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November is Mental Health Month  Novembre est le mois de la santé mentale



14 WING • ESCADRE 14 GREENWOOD, NS

the Aurora

Vol. 33 No. 44 NOVEMBER 12, 2012 NO CHARGE www.auroranewspaper.com

Challenge, memories and remembrance

Sara Keddy,
Managing editor

Corporal Amanda Morro's first thoughts of the work lying ahead for her in Afghanistan were, how could it all be done?

The Canadian Forces traffic tech arrived in Afghanistan in June 2011 as part of a 15-person team breaking down and shipping an entire CF encampment.

"We were sent to do the impossible: move a whole camp in six months, everything by road," she told a gathering at Berwick's Grand View Manor November 4. Morro was invited by Ortona 69 Royal Canadian Legion members to participate in a pre-Remembrance Day service for manor residents.

"Day by day, bit by bit - we did it: 620 flights, 1,000 sea cans shipped, 1,000 vehicles, four million tonnes of cargo and 2,000 personnel all shipped home."

The deployment was a professional challenge, Morro said, but the experience made "memories that will last a lifetime.

"I remember the smell and the dust as I stepped on the ground in Afghanistan. It rained for the first time while we were there in November, it poured. You never realize what you miss. We stood out in the rain, and I looked down and realized my shirt was covered in mud - it was raining mud, there was so much dust in the air. We ate dust, breathed dust."

Life in camp was bearable with lots of water and freezies, with temperatures as high as 50 degrees Celsius. Morro said the chance to see a different lifestyle and culture was a "real eye opener.

"I'd never travelled outside Canada. You see how other people live on TV, but it's so different compared to my life."

She describes watching kids playing near mine fields, with rock-lined paths indicating safe places. Clouds of smoke and noise regularly indicated suicide bombers at work outside the wire, and anywhere from one to 30 rockets would land in camp daily. Planes took off every three seconds:



14 Wing Greenwood's Corporal Amanda Morro S.Keddy

"there was not a lot of quiet."

Her two week's break mid-deployment were spent camping with her husband and three children in PEI: "the best vacation I ever had.

"The support my family has given me throughout my career has been unrepayable."

On the theme of remem-

brance, Morro described ramp ceremonies she attended for peers killed while in Afghanistan.

"Let us not forget the hundreds and thousands of men and women who have done this - they are our fathers, brothers and sons; our mothers, sisters and daughters."

Making mental health a team effort

Sara Keddy,
Managing editor

November marks 14 Wing Commander Colonel Jim Irvine's second year of attention for mental health.

"It's important to get education and information out there," says Wing Administration Officer Lieutenant-Colonel Heber Gillam. "Through articles, training days - it's key to ensuring everyone here at 14 Wing knows what resources are available here."

Gillam's responsibilities include a number of base branches and programs that make up what's being called a "helping professionals" team: mental health and social work, health promotion, chaplaincy, veterans and injured soldiers' programs, family supports, dispute resolution, 26 Canadian Forces Health Services and others. A "discussion group" of these partners has been making connections, Gillam says, "for the folks who deal with these issues to, number one, have someone to listen to when they need care and advice and to help identify trends for the wing commander."

Through November, each of the partner agencies will showcase who they are and who they serve, and what they offer through a series of Aurora Newspaper articles. Defence team members - whether you are Regular or Reserve force, family or retired, or civilian staff - should know what is available, from who, and where.

"Then, if you self-identify with an issue you want some information on, these are your options," says Gillam.

Captain Kim Grondin with base mental health says many things have changed over the years, with enriched support available in a variety of ways from a number of providers. Prevention, identification, treatment and acceptance of mental health issues are Canadian Forces' priorities. At a United States-Canadian forum in 2008, the CF was praised for its work diminishing stigma associated with mental

Continued on page 3...



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Canada announces new Memorial Ribbon

Peter MacKay, Minister of National Defence, along with Steven Blaney, Minister of Veterans Affairs Canada, announced November 6 the creation of the Memorial Ribbon. The Memorial Ribbon will be offered to close family and friends of deceased Canadian Forces (CF) members as a memento of personal loss and sacrifice.

Memorial Ribbons may be issued in commemoration of every



CF member whose death is attributed to injury or illness sustained on or after October 1, 1947, due to military service.

This date coincides with the first date inscribed in Veterans Affairs Canada's Seventh Book of Remembrance.

For information on the design, eligibility criteria and application process, consult the Directorate of Honours and Recognition's website at <http://www.cmp-cpm.forces.gc.ca>.

Canada annonce la création du ruban commémoratif

Peter MacKay, ministre de la Défense nationale, et Steven Blaney, ministre des Anciens Combattants, ont annoncé le 6 novembre la création du ruban commémoratif, qui sera remis à la famille et aux proches des militaires des Forces canadiennes (FC) décédés en souvenir de leur perte et de leur sacrifice.

Les rubans commémoratifs peuvent être remis aux proches des militaires des FC dont le décès découlant d'une blessure ou d'une maladie liée au service militaire est survenu le ou après le 1er octobre 1947. Cette date coïncide avec la première inscription figurant dans le Septième Livre du Souvenir d'Anciens Combattants Canada.

Pour en savoir plus sur la conception du nouveau ruban commémoratif, sur les critères d'admissibilité, veuillez consulter le site Web de la Direction - Distinctions honorifiques et reconnaissance, au <http://www.cmp-cpm.forces.gc.ca>.

sure ou d'une maladie liée au service militaire est survenu le ou après le 1er octobre 1947. Cette date coïncide avec la première inscription figurant dans le Septième Livre du Souvenir d'Anciens Combattants Canada.

School service carries on remembrance traditions



14 Wing Greenwood personnel, silhouetted by candlelight as they honour the fallen during the West Kings remembrance ceremony November 2.

Sergeant P. Nicholson, 14 Wing photojournalist

Sergeant Pete Nicholson, 14 Wing Photojournalist

November 2, the students of West Kings District High School in Auburn staged an extremely provocative service of remembrance.

Among those invited were 14 Wing Greenwood Commander Colonel Jim Irvine, Wing Chief Warrant Officer Pierrot Jette and 20 14 Wing

Canadian Forces members. Also in attendance were the president of Branch 98 Royal Canadian Legion, Margo Tait, superintendent of the Annapolis Valley Regional School Board; school board member Jackie Foster and guest speaker Jim Davis, the father of Corporal Paul Davis, the ninth Canadian soldier to die in the Afghanistan mission after the vehicle he was riding in rolled over in March 2006.

The service began with readings, poems and a poignant student video production. The 20 14 Wing members were placed such that they were

a visual cross, representing today's Canadian military, silhouetted by candlelight as a slide presentation of the 158 Canadian Forces members who lost their lives while on duty in Afghanistan played.

This is the 10th year 14 Wing has been invited to this highly emotional occasion. The students, in cooperation with their teacher and

Legion member Donna Griffin's direction and everlasting encouragement, continue to present a first class remembrance service. The afternoon service for staff and students was extremely well received, and the evening service featured the 14 Wing Pipes and Drums.

Especially in this time of global strife and turmoil, it is particularly uplifting to have the future of our country observe and exhibit the respect they have for Canada and for those who paid the ultimate price for what we have today, peace and freedom.



14 Wing Commander Colonel Jim Irvine pays his respects during the playing of the national anthem.



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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.vpinternational.ca

November is Mental Health Month  Novembre est le mois de la santé mentale

Faire de la santé mentale, un travail d'équipe

Sara Keddy,
Directrice de la rédaction

Le mois de novembre marque à la 14^e Escadre, la deuxième année de vigilance de la part du Colonel Jim Irvine face à la santé mentale. «Il est important de don-

ner une éducation et de l'information», explique le Lieutenant-colonel Heber Gillam. «Par des articles, des journées de formation – il est essentiel de s'assurer que tout le monde ici à la 14^e Escadre sache quelles sont les res-

sources disponibles ici.»

Les responsabilités de M Gillam incluent un bon nombre d'unités et des programmes qui constituent ce qui est appelé une équipe d'«aide de professionnels» : la santé mentale, le travail social, la promotion de la santé, l'aumônerie, les anciens combattants et les programmes de support pour les soldats blessés, les soutiens familiaux, les résolutions de conflits, le 26^e Centre des services de santé des Forces canadiennes et plus. Un «groupe de discussion» de ces collaborateurs a été d'effectuer des connexions, dit M Gillam : «pour les gens

qui s'occupent de ces questions à, premièrement, avoir quelqu'un pour les écouter quand ils ont besoin de soins et de conseils et, aider le commandant de l'Escadre à identifier les tendances.»

En novembre, chacun des organismes partenaires montreront qui ils sont et qui ils servent, ainsi que ce qu'ils ont à offrir et ce, par le biais d'une série d'articles dans le journal Aurora. Les membres de l'équipe de la Défense – qu'ils soient de la Force régulière ou de la réserve, membre de famille ou membre à la retraite, ou même membre civil – devraient savoir ce qui est à leur disposition, à qui

s'adresser et où se procurer de l'aide.

«Ensuite, si vous vous auto-identifiez à un point pour lequel vous désirez plus d'information, voici vos options», explique M Gillam.

Le Capitaine Kim Grondin de la santé mentale de la base a dit que beaucoup de choses ont changé au fil des années avec le soutien enrichi disponible d'une façon varié d'un certain nombre de fournisseurs. La prévention, l'identification, le traitement et l'acceptation de problèmes de santé mentale sont les priorités des Forces canadiennes. Lors du forum canado-américain de 2008, les FC ont été

félicités pour leur travail en diminuant la stigmatisation associée à la santé mentale. Ils sont également au premier rang parmi les nations alliées avec un ratio de fournisseurs de santé mentale pour les militaires.

«Le groupe d'aide professionnel est un lien commun. Nous voulons être en mesure d'offrir aux gens qui sont à la recherche de nos services, le meilleur aide au niveau local. Il y a beaucoup de joueurs à considérer ce qui peut compliquer la situation. Par contre, nous sommes ici comme réseau, prêts à partager nos ressources et à répondre en équipe.»

Mental health team...

...cover

health, and is also ranked first among allied nations with its ratio of mental health providers to military members.

“The helping professionals group is the common link, and we want to be able, at the

grassroots level when people come and access our services, to be able to help them right off the top. There are a lot of players at the table and it can be complicated, but we are here as a network to use our resources together and respond together.”



Private Jarred Braybrook, May 2010, on guard watch at Out Post Nightmare, Route Nightmare, Panjaw'i

Corporal J.Hudson

Tell Me a Story, soldier

A year ago, a group of volunteers launched “Afghanistan: A Soldier's Story” to collect the human stories and images of those who served - military, civilian and media; and compile them in a legacy album to share with Canadians. Publication is planned for November 2014.

Former Chief of Defence Staff General Walter Natynczyk has written an introduction for the book, and respected military historian, Dr. Jack Granatstein, has agreed to write a historical

introduction. The prime minister, the minister of veterans Affairs and the Royal Canadian Legion will also provide content.

Storytelling is a traditional means of passing on wisdom and culture, not just a chronicling of key events. Your stories, simple and unimportant though they might seem to you, are important. Your shared narrative builds trust and understanding with your communities, and with those who come to serve after you. Your

stories will also help perpetuate a standard of professional excellence that has, more often than not, been the hallmark of those who have served Canada in the profession of arms.

If you have a story, an image or a video clip from your Afghan experience to share, or if you know someone else with an experience to share, please direct them to contact@afghanistancanadianstory.ca.

~ In Memory ~

Joseph “Gus” Boudreau
1938-2011



One year ago on Remembrance Day Nov 11, 2011 Gus passed away quietly and with dignity as he lived his life.

Lovingly remembered by his four children, Susan, Marc, Peter and Kevin, three grandchildren, William, Mikaela and Braedan, four sisters, many nieces and nephews, and his children's mother Margie. His sister Dora recently passed away on Nov 1, 2012.

Several years ago Gus returned to Greenwood after his retirement, and renewed friendships with former coworkers and friends. On the golf course and various other social activities he made many new friends, including Rose Marie, his companion for many years.

He will always remain in our hearts.

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November is Mental Health Month  Novembre est le mois de la santé mentale

Le 26 novembre, forum axé sur la santé mentale

Les troubles de santé mentale, comme la dépression, l'anxiété et les troubles de stress post-traumatique (TSPT), entre autres, peuvent avoir un impact soit direct soit indirect sur nous tous à un moment au courant de nos vies.

En fait, on estime qu'entre 20 et 25 pour cent des Canadiens seront affligés par un problème de santé mentale à moment au courant de leur vie.

Pour les membres des Forces canadiennes (FC), les troubles de santé mentale sont particulièrement pertinents. La routine et les exigences quotidiennes qui font partie du service militaire, y compris les mutations, la séparation de la famille et le rythme des activités, sont uniques à ces postes et peuvent être la source de stress sur la santé mentale des membres des Forces. En raison de la nature de leur travail, les membres des FC se trouvent souvent sur les

lignes de front ou sont souvent témoin d'expériences dangereuses ou possiblement traumatiques. Le terme « traumatismes de stress opérationnel », TSO, a été créé pour décrire les lésions attribuables aux troubles de santé mentale résultant d'une exposition à des expériences liées au service militaire. Bien que les TSO existent depuis bien avant que le terme soit créé, la participation aux opérations en Afghanistan a donné lieu à une sensibilisation accrue et à une meilleure compréhension de la nature, de l'étendue et de l'impact des TSO sur les membres des FC. Voici ce qu'on sait : tout le monde est à risque, et personne n'est à l'abri de ces troubles. Les troubles de santé mentale et les TSO ne discriminent pas contre aucune personne, peu importe le grade, le sexe, l'ethnicité et la culture.

Leurs impacts ont une vaste portée chez les membres des

FC, leur famille, leurs amis, leur unité, et, finalement, sur l'ensemble des FC. Les membres de la plus haute direction des FC ont déterminé que la santé mentale des membres des FC constitue une priorité. Toutefois, bien qu'un plus grand nombre de personnes des FC ont des connaissances et parlent des troubles de santé mentale, il continue d'avoir d'autres membres qui souffrent seuls et en silence, et des dirigeants qui ne savent pas trop comment répondre à leurs besoins.

La honte entourant la santé mentale, la crainte d'être jugé négativement, la gêne, l'embarras et l'inquiétude par rapport à l'impact que ces troubles pourraient avoir sur la carrière des membres en question sont toutes des barrières qui empêchent les personnes à avoir recours aux soins de santé mentale qu'ils veulent et dont ils ont besoin. S'occuper de membres

qui souffrent possiblement de troubles de santé mentale rend souvent les collègues et les dirigeants mal à l'aise. Ces derniers ne savent pas s'ils devraient intervenir et ils ont souvent peur de faire ou de dire la mauvaise chose. Malheureusement, ce comportement fait en sorte que parfois ceux et celles qui ont besoin d'aide ne sont pas dirigés vers les services dont ils ont besoin.

Cependant, tout comme les autres types de maladies ou de blessures, la détection et le traitement précoces des troubles de santé mentale sont des facteurs déterminants du rétablissement. Le plus tôt les membres sont dirigés vers les bons services et acceptent l'aide nécessaire, le plus rapidement sera leur rétablissement. Cela ne veut pas dire que les membres qui attendent avant de se faire traiter ne se rétabliront pas, mais ce rétablissement risque

d'être un peu plus long.

Tout le monde atteint d'un trouble de santé mentale peut se rétablir, et il incombe à tous et à toutes de s'assurer qu'il y a des conditions optimales pour faciliter et favoriser le rétablissement. Les bonnes connaissances et une sensibilisation accrue par rapport à la santé mentale sont capitales pour s'assurer que ceux et celles ayant besoin d'aide reçoivent l'appui et les soins dont ils et elles ont besoin. Il est également important de remplacer les vieilles idéologies et les croyances relatives à la santé mentale, souvent ancrées dans l'embarras, par des croyances et des valeurs qui mettent l'accent sur l'appui, l'inclusion et sur la confiance au rétablissement.

Afin de mieux comprendre la meilleure manière de soutenir et d'habiliter les membres souffrant de troubles de santé

mentale et des TSO, les Services de santé mentale de la 14^e Escadre Greenwood, de concert avec l'initiative Promotion de la santé, parrainent un séminaire sur la sensibilisation à la santé mentale qui aura lieu le 26 novembre, entre 9 h et 12 h, au mess Annapolis. Il y aura plusieurs conférenciers, y compris Dr Mark Johnston, Ross MacDonald, un ancien militaire actif et un conférencier avec le Bureau conjoint des conférenciers (BCC), et Tim Elliott du SSVSO. Le séminaire comprendra également une discussion ouverte avec les conférenciers. On espère que les membres de la 14^e Escadre, surtout ceux détenant des postes de dirigeants, sauront tirer avantage de cette occasion afin d'apprendre davantage sur cette question qui est d'actualité et qui est pertinente aux membres du personnel des FC.

November 26 forum focuses on mental health

Mental health concerns - depression, anxiety and post-traumatic stress disorder (PTSD), among other mental health diagnoses - have the potential to either directly or indirectly impact everyone at some point throughout life.

In fact, it is estimated between 20 per cent and 25 per cent of the Canadian population will experience a mental illness at some point during their lifetime.

For the Canadian Forces (CF) population, mental health issues are particularly relevant. The routine and daily demands of military service, including postings, separations from family and pace of operations; are unique and can become the source of strain on the mental health of CF members.

Because of the nature of military service, CF members are often on the front line of or witness to life-threatening and potentially traumatic experiences. The term "occupational stress injury" (OSI) was coined to describe the mental health injuries that can result from exposure to particular service-related experiences. While OSIs existed long before the term was conceived, engagement in Afghanistan has resulted in increased awareness and understanding of the nature, extent and impact of OSIs among the CF population. What is known: everyone is vulnerable and nobody immune. The reach of mental health issues and OSIs is felt across rank and gender, race and culture; it doesn't

discriminate.

The impact of mental health issues and OSIs is felt quite broadly, among the member, their families and friends, their unit and, ultimately, the CF. Leadership at the highest levels in the CF have identified mental health of members as an area of priority. Yet, while more people in the CF have knowledge of and are talking about mental health issues, there continue to be members who suffer alone and in silence, and peers and leaders who remain uncertain about how to respond to a struggling member.

Stigma around mental health, fear of being judged negatively, shame, embarrassment and worry about impact on one's career are all barriers to people seeking

the mental health care they need and want. For peers and those in leadership positions, dealing with members who may be experiencing mental health issues is often uncomfortable territory. Leaders and peers struggle with whether to intervene, and there is often fear of doing or saying the wrong thing. Unfortunately, this sometimes results in those needing help not being guided to the services that they need.

However, like any type of physical illness or injury, early recognition of and intervention for mental health conditions is key to recovery. The earlier members are guided to and accept help, the faster their recovery is likely to be. This is not to say those who delay getting help

will not get well, but rather their recovery may take a bit longer.

Everyone with a mental health condition has the ability to recover, and it is everyone's responsibility to ensure there are optimal conditions to promote and nurture recovery. Accurate knowledge and increased awareness about mental health is crucial to ensuring those who need mental health care receive the support and care they need. It is equally as important outdated values and beliefs about mental health, often rooted in stigma, are replaced by values and beliefs that emphasize support, inclusion and confidence in recovery.

In an effort to enhance understanding of how best to support and empower

those members with mental health concerns and OSIs, Mental Health Services at 14 Wing Greenwood, in conjunction with Health Promotion, is sponsoring a Mental Health Awareness Seminar November 26, from 9 a.m. to noon, in the Annapolis Mess. There will be several guest speakers, including Dr. Mark Johnston, Ross MacDonald, a prior serving member and now a speaker with the Joint Speakers Bureau (JSB), and Tim Elliott from OSISS. The seminar will also include an open forum with the panel guests. It is hoped members at 14 Wing, particularly those in leadership roles, will take advantage of this opportunity to learn more about an issue that is timely and relevant to all CF personnel.

PSP Health Promotion, Lisa White – 765-1494 ext 5389

SISIP, Marc Brittany – 765-6714

Greenwood Military Family Resource Centre – 765-1494 ext 5611

CF Dispute Resolution, 765-1494 ext 5530

CF Member Assistance Program – 1-800-268-7708

Employee Assistance Program, Darlene Richards – 765-1494 ext 3119

Chaplaincy service, Major Jim McKay – 765-1494 ext 5883

Operational Stress Injury & Social Support, Tim Elliott – 678-2262

26 CF Health Services, 765-1494 ext 1958

PSP promotion de la santé, Lisa White – 765-1494, poste 5389

RARM, Marc Bretagne – 765-6714

Centre de ressources aux familles militaires de Greenwood – 765-1494, poste 5611

Résolutions de conflits des FC – 765-1494, poste 5530

Programme d'aide aux membres des FC – 1-800-268-7708

Programme d'aide aux employés, Darlene Richards – 765-1494, poste 3119

Aumônier de service, le Major Jim McKay – 765-1494, poste 5883

Traumatismes liés au stress opérationnel et le soutien social, Tim Elliott – 678-2262

26^e Centre des services de santé des FC, 765-1494, poste 1958

Colonel views CEF 144's projects



Steve Goodwin,
Reprint courtesy
The Pictou Advocate

Construction engineering flights like Flight 144 in Pictou have more than fulfilled their mandate, a retired colonel says.

Colonel (Retired) Antoni S. Wojcik was visiting the flight and some of its community projects during a recent visit. He was appointed honorary colonel of 14 Construction Engineering Squadron, Lunenburg, 14 Wing in September 2010.

"I'm so impressed with the people here," he said during a luncheon at the flight facility. "I'm really impressed with what (Flight 144) has accomplished and the facility."

Wojcik saw some of the flight's local projects in Stelarton, Riverton and New Glasgow during an afternoon tour.

Mayor Joe Hawes lauded Wojcik as someone who understands the structure and activities conducted by Flight 144.

"It's good for the military and the county," he said.

"The program is great. We hope it continues."

Wojcik enrolled into the Canadian Forces in August 1971 and graduated from Royal Military College in 1975 as a civil engineer. He later returned to RMC to complete a masters degree in geotechnical engineering in 1982. He was a construction engineer with the Canadian Air Force, Army and Navy. He served on UN duties in Cyprus and the Golan Heights. He cites his appointment as Chief of Staff and Force Engineer during the 1998

flood relief operations in Manitoba as one of his career highlights.

In 1998, Wojcik became the Canadian Forces Attaché in Warsaw, Poland and accreditations to Estonia, Latvia and Lithuania. This was followed by further language training for Attaché duties in Italy with cross-accreditation to Albania and Greece. Wojcik retired from the Canadian Forces in September 2007. He and his wife, Jane, reside along St. Margaret's Bay. They have three children.

Colonel Tony Wojcik views African Nova Scotian history displayed on kiosks at the Africentre in New Glasgow.

S.Goodwin

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1 Canadian Forces Flying Training School visits Greenwood

Captain Kent Molyneux, 404 Long Range Patrol and Training Squadron

Air Combat Systems Officer (ACSO) course 1201

completed a visit to 14 Wing Greenwood October 24, a vital part of the ACSO syllabus, as it is combined with a visit to Shearwater and provides students the chance to familiarize

themselves with operational squadrons involved with maritime helicopter, long range patrol and transport. The visits also allow students to observe the Operational Training Units

for maritime helicopter and long range patrol, as a significant number of them will continue their training in one of these units prior to operational employment.

Welcomed to 14 Wing by Major Doug Bak, Tactical Cell Flight commander for 404 Squadron, the seven students and two instructors were briefed on the long range patrol Maritime Operational Aircrew Training (MOAT) course, and given some insight into recent operations and the life of an ACSO on an operational long range patrol squadron by captains Kent Molyneux (404 Squadron), Bruno Parent and Mike Austin (405 Squadron). A question-and-answer session followed, providing students the chance to meet with ACSOs with experience ranging from 17 years to two years post-MOAT.

The group visited the Operational Mission Simulator (OMS) and watched a portion of a 405 Squadron crew trainer. Brad Munro and Mr. Carroll provided an overview of the operation of the OMS and the integration of the civilian OMS operators with the training of the military crews. Flight Lieutenant Richard Jones provided





UK Flight Lieutenant Richard Jones, CP140 Block 3 Tac Nav, briefs students of 1 CF Flying Training School during their visit to 404 Squadron.



Brad Monro, CP140 Block 2 and Block 3 simulator operator, briefs students of the 1 CF Flying Training School during their visit to 404 Long Range Patrol and Training Squadron at 14 Wing Greenwood.

Master Corporal R. Wilson, Royal Canadian Air Force

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a brief on the new CP 140 Block Three Procedural Crew Trainer (PCT) in the Thorny Island extension, as well as a CP-140 Block Three aircraft static. The PCT will be an integral part of the Block Three conversion training in the next two to three years, as the Block

Three aircraft gain operational approval.

Captain Bryan Aubin of 413 Transport & Rescue Squadron provided an informative presentation on the squadron's role. He also provided an enthusiastic brief on the duties of a SAR ACSO. Corporal Clinton Lewis provided a tour of the CH-149 and a brief on its capabilities. Captain Jeffrey Isenor and his crew provided a static tour of a SAR configured CC130 Hercules as well as a short familiarization flight on a Hercules to cap off a very informative day for the course members of ACSO 1201.

Course participants were grateful for everyone's efforts organizing an enjoyable and informative day at 14 Wing Greenwood, and would like to thank the members of 404, 405 and 413 squadrons, and all other personnel involved in the organization of their visit.



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Living the CF life from a woman's perspective

Major Heather Ewing

In May, changes to the Canadian Forces dress manual made their way through the women's net here at 14 Wing Greenwood; the code now permits women to wear diamond earrings in uniform.

The good news quickly spread through the organization, which included advising the chief warrant officers' net. Realizing this was an area often overlooked, CWO Etheridge, Wing Logistics and Engineering Branch chief warrant officer, considered this a jumping off point to capture other aspects of life as a woman in uniform which may be overlooked in a predominately male environment. Guilty of reminding troops to have a fresh haircut and be clean shaven, it was clear female dress standards and gender specific concerns may need some attention.

October 1, all women in uniform were invited to attend a professional development session. This afternoon included a panel of six military women from the ranks of warrant officer to major from 14 Wing, and guest speaker Major-General



Pictured are the day's speakers, from left back row: Major Heather Ewing, Warrant Officer Roxanne Clowe, Captain Mary Cameron-Kelly, Warrant Officer Cheryl Doyle; across the front are Captain Genevieve Dussault, Major-General Chris Whitecross and Master Warrant Officer Darlene Donovan.

Submitted

Whitecross from ADM(IE). Each spoke for a few minutes about their personal background and a key topic that was or still is a struggle for them as a woman in the CF. This opportunity to share stories and come together as a distinct group offered a sense of belonging and solidarity. Many in the audience were nodding in agreement, as women described their challenges and triumphs.

The afternoon began with a detailed overview of the CF dress standards for women, ensuring all are aware of expectations - and the requirement to

police each other. A member of the panel then spoke on her deployment adventures outside the wire as a photo technician with the Army. Her candidness and detailed description of harsh conditions provided a glimpse into how women like her have persevered. A mother of three young boys described her balancing family, career and personal goals, highlighting that planning and sequencing family and key career requirements can leave a lasting impression. The first Aurora pilot shared her experiences as "one of the guys" on crew and, more

specifically, pregnancy and flying. Finally, a member of the panel spoke to leadership as a woman: striving for perfection but often being overshadowed by self-doubt and introducing what is referred to as the "imposter syndrome" - an internal struggle between achieved results and unachievable personal standards. The varied and personal nature of each panel member's presentation offered a wide array of experiences and personal recounts that audience members could connect with.

Whitecross provided an engaging address with intriguing

stories, life lessons and some key takeaways. As a female general in the CF who is married with children, she is a rarity. She provided insight about the path she has forged through her career and had the whole audience nodding, laughing and engaged. A few of her key points included a message to all women in uniform to look the part - ensuring we are professional. She offered up we are emotional creatures as human beings and women, and crying is not a sign of weakness. She recommended a good sense of humour in the workplace and on

deployment goes a long way in easing tensions and accepting reality. And, finally, fitness must remain a key priority for all in uniform. She noted it is easier to stay fit than to get fit, so challenged all military women to ensure fitness maintains primacy.

All the women on the panel, and those in the audience who asked questions, were open and vulnerable in this forum. As members of an organization that remains 87 per cent male, the session presented a unique opportunity for female members of 14 Wing to come together. There were approximately 130 women present, from the rank of private to major, representing all three elements: Army, Navy and Air Force. As the session concluded, many women stayed behind to speak with panel members, share stories and provide positive feedback and recommendations for "next time."

Leadership of 14 Wing was instrumental in supporting the efforts of all involved to make this PD session a success and now recommend this forum be emulated on wings and bases across the country.

Mener une vie militaire : le point de vue d'une femme

Major Heather Ewing

En mai dernier, les changements apportés au manuel d'instructions sur la tenue des Forces canadiennes ont été appliqués à la 14^e Escadre Greenwood. En effet, le code autorise maintenant aux femmes de porter des boucles d'oreilles en diamants lorsqu'elles sont en uniformes.

La bonne nouvelle s'est rapidement répandue dans l'ensemble de l'organisation et a fait son chemin jusqu'aux oreilles des adjutants-chefs. Réalisant qu'il s'agit d'un sujet souvent négligé, l'Adjud Etheridge, adjudant-chef du bureau du Service de logistique et d'ingénierie de l'escadre, considère qu'il s'agit d'un tremplin dans l'évaluation des autres aspects négligés de la vie d'une femme militaire dans un environnement constitué principalement d'hommes. En effet, dans un environnement qui exige les coupes de cheveux et le rasage soigné,

il était inévitable que le code vestimentaire et les préoccupations propres aux femmes nécessiteraient une certaine attention.

Le 1^{er} octobre, toutes les femmes militaires ont été invitées à une séance de perfectionnement professionnel d'un après-midi. Cette séance mettait en vedette un groupe de six femmes militaires de la 14^e Escadre détenant le grade d'adjudant à major, ainsi que la major-général Whitecross du SMA(IE), comme conférencière.

Elles se sont toutes présentées pendant quelques minutes et ont abordé des thèmes qui constituaient ou qui constituent toujours une lutte pour les femmes au sein des FC. Cette occasion a permis de partager des histoires et de s'unir en tant que groupe distinct, solidifiant ainsi un sentiment d'appartenance et de solidarité féminine. Bon nombre de femmes dans l'auditoire hochaient la tête

en accord lorsque les femmes décrivaient leurs défis et triomphes.

L'après-midi a commencé avec un survol détaillé des exigences vestimentaires des femmes des FC dans le but de s'assurer que toutes connaissent les attentes et puissent se surveiller entre elles. Une membre du groupe a ensuite parlé de ses déploiements à l'extérieur du périmètre de sécurité en tant que phototechnicienne au sein de l'Armée. Son honnêteté et sa description détaillée des conditions difficiles ont donné un aperçu de la persévérance qu'ont démontré les femmes comme elle. Une mère de trois jeunes garçons a décrit comment elle consolidait famille, carrière et objectifs personnels en soulignant que la planification et l'ordonnement des priorités familiales et professionnelles peuvent laisser une impression durable. La première pilote à bord d'un Aurora a partagé son expérience au sein de l'équipe

en tant que « l'un des gars » et, plus précisément, sur sa grossesse et sur son métier de pilote. Enfin, une membre du groupe a parlé de leadership en tant que femme : la quête de la perfection assombrie par le doute personnelle. Elle a aussi présenté ce qu'on appelle le « syndrome de l'imposteur », soit une lutte intérieure entre les résultats atteints et les exigences personnelles inatteignables. La nature variée et personnelle des présentations de chaque membre du groupe a offert un large éventail d'expériences et d'histoires personnelles pouvant établir des liens avec les membres de l'auditoire.

La major-général Whitecross a livré une excellente présentation avec des histoires intrigantes, des leçons de vie et des points à retenir. En tant que femme, major-général, conjointe et mère, elle est un cas rare. Elle a partagé son avis sur le chemin qu'elle s'est forgé pendant sa carrière au

grand plaisir de l'auditoire qui hochait de la tête en riant. Quelques points clés de sa présentation comprenaient un message visant toutes les femmes militaires : ayez la tête de l'emploi, vous êtes des professionnelles. Elle a aussi souligné qu'en tant qu'humain et femme, nous étions tous des êtres émotifs et que verser des larmes n'était point un signe de faiblesse. Elle a recommandé un bon sens de l'humour dans le milieu de travail et en déploiement, il s'agit là d'un bon moyen d'atténuer les tensions et d'accepter les réalités. Finalement, la condition physique doit demeurer une priorité pour toutes les militaires. Elle a souligné qu'il est plus facile de demeurer en forme que se mettre en forme. Elle a mis au défi toutes les femmes de s'assurer que la condition physique demeure une priorité.

Toutes les femmes du groupe, ainsi que celles dans l'auditoire qui ont posé des

questions, se sont exposées et étaient vulnérables lors de cette séance. La séance présentait une occasion unique pour les femmes de la 14^e Escadre de s'unir, en tant que membre d'une organisation qui demeure masculine à 87 %. Il y avait environ 130 femmes présentes, allant du grade de soldat à celui de major, et représentant les trois éléments : l'Armée de terre, la Force aérienne et la Marine. À la fin de la séance, plusieurs femmes sont restées pour discuter avec les membres du groupe, pour échanger des histoires et pour donner des commentaires positifs et des recommandations pour une prochaine séance.

Le leadership de la 14^e Escadre a joué un rôle important dans l'appui des efforts déployés afin de rendre la séance de PP un succès. Il est maintenant recommandé de présenter une telle séance dans toutes les escadres et les bases partout au pays.

Wing-wide response tests emergency planning

Sara Keddy,
Managing editor

The manpower that needs to move in case of an emergency at 14 Wing Greenwood tested its strength October 25.

At the scene of a simulated plane crash of a C-130 Hercules in the woods behind the Greenwood Horse and Recreation Club, dozens of base entities with a role to play were put through their paces by A3 Readiness and Evaluation.

"There have been a few hiccups, but this is an exercise – and that's where we want to

see them," says Captain David Nelson, who led the exercise.

Personnel spent several weeks designing the exercise, and a day in advance placing markers, scattering equipment and even flagging out the size of a Hercules aircraft fuselage in the woods. The call at 10 a.m. started a series of responses, designed to flow seamlessly during an actual emergency.

First on the scene were fire crews from 14 Wing, looking above all else to preserve the lives of the "crew" on board. Military Police secured a 500

metre perimeter, and then spent the day monitoring traffic in and out of the site. Explosives teams looked for ordinance and flares to clear the scene for ambulance staff, flight investigators, environmental investigators, image technicians and other partners to carry out their work as part of the emergency response and investigation.

"Coordination can be difficult," says Leading Seaman Heidi Foley, part of the exercise planning team, "but when you see it all roll out – it's awesome. We all know what

our training roles are, but we don't know exactly what other people are doing, and we want to see the holes."

The day's exercise took a lot of work and planning, but represented just a piece of what could be a year-long response and investigation in an actual incident.

Military Police Corporal Joe Brightman locks down access to the site of a simulated emergency testing 14 Wing response teams.

S.Keddy



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Veteran of the month

Comrade Karl (Relic) Derhak enrolled in the Canadian Armed Forces in Hamilton, Ontario in 1974. Following trades training, he was posted to CFB Trenton as an instrument electrical technician, working on the Boeing 707 and C130 Hercules. During that period, he traveled extensively as a search and rescue spotter throughout central Canada and with mobile repair for the 707 and C130 worldwide - so much so, he became interested in a flying career. He remustered as a flight engineer in 1979 and took his first position on Seakings with 406 Squadron, Shearwater. In 1985, he made a short move to Greenwood and a large leap to the CP140 Aurora with 415 Squadron, 1988 to 404 Squadron and, in 1994, to 405 Squadron. A short stint in Petawawa with 427 Squadron occurred between 1998 and 2001, and he was back at 405 and 404 both in 2006,



until retirement from the Regular force in 2011. He joined the Air Reserve Flight and is happily employed as a flight engineer instructor with 404 Long Range Patrol and Training Squadron, where he is logging through 10,000 career flying hours. Derhak is a member of Kingston Royal Canadian Legion Br. 098.

Submitted

Whirlwind year ends at home

Sergeant Pete Nicholson,
14 Wing Photojournalist

Having just been posted from Kingston, Ontario to Greenwood as the wing public affairs officer in August 2011, Lieutenant (N) Sylvain Rousseau was quickly grabbed for pre-deployment training for Canada's contribution to the NATO Training Mission in Afghanistan, Operation ATTENTION, beginning November 2011 at CFB Gagetown.

Attached to the Canadian Contribution Training Mission-Afghanistan for 229 days as the senior public affairs officer at the National Command and Support Element, Rousseau returned home October 30 to the welcoming arms of his wife and children.

"This was by far my best tour - my first in Afghanistan. I worked with a great team of people, and received fantastic support from my family, the Greenwood Military Family Resource Centre and the wing. I am very happy to be home and cannot believe how



The Rousseau family - Sonya, Jarek, Sylvain and Jayson - at the Halifax Stanfield airport. 14 Wing Public Affairs Officer Lieutenant (N) Sylvain Rousseau returned home after an eight-month tour in Afghanistan Op Attention.

quickly time passed."

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Sonya and husband Lieutenant (N) Sylvain Rousseau hug after the completion of his eight month tour in Afghanistan.

Sergeant P. Nicholson, 14 Wing Photojournalist

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Cancer links life's milestones for Besharah

Sara Keddy,
Managing editor

Judi Besharah's 60th birthday will never be forgotten.

She started out planning a big 'do: shaving her head for Terry Fox fundraising as part of 14 Wing Greenwood's biennial mass shave. Besharah works on the base's tech help desk, and the \$14,000 fundraising target set by event organizers to see her locks fall was not unimaginable, considering she personally touches almost every request for a new email address or IT work order. While she'd rappelled down a 150-foot cliff for birthday number 59, turning 60 was a milestone she wanted to mark for others dealing with cancer.

Little did she know at the September 14 head shaving how her birthday project would turn even more personal.

"On the Sunday, I was called to my mother's bedside in Halifax - she had been admitted to hospital: pancreatic cancer,

with two weeks left to love."

Besharah's mother, Mary Ellen Warner, 81, was "vibrant," walking everywhere for her errands, maintaining her own apartment and had a boyfriend. Besharah, in the hospital's cancer ward, freshly head shaven herself and wearing her Terry Fox "I did my 'do" T-shirt; asked her what she wanted: "Mom wanted to go home."

"I promised to be with her on that journey, so I came home Thursday (September 20) to get organized and rest," Besharah says. By the Sunday, Besharah and her husband were ready to return to the city: time was not on the family's side.

When she arrived at the hospital, Besharah was stunned to find her mother with her own head bare.

"Mom had called in her hairdresser, and she shaved her head - she was so proud of me, and thought I was so brave to have shaved my head for Terry Fox. When I went back in, thank God my brother was

there. She did this for me!"

Besharah's mother died October 7, never having made it home. The family has a video of her headshaving, and a series of significant memories - coincidences - to hold.

"So many things turned out awesome - it's not awesome Mom died, but she lived her fullest right to the end, and she was so proud of me and loved me. I can't begin to tell you what this meant to me."

The Terry Fox Foundation, who had previously asked Besharah for a lock of her pre-shaving, hot pink dyed hair, knows this story, and its ending. A grandson ran his first Terry Fox Run at school a week or so after Warner's death. Friends gathered for her November 12 memorial service each "adopted" one of Warner's 200 teddy bears.

Besharah "will never top" this birthday.

"I shaved my head to save people from this: this is not what I hoped for - but better."



Judi Besharah, right, and her mother, Mary Ellen Warner, matching in their head-shaving efforts against cancer. Submitted



Mary Ellen Warner was a vibrant woman: her 200-teddy bear collection was "adopted" out to friends gathered for her November 12 memorial service. Submitted

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Snow White, dwarves – and more – on Greenwood Players’ stage

The Greenwood Players’ fall production, the pantomime, “Snow White and the Seven Dwarfs;” is making great progress.

Audiences will enjoy this classic tale - with a twist: this well-known fairy tale ain’t no Disney story! Some of the characters have been rewritten, and there are some

unusual casting choices. In this production, Nanny needs a shave, the mirror has an attitude problem, the king can’t be that dense (can he?) - and where did the tour guide come from?!

Director Jane Brooks is moulding the dwarfs into the funniest bunch you’re likely to see in a long while; at the

same time, she has managed to turn a nice teacher lady into one Evil Queen. It is one of the Greenwood Players’ most ambitious plays and, if one of its largest casts isn’t enough to draw you in, then Jeffery Pocock’s set design and artwork will seal the deal.

“Snow White and Seven

Dwarfs” will run November 21 through 25, with show times at 7 p.m., Wednesday to Saturday and a 2 p.m. matinee Sunday. The Greenwood Players’ stage is located in the A.V.M. Morfee Centre, School Road, Greenwood. Tickets are now on sale at Valley Drug Mart in both Middleton and Kingston.

The Evil Queen and the King, played by Helen Shields and Paul Dill.



Children’s Christmas Parade

Saturday, November 17th • 11:30 am
Celebrate the official opening of Christmas with Santa and Mrs Claus. Featuring West Kings Drum Line and 517 Royal Canadian Air Cadets!

Holiday Hours: Monday - Saturday 9:30 - 9 • Sunday 12 - 5 • www.greenwoodmall.ns.ca



Snow White’s Nanny, played by Todd Detcheverry.

Submitted

Youth Happenings

Lindsay McCormack,
Recreation youth worker

night we will be making banana chocolate chip muffins. Don't forget your \$2.

Here is what is on the go your youth this week at the at 14 Wing Greenwood Community Centre.

Active Chicks

November 14, 6 p.m. to 7:30 p.m.

Tonight, we will be playing games with glow balloons! Not sure what that means? Come down and check it out!

Teen activity

November 15, 6 p.m. to 7:30 p.m.

It's cooking time, teens! To-

Teen activity

November 16

Pre-teen 7 p.m. to 8 p.m.

Teen 8 p.m. to 9 p.m.

We will be skewering some fruit and dipping it in chocolate - yum! \$3.

Dartmouth Crossing Family Trip

November 17

Please make sure you sign up before November 14 if you are interested in heading to the city for the day. \$5 per person, \$10 for a family.

Youth Centre Drop in Hours

	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

RCAF athletic best right here in Greenwood

A trio of well-known Canadian Forces members representing 14 Wing Greenwood have been recognized nationwide.

At the CF Sports Awards presentations October 12 in Ottawa, 2nd Lieutenant Serena Palmer was named the Air Force female athlete of the year, while Major Gilles Couture was named Air Force male athlete of the year. Master Warrant Officer (retired) Brian Richardson was added to the CF Sports Honour Roll. The CF Sports Awards recognize excellence in sports and fitness among members of all ranks at bases, wings and installations in Canada, and around the world.

"Congrats on receiving RCAF recognition as the male and female athletes of the year! Bravo Zulu! I am proud of you both," said 14 Wing Commander Colonel Jim Irvine upon hearing the results.

Couture, a 404 Squadron member, in May placed eighth in the Canadian National Open Squash championship, and then went on a week later to win the CF nationals' open category with an unblemished record. He was a member of the 2008 and 2009 Atlantic region CF teams that won national titles, and was ranked second in the 2010 Ultimate Squash Challenge Division 3 Premier League and third in 2011. He also supports the sport, as president of Squash Nova Scotia, a coach and program developer, and hosted the 2012 women's national event in Halifax. He is president of the CF squash executive.

Palmer was recognized for success in swimming and life-saving. She attended the 2011 World Military Games in Brazil as the female team captain and qualified in five events. At the CF nationals, she swam to first place, winning two individual



2nd Lieutenant Serena Palmer Submitted

events and five relay events. At the 2011 Canadian Masters Swim Championships, she had three top-five individual results, five first place relay team finishes and set one Masters record. Palmer is a Level III hockey coach and a certified WSI swimming coach. She is a member of the 14 Wing ladies hockey team, which won the 2012 regionals and nationals, provides training for swimmers and triathletes as part of the wing's Tri Club, helped organize a regional swimming development camp and officiates AAA and university hockey in Nova Scotia.

Richardson was the definition of a team player throughout his CF hockey and softball (Intermediate A) career spanning 25 years - and still plays hockey to this day. Richardson was an avid runner and completed three scrolls in the CF Award of Excellence Program. He played and officiated in 27 CF national hockey/ OT hockey, running and broomball championships and over 100 fleet, Strong Contender, regional and environmental championships. He became an 851 Peri in 1975. He travelled across Canada and Europe from 1983 to 1990 conducting officiating clinics,

and was equally involved in the development side for Ontario and Nova Scotia. Richardson was named CF Umpire in Chief from 1994 to 1996, and was CF Official of the Year in 1992 and 1995 - an unduplicated record. Richardson also supported his local community's Scout, swimming and figure skating clubs.

"I, for one, as an official got my start (33 years ago) officiating as a result of Brian Richardson, and know there are so many others he has influenced over his four decades of building, playing and officiating CF sports - a feat that truly earns him a position on the CF Sports Honour Roll," says Fred Williams, 14 Wing Greenwood Fitness and Sports director and Atlantic Region Sports Director.

Greenwood fared well in the Team of the Year, Individual Sports category, with the base's golf team leading Air Force nominees, and the Atlantic squash team - of which Couture was a member - representing the Navy and winning the overall CF award.

14 Wing Greenwood was also recognized as an Air Force leader, taking the branch's Health and Physical Fitness Award recognizing efforts to integrate the total force, the ill and injured, as well as the family into health and fitness activities. The Vice Chief of the Defence Staff - Canadian Forces Base Halifax, won the CF overall award.

With files from Holly Bridges, D Air Public Affairs



The 2011 Atlantic region squash team, from left: G. Melancon (A/CPSP), Chief Petty Officer First Class K. Mullins (then MARLANT headquarters), Lieutenant-Commander P. Perks (HMCS Preserver), Lieutenant-Commander M. Melnychuk (CFNES Halifax) and Major G. Couture (404 Squadron, formerly from ADAC(A)). Absent are team members Captain J. Hallam (404 Squadron), Master Corporal B. Reid (423 Squadron), Naval Cadet V. Bertling (CFB Halifax HQ) and Private C. Jones (2 Royal Canadian Regiment Gagetown). Submitted

Atlantic squash dynasty recognized

Atlantic Squash Team

Over the last six years of competitive Canadian Forces squash championships, the Atlantic region has dominated.

For the five-year period from 2007 to 2011, the Atlantic region captured three CF championships ('07, '08 and '11). The 2007 Atlantic team scored the most team points in the 24-year history of the CF championships; the 2011 Atlantic team came within one point of that feat. These accomplishments did not go unnoticed, as Formation Halifax Personnel Support Program staff member Jonathan Berg kindly nominated the 2011 Atlantic team for the prestigious 2011 CF Sports Team of the Year (Individual Sport) Award.

It was a pleasant surprise to learn this after the fact because, lo and behold, the team received an email that in fact they were chosen as the

winners! Four team members were invited to the 2012 CF Sports Awards Banquet in Ottawa October 12.

A repeat national title was not meant to be in 2012 for Team Atlantic. One main reason: Major Gilles Couture, team captain and the CF's number one ranked player through 2011, was unable to play due to injury.

The Atlantic squad still managed to come away with two top individual honours. Master Corporal Brian Reid (423 Squadron) assumed the top spot on the team and was a bit of a dark horse in the open championship. Round by round, Reid quickly lost the "dark" adjective and his competitors were taking notice of the "horse!" His supreme fitness and ball retrieving was nothing short

of magnificent. He defeated Captain Luc Levaille (Quebec) in the final 3-1 to earn the CF number one squash ranking and keeping the title of CF Open squash champion in the Atlantic region.

In the Masters' division, Lieutenant Commander Mike Melnychuk (CFNES) defeated Captain John Dixon (Quebec) in the final 3-0 by skilfully executing quick, short rallies. It was Melnychuk's fifth individual national championship over a 22-year span, winning in each of the last three decades. He intends to go out as a champion, as he plans to retire from the CF in 2013.

Atlantic squash is a force to be reckoned with, with three CF championships in a five-year period and having two of the top players in the CF, Reid and Couture.

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Public Skate - Come One Come All

Greenwood Gardens Public Skating takes place Saturday evenings from 7:00 to 8:00 p.m. and Sunday mornings from 11:00 a.m. to 12:00 noon. The skate is free for Military and valid Rec Card holders. There is a drop-in fee of \$3.00 for those without Rec Cards. Although helmets are not mandatory they are strongly suggested. Come out and enjoy a great winter tradition.

Please check the Greenwood www.cfgateway.ca front page for any cancellations.

Brooks one of nation's best docs

A Valley doctor has been named one of Canada's "top docs" by the College of Family Physicians of Canada.

Known for her many contributions to family medicine in the small communities of Middleton, Bridgetown and Greenwood, Dr. Jane Brooks' passion for rural family medicine has made a big impact to the lives of her students and patients. After earning both her Doctorate in Microbiology and Immunology and her medical degree at Dalhousie University, Brooks went on to complete her residency training at Memorial University. She received Certification in

Family Medicine in 1999.

Brooks and her husband, Eric (also a family physician), formed the Middleton Collaborative Practice, a comprehensive family medicine practice considered a pioneer for collaborative practices in Nova Scotia. It was also one of the first in Nova Scotia to adopt a fully functional electronic medical record system. This practice now serves as a teaching site for family medicine residents.

Through involvement with the Canadian Medical Association and Doctors Nova Scotia, where she served as president, Brooks' advocacy efforts have

helped enhance patient care in the Annapolis Valley Region. She has served on numerous local and provincial committees and as chief of staff at Soldiers' Memorial Hospital. Currently, Brooks serves as co-chair of Annapolis Valley Health District's Department of Family Medicine. Brooks is also one of the medical team working in the Greenwood Kingston Family Health Clinic, associated with 14 Wing Greenwood.

In 2007, Brooks' mentorship, leadership, and professionalism were acknowledged with the Preceptor of the Year Award from Dalhousie University.

The CFPC's Reg L. Perkin Award acknowledges family doctors for outstanding patient care, significant contributions to the health and well-being of their local community and commitment to family medicine teaching and research. The award recipients are nominated by their colleagues, community leaders and the CFPC's 10 provincial chapters. The awards are presented as part of Family Doctor Week in Canada, November 12-17. The award presentations will be made during a ceremony at the CFPC's annual Family Medicine Forum in Toronto November 12.



Dr. Jane Brooks

Submitted

Bibliothèque de la 14^e Escadre | Au service des lecteurs

Judy McCool et Joanne Sealby
Bibliothèque de la 14^e Escadre

Novembre est à nos portes et, avec lui, la froidure de l'hiver. Pourquoi ne pas faire un tour à la bibliothèque de la 14^e Escadre, pour voir les tout derniers succès de librairie que nous avons à vous proposer?

Les amateurs de lecture ne voudront pas manquer le dernier roman de Ken Follett, « Winter of the World », deuxième de la trilogie « Century ». Divertissant

et instructif, ce roman vous tiendra en haleine pendant des jours... C'est la suite de la saga historique de cinq familles qui ont des liens entre elles, et qu'on suit durant la montée du Troisième Reich, la guerre civile en Espagne, la Seconde Guerre mondiale et la guerre froide.

Et que dire du dernier roman de Barbara Taylor Bradford, « Letter From a Stranger », récit riche et évocateur des secrets et des trahisons au sein d'une famille, dans le Berlin de la Seconde guerre

mondiale et les ruelles sinueuses d'Istanbul?

Pour les cuisiniers qui aiment préparer des repas délicieux en peu de temps, nous avons le nouveau livre du chef Michael Smith « Fast Flavours: 110 Simple Speedy Recipes ». L'auteur y présente quelques-unes de ses « recettes à 4 vitesses » qui vous montrent comment faire quatre recettes différentes avec les mêmes ingrédients.

Le personnel de la bibliothèque, en collaboration

avec les « Friends of the Greenwood Library », organiseront une vente de pâtisseries, d'objets d'artisanat de Noël et de livres usagés, à compter du 19 novembre, à la bibliothèque. Venez donc, aux heures d'ouverture de la bibliothèque, vous régaler de cidre chaud et de biscuits au gingembre tout en cherchant la bonne affaire. Le produit de la vente sera versé intégralement à la bibliothèque, pour ses projets et pour l'achat de livres. Nous ferons appel à votre générosité pour

les dons de pâtisseries et d'objets d'artisanat. Si vous pouvez nous aider, veuillez appeler la bibliothèque au 765-1494, poste 5430.

Un grand merci aux « Friends of the Greenwood Library » qui nous ont offert un nouvel aquarium pour notre poisson rouge. L'ancien aquarium était fissuré et le poisson avait grandement besoin d'une nouvelle demeure. Le nouvel aquarium peut accueillir notre poisson et deux nouveaux compagnons. Nous sommes heu-

reux de vous annoncer que tous trois aiment beaucoup leur nouveau lieu de vie.

Nous rappelons que la bibliothèque est ouverte à tous, toutefois, les personnes qui n'ont pas de carte de loisirs communautaires doivent se procurer une carte de membre. Il en coûte seulement 5,75 \$ pour l'année pour une personne, 11,50 \$ pour une famille. La lecture ouvre les horizons, alors, n'hésitez pas à venir pousser les portes de la bibliothèque de la 14^e Escadre!

14 Wing Library | Serving those who read

Judy McCool & Joanne Sealby,
14 Wing Library

November is here and the chill of winter is in the air. Why not drop in to the 14 Wing Greenwood Library and spend some time checking out the latest bestsellers?

You won't want to miss Ken Follett's newest, "Winter of the World," the second in the Century trilogy. This is a novel that will suck you in,

consume you for days... then let you out the other side both entertained and educated. It continues the historical drama of five interrelated families moving through the momentous stories of the rise of the Third Reich, the Spanish Civil War, the Second World War and the beginnings of the Cold War.

How about trying Barbara Taylor Bradford's newest, "Letter From a Stanger,"

which delivers a lush and evocative story of family secrets and betrayals that stretch back to the streets of Second World War Berlin and the winding alleys of Istanbul.

And, for all those cooks who like to create great meals in minimal time, we have a copy of Chef Michael Smith's new "Fast Flavours: 110 Simple Speedy Recipes". Smith shares some of his "4-Speed Recipes" that show you how

to cook the same pile of ingredients in four different ways.

The library staff, in conjunction with the Friends of the Greenwood Library, will be having a Christmas crafts, bake and gently used book sale starting November 19 in the library. Come in during library hours and enjoy a cup of hot apple cider and a gingersnap while you browse. All proceeds will go towards library projects

and books. We will be looking for donations of baked goods and crafts to sell, so if you are able to help us out, please contact the library at 765-1494 ext 5430.

Big thanks to the Friends of the Greenwood Library for their donation of a new aquarium for our goldfish. The old tank was badly cracked and the goldfish were in desperate need of a new home. The new tank is able to accommodate

the existing fish, as well as a couple of newcomers. We are happy to report all are enjoying their new environment.

Just a reminder the library is open to all; however memberships are required for those without a Community Recreation Card. The cost is only \$5.75 for a single for the year, \$11.50 for a family. Reading opens doors, so come and open the doors to the 14 Wing Library!

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Greco Pizza
Inside Story Book Store
Irving Service Station
Mark's Barber Shop

McDonald's
NEEDS Convenience Store
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Middleton
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Mid Valley Motel
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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.

Public skating

Tuesdays and Thursdays, Kingston Recreation adult skating, 10:30 a.m. to noon at the Kingston rink. Cost: \$3/ skate or \$35 until Dec 20. Call Glen at 765-2800 or email recreation@kingstonnovascotia.ca for information. Limited helmets available.

Jam session

Wednesdays, come out to Brickton jam sessions at 7 p.m. Great country and bluegrass music. Come to play, sing or listen. Refreshments at intermission. \$2 admission.

Youth bowling

14 Wing Greenwood Community Centre youth bowling programs are now underway. Ages five to 19. Call the Greenwood Bowling Centre to register, 765-1494 ext 5631.

CentreStage Theatre

In the Nonsense Christmas Musical, Nuncrackers, your favourite nuns, Fr. Virgil and Mt. St. Helen's most talented students are taping their first cable TV special. This show delivers lots of laughs, toe-tapping Christmas songs and maybe even a tug on the heartstrings. Best suited to adults and older children. Plays Fridays and Saturdays to December 8 at 8 p.m. with 2 p.m. matinees November 25 and December 2. There will also be special dinner theatre performances November 18 at CentreStage Theatre, and December 14 and 15 at Muir Murray Winery. Call 678-8040 for theatre reservations.

Luncheon

November 13, the Kingston Lions

host a community luncheon, 11:30 a.m. to 1 p.m., at the Lions' hall. \$8 or \$8.50 delivered (765-2128). Come out and enjoy a chicken supreme dinner with mashed potatoes, vegetables and dessert.

Meeting

November 13, 7 p.m. Foster family/ adoptive family information session, Kentville. If you are interested in becoming a foster family, call 1-800-565-1885 for information. Potential adoptive applicants are asked to call 1-866-259-7780.

Tea & sale

November 13, Nictaux Baptist Ladies Aux. & Friendly Club Christmas dessert tea and sale, 7 p.m. to 9 p.m., Nictaux fire hall. Dessert tea \$3. Crafts, knitting, sewing, bake table, pickles/ jam/ baskets, homemade fudge and chocolates. Everyone welcome.

Coffee party & sale

November 14, enjoy a Christmas sale and coffee party at St. John's United Church, Middleton. 10 a.m., all welcome - freewill offering.

Lunch

November 14, community lunch at New Beginnings Centre, 1151 Bridge St., Greenwood, from 11:30 a.m. to 1 p.m. Open to everyone, no charge. We need a clothing bank volunteer.

Course

November 14, a course is being offered at New Beginnings Centre, 7 p.m.: "What is the Importance of Pentecost?" 1151 Bridge St., Greenwood. For information, 765-8155.

Tea and sale

November 14, a Christmas tea and sale will be hosted by St. Mary's Anglican Church, 4 p.m. to 6 p.m., at the Aylesford fire hall. \$6/ adult, \$3/ under 12. Delicious salad plate, bake tables, crafts and gift items.

Sale

November 15 and 16, the Soldiers Memorial Health Auxiliary is hosting a Christmas bake sale at the Carousel Gift Shop, in the hospital (November 15, 10 a.m. to 4 p.m. and 6:30 p.m. to 7:30 p.m.; and November 16, 10 a.m. to 4 p.m.). Fifteen per cent off all gift items, plus no tax. Please support our fundraising efforts.

Coffee party

November 16, the Kingston & District Health Auxiliary will be holding a coffee party and silent auction, 9:30 a.m. to 11:30 a.m., at the Kingston fire hall. Proceeds to VON.

Ticket auction

November 17, the Mid-Annapolis Valley Kinettes host a ticket auction at the Lions' hall in Kingston in support of service projects (including MS, CF and the Children's Trust Fund) Canteen available. Doors open at noon, draws start at 4 p.m. For information, contact Donna Sharpe at (902)765-3838.

Learn to run workshop

November 17, Centennial Park, Middleton, 10 a.m. to 11:30 a.m.: come dressed to run in this FREE seminar for beginners of all ages! Learn tips, tricks and form, and take home a 12-week run/ walk plan and route maps that can be fit into your busy schedule.

Participants will be encouraged to join your local running club or organize a new one. Rain date is the following day. Register early to have your name entered into the prize draw! For info or to register, call 824-1069.

Breakfast

November 17, 8 a.m. to 10:30 a.m., at the Middleton Curling Club, 6 Kings Street. Full menu, a community favourite.

Bake sale

November 17, enjoy a Christmas Bake Sale, offered by St. Mark's Guild, 9:30 a.m. to 2:30 p.m., at the Greenwood Mall.

Roller derby event

November 17, the Annapolis Valley Riptide Rollers (women's roller derby league team) will be at the Greenwood Mall with a raffle, bake sale and to participate in the kids' parade. 11:30 a.m. on. Come out and check us out!

Breakfast

November 17, breakfast at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Sponsored by the Committee of Stewards. Everyone is welcome.

Talent auction

November 17 at 10 a.m., there will be a talent auction at Kingston United Church, 733 Main St. Some talents offered are home baking, meals, car detailing, pet sitting, musical entertainment, driving people places, a Victorian afternoon of bridge - and more. Please come and bid on what you wish; refreshments available. Information: Loretta, 765-6821.

Auction

November 17, the Rotary Club of Middleton invites you to attend its annual auction, at the Middleton campus of the NSCC (295 Commercial St.). Item viewing starts at 9 a.m., auction starts at 10 a.m. Over 200 items for bid. Some items can be viewed on the club's Facebook page. Free prize for the first 100 registrants. Mark it on your calendar and plan to attend!

Breakfast

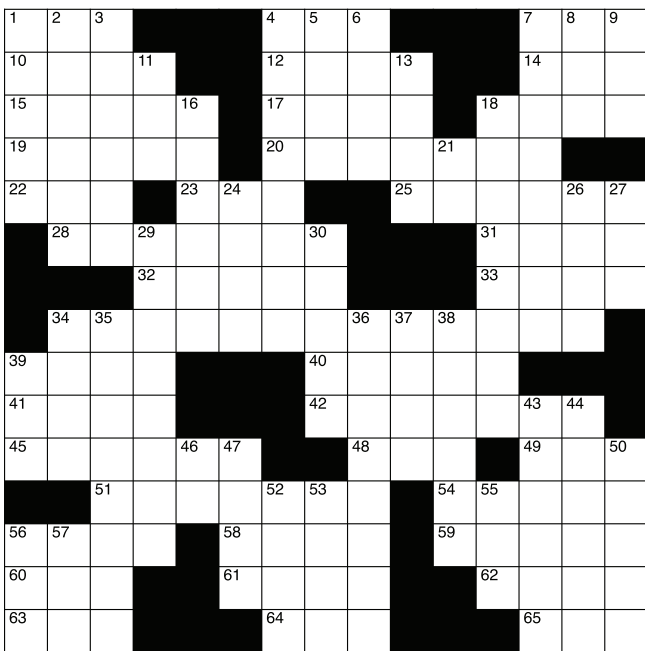
November 17, Emmanuel Church, 37 Gates Avenue, Middleton; will hold a fundraising breakfast, 8 a.m. to 10:30 a.m. All proceeds to Just me and the kids and The Lord's Ranch single family ministries. Freewill offering.

Learn to run workshop

November 17, Jubilee Park, Bridgetown, 12:30 p.m. to 2 p.m.: come dressed to run in this FREE seminar for beginners of all ages! Learn tips, tricks and form, and take home a 12-week run/

metro crossword

solution page 18



ACROSS

- 1. Army legal branch
- 4. Dekagram
- 7. Underwater ship
- 10. 6th Jewish month
- 12. ___ lang syne, good old days
- 14. European money
- 15. Remover of an apple's center
- 17. The content of cognition
- 18. Bleats
- 19. "1836 siege" of U.S.
- 20. Inquiries
- 22. Bottled gas
- 23. Dutch painter Gerrit
- 25. An invasion or hostile attack
- 28. Misbeliever
- 31. South American Indiana
- 32. Bone cavities
- 33. Hound sounds
- 34. Turtle carapace
- 39. Wash or flow against
- 40. Cross a threshold
- 41. Pitch symbol
- 42. About lizards
- 45. Treat with contempt
- 48. Million barrels per day (abbr.)

- 49. Place to sleep
- 51. Harsh criticism or disapproval
- 54. Wipe out recorded information
- 56. Pesetas
- 58. Pitcher Hershiser
- 59. Pronouncements
- 60. Dodge truck model
- 61. A coniferous tree
- 62. Ludicrously false statement
- 63. Lyric poem
- 64. Determine the sum
- 65. Fixed in one's purpose

DOWN

- 1. Mexican wattle & daub hut
- 2. ___ Green: playwright
- 3. Building for autos
- 4. Rum and lime or lemon juice
- 5. Two spiral-horned African antelopes
- 6. Jubilant delight
- 7. Cyclic
- 8. Fiddler crabs
- 9. Vehicle carrying many passengers
- 11. Dream sleep
- 13. Afghan Persian language
- 16. Gnawing small mammal
- 18. B1 deficiency disease
- 21. Not out
- 24. Chancellor Von Bismarck
- 26. RCO group of atoms
- 27. Cony
- 29. Makes a gas less dense
- 30. Instances of disease
- 34. A story
- 35. Surmounted
- 36. Cloisonned
- 37. Counterfoil
- 38. Kept cattle together
- 39. Computer screen material
- 43. Ancient calculator
- 44. Cuddle
- 46. District nurse
- 47. Employee stock ownership plan
- 50. Distributed game cards
- 52. Murrus genus
- 53. Tear apart violently
- 55. Umbrella support
- 56. Athlete who plays for pay
- 57. Small amount

metro crossword brought to you compliments of

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Three easy ways to enter.

- Through our website: www.auroranewspaper.com
- Fax: 765-1717
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Entry deadline: Noon, November 15, 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.

- Who specializes in roofing _____
- Where can you save big on Samsung Galaxy family _____
- Who is holding a gently used book sale _____
- Whose ad says no money down, not even the tax _____
- How much can you save on a 42cm multi-roaster _____

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: WANDA WHARTON

Religious education course for adults

In the near future, Queen of Heaven Chapel, Greenwood, will offer a course in the Rite of Christian Initiation of Adults.

This is a series of classes for adults who would like to know more about the Roman Catholic faith. It is also for those who desire to be received into full communion

in the Roman Catholic church. This includes catechumens, candidates and inquirers. Catechumens are people who have never been baptized in any Christian church. Candidates are individuals who have been baptized in a Christian church (including Roman Catholics), but have not been confirmed

in the Roman Catholic church. Inquirers are those who want to know more about the Roman Catholic church.

For information about the RCIA program to be offered this year at Queen of Heaven Chapel, contact Padre Louis Mathieu, 765-1494 local 5119, or louis.mathieu@forces.gc.ca.

walk plan and route maps that can be fit into your busy schedule. Participants will be encouraged to join your local running club or organize a new one. Rain date is the following day. Register early to have your name entered into the prize draw! For info or to register, call 824-1069.

Gospel concert

November 18 at the Harmony Baptist Church, 7:30 p.m. Featuring Matt Lund and friends, and Glorylanders (Graham Moorehead, Matt Balsor and Heather Wood). Admission \$10, refreshments to follow.

Craft sale

November 18, 10 a.m. to 3 p.m., it's the 8th Christmas Fantasy Craft Sale at the Nictaux and District fire hall, 9349 Hwy 10. Many local crafters, canteen, bake table, silent auction. Come see all the wonderful items and find that special gift. Admission \$2. Information: Teri Nichols 825-2264.

Cards

November 19, Funds for Fuel bridge party, 1 p.m., at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4, light lunch served. All welcome. Come out for a fun afternoon and support the community museum. Call 825-6116 for details.

Meeting

November 19, the Kingston/Greenwood Canadian Cancer Society "Living With Cancer" Support Group will meet at St. Mark's Chapel Annex, Church Street, Greenwood, 7 p.m. to 9 p.m. Our guest speaker, nurse Dianna Hutt, Cancer Patient Navigator with VRH, will provide an update on cancer support, activities with CCNS and on-going changes in cancer care. Cancer patients, spouses, family members or anyone seeking information on cancer are most welcome. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Library sale

November 19 - 21, the 14 Wing Library in conjunction with The Friends of Greenwood Library Association are having a Christmas craft, bake and gently used book sale in the library, Morfee Lane, Greenwood. November 19, 1 p.m. to 5 p.m. and 6 p.m. to 8 p.m.; November 20, 10 a.m. to 1 p.m. and 2 p.m. to 5 p.m.; November 21, 1 p.m. to 5 p.m. and 6 p.m. to 8 p.m.

Writing group

November 21, Authors Ink creative writing group, 10 a.m. to noon, Annapolis Valley Macdonald Museum, 21 School Street, Middleton. All welcome. Cost is \$3 admission. Phone 825-6116 for information.

Crafters wanted

November 23 & 24 craft sale at the Annapolis Valley Macdonald Museum, Middleton. Please register now. Tables are \$50, tax included. Please phone the museum at 825-6116.

Cours d'instruction religieuse pour adultes

D'ici peu, la chapelle Queen of Heaven de Greenwood offrira aux adultes un cours sur le Rituel d'initiation chrétienne pour les adultes (RICA).

Ce cours consiste en une série de séances à l'intention des adultes qui désirent en savoir plus sur la foi catholique. Il s'adresse aussi à ceux qui désirent

être accueillis dans la pleine communion de l'Église catholique romaine, ce qui inclut les catéchumènes, les candidats et les intéressés. Par catéchumène, on entend quelqu'un qui n'a jamais été baptisé dans une église chrétienne. Les candidats, eux, ont été baptisés dans une église chrétienne (l'Église catholique comprise), mais

n'ont pas reçu la confirmation de l'Église catholique. Les intéressés sont tous ceux qui désirent en savoir plus sur l'Église catholique.

Pout tout information sur le programme RICA offert cette année à la chapelle Queen of Heaven, s'adresser à l'aumônier Louis Mathieu, 765-1494, local 5119, ou louis.mathieu@forces.gc.ca.

sudoku

solution page 18

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

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!

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patrick's puzzle

solution page 18


ROASTING WORD SEARCH

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

WORDS

- | | | | | |
|----------|-----------|-----------|----------|-------------|
| BASTE | DINNER | HOLIDAY | PORTION | SHARING |
| BISCUITS | DISHES | HOURS | POT | STOCK |
| BROILER | DRIPPINGS | LEFTOVERS | POTATOES | STUFFING |
| BUTTER | GARNISH | LUNCH | POULTRY | TEMPERATURE |
| CARVING | GATHERING | MOIST | PREHEAT | TURKEY |
| CHICKEN | GRAVY | OVEN | ROASTING | VEGETABLES |
| CHUCK | HEARTY | PAN | SANDWICH | |
| CONSUME | HERBS | PORK | SAUCES | |

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horoscopes

November 11 - 17

ARIES - Mar 21/Apr 20

This is the time to get started on long-overdue work, Aries. Things will go smoothly if you focus all of your attention on the tasks at hand and avoid distractions.

TAURUS - Apr 21/May 21

Taurus, do not worry about being productive all of the time. You need to recharge to be in top form when you are called into action. Tuesday could be busy.

GEMINI - May 22/June 21

Gemini, expect some additional energy that enables you to sail through tasks at work in record speed. The sky is the limit when you have so much energy.

CANCER - June 22/July 22

Cancer, there are certain tasks that you may find you cannot complete on your own. That is when you should delegate or ask someone with more experience to help you.

LEO - Jul 23/Aug 23

Leo, it's smart if you hold your tongue for a few days until a situation at home has a chance to blow over. Otherwise you can run the risk of escalating things unnecessarily.

VIRGO - Aug 24/Sept 22

Virgo, if there's something that you have wanted to try, such as a hobby or sport, now is the time to do so. You have the confidence needed to try different things.

LIBRA - Sept 23/Oct 23

What you need most of all this week is to escape the confines of the four walls and simply spend plenty of time outdoors, Libra. Your mind will be cleansed.

SCORPIO - Oct 24/Nov 22

Scorpio, adventure brings excitement and you are ready for some creative flow of energy and a change of pace. Keep your eyes peeled for all of the opportunities coming your way.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, this week you will take steps toward getting more organized at work and at home. Clean out drawers and closets and remove any clutter that has accumulated.

CAPRICORN - Dec 22/Jan 20

You may face a decision that gives you pause from an ethical or humanitarian standpoint, Capricorn. Give it some thought before deciding what to do.

AQUARIUS - Jan 21/Feb 18

Aquarius, this week you may want to make a second attempt at something that didn't quite work out the first time. You may be surprised by the results this time around.

PISCES - Feb 19/Mar 20

Pisces, your innovative approach could certainly work in your favour this week. Don't be afraid to apply this approach to your finances.

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To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

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Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à marketing@auroranewspaper.com.

FOR RENT

FOR RENT - Fully furnished one bedroom ground floor apartment. Comes with appliances, utilities, cable, high speed internet, lawn care and snow removal. Country setting on 10 acres, private

deck overlooking a large pond. Ten minutes to the Base. No pets or smoking. IRs welcome. Call 847-1878 or 847-5483. (3329-ufn)

FOR RENT - 1 bedroom apartment on second floor in quiet rural area for single person. Rent includes all

utilities, cable, Wi-Fi. Fully furnished and equipped with fridge, stove, washer and dryer. No smoking, no pets. Perfect for person on IR. Rent is \$900/month. Call Joe 765-1898. (3331-ufnb)

FOR RENT - Large very clean 2 bedroom apartment. Close to 14 Wing G'Wood. Fridge, stove, dishwasher provided and washer/dryer hook-up available. No dogs. References required. No dogs. Rent is \$775/month including utilities. Call 840-0534. (3341-ufn)

FOR RENT - Commercial Space - Located at 805 Central Avenue, Greenwood. Consisting of 2 large offices, large reception area and small storage room. Air conditioned with lots of parking. Available immediately. For full details contact Gerald Chase at 542-3398 or Tim Fay 765-4987. (3339-ufn)

FOR RENT - 1 bedroom apartment in a duplex house in Greenwood. Only 2 minutes from 14 Wing. Fridge, stove, washer/dryer, shed, clothesline, parking and snow removal included. There is a spare room or den. Rent is \$500/month plus utilities. No pets and non-smokers. Call 765-6238. (3344-4tp)

FOR RENT - Beautiful house for rent in Lawrencetown - Fully restored and modernized 1884, 3 bedroom house. Less than 25 minutes from CFB Greenwood. New hardwood floors, open concept, 2 full bathrooms, main floor laundry, dining room, family room, parlor, wraparound porch. Includes fridge, stove, and dishwasher. One year lease \$1100 plus utilities. References required. No pets and non smoking. Call 902-584-2252 (3331-ufnb)

FOR RENT - 2 bedroom upstairs apartment located in Kingston. Close to Legion. Fridge and stove provided. Rent is \$550/month plus utilities. Available 1st Nov. Call 825-3607. (3343-2tpb)

FOR RENT - Lincolnshire apartments in Kingston. 2 - Two bedroom apartments: 1 available immediately and 1 available Nov 1st. 5 Appliances included with each. \$800/month plus utilities. Also available 2 - Two bedroom apartments \$550/\$600 per month plus utilities. 2 appliances included with each. Live in super, secure buildings. Phone 765-6669. (3342-4tpb)

FOR RENT - 2 bedroom apartment with 1100sqft of living space. Located on Victoria Street, Middleton the apartment affords worry free retirement living at its best. Hardwood flooring, R2000+ construction, electric heat and paved driveway are a few on the amenities. Kitchen includes 5 appliances. In a very quiet area, with a 10 minute walk to all amenities. Snow removal, lawn care and garbage collection included. Available Dec 1st. Rent is \$795/month. For further information contact Joan at 847-1365. (3342-ufnb)

FOR RENT - Room for rent. Looking for mature employed non-smoker to rent a large fully furnished room in Fales River Subdivision. (Greenwood Area). Close to all amenities. \$125.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3344-1tp)

FOR RENT - Newly renovated 3 bedroom mobile home located on Dodge Rd., Wilmot. Fridge and stove provided. NO dogs. References and damage deposit required. Rent is \$600/month plus utilities. Call 765-4421. (3344-1tpb)

FOR RENT - 2 bedroom apartment located at 677 Central Ave, Apt B. Utilities extra. No pets allowed. Available immediately. \$550/month. Call Kathy at 765-2938 for more information. (3344-2tp)

FOR RENT - 2 bedroom lower level duplex. Fridge/stove included, washer dryer hookup, lawncare and snow removal provided. Available mid November. \$585.00 per month plus utilities. Call Sue 765-4206. (3344-1tp)

FOR RENT - 3 bedroom spacious mobile home with add-on located on large lot behind Greenwood Mall. Fridge/stove, washer/dryer hookup, lawncare and snow removal provided. Available Dec 1, \$675.00 per month plus utilities. Call Sue 765-4206. (3344-1tp)

SERVICES

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)

FOR SALE

For Sale - Craftsman snow blower. The machine has 11.5 horse power motor with both electric and manual start. It has a 30" cutting width. Recently serviced and ready for the first snowfall. Call 765-2595 (3343-2tpb)

For Sale - 2005 Dodge Caravan - This vehicle is in excellent condition with no rust. It has 87,000 kilometers on it and is safety inspected until Sept 2013. Asking \$6,500. Call 765-2595. (3343-2tpb)

For Sale - 1994 Ford Explorer Limited Edition. Has 4 new tires, only used 5 days. In good working condition, needs some body work. Safety until Jul 2013. Asking \$2,700 OBO. Call 765-2730. (3344-4tp)

EMPLOYMENT

Employment - Wanted a casual church teacher for kids on Sunday mornings. Reference required. Position available immediately. Call New Beginnings at 765-8155 and leave a message. (3341-4tp)

CLASSES

Day and evening Zumba and Yoga classes in the Kingston and Aylesford areas. Contact Elena at 847-0097 or elena_basevich@hotmail.com or on Facebook at Yoga with Elena. (3344-2tpb)

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crossword solution

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

sudoku solution

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

patrick's puzzle

A grid of letters with a pattern of lines drawn through it, forming a puzzle.

Mega potluck chance to taste chilli challenge

Sara Keddy,
Managing editor

It could be a hot and fiery lunch November 16, as 14 Wing Greenwood's commanding officers bring their best chilli recipes to the potluck table.

Combined Charities is hosting its fundraising mega potluck November 16, 11:30 a.m. to 1:30 p.m., in the Annapolis Mess. For \$5 a plate, guests will be able to fill up from an array of prepared dishes – and sample the chilli offerings in the marquee event.

"The commanding officers will start us off with a blind taste test, and then everyone

will be able to try the chillis," says committee organizer Lieutenant Damon Murray.

Base branches are being solicited now by unit representatives who volunteer with Combined Charities to ensure a chilli makes the challenge, and each potluck table is full of goodies and decorated.

"You'll have a table to decorate – put your own twist on it, and then load it up!" says Murray. "The more variety, the better."

The mega potluck will also offer a 50/50 draw, the Mess bar will be open and there will be music.

Along with the mega potluck, Combined Charities has

also held a series of week-long auctions of commanding officers' prime parking spots around base, and a dunk tank/jail your boss event. The goal is to raise \$50,000 this year, in a campaign running from September through December. All funds are then split among community groups and causes significant to 14 Wing personnel. The biggest component of this fundraising goal will be 100 per cent canvassing of 14 Wing staff for participation in a payroll allotment program through the same period.

"There are 1,700 people on the wing," says Murray, "and if we could have \$2 from ev-

eryone, every pay, that makes a huge difference in the end."

The campaign, so far, has raised close to \$15,000, with the biggest event, the December 1 Festival of Trees auction, yet to come.

Corporal Ernie Jesso gets set to sample chilli number seven during a Wing Administration chilli cook-off November 2. Krista Best will represent in the November 16 commanding officers' chilli cook-off, part of the mega potluck.

S.Keddy



Grand repas à la fortune du pot et concours de chili

Sara Keddy
Rédactrice en chef

Le déjeuner ne devrait pas manquer de piquant, le 16 novembre! En effet, ce jour-là, les commandants prépareront leurs meilleures recettes de chili pour garnir les tables du repas à la fortune du pot.

Le comité des œuvres de bienfaisance organise son grand repas à la fortune du pot le 16 novembre, de 11 h 30 à 13 h 30, au mess Annapolis.

Pour 5 \$, les participants pourront se régaler des nombreux plats qui auront été préparés pour l'occasion, et goûter aux différents chilis qui seront proposés dans le cadre de l'activité phare de la journée.

« Les commandants nous proposeront pour commencer une dégustation à l'aveugle. Ensuite, tout le monde pourra goûter les chilis » explique le Lieutenant Damon Murray, organisateur de l'activité.

Les représentants des unités au sein du comité des œuvres de bienfaisance sollicitent les directions de la base, pour que chacune prépare un chili pour le concours et que chaque table soit bien décorée et garnie de choses succulentes.

« Vous devrez décorer une table – en y mettant votre touche personnelle – puis la garnir! dit Damon. Plus il y aura de variété, mieux cela vaudra. »

Un tirage 50/50 aura égale-

ment lieu lors du grand repas à la fortune du pot. Le bar du mess sera ouvert et il y aura de la musique.

Parallèlement au grand repas à la fortune du pot, le comité des œuvres de bienfaisance a organisé plusieurs ventes aux enchères étalées sur une semaine, avec à la clé des places de stationnement privilégiées habituellement réservées aux commandants de la base, et une activité « plongeon ou prison pour

le patron ». L'objectif est de recueillir 50 000 \$ cette année, entre septembre et décembre. Les fonds recueillis sont répartis ensuite entre les groupes communautaires et les différentes causes qui sont chères au personnel de la 14^e Escadre. La caractéristique de cette collecte de fonds est que la totalité du personnel de la 14^e Escadre sera sollicitée durant la campagne pour participer au programme de prélèvement sur la solde.

« Il y a 1 700 personnes qui travaillent à l'Escadre, dit Damon. Si nous pouvions obtenir de chacune un don de 2 \$ à chaque paye, nous aurions une jolie somme au bout du compte. »

Jusqu'ici, la campagne a permis de recueillir près de 15 000 \$, bien que la plus importante activité – la vente aux enchères du Festival des arbres – n'ait pas encore eu lieu. Elle est prévue pour le 1^{er} décembre.

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AVESTA best announced

The Annapolis Valley Events and Sport Tourism Association (AVESTA) announced November 2 finalists in the 2012 AVESTA Awards.

These awards celebrate the achievements of Valley events and festivals, recognizing the

important positive economic and social impact these organizations bring to the region. The winners will be announced at a luncheon November 15, 11:30 a.m., at the Old Orchard Inn.

In the category for Event Legacy Award, nominees are the

Kingston Steer BBQ, Tremont World Fair and the Kempt Shore Bluegrass Music Festival.

The Sport Legacy Award nominees are the Riverview Spring Figure Skating Competition, Digby Golf Classic and Gunn Balduursson Memorial Soccer

Tournament.

Venue of the Year nominees include Acadia University, the Annapolis Valley Exhibition Grounds (Lawrencetown) and the St. Croix Ballfield and Recreational Complex.

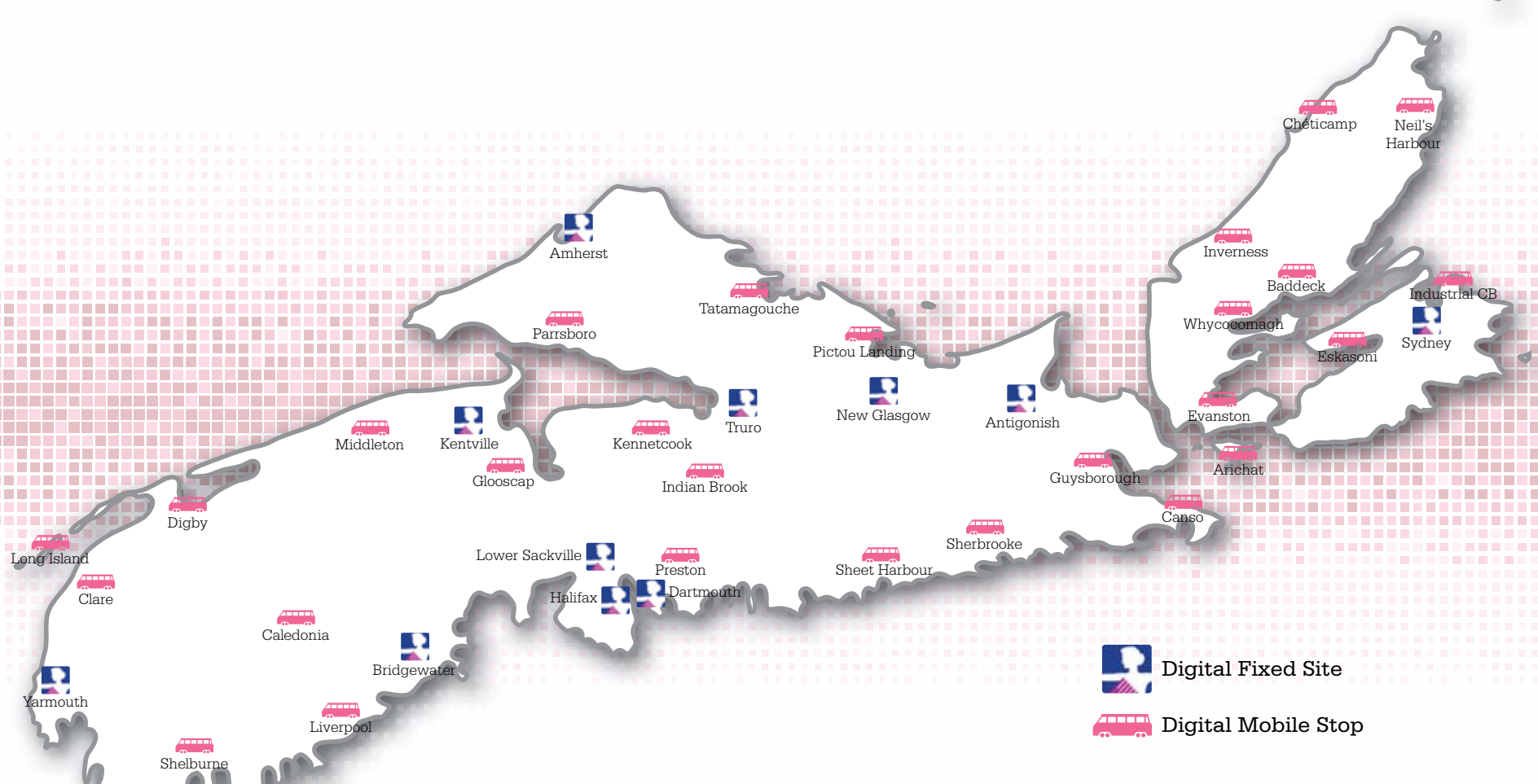
Event of the Year nominees

are the Nova Scotia 55+ Games hosted in Kings County, the Atlantic Championship Masters Regatta hosted by the Pisiq-uid Canoe Club and the Digby Dolphins Summer Swimming Championships.

Luncheon guest speaker is Al-

exandra Duckworth, a two-time Canadian Snowboard Champion. The event is open to the general public. Tickets are \$15 (includes lunch) and may be booked through avesta@kingsrda.ca or at Kings RDA, 35 Webster Street, Kentville, 678-2298.

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