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# Catch a last meal at Kell'z Kitchen

#### Sara White. **Managing editor**

Following the bends – and your nose - down the Hornell Centre hallway, anyone looking for a snack, coffee or lunch has found Kell'z Kitchen.

Kelly Venables is hanging up her signature spatula March 31, after running the cafeteria on the operational side of 14 Wing Greenwood since 2009. If you feel the need for a breakfast "puck" – an English muffin with egg, cheese, bacon, ham AND bologna – you better make tracks. You'll likely be greeted on a first-name basis.

"With respect, though!" she says. "What's amazing is I still remember people's names" as they've returned to 14 Wing postings over the years.

"It's part of my job. I mostly see people from this building, but I know a lot of them, where they work. I try and learn evervone's first name, and have it like mom's kitchen here."

Venables had a varied career as a military spouse, settling in Greenwood in 1998 after the last posting. She left a job as an insurance agent to work in the old Larsen's plant cafeteria in Berwick in 2008, ending up in the kitchen. In January

2009, she started with the previous incarnation of Kell'z Kitchen as staff, and took over the operation later that year.

"I never knew I wanted to do it," she says. "I love it.

"I always cooked at home, just good meals. My brother is a chef - there are five of us; and, years ago, my mom worked as a cook.'

Her connection with cooking means a hot breakfast option, a homemade soup of the day, muffins, fries and poutine, coffee, a cooked lunch and a lighter option, such as sandwiches to go; favourites people look for, including ham and potato scallop dinner, her annual turkey dinner and those pucks.

"A lot of people get two."

She's promised a seafood chowder special before she closes, but will be working her way through her supplies as operational days dwindle to that last week of March.

"My posted hours have always been 7 a.m. to 1 p.m., but... I could be here 5:30 or 6 a.m. If the door's open, they're allowed in. I couldn't guarantee what you're going to get!"

Venables says being open for her customers has been the best part of running the kitchen over the years.



Kell'z Kitchen proprietor Kelly Venables is hanging up her signature spatula, as the Hornell Centre cafeteria she's run since 2009 closes at the end of March. If you ever had her breakfast sandwich "pucks," or her Christmas turkey dinner special, during a 14 Wing Greenwood training or posting, she'll be missed. Master Corporal P. Redden

the people both, and I like to please them. This is my social life and work at the same time. When they come back and say, 'thank you, that was good,' that's god. Not a day hasn't gone by someone hasn't come in and said, 'I appreciate you being here."

As she's cleaning up after

"I like the cooking and I like this day's lunch – well after 1 p.m.! – a couple fellows bend their head around her open door. Venables welcomes them in, turns the fryer back on for poutine after talking them up from a chocolate bar and pop. Her cash is already rung always worked out." off for the day, but no worries: she writes them up in a scribbler by the register, what's too young to retire, too old to telling me to do this." >

If customers don't settle up regularly, the "shame" comes from seeing their names make her whiteboard at the kitchen entrance.

"They run tabs, but it's

The time has come for Ven-

known as her "book of shame. work!" she laughs. She had an offer to manage the Paragon golf club kitchen come spring, and she's thinking of the benefits of winters off, and visiting her grown children out west as she likes.

"It's been 90 per cent of the time here by myself. It's been ables to make a change: "I'm a great job, but someone's

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The Yarmouth International Airport became the staging ground for Canadian and American search and rescue responders March 2 and 3, as the Royal Canadian Air Force and both the Canadian and American coast guard services, along with supporting RCMP and EHS crews, removed 32 crewmembers from the foundering Atlantic Destiny.

### Fire, wind, high seas add to international rescue of 31 fishermen

on water late into the night top cover while the Cormo- water was continuing to come March 2, are safe.

master of the 43-metre boat Atlantic Destiny. Coordination Centre to report fied United States Coast Guard March 3, they were able to a fire on the boat had been Air Station Cape Cod, which restore power and were better extinguished, but then re- dispatched an HC144 Ocean able to try and control the waignited. Additionally, the boat Sentry fixed wing aircraft and ter intake with onboard pumps. was taking on water and had crew, plus two MH60 Jayhawk A second Cormorant, Reslost power and was adrift in helicopters to assist. eight-metre seas and 55 knot 
The Greenwood Cormorant a.m. SAR assets remained on

RSCU343 was airborne at 9:21 sessment.

Thirty-one crew members p.m., followed by Cormorant Remaining crew on the aboard the Atlantic Destiny, a RSCU907 at 9:48 p.m. Once on boat had the second fire exfishing vessel afire and taking scene, the Hercules provided tinguished by this time, but rant crew began extracting aboard. A small crew of four Early in the evening, the non-essential crew from the intended to stay on the boat

winds, 115 nautical miles from extracted the first six crew scene as the fishing boat's members from the Atlantic skeleton crew worked below.

to monitor the situation and.

The JRCC immediately Destiny, and dropped two As of 8 a.m. March 3, all tasked 413 (Transport and search and rescue technicians remaining crew from the Atlan-14 Wing Greenwood and the removing flood water and pre-safely to the Cape Roger, and and took on water. Canadian Coast Guard Ship paring for further extractions. SAR aircraft were stood down. port in Shelburne.



March 3, the last four of 32 crewmembers from the sinking Atlantic Destiny were removed to safety aboard the Canadian Coast Guard Ship Cape Roger. The fishing Rescue) Squadron assets from to continue ship crew with tic Destiny had been removed vessel caught fire twice the night before, lost power

From Greenwood, Hercules to Yarmouth for medical as- Roger then turned to head to ficer in charge. "Their ability to rescue services to both Canada provide such valuable support and the United States." >

"We were very fortunate to in the saving of the lives of Cape Roger. The Lahave, a The Jayhawk crews hoisted The Cape Roger remained on have had the support of the these fishermen is very much fishing vessel, was also stand- a further 21 crew members scene throughout the morning U.S. Coast Guard during this appreciated, and demonstrates ing by in the vicinity of the between the two helicopters. to monitor the vessel, until it rescue," said Major Kristin how important our relationship Atlantic Destiny to assist. All evacuated crew were flown sunk at 10:36 a.m. The Cape MacDonald, JRCC Halifax of is in providing search and

# Medevac

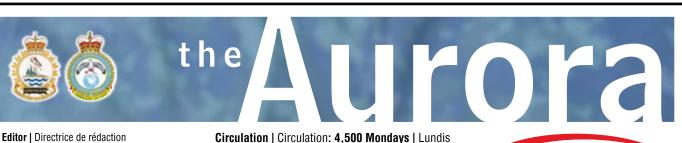
February 28, the Halifax Joint Rescue east northeast of Rigo-

Hercules Rescue 343 hefore 8 n m >>

# calls add to SAR response

Coordination Centre managed a medevac call from the fishing vessel Atlantic Enterprise, 195 nautical miles let, Newfoundland and Labrador. JRCC tasked a Gander-based 103 Squadron Cormorant, and a 413 (Transport and Rescue) Squadron Hercules, from 14 Wing Greenwood, to provide top cover. The Hercules left Greenwood just after midnight, into March 1, and returned around 8 a.m. after a successful mission Later March 1, both

and Cormorant Rescue 912 from Greenwood were tasked just before 4 p.m. on a medevac call from the fishing vessel Maude Adams, near George's Bank. Following a successful response, both aircraft returned to Greenwood



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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.rcaf-arc.forces.gc.ca **CAF Connection Site** Site du portail communautaire des Forces

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

www.forces.ca Military Family Resource Centre

Recruiting | Recrutement

www.vpinternational.ca

Centre des ressources pour les familles des militaires www.cafconnection.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

#### March 8, 2021 the Aurora | 14 Wing Greenwood, NS

# bravo zulu | promotions & presentations 14 Wing Imaging unless otherwise indicated.



May 14, 2020, Lieutenant-Colonel Ross Freeman presents Master Corporal John Waye with his current appointment, while adhering to social distancing policies, by lowering it in a landing gear pin bag from the flight station auxiliary escape hatch of CP140 108, 14 Wing's



a level of platinum on his FORCE evaluation, presented by 415 Squadron Commanding Officer a range of military crests representing the Mullens' service, and they also received flowers and Lieutenant-Colonel Patrick LeBlanc, left, with Master Warrant Officer Stu Greenslade.



February 5, in a joint depart with dignity ceremony at the Annapolis Mess, 14 Wing Greenwood, service couple Captain Karen Mullen, 14 Air Maintenance Squadron, and Major Russ Mullen, 14 Mission Support Squadron; marked their retirement following 35 and 33 years of service, respectively, 14 Wing Greenwood Commanding Officer Colonel Brendan Cook presented them each with their certificates of service, signed by the Chief of Defence Staff, pictured. 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler presented them with their Royal Canadian Logistics certificates and medallions. Master Warrant Officer Dave Emmons of 404 October 22, Captain Kevin Matheson, centre, is awarded a certificate of recognition for achieving (Long Range Patrol and Training) Squadron presented a hand carved wooden plaque depicting a photo album of memories from their time in Greenwood.





# Making a splash, as pool programs come back

**Managing editor** 

pool are growing, as the 14 gust and into September, ing as participants arrive for Wing Greenwood indoor as Levy tracked what other their booked activity. Masks aquatics team navigates pub- indoor pools were incorpo- are required in the building, lic health protocols for military rating into COVID-19 safety change rooms and on the

March 2020, as COVID-19 re- She used what she could to self-monitored for physical strictions closed public access devise the 14 Wing pool's distancing, and users are and made for complicated re- business resumption plan, but asked to only bring what openings that ensure the best also included guidance from they need, make limited use possible physical distancing, Canadian Armed Forces and of lockers, and clean their cleaning and mask-wearing. Canadian Forces Morale and locker as they leave. Facility Providing a safe environment Welfare Services. around and in the pool for participants, with all public youth swimming lessons and tine, and aquatics staff look health measures also layered casual swimming sessions. after cleaning of common been a challenge.

coordinator.

It is with great sadness that

the family of Jason Christopher

Priest, 48, announces his passing

Jason grew up in Greenwood,

young age for his trademark sense of

humour. He won a public speaking

award in elementary school and we

knew early that he could entertain

Europe, South America and Africa.

be active in general.

given at this difficult time.

Jason Priest Resilience Fund

Nova Scotia. He was known from a

on February 2, 2021.

a crowd.

~ Obituary ~

PRIEST, Jason Christopher,

Greenwood, NS

Jason served a two year mission for the Church of Jesus Christ

of Latter Day Saints in Seoul, Korea where he gained a fondness

for the language which he still was able to speak 30 years later.

London Life TE Investment Counsel and TD Bank until starting

his own Investment Management company in Etobicoke,

Jason loved to travel and visited many countries in Asia,

He enjoyed rock climbing, target shooting, archery and

had a 2nd degree blackbelt in Taekwondo. He also practiced

Systema (Russian Martial Arts) for the last 15 years and also

became an instructor. He loved to hike with his friends and to

Jason is survived by his parents Harvey and Aileen Priest,

sisters Jennie Priest and Jeana (Patrick) Hunt, girlfriend Viviana

(Kim Eun Jung) and his uncles, aunts, cousins and many friends.

His decision to take his own life, a life of so much adventure

and passion, was completely unexpected and a shock to all

who knew him. Since Jason's death many have written such

wonderful comments about how much he meant to them. His

family appreciates all of the outpouring of love and support

donations may be made to a fund created by his Systema family:

As per Jason's wishes cremation has taken place. Memorial

He is also survived by his former spouse Irene Chan Lundy.

He was a graduate of Acadia University and worked with

with the Greenwood Dol- Online registration is in

in for lifeguards, as they run "Our instructors are loving touch points and equipment February because it had been gather in marked zones before "There aren't many pools awhile since we were in the heading off to lessons or pool the class size over time as as possible." open in the Valley," says Neipool, but they were excited," spaces. Program space is restrictions have eased. There Youth lessons for the newley Levy, the 14 Wing Fitness Levy says. "We had a meet- limited, but Levy says aquat- is lots of interest, so partici- est swimmers are also includ- environment for kids - and and Sports Centre's aquatics ling after lessons that first lics staff is doing all it can to pants right now may book two ling a parent in the registration leven parents, so it's been day, and it was all big smiles, ensure fair participant access, classes a week. Having this numbers, which means safe, good to see everyone's com-

phins launched as the pool place for all pool programs. Options for playing in the re-opened at the end of Au- and there is facility screenand recreational programs. plans, and interpreting new pool deck, where appropri-The indoor pool closed in ways to offer pool programs. ate. The change rooms are staff clean the change rooms New in recent days are as part of their enhanced rou-

Lane swims, aquacise everyone thought everything and expand programs when program is very important for hands-on help as instructors fort level increase, parents are "The aquacise classes are mentally, so we want it to be port their child in the pool: their child and team build, and



The first parent and tot swim session at the 14 Wing Greenwood indoor pool was held March 1, almost a year after COVID-19 closed programs. Aquatics activities programs and ensure emer- it - they were nervous as in use around the pool. Once have been slowly and safely rolling out since fall, as centre staff incorporate public gency responsiveness; has we restarted the lessons in on the pool deck, participants health guidance into how they plan programs and welcome participants to the pool.

the Aurora | 14 Wing Greenwood, NS

"The pool may be a scary everyone, both physically and lead a skill and parents sup-learning a new way to support great, and we've increased accessible to as many people "we might even keep that after that they see how challenging it is for instructors to reach all the children. We're actually getting more pool time and

skills out of every lesson." Next to be added to the program will be instructor certification trainings. Levy says a year away from the pool means many lifeguards and swim instructors need certifications re-done, and potential lifeguards and instructors are looking for courses. She's booked in courses over the coming weeks to accomplish some of that training.

"We've been focussed on building our program back up, adding back in when we can - we're all just happy to be back in the pool." >>

### **Injury Reduction Strategies** & Nutrition Seminar BY HEALTH PROMOTION AND FITNESS & SPORT

### **March 30** 8:15 a.m. – noon **Birchall Theatre**

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- Mobility
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https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srfp/applicant/ page1800?poster=1556633

### Youth Happenings

the Aurora | 14 Wing Greenwood, NS

The 14 Wing Greenwood Community Centre has lots of exciting activities planned for the upcoming week. Open to youth age six to 12, programs range from sports to crafts to special challenges and more. Whether you're looking to try something new. meet people or hang out with friends, the options are endless. Please respect COVID-19 protocols currently in place.

Monday, March 8 – 6 p.m. to 7:30 p.m., we'll play Mission Impossible. Please dress appropriately.

Wednesday, March 10-6 p.m. to 7:30 p.m. We'll be making a St. Patrick's Day-themed sock gnome. Cost is \$5 plus HST.

To register, call 902-765-1494 local 5341. →

# Valley giving group going big

profit groups addressing new 100+ Who Care Giving every need imaginable - Group is an opportunity for the upheaval of 2020 and a difference. the continuing challenges of COVID-19. A big change has 100+ Who Care Giving Group and then make their collecaims to help the helpers.

Valley impact.

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meetings held in 2020. With more joining daily. the dissolution of the Valley's The 100+ Who Care Giv-

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Possibilités d'emploi

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ronnement enrichissant où les activités se déroulent à un rythme rapide. Si vous désir

enthusiasm and dedication. We offer services and support to Canadian Armed Forces families through

reflect the uniqueness of the military family lifestyle in our community, consider joining our team!

• Prevention Support and Intervention Coordinator

from food security to health 100-Plus Women supporters, supports to animal care to former 100 Men members play to personal safety and and any newcomers to con-cember; four meetings a year Valley non-profit programs. members@100valleygiving. The next meeting of the three presenting groups,

taken place in a group that is March 11, through a live tive donation of \$100 each. virtual platform. Three chari- In-person meetings will re-The 100-Plus Women Who ties, nominated by members, turn as soon as it is safe to Care Annapolis Valley recent- have been invited to submit hold gatherings, hosted by ly voted to become the 100+ a five-minute video on their Main Street Station in Kent-Who Care Giving Group, and program or any special proj-ville. Membership is open welcome everyone interested ect they would like 100+ Who to people in Hants, Kings, in adding to the group's big Care to support. Members Annapolis and Digby counties will vote online, with the - or anyone keen to support Between 2017 and 2020, successful charity receiving the 100-Plus Women donated members' combined \$100 almost \$100,000 to local pledges: as of February 24, charities, including close to the 100+ Who Care includes \$15,000 through three virtual 70-plus members - with

100 Men Who Give a Damn ing Group will meet again in mid-2020, after years of in June, September and De-

### 100+ Who Care Giving Group

100valleygiving.ca

more - continues, despite tinue raising funds that make at which members nominate Find out more, and join, at ca, or check us out on Facecharities, vote from among 100valleygiving.ca, email book @100ValleyGiving. >>

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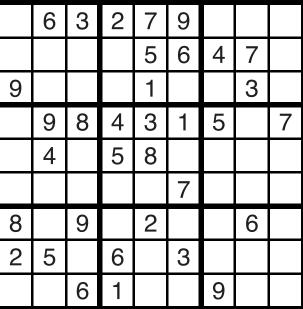








solution page 7



#### **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!



March 7 to March 13 LIBRA - Sept 23/Oct 23

themes.

on the horizon.

fun into vour life

Scorpio, you may be more attuned

SAGITTARIUS - Nov 23/Dec 21

peeled for opportunities that may be

CAPRICORN - Dec 22/Jan 20

AOUARIUS - Jan 21/Feb 18

TIM-BR

#### ARIES - Mar 21/Apr 20

This week some of the puzzle pieces Dreams and fantasies are more than in your life may not fit correctly. That's wishful thinking, Libra. They can be okay. Aries. You will find a way to the catalysts to actual goals and plans make things work even if they don't if you let them. Start making your lists. exactly line up. SCORPIO - Oct 24/Nov 22

#### TAURUS - Apr 21/May 21 Your thoughts may be focused on the to your dreams this week. While they

spiritual for much of the week. Taurus. are not true predictions of what will This is an opportunity to get in touch happen, pay attention to any recurring with meaningful things in your life. GEMINI - May 22/Jun 21

Gemini, if things haven't been going A drastic change may be coming but as planned, perhaps it's time to you don't know what that change will reevaluate some of your choices. Have be just yet, Sagittarius. Keep your eyes confidence that you will find a solution that works

#### CANCER - Jun 22/Jul 22

Cancer, your sensitivity is heightened Playful emotions and daydreams are this week, so you may need to think filling your days and nights, Capricorn. twice or even three times before Why not let them come out in very real you share your opinions. Cool down ways? Find ways to incorporate more before becoming chatty

#### LEO - Jul 23/Aug 23

You may realize that the conventional Always be truthful, Pisces. Just 41. Section at the end of

Figure out how you can organize your 

If you have been taking someone for day to get things done with more granted lately you can rectify that efficiency, Leo. This is a better option this week, Aquarius. Put this person than getting frustrated by a lack of first for a change and he or she may reciprocate in the future.

#### VIRGO - Aug 24/Sept 22 PISCES - Feb 19/Mar 20

ways of doing things simply are not remember you cannot control how a book 43. Flat tableland with steep working anymore, Virgo. Start thinking others may react to whatever it is you creatively rather than analytically. have to say.

horoscopes brought to you compliments of

#### Home Centre FRASER'S |





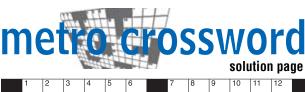
o the community submitted by not-forprofit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Innex), 14 Wing Greenwood; by fax, 902-765 1717: or email auroraeditor@ns aliantzinc ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. T guarantee your announcement, you may choose to place a paid advertisement. The deadline for ssions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified

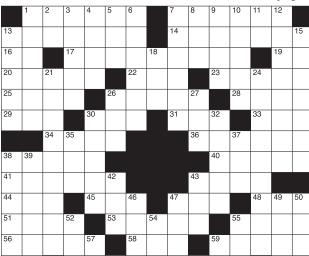
public soumis par des organisations à but non Kingston Lions host a community March 23, 7 p.m., Hike Nova business. If you want to stop, 25 mots. Les avis peuvent être soumis à Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse avec date sont publiées selon le principe ness in the Kingston/ Greenwood at hikenovascotia.ca. du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. publié, vous voudrez peut-être acheter de la oublicité. La date de tombée des soumiss est à 9 h 30 du matin le mercredi précédent la Masks are required and COVID-19 p.m. to 8 p.m., Canadian Blood health initiatives and hospitals in the

distribution.

#### Community luncheon

Le commandant publie des avis d'intérêt March 9, noon to 1 p.m., the **Intro to hiking webinar** luncheon at the hall. Turkey dinner Scotia and Popeye's Supple- that's ours. Contact us at 902-691nos bureaux, au 61, School Road, (annexe with all the fixins, plus dessert. Full ments will offer an intro to hik- 2825 or area82aa.org/district3/ table service/ pick up at hall - \$10. ing webinar for new and novice **Op Shop now open** auroraeditor@ns aliantzing calles annonces Delivered to your home or busi- bikers Details and registration. The On-Shop located in the Greenarea - \$11 (to order a meal for **Blood donation clinic** protocols will be enforced.





47. Brief trend 48. Cool!

1. Purposes

3. Brews 5. Skin condition

58. American air travel

company 59. Minute bug 60. Anno Domini (in the year

of Our Lord)
61. One who rides in your

64. One of the Gospels

'0. Pop singer Harry

. An ape or monkey

2. Chemical elemen 3. Zodiac sign 4. Removes

Trigonometric function 9. Postmodern architectural

crossword brought to you compliments of

building in Vienna

10. Henderson and Fitzgerald

66. Virginia
68. Old English

City in southern Spain

67. Inquisitive 69. Jean Paul \_\_\_, author

Capacitance unit

18. Hat for women

42. Talk 43. More (Spanish)

47. Monetary units

57. Seasoning 59. Lofty nest of a bird of

prey 62. Single Lens Reflex 63. A way to remove

50 Work stations

1. In a way, dressed down

Cablegram (abbr.) Root mean square (abbr.

Jellyfishes Individual TV installments

ation of a plan

3. In a fervid way 4. The Book of Psalms

5. Expressions of surprise 6. An ant

28. Common Japanese

29. Deoxyribonucleic acid

30. Car mechanics group

31. A person's brother or

33 Ancient pharaph

7. Exactly the same

20 Brown and basmat

7Arts@7Arts.ca.

fee. Details on Facebook.

Lions 50/50 online fundraiser ousel Gift Shop in the Johny The Lions Clubs of Nova Scotia of Soldiers Memorial Hospital, are excited to announce a monthly Middleton, \$2 per ticket or \$5 for online 50/ 50 fundraiser. Money three. Draws are biweekly, the first

### NOTICE: Many community March break arts camps

The Aurora publishes items of interest events may change details March 15 to 19, be creative across Nova Scotia to continue as gatherings are affected by this March break with 7Arts. doing their community work. Tickpublic health quidance around Join local artists noon to 4 p.m. ets at https://rafflebox.ca/raffle/ COVID-19. Please check ahead each day for awesome projects lionsclub. Select the Lions Club with the organizers, as submis- in painting, drawing and much you wish to support (including the sion dates and Aurora press more. New projects everyday, Kingston Lions Club). Open to N.S. deadlines are in advance of all supplies included, \$25 daily. residents over 19. Tickets sold Ages seven to 13. See 7Arts FB monthly for the draw on the first events for more info, or email Thursday of the following month. **Alcoholics Anonymous** 

booked appointments only to tion, call Mary 902-765-3063. meet COVID-19 public health Hall rental solution page 7 procedures: book now at blood.ca The South Berwick Commuor download the GiveBlood app. nity Hall, 4518 Highway 1, has Ultimate frisbee

> Wednesdays, 9 p.m., the An- for meetings, social events and napolis Valley Ultimate Frisbee programs. For details, contact League invites new and experi- Sara, cskeddy@hotmail.ca. enced players to weekly indoor 50/50 health fundraiser games at the Credit Union Rec Play the new 50/50 fundraiser, Complex in Kentville. \$10 drop-in with the Soldiers Memorial Health

local Lions Club, allowing Lions

the Aurora | 14 Wing Greenwood, NS

# If you want to drink, that's your

wood Mall, is open Monday to Friday, 1 p.m. to 3 p.m. Donations Si vous voulez être certain que votre avis soit pickup or delivery, call 902-765- March 29, 5 p.m. to 8 p.m., and are welcome. The funds they raise 2128 before 10 a.m. March 9). March 30, noon to 3 p.m. and 5 through sales are donated to various Services will host a blood donor area. Volunteers are welcome: even clinic at the Morfee Centre 83 one shift every week or two would School Road, Greenwood. Pre- be greatly appreciated. For informa-

community rental availability

Auxiliary. Buy tickets at the Carraised will go right back to your and third Thursday of each month.

# CREDIT CENTRE

### FREE SKATING AT THE KINGSTON CREDIT UNION CENTRE

**COVID-19 PROTOCOLS IN EFFECT** WHEN MAXIMUM 50 SKATERS ARE ON THE ICE, THE FRONT DOOR WILL BE LOCKED.

- Saturday March 6, noon to 1 p.m.
- Saturday March 13, noon to 1 p.m.

#### FREE SKATING OVER MARCH BREAK

- Tuesday March 16, 12:15 to 1:15 p.m.
- Wednesday March 17, 12:45 to 1:45 p.m.
- Thursday March 18, 3:30 to 4:30 p.m.
- Friday March 19, 3:15 to 4:15 p.m.
- Saturday March 20, noon to 1 p.m.

We strongly encourage everyone to bring their helmets. We have some helmets available, so please ask if you need one.



ALL TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE. Please call prior to arriving at the rink 902-765-2516 or visit www.wkaa.ca

# STRENGTHENING THE FURGES

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**Strengthening the Forces** Today's typical Western-style you eat, and not just specific Did you know what you to be highly processed, high in there are some key nutrients eat influences how you feel? sugars and low in vegetables found in foods that act on There are psychological, bio- and fruit. This promotes in- brain chemistry including: chemical and physical connec- flammation and is associated • vitamin C: vegetables and tions linking what we eat to with heart disease, high-blood our brain health, and scientific pressure, depression and evidence shows the quality of possibly Alzheimer's disease. our diet influences our moods. Foods considered pro-inflam-While you might want to eat matory - fried foods, sugary ice cream and chips when drinks, refined carbohydrates you're sad, the truth is, eating and processed meats - may a bowl of oatmeal and berries increase inflammation and oxidative stress and decrease

Evidence supports that certure and function. Studies tain foods can be thought of as have shown eating a tradi- a medicine, and "brain food" you feel. These diets have lots being. It is very important to of vegetables, fruits, whole note the mental health benefits grains, fish, moderate portions that come from the food you of lean meats and dairy and eat depends on the positive

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**[]** 

Pamela Hatton, RD, MSc, tend to be anti-inflammatory. interactions of "all" the foods • vitamin D: fortified milk, you eat are important for keeping your brain healthy as diet, on the other hand, tends nutrients and foods. That said, • zinc: shellfish, legumes, which transmit signals to performance. Healthy eating

- fruits such as tomatoes, peppers, broccoli, citrus fruit, berries
- vitamin E: walnuts, almonds, sunflower seeds, hazelnuts, peanuts and wheat germ beta-carotene: dark green
- and orange vegetables: spinach, kale, carrots, butternut squash and sweet notato
- vegetables and fortified natural sauerkraut.

fatty fish and egg yolks

dark chocolate, too!

microbiome) include barley, the functioning of the brain, oats, legumes, Jerusalem the immune and hormonal B vitamins: whole grains, artichokes, asparagus, ba-systems. As incredible as it CAF/DND's healthy lifestyles meat, poultry, eggs, le- nanas, garlic, onion, chicory sounds, your microbiome promotion program providgumes (lentils, black beans, root and fermented products produces most of the brain's ing expert information, skills kidney beans), leafy green like yogurt, kefir, kimchi, and serotonin, the happy mood and tools for promoting and

The nutrients in the food

Healthy gut bacteria (called stances that are essential to feel better. >

regulator.

making neurotransmitters, it is for heart health or athletic seeds, nuts, dairy, eggs, your brain. Low levels of these supplies the body with eswhole grain and dark choc- nutrients in your body can sential nutrients, reduces inaffect the production of feel flammation and feeds healthy • iron: red meats, poultry, good neurotransmitters such gut bacteria. Don't waste your oysters, legumes, leafy as dopamine and serotonin, time looking for a single magic greens, quinoa, pumpkin This will also contribute to food or nutrient. What is really seeds, fortified cereals and low energy, brain fog and important is the overall quality depressed mood. These nu- of your diet. Eating a variety • omega-3-fatty acids: fatty trients are also important for of whole foods and avoiding fish and seafood, flax and healthy gut bacteria (called processed foods can help you chia seeds, canola oil, wal- the microbiome). In a healthy feel in top form mentally and nuts and navy and soy- microbiome, bacteria work physically. Simply put, when together to produce sub- you feed your brain well, you

Strenathenina the Forces is improving CAF members' Nutrition is as important for *health and well-being.* 

Les annonces classées, 35 mots ou 1494 poste 5699, visiter notre bureau plus tax. Bold text \$10, tax included. moins, sont vendues au prix de 9 \$, au 61, School Road, annexe Morfee taxes incluses. Chaque mot additionnel à Greenwood, nous envoyer un courriel booked and prepaid by 10 a.m. caractères gras 10 \$, taxes incluses.

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