne touchée par un déploiement peut se prévaloir des programmes de soutien en cas de déploiement.

« Le déploiement n'est pas une situation idéale et ce n'est pas à moi ou au CRFM de décider pendant combien de temps une personne peut "se débrouiller" toute seule, explique Mme Aucoin. Chaque personne est différente et un déploiement est réussi quand les gens se tiennent occupés, qu'ils établissent une routine et évitent de s'isoler. »

« Le CRFM est là pour leur offrir un soutien. »

Demeurez occupés et amusez-vous

Activités sociales et activités pour les enfants

Activité en soirée une fois par mois, de 17 h à 19 h. Soutien, réseautage, rassemblement en famille. 17 octobre, 14 novembre, 12 décembre.


Vendredis entre amis

Chaque vendredi, de 10 h à 11 h 30. Café et conversations intéressantes! Tous sont les bienvenus : conjoints de militaires déployés, parents et membres de la communauté.

Pourquoi ne pas essayer quelque chose de nouveau?


Une fois par mois, le jeudi après-midi. Brisez la routine, enrichissez vos connaissances, développez vos compétences et faites de nouvelles expériences en participant à des séances d'artisanat, de développement personnel, etc. Cours à venir : Tableau de décompte, le 18 octobre, à 13 h 30; Sculpture de citrouilles, le 27 octobre, à 14 h.

Pour obtenir des renseignements sur les Services de soutien aux familles de militaires en déploiement du CRFM, communiquez avec Kelly Aucoin, 902-765-1494, poste 5583.



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celebrates National Newspaper Week October 7 to 13 with a drop-in coffee party with homemade goodies Wednesday, October 10, 10 a.m. to noon. Please come meet us!

- For our business clients, we'll raffle one free quarter-page and one free eighth-page ad.
- For our classifieds customers, we'll raffle three prizes of one free week's insertion.
- For our friends and readers, we'll raffle a \$100 value basket of unique handmade crafts from Dempsey Corner Orchards and Farm Market's Piece for Peace program, supporting women's co-ops and farmers from India, Guatemala, Nepal and Swaziland.

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Campagne de charité : la barre est haute

À venir

- Le 12 octobre : Envoyez votre patron en prison, entre midi et 15 h, au Centre de conditionnement physique et de loisirs de la 14^e Escadre Greenwood. Appelez le représentant de votre unité pour obtenir un bulletin (ou découpez le coupon ci-joint) pour faire emprisonner votre patron (au coût de 1 \$ par minute) et lui faire subir un bain forcé (2 \$ par balle ou trois pour 5 \$). Un barbecue sera offert sur place.
- Vente aux enchères des places de stationnement des commandants : trois périodes d'une semaine chacune
- Le 16 novembre : Grand repas annuel à la fortune du pot de la 14^e Escadre
- Du 29 novembre au 1^{er} décembre : vente aux enchères du Festival des arbres et activités spéciales

Sara Keddy
Rédactrice en chef

Envoyer votre patron en prison, prendre un bain forcé, faire monter les enchères pour tenter d'obtenir une place de stationnement de choix, ou remplir votre assiette à un mégabuffet : Qu'en dites-vous?

Vous êtes prêts à tout pour la bonne cause, n'est-ce pas?

Le personnel de la 14^e Escadre Greenwood vise un objectif de 50 000 \$ dans la Campagne annuelle pour les œuvres de bienfaisance groupées, qui a été lancée le 14 septembre, après la fin d'une autre grande activité caritative : la séance de rasage de crânes de la journée Terry Fox.

« Nous avons déjà recueilli près de 3 500 \$ grâce aux dons de 2 \$ du vendredi pour le port de la tenue civile » a indiqué le Major Andrea MacRae, coordonnatrice de l'activité.

En ajoutant à cette somme toutes les pièces de 2 dollars des vendredis jusqu'à la fin de décembre, les petites activités de collecte et la grande vente aux enchères du Festival des arbres, le comité se dit optimiste selon le Major MacRae et le Capitaine James Murdock, coorganisateurs de la Campagne.

« On va avoir bien du plaisir, et ça ne fait que commencer » dit le Major MacRae.

L'année dernière, la Campagne a permis de donner plus de 40 000 \$ à plusieurs dizaines d'organismes communautaires de la région, qui œuvrent dans les domaines de la santé, des activités et des services pour les jeunes, du bien-être des animaux, mais aussi au Centre de ressources pour les familles des militaires et à plusieurs organismes caritatifs nationaux.

« Idéalement, cet argent est redistribué localement puisque les organismes concernés sont présents dans la région et occupent une place privilégiée dans le cœur des employés de Greenwood » dit le Major MacRae.

Selon le Capt Murdock, les représentants des unités pour la Campagne espèrent convaincre la totalité des membres du personnel d'opter pour le programme de délégation de solde : les membres de la Force régulière et les employés civils peuvent choisir de faire un don toutes les deux semaines aux œuvres groupées par prélèvement sur leur solde. Les réservistes peuvent faire des dons en espèces. Le Capt Murdock ajoute que les



Combined Charities team members with the campaign's tally board: the goal this year is \$50,000.
Submitted.

donateurs peuvent laisser les œuvres groupées distribuer leurs dons ou désigner nommément les causes auxquelles ils souhaitent contribuer. C'est

beaucoup de travail pour le comité mais les donateurs recevront un relevé T4 sur lequel figureront leurs dons, pour leur déclaration de reve-

nus. Chaque dollar compte. C'est le but, dit le Capt Murdock : la devise de la Campagne est : « À l'échelon local, nous faisons avancer les choses. »

Charitable campaign aims high

Sara Keddy,
Managing editor

Throw your boss in jail? Take a dip in the dunk tank? Put a bid in on a prime parking spot? Fill your plate from

a mega-potluck buffet?

Anything for charity, right? 14 Wing Greenwood personnel are on their way to a \$50,000 goal in the annual Combined Charities campaign, which kicked off

September 14 as another big charity effort was wrapping up, the Terry Fox Head Honcho Head Shave.

"We already have close to \$3,500," says co-organizer Major Andrea MacRae, col-

lected through civvy Friday \$2 donations.

Add up all those toonies from Fridays between now and the end of December, smaller fundraisers and the marquee Festival of Trees auction, and MacRae and co-organizer Captain James Murdock say their committee is optimistic.

"It is going to be a lot of fun, and we're just getting stuff off the ground," MacRae says.

Last year, Combined Charities presented just over \$40,000 to several dozen local organizations, serving the community with health programs, youth activities and services, animal welfare, the Military Family Resource Centre and several national charities.

"Ideally, it is all local, as these are organizations that are part of the community and are close to Greenwood

personnel's hearts," MacRae says.

Murdock says unit representatives from Combined Charities are aiming for 100 per cent canvassing in the pay allotment program: Regular force and civilian members may set a bi-weekly donation to Combined Charities from their pay cheques. Reservists may make cash donations. And, Murdock says, contributors may leave it for Combined Charities to distribute general donations, or specifically designate their own contributions to favourite causes. It's a lot for the committee to track, but contributors will receive a T4 slip recording charitable donations for tax purposes. Every dollar makes a difference.

That's the goal, Murdock says: Combined Charities' motto is, "Locally, we Make a Difference."

Coming up

- October 12 – Jail Your Boss day, noon to 3 p.m. at the 14 Wing Greenwood Fitness & Sport Centre. Contact your unit rep for a ballot (or cut this sample out) to have your boss jailed (\$1 per minute) and put through the dunk tank (balls \$2, or three for \$5). BBQ on site.
- auction of commanding officers' parking spots for three one-week periods each
- November 16 - 14 Wing annual mega potluck
- November 29 to December 1 – Festival of Trees auction and special events

14 Wing Combined Charities Jail/ Dunk Your Boss Event

Name/ local: _____

Unit: _____

Name of boss: _____

Length of time of incarceration: _____

Donation amount: _____

Combined Charities unit rep: _____

Complete this ballot, provide the ballot and your donation to your unit rep and your boss goes to jail.

\$1/ minute or until he/ she posts their bail!

More haircuts for charity

Sergeant Pete Nicholson,
14 Wing photojournalist

Canadian Forces personnel at 14 Wing Greenwood have a sure-fire way to raise money for charity! The Head Honcho Head Shave that took place September 14 raised over \$14,000 for the Terry Fox Foundation; now, haircuts in Canadian Forces Station Alert have raised \$1,000 for the Soldier On Fund. Corporal Jennifer Viel, a resource management services clerk from 14 Wing, volunteered for a six-month deployment to Alert as the station



Submitted

orderly room clerk. In her spare time, Viel volunteered to be the station barber, where she realized the potential to raise money

for charity. Viel is donating all of the proceeds from her venture to the Soldier On Fund. Since June, she has raised \$1,000.

Army Reserve recognition day salutes Atlantic soldiers

Atlantic Canada saluted citizen soldiers October 3 as part of Army Reserve Recognition Day.

Army Reserve Recognition Day is a national initiative to highlight the operational accomplishments of the Army Reserve and the contribution Reserve soldiers make to their communities across Canada. There are over 3,100 members of the Army Reserve serving across the four Atlantic provinces.

Soldiers of the Army Re-

serve in Atlantic Canada have deployed to Afghanistan, supported Atlantic Canada in the wake of Hurricanes Juan and Igor and assisted with recovery efforts following the crash of Swiss Air Flight 111.

October 3 was designated as Army Reserve Recognition Day to mark the anniversary of the 1st Canadian Division's departure for Europe at the beginning of the First World War in 1914. Canadian volunteers made up the majority of the

1st Canadian Division and today's Army Reserve units have strong historical ties to its legacy.

A reception was held October 3 at the Royal Artillery Park Officers' Mess, and Brigadier-General (Ret'd) The Honourable J.J. Grant, the Lieutenant-Governor of Nova Scotia, and Brigadier-General C.C. Thurrott, Commander of Land Force Atlantic Area, made the first presentation of Queen Elizabeth II Diamond Jubilee Medals to Atlantic soldiers.

business spotlight of the week

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14 AMS, Wing Imaging unless otherwise indicated.



Sergeant Larry Youden (center) receives his promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS acting Squadron Chief Warrant Officer Master Warrant Officer Rick O'Driscoll.



Warrant Officer Craig Blacklock (center) accepts his promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS Squadron Chief Warrant Officer Chief Warrant Officer Mike Power.



Warrant Officer Geoff Robbins (center) accepts his promotion to current rank from Lieutenant-Colonel Christian Ouellette, Commanding Officer of 14 Air Maintenance Squadron (AMS) (pictured on the left); pictured on the right is 14 AMS Squadron Chief Warrant Officer Chief Warrant Officer Mike Power.



Private Colin Orchard receiving his first chevron from Captain Bruce Paradis, Wing Fire Chief and Master Warrant Officer Les Blackmore, Deputy Wing Fire Chief. Submitted



Corporal Craig Henman receiving his promotion from Captain Bruce Paradis, Wing Fire Chief and Master Warrant Officer Les Blackmore, Deputy Wing Fire Chief. Submitted



Corporal Mark Beer receiving his promotion from Captain Bruce Paradis, Wing Fire Chief and WO Joao Pereira, Green Crew Platoon Chief. Submitted



Private Jeffery Neal (center) receives his first chevron from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron (AMS) acting Aircraft Maintenance Support Organization (AMSO) Officer (pictured on the left); pictured on the right is 14 AMS AMSO Aircraft Repair Organization Superintendent Master Warrant Officer Dave Leblanc.



Private Bruce Ramsay (center) receives his first chevron from Captain Etienne Gignac-Bouchard, 14 Air Maintenance Squadron (AMS) acting Aircraft Maintenance Support Organization (AMSO) Officer (pictured on the left); pictured on the right is 14 AMS AMSO Aircraft Repair Organization Superintendent Master Warrant Officer Dave Leblanc.



Corporal Lalonde receives his promotion to his current rank from 413 (Transport & Rescue) Squadron Acting Commanding Officer Captain Bishop.



Corporal Rodrigue receives her promotion to her current rank from 413 (Transport & Rescue) Squadron Commanding Officer Lieutenant-Colonel Leblanc.



Corporal Chipman receives her promotion to her current rank from 413 (Transport & Rescue) Squadron Commanding Officer Lieutenant-Colonel Leblanc.

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Notice
Village of Greenwood

**Change of meeting date
October and November 2012**

The Village of Greenwood hereby gives notice that the monthly meeting date in October has been moved to **Thursday, October 18, 2012 at 9 am** and the monthly meeting date in November has been moved to **Wednesday, November 28, 2012 at 9 am.**

Marian Elsworth
Clerk-Treasurer
Village of Greenwood



Field work

September 20, members of 14 Wing Greenwood Fire Department's Green Crew volunteered to help out the community centre by brightening up the Apple Bowl soccer field and grounds. The men supplied all their own materials, and painted the Apple Bowl sign and the soccer nets in about four hours. From left are Corporal Justin Roberts, Warrant Officer Eric Bungay, Private Luc Vallee and Sergeant Marc Arseneault (missing from the photo is Corporal Mark Beers).

Submitted

business of the week Pet Central Pet Supplies & Grooming

Kelley Barney & Natasha Boddy, the owners of Pet Central would like to take this opportunity to thank their customers for their outpouring of support. The store, located at 984 Central Ave. across from the Greenwood Mall, has been open for over one year now.

Pet Central's philosophy is simple - superior products, superior services, reasonable prices and excellent customer service keep people coming back. Natasha has 5 years' experience as a veterinarian assistant while Kelley has over 15 years as a pet groomer, IPG certified and member in good standing. We believe that good nutrition, socialization, training and exercise is the foundation for a happy and long life. Come in and talk to us about what is



best suited for your pet, if we don't have the answer you are looking for we will find it.

Wherever possible we have and are committed to switch to Canadian made products. Pet Central supplies a wide variety of premium holistic dog and cat food, such as

Canadian- made Acana, Orijen, Go! Now! and Summit to name a few. They also sell leashes, collars and toys to help keep your cat or dog occupied. If you want to spoil your pet there is a variety of treats for them to enjoy, including 4 Paws Bakery, Zukes and Northern Biscuit. Pet Central also offers small animal and fish products. All cat products are Sid-Approved by their in-house tester, stop by and say hello - he LOVES the attention!

New product this month is our QR Pet Tags with GPS - peace of mind for \$19.99.

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Call Pet Central at 242-3066 to book an appointment or stop in to their location and see what's in store



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Des plaisirs fantastiques à Riverbreeze

**Lindsay McCormack,
Travailleuse en loisirs
pour les jeunes**

Le Centre communautaire de la 14e Escadre Greenwood a organisé une excursion familiale à la ferme Riverbreeze et à son labyrinthe de maïs situés à Truro. Il y aura une

grande variété d'activités auxquelles participer pendant la journée en plus du labyrinthe de maïs hanté à parcourir pendant la soirée.

Un autobus de 40 passagers partira du Centre à midi le 13 octobre et arrivera à la ferme Riverbreeze à 14 h 30. Vous aurez quelques heures

pour manger, explorer le labyrinthe et participer aux activités pendant la journée avant que le labyrinthe hanté soit ouvert en soirée. L'autobus quittera la ferme au plus tard à 21 h 30 et arrivera au Centre avant minuit.

Il est préférable que les enfants de moins de huit ans

n'aillent pas dans le labyrinthe hanté, puisqu'il y aura plus de 70 acteurs dans le « champ des peurs » et l'expérience s'est avérée trop intense pour les plus jeunes. Il y aura un grand nombre d'activités seront offertes pendant la journée, y compris un jeu de poursuite au laser, un coussin trampoline, un labyrinthe de corde, un champ de citrouille, des randonnées en poney, la possibilité de photos du « Wild West », des pneus pour sauter, des balançoires et des randonnées en voitures vers la ruche d'observation des abeilles.

N'oubliez pas d'apporter vêtements chauds pour les

heures fraîches de la soirée, appareil photo, lunettes de soleil, argent, collations, boissons ou boîte à lunch si vous ne prévoyez pas acheter votre repas à Truro. Si vos enfants sont très jeunes, prévoyez des jeux et même une couverture pour le trajet en autobus.

Les coûts dépendent du nombre de personnes inscrites. Les taux seront tout au plus (taxes incluses) les suivants : labyrinthe de jour, 10 \$ (dernier billet vendu à 15 h 30); labyrinthe hanté en soirée, 14 \$; maison hantée Riverbreeze, 14 \$. Le prix rabais pour la combinaison maison hantée et labyrinthe hanté

est de 20 \$. Plus il y aura de participants d'inscrits, meilleurs seront les prix.

Le voyage est offert aux militaires, à leurs familles et à ceux qui ont une carte des loisirs du Centre communautaire de la 14e Escadre. Il faut payer les frais et signer un formulaire de désistement lors de l'inscription au bureau principal du Centre. La supervision sera limitée : chaque participant est responsable de sa propre sécurité. Les jeunes qui veulent participer doivent obtenir la permission de leurs parents ou de leur tuteur. Les enfants de 12 ans et moins doivent être accompagnés d'un adulte (plus de 18 ans).

Services de promotion de la santé Automne – Hiver 2012-13

| Programme | Date | Heure | Local |
|---|--|--|--|
| ARC Adoption d'un mode de vie sain! | 15 – 16 novembre 12 | 0830 – 1530 h (jour 1) 0830 – 1200 h (jour 2) | Salle de classe du Centre de conditionnement physique et de sports |
| Bouffe-santé pour un rendement assuré | 24 octobre 12 | 0830 – 1600 h | Salle de classe du Centre de conditionnement physique et de sports |
| Force mentale et sensibilisation au suicide : formation du superviseur | 1 – 2 novembre 12 28 février 13 – 1 mars 13 | 0830 – 1530 h (jour un) 0830 – 1200 h (jour deux) | Salle de classe du Centre de conditionnement physique et de sports |
| Gérer les moments de colère | 6 – 27 novembre 12 (tous les mardis) | 0830 – 1130 h | Salle de classe du Centre de conditionnement physique et de sports |
| Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif | 22 – 23 novembre 12 28 – 29 Mars 13 | 0830 – 1530 h (jour un) 0830 – 1200 h (jour deux) | Salle de classe du Centre de conditionnement physique et de sports |
| Le stress, ça se combat | 5 – 6 décembre 12 | 0830 -1530 h | Salle de classe du Centre de conditionnement physique et de sports |
| Écrase-la (Groupe) | 29 janvier – 26 mars 13 (tous les mardis) | 1100 – 1215 h | Salle de classe du Centre de conditionnement physique et de sports |
| Programme Style de vie poids-santé | 30 janvier – 27 mars 13 | 1200 – 1400 h | Salle de classe du Centre de conditionnement physique et de sports |
| Écrase-la (S'aider soi-même) | Lundi (sur rendez-vous seulement) | 1330 – 1530 h | Salle de classe du Centre de conditionnement physique et de sports |
| | Vendredi (sur rendez-vous seulement) | 0930 – 1130 h | Salle de classe du Centre de conditionnement physique et de sports |

Pour plus d'information ou enregistrer contactez le :

Bureau de la Promotion de la santé

Bâtiment : Le Centre du conditionnement physique et de sports • 902-765-1494 ext : 5388
Courrielle : EDITH.TREMBLAY@forces.gc.ca • www.cfcommunitygateway.com

Health Promotion Services (PSP) Fall/Winter 2012 - 13 Program Schedule

| Program | Date | Time | Location |
|---|--|--|------------|
| RCAF Healthy Lifestyle 101! | 15 Nov 12 – 16 Nov 12 | 0830 – 1530 hrs (day 1) 0830 – 1200 hrs (day 2) | F&S Centre |
| Top Fuel for Top Performance | 24 Oct 12 | 0830 – 1600 hrs | F&S Centre |
| Mental Fitness & Suicide Awareness: Supervisor Training | 1 Nov – 2 Nov 12 28 Feb – 1 Mar 13 | 0830 – 1530 hrs (day 1) 0830 – 1200 hrs (day 2) | F&S Centre |
| Managing Angry Moments | 6 Nov – 27 Nov 12 (every Tuesday) | 0830 – 1130 hrs | F&S Centre |
| Alcohol, other Drugs & Gambling: Supervisor Training | 22 Nov – 23 Nov 12 28 Mar – 29 Mar 13 | 0830 – 1530 hrs (day 1) 0830 – 1200 hrs (day 2) | F&S Centre |
| Stress Take Charge! | 5 Dec – 6 Dec 12 | 0830 -1530 hrs | F&S Centre |
| Butt Out Small Group | 29 Jan – 26 Mar 13 (every Tuesday) | 1100 - 1215 hrs | F&S Centre |
| Weight Wellness Lifestyle Program | 30 Jan – 27 Mar 13 (every Wednesday) | 1200 – 1400 hrs | F&S Centre |
| Butt Out – Self-Help Program | Monday (by appointment only) | 1330 – 1530 hrs | F&S Centre |
| | Friday (by appointment only) | 0930 – 1130 hrs | F&S Centre |

For more information or to register, please contact:

Health Promotion Office (PSP) • F&S Centre (Gym) • (902) 765-1494 ext: 5388
www.cfcommunitygateway.com • EDITH.TREMBLAY@forces.gc.ca

Challenge met

**Sergeant Pete Nicholson,
14 Wing Photojournalist**

In the beautiful sunshine of September 28, 11 teams from 14 Wing, CFB Greenwood

competed in the annual Adventure Challenge race.

The goal of the challenge was to develop teamwork, self-confidence, leadership and innovative thinking. Geared towards an average fitness level, each team consisted of four participants and one team support member (pit crew) to facilitate team logistics. All 11 teams were challenged physically and mentally throughout the running, moun-

tain biking, mountaineering, canoeing and shooting events.

“It was an excellent and extremely challenging event,” said Johanie Maheu, Team 11. “Hopefully, it would be great to see orienteering and a few more event stations added into next year’s challenge.”

Congratulations to event organizer Keith Mitchell and the many volunteers who did an amazing job.

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- 1 Bonanza - Progressive
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Noemie Tremblay takes aim, as Reg Oake observes Crystal Walsh loading her air rifle.

Teams listed from first to last:

Team #2: Les Connell, Tyrell Vail, Brett Belbin, Phil Graham, *Matt Baer, *Dustin Urschat
Team #9: Gilles Couture, Gord Poley, Derek Salley, Guy Leblanc, *Al Baillie
Team #7: Heather Smith, Kristen Bishop, Serena Palmer, Lindsay Williams, *Steph Stone
Team #1: Jonathan Carroll, Tom Tucesku, Michael Perriman, Jonathan Frederick, *Stephan Arseneault
Team #11: Catherine Cabot, Geneviève Dussault, Andréane Vidal, Marie-Hélène Marseille
Team #8: Jennifer Finateri, Lara Jennings, Andrea Fortier, Chelsey Llewellyn, *Amanda Mattioli
Team #10: James Murdock, Bruce Gillis, Darnise Strickland, Heather Bailey, *Heber Gillam
Team #6: Chantal St-Jean, Samuel Cormier, Jay Hume, Gerry Maclean, *John Foley
Team #5: Karin Sulan, Erika Valardo, Donna Collins, Appolos Marceus, *Jeremy Brooks
Team #3: Noemie Tremblay, Chelsea Poole, Nadia Gelin-Galaise, Crystal Walsh, *Mike Pastuk
Team #4: Todd MacLeod, Chris Parnell, Savannah Ward, David Tremblay, *Justin Drobot
Team #8: Jennifer Finateri, Lara * denotes pit crew

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Adventure



Challenge 2012





L'Halloween sans stress

(EN) - L'Halloween est une fête magique que tous les enfants adorent car ils peuvent faire semblant d'être les personnages les plus farfelus de leur imaginaire. Même si l'Halloween est toujours célébrée à la même date, le 31 octobre arrive souvent sans que les mamans aient eu le temps de s'organiser, ce qui peut entraîner un stress supplémentaire. Qu'il s'agisse de partir en trombe pour acheter des bonbons à la dernière minute, ou de confectionner un costume original à toute vitesse, les préparatifs peuvent représenter tout un défi à réaliser lorsque l'on manque de temps. Réfléchissez donc aux conseils qui suivent afin de bien vous préparer et de passer une soirée reposante !

- **Achetez vos bonbons tôt.** Les bonbons pour l'Halloween sont en vente dans les magasins dès le début du mois d'août. Ainsi, au lieu de courir le risque d'être pris au dépourvu à la dernière minute, achetez une boîte ou deux lorsque vous les voyez et évitez la panique le 31 octobre. De plus, vous pourrez profiter de quelques friandises dans les semaines précédant le grand jour !
- **Choisissez des friandises appétissantes.** Cette année, afin que l'Halloween soit célébrée de façon amusante et sécuritaire, Nestlé demande aux Canadiens de « Peindre la ville en rouge » et d'aviser les enfants et les parents de leur quartier que les friandises qu'ils offriront proviennent d'un environnement qui n'utilise pas d'arachides. Si vous désirez

faire partie du courant, procurez-vous l'assortiment des P'tites gâteries Nestlé, qui comprend des petits formats de Kit Kat, Aero, Smarties et Coffee Crisp, offert dans une boîte rouge que vous pouvez placer bien en évidence pour les enfants qui viendront vous rendre visite. Si vous désirez impliquer vos voisins, visitez le site YummyMummyClub.ca (site uniquement en anglais) et engagez-vous à offrir uniquement des friandises qui proviennent d'une usine qui n'utilise pas d'arachides. Vous serez inscrite à un concours qui vous donne la chance de gagner suffisamment d'assortiments de P'tites gâteries Nestlé pour toute votre rue (jusqu'à 50 foyers).

- **Simplifiez les éléments de décoration.**

Une maison qui a l'air hantée est évidemment très excitante pour les enfants du quartier, mais il suffit de quelques touches faciles à réaliser pour que la vôtre soit tout aussi intéressante. Par exemple, placez

votre lanterne citrouille sur le côté et utilisez la queue pour lui faire un nez. Transformez en lanterne un contenant à lait en plastique vide en dessinant des visages épeurants avec un marqueur indélébile. Coupez le dessus du contenant et insérez une bougie chauffe-plat pour l'illuminer. Vous pouvez également réutiliser de vieilles affiches que vous recouvrirez d'un panneau de carton sur lequel vous écrirez « Attention » ou « RIP ».

- **Faites vos recherches de costumes d'Halloween à l'avance.**

Les costumes pour l'Halloween sont maintenant vendus durant toute l'année. Faites donc dès maintenant vos recherches en ligne avant que les styles et les grandeurs les plus populaires ne soient tous vendus. Que vous soyez à la recherche de Spiderman ou de Harry Potter, vous trouverez une vaste gamme de costumes populaires et abordables qui feront le bonheur de vos enfants.

Spooktacular Halloween fun for pets

(NC) - Halloween isn't just like Bret Michaels and childhood favourites like the sock monkey. Pets are joining the festivities too, dressing up in fabulous costumes. For the up-



Combining style, quality and fun, you can style your pet with looks from Martha Stewart

coming Halloween season, here are tips on how to dress your pet for spooktacular success, and keep them safe and happy during the celebration.

Some pet parents like to outfit their pets in the same looks popular amongst adults and kids. This year, pet's costumes run the gamut from superheroes, such as Spiderman and

Comics and the Bret Michaels Pets Rock, which can be found at PetSmart. Each collection includes adorable options such as Wonder Woman, Superman, an enchanting dragon, spooky spider, devilishly cute skeleton and a classic bumblebee costume.

Cats can join the fun with adorable character hats, like the jester and princess.

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Sweetest apples ever – thanks to Mother Nature!

Annapolis Valley farmers will be remembering the summer of 2012 as one of the hottest and driest summers in memory. This means a vintage year for Nova Scotia apples, which has accentuated the sweet taste of premium apples, in particular the new SweeTango.

This year, the SweeTango apple taste has been described as “incredible.”

“The hot, dry weather we experienced in the orchard this growing season has resulted in extra sweet, flavourful apples,” says David Cudmore, CEO of Scotian Gold Co-operative Limited, Coldbrook.

SweeTango is a cross between Honeycrisp and Zestar apples and already boasts a unique flavour profile during years of average temperatures and precipitation. This year, due to the hot, dry weather, the apple offers exceptional flavour.

“There’s a trade-off,” according to Dave Parrish, COO at Scotian Gold. “This year’s apples tend to be smaller than other years. Tree fruit requires precipitation to plump up. We didn’t get that much-needed summer precipitation. They say good things come in small packages, and this year that saying is true for our apples. We have smaller apples, but they are packed with flavour.”

At the September Canadian Chef’s Congress in Grand Pre, chefs from across the country sampled SweeTango apples.



Submitted

Some of their comments included, “Absolutely amazing apple. Firm but juicy, incredibly tasty and very fun to cook with,” “I love the flavour, the acidity, the bite and the finish” and “Sweet, crunchy, delish.”

SweeTango apples are grown by Scotian Gold Co-operative Limited apple growers in Nova Scotia and were

introduced to the Atlantic Canadian market three years ago. As orchards mature and apple volumes increase, distribution has expanded. Last year, a small volume of SweeTango apples was distributed to Ontario, this year the volume will be higher in Ontario and the apple will be introduced to the Quebec market.

Think fresh. Eat fresh.

Greenwood Subway will be closing every Friday night at 1 am starting Sept 28, 2012.

All other store hours will remain the same.

Sorry for any inconvenience to our patrons.

Top tips for closing the cottage

(NC) – As the summer comes to an end, it’s time to plan the annual cottage closing. Doing so, the correct way, can protect your investment.

“In the off season, our summer homes are left to fend for themselves,” says Carlo Racioppo, a broker with Royal LePage Realty Plus. “We can return to find them as we left them - if we consider these five tips for closing up.”

Racioppo provides this helpful guideline:

Turn off your water system and drain the water from your dishwasher, hot water tank, toilet tank and sink traps. If excess water remains, siphon it into a bucket. In areas where



water cannot be siphoned, use a non-toxic anti-freeze.

Place mothballs in strategic locations. Mothballs can help prevent animal and insect infestations. Place them with linens, bedding and under seat cushions.

Cover your windows with shutters and weather stripping. Shutters deter intruders from entering your cottage and protect your upholstery from fading by blocking out sunlight. Add weather stripping to your windows and door frames to seal them and keep moisture out.

Trim any branches hanging over your cottage. A heavy snowfall or wind storm can cause over-hanging branches to damage your cottage’s exterior.

Unplug any electrical appliances that won’t be used during your absence. This will reduce the risk of an electrical fire.

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Slow-cooked chili comfort from the cold

(NC) - As the seasons change and the air turns brisk, people begin to gravitate towards the items that keep them cozy, whether it is a favourite blanket, a crackling fire, or comfort foods to warm their hearts and bellies. Great tasting classics like pulled pork, stews and chili will surely warm you and your loved ones when you feel the chill in the air.

But why venture out into the cold, when you can create these

classic dishes from the comfort of your own kitchen? Home-made meals are not only more economical, when prepared with local fresh ingredients, they are also more nutritious. But staying in for these classics doesn't mean having to slave over the stove. Countertop appliances, such as slow cookers, make creating these classics a cinch with minimal fuss, allowing you more quality time to spend cozying up under a blanket.



Any Day of the Week Beef Chili

Serving: 6-8

Ingredients

2 medium yellow onions, chopped
4 cloves garlic, minced
2 green bell peppers, chopped
2 pounds ground chuck beef
28 ounces pinto beans, canned, drained
14 ounces tomatoes, canned, drained, chopped
4 ounces green chilies, canned, chopped

2 tsp ground cumin
1 tbsp dried oregano
1 tsp cayenne pepper
1 tsp freshly ground black pepper
1 tsp salt
1 cup beef or chicken broth
1 cup sour cream, for garnish
1 cup sharp cheddar cheese, grated, for garnish
2 tbsp green onions, thinly sliced, for garnish

Preparation

In a large skillet, sauté the

onions, garlic, and bell peppers until soft.

Brown the ground beef and drain off any excess fat.

Transfer the meat and vegetables to the slow cooker.

Add the remaining ingredients except the garnishes, and mix thoroughly.

Cover; cook on low 6 to 8 hours (or on high for 3 to 4 hours.).

To serve, offer the sour cream, cheese and green onions at the table.

Keep the home fires burning - safely

(NC) - During crisp autumn evenings, a warm blanket and well-equipped fireplace are all you need for a cozy night in.

However, a fireplace brings more than comfort. According to Fire Prevention Canada, fire kills over 400 people a year nationwide with residential fires causing 73 per cent of those deaths. With winter around the corner,

it's important to be aware of fire prevention and what your insurance policy offers.

"Fireplaces create a nice setting for homeowners to relax with loved ones," says Wayne Ross, insurance expert at Aviva Canada. "Unfortunately, they can also add to serious fire risks, but taking simple measures can help avoid traumatic situations."

Ross offers the following pointers to ensure your fireplace remains a place of enjoyment in your home:

1. Get it ready

To avoid fire and smoke damage make sure that the damper opens and closes properly. If your chimney hasn't been cleaned in a while, call a chimney sweeper.

2. Remove flammable materials

Clear the area next to your fireplace of all flammable items including newspapers, carpets and fabrics. Even a small spark of fire can quickly spiral out of control.

3. Stay equipped

Install smoke detectors throughout your home. Time

is of the essence when dealing with fires and a smoke detector can help avoid major disasters.

4. Check your insurance policy

Know your insurer's guidelines and coverage so there are no surprises if you need to file a claim for damage. For example, many companies only cover fire damage if fireplaces

are installed professionally.

5. Fireplace accessories

Invest in a few tending tools. These can be used to rotate logs, ensure oxygen flow and clean up ashes—small steps that go a long way in fire prevention.

Following these simple tips will ensure your fireplace only leaves your family with pleasant memories this season.

Upper Clements ADVENTURE PARK

Theme Park Adventure Park

Open weekends through to Thanksgiving Day

After Thanksgiving, reservations can be made to meet your schedule through the week or on weekends.**

Groups of 15 or more save 10% at our Adventure Park!

Call toll free **1-888-248-4567**

www.upperclementsparks.com

**Some conditions may apply.

2012 Aurora Newspaper fall & Christmas promotions

Halloween Colouring Contest

October 22
Business pays \$135 plus tax (regular price \$182) and provides 3 \$15 gift cards as prizes.

- Your 4 col by five inch ad runs under our provided colouring contest art

Aurora will provide an entry box for your business and announce the winners in the October 29 issue.

Shop locally this Christmas

November 19, 26, December 3, 10 issues
Deadlines November 14, 21, 28, December 5

Full colour

- One issue - 10% off one week
- 4 out of 4 - 25% off each week

Any size ad.

Remembrance Day

Full colour, double truck
Deadline October 31, will run November 5 issue

- \$30 for a banner ad (4 inches wide by 1 inch tall)

Christmas Colouring Contest

December 10
Business pays \$135 plus tax (regular price \$182) and provides 3 \$15 gift cards as prizes.

- Your 4 col by five inch ad runs under our provided colouring contest art

Aurora will provide an entry box for your business and announce the winners in the January 7 issue.

Christmas comes to Kingston December 7

Deadline November 28, will run in December 3 issue
Featuring the Village of Kingston's family Christmas festivities and schedule.

Ad space available

- 6 spaces 2 cols wide by 50 lines - \$75.00, plus tax full colour
- 2 spaces 2 cols wide by 41 lines - \$61.50 plus tax full colour

Christmas greetings & Letters to Santa

Will feature community letters to Santa and kids' photos.
An ideal place to send your organization's best wishes to friends, clients and the community.

- 2 cols by 48 lines - \$65 plus tax (regular price \$72), full colour
- 4 cols by 48 lines - \$115 plus tax (regular price \$144), full colour

Deadline December 12, will run December 17 issue.

Contact Anne Kempton
765-1494 ext 5833
marketing@auroranewspaper.com

www.auroranewspaper.com

Tremont tallies up fair's competitions

The Western Kings Community Fair committee would like to thank and congratulate participants who competed in the various competitions at the 75th annual Labour Day weekend event, held September 1 in Tremont.

Children's parade

Most original, Morgan Noble; most artistic, "The Camerod Children;" most humorous, Riley Noble; most outstanding, Morgan Noble; youngest entry, Lachlan MacLean; "Farming 75 years ago," Isabelle and Adeline Brittain.

Pets

Best pet, Jason & Jessica; best dog, Isabelle Brittain; best pup, Jason & Jessica; best showmanship, Morgan Noble; best cat, Leanne Best; best other pet, Adeline Brittain; best kitten, Riley Noble; best rabbit, "Wally the Rabbit;" best dressed, Morgan Noble.

Agricultural

Highest points in agricultural department (1-32), Allan Robinson; second highest, Mary Lou Parker. Junior highest points, Riley Noble; second highest, tied – Morgan Noble and Gregory Marshall.

Arts & crafts

Highest points in baking (class 1-11), Mary Lou Parker; highest points in canning (class 1-10), Tanya Robinson; highest points in handiwork (class 1-10), Bernice McLeod; highest points (adult), Bernice



Wilmot's Mason Noble was most original and most outstanding. S.Keddy

McLeod; best patchwork quilt, Suzanne Brinton; best appliquéd quilt, Myrtle Chute; most outstanding entry, Janet Boates; highest points (junior, class 1-27), Riley Noble.

Flowers

Highest points (adult), Mary Lou Parker; best in show (adult), Mary Lou Parker; best floral

arrangement (adult), Mary Lou Parker; best junior arrangement, Rachel Banks; highest points (junior, section 1-3), tied – Morgan Noble and Kayla Banks.

Livestock

Dairy champion – Kevin Charlton, reserve dairy champion – Kevin Charlton, junior beef – Ray Parsons, reserve beef champion – Jeffery Morse.

Cross cut competition

Women's – 1st, Ashley Wilkie & Angela Garnett; 2nd, Michelle Keddy & Margery Parker; 3rd Dawn Hirtle & Lillian Parker.

Men's – 1st, Dougie Hirtle & Donnie Hirtle; 2nd, Stewart Marshall & Andrew Marshall; 3rd, Calvin MacDonald & James MacDonald.

Oxen

Light team – 1st, Junior Tuffs; 2nd, Marcus Tuffs; 3rd, Tyler Hurlburt.

Medium team – 1st, Junior Tuffs; 2nd, Darrell Walkins; 3rd, Colton Tuffs.

Heavy team – 1st, Marcus Tuffs; 2nd Evan Avery; 3rd, Collin Cole.

Light horse

Senior western, Angela Balcome; Junior western, Samantha Swimmer; Senior English, Cody Cole; Junior English, Shianne Pinner; high pint game, Austin Daniels; high point horse trophy, Cody Cole; youngest riders, Milo Stettler (three-and-a-half) & Reuben Stettler (five). Milo placed second; Reuben placed fourth.



Father and son team Donnie, left, and Dougie Hirtle saw their way to a first place finish in the men's crosscut competition. Submitted

Pulling horses

Special prizes – best performance, Broddi Daniels; best sportsman, Billy Joe LeClair; oldest teamster & highest percentage of the day, Leon Corkum; heaviest load of the day, Todd Daniels.

Light class

| Teamster | Team weight | Weight hauled | Percentage |
|------------------|-------------|---------------|------------|
| 1 Leon Corkum | 2690 | 7400 | 2.75 % |
| 2 Tom Best | 2625 | 7200 | 2.74% |
| 3 Donnie Traves | 2400 | 6400 | 2.66% |
| 4 Justin Daniels | 2650 | 7000 | 2.64% |
| 5 Angie Garnett | 2640 | 6600 | 2.5% |
| 6 Cody Gennette | 2725 | 5600 | 2.05% |
| 7 Ryan Merry | 2500 | 4800 | 1.92% |

Medium class

| Teamster | Team weight | Weight hauled | Percentage |
|---------------------|-------------|---------------|------------|
| 1 Stephen Fullerton | 2925 | 7400 | 2.52% |
| 2 Mark Walker | 3020 | 7600 | 2.51% |
| 3 Randy Daniels | 2925 | 7200 | 2.46% |
| 4 Drew Mapplebeck | 2925 | 5600 | 1.91% |

Heavy class

| Teamster | Team weight | Weight hauled | Percentage |
|---------------------|-------------|---------------|------------|
| 1 Brandie Daniels | 3375 | 9200 | 2.72% |
| 2 Billy Joe LeClair | 3130 | 8400 | 2.68% |
| 3 Mark Daniels | 3175 | 7000 | 2.20% |

Extra heavy class

| Teamster | Team weight | Weight hauled | Percentage |
|-----------------|-------------|---------------|---------------------|
| 1 Todd Daniels | 3525 | 9400 | (Heavy load pulled) |
| 2 Tommy Daniels | 3570 | 9000 | |

Ladies' pull

| Teamster | Team weight | Weight hauled | Percentage |
|--------------------|-------------|---------------|------------|
| 1 Elaine Marshall | 3130 | 8000 | 2.55% |
| 2 Ashley Wilkie | 2640 | 6600 | 2.50% |
| 3 Tammy Daniels | 2925 | 7000 | 2.39% |
| 4 Courtney Garnett | 2650 | 5400 | 2.18% |

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

To register or for more information call 765-5611 or drop-in at the GMFRC located at the AVM Morfee Centre on School Road, Greenwood.
Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou présentez-vous au CRFMG situé au Centre AVM Morfee sur la rue School à Greenwood.



HOME ALONE PROGRAM

Mondays, Oct 15, 22, 29, & Nov 5 (4 Sessions Total)
6 – 8 p.m. Children 9 and up.
\$20 per child.
Register by: Thurs., Oct 11

PROGRAMME SEUL À LA MAISON

Les lundis 15, 22, 29 octobre et le 5 novembre (4 séances)
De 18 h à 20 h. Enfants de 9 ans et plus. 20 \$ par enfant
Date limite d'inscription : jeudi le 11 octobre

WEIGHT LOSS & HORMONES

Tues., Oct 16
6:30 – 8:30 p.m.
FREE at the GMFRC
Register by : Fri., Oct 12

LE RÔLE DES HORMONES DANS LA PERTE DE POIDS

Mardi le 16 octobre
18 h 30 à 20 h 30
GRATUIT au CRFMG
Date limite d'inscription: vendredi le 12 octobre

DEPLOYMENT SUPPORT SOCIAL

Wed., Oct 17, 5 – 7 p.m.
Open to all ages
Free at the GMFRC
Register by: Mon., Oct 15

RÉUNIONS SOCIALES DE SOUTIEN POUR LES FAMILLES EN DÉPLOIEMENT

Mercredi le 17 octobre
17 h à 19 h. Pour tous les âges
GRATUIT au CRFMG
Date limite d'inscription: lundi le 15 octobre

COUNT DOWN CHALK BOARD SIGN

Thurs., Oct 18
1:30 – 3:30 p.m. at the GMFRC. NO CHARGE for deployed families or volunteers \$15 for friends and community members. Register by: Thurs., Oct 11

TABLEAUX POUR COMPTE À REBOURS

Jeudi le 18 octobre, 13 h 30 à 15 h 30. Salon du CRFMG
15 \$ pour les amis et les membres de la communauté
GRATUIT pour les familles

militaires en déploiement et bénévoles. Date limite d'inscription : jeudi le 11 octobre

FRANCOPHONE COOKING CLASS

Thurs., Oct 18
6:30 - 8:30 p.m. Atlantic Superstore (Kingston). \$20
Register by: Tuesday, October 16

COURS DE CUISINE EN FRANÇAIS

le jeudi 18 octobre, 18 h 30 à 20 h 30. Atlantic Superstore (Kingston) 20 \$. Date limite

d'inscription : le mardi 16 octobre

LETS TALK TRAUMA

Wed., Oct 10
12 – 1 p.m. or 6 – 7 p.m.
FREE at the GMFRC. Register by: Tues., Oct 9 by 12 p.m.

DISCUSSION SUR LES TRAUMATISMES

Mercredi le 10 octobre
12 h à 13 h et de 18 h à 19 h
GRATUIT au CRFMG
Date limite d'inscription: Mardi le 9 octobre avant 12 h (midi)

Atlantic women own CF soccer gold

Sara Keddy,
Managing editor

Five women, four gold medals, three wins in a row – the numbers are starting to add up for Atlantic Region female Canadian Forces soccer players.

The team brought home its third gold medal in a row last week; its fourth in the five years since the national championships started.

“I’ve got three gold now, and one silver,” says Master Corporal Sandra Johnston. (The silver came after a penalty kick loss in that year’s final.)

Johnston, Second Lieutenant Stephanie Stone, Corporal Maureen Micallef, Master Corporal Johanie Maheu and

Captain Andreane Vidal represented 14 Wing Greenwood with the Atlantic Region entry at nationals. The team was selected at three on-the-road sessions with the coach at Gagetown, Halifax and here in Greenwood, and Johnston says about 40 women tried out.

“All the girls were well-rounded, all at the same competitive level – this year is one of the most exceptional years I’ve seen,” Johnston says.

Seventeen women made the Atlantic roster: “great cohesion, a couple girls there from the beginning, and new ones,” Johnston says.

The Atlantic team met for a weekend game and practice before heading to nationals, and the five-team round

robin. With three ties and one win, the Atlantic team made it into the semi-final and won 5-0, before facing Ottawa in the championship. That game was a tight 1-0 win for the Atlantic women.

The Greenwood women play together here at home as part of the Greenwood Raiders recreational team, which, Johnston says, had an “up and down” year in its league.

“Soccer is a great way to keep up your fitness, and it’s social.”

Greenwood Personnel Support Program sports coordinator Graham White attended the event as the chief official for CF soccer, and fitness coordinator Eric Plante was on the sidelines as a trainer.



14 Wing Greenwood sent five women to the CF national soccer tournament: from left, Second Lieutenant Stephanie Stone, Master Corporal Sandra Johnston, Corporal Maureen Micallef, Master Corporal Johanie Maheu and Captain Andreane Vidal.

Submitted

SCULPTING WITH LIGHT

A DEMONSTRATION OF ESSENTIAL LIGHTING TECHNIQUES EVERY PHOTOGRAPHER MUST KNOW

© ANNAPOLIS MESS, 14 WING GREENWOOD ON 16 OCTOBER 2012 WITH EDUARDO JORGE

Greenwood Camera Club

October 16 at 7 p.m., Annapolis Mess Eduardo Jorge will do a special demonstration of essential lighting techniques. Family and friends are more than welcome.

Le club de photographie de la base militaire de Greenwood vous invite pour un événement spécial.

Le 16 octobre prochain, à 19h00 au Mess Annapolis Eduardo Jorge fera une démonstration sur les techniques essentielles d'éclairages. Votre famille et vos amis sont les bienvenus s'ils désirent participer à cet événement.

Ready to throw some rocks?

Master Warrant Officer Robin Bradshaw,
Greenwood Curling Club

It is time to dust off your curling shoes. The 14 Wing Greenwood Curling Club has started preparation for another season.

Along with a registration booth at Wing Welcome in September, club members set up a curling game for children, commonly know as Rocks & Rings. The Annapolis Valley School Board kindly loaned the club the game for the day, and it was enjoyed by all ages.

Although Rocks & Rings is not played on ice, the game gives players an idea of what curling is all about.

The club will hold general registration October 15 to 17, and start league play by the end of the month in men's, women's, mixed, commercial and junior programs planned for this season. If there is sufficient interest, an open league may be added, for any combination of players, including a stick team (players using sticks are always welcome in any league within the club). The junior program is for ages 11 to 18 and will be headed up



by Eric Mackenzie. A clinic for new curlers or those wishing to brush up on skills will be held October 27.

Along with curling registration October 17, there will be fun, four-end curling as well as wine and cheese. Come out meet everyone at the curling club and try your hand at curling.

Watch the club's website for further details, www.greenwoodcurling.com.

EMPLOYMENT OPPORTUNITY Public Works Supervisor



The Village of Greenwood is accepting Resumes for the position of Public Works Supervisor. The successful applicant shall be highly motivated, show initiative, be a self starter, work well with others and be able to work alone with minimal supervision.

Responsibilities include but are not limited to, civic building custodian including general maintenance of the building and the facilities (ie: furnace). Snow removal in winter and mowing / grounds maintenance in summer, inspection / repairs of sidewalks and playground equipment, day to day supervision of public works employee(s) as well as duties as they arise.

Class 1 license or air brake endorsement, preferred.

This is a 40 hour per week position, and extended hours shall occur based on weather and associated work duties. Salary commensuration based on experience. Benefits are available.

Interested applicants please forward resume and cover letter to MElsworth@greenwoodns.ca or mail to Public Works Position Village of Greenwood PO Box 1068 Greenwood, NS B0P 1N0

Closing date for Resumes is noon October 15, 2012, no phone calls please.

All applicants are thanked for their interest, however, only those selected for consideration will be contacted.



THE MUNICIPALITY OF THE COUNTY OF KINGS

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

NOTICE TO RESIDENTS GREENWOOD WATER UTILITY – HYDRANT FLUSHING

The Municipality of the County of Kings wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed from October 15 to November 16, 2012 inclusive.

Flushing of the water system is conducted each year to maintain and improve water quality in the utility's piping. The Municipality apologizes for the extended period of time required to perform this work and any inconvenience it may cause. Extra servicing is needed at this time to maintain water quality.

Bill MacLellan, Operations Supervisor
bmaclellan@county.kings.ns.ca

Tel: (902) 678-1807 Fax: (902) 690-2212
Toll Free 1-888-337-2999
www.county.kings.ns.ca

Do DFIT

Tracy Campbell, left, and Lauren Welton are set to launch 14 Wing Greenwood's participation in the national DFIT challenge October 11. DFIT is a 30-day online challenge across the Canadian Forces, in which members can track their exercise and diet, design new workouts or post their own, check out dozens of videos on proper form, find weight management programs and more. Staff of 14 Wing's Fitness and Sports Centre will promote www.dfit.ca all day October 11 at the centre, with the added incentive for local involvement being the chance to win an iPad.

S.Keddy



Grab a ball and bowl

Fall leagues are now getting underway at the Greenwood Bowling Centre.

With the start of a new season, the centre is also pleased to introduce a new bowling centre supervisor, Kathy Alexander, who has replaced Leon Bullock. Drop in and say hello, book your party, discuss joining a league, or order from the pro shop. Alexander is here to help meet all of your bowling needs. Thanks to Bullock for all of his hard work and dedication to the centre and its bowlers over the past 18 months.

The YBC (Youth Bowling) program is in need of a coordinator to get things started for the season. There will be lots of support to get you up and running, now and throughout the season. Call Alexander at the centre, 765-1494 local 5631 for information. Youth bowling will start at 9:30 a.m.

Saturday mornings as soon as a coordinator is in place.

The men's league is looking for more bowlers to join them at 7 p.m. every Tuesday. You do not have to have a team; you can be placed on a team. Bring a friend - this is a good opportunity for some male bonding!

Mixed league play is Sunday nights at 7 p.m., come on out and have some fun, bring a team or join an already up-and-running team.

Intersection action for 14 Wing teams is Thursday afternoons: a good time to get your exercise in a fun, relaxing way.

Friday night is the always exciting cosmic bowling. If you have never tried it, come out for an evening of glow-in-the-dark fun.

The Greenwood Bowling Centre is open to all, so grab your balls and meet me in the alley!

Bridgetown's community spirit celebrated

The lieutenant governor of Nova Scotia presented Bridgetown & Area with his 2012 Lieutenant Governor's Community Spirit Award September 15, during events at Queen Elizabeth II Jubilee Park.

His Honour Brigadier-Gen-

eral the Honourable J.J. Grant was part of a celebration including pontoon boat rides on the Annapolis River, children's activities, a celebratory cake and an informal meet and greet; all before the community's annual Ciderfest street parade.

The award was established in 2007 by former Lieutenant Governor the Honourable Mayann E. Francis to recognize communities for their unique strengths, high degree of pride and citizen participation. Lismore & Area and Membertou First Nation

have received their 2012 Lieutenant Governor's Community Spirit Award. Paradise will receive its award October 13. The award itself is a custom-created piece by Nova Scotian Crystal with cuts inspired by the individuality of each community.

| | | |
|---|--|--|
|  INSCRIPTIONS – MATERNELLE pour septembre 2013 dans toutes les écoles du CSAP | GRADE PRIMARY REGISTRATION for September 2013 in all CSAP schools | |
| | L'école acadienne, c'est : | An Acadian school offers : |
| Une éducation de qualité en français langue première. | ✓ | A quality education in French as a first language. |
| La possibilité d'acquérir une excellente maîtrise du français et de l'anglais . | ✓ | A possibility of acquiring an excellent mastery of French and English . |
| Un choix de cours optionnels d'excellente qualité. | ✓ | A choice of excellent quality optional courses . |
| Des laboratoires d' informatique et de sciences à la fine pointe de la technologie. | ✓ | State of the art information technology and science laboratories . |
| Un milieu d'apprentissage dynamique où la langue et la culture sont valorisées. | ✓ | A dynamic learning environment where language and culture are highly valued. |
| Un atout supplémentaire au moment de s'inscrire dans une institution postsecondaire . | ✓ | An additional asset when registering in a post secondary institution . |
| École Rose-des-Vents (et/and Grandir en français) 6, chemin Bedford, Greenwood, 765-7100 | | |
| Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le 31 décembre 2013 . Pour plus d'information sur les critères d'admission, prière de contacter l'école. | Children being registered at primary level must be 5 years of age on or before December 31, 2013 . For more information on admission criteria, please contact your local school. | |
| La maîtrise de nos DEUX LANGUES OFFICIELLES est certainement un atout ! Venez nous rencontrer et vous constaterez LES AVANTAGES de faire éduquer votre enfant dans la langue française. NOTRE PERSONNEL QUALIFIÉ vous attend le mardi 16 octobre 2012 à 19 heures . | To master BOTH OUR OFFICIAL LANGUAGES is certainly a plus ! Come meet with us and you will learn about THE ADVANTAGES of having your child educated in the French language. OUR QUALIFIED STAFF will welcome you on Tuesday, October 16, 2012, at 7 p.m. | |
| Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école. | Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office. | |
| http://csap.ednet.ns.ca | | 1-888-533-2727 |

Flu Vaccine CLINIC

The Middleton Collaborative Practice
 Dr Balser, Dr Brooks, Dr Saxon,
 Dr John Drysdale, LeeAnn White-Young, NP
 and Sylvie Laprise, NP

Greenwood: Greenwood Kingston Family Health Clinic, AVM Morfee Centre, Bldg 83 School St
Friday, Oct 19 • 1pm - 4pm
 Sylvie Laprise, NP, Lee Ann White-Young, NP


Middleton: Family Life Centre at Middleton Baptist Church
Parking lot on School Street across from Museum
Friday, Oct 26 • 10am - 7pm Dr Eric Balser,
 Dr Jane Brooks, Sylvie Laprise, NP

Middleton Collaborative Practice, 452 Main Street
Friday, Oct 19 • 1 - 4pm Dr Eric Balser
Friday, Nov 9 • 1 - 4pm Dr Michele Saxon

Bridgetown: Bridgetown Medical Centre, 20 Jeffery Street
Monday, Nov 5 • 1 - 4pm Dr Eric Balser

We will give flu shots to people without a family doctor in the area.

Call 765-6340 or 825-1095
 to book appointment
 Bring your Health Card.
 Please inform us when registering if you are pregnant.



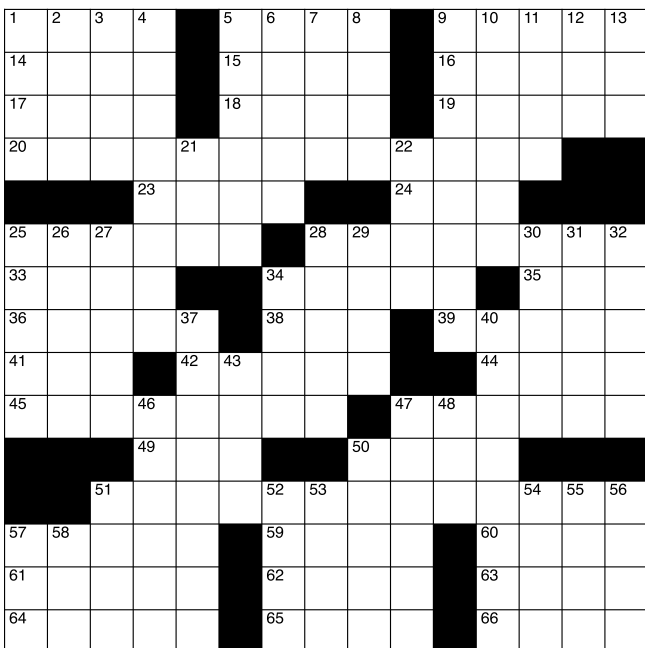


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14^e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse editor@auroranewspaper.com. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

metro crossword

solution page 18



- ACROSS**
- Free from danger
 - Dull in appearance
 - Mothers
 - Grand ___ racing
 - Department in France
 - Into a state of difficulty
 - Two-toed sloth
 - Printing liquids
 - Genus Bouteloua grasses
 - Jagger's band
 - Pulls
 - No longer is
 - Waldorf and tossed
 - In constant agitation
 - Actor Ladd
 - Spanish diacritical mark
 - No (Scottish)
 - Fruit pastries
 - A male ferret
 - Strike with fear
 - Australian flightless bird
 - ET says, "___ home"
 - Minerals
 - Personal backgrounds
 - Purplish red
 - Major division of geological time

- Chapeaux
 - Guitarist in 20 across
 - Ivanhoe author Sir Walter
 - New Rochelle college
 - Scoring area
 - Donate income regularly
 - Carthage queen
 - Beige
 - Cow emitted sound
 - Endymion, 1st King of
 - Japanese rice beverage
- DOWN**
- Cowboy's boot prod
 - River in Florence
 - Small liquid container
 - Triumphantly happy
 - Deeds, actions or events
 - Surrounds
 - Requests
 - Superlative of "good"
 - Tycoons
 - Start anew
 - Extinct ratites
 - OM
 - Patti Hearst's captors
 - Method of birth control

- Indebted to
- Dulled by surfeit
- 1836 siege of U.S.
- Gull genus
- Imaginary perfect places
- Czech & German River
- 3rd largest Finland lake
- Nostrils
- Long necked birds
- Norse god of thunder
- Lively & energetic
- Prom flowers
- Degree of warmth
- Boil over with anger
- Chocolate trees
- Israeli airport code
- Official language of India
- Japanese stringed instrument
- Prevent from being seen
- Churn up
- Cape near Lisbon
- Not light
- Change direction abruptly
- Immediate memory (abbr.)
- AFL-___ labor organization

metro crossword brought to you compliments of

BEST TOYOTA

840 Park St., Kentville
(902) 678-6000
Toll-free 1-888-466-2702
www.besttoyotasales.com

Community luncheon

October 9, 11:30 a.m. to 1 p.m., at the Kingston Lions' hall. Roast beef, potatoes, vegetables, coleslaw and dessert. \$8 per meal or \$8.50 delivered. Phone 765-8448.

All candidates forum

October 10, 7 p.m. to 9 p.m., the Women's Place Resource Centre, Annapolis Royal, will host an all candidates forum for those running in the October 20 municipal elections. Please join us in asking the candidates about our future at the Berwick and District fire hall.

Community lunch

October 10, at New Beginnings Centre, 1151 Bridge St., Greenwood. The lunch is open to everyone, no charge. 11:30 a.m. to 2 p.m. Free clothes available.

Religious program

October 10, a Biblical studies course will begin at New Beginnings Centre, Bridge Street, Greenwood. 7 p.m. "What is the importance of Pentecost?" The course is sponsored by New Beginnings Christian Ministries. For information: 765-8155.

All candidates forum

October 11, 7 p.m. to 9 p.m., the Women's Place Resource Centre, Annapolis Royal, will host an all candidates forum for those running in the October 20 municipal



In the front row, from left, are Shirley Houghton, Liz Acres and Roberta Halladay. In the middle row: Pam Watson, May Kennedy, Loretta Clouter, Lois Field and Mary Grant. Across the back are Fran Abbott, Marie Lewis, Evelyn Parsons, Anne Dent, Vange Morse, Sylvia Stevenson, Mona Martyn, Rose Elliott, Phyllis Smith, Bonnie Vaughn, Mildred Shipley, Shirley Keddy, Adora Parsons, Lorraine Castel, Rena Rozee and Carol Richardson. Submitted

Valley Pearls mark first anniversary

September 20, the Valley Pearls held its first anniversary party at the Sweet Secrets restaurant in Granville Ferry. Twenty-three of the group's 24 members were present, along with guest Liz Acres, a Calgary Crown Jewels member. Great fun and good food was had by all who attended.

The Crown Jewels of Canada Society started as a small group in British Columbia, and membership has grown in the past three years by leaps and bounds, all by word of mouth: in 2009, Ottawa announced the group's official name would be the

Crown Jewels of Canada Society. Three months later, over 1,200 members had filled the "founders club." The next month, Ottawa granted the Crown Jewels incorporation as a national non-profit. Members have created a circle of friends, uniting women across the country, from sea to sea - the only national non-profit in Canada, just for women, just for fun. We're unique!

With 24 groups in Nova Scotia, the Valley Pearls are proud to be part of the Crown Jewels of Canada Society.

elections. Please join us in asking the candidates about our future at the Granville Ferry Community Hall.

Supper

October 13, 4:30 p.m. to 6:30 p.m., there will be a turkey supper

at the Aylesford United Church. Freewill offering. Take outs available for \$10. Everyone welcome. Sponsored by the Committee of Stewards.

Breakfast

October 13, 8 a.m. to 10 a.m., All Saints' Anglican Church Hall, Pleasant Street, Kingston (turn west off Bridge Street). Cost: \$7. Menu: pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea, coffee. All welcome.

Hike

October 14, Hike Nova Scotia and Annapolis County Recreation present a guided hike in Valley View Provincial Park in Hampton, 2 p.m. Register at 532-3144, 825-2005 or borde@annapoliscounty.ca. Participants qualify to win trail prizes. www.hikenovascotia.ca for details.

Meeting

October 14, 2 p.m., there will be a public meeting to form an executive committee for the South West Nova and Valley Chapter of the Canadian Cystic Fibrosis Foundation. Location to be determined. Anyone interested in attending, RSVP by October 7: Agatha Bourassa or Tim Vallillee at 765-0609.

Cards

October 15 "Funds for Fuel" bridge party, 1 p.m., Annapolis

| | | | |
|--|--|--|--|
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Noon, October 4, 2012**

| Full name | Phone number |
|---|--------------|
| Complete the following questions from ads in this week's issue and win a large 2-topping pizza from Pizza Delight, Greenwood . Coupon valid for 30 days. | |
| 1. Where can you save big on the Samsung Galaxy family? _____ | _____ |
| 2. Bring your help card when you get what? _____ | _____ |
| 3. Who is back starting October 15? _____ | _____ |
| 4. Where can you get your pet & family photos taken? _____ | _____ |
| 5. Where can you book a kids' birthday party? _____ | _____ |

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

Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: THERESA HUNTLEY

Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. Light lunch served. All welcome. Call 825-6116 for details.

Meeting

October 15, the Canadian Cancer Society "Living With Cancer" Support Group will meet at St. Mark's Chapel Annex, 14 Wing Greenwood, 7 p.m. to 9 p.m. Our guest speaker, pharmacist Kathy Sproul from Kingston Pharmasave, will speak on the Pharmacare plan and pharmacy assistance. Cancer patients, spouses, family members or anyone seeking information on cancer are encouraged to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Queen's coffee party

October 16, The Flight Line Café and Greenwood Military Aviation Museum host a Queen's Jubilee coffee party, memorabilia display and silent auction at the CANEX

mall, Greenwood, 2 p.m. to 4 p.m. Freewill offering for the refreshments, and proceeds from the silent auction benefit the Military Police Blind Fund and the museum. All welcome.

Health course

Your Way to Wellness is a self-management program for people living with a chronic health condition (diabetes, arthritis, high blood pressure, heart disease, COPD, ABI...), designed to help participants manage symptoms and gain the confidence needed to cope with on-going health conditions. The programs are free to participants. Kingston village office, Tuesday evenings, October 16 to November 20, 6:30 p.m. to 9 p.m. To register or for information: Pat Lithgow-Rose, (902) 538-1315 or plithgow@avdha.nshealth.ca. Co-sponsored by Nova Scotia Health & Wellness and Annapolis Valley Health.



Wet walk went well

Volunteers set out in terrible, wet weather September 22 with a firm stride, all in support of the Parkinson SuperWalk from the New Beginnings Centre in Greenwood. The afternoon's efforts by about 30 people raised \$2,000 for the fundraising initiative.

Submitted



sudoku

solution page 18

patrick's puzzle

solution page 18

horoscopes

October 7 - October 13

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

Fun By The Numbers Level: Beginner

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!

HEALTHY EATING WORD SEARCH

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

WORDS

- | | | | | |
|---------------|----------|----------|-------------|----------|
| Beverage | Dieting | Fat | Nutrition | Snacking |
| Breakfast | Dining | Food | Obesity | Sodium |
| Calories | Dinner | Habit | Portion | Sugar |
| Carbohydrates | Eating | Healthy | Preparation | Table |
| Careful | Excess | Lunch | Protein | Together |
| Control | Exercise | Meals | Restaurant | Vitamins |
| Cooking | Family | Minerals | Ritual | |

ARIES - Mar 21/Apr 20

Thinking outside of the box is what sets you apart from most, Aries. When you are put to the test, you seldom fail to come through. This is a good selling point with potential employers.

TAURUS - Apr 21/May 21

Taurus, some people just don't understand you, and that is OK with you. It can be good to be a bit mysterious, especially when it comes to romance.

GEMINI - May 22/June 21

Analyzing spending and other financial concerns should be at the top of your priority list, Gemini. It is always a good idea to keep on top of where your money is going.

CANCER - June 22/July 22

Cancer, communication is key if you want to make real progress. Actions can be misconstrued if you don't accompany them with some thorough explanations.

LEO - July 23/Aug 23

Others could find your enthusiasm infectious this week, Leo. Don't be surprised if you have coworkers signing up to be on your team. At home you're much more mellow.

VIRGO - Aug 24/Sept 22

Virgo, achieving your toughest goal won't be easy. Those who survive the challenges become stronger overall. This week you are certainly put to the test.

LIBRA - Sept 23/Oct 23

Libra, big plans are in place, and you can be excited about the prospect for some change. Make a few adjustments each day and the transition will go smoothly.

SCORPIO - Oct 24/Nov 22

Scorpio, don't let others underestimate your abilities. Once you set your mind to something, it is very hard to direct you otherwise. Capitalize on your dedication at work.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you are ready to pull out all of the stops in the romance department. Whether you're single or attached, focus on ways to make your partner feel very special.

CAPRICORN - Dec 22/Jan 20

Capricorn, a few things have gone wrong lately, but the good thing is you haven't let them get you down. Good things certainly come to those who are patient.

AQUARIUS - Jan 21/Feb 18

Aquarius, take inventory of your belongings and determine if there's anything you can donate. You can clear out clutter and do something positive at the same time.

PISCES - Feb 19/Mar 20

Pisces, things seem out of sorts, but you haven't been able to figure out what is off-kilter. Leo may shed light on the situation.

sudoku brought to you compliments of

patrick's puzzle brought to you compliments of

horoscopes brought to you compliments of

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No limits to Wing Welcome's success



14 Wing Greenwood Private Jordan Cuming was the lucky winner of a fantastic TV, the grand prize from Wing Welcome 2012 events. Cuming posted into Greenwood this summer to 405 Squadron, so he is feeling quite welcome with this new addition to his home. From left are Wing Welcome committee members Eric MacKenzie, Michelle Smith, Middleton Home Furniture's Todd Taylor, the prize donors; and Cuming S.Keddy

Jill Jackson,
Wing Welcome co-chair

September's Wing Welcome - Sky's the Limit - was just that: several days of great events, volunteers and sponsors.

The event has come and gone, and the Wing Welcome volunteer committee hopes the 14 Wing Greenwood community would agree it was a fantastic time that showcased all of what 14 Wing has to offer.

Thanks to the many volunteers who worked so hard to make Wing Welcome 2012 such a great success. The volunteers worked hard at all of the events to make the event

special for everyone. Thanks for taking time out of your busy schedules to give back.

The committee also appreciates and thanks Wing Welcome sponsors and businesses who donated funds, prizes and showcased displays at Wing Welcome. Without the support of our business community, we could not host events such as this.

The Wing Welcome com-

mittee members deserve many thanks for their hard work, making the event a success. Their dedication and commitment was evident in everything they did.

Finally, thanks to all of 14 Wing and the community for coming out and supporting Wing Welcome. We are already planning for 2013!



Talent front and centre at Youth Idol

Eric MacKenzie,
Community Recreation
Coordinator

The 9th Wing Welcome Youth Idol September 8 was held at the Zedex Theatre, in front of a crowd of over 50 people. Nine individuals, who ranged from ages nine to 18, took to the stage with confidence.

For the first time in several years, several young vocalists demonstrated their talents a cappella. All eight solo performances were memorable, and we were fortunate to have one a cappella duet.

Best overall: Sarah Nyenhuis, a Grade 11 Middleton student, who sang "Amazing Grace;" Émilie Litalien, a 17-year-old who sang "A Guy What Takes His Time;" and Jennifer Winfield, 15, who sang "Love Story"

Most creative: Courtney Boone, nine, who sang "What Makes You Beautiful"

Best choreographed: Élise Choquette, 15, who sang "Waka Waka"

Thanks to all for participating, including Elise Adamson, Sarah Thibeodeau, Sky Fisher and James Dowling.

This event would not be possible without B&S D.J. Services. We would also like to thank the Zedex Theatre for helping host the event and Corporal Jessica Reynolds, Wing Imaging.

Boarders, BMXers make the day

Lindsay McCormack,
Recreation youth worker

The Wing Welcome skateboard and BMX competition was a great success September 8. Between the beginner, intermediate, advanced, 19+ and BMXers, 22 competitors showed off their awesome skills. Congratulations to all of the winners.

Thanks to Wing Operations Commanding Officer Lieutenant-Colonel Scott Latter for starting off the competition

with some opening remarks - and an impressive knowledge of skateboarding terms and tricks! Evan Banks was the afternoon's DJ and MC, and provided prizes. Greenwood Dooley's also loaned their sound system. Thank you to all those who came to help with getting things ready, taking things down and keeping things running as smoothly as possible.

Finally, thanks to everyone who came to the park to watch the competition.



Flying high

Greenwood Military Aviation Society president Brian Handley presented Mary Wredenhagen of Kingston the prize from a draw held during Wing Welcome. The museum raffled off a remote control helicopter, which are also available for sale at the museum's gift store. M.Uhlman

Iron Kids finish up

The 2012 Wing Welcome Iron Kids Triathlon took place at September 8, based out of the 14 Wing Greenwood Fitness & Sports Centre. The overwhelming support from volunteers and the enthusiasm of the 57 children registered made this event a fun time for all, and a great success. Thanks to everyone involved.

Results, broken into age divisions, are as follows:

Seven & under

Devon Chalifoux, 15:00; Cole Costain, 25:33; Maya Costain, 25:12; Jasmine Couturier, 16:22; William Dokeray, 13:35; Faith Donovan, 16:59; Frederic Gilbert, 11:40; Simon Hatt, 12:34; Owen Hines, 14:29; Taylor Horne, 16:04; Haley Maggio, 13:22; Jack Mombourquette, 28:18; Elliott Perreault, 25:20; Justin Parreault, 17:11; Isaiah Vallillee, 16:24; Benjamin Wade, 21:26; Norah Wolfs, 35:25.

Eight & nine

Justin Chalifoux, 15:35;

Hailey Costain, 26:06; Jeremy Duchesne, 32:47; Florence Gosselin, 19:55; Connor Hines, 21:18; Raphael Marcharis, 21:12; Samuel Roy, 26:19; Sarah Wade, 27:13; Samuel Wolfs, 24:50.

10 & 11

Charles Boulianne, 54:00; Jason Chalifoux, 34.44; Victoria Frowen, 34.54; Sam Hatt, 30:57; Hannah Hines, 41:17; Leana Houston, 35:14; Paige Jackman, 39:48; Raphaella Syzek, 44:22; Rebekah Wade, 57:35; Anna Wolfs, 57:35.

12 & 13

Isaac Abriel, 48:23; Eveline Choquette, 44:57; Olivier Fortin, 49:41; Isaac Hatt, 1:02:20; Sarah Houston, 56:52; Mercedes LeBlanc, 54:30; Savannah LeBlanc, 1:01:11; Jenna O'Brien, 53:44; Logan Way, 47:52.

14 & 15

Ira Hatt, 1:04:52.

16 & 17

Raphael Choquette, 1:16:10; Tamara Hatt, 1:55:22; True-man Hatt, 2:04:06.

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FIRE PREVENTION WEEK HAVE 2 WAYS OUT! OCTOBER 7-13



C'est la Semaine de la prévention des incendies Ayez deux sorties 7-13 OCTOBRE

Fire Prevention Week Calendar of Events

Tuesday 9 October

1000 - 1100 Wee Folk Centre
1230 - 1400 École Rose-des-Vente

Wednesday 10 October

1000 - 1100 Morfee Annex 83A
1315 - 1415 Morfee Annex 83A

Thursday 11 October

1000 - 1100 Morfee Annex 83A

Friday 12 October

1315 - 1415 Dwight Ross Elementary

Saturday 13 October

1000 - 1500 Booth in Greenwood Mall

Semaine de prévention des incendies Calendrier des événements

mardi 9 octobre

10h00 - 11h00 Wee Folk Centre
12h30 - 14h00 École Rose-des-Vente

mercredi 10 octobre

10h00 - 11h00 Annexe Morfee 83A
13h15 - 14h15 Annexe Morfee 83A

jeudi 11 octobre

10h00 - 11h00 Annexe Morfee 83A

vendredi 12 octobre

13h15 - 14h15 École élémentaire Dwight Ross

samedi 13 octobre

10h00 - 15h00 Stand de Greenwood Mall



Various fire drills will be taking place during Fire Prevention Week throughout the Wing.
Plusieurs exercices d'évacuation en cas d'incendie auront lieu dans l'escadre tout au long de la Semaine de la prévention des incendies.

Have a home fire escape plan showing two ways out of every room in case the smoke alarm sounds.

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