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# Quiltwork connects volunteers with **CAF** members

Sara White. **Managing editor** 

Experienced quilting hands, newcomers entrusted with an iron to "warm up," and a pretty pleased 20-year Navy retiree all gathered at the Alvin H. Foster Branch Legion February 14.

The monthly Kingstonarea Quilts of Valour sewing day was a chance to work together on new quilt projects, and put a completed blanket in the hands of a Canadian Armed Forces veteran.

"Up to now, 20,500 guilts have been given so far across Canada for a good cause," said volunteer Sergeant (retired) Bruno Losier, speaking before the group and addressing Master Sailor nominated by peers, family (retired) Charles Marcelli.

"This quilt is for you, to 98 Kingston Royal Canadian recognize your service and sacrifice, and to honour and comfort you. We thank you.

Quilts of Valour, since 2009, has organized the creation and presentation of quilts to thousands of recipients coping with injuries, both visible and invisible.

A new quilt top is ready for binding, and volunteers Sergeant (retired) Bruno Losier and Helen Frechette are deciding: a dark burnt orange? Green? A deep yellow aold?

Quilts are made by volunteers across the country, who sew their appreciation of CAF members, past and present, into each piece. Quilt recipients are often or community members.

"I'm speechless - I don't even know what to say," Marcelli said, holding the quilt bundled in his arms. "This is quite a prestigious honour. For everyone here, and for especially Shannon Coombs, who nominated me, thank you. Shannon and I sailed together, we were both Military Police together, and she has been a considerable support and friend to me for years."

Marcelli, who lives in Wilmot, retired from the military from 24 Military Police Flight, at 14 Wing Greenwood, after travelling across the country and around the world. Initially, he joined the Navy as a naval communicator; he did that for 10 years, and then spent another 10 years as an MP. His quilt is labelled with his name, and the names of several women who helped make it: Chervl Duernichuk in New Brunswick, and Mary Ewing and



Master Sailor (retired) Charles Marcelli, left, was speechless during the presentation of a Quilt of Valour February 14, as the 20-year Navy man was recognized for "service and sacrifice" by Kingston-area program volunteer Sergeant (retired)

Donna More, from the Valley area Quilts of Valour group.

Ewing is a past national president of the Quilts of Valour – Canada Society and now helps as leader of "Team 5, made up of quilting groups across the Atlantic Provinces and Quebec. She coordinates the monthly Kingston guilting gathering. She carried in

quilt tops, two finished quilts to be picked up for later presentation, a sewing machine, cutting tools and boards. She quickly gave Losier an armload: a quilt op, ready to be bound. He and volunteer Helen Frechette spread it out to make the colour call.

"I quilt, I present, I'm a Quilts of Valour representabundles of batting and fabric, tive for Northwestern New

Brunswick, where my dad lives," Losier said. When he retired in 2015 from 14 Wing Greenwood's Transport and Electrical and Mechanical Engineering Flight, he joined the quilters regularly.

"My mother was a seamstress, so I did all of this growing up. I do leather-

Continued on page 3...





Join us as we celebrate this year's

International Women's Day theme:

Embrace Equity. Featuring guest

speakers, and booths featuring

businesses from our local area.

Joignez vous à nous alors que nous

mettant en vedette des entreprises

des femmes de notre région.

internationale de la femme de cette année;

embrassez l'équité (#EmbraceEquity). Avec

des conférenciers invités et des kiosques

appartenant à des femmes et dirigées par

célébrons le thème de la Journée

women's owned and run

#EmbraceEquity, and 14 fence Women's Advisory Military Family Resource

head to the Annapolis Mess ternational Women's Day This year's theme is Wing Greenwood's De-group, with the Greenwood Centre, is presenting three

# INTERNATIONAL

# 8 MARCH

Wednesday, March 8, 2023

9 a.m. - 12 p.m. Annapolis Mess

JOURNÉE INTERNATIONALE DE LA FEMME

8 MARS

Mercredi 8 mars 2023 9 h à 12 h Mess d'Annapolis



#EmbraceEquity

guest speakers and a meetand-greet display of local various women-operated husinesses

Guest speakers include Master Warrant Officer (retired) Sandra Snow, Kentville town mayor and honorary colonel for 415 (Long Range Patrol Force Development) Squadron: representatives of the Free Spirit Therapeutic Riding Association (FSTRA) located in Aylesford, and the Veteran Farm Project Society, launched in 2018 by Sergeant (retired) Jessica Miller and her husband, Sergeant (retired) Steve Murgatrovd.

The event runs March 8, 9 a.m. to noon, at the Annapolis Mess, and is open to the 14 Wing Greenwood Defence Team and community friends. >>

# Making healthier choices when eating in CAF dining facilities

risk of chronic disease

a well-balanced diet?

CAF Food Services standards require six to eight varieties of of 3 g of fibre and whole grain bread choices at the sandwich bar. the nutrition health of CAF members. fruit at every meal, two cooked vegetables at lunch and supper, and a variety of fresh vegetables on the salad bar.

Whole grain foods (i.e. bread, pasta, wild rice, quinoa, brown and reduce saturated intake. You don't need to eat large amounts des FAC." >

alert and productive, boost your overall health and decrease your of heart disease, stroke, diabetes and colorectal cancers. CAF vices offers a vegetarian healthy choice entrée at each meal. Food Services standards require all dining facilities provide at Healthy eating is about more than just the foods you eat: it Did you know Canadian Armed Forces Food Services has least 50 per cent of the bread products as whole grain products, is also about where, how and why you eat. This involves being standards that ensure all units offer choices that contribute to whole grain starch choices available at each meal with entrées, mindful: recognizing hunger and fullness, taking time to eat and

Eating well at work can give you the energy you need to stay rice) are good sources of fibre, a nutrient that can help lower risk of protein foods to meet your nutritional needs. CAF Food Ser-

four varieties of cold cereals offered at breakfast with a minimum eating with others. CAF Food Services is committed to optimizing

Canada's Food Guide (2019) also encourages Canadians to Send questions or feedback to Strat J4 Food Services on our choose plant-based protein foods more often to increase fibre Facebook page at "CAF Food Svcs NSCM // MCNN des Svc Alim



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

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

**Graphic Designer | Graphiste** Brian Graves • 902-765-1494 local/poste 5699

auroraproduction@ns.aliantzinc.ca

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

Editorial Advisor | Conseiller à la rédaction Lieutenant (Navv) Jennifer Fidler 902-765-1494 local/poste 5101 W14PublicAffairs@forces.gc.ca Affairespubliques14F@forces qc ca

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The Aurora News

CFB Greenwood Aurora News

**Useful links** | Liens utiles

### Royal Canadian Air Force website

Site Web de l'Aviation royale canadienne www.rcaf-arc.forces.gc.ca

### **CFMWS Site**

Site du portail communautaire des Forces

www.cfmws.ca • www.sbmfc.ca

### 14 Wing Greenwood Site

www.forces.gc.ca

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

Combat Camera I Caméra de combat www.combatcamera.forces.gc.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 | 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

March 6, 2023 the Aurora | 14 Wing Greenwood, NS



Corporal Stephanie Hill, right, and Corporal Jonas Cramm are new volunteers to the Kingston Quilts of Valour working group. Experienced hand Helen Frechette gets them started with simple strip sewing. Newcomers are welcome, with opportunities to piece, cut, press and stitch a part in a quilt, destined to be given to a Canadian Armed Forces member or veteran

# March 'spiels green-themed, game show challenge

St. Patrick's Day fun and a Family Feud-inspired event are taking to the ice at the 14 Wing Greenwood Curling Club this month. Both events are open to club and community members.

Coming up March 11, 8 a.m. to 8 p.m., is the club's Family Feud Fun-spiel. Teams are guaranteed four games, with a max 16 teams in the draw. Registration is \$80 per family with a PSP Plan membership; or \$100 per family for non-PSP Plan members.

March 17 (4 p.m. to 9 p.m.) and 18 (9 a.m. to 9 p.m.), it's a St. Paddy's Fun-spiel. Open to a max 16 teams, with any combination of team membership, entrants are guaranteed four games. Registration is \$160 per team with tickets to the Annapolis Mess' St. Patrick's Day party March 17, 8 p.m. to 1 a.m., featuring the band, Signal Hill; or \$100 per team without Mess tickets.

To register for either bonspiel, visit online https://bkk.cfmws. com/greenwoodpub/courses/index.asp; or visit either front desk at the 14 Wing Fitness and Sports Centre or the Community Centre.

For information on either event, follow @14 Wing Greenwood Curling on Facebook, or email 14wingcurling@gmail.com.

# ~ Card of thanks ~

Clarence H. Austin July 9, 1940 – February 5, 2023

Diane wishes to express thanks and gratitude to everyone who showed much love and kindness during Clarence's recent passing. It comforted and helped me cope. Last but certainly not least, I need to mention my dear friend, Marg Goldie who lives across the street. She brought me holiday meals, invited me into her home with family and was here

with me in the middle of the night more than once. I am forever grateful, Marg.

Sincerely, Diane Austin



# : GMFRC CRFMG **JOIN OUR TEAM!**

# **BILINGUAL PROGRAMMER**

Do you have a passion for supporting and celebrating military families? If you are interested in social media, programming activities and are bilingual, this is the job for you! The variety of tasks will keep this position engaged, interesting and fun The bilingual programmer will assist with GMFRC Social Media and create, facilitate and evaluate activities and programs for all members of the military family. You will work in partnership with the entire GMFRC staff team, including volunteers, to offer a wide variety of fun, interesting and helpful programs all while assisting our Virtual Programmer with GMFRC social media and translation.

### Who we are looking for

We are looking for someone with a Post-secondary diploma/ certificate in the Social Services field/Marketing or equivalent combination of education and experience.

### Experience you should have

- Experience with Social Media and translation
- Experience in program planning for children, youth, adults and families/groups
- Knowledge of military family lifestyle issues

### Your contributions to the team will include

- Excellent verbal and written communication skills in English
- and French. The candidate is bilingual.
- Excellent translation skills Excellent organizational skills
  - Knowledge of community resources, community development processes
- A friendly, outgoing, cooperative personality
- Ability to facilitate activities, and be comfortable public speaking
- An awareness of the principles of Risk Management and Volunteer Involvement

New team members must complete a Child Abuse Registry Check, Criminal Record Check, Vulnerable Sector screening, and Enhanced Reliability Check. The work week for this position is 37.5 hours with evening and weekend hours being required. Flexibility is a must

### If you are interested in joining our team, please submit your resume on or before 4:00 p.m. on Friday, March 24, 2023 to: Margaret Reid, Executive Director

Greenwood Military Family Resource Centre email: home@greenwoodmfrc.ca (MS Word or PDF format) Subject line: resume – Bilingual Programmer mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1NC fax: 902-765-1747

Drop off in person: The GMFRC is located in the AVM Morfee Centre, 24 School Road, in Greenwood

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: cfmws.ca

# Quiltwork...

about Quilts of Valour. Then might get." I went up and did another know about it now!"

with 14 Wing's Wing Comp- have permission from their quilters meet at the Kingston troller, and Corporal Jonas military chain of command Legion the second Tuesday Cramm, an aviation systems to spend volunteer time with of each month, 10 a.m. to technician with 413 (Trans- the monthly quilt days. port and Rescue) Squadron, heard about Quilts of Valour: a friend of theirs was presented a quilt in October.

"We do metalwork, stained glass, welding, macramé, crochet..." says Hill. "We came to our friend's pre-

sentation and thought it For more information, visit was pretty cool, and we quiltsofvalour.ca or follow work.... I took my first quilt thought it would be good @QuiltsofValour on Faceup to New Brunswick to give to be involved with making book. If you are in the Valley to a buddy, and no one knew something someone I know and interested in joining local quilt-making projects The pair aren't sewers and presentations, donateight presentations. They - yet! - but they're being ing fabric and supplies, or taught how to press fabric, nominating a CAF member That's how Corporal measure and cut, and sew or veteran, contact Mary Ew-Stephanie Hill, who works simple strips together. They ing at 902-825-6119. Valley



3 n.m. →

# **RESPONSABLE BILINGUE DE LA PROGRAMMATION**

Est-ce que vous avez une passion pour supporter et célébrer les familles militaires? Si vous êtes intéressé par les médias sociaux, la programmation d'activités et que vous êtes bilingue, ce poste est fait pour vous! La variété des tâches gardera ce poste engageant, intéressant et amusant! Le.la Responsable Bilingue de la programmation aidera avec les médias sociaux du CRFMG et créera, animera et évaluera des activités et des programmes pour tous les membres de la famille militaire. Vous travaillerez en partenariat avec toute l'équipe du personnel du CRFMG, y compris les bénévoles, pour offrir une grande variété de programmes amusants, intéressants et utiles, tout en aidant notre Responsable de la programmation virtuelle avec les médias sociaux et les traductions du CRFMG.

### Nous sommes à la recherche

Nous recherchons une personne possédant un diplôme/ certificat d'études postsecondaires dans le domaine des services sociaux, en marketing ou une combinaison équivalente d'études et d'expérience.

### Expérience que vous devriez avoir

- Expérience avec les médias sociaux et la traduction
- Expérience en planification des programmes pour enfants, jeunes, adultes et les familles/groupes
- Connaissance des particularités du style de vie des familles

### Votre contribution à l'équipe inclura

- Excellentes compétences en communication orale et écrite
- (anglais et français). Le/la candidat.e est bilingue. Excellentes compétences en traduction
- Excellentes compétences organisationnelles
- Connaissances des ressources communautaires et des processus de développement communautaire
- Possède une personnalité amicale, extravertie et coopérative Capacité à animer des activités et être à l'aise pour parler en public
- Possède une connaissance des principes de la gestion des risques et de la participation des bénévoles

Les nouveaux membres de l'équipe doivent effectuer une vérification du registre des enfants maltraités, une vérification du casier judiciaire, une vérification des secteurs vulnérables et une vérification de fiabilité approfondie. La semaine de travail pour ce poste est de 37,5 heures, des heures de soir et de fin de semaine étant requises. La flexibilité est une exigence.

Si vous souhaitez vous joindre à notre équipe, veuillez soumettre votre curriculum vitae au plus tard à 16 h le vendredi 24 mars 2023, à :

Margaret Reid, Directrice exécutive

Centre de ressources pour les familles militaires de Greenwood Courriel: home@greenwoodmfrc.ca Objet : CV - Responsable bilingue de la programmation

Poste: Greenwood MFRC, C.P. 582, Greenwood, N.-É., BOP 1NO Télécopieur : 902-765-1747 En personne : Le CRFMG est situé dans le Centre AVM

Morfee, 24 School Road, à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visitez le site sbmfc.ca pour en apprendre davantage sur le CRFMG.

# **Lead Defence Team transformation** as Restorative Engagement rep

the Aurora | 14 Wing Greenwood, NS

sources Centre (SMSRC)'s gagement program, you assignment. Restorative Engagement will have the opportunity to Since the program lead positive change in your The SMSRC's Restorative personal skills, such as lead- over 50 defence representa-Engagement program pro- ing through relationship tives have participated and your chain of command or vides an opportunity for building, listening and re-indicated how important and supervisor, fill out a nomina-Defence Team members and specting diverse perspec- rewarding their experience tion form (d4792, accessible members of the CAF/ DND tives, learning about complex has been. If you volunteer, on the National Defence Sexual Misconduct Class issues and how to deal with you will be assigned to a network) and submit it to

member contributes to the become leaders of culture tions, etc. Overall, you will by restorative practitioners. pating in April/ May. If you for you! cultural evolution of the Ca- change within the institution. contribute to the CAF/ DND In your cohort, you will learn are not available at this time, nadian Armed Forces (CAF)/ This program focuses on a workplace transformation about restorative approaches submit your form for a future contact the SMSRC's Department of National De- restorative approach inviting now, and throughout your and discuss aspects of sex- opportunity. The program is RE program team at REfence (DND) in their daily those impacted by sexual career. You will have the ual misconduct. Your cohort looking for more than 600 DR@forces.gc.ca or 1-833work. Take part in trans- misconduct, as well as other opportunity to acknowledge, will meet regularly to discuss representatives over the next 998-2048. >> forming the defence com- Defence Team members, to understand and learn from issues, impacts and ideas munity's response to sexual contribute to a more respect-class members' experiences raised by class members misconduct by becoming a ful and inclusive culture. of sexual misconduct during and to identify solutions and representative in the Sexual By participating in the a three-month full-time or a create action plans. Finally, Misconduct Support and Re- SMSRC's Restorative En- six-month part-time work your cohort will present and

develop professional and launched in November 2021, units or teams.

implement these plans to

Action Settlement to ad- them, working as a team, small group of representa- DR-D@forces.gc.ca before

Discover

the beauty of

connection.

Every Defence Team dress sexual misconduct and holding difficult conversatives called a cohort, guided February 28 to start particities, so there is room

# **Apply Now** 2023-2024



# Wellness Funds

New deadline May 1st

Grant funding for community non profit organizations for new programs addressing food, recreation, connection, and housing



www.communityhealthboards.ns.ca/wellness-funds Anjeanette.LeMay@nshealth.ca 902-824-6762

# **Youth Happenings**

Youth Happenings at the 14 may drop in between 7 p.m. to for multiple children). Pre- program). Senior Camp ages aged six to 12 (five if they have \$5 drop-in fee for others. completed one full year in a Friday March 10, 7:30 a.m. Game On March Break camp: dren). > to the Church Street offices tional crafts, outdoor time and and more! Junior Camp ages

games, activities, crafts and fun for youth ages six to 12 (or on completion of one full school year program). Camp runs 2:30 p.m. to 5:30 p.m., and is also available on early dismissal days. Registration is \$10+HST per day for military, Defense Team, DND, PSP Plan holders; or \$15+HST per day for all others (discounts for multiple children). Preregistration is required by calling the community centre. Interested families must speak with your school about bus change permission and forms.

Monday, March 6, 6 p.m. to 7:30 p.m. - Kids Club: Minute to Win it games. Free for PSP Plan or one activity pass youth evening program holders, \$50+HST non-PSP Plan membership

Pre-registration required by noon the day of the program.

centre night for pre-teens and teens. Come hang out with friends, play games and use are welcome between 6 p.m. and 7 p.m., and ages 16 to 18

Wing Greenwood Community 8 p.m. Free for PSP Plan hold-registration required by noon nine to 14. Cost: \$150+HST Centre offers a range of fun ers or one-activity pass youth the day prior to the program. options every week for youth evening program holders, or Monday, March 13 to March for non-PSP Plan holders 17, 7:30 a.m. to 5 p.m. daily – (discounts for multiple chil-

school program). To register, to 5 p.m. - PJ Day in-service includes a special event, gamcontact the centre at 902-765- day program: a fun-filled day ing activities, swimming, ac-1494 local 5341, or drop in full of sports, activities, op- tive games, artistic activities

more! \$40+HST non-PSP Plan, six to eight (five if one full After school camp - Daily \$30+HST PSP Plan (discounts year completed in a school Put me to work for you!

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marketing & maximum exposure. Let's Sell with Success & View our Expert Marketing Suite no **Text LISTWITHEXIT to 85377** 

Tuesday, March 7 - open the gym facility! Ages 13 to 15



MANDY COYLE 902.321.1495

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invites families with children

Acacia Valley snowshoe or

snowshoes in advance: details

drum circle Wednesday - craft

your own tic tac toe game with

at hikenovascotia.ca.

to the community submitted by not-forprofit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated announcements are published on a first-come, first-served basis. and on-going notices will be included a paid advertisement. The deadline for previous to publication unless otherwise notified

Le commandant publie des avis d'intérêt public soumis par des PeopleWorx: visit for support required. organisations à but non lucratif. Ces avis with resumes, cover letters, job Kingston Innovation Lab OR doivent se limiter à environ 25 mots. Les avis neuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee) 14e Escadre Greenwood par fax au 902-765-1717 ou par Berwick Innovation Lab OR courriel à l'adresse auroraeditor@ One-on-One Tech Help ns.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les de tombée des soumissions est à 9 h 30 du matin le mercredi précédent la 

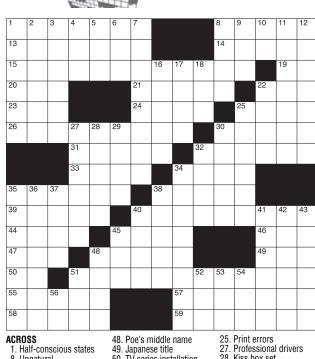
### Cozy Read-Aloud

### Macramé gnome keychain

March 8, 11 a.m. to noon, the Registration required.

searches, workshops, funding One on One Tech Help 1-866-609-9675.

solution page 7



48. Poe's middle name

50. TV series installation

55. Single unit

snow **Down** 

51. Beloved country singer

57. Genuine 58. Develop 59. Traveled through the

5. Corporate exec (abbr.)

7. The absence of mental

emented with

. Second sight

difficulty
9. Stop for good

Most supernatural

3. Kiss box set

). Short, fine fibers

punishment

32. Czech city
34. Normal or sound
powers of mind
35. The academic world

38. Pastoral people of

40. Cloth spread over a

41. Grouped together

45. A type of extension 48. One who assists

. College sports

conference

northeast and east

54. Type of screen 56. The 13th letter of the

53. Midway between

6. Crustacean

'. Currency

42. On land

ACROSS
1. Half-conscious states

8. Unnatural 13. Deep regret 14. Rogue 15 Taken without

20. After B 21. Partner to flowed

Weekday 23. Body part 5. One of the Greats

30. C. Canada indigenous peoples 31. Japanese seaport 32. Most unclothed

33. Small grouper fish
34. Soluble ribonucleic acid 5. Distinguishing sound 8. French realist painter

10. College dorm worker

39. Popular beer brand 44. God depicted as a bull Residue after burning 18. Where golfers begin

March 7, 7 p.m. to 8 p.m., the X-Box Club Registration required.

Berwick and District Library in- Jigsaw Challenge vites ages 16+ to try out macramé March 9, 2 p.m. to 4 p.m., the Kingston Library invites ages Registration required. by making a cute St. Patty's Day Rosa M. Harvey Middleton & 16+ to try out macramé by mak- Full Moon Fest gnome keychain. Registration re- Area Library invites those 18+ to ing a cute St. Patty's Day gnome March 10, 2 p.m. to 4 p.m., the March 11, 9:30 a.m., Hike Nova as space allows. To guarantee your quired. No experience necessary. team up with fellow jigsaw-puzzle keychain. Registration required. Berwick and District Library will Scotia and the Fundy Erratics announcement, you may choose to place Nova Scotia Works: Free One- enthusiasts for an entertaining No experience necessary. on-One Employment Services group challenge! Try to complete Drum circle activity submissions is Wednesday, 9:30 a.m., March 8, 1 p.m. to 3 p.m., the a puzzle together in two hours, March 9, 1 p.m. to 2 p.m., 7Arts into the library for hot apple cider, Valley Trails in Hillgrove. Reserve

March 8, sign up at the Berwick in the Innovation Lab; or, get the Rosa M. Harvey Middleton & quired. and District Library for a one-hour help with technology, Facebook, Area Library welcomes students Art sale avis continus seront inclus si l'espace session with a digital literacy Zoom, backing up your files, in grades 7 through 12 who March 10 and 11, 10 a.m. to 4:30 animals, Thursday - paint in le permet. Si yous voulez être certain instructor and learn to use equip- using our eBook and audiobook want to explore their passion p.m., the Grow With Art program acrylic (East Coast theme). Preque votre avis soit publié, vous voudrez ment in the Mobile Innovation service or general technology for art outside of school. Bring will sell its collection of art re-registration required at info@7art. peut-être acheter de la publicité. La date Lab., open to users ages 18+ questions. Bring your device something you are working on, productions in a two-day sale ca. Admission is by donation, and (or accompanied by at least one with you and we'll do what we or start something fresh with your at NSCC Kentville. The popular children must be accompanied by

ARIES - Mar 21/Apr 20

rebound in no time at all.

TAURUS - Anr 21/May 21

in check as best as you can.

GEMINI - May 22/Jun 21

CANCER - Jun 22/Jul 22

cleaning out a desk at work.

everything is working out.

VIRGO - Aug 24/Sept 22

on this for the time being

LEO - Jul 23/Aug 23

Taurus, people vou encounter

this week may be exceptionally

confrontations. Keep your emotions

Gemini, the weather may not be

suitable for getting much done

outdoors, but you can certainly stay busy inside the house with any

projects you have been putting off

This is a great opportunity for

getting rid of any clutter that has been holding you back, Cancer. Start sorting through the garage or

Leo, do not worry about the small

vou back. If you step away from

the situation, you may find that

Virgo, there are plenty of

opportunities open to you, but you

may not realize they are so close by

A friend may need to guide your way

Berwick and District Library and have a ton of fun doing it. in Greenwood invites seniors snacks, activities and music. hosts Nova Scotia Works and Puzzles supplied. Registration to HealthRHYTHMS, a mindful Fridays at the Library

with a digital learning instructor Teen Artist Hub

Rosa M. Harvey Middleton & Area March 8, 3:30 p.m. to 4:30 p.m., at the circulation desk, then the Kingston Library invites ages companied by an adult) to come Library invites youth ages nine the Rosa M. Harvey Middleton & start your search for Waldo, his 13+ to take over the library! Come and explore four STEM kits. With The Aurora publishes items of interest to 12 for a cozy evening of hot Area Library invites youth ages tools and friends. Once you Spot try out the cool equipment in our this self-led program, you can use chocolate and stories read aloud. eight to 14 for after school gameach character, your passport Innovation Lab: 3D printers and one or all of Snap Circuit Extreme, ing fun, relaxing and meeting new is a ticket for a chance to win a scanners, a Cricut maker and heat Turing Tumble, Our WeDo LEGO friends. All materials supplied. Where's Waldo's prize pack.

at 902-538-8060 for information. is on the loose at the Kingston Teen Takeover

March 6, 2023

# Macramé gnome keychain

March 9, 7 p.m. to 8 p.m., the or just hang out with your friends. not required.

LIBRA - Sept 23/Oct 23

SCORPIO - Oct 24/Nov 22

you implement that will make a

Scorpio, you may be ready to give

amount to you changing careers

in the weeks to come. Do your

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, stay focused and

disciplined this week, especially as it pertains to a diet. You can maintain

your commitment, especially with

others cheering you on.

CAPRICORN - Dec 22/Jan 20

Capricorn, rewards will not com-

without hard work and dedication

Now is the time to stick with th

plan and keep moving forward. Save

or superiors this week. Aquarius

Doing so likely won't go in you

favor. Just keep out of the spotligh

You may be building the blocks of

a major life project. Pisces, Use all

of the resources at your disposal ir

AQUARIUS - Jan 21/Feb 18

for a little while longer.

PISCES - Feb 19/Mar 20

the days to come

is only temporary, though, as your mood and circumstances will Libra, and now you want to make amends. It's the little changes

stubborn, so you may need to avoid your life an overhaul. That may

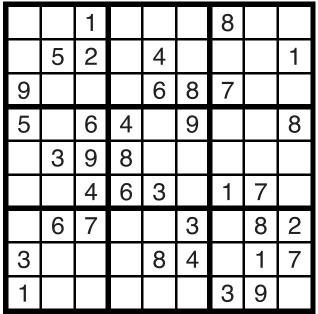
instructor Elizabeth, who has a di- family art and loan program is an adult. Check 7Arts Facebook Where's Waldo I Spy & Raffle ploma in Fine Arts. Or, collaborate wrapping up, and framed pieces page for details. March 9 to March 18, Waldo with others. Registration required. will be sold for \$2, \$5, \$10 and Luncheon

memory of Gwynneth Wallace, cheon. Menu: turkey, vegetables,

Art. For info, contact Irene, 902- March 8 or 9 between 9 a.m. March 5 to March 11 542-0234. **Explore with STEM Kits** 

something you did in the past, Berwick and District Library Greenwood area only): \$16.

solution page 7



### Home Centre FRASER'S

horoscopes brought to you compliments of

stuff that you feel could be holding Do not go up against managers

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Library! Pick up your passports March 10, 6 p.m. to 7:45 p.m., ages 8+ (children must be acpress, and robotics and circuits Robotics Construction and EV3 kits. Discover a surprise activity. Mindstorm Robotics. Registration

join in the Town of Berwick's Full hiking group present a guided Moon Fest (March 9-11). Drop snowshoe hike on the Acacia

drum circle with Terri Vernon March 10, 2:30 p.m. to 4 p.m., 7Arts March break activities and sponsored by the Kingston/ the Berwick and District Library March 13 to 16, 1 p.m. to 3 p.m., Greenwood Community Health invites youth ages eight to 14 for visit the 7Arts "Makerspace" for and more! To sign up, call toll-free March 9, sign up for a one-hour Board, Register with Terri Vernon after-school fun: board games, all ages activities during March session at the Kingston Library at mindfullymore@gmail.com. escape rooms, button-making, break. Monday – design your own video games and more! Snacks winter white diorama. Tuesday and learn how to use equipment March 10, 3:45 p.m. to 4:45 p.m., provided. Registration not remusic with a community social

> \$20 (cash only). All proceeds will March 14, the Kingston Lions host go towards an art scholarship in their monthly community lun-

> founding member of Grow With roll and dessert. Pre-order only

and noon: 902-765-2128. Dine in or pick-up at the hall, noon to

A development may have you feeling about feeling a bit down, Aries. That something you did in the past, Rerwick and District Library Greenwood area on the feeling and District Library Greenwood area of the feeling and District Library Greenwood area of the feel

Land of the land o												
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		4	6	3		1	7					
	6	7			3		8	2				
3				8	4		1	7				
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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!

# **News & Views from The Shack** | Amateur radio is a method of communications

My hobby is ham radio, better know as "amateur

the Aurora | 14 Wing Greenwood, NS

radio." Cave men used grunts and groans to pass on information to each other: sailors use flags and semaphore. Many methods have

been developed over the

meaning remains the same. ing back-up radio communimunication to do the same. Canada Day and Field Day and

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GREENWOOD and rescue

years to pass on information. in Nets (networks) to check in enjoyed weather permit-course from time to time to ning a course starting March. For further info on the Morse code does the same with friends all over the place. ting, year round. The club instruct those interested in 29, with a graduation exam club and licensing courses, thing but, with no accents We also support regional is always looking for new the information required to June 7. This will be before contact garc.ve1wn@gmail. or local adjectives, it can emergency measures orgamembers, and puts on a get a licence. We will be run- our Field Day in June. be used anywhere, and the nizations (REMOs) by provid-

Railroads and news sta- cations when required. Some tions used Morse code to members of our club also pass on information, and belong to CAN WARN and many of the operators had supply local weather informatheir own style: some were tion to the Canadian Weather called "Ham-Fisted Opera- Bureau in Dartmouth. We tors:" or, another operator hold meetings monthly the could recognize the sender third Thursday of the month by the speed and pace he at 7 p.m. and get together on was sending signals by. That the other Thursday evenings. is where the name "hams" Some other club activicame from. Today, we use ties include BBQs and/ or voice, typing and digital com- corn boils, contests such as

**Business card directory** 

Call 902-765-1494 local 5833 for info

The Greenwood Amateur several other contests which Radio Club uses the same occur during the year. There ns.aliantzinc.ca or fax 902-765-1717. methods to communicate - is a 7:30 a.m. Net Monday to as a hobby and as a method Friday, and a HF Net every

Hello. My name is Brian of helping our friends and evening at 7 p.m. - plus DeAthe. My call is VE1Q. community. We participate many other interests during

an antenna. We with ground search

the year. Many amateurs build their own antenna for HF, while some simply purchase

All this activity may be

a 10-week instructor-led course (30 hours), designed to help you obtain your amateur

have had a few new members recently involved

Beginners' amateur radio course March 29 to June 7 (register by March 22) – the Greenwood Amateur Radio Club hosts

radio license. Classes will be held Wednesdays. 6 p.m. to 9 p.m., at the Greenwood Community Centre, Building 110 Church Street, Greenwood. The course costs \$65, which includes the Canadian Amateur Radio Basic Qualification Study Guide and the Basic Amateur Radio License Exam (June 7). Write the exam as needed at no extra cost and, once you pass, receive a free one-year GARC guest membership. Register at garc. ve1wn@gmail.com, and course payment is due at the first class. There is no course age limit: there is something for everyone in amateur radio. Make fun contacts and friends around the world, and learn about public service and emergency communications.

cords, books, old tools, tea towels.

Daily. Weekly. Monthly accom-

modation. Discounts for active CAF

members. European B&B style county

inn with public restaurant, 25 minute

from Greenwood, www.edelweis

Classified advertisements, 35 words acceptés incluent VISA, MasterCard, or less, are \$9 tax included. Additional AMEX, débit ou comptant. L'Aurora words are 10 cents each, plus tax. Bold n'est pas responsable des produits text \$10, tax included.

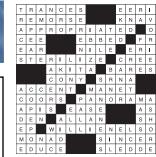
Classified advertising must be publier une annonce classée, vous booked and prepaid by 9 a.m. Wednes-pouvez nous appeler au 902-765day previous to publication. Payment 1494 poste 5699, visiter notre bureau methods include VISA, MasterCard, au 61, School Road, annexe Morfee AMEX, debit or cash. The Aurora is not à Greenwood, nous envoyer un courriel responsible for products and/or servic- à auroraproduction@ns.aliantzinc.ca ACCOMMODATIONS es advertised. To place a classified, con- ou nous transmettre un fax au 902tact 902-765-1494 local 5699 visit the 765-1717 office, 61 School Road, Morfee Annex. Greenwood: email auroraproduction@ dans un encadré, appelez-nous au 902-

902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca. Les annonces classées, 35 mots

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crossword solution



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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.

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kind to each other. Tables available for rent call 902-847-0324. Happy holidays everyone and thank you (4408-4tnh) **EDELWEISS INN & RESTAURANT** 

Pour faire paraître une publicité 765-1494 poste 5833, ou un courriel

et/ou services annoncés. Pour faire

### **FLEA MARKET**

SOMETHING FOR EVERYONE INDOOR FLEA MARKET - 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 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, re-

sudoku solution

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## sinnnovascotia.com 902-825-2588 PIANO LESSONS

PIANO LESSONS - Esther Jones a graduate of Eastern Connecticut State University with a music degree is offering group piano lessons using a state-of-the-art digital piano learning system at her studio in Greenwood Esther can be reached for additional details and bookings at 902-804-5637

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or by email at estherpjones@gmail.

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3. Drop into our office located at 61 School Road (Morfee Annex)

Complete the following questions from ads in this week's issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games

2. What is the deadline for applying for the Bilingual Programmer position?

3. When can you see some magic?

4. Who would you reach at 902-844-0987?\_ 5 Who can you call if you needed your heat nump cleaned?

Congratulations to last weeks Find & Win winner: AMELIA VEINOTTE

Entry deadline: Noon, March 8, 2023 AYLESFORD & DISTRICT LIONS CLUB 2160 Hwy 1, Aylesford Starts 7:00 pm Friday 902-847-9374

# Three easy ways to enter. 2 Fax: 902-765-1717

1 What is the new Wellness Fund deadline?

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# Community sales, community care

Health Auxiliary is pleased to share that, thanks to generous donations, dedicated customers and devoted volunteers, a 10,000, Valley Regional Hosnumber of local community health-supporting programs and services have benefited from funds raised through the auxiliary's Opportunity Shop at the Greenwood Mall.

In 2022, the Opportunity

ganizations received donations from the Op Shop: Soldiers Memorial Hospital \$ pital \$5,000, Fidelis House \$2,000, IWK Hospital \$1,000, Western Kings Memorial Clinic \$1,000, Valley Hospice \$1,000, VON Annapolis County Branch \$1,000, Cancer Navigator Program Shop raised enough funds \$1,000, Beehive Adult Cento donate a grand total of tre \$1,000 and Christmas

Amazing! The Greenwood \$26,500! The following or- Hamper Program \$500; plus, three \$1,000 bursaries were presented to high school graduating students enrolled in a health-related, postsecondary program.

> Sincere thanks to all. The Greenwood Health Auxiliary welcomes visitors and donations to the Opportunity Shop during open hours to meet volunteers, and find out more about how you can help support local healthcare. >



The Greenwood Health Auxiliary recently disbursed funds earned through 2022 in its Opportunity Shop, located in the Green-wood Mall. Auxiliary volunteer Mary Osmond, left, presented a cheque for \$10,000 to Michelle MacLaren, site manager at Soldiers Memorial Hospital in Middleton.









Customer Service



