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Vol. 43 No. 14

APRIL 18, 2022 NO CHARGE

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This model of Vickers Wellington Mk 2 W5553 LQ D, flown by 405 Squadron and lost on a mission to Berlin October 8, 1941, shows the aircraft with rare, in-line Merlin engines.

B. Graves

Bi-plane, bomber models mark RCAF, wing flying heritage

**Brian Handley,
President, Greenwood
Military Aviation
Museum Society**

Bob Johnson put many hours into just the right birthday gift for the April 1 98th anniversary of the Royal Canadian Air Force, and a year – 2022 – which marks the 80th anniversary of 14 Wing Greenwood as a military presence in the Annapolis Valley

April 1, Johnson presented two model aircraft dioramas to the Greenwood Military Aviation Museum – in fact, his 36th and 37th such creations now on display in the

museum's collection.

404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Josh Christianson, as the day's acting wing commander, unveiled both models with Johnson, thanked him for his outstanding efforts and accepted the models on behalf of the GMAM.

Johnson's latest model displays include a Vickers Wellington Mk 2 W5553 LQ D, flown by 405 Squadron while stationed at Poklington airfield in the United Kingdom. It was lost on a mission to Berlin October 8, 1941. Of note, the model shows the aircraft with in-line



404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Josh Christianson, left, was happy to unveil and accept, on behalf of the Greenwood Military Aviation Museum, two of Bob Johnson's newest aircraft dioramas April 1. Both represent Second World War service aircraft flown by now-14 Wing Greenwood-based squadrons.

Submitted

Merlin engines, which was rare, as most Wellingtons had radial Pegasus engines. 405 Squadron only flew the Merlin-engine variant. The model was constructed from a single, simple photo Johnson found on 405 Squadron's website.

The second display is a 415 Squadron Fairey Albacore X8940 NH R May 24, 1944. 415 was the last RCAF squadron to operate a bywing aircraft in combat.

As always, Johnson put a lot of effort into not only the aircraft, but the surrounding dispersal areas as well to reflect the essential work done by all the ground crew. ➔



415 Squadron flew this Fairey Albacore X8940 NH R during its Second World War service, the last Royal Canadian Air Force squadron to operate a bywing aircraft in combat.

B. Graves



Birthday bargain

April 11, 14 Construction Engineering Squadron Honorary Colonel Dan Hennessey and Hormidas Fredette both held up their sides of a bargain struck one year before, in 2021: that Hennessey would return to Fredette's home in New Minas to wish him a happy 105th birthday. Fredette served with the Canadian Army during the Second World War and was taken prisoner by the Japanese after the fall of Hong Kong. Hennessey, after meeting Fredette for his 104th birthday, was impressed with the stories of his experiences. More stories were shared on this year's birthday visit, and Hennessey presented Fredette with a Royal Canadian Legion blanket provided by Branch 24 in Bridgewater, as thanks for his service. And, there is, in fact, a new date set to celebrate: Fredette's 106th birthday in April, 2023. Submitted

SAR crews involved in range of rescues in recent days

The Halifax Joint Rescue Coordination Centre tasked both a 14 Wing Greenwood Hercules and Cormorant aircraft just before 11 a.m. March 28 in response to a call regarding a crewmember with a head injury on a vessel west of St. Pierre. By 5 p.m., the Cormorant was stood down as another helicopter from Gander carried out the medevac. The Hercules provided top cover.

April 4, just after 2 p.m., Hercules 332 was tasked by JRCC to search for a missing snowmobiler 40 nautical miles north of Separation Lake, Newfoundland and Labrador. Ground search and rescue found the snowmobiler in good health, with no further assistance required.

R332 refueled in Goose Bay and returned to 14 Wing Greenwood at 11:30 p.m.

April 6, both a Hercules and a Cormorant crew were tasked just after 3 a.m. to search for a single engine aircraft following a mayday call north of Havre-Saint-Pierre, Quebec. Hercules RESCUE 332 was airborne at 3:22 a.m., and Cormorant RESCUE 901 launched from Halifax. The Hercules located the crash site around 7:30 a.m. and deployed SAR-Techs to the scene below. The Cormorant arrived and SAR-Techs extracted one individual, transporting them to Halifax, with no medical attention required. The Hercules returned to Greenwood just after 11 a.m.

April 12, just before 9 p.m.,

JRRC dispatched a number of assets to assist in the search for two individuals in the water at Peggy's Cove, Nova Scotia. From 14 Wing, a Hercules and a Cormorant were both tasked; joining the Coast Guard Cutter Hare Bay, the Coast Guard Ship Earl Grey, Coast Guard Auxiliary Angel 6, the fishing vessel Claudia Linda and a fire boat. One person was recovered by the fire department from shore; the second person was located in the water and brought aboard the Hare Bay. The Cormorant hoisted the individual and delivered them to an ambulance at 12 Wing Shearwater. Both 14 Wing aircraft returned to base: the Hercules just before 12:30 p.m., the Cormorant just before 1 a.m. April 12. →

Ins, outs of posting season covered at April 22 briefing

14 Wing Greenwood military members looking at a relocation during the Annual Posting Season 2022 are urged to attend a Canadian Armed Forces Relocation

Directive brief Friday, April 22, 10 a.m. to noon; at the Annapolis Mess.

The purpose of the CAFRD is to relocate the Canadian Armed Forces member, the

member's dependents and household goods and effects. This brief will provide resources and information to make the posting process and move smoother. →

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



March 11, during a 14 Construction Engineering Squadron honours and hwards ceremony, Commanding Officer Major Paul Morillo, right, was presented the Canadian Forces Decoration by 14 Wing Greenwood Commander Colonel Brendan Cook. Morillo has had a very active career in the Royal Canadian Air Force to date, with many international and national opportunities. Morillo was posted to 14 CES in July 2021.



March 21, Aviator Joshua Glynn, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.

Sergeant M. Carreira



April 11, Aviator (Basic) Smysniuk, centre, was promoted to aviator (trained) by 14 Operations Support Squadron Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer David Maclellan.



Master Corporal Shawna Norris, right, was presented with the 1 Canadian Air Division Commander's coin April 5 by Major-General Eric Kenny, at 14 Wing Greenwood.



Corporal Matt Duheme, left, and 14 Wing Fitness & Sports Centre manager Eric Plante, right February 23 received Wing Commander's Commendations from 14 Wing Greenwood Colonel Brendan Cook, left, with Wing Chief Warrant Officer Jonathan Proulx, for their aid in containing a house fire on 13th Crescent June 19, 2021.



March 25, Major Guillaume Paquet, centre, received the Operational Service Medal, presented by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



March 25, Warrant Officer Robert Hogenbom, centre, was presented the Canadian Forces Decoration Second Clasp by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



Sergeant Stacy Wayne, right, was presented with the 1 Canadian Air Division Commander's coin April 5 by Major-General Eric Kenny, at 14 Wing Greenwood.



14 Wing Greenwood Fitness & Sport manager Eric Plante, right, was presented with the 1 Canadian Air Division Chief Warrant Officer's coin April 5 by Chief Warrant Officer Dan Campbell, at 14 Wing Greenwood.



Captain Ivan Karlov, right, was presented with the 1 Canadian Air Division Commander's coin April 5 by Major-General Eric Kenny, at 14 Wing Greenwood.



Captain Tristan Morris, right, was presented with the 1 Canadian Air Division Commander's coin April 5 by Major-General Eric Kenny, at 14 Wing Greenwood.

Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 5441
auroraeditor@ns.alianztinc.ca

Business & Advertising | Affaires commerciales et publicité
902-765-1494 local/poste 5833
auroramarketing@ns.alianztinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.alianztinc.ca

Administrative Clerk | Commis à l'administration
Diane Mestekemper • 902-765-1494 local/poste 5440
auroranews@ns.alianztinc.ca

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Jennifer Fidler
902-765-1494 local/poste 5101
W14PublicAffairs@forces.gc.ca
Affairespubliques14E@forces.gc.ca

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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

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.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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Business plan putting the ‘T’ in tactical

Peter Mallett, The Lookout

A military husband-and-wife team are charting a path to small business success which, they say, fits their retirement plans to a “T.”

Master Seaman Pierre Lacombe, an instructor at Naval Fleet School Pacific, and his wife, Aviator Isabelle Fortin, an aviation technician at 443 (Maritime Helicopter) Squadron; are the sole propri-



Master Seaman Pierre Lacombe says most of Tactical74’s military-themed apparel business comes through online contacts.

etors of *Tactical74*, a screen printing and custom-design sportswear apparel business they’ve run from their home in Sooke since 2015.

Their small business began as a way to provide custom-made jerseys for his son, Antoine’s, motocross racing team and their competitors, says Lacombe. Today, it focuses on making spirit wear, workout gear and custom-designed products for military personnel and units of the Ca-

Inside track

Military members looking for something notable, unique and comfortable are their main go-to, says Lacombe. Their spirit T-shirts and hoodies feature military-specific slogans, barbs and jokes. A quick glance at some of the more popular items on their website shows sportswear with naval-specific phrases, such as “Dammit Bloggins” and “Military Brat” or “I got 99 problems but Sea Days ain’t one.” Other designs are geared towards veterans, other branches of the military or are trade-specific.

In the sportswear department, one of their hottest selling items is their Ranger panties, extremely short-fitting shorts for men and women that are extremely trendy and

nadian Armed Forces. Items sold include T-shirts, shorts, hoodies, “civvie-Friday” polo shirts, stickers and morale patches. They also sell their spirit products to sports clubs and school teams, but Lacombe has designs to grow this market.

“We are hoping *Tactical74* gives us a plan for the future and a source of income during our retirement,” says Lacombe. “We are definitely not to that point yet, still going strong with our careers - and still trying to figure out and learn about the world of small business ownership.”



Aviator Isabelle Fortin, and her husband, Master Seaman Pierre Lacombe, are self-taught screen printers and growing business owners, as they run their family military-themed apparel business alongside their Canadian Armed Forces careers.

hard to find online, he says. Small-run, custom design runs and jobs other shops won’t do are also an important part of their operation.

Recipients of past custom-designed products include the Naval Tactical Operations Group Tactical74 supplies with its own branded apparel. The couple has also worked on deployment shirts for *HMCS Winnipeg* and *HMCS Ottawa*, and they recently made a morale patch and T-shirt for *HMCS Whitehorse*. Last year, they did a fundraiser and provided the crew of *HMCS Fredericton* with a shirt and morale patch to commemorate the Cyclone

Helicopter Stalker 22 tragedy. They also support veterans’ charities whenever possible. Ten per cent of proceeds from their sales go to support Veteran Voices of Canada, a group that tells veterans’ stories through video.

Lacombe says his knowledge of the military and its many organizations has been a definite asset when fielding queries or specific requests for specialized designs.

“These would all be very hard details to express to a civilian supplier but, because we know the teams, their traditions and what they want to achieve; we are able to get them what they want with



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Five Eyes’ reps tour East Coast mission training centres

Bill Brown, Senior Operational Mission Simulator officer, 404 (Long Range Patrol) Squadron



Visiting 14 Wing Greenwood’s 404 (Long Range Patrol and Training) Squadron April 7, the Five Eyes (FVEY) Air Force Interoperability Council (AFIC) was provided an in-depth tour of the CP140 Aurora Thorney Island Simulation Centre.

The international AFIC provides a framework for the air forces of Australia, Canada, New Zealand, United Kingdom and United States to collaboratively enhance coalition expeditionary air interoperability. The FVEY defence forces acknowledge exercising interoperability may be achieved through distributed mission training (DMT). DMT connects military simulators, trainers and actual combat weapon system platforms,

like a frigate or aircraft, in a classified online network. When connected to the DMT network, planners and crews conduct intense and realistic combat operations in a virtual world.

Unofficially acknowledged as a Royal Canadian Air Force leader in DMT, the 404 Squadron Simulation Flight is comprised of a unique Public Service employee model, with all Department of National Defence civilian staff. This flight is led by 404 Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson. Christianson described the Aurora long range pa-

trol scenario development and DMT capacities, which have evolved significantly over recent years to fairly mature states, as now able to develop robust, short-notice, any-part-of-the-world models; with accurate and detailed corresponding orders of battle. They are also able to connect some simulators with Royal Canadian Navy counterparts or allies as part of small- and large-scale DMT exercises.

The 404 Squadron tour was followed by a same-day Halifax visit to the CH148 Cyclone training unit, 406 Squadron, at 12 Wing Shearwater; and a brief tour of the RCN Distributed Mission Operations Centre at CFB Stadacona.

“As we have seen in the past and will continue to see in future operations, we maximize our combat effectiveness when we achieve the highest levels of interoperability with our allies and partners,” said Lieutenant-Colonel Scott Frost, the visiting RCAF AFIC officer. “In order to achieve seamless interoperability during future conflicts, the RCAF and the CAF as a whole must routinely train with our allies and partners. Distributed Mission Training will allow us to achieve a balance between live, synthetic and blended training solutions, resulting in more routine joint and coalition training.”

“The Air Force Interoperability Council Operational Training Infrastructure work-



405 Squadron airborne electronic sensor operators in the procedure crew trainer during the 2021 DMT Exercise, operating radar and electronic warfare support measures/ electro-optical infrared sensors.

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Members of the Air Force Interoperability Council visited both 14 Wing Greenwood and 12 Wing Shearwater April 7. From left are 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson, Royal Canadian Air Force Air Force Interoperability Council Lieutenant-Colonel Scott Frost, Royal New Zealand Air Force Wing Commander Alan McIntosh, United States Air Force Lieutenant-Colonel Jennifer Gurganus, Royal Australian Air Force Wing Commander Garry McKee and RCAF Air Warfare Centre Major Jason Munn.

ing group will continue to work across the FVEY air forces and our joint services to help deliver this critical capability.”

Commencing the last week of April, 404 Squadron will host a 19 Wing Comox 407 Squadron crew for six days as they participate in a FVEY tier-one DMT exercise with the United States Navy 7th Fleet, the Royal Australian

Navy, and the Royal Australian Air Force. This will be an immersive and authentic joint combat mission against very capable opposing forces.

The CP140 fleet has two more of these highest-level FVEY DMT scheduled in 2022, with four exercises scheduled for 2023. The experiential learning achieved through immersive, interactive simulation has immediate and

long-lasting benefits towards successful individual and crew performance during actual CP140 Aurora operations. In this modern world, every advantage must be used to best prepare Aurora crews for potential combat operations. As witnessed recently in NATO, work with allies and partners provides the strongest deterrent to opposing force aggression. ➔

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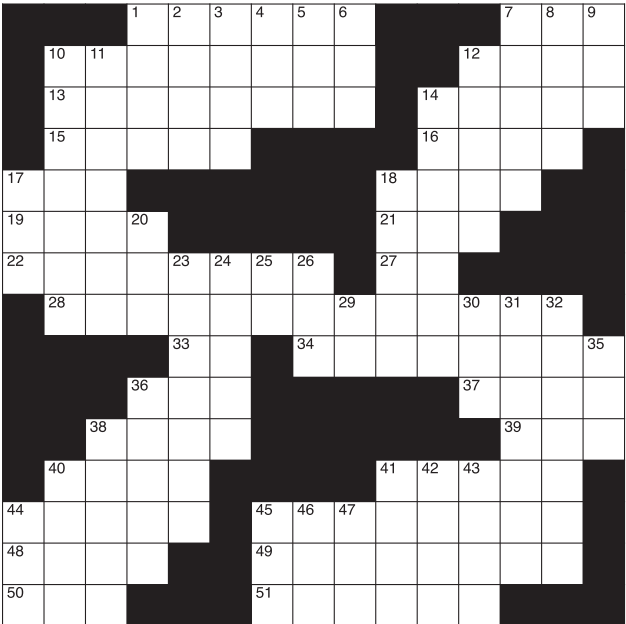


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated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

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crossword

solution page 7



- ACROSS**
1. A woman of refinement
 7. Body part
 10. One who imitates
 12. Tropical Asian starlings
 13. A type of delivery
 14. W. Australian capital
 15. Many wombs
 16. Wings
 17. Expression of amusement
 18. Brevs
 19. Mild yellow Dutch cheese
 21. Mild expression
 22. Solitary
 27. Distance to top
 28. The rebirth of a soul in a new body
 33. Police who investigate police (abbr.)
 34. Begrudged
 36. Popular sports league
 37. Autonomous republic of Russia
 38. Double-headed drum
 39. Type of light bulb
 40. Czech River
 41. Male servants (Span.)
 44. Previously
 45. Minor
 48. Metrical foot
 49. Days that follow Mondays
 50. Small European viper
 51. News shows have one
 - DOWN**
 1. Inspiration
 2. Resembling wings
 3. Form of Persian
 4. Consumed
 5. Extinct flightless bird of New Zealand
 6. Sea eagle
 7. Jaguarndis
 8. Poker stake
 9. Bravo! Bravo! Bravo! (abbr.)
 10. South American nation
 11. A colorless, odorless gas
 12. Disturbance
 14. Artist's tool
 17. Polish peninsula
 18. Ottoman military leaders
 20. Bird-like dinosaur
 23. Drinking glass
 24. Central Florida city
 25. One's mother
 26. To do it is human
 29. Atomic #10
 30. Used to write
 31. The branch of medicine concerned with the ear
 32. Adversaries
 35. Have already done
 36. One of conspicuous wealth
 38. It flies over sporting events
 40. Geological times
 41. Net
 42. Musical phrase
 43. Chadic dialect
 44. Private Internet Access (abbr.)
 45. Lizard genus
 46. Woman of the church
 47. Having ten

NOTICE: Many 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.

Margaretsville farm market proposal
The Margaretsville Community Hall is looking at joining the farm market world. We would like interested vendors to contact Candice Davis at 902-840-1562 to let her know your interest, what you sell and your availability. If there is enough interest, you will be later contacted for booking. Walking group - Kingston Hike Nova Scotia introduces gentle, easy walking groups through their NS Walks initiative. There is a walking group starting in Kingston. Sign-up at nswalks.ca or 902-932-6902.
Lacrosse season start
April 19 – Valley Thunder La-

crosse offers box lacrosse to youth ages five to 18 out of the Kingston rink (6U/8U \$150, 10U/12U/ 14U/ 18U \$200). Season April to end June, Tuesday and Thursday evening practices. Includes games, tournaments and Lacrosse NS provincials. New and returning athletes, coaches and organization volunteers welcome. We hire lacrosse officials (cert course dates at lacrosse.ns.ca, rates at nsloa.ca). For info on age divisions, gear and schedules: valleythunder.goal-line.ca or FB @ValleyThunderLX.
Scam protection – CORAH
April 20, 10 a.m. to 11:30 a.m., join RCMP senior safety officer Sharon Elliott for the latest news on investment scams, how to protect yourself, loved ones and friends; insurance, phone and online purchasing scams. Presented by CORAH: where people come together, at the NSCC Middleton campus. Register/info at heather.mccormick@nsscc.ca or 902-526-0220.
Ready, set - GROW – CORAH
April 22, 10:30 a.m. to 11:30 a.m., join Lisa Moore of Neily's

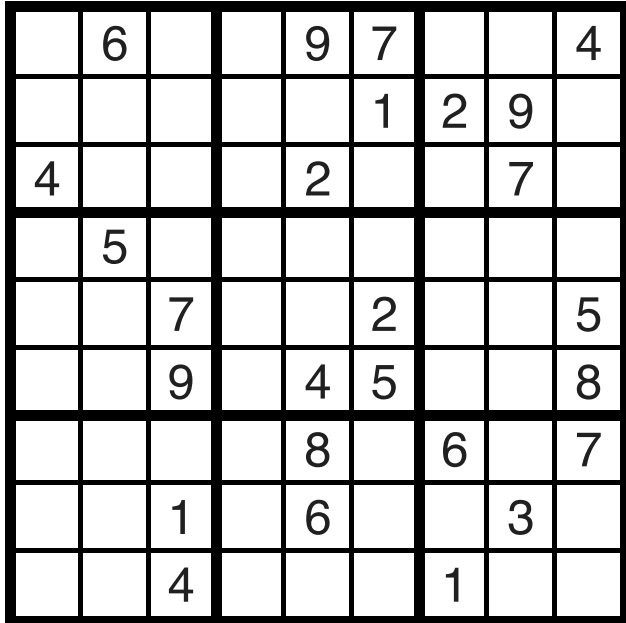
Greenhouse in Paradise for tips and strategies on growing plants from seed, container gardening and hanging plants, and successful veggie and flower gardens. Presented by CORAH: where people come together, at the NSCC Middleton campus. Register/info at heather.mccormick@nsscc.ca or 902-526-0220.
Camp info evening
April 24, 6 p.m., the campsite committee of Hardwood Lake Girl Guide Camp, Lake Paul, Kings County; invites anyone interested in learning about the camp – coming to stay, or volunteering for property care and promotion – to an info session at the South Berwick Community Hall, 4518 Hwy 1. Message or follow HWL on Facebook @HWLGGC.
Luncheon
April 26, 11:30 a.m. to 1 p.m., treat yourself to a delicious dine-in or take-out Fireflies Luncheon at the Middleton fire hall. Menu: ham/ cheese quiche (\$12), hamburger soup (\$12) or corn chowder (\$10); along with your choice of bread pudding or chocolate cake. Free local delivery may be

arranged by calling Bonnie at 902-825-3062 by April 25.
North Kingston Cemetery AGM
April 28, 7 p.m., the North Kingston Public Cemetery annual meeting will be held in the Kingston fire hall. We encourage anyone who has lots or family in the cemetery to attend.
North Kingston Cemetery spring clean up
April 30, from 9 a.m., the North Kingston Public Cemetery will be having its annual spring clean up at the cemetery. Please bring gloves and rakes, and all your friends. The rain date is May 7.
Life Through a Mask
May 3, 10, 17 and 24, 6:30 p.m. to 8 p.m., 7Arts, 619 Central Avenue, Greenwood, and registered counselling therapist Sarah Osborne-LePage present Life Through a Mask, a free expressive arts therapy program through May for military personnel and veterans. Register by April 26 at artstherapyandwellness@gmail.com. Supported by Veterans Affairs Canada and 7Arts.
West Kings theatre – Willy Wonka
May 4 to 6, 7 p.m.; May 7 and 8, 2 p.m.; West Kings District High School presents Roald Dahl's Willy Wonka. Follow the enigmatic candy manufacturer as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up

with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. The winners must learn to follow Wonka's rules in the factory... or suffer the consequences. General seating tickets: adults \$15, students \$10. Reservations available: text or phone 902-760-1499 or email westkingstickets@gmail.com.
National Association of Federal Retirees meeting
May 5 at 11:30 a.m. (RSVP by April 21), the National Association of Federal Retirees will hold its Western NS Branch members meeting at the Kingston Legion, 1472 Veterans Lane. Business is the presentation of the 2022 budget, reserves and by-law amendments. Roast beef dinner at a cost of \$12. Bring a potential member. Proof of COVID-19 vaccinations required. If you wish to attend, email NAFR75@gmail.com or call Carolyn/ Bill at 902-765-8590 no later than April 21.
Raising trout – CORAH
May 10, 10:30 a.m. to 11:30 a.m., join Wes Hearn from Hamilton's Fish Farm and learn how fish are raised without antibiotics or hormones, where trout are available/ may be shipped, and the value of adding trout to your diet. Presented by CORAH: where people come together, at the NSCC Middleton campus. Register/info at heather.mccormick@nsscc.ca or 902-526-0220.

sudoku

solution page 7



Level: Intermediate

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!

Food for Thought from the Upper Room Food Bank

During March, the Upper Room Food Bank in Kingston served 189 families, consisting of 267 adults and 181 children, with 18,590 pounds of product going out and 18,059 pounds coming in. The incoming total includes 7,000 pounds provided by the Feed Nova Scotia network. The rest is from local food bank sharing and donations, including regular arrangements with local businesses.

For those of you following our monthly updates, you may have noticed the number of families served has gone up about 28 per cent from last month, with outgoing product

up by 14 per cent. It is too early to tell if this is a trend but, given the rising costs of fuel and food, numbers likely will continue to rise. Due to some hard work on the part of our manager, we secured a large grant that will help. That, and the results of local food drives, we have been able to increase our total incoming product by 47 per cent.

Part of the decrease in past months was due to the inability to store large amounts of cold product due to the malfunction of our walk-in freezer. On that note, we would like to thank several local businesses who offered to store some of our frozen product while we awaited the repair of our walk-in freezer. We had to reduce some of the product we could accept during this outage but, now that we have the freezer working again, we can start to stockpile food when we have the opportunity.

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, volunteers will place the order in the designated area for client pickup.

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. All recreation programs require a mask to be on your person and used if social distancing can't be maintained.

Friday, April 22, 5:30 p.m.
Registration space available. Cost: \$25 plus tax for non-Community Recreation Card holders; \$20 plus tax for rec card holders. Please bring a water bottle.
Thursday, April 21, 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 rec card holders. Free. Please bring water and indoor gym shoes.

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To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.alianzinc.ca.
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FLEA MARKET

SOMETHING FOR EVERYONE INDOOR 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. (4314-4tph)

FARMERS MARKET

GREENWOOD MALL FARMERS MARKET – Thursdays Year Round, 12 p.m. - 4 p.m., 963 Central Avenue, Greenwood. (4312-4tph)

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Entry deadline: Noon, April 20, 2022

Full name _____ Phone number _____

Complete the following questions from ads in this week's issue and win a **\$20.00 coupon to play Friday Night BINGO** from **Aylesford & District Lions Club**. Coupons valid for 1 year. Age 17+ on regular games.

1. Where can you get airmiles?
2. Who offers, "Your choice of 12, 24, 36 month terms"?
3. Whose phone number is 902-847-3494?
4. Who was, Nova Scotia born and raised?
5. Who offers, Salaries from \$60K-\$120K?

Congratulations to last week's winner: DALE McKay

minute drop-ins during open hours, but you should come early and be prepared to wait. Our volunteers will fit you in where they can. They don't want to miss anyone in need, but they may leave early when there are no more appointments scheduled or clients waiting. 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 office, 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.
Regular hours are in effect, with the food bank open Mondays, 9 a.m. to noon; and Thursdays, 6 p.m. to 9 p.m. Appointments continue to be a requirement. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook. →

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Ask the expert: running pain free

Q: Over the winter, I kept myself physically active by cross-country skiing and maintaining a home strengthening exercise program. So far this spring, I have been cycling but I also want to get back to running again. My goal is to be able to run 25 minutes, twice a week by the end of this summer. However, in the past, I have developed pain in my feet, right hip and knee when I run. Presently, I don't have any joint pain and would like to keep it this way. Could you provide me some advice on a progressive running program that could help me achieve this goal and keep me pain free? - Corporal Painfree

A: Dear Corporal Painfree:

The investment you put into your winter and spring fitness provides an excellent base to support your running objective for this summer. Keeping your body free of pain while you train is also a great approach towards achieving and maintaining your fitness goals. Congratulations for this vision!

Numerous running strategies exist in guiding runners at all levels to successfully build their running abilities, while assisting them to stay injury or pain free. The Dutch Athletics Federation's Dutch Start to Run Programs is a



Submitted

great example of assisting inactive individuals to achieve a running distance of 5 km in six weeks. This program had low dropout rates, no injuries, and participants maintained an average of 150 minutes of vigorous exercise per week months after they finished the program! Start to Run uses the following recognized running strategies:

- **Resisting the temptation to progress too fast.** This is the biggest and most common mistake made by many who start out and are motivated. Remember, it is OK not to have pain or feel tired after a running session. Your goal is to feel more energized after a run because that is a good sign you are allowing your

STRENGTHENING THE FORCES ENERGIZER LES

body to adjust adequately to something new.

- **Running on alternating days.** This gives your legs, joints, bones and muscles 48 hours to rest and recover from the new stress running applies to them.
- **Limiting your running session to 30 minutes.**
- **Limiting running sessions to two to three times per week.** Running can place a lot of strain on your legs and back. Research shows running more than three times per week automatically exposes an individual to a higher risk of injury. Participating in less "pounding" types of fitness activities in between your runs is encouraged. Consider strengthening exercises, walking without any added weight, bicycling or swimming for your non-running days.
- **Taking 10 to 15 minutes to actively warm-up before your run** (e.g., walk while gradually increasing your speed, do hopping exercises). This prepares your muscles, tendons and joints and reduces the chance of injury.

- **Using "walk - run" sequences in each training session.** Planning low intensity periods of walking between your run sequences offers small recovery periods for your muscles and joints. This training method is not only for beginners, it is also used by competitive runners.
- **Gradually increasing your running time over a minimum of six weeks.**
- **Gradually incorporating more demanding intensity periods in your running session** (e.g. running faster; going up and down a small hill) followed by short recovery periods. This is often referred to as high-intensity interval training (HIIT) and is particularly convenient to optimize fitness and performance progression within your 30 minute training sessions.

Bottom line: Running is a wonderful form of physical activity for your heart, muscles and bones. Research confirms a well-balanced running program can also prevent osteoarthritis and osteoporosis, which is good

news for your feet, knees and hips! However, if you begin experiencing pain that does not resolve with rest, you should consider seeking professional assistance from a physiotherapist or a health care provider to identify and treat the reason for the pain. By addressing this pain early on, you will increase your chance of being successful in maintaining and completing your running objectives. Overall, adopting the Dutch Start to Run Programs or another similar progressive program, should support you with your Running Pain Free! ➔

Lucie Laferrière, physiotherapist, M.H.A., is the injury prevention specialist at the Directorate Forces Health Protection. As part of the Strengthening the Forces team, she works on injury prevention and promoting active living. Strengthening the Forces is the Canadian Armed Forces' Department of National Defence's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

Community discussion April 20 on alternative power solutions

Those concerned about the rising cost of electricity are invited to participate in a free Zoom discussion April 20, 7 p.m., of community-based options for generating renewable energy to help stabilize power rates. A knowledgeable panel of individuals will kick off discussion by outlining different approaches to delivering domestic energy, which can be managed at the local level and save residents money.

Small business owner

Erin Patterson, also head of Research Services Acadia University; will facilitate the virtual discussion. Panel members include William Marshall, Equilibrium Engineering and renewable energy specialist and consultant to the Town of Berwick for its innovative green energy projects; Erika Shea, New Dawn Enterprises, a community development corporation developing a solar garden to provide energy, converting an 80-acre

residential and commercial property to net zero; Gurprasad Gurumurthy, the Ecology Action Centre; and Claudia Chendra, MLA and NDP energy spokesperson.

The panel will consider the question, "Increasing power costs - is community generated energy the answer?" The discussion will consider solar, wind and other renewable energy projects that can be initiated and

controlled on a community level. How can this be done? Is it worth the investment? Will it provide long-term sustainability?

Nova Scotian communities are prioritizing green projects. The towns of Berwick, Mahone Bay and Antigonish are collaborating in the Alternative Resource Energy Authority to develop wind farms and solar gardens. Others are considering

similar projects. Will this lead to lower power rates? The audience will be encouraged to comment and ask questions of panel members.

Join the discussion via ZOOM April 20, 7 p.m. to 8:30 p.m. For information and to register, visit tinyurl.com/kingsnorthndp. ➔

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