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SAR ex experience a career highlight

**Chief Warrant Officer
Dan Campbell,
14 Wing Greenwood
chief warrant officer**

Thirty years after arriving in Nova Scotia to complete basic training at CFB Cornwallis, I had the amazing opportunity to celebrate my Canadian Armed Forces enrolment by flying with 413 (Transport and Rescue) Squadron, here at 14 Wing Greenwood, during its fall training camp.

After two-and-a-half years at 14 Wing, I am well aware of - and thoroughly impressed by - the professionalism of the women and men at 413 Squadron as they answer the call of those in distress across a 1,800,000-square-mile area in Eastern Canada. They watch more than the waves, responding to emergencies for injured hikers, missing people, downed planes and lost hunters.

413 Squadron's boat camp exercise is designed to practice hoisting operations, sending search and rescue technicians down to a moving boat at sea and returning with an injured or ill crewmember.

When you do something

you have never done before, there are always nerves. I did not sleep well the night before joining the 413 Squadron crews: perhaps it was the unknown - or I was scared I'd oversleep! Dressed in a thermal liner, an orange dry suit and harness, I couldn't help but feel very Star Wars Rebel Alliance pilot-like as I made my way to the waiting Cormorant helicopter.

There was no way I was letting a few arriving butterflies take over. After my safety briefing with the flight engineer, I strapped into my seat and reran the egress procedures in my head: "Should we have to ditch in the ocean, open the window first, then remove your seat belt, hold on to edge of the window and follow the bubbles out." Then I heard the pilot's call with the crew's egress plan review, detailing, "We have one passenger without rotary wing underwater egress training (RUET)" - when you are trained to get out of a submerged helicopter. "Hey, they are talking about me!" I thought, "Wow! It's been a while since I was the unqualified guy that needed to be

looked after."

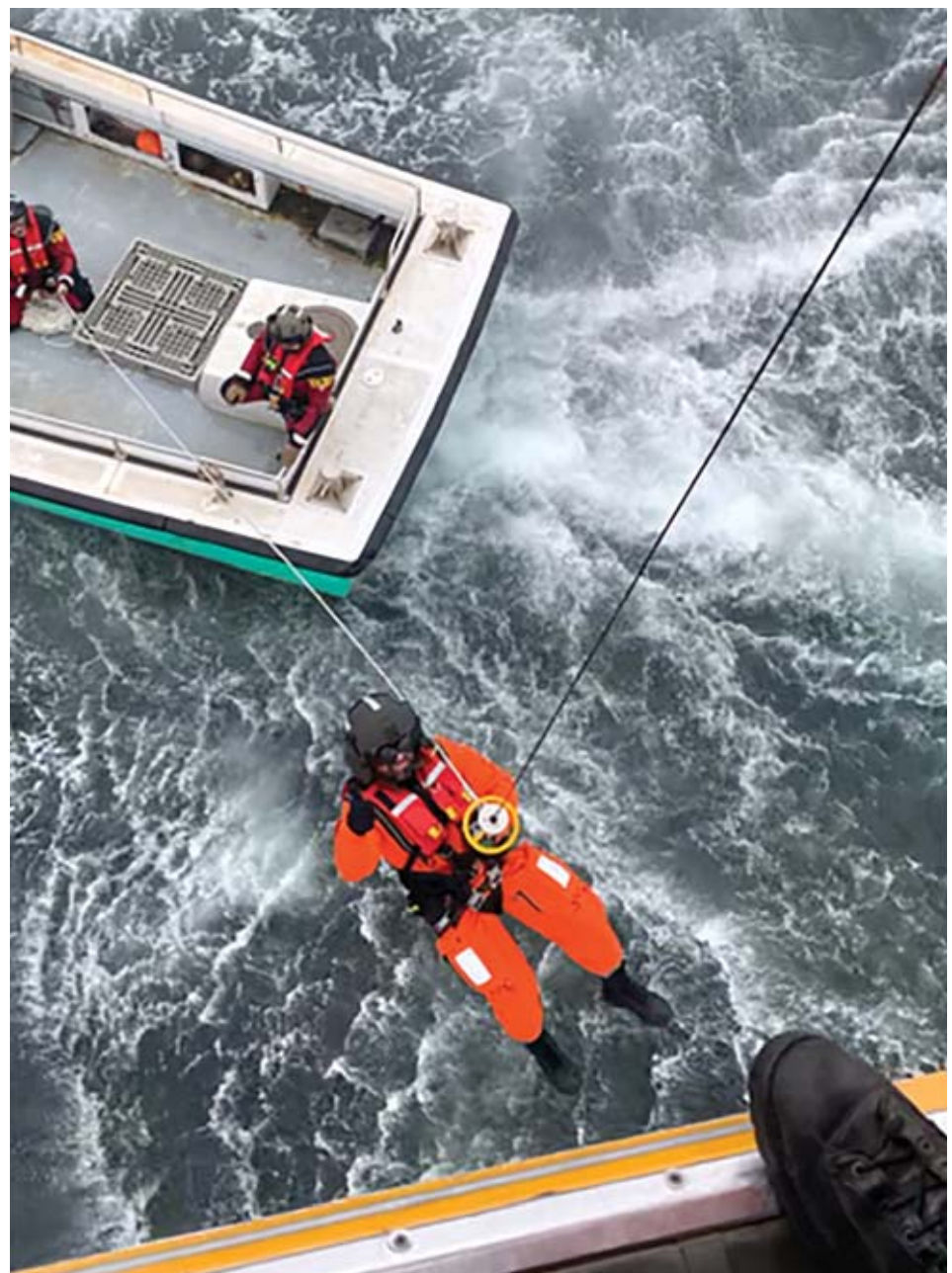
I was grateful the SAR-Techs' first priority was to get me out safely, and then it occurred to me: this is what they do! Today, it was my safety; tomorrow, or even tonight, it will be someone else. The squadron's motto, "That Others May Live," is a true testament to their commitment to serve.

As we circled the harbour, the side door of the helicopter opened and a fresh breeze rushed in. I was grateful, as the suit was hot and those butterflies had multiplied. After a quick brief - I'd be going out third, with two search and rescue techs (SAR) already on the boat when I got there - "Watch and learn! You get two examples to follow."

On my turn, I sat at the doorway, feet hanging out, attached to the helicopter by the slimmest cable ever. The flight engineer said, "Give me the thumbs up and out you go. Thumbs down, and I will pull you back in."

I'm not coming back in! I'm excited! Thumbs up and out I go, dangling under the

Continued on page 2...



14 Wing Greenwood Wing Chief Warrant Officer Dan Campbell, NOT on his day job but loving the experience of training with 413 (Transport and Rescue) Squadron.

Submitted

OJT experience – with a SAREX extra

**Second Lieutenant Miguel Laurendeau,
Aviator Jeffrey Powless & Aviator Hayden Maher,
405 (Long Range Patrol) Squadron**

We are 405 (Long Range Patrol) Squadron members here at 14 Wing Greenwood, in various stages of on-the-job-training postings. Second Lieutenant Miguel Laurendeau is a pilot in the Seneca program, spending time at 405 Squadron to gain experience in operations while school is out and there are no career courses on offer. Aviator

Hayden Maher is an AESOP awaiting training and Aviator Jeffrey Powless, no trade as yet, are both currently helping with 405 Squadron's IT projects.

When we first heard 413 (Transport and Rescue) Squadron was looking for volunteers to help with an exercise in Halifax earlier this fall, we all jumped at the opportunity to be involved, without even thinking about it. Little did we know the October 26 hoisting exercise was going to be one of the coolest things we have done so far in our military careers.

"It was a unique experience - willingly jumping into the

Atlantic Ocean. Being part of the Cormorant Hoist Ex to further train (search and rescue technicians') life-saving skills was a privilege."

"Having firsthand experience of a Cormorant hovering overhead while you're being hoisted over 100 feet into the air is one we will never forget."

As part of an aircrew, you do not want to be in a rescue situation: that means something bad has happened. To

Continued on page 2...



Submitted

OJT experience...

...cover

be part of 413's exercise was a unique and incredible opportunity for all of us, one we hope we will only ever experience in this kind of safe and controlled training environment.

To see how everyone on board the search and rescue aircraft works as a team to make sure a response is as fast, safe and precise as possible is very impressive. We would like to thank 413 Squadron for an amazing experience. ➔

Career highlight...

...cover

helicopter. I take in the view, the fine mist coming off the ocean from the rotor wash covers my visor, the boat below and its wake trailing off. I look up to see the underside of the helicopter and the flight engineer hanging out, guiding my cable down. In short order, I'm on the boat, disconnected, the helicopter climbs and pulls away, leaving just the hum of the boat motor and the serenity of the sea. I can't wipe the smile off my face!

I asked the SAR-Techs what their favourite part of their job is: hoisting, diving, parachuting, mountain climbing, the medical part? Their answer? "All of it!" They highlighted the excitement of not knowing what each day is going to call for. One thing is clear: they may have the best job in the Royal Canadian Air Force!

The return to the helicopter is no less exciting and, once back on board, the crew seems perplexed I want to do it all again. I hear the pilot say, "Well, if the chief wants to do it again, we're going to do it again." The second trip was better than the first, the butterflies have left the helicopter!

The final thrill of my day was the pilot inviting me into the co-pilot seat to fly my first helicopter. For the next 15 minutes, I flew, marveled at the view and contemplated my 30-year career in the RCAF. For all the challenging days in uniform, I have had some amazing experiences: flying and breaking the sound barrier in a CF18 fighter, soaring with Canada's Snowbirds during an airshow in Lethbridge, firing a 50-calibre machine gun out of a CH146 Griffon helicopter at tanks in a desert.... Today, I added hoisting and flying with the professionals of 413 Squadron.

A huge thank you to all of 413 Squadron - and to your families - for what you do. On the anniversary day of my 30th year in uniform, you made me want to sign up and do it all over again! ➔

In the co-pilot's seat of the CH149 Cormorant, 14 Wing Greenwood Wing Chief Warrant Officer Dan Campbell marked the 30th anniversary of his enlistment with a bucket list-worthy day of search and rescue training with 413 (Transport and Rescue) Squadron.



Submitted

the Aurora

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The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcf-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

VPI | VPI
www.vpinternational.ca

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 Greenwood Winter Carnival/14e Escadre Carnaval d'hiver** Annual winter Defence Team fun and challenge events | **14 Wing Greenwood PSP** 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** Centre updates | **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 | **14 Wing Spiritual Resilience Page** Hosted by the 14 Wing Chaplains, with spiritual support and resources | **GMAM.ca** Follow news and events at the Greenwood Military Aviation Museum | **14 Wing Welcome** Schedule of events details

Rcafé: Have your voice heard!

Rcafé is an on-line, open forum to discuss, collaborate, share information and develop solutions to common problems. RCAF leadership is fully engaged in both the creation and participation in this forum and we are seeking your help to grow the number of participants so that voices from across the RCAF are heard in the discussion. The rcafé is hosted on a landing page for the RCAF Dispatch software. The goal is to increase the conversation happening across the RCAF, at all rank levels, in order to collaboratively grow our Air Force.

Sign in at <https://app.rcafdispatch.ca/login>. Use Google Chrome as your platform for optimal results. On this landing page you will find RCAF Dispatch, rcafé, the Vector Check submission portal and information on the COVID control app. ➔



Rcafé : Faites-vous entendre!

L'application «rcafé» est un forum ouvert et en ligne permettant de discuter, de collaborer, de partager des informations et de trouver des solutions à des problèmes communs. Les dirigeants de l'ARC participent activement à la création et à la mise en place de ce forum. Nous sollicitons votre aide pour augmenter le nombre de participants afin que de nombreuses voix de l'ensemble de l'ARC se fassent entendre lors des discussions. L'application «rcafé» est hébergée sur une page d'accueil de la plateforme Dispatch de l'ARC. L'objectif est d'augmenter les conversations à tous les niveaux hiérarchiques de l'ARC afin de collaborer à la croissance de notre Force aérienne.

Ouvrez une session : <https://app.rcafdispatch.ca/login> Utilisez Google Chrome comme plateforme pour obtenir des résultats optimaux. Sur cette page d'accueil, vous trouverez la plateforme Dispatch de l'ARC, l'application «rcafé», le portail de soumission de la vérification des vecteurs et des renseignements sur l'application COVID-19. ➔

Making a connection with art

With the help of Nova Seven Arts Council (7Arts) in Greenwood, Sarah Osborne was recently able to facilitate a creative, fun and educational workshop, "Life Through a Mask: An Introduction to Art Therapy," for military personnel and veterans, introducing the concept of art therapy as a therapeutic practice. Local artist and veteran Marc Deveau was also involved, facilitating participants in making a mask - a tangible reflection for participants to take with them.

The inspiration behind the workshop originated from Osborne's interest to educate the military and veteran community about art therapy, bring awareness to the connection between neuroscience and art and demonstrate how art can alleviate stress and enhance focus and communication skills. By integrating research-based exercises and providing workshop participants with an opportunity to explore mask-making as a safe, creative way to process themes, including identity and transition from military to civilian life, the sessions formed a safe place for participants to share their sto-



Submitted

ries and form connections with, not only themselves, but with art as a positive coping skill.

As a registered counselling therapist and certified expressive arts therapist, Osborne values the diverse practices of psychotherapy and is an advocate for evidence-based therapeutic approaches, such as art, narrative and music therapies; to be integrated and more accepted as an accredited alternative practice, especially for those individuals who do

not gravitate towards standardized talk therapy. She hopes to continue to provide free group workshops to introduce art therapy specifically to the military and veteran community, as it is truly rewarding to see the benefits of art having a positive impact. One of her favourite aspects of the job is to see a look of surprise on an individual's face when they gain insight, perhaps have an "aha" moment, or when they initially walk into the session or group

unsure and then, at the end, leave with a smile and level of comfort in knowing something "clicked."

7Arts and Osborne will continue to apply for provincial funding to facilitate similar workshops through 2021 while abiding to COVID-19 guidance to ensure people stay safe and healthy. Find out more about upcoming events and programs at 7arts.ca or, on Instagram, @7arts2 and @arththerapyandwellness. ➔

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Stay 2 metres apart

Stay home if sick

Safe holidays start with you

NOVA SCOTIA



A Christmas Carol, stage-to-screen, in Annapolis Royal

Following the widely-acclaimed success this summer of their first ever stage-to-screen production, the Annapolis District Drama Group joined forces with Young Company Productions to create a family-favourite Christmas-time spectacle

sure to entertain: a screen-play version of “A Christmas Carol,” by Charles Dickens – pandemic-willing, to be screened at King’s Theatre the weekend before Christmas.

With a cast numbering 55, this is probably the largest theatrical production ever in Annapolis Royal, and in a time of constraint due to pandemic restrictions. However, this well-loved tale lends itself

Keep family traditions alive

(NC) The holidays are here and, while this year may feel a bit different, it’s important to keep our family traditions alive. Every family has their own set of traditions that has been passed down from generation to generation, as well as new ones created each year.

Many of our customs are centred around food – whether it’s mom’s decadent chocolate yule log, nana’s savoury sausage rolls, or nonna’s famous cappelletti soup, you don’t

quite easily to performance in line with current provincial guidelines. The screen-play is a newly-crafted adaptation by Simon Bonnington, straight from Dickens’ original text - with COVID-19 very much in mind; and gives the opportunity for several small groups of actors to rehearse and perform the different

scenes quite separately from each other. Inspired by their recent experience of on-location filming, “A Christmas Carol” rehearsed and filmed in and around several of the historic buildings in our communities. The O’Dell House Museum and the Sinclair Inn Museum were made available by the

have to miss out on those special treats just because our celebrations might need to change.

Let’s go virtual. If you’re unable to gather with friends and family, take your traditions online. Prepare for your virtual get-together by hanging your stockings and decorating your tree. Organize an epic gift exchange and traditional potluck. You can make a few porch drops ahead of jumping online with your crew for some

festive cheer. Or you can share your favourite recipes ahead of time so that everyone is able to enjoy the same dishes.

Secret’s out of the bag. Secret family recipes are a seasonal staple, but at some point all recipes need to be passed down to the next generation so the traditions can live on. This year, have the keeper of those precious family recipes host a virtual cooking class to walk close family members through the steps so that everyone can

kind cooperation of the Annapolis Heritage Society; likewise, the board of the Tupperville School Museum was enthusiastically welcoming, allowing actors to immerse themselves in these genuine Victorian settings. The Queen Anne Inn, the Carlisle House Inn and the Historic Gardens, as well as

other well-known buildings and establishments, also played host. Screenings are scheduled for December 17, 18 and 19 at 7 p.m.; with a matinee December 20 at 2 p.m. Tickets are on sale now: adults \$15, youth \$5. Check out the promotional video at <https://youtu.be/lxCI55JeKhc>.

still enjoy the coveted dish this year.

Keep active. Holidaytime can be stressful and we may be eating a little more than normal, so it’s important to try to maintain regular physical activity. Spending time outside with family can do you a world of good, So go build that snowman or organize a snowball fight – two great socially distanced activities. You can also bundle up for a walk around your neighbourhood to see all the twinkling

lights or go skating at a local outdoor rink.

Sip smart. With multiple virtual events planned you’re likely going to find yourself enjoying foods and beverages with higher sugar content. Eggnog and other festive drinks contain more sugar than you may realize. Enjoy them, but in moderation. Have one of your favourite cocktails, then switch to sparkling water flavoured with fresh fruit and herbs, such as cranberries and rosemary for a festive touch.



Winter parking ban

December 15 to March 31

For many communities across the province on-street parking is prohibited:

- Every night — between 1 am and 6 am
- Every snow storm — from 1 hour after it starts until 2 hours after it stops

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Indoor winter activities the whole family can enjoy

(NC) Got cabin fever? You’re not alone. Being stuck indoors all winter long is such a buzzkill. Instead of going stir crazy, channel your inner creativity and try out these indoor winter activities to do with your kids.

1. Make a snowman suncatcher. There are plenty of tutorials online, but you can try this one: Print out a suncatcher snowman craft template onto heavy cardstock. Cut out the

snowman template. Then, cut out a piece of clear contact paper. Stick the front side of the snowman onto the contact paper. Remove the excess contact paper. Cut out the eyes, nose and button templates. Trace them onto coloured construction paper and cut out and place them on the snowman. Cut small squares out of white tissue paper. Place them on the inside of the snowman, making sure

to completely cover the contact paper. Hang it in a window that catches the morning sun.

2. Cozy up with homemade hot cocoa. Embrace the cold winter nights and warm up with some hot chocolate, your favourite PJs and a cozy blanket. If you’ve got older kids, let them take the reins in the kitchen. You could even try to make a coffee-flavoured dessert to accompany the hot cocoa.

elles ne fonctionnent pas toutes de la même façon. Lisez attentivement votre contrat de carte prépayée afin de connaître la date d’expiration, ou s’il y a des frais ou des limites à son utilisation. Selon le type de carte prépayée, il peut y avoir

des frais pour activer votre carte, faire des achats, vérifier votre solde, retirer de l’argent à un guichet automatique bancaire, charger plus d’argent sur la carte ou la conserver si vous ne l’utilisez pas pendant un certain temps.

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Les cartes promotionnelles : Acceptées exclusivement par une chaîne ou un centre commercial, elles ont généralement une date d’expiration et vous ne pouvez pas les recharger ou effectuer des retraits.

Les cartes prépayées

3. Host a living room campout. Grab chairs from the kitchen, sheets from the linen closet and comfy blankets, pillows, throws and stuffed friends from the bedroom to build your fort. Next, bundle fairy lights inside Mason jars so when you turn off the lights it looks magical. Finally, serve up some snacks with camping vibes like buttery microwaveable popcorn, hot dogs and gummy worms.



Cartes prépayées : sachez comment elles fonctionnent avant d’en acheter

(EN) La période des Fêtes approche à grand pas, et plusieurs cherchent encore quoi offrir à leurs proches. Pour bien des gens, les cartes prépayées sont la solution idéale. Mais avant de les acheter, il est important de savoir quelles sont leurs conditions d’utilisation, car

elles ne fonctionnent pas toutes de la même façon. Lisez attentivement votre contrat de carte prépayée afin de connaître la date d’expiration, ou s’il y a des frais ou des limites à son utilisation. Selon le type de carte prépayée, il peut y avoir

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émises par une institution financière : Elles sont liées à des réseaux de carte de paiement, tel que Visa, MasterCard ou American Express. Elles peuvent être utilisées chez la plupart des commerces qui affichent le logo du réseau. L’argent qui se trouve sur ces dernières

n’expire pas, mais la carte elle-même peut expirer. Lorsque vous offrez l’une de ces cartes, assurez-vous de transmettre toutes les conditions d’utilisation, ainsi que la preuve d’achat pour éviter toute surprise.

Pour plus d’information, visitez canada.ca/argent.

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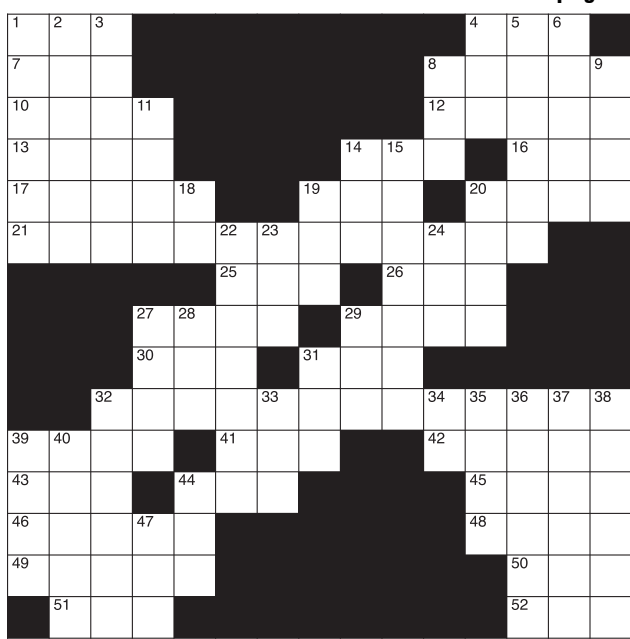
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Monday - Friday 9 am to 9 pm • Saturday 9 am to 5 pm • Sunday 12 noon to 5 pm



metro crossword

solution page 7



- ACROSS**
 1. Crow species
 4. Partner to flow
 7. Male offspring
 8. Sedate
 10. Orange beverage
 12. Pair of small hand drums
 13. 12th month of Jewish civil year
 14. Former Pirates star Jason
 16. Computer company
 17. Made angry
 19. Beverage container
 20. Charlize Theron film '___ Flux'
 21. Localities
 25. Consume
 26. Don't know when yet
 27. Bed style
 29. Make a low, continuous sound
 30. Wrath
 31. Pollinates flowers
 32. Association
 39. Prejudice
 41. Unhealthy
42. Hasidic religious leader
 43. Distinctive philosophy
 44. Short-term memory
 45. In a good way
 46. Emperors of Ethiopia
 48. Imaginary line
 49. Of barium
 50. One's sense of self-esteem
 51. Man who behaves dishonorably
 52. Monetary unit
- DOWN**
 1. Rear of (nautical)
 2. He minds the net
 3. Ring-shaped objects
 4. When you hope to get there
 5. Young children
 6. Beloved hobbit
 8. Pigeon
 9. Wish harm upon
 11. Quick-eyed (Scottish)
 14. Scrooge's phrase
15. One more
 18. A ballplayer who only hits
 19. Once vital TV part
 20. Sixth month of Jewish civil year
 22. Advantage
 23. Type of tree
 24. Luke's mentor ___-Wan
 27. Life stories
 28. Vase
 29. Tiny
 31. Package (abbr.)
 32. A photog's tool
 33. Wood
 34. One of the six noble gases (abbr.)
 35. Pueblo people of New Mexico
 36. Wild goats
 37. A way to comply
 38. Horatio ___, British admiral
 39. Actress Leslie
 40. Sir ___ Newton
 44. Pouch
 47. Have already done

crossword brought to you compliments of



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fyi

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, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717, or email auroraeditor@ns.aliantzinc.ca. 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 Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 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 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 mercredi précédant la publication, à moins d'avis contraire.



horoscopes

December 13 to December 19

- ARIES - Mar 21/Apr 20**

It is time to make some new connections, Aries. Invite someone you trust to take the lead for a change instead of you running the show. You may enjoy the break.

TAURUS - Apr 21/May 21

Taurus, you may find yourself taking more risks and acting more boldly. Don't be afraid to give other things a try. Try public speaking or ask to helm a new project.

GEMINI - May 22/Jun 21

Reality will not be nearly as exciting as you hope it to be this week, Gemini. You may have to offset things a bit by watching movies or reading books for a great escape.

CANCER - Jun 22/Jul 22

Cancer, messages from friends or family members could reach you this week. Expect some exciting news about a reunion of sorts. It's a good time for communication.

LEO - Jul 23/Aug 23

You might be tempted to break up with someone or put a friendship on ice, Leo. Maybe your feelings were hurt or there was a misunderstanding. Think before acting.

VIRGO - Aug 24/Sept 22

Virgo, when one door closes another opens, and you will find this to be true this week. A cycle comes to a close and something entirely new will come your way.
- LIBRA - Sept 23/Oct 23**

Libra, your empathy for others is ramped up this week as you make a concerted effort to help the less fortunate. Consider all ways you can provide assistance.

SCORPIO - Oct 24/Nov 22

Remember the people who have helped you along the way, Scorpio. Give thanks to everyone who has supported you in any and all endeavors.

SAGITTARIUS - Nov 23/Dec 21

It can be challenging for you to be as productive as you want to be, Sagittarius. For some reason your focus keeps being drawn elsewhere. Hunker down and concentrate.

CAPRICORN - Dec 22/Jan 20

Capricorn, a reason to throw an intimate party will present itself in the days ahead. Keep it small and write up a guest list of those closest to you.

AQUARIUS - Jan 21/Feb 18

This week you learn a new skill or something relating to electronics commands your attention, Aquarius. This can put you in good spirits as you figure out ways to apply what you learn.

PISCES - Feb 19/Mar 20

Pisces, you may find that you are mixing business with pleasure. Just be careful to follow the rules if you're thinking of a workplace romance.

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NOTICE: Many community events may change details as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

Retirees' info available
The National Association of Federal Retirees' resource, "You and Your Survivor," 2020 version, is now available. To reserve a copy please email NAFR75@gmail.com or call Bill/ Carolyn, 902-765-8590.

Masonic Lodge museum exhibit
To December 18, the Kings County Museum hosts an exhibit, "Kentville Lodge No. 58 Commemorating 150 Years of History: 1870-2020." It all started in 1869, with a growing population, a railway station and a group of like-minded men with a vision to make their community the best it could be. The Kentville Lodge continues to meet and participate in local events and philanthropic pursuits. Learn how modern Masons maintain a solid foundation built on past tradition, while trying to thrive and continue their good works in a rapidly changing and challenging modern world. Available by guided tour by appointment only. Please contact the museum

for times and availability: Kings County Museum, 37 Cornwallis Street, Kentville; 902-678-6237, kingscountymuseum.ca.

Fish fry
December 18, 5 p.m. to 6:30 p.m., the Berwick Legion hosts a take out, eat in or delivered fish fry: lightly battered, pan-fried haddock, mashed potato, coleslaw, tartar sauce and a roll. All COVID restrictions and rules will be in place. Tickets are \$15, must be purchased no later than December 11. For more info, call 902-538-9340.

Blue Christmas service
December 21, 6:30 p.m., there will be a Blue Christmas service at the Wilmot Baptist Christian Fellowship Centre, Wilmot, for those who suffer feelings of sadness, loneliness, depression, worry or loss at Christmas. Join us for a quiet, sensitive and caring service that understands your feelings, and offers hope and comfort. COVID-19 protocols are being followed. Please call 902-765-2386 for info and to reserve a seat.

Speed skating programs
January 4 is the start date for a series of programs with the Annapolis Valley Speed Skating Club, including learn to speed skate, skills development, recreational and competitive programs. For info: contact valleyspeedskating@gmail.com.

sudoku

solution page 7

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

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!


Caregiver stress management workshop December 16 in Middleton

Do you give unpaid care to a family member or friend who has a physical or mental health condition, or who is chronically ill or frail?

As a caregiver, you may feel overwhelmed by all of your responsibilities. Caregivers Nova Scotia's goal is to help you identify common stressors and address them before they become harmful to your health. We will focus on strategies to regain or maintain your life balance.

Please join Caregivers Nova Scotia for a free workshop Wednesday, December 16, noon to 2:45 p.m., at 295 Commercial St., Middleton. Please arrive at 11:45 a.m. to register with CORAH (Centre of Rural Aging and Health), at the NSCC Annapolis Valley Campus.

This is a free workshop, but pre-registration is required by December 14. Call 902-680-8706 or toll-free 1-877-488-7390 to register or for information. ➔



~ In Memory ~
Nora Helen Russell (Hubley)
December 14, 1916
- December 12, 2011

*You warmed our hearts
Like a morning in Springtime
You gladdened our souls
Like a warm Summer rain
When we all meet
someday up yonder
We'll walk hand in hand
In the sunshine again.*

Dearly missed by her family, extended family, and her many, many friends.

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

Classified advertising must be 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 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email aurora-production@ns.aliantzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi 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 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca 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 auroramarketing@ns.aliantzinc.ca.

crossword solution



sudoku solution

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



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Dear Santa...
Have a holiday wish for Santa, or the community?


The Aurora Newspaper will include letters to Santa in the December 21 issue, the last before the big day, and we invite you to join us.

- Hand deliver your letter, a photo and a sample of your signature to The Aurora (61 School Road, Morfee Annex, Greenwood) OR
- Email your letter, photo and a scan of your signature to auroraproduction@ns.aliantzinc.ca

All letters must be received by 4 p.m. December 15.

Letters should be a maximum 50 words and include full name, age and home community. A parent's name and phone number should be included for youth.





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Food for Thought from the Upper Room

Rob Albert

The Upper Room Food Bank in Kingston continues in its COVID-19 procedures to comply with provincial guidelines.

Clients requiring services now must call ahead to the food bank to arrange an appointment during normal operating hours. If the food bank is closed, leave a message and someone will get back to you to arrange a time. Remember: no one other than vetted volunteers is allowed in the building, so

plan accordingly. Dry goods will be pre-packaged, with perishables being added just prior to the appointment time; then the order is placed in the pickup area. This procedure reduces personal contact, while reducing the time clients will wait in bad weather.

During November, the Upper Room Food Bank served 116 families, consisting of 201 adults and 97 children, with 14,583 pounds of product going out and 16,337 pounds coming in. The incoming total includes 2,396 pounds provided by the Feed

Nova Scotia network and 1,124 pounds purchased with local cash donations. The remainder is from local donations, including regular arrangements with several local businesses.

Donations are being accepted as usual, with drop off at the food bank or at the Kingston village office (655 Main Street). Processing of donated food continues in accordance with directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations may also be dropped off as normal, or call

the office and arrangements will be made to pick it up.

As the Christmas season approaches, several of our usual fundraisers and food drives are not happening, so watch for those that are going on and donate what you can. Client numbers of people using the food bank are starting to rise once more as various temporary programs start to taper off.

The last day open for the Upper Room Food Bank before the Christmas break will be Thursday, December 17; we will re-open Monday,

January 4. New regular hours are in effect, with the food bank open Mondays 9 a.m. to noon, and Thursdays, 6 p.m. to 9 p.m. The office number is 902-765-0303, or email upperroomfoodbk@hotmail.com. We may also be found

on Facebook.

The volunteers at the food bank would like to take this opportunity to wish one and all a happy holiday season, regardless of which holiday you choose to celebrate. We will see you in the new year. ➔

Help with healthy relationships

Wouldn't it be nice if each relationship came with its own user manual to help us navigate through the rough spots?

Keeping a relationship healthy is not always easy. Add in the challenges that come with one or both partners being in the military - that can be an even bigger challenge!

Strengthening the Forces' Healthy Relationships resources provide all kinds of helpful tips to Canadian Armed Forces members

and their families on how to navigate through everyday relationships. Whether your relationship is healthy or not, you'll find plenty of information, with tip sheets to help you learn how to:

- check your relationship's health along the Intimate Relationships Continuum
- strengthen your relationship if you're a dual service couple
- keep your relationship happy and resilient when relocating

- express anger in a healthy way
- support a friend who's experiencing an unhealthy relationship or family violence
- create a safety plan for yourself or a friend

Support services available for CAF families who are experiencing stress, family breakdown or family violence; videos describing the journey other CAF couples have navigated in their own relationship challenges and more may be

found at cafconnection.ca/HealthyRelationships. ➔



Chris d'Entremont
Member of Parliament for
West Nova/Député - Nova-Ouest

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Keep your green out of the red this season.

The challenge of social distancing has us all reimagining how to spread joy this holiday season. But don't overcompensate by overspending.

Check out our tips on how to celebrate without breaking the bank.



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Photo by Larry Powell