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the **Aurora**

14 WING • ESCADRE 14 GREENWOOD, NS

Vol. 34 No. 37 SEPTEMBER 30, 2013 NO CHARGE www.auroranewspaper.com



14 Wing Greenwood Commander Colonel Iain Huddleston, right, has much to be pleased with in the base's Maritime Proving & Evaluation Unit: Master Corporal Dave Murray, centre, has been named 2013 Air Reservist Junior Non-Commission Member of the Year, while MP&EU as a unit has received the Air Force Association of Canada's Golden Hawks Trophy. At left is Major Bernie Thorne, commanding officer of MP&EU. Corporal E. Jorge, 14 Wing Imaging

MP&EU Terns take Golden Hawks Trophy

Sara Keddy,
Managing editor

14 Wing Greenwood's Maritime Proving and Evaluation Unit prides itself on being a small unit with big results – and its 42 members have

now been recognized with a national award.

The Air Force Association of Canada has released the names of its 2013 awards recipients, and MP&EU were granted the Golden Hawks Trophy for outstanding con-

tributions or highly commendable achievements in any field of aviation. The trophy itself is a tribute to the Golden Hawks aerobatic team, formed in 1959 to commemorate the 50th anniversary of powered flight in Canada, as well as the

35th anniversary of the RCAF. This is the second time in three years MP&EU has won this trophy; having won it in 2010, MP&EU becomes the only unit to have won the award twice.

MP&EU was selected for this award for its work on the

Continued on page 2...

Family fun shows off strength

Sara Keddy,
Managing editor

The network that ties 14 Wing Greenwood command, its personnel, their families and the community is strong: and what better way to mark National Family Week (October 7 to 13) than meet with this year's theme in mind: "Strong Families, Strong Communities."

"This is a big week coming up," says Greenwood Military Family Resource staffer Michelle Thibodeau-Wagner. "And, we're so fortunate because, this year, the True Patriot Love Foundation is sponsoring all MFRC activities across the country."

Greenwood kicks things off October 6, between 1 p.m. and 3 p.m., with a community BBQ and walk at Stronach Park – the duck pond – in Kingston.

October 9, a family costume swap is just in time for all things Halloween, and a cookie decorating party, at the MFRC on School Road, between 9:30 a.m. and 11 a.m.

That evening, join wing families at a free spaghetti supper (expected to serve 250 people) at the Annapolis Mess at 5 p.m., as wing leadership takes its turn behind the serving line.

"Family week is fun, it's a way to recognize our community and the important role families and community have in supporting troops and wings. If they can't focus, they can't operate."

Thibodeau-Wagner says the 14 Wing command team has always been supportive of families, and solidly backs MFRC and community programming that entertains, helps and advises families.

"Just come" she advises of all planned family week events. "It's a chance to meet everybody, no one shows up in uniform – we're here and open for everyone."

National Family Week was proclaimed an official week by the Government of Canada in 1985 and is an opportunity to reflect upon the ways people contribute to building a community that supports everyone.

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MP&EU awards...

...cover

Block III Aurora Incremental Modernization Project (AIMP), the most significant upgrade to the CP140 Aurora in over 30 years through the Block III test project. MP&EU ensures new technology and upgrades to the aircraft are safe and effective. Through a rigorous test and evaluation process, MP&EU provide direct recommendations to 1 Canadian Air Division on the airworthiness of the aircraft and its systems, which ultimately lead to permission for the aircraft to be put into operations. In addition to the Block III project, MP&EU members frequently travel to the Halifax airport to test aircraft returning from major maintenance and upgrades,

and are also the first to test the newly-winged Auroras.

14 Wing Greenwood Commander Colonel Iain Huddleston commended members September 18, saying MP&EU members are "moving the yard stick forward," in particular with the Block III conversion of the CP140 Aurora, for which MP&EU was nominated this time.

"We need this, and you do it," he said.

On a personal note, Huddleston said he's also looking forward to trying for himself some of the "whiz bang" things MP&EU tests.

MP&EU will be presented with the trophy at the annual meeting of the Air Force Association of Canada later this year.

Top reservist, too

Master Corporal Dave Murray acknowledges it's been a "challenging few years" working with 14 Wing Greenwood's Maritime Proving and Evaluation Unit, as it leads the Royal Canadian Air Force in implementation of Block III upgrades for the CP140.

"But, it's been a pleasure working here," Murray said, surprised September 18 with being named the 2013 Air Reservist Junior Non-Commission Member of the Year.

The citation commended Murray for his high calibre work ethic and dedication through his contributions in returning the Aurora Incremental Modernization Program Block III equipped aircraft to the fleet, mentorship for fellow technicians, organizational skills and the ability meet tight time lines.

"It's efforts like yours," 14 Wing Greenwood Commander Colonel Iain Huddleston said, as he had the pleasure of announcing Murray's award, "and the whole of MP&EU – all focused on making this project successful. We have to depend on people to give their 110 per cent."

Murray was recognized earlier this year as the top student on a United States military leadership course.



VPI service honours lost aircrew

The community is invited to attend the VP International (VPI) Memorial Service, an annual event that honours the nearly 1,900 people lost on training and operation from across the VP community (fixed-wing, shore-based maritime and long range patrol aircrews) since 1947. VPI formed in Canada in 1966 and now has members from some 23 nations.

The local service will be held October 6 at 1 p.m. at the VPI memorial adjacent to the 14 Wing Greenwood main gate

and headquarters building (Annapolis Mess Lounge B if weather is inclement), with pre- and post- event receptions at the VPI Centre, located just outside the 14 Wing main gate.

An Aurora long range patrol aircraft will conduct a fly past during the service and designated representatives will be laying wreaths. There will also be a rededication of the Book of Remembrance, which records the names of each casualty and the circumstances of how every aircraft was lost.



La force des familles célébrée de façon amusante

Sara Keddy,
Rédactrice en chef

Le lien qui unit le commandement de la 14^e Escadre Greenwood, son personnel, les familles et la communauté est très fort, et le thème de la Semaine nationale de la famille (du 7 au 13 octobre) « Familles fortes, communautés fortes » le représente bien.

« C'est une semaine très occupée qui approche et nous

sommes vraiment choyés car cette année, la Fondation La patrie gravée sur le cœur parraine toutes les activités des centres de ressources pour les familles des militaires (CRFM) à l'échelle du pays », annonce Michelle Thibodeau-Wagner, employée au CRFM de Greenwood. La Semaine sera lancée à Greenwood le 6 octobre, entre 13 et 15 h, durant un barbecue communautaire et une promenade

dans le parc Stronach, à l'étang aux canards, à Kingston.

Le 9 octobre, les familles pourront participer à un échange de costumes d'Halloween et à une fête de décoration de biscuits. L'activité aura lieu au CRFM, situé sur School Road, entre 9 h 30 et 11 h.

En soirée, venez vous joindre aux autres familles qui profiteront d'un souper spaghetti gratuit (on attend 250 personnes) au mess Annapolis, à

17 h, alors que les dirigeants de l'Escadre se feront un plaisir de vous servir.

« La Semaine de la famille est amusante et elle nous offre l'occasion de témoigner de notre reconnaissance à l'égard de la communauté et de souligner le rôle important que jouent les familles et la communauté en appuyant les troupes et les escadres, lesquelles ne pourraient mener à bien leurs opérations sans

ce soutien. »

Michelle Thibodeau-Wagner précise que l'équipe de dirigeants de la 14^e Escadre a toujours soutenu les familles et encourage fortement le CRFM et tous les programmes communautaires dont l'objectif est de divertir, d'aider et de conseiller les familles.

« Venez et participez, dit Mme Thibodeau-Wagner au sujet des activités prévues dans le cadre de la Semaine

de la famille. C'est l'occasion idéale de rencontrer d'autres familles. Personne ne portera l'uniforme! Nous vous attendons tous avec impatience ».

La Semaine nationale de la famille a été instituée officiellement par le gouvernement du Canada en 1985 et permet notamment de mettre en lumière les contributions de ceux qui aident à établir une communauté accueillante et bienveillante à l'égard de tous.



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Circulation | Circulation: **5,900 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : **www.auroranewspaper.com**

The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **83A School Road, Morfee Annex** | Annexe Morfee

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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.cfmws.com

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

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpiinternational.ca



14 Wing Greenwood Commander Colonel Iain Huddleston (right) and Chief Warrant Officer Pierrot Jetté represent, as Acadia University opened its September 14 match against Laval on Raymond Field in Wolfville. 14 Wing personnel were invited to the game in appreciation for their military contributions.



Acadia's number 17, Tristan Hercules, takes the hand off from Huddleston and Jetté following the kick-off. At right is Eric Cederburg, Acadia athletics staffer.
Private M. MacIsaac, 14 Wing Imaging

Game day

Have you been zapped?

Second Lieutenant Andrew MacNeil,
14 Air Maintenance Squadron

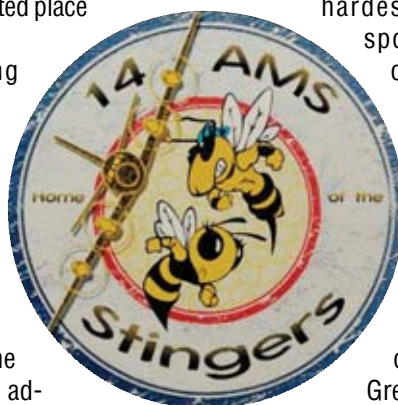


Lieutenant-Colonel Pierre Hache, left, commanding officer for 14 Air Maintenance Squadron, and Chief Warrant Officer Mike Power, squadron chief warrant officer, proudly display the new 14 AMS Stingers' zapper.

Corporal J. Kusche, 14 Wing Imaging

14 Air Maintenance Squadron has unveiled its new "zapper," and it's sure to make it to an unexpected place near you.

In a long standing tradition, a "zapper" is a simple squadron crest or patch made in the form of an adhesive sticker (but don't call them a sticker!). Many squadrons give them to their members, and it becomes their duty to "distribute" them in the most creative and, hopefully, devious manner possible. This ranges from



handing them out to children, sticking them on bathroom walls or placing them in the hardest possible spot to reach on an adversary's aircraft. One Snowbirds' member managed to get one of theirs onto the Grey Cup, prior to presenting it to the winning Saskatchewan Rough Riders in 2007.

The idea for the zapper for 14 AMS evolved from the introduction of a squadron nickname, the "Stingers." Credit goes to Sergeant Shirley

Cann for thinking of that one. A request for submissions for the zapper went out, with several ideas returned. Corporal Jessye Therrien came up with the winning creation. In keeping with the squadron's logo, the zapper shows two very

determined bees, representing the "strength of character" shared by the men and women of 14 AMS.

If you happen to cross paths with the zapper, share in the pride and tradition from which it came.

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Dale Roberts, inspecteur auprès de Valley Waste, vérifie le contenu de sacs bleus durant une récente collecte d'ordures.

Dale Roberts, an inspector with Valley Waste, checks out what's inside the blue bags left curbside on a recent collection day.

S. Keddy

**Sara Keddy,
Rédactrice en chef**

Que trouve-t-on sur le bord de la rue le long des unités de logement résidentiel de la 14^e Escadre? Beaucoup trop de choses qui ne devraient pas y être!

La question de la collecte des déchets, du besoin d'éduquer les résidents et des mesures d'application du règlement (retenez bien cela) a attiré l'attention des commandants de la 14^e Escadre ainsi que du Valley Waste-Resource Management (centre de gestion des déchets et des ressources). Le 11 septembre, le Conseil communautaire de la 14^e Escadre a rencontré Andrea Gibson-Garrett, de Valley Waste,

pour discuter de la question des déchets.

« Le triage n'est pas toujours simple et facile à faire, a reconnu M^{me} Gibson-Garrett. Je sais qu'il faut d'adapter à notre manière de procéder. Les étudiants qui arrivent à l'Université Acadia, à Wolfville, doivent aussi apprendre notre façon de traiter les déchets. Les gens arrivent d'endroits où le recyclage se faisait peut-être de façon volontaire. »

La Nouvelle-Écosse a adopté des règlements stricts sur la gestion des déchets il y a 17 ans, et huit unités municipales de la vallée se sont réunies pour former le centre Valley Waste, qui est chargé de la collecte et de la manutention des déchets, du compost, des

matériaux à recycler (papier, plastique, métal, verre) et des matières dangereuses. Les résidents, les entreprises ainsi que les établissements se sont tous vus imposer des limites quant à la quantité de déchets triés convenablement qu'ils peuvent jetés. Le non-respect des directives peut mener à des avertissements, à des amendes, ou même à l'obtention d'un redoutable autocollant rose.

« Notre inspecteur participe à la collecte des déchets en observant le contenu de ce qui est jeté », poursuit M^{me} Gibson-Garrett.

Des lettres d'avertissement signalant des infractions sont envoyées à environ 18 pour cent des adresses où est passé l'inspecteur durant ses

tournées régulières dans la vallée; lors de ses deux dernières visites dans le secteur des URL cette année, l'inspecteur a fait parvenir des lettres à entre 24 et 25 pour cent des adresses.

« Il y a du travail de sensibilisation à faire auprès des foyers », a dit M^{me} Gibson-Garrett.

Les infractions les plus sérieuses se produisent durant la période des affectations, lorsque les familles s'apprêtent à déménager et se rendent compte à la dernière minute que leur garage est rempli de vieux pots de peinture, que le réfrigérateur est rempli d'aliments périssables et qu'il y a une pile de vieilles boîtes de carton au sous-sol.

« Nous voyons de tout : le contenu d'un réfrigérateur

At home with RHU waste Base neighbourhoods need to do better

**Sara Keddy,
Managing editor**

What's curbside in 14 Wing Greenwood's Residential Housing Units neighbourhood?

Lots that shouldn't be, and it's an ongoing collection, education and – watch for it – enforcement issue that's attracting the attention of both 14 Wing leaders and Valley Waste Resource Management.

The 14 Wing Community Council met September 11 with Andrea Gibson-Garrett from Valley Waste to talk trash.

“Sorting is not always straightforward and easy,” Gibson-Garrett said. “I know it is an adjustment here – the same as it is for incoming students at Acadia University in Wolfville. People are posted from somewhere where recycling may be voluntary – or mandatory.”

Nova Scotia adopted strong waste management regulations 17 years ago, and eight Valley municipal units teamed up to form Valley Waste, which looks after pick-up and handling of trash, compost and the recycling of paper, plastic, metals, glass and hazardous materials. Residents, businesses and institutions all have allowable curbside col-

lection limits that must meet sorting standards – or there could be warnings, fines or the dreaded pink sticker.

“Our inspector does travel with the collection trucks and takes a peek at what's out there,” Gibson-Garrett said.

Warning letters about infractions are sent to about 18 per cent of the civic addresses the inspector visits on typical Valley routes; in the RHU community, in the last two visits this year, between 24 and 25 per cent of addresses he checks are sent letters.

“There is work to be done with people in their homes,” Gibson-Garrett says.

Big offenses are noted during posting season, when individuals are ready to move out – only to realize they have a garage full of old paint, a fridge full of perishable food and a pile of old cardboard boxes in the basement.

“We see everything from a fridge swiped right out into a black garbage bag, and we find bags of papers and bills – it's just a mad scramble to move.” Household garbage ends up tossed in large base dumpsters, or in private bins behind local businesses and schools.

As for the university student population in Wolfville, Valley

Waste has come up with a number of handy resources and guides to help people ready for a move: think ahead, sort ahead, throw out ahead.

“Think about what you can take, and what you can't.”

Residents of the RHU lodges also face a struggle when a neighbour's trash may be rejected – but all the lodge units share a common curbside collection area.

“All of a sudden, no one owns that bag or green bin,” Gibson-Garrett says. Green bins were originally distributed free to all Valley civic addresses, and there are serial numbers on them that may be matched to those addresses, but it could be as simple as using a big marker to write your own civic number on your bin.

Another concern often heard in the closeness of the RHU community is Valley Waste's two-week collection cycle. Green bins left for that length of time in the summer heat are not pleasant, smelly and buggy. Gibson-Garrett said municipal partner units have had residents raise the same concern and advises weekly pick-up is available – for a price.

On a high note, the community council was excited to hear Valley Waste organizes



Valley Waste Management's robotic ambassador, Moby, offered all kinds of recycling tips – and stickers – as he made his way around the September 7 community Rexpo event.

L'ambassadeur robotisé de Valley Waste Management, Moby, a donné toutes sortes de conseils sur le recyclage (et des autocollants) durant l'expo Bienvenue à l'Escadre qui avait lieu le 7 septembre.

S. Keddy

annual compost giveaways, fall (October 23 in Greenwood) and spring clean-up dates are set, unlimited leaf collection in the area is November 20 and the January 1 New Year's Day alternate collection is January 4. Plans are already in place to have the annual RHU-wide spring yard sale event before

the spring clean-up dates, so people have a chance to sell what they can, and then throw the rest curbside, and team up with 14 Wing Environment staff's annual spring clean-up effort, which this year piggy-backed on a wider Greenwood and Kingston clean-up, BBQ and battery return.

“If you need any help with problems with waste in the RHUs, we would be happy to help,” Gibson-Garrett said. “We have a lot of resources to hand out, we can create a brochure, we have bilingual material, the calendar of dates and routes – we can get you as many as you need.”

Les résidants du secteur de la base doivent faire mieux

versé en entier dans un sac à ordures noir, des sacs remplis de papiers et de factures, etc. C'est la folie du déménagement ». Des déchets domestiques se retrouvent dans les grosses bennes à ordures de la base, ou dans des conteneurs privés, situés derrière des commerces ou des écoles des environs.

Valley Waste a élaboré à l'intention des étudiants qui fréquentent l'université à Wolfville des ressources et des guides pratiques pour aider ceux qui se préparent à déménager : Planifiez, triez, jetez.

« Il faut réfléchir à l'avance aux articles que vous pourrez amener avec vous, et à ceux que vous devrez jeter. »

Les résidants des ULR sont aussi confrontés à un problème lorsque les déchets d'un voisin sont rejetés, puisqu'ils doivent tous laisser leurs sacs à ordures et leurs boîtes à la même place, le long de la rue, où ils seront ramassés.

« Alors d'un coup, le sac à ordures ou la boîte verte rejeté n'a plus de propriétaire. Au départ, les boîtes vertes sur lesquelles était inscrit un numéro de série étaient distribuées gratuitement à toutes

les adresses municipales de la vallée. On pouvait donc les retracer. Maintenant, les résidants pourraient simplement inscrire leur adresse sur leur boîte avec un marqueur », a précisé M^{me} Gibson-Garrett.

Une autre préoccupation au sein de la communauté des ULR concerne la collecte bi-mensuelle des déchets par Valley Waste. Durant la chaude saison estivale, le contenu des boîtes vertes qui s'accumule durant deux semaines sent très mauvais et attire les insectes. M^{me} Gibson-Garrett dit que des résidants de partenaires muni-

cipaux ont soulevé les mêmes préoccupations, et elle ajoute que la collecte hebdomadaire des boîtes vertes est offerte, mais que les résidants doivent en assumer les frais.

Pour terminer sur une note positive, le Conseil communautaire était heureux d'apprendre que Valley Waste organise une distribution annuelle de compost. De plus, la collecte d'un grand nombre d'articles indésirables a été prévue à l'automne (le 23 octobre à Greenwood) et au printemps. Le 20 novembre, vous pourrez jeter un nombre illimité de sacs de feuilles, et

la collecte des ordures prévue le 1^{er} janvier sera remise au 4 janvier. On a déjà prévu organiser la vente de garage printanière annuelle à l'échelle des ULR avant la grande collecte de déchets du printemps. Les résidants auront donc l'occasion de vendre certains de leurs biens avant de jeter les articles indésirables lors de la grande collecte de déchets, et participer ainsi au nettoyage du printemps annuel du personnel de l'unité de l'environnement de la 14^e Escadre, qui cette année aura lieu en même temps que le grand nettoyage organisé à

Greenwood et Kingston. Vous pourrez à cette occasion vous débarrasser de vos piles et participer à un barbecue.

« Si vous avez des problèmes concernant les déchets dans les ULR, nous serons heureux de vous aider. Nous pouvons distribuer des documents ou créer de nouveaux dépliants. Nous avons de la documentation dans les deux langues officielles et pouvons vous donner le calendrier de la collecte des ordures et les itinéraires suivis. Nous vous fournirons tout ce dont vous avez besoin », a conclu M^{me} Gibson-Garrett.

business of the week Cheryl Tardif, CD, CH, nd Naturotherapy Consultant



My Personal Journey

I have been providing counselling and hypnotherapy services in Middleton, N.S. since 1999. I began my studies long before this and I continue developing skills in order to provide new services where I see a need in the community.

My journey began before my formal studies. When I turned 40 buried memories of childhood sexual abuse surfaced. After receiving much help from a psychologist at CFB Halifax, I realized I wanted to assist other survivors as they made their healing journey. I soon retired from the Canadian Armed Forces as a flight engineer and took a four year private psychology course in Halifax.

Another major challenge in my life was to quit smoking – it took me over eight long years. Following this, I studied and became a certified hypnotherapist. Now, helping people to quit their

addiction to cigarettes is one of my passions.

I am also a Reiki Master and now offer relaxing Reiki sessions in addition to my hypnotherapy and counselling services.

Cheryl Tardif has been a Certified Hypnotherapist with the National Guild of Hypnotists since 1999. She is also a Naturotherapy Consultant with the Association of Professional Naturopaths and Naturotherapists. (A.P.N.N.)



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Lieutenant Nathan Trail (far right) of 14 Software Engineering Squadron, and his two sons, Dean (centre) and Samuel, take in the CP140 Aurora flight simulator with Wayne Dickson (left), 404 Long Range Patrol and Training Squadron, at the controls.

Master Corporal R.Wilson, 404 LRP&T Squadron



Lieutenant-Colonel Dave Proteau, 404 Long Range Patrol and Training Squadron commanding officer, and his wife, Lindsay, fly the CP140 Aurora aircraft.

Master Corporal D.Neuman, 14 Wing Imaging



Corporal Arsenault, a 14 Wing firefighter, lets Sheldon Low (age 19 months) try on his helmet.

Master Corporal K.Low, 404 LRP&T Squadron

# Hornell Centre Family Day 2013

The Hornell Centre held its annual family day event September 21, with members from 404 Long Range Patrol & Training Squadron and 14 Software Engineering Squadron, 14 Wing Operations and their families invited to participate.



Captain Sundus Shamsi, 404 Long Range Patrol and Training Squadron administration officer, spins up cotton candy.

Master Corporal R.Wilson, 404 LRP&T Squadron

This was the first time combining the three units, all housed in the Hornell Centre; done in an effort to economize effort and resource requirements.

This annual event allows families a chance to see what members do, and where they work. It was a beautiful day, filled with sunshine and fun activities for members and their families. The day's activities included familiarization flights in a CP140 Aurora, "flights" in the 404 Squadron Full Flight Simulator, static displays of a fire truck, Military Police vehicle, the CP140 Aurora and the CC130 Hercules; face painting, a bouncy castle and obstacle course, a BBQ and cotton candy. Over 170 people participated in the event.

The day was a huge success, due to the efforts of Captain Sundus Shamsi, the event coordinator, and the team of volunteers that made it all possible.



Major Doug Bak, tactical cell flight commander of 404 Long Range Patrol and Training Squadron, cooks up lunch.

Master Corporal R.Wilson, 404 LRP&T Squadron



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OCTOBER/OCTOBRE

The Annapolis Mess  
14 Wing Greenwood

2013

| Sun                                                                     | Mon                                              | Tues                                                          | Wed                                                              | Thu                                                                 | Fri                                                                                                                                                                 | Sat                                         |
|-------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <b>INFO</b><br>Wireless High Speed Internet available in TV Lounge/Mess | <b>INFO</b><br>Non alcoholic beverages available | 1                                                             | 2                                                                | 3<br><b>MAFT BRIEFING</b>                                           | 4<br><b>WLEO/OC BRIEFING</b><br><b>TGIF - OM HOSTS POUTINE</b>                                                                                                      | 5<br><b>WEDDING</b>                         |
| 6<br><b>VP INTERNATIONAL MEMORIAL SERVICE</b>                           | 7<br><b>BRIDGE CLUB</b>                          | 8<br><b>INFO</b><br>TGIF's and TGIF's start at 1630 each week | 9                                                                | 10                                                                  | 11<br><b>TGIF - JR RK HOSTS OKTOBERFEST</b><br><b>DWD CPL DAN BERTRAND</b>                                                                                          | 12<br><b>GERMAN NIGHT</b>                   |
| 13                                                                      | 14<br><b>THANKSGIVING CLOSED</b>                 | 15<br><b>OM COFFEE</b>                                        | 16                                                               | 17<br><b>INFO</b><br>Darts & Pool Balls are available from the bar. | 18<br><b>TGIF - WOSM ASSOC HOSTS CHILI IN A BREAD BOWL</b><br><b>WOSM COFFEE</b>                                                                                    | 19<br><b>WEDDING</b><br><b>OM CAR RALLY</b> |
| 20                                                                      | 21<br><b>BRIDGE CLUB</b>                         | 22                                                            | 23<br><b>INFO</b><br>Back Bar Daily Newspaper for your enjoyment | 24                                                                  | 25<br><b>TGIF - WOSM ASSOC HOSTS PUB PLATTER</b><br><b>MEGA POTLUCK</b><br><b>JR RK HOSTS HALLOWEEN PARTY</b>                                                       | 26                                          |
| 27<br><b>KIDS HALLOWEEN PARTY</b>                                       | 28                                               | 29                                                            | 30                                                               | 31<br><b>HALLOWEEN</b>                                              | <a href="http://greenwood.mil.ca/cms/community/annapolismess/annapolismesshome.aspx">http://greenwood.mil.ca/cms/community/annapolismess/annapolismesshome.aspx</a> |                                             |

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## Promoting nutrition in CAF dining halls

Want to:  
Learn more about nutrition?  
Eat better and have more energy at work?  
Improve your eating habits?  
Set your Sights on Healthy Eating is brought to you by Strengthening the Forces, an initiative of Canadian Forces Health Services in partnership with Food Services. The goal is to increase the availability of healthier food choices at Canadian Armed Forces dining facilities and encourage more diners to make these choices.

The Set your Sights on Healthy Eating campaign will restart October 1 at the 14 Wing Greenwood Annapolis Mess. Look for the healthier food choice symbols, point-of-choice messages and table top messages to help you to make the healthier menu choice. By opting for entrees marked by the symbol, you'll be taking one more step to support healthy eating.

For information, contact the Health Promotion office at 765-1494 local 5388 or 5389.

Did you know ...

- On average, adults spend 60 per cent of their awake time at work?
- We eat almost half of our meals outside the home?
- Seven per cent of CAF personnel eat most of their meals at base/ wing dining facilities?

## Promouvoir la bonne alimentation dans les caf  terias des FAC

Vous voulez :  
En apprendre plus sur la nutrition?  
Manger mieux et avoir plus d'  nergie au travail?  
Am  liorer vos habitudes alimentaires?  
Le programme Visez Juste - Mangez Sant   vous est offert dans le cadre du programme   nergiser les Forces. Il s'agit d'une initiative des Services de sant   des FC en partenariat avec les Services alimentaires des FAC dont l'objectif est d'offrir un plus grand choix d'aliments sains dans les caf  terias des FAC et d'encourager les gens    choisir ces aliments.

La Campagne Visez juste - mangez sant   sera lanc  e le 1  r octobre, au mess Annapolis de la 14   Escadre Greenwood. Cherchez les symboles indiquant les choix alimentaires sains, les messages aux points de service et les messages plac  s sur les tables pour vous aider    faire des choix alimentaires plus sains. Choisir parmi les entr  es portant ce symbole constitue un premier pas vers une meilleure alimentation.

Pour de l'information, communiquez avec le bureau de promotion de la sant   au 765-1494, poste 5388 ou 5389.

Le saviez-vous?

- En moyenne, les adultes consacrent 60 % de leur temps   veill   au travail.
- Nous prenons presque la moiti   de nos repas    l'ext  rieur de la maison.
- De tout le personnel des FC, 7 % prend la plupart de ses repas    la caf  t  ria de la base ou de l'escadre.

spotlight of the week

Canadian Tire Colouring Contest

October 11 - see store for details

One prize per category.

- Up to Grade 4
- Grades 5 to 8

Colouring Contest Entry

Drop by Canadian Tire Greenwood or 14 Wing Community Centre for applications.

- Since 2005, 1,106 kids in Kings Chapters have received help.
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Jumpstart application deadline October 11

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# Sniffing out energy savings

## Money to be found in 'mish mash' of base switches, controls, settings

**Sara Keddy,**  
Managing editor

What's the payback?

"You have to do the math," says Alex England, an "embedded energy advisor" working at 14 Wing Greenwood for the next year.

England, working with the base's Construction Engineering section is digging into systems, data, programs – and opportunities – that could add up to big

energy savings. Good for the environment; good for the base's budget.

"I make recommendations on ways to save money, and bring awareness to energy use."

He started work here in June, following a couple of spring work placements while still a student at the Lawrencetown campus of the Nova Scotia Community College. Efficiency Nova Scotia pays his salary, a cost hopefully recouped through what savings he's able

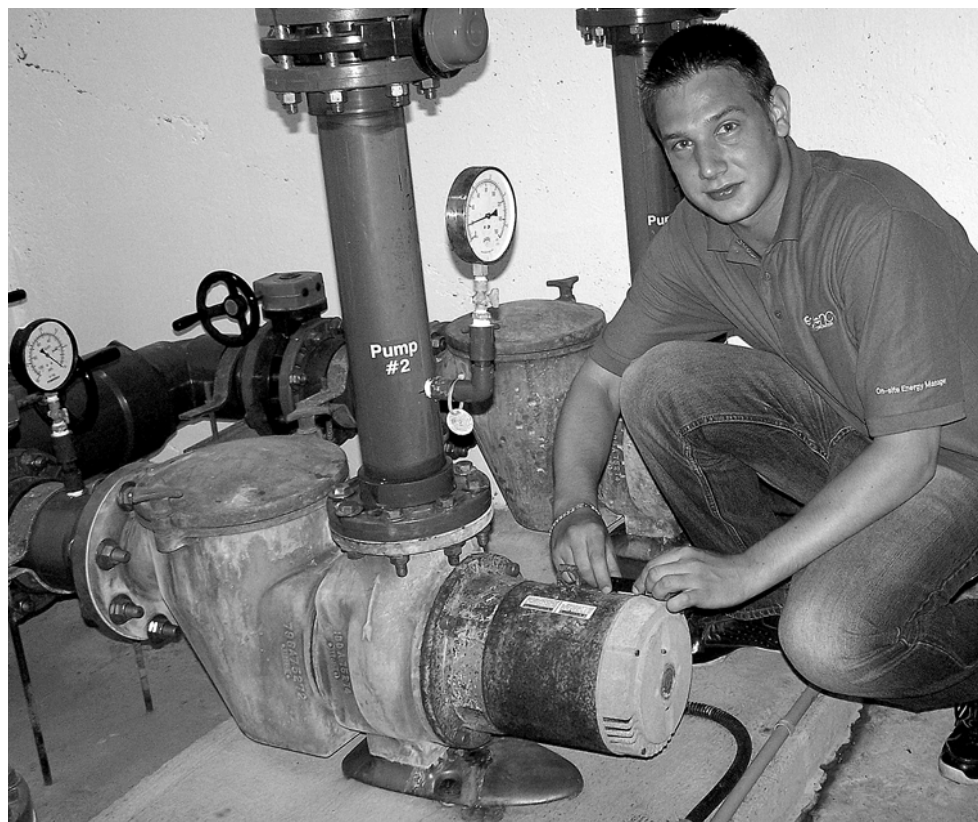
to find for 14 Wing. There are a handful of embedded advisors, like England, now working at large energy customers around the province.

"Technology changes so fast, it's hard to keep up," says England. "Often, there's no one person designated to monitor controls, systems and programs – and if you look at all the buildings here, from the 1940s to 2012, and all the different systems.... It's mind-boggling, the mish mash – I learn something new every day."

England's job is to evaluate buildings and fixtures, recommend potential energy-saving refits and match the projects with available financing and grant programs. For example:

"The switch for the apron lights on the runways is left on. Automate it so it doesn't come on during the day – you don't need them, a photo cell could fix that – and the estimated savings are \$60,000 a year."

It's the same with a lot of the base's exterior lighting, or air handling units' controls, or air



**Alex England checks out the motors and pumps moving the water in 14 Wing Greenwood's two outdoor pool spaces. The embedded energy advisor has a year to follow the money in the base's wide-ranging energy using infrastructure.**

Submitted

circulation systems: "typically, it's a switch someone forgets or doesn't bother to remember shutting off, or they've been overridden."

"Which changes are the ones we can get the most efficiencies with?"

It can be expensive to invest in changes, England acknowledges: "the advantage to the base is it opens up money towards operations." Add in Canadian Air

Division commitments to reduce its greenhouse gas emissions by 17 per cent by 2020, and "it can be done."

England's goal through this one-year project is to reduce 14 Wing's demand by two gigawatt hours (two million kilowatt hours). The financial value of that would depend on demand and time of day use.

"We're looking for ideas, too," England says, as he knows he

can't get around to every energy-using control, system or panel in just the one year. He may be reached at alex.england@forces.gc.ca.

"I enjoy every minute of this: I'm out and about, seeing how buildings are operating, looking for ways to improve them – if it lowers what it costs to run the base, it saves 2 gigawatts, it saves taxpayers, helps my future and that's the way the world works."

## ~ Obituary ~

**Deborah "Debbie" Alice (MacLeod) Kozera**  
53- Kingston/ Glace Bay

It is with great sadness that we announce Debbie's passing at the age of 53 after a long and courageous battle with cancer. Debbie had settled in the Annapolis Valley for the past 20 years and was formerly from Glace Bay. She passed away at her home in Kingston, N.S. on September 22nd, 2013, surrounded by her devoted husband, family and friends. Born in Glace Bay on February 21st, 1960, she was the daughter of Marion (Borgal MacLeod) MacPhee and the late William 'Doss' MacLeod. Debbie was a kind-hearted soul who loved to stop and smell the flowers. She had a knack for decorating, crafting and caring for others. Debbie loved shopping and enjoyed looking for a bargain, but most of all loved spending time with her family. She devoted much of her time to her children and was a proud military spouse. Debbie will always be remembered with a cup of tea in her hand and looking for something sweet to go with it. Left with fond and loving memories are her husband of 23 years, John Patrick of Whitney Pier; daughters Samantha and Kristina (Francis Gagnon); son, Matt (Marylee [Hirtle]); grandchildren, Liam, Aiden and Catherine and mother, Marion MacPhee. Also surviving are sisters, Karen, Donna (Greg MacDonald); brothers Kenny [Helen], Wayne [Brenda]; brother-in-law Kirk Boutilier and Willie Campbell; stepsisters Rhonda, Cathy, Lesley; father-in-law, Walter [Bud]; mother-in-law, Margie [MacNeil]; sister-in-law, Kelley (Gary Gittis); grandmother, Ann MacLeod; as well as numerous aunts, uncles, nieces, nephews and cousins. Debbie was predeceased by her sister Brenda Boutilier; father William [Doss] MacLeod; stepfather, Neil MacPhee; maternal grandparents; Joe and Edna Borgal [Harris]; paternal grandfather, William 'Bill' MacLeod; aunt, Jean French; and uncles, Eric MacLeod, Barry MacLeod and Sheldon Borgal. A special thanks goes out to all of Debbie's caregivers, especially her sister Donna long time friend Laurie Sheppard from Ottawa, the staff of palliative care, the V.O.N. and the doctors and nurses at both Valley Regional Hospital in Kentville and the QE11 in Halifax. In lieu of flowers, memorial donations may be made to the palliative care fund at the Valley Regional Hospital Foundation at <http://vrhfoundation.ca>. Visitation for Debbie was held on Thursday September 26, from 2-4 & 7-9 at Patten Funeral Home, 71 Union Street, Glace Bay. Funeral services were held on Friday at 11am in St Luke's Anglican Church, Port Caledonia, Rev Vernon Reid officiated. Interment was in church cemetery. Online condolences may be left for the family at [www.pattenfuneral.com](http://www.pattenfuneral.com).



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|----------------------------------------------------------------------------------------------|--------------------------------------------|---------------------------------|--------------------------------------|------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| New Happy Hours Commencing<br>Oct 1st Monday to Thursday<br>4:30 to 6:30 Friday 4:30 to 7:00 | TGIF<br>BINGO<br>7:30                      | 1 TGIF<br>2 TGIF                | 3 TGIF<br>4 TGIF                     | 5 TGIF<br>6 TGIF | 7 TGIF<br>8 TGIF                                                                         | 9 TGIF<br>10 TGIF                                                                                           |
| BINGO - 1:30                                                                                 | EUCHRE                                     | BINGO<br>7:30                   | CRIB                                 | CRIB             | NO FOOD<br>Karaoke w/Bob Deveau                                                          | DANCE: Lounge<br>Dave Burbine & Traditional Country                                                         |
| 13 TGIF<br>BINGO - 1:30                                                                      | 14 TGIF<br>EUCHRE                          | 15 TGIF<br>BINGO<br>7:30        | 16 TGIF<br>CRIB                      | 17 TGIF<br>CRIB  | 18 TGIF<br>NO FOOD<br>Karaoke w/Bob Deveau                                               | 19 TGIF<br>DANCE: Crackerjack<br>Fundraiser - Silent Auction<br>in the Lounge Day & Evening for Baby Dalton |
| 20 TGIF<br>BINGO - 1:30                                                                      | 21 TGIF<br>EUCHRE<br>EXECUTIVE<br>MTG 7:00 | 22 TGIF<br>BINGO<br>7:30        | 23 TGIF<br>CRIB                      | 24 TGIF<br>CRIB  | 25 TGIF<br>FISH & CHIPS<br>Karaoke w/Bob Deveau                                          | 26 TGIF<br>DANCE: Route 12                                                                                  |
| 27 TGIF<br>BINGO - 1:30                                                                      | 28 TGIF<br>GENERAL<br>MTG 7:00             | 29 TGIF<br>BINGO 7:30<br>EUCHRE | 30 TGIF<br>CRIB                      | 31 TGIF<br>CRIB  | Special Thanksgiving BINGOs<br>October 13th & 15th<br>Turkey or Ham<br>Gift Certificates |                                                                                                             |
| Legion Calendar<br>Sponsored by                                                              | PHARMASAVE<br>VALLEY DRUG MART             |                                 | 613 Main St.<br>KINGSTON<br>765-2103 |                  | 26 Commercial St.<br>MIDDLETON<br>825-4822                                               |                                                                                                             |

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## 413 rescues hunter from Quebec camp

**Sergeant Pete Nicholson,**  
14 Wing Photojournalist

September 24, a Cormorant CH149 from 413 Transport and Rescue Squadron, 14 Wing Greenwood, conducted a hoist recovery of a 70-year-old male hunter from a remote camp 50 kilometres north of Natashquan, Quebec.

Three search and rescue technicians were lowered by hoist onto a narrow lake-shore a small distance away from a makeshift hunting cabin, where they administered medical assistance to the hunter who had broken his ribs in a fall and had difficulty breathing. The patient was extracted in a rescue basket and flown to the airport in Havre St-Pierre, and care transferred to local EMS.

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated



Corporal Christopher Slute receiving his promotion from Major Steve Button, Wing Construction Engineering Officer and Master Warrant Officer Rob Knight, Wing Construction Engineering Unit Master Warrant Officer.

Submitted



Corporal Tyrell Vail receiving his promotion from Major Steve Button, Wing Construction Engineering Officer and Master Warrant Officer Rob Knight, Wing Construction Engineering Unit Master Warrant Officer.

Submitted



Lieutenant Colonel Latter (left), Commanding Officer of 14 Wing Greenwood (14 Wing) Wing Operations (WOPS), and WOPS Chief Warrant Officer Stanley (right), present Captain Janowitz with his completion of OPME Certificate.



Lieutenant Colonel Latter (left), Commanding Officer (WOPS O) of 14 Wing Greenwood (14 Wing) Wing Operations (WOPS), and WOPS Chief Warrant Officer Stanley (right), present Master Corporal Marin with his promotion to his present rank.



Lieutenant Colonel Latter (left), Commanding Officer of 14 Wing Greenwood (14 Wing) Wing Operations (WOPS), and WOPS Chief Warrant Officer Stanley (right), present Captain Cusson with the Canadian Decoration 1 Medal.



Lieutenant Colonel Latter (left), Commanding Officer of 14 Wing Greenwood (14 Wing) Wing Operations (WOPS), and WOPS Chief Warrant Officer Stanley (right), present Captain Mercer with the Canadian Decoration 1 Medal.

Museum presents Peters, 'the bravest Canadian'

Learn more about Fritz Peters, and the making of a hero of two world wars, October 1 at 7:30 p.m., in a presentation at the Maritime Museum of the Atlantic, 1675 Lower Water Street, Halifax, Canada has many war heroes, but the only one to receive multiple awards for valour in both world wars is a true child of the Maritimes: Captain Frederic Thornton "Fritz" Peters, VC, DSO, DSC and bar, DSC (U.S.), RN. Born in Charlottetown in 1889, Peters has a special place in the hearts of Prince Edward Islanders as the only Victoria Cross recipient born on the Island, but he came from a family which also has an extraordinary impact on

the history of New Brunswick and Nova Scotia. The biography, The Bravest Canadian - Fritz Peters VC: The Making of a Hero of Two World Wars, by Peters' greatnephew, Sam McBride, is based on a recently-discovered treasure trove of family letters

going back to the 1700s, including 27 letters written by Peters that give insight into his personality and motivations that resulted in exceptional courage and coolness in battle. Admission is free (donations to Feed Nova Scotia appreciated).

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In 1990 the little business that had started in our home outgrew the dining room and moved into our old barn. For several years we were carried along by the popularity of country décor. Never ones to brush off a challenge, we have

worked hard to provide quality merchandise at reasonable prices. Because we are a family business, we've always tried to provide products that help add value to family experiences. That was really the heart of the "country" trend—old-fashioned warmth and home-style goodness.

Over the years it has been a challenge to change and anticipate what families want in their homes. We enjoy meeting and talking with customers and they often inspire us. We have a wonderful group of people that have joined the team, and Wheaton's wouldn't be what it is without them. These past 23 years have been an amazing experience. Initially, we never imagined the business would expand into two Maritime Provinces and five locations. To us, it's still simply a miraculous answer to prayer.

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## Le repas de l'Action de grâce : une affaire de famille

(EN) L'Action de grâce nous donne l'occasion d'exprimer notre reconnaissance et de savourer des mets délicieux. Mais un repas de réjouissances ne devrait pas être l'affaire d'une seule personne. Comme le veut le dicton : « l'union fait la force ». En demandant à vos enfants de vous aider dans la cuisine, ce qui comprend autant la préparation des repas que le nettoyage qui s'ensuit, vous leur enseignerez les préceptes de la saine alimentation et les amènerez à apprécier davantage les repas de tous les jours.

« Les parents ont toujours besoin d'une aide supplémentaire dans la cuisine, surtout lorsqu'ils préparent le somptueux souper de l'Action de grâce. Les enfants, lorsqu'ils y sont incités, prennent souvent plaisir à cuisiner et à apprendre comment préparer les repas », indique



Laura McGowan, directrice du marketing, LG Electronics Canada. « Lorsqu'ils aident à cuisiner les repas, ils acquièrent des compétences utiles qui leur serviront leur vie durant en plus de vivre

en famille des moments inoubliables. »

Voici quelques conseils de Mme McGowan pour les enfants de tous âges qui donnent un coup de main dans la cuisine tout en acquérant des

compétences.

- Découvertes au supermarché : En faisant les courses, les enfants de tous âges peuvent découvrir certains trucs culinaires. Lorsque les enfants choi-

sissent avec vous de nouveaux aliments, comme des légumes originaux, ils seront plus enclins à tenter avec succès de nouvelles expériences gustatives. Et cela leur permettra de développer leurs goûts.

- Mathématiques culinaires : Demandez aux enfants fréquentant l'école primaire de mesurer les ingrédients d'une recette à l'aide de tasses et de cuillères à mesurer. Une fois cette étape terminée, invitez-les à les incorporer à la recette comme il se doit pour qu'ils voient quel sera le résultat.

- Minichefs : Mettre la table et aller chercher les ingrédients dans le garde-manger et le réfrigérateur sont d'excellentes tâches pour les plus petits qui n'ont pas les capacités nécessaires pour cuisiner. La nouvelle porte dans la

porte de LG facilite encore plus la recherche pour les enfants.

- Équipe de nettoyage : Assurez-vous que tout le monde aide au nettoyage et utilisez des électroménagers novateurs comme le lave-vaisselle entièrement intégré de LG avec EasyRack Plus pour un nettoyage minutieux, une efficacité énergétique ainsi qu'une souplesse et une commodité du système de paniers intérieur.
- Système de soutien : Assurez-vous qu'un adulte est toujours présent quand les enfants préparent des plats et que couteaux et autres objets tranchants ou chauds sont hors de leur portée.

Pour obtenir davantage de conseils pratiques, visitez [www.lg.com](http://www.lg.com).

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# How to choose an electric fireplace

(NC) The simple idea of a cold fall night leads to thoughts of cozying up in front of a toasty-warm crackling fire, but wait... you don't have a fireplace. And the price to install one is enough to terminate the dream. Fortunately, for a fraction of the cost of both the traditional and gas units, home dwellers can count on electric fireplaces as an option. With no mess, maintenance or fuss, choosing the right fireplace is just a few steps away.

- Determine where you would like to position the fireplace, keeping in mind it's typically the focal point of a room.
- Carefully, consider your space and find something to suit the decor. Think of the style, scale, colour and the

type of unit that will be ideal in the space. Is your décor modern or traditional? Do you have space on the floor for a mantel or does it need to hang on the wall? There are a multitude of options for inserts, mantels, wall-mounts and console units.

- Look for innovative fireplaces that encompass everything on your checklist and offer a superior flame and warmth. The Dimplex choices, for example, will give you a realistic flame and are known to operate for pennies an hour. Take a look at the options at [dimplex.com](http://dimplex.com).
- Electric units are simply plug-and-play, but make sure you have an outlet within reach and shop for

units that use lower wattage. Some units draw less power than a hairdryer.

- Go shopping.
- Open the box, plug it in, and enjoy the warmth.

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## Simple smartphone safety tips

(NC) The alarm goes off. You hit snooze again, trying to grab that tiny bit of shut-eye for the last time. And then you wake up with a start, as you realize you are about to be late for work. Frantically, you spring out of bed, run to the shower, brush your teeth, grab your desperately needed cup of java and head out the door - made it. On the bus, you reach for your smartphone to get a head start on your day. To your despair, it is nowhere to be found. You feel your face begin to flush and you wonder how you are ever going to make it through the day.

Sound familiar? Let's face it: we are constantly plugged into our mobile devices. They have become such an essential part of our lives that we feel lost without them.

In a relatively short time, cell phones have evolved from a traditional phone to something that now has most of the features found on a personal com-



puter. We store email, social accounts, photos and contact information; we access mobile banking sites, browse the internet, use apps and more.

With all of these bells and whistles at our fingertips, protecting our device is more important than ever. Stay clear of potential threats by following

these tips:

- Password-protect your phone - All mobile devices can be locked with a password or a number code. It's a very simple step that can protect your personal information in the event your device is ever lost or stolen.
- Enable your password auto-

lock so it always locks after a short period of time of inactivity.

- Avoid connecting to unknown or non-password protected Wi-Fi networks, even if they are private. An unsecured wireless network can compromise your information, including your contact list, as well as give someone else use of your data plan.
- Think carefully about what you absolutely need to store on your mobile device, and erase everything else. If it's lost or stolen, you could be placing personal information in someone else's hands.
- Think before you "app". Understand what information an app could access and share before you download it.
- Use a phone finder: Turn on the service or use a trusted app that helps you find your phone, which will let you lock or erase its data if it's lost or stolen.

Being mobile is a convenience that many of us can't live without. Protect while you connect. More information is available online at GetCyber-Safe.ca.



## Le dépôt direct – idéal pour les étudiants

((EN) Vous n'avez presque plus d'argent et la fin du mois est encore loin ? Vous aimeriez recevoir votre chèque de prêt étudiant ou vos autres paiements du gouvernement fédéral plus rapidement ? Des étudiants de partout à travers le Canada s'inscrivent au dépôt direct afin de recevoir les paiements du fédéral plus rapidement et de façon plus sécuritaire, grâce à un programme fédéral conçu pour sauver des arbres, diminuer les émissions de gaz à effet de serre et réduire de 17,4 millions de dollars le coût d'émettre des chèques papier.

Près de 80 % des Canadiens reçoivent déjà leurs paiements

du gouvernement fédéral par voie électronique, et les 20 % qui restent sont fortement encouragés à s'inscrire au dépôt direct aussitôt que possible. Pour les étudiants, les avantages sont évidents – des paiements plus rapides et plus sécuritaires, sans risque de chèque perdu ou volé, sans problème, sans coût, et sans perte de temps passé à se rendre à la boîte aux lettres ou à la banque, et avec une garantie de paiement si jamais il y a un conflit de travail ou une grève des employés des postes. Vous n'avez pas besoin d'ordinateur ou d'accès Internet. Il vous suffit de retracer vos dépôts à votre banque ou votre institution financière.

Comme les étudiants sont habituellement versés en technologies et comme le dépôt direct comporte une foule d'avantages, il est tout naturel que la plupart d'entre eux veuillent s'inscrire dès maintenant. Même les étudiants adultes peuvent s'inscrire au dépôt direct. Les étudiants ne peuvent obtenir leurs prêts étudiants par le biais du dépôt direct du gouvernement fédéral, mais ils peuvent s'inscrire pour obtenir leur T1, leurs remboursements de TPS/ TVH et leurs prestations fiscales pour enfants.

L'inscription au dépôt direct est toute aussi pratique pour recevoir vos paiements que d'afficher une photo sur Instagram ou de vérifier vos comptes Tumblr et Facebook. Pour vous inscrire au dépôt direct, visitez votre institution financière ou votre succursale bancaire, ou consultez le site [www.depotdirect.gc.ca](http://www.depotdirect.gc.ca).

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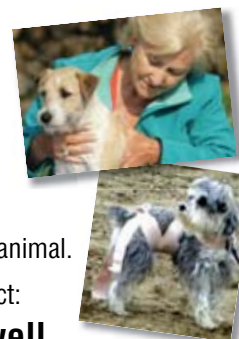
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# Le blanc, toujours parfait pour la salle de bains

(EN) Lorsque des clients décident de décorer une salle de bains toute en blanc, les designers ont l'habitude de dire, « bien aménagée, ce sera la pièce la plus spectaculaire que vous ayez conçue, et dans le pire des cas, la pièce sera quand même très satisfaisante. » En d'autres mots, le blanc ne comporte aucun risque et peut même être spectaculaire. D'où vient la différence ?

Le résultat final dépend évidemment de ce que l'on utilise dans la pièce. Un environnement tout blanc permet de montrer n'importe quoi sous son meilleur jour. Le blanc ton sur ton ajoute une autre dimension à une pièce. Le marbre, le quartz ou les tuiles de céramique blanche donnent toujours une note



sophistiquée et élégante. Des serviettes blanches, des accessoires coordonnés et un éclairage adéquat contribuent à créer l'ambiance d'une oasis.

Toutefois, les blancs ne sont pas tous les mêmes. Par exemple, l'entreprise Benjamin Moore offre une gamme de 140 teintes de blanc. Il y a

des blancs tirant sur le gris, des blancs bleutés, des blancs rosés. Un blanc chaud placé à côté d'un blanc froid peut accentuer subtilement des

détails architecturaux et donner u style luxueux à la pièce. Assurez-vous de vérifier le niveau de lumière dans la pièce avant de choisir la couleur des murs et les accessoires de salle de bains. Tout comme des draps doux, une salle de bains blanche favorise la relaxation et vous permet de vous évader des tourments de la journée. Vous pouvez prendre une longue douche ou flâner dans

une baignoire remplie de votre huile de bain préférée et vous laisser aller dans votre univers personnel. Plusieurs accessoires sont offerts sur le marché, comme des toilettes sculptées, des robinets vintage, des pommes de douche à effet de pluie, et des baignoires autoportantes profondes pour la détente, ainsi que des accessoires qui non seulement beaux, mais pratiques.

# Votre véhicule : deux habitudes à adopter pour économiser cet hiver

(EN) Les deux habitudes à adopter cet hiver sont celles-ci : maintenez une pression convenable dans vos pneus et réduisez la marche au ralenti au moment du démarrage.

Une pression manquante de seulement 56 kPa (8 lb/po2) au gonflage des pneus pourra réduire la durée des pneus de plus de 10 000 km et augmenter la consommation d'essence de 4 %.

Un véhicule dont le moteur tourne au ralenti pendant 10 minutes consomme environ un quart à un demi-litre d'essence et émet quelque 600 à 1 200 grammes de CO2, selon le

véhicule et certaines conditions précises. Source : Office de l'efficacité énergétique pour les véhicules de Ressources naturelles Canada. [www.vehicules.rncan.gc.ca](http://www.vehicules.rncan.gc.ca).



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# Quality produce is putting money where our mouth is

(NC) As farmers' markets bustle again with harvesting activity, it is clear that Canadians continue to embrace the local and organic food movement, even if it costs them more at the check-out. In fact, according to a recent survey, 55 per cent of Canadians are willing to pay more for premium fruits and vegetables, be it organic, locally grown, or free trade.

- We can buy in abundance, but the biggest challenge is keeping it fresh and preventing spoilage. Take a look at these tips to preserve your premium fruits and vegetables long enough to enjoy them.
- Keep them separated: Understand some fruits and vegetables shouldn't be stored together. Apples, a fall favourite, produce a gas called ethylene as they ripen. This gas can prematurely ripen foods that are sensitive to it, like yams, so be sure to keep ethylene-producing foods away from ethylene-sensitive foods.
- Embrace new technology: Today you can actually get refrigerators that help prolong the life of produce. This is especially

important if you are buying from a farm or roadside stand, since local fruits and vegetables are allowed to fully ripen before being harvested. They will require proper refrigeration to preserve freshness and prevent spoilage.

- Resurrect your vegetables: When your veggies begin to lose their lustre, try placing them in ice water for several minutes. The cool water permeates the skin and restores crispness. Another option is to add these veggies to soups, stews and stir fries to use them up



before they spoil. Know when it's time to toss: Dispose of rotten fruits and vegetables straight away as they can quickly spoil or contaminate other foods.



# The payoff of buying locally

(NC) It's a well-known fact technology has changed the way consumers shop. The world is at their fingertips as they browse the internet for their latest purchase. The planet has become one big outlet, where people can buy practically anything from another continent as easily as going to their corner store.

"Through the ease of online purchases, people can forget that their choices directly influence our local neighbourhoods," says François Ramsay, senior vice-president

of corporate affairs for Yellow Pages Group. "Choosing to spend your hard-earned dollars in a local business directly benefits the local economy and helps small businesses thrive, leading to sustainable and dynamic communities."

Consumer experience and satisfaction is another reason why people should think about buying locally. Small establishments often offer exceptional customer service thanks to personalized one-on-one attention. They often have unique and original

product selections and are located close to homes and worksites. Relationships are built between customers, local business owners and staff, making shopping an enjoyable and memorable event. Since local business owners often reside in the same neighbourhood, they also prioritize community causes and invest personally in the area's welfare and future.

Make a local purchase today and support Canadian small business owners. Put your neighbourhood first.

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## Cette recette de poulet peut vous faire faire le tour du monde

(EN) Cette recette a de nombreux modes de préparation: vous pouvez l'épicer en y ajoutant de la sauce chili ou la rendre plus exotique en ajoutant du cari au plat de pâtes. Le monde vous appartient. L'assaisonnement à l'ail de ce poulet s'adapte bien à toute partie du monde culinaire que souhaitez visiter... en moins d'une heure.

### Poulet juteux à l'ail simple et rapide avec sauté de légumes

Temps de préparation: 10 minutes

Temps de cuisson: 50 minutes

**Ingrédients** (donne 4 por-

tions)

4 poitrines de poulet

1 c. à soupe d'huile de canola

1 sachet d'assaisonnements

Maggi So Juicy Ail

12 champignons en bouton, tranchés

1 petite tête de brocoli, coupée en fleurons

1 petit oignon, tranché finement

1 carotte, tranchée finement

Emballage de 450 g de nouilles aux oeufs

1 c. à soupe d'huile de sésame (facultatif)

Le jus d'une lime

2 oignons verts, tranchés finement

2 c. à thé de graines de sésame

(facultatif)

### Préparation

Préchauffer le four à 350 °F (180 °C), ou à 320 °F (160 °C) pour les fours à convection, et faire cuire le poulet selon les directives de l'emballage.

Dans une grande casserole, faire bouillir de l'eau à gros bouillons pour les nouilles aux oeufs.

Environ 15 minutes avant la fin de la cuisson du poulet, faire chauffer l'huile de canola dans une grande poêle ou un wok, et faire sauter les champignons jusqu'à ce qu'ils soient dorés. Ajouter le brocoli, l'oignon et la carotte;



poursuivre la cuisson à feu élevé pendant environ 5 minutes.

Faire cuire les nouilles aux

oeufs selon les directives de l'emballage. Une fois les nouilles cuites, les égoutter et les réserver.

Retirer le poulet du four, laisser refroidir une minute puis ouvrir le sac en le coupant et transvider le contenu dans une assiette. Déposer les poitrines de poulet sur une planche et couper en diagonale. Verser le jus d'ail du plat sur les légumes.

Ajouter les nouilles cuites à la préparation de légumes dans la poêle et remuer pour mélanger. Assaisonner avec l'huile de sésame (le cas échéant) et le jus de limette. Servir le sauté avec le poulet en tranches et parsemé d'oignon vert et de graines de sésame (le cas échéant).

## Clean up your yard this fall with ease

(NC) Homeowners invest hundreds, sometimes thousands of dollars in converting their backyards into an extended outdoor living space. Yet when the autumn chill blows in, many abandon their man-made oasis only to be faced with an overwhelming clean-up in the spring.

It's easy to make light work out of a fall clean-up with the right tools, say gardening enthusiasts.

To protect your outdoor space from harsh, destructive



winter elements, take a look at these tips:

- Trim plants and shrubs for optimal spring blooms and

to avoid spring "bald spots"

- Remove leaves and dead plant material from annual and perennial garden beds

- Protect perennials from frost heaving by mulching after the ground freezes
- Cover shrubs that are sensitive to low winter temperatures with burlap
- Build a simple (or elaborate) compost bin for fall leaves, add fresh grass clippings and cover until spring
- Remove dead branches from rose and fruit trees
- Check eaves troughs, siding, railing and pathways for loose screws, shaky handrails and loose path-

ways and make repairs to eliminate possible slip-

ping hazards and prolonged property damage.

## GMFRC PRESCHOOL PROGRAMS UPDATE! Mise-à-jour des programmes préscolaires du CRFMG!

### GREAT NEWS! SPACE IS STILL AVAILABLE! Bonne nouvelle! Des places sont toujours disponibles!

Looking for a fun yet educational program for your preschooler? Would you like your child to learn school readiness skills and to make new friends?

Our Reggio based preschool programs are for you.

Space is available in our English and French Immersion classes for children aged 3 and 4!

If you would like more information on these programs, contact Childcare Programs Director Brenda Virtue-Ellis at 765-1494 local 5053 or 5301.



Cherchez-vous un programme éducatif et amusant pour votre enfant d'âge préscolaire? Voulez-vous que votre enfant apprenne des compétences pour se préparer à aller à l'école et qu'il se fasse de nouveaux amis?

Nos programmes préscolaires basés sur méthode Reggio sont pour vous.

De l'espace est disponible dans nos classes d'immersion française et d'anglais pour les enfants de 3 et 4 ans!

Si vous souhaitez plus d'informations sur ces programmes, veuillez communiquer avec la Directrice des programmes de garde Brenda Virtue-Ellis au 765-1494, poste 5053 ou 5301.

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the **Aurora**



The Atlantic Region, represented by an "all star team" – including seven 14 Wing Greenwood players – won this year's Canadian Armed Forces national soccer title. DND

## Wing men, women part of national soccer titles

The Atlantic region won both the men's and women's Canadian Forces soccer gold medals September 12 at CFB Borden.

14 Wing Greenwood had two members on the CFB Gagetown winning men's team, Master Corporal Ed Chipman and Flight Lieutenant Adam Saber. Seven 14 Wing women also played for the title as part of the Atlantic Region's all-star team: Captain Mary MacDonald, Second Lieutenant Stephanie Stone, Captain Jennifer Finateri, Corporal Jax Kennedy, Master Corporal Johanie Maheu, Master Corporal Jennifer Watson and Private Shelby Lewis (attached posted to Greenwood awaiting training from Borden).

In men's play, Gagetown opened with a 1-0 win over Petawawa. Greenwood's Chipman was MVP. Ottawa took their next game 2-0 September

9. Gagetown took back-to-back 1-0 games over Edmonton and then Esquimalt. Gagetown advanced further with a 1-0 win over Quebec in the semi-final, a game in which Saber was named most valuable player. Gagetown defeated Edmonton 2-1 in the final.

On the women's side, the Atlantic team opened September 8 with a 2-1 loss to Petawawa, but then took a 2-1 win over the Prairie all-stars. September 9, Atlantic beat Ottawa 1-0. Greenwood's Watson was most valuable player in that game. Atlantic won 3-1 over Esquimalt, with Greenwood's MacDonald most valuable player, and then defeated Esquimalt again 2-0 to advance from the semi-finals. A 1-0 final September 12 went in Atlantic's favour, over Quebec, with Lewis of Greenwood the game's most valuable player.



Flight Lieutenant Adam Saber, a 14 Wing Greenwood player picked up by Atlantic Region reps, CFB Gagetown, was the semi-final's player-of-the-game. DND



Master Corporal Ed Chipman was named to the Canadian Armed Forces' men's soccer all-star team following the Atlantic Region's national win. DND

## 14 Wing inter-section bowling league

14 Wing Greenwood Inter-Section Bowling League is looking for more teams and/ or players. They will be playing at the Greenwood Bowling Centre Thursday afternoons.

Anyone interested in participating please contact Corporal JC Gilbert, 14 AMS, 765-1494 local 3244.

## Ligue de bowling inter-section de la 14<sup>e</sup> escadre

La ligue de bowling inter-section de la 14<sup>e</sup> Escadre Greenwood est à la recherche d'équipes supplémentaires et/ ou de joueurs. Ces derniers joueront au Centre de bowling de Greenwood le jeudi après-midi.

Toute personne intéressée à participer, veuillez communiquer avec le caporal JC Gilbert de la 14<sup>e</sup> Escadron de maintenance (Air), 765-1494 poste 3244.

## Greenwood junior curling ready for on-ice fun

Are you looking for a fun activity to do with your friends this winter? The 14 Wing Greenwood Curling Club has what you are looking for!

The 2013/ 2014 curling season is about to start, and we are excited to offer a junior program to anyone between the ages of 10 and 18. This great form of physical activity will start with a meeting at the curling club November 5 at 4:30 p.m. Parents may complete regis-

tration forms, pay (there are single and multiple child rates and payment plan options) and learn more about the program. Youth, we plan on spending most of the first day on the ice, so come prepared.

You must have a 14 Wing Greenwood Community Recreation Card to become a member. It is mandatory for all juniors to wear proper indoor footwear, warm and comfortable clothing (jogging pants, gloves, etc.). If you feel more comfortable on

the ice with either a bicycle or hockey helmet, coaches strongly encourage the use of one.

Curling will run weekly from 4:30 p.m. to 5:30 p.m. Tuesday afternoons. Brooms will be provided, along with sliders. All that is required is

an interest in the game and a willingness to learn more -and meet new friends. If you're interested in curling or learning more about the weekly program, call Eric MacKenzie, 765-1494 local 5337, or come to the meeting November 5.

## Pick up just One Book this fall

Nova Scotians are encouraged to read the same book and share their thoughts on the story in the second annual One Book Nova Scotia program.

This year's selection for the fall reading challenge is *Fauna*, by Alissa York. *Fauna* takes place in Toronto, where a federal wildlife officer discovers the heart and tenderness of the animal world in a modern-day city setting. Living on the fringes of urban society, co-existing with animals, humans from all walks of life share stories of loss and trauma and work to put their lives back together, taking care of each other and the city's fauna.

The book was selected by a committee based on criteria, including a living Canadian author, a conver-

sation-generating story for adults with varying literacy levels and life experiences, be available in various formats and not be a previous bestseller.

Nova Scotia's One Book program is organized by Libraries Nova Scotia, a group of library representatives from public, university, and community college libraries, and the Nova Scotia Provincial Library division of the Department of Communities, Culture and Heritage. One Book Nova Scotia runs until November 2, with author readings planned in October. Join in discussions on Facebook and Twitter, and visit <http://1bns.ca/> to learn more about events across the province.

One Book Nova Scotia may be found at 1bns.ca.

### EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre (GMFRC)



#### COORDINATOR of DEPLOYMENT SERVICES

##### Six-month Term position

As a member of a multi-disciplinary team of professionals, this Coordinator is responsible for the education, information and outreach to families of Defence Team members who are required to be absent from the family because of military duties. Provides a wide range of direct individualized and group services to family members.

Advanced verbal and written communication skills are necessary to fulfill need for public speaking, facilitating activities, and report writing. Ability to organize and prioritize workload effectively to meet deadlines is also essential.

Experience in program/event development, management and evaluation. Excellent interpersonal and assessment skills will aid the requirement to work with people experiencing a challenging lifestyle. Strong belief in the principle of volunteer involvement and leadership is required. A solid understanding of not-for-profit board governed organizations is necessary, along with the advanced ability to work both independently with little supervision and as part of a team.

**Probationary Period:** 6 months

**Responsible to:** Executive Director

##### QUALIFICATIONS REQUIRED:

- Undergraduate degree in the Social Sciences/Community Development field
- Five years experience in program development, management, and evaluation
- Clear understanding of the community development process is essential
- Working knowledge of community resources in the catchment area is required
- Demonstrated ability in facilitating workshops
- Advanced communication skills, both written and oral
- Awareness of risk management issues
- **Ideal candidate is bilingual**

##### Hours:

- 37.5 hours per week (some evening & weekend hours are required. Flexibility is a must.)
- The successful candidate will be prepared to commence employment immediately.
- Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before **noon on 10 October 2013** to:

Margaret Reid  
Executive Director  
email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca)  
(MS Word or PDF format)  
**Subject line: resumé-Deployment**  
Greenwood Military Family Resource Centre  
fax: (902) 765-1747  
PO Box 582, Greenwood, NS, B0P 1N0

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

*Only candidates selected for further consideration will be contacted.*

The Greenwood MFRC is committed to employment equity.  
**Please visit [www.familyforce.ca](http://www.familyforce.ca) to learn more about the Greenwood MFRC.**

### POSSIBILITÉ D'EMPLOI

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



#### COORDONNATEUR/ COORDONNATRICE DES SERVICES D'AIDE AU DÉPLOIEMENT

##### poste d'une durée de six mois

Le ou la titulaire du poste fera partie d'une équipe de professionnels provenant de plusieurs disciplines et sera responsable de l'éducation, de l'échange d'information et de la sensibilisation auprès des familles des membres de l'équipe de la Défense qui doivent s'absenter du foyer familial en raison de leurs fonctions militaires. Il ou elle devra offrir une grande variété de services directs individuels et de groupe aux membres des familles.

Il faut posséder de solides habiletés en communication verbale et écrite pour être en mesure de parler en public, d'animer des activités et de rédiger des rapports. Il est aussi essentiel de pouvoir organiser la charge de travail et établir l'ordre de priorité des tâches de manière efficace en vue de respecter les délais.

Il faut posséder de l'expérience en conception, en gestion et en évaluation de programmes et d'activités. D'excellentes habiletés sociales et capacités d'évaluation aideront le ou la titulaire à travailler avec des personnes qui ont un mode de vie difficile. Il faut savoir faire preuve de leadership et être convaincu de la nécessité de l'engagement bénévole. Il ou elle doit également bien comprendre le fonctionnement d'organismes à but non lucratif gérés par un conseil, et doit être en mesure de travailler de façon autonome sous un minimum de supervision et au sein d'une équipe.

**Période de probation :** 6 mois

**Superviseur immédiat/superviseure immédiate :** Directrice exécutive

##### QUALIFICATIONS :

- Diplôme universitaire de premier cycle dans un domaine des sciences sociales ou du développement communautaire
- Minimum de cinq ans d'expérience de l'élaboration, de la gestion et de l'administration de programmes
- Une excellente compréhension du processus de développement communautaire est essentielle
- Connaissances pratiques des ressources communautaires dans la région desservie
- Capacité manifeste d'animer des ateliers
- Aptitude supérieure à communiquer de vive voix et par écrit
- Bonne connaissance de la gestion des risques
- **La personne idéale pour combler le poste est bilingue**

##### Heures de travail :

- 37,5 heures par semaine (Le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)
- La personne retenue devra être prête à entrer en poste immédiatement.
- La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitae dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, d'ici **midi, le jeudi 10 octobre 2013**, à :

Margaret Reid  
Directrice exécutive  
courriel : [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca)  
(en MS Word ou en PDF)  
**objet : cv-Déploiement**  
Centre de ressources pour les familles militaires de Greenwood  
Télécopie : 902-765-1747  
C. P. 582, Greenwood (N.-É.) B0P 1N0

- Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.

*Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.*

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.

**Visitez le site [www.familyforce.ca](http://www.familyforce.ca) pour en apprendre davantage sur le CRFM Greenwood.**

## Valley Denture Services



### Kentville

381-B Main Street  
678-2521

Mon - Thurs 8:30-4:30  
Fri 8:30-3:00

### Windsor

173 Gerrish Street  
798-4412

Mon 1:00-4:30  
Wed 8:30-12:00

### Kingston

1351 Marshall Road  
765-6999

Tues 9:00-4:30, Wed 9:00-4:00  
Thurs 8:45-4:30

### New Minas

9362 Commercial Street  
681-6774

Mon 8:45-4:30, Wed 8:45-4:30  
Friday 8:45-3:00

## POSSIBILITÉ D'EMPLOI

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



## ADJOINT(E) DES SERVICES DE LANGUE SECONDE (SLS)

### POSTE BILINGUE

L'adjoint(e) des services de langue seconde travaille sous la supervision de la directrice des services d'approches. Il/elle a pour rôle d'élaborer, de mettre en oeuvre et d'offrir les services du CRFMG qui sont destinés à répondre aux besoins de la communauté militaire francophone; de répondre aux besoins et aux choix linguistiques des membres de la communauté conformément aux paramètres de pratique du Programme des services aux familles des militaires et à la Loi sur les langues officielles; et de servir, à titre de représentant du CRFMG, les familles dans les deux langues officielles.

**Période de probation :** 6 mois

**Superviseur immédiat/superviseure immédiate :** Directrice des services d'approches

### QUALIFICATIONS OBLIGATOIRES

#### Études

- Certificat en traduction ou études et expérience équivalentes;
- Diplôme d'études postsecondaires dans un domaine des sciences sociales;

#### Expérience

- Trois ans d'expérience dans un poste bilingue ou un poste de traducteur; ou expérience de travail et formation équivalentes.

#### Autres

- **Le bilinguisme est obligatoire pour ce poste.**
- Compétence dans les deux langues officielles, à l'oral et à l'écrit;
- Expérience en élaboration, mise en oeuvre et prestation de programmes et services individuels et familiaux;
- Très bonne connaissance pratique des logiciels MS Office;
- Excellentes habiletés pour l'organisation;
- Diplomatie et tact dans les rapports avec les autres;
- Compréhension du mode de vie militaire et empathie, en particulier envers les conjoint(e)s civil(e)s francophones des membres des Forces canadiennes qui font face à différents défis;
- Bonne compréhension du processus de développement communautaire;
- Connaissances pratiques des ressources communautaires dans la région desservie;
- Connaissances des pratiques en matière de gestion des risques;
- Adhésion au principe du bénévolat.
- 30 heures par semaine (le ou la titulaire est appelé(e) à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)
- Le salaire sera établi en fonction de la formation et de l'expérience.

La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références.

Les candidat(e)s admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitae dans lesquels ils ou elles indiquent clairement en quoi ils ou elles satisfont à toutes les exigences du poste, et ce, **avant 16 h le vendredi 11 octobre 2013**, à l'attention de :

Nicole Godin

Courriel : [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca)

(en MS Word ou en format PDF)

**Sujet : Résumé – SLS Assoc**

Centre de ressources aux familles militaires de Greenwood

Télécopieur : (902) 765-1747

C.P. 582, Greenwood, N.-É., B0P 1N0

- Veuillez s.v.p. soumettre votre curriculum vitae en anglais.
- Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, chemin School, à Greenwood

*Veuillez prendre note que nous communiquerons uniquement avec les candidats et candidates retenue(s) pour l'étape suivante du processus de sélection.*

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. **Pour obtenir des renseignements supplémentaires sur le CRFMG, consultez le site [www.forcedelafamille.ca](http://www.forcedelafamille.ca).**



**Kingston Lions serve up a steak and corn BBQ supper for guests of honour from Valley fire departments.** Submitted

## Lions serve supper in thanks to firefighters

September 14, the Kingston Lions Club hosted a barbecue at the Kingston fire hall to show its appreciation to all the firefighters from their community, and from throughout the Annapolis Valley, who rushed to put out a massive structure fire July 29. The heroic efforts of these firefighters saved not only the Kingston Lions' hall, but also a number of businesses and homes nearby.

The Lions, with generous food donations from Sobeys, Mark and Randy Keddy's Farm, Spurr Brothers Farms, Goucher's Farm and Frasers Pro Home Centre; were able to serve 100-plus firefighters and RCMP officers a steak

and corn on the cob dinner. A large contingent of Lions were present to cook and serve the meal, with others dropping by to show their appreciation.

King Lion Richard Acker presented Watson Armstrong, Kingston Fire Department chief, with a plaque showing the club's appreciation for their efforts. Certificates were also presented to the other Valley fire departments to recognize their efforts.

The members of the Kingston Lions Club are honoured to be able to extend thanks to the Kingston Fire Department and the other Valley departments. The Lions motto, "We Serve," was certainly on display.



**King Lion Richard Acker presented Kingston Fire Chief Watson Armstrong with an appreciation plaque from the club, thanks for preventing the spread of fire to the Lions' hall in July.** Submitted

## flyers

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the Aurora

## EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



## Second Language Services (SLS)

### BILINGUAL POSITION

The **Second Language Services (SLS) Associate** works under the supervision of the Outreach Services Manager to develop, implement, and deliver GMFRC services designed to meet the needs of the military Francophone community; support the language needs and choices of individuals in accordance with the Military Family Services Program Parameters for Practice and the Official Languages Act; and represent the GMFRC serving families in both official languages.

**Probationary Period:** 6 months

**Responsible to:** Outreach Services Manager

### QUALIFICATIONS REQUIRED:

- Translator diploma or equivalent training and experience Post-secondary diploma in a social sciences field.

### Experience:

- Three years experience in a bilingual position or as a translator, or equivalent training and experience.

### Other:

- **Bilingualism is a requirement of the position.**
- Proficient in both official languages, both written and oral;
- Experience with development, implementation, and delivery of individual and family programs/services;
- Highly proficient in the use of MS Office Software;
- Excellent organizational skills;
- Sensitivity and tact in dealing with people;
- Emphatic understanding of the Canadian Forces lifestyle, particularly challenges faced by francophone civilian spouses of military members;
- Clear understanding of the Community Development process;
- Working knowledge of community resources in the catchment area;
- Awareness of Risk Management practices;
- Belief in the principle of volunteerism;
- 30 hours per week (occasional evening & weekend hours are required. Flexibility is a must).
- Salary commensurate with education and experience.

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resumé clearly outlining their ability to fulfill all position requirements, **on or before 4:00 pm on Friday, October 11th, 2013 to.**

Nicole Godin

Outreach Services Manager

email: [home@greenwoodmfr.ca](mailto:home@greenwoodmfr.ca)

(MS Word or PDF format)

**Subject line: Résumé – SLS Assoc**

Greenwood Military Family Resource Centre

fax: (902) 765-1747

PO Box 582, Greenwood, NS, B0P 1N0

- Please submit resumé in English.
- Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, on School Road, in Greenwood.

*Only candidates selected for further consideration will be contacted.*

The Greenwood MFRC is committed to employment equity.

**You can read more about the GMFRC at: [www.familyforce.ca](http://www.familyforce.ca)**

[illegible]







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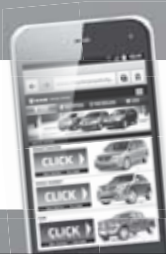
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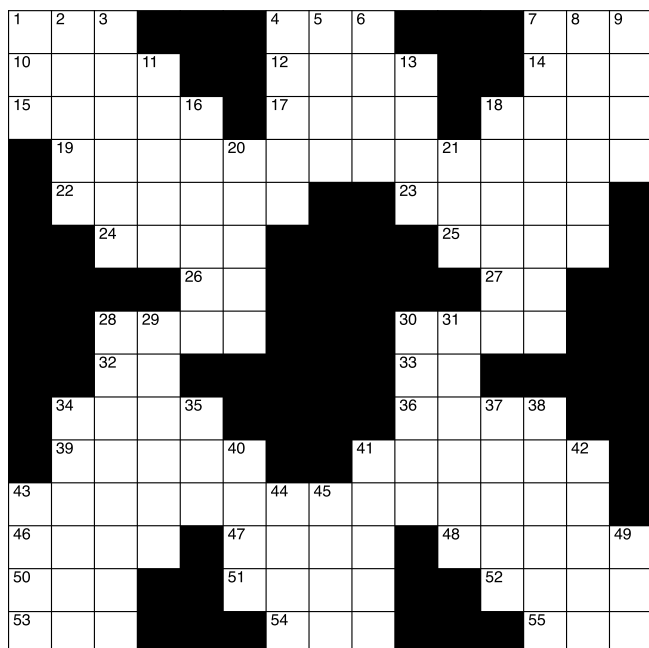


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email [editor@auroranewspaper.com](mailto:editor@auroranewspaper.com).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

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

## metro crossword

solution page 22



### ACROSS

1. Tooth caregiver
4. Greek counterpart of Rhea
7. A numbered mail compartment (abbr.)
10. New Zealand parrots
12. Political action committees
14. Fringe-toed lizard
15. Reposes
17. Winglike structures
18. MacMurray of "My Three Sons"
19. Oprah's Broadway show
22. Ceaser, egg and tossed
23. Oarlock
24. Agile, lively (nautical)
25. Skim or dart
26. And, Latin
27. Embodies
28. Gallivants
30. Hyperbolic cosecant
32. Rural delivery
33. Atomic #89
34. Opposite of wealthy
36. Imus and Knotts

39. Yellow ageratum species
41. Large tropical Am. lizard
43. Late Show star
46. Armor breastplate
47. "Death in the Family" author
48. Liquors from rice
50. Bread for a burger
51. Yeast
52. 100 = 1 tala in W. Samoa
53. Two-year-old sheep
54. Hyrax or cony
55. Engine additive

### DOWN

1. Danish krone (abbr.)
2. Insect repellents
3. Move sideways
4. October's birthstones
5. \_\_\_ Alto, California city
6. Mark of healed tissue
7. Somewhat purple
8. Egg mixture cooked until just set
9. Past tense of bid

11. Ancient stone slab bearing markings
13. 9th month (abbr.)
16. Thrown into a fright
18. A playful antic
20. "Waiting for Lefty" playwright
21. Ultrahigh frequency
28. Cutting gun barrel spirals
29. Youth loved by Aphrodite
30. Get by begging
31. Cleans by scrubbing vigorously
34. Bubonic calamity
35. Radioactivity unit
37. Bow (Sanskrit)
38. Legless reptiles
40. Thick piece of something
41. A distinct part of a list
42. Regarding (Scottish prep.)
43. Something that is owed
44. Mild exclamation
45. River in Spain
49. Variation of 17 down

### Wilmot Girl Guides

Wilmot Sparks, Brownies and Guides are accepting registrations. Units meet Wednesdays from 6 p.m. to 7 p.m. Please call 825-6981 or [uhlman.tc@eastlink.ca](mailto:uhlman.tc@eastlink.ca).

### Legion notice

Royal Canadian Legion Branch 098, Kingston, reminds friends a military member I.D. allows you to sign in at our branch on Veterans Lane. Come enjoy all the branch activities and programs.

### Legion notice

Beginning October 1, Royal Canadian Legion Branch 098, Kingston, has new happy hour timings: 4:30 p.m. to 6:30 p.m., Monday to Thursday. Open to members, guests and military members.

### At CentreStage

What comes before marriage? Murder, at least according to Lord Arthur Savile. Shortly before his marriage to the lovely Sybil Merton, Lord Arthur, a well-intentioned but gullible British aristocrat, learns murder is definitely in his future while hosting a palm reading session in his London drawing room. Not recommended for children under 13. Lord Arthur Savile's Crime plays October 4, 5, 6, 11, 12, 18, 19. Showtime 8 p.m./ 2 p.m. matinee October 6. Tickets \$15/ \$12 (678-8040 for reservations). CentreStage Theatre: 61 River Street, Kentville.

### Blood donor clinic

September 30 and October 1, 1 p.m. to 3 p.m. and again 5 p.m. to 8 p.m. (both days), Canadian Blood Services will hold a donor clinic at the 14 Wing Green-

wood Community Centre, Church Street. Bring identification, and new donors are welcome. Call 1-888-236-6283 to book an appointment.

### Haunted house

Through October, visit the Macdonald Museum, 21 School St, Middleton; to see a haunted house put on by Middleton's recreation Department, in conjunction with Middleton Regional High School. Phone 825-6116 for details.

### Legion social

October 1, on, drop into the Royal Canadian Legion Branch 098 for President's Hour, 4:30 p.m. until 6:30 p.m. Open to members, guests and military members. Come and meet your fellow members and participate in branch fun activities. Hope to see you there.

### Girl Guide cookies

October 2, between 6 p.m. and 8 p.m., Berwick Girl Guides will be visiting door-to-door with their chocolate mint Girl Guide cookies. Your \$5 cookie purchase supports Girl Guiding in your community, and we appreciate your support. If you miss us and would like cookies, please call Sara, 538-9191.

### Autism program

October 3, 10, 17, 24 and November 7 and 14, the Annapolis Valley Chapter of Autism NS presents and an arts and crafts program for children ages five to 11 with an autism spectrum disorder diagnosis. 4 p.m. to 5 p.m., Bridgetown Elementary School. Cost \$20 for six weeks. For further info: Rachael, 532-0730 or



## Time for Legion

**Kingston Royal Canadian Legion Branch 098 president Dave Geddes recently presented, on behalf of Dominion president Gordon Moore, a free one-year Legion membership to Petty Officer Second Class Andrea Foran.** Submitted

princess\_monkey\_face@hotmail.com; or contact the Annapolis Valley Chapter of Autism NS office at 375-3031 or [avautism@gmail.com](mailto:avautism@gmail.com).

### Supper

October 5, come for turkey supper at the Aylesford United Church, 4:30 p.m. to 6:30 p.m. Free will offering. Take outs available \$10. Everyone is welcome.

### Quilt show

October 6, the Paradise Village Quilters exhibit opens, 2 p.m.

to 4 p.m., at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. The public is welcome to attend at no charge. Come out to see these beautiful quilts and meet the quilters. Admission charged for non-members after October 6. Exhibit continues until November 8. Phone 825-6116 for details.

### Run for the Cure

October 6, the Canadian Breast Cancer Foundation Run for the Cure will start from the Acadia University athletic Complex, Wolfville, with 9:45 a.m. opening ceremonies. For info, contact [peggy.weir@acadiau.ca](mailto:peggy.weir@acadiau.ca).

### Card party

October 7, Funds for Fuel bridge party, 1 p.m., at Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. All welcome. Phone 825-6116 for information.

### Cemetery meeting

October 9, 7 p.m., the Tremont Community Cemetery will hold its first business meeting at the Tremont church hall. All interested parties welcome.

### Writers' group

October 9, Authors Ink, a creative writing group, meets, 10 a.m.; at Macdonald Museum, Middleton. Admission \$3 per person. All levels welcome. Phone 825-6116 for details.

metro crossword brought to you compliments of



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Greenwood  
**765-6381**

## the Aurora Find & Win

### Three easy ways to enter.

1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
2. Fax: 765-1717
3. Drop into our office located on 83A School Road (Morfee Annex)

**Entry deadline:  
Noon, October 3, 2013**

### Full name

### Phone number

Complete the following questions from ads in this week's issue and win a large 2-topping pizza from **Pizza Delight, Greenwood**. Coupon valid for 30 days.

1. Who is a U-Haul dealer? \_\_\_\_\_
2. Who is the new owner of Shear Solutions? \_\_\_\_\_
3. Who can help with your pet's separation anxiety? \_\_\_\_\_
4. Who has a 30 per cent off sale? \_\_\_\_\_
5. Where is Wheaton's located? \_\_\_\_\_

**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: PATRICK BOURASSA**



**Teleah Muise of Tremont, and her nieces, Rebekah and Sarah Wade of Melvern Square; her friend, Molly Palmer, of Aylesford; and Muise’s nephew, Benjamin Wade (the youngest volunteer); all got a history lesson learning about Rev. Charles Tupper. Muise and her parents now live in the “Tupper House” in Tremont.**

Submitted

# Tremont cemetery work a community effort

A small, community-based project recently took place in Tremont. Two cemeteries, originally belonging to the former Tremont United Baptist Church, had become neglected. A group of local residents have banded together to try to reclaim these

two cemeteries. Volunteers, ranging in age from six to 76, spent several hours doing lawn care at the “old” Tremont Cemetery, located behind the now Church of the Nazarene, with eight whipper snippers and three lawn mow-

ers going. Other volunteers had worked on the “new” Tremont Cemetery, on the S-turn, earlier in the week. Those buried here are not only family members, but are part of the history of those living in the area. They may have passed on,

but they are not forgotten. One day, it may even be our resting place. One of the cemetery’s claims to fame is the tombstone of Rev. Charles Tupper, who died in 1881. Tupper was the pastor for the Aylesford Township and the father of Sir Charles Tupper, later a prime minister of Canada. Tupper had resided in a local house in Tremont, dubbed “the Tupper House,” which still stands.

Much work is still needed. Some of the headstones are broken or fallen down, the fence is in need of repair and the lawn care will be ongoing - not to mention raking of leaves. Residents and former residents are striving to form a society to reclaim these sacred grounds. From their first meeting early in September, the number of those interested in helping has increased. The local Church of the Nazarene has been helpful and accommodating, including offering its hall for the next meeting of the Tremont Community Cemetery Society October 9, 7 p.m.

# Youth Happenings

- Lindsay McCormack, Recreation Youth Worker**

Fall fun is on the go at the 14 Wing Greenwood Community Centre:

  - Walking Club**  
October 1  
Pre-teen 5 p.m. to 6 p.m.  
Teen 6 p.m. to 7 p.m.  
Bring some warm clothing, walking shoes and a water bottle with you. We will meet at the centre and head out for some fresh air around Greenwood.
  - Active Chicks**  
October 2, 6 p.m. to 7:30 p.m.  
We will walk over to the playground as a group from the community centre to get some fun activities going!
  - Teen Activity**  
October 3, 6-7:30 pm \$2
- Cupcake cooking tonight! Make sure you bring something you don’t mind getting dirty.

**Board Games**  
October 4  
Pre-teen 6 p.m. to 8 p.m.  
Teen 8 p.m. to 10 p.m.  
Your choice tonight. We can play any one of the many board games available, or even get the Kinect or Wii going. If you have lots of extra energy, there are always games in the gym.

**Crafternoon**  
October 5  
Pre-teen 2 p.m. to 4 p.m.  
We will be making crafts and colouring for the Halloween dance.  
Teens (4 p.m. to 6 p.m.), you can come in for some games and Halloween centre decorating.

# sudoku

solution page 22

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

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

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# patrick’s puzzle

solution page 22

## CAKE AND COOKIE WORD SEARCH

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

### WORDS

- |               |             |             |               |              |
|---------------|-------------|-------------|---------------|--------------|
| BAKE          | CONFECTIONS | INGREDIENTS | PASTRY        | SIFTING      |
| BAKING POWDER | COOKIES     | LEAVENING   | PEANUT BUTTER | SLICE        |
| BLEND         | COOL        | MIX         | PREHEAT       | SPOON        |
| BOWL          | DELICIOUS   | OIL         | RECIPE        | SPRINKLES    |
| CAKE          | DESSERT     | OVEN        | RISE          | SUGAR        |
| CHIPS         | EGGS        | PACKAGE     | SALT          | SWEETS       |
| CHOCOLATE     | FROSTING    | PANS        | SHEET         | TEMPERATURES |

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765-2415

# horoscopes

Sept 29 - Oct 05

- ARIES - Mar 21/Apr 20**  
A blue mood is nothing to worry about, Aries. It is just your body telling you that you may need to slow down a bit. Take heed and you’ll recharge in no time.
- TAURUS - Apr 21/May 21**  
Taurus, you are beginning a contemplative phase of life right now, but you won’t have to sacrifice your social life to do so. Take a few days off from socializing and then return.
- GEMINI - May 22/Jun 21**  
Try to avoid any deep conversations or controversial topics this week, Gemini. Right now it’s best if you focus on more trivial matters and enjoy yourself.
- CANCER - Jun 22/Jul 22**  
Cancer, give yourself more time to figure everything out if you are feeling indecisive about someone. Don’t forge ahead without feeling entirely comfortable with the person.
- LEO - Jul 23/Aug 23**  
Leo, don’t drop everything you’re working on to address a developing issue at home. Others can handle the situation just as well as you, so keep your focus on pre-existing tasks at hand.
- VIRGO - Aug 24/Sept 22**  
Virgo, listen to friends and family members when they encourage you to try something new this week. Trust your instincts, as they seldom turn you in the wrong direction.
- LIBRA - Sept 23/Oct 23**  
You have no time for gossip this week, Libra. Your plate is already full at work and at home, so avoid getting caught up in anything that compromises your focus.
- SCORPIO - Oct 24/Nov 22**  
Scorpio, though it may feel like others are flying past you while you’re slowly plodding along, eventually things will even out and you’ll end up where you need to be.
- SAGITTARIUS - Nov 23/Dec 21**  
Create some plausible plans for the future this week, Sagittarius. Keep a journal to help you keep track of your ideas and make sense of your plans.
- CAPRICORN - Dec 22/Jan 20**  
Capricorn, your generosity finds you devoting much of your time tending to the needs of others this week. Enjoy your time helping others and don’t be afraid to accept their gratitude.
- AQUARIUS - Jan 21/Feb 18**  
Don’t get too hung up if your week is all work and little play. While your schedule might be hectic in the coming days, some relaxation time will arrive this weekend.
- PISCES - Feb 19/Mar 20**  
Pisces, make the most of new opportunities that present themselves this week. The effort you put in will pay off in due time.

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# classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold text \$8, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) or fax 765-1717.

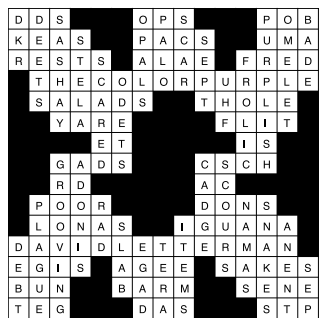
To place a boxed, display ad, contact 765-1494 local 5833; email [marketing@auroranewspaper.com](mailto:marketing@auroranewspaper.com).

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au (902) 765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à [frontdesk@auroranewspaper.com](mailto:frontdesk@auroranewspaper.com) ou nous transmettre un fax au (902) 765-1717.

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

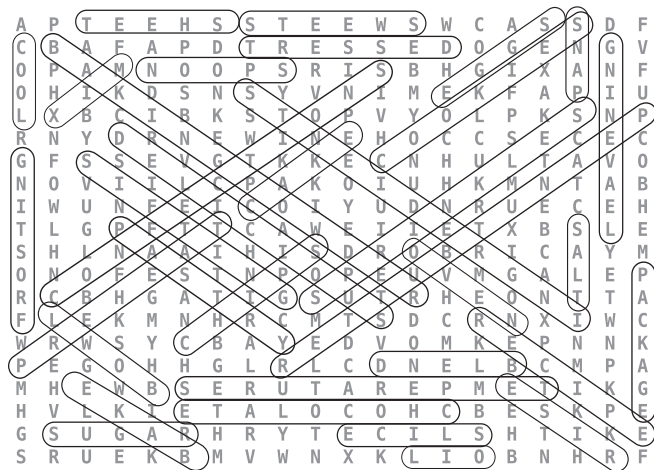
## crossword solution



## sudoku solution

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

## patrick's puzzle



## services & trades

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**FOR RENT – Four bedroom plus one with kitchen/living room/dining room & den. Large porch with panoramic view. One car garage on 10 acres in Paradise. \$550.00 a month plus utilities. Available Sept 1, 2013. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3432-ufnb)**

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**FOR RENT – Four bedroom house with garage on 2 acres located in Lawrenceton. 1 ½ baths, has chimney to install woodstove. \$550.00 a month plus utilities. Phone Ronald at 584-3267 or cell 1-647-763-1202. (3435-ufnb)**

**FOR RENT – Very clean, modern two bedroom apartment. Fridge, stove and Dishwasher. Washer Dryer hook-up. Close to everything in Greenwood. \$800/month, heat/lights incl. Available Oct 1st. No dogs. References required. Call Ross 840-0534. (3434-ufn)**

**FOR RENT – Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 840-0534 (3434-ufn)**

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**FOR RENT – Newly Renovated three bedroom apartment in Wilmot, Fridge Stove incl. \$650.00 plus utilities. References required. Call Ross 840-0534 (3434-ufn)**

**FOR RENT – Two bedroom Duplex apartment in Aylesford, Fridge Stove incl. \$595.00 plus utilities. References required. Call Ross 840-0534. (3434-ufn)**

**ROOM FOR RENT – Looking for a mature employed non-smoker to rent a large fully furnished room in Fales River subdivision. (Greenwood Area). Close to all amenities. \$130.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3435-4tpb)**

**FOR RENT – Two bedroom duplex located on Dakota Lane behind Greenwood Mall. Available Oct 1st, 2013. \$650.00 per month plus utilities. Fridge and stove included washer/dryer hook-ups. Walking distance to mall and bus route. Phone Allison at 825-9876. (3437-2tpb)**

**FOR RENT – Two/Three bedroom duplex approx. 2 miles from Greenwood Mall. Fridge and stove included washer/dryer hook-ups. \$495.00 plus utilities. Phone 765-8983 after 6 P.M. (3437-1tp)**

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**LAND FOR SALE – 3.5 acres of land at Waterloo Lake not on the lake. Treed, close to railway line 13,000 serious inquiries only please. Call 825-3607. (3435-ufnb)**

**FOR SALE – 2009 Case IH Tractor. 31 hp with loader 6foot bucket 3 range hydrostatic all hydraulic lines have been upgraded 500 hrs. Phone 680-2284. (3437-1tpb)**

**FOR SALE – Cavalier King Charles Spaniels, Free to a very good home. Adults 4 years to 5 years. Also, 8 month olds, males \$225.00, females \$275.00 both trained and very healthy. 12 week old vet checked, de-wormed and needles, females are \$700.00, males are \$650.00. Located in Greenwood, phone 765-0885. (3437-2tpb)**

## 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 (3413-ufn)**

## CHURCH SERVICES

**CHURCH SERVICE – "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3425-ufn)**

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Private Jeff Beaton and Master Corporal Troy McKeough make a splash on the Greenwood Golf Course during the 13th Controllers for Cancer Golf Tournament. Submitted

# Controllers for Cancer make a splash at fundraising tournament

Greg Miller,  
Chairman, Controllers For  
Cancer Golf

The remnants of tropical storm Gabrielle ensured it was less than ideal conditions September 13 for a round of golf, but an intrepid bunch of air traffic controllers and friends gave it a try in support of the Canadian Cancer Society. It was the 14th ATC Golf Tournament, the second year in a row as a cancer fundraiser.

By the end of the very soggy day, only five teams completed

the full 18 holes. Part way through the round the course had apparently closed due to the conditions, but many teams never heard the warning horn. Of the five teams, two teams actually finished with a very respectable -4. The team given the nod as the winners was the "Mixed Bag" from Wing Operations, which beat out last year's champs, the "Stiff Shafts." At +5, the "WATCO's Whackers" were the winners of the highest integrity award.

The round included four holes sponsored by local establish-

ments and were worth \$10,000 for a hole-in-one. Though three golfers came within a couple feet, no one was lucky enough to take home a bundle of cash. Stuck sitting at the holes watching for a lucky hit were Corporal Yvette Cedenno, Private Kevin Villeneuve, Captain Ryan Chin Yuen Kee and Sergeant Ken Riles. While we appreciate their getting wet and bored, we don't feel too sorry for Riles, as his meteorological guys the night before had been promising only light rain.

When the golfing was fin-

ished, the thoroughly soaked group retired to the club house for a steak dinner, followed by a live auction of numerous items donated by various Nova Scotia companies, golf courses and other establishments.

The important part of the tournament was tallied afterwards. Money raised from the auction, the golfing, the 50/50, a weight loss challenge and various other activities was above expectations. With 100 per cent of the funds going to the Canadian Cancer Society, the organizers were able to write a cheque for over \$3,000.

It was a great time that couldn't have happened without the generosity of sponsoring companies and the support of volunteers. The organization chairman would like to acknowledge the assistance of Sandra Price and Leanne Babinneau for working the registration table, Stef Caron for once again spending all day taking photos of some soggy golfers and, of course, Vick Finlayson and Chuck Rice for helping organize, obtaining the great load of prizes and auction items and keeping everything flowing smoothly.

# Ligue de curling inter-section de la 14<sup>e</sup> escadre

La ligue de curling inter-section de la 14<sup>e</sup> Escadre Greenwood est à la recherche d'équipes supplémentaires et/ou de joueurs. Ces derniers joueront sur la piste de curling de l'escadre le mercredi

après-midi.

Toute personne intéressée à participer, veuillez communiquer avec le Capitaine Rob Anderson de la 14<sup>e</sup> Escadron de génie logiciel, 765-1494 poste 3121.

# 14 Wing inter-section curling league

The 14 Wing Greenwood Inter-Section Curling League is looking for more teams and/ or players. They will be playing at the wing curling rink Wednesday afternoons.

Anyone interested in participating, please contact Captain Rob Anderson, 14 Software Engineering Squadron, 765-1494 local 3121.

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# Smith, Chalifoux headline Atlantic teams' slo-pitch success

The 2013 Canadian Armed Forces National men's and women's slo-pitch championships were held at CFB Borden September 14 to 18.

CFB Halifax won the women's Atlantic region's slo-pitch championship in August and opened at nationals September 15 with an 8-7 win over Valcartier. Halifax followed with another win, 16-1, over Petawawa. In the schedule's game seven, Halifax won 17-15 over Esquimalt, thanks to three off-field home runs from 14 Wing Greenwood pick-up player – and the game's most valuable player – Captain Heather Smith. Smith later made the tournament's all-star team.

Valcartier won the women's title September 17 13-2 over 4 Wing Cold Lake.

CFB Gagetown also won the Atlantic men's slo-pitch title,



**14 Wing Greenwood's Captain Heather Smith made the Canadian Armed Forces' women's slo-pitch tournament's all-star team.**

DND

and made a run all the way to the national title, defeating 8 Wing in the championship game.

Warrant Officer Alain Chalifoux

of 14 Wing Greenwood was a pick-up player with Gagetown, and also made the tournament's all-star team.

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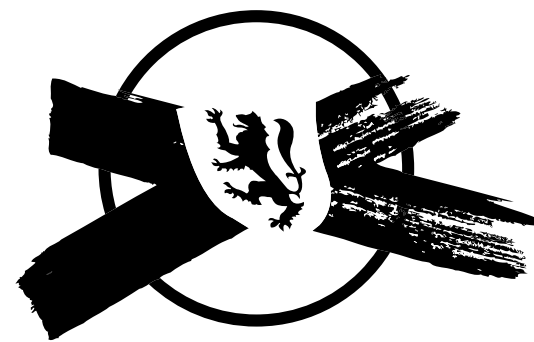
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NOVA SCOTIA VOTES  
October 8, 2013



## Voter Information



Everyone who is on the List of Electors for the October 8, 2013 provincial general election should receive a Voter Information Card (VIC) by Monday, September 30, 2013.

The VIC lists the times and places for voting and confirms that you are on the List of Electors. It's bright yellow.

If you are eligible to vote and do not receive your VIC by September 30, 2013, or, if you wish to correct information on the VIC you receive, please contact your returning office. To find your returning office telephone number, visit [electionsnovascotia.ca](http://electionsnovascotia.ca) or call, toll-free, 1-800-565-1504.

Bring your VIC with you when you vote. The voting process will be faster.

You can still be added to the List of Electors if you are:

- 18 years of age or older on October 8, 2013
- A Canadian citizen
- A resident of Nova Scotia since March 6, 2013

For information contact Elections Nova Scotia

at 424-8584 or, toll-free at 1-800-565-1504

TTY: 424-7475 or toll-free TTY 1-866-774-7074

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**Richard Temporale**  
Chief Electoral Officer  
Friday, September 27, 2013

