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the **Aurora**
Vol. 43 No. 07 FEBRUARY 28, 2022 NO CHARGE www.auroranewspaper.com



415 (Long Range Patrol Force Development) Squadron recently tested a Block 4 CP140 Aurora through a series of cold weather scenarios, spending a week in February in Yellowknife.

Flight Lieutenant R. Pattenden,
434 (Operational Test and Evaluation) Squadron

Cold weather tests mark Block 4 Aurora milestone

**Lieutenant-Colonel
Patrick LeBlanc,
415 (Long Range Patrol
Force Development)
Squadron**

Skywatchers may have noticed some CP140 aircraft have a slightly different look to them. To those familiar with the Aurora, the usually unmistakable sleek profile and long MAD boom protruding from the rear of the aircraft now has an additional large, dome on top of its fuselage. This “dome” is a telltale sign you are seeing is the newly-upgraded Block 4 Aurora.

The CP140 has been going through an Aurora Incremental Modernization Project for many years. This project was divided into four stages, and is now entering the last and final stage. Once testing was completed on the aerodynamics of the new addition to the airframe, crews began flying the aircraft for pilot training only. In order to be able to use the new mission systems in the back end, further testing was required. The testing for the new systems was broken down into stages and, in February, 14 Wing Greenwood hit a major milestone in the

testing process by receiving the Special Purpose Flight Permit (SPFP) to operate the aircraft with mission systems turned on.

Operational Test and Evaluation (OTE) on the Aurora is normally carried out by both 415 (Long Range Patrol Force Development) Squadron and the 434 Squadron Long Range Patrol Test and Evaluation Flight which resides at 14 Wing. The first stage of testing to get the new mission systems operational involved ensuring all previous aircraft capability was maintained. In order to expedite the test-

ing of legacy systems, the entire long range patrol fleet pitched in, including numerous external stakeholders. The goal was to complete initial testing as soon as possible so the fleet could obtain the SPFP to operate the aircraft within the full range of mission sets it is meant to carry out. 405 (Long Range Patrol) Squadron provided an entire test crew, while 14 Operations Support Squadron provided all the required pre- and post-test support.

Thanks to many long days and hard work by all, the fleet recently obtained the required

permit. Though crews are now operating the Block 4 Aurora, further testing will continue over the coming months and years to ensure the full capabilities of the new systems are realized. The next phase of testing, expected to be done by the end of April, will clear the Block 4 Aurora for operational deployments.

Included in that testing is operating the systems in a cold weather environment. A 415 crew, with augmentation from 434, recently returned from Yellowknife. During their time there, the crew braved extreme cold temperatures,

sometimes dipping well below -40°C with the wind chill. Though the days were long and sunlight was limited, the testing was successful and all members returned (with all their fingers and toes accounted for).

Though future upgrades are planned for some systems on the Aurora, the Block 4 is the final step in what has been a long upgrade process. With the new capabilities the Block 4 Aurora brings to the Royal Canadian Air Force, the Aurora will be a leading asset amongst maritime patrol aircraft well into the future. ➔



INTERNATIONAL WOMEN'S DAY

JOURNÉE INTERNATIONALE DE LA FEMME

Tuesday, March 8 | Mercredi 8 mars

Women Inspiring Women

L'inspiration au féminin



CAFconnection.ca/Greenwood home@greenwoodmfr.ca 902-765-5611



Animal care, author life, military family living

Take part in it all in International Women’s Day discussion March 8

International Women’s Day celebrates the social, economic, cultural and political accomplishments of women around the world, and recognizes the challenges still faced. The day also marks a call to action for accelerating women’s equality.

14 Wing Greenwood will celebrate the 2022 theme, “Women Inspiring Women,” March 8, 9 a.m. to 11 a.m., with an interactive virtual discussion.

Guest speakers include Hope Swinimer, founder of Hope for Wildlife. Born and raised in Argyle, Nova Scotia, Swinimer spent most of her time outdoors and knew she

wanted to work with animals in some capacity. While working at the Dartmouth Veterinary Hospital as a manager, Swinimer took in her first rehab animal in 1995, robin that had been attacked by a cat. Researching how to care for the bird inspired her to learn more about injured wildlife and, as her knowledge grew, colleagues began sending wildlife-related calls her way. Later that year, she became certified in Basic Wildlife Rehabilitation from the International Wildlife Rehabilitation Association. She started the Eastern Shore Wildlife Rescue and Rehabilitation Centre, the first privately-owned wild-

life rehabilitation centre in Nova Scotia, and went from rehabilitating 40 animals in her first year to now caring for over 4,500 wild animals. Swinimer and her team share their journey through their globally-syndicated television show.

Dr. Kelly S. Thompson is a retired military officer with a PhD in Creative Writing from the University of Gloucestershire. She has won awards for both fiction and non fiction and has appeared in several anthologies across Canada, as well as in magazines and newspapers. Her military memoir, *Girls Need Not Apply: Field Notes from the Forces*, was a national



Hope Swinimer, founder of Hope for Wildlife

Submitted



Dr. Kelly S. Thompson, retired military officer and author



Stefanie Arduini, senior government speechwriter and military spouse

bestseller. She now teaches creative non fiction at the University of King’s College in Halifax. Her next book releases in February 2023.

Stefanie Arduini, who will moderate the discussion, is a senior speechwriter for the federal government. Her first

career was with CBC Radio at locations across the country. Her spouse is a serving member at 14 Wing and, with their five-year-old son, they have experienced every aspect of military family life. Arduini also volunteers on the board of directors of the

Greenwood Military Family Resource Centre.

The event will be shared via Microsoft Teams. Register at cafconnection.ca/Greenwood/Calendar/2022/March/08-March-International-Womens-Day-Interactive-Discussion ➔

Blog? Photography? Writing? Military youth invited to share a story in 2022 competition

The 2022 Canadian Forces Newspapers Youth Reporter Competition gives young people a unique chance to tell their story in print, online or on social media with the help of Canadian Forces Newspapers’ journalists, editors and photographers. The winner of each category will receive a \$500 scholarship, presented by Adobe, as well as a one

year subscription to Creative Cloud. Winners will also have the opportunity for a one- to two-hour mentorship from an expert in the specific medium.

The competition is open to youth ages 13 to 18 from military families. This includes families of Regular and Reserve force members, families of veterans or the deceased, and Cadets. Submissions may include

a written article, a video report, a podcast or photography.

There are five general topic areas for the 2022 Youth Reporter Competition:

Growing up in a military family: A personal piece in regards to what life looks like in a military family ie What are the challenges and opportunities brought forth by moving frequently?

Heroes in my community: A piece about someone you look up to in your community, or a figure who has had a positive impact on your life.

Inspired to inspire: A thoughtful and inspiring piece in regards to a theme or subject that resonates with you ie What has been your biggest lesson learned in the last year, and why?

Health & wellness: A piece in regards to mental, physical, social, financial, emotional or spiritual well-being.

Open category: A subject of your choice, in the medium of your choice, to encourage creative freedom.

Key dates include the application deadline February 28, the meeting of the selection committee and results March

9, the mentorship period and submission of edited entries by March 31. Content will be published on CAFconnection.ca, through Canadian Forces Newspapers and in The Maple Leaf as part of the Month of the Military Child, April 25 to 29.

Find out more and register at cafconnection.ca/National/Get-Involved/Youth-Reporter-Competition.aspx. ➔

Dark, stormy seas hamper search

Three survive sinking of Spanish fishing vessel; 21 crewmembers lost

Sara White, Managing editor

Search and rescue responders had a challenging time February 15, called out just after midnight as a Spanish fishing vessel’s emergency beacon was activated. The 50-metre *Villa de Pitanxo* was in trouble, 460 kilometres off the coast of St. John’s, with 24 crew aboard.

The Halifax Joint Rescue Coordination Centre initiated an immediate search at 2:30 a.m. A CH149 Cormorant helicopter from 9 Wing Gander’s 103 (Search and Rescue) Squadron and a C130 Hercules aircraft from 8 Wing Trenton 424 (Search and Rescue) Squadron were tasked, along with the Canadian Coast Guard Ship *Cyg-nus* and multiple vessels of opportunity; followed shortly after by a second Cormorant

from 14 Wing Greenwood’s 413 (Transport and Rescue) Squadron.

The Trenton Hercules worked through poor weather - low ceilings, poor visibility and snow showers – to locate some objects of interest as daylight came on, while also providing top cover for the arriving Cormorants from 103 and 413.

“I received a call at 6:30 a.m., tasking us to assist in the search,” said Captain Malcolm Grieve, the aircraft commander for Cormorant Rescue 915, 413 Squadron, then on a training in Fredericton. “We departed from there to St John’s, refueled, and then proceeded to the oil platform Hibernia to refuel before proceeding further offshore. We deployed two drifting marker buoys to assist JRCC with their drift models, and then conducted

a sector search over the area.

“Throughout the mission, the crew experienced 30- to 40-knot winds and snow squalls, reducing visibility to a half-square-mile, with the sea state on scene around seven or eight metres. During the search, debris was located, but no other crewmembers.”

The ship itself was not found, having sunk. Three surviving crewmembers were found in a life raft by another Spanish fishing vessel in the area, but 10 crew members were found deceased in three separate spottings throughout the day.

Search teams battled difficult sea conditions, with swells of 5.5 metres, with 74-kilometre-per-hour winds. Three Cormorant helicopters in total rotated in and out of the area: R915



A CH149 Cormorant helicopter, refueling February 15 onboard the Hibernia offshore oil platform during the multi-day search for crew of the sunken *Villa de Pitanxo*.

DND

flew 10.5 hours and reached its maximum crew day of 15 hours. A provincial airlines aircraft also joined the search. Two other lifeboats were found empty in the debris field; the fourth was unaccounted for.

The Trenton Hercules, Rescue 335, headed for Greenwood for a crew swap, and a Greenwood crew took that aircraft back out to the search area just after 8 p.m. Rescue 915 headed back into St. John’s to refuel and then on to Gander for crew rest. Cormorant Rescue 907 from Greenwood also arrived

in Newfoundland and Labrador, and was considered for continued night searching, but instead remained local to Gander on call.

“We took 424’s plane and flew overnight Tuesday, all in the dark – about 11 hours altogether, but we didn’t find anything,” said Captain Ian Ewing, 413 Squadron Hercules pilot. That crew returned Rescue 335 to Greenwood around 8 a.m. February 16, when the Trenton crew again boarded its aircraft to return to the search area for a further day.

At 4 p.m., JRCC suspend-

ed the search for the last 12 missing crewmembers. A significant number of SAR aircraft and vessels were involved over 36-plus hours, covering more than 900 square nautical miles. The incident is now an RCMP missing persons at sea case. Spanish officials said the sunken vessel’s crew included 16 Spaniards, five Peruvians and three workers from Ghana. February 21, a Spanish air force plane left St. John’s with the survivors and those crewmembers whose bodies had been recovered. ➔

Annual Director Flight Safety visit March 9 to 11

The annual Director Flight Safety (DFS) briefings and visit by DFS Colonel Jean-Philippe Gagnon and DFS Chief Warrant Officer Phaneuf will take place March 9 to 11. This visit is always a highlight of the Flight Safety year, as it allows DFS to meet with 14 Wing personnel, and to deliver a series of educational presentations to all wing personnel.

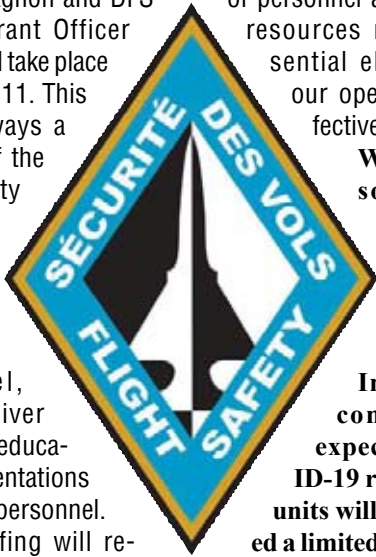
The briefing will review significant incidents and accidents since the last DFS visit in 2019, provide some analysis of trends and highlight areas of concern in flying operations concerning 14 Wing and across the RCAF.

Flight Safety is an ongoing process all members of 14 Wing are responsible to maintain. The safe conduct

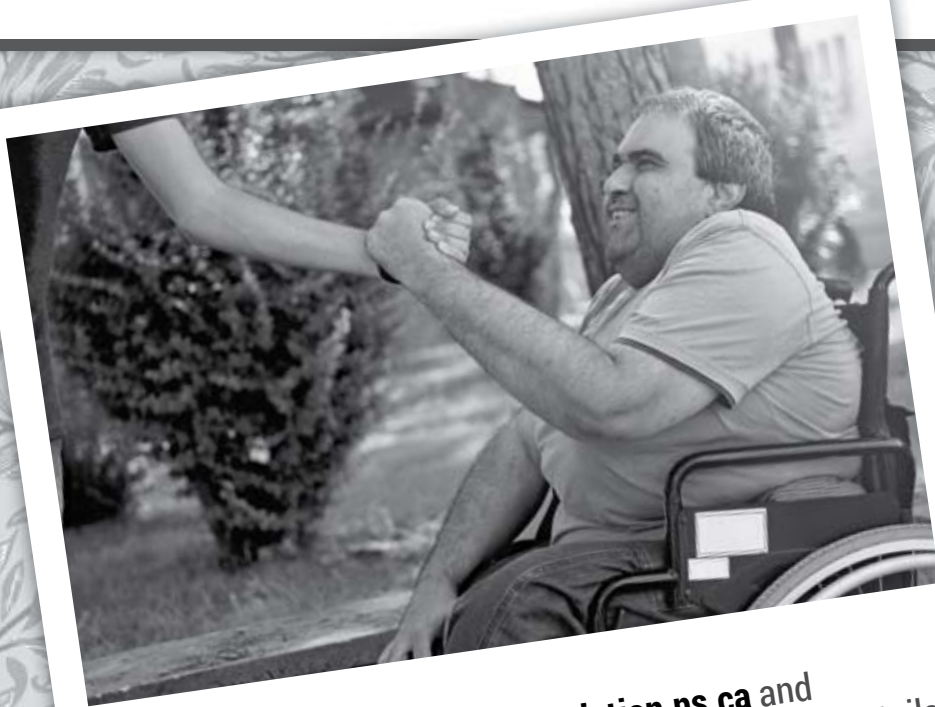
of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness.

Wing personnel are invited to attend one of the briefings. In order to comply with expected COVID-19 restrictions, units will be allocated a limited number of seats (86) for personnel to attend each briefing at the Birchall Training Centre theatre either March 9, 1:30 p.m.; March 10, 1:30 p.m.; or March 11, 10:30 a.m.

Further information may be obtained from the Wing Flight Safety office, w14w-fltsafety@forces.gc.ca or 902-765-1494 locals 3679, 3749 or 3732. ➔



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

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www.rcacf-arc.forces.gc.ca

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

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

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www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
cafconnection.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

Aurora Newspaper articles are available in either official language, by request, to auroraeditor@ns.aliantzinc.ca. Please allow up to 10 business days for a response.

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Aviation model tells story of a maritime milestone

Sara White,
Managing editor

The highlight of this aviation story isn't really the engine fire at 8,000 feet. It's more of a maritime milestone, as this flying boat, AKA the "Caribbean Cruiser," came into port (?) after a 550-miles-plus cruise into Guantanamo Bay.

In 1960, then-Lieutenant Herb Smale was a Royal Canadian Air Force navigator aboard an American P5M2 Marlin, known as a flying boat. The plane had just finished Operation Springboard over the Atlantic Ocean and was returning to Naval Air Station Norfolk, Virginia, from Puerto Rico when it lost one of its two engines to fire. Bail out, or land? Over water, they jet-tisoned two 500-pound fuel tanks, feathered the prop of the burning engine and descended to 1,000 feet before making a successful water landing. The 13-member crew quickly formed a bucket brigade out the wing to extinguish the engine fire. With the destroyer *Abbott* alongside, the Marlin, now in full boat mode – cov-



Bob Johnson unboxed a model aircraft with no real connection to 14 Wing Greenwood – until he found out more about then-Lieutenant Herb Smale, later in his career a 14 Wing commander, and the 1960 story of his adventure aboard a flying boat Marlin.

ered 200 miles to the waters off Grand Turk Island. With no hope of a repair to flight mode, the Marlin continued

at sea another 350 miles to Guantanamo Bay. They showered and ate hot meals aboard the seaplane tender *Albermarle* over the next three days, but otherwise remained aboard their Marlin – including Sunday service via radio.

Smale went on to build a distinguished career in the RCAF's maritime patrol community, even becoming the commander of 14 Wing Greenwood. February 12, his family was on hand to see a model Marlin, memorializing Smale's Caribbean cruise, added to the Greenwood Military Aviation Museum's collection.

"Pat Smale (Herb's son) brought me in a model kit of a Marlin and told me his dad's story – would I build it?" said Bob Johnson, the avid model builder behind many of the museum's displays. "I'm pretty hard core RCAF: I don't build American aircraft. I opened it up, started looking at it – 'Hell, yes, I've got to do this! Herb Smale would have done the Marlin's sea route: a navigator is a navigator, air or sea!'"

Johnson said the model itself didn't take too long, de-



Pat Smale, left, and 14 Wing Commander Colonel Brendan Cook February 12 unveiled the newest model – and aviation story – in the Greenwood Military Aviation Museum's collection: the flying boat that set a nautical record in 1960.

spite his efforts to ensure he was following the correct of six paint schemes the Marlin had during its lifetime, and that the tail art and markings matched the plane Smale had flown in. Then, he added mapping and other heritage items to the glassed in casing to finish the all-in-one story.

"This is absolutely stunning and thank you for bringing it to our museum," 14 Wing Commander Colonel Cook said. "Herb Smale was a towering figure in the long range patrol

community – I've flown with both his squadrons, 407 and 405, and now I'm in his role as wing commander. This display is part of our past, and our current members can come in, or the community, and see what people who've gone before us – what they've contributed to Canadian and American stories – have added to the lore of military aviation history. This ties us to our history and the great figures of our past."

Pat Smale thanked Johnson for adding all the special

touches to the model kit he'd picked up for his dad.

"I was four-and-a-half when this occurred, and I remember the Marlin was a huge, big aircraft. After it was over, and I was a few years older, my mother told me I'd been all disappointed Dad wasn't wounded – not even a band-aid. I know he earned a nickname – 'Hard Luck Herbie' – as there were a series of engine failures and fires in his career.

"This model – it's tremendous, beyond my skill." →

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Natasha McKinnon

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

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee),

14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianztinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

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

Luncheon

March 2 and 3 are the days to call the Kingston Lions to order your baked ham and beans, with scalloped potato, roll and dessert; take-out luncheon, available March 8. Pre-order between 8 a.m. and noon by calling 902-765-2128. March 8 pick-up (\$12) at the hall between noon and 1 p.m., or ask for delivery (\$13, Kingston/ Greenwood area only). There will be no dine-in option this month, and COVID-19 protocols are in effect.

Torchlight snowshoe

March 5, 6:30 p.m., Hike Nova Scotia and Ross Creek Centre present a guided snowshoe at the Ross Creek Centre for the Arts in Canning. Snowshoes available for rent. Registration required in advance; details at

hikenovascotia.ca.

Book/ movie club

March 8, 1:30 p.m. to 2:30 p.m., the Women's Place Resource Centre in Middleton will launch a biweekly book/ movie club, to begin on International Women's Day. The club will meet virtually the second and fourth Tuesday of each month via ZOOM. If you would be interested in participating, to read or watch "Women inspiring women" and share discussion, views and opinions, contact The Women's Place Resource Centre at joywprc@eastlink.ca or 902-363-2030.

Blood donor clinic
March 14, 5 p.m. to 8 p.m., and March 15, noon to 3 p.m. and 5 p.m. to 8 p.m., Canadian Blood Services will hold a blood collection clinic at the Morfee Centre, 83 School Road, CFB Greenwood. Appointments in advance only at blood.ca or via the GiveBlood app.

March break art camp
March 14 to 18, noon to 4 p.m., ages seven to 12, at 7Arts, Greenwood. Art supplies and snacks provided, \$40 daily or

\$150 for the week. Register at email 7Arts@7arts.ca.

Blood donor clinic

March 16, noon to 3 p.m. and 5 p.m. to 7 p.m., Canadian Blood Services will hold a blood collection clinic at the Berwick Lions Hall. Appointments in advance only at blood.ca or via the GiveBlood app.

Kingston Greenwood Soccer Club AGM

March 27 is the annual general meeting of the Kingston Greenwood Soccer Club AGM. This meeting is open to all watch the club's Facebook page for a link to the Zoom meeting. We are looking to fill some executive positions, and we welcome coaches and assistant coaches. If interested, please email kgsc.clubpresident@gmail.com for information.

MakersSpace

Saturdays, noon to 4 p.m., at 7Arts, Greenwood. All ages welcome, with a new project each week. Check 7Arts FB event page for details. A great idea for a family outing.

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.

Youth art lessons

Tuesdays and Thursdays, youth are invited to register with 7Arts for online lessons with Amber (drawing) and Sarah (watercolour). Check out 7Arts FB event page for details.

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

Lions 50/ 50 online fundraiser

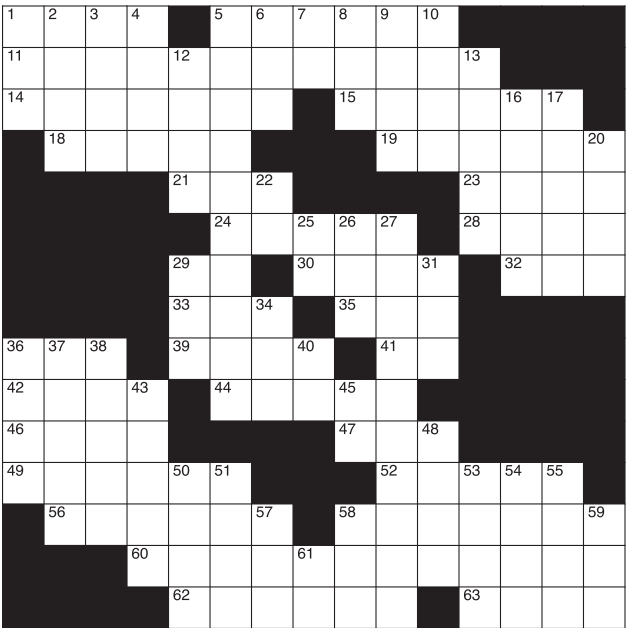
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/ 50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at lions5050.ca-Rafflebox. Select the Lions Club you wish to support (including 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/.

crossword

solution page 8



ACROSS

1. Constrictors
5. Abounding in rocks
11. Speed
14. German city
15. Lacking sympathy
18. Visionaries
19. Wastes away
21. One precursor to the EU
23. Nursemaid
24. Unconsciousnesses
28. Baby's word for father
29. Equal to 64 US pints (abbr.)
30. Senses of self-importance
32. Midway between south and southwest
33. When you hope to get there
35. Electronic data processing
36. Passports and drivers' licences are two
39. Fishes
41. Air Force
42. Personal computers
44. Ecological
46. Wings
47. Halfway
49. Cool, calm and collected
52. Jewelled headdress
56. Musical composition
58. Falls
60. Repeating remarks
62. Periods in one's life
63. Hyphen
- DOWN**
1. Humbug!
2. Devices that alert pilots (abbr.)
3. Grocer
4. One point east of southeast
5. Subjects to hostility
6. Work unit
7. Atomic #56
8. British thermal unit
9. Elusive Butterfly singer
10. Fastened over animal's neck
12. Device
13. Rechargeable power source
16. Ancient sage
17. Consist of two
20. 'Pygmalion' writer (abbr.)
22. 'The Centennial State' (abbr.)
25. Of I
26. Get older
27. Brotherhoods
29. Buzzing insect
31. Sunscreen rating
34. Brew
36. Leader
37. Indigo bush
38. Burn with a hot liquid
40. Junior's dad
43. Horse mackerels
45. Morning
48. Unit of linear measurement (abbr.)
50. Double curve
51. Small, twisted bunch
53. Developed
54. Mars crater
55. Humanistic discipline
57. Word element meaning ear
58. Last or greatest in an indefinitely large series
59. Wood residue
61. It cools your home

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horoscopes

February 27 to March 5

ARIES - Mar 21/Apr 20

A sense of adventure compels you to travel to a new destination, Aries. You may have something in mind or you can throw a dart at the map and enjoy the trip.

TAURUS - Apr 21/May 21

Don't be surprised if relationships seem a little more intense than normal, Taurus. Everyone is a little keyed up and the extra energy is on display in daily interactions.

GEMINI - May 22/Jun 21

People could play important roles in your life right now, Gemini. Partnerships are especially fortuitous. After all, two minds are better than one for problem-solving.

CANCER - Jun 22/Jul 22

Cancer, there's much productivity this week as you find yourself thrust into yet another project. Once you sail through it, things will calm down.

LEO - Jul 23/Aug 23

Leo, this week you are invited to enjoy yourself. Feel free to live life as much as you can for as long as you can. Plan a retreat with a special someone.

VIRGO - Aug 24/Sept 22

Try to be as efficient as possible to save time and money in the days ahead, Virgo. See where you can streamline things and find ways to conserve your resources.

LIBRA - Sept 23/Oct 23

Libra, this may be a busy week for you, so take a few moments each morning to center yourself and focus your energy before you dive in to your list of tasks.

SCORPIO - Oct 24/Nov 22

Money has been on your mind for some time, Scorpio. Figure out ways that you can increase your income - if only temporarily. Once you catch up on bills, you can relax.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you will likely be deep in your feelings this week, exploring many different emotions. It can be tiring, so find some activities to give your brain a break.

CAPRICORN - Dec 22/Jan 20

Life may seem surreal this week as your subconscious seems to be guiding many of your decisions, Capricorn. Go with the flow for the time being.

AQUARIUS - Jan 21/Feb 18

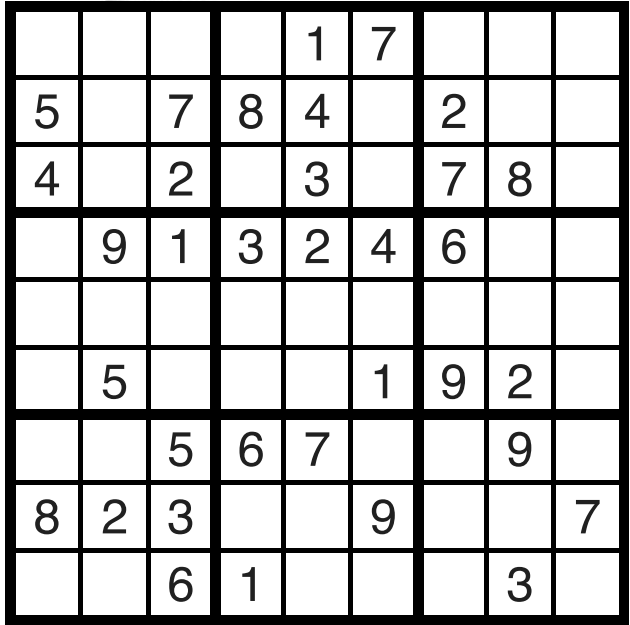
It is a good idea to connect with your friends while you can, Aquarius. You may not have an opportunity for some time, so reach out and make a plan to get together.

PISCES - Feb 19/Mar 20

Pisces, certain personal goals may need your attention at this time. Rearrange your priorities for the next few days.

sudoku

solution page 8



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!

Spring French courses on offer at 14 Wing language school

A number of French language training levels will offered for either French or English second language courses, beginning in April, through the 14 Wing Greenwood language school.

All courses will be given in virtual mode through MS Teams (or the teacher's choice) until public health restrictions ease.

The proposed schedule includes NP1 - French (152 hours

over 38 morning classes), NP2 – French (144 hours over 36 classes – two days per week), NP3 – French (150 hours over 25 classes – two days per week), NP4 – French (132 hours over 44 afternoon classes), Preparation for SLE, Language Retention and Specific Skill (144 hours over 24 classes - two days per week); and Yearlong French.

To be tested at the end of the schedule, you need to have completed 75 per cent of the course.

Some courses have prerequisites. For more information and application links, please visit the 14 Wing Greenwood Splashpage; or, contact Manon Dubé, Wing Coordinator Official Languages, at 568-5671 or manon.dube@forces.gc.ca. ➔

Cours de français du printemps proposés par l'école de langues de la 14e Escadre

Un certain nombre de niveaux de formation en français seront proposés pour des cours de français ou d'anglais langue seconde, à partir du mois d'avril, par l'intermédiaire de l'école de langues de la 14e Escadre Greenwood.

Tous les cours seront donnés en mode virtuel par le biais de MS Teams (ou le choix de l'enseignant) jusqu'à ce que les restrictions de santé publique s'atténuent.

Le programme proposé

comprend les cours suivants : NP1 - français (152 heures réparties sur 38 cours du matin), NP2 - français (144 heures réparties sur 36 cours - deux jours par semaine), NP3 - français (150 heures réparties sur 25 cours - deux jours par semaine), NP4 - français (132 heures réparties sur 44 cours de l'après-midi), Préparation à l'ELS, maintien de la langue et compétences spécifiques (144 heures réparties sur 24 cours - deux jours par semaine) ; et le cours français d'un an à temps

plein. Pour être testé à la fin de l'horaire, vous devez avoir suivi 75 pour cent du cours.

Certains cours ont des conditions préalables. Pour obtenir de plus amples renseignements et des liens vers les formulaires de demande, veuillez consulter la page d'accueil de la 14e Escadre Greenwood ou communiquer avec Manon Dubé, coordonnatrice des langues officielles de l'Escadre, au 568-5671 ou à manon.dube@forces.gc.ca. ➔

Réintroduction du REFM

Vous songez à démarrer votre propre entreprise? Le CRFMG est heureux de présenter le nouveau Réseau d'entreprises des familles militaires (REFM), relancé en 2022. Notre objectif est d'aider les entrepreneurs.euses locaux. les à développer leurs compétences pour réussir, et de leur offrir des opportunités de réseautage.

Pour lancer, nous organiserons une série de marketing numérique en trois parties couvrant la plate-forme de conception graphique Canva, Facebook Business et Instagram. Pour en savoir plus sur la série

de marketing numérique ou pour rejoindre le REFM, veuillez envoyer un message à la Coordonnatrice des services d'aide à l'emploi et à l'éducation à GMFRCEmploymentServices@gmail.com. ➔

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classifieds

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

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

To place a boxed, display ad, contact 902-765-1494 local 5833; email aurora-marketing@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 auroraproduction@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.

FLEA MARKET

SOMETHING FOR EVERYONE IN-DOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 8 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders,

records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Thank you & Happy New Year. (4306-4tpb)

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Find us on facebook

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Chase the Ace! 3:30pm Tickets are \$1 each and can be purchased at the Legion. They are also available at Kingston Pharmasave, Kingston Meats, Brown's Auto Service, Wilms & Brown's Auto Salvage, Strong's Mtn. Rd. and at the PCAF Association. You do not need to be at the Legion during the draw to win.	1 Veteran Social 10 a.m.	2 CRIB	3 Darts	4 Chase the Ace! Meat Draw	5	
6 NO BINGO UNTIL FURTHER NOTICE	7	8 Veteran Social 10 a.m.	9 CRIB	10 Foot Care Clinic	11 Darts	12 Chase the Ace! Meat Draw
13	14	15 Veteran Social 10 a.m.	16 CRIB	17 Darts	18 Chase the Ace! Meat Draw	19
20 EXECUTIVE MEETING 7 p.m.	21	22 Veteran Social 10 a.m.	23 CRIB	24 Foot Care Clinic	25 Darts	26 Chase the Ace! Meat Draw
27 GENERAL MEETING 7 p.m.	28	29 Veteran Social 10 a.m.	30 CRIB	31 Foot Care Clinic starting March 10. To book an appointment or for more information please call Heather MacEachern (902) 300-3559		

New Bar Hours | Sunday: Open at noon | Monday - Saturday: Open at 10 a.m.* | * Except Wednesday: Open at 11 a.m.

Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART**

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Ask the expert: Preventing a pandemic of health problems



**Dr. Darrell Menard OMM MD,
Dip Sport Med**

Q: As a result of COVID-19, my husband has spent the last seven months working from home and, during that time, he has definitely been less physically active. He no longer has access to a gym, noon-hour fitness classes, team sports or partners to exercise with. I am concerned his being less active will increase his risk of illness and injury in the future. Am I stressing for nothing? - Worried Wendy

A: Dear Worried Wendy: Studies have showed the restrictions placed on Canadians during the COVID-19 pandemic have resulted in a significant reduction in our physical activity levels. In some countries, workers report they are sitting 75 minutes more during their work

day. Sitting is now recognized as a health risk factor and anything that increases the amount of time you spend sitting is undesirable. In addition to sitting more, Canadians who work from home are not benefitting from the exercise they used to get walking to and from work and walking at their place of work. While this may not sound like a big deal, this decrease in physical activity starts to add up and the following are some unwanted side effects:

- Over time, reduced physical activity can result in weight gain and this can have many unwanted consequences including increasing the risk of developing diabetes, high blood

pressure and heart disease

- We are designed to move and being inactive reduces the strength of our core, arm and legs muscles. These changes not only make it harder to do things such as mowing the lawn but they also increase the risk of musculoskeletal injuries such as rotator cuff tears
- Even short periods of inactivity have been shown to make it challenging for some people to resume regular exercising – in essence, we can learn to be couch potatoes
- Social isolation and physical inactivity are a bad combination when it comes to mental health. Research has shown that regular

physical activity can play an important role in the treatment and prevention of mental health disorders such as depression, PTSD and anxiety

- Your heart is a muscle and it depends on you being physically active to function efficiently
- The immune system functions better when you are physically active and during this pandemic this could potentially be a life-saving benefit

Staying active during this pandemic doesn't need to be complicated. It could be as simple as walking, jogging or cycling for thirty minutes five times/week. Try taking the kids and your dog with

you – they need the exercise just as much as you do. If you are having trouble finding the time to exercise, why not use the time you save not having to commute to and from work.

The bottom line: The COVID-19 pandemic has placed enormous stress on Canada's health care system. The last thing we need right now is to increase this burden with a "pandemic" of health problems related to being less physically active. Stay active, stay safe and we will get through this. ➔

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

Canadian Armed Forces members participate in the German Armed Forces Proficiency Badge (GAFPB) competition, a two-week event that tests competitors' physical and mental fitness, in Camp Arifjan, during Operation IMPACT in September 2020.

Sailor Third Class M. Gonzalez

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 policies are in place.

Monday, February 28, 6 p.m. to 7:30 p.m. - Boys Club - Floor ball. Free, pre-registration required. Please bring water and indoor gym shoes.

Tuesday, March 1, 6 p.m.

to 7:30 p.m. - Family open gym night - Ages 15 and under must be accompanied by an adult. No pre-registration required. Open to Defense Team members and valid Community Recreation Card holders. Free. Please bring water and indoor gym shoes.

Friday, March 4, 5:30 p.m. to 7:30 p.m. - YTGIF - Bowling and dodgeball. \$10 plus tax for non-rec card holders, \$7 plus tax for rec card holders. Please bring a water bottle and indoor shoes. ➔

crossword solution

B	O	A	S		P	E	B	B	L	Y	
A	C	C	E	L	E	R	A	T	I	O	N
H	A	M	B	U	R	G		U	N	K	I
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sudoku solution

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

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Attention Muggles

A Wizarding Week: March Break Camp
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or contact the Community Centre at 902-765-1494 local 5341

*Covid-19 safety regulations and vaccination policy for all who enter the building age 12+ in effect.

14 Wing Community Centre Building 110 Church Street

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