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Wing now offers trio of lactation rooms

**Sara White,
Managing editor**

Parents looking for space at 14 Wing Greenwood now have two more options on base to comfortably feed, change or calm infants.

14 Mission Support Squadron in the Birchall Training Centre and 26 Canadian Forces Health Services/ 1 Dental have both recently outfitted lactation rooms in their spaces, open to any Defence Team member. The two rooms compliment the first lactation room opened at 14 Wing in June 2021 in 404 (Long Range Patrol and Training) Squadron space, in the Hornell Centre on the operational side of the base, after the wing's Defence Women's Advisory Group took it on in fall 2020.

Military personnel on parental leave are often on base checking on orderly room paperwork or visiting peers during their leave and, if they have their child with them, they may need a moment to take care of personal matters; or, when

military or civilian personnel return to work, they may still be breastfeeding, and will make good use of a safe, quiet space to express and store milk until they head for home.

The lactation room at the health clinic is directly off the main lobby and waiting area, next door to a washroom and with immediate access to a drinking fountain. Inside, there is a comfy chair, a small fridge, lockable storage and a sink. Change tables have been added to both a first and second floor washroom. Justin Veinot, 26 CFHS support services manager hopes the results are "a good resource for the wing."

"We tried to have it as accessible to everyone on the wing – people come to the clinic, we're on the domestic side of the base and the room is right off the lobby."

The space in the Birchall is on the second floor, amongst the offices and meeting spaces of 14 Mission Support Squadron. This is a place any military parent visits to arrange and manage leave



A simple addition: change tables in washrooms on both floors at the 26 Canadian Forces Health Services clinic, as parents with children accompanying them to appointments may need to take care of some other business.



26 Canadian Forces Health Services support services manager Justin Veinot looked after many of the essential details in the clinic's new lactation room, just off the main first floor lobby and waiting area.

S. White

14 Mission Support Squadron Lieutenant-Colonel Sherri Buckler, left, and Chief Warrant Officer Trevor Porteous officially open the very unofficial and designed-for-comfort lactation room now available to any wing member in 14 MSS' space on the second floor of the Birchall Centre.

and any claims through the orderly room – and Lieutenant-Colonel Sherri Buckler knows those paperwork processes may run longer than anticipated, especially for any infants accompanying parents to meetings.

"We will have some regulars, and appointments could take longer – parents may need to feed or settle a fussy child, and this room is a great place," she says.

The room is clearly labeled, with exterior signage

to indicate if it's free or in use. Inside, there is a comfy chair, change table, fridge, microwave, storage containers and wifi. A wall-mounted television will be added, which could be used to provide some discretion-

ary cover to the sound of a breast pump.

"Some people used to go to the cars during work to pump milk to take home, and that's ridiculous – imagine doing that in February?" Buckler says. "Ridiculous." →

Monster Find & Win 2022

The Aurora Newspaper's weekly Find & Win contest goes monster-size to mark the new year. A multi-question edition of the newspaper scavenger hunt will be published in the January 24 issue.

- **Donate a product or certificate, and the value of that item will be deducted from your ad cost** (up to a \$100 prize, discount to a maximum of 50 per cent of the ad's regular cost)
- You have multiple chances of having your business highlighted in the contest questions
- Participating business/ organizations' colour logos will be included on the Monster Find & Win contest page.

**Deadline to book an ad
is Wednesday, noon,
January 19**



the **Aurora**

Wing adapts COVID-19 posture, precautions

Sara White,
Managing editor

While the community at large is grappling with the last month's wave of omicron COVID-19 infections, 14 Wing Greenwood continues to adapt to evolving direction and meet both its military mission and keep members and the wider community healthy.

In an updated Temporary Directive January 6 to all wing members, reinforcing the most current Chief of Defence Staff orders, Wing Commander Colonel Tom Goldie detailed the wing's efforts.

"As recent events have demonstrated, the risks posed by the pandemic have not yet abated," he told commanding officers. "There still remains a significant risk of a resurgence of COVID-19. We must all continue to keep force health protection at the forefront of our minds."

The directives emphasize long-standing public health recommendations: masking in indoor spaces or in close working environments, physical distancing and staying home if experiencing any symptoms of illness;

consideration of modified work postures, including work-from-home scenarios, shifts, online meetings, cohorting and incorporating rapid testing into essential operations; command flexibility for members with school-age children learning from home, gathering reconsideration and travel restrictions, and the expectation all 14 Wing members will follow provincial public health guidance while off-duty.

"All units shall remain postured to support the full spectrum of critical, essential and routine functions," Goldie said. "With this collective action, we can keep 14 Wing and Nova Scotia safe."

Military vaccination clinics, testing, work posture

Earlier in December, vulnerable military personnel, primary care providers and front line responders, including firefighters and search and rescue crew; lined up for booster shots from 26 Canadian Forces Health Services clinicians. Moderna booster clinics have now opened for Regular and Reserve (180 days-plus) members ages 30 to 65, 168 days out from their



second vaccination, with the first held January 13. January 20 (10 a.m. to noon and 1 p.m. to 2 p.m.) and January 27 (9 a.m. to noon and 1 p.m. to 2 p.m.). January 25 and February 1 (both dates 9 a.m. to noon and 1 p.m. to 2 p.m.), the booster clinics switch to Pfizer and will open for military members ages 18 to 29.

Dan Godin, clinical services manager at the 26 CFHS Centre, says there are some military members continuing to access first and second vaccinations. Those must be booked by appointment at 26 CFHSC, and may be managed at the walk-in clinics over the next few weeks.

"Anyone making an appointment – for anything – at Health Services must call first," he says. Members who need to access services at the clinic should call the CDU (care delivery unit) at 902-765-1494 local 5046.

26 CFHS does not have a supply of COVID-19 rapid tests beyond what it uses for operational requirements, including crews involved in flying missions, deployments or incoming Basic Military Qualification course students.

"Anyone who needs to be screened or tested for COVID-19 outside of operational requirements should be using the Nova Scotia public health program, including the online screening, appointments and testing sites."

Greenwood Military Family Resource Centre - The MFRC has postponed all youth programming, except casual childcare, until at least January 17, and will limit registration for adult programs. The MFRC is open and registration for in-person programs planned for the end of January will continue, to be adjusted as public health guidance may change.

14 Wing Fitness & Sports – the fitness centre is open under provincial public health guidance, with proof of double vaccination required and adherence to in-facility and equipment use rules. Registration for swimming lessons is open, with the first scheduled sessions January 29. The Greenwood Gardens Arena is open, with community sports operating under provincial guidance and small group bookings available. Military intersection hockey is on hold.

Community Recreation - Recreation staff are monitoring offerings to be in line with provincial guidelines: the building is open, but all in-person programs, including afterschool programs, youth evening activities and adult exercise classes; are cancelled until January 17. The first planned evening program is the YTGIF January 21, followed by the school in-service day January 28. Snowshoe rentals are available, sleds are borrowable, and the sledding hills at CANEX and on Church Street are useable as snow conditions permit. Sports clubs, including basketball, hockey and figure skating, are operating under provincial guidance for sports.

The Greenwood Curling Club has postponed league play indefinitely, and anyone interested should contact the Greenwood Bowling Centre for opportunities to book small group activities. The Greenwood Library is open.

Church services - Church service attendance at Queen of Heaven is by pre-registration only through January, and Sunday school programs are scheduled to start in February. St. Mark's is holding services and following all public health guidelines.

All provincial COVID-19 guidance may be found at novascotia.ca/coronavirus. Canadian Armed Forces-specific resources may be found on the 14 Wing Greenwood internal Splashpage from a main page link, "COVID-19 vaccine info for CAF Members." ➔

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



November 23, Warrant Officer (retired) Campbell, centre, was presented the Canadian Forces Decoration First Clasp by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Chief Warrant Officer Stephen Bates.



November 23, Sergeant Vardy, centre, was presented the Minister of National Defence Coin by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Chief Warrant Officer Stephen Bates.



November 23, Master Corporal Robertson, centre, was presented the Minister of National Defence Coin by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Chief Warrant Officer Stephen Bates.



November 23, Corporal Pinkham, centre, was presented the Minister of National Defence Coin by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Chief Warrant Officer Stephen Bates.



November 23, Corporal Metivier, centre, was promoted to master corporal by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Chief Warrant Officer Stephen Bates.



November 23, Owen William Francis Collins, right, was presented a retirement gift by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek.

Winter parking ban

December 15 to March 31

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

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

Find out if your road is included:
novascotia.ca/tran/winter
1-844-696-7737



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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.rcacf-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.caconnection.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.caconnection.ca

VPI | VPI
www.vpiinternational.ca

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 | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Greenwood Curling Club** Open to military, community members | **14 Wing Health Promotion** Tips, program highlights and resources

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Les articles du journal Aurora sont disponibles dans l'une ou l'autre des langues officielles, sur demande, à auroraeditor@ns.aliantzinc.ca. Veuillez prévoir jusqu'à 10 jours ouvrables pour une réponse.



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Creative kart race highlights ‘friendly’ competition

**Captain Vicki Connors,
405 (Long Range Patrol) Squadron**

Fridays are reserved for fun during December at 405 (Long Range Patrol) Squadron. This year, Major Andrew Smith, acting commanding officer, thought it would be a great opportunity to invite other units for a bit of friendly competition, and participate in the 2nd Mario Kart Race.

December 3, multiple teams from 405 competed against 14 Air Maintenance Squadron, 14 Mission Support Squadron, 404 (Long Range Patrol and Training) Squadron, and Wing Headquarters.

The Mario Kart Race is a challenge of fitness, teamwork, creativity and spirit. Teams race around the operational side of the base collecting stamps at checkpoints (413, 404, 14 OSS, 415, 14 AMS) with their kart. The karts are made out of LUU storage crates, with a few rules to follow in the building process: the only source of propulsion



404 Squadron’s AVS “buffalo” kart, leaving the starting line.

is people-power (no gas or electric motors) and the driver needs to be able to steer. Once the stamps are collected, the team comes back to 11 Hangar for the obstacle course portion.

405 Squadron brought its best game, with both maintenance crews taking the lead: 1 Crew in first place in the race and the judging for “best overall kart,” and 2 Crew taking second place in the race. In third place was 14 MSS, with its spider kart, which also tied for second with 405’s Aircrew Crew 4 in the judging competition.

The price of admission for non-405 teams was a pot of chili to feed the hungry



405 Squadron’s AMO 1 Crew kart team did the work, entering and running a clear winner through the course and obstacles.

teams and spectators. All those who tried the pots of chili were asked to vote for their favourite as extra competition: the top chili in

the cook-off was brought by 14 Wing HQ.

This event will only get bigger and better next year! The team to beat will be 405’s maintenance team 1 Crew, which now holds the first place title two years in a row. ➔



The Wing HQ “Mahogany Bomber” kart carried Colonel Tom Goldie around the course.



405 Squadron’s Aircrew kart had a LOT of wheels for normally winged military members.



404 Squadron’s Ops kart with an unfortunate on-course break down.



405 Squadron’s HQ kart went CP140 Aurora-inspired.

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Natasha McKinnon

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COMMISSIONAIRES

‘Moose’s Mutterings’ captures military career of trivia, life, tips, tricks

**Sara White,
Managing editor**

How far could you get in Germany on your gas ration coupons? What about any shortcuts? Where’s a great place in Nova Scotia for a meal? Lunch in Spain? A place to stay while you were checking out the tower in Pisa?

“Where the movie theatre is in Greenwood now, there was once a great big oak tree – maybe 300 years old, they estimated. People used to get their wedding pictures there. That tree was here before the base ever was. They had to cut it down for the new building, and I campaigned – ‘You can’t just cut it down, you have to plant a new one.’”

Warrant Officer (retired) Winston “Moose” Abbott kept track of everything, and wrote about it all in a decades’ long column submitted to military newspapers around the world. “Moose Mutterings” was Abbott’s regular

headline, from 1968 while he was posted in Lahr, Germany, through his retirement in 1992 and on into the early 2000s. He recently donated his collection of clippings to the Greenwood Military Aviation Museum.

“As many as I could find, all glued in scrapbooks,” Abbott says. “Maybe they can be in a display, where you turn a page a day to look at.”

Abbott looks back on his 35-year career today and, “if I was 19, I’d be right back in it!”

He grew up in Grand Falls, Newfoundland, graduating in June 1957 at age 17 – just as his father died. Abbott’s older brother, Bruce, was in the military, so Abbott followed.

“My mother had to sign for me – I was in Course 5801, the first course in 1958. He trained as a communications system air technician, a trade which morphed three times over the following years before he retired from the Royal Canadian Air Force.

“I could work on any aircraft,” Abbott says, detailing postings that took him from Trenton to Lahr, Chatham to Shearwater, Summerside to Greenwood, Gerisilkerkin to Greenwood. “I was lucky – I never got to Ottawa!”

While Abbott was in Lahr in 1968, there was a little paper called the Arrowhead from 1 Wing, in France, that then moved to Lahr. The paper was looking for copy.

“I thought I’d do it – there were no computers, no typewriters. I’d pass it in to the editor and she’d transcribe it. There were a couple ladies there, and they’d type it all out.”

Abbott is the first to say his writings were “just junk!”

“We’d travel Italy or be down in Spain, I’d talk about a restaurant we passed on the highway that had great food – good chips. Every time we went somewhere, I’d take notes on where to buy souvenirs, how to take shortcuts and save gas.”

He kept the same style of journaling throughout his postings and, as computers and technology advanced, he’d email his columns to whatever paper wanted them, including The Aurora here at 14 Wing, from wherever he was.

“I used to cover the curling club at three or four bases I was on. I’d write stuff I knew wouldn’t get in – I could see the editor’s red pen going right through it!”

But, “people gave me feedback all the time,” Abbott says. “They’d come up to me on the street: ‘You’re Moose.’ I’d say, ‘Yes.’ They’d want to know a good place to eat in Nova Scotia.

“It’s a different world now – there always used to be different columns in the papers.”

You may want a final story: where did “Moose” come

from? “When I was in Grade 7, 12 years old, I was 6’4” and 200 pounds – the biggest kid in the class. Of course, the kids got on me, and everyone had a nickname. ‘What’s the biggest

and clumsiest animal in Newfoundland?’ A moose. That’s me.” ➔



From 2005, Moose’s Mutterings in The Aurora Newspaper continued Warrant Officer (retired) Winston Abbott’s regular column submissions to military newspapers over 35-plus years.

S. White

Berwick volunteer recognized for blood donor clinic commitment

Berwick resident Tom Henley was a regular Canadian Blood Services blood donor with just under 50 whole blood donations when he became ill, and was not able to donate anymore. But, in addition to being a donor, he has also been a dedicated volunteer with CBS since 2001.

CBS recently recognized Henley as part of its Honouring Canada’s Lifeline event, grateful he has continued to support Canada’s “lifeline” of blood donation even if he’s no longer able to donate himself.

As a member of the Berwick Lions Club, Henley is Nova Scotia CBS mobile donor clinic organizers’ main contact at the Berwick hall. He helps with donor and volunteer recruitment and raising awareness by sharing event information on social media and delivering posters throughout the area, and makes sure he is on deck at every event as a

volunteer to set up, greet donors, support CBS staff and pack up after the donation clinic.

CBS is very fortunate to have Henley’s support – it would not have the great success seen at Berwick clinics if it wasn’t for him. ➔



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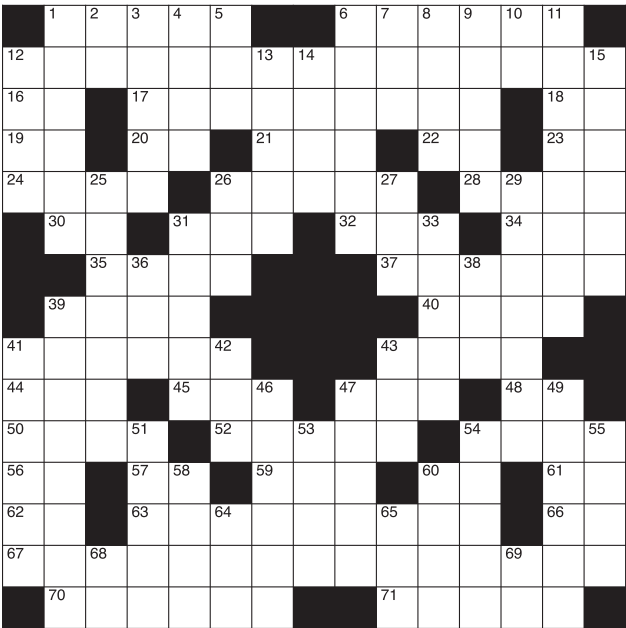
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717, or email auroraeditor@ns.alianztinc.ca. Dated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



crossword

solution page 7



- ACROSS**
1. Struck firmly
 6. Shirt part
 12. Nevertheless
 16. Article
 17. Adornment
 18. Educator's helper
 19. Healthcare pro
 20. Atomic number 28
 21. Extinct flightless bird
 22. Mystic syllable
 23. College sports decision maker (abbr.)
 24. Edible mushrooms
 26. Venerable English monk
 28. Surrounded by
 30. Forming fractional numbers from 4 onwards
 31. Eastern France river
 32. Short cry or yelp
 34. Brew
 35. Ornamental box
 37. In a way, surfaced
 39. Attired
 40. Peculation
 41. Netted
 43. It shows you paid (abbr.)
 44. Payroll firm
 45. Antidiuretic hormone
 47. Japanese classical
 48. The first two
 50. Ancient burial chamber
 52. Type of card
 54. Expression of sorrow or pity
 56. Hectoliter
 57. Morning
 59. NYC subway dweller
 60. Law enforcement
 61. Sodium
 62. Elevated subway
 63. Facility where wild animals are kept
 66. Integrated circuit
 67. Seaman's tool
 70. Drink to
 71. Small group
 - DOWN**
 1. Poem
 2. Everest is one (abbr.)
 3. Olympic legend Jesse
 4. Portable tent
 5. When you hope to get there
 6. Unwavering
 7. Back muscle
 8. Within
 9. Excessive fluid accumulation in tissues
 10. Six
 11. Involved as a necessary part
 12. 2002 Liotta, Patric film
 13. Living thing
 14. Type of gin
 15. Moved around in pursuit of fun
 25. Makes light bulbs
 26. Story of one's life
 27. Small island in a river
 29. A type of bliss
 31. Genus of large herons
 33. A way to make dry
 36. One's grandmother
 38. Vocal style
 39. Pronunciation mark
 41. American Indian chief or leader
 42. Insecticide
 43. Go bad
 46. Capital of Zimbabwe
 47. Polish river
 49. Cast out
 51. People of India and Sri Lanka
 53. Cleaning fabrics
 54. Very skilled
 55. Pouches
 58. Restaurant must-have
 60. Native Americans from Arizona
 64. Remaining after all deductions
 65. Fleece
 68. Dorm official
 69. It cools your home

crossword brought to you compliments of



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

Torchlight snowshoe
January 22, 6:30 p.m., Hike Nova Scotia and Ross Creek Centre for the Arts present a guided snowshoe at Ross Creek in Canning. Bring your own snowshoes. Registration required in advance; details at hikenovascotia.ca.

Valleyview Provincial Park Snowshoe
January 23, 1:30 p.m., Hike Nova Scotia and Municipality of County of Annapolis present a guided walk /snowshoe at Valleyview Provincial Park in Hampton. Snowshoes will be provided. Registration required in advance; details at hikenovascotia.ca.

Proof of vaccination ID support
Anyone requiring assistance accessing/printing their proof of COVID-19 vaccination paperwork or wallet cards – the Kingston Lions will help. Contact the club at 902-765-2128, Monday/Wednesday/ Thursday between 9 a.m. and noon.

Berwick walking groups
Tuesdays (from Spicer Park) and Fridays (location varies), 10 a.m., Berwick hosts Hike Nova Scotia gentle, easy walking groups through its NS Walks initiative. Sign-up at nswalks.ca or 902-932-6902.

Ultimate Frisbee
Wednesdays, 9 p.m., the An-



horoscopes

January 16 to January 22

ARIES - Mar 21/Apr 20
Your affection for someone could affect your impression of a certain situation, Aries. You need to take a step back or remove yourself from the situation.

TAURUS - Apr 21/May 21
Someone in a position of authority may want to invest in your future, Taurus. Even though you may be flattered by the interest, you have to weigh all of your options.

GEMINI - May 22/June 21
You may learn something about a person if you're willing to get involved in deep conversation, Gemini. Have a talk with someone you're eager to get to know.

CANCER - Jun 22/Jul 22
Cancer, a heavy load at work is manageable. Challenges keep you engaged and you thrive on the pressure. Enjoy the responsibility and all that comes with it.

LEO - Jul 23/Aug 23
Sometimes you need to put passion ahead of stability, Leo. That means explore all possibilities when it comes to relationships. You may connect with someone unexpected.

VIRGO - Aug 24/Sept 22
Virgo, you may be able to move through chores and other things on your to-do list quite quickly this week. That opens up opportunities for some rest and relaxation.

napolis 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 lions5050.ca/Rafflebox. Select the Lions Club you wish to support (including the Kingston Lions Club).

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.

Board volunteers needed
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.

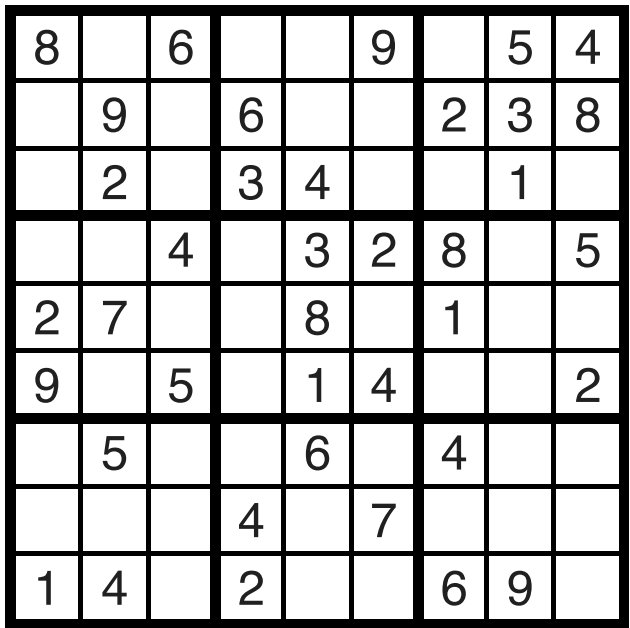
Op Shop now open
The Op-Shop, located in the Greenwood Mall, is open Monday to Friday, 1 p.m. to 3 p.m. Donations are welcome. The funds they raise through sales are donated to various health initiatives and hospitals in the area. Volunteers are welcome: even one shift every week or two would be greatly appreciated. For information, call Mary 902-765-3063.

Hall rental
The South Berwick Community Hall, 4518 Highway 1, has community rental availability for meetings, social events and programs. For details, contact Sara, cskeddy@hotmail.ca.



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!

Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week. To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays. COVID-19 safety precautions and vaccine policies are in place for participants ages 12 and older.

All evening programs will tentatively resume January 21, with the Friday YTGIF. Youth may register for a snowshoeing exploration adventure (if there is no snow, the alternate activity will be bowling) between 5:30 p.m. and 7:30 p.m. The cost is \$10 plus tax for non-Community recreation Card holders, or \$7 plus tax with a rec card. Please bring water and indoor gym shoes. ➔

Food for Thought from the Upper Room Food Bank

During December, the Upper Room Food Bank served 145 families, consisting of 179 adults and 103 children, with 19,566 pounds of product going out and 13,679 pounds coming in. The incoming total includes 3,800 pounds provided by the Feed Nova Scotia network and 810 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with local businesses.

The Upper Room Food Bank volunteers and board members would like to express our thanks, on behalf of our clients, to all those who donated food and funds through the Christmas holiday season. Several food drives were held during a challenging time with COVID-19 continuing to be a

concern leading up to Christmas. With community help, we were able to provide 133 Christmas hampers (totaling 8,246 pounds of product) to families to help them through our annual holiday closure. We would like to send a special thanks to all the businesses that contributed to the hampers this year.

Clients needing service must call ahead to the food bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers are allowed in the building. This limits personal contact, while also reducing waiting time for clients. When requesting service, your best option is to call the office directly and leave a message if no one is there. We can answer quick questions through the Facebook page, but we cannot make arrangements for pick-up or new clients. That must be done through the office.

Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait, and they will fit you in where they can. Understand that volunteers may also leave early when there are no more appointments or clients waiting - but they don't want to miss anyone in need either. We understand it is not always possible to call ahead, but clients will

find the process easier with a scheduled appointment.

Donations may be dropped off at the food bank, found behind the library at 669 Main Street, Kingston (during open hours) or at the Kingston Village offices, 655 Main Street. Processing of donated food continues following directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted.

Our regular hours are back in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Appointments continue to be a requirement. Our office number is 902-765-0303, or email upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook.

Wishing everyone a Happy New Year in 2022! ➔

Kings council adopts strategy to build belonging – for all

The Municipality of the County of Kings is pleased to announce the recent adoption of a strategy that will serve as a catalyst for meaningful change, inspired by the municipality's vision of building a community of communities where all people belong.

Council unanimously approved the "Toward Equity and Diversity: A Strategy for Belonging in the Municipality of the County of Kings" December 7. The Strategy for Belonging directly supports the municipality's mission "to enhance the quality of life for all through the provision of municipal services in an inclusive, effective and collaborative manner." It is an amendable, living document that will guide the evaluation

of municipal policies, services, partnerships and programs through key lenses, including reconciliation and Mi'kmaq treaty rights, African diaspora, anti-Black racism and reparations, equity, inclusion and diversity. Key action items will be aligned with the following strategic priorities: demonstrating leadership and enhancing representation, economic empowerment, truth, awareness and advocacy; cultural celebration and reflection of diversity, creating safe spaces (land and built environment), access and equitable service delivery.

The public can expect to see advances in equitable hiring, diverse representation, opportunities and programs for communities that have historically been underserved, advocacy for reconciliation and reparation processes, showcasing cultural diversity in the Kings region, enhancing cultural resource management and eliminating systemic barriers to improve access and service delivery for those who have been historically underserved.

To learn more, view "Toward Equity and Diversity: A Strategy for Belonging in the Municipality of the County of Kings" at countyofkings.ca/diversity. ➔

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Classified advertising must be booked and prepaid by 10 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroramarketing@ns.alianztinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.alianztinc.ca. Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses. Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés

incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroramarketing@ns.alianztinc.ca ou nous transmettre un fax au 902-765-1717. Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.alianztinc.ca.

EMPLOYMENT OPP

EMPLOYMENT OPPORTUNITY –
Looking for a Superintendent for 34 unit apartment building in Kingston. Duties include cleaning building, tenant relations, maintaining ground. If interested please e-mail resume to rentaloffice@bandon-properties.ca or call 902-865-3200. (4247-2tp)

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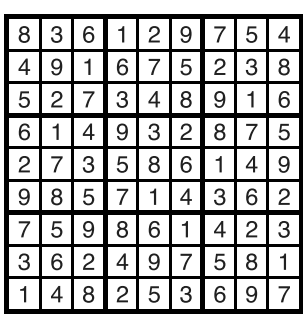
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sudoku solution



100-Plus Who Care Giving Group funds SOAR peer training, mentorship

The 100-Plus Who Care Giving Group Annapolis Valley met December 9 in a virtual format for its final 2021 quarterly meeting, as three nominated Valley non-profit projects pitched their work for 100-Plus funding support.

Members had the opportunity to hear from the Valley Hospice Foundation, the Soldiers Memorial Hospital Foundation and Survivors of Abuse Recovering (SOAR).

The Valley Hospice Foundation was represented by Terry Milton, who highlighted efforts to create a safe and caring space for people living their last days. The group plans to co-share a music therapist's services with Nova Scotia Health, which would provide patients and their families, in hospice or the wider community, with joy and relief.

Tara Kalkman from SOAR

spoke of the group's need to train more peer supporters, and also to mentor newer peer supporters into a more full and comfortable role as they begin to work with users of the program.

Don Hyslop, SMH Foundation's new community navigator in support of physician recruitment to the mid-Valley area, described initiatives over the past year with villages, businesses, health programs, non-profits and 14 Wing Greenwood; to help fill vital health care roles between Aylesford and Bridgetown. Private and community funds have been used to support local students' health-related post-secondary studies, provide welcome packages to visiting or training medical personnel, and develop recruitment tools.

Online voting determined SOAR as the 100-Plus group's financial recipient,



As members of 100-Plus Who Care Giving Group Annapolis Valley wrapped their December 9 online meeting, voting to make a combined donation to Survivors of Abuse Recovering, they sent out congratulations to all the non-profits who continue to make a Valley difference with their good work.

Submitted

with Valley Hospice and the SMH Foundation both receiving Rewind 89.3 advertising promotional support to help them in their work.

The 100-Plus Who Care Giving Group Annapolis Valley will continue to meet in whatever format is safest to host: online or with an in-person component, typically hosted at the ballroom in Mainstreet Station, Kentville, with the next meeting planned for March 10. The group meets quarterly to hear from three member-nominated community non-profit groups. After five-minute presentations, members vote on which group will be the recipient of each member's \$100 donation. New members are welcome. Visit 100valleygiving.ca for information on past non-profit recipients, joining details and upcoming events. ➔



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14 Wing Greenwood Information Guide 2022

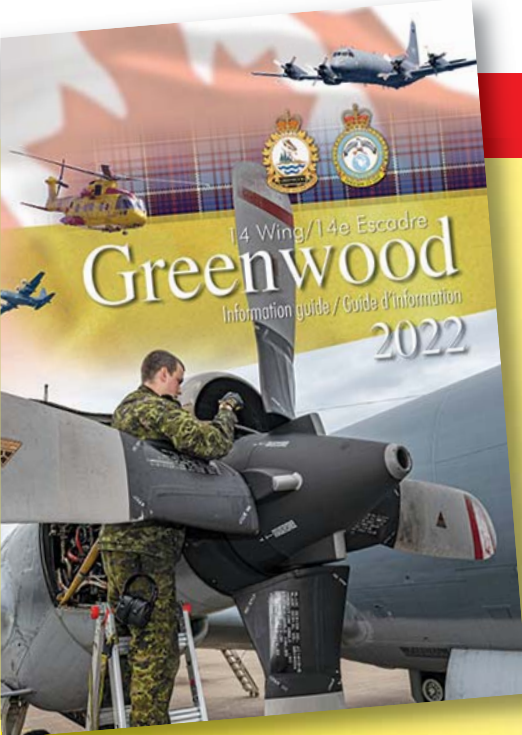
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