

the front page

This premium advertising space should have been yours!

Call 902-765-1494 local 5833 to find out how.







New residents in the RHU neighbourhood

Sara White, **Managing editor**

Tiny wee doors, windows

and trimmings have been installed on many 14 Wing Greenwood tree trunks, indicating elves have made themselves at home.

The Holoway family knows an awful lot about the elf homes, living just

steps away from several on trees near their home in the Residential Housing Units' neighbourhood. There's even one in their own backyard the kids insisted, Margeena Barrett says.

Barrett, at 32 weeks pregnant earlier this summer. packed up her and spouse Tvrell Holoway's three young children and drove home to "The Rock:" Clarenville, Newfoundland and Labrador; to await the birth of their fourth child. Holoway is a mem-



Margeena Barrett and Tyrell Holoway, with their children - Taylan (with Barratt), and, from left, Tenley, Ty and Tayte - love visiting the scattered elves' doors they've tucked along the paths in 14 Wing Greenwood's Residential Housing Units' neighbourhood. Keep your eyes peeled: there are close to 30 elves' homes in the trees!

Squadron, and planned to children. join her a little closer to her due date.

"We always saw elf houses on the trees - they called While home, Barrett passed them fairy doors, there, but time exploring a network of the boys called them elf doors

on them all," Barrett Says. "I thought, 'We could do that.'"

Once the family returned to

using as many bright colours the centre of the RHU patch as she had on hand. The kids worked on their own proj-Greenwood, Holoway cut out ects: bird houses. Once they and now, everyone who sees 30 wooden door and window were done, they headed out them loves them," Barrett ber of 14 Air Maintenance community trails with the and they'd go up and knock sets, and Barrett got painting, onto the paths and trails in says. >

to place the elf doors.

"We hid when we did it,

Wing Welcome weekend – with some 2020 twists!

If 2020 is the year you and full of special events and of prizes. your family arrive in Greenwood - welcome! It's a year like no other, but the organizers of 14 Wing Greenwood's annual Wing Welcome weekend are doing all they can to ensure they showcase programs, opportunities and special interests available on base and in the local community.

Wing Welcome is typically one of the base's largest events, combining wing sections and recreation programs with local businesses with community sports and hobby clubs with a weekend packed

entertainments. This year's schedule runs September 10 to 12, and includes drive-in events, virtual and from-home activities, and some of the regulars - with COVID-19 health and safety precautions

September 10, the Greenwood Golf Club hosts an open day of play for members, guests and wing newcomers. This year's event is a progressive start from 10 a.m., with tee times every 10 minutes. Registration is \$25 - with the opportunity to win lots

That evening, drive into the Greenwood Military Aviation Museum's parking lot and airpark for the 7 p.m. official kick-off to weekend events, and car bingo. As you pull in, volunteers will be on hand to sell you your bingo cards, dobbers and assist with physically-distanced parking. Washrooms at the CANEX will be available.

Friday evening, September 11. drive back in to the museum's parking lot for a stars." Featured will be "The a.m. and 10:30 a.m., from Ad-

One and Only Ivan." Volunteers will be on hand to assist with physically-distanced parking and the set up of your lawn chairs and blankets, and washrooms at the CANEX will be available. Pay attention for some prize draws!

Saturday includes the week end's main events. Start it all off with a free pancake breakfast – drive-thru style - from the Annapolis Mess. Volunteers - including 14 Wing command team members - will help you through free family movie "under the the drive-thru, between 8:30

ministration Drive: then, enjoy!

At 10 a.m., head to the 14 Wing Green-



wood Community Centre for Rexpo. Typically held at the 14 Wing Fitness and Sports

Centre, adjustments were made this year to allow for physical distancing of the dozens of display booths through the centre's main gym, youth centre and outdoor area. All base sections and activity groups have

Continued on page 2...

Regional rides smash past MP relay fundraising efforts

Master Corporal Michael Howse. Atlantic Chair. Military Police National Motorcycle Relav

The Military Police National Motorcycle Relay, like many other charities, has been adversely affected by the pandemic. In a normal year the world's longest annual motorcycle relay - more than 10,000 kilometres across Canada, from coast to coast; national organizers decided to break the ride down into regions for the 12th annual relay in support of visually-impaired young people to the age of 21 through the Military Police Fund for sisted of two routes. This was Master Corporal Alex Milham regular 'cause they gave large Blind Children (MPFBC).

Relay riders are Canadian Greenwood. Riders packed a Rider coin for participation what the large was like.) If you Armed Forces members, vet- few extra things along with the in last year's ride from Major show up there on a motorcycle erans from the Military Police usual travelling gear, including (retired) Bob Edwards. Each they give you a five per cent community and civilians. Nor- hand sanitizer and masks, to coin is engraved with the discount. The group returned mally, the ride leaves Victo- ensure their "mobile bubble" participant's name, year of to the Cove Motel that night. ria, B.C., with riders dipping followed provincial guidelines; completion and a coin number. On the ride back from Cape their rear tires into the Pacific and worked to follow social. We only anticipated selling. Breton, we hit a fair amount of Ocean, and ends with riders distancing at all points. dipping their bikes' front tires August 4 and 5, four bikes twice that amount. All \$405 on rain gear and we covered up in the Atlantic Ocean in St. travelled from Greenwood to from the BBQ, \$260 in mer-the ride mascot, a rather large John's, Newfoundland and Yarmouth, stopping at Legions chandise sales, \$150 in ride bear named "Moira," named Labrador. Along the route, bik- and various businesses along registration, plus \$205.20 after the daughter of Colonel ers stop at a number of Royal the way and gladly explain- in donations added up to a Stone, the founder of MPFBC. Canadian Legion branches, as ing how the Military Police total of \$1,020.20, which will The rain was coming down so the organization is one of the Fund for Blind Fund and the go straight to helping blind hard, we could barely see the ride's national sponsors, pro- relay came to be. The group children in the local area. Orga- road in front of us. As quickly viding subsidized meals, host- intended to meet the sailing nizers could not have pulled it as it came, it subsided and we

Normally, the ride would to poor weather. regional ride this year con- location. During the BBQ, heading north to the Cabot allv. +



Cape Forchu lighthouse, Yarmouth.

ing gatherings and assisting in schooner, Bluenose II, but it off without the help of Knights were able to dry off in the wind. riders' fundraising efforts. cancelled its port of calls due of Columbus Council #6297 Alex Millham, Royal Canadi-

Greenwood/ Middleton.

Breton. That evening, they rested at the famed Cove Motel in Aulds Cove: it even has kickstand pads in the parking lot for motorcycles! The group rode the trails all day August 16, with some intense riding when entering the hairpin turns and then crossing two 1.5-kilometre stretches of construction and loose gravel. We stopped at two famous places along the trail for food, the Rusty Anchor and the Farmer's Daughter. The Rusty Anchor has a huge, filling tasty burger and Farmer's Daughter had ice cream on a cone. (It's a good thing I ordered the the first year the ride came to received his coveted National portions. I can only imagine

Trail and Gaelic Trail in Cape

four dozen burgers; we sold rain. Everyone stopped to put

an Air Force national co-chair. stop in Halifax on its way to August 14, ride organizers Then, August 15 to 17, a says more than \$600,000 has the Sydney Ferry Terminal, held a fundraising BBQ at the second group of riders de- been raised since the relay with a final destination in 14 Wing Greenwood CANEX, parted from Greenwood on started. Last year, a little over Newfoundland; the Atlantic which turned out to be a great the second route weekend, \$50,000 was raised nation-







Sending the second weekend's relay riders on their way, the local community turned out to support a Knights of Columbus-hosted BBQ at 14 Wing Greenwood August 14.

Managing Editor | Directrice de rédaction Sara White • 902-765-1494 local/poste 5441 auroraeditor@ns.aliantzinc.ca

Business & Advertising | Affaires commerciales et publicité 902-765-1494 local/poste 5833 auroramarketing@ns.aliantzinc.ca

Graphic Designer | Graphiste Brian Graves • 902-765-1494 local/poste 5699 auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration Diane Mestekemper • 902-765-1494 local/poste 5440 auroranews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction Lieutenant (Navv) Jennifer Fidler 902-765-1494 local/poste 5101 jennifer.fidler@forces.gc.ca

Circulation | Circulation: 4.500 Mondays | Lundis Agreement No. | Numéro de contrat : 462268 Fax: 902-765-1717

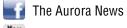
Website | Site Web: www.auroranewspaper.com The Aurora, PO Box 99, Greenwood NS BOP 1NO

L'Aurora, C.P. 99, Greenwood (N.-É.) BOP 1NO Location | Emplacement : 61 School Road, Morfee Annex 61 School Road, Annexe Morfee

Mail subscriptions: annual \$105 plus tax, weekly \$2.18 plus tax.

Abonnements par correspondance: 105\$ par année plus taxes, 2,18\$ par semaine plus taxes.

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 Brendan Cook, 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 VPI | VPI du Colonel Brendan Cook, commandant de l'Escadre,



CFB Greenwood Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website Site Web de l'Aviation rovale canadienne www.rcaf-arc.forces.gc.ca

CAF Connection Site Site du portail communautaire des Forces canadiennes

www.cafconnection.ca 14 Wing Greenwood Site

Site de la 14e Escadre Greenwood www.airforce.forces.gc.ca/en/14-wing/index.page

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.cafconnection.ca www.vpinternational.ca



Concours de Passeport de la vallée d'Annapolis du CRFMG

militaires de Greenwood avons mis en vedette six photos. Les inscriptions seront compilées Centre has highlighted a few special destinaquelques destinations spéciales dans la vallée et les noms des gagnants seront tirés au tions in the Annapolis Valley to help you get d'Annapolis pour vous aider à vous familiari- sort le 2 octobre. Les prix comprennent des to know our great community. ser avec notre belle communauté.

passeport en prenant des photos de vos aventures et en les envoyant par courriel à home@ lendrier/2020/septembre/Concours-de-pas- frc.ca by 4 p.m. October 1. Only one entry greenwoodmfrc.ca avant 16 h le 1er octobre. seport-de-la-vallee-d-Annapolis-du-CRFMG. per family. Be sure to include your full name, Une inscription par famille. Incluez votre nom aspx pour télécharger votre passeport. >>

cartes-cadeaux pour des restaurants et des Complétez les activités énumérées dans le boutiques locaux, et plus encore!

GMFRC Annapolis Valley Passport contest

Le Centre de ressources pour les familles au complet, votre numéro de téléphone et vos The Greenwood Military Family Resource phone number, and all six photos in your

Complete the activities listed in the passport by taking pictures of your adventures Visitez connexionfac.ca/Greenwood/Ca- and emailing them to home@greenwoodm-

email. Entries will be compiled and winners will be drawn October 2. Prizes include gift cards to local restaurants, gift shops, and

Visit cafconnection.ca/Greenwood/Calendar/2020/September/GMFRC-Annapolis-Valley-Passport-Contest.aspx to download your passport. >>

Wing Welcome...

freewill offering Meadowbrook Spaces are limited. Meats hot dog and hamburger From home, make sure you

nrize draws mention prizes? Prizes! Eight your work to the September 12

hundred dollars' worth! Also from 2 p.m. to 4 p.m., As with any other activ- of the COVID-19 indicator

been invited, plus commu- the Greenwood Military Family ity in Nova Scotia at present, symptoms. nity non-profit groups, to Resource Centre hosts free please keep in mind 14 Wing won't be able to attend to keep in an outdoor setting, this is mask wearing and choosing Welcome. >> display tables and attendance what you in Greenwood looks numbers under COVID-19 like! Drop by the GMFRC compliance. While you're at booth during the Rexpo to sign premium placement the Community Centre, enjoy a up for a photo shoot timing.

front page: be the first thing BBQ lunch for a great cause, save the September 7 Aurora 14 Wing Greenwood's own Newspaper for a "Things That Combined Charities! Bring Fly" themed youth coloring your September 7 Aurora contest. There are \$20 Green-Newspaper ballot, or pick up wood Mall gift cards up for the one at the Rexpo, for the grand draw in three age divisions: under six, under 10 and under At 2 p.m., start off on an ad- 14. Drop off your entry at The venture from the Community Aurora Newspaper, 61 School Centre with a scavenger hunt. Road, Greenwood (during of-Teams are any age, from two fice hours, or in the marked people to six people, and clues exterior bin by the doorstep), will take you all over common between September 7 and spaces on the wing. Did we noon September 14; or, bring

Catch eyes on The Aurora's

Single space (3.25" by 1.5")

Double space (6.62" by 1.5")

Triple space (10" by 1.5")

seen on doorsteps.

\$81.48 plus tax

\$162.96 plus tax

\$244.44 plus tax

news stands and online.

Front page, colour advertising

Rexpo to drop in the entry box. not to attend if you feel any Services & trades

Follow all things Wing Welshowcase their programs. family photos at the Green- Welcome in-person events come - including changes to Unfortunately this year, our wood Military Aviation airpark. will follow public health guid- the schedule and event details business community partners With heritage 14 Wing aircraft ance on physical distancing, - on Facebook, at 14 Wing

1

***Aurora**

Call 902-765-1494 local 5833 for info RALPH FREEMAN MOTORS LTD.

FINANCING • FINANCING • FINANCING

Any credit is accepted

 No hassle same day approval · Apply for financing on our website YOUR LOCAL USED CAR DEALER RUST CHECK LICENSED MECHANIC AVAILABLE ON SITE

www.freemansautosales.com

820 Main Street, Kingston • 902-765-2555



14 Wing entities with **Facebook** pages

The Aurora News 14 Wing Greenwood news and events 14 Wing Welcome Schedule of events details

14 Wing Health Promotion Tips, program highlights and resources 14 Wing Fitness

Online work-outs, resources and tips 14 Wing Community Recreation Online activities, resources and fun Annapolis Mess

Special events and entertainment 14 Wing Spiritual Resilience Page Hosted by the 14 Wing Chaplains, with spiritual support and resources

14 Wing Greenwood Winter Carnival/ 14e Escadre Carnaval d'hiver Annual winter Defence Team fun and

challenge events

14 Wing Greenwood PSP

Centre updates

A wider resource for PSP entities (recreation fitness, health promotion, news and events) **Greenwood Military Family Resource Centre** Resources, activities and program highlights 14 Wing Greenwood Bowling Centre

14 Wing Aquatics

Pool recreation, competitive, training, news 14 Wing Library

Online story time, resources for learning and fun Greenwood Military Police – Police militaire de Greenwood

Safety, security and public information from 24 Military Police Flight

14 Wing Combined Charities

Wing activities in support of our community

bravo zulu promotions & presentations

Possibilité d'emploi Centre de ressources pour les familles militaires de Greenwood (CRFMG)



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

Poste à temps plein

Le ou la titulaire du poste fera partie d'une équipe de professionne provenant de plusieurs disciplines et sera responsable de l'éducation, de l'échange d'information et de la sensibilisation auprès des familles des membres des FAC et 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, y compris des services d'interventions d'urgence 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 e

Il faut posséder de l'expérience en conception, en gestion et el évaluation de programmes et d'activités. D'excellentes habiletés sociales et capacités d'évaluation aideront le ou la titulaire à travaille 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 fonctionnemen d'organismes à but non lucratif gérés par un conseil, et doit être er mesure de travailler de façon autonome sous un minimum de supervisior et au sein d'une équipe

Période d'essai : 6 mois

vue de respecter les délais.

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 dans l'élaboration, la gestion e l'administration de programmes
- Une excellente compréhension du processus de développemer 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 et familière avec le mode de vie militaire

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 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 vitæ dans lesquels ils indiquent clairement en quoi ils satisfont aux exigences di poste, et ce, au plus tard à midi, le 25 septembre 2020, à :

Margaret Reid, Directrice exécutive

Centre de ressources pour les familles militaires de Greenwood C.P. 582, Greenwood, N.-É. B0P 1N0 Télécopieur: 902-765-1747

Courrier électronique : home@greenwoodmfrc.ca

Objet: cv - Déploiement

(en MS Word ou en PDF)

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 le candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi Veuillez visitez le site www.cafconnection.ca pour en apprendre davantage sur le CRFM Greenwood



Aviator (Trained) Emery, an electrical distribution technician, was promoted July 30 by his partner, Aviator Chapman, right. Officer Commanding Constriction Engineering Major James AC CP140109 in Hangar 11, 14 Wing Greenwood. The citation Gannon oversaw the promotion.

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



COORDINATOR of DEPLOYMENT SERVICES

Full-Time Position

As a member of a multi-disciplinary team of professionals, thi Coordinator is responsible for the education, information and outreach to families of CAF and 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 membe including emergency response.

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 deadline 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/Communi Development field
- Five years experience in program development, management, as evaluation
- Clear understanding of the community development process is essentia 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 and familiar with the military lifestyle
- 37.5 hours per week (some evening & weekend hours are required Flexibility is a must.) Must complete a Child Abuse Registry Check, Criminal Record Check

Vulnerable Sector Screening, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cove letter and resume clearly outlining their ability to fulfill all position

requirements, on or before noon on 25 September 2020 to: Margaret Reid, Executive Director Greenwood Military Family Resource Centre P.O. Box 582, Greenwood, NS B0P 1N0

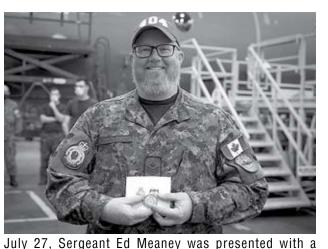
Fax: (902)765-1747 email: home@greenwoodmfrc.ca

Subject Line: resumé-Deployment

(MS Word or PDF format) Applications can also be dropped off at the GMFRC Front Desk

The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood Please note: Only candidates selected for further consideration will be contacted

The Greenwood MFRC is committed to employment equity. Please visit cafconnection.ca to learn more about the Greenwood MFRC.



the Aurora | 14 Wing Greenwood, NS

Commanding Officer's Coin by acting commander of 404 (Long Range Patrol and Training) Squadron Major Dan Arsenault, with Chief Warrant Officer Jon Freeman, in front of reads: "With the ongoing COVID-19 posture, Meaney, filling the roles of two sergeants while accomplishing many warrant officer tasks, was instrumental in managing 32 personnel of an operationally-critical course. He expertly managed the section death of a student, ensuring fellow students and instructors received the necessary support. Meaney was influential in recommending all students attend the late aviator's memorial and advocating for a course pause. Meaney's ongoing effort allow the fleet to meet the critical demand to (force generate) AVN techs, regardless of the challenge." Corporal Karen Neate



July 23, Aviator (Trained) Wes Aucoin, centre, was promoted by his partner. Veronique Deschamps; as 14 Wing Fire Emergency Services Fire Chief Lieutenant Kearley, left, oversees events.



Warrant Officer Ed Delorme, centre, August 5 received a Commanding Officer's Commendation from 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Warrant Officer Pat Nixon. Sergeant M. Carreira



August 10, Corporal Benedicte Moke was advance promoted to corporal by nine months. Moke works with 14 Operations Support Squadron's Air Traffic Control.

Yellow ribbons on ice

Dan Hennessey, 14 Construction **Engineering Squadron**

the Aurora | 14 Wing Greenwood, NS

to serve. The military family another very visible reminder quickly received a big yes. has also been part of that his- to "Support the Troops." family members serve. There Construction Engineering be a daunting task, the decision community, but there are now for two "Support the Troops" last week of August, when the yellow ribbon logos.

Hennessey it would be happy Over the last several years, to provide the ice logos - at the South Shore Lumberjacks no cost. All they asked was of the Maritime Junior Hockey for the shipping cost of the League have held military ap- ribbons to be covered. Hen-The South Shore of Nova preciation hockey games, and nessey reached out to local Scotia has a rich military his- those attending were very ap- realtor Karsa Melnick to see tory, with veterans of past preciative of the members' ser- if she might be interested in and present stepping forward vice. The next game will feature sponsoring this effort, and

responsibilities at home while Colonel Dan Hennessey, 14 install them mid-season would Shore, with cenotaphs and provide logos for ice surfaces we all know, COVID-19 hit and Centre. two more to keep the sacrifices yellow ribbons. After several ice at the Lunenburg County of the military and their families conversations, Jetlce informed Lifestyle Centre was installed happened with the unwavering and Karsa Melnick. The rib- years to come. >>

are many symbols of military Squadron; reached out to to wait until the next season, Members of 14 Construction Engineering Squadron and local real estate agent service throughout the South Ontario-based Jetlce, which this fall, was reached. Then, as Karsa Melnick check out the newest ice art at the Lunenburg County Lifestyle

September 7, 2020

monuments sprinkled in ever worldwide, to ask the price put all plans on hold - until the and, along with it, the two large support of Jetlce, the South bons will be a visible reminder Shore Lumberjacks, the Lunen- to "Support the Troops" and This project could not have burg County Lifestyle Centre their families at home for many

PHARMASAVE

VALLEY DRUG MART

We have a full Home Health Centre in both stores dealing in Diabetic Footcare and a full line of Crutches, Wheel Chairs, Walkers, Lift Chairs and more for rent or purchase. We offer Airmiles, Pharmasave Brand Family Card (Buy 10 get 1 free), everyday is Seniors Day (10% off) most products.

See in-store for details.

For all your Prescription & Health needs.

Independently owned and proud community supporters.

613 Main St., Kingston 902-765-2103 26 Commercial St., Middleton 902-825-4822

RE/MAX BANNER REAL ESTATE

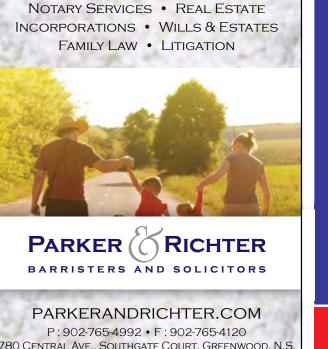
25 agents across 8 branch offices serving

WINDSOR to BARRINGTON

HUNDREDS OF PROPERTY VIDEO TOURS AVAILABLE AT

www.remaxbanner.com

not intended to solicit listings currently under contract



E:INFO@PARKERANDRICHTER.COM



Movie:

The One

and Only Ivan

8 p.m. | 20 h

14 Wing Greenwood Wing Welcome

Saturday, September 12

10 a.m. to 1 p.m.

14 Wing clubs, sections, organizations, community non-profit organizations will showcase their programs, as 14 Wing welcomes new families and old friends to the Valley.

14 Wing Greenwood Community Centre, Church Street



Saturday, September 12 | 8:30 a.m. to 10:30 a.m. Pancake drive thru breakfast Annapolis Mess parking lot

Le samedi, 12 septembre | 08h30 à 10h30 Service-au-volant du déjeuner aux crêpes

Stationnement du Mess Annapolis



September 10 - 12

Event

Schedule

Time

September 7 to 14 **Thursday, September 10**

7 p.m. 7 p.m.

Friday, September 11 8 p.m. to 9:30 p.m.

Saturday, September 12 8:30 a.m. to 10:30 a.m.

10 a.m. to 1 p.m. II a.m. to I p.m. 2 p.m. to 4 p.m. 2 p.m. to 4 p.m.

Colouring contest

Wing Welcome golf tournament Official opening Wing Welcome car bingo

Pancake drive thru breakfast

Rexpo display booths

Family scavenger hunt

Fundraising BBQ

Family photos

Family movie under the stars

Location

Aurora Newspaper

CANEX parking lot

CANEX parking lot

Behind the CANEX parking lot

Greenwood Golf Course

the Aurora | 14 Wing Greenwood, NS

Annapolis Mess parking lot Community Centre Community Centre Community Centre CANEX parking lot/ museum airpark

For full schedule details and any changes, please see "14 Wing Welcome" on Facebook, and The Aurora Newspaper September 7.

These in-person events will follow public health COVID-19 precautions

Le 10 à 12 septembre

Activité

Calendrier

Heure Du 7 au 14 septembre

Le jeudi 10 septembre 09h00 19h00

Tournoi de golf de la Bienvenue Ouverture officielle 19h00 Bingo-voiture de la Bienvenue

Le vendredi 11 septembre

De 20h00 à 21h30 Film de famille sous les étoiles

Le Samedi 12 septembre De 08h30 à 10h30

De 10h00 à 13h00 Kiosques « Rexpo » Service-au-volant BBQ De 14h00 à 16h00 Course au trésor en famille De 14h00 À 16h00 Photos de famille

Concours de coloriage

Terrain de golf de Greenwood Stationnement du CANEX Stationnement du CANEX

Le journal Aurora

Lieu

Derrière le stationnement CANEX

Service-au-volant du déjeuner aux crêpes Stationnement du Mess Annapolis

Centre communautaire Centre communautaire Centre communautaire Terrain de stationnement/ Aéroparc du musée du CANEX

Pour plus de détails sur l'horaire et les changements éventuels, veuillez consulter "La Bienvenue à la 14e Escadre" sur Facebook, et sur le journal Aurora du 7 septembre.

www.facebook.com/14WingWelcome

Ces événement en personne suivront les précautions de santé publique COVID-19.

Saturday, September 12 | 11 a.m. to 1 p.m.

Fundraising BBQ 14 Wing Community Centre

Le Samedi 12 Septembre | 11h00 à 13h00 **BBQ** collecte de fonds

Centre communautaire de la 14e Escadre



Saturday, September 12 | 2 p.m. to 4 p.m.

Family photos

CANEX parking lot/ museum airpark

Drop by the GMFRC booth during the Rexpo to sign up for a FREE family photo. There are limited spaces to register. Registered families will be given an appointment time.

Le Samedi 12 Septembre | 14h00 à 16h00

Terrain de stationnement du/

Visitez le kiosque du CRFMG au Rexpo pour vous inscrire pour une photo de famille GRATUITE. Les familles qui s'inscrivent recevront un temps de







September 11 Doors open at 6 p.m.

the Aurora | 14 Wing Greenwood, NS

CANEX Bring your own lawn chair Rain date to be announced

OPI/ BPR : Lindsay McCormack | 902-765-1494, local/ poste 5341

This in-person event will follow public health COVID-19 precautions.



Le 11 septembre Les portes ouvrent à 18 h CANEX

Apportez votre propre chaise de jardin Date de pluie à annoncer

Family

14 Wing Greenwood Community Centre, Church Street Rain or shine

- \$800-plus in prizes
- Open to Defence Team members and • Community Recreation Card holders
- Teams of 2 to 6, all ages

September 12 Registration 1:30 p.m. Start 2 p.m.



Lots of prizes to be won \$10 per booklet

or Rec card number:

or Retired CF ID number:

Doors open at 6 p.m. September 10 7 p.m. - 10 p.m. **CANEX** parking lot



course au tresoi

en famille

Centre communautaire de la 14e Escadre Greenwood, rue Church

Qu'il pleuve ou qu'il fasse soleil

- Plus de 800\$ en prix
- Ouvert aux membres de l'équipe de la défense et • aux détenteurs de cartes de loisirs communautaires
- Équipes de 2 à 6, de tout âge

Le 12 septembre Inscription à 13 h 30

Débute à 14 h 00



Il y a beaucoup de prix a gàgn 10 \$ par carnet

Les portes ouvriront à 18 h 00 Le 10 septembre

19 h - 22 h Sataionnement du CANEX

OPI/ BPR: Aviator Elena Barter

License/ licence · Posted at event/ Publié à l'événement



60



Bring this ballot to the Rexpo at the 14 Wing Community Centre September 12, between 10 a.m. and 1 p.m.

Draws open to Defence Team members (DND employees, CF serving and retired members, NPF & DCC staff) and family; and Community **Recreation Card holders.**

One ballot per family.

Prize will be awarded upon validation of winner as

Wing Welcome prize

 Win one of three \$500 CANEX GIFT CARDS









Page 8 September 7, 2020 the Aurora | 14 Wing Greenwood, NS



A crew of members of the Kings County Wildlife Association enjoyed a recent summer evening cleaning up the pond at Evergreen Home for Special Care in Kentville. The area's natural space was tidied so residents might have a chance to fish the pond from some accessible areas. Volunteers included Pamela Davidson, Brian Whalen, Joanne Spencer, Bob Hatt, Ed Coleman, John Durno and Ross MacPherson.







Lighter SAR week for crews

August 26, just after 6 returned to 14 Wing just after p.m., the Halifax Joint Rescue 3 a.m. August 27. midnight, the helicopter and 11:08 p.m. crew had successfully completed the rescue in what RCC the Cormorant was tasked to described as extremely chal-search for a fishing vessel lenging conditions. The four with four people on board, hikers were transported to reportedly taking on water Sept-Isles to waiting ambu- near Miscou Island, New lances with exposure-related Brunswick. R912 left 14 Wing injuries. R911 refueled, and just after 6:30 a.m. +

Coordination Centre tasked a Also August 26, just be-14 Wing Greenwood-based fore 10 p.m., JRCC tasked Cormorant, Rescue 911, with Hercules R343 to investigate 413 (Transport and Rescue) flare sightings in the Bay Squadron; to assist with the of Fundy near Martin Head. rescue of four hikers stranded The crew was conducting a in poor weather around Mont night trainer at the time of Groulx, 113 nautical miles the tasking, and was able to north west of Sept-Iles. Pro- leave 14 Wing at 10:01 p.m. vincial assets were unable Shortly after 11 p.m., the SAR to reach them due to snow tasking was stood down as a and freezing rain. Around false alarm. R343 landed at

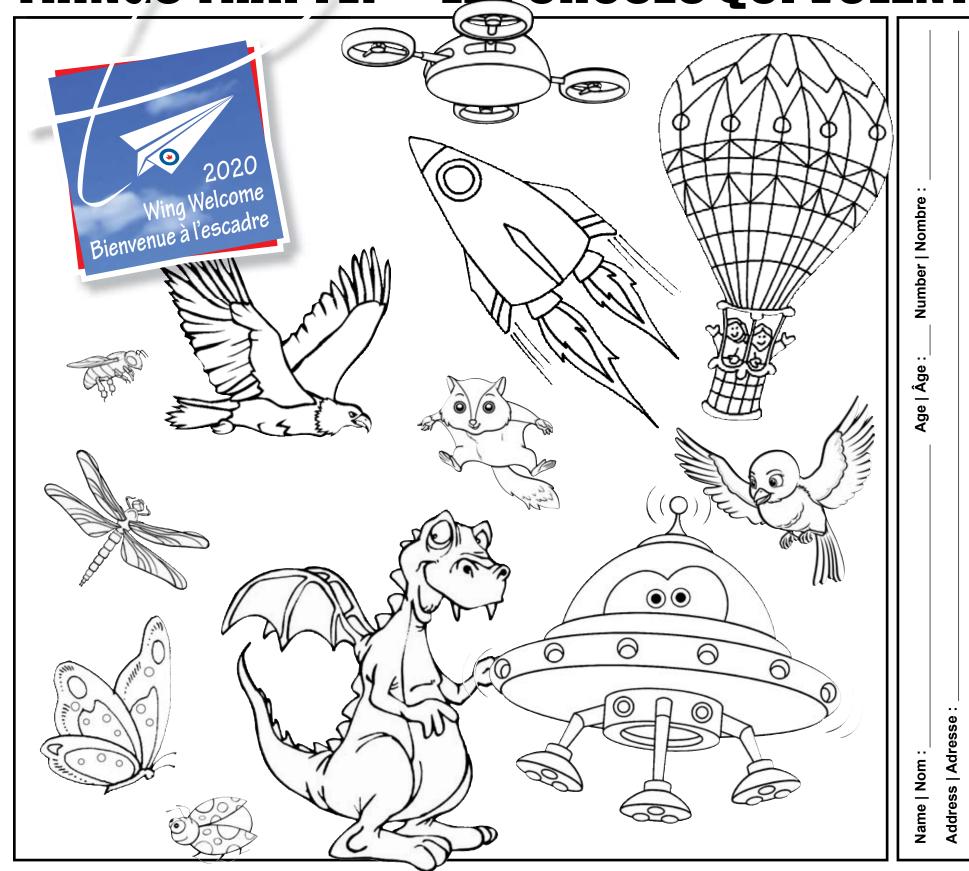
September 2, at 5:23 a.m.





the Aurora | 14 Wing Greenwood, NS

Wing Welcome Coloring Contest • Concours de coloriage de bienvenue à l'escadre THINGS THAT FLY - LES CHOSES QUI VOLENT



- Three \$20 Greenwood Mall gift cards will be awarded, one to the random draw winner from each division: Ages 6 and under, Ages 10 and under, and Ages 14 and under. Drop off your entry at The Aurora Newspaper, 61 School Road, before noon September 14 (open 8 a.m. to 4 p.m., Monday to Thursday, 8 a.m. to noon Friday, or leave in marked bag in tote beside the front steps). • BONUS drop off: at the Saturday, September 12 Rexpo event, 10 a.m. to 1 p.m., at the 14 Wing Community Centre, Church Street
- Trois cartes-cadeaux de 20\$ du centre commercial Greenwood seront remises, une au gagnant du tirage au sort de chaque division : 6 ans et moins, 10 ans et moins, et 14 ans et moins. • Déposez votre participation au journal Aurora, 61 School Road, avant le 14 septembre à midi (ouvert de 08h00 à 16h00 du lundi au jeudi et de 08h00 à midi le vendredi, ou déposez-la dans un sac marqué dans le fourre-tout à côté de l'escalier d'entrée. • Dépôt BONUS: lors de l'événement Rexpo du samedi 12 septembre, de 10h00 à 13h00, au Centre communautaire de la 14e Escadre, rue Church

Notice to readers:

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization says potential transmission of the virus is extremely low via commercial goods. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our neighbourhood carriers. Be reassured, all of us involved in getting The Aurora to you are taking the recommended handling and distancing precautions.

If you are staying close to home and do not have delivery, read The Aurora in full online at auroranewspaper.com.

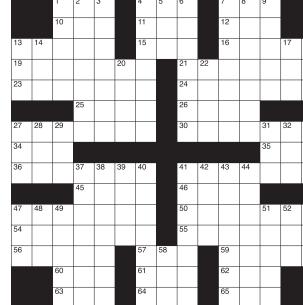
the community submitted by not-for-profit organizations. Submissions are limited to ximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ ns.aliantzinc.ca. Dated announcements are nublished on a first-come first-served basis and on-going notices will be included as space allows. To quarantee your announcement, you distribution may choose to place a paid advertisement The deadline for submissions is Wednesda 517 F/Lt Graham Air Cadets 9:30 a.m., previous to publication unless

public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ bureaux, au 61, School Road, (annexe Morfee 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ ns.aliantzinc.ca. Les annonces avec date sont nubliées selon le principe du premier arrivé inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez neut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédent la publication

NOTICE: Many community date for Cadets is TBD. events are affected as gath- Saturday Maker Space

Le commandant publie des avis d'intérêt Canadian Air Cadet Squadron able for your safety for membership info at 517flt- Op Shop now open

ssword solution page 11



ACROSS

- 1. Chop with an ax 4. Where a bachelor
- lives 7. Indicates near 10. Doctors' group 11. It's just a numb 12. Type of bread
- Lively ballroom dance
 Charles S. Dutton TV 16. A way to use up
- 19. Singular event 21. Home of Disney
- 23. Minerals 24. Most insightful
- 5. In addition 7. Agents of downfall
- 30. Organizations 34. Supervises flying 35. Bar bill
- 36. Alfalfa 41. Dish soap 45. Witnesses
- 45. Williesses 46. Ancient Greek City 47. Newspaper bigwig 50. Discuss agair

64. Pitching stat

Popular sportcoa

59. Pre-Mayan civiliz 60. Woman (French) 61. Wheeled vehicle

62. Georgia rockers 63. Cold War player

57 Take hold of

- Czech monetary unit
 Arousing intense
 - Before the present Figures out Infinite

crossword brought to you compliments of

18. Denial 20. Ancient Iranian

person Count on

28. Water (French)
29. Partner to cheese
31. When you hope to

get there

88. Organize anev

41. Neural structures

42. Brews 43. Where ships take on

48. Popular average

51. A type of bear

52. Utilize 53. Old world, new

954 Central Avenue

Greenwood

902-765-6381

cargo 44. Holiday season singer 47. Shock treatment

7 Ponular sports league

- B. A low wall 14. Used of a number or
- amount not specified 17. Divisions of the 54. Small group with

sion dates and Aurora press ery's Farm Market). Check out bulletins, collection, hymnals or exhibit deadlines are in advance of our Facebook page for updated the use of our washrooms. Call September 9 to December 18, Belle Isle Marsh and French information and events listings. 902-765-2386 for information the Kings County Museum hosts Basin Hike area, looking to transfer to a new government's COVID-19 guide- messages.

ated. For information, call Mary the following month. 902-765-3063

Church services

Luncheon

Sundays, 11 a.m., open air the Kingston Lions host their pointment only. Kings County COVID-19 health precautions: church services (weather permit- monthly community luncheon. Museum, 37 Cornwallis Street, Guiders will be masked, and we

September 6 to September 12

LIBBA - Sent 23/Oct 23

situation this week

person has to say

more grounding goals

SCORPIO - Oct 24/Nov 22

you can come out on top.

Unexpected events can shuffle

things when you least expect it

Scorpio. Don't be discouraged

learn how to go with the flow and

is a pep talk from someone to get

you out of a funk. Listen to what this

Material possessions bring you

entertainment, but strive for other

AOUARIUS - Jan 21/Feb 18

PISCES - Feb 19/Mar 20

CAPRICORN - Dec 22/Jan 20

SAGITTARIUS - Nov 23/Dec 21

horoscopes

ARIES - Mar 21/Apr 20

Remember to be careful what you Libra, the old ways of doing things say about others. Aries, If you're may butt heads with the new talking about someone who isn't in the vicinity, act as if he or she is there

Go with your gut instinct on this

so you always remain respectful.

TAURUS - Apr 21/May 21 You might need some time alone this week to get yourself centered. Taurus. This is especially true if you have been running vourself ragged

and are feeling stressed out. GEMINI - May 22/Jun 21

Sagittarius, your confidence may wane a bit this week. All you need Gemini, do not try to fit into some mold that doesn't represent who you truly are. There's only one person you need to please, and that s yourself

CANCER - Jun 22/Jul 22

32. Ångry 33. One point east of due Issues around you may be a bit Aiming for the latest and greatest heavy. Cancer. Your role is to may not be the best idea. Capricorn lighten up the situation with humor and amusement. Your powers of adaptability will be put to the test. 39. French wine grape 40. Intrinsic nature of

LEO - Jul 23/Aug 23 Leo, if one door will not open Make sure you are nourishing

for you, don't force it. Simply try another door. Accept that some come, Aquarius. This means being things are not meant to be and it is in tune with physical and menta time to move on

VIRGO - Aug 24/Sept 22

Virgo, your approach to things may get some push back from others. Don't let that stop you from being A nervous restlessness may urge you to act this week, Pisces. You could be excited about something independent and forging your own that you just can't pinpoint righ

erings are affected by public Saturdays, noon to 3 p.m., check chair, sit in one of our chairs in to Kingston/ Greenwood (for \$1 each, and the draw takes health guidance around CO- out a new project or theme every the shade or stay in your car. delivery, call 902-765-2128 by place at 3.30 p.m. You must be VID-19. Please check ahead week, with 7Arts in Greenwood Government regulations still re- 10:30 a.m.). with the organizers, as submis- (619 Central Ave, next to Av- quire social distancing and forbid Masonic Lodge museum

Flight/ Lieutenant Graham Royal disinfected and masks are avail- tia are excited to announce a a vision to make their community Details at hikenovascotia.ca. monthly online 50/50 fundraiser. the best it could be. The Kentville Girl Guide drive-thru info Money raised will go right back Lodge continues to meet and night: Berwick

scountymuseum.ca.

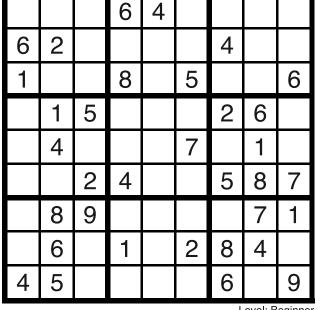
Chase the Ace

ting) at Wilmot Baptist Christian Take out or deliveries only! ton Pharmasave, Kingston Needs Fellowship Centre. Bring a lawn \$10 at the door, \$11 delivery and the Legion during bar hours. over 19 years old to purchase tickets. You do not have to be present to win.

Ages 10-plus, \$10/ person. Email on our open air services or an exhibit, "Kentville Lodge No. September 12, 8 a.m., Hike Nova 7arts@7arts.ca to reserve a spot, our live on-line Bible study or 58 Commemorating 150 Years Scotia and the Fundy Erratics Are you new to the Greenwood or drop in 7Arts adheres to the recorded Sunday and mid-week of History: 1870-2020." It all hiking group present a guided started in 1869, with a growing hike on the Belle Isle Marsh unit or just interested in joining lines. Signs are posted inside Lions 50/50 online fundraiser population, a railway station and and French Basin Trail, Digby. Cadets? You may reach out 517 and out, surfaces are regularly The Lions Clubs of Nova Sco- a group of like-minded men with Registration required in advance.

graham@gmail.com or 517Air@ The Op-Shop, located in the to your local Lions Club, allow- participate in local events and September 16, 6 p.m. to 7:30 cadets.gc.ca. Cadets is open to Greenwood Mall, is open Mon- ing Lions across Nova Scotia to philanthropic pursuits. This p.m., you are welcome to find out youth 12 to 18 years of age who day to Friday, 1 p.m. to 3 p.m. continue doing their community exhibit aims to draw back the more about Girl Guides in Berwick are legal Canadian residents. Donations are welcome. The work Tickets at https://rafflebox. curtain and offer a glimpse into at a drive-thru info night in the Hope to see you! The start up funds they raise through sales ca/raffle/lionsclub. Select the the story and symbolism behind Berwick School bus loop, Veterare donated to various health Lions Club you wish to support this historic and fascinating ans Drive. Drive on up to the unit initiatives and hospitals in the (including the Kingston Lions organization, Learn how modern you're looking for (Sparks ages area. Volunteers are welcome: Club). Open to N.S. residents Masons maintain a solid founda- 5-6, Brownies ages 7-8, Guides even one shift every week or over 19. Tickets sold monthly for tion built on past tradition, while ages 9-12 and Pathfinders 12two would be greatly appreci- the draw on the first Thursday of trying to thrive and continue their 15), and Guiders will have a fall good works in a rapidly changing newsletter of activities and be able and challenging modern world. to answer registration questions. September 8, noon to 1 p.m., Available by guided tour by ap- This in-person event will follow Kentville; 902-678-6237, king- ask visitors to remain in their vehicles. Registration details, a find-a-unit map and COVID-19 September 12, 1 p.m. to 3:30 activity plans are all available at p.m., the Kingston Legion hosts girlguides.ca. For local info: "Berits Chase the Ace. Tickets are wick Girl Guides" on Facebook available at Browns Auto, Kings- or contact Sara, 902-599-1833.

solution page 11



horoscopes brought to you compliments of

KINGSTON • 1-902-765-3111 KENTVILLE • 1-902-678-8044

BRIDGETOWN • 1-902-665-4449 NNAPOLIS ROYAL • 1-902-532-1500 www.frasers.ca

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!

Solar switch makes

sense for local Lions

Diane Mestekemper. **Kingston Lions Club**

the Aurora | 14 Wing Greenwood, NS

Does this beautiful roof look like a candidate for solar panels? It sure does, and that is exactly what the Kingston Lions Club is doing.

Our "big red roof" has all of the characteristics that make our building an ideal location for solar panels: size, pitch, horizontal angle and lack of shade-casting obstructions.

There are so many positives and very exciting for us!

have a significant impact on PV solar, by all accounts, is being done by Watts Up Solar the energy requirements of a good investment, and good in Wilmot. >

A division of CFMWS

Look up, and see what Kingston Lions are installing Morfee Annex, Greenwood; email on their roof over the next month. A new set of solar auroraproduction@ns.aliantzinc.ca panels will generate two-thirds of the hall's energy or fax 902-765-1717. needs in future, meaning Lions' fundraising efforts for the community will see a boost for years ahead. tact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca

www.CANEX.ca

now will free up money in the at the club. The excess energy the Kingston Lions Club is will- caractères gras 10 \$, taxes incluses. future to help those who need produced will be sold back to ing to lead the charge towards it within our community: over NS Power. For all of us pas- a more sustainable future. the next 25 years, the fiscal casionate about the environment, Installation of this "winpability of the Lions to do good within 35 years the system win" project will begin in early will effectively be multiplied by will produce enough power to September and we are all very four! That is pretty impressive, offset the equivalent CO2 to excited about it. If you have taking 132 cars off the road, a chance, please feel free to The energy produced will or planting over 16,000 trees. stop by and watch the work

DON'T PAY UNTIL

JANUARY 2021!

NO MONEY DOWN,

NOT EVEN THE TAXES

NE PAYEZ RIEN AVANT

JANVIER 2021!

NE VERSEZ AUCUN ACOMPTE,

MÊME PAS LES TAXES.

14 Wing Greenwood | 902-765-6994

Monday to Friday | 09:00 - 18:00 • Saturday | 10:00 - 17:00 • Sunday | 12:00 - 17:00

Submitted for this project, and reasons for our building. The new system for the environment. We want the Kingston Lions hall to "go is projected to offset more than to show our community the solar." Spending a lump sum two-thirds of the energy used reward is worth the cost, and nel coûte 10 sous, plus taxes. Texte en

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ ns.aliantzinc.ca.

902-765-1717.

September 7, 2020

words or less, are \$9 tax included

Additional words are 10 cents each

plus tax. Bold text \$10, tax included.

booked and prepaid by 10 a.m.

Wednesday 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 902-765-1494 loca

5699, visit the office, 61 School Road

To place a boxed, display ad, con

Les annonces classées, 35 mots of

Les annoncées classées doiven

être réservées et pavées à l'avance

avant 10 h. le mercredi précédant la

nublication. Les modes de paiemen

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 5699, visiter notre bureau

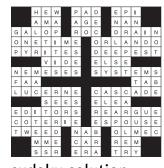
au 61, School Road, annexe Morfee

moins, sont vendues au prix de 9 \$

taxes incluses. Chaque mot addition

Classified advertising must be

crossword solution



sudoku solution 5 7 8 6 4 3 1 9 2

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

FOR SALE 1&M Firewood

\$240 a cord. Cut, split and delivered on two cord and over orders. Seasoned hardwood.

Milton: 902-825-8440

DAN'S FIREWOOD Hardwood, \$250 a cord Softwood, \$210 a cord Cut, Split, Delivered Ph: 902-825-6424

Valleywide In-Home Computer Repair

Offers a full range of services in the comfort of vour home

- Upgrades Sales • Networking • Tutoring • • Pickup/Return •
- Laptop Repair Eve-Weekend Appointments • Drop-off in Aylesford •

For Fast, Economical Convenient Service Call Vallevwide 902-844-2299

à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc **Kingston** ca ou nous transmettre un fax au Legion

Sunday, 1:30 p.m.

- Regular Games \$100
- 3 Specials 60/40 Letter H - 80/20
- Triple Jackpot R-W-B 1 Lucky 7 - Progressive 1 Bonanza - Progressive
- Jackpot 3 Chances **Consolation \$300**
- Double Action Lic.# 115910-08

APARTMENT FOR RENT

FOR RENT - Very clean modern one two & three-bedroom apartments Middleton to Cambridge. Well man aged properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

FOR RENT - Kingston Lincoln Shire anartments - two bedroom, two appliances \$675 plus utilities ávailable Augus 1st. Call 902-840-0683. (4123-ufnb

HOUSE FOR SALE

HOUSE FOR SALE - House and small business structure for sale in ideal location. Directly across from Greenwood Mall. Both completely renovated 6 years ago. Too many upgrades to list. House is a three hedroom, one bath hungalow with a large deck and very private back *r*ard. Business is currently a Massage Therapy clinic with two treatmen rooms, reception area, office and 1/2 bath. Property is ideal for a family who wants a small husiness, a home office or to rent to a small business to cover a large part of your mortgage. Located at 1046 Central Avenue, Greenwood, A must see. Price is \$225,000. Telephone 902-691-0807. (4132-4tp)

FIREWOOD ROR SALB

Clear Dry or Green Hardwood Cut. Split and Delivered Valleywide Quality Guaranteed please phone

FUTURE GLASS and MIRROR LTD

Г: 902-825-3361

Sampson Dr. Greenwood 902-765-2105 WINDSHIELD SPECIALIST replacements * chip repairs

ALSO: plateglass, plexie & lexan, mirrors vehicle accessories, window & screen repairs replacement thermo pan windows and more...

Insurance Claims are our Specialit Mention this ad for \$100 off your deductible.

T VALUABLE COUPON repairs replacements **AUTO GLASS** Service · truck sliders **MORE THAN** 25 YEARS OF DEDUCTIBLE **EXPERIENCE**

Barrister * Solicitor * Notary

T: 902-765-3301 F: 902-765-6493

Email: dap@davidproudfoot.com Web: www.davidproudfoot.com

Referrals



• Real Estate

Middleton: 902-825-3659

Consultations /

David A. Proudfoot

811 Central Avenue, PO Box 100 Greenwood, NS B0P 1N0

Wills / Estates



well-being.

TIM-BR

Fall virtual, in-person programs focus on your health

Strengthening the Forces the Canadian Armed Forces health program, is designed to enable CAF members to increase control over and improve their overall health and well-being. Good health is essential to the well-being of CAF members and the operational effectiveness of the CAF. The 14 Wing Greenwood Health Promotion office is located at the 14 Wing Greenwood Fitness and Sports Centre, and has a fall schedule of both in-class and virtual programs ready for fall.

Respect in the Canadian Armed Forces

The Respect in the Canadian Armed Forces workshop is open to Regular and Reserve members and, where space and resources allow, Department of National Defence and Non Public Funds civilian employees are welcome to participate. The maximum number of participants per course is eight. All dates' courses run from 8:15 a.m. to 4 p.m. in the 14 Wing Greenwood Fitness & Sports Centre. To register, contact Edith Tremblay at 902-765-1494 local 5388 or edith. tremblay@forces.gc.ca.

- Respect in the CAF (privates, corporals) September 17, October 28, December 10
- Respect in the CAF (master corporals, sergeant)
 September 24, November 5
- Respect in the CAF (warrant officers and officers)
 October 8, November 19
- Respect in the CAF (all ranks) – October 22, December 3

Fall schedule (in class-room)

All Strengthening the Forces programs and workshops are free and open to Regular and Reserve military



members and their families. Where space and resources allow, DND and NPF civilian employees are welcome to participate. Note: Minimum participant: eight. For information on courses, visit cafconnection.ca. To register, contact Edith Tremblay at 902-765-1494 local 5388 or edith.tremblay@forces.gc.ca.

- Mental Fitness & Suicide Awareness: Supervisor Training – October 1, 8:30 a.m. to 3:30 p.m., and October 2, 8:30 a.m. to noon; Fitness and Sports Centre classroom
- Alcohol, Other Drugs, Gambling, Gaming and Cannabis Awareness: Supervisor Training – October 15, 8:30 a.m. to 4 p.m., and October 16, 8:30 a.m. to noon; Fitness and Sports Centre classroom
- Stress Take Charge! October 29 and 30, 8:30 a.m. to 3:30 p.m., Fitness and Sports Centre classroom
- Managing Angry Moments

 November 3 to November 24, 8:30 a.m. to 11:30
 a.m. (every Tuesday over four weeks), Fitness and Sports Centre classroom
- Alcohol, Other Drugs, Gambling, Gaming and Cannabis Awareness: General – November 13, 8:30 a.m. to noon, Fitness and Sports Centre classroom
- Inter-Comm: Improve Communication in Personal Relationships – November 26, 8:30 am. To 3:30 p.m., and November 27, 8:30 a.m. to noon; location TBD
- Butt Out Self-Help Program By appointment only, 902-765-1494 local

5388 or 5389, Health Promotion office, Fitness and

Fall schedule – virtual programs (Zoom)

Sports Centre

All Strengthening the Forces programs and workshops are free and open to Regular and Reserve military members and their families. Where space and resources

allow, DND and NPF civilian employees are welcome. To register, please contact Ginette Boudreau at 14winghpspecialist@gmail.com.

- Weight Wellness Lifestyle: Portion Distortion – September 23, 6:45 p.m. to 7:30 p.m.
- Weight Wellness Lifestyle: Label Reading – September 30, 6:45 p.m. to 7:30 n m
- Weight Wellness Lifestyle: Smart Goal Setting – October 7, 6:45 p.m. to 7:30 n m
- Weight Wellness Lifestyle: Recognizing Barriers and Staying Motivated – Octo-

ber 14, 6:45 p.m. to 7:30 p.m.

- Top Fuel for Top Performance: The Importance of a Healthy Food Foundation, Hydration and Fueling before Exercise October 21, 6:45 p.m. to 7:30 p.m.
- Top Fuel for Top Performance: How to Fuel Yourself during and After Exercise October 28, 6:45 p.m. to 7:30 p.m.
- Injury Prevention: Ergonomics! November 4, 6:45 p.m. to 7:30 p.m. Set up your workspace to help improve posture and reduce daily aches and pains.
- Injury Prevention: Tips and

Strategies during Physical Activity – November 18, 6:45 p.m. to 7:30 p.m.

- Addictions: Let's Talk about Cannabis – November 25, 6:45 p.m. to 7:30 p.m. Learn the risks and benefits of consuming cannabis.
- Addictions: Let's Talk about Drinking – December 2, 6:45 p.m. to 7:30 p.m. Are you familiar with he low risk drinking guidelines?
- Addictions: Safe Party Hosting – December 9, 6:45 p.m. to 7:30 p.m. Know the risks and responsibilities of hosting a party.



Valley Family Optometry

DR. BRETT KINNEY, DR. KRISTA FLYNN, DR. LAUREN MORSE & DR. JENAY ARMSTRONG

902.765.3420 | 545 Victoria Drive, Kingston, NS

EYE EXAMS, FASHION EYEWEAR, CONTACT LENSES, EYE EMERGENCIES, LASIK CO-MANAGEMENT

NEW PATIENTS WELCOME

valleyfamilyoptometry.ca



