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the Aurora

Vol. 42 No. 03 FEBRUARY 1, 2021 NO CHARGE www.auroranewspaper.com

Essay win highlights roles, opportunities for women in logistics trades

Second Lieutenant Katie Evans, Replenishment Flight, 14 Mission Support Squadron

In 2019, Corporal Rechell McDonald of 14 Mission Support Squadron submitted an essay for the Lieutenant-General Bill Leach Memorial Essay Competition. As 2020 arrived, and many activities slowed in pandemic circumstances, McDonald didn't learn until September she had won first place. With stay-at-home orders, being on course, isolation post-course and other delays, she was officially presented her award in January 2021.

McDonald chose to write on the topic of women in

the military, focusing on the Canadian Armed Forces' goal of increasing female membership to 25 per cent and how she views the Royal Canadian Logistics Service as having already surpassed that target. McDonald explained why we have accomplished this target, and proposed creating a free-flowing occupational training opportunity among logistics trades to assist in creating a more balanced female representation within the branch. This proposal, as McDonald has suggested, would provide members with the opportunity to more easily explore other trades while limiting fatigue and increasing job satisfaction. The goal: raising member retention. McDonald further

discussed the value of recruiting post-secondary students for both non-commissioned members and officer roles, and emphasized the benefits of using a face-to-face recruitment approach as opposed to recruiting through social media.

McDonald is no stranger to writing composition, being a published author, so her subject and approach to this essay were acknowledged and well received by competition judges as she shed light on and provided solutions for an issue where new and innovative ideas are welcome.

Congratulations, McDonald, on this first-place essay, and we look forward to reading more from you in years to come. ➔



Corporal Rechell McDonald, right, of 14 Mission Support Squadron, was officially presented the Lieutenant-General Bill Leach Memorial Essay Competition top prize in January, by 14 MSS Lieutenant-Colonel Sherry Buckler. Submitted

415 Squadron recognized with CASI award for Op IMPACT role

Dr. Jacques Giroux, president of the Canadian Aeronautics and Space Institute for 2019-20, December 16 announced the honourees of the 2020 CASI Senior Awards, including the Royal Canadian Air Force's 415 (Long Range Patrol Force Development) Squadron, based at 14 Wing Greenwood.

The Trans-Canada (McKee) Trophy, the oldest aviation award in Canada, established in 1927 by Captain J. Dalzell McKee. The achievement for which the trophy is awarded may be a single brilliant exploit within the past year, or a sustained high-level performance in recent years; pioneering of new areas of air operations

and advancement of the use of aviation shall receive consideration over achievements serving no useful end.

415 Squadron has led the way in the implementation of cutting-edge technology to enhance air power during combat operations. As the Canadian Armed Forces' contribution to Operation IMPACT, the fight against

ISIS, 415 Squadron aircrew and maintainers worked tirelessly to operationalize a beyond line-of-sight capability (iBLOS) on the CP140 Aurora. Their efforts resulted in a capability which enables the Aurora to stream real-time, full-motion video to remote destinations anywhere in the world, increasing command situational

awareness and improving the overall intelligence, surveillance and reconnaissance (ISR) picture. 415 Squadron has provided ongoing support to ensure the iBLOS capability continues to be optimized, setting the stage for the integration of iBLOS into operations: 405 and 407 squadrons' aircrew and maintainers now seamlessly

employ iBLOS during operational missions, enhancing the ISR capability of the CP140 for maximum combat effectiveness. In today's air combat environment, integration and dissemination of information and intelligence products are key enablers for effective kinetic actions.

Continued on page 2...

14 WING GREENWOOD
Winter Carnival 2021
February 1 - 26

Full schedule back page.

415 Squadron...

...cover

415 Squadron has exemplified the professionalism, teamwork and leadership required to enhance airborne ISR operations in a combat environment with their implementation of the IBLOS system.

"It is my great pleasure to inform you that 415 Squadron has been selected by the CASI Senior Awards Committee as the recipient of the 2020 McKee (Trans Canada) Award. The nomination was submitted several years ago by Normand Gagné at 1

Canadian Air Division in Winnipeg, so this may come as a surprise to you! Renewed congratulations and most sincere regards," said Geoff Languedoc, CASI executive director, in a letter to 14 Wing Commander Colonel Brendan Cook December 17.

Cook passed on the award news and his con-



gratulations as well to 415 Squadron Commanding Officer Lieutenant-Colonel Pat LeBlanc, and the full squadron: "My hearty congrats to 415 Squadron for winning and the McKee award from CASI."

The CASI McCurdy Award is presented for achievement in the science and creative aspects of engineering

relating to aeronautics and space research. Kahina Oudjehani, head of EcoDesign and Environmental Affairs at Bombardier Aerospace, published the first Environmental Product Declaration in the aviation industry for the Bombardier CSERIES CS-100 aircraft, now known as the Airbus A220-100. Her team went on to obtain a second EPD for the CSERIES CS-300 aircraft, now known as the Airbus A220-300.

The CASI C.D. Howe Award is presented for achievements in planning and policy making, and over-

all leadership in aeronautics and space activities. In his role as chief executive officer of the Aerospace Industries Association of Canada, Jim Quick has made a significant contribution to Canadian policies related to the aerospace industry, and to the creation of programs associated with these policies of substantial benefit to the industry.

The CASI Alouette Award recognizes an outstanding contribution to advancement in Canadian space technology, application, science or engineering. Professor James R. Drummond has

been the principal investigator for a successful Canadian satellite instrument for three decades, and has made invaluable contributions to Canada's space program. Drummond is best-known for his leadership of the Canadian-led space instrument, Measurement Of Pollution In The Troposphere, celebrating its 20th anniversary in orbit.

Presentation of the awards, normally done at a black-tie dinner event, will be virtual due to COVID-19 restrictions on in-person gatherings. ➔

New trajectory to air maintainer

The road to becoming a Royal Canadian Air Force air maintainer is a long one, both by design and circumstance.

RCAF maintainers are impeccably trained, and they carry huge responsibility. Due to the impact of the COVID-19 environment on the generation of RCAF personnel, circumstances have complicated the RCAF's ability to move personnel awaiting training through that already lengthy training pipeline.

Yet, the RCAF Reserve still has an ongoing need to attract prospective air

maintainers. One solution for prospective technicians is to join the RCAF Reserve as an air operations support technician (AOS Tech), a new occupation exclusive to the RCAF Reserve. While force protection is their primary duty, AOS Techs are trained in basic air maintenance. They perform many tasks related to the first line maintenance of aircraft, such as refueling and other general aircraft servicing tasks. This occupation has many benefits for those new members who are eager to get their hands on aircraft, yet per-

haps don't have the ability to make a significant time commitment; or, for those who aren't quite sure yet if the occupation is their true calling.

For example, an avionics systems technician can spend 20 to 30 months in training before achieving their Qualification Level 3 (QL3) and Operational Functional Point (OFP – the point at which the member can work without close supervision). Rather, following 10 weeks of basic military training, AOS Techs undergo the five-day Force Protection

Course to achieve their occupation's Qualification Level 3 (QL3). AOS Techs employed on a wing with aircraft will then receive approximately three weeks of on-the-job training (OJT) in air maintenance, that includes both online and on-floor training. This OJT period covers about 40 per cent of the AIR Tech Common Core training. Those AOS Techs who are co-located with search and rescue (SAR) units may be selected for further training, and work with the SAR Tech section in a maintenance capacity.

This means these new Reservists are on the job, touching aircraft much sooner. Less time in training means more time on the hangar floor, which can result in quicker promotion: once the member has reached OFP, and after just two years in the RCAF Reserve, they become eligible for promotion to corporal.

Although the maintenance tasks performed by AOS Techs are elementary, the experience is still a fulfilling one: AOS Techs are important members of the air operations team. The experience gained will greatly

inform any later decisions about an occupational transfer to an aircraft maintenance occupation (such as aviation systems technician or aircraft structures technician), about remaining in the Reserve, or completing a component transfer into the Regular Force to transition to a different occupation.

Consider the AOS Tech occupation: a flexible, part-time job that provides valuable experience, both on and off the airfield. It just might be the best trajectory to becoming an RCAF air maintainer. ➔

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



January 7, 415 (Long Range Patrol Force Development) Squadron flight engineer Sergeant Danny Lewis, right, was presented with a flight safety award for professionalism by 14 Wing Greenwood Commander Colonel Brendan Cook.



December 15, Corporal Thomas Grattan, right, 4 Air Maintenance Squadron; was presented the Director Flight Safety Coin by 14 Wing Greenwood Commander Colonel Brendan Cook.



December 15 at 14 Air Maintenance Squadron, Corporal Grattan, right, was awarded the Flight Safety Coin to recognize his contribution to the Flight Safety Program, presented by 14 Wing Greenwood Commander Colonel Brendan Cook. The FS coin conveys the Director of Flight Safety's appreciation to Canadian Armed Forces members who exemplify the values of the Flight Safety program.



Master Corporal Chad Sheppard, left, 14 Air Maintenance Squadron; received his Sentinel patch from 14 AMS Commanding Officer Lieutenant-Colonel Cory Marchand.



January 19, Corporal Jean-Philippe St-Arnaud, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



Master Warrant Officer Craig MacLellan, left, 14 Air Maintenance Squadron; received his Sentinel patch from 14 AMS Commanding Officer Lieutenant-Colonel Cory Marchand.



February 20, 2020, Major Todd Simms of 415 (Long Range Patrol Force Development) Squadron, receives a 1 Canadian Air Division Commander's Commendation, presented by 14 Wing Greenwood Commander Colonel Brendan Cook.



December 14, Corporal Don-Kelly Hadaway, left, 14 Air Maintenance Squadron; received his Sentinel patch from 14 AMS Commanding Officer Lieutenant-Colonel Cory Marchand.



March 5, Sergeant Trevor Parkes, centre, was promoted to current rank by former 415 Squadron Commanding Officer Lieutenant-Colonel Ross Freeman, left, with Master Warrant Officer Stu Greenslade.

14 Wing Greenwood Information Guide 2021

Official publication providing information on all squadrons and sections operating at the Canadian Armed Force's largest air force base in Eastern Canada, along with community, family and recreational programs. This guide is distributed by the Greenwood Military Family Resource Centre to military families coming into our community, and is used as an awareness tool by the wing's public affairs officer and Greenwood Military Aviation Museum.

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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 B0P 1N0

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

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.

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



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

Conduct after Capture Training Centre is recruiting

The deadline for applications for Conduct after Capture Instructors (CACI) is fast approaching!

As a CACI, you will develop a unique set of skills that will benefit the Canadian Armed Forces (CAF), gain professional-development opportunities and be part



of a unique, small-team environment conducting

resistance training.

Further COVID-19 restrictions may impact our ability to conduct activities as planned; however, at this time, all potential CACIs will undergo selection and screening in April to ensure only those with suitable abilities are loaded on the

instructor course in the fall.

The screening process is open to minimum ranks of corporal/ leading seaman (for NCMs), or lieutenant/ sublieutenant (for officers). All candidates must be MOS qualified, and NCM candidates must have successfully completed

their Primary Leadership Qualification.

Interested CAF members should consult CANFOR-GEN 123/20 CMP 064/20 211521Z SEP 20 and contact CAC Recruiting. See the Conduct after Capture Training Centre intranet site for more information about

eligibility criteria, forms and important dates.

In addition, a virtual information session will be held every Thursday in February. Detailed instructions will soon be posted in our intranet site.

Applications will be accepted until March 5. ➔

Le Centre d'entraînement de conduite après capture recrute

La date limite de réception des candidatures pour instructeurs en conduite après capture (ICAC) approche à grands pas!

En tant que ICAC, vous développerez un ensemble

unique de compétences qui profiteront aux Forces armées canadiennes (FAC), vous bénéficierai d'occasions de perfectionnement professionnel et ferez partie d'un environnement unique en

petites équipes, effectuant un entraînement en résilience.

Il est possible que des restrictions additionnelles du COVID-19 puissent avoir un impact sur notre capacité à mener des activités comme prévu. Cependant, pour le moment, tous les ICAC potentiels subiront une sélection et une évaluation en

avril pour s'assurer que seuls ceux qui ont des capacités appropriées seront inscrits au cours d'instructeurs à l'automne.

Le processus de sélection est ouvert aux grades minims de Cpl / Mat1 (pour les militaires du rang) ou de Lt / Slt (pour les officiers). Tous les candidats doivent être

qualifiés dans leur GPM, et les membres du rang doivent avoir réussi leur qualification principale de leadership. Les membres des FAC intéressés doivent consulter CANFOR-GEN 123/20 CMP 064/20 211521Z SEP 20 et contacter le recrutement ICAC. Voir le site intranet du Centre d'entraînement de conduite après capture pour plus d'informa-

tions sur les critères d'admissibilité, les formulaires et les dates importantes.

De plus, des sessions d'information virtuelles seront tenues les jeudis de février. Des instructions détaillées à ce sujet seront publiées sous peu dans notre site intranet.

Les candidatures seront acceptées jusqu'au 5 mars 2021. ➔

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Tips to add to your routine for social wellness

Lucy Belanger, M.Ed.,
Strengthening the Forces

The effects and restrictions of COVID-19 continue to directly influence our professional and personal lives. Intentionally taking steps to manage stress, anxiety, social isolation and other issues during this pandemic, while supporting the mental health of families, colleagues and employees; is challenging. The tried-and-true ways to manage these can still be very helpful, but they may need to be adjusted, or may require new approaches.

We all know the unexpected happens, so focus on a flexible routine and include activities and strategies to maximize your mental health and management of the unique stressors of the COVID-19 experience. Getting active, finding a new hobby, maximizing virtual and social distancing options to stay connected, and setting aside time just for yourself are vital to re-gaining balance. Make a conscious effort to assess how you are managing and what you need to put in place in order to address the areas of your life that need some attention. Maintenance of your mental well-being is the key to getting through COVID-19. Here are some additional tips and messages for you to consider adding to your routine:

Slow down and relax - Always being in a hurry and constantly trying to keep up with an overly busy sched-

STRENGTHENING THE ENERGISER LES FORCES

ule is the perfect recipe for stress. One way to bring your busy life down a notch is to use a series of mini-breaks throughout your day. Stop what you are doing and take three deep breaths. Go for a five-minute walk, preferably outside. Stand up and do some gentle stretching for two to three minutes or, if you are not working, take a 10-minute nap.

Maintain a virtual social network of friends - Friends are vital to our mental health and you can connect with them virtually or over the phone, as recommended during this COVID-19 pandemic. Reach out to friends who are positive and enthusiastic to renew your energy, optimism and hope. Set up a contact reminder if you intend to (but typically forget) to follow through. The key is to keep reaching out. It's not about whose turn it is or who contacts who the most. It's really all about the positive connection it creates

for all of you.

Laugh out loud - Laughter boosts our immune system. Learn to differentiate between what is serious and what is not. You can incorporate laughter into your day by actively seeking out humour. What tickles your funny bone? Watching old or comedy movies? Playing board games with your spouse and/or children? These activities can all contribute to making us laugh out loud. Indulge yourself and share the laughter. It's good for you, and those around you.

Practice active listening - Truly listening helps you to understand others and improve your relationships. Active listening is a skill that helps you to intentionally focus on whomever you are listening to so you can fully understand what they are saying. Active listening skills include paraphrasing what the speaker has said

- making eye contact with the speaker

- nodding your head
- leaning slightly toward the speaker or turning your body toward the other person
- keeping an open stance (legs and arms not crossed)
- keeping quiet when there are pauses
- allowing the speaker time to think
- saying “yes,” “uh huh,” or other brief phrases when listening. ➔

Lucy Belanger, M.Ed., is part of the Strengthening the

Remember, we are in this together - never hesitate to reach out for help if you need it.

- Canadian Forces Members Assistance program (24/7) - 1-800-268-7708
- Health Canada – Employee Assistance Services (24/7) - 1-800-268-7708
- EAP peer advisors (accessible only on the Department of National Defence network)
- Canadian Armed Forces Mental Health Services
- Family Information Line (24/7) - 1-800-866-4546

If you or someone you know requires emergency mental health assistance, please call 911 or accompany them - or have someone accompany you - to your local emergency department.

Forces team, working on the promotion of positive mental health and social wellness. Strengthening the Forces is CAF/ DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

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

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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianztinc.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.alianztinc.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.

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.

Blood collection clinic
February 3, noon to 3 p.m. and 5 p.m. to 7 p.m.; Canadian Blood Services will host blood collection clinics in the Berwick & District Lions Hall, 250 Veterans Drive, Berwick. Donors (new and returning) must make an appointment in advance at blood.ca, or download the GiveBlood app.

Happy hiker feet how-to – webinar
February 11, 7 p.m., Hike Nova Scotia and Arthritis & Injury

Care Bracing & Orthotics will offer a happy hiker feet how-to webinar. Details and registration at hikenovascotia.ca.

Art therapy workshop – medically releasing military personnel
February 14, 1 p.m. to 3 p.m., medically releasing military personnel and their spouses are welcome to a free expressive arts therapy program, Life through a Mask, to be held at 7Arts, 619 Central Avenue, Greenwood. Registered counselling therapist and expressive arts therapist Sarah Osborne will facilitate this "Valentine's Special" – not group therapy, but an opportunity to bring awareness to a distinct mental health field that applies psychotherapeutic theory with art-making. Romantic/ platonic couples will share the art-making project, enhancing communication and problem-solving skills. Register at sarahrebekah01@gmail.com.

Hike
February 15, 10 a.m., Hike Nova Scotia and the West Hants Regional Municipality host a moderate, 1.6 km, free hike in Falmouth. Meet at the Eldridge Road Rec-

reation Site (156 Eldridge Road, Falmouth). It will be a 1 km hike with activities and planned for families with young children. Activities along the route will keep everyone engaged and having fun. Pre-registration mandatory at kjohnston@westhants.ca or 902-790-6976. Those who are pre-registered will be notified if we need to cancel due to COVID, ice, weather, etc. Participants may win a "trail" prize.

Hike
February 27, 6:30 p.m., Hike Nova Scotia and the Ross Creek Centre for the Arts host an easy, 2 km, hike on the Primrose Path, Canning. Meet at the main door of the arts centre (555 Ross Creek Road, Canning). Visitor parking is to the left. Join us for raclette afterwards with your snowshoeing partner or bubble. Bring your own snowshoes, or some are available for those who pre-register (or hike, if snow conditions do not allow snowshoeing). \$10 each or pay what you can. Participants may win a "trail" prize. Pre-registration mandatory at property@artscentre.ca.

Ultimate frisbee
Wednesdays, 9 p.m., the Annapolis Valley Ultimate Frisbee League invites new and experienced players to weekly indoor games at the Credit Union Rec Complex in Kentville. \$10 drop-in fee. Details on Facebook.

Lions 50/ 50 online fundraiser
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/ 50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at <https://rafflebox.ca/raffle/lionsclub>. Select the Lions Club you wish to support

Hike
March 6, 6:30 p.m., Hike Nova Scotia and the Ross Creek Centre for the Arts host an easy, 2 km, hike on the Primrose Path, Canning. Meet at the main door of the arts centre (555 Ross Creek Road, Canning). Visitor parking is to the left. Join us for raclette afterwards with your snowshoeing partner or bubble. Bring your own snowshoes, or some are available for those who pre-register (or hike, if snow conditions do not allow snowshoeing). \$10 each or pay what you can. Participants may win a "trail" prize. Pre-registration mandatory at property@artscentre.ca.

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(including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month.

RCAF Association events
The 107 Royal Canadian Air Force Association hosts many social activities, including darts, washer toss, dances, dinners, bingo, TGIFs and friendly conversation. Many of these events are open to the public. Drop by and see us: 904 Central Ave, Greenwood.

Alcoholics Anonymous
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.

Volunteer tutors needed
Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

Minimum wage increasing April 1

January 26, the Nova Scotia government announced it has accepted the Minimum Wage Review Committee's recommendation minimum wage increase by 30 cents, plus the national consumer price index, which is 10 cents

for 2020; resulting in an overall increase of 40 cents an hour.

That means workers who earn minimum wage will receive \$12.95 an hour, starting April 1.

The Minimum Wage Review Committee, which includes employee and employer representatives, filed its report with the Minister of Labour and Advanced Education January 4. The committee also recommended review of the current rate and

services & trades



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Bridgetown, N.S. 902-665-5293

Family Pharmacare Enrolment

Time to Renew

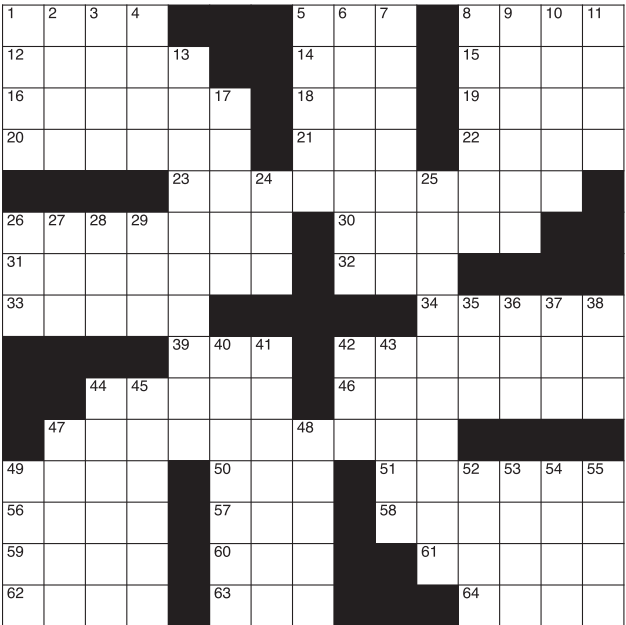
The program year begins April 1st.
Look for the renewal package
in your mailbox soon.

To learn more about the
Family Pharmacare program,
or to update your information:
Call: 1-800-544-6191
Visit: nspharmacare.ca



metro crossword

solution page 7



- ACROSS**
- Nuclear near reach weapon
 - Of she
 - Hyperbolic function
 - Rice dish
 - A team's best pitcher
 - Strong and healthy
 - Induces
 - Popular manga series
 - From a distance
 - Consumed
 - Split
 - Consumed
 - Cushions
 - All over
 - One who provides food
 - St. __ Girl, brand of beer
 - Walking slowly
 - Wood
 - Semiotic gods
 - Bugle
 - 60-minute periods (abbr.)
 - Congressman
 - Plant of the heath family
 - Subdivision of an army
 - Having many different forms
 - Shellfish
- DOWN**
- Latin for hail
 - Between sixth and seventh
 - Maori war dance
 - Precious or semiprecious stone
 - Teeter totter
 - Deity
 - A major division of geological time
 - Fishing net
 - Small Caribbean bird
 - Field force unit
 - Japanese beverage
 - Caused severe damage
 - Work done under harsh conditions for no pay
 - One point east of due south
 - Sea eagles
 - Drenched
 - State capital
 - Italian city
 - Sweetheart (archaic)
 - Brief talk
 - Popular disco group: Bee
 - First Chinese dynasty
 - Military vehicle
 - Chinese Moslem

crossword brought to you compliments of



954 Central Avenue
Greenwood
902-765-6381

horoscopes

January 31 to February 6

ARIES - Mar 21/Apr 20
Aries, your ideas may seem a bit fantastical to the people who are closest to you. It could be time to expand your reach a little bit and pitch your thoughts to others.

TAURUS - Apr 21/May 21
A financial surprise may require extra attention early in the week, Taurus. Take a step back and look at things from a new perspective as you try to adjust.

GEMINI - May 22/Jun 21
Gemini, expressing how you feel to someone special is key to your personal growth this week. Don't hesitate to share your thoughts and open yourself up.

CANCER - Jun 22/Jul 22
Cancer, sometimes routines can be a good thing - even if you feel as though change is needed. Knowing what to expect when other things are off-kilter can be comforting.

LEO - Jul 23/Aug 23
A supervisor may ask you to take the lead on a project that is right in your wheelhouse, Leo. Put in the extra effort to help ensure the results will be top notch.

VIRGO - Aug 24/Sept 22
Your perception may be altered through a sudden modification in the way you think, Virgo. This can be a refreshing change for you and open up new possibilities.

LIBRA - Sept 23/Oct 23
Libra, facilitate conversations with new people to broaden your opportunities for social interaction. This may lead to friendships or even promising business opportunities.

SCORPIO - Oct 24/Nov 22
Thoughts may pop in and out of your mind, Scorpio. The trick is to figure out how to weed out the pertinent ideas from the fluff. Ask others to weigh in if need be.

SAGITTARIUS - Nov 23/Dec 21
Emotions run high between you and your partner this week, Sagittarius. Enjoy the ride as this outpouring of emotions will strengthen your bond.

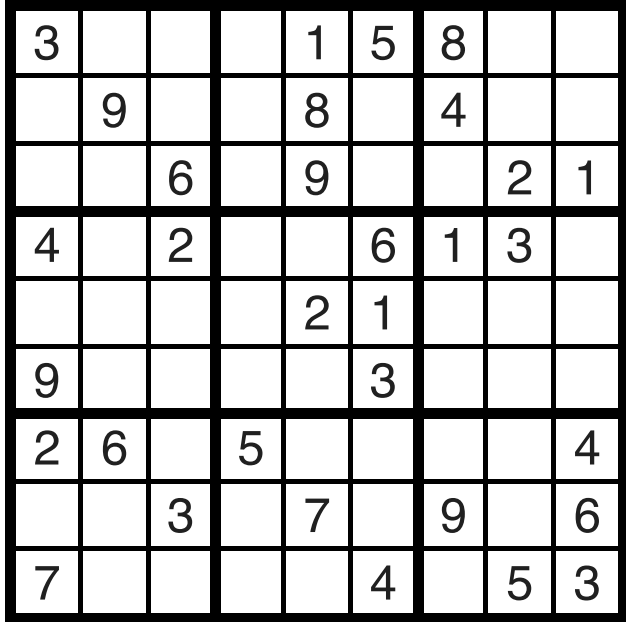
CAPRICORN - Dec 22/Jan 20
Sometimes others do not even need to speak for you to infer what they are feeling, Capricorn. This is a good gift to have and can bring you closer to those around you.

AQUARIUS - Jan 21/Feb 18
Aquarius, a recognition of your specific talents and skills is conveyed to you by others. It may inspire you to work on a new project or change departments.

PISCES - Feb 19/Mar 20
Knowing and expressing just how you feel can help you to troubleshoot areas that need a bit of modification, Pisces. Be honest with yourself.

sudoku

solution page 7

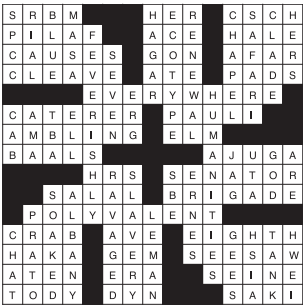


Level: Beginner

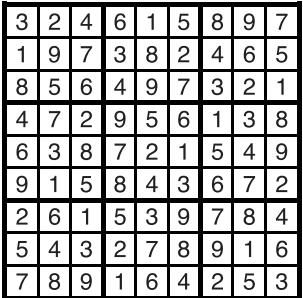
Fun By The Numbers

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!

crossword solution



sudoku solution



Kingston Legion Br 98 ~ February 2021

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479
E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Branch 098

Sun	Mon	Tues	Wed	Thu	Fri	Sat
You can now support the Kingston 1 Legion by buying 50/50 tickets online at: www.rafflebox.ca/rafflebr98 Remember to select in support of: Kingston Br.98		2	Veteran Social 10 a.m.	3	4	<i>Meat Draw</i> <i>Chase the Ace!</i>
7	8	9	Veteran Social 10 a.m.	10	11	<i>Meat Draw</i> <i>Chase the Ace!</i>
14	EXEC. MEETING 7:00	15	Veteran Social 10 a.m.	16	17	<i>Meat Draw</i> <i>Chase the Ace!</i>
21	22	23	Veteran Social 10 a.m.	24	25	<i>Meat Draw</i> <i>Chase the Ace!</i>
28	GENERAL MEETING 7:00		Veteran Social 10 a.m.			

*Chase the Ace is Back! – Draw takes place on Saturdays at 3:30pm. Tickets are \$1 each and can be purchased at the Legion until 3pm on draw day. Tickets are also available at Kingston Pharmasave, Kingston Needs, Brown's Auto Service, Wilmot & Brown's Auto Salvage, Stronach Mtn. Rd.

Are you a Veteran? Are you releasing from the Canadian Armed Forces? Join us at 1000 each Wednesday morning in the lounge at the Kingston Legion. Have a coffee and a snack & meet other Veterans. Hosted by RCL Branch 98 and the Greenwood MFRC.

Legion Calendar Sponsored by

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Trail grooming opens up golf course for winter fun

Paragon Golf and Country Club, Kingston, is grooming approximately five kilometres of trails for cross-country skiing, snowshoeing and walking this winter. There will be a classic double-track set, a surface for skate skiing, and a separately groomed trail alongside the ski trails for walkers. Everyone is invited to use the trails – you do not have to be a member of the Paragon Golf and Country Club.

Skiers are encouraged to support volunteer grooming efforts by purchasing a Halifax Nordic Ski Club membership. Specialized grooming equipment, along with expertise for setting the trail systems, technical aspects of grooming, and securing funds to launch the project; have been sourced through a partnership with the HNSC. Volunteers within the Kingston community are maintaining the trails.

"The Kingston community has been waiting for this opportunity," says Sara Wilson, Paragon manager. "It's important to recognize the value of staying active, especially during these times. Considering the COVID-19 pandemic, people are staying closer to home. The additional grooming will provide another physical outlet for people in the off-season."

Valley Special Olympics coach Jim Spurrell welcomes the groomed trails project.

"As an avid cross country skier enthusiast and coach for Special Olympics, I have been skiing at Paragon for many years now. Although the task of cutting our own trails can be daunting by times, especially after every new snowfall, we really appreciate it all when we get to compete on well-groomed trails."

Recreation departments in Middleton (recoffice@town.middleton.ns.ca) and Berwick (tboylan@berwick.ca) rent cross-country skis. ➔















COVID-19 rules in place

14 WING GREENWOOD

Winter Carnival 2021 • Schedule



February 8 to 13		
Monday	8 a.m. to noon 1 p.m. to 1:15 p.m. 1 p.m. to 4 p.m.	Volleyball, F&S Centre Opening ceremony, F&S Centre Soccer, F&S Centre
Tuesday	8 a.m. to noon 1 p.m. to 4 p.m.	Volleyball, F&S Centre Soccer, F&S Centre
Wednesday	8 a.m. to noon 1 p.m. to 4 p.m.	Volleyball, F&S Centre Soccer, F&S Centre
Thursday	8 a.m. to noon 1 p.m. to 4 p.m. 1 p.m. to 4 p.m.	Volleyball semi-finals, F&S Centre Soccer semi-finals, F&S Centre Wing Commander's Mystery Challenge
Friday	10 a.m. to 11 a.m. 8 a.m. to noon 1 p.m. to 2 p.m. 1 p.m. to 4 p.m.	Escape room, Annapolis Mess Volleyball final, F&S Centre Escape room, Annapolis Mess Soccer final, F&S Centre
Saturday	4:30 p.m. to 6:30 p.m. 1 p.m. to 4 p.m. 1 p.m. to 5 p.m.	Banner reveal/ TGIF/ trivia, Annapolis Mess (405 & D/WComd) Family board games, Annapolis Mess Family bowling, Greenwood Bowling Centre
February 15 to 20		
Monday	8 a.m. to noon	Curling, Greenwood Gardens
Tuesday	8 a.m. to noon	Curling, Greenwood Gardens
Wednesday	8 a.m. to noon 1 p.m. to 4 p.m.	Curling, Greenwood Gardens Sled race, CANEX parking lot
Thursday	10 a.m. to noon 1 p.m. to 4 p.m.	Curling semi-finals, Greenwood Gardens Wing Commander's Mystery Challenge
Friday	10 a.m. to 11 a.m. 10 a.m. to noon 1 p.m. to 2 p.m.	Escape room, Annapolis Mess Curling final, Greenwood Gardens Escape room, Annapolis Mess
Saturday	4:30 p.m. to 6:30 p.m. 1 p.m. to 4 p.m.	TGIF/ trivia, Annapolis Mess (413 & OSS) Family scavenger hunt, Community Centre
February 22 to 26		
Monday	8 a.m. to 3 p.m.	Ice hockey, Greenwood Gardens
Tuesday	8 a.m. to 3 p.m.	Ice hockey, Greenwood Gardens
Wednesday	8 a.m. to 3 p.m.	Ice hockey, Greenwood Gardens
Thursday	8 a.m. to noon 1 p.m. to 4 p.m.	Ice hockey semi-finals, Greenwood Gardens Wing Commander's Mystery Challenge
Friday	10 a.m. to 11 a.m. 10 a.m. to noon 1 p.m. to 2 p.m. 4:30 p.m. to 6:30 p.m.	Escape room, Annapolis Mess Ice hockey final, Greenwood Gardens Escape room, Annapolis Mess TGIF/ trivia, Annapolis Mess (AMS & MSS)
March 1 to 5		
Monday	8 a.m. to noon 1 p.m. to 4 p.m.	Dodgeball, F&S Centre Ball hockey, F&S Centre
Tuesday	8 a.m. to noon 1 p.m. to 4 p.m.	Dodgeball, F&S Centre Ball hockey, F&S Centre
Wednesday	8 a.m. to noon 1 p.m. to 4 p.m.	Dodgeball, F&S Centre Ball hockey, F&S Centre
Thursday	8 a.m. to noon 1 p.m. to 4 p.m. 1 p.m. to 4 p.m.	Dodgeball semi-finals, F&S Centre Ball hockey semi-finals, F&S Centre Wing Commander's Mystery Challenge
Friday	8 a.m. to noon 1 p.m. to 2 p.m. 1 p.m. to 4 p.m. 4:30 p.m. to 6:30 p.m. 6:30 p.m. to 6:45 p.m.	Dodgeball final, F&S Centre Escape room, Annapolis Mess Ball hockey final, F&S Centre TGIF/ trivia, Annapolis Mess (404 & 415) Closing ceremony, Annapolis Mess

