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Green energy smarts adds up to pedal power

Two energy-efficient-minded 14 Wing Greenwood members are riding in style – and in the green – after responding to an Earth Day survey and winning electrical bicycles.

MCW Custom Energy Solutions Ltd. is administering a multi-year energy performance contract to help reduce the base's energy and greenhouse gas emissions by 7,500 tonnes annually. April 22, MCW, with Real Property Operations Detachment (Greenwood) and Defence Construction Canada, launched an online Earth Day, April 22, four-week survey. Respondents answered questions about energy efficiency for the chance to win one of two e-bikes. Here's how 187 respondents' entries added up:

Energy efficiency at home

57 % of respondents never leave the lights on when they

leave the room, while 19 % will if they plan to come right back. Not bad!

41 % never leave the AC on if they leave; 11 % will run it all day. While it *can* be more efficient to leave your AC on during a heat wave, a programmable thermostat can help you save on energy by increasing temperatures by a few degrees when you're out for a while. Turning off the AC if it's not too hot out will help save you money.

38 % do not unplug any plug load items when they leave the room, while 47 % will unplug their cellphone charger. Only 16 % will unplug their TV. An average home can save around \$100 a year by unplugging phantom loads. It may be worth investing in a new power strip that will allow you to disconnect everything with a flip of the switch, or even one with a built-in timer to schedule a cut off power time.



Congratulations to the two lucky winners of a 14 Wing Greenwood energy-themed Earth Day contest, Corporal Jon Lomenda, front left, and Warrant Officer Kevin Hardy, front right: the pair picked up electrical bicycles for their participation in an online survey. With them are Alex England, back left, Real Property Operations Detachment (Greenwood) energy manager; Doug MacLeod, Defence Construction Canada; and Doug Strickland, MCW Custom Energy Solutions Ltd.

S. White

48 % of respondents heat their home using grid electricity, 27 % use fuel oil and 23 % use wood. Only one respondent uses a renewable source for home heating.

The majority of respondents felt the best way for them to save on energy is to seal up leaky doors or windows.

Other great options include managing your temperature with a thermostat, hanging your laundry to dry and taking shorter showers.

Energy efficiency at the office

43 % turn lights out at the office when they leave the

room; 15 % have occupancy sensors in their workspaces. If your work does not have a plan in place, maybe consider discussing with your team the best way to implement one!

30 % of energy use in the office accounts for plug loads, yet only 34 % of respondents have a policy to unplug or sleep

electrical plug loads at night.

Only 15 % of respondents believe they have occupancy sensors that can adjust temperature in the office. Occupancy sensors that can reduce the temperature set-point when no one is using the room is a great way to save on energy. ➔

WNSR marks change of command June 8

The West Nova Scotia Regiment will broadcast a live, virtual change of command ceremony June 8, at 7 p.m.

on Facebook.

The outgoing commanding officer, Lieutenant-Colonel K.F. Butterworth, OMM,

MSM, CD; will sign responsibility for the WNSR over to Lieutenant-Colonel M. A. Bobbitt, CD; from the Bull-

ock Building, 5th Canadian Division Support Base Detachment. This event is not open to physical attendance

but will be broadcast to the 36 Canadian Brigade Group Facebook page, facebook.com/36canadianbrigade. ➔



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DND making sure military partners have more job opportunities

The Department of National Defence is making it easier for military spouses and common-law partners to find secure and meaningful jobs. The Military Spouse Employment Initiative will open up opportunities for them across the entire federal public service.

The average military family relocates three times more often than the average Canadian family. This means uprooting their lives, changing their routines and encountering

new challenges on a regular basis. As a result, it can be very challenging for partners of serving members to secure continuous and meaningful employment. To help address this challenge, in 2018, the Department of National Defence created the Military Spousal Employment Initiative to identify job opportunities at the Department of National Defence. This announcement expands upon the initiative offering the entire Public Service access

to a talented workforce.

The initiative has already proven to ease some of the stress felt by many military families, including Justine Walker's.

"I'm very grateful for my job, and I definitely wouldn't have it if it wasn't for the Military Spouse Employment Initiative," said Justine Walker, who works as a compensation assistant at National Defence. A military spouse, Walker says her full-time position gives her security, both now

and in the future.

"When we get posted again, I'll have options for transferring my job, finding a new job, or putting my job on hold while on a temporary posting. My employer is across Canada, and there are many opportunities to grow within the Department of National Defence community. I feel extremely secure in my career, and I'm proud to be contributing to my own pension and making a career for myself."

At the Department of Na-

tional Defence, military partners can now be considered as a hiring option ahead of other candidates (with the exception of those with priority entitlements or preference) if they meet all of the essential qualifications for the job.

The Military Spousal Employment Initiative is a complement to a wide range of services available to military spouses through Canadian Forces Morale and Welfare Services and local Military Family Resource Centres.

These services include the flagship Military Spousal Employment Network, launched in 2018. The Military Spousal Employment Network boasts over 3,200 military spouse participants and showcases national and virtual employers interested in hiring military spouses through an online platform and virtual and in-person. Last year, just over 25 per cent of military spouses who participated were hired through the Military Spousal Employment Initiative. ➔

Le MDN s'assure que les conjoints de militaires ont plus de possibilités d'emploi

Le ministère de la Défense nationale facilite la tâche aux conjoints de militaires pour trouver un emploi stable et valorisant. L'Initiative d'emploi pour les conjoints de militaires permettra de leur offrir un plus large éventail de possibilités d'emploi dans l'ensemble de la fonction publique fédérale.

La famille militaire moyenne déménage trois fois plus souvent que la famille canadienne moyenne. Cela signifie qu'elle doit régulièrement se déraciner de son milieu, changer sa routine et faire face à de nouveaux défis. Par conséquent,

il peut s'avérer très difficile pour les conjoints de militaires actifs de conserver un emploi stable et valorisant. Pour contribuer à régler le problème, le ministère de la Défense nationale a lancé l'Initiative d'emploi pour les conjoints de militaires pour répertorier les possibilités d'emploi au sein du Ministère. Cet announcement que l'Initiative permet maintenant à cette main-d'œuvre qualifiée de trouver un emploi dans l'ensemble de la fonction publique.

Cette initiative s'est déjà avérée efficace pour diminuer le stress vécu par

de nombreuses familles de militaires, dont celle de Justine Walker.

« Je suis très reconnaissante pour mon travail, et je ne l'aurais certainement pas obtenu sans l'Initiative d'emploi pour les conjoints de militaires », affirme Walker, qui travaille comme adjointe à la rémunération à la Défense nationale. Conjointe de militaire, Walker explique que son poste à temps plein lui procure un sentiment de sécurité, en ce moment et pour l'avenir.

« Quand nous obtiendrons une nouvelle affectation,

j'aurai la possibilité d'obtenir un transfert, de trouver un nouvel emploi ou de mettre ma carrière en veilleuse pendant une affectation temporaire. Mon employeur est partout au Canada, et il y a de nombreuses possibilités d'avancement au sein de la communauté du ministère de la Défense nationale. Je me sens totalement à l'aise dans ma carrière, et je suis fière de participer à mon propre régime de retraite et de mener ma propre carrière. »

Au ministère de la Défense nationale, les conjoints de militaires peuvent dé-

sormais être considérés comme candidats potentiels à l'embauche avant les autres candidats (sauf ceux qui bénéficient de droits de priorité ou de privilèges) s'ils possèdent toutes les qualifications essentielles pour occuper le poste.

L'Initiative d'emploi pour les conjoints de militaires s'ajoute à un large éventail de services offert aux conjoints de militaires par l'intermédiaire des Services de bien-être et moral des Forces canadiennes et dans les centres régionaux de ressources pour les familles de militaires. Parmi

les services offerts, citons notamment le Réseau pour l'emploi des conjoints de militaires, projet phare lancé en 2018. Ce réseau réunit plus de 3 200 conjoints de militaires inscrits et met en vitrine les employeurs nationaux et virtuels désireux d'embaucher des conjoints de militaires par l'intermédiaire d'une plateforme en ligne et de rencontres en personne. L'an dernier, un peu plus de 25 % des conjoints de militaires inscrits ont été embauchés dans le cadre de l'Initiative d'emploi pour les conjoints de militaires. ➔



June Pride

Members of 14 Wing Greenwood June 1 marked the beginning of Pride Month, as 14 Wing Commander Colonel Brendan Cook, second from left; raised the Pride flag at the base main gate. With him were, from left, Corporal Brandon Pitre, 14 Wing Defence Team Pride Advisory Organization military co-chair; Wayne Kelley, 14 Wing Defence Team Pride Advisory Organization co-chair; and Chief Warrant Officer John Martin. The Pride flag will fly until late June, when it will be replaced by the transgender flag. Submitted

COVID-19 uncertainty cancels Air Show Atlantic

It is with great disappointment organizers of Air Show Atlantic 2021 have cancelled this summer's event.

After careful deliberation and months of planning for a drive-in, socially-distanced-style air show, it has been determined it is in the best interest of the health and safety of all Maritimers to forego the production of the 2021 air show.

An air show's top priority is always the safety of its fans and performers. Even with vaccines in arms and a sense of normalcy around

the corner, organizers cannot make it work. There are planning and staging elements that must be a certainty, months in advance of the actual show. The biggest concerns at this point are the critical resources to secure the aerobatic safety box, having performers allowed into any Atlantic bubble and, finally and most critically, the air show association is not in a financial position to risk resources on a show largely dependent on gate revenues, which are themselves weather dependent.

Air Show Atlantic wants to be around to produce air shows for decades - not just 2021. As a not-for-profit association, it must err on the side of caution and live to fight another day. Volunteers and organizers share in the disappointment of all of fans they had hoped to safely entertain this summer, but assure them all of the resolve to continue the mission of fostering the love of aviation so many share. Air Show Atlantic looks forward to producing again in 2022. ➔

Swordfish Drive closed June 14

In support of accommodations Building 33 sprinkler project, a road closure affecting access to 14 Wing Greenwood via Swordfish Drive is required.

Swordfish Drive will be closed between Church Street and Administration Drive Monday, June 14, between 6:30 a.m. and 7:30 p.m. for installation of a waterline

laterally. Please avoid the Residential Housing Units' gate, closed to regular traffic with traffic control measures in place. ➔





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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 \$107 plus tax, weekly \$2.28 plus tax.
Abonnements par correspondance: 107\$ par année plus taxes , 2,28\$ par semaine plus taxes.


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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

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Summer Navy ride a virtual Arctic miles challenge

Get ready to roll with the 2021 Navy Bike Ride virtual event, the Harry DeWolf Challenge, from June 12 to August 29.

This year's virtual challenge targets 30,000 cumulative rides, as participants across Canada recognize HMCS Harry DeWolf's inaugural deployment through Canada's Arctic and North American waters. The theme is "Together we ride. Together we make waves." The event is partnered with the Royal Canadian Naval Benevolent Fund and Support our Troops.

Registration is free and open to all. To find out more visit, NavyBikeRide.ca. ➔



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* Be sure to adhere to your province's COVID-19 guidelines and stay safe!
1. Visit CAFconnection.ca/JRM for full contest rules.



#JunelsRecreationMonth

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CAFCONNECTION.CA/JRM

B-I-N-G-O your way around Kings County trails

Hit the trails with 14 Wing Greenwood Recreation and win!

June 7 to 28, take along your June is Recreation Month Trail Bingo challenge card, as you tackle a few of nine Kings County walking and hiking options. Easy favourites include the Kingston Family Fitness Trail and McMaster Mills Park Trail; family and accessible walks include the 14 Wing fitness trails through the Residential Housing Neighbourhood and sections of the Harvest Moon Trail; or, pack a picnic and head out to Crystal Falls

Complete a line, send in your entry and be in the draw for \$25 gift cards. Complete the card and be entered in the draw for a \$75 gift card. You cannot enter both. Post your entries to the Community Recreation Facebook Event (alternate entry via jackson.jill@cfmws.com).

Use the trail challenge to help meet this year's JRM theme: CONNECTED. Connect with a family member, your own mental well-being and your natural surroundings as you head out. Happy trails! ➔

CISM running team tryouts – virtually

There is still plenty of time to register and try out for the Canadian Armed Forces' CISM running team.

The CISM running virtual series is open to all CAF members who are currently part of the CISM running team program, or to CAF members who would like to try out for the 2022 team. Race 1 is complete; Race 2 registration is open between May 28 and July 2 for a July 17 to August 1 race window in five and 10 kilometre and marathon distances. Race 3 registration is October 6 to 22 for a November 6 to 14 race window in 10 kilometre and marathon distances.

For more information, contact Michael.mueller@forces.gc.ca. ➔



#JunelsRecreationMonth

June 16 | Paint night-from home *

Stay tuned to our Facebook page for the announcement of our special guest and the painting they will be doing!

- **Registration mandatory:** bkk.cfmws.com/greenwoodpub/index.asp or 902-765-1494 local 5341
- Pick up your supply kit at the 14 Wing Community Centre
- Follow along live on Facebook at 7 p.m., June 16

 [PSPGreenwoodrecreationprograms](https://www.facebook.com/PSPGreenwoodrecreationprograms)

* Be sure to adhere to COVID-19 guidelines and stay safe!

CAFCONNECTION.CA/JRM

Enter the **30 Days of Connection Contest** for your chance to win one of our daily giveaways of a virtual escape room for up to 4 people and a \$100 SportChek gift card. ¹

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Kohko's Events' Sumana Utamawiriya, riding the Blomidon portion of this summer's panned Great Annapolis Ride route. S. Davidson



Camp July 31 into day two August 1 of the inaugural Great Annapolis Ride at this Bay of Fundy-side camping site at The Long Table Social Club in Scot's Bay. R. Stewart

Gear up for summer with inaugural 100 km Great Annapolis Ride

In partnership with Wounded Warriors Canada and Bicycle Nova Scotia, the first ever 100-kilometre Great Annapolis Ride (GAR) 2021 is set to roll out July 31 and August 1 as a welcome return to outdoors, social and safe recreational activity.

Hosted by event specialists Kohkos Events, the ride will offer a fun, friendly and challenging weekend to help shake off the mental and physical effects of the pandemic lockdown. Kohkos Events director Sean Davidson has years of destination cycling event experience, having worked on the Great Victorian Bike Ride, Australia's biggest and most iconic ride.

"We want to create a new, fun and memorable social cycling experience to enjoy the sights that the Valley's food and wine region has to offer, while highlighting Nova Scotia's passionate cycling community," Davidson says of launching the GAR 2021, "which is how we came to partner with Bicycle Nova Scotia and Wounded Warriors Canada as a charitable organization to support."

Wounded Warriors Canada includes a Nova Scotia cycling contingent called The Bluenose Crew, which participates in provincial, national and international sanctioned rides commemorating the roles of peacekeepers and first responders. Wounded Warriors raises funds to support programs and services for veterans and first responders, and the Bluenose Crew has raised thousands of dollars for programs supporting mental wellness and PTSD survivors. Dean Peach, a Royal Canadian Air Force veteran, volunteers with Wounded Warriors, and, as a Valley cycling enthusiast, has been training with the Bluenose Crew for a big ride to commemorate the 75th anniversary of the Liberation of the Netherlands - if travel restrictions are lifted this fall.

"We're so thrilled to partner with Kohkos Events and Bicycle Nova Scotia for the Great Annapolis Ride this summer," says Peach. "It allows the Bluenose Crew to continue to raise awareness for the work of Wounded Warriors while getting in a good training ride but, most importantly, this ride will signal a shift for Nova Scotians through the return to a healthy, social camaraderie post-lockdown with physical activity, excellent sightseeing, laughs and plenty of fresh air."

Bicycle Nova Scotia supports cycling culture and infrastructure throughout the province and is excited to see a new cycling event being offered.

"We've seen a tremendous uptake in cycling throughout the pandemic, with demand for bikes going up and entire families participating. We certainly see GAR 2021 as the start of something fantastic in the Valley that we're thrilled to get behind," says Rob Carter, VP Touring and Recreation.

The two-day ride begins in Windsor with a scenic route through the wine and agricultural heartland of the region, before settling in for dinner and a camp-out overnight in Scots Bay. Day two begins with breakfast at the bay, riding back up and down North Mountain, along the Minas Basin, and finishing up at Planters Ridge Winery. According to Davidson, the GAR 2021 will cap this year's ride at 150 participants based on the maximum allowable people at outdoor events prior to the current lockdown and, if all goes according to plan, will open GAR 2022 to more riders.

"We see the potential for the GAR to grow to become a destination cycling event, much like the Great Vic Bike Ride is but, for this year, we're keeping things manageable, with extra precautions on numbers to keep everyone safe, and focus on the fun."

For more information, contact Davidson at (902) 818-0145 or sean@kohkosevents.ca, or visit kohkosevents.ca/great-annapolis-ride-2021. Early bird registration is open until June 30. ➔



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June 7-28 | Trail Bingo *

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- Message via Facebook with your bingo line or full card
- You may also enter by emailing jackson.jill@cfmws.com or if you need more info

Happy Trails!  [PSPGreenwoodrecreationprograms](https://www.facebook.com/PSPGreenwoodrecreationprograms)



Kingston Family Fitness Trail	Fales River Trail	McMaster Mills Park Trail
14 Wing Fitness Trail 5 km	Free Space	Harvest Moon
Fales River Falls	Crystal Falls Trail	14 Wing Fitness Trail 2 km



#JunelsRecreationMonth



7Arts launches NOVA gallery shows


The gallery space at 7Arts in Greenwood has been updated and is ready to host art exhibits, starting this month. Each show will feature one of our N.O.V.A. Club Artists.

The first June show is “Earth, Sea and Sky,” by Stephane Richard. He is a prolific artist and we are lucky to have him in our club. He has a lot of experience to share with new artists, and has been a great sounding board as we develop new ways to support and promote local artists.

N.O.V.A. (New Opportunities for Valley Artist) Club gathers at 7Arts to collaborate on projects. We have a

group show on all summer at the Paragon Golf & Country Club. Due to COVID-19, this has been a virtual show so far but, hopefully, things will change soon.

The 7Arts team can't wait to fully reopen 7Arts and offer art activities and artist visits in the community. People will be able to join workshops, lessons and create independent projects in our MakersSpace. As always, we encourage people to bring their projects over and work in a creative space. Summer news includes adding three summer students to the team to help with activities. ➔



crossword

solution page 7

1	2	3	4	5	6	7		8	9	10	11	12	
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55													
58											59		

ACROSS

- 1. Most courageous
- 8. Insurance giant
- 13. Small trace left behind
- 14. In a way, signals
- 15. The same letter or sound at the beginning
- 19. The Great Lakes State
- 20. Engage in a contest
- 21. Drinks served to celebrate a birth (Spanish)
- 22. Manpower
- 23. Undivided
- 24. Strong, magnetic metal
- 25. People of Tanzania
- 26. Sorts
- 30. Cop car accessory
- 31. Trade
- 32. Sullen and ill-tempered
- 33. Distinctive practices
- 34. Motor vehicles
- 35. Electrodes
- 38. Polish river
- 39. Human feast
- 40. Make very hot
- 44. Toppin and Kenobi are two
- 45. Blackbird

DOWN

- 1. Expressions of approval
- 2. Replace the interior of
- 3. Not awake
- 4. Roman numeral 7
- 5. Sun up in New York
- 6. Institute legal proceedings against
- 7. Bugs homeowners don't want
- 8. Maltese-Italian composer
- 9. Very long period of time
- 10. Touchdown
- 11. Agents of downfall
- 12. Complacently or inanely foolish
- 16. Argentina capital
- 17. County in New Mexico
- 18. An electrically charged atom
- 22. New Zealand conifer
- 25. Type of brandy
- 27. Comments to the audience
- 28. Tears down
- 29. Gifts for the poor
- 30. More painful
- 32. Good friend
- 34. Lying in the same plane
- 35. Line in a polygon
- 36. Clouds of gas and dust
- 37. Norse god
- 38. Health care pro
- 40. Close tightly
- 41. One's holdings
- 42. Became less intense
- 43. Wilco frontman
- 45. Woman (French)
- 48. Expresses delight
- 51. TV channel (abbr.)
- 52. Beverage
- 53. Unit of work or energy
- 54. Cleaning accessory
- 56. Dorm worker



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Group builds, connects the home-based business community

Sara White,
Managing editor

Are you working on growing your homebased business? Starting one? Running one, while you continue to work outside the home at a primary job?

Greenwood's Military Family Business Group supports military, veteran and RCMP members, and their spouses' home-based businesses, as each member brings their own experiences and skills to the group as a way to help everyone grow and succeed. New members are welcome,

and there are no membership fees.

The Greenwood Military Family Resource Centre supports the business group, assisting with meeting scheduling, logistics and administration, and any special events.

The business group has been a valuable resource for close to 20 years in Greenwood, with a dynamic membership, as participants are affected by postings; there are veteran spouses involved, releasing members starting businesses – people come and go every year.

The group has a special

ability to consider how to start, grow and maintain a business with a military lifestyle – balancing work commitments of members or spouses, home life, postings, deployments and making connections in new communities.

Members share ideas, network and find creative ways to think about what happens when a business grows and maybe operators hire staff.

The group has hosted several combined “expos” over the years, but made a big change as COVID-19 affected activities in early 2020. The group has continued to meet monthly, virtually, but staged a couple special projects to support members.

In the weeks before Christmas 2020, the group launched a Facebook page, “Fall in Love With Your Local Business.”

Different members took over the feed to post their own photos, products and services, and any special promotions. Every week featured a new business, keeping the page fresh – think everything from candles and sewing to cosmetics and household products to soap, homemade cards and organizing services - and attracting attention in an expanded, online shopping world.

Through the winter, the group invited anyone interested to join an online entrepreneurship workshop, co-ordinated through the MFRC.

The business group continues to meet, and welcomes new members and ideas. Find out more about the Military Family Business Group on Facebook @MFHBGG, email mfbg.greenwood@gmail.com or visit mfbg.ca. ➔

horoscopes

ARIES - Mar 21/Apr 20

This week's agenda is a clean slate, Aries, and that gives you plenty of time to rest and recharge. Spend a few moments each day to think only about yourself.

TAURUS - Apr 21/May 21

The nature of a relationship with a close partner may get a bit confusing this week, Taurus. Do not react quickly to a situation without processing your thoughts first.

GEMINI - May 22/June 21

Gemini, focusing on spiritual things this week can help you get your priorities in order. It also may help you to slow down and smell the roses for a change.

CANCER - June 22/July 22

Your success and receptive attitude may make people skeptical of your purpose, Cancer. Some may even feel jealous. Continue to forge ahead with your plans.

LEO - Jul 23/Aug 23

Sometimes it is difficult to make up your mind, Leo. However, this week you will be at peace with all of your decisions and will not second-guess them at all.

VIRGO - Aug 24/Sept 22

Virgo, if you are feeling a little uncertain about things at the moment, you may just need a new perspective. Run some ideas by someone you can trust.

June 6 to June 12
LIBRA - Sept 23/Oct 23

Libra, you will be confronted with a big decision this week. You should take the time to think about it and maybe mull over a few opinions from trusted friends.

SCORPIO - Oct 24/Nov 22

Scorpio, you may need to feel free of some burdens before you can focus on the best version of yourself. There are some obstacles arriving that stand in the way, but they can be resolved.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, share your vision of life with others who have similar goals. The camaraderie that results will help you to make a list of your collective priorities.

CAPRICORN - Dec 22/Jan 20

Life has taken a few twists and turns over the past few days, Capricorn. Luckily you have been able to go with the flow and change your plans on the fly.

AQUARIUS - Jan 21/Feb 18

Aquarius, another peaceful and stress-free week is on the horizon. Even though things may not be taxing, take a day off if you can spare it and spend it having fun.

PISCES - Feb 19/Mar 20

Pisces, before you can reach the summit, you have to cover a lot of ground and may stumble backwards a few times. Dig in your heels.

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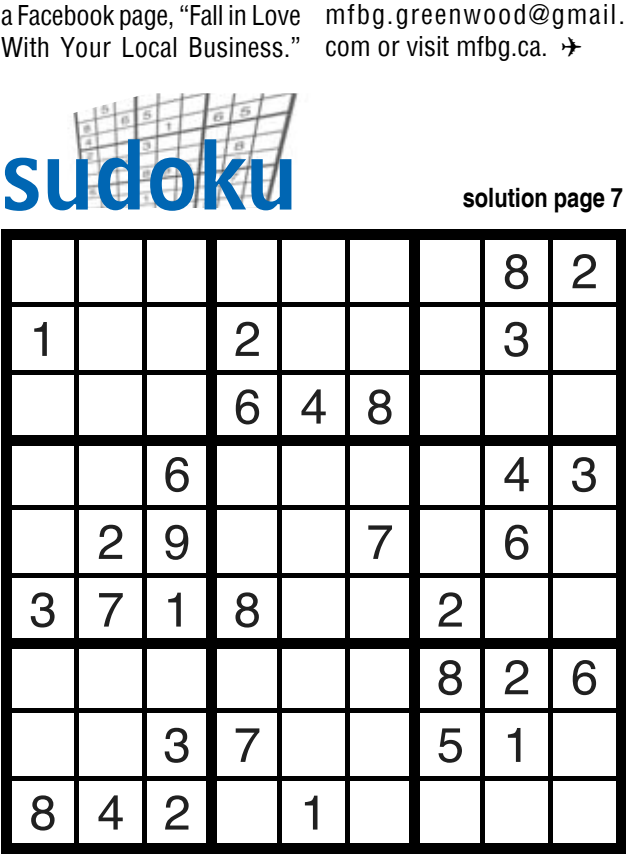
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Level: Beginner



sudoku

solution page 7

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

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!

Pitch in for Valley care's CT for Life Campaign

The Valley Regional Hospital Foundation has launched its CT for Life Campaign.

The goal is to raise \$1.5 million to replace one of the Valley Regional Hospital's CT scanners. The VRH Diagnostic Imaging Department performs over 16,000 CT scans each year - that's an average of 40 to 45 every day! Patients from all over the Annapolis Valley receive this essential care at the regional hospital. A CT Scan can be crucial in a patient's care plan, as it helps physicians diagnose and treat patients in a timely manner. Whether diagnosing abnormalities - such as tumours or blood vessels, giving a clear picture of an area before surgery, or guiding doctors on where to take tissue samples of a biopsy; access to modern CT imagery is a necessity.

“Diagnostic imaging with CT has become a key part of the workup for many patients, particularly emergency, surgical and cancer patients,” says radiologist

Dr. Craig Wilson. “With the high level of emergency and subspecialty care being provided at Valley Regional Hospital, continuous guaranteed access to modern high-quality CT imaging has become essential. Any delays in access to CT could be devastating for patients.”

“This scanner will allow us to provide an accurate diagnosis to our clinicians anytime it is needed.”

With a project goal of \$1.5 million, the CT for Life Campaign will include collaboration and contributions from Annapolis Valley health foundations in Kings and Annapolis counties. Letters have been mailed to the Annapolis Valley community requesting donations. In working with residents, local businesses and service groups, the foundation's goal is to ensure the Annapolis Valley has access to the best healthcare possible by providing equipment that supports the services offered throughout our hospital. ➔



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

sudoku solution

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



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Last Post Fund initiates lost veterans project

Over recent months, Last Post Fund counsellors and executive director Edouard Pahud have noted a significant increase in the number of unmarked graves applications. This comes at a time when a declining war-time veteran population and improved social programs for modern-day veterans are causing a decrease in the number of applications for assistance with funeral and burial costs. So much so, the UMG applications will soon exceed those for funeral and burial programs.

This has led to some reflection internally on how best to adapt to the changing needs of the veteran population, while supporting new volunteers eager to offer their assistance as researchers. In 2019, the Last Post Fund launched the Indigenous Veterans Initiative as a way of more directly focusing outreach efforts on the Indigenous communities. In much the same spirit, February 1 marks the launch of the

Lost Veterans Initiative. This initiative aims to stimulate and support new and ongoing research efforts to find unmarked veterans graves.

In order to support their ongoing efforts, and the efforts of new volunteers, the Lost Veterans Initiative has created a welcome package, a sort of information toolkit designed to assist volunteers with their research. In addition, research volunteers will be given a T-shirt that identifies them as a researcher for the Lost Veterans Initiative. As the UMG sub-committee chair and vice-president (west) on the LPF governing council, Randy Brooks will be the national lead for the Lost Veterans Initiative. Researchers working with their provincial leads will have direct access to support from knowledgeable LPF counsellors when it comes time to submit a preliminary application for a headstone.

"Our amazing volunteer researchers are our army, our 'boots on the ground,'

who find Canada's long-lost veterans who lay forgotten in unmarked graves," says Brooks, "They find them and identify them to the Last Post Fund so they can finally be marked with proper military headstones. Forgotten no more, these heroes can be properly recognized for their service and their sacrifice. By their actions in finding our forgotten veterans, our volunteer researchers give deeper meaning to the words, 'Lest We Forget.'"

A special series called "Field Notes," detailing the work of volunteer researchers and celebrating their accomplishments will help motivate the work of others, and grow the Last Post Fund's army of volunteer researchers across Canada.

All inquiries should, as always, be directed to the Last Post Fund at 1-800-465-7113 or info@lastpost.ca. ✈



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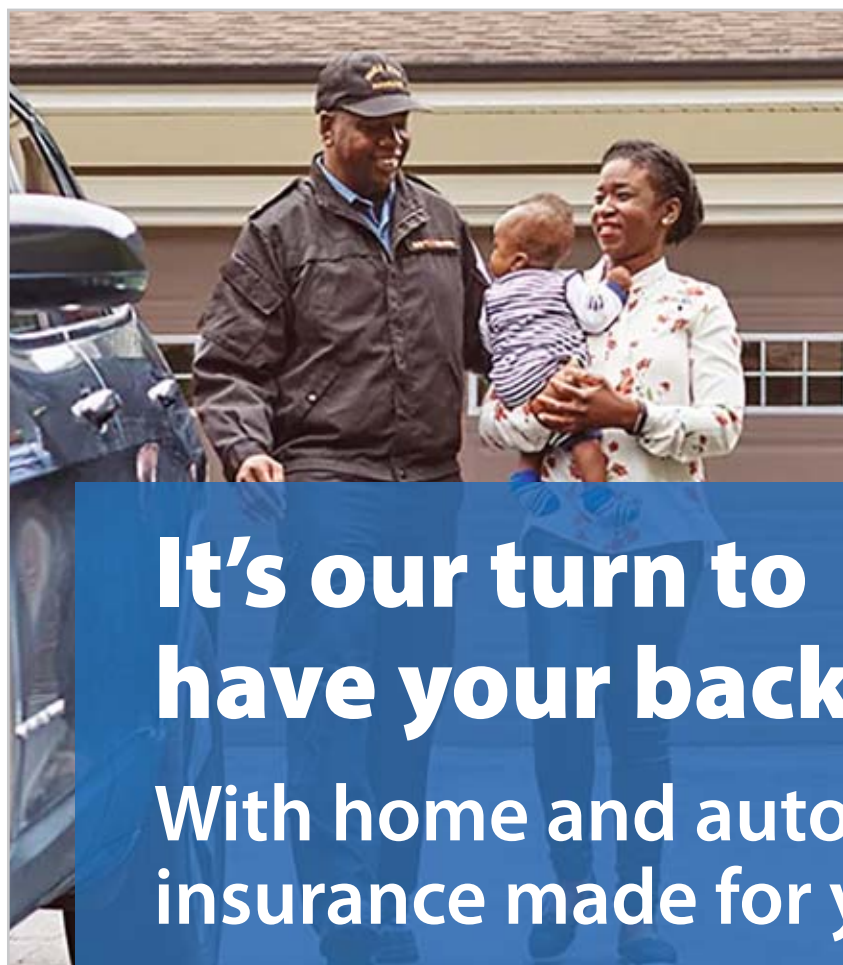
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