



Kim Connell BBA
Wealth Advisor (902) 825-6309
Ask how we can design your RETIREMENT INCOME BLUEPRINT.
kim_connell@scotiacleod.com
90 Commercial St., Middleton, N.S. B0S 1P0

 ScotiaMcLeod®

® Registered trademark of The Bank of Nova Scotia, used by ScotiaMcLeod under license. ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

Dave's Collision Works Ltd.
FRAME & COLLISION REPAIR SPECIALISTS
765-8161

 **DU PONT**
CERTIFIED

 **NAPA**
CERTIFIED BODYSHOP


Your Choice for Collision Repairs

CONNELL
CHRYSLER DODGE JEEP RAM

EXIT 18, HWY 101
MIDDLETON, N.S.
825-3471
www.connellchryslerdodge.com



14 WING • ESCADRE 14 GREENWOOD, NS



the **Aurora**

Vol. 35 No. 01 JANUARY 6, 2014 NO CHARGE www.auroranewspaper.com

Greenwood SAR-Tech recipient of bravery honours

Sara Keddy,
Managing editor

The initial “get go” on a February 11, 2011 call didn’t strike 14 Wing Greenwood search and rescue technician Sergeant Michael Cox as anything exceptional: a man had suffered a heart attack aboard a fishing boat off Halifax.

“We got there and, with the sea state and the weather, and it was what we call a ‘dirty boat’ – lots of rigging and gear on the deck, and a small deck to lower to... you’ve got to do what you’ve got to do,” Cox said December 9, just a few days after receiving national Medal of Bravery recognition for his work that night.

With the 413 crew on the Cormorant on the job, Cox and fellow SAR-Tech Sergeant Stéphane Clavette were carefully lowered onto the vessel, being tossed about in rough seas. The victim was secured in a rescue basket, but the deck

of the fishing boat was so icy and unstable, Cox and Clavette had difficulty keeping the basket steady for extraction. The man was finally hoisted up to the aircraft, and another cable was lowered to retrieve the two rescuers. Clavette attached himself to the cable but, at that moment, the boat was rocked by a large wave. He was able to unhook just before the cable was ripped from his hand. Another cable was lowered and, with great difficulty, the rescuers were lifted one at a time to safety.

“It’s what we train for,” Cox says. “It’s more risk management and being ‘acutely aware’ of situations than fear, and the job isn’t done until everyone’s back on board. Then, there’s a big weight off.”

His Excellency the Right Honourable David Johnston, Governor General of Canada, presented three Stars of Courage and 39 Medals of Bravery at a ceremony at Rideau Hall December 5.



His Excellency the Right Honourable David Johnston, Governor General of Canada presents the Medal of Bravery to Sergeant Michael Cox.

Sergeant R. Duchesne, Rideau Hall

Created in 1972, Decorations for Bravery recognize people who risked their lives to try to save or protect the lives of others. The Star of Courage recognizes acts of conspicuous courage in circumstances of great peril; the Medal of Bravery recognizes acts of bravery

in hazardous circumstances. Cox and Clavette, now living in Lazo, British Columbia, were both honoured with Medals of Bravery.

“The accounts that you hold in your hands, the citations we will hear, tell one cohesive story, even if each individual one is

different. It is a story of compassion, of courage, of the value of life itself,” Johnston said. “Each of you being honoured here today has done something remarkable. You saw someone in trouble and you helped, risking injury and your own lives in the process. In some cases,

sadly, it did not turn out as we all wish it had. We mourn those who cannot be here, while at the same time remembering their devotion to others.

We record and honour all your actions because we are inspired by them; because they tell us something about our

Continued on page 3...

Full Service Automotive Detailing
We keep all makes and models looking like new!

Express Detailing
Full Service Detailing
À la Carte Services

902-825-3168
to book an appointment

BRUCE
auto spa

451 Main Street, Middleton, NS
autospa@bruceautogroup.com

Greenwood Auto Sales

\$500 Military Discount

 WORLDWIDE AUTO SALES

830 Central Ave., Greenwood (former Canadian Tire location) | Office: (902) 765-1184
Open Sunday

www.carsonexports.com

2008 Jeep Patriot
4X4, 2.4L, 5 Speed, PS, Roof Rack, Tachometer
Block Heater, Daytime running lights,
127,000 kms | Info at www.bruceford.ca

\$7,995

STOCK # F13016B

BRUCE
clearance centre

Paul Tidman 765-0806 (h) | Garth Rafuse 765-4960 (h)
ptidman@bruceautogroup.com or grafuse@bruceautogroup.com

994 Central Ave., Greenwood 765-1305





14 Wing Commander Colonel Iain Huddleston assists Private M. Ethier-Thibodeau, the second youngest private at the event, in changing her slip-ons from the rank of private to chief warrant officer.



Colonel A.L. Gannon, the youngest private at the Christmas dinner makes the first carve, with Corporal F.M. Mailhot, left.



Sergeant Bill Griffin (left), the wing chief warrant officer's assistant, assists Wing Chief Warrant Officer Pierrot Jetté in changing his slip-ons to the rank of private.

Dinner traditions

December 12, 14 Wing Greenwood personnel attended the annual Junior Ranks Christmas Dinner at the Annapolis Mess, with all its holiday and military traditions. Various junior ranks members were served by senior non-commissioned members and officers.



Junior Ranks members enjoy their dinner.

Warrant Officer R.Clowe, 14 Wing Imaging

Camp committed to community

Staff at Camp Aldershot conducted fundraising activities during 2013 which raised over \$2,500, helping the less fortunate in the local community.

From the vehicle mechanics with their "Dirty Hands" program to the "Pancakes for Charity" breakfast, soldiers and civilian staff gave of their time to raise money and collect donations. Major Brent Kerr,

camp commander, says "giving back to the community we call home is important all year round, and especially so during the holiday season.

"Not only is the camp itself a proud member of the local business community, our soldiers and their families rely on the many services the community offers. We have a vested interest in supporting

the good work of the many volunteers and organizations helping those in need."

Some of the charities the camp has donated to include the Fundy Interchurch Food Bank, Our Community, Our Health, the Society of Prevention of Cruelty to Animals, Relay for Life, the Open Arms Resource Centre and the Kentville Salvation Army.



In the picture are, at left, Warrant Officer Ivan Youden, Fundy Interchurch Food Bank volunteer Bud Little, Master Warrant Officer John McNabb and Camp Aldershot Commander Major Brent Kerr.

Captain M.Chalmers, Camp Aldershot

the Aurora

Managing Editor | Directrice de rédaction
Sara Keddy • 902-765-1494 local/poste 5441
editor@auroranewspaper.com

Business & Advertising | Affaires commerciales et publicité
Anne Kempton • 902-765-1494 local/poste 5833
marketing@auroranewspaper.com

Production Coordinator | Coordonnateur de production
Brian Graves • 902-765-1494 local/poste 5699
production@auroranewspaper.com

Administrative Clerk | Commis à l'administration
Candace May Timmins • 902-765-1494 local/poste 5440
frontdesk@auroranewspaper.com

Editorial Advisor | Conseiller à la rédaction
Captain John Pulchny
• 902-765-1494 local/poste 5101
john.pulchny@forces.gc.ca

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

Yearly subscription: \$90 plus tax | Abonnement annuel : 90 \$ plus taxe

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel I.S. Huddleston, CD, Wing Commander.

Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel I.S. Huddleston, CD, commandant de l'Escadre.



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 14e 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.vpinternational.ca



Orungan Squadron, Brazil, and 405 Squadron, Canada, crew members compared maritime patrol work life and skills during a week's exchange recently. Submitted

Brazil, RCAF compare maritime patrol advances

**Captain Mark Sandner
405 (Long Range Patrol)
Squadron**

14 Wing Greenwood's 405 (Long Range Patrol) Squadron Crew Commander Captain Josh Christianson and the rest of Crew 4 recently returned from one week in Salvador, Brazil, where they were hosted by the 1st/7th Aviation Group "Orungan" Squadron of the Brazilian Air Force.

The trip was part of a mari-

time patrol crew exchange, intended to promote interoperability and strengthen relations between the two nations.

Orungan Squadron, the primary maritime patrol squadron in Brazil, having purchased 12 Orion P-3A from the United States in 2001; has now taken possession of seven of nine recently updated P-3AM (modernized) aircraft. As veteran flyers of the CP140 (the "Canadianized" version of the P-3C) for over 50 years, 405 Squadron's

visit provided an outstanding forum for long range patrol discussions between Crew 4 and their Brazilian counterparts.

The work week in Brazil consisted of a tour of the squadron lines and aircraft, numerous hours in the Brazilian tactical simulator, as well

as two flights on the Brazilian P-3AM. The Brazilian crews showed off their expertise in anti-surface warfare with the new equipment, as well as their proficiency in conducting search and rescue operations in the South Atlantic Ocean. Crew 4 was given the opportunity to operate the equipment during these missions under the supervision of their Brazilian counterparts. Although language proved a barrier between crew members on minor occasions, the personnel from Orungan Squadron are to be commended for their welcoming attitude and their efforts to make the most out of a very successful visit by the Canadian crew.

Learning was not only done on the Brazilian side, however. Operating in a tropical environment is a varied and sometimes challenging endeavour, and Crew 4 definitely benefitted from seeing how operations were conducted south of the equator. The trip was considered a success by all, and will work towards strengthening institutional ties between the two air forces.



Sergeant Stéphane Lionel Clavette, left, and Sergeant Michael Edgar Cox. Sergeant R.Duchesne, Rideau Hall

Bravery honours...

...cover

country and our people that we aspire to."

Cox says the medal is a personal honour, recognizing "something that went well."

"And I'm supremely confident any guy here in the squadron could do this - it's what we train for. This is recognition for all of the people who make this happen."

Cox was also appreciative of the other recipients at the ceremony, as those recognized included professionals, such as himself, where the "standard is to go in;" and "Average Joes," like the mother and son who accepted a posthumous award for their husband and father, who died after pulling the son from a fire.

"Those are all stories to share, and it was an experience."

Painting Services
Interior & Exterior
Brian Sturney
Lawrencetown, NS
584-3211 or 825-9970 Cell
Make Your Home's First Impression A Lasting One

Discover Driving
Certified Driving Instruction
Driver Education • Defensive Driving
Seniors' Safety • Private Lessons
(902) 665-2831
DRIVER EDUCATION CLASSES
January 18 - Kingston/Greenwood
Ask About Special Discounts
Call or email for details
Accepting students 15 1/2 years and older
Visit our web page for more information • www.discoverdriving.com
e-mail: discoverdriving@eastlink.ca • Serving the Annapolis Valley

Wags & Wiggles
Dog Grooming & Deluxe Boarding Kennels
All Sizes & Breeds Welcome
Doggie Daycare & Airport Services Available
(902) 847-0871
312 Crocker Road, Harmony
Our goal is happy dogs and satisfied customers!
www.wagsandwigglesns.ca
Betty Wiswell Tellington T Touch Practitioner Apprentice
Now offering T Touch trg for your companion animals.

services & trades
Contact Anne at 765-1494 local 5833 for rates

ESSO **RALPH FREEMAN MOTORS LTD.**
RUST CHECK ✓ YOUR LOCAL USED CAR DEALER
Licensed Mechanic Available on Site
U-Haul Dealer call 765-0158
www.freemansautosales.com
820 Main Street, Kingston • 765-2555

Low Minimum Orders **\$10.00 off** 450 Litres with card
FUEL LESS
2012 "Quality Service at Discount Prices"
Furnace & Stove Oil 538-0677
Waterville, N.S.
1-888-338-0331 (Oil delivery 6 days a week)

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

When you want to save money, timing is everything!
Get your ad noticed with the largest single site employer in the Valley, 14 Wing Greenwood.
Call Anne at 765-1494 local 5833
email: marketing@auroranewspaper.com

the **Aurora**

JASON BEZANSON ROOFING & CONSTRUCTION
9594 South Farmington
RR1 Wilmot, NS BOP 1W0
840-0552
Specializing in Roofing • Free Estimates

GMFRC introduces new coordinator of deployment services

**Margaret Reid,
Executive director
Greenwood Military Family
Resource Centre**

I am very pleased to introduce a new team member at the Greenwood Military Family Resource Centre.

Laura Rowlands, coordinator of deployment services, brings with her a wealth of personal experience as a military spouse who has lived

through the unique lifestyle challenges of postings and family separations due to deployment and training. Please do not hesitate to stop by to meet Rowlands. As she says in her self-introduction below, she looks forward to chatting with you.

Greetings CF families!

I am absolutely delighted to have the opportunity to serve you as coordinator of

deployment services for the Greenwood Military Family Resource Centre. My husband and I have had postings from Gander to Alaska and places in between. These postings have given us many opportunities for adventure and trying new things. Over the years, we have also journeyed through several deployments together. I do have personal insights about what it is like when your partner is away from home.

At times deployments can be challenging and stressful; however, I can help you stay resilient, strong and connected to your community. With my background in education, I am a lifelong learner who loves to help others make connections and have new experiences. I am also a great listener - I would love to hear your ideas and interests for programs we offer, such as "Try Something New."

The team of coordinators at the GMFRC are passionate about supporting you. Feel free to stop by my office any time for a chat and a coffee – you don't need a reason. You may contact me at 765-1494 local 5583 or laura.rowlands@forces.gc.ca.

*Sincerely,
Laura Rowlands,
Coordinator of Deployment
Services*



Laura Rowlands Submitted



Tech winners

14 Wing Greenwood Commander Colonel Iain Huddleston, second from right, with SISIP financial planner Marc Britney, left, and Wing Chief Warrant Officer Pierrot Jetté, right; recently drew the winning tickets for SISIP's Financial Literacy Month draw. The winner of the iPod was Captain Newton and the winner of the iPad was Angie Lake.

Sergeant P. Nicholson, 14 Wing photojournalist

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

familyforce.ca
forcedelafamille.ca
Facebook.com/GMFRC



**Vacation Lottery
Extravaganza 2014**
77 prizes with 1 in 20 chances of winning!
Tickets only available in Jan. \$120 / ticket. Pay allotment available
For more info, call 765-5611

Parent & Tot
Mon. & Tues, Jan. 6 & 7
9:30 - 10:30 a.m.

Parents et bambins
Lundi et mardi le 6 et 7 janvier
9 h 30 à 10 h 30

Tumble Tots
Wed., Jan. 8
9:30 - 10:30 a.m.

Pirouettes et culbutes
Mercredi le 8 janvier
9 h 30 à 10 h 30

Baby Group
Thurs., Jan. 9

9:30 - 11:30 a.m.

Bébés en groupe
Jeudi le 9 janvier
9 h 30 à 11 h 30

Call Centre Recruitment
Tues., Jan. 7
CANCELLED

Recrutement d'un centre d'appel
Mardi 7 janvier
ANNULÉ

LANGUAGE COURSES
Register by: Mon., Jan 6
Call 765-5611 for information or to register.
French Module 1, French Module 5, and English Module 1 will be offered

COURS DE LANGUE SECONDE
Date limite d'inscription : lundi le 6 janvier
Pour information and inscription veuillez appeler le 765-5611
Les cours de Français module 1, Français module

5 et Anglais module 1 seront offerts.

BETWEEN THE PAGES BOOK CLUB
Wed., Jan. 8
6 - 8 p.m.

Join us as we discuss the book "Ava Comes Home" by Lesley Crewe

ENTRE LES PAGES : GROUPE DE LECTURE
Mercredi le 8 janvier
6 h à 8 h
Rejoignez-nous pour discuter le livre «Ava Comes Home» par Lesley Crewe

Deployment Support Social
Wed., Jan. 15
5 - 7 p.m.
Register by: Mon., Jan. 13

Réunions sociales de soutien aux familles de militaires en déploiement
Mercredi le 15 janvier
5 h à 7 h
Date limite d'inscription : Lundi le 13 janvier

Le CRFMG est fier de vous présenter la nouvelle Coordinatrice des services de déploiement

**Margaret Reid,
Directrice exécutive,
Centre de ressources pour
familles militaires de
Greenwood**

Force canadienne

Je suis très heureuse d'introduire à notre communauté Laura Rowlands, nouvelle Coordinatrice des services de déploiement du Centre de ressources pour familles militaires de Greenwood.

Rowlands apporte avec elle une vaste expérience personnelle en tant que conjointe d'un militaire qui a vécu à travers les défis particuliers de mutations et de séparations de familles dues au déploiement et à la formation. Vous êtes cordialement invités à rencontrer Rowlands. Comme elle le mentionne dans sa présentation personnelle ci-dessous, elle se fera un plaisir de vous parler.

Bonjour aux familles de la

Je suis absolument ravie d'avoir l'occasion de vous servir en tant que coordonnatrice des services de déploiement du Centre des ressources pour les familles militaires de Greenwood. Mon mari et moi avons eu plusieurs mutations de Gander en Alaska. Ces mutations nous ont donné de nombreuses possibilités en fait d'aventures et de la découverte de nouvelles choses. Au fil des années, nous avons également voyagé par l'entremise de plusieurs déploiements ensemble. J'ai des connaissances de soi personnelles en ce qui concerne avoir un partenaire loin de la maison.

Je suis consciente que parfois les déploiements peuvent être difficiles et stressants par contre, je pourrais vous aider à demeurer résilient, solide et connecté à votre commu-

nauté. Mon expérience dans l'enseignement a fait de moi une apprenante pour la vie qui aime aider les autres à faire des liens et à faire face à de nouvelles expériences. Je possède aussi une grande capacité d'écoute – J'aimerais connaître vos idées et vos intérêts sur les programmes que nous offrons comme « Essayer quelque chose de nouveau. »

L'équipe de coordinateurs au CRFMG est passionnée à vous appuyer. N'hésitez surtout pas à vous arrêter à mon bureau peu importe quand afin de discuter et de prendre une café – vous n'avez pas besoin d'avoir une raison pour venir me rendre visite. Vous pouvez me contacter au 765-1494, poste 5583 ou laura.rowlands@forces.gc.ca.

*Cordialement,
Laura Rowlands*

Kingston Legion Br 98 ~ January 2014						
Sun	Mon	Tues	Wed	Thu	Fri	Sat
			New Year 1 Levee 11:00 - 1:00 'Route 12' 1:00 - 4:00	TGIT 2	TGIF 3	"LEGION LEGEND" 4 Karaoke Contest Semi-finals 9:00 p.m. - 12:30 a.m.
BINGO - 1:30	EUCHRE	BINGO 7:30	TGIW 8	CRIB	MIXED DARTS NS/NU Legion Curling Bonspiel	BREAKFAST 11 7:00 - 10:30 a.m. NS/NU Legion Curling Bonspiel
BINGO 12 1:30 NS/NU Legion Curling Bonspiel	TGIM 13 EUCHRE NS/NU Legion Curling Bonspiel	TGIT 14 BINGO 7:30	TGIW 15	TGIT 16 CRIB	TGIF 17 NO FOOD MIXED DARTS	"LEGION LEGEND" 18 Karaoke Contest Finals 9:00 p.m. - 12:30 a.m.
BINGO - 1:30	TGIM 20 EUCHRE EXECUTIVE MTG 7:00	TGIT 21 BINGO 7:30	TGIW 22	TGIT 23 CRIB	TGIF 24 MIXED DARTS	DANCE 25 'Route 12'
BINGO - 1:30	TGIM 27 GENERAL MTG 7:00	TGIT 28 BINGO 7:30	TGIW 29	TGIT 30 CRIB	TGIF 31 MIXED DARTS	

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



Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART** 613 Main St. KINGSTON 765-2103 26 Commercial St. MIDDLETON 825-4822



Kids' Christmas

“Christmas tree” Master Corporal Matt Baer and “Elf” Corporal Megan Trace spread Christmas cheer all afternoon. The 14 Wing Greenwood children’s Christmas party was held at the Annapolis Mess December 14, with bouncy castles, balloon twisting, children’s entertainers and party food provided - with the highlight of the event being a personal visit and photo session with Santa Claus.

Private N.Clarkson, 14 Wing Imaging



A group of happy party goers displays their Christmas gifts.



Elves (from left) Judy Besharah, second lieutenants Richard Gonzo and Raj Jangi and photographer Corporal Mike MacIsaac provide support for Santa Claus.

EMPLOYMENT OPPORTUNITY Greenwood Military Family Resource Centre (GMFRC)



School Liaison Coordinator

FULL-TIME TERM POSITION (to August 2014)

The role of the School Liaison Coordinator (SLC) is to eliminate barriers and build bridges for the academic success of military-connected children through networks and partnerships with local communities. This is primarily achieved through an excellent partnership with our local schools and School Boards. Working with parents and school staff, the SLC will offer support services to children and their families, in addition to educational learning opportunities to enhance and strengthen families. With a goal of building awareness of military life & culture within our local schools, and a focus on supporting military families through the military transitional lifestyle, this position will offer preventive programming to increase school-connectedness for military children.

Probationary Period: 6 months
Responsible to: Executive Director

QUALIFICATIONS REQUIRED:

Education:

- Minimum of an Undergraduate Degree in Social Sciences, Education Counselling, &/or related field.

Experience:

- Minimum of two years experience with the not-for-profit sector is a must.
- Advanced ability to work independently and as part of an interdisciplinary team.
- Excellent verbal and written communication skills. Excellent, dynamic public speaking ability.
- Knowledge of Microsoft Office programs.
- **Ideal candidate is bilingual.**
- A solid understanding of the unique needs of CAF families as well as a demonstrated ability to work effectively within both an interdisciplinary team and in a self-directed environment while responding to the challenges of a demanding multi-faceted role; understanding of the education and transition challenges faced by military families.
- In-depth knowledge of civilian/provincial agencies and organizations that can provide support to military families
- Excellent interpersonal, communication and assessment skills as well as sensitivity and tact in dealing with people under stressful conditions
- Exhibits characteristics of warmth, empathy, humour and a non-judgmental philosophy of care and strong understanding and application of ethical principles.
- Possesses a wide range of theoretical and practical knowledge encompassing: program development, education and training; group dynamics and facilitation; crisis intervention, and attachment and separation dynamics and processes.
- A clear understanding of the community development process is essential and a working knowledge of community resources in the catchment area is required.
- Strong belief in the principle of volunteerism.
- 37.5 hours per week (occasional evening & weekend hours are required. Flexibility is a must.)

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 noon on Monday, January 13, 2014** to:

Margaret Reid
Executive Director
email: home@greenwoodmfrcc.ca
(MS Word or PDF format)
Subject line: resumé – School Liaison
Greenwood Military Family Resource Centre
Fax: (902)765-1747
P.O. 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, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted

The Greenwood MFRC is committed to employment equity.
You can read more about the GMFRC at: www.familyforce.ca

OCCASION D'EMPLOI

Le centre de ressources pour les familles militaires de Greenwood (CRFMG)



Coordonnateur/Ccoordonnatrice de la liaison avec les écoles

POSTE TEMPORAIRE À TEMPS PLEIN

(jusqu'en août 2014)

Le rôle du coordonnateur/de la coordonnatrice de la liaison avec les écoles est d'éliminer les obstacles et d'établir des ponts en vue de favoriser la réussite scolaire des enfants militaires, et ce, par le biais de réseaux et de partenariats avec les communautés locales. Ceci est principalement accompli grâce à un excellent partenariat avec nos écoles et nos commissions scolaires locales. En travaillant avec les parents et le personnel scolaire, le coordonnateur/la coordonnatrice de la liaison avec les écoles offrira des services de soutien aux enfants et à leur famille, en plus d'offrir des occasions d'apprentissage éducatif pour améliorer et renforcer les liens familiaux. Ayant comme objectif de sensibiliser nos écoles locales à la vie et à la culture militaire, et de mettre l'accent sur le soutien aux familles des militaires tout au long du style de vie transitionnel militaire, ce poste offrira une programmation préventive pour augmenter l'implication des enfants militaires à l'école.

Période de probation : 6 mois
Superviseur immédiat/superviseure immédiate : Directrice exécutive

QUALIFICATIONS REQUISES

Éducation :

- Au moins un diplôme de premier cycle en sciences sociales, comme conseiller/conseillère en orientation scolaire, ou un domaine lié.
- **Expérience :**
- Au moins deux ans dans un secteur sans but lucratif est indispensable.
- Excellente capacité à travail de façon autonome et au sein d'une équipe interdisciplinaire.
- Excellentes compétences en communication écrite et orale. Excellente aptitude à parler en public de façon dynamique.
- Connaissance des logiciels de Microsoft Office.
- **Le candidat idéal sera bilingue.**
- Très bonne compréhension des besoins uniques des familles des Forces canadienne, ainsi qu'une capacité démontrée de travailler de façon efficace avec une équipe interdisciplinaire ainsi que dans un environnement autonome tout en réagissant aux défis d'un rôle exigeant ayant plusieurs facettes; une compréhension des défis en éducation et de transition auxquels font face les familles des militaires.
- Connaissance approfondie des organismes et organisations civils/provinciaux qui peuvent fournir un soutien aux familles des militaires.
- Excellentes compétences interpersonnelles, en communication et en évaluation ainsi qu'une sensibilité et une finesse à composer avec des personnes dans des situations stressantes.
- Démontrer les caractéristiques d'une personne chaleureuse, empathique, humoristique, et d'une philosophie des soins sans jugement, ainsi qu'une très bonne compréhension et une application des principes d'éthique.
- Posséder une grande variété de connaissances théoriques et pratiques liées aux sujets suivants : l'élaboration de programmes, l'éducation et la formation; les dynamiques de groupe et l'animation; l'intervention en situation de crise, et les dynamiques et les processus liés aux liens affectifs et aux séparations.
- Une compréhension claire des processus de développement communautaire est essentielle, et une connaissance pratique des ressources communautaires du secteur desservi est requise.
- Une forte croyance au principe de bénévolat.
- 37,5 heures par semaine (des heures occasionnelles les soirs et les fins de semaine sont requises; une flexibilité est indispensable).

Le candidat doit subir une vérification du registre de l'enfance maltraitée, une vérification du casier judiciaire, et une vérification approfondie de la fiabilité. Les candidats admissibles doivent transmettre leur lettre d'accompagnement et leur curriculum vitae, décrivant clairement leur capacité à répondre à toutes les exigences du poste, par télécopieur, par courrier ou pour courriel **d'ici le lundi 13 janvier 2014 à midi** aux soins de :

Margaret Reid
Directrice exécutive
Courriel : home@greenwoodmfrcc.ca
(en MS Word ou en format PDF)
Objet : Curriculum vitae — coordonnateur/coordonnatrice de la liaison avec les écoles
Centre de ressources aux familles militaires de Greenwood
Télécopieur : 902-765-1747
C.P. 582, Greenwood, N.-É. B0P 1N0

- Veuillez envoyer votre curriculum vitae en anglais.
- Les demandes d'emploi peuvent être déposées à la réception du CRFM de Greenwood. Le CRFM de Greenwood est situé dans le AVM Morfee Centre sur la rue School, à Greenwood.

Veuillez prendre note : nous communiquerons seulement avec les personnes dont la candidature aura été retenue.

Le CRFM de Greenwood souscrit à l'équité en matière d'emploi.
Pour en apprendre davantage au sujet du CRFM de Greenwood, consultez : www.familyforce.ca

Support the
advertisers that
stand behind your military





Personnel sported their favourite colours as 14 Wing Greenwood marked Sports Day in Canada November 29. A day's worth of mini-tournaments, including volleyball, curling and bowling; encouraged participation and camaraderie at the Fitness & Sports Centre; and families took to the courts November 30, with a series of "try it" activities at the community centre.

Corporal M.J. MacIsaac, 14 Wing Imaging



Get your sport on!



As part of an initiative to get Canadians more active, participACTION and CBC sports teamed up for this year's Sports Day in Canada, inviting the Canadian Armed Forces to join in. All bases and wings were asked to host a sports experience for personnel and their families November 29 and 30.

14 Wing Greenwood supported the event through a series of activities, including turning the regular Friday "dress with a difference" charity dress down day into an opportunity for personnel to wear their favourite sports team's jersey. Over 220 athletes also enjoyed volleyball, curling and bowling throughout the day, including a historical photo and healthy snacks.

14 Wing Health and Fitness Champion, Lieutenant-Colonel Scott Murphy and Wing Chief Warrant Officer Pierrot Jetté were on hand to address jersey-clad participants, congratulating them on participating in the first of what will likely be many annual events.

On the Saturday, "try it" curling and bowling sessions provided families an opportunity to learn and enjoy a sport in a relaxed, non-competitive venue. The 14 Wing Greenwood

Community Centre was rocking in the evening with more youth sports.

Many thanks to Wing Imaging, Captain Rob Anderson, Kathy Alexander and Personnel Support Program staff for making this a memorable day. A special thank you to the chain of command for participating, and supporting the event with teams from across the wing.

Organizers are keen to improve the event for next year, and welcome your feedback. Please forward comments to

graham.white3@forces.gc.ca for a bigger and better 2014 Sports Day in Canada.



Wilton The Fun Starts January 9

Wilton Cake Decorating Classes

Come out and have fun while you learn the Wilton method of cake decorating held here right in the store!

Our first class starts on January 9, 2014. Registration is required prior to the class, please call for details.

Country Store

Natural Alternatives for a Healthy Lifestyle
Greenwood Mall • 902-765-4766

THANK YOU to our clients and to The Restaurant - Pasta Jax and Middleton Save-Easy along with everyone who helped us raise \$25,000 for the IWK during MCT Community Day across the maritimes.

MCT MACDONALD CHISHOLM TRASK Insurance

7 School Street
Middleton, NS B0S 1P0
Tel. (902) 825-3510
www.mcti.ca

Taking care of people. It's what we do.

Resolutions Massage Therapy

New location

We are now open in our new location
1046 Central Avenue (across from Dollarama). Tom & Kasia
Drop in and see our new facility. Tel. 242 3336
We're always happy to see you. resolutionsmt@gmail.com

The Anglican Church of Canada
Parish of Wilmot
Welcomes You!

Rector: Rev. Matthew Sponagle

Holy Trinity (Middleton) All Saints (Kingston)
45 Main Street 521 Pleasant St. (Off Bridge St.)
11:00 am Worship Service 9:30 am Worship Service & Sunday School

For more information contact Parish office 825-2326
or online www.parishofwilmot.com

We are a strong, caring & inclusive community respectful of all!



Day for dinner

A Christmas community gathering at Kingston United Church December 25 attracted about 30 guests for dinner and holiday carols. This year's event was the ninth annual gathering, and organizers are never sure how many guests will take them up on the invitation to join in the food and fellowship. This year's group included many from the local area, some newcomers and also a couple of visitors from Ontario.

M.Rolph



Blood donations add up

Canadian Blood Services held another successful two-day blood donor clinic at the 14 Wing Greenwood Community Centre December 9 and 10. Two hundred twenty-eight donors supported this worthy cause and, as a result, 188 donations were collected.

The 14 Wing Greenwood Community Centre would like to thank Tim Hortons and

McDonald's for continued sponsorship of this event. Thanks also to the volunteer work party: Leading Seaman Haynes, Corporal Thomas Rumsch, Corporal John Stevens, Private Steven Hess, Sergeant Duncan Haldane, Master Corporal Darron Perry, Corporal Chris Lindsay, Corporal Chris Stevenson, Master Corporal David Murray, Master

Corporal Jean-Yves Therault, Corporal Kimberley Mann, Corporal Ryan Walsh, Private Kristopher Hann, Corporal Justin Kubis, Corporal Tyler Haynes, Corporal Mathiew Leblanc and Peter Moreland.

Canadian Blood Services' next clinic in Greenwood will be February 24 and February 25. To give blood or volunteer, call 1-888-236-6283.

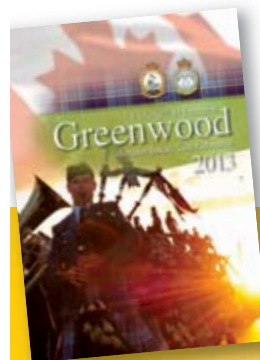


It's that time of year!

Here is your chance to have your business featured in a great reference for military households for an entire year.

14 Wing Greenwood Information Guide 2014

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



Inside Advertising sizes & rates:

1/4 page \$400 plus tax

1/2 page \$700 plus tax

Full page \$1000 plus tax

Deadline Feb. 14

Call Anne at 765-1494 local 5833 or email marketing@auroranewspaper.com
Visit our website to view last year's guide www.auroranewspaper.com

FRASER'S PRO HomeCentre
Kentville, Kingston, Berwick, Bridgetown, Annapolis Royal

VILLAGE OF KINGSTON
NEW YEAR'S EVE 2013
COMMUNITY CELEBRATION
THANK YOU TO OUR LOCAL BUSINESS SPONSORS

CANADA POST

H.E. ARMSTRONG MECHANICAL
Established 1958

Atlantic Superstore
loblaw.ca

Thanks so much to our supportive local businesses and residents. The New Years Eve Volunteer Planning Committee is pleased to announce that through your generosity we were able to donate **\$486.00 and over 450 lbs** of food to the Upper Room Food Bank. Thank you so very much.

Loomer's PUMPING SERVICE LIMITED

Avery's FARM MARKETS

KINGSTON VOLUNTEER FIRE DEPT
BEST WESTERN AURORA INN
C.C. CLEVELAND INSURANCE LTD.
MID-VALLEY CONSTRUCTION LTD.
LEO GLAVINE - MLA KINGS WEST
GREENWOOD MALL MERCHANTS
PEOPLE'S CHOICE REALTY
ASSANTE CAPITAL MANAGEMENT LTD.

Sobeys

EXIT

DQ

PHARMASAVE

KENNETH BOWER - CGA
PARKER & RICHTER BARRISTERS
T&S OFFICE ESSENTIALS LTD.
RYDEL HOMES LTD.
KINGSTON MEDICAL CLINIC
DAVID PROUDFOOT
DR. PAUL MCGUIRE
SHAWN'S SPORTS EXCELLENCE

J&E's hot tubs, saunas, pools relax with us

MAMA SOFIA PIZZERIA
FREEMAN MOTORS LTD.
BOATES FARMS
RE/MAX BANNER
MEADOWBROOK FARMS
DECOSTE KITCHENS
AURORA NEWSPAPER
LOOMERS PORTABLE TOILETS

Weight Loss's NEW

Dynamic Duo!

- ✓ Balance Blood Sugar
- ✓ Burn Fat
- ✓ Lose Inches
- ✓ Curb Hunger

For more information visit in-store

Country Store

Greenwood Mall
963 Central Avenue
Greenwood (902) 765-4766

Receive \$3.00 OFF
Your Next Purchase Of
Simply Trim or FitSMART Shake*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7. * Limit one coupon per purchase. Coupon expires February 28th, 2014.

Signature: _____



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

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

Meditation

Mondays, 2 p.m., learn and practice techniques of breathing, eye movements and posture to relax the body and mind. Based on Tai Chi and yoga practices. Work is all seated on chairs. Joe 765-1898. \$10 per class, in Melvern Square.

At CentreStage

On the evening timid librarian Cinnamon Schmidt and her mother are to entertain her fiancé, Hobart, and his mother at a serene family dinner, Cinnamon comes home in shock: she has witnessed a bank robbery and is the only one who can identify the crook. And then the fun begins! Plays January 10, 11, 17, 18, 24, 25, 31. Show times 8 p.m., with matinees January 26 and February 9 at 2 p.m. Tickets \$15/ \$12. Call 678-8040 for reservations. CentreStage Theatre, 61 River Street, Kentville; www.centrestagetheatre.ca.

Senior fitness

January 7, and continuing Tuesdays and Thursdays, 10 a.m. to 11 a.m., Kingston Recreation offers fitness and fun for adults ages 55-



Holiday songs

Dwight Ross Elementary School choir members Zoe McDevitt, Emma Seney, Emma Buckle and Payton Reid stood out for their solo performances as part of the song, Innkeeper. A variety of holiday songs were presented by classes at the school's holiday concert, titled, "December in Our Town," December 17. Special mention to the following students for their distinctive part in the concert as speakers: Emily Clarke, Megan Holmes, Emma Buckle, Rebecca Reiner, Alexis LeBlanc, Autumn-Sky Martin, Reece Ronan, Riley Laffin, Payton Reid, Jessica Miller, Christopher Deveau and Koree Pastuck; and sincere thanks to Ms. Merrett and Mrs. Nichols for an amazing evening and to Mrs. Neily and all the students who helped transform the gym into a wonderful winter village.

Submitted

plus at the Kingston Legion. Try one class for free, bring a friend! \$4 per class, or \$65 total for the winter/ spring session of classes (until mid-May). Register at the

Kingston village office, 765-2800.

Breakfast

January 11, All Saint's Anglican Church, Kingston, will be serving a full breakfast, 8 a.m. to 10 a.m. (turn west off Bridge Street). Cost: \$7. Menu: pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea & coffee.

Hymn sing

January 12, 7:30 p.m., at the Wilmot Baptist Christian Fellowship Centre, corner of Highway 1 and Dodge Road. Special music guest is Bonnie Durling, a contemporary Christian singer from the Valley. All welcome. Refreshments to follow.

Luncheon

January 14, enjoy a noon lun-

cheon at the Kingston Lions' hall, noon to 1 p.m. Roast beef and mashed potatoes with all the fixings, coffee, tea and dessert. Cost is \$8 at the door or \$8.50 delivered (deliveries must be ordered by 10:30 a.m. December 14). Phone 765-2128 for details.

Soup kitchen

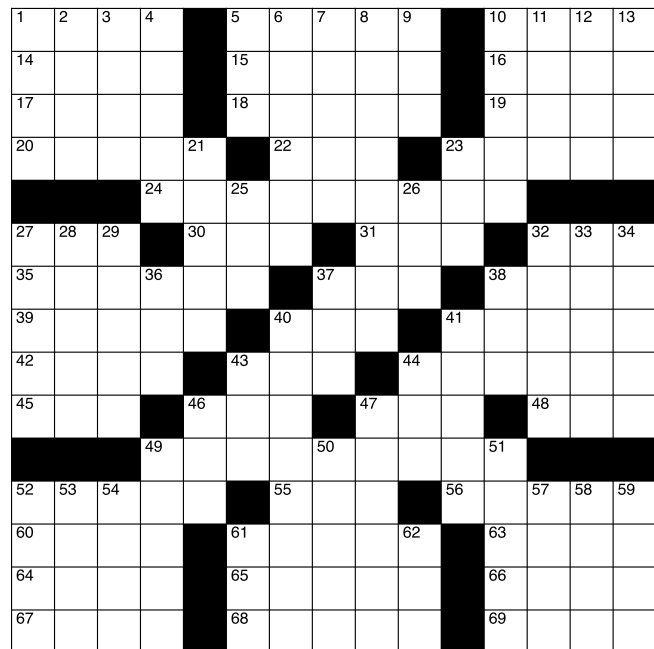
January 15, a soup kitchen will be held, and continue Wednesdays through spring, at noon at St. Monica's Church Hall, 37 Connaught Ave., Middleton. All are welcome to come and socialize. There is no cost. Info: 825-6906.

Moonlit snowshoe

January 17, Hike Nova Scotia and County of Annapolis Recreation Services present a guided snowshoe hike in Valleyview Provincial Park in Bridgetown, 6:30 p.m. Register at borde@annapoliscounty.ca, 532-3144 or 825-2005. Win trail prizes. www.hikenovascotia.ca

metro crossword

solution page 10



- ACROSS**
- 1. Esau's descendants home
 - 5. Fragrant tropical tree resin
 - 10. Selection list
 - 14. A rectangular groove
 - 15. Plant of a clone
 - 16. Three-banded Armadillo
 - 17. Surrounded by
 - 18. Muse of lyric poetry
 - 19. Give a job to
 - 20. Ceremonial staff bearer
 - 22. By way of
 - 23. Bangladesh capital (old sp.)
 - 24. Taxicab registration
 - 27. Consumed
 - 30. Indian legume dish
 - 31. Tire nut
 - 32. Woman (Fr. abbr.)
 - 35. Spider's trap
 - 37. Have already done
 - 38. Picasso's Dora
 - 39. Sousaphones
 - 40. Campaign contributor org.
 - 41. ___ and Venzetti
 - 42. Oil cartel
 - 43. Angry
 - 44. Chauvinists
 - 45. Bloodshot
 - 46. Swiss river
 - 47. 1/100 of a yen
 - 48. East northeast
 - 49. Adorns
 - 52. Egyptian statesman Anwar
 - 55. Expel
 - 56. Expressed pleasure
 - 60. Assist
 - 61. Jewish folklore legend
 - 63. An unidentified aircraft
 - 64. Singer Nat "King"
 - 65. A level surface
 - 66. Israeli politician Abba
 - 67. Actor Kristofferson
 - 68. Paddled
 - 69. Locomoted
 - 21. Park in Northern Spain
 - 23. Canine
 - 25. Hit lightly
 - 26. Indiana Univ. Degree
 - 27. Play performer
 - 28. Hairpiece
 - 29. Pulled away
 - 32. Papier-___
 - 33. Georgia city
 - 34. Irregularly notched
 - 36. Ladies' 1st Army branch
 - 37. Begetter
 - 38. Raincoat
 - 40. Conic curve
 - 41. ___ Claus
 - 43. Family Hominidae member
 - 44. Personnel
 - 46. Actor Carney
 - 47. At peace
 - 49. Joyce Carol ___, US author
 - 50. Of cheekbone
 - 51. A one-edged cavalry sword
 - 52. Potato pouch
 - 53. Town in Ghana
 - 54. Small store
 - 57. Rover
 - 58. Oh, God!
 - 59. Force unit
 - 61. Central mail bureau
 - 62. ___ student, learns healing
- DOWN**
- 1. Mild yellow Dutch cheese
 - 2. Fallow deer genus
 - 3. Of an ode
 - 4. Phone line connector
 - 5. Before
 - 6. Insect stage
 - 7. Electronic communication
 - 8. Relating to metal
 - 9. Japanese Minister Hirobumi
 - 10. Naval historian Alfred Thayer
 - 11. A long narrative poem
 - 12. Drug officer (US slang)
 - 13. Carbamide

~ In Memory ~
Mervin Reagh Feener
 November 17, 1934 - January 4, 1994
 20 years gone

These things still live on; willpower, strength, kindness, honesty, genuine, loving, thoughtfulness, gentle, courageous, loyalty, soft spoken, laughter, well respected, love of nature, admiration, brave, supportive, friendliness and most of all, best dad and loving husband.

Wife Dianne and Kevin, David, Donna and families



the **Aurora** Find & Win

Three easy ways to enter.

- Through our website: www.auroranewspaper.com
- Fax: 765-1717
- Drop into our office located on 83A School Road (Morfee Annex)

**Entry deadline:
Noon, January 9, 2014**

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.

- What is the Guitar Guru's phone number? _____
- When do Wilton Cake decorating classes start? _____
- When does the Kingston adult fitness program start? _____
- What is Jason Bezanson's phone number? _____
- When is Route 12 playing at the Kingston Legion? _____


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: KATHY DAVIS

metro crossword brought to you compliments of



**954 Central Avenue
Greenwood
765-6381**

Kingston Legion

BINGO

**Sunday, 1:30 p.m.
Tuesday, 7:30 p.m.**

Regular Games - \$100

- 3 Specials - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- **Consolation \$300**
- Double Action

Lic.# 115910-08

'Stuff the Bus' delivers

Master Corporal Dianne Neuman, 14 Wing Imaging

Santa arrived early, December 19, at the Upper Room Food Bank in Kingston, as students from four local schools delivered over 1,300 pounds of food items.

A school bus load of well-intentioned, brightly dressed youth unloaded another loot-laden school bus of dry goods. The event, known as "Stuff the Bus," brought together students from grades four to 12 at Dwight Ross Elementary School, Pine Ridge Middle School, Saint Mary's Elementary and West Kings District High School. Through a variety of food drive activities, the students were able to collect over 2,500 pounds of

food items shared between the Kingston and Berwick food banks.

"This type of event is important for young people to get involved in, and we are so happy they do," said Harley Hazelwood, manager of the Upper Room Food Bank.

The students, members of the socially conscious Me to We Foundation, decided to assist the food as part of their local initiative. The foundation fosters youth leadership at home and abroad. Events such as this raise the awareness of the importance of supporting local food banks during holiday season. Hazelwood noted the need for food items continues throughout the entire year, and encourages people to continue to donate.



Students from four local schools delivered over 1,300 pounds of food items to the Upper Room Food Bank in Kingston December 19, with another load destined for the Berwick Food Bank. Master Corporal D. Neuman, 14 Wing Imaging



West Kings student Courtney Bell passes a food donation to volunteer Roger Penny at the Upper Room Food Bank in Kingston.



West Kings student Maxim Roy, 15, passes a load to Holly Morrison, 13, from Pine Ridge, as they help unload a school bus full of food in Kingston.



Dwight Ross students, from left, Cody Ellis, Connor Hines and Emily Hunter donate items to be weighed by volunteer Wade Envik in Kingston.

sudoku

solution page 10

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

Level: Beginner

Fun By The Numbers

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

sudoku brought to you compliments of

6 inch Roasted Chicken or Turkey Breast Subs

Try them on our NEW Garlic Bread

Greenwood store now closing at 1:00 am on Saturdays

Middleton - 902-825-5525 • Greenwood - 902-765-2267

patrick's puzzle

solution page 10

VACATION WORD SEARCH

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

WORDS

AIRPORT	CRUISE	HOTEL	PLANE	TAXI
AUTOMOBILE	DESTINATION	JOURNEY	PORT	TOUR
BOARD	DRIVE	LAND	RAILWAY	TRAFFIC
BUS	EXCURSION	LUGGAGE	ROUTE	TRAIN
CHARTER	FLY	MOTEL	SAILING	TRAVEL
CHECK-IN	HOLIDAY	PACK	SIGHTSEEING	TRIP
CROWDS	HOSTEL	PASSENGER	STATION	VACATION
				VOYAGE

patrick's puzzle brought to you compliments of

Feeling confined by your data plan?

All Promotional Plans include:

- Caller ID and Voice Mail 3
- Unlimited Nationwide Family Calling*
- Unlimited Local Early Nights (6pm) and Weekends*
- Unlimited Text, Picture and Video Messaging



* See dealer for details



Greenwood Mall
765-2415

horoscopes

Jan 5 - Jan 11

ARIES - Mar 21/Apr 20

Now may be the time to try something new, Aries. You are not one to shy away from anything, but right now you're a bit apprehensive about things. Take a leap of faith.

TAURUS - Apr 21/May 21

Taurus, many people look to you as a leader, and they are wise to do so. You are especially trustworthy, and you will be asked to solve a few problems this week.

GEMINI - May 22/June 21

Gemini, there won't be much time to enjoy recreational activities this week, so you may have to find a new way to let loose. Rest assured there will be more time for fun down the road.

CANCER - Jun 22/Jul 22

Cancer, a new opportunity comes your way but you're not quite sure if you're ready for such drastic changes. Take your time before making a final decision.

LEO - Jul 23/Aug 23

Leo, no matter how hard you try, some people just can't see things from your point of view. Don't take this personally, as everyone is entitled to their own opinions.

VIRGO - Aug 24/Sept 22

Virgo, sometimes it seems like you have all of the answers, while at other times, you might not know how to approach a situation. Take some time to analyze your approach.

LIBRA - Sept 23/Oct 23

Feeling homesick, Libra? If so, make some post-holiday plans to visit with friends or family you didn't get a chance to see during the holidays. Enjoy this time spent with loved ones.

SCORPIO - Oct 24/Nov 22

Scorpio, you like to stay busy. But you sometimes feel overwhelmed with all that you have to do. Stop biting off more than you can chew and take things one task at a time.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, now is a good time to make resolutions and reconnect with distant friends. It is good to rekindle relationships and commit to spending more time with friends and family.

CAPRICORN - Dec 22/Jan 20

After time away for the holidays, getting back into a routine can be challenging, Capricorn. But you like to stick to a schedule, and getting back on track is the way to do it.

AQUARIUS - Jan 21/Feb 18

Aquarius, although you have many friends, you recently have only spent time with a select few. This week is a great time to reach out to those friends you haven't seen in awhile.

PISCES - Feb 19/Mar 20

Your competitive juices will be flowing this week, Pisces. Enjoy the competitive atmosphere but don't take things too far.

horoscopes brought to you compliments of

FRASER'S PRO Home Centre



BERWICK • 1-800-959-3727
 KINGSTON • 1-902-765-3111
 KENTVILLE • 1-902-678-8044
 BRIDGETOWN • 1-902-665-4449
 www.frasers.ca



classifieds

Classified advertisements, 35 words or less, are \$8 tax included. Additional words are 10 cents each, plus tax. Bold text \$9, 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 or fax 765-1717.

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

Les annonces 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 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.

crossword solution

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

sudoku solution

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

patrick's puzzle

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

flyer delivery

Notice to 14 Wing Greenwood Residential Housing Unit occupants

Weekly delivery of flyer packages is coordinated by Valley Flyer Services.

If you have comments about delivery or need to make arrangements to hold or stop delivery, please contact 902-678-9217.



APARTMENTS

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 Nov 1st. No dogs. References required. Call Ross 840-0534. (3501-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 (3501-ufn)

FOR RENT - Newly Renovated three bedroom apartment in Wilmot, Fridge Stove incl. \$650.00 plus utilities. References required. Call Ross 840-0534 (3501-ufn)

FOR RENT - Worry free retirement living at its best, Chipman Avenue, Bridgetown. Two Bedroom Apartment, 1200+ Sq. ft. of living space including LR, DR, KIT and six appliances. Hardwood flooring throughout, R2000+ construction, electric heat. Garage, paved driveway, snow removal, lawn care and extra parking included. Very quiet area, 10 minute walk

to all amenities. \$900.00 per month, plus utilities. For more information please contact 902-847-1365. (3501-ufn)

FOR RENT - Two bedroom spacious ground floor apartment in Auburn. Fridge/stove, washer dryer hook-up. Lawn care and snow removal provided. \$500.00 per month plus utilities. Available now. Call Sue 844-0432. (3501-ufn)

FOR RENT - Four Plex in Middleton: Two bedroom basement apartment on Taylor Drive. Available now. Fridge, stove, water included. New floors and fresh paint. Close to schools and hospital and shopping. \$550.00 plus utilities. Call Darlene for viewing 825-3424/840-1780. (3501-2tp)

FOR RENT

FOR RENT - Middleton - Brooklyn worry free retirement living. Two bedroom unit with garage. 1000+ sq.ft of living space, fridge, stove, dishwasher, fireplace, heated floors in washroom, tub, shower, laundry hook-ups, paved driveway, snow removal, and lawn care included. Quiet! For more information please call Darlene for viewing 825-3424/840-1780. (3501-2tp)

MOBILE HOMES

FOR RENT - Two bedroom mobile home located in Kingston. Heat, lights, fridge and stove included. No dogs allowed. \$750.00 per month. Phone 847-5046. (3501-ufn)

DUPLEXES

FOR RENT - Two bedroom Duplex apartment in Aylesford, Fridge Stove incl. \$595.00 plus utilities. References required. Call Ross 840-0534. (3501-ufn)

FOR RENT - Small two bedroom Duplex located in Kingston. Fridge, stove, heat and lights included. \$650.00 per month, no dogs. Phone 847-5046. (3501-ufn)

FOR RENT - Available Dec 1, recently renovated two bedroom split entry duplex, with 4 appliances, all new energy efficient electric heaters. Located in subdivision behind Greenwood Mall with lawn care and snow removal provided. \$700.00 per month plus electrical. Call Sue 765-4206. (3501-ufn)

FOR RENT - Worry free retirement living located centrally between Kingston and Greenwood on Sampson Drive. New built 2 bedroom duplex, with in floor heating,

5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3446-4tpb)

LAND

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. (3501-ufnb)

SERVICES

SERVICE - DEF Tree Services servicing the Annapolis Valley. Free estimates, tree removal, lot clearing and pruning. Contact Doug Fraser at 690-5788. (3501-4tpb)

IN THE COMMUNITY

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. (3501-4ufn)

DAN'S FIREWOOD
Hardwood, \$220 a cord
Softwood, \$180 a cord
Cut, Split, Delivered
Ph: 825-6424

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

GUITAR GURU
Beginner Guitar Lessons to intermediate and advanced
Over 30 years experience. Comfortable in home studio. Have fun learning from established instructor and professional studio/ touring guitarist Steve Fall.
Call Steve 825-8248

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

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

Future Glass and Mirror Ltd.
Sampson Dr., Greenwood
902-765-2105
SPECIALIZING IN REPAIRS/ REPLACEMENTS OF WINDSHIELDS
ALSO: • plateglass
• flexie & lexan
• mirrors • vehicle accessories
• window & screen repairs
• replacement thermo-pane windows
"INSURANCE CLAIMS OUR SPECIALTY"

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

pensez à nos livreurs!

La sécurité des porteurs de l'Aurora Newspaper nous tient à coeur, et nous remercions tous nos lecteurs qui font de leur mieux pour leur rendre la vie plus facile.

- Les porteurs feront la livraison aux adresses dont les allées sont bien éclairées et dégagées, et convenablement déglacées et déneigées.
- En présence de chiens, les porteurs pourront décider ou non d'approcher votre foyer.
- Les porteurs apprécient que les boîtes aux lettres ou tout autre endroit où laisser les journaux soient accessibles et indiqués clairement.



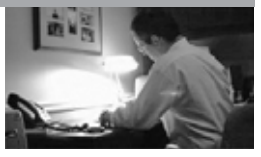
Pour faire cesser temporairement ou définitivement la livraison de l'Aurora Newspaper, veuillez composer le 765-1494 et demander le poste 5440.



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

SELF-STORAGE
INSIDE & HEATED
Sizes 6'x6'x10' (360 cubic feet) to 14'x16'x10' (2240 cubic feet)
847-0490 • 847-5074
12 YEARS SERVING 14 WING MILITARY DISCOUNTS

David A. Proudfoot
Barrister * Solicitor * Notary
811 Central Avenue, PO Box 100
Greenwood, NS BOP 1N0
Email: dap@daproudfoot.com
Web: www.davidproudfoot.com
T: 902-765-3301 F: 902-765-6493



- Real Estate
- Wills / Estates
- Consultations / Referrals

FOR RENT
MELVERN SQUARE
Looking for a mature and responsible couple/individual to rent a very comfortable private house on a large landscaped lot. The house contains 3 bedrooms and 2 baths. Rent - \$1,400.00/MO PLUS UTILITIES. No Pets Please. For information call
824-0286



From left are 14 Wing Greenwood competitors at the recent Atlantic Regional powerlifting event: Corporal Pete Vickery, firefighter; Master Corporal Rob Snow, 413 Squadron; Captain Mathieu Kuhn, 404 Squadron. Kneeling: Corporal Mike Pittman, 413 Squadron.

Submitted

Powerlifters heft their weight

November 25 to 27, athletes from Greenwood, Gagetown, Goose Bay and Stadacona met in Shearwater for the Canadian Forces Atlantic Regional powerlifting competition.

Thirty-eight athletes attended, making this one of the largest regional competitions for individual sports. Unfortunately, because of injuries and work commitments only four athletes from 14 Wing attended, one shy of the five required to enter as a team.

Not to be confused with Olympic lifting, powerlifting is an individualized sport. Competitors attempt to lift as much weight as possible for one repetition, beginning with the squat, progressing to the bench press and concluding with the deadlift. Every lifter is allowed three attempts at each lift.

Competitors were divided into four categories: women, light-weight (under 180 pounds), middle-weight (180 to 220 pounds) and heavyweight (over 220 pounds). Winners were determined using the Wilks formula, a coefficient used to identify the best lifters across different body-weight categories and can also be used to compare men and women lifters.

Greenwood lifters fared extremely well, and would have been in contention for top team had they had enough entrants. Corporal Pete Vickery was the second place heavyweight competitor, and the third place overall finisher, with a 505 pound squat (second place in heavyweight), 365 pound bench and 540 pound deadlift. Corporal Mike Pittman finished in fifth place overall,

with a 485 pound squat, a 405 pound bench press (second place heavyweight) and 510 pound deadlift. Captain Mathieu Kuhn won first in the squat event, with a 505 pound lift, and then lifted 310 pounds in the bench press and 505 pounds in the deadlift. Master Corporal Rob Snow had a 465 pound squat, a 360 pound bench and a 575 pound deadlift.

Gagetown won the team event, with their top five lifters besting the other teams using the Wilks formula. A middle-weight from Shearwater won first place overall.

If you have any interest in competing in next year's event or have any questions about how to get into the sport, contact Captain Mathieu Kuhn, kuhn.ms@forces.gc.ca, or Master Corporal Rob Snow, snow.rj@forces.gc.ca.

business of the week

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured
- Feature may include an article & photos

Only
\$205.00
plus tax
per business

Call **Anne Kempton**
Marketing Consultant
765-1494 local 5833
marketing@auroranewspaper.com



~ Obituary ~

WAY, Gordon William
Kingston, NS

WAY, Gordon William - devoted Husband and loving Father, aged 76, Kingston, passed away peacefully after a long battle with cancer surrounded by his loving family on Sunday December 15th, 2013, in Soldiers' Memorial Hospital, Middleton, Nova Scotia. Born in Grey County, Ontario on a family farm, he was the only son of the late Donald Douglas and Mary Lucinda (Johnston) Way. At the age of seventeen, Gord started his



military career as a Stoker in the Navy serving on both the HMCS Quebec and the HMCS Cape Breton. He would later serve on the HMCS Bonaventure as an Air Observer. At the age of thirty-four, Gord attained the rank of Chief Warrant Officer, becoming one of the youngest military members to achieve this rank, where he then went on to become Career Manager for the AES Op trade. He next commissioned from the ranks to Air Navigator and would spend the remainder of his career at 14 Wing Greenwood, where he was posted to 404, 405, 415 and Wing Ops. He would retire from the military with thirty-eight years of distinguished service. His postings included Shearwater, Nova Scotia, Comox, British Columbia, Ottawa, Ontario, and Greenwood, Nova Scotia. After retirement, Gord and his family chose to settle in the Annapolis Valley. Not one to sit idle, he spent his retirement years working for Fraser's Pro Home Centre in Berwick where he was known as "Garden Centre Gord" for nineteen years. Gord also worked preparing taxes for H&R Block and later managed the Middleton office. He enjoyed working in his garden, playing cards, and square-dancing which he did from a young age. He was an excellent duplicate bridge player and obtained a rank of Silver Life Master. He was a lifelong Toronto Blue Jays and Maple Leafs fan, but he was most dedicated to watching his grandson play Junior A hockey in the Maritime Hockey League. Gord was a keen umpire for the military fast-pitch league and refereed minor hockey for many years. Gord loved spending time with his family, which included his loving wife Colette; children, Christine (Paul) Parsons, Martin (Laura) Way, Tracy Way (Tracy McKinley), and grandchildren Colton and Courtney Parsons, Braeden and Logan Way, and Gillian and Nicholas McKinley. Gord is survived by his loving sister, Donna (Harry) Lee-Cassel, Clinton, Ontario and brother, John (Maureen) Johnston, Toronto, Ontario along with several nieces and nephews. Cremation has taken place. By request, there will be no visitation. A memorial service was held 2:00 PM, Friday, December 20, 2013 in Queen of Heaven Chapel, Church Street, 14 Wing Greenwood, Father Rory MacDonald and Father Michael McKeage officiated. There was a private family interment at St. Lawrence Cemetery in Kingston that followed the reception. In lieu of flowers, donations in memory may be made to the IWK Children's Hospital in Halifax or to the charity of one's choice. The family would like to extend their Thanks and Appreciation for the care given by Dr. Merryweather and the Oncology staff at Valley Regional Hospital, Kentville, Nova Scotia and to Dr. Burgess and the Palliative Health Care Team Annapolis Valley as well as the VON and to Dr Paul McGuire and Juanita. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street (902) 825-3448. Online guest book may be signed by visiting: www.middletonfuneralhome.com

KINGSTON RECREATION OLDER ADULT FITNESS PROGRAM.



WHO? : Any Older Adult 55 +

WHAT? : Fun & social low impact aerobic activity program

WHERE? : Kingston Royal Canadian Legion

WHEN? : Tues/Thurs 10am 11am

Beginning Tues January 7th, 2014

Cost: \$65.00 / person for winter / spring Session until mid May

or \$4 per class — Try 1 class for free & bring a friend

Sign up at the Village Office or give us a call at 902-765-2800.

Email : recreation@kingstonnovascotia.ca



Taking a moment with Santa!



Big breakfast

Kingston Lions hosted its annual Christmas Eve community breakfast December 24, serving up a great menu from a bright and early 6 a.m. Lots of Lions, volunteers and community leaders pitched in and also attended this now traditional pre-holiday gathering.

M. Rolph



Always lots of dishes!

Claudia Crepeau, enjoying some hash browns.



... in the kitchen.

Meals on Wheels could do more

VON in the Annapolis Valley has been coordinating the delivery of Meals on Wheels in the Kingston and Wilmot areas for 24 years.

Currently, there are four VON volunteers who help deliver meals in this area: Linda Desmond has been helping to coordinate the volunteers locally for 24 years, Art Leduc has volunteered for 17 years, Bob Cushing for 19 years and Andy McWilliams for 19 years. Desmond continues to volunteer because she doesn't want to see those in need of a hot

meal go without; but, she also wonders, "What happens if I need it in the future? I wonder if the program will still exist?"

VON Meals on Wheels coordinator Anna Spooner says these four people have been instrumental in the program continuing. At one time, meals were also delivered in Greenwood and surrounding area, Tremont, Bishop Mountain Road, Stronach Mountain Road, Maple Street. There is a waiting list of five people in the Greenwood area the VON is unable to service due to a

volunteer shortage.

"If we had more volunteers, we could deliver further. We are encouraging younger people to volunteer. The area of Torbrook has never been

served. Ideally, we'd like to be able to cover all the communities surrounding Middleton."

VON Meals on Wheels are prepared at Soldiers Memorial Hospital and are available

Monday, Wednesday and Friday. Meals cost \$7 each. Anyone may receive the service. For further information about this program, to become a volunteer or to receive the

meals, call Spooner at (902) 678-1733 or 1-800-411-9646. The Town of Middleton has its own program within the town limits, coordinated by Betty MacIsaac, 765-6698.



VON volunteers Art and Barb Leduc deliver Meals on Wheels in the Wilmot to Kingston corridor. Submitted

SAVE TODAY FOR FINANCIAL SECURITY TOMORROW

Which plan will you choose?

TFSA - RRSP - NRSP

Rely on your SISIP experts to select the right option for you!



A division of CFMWS
Une division des SBMFC

www.sisip.com

L'ÉPARGNE AUJOURD'HUI LA SÉCURITÉ FINANCIÈRE DEMAIN

Quel type d'épargne choisirez-vous?

CELI - REER - RENE

Comptez sur les experts du RARM pour vous orienter vers l'option qui vous convient le mieux!