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# the Aurora

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## Life, military, family Experience all adds to new role as veterans' advocate

**Sara White,**  
Managing editor

Joe D'Arcy started his most recent first day on the job March 1, but it comes in his 42nd year of being in and around the Canadian Armed Forces.

"I signed the dotted line December 13, 1981, but 40-plus years is not easy to condense - especially when you bounce around quite a bit and have been fortunate enough to do other things," D'Arcy says.

He's excited to pack all that into his new role as Atlantic coordinator for the Veterans Transition Network. While he's still in his day job as a resource analysis and compliance services officer with 14 Wing Greenwood's Wing Comptroller, he expects to spend a number of hours a week promoting the VTN, organizing programs and reaching out to military and RCMP veterans transitioning from service to civilian life.

"I didn't know about VTN - the visibility is not there. I'd been doing my own work for three years, and I took

their five-day transition skills course. It was amazing, and I wanted more. I did a second course, and it was life-changing."

D'Arcy spent many years not "doing the work" of recognizing and dealing with his mental health after 22 years in the military. The VTN program and the people he's met have helped him live with "hurt and life struggles - and everyone has them."

"I didn't reach out to get help until about four years ago. I was two different people. I didn't know I had issues, but my wife knew I was different."

D'Arcy grew up just outside Halifax in Harrietsfield, and went to school and ran with buddies in Spryfield. He admits he "didn't like school," and may have been a little obstinate when talking to teachers and guidance counsellors, often doing the opposite of what they told him they expected of him. He worked a summer after high school in construction, not making a lot of money or any real plans. His father worked at the port grain elevators, and his grandfather was



**Sergeant (retired) Joe D'Arcy is the new Atlantic coordinator for the non-profit Veterans Transition Network. While he has a day job - in his 42nd year in the military environment - here with 14 Wing Greenwood's Wing Comptroller, he's also working to build awareness of VTN's resources for military and RCMP veterans.** S. White

a stevedore: neither wanted to see D'Arcy follow their footsteps.

"I had long blond hair and I came home one day after a few beer and went to my room. My Dad said, 'Why don't you look at the military?' I pointed

at my hair: 'No way I'm cutting my hair for anyone!' In September, I was signing on the dotted line."

D'Arcy chose a finance trade: he knew it was a short training course, and he'd done pretty well in a business-

focused course in high school. In January 1982, he was at basic training in Cornwallis.

"I weighed 116 pounds, and my street smarts helped me more through the course when I didn't know something or I was scared. I realized, 'it's

just another head game,' so I figured out dress and deportment, inspection - that all just fit for me. Physically, I loved to be pushed. I signed, and that's what I was doing."

Continued on page 2...

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## Life, military, family...

...cover

After basic, he was off to Borden for three months of trade training, and his first posting was to CFB Gagetown in the summer of 1982. A week one sports day began his career-long involvement in military sports (and might have contributed to more than a few of the instances he was called to a supervisor's office...).

"I got into some things," D'Arcy says, who saw sports play as a bigger part of the military philosophy of commitment to the team. "I played sports like they were paying me; matter of fact, they were!"

Two years into Gagetown, and he'd opened a pay office for the base's 2 Royal Canadian Regiment personnel; then came a Navy posting to the

HMCS Iroquois out of Halifax. "I'd never been to sea, never considered it – it was a long two years. They had their moments, but I've never been the same!"

That posting included his first foreign port call, sailing into New York City as the Statue of Liberty was unveiled after a long refurbishment and a six-plus-three-month NATO tour. It also included a divorce, ending a two-year marriage. With a posting to the Annapolis back in Halifax, he called his high school sweetheart, Helen: they married (and are now into year 33) as he accepted a four-year posting to Washington, and they "absolutely loved it – the opportunities, our first born arrived. It was amazing."

On their return to Canada, the family posted to Petawawa, and D'Arcy was quickly

added to the Operation Harmony NATO deployment to "Split Croatia."

"Early on, things were quiet. We'd take the pay out to the operational posts, always with mail, and we'd be good to go."

One day, at a delayed checkpoint, D'Arcy and his partner were directed to an alternate route.

"We had no map, and things went south. The goat trail roads, mine signs everywhere, huge puddles, sheep, and we couldn't turn around or back up."

The men spent "three or four hours of stress – just intense," picking their way to a safe route home.

"I came back different, and I never realized what that drive did. It was an injury, an operational stress injury of post-traumatic stress disorder."

D'Arcy came home, back at 1 RCR, then Yellowknife, then 413 Squadron here at 14 Wing in 1999. In 2002, he moved to 26 Canadian Forces Health Services, from where he released as a sergeant in 2003 to start a 20-year-and-counting career in civilian finance support work.

"Been there, done that," D'Arcy says. "With the Veterans Transition Network, I want military members and veterans to know I am here as a resource, a contact for a very beneficial organization that helps many get the help they need for their own mental health struggles."

"It's funny – I've always thought maybe I should have a collar. People I don't know well, they feel comfortable talking to me. I am a good fit for this job – this is me." ➔

## Variety of calls keeps SAR crews busy

March 9, at 3 p.m., the Halifax Joint Rescue Coordination Centre tasked two 14 Wing Greenwood-based aircraft, Cormorant Rescue 906 and Hercules Rescue 343, with 413 (Transport and Rescue) Squadron; to respond to an EPIRB sounding in the vicinity of Liscomb Island, Nova Scotia. The aircraft located the EPIRB and confirmed there was no distress; both were stood down. The Hercules returned to Greenwood at 5:25 p.m. and the Cormorant landed at 6:26 p.m.

March 26, Cormorant Rescue 904 left 14 Wing Greenwood at 4:05 a.m. to transfer a 29-year-old female patient from Grand-Manan Island to Saint John. The medevac ended as the patient was landed at the Saint John Airport into medical care, and the helicopter returned to Greenwood before 7:30 a.m.

March 28, Cormorant rescue 904 left 14 Wing at 4:17 a.m. to medevac one person experiencing seizures from a fishing vessel in the vicinity of Clark's Harbour.

April 2, just before 11 a.m., Hercules Rescue 344 was airborne from Greenwood to search for vessel without

communications, presumably over 550 nautical miles east of St. John's. R344 was on scene by 12:30 p.m., and noted the sea state between six and seven metres. By 4:47 p.m., the Hercules located the subject vessel and passed its location information to the Canadian Coast Guard Ship John Cabot. The aircraft remained on scene until a tow was hooked up to provide communications support. The Hercules was released from the tasking around 9 p.m., refueled in St. John's and returned to Greenwood April 3 at 12:35 a.m.

April 8, at 5:52 a.m., Hercules Rescue 344 was airborne, tasked to search for the source of a flare reported over water in the vicinity of Cape Breton. At 10:32 a.m., R344 stood down after completing a search. No sign of distress was found. The aircraft was back in Greenwood just before 2 p.m.

April 12, Cormorant R902 was airborne from Greenwood at 5:55 p.m., tasked to help a fishing vessel taking on water in the Shelburne area. The Cormorant returned to Greenwood at 10:11 p.m. ➔

## McBean calls 49 years' worth of work a day

**Bill Brown,  
Senior officer,  
Operational Mission Suite,  
404 (Long Range Patrol  
and Training) Squadron**

Forty-nine years' service to Canada is a milestone many will not reach. March 30, the 404 (Long Range Patrol and Training) Squadron Simulation Flight bid a fond farewell to Major (retired) Jeff McBean.

McBean and his family have been a fixture in the Annapolis Valley for many years. He enjoyed flying tours at 407 Squadron, 415 Squadron and

had a posting to the Royal Australian Air Force in Australia early in his Royal Canadian Air Force career.

In 2009, after 35 years in uniform, McBean made the very good decision to join the new Department of National Defence Public Service Simulation Flight. Working within a close-knit veteran team was a joy for McBean. As an exercise controller, McBean led the now entrenched Simulator Exercise (SIMEX) program and was an early choice to lead the Distributed Mission Training (DMT) program, which saw a

first-time connection between the CP140 Procedure Crew Trainer and the Royal Canadian Navy and United States Air Force simulators.

404 Squadron members will miss McBean. He has an "aromatic" presence that has made him the target of much good-natured humour. McBean has plans to stay fit, as he always has, and volunteer time to the Annapolis Valley community. His dedication has been exemplary. We wish McBean and Janet the best for the future years, and collectively thank him for his service. ➔



On his last day at work March 30, after 49 years serving Canada, Major (retired) Jeff McBean was seated at the 14 Wing Greenwood Operational Mission Simulator instructor console in 404 (Long Range Patrol and Training) Squadron. Aviator L. Brolly

## Military health trades looking for you

**Sara White,  
Managing editor**

Master Warrant Officer Brent Conway has a cool, little-known job in the Canadian Armed Forces, and he was very eager to talk about it during a "career fair" of military health services trades that visited 14 Wing Greenwood March 30.

Conway is an aviation physiology technician – one of just 12 currently working across the forces: there are another 12 vacancies.

The "red" classification of Conway's trade, and over a dozen others under the Canadian Forces Health Services umbrella, is behind the cross-country effort by Lieutenant-Commander Wendy Goulet and her team. Goulet is CFHS' staff officer attractions, working from Ottawa with her office to recruit health services personnel. They help civilians looking to start a military health career, and promote occupational transfer opportunities for currently serving members.

"We're just trying to educate people about what's there," Goulet said. "We have deficiencies in the forces' medical trades – but so does the world. We offer lots of opportunity and specialties, which helps with our recruiting and retention."

Conway's experience follows that exact path: he joined the military as a medical technician but, 14 years ago, he found out about the Av Phys Tech trade.

"You won't see it on forces.ca, as you have to come from a med tech background or one of a few Royal Canadian Air Force positions (including flight engineer, aviation and avionics systems, airborne electronic sensor operator and several other trades) – that's why we were interested in coming to Greenwood," Conway says.

Av Phys Techs work with the "human factors of flight," Conway says, training, testing and recertifying aircrew members through ejection forces, anti-gravity, centrifugal forces, decompression and hypobaric conditions, spatial disorientation, hypoxia and more.

"The job's been around since the Second World War, but we've changed a lot and evolved over time. It used to

be a sub-block of the med tech trade. Now, us and bioscience officers – we're in health services, but not a typical health services trade.

"This is very interesting work, with lots of instructing and out of my comfort zone – it builds your confidence."

Plus, trades training is currently three months in Ohio, alongside American military equivalent personnel, with equipment including a human centrifuge, decompression and hypobaric chambers and virtual reality simulators. And – there is specialist pay for these in-demand techs.

Goulet says there is spec pay for a number of the health services trades they are promoting, and the advantages of working in the military health environment: limited shift work, education and training, work opportunities in civilian facilities, military sports, rank and pay advancements, travel – and more.

If you would like to learn about CFHS occupations available for in-service or civilian selection, contact the Health Services Attractions Team at CFHSAttractionCell-CelluledattractionSSFC@forces.gc.ca ➔



Warrant Officer Nicole Claxton, left, is an operating room technician by trade, at 14 Wing Greenwood March 30 as part of a Canadian Forces Health Services recruitment visit. She had the opportunity to chat with military medical officer Captain Peter Barnes, 26 CFHS' Care Delivery Unit team lead here in Greenwood. S. White

### Health services opportunities include:

- bioscience officer
- dental officer
- health services management officer
- medical officer
- medical specialist officer
- nursing officer
- pharmacy officer
- physician assistant
- physiotherapy officer
- social work officer
- aviation physiology technician
- biomedical electronics technologist
- dental technician
- medical laboratory technologist
- medical radiation technologist
- medical technician
- operating room technician
- preventative medicine technician

The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

**Royal Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
www.rcmf-arc.forces.gc.ca

**CFMWS Site**  
Site du portail communautaire des Forces canadiennes  
www.cfmws.ca • www.sbmfc.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** | Cámara de combat  
www.combatcamera.forces.gc.ca

**Recruiting** | Recrutement  
www.forces.ca

**VPI** | VPI  
www.vpiinternational.ca

**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** | Commis à l'administration  
Diane Mestekemper • 902-765-1494 local/poste 5440  
auroranews@ns.aliantzinc.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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**14 Wing Fitness** Online work-outs, resources and tips | **PSP Greenwood 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

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March 15, Major Nathan Cosman, centre, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Josh Christianson, left, with Chief Warrant Officer Jean Plamondon.



March 23, Master Corporal Sandi McLean, centre, was presented the Queen's Platinum Jubilee Medal (Nova Scotia) by 14 Wing Greenwood Commander Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx.



March 14, Corporal Sky-Lynn Fisher, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.



March 14, Corporal Alexander Anderson, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.



March 23, Captain Elliott Frate, centre, was presented the Queen's Platinum Jubilee Medal (Nova Scotia) by 14 Wing Greenwood Commander Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx.



March 14, Corporal Allan Osmond, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.



March 16, Major Backhouse, centre, was promoted to current rank by Deputy Wing Commander Lieutenant-Colonel Eric Travis, left, with Chief Warrant Officer Jamie Rideout in the 14 Wing Greenwood headquarters' foyer.



March 23, Captain Elliott Frate, centre, was presented the Canadian Forces Decoration by 14 Wing Greenwood Commander Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx.

**MUNICIPALITY of the  
COUNTY of KINGS**

181 Coldbrook Village Park Drive, Coldbrook, NS B4R 1B9

**NOTICE TO RESIDENTS**

**PERSONAL TAX EXEMPTION 2023/2024**

The Council of the Municipality of the County of Kings directs, by policy, that an exemption be granted for the taxation year 2023/2024 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$510.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Whose total gross income from all sources for the year 2022, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but **including** the income of all members of the same family residing in the same household, is less than **\$45,000** gross income, and;

Where property is jointly owned, only one tax exemption shall be allowed and the sharing in such exemption shall be on the basis of ownership in such joint property.

Applications for such tax exemption will be received at the Municipality prior to December 31, 2023.

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the **Aurora**

# NATIONAL VOLUNTEER WEEK APRIL 16 - 22, 2023



## Greenwood Military Aviation Museum marks 30 years of volunteerism

**Malcolm Uhlman,  
Greenwood Military  
Aviation Museum Society**

The Greenwood Military Aviation Museum (GMAM) did not officially open its doors until 1995, but a small cadre of volunteers and one staff member worked tirelessly from 1993, incorporating a society to support the museum and producing a plan for the future. That society, with wing commander and senior staff support over the years, and now with a serving Reserve officer general manager; has been the driving force behind the museum's design, development, administration and accessioning. It has also included restoration, displaying and maintenance of aircraft and artifacts, and the design and conduct of the museum's highly successful Flight Education program.

Today, the museum includes a large outdoor air park, with 11 restored aircraft representing all those flown from Greenwood, and with a final one under restoration; and an indoor display area with two other Second



World War aircraft and many artefacts of the period. The museum's large main display area covers the history of the base and its units from 1941 to present day; the facility also maintains accessioning and storage areas and a workshop.

To recognize the GMAM's valuable volunteers and their significant contributions to the wing's history and heritage, a new museum patch has been procured for them to wear, recognizing their

skills, dedication and perseverance in the many aspects of museum volunteerism. Volunteers pitch in in many areas, from administration to public interaction to hands-on display and restoration work. An indication of the enjoyment and satisfaction of being a volunteer here is reflected in the fact several volunteers having been with the museum since its beginning, and many more exceeding 15 years!

Most volunteers are retired

or serving military members, and interested civilians. This has proven to be a very effective and interesting mix, bringing people of diverse backgrounds together to make new friendships – even coffee breaks are both enjoyable and educational!

As volunteers age, take permanent retirement or pass, new volunteers are always needed. Additional support would be welcome in society leadership roles, as project managers and policy makers; in display design and maintenance, especially in the use of technology in dioramas and lighting; accessioning, including computer entries of data and physical storing of new artifacts; historical research and media services; website maintenance of gmam.ca and other media management; our Flight Education program, including providing briefings and museum tours; aircraft and equipment periodic cleaning, repair and painting; and cleaning and care of our Commemorative Gardens.

For more information on volunteering at the museum,

drop by the reception desk, call 902-765-1494 local 5955, send a Facebook message or email the society volunteer coordinator at dndwingmuseum@bellaliant.com. You'll never regret making a small - or even large - contribution



to the museum and our community: volunteering simply makes you feel good. ➔

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## National Volunteer Week 2023

Let's celebrate our individual and collective actions in creating a strong, interconnected and vibrant community! Volunteering weaves us together, strengthening the fabric of our community as we share our time, talent

and energy to support one another. The National Volunteer Week theme for 2023 is **Volunteering Weaves Us Together**. This reveals the importance of volunteering to the vibrancy of our communities through

the interconnected actions we take to support one another. Through volunteering, we experience our interconnectedness, making our lives more meaningful. Getting involved in various ways, we find friendship, develop trust

and link our relationships. Like each individual thread makes weaving stronger, every volunteer's experience, perspective and abilities add to our collective resilience. Woven together from coast to coast to coast, volunteering

reinforces our ability to grow, thrive and create change. Knowing our volunteer contributions are valued and meaningful creates a greater sense of purpose and dedication. From helping build a home, cleaning up a park,

or coaching a sports team; to cooking for an ill friend, checking in on a neighbour or helping a stranger cross the street; each action we take impacts our community's overall wellness - now and for future generations. ➔

## About 211 Nova Scotia

Nova Scotia 211 (ns.211.ca) is your 24/7 connection to the programs and services in your community that matter most to you. Through information and referrals, we help connect you to local community groups, non-profit and government organizations.

211 navigators deal with the most complex and sensitive questions. We can help connect you, a family member, a friend, neighbour or a client

with organizations able to meet your needs.

The 211 service is free and confidential. By talking with us in person, or by text, email or 211's online search tool, navigators are here to help. We also use a translation service, available in over 140 languages!

Whether you are seeking homeware support for an older adult in your life, you're a teenager looking for job-seeking

skills, you're in need of food, shelter or housing; or, you're new to the province or country and you're looking for language or employment training - among many other scenarios, we can help.

If you're a service provider, 211 Nova Scotia can help you, too! We are here to make navigating the complex system of resources, programs and services easier. We help reduce the frustration of trying

to find the right community or



Help Starts Here


social resource. Those same organizations and government agencies can also rely on highly-trained 211 staff to handle and redirect non-specific inquiries. The result is a collaborative system that will continually evolve to meet the needs of Nova Scotians.

211's online database provides easy-to-access and easy-to-search information on every

social service and program in the province. Service providers are quickly able to direct people to services outside of their organization's scope or area of expertise. It also allows them to discover and connect with other service providers whose goals and mandates complement their own, building stronger community networks. Records are validated

annually to ensure accuracy.

Nova Scotia 211 collects important information on needs that are not being met, either because services are not available or because the demands are greater than existing services. In addition, 211 Nova Scotia provides this vital information to community leaders, who are then able to use it to better understand where the needs are and how service delivery can be improved. ➔



Our thanks to all our hard working, generous, and dedicated volunteers across the Annapolis Valley.

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**Chris d'Entremont**  
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NATIONAL VOLUNTEER WEEK  
APRIL 16-22



The Town of Berwick would like to take a moment to acknowledge, and thank, our many local volunteers that help make this place we call home, great. It's volunteers like you that give of your time and energy to create an even greater community spirit.

*Thank you!*

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MUNICIPALITY of the  
COUNTY of KINGS

Congratulations to the 2022 Volunteer Award Winners:

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Youth Volunteer of the Year - **Destiny Byrne**  
Ted Meldrum Volunteer Award - **Tom Metcalf**

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*We ♥ our Volunteers*

**Thank you for everything you do!**

NATIONAL VOLUNTEER WEEK  
APRIL 16-22



COMMISSIONERS & STAFF  
OF THE VILLAGE OF GREENWOOD



## Volunteer leadership symposium looks at lessons learned from COVID-19

After a three-year hiatus due to COVID-19, the Kings Volunteer Resource Centre will once again host a symposium focused on the interests of volunteers, and organizations that involve volunteers and board members. This full-day symposium will be held at NSCC Kingstec Campus in Kentville May 17, from 9 a.m. to 3:15 p.m. The day will include a keynote presentation, workshops and networking opportunities over lunch.

The theme of the symposium is, "Embracing Our Lessons Learned from COVID-19". COVID-19 presented new opportunities for voluntary organizations to serve individuals and communities, as well as highlighting challenges that needed to be addressed. Keynote speaker Annika Voltan, executive director of Community Impact Organizations of Nova Scotia, will address this theme. The theme will be further developed in workshops covering advocating for social justice, recruiting volunteers, supporting diversity, adapting and collaborating to address

uncertainty, the efficiencies implemented by the Red Cross during COVID-19, and protecting and promoting human rights.

Participants may register for two workshops (one in the morning and one in the afternoon); organizations may want to send several representatives to ensure they access all the available information provided at the symposium.

Pre-registration for this event is required at a fee of \$10 (including lunch). Information about lunch

options for those with dietary restrictions is available when registering. Registration for the symposium is being processed through

Eventbrite, which may be accessed through the Kings County Volunteer Resource Centre website, [kingsvolunteerresourcecentre.ca](http://kingsvolunteerresourcecentre.ca). ➔

*Thank You GMFRC Volunteers!*

In recognition of National Volunteer Week, the GMFRC wishes to extend a sincere and heartfelt THANK YOU to all of our volunteers who dedicate their time and passion to making our military and veteran community a wonderful place to live! Cheers to you!

*Merci aux bénévoles du CRFMG!*

À l'occasion de la Semaine nationale de l'action bénévole, le CRFMG tient à exprimer un sincère MERCI à tous nos bénévoles qui consacrent leur temps et passion à faire de notre communauté militaire et vétérane un endroit merveilleux à vivre! À votre santé!



[cfmws.ca](http://cfmws.ca) [home@greenwoodmfcrc.ca](mailto:home@greenwoodmfcrc.ca) 902-765-5611 24 School Rd, Greenwood 



**Thank you.**

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By supporting our fund-raising efforts such as our Christmas eve breakfast, community luncheons, yard sales and the craft fair, it has allowed us to give back locally, regionally, nationally and internationally.

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Volunteers Bring Heart to Canada's Communities

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would like to celebrate and applaud all our **14 Wing Club and Community volunteers.**

*Thank you to all our volunteers!*

Your spirit, energy and commitment to our 14 Wing Community makes a difference every day.



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Une division du SSMFC




NATIONAL  
VOLUNTEER WEEK  
APRIL 16 - 22, 2023


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April 16-22, 2023  
**National Volunteer Week**



Thank you for working to improve communities for all.

*Merci de travailler à l'amélioration des communautés pour tous.*

[www.communityhealthboards.ns.ca](http://www.communityhealthboards.ns.ca)





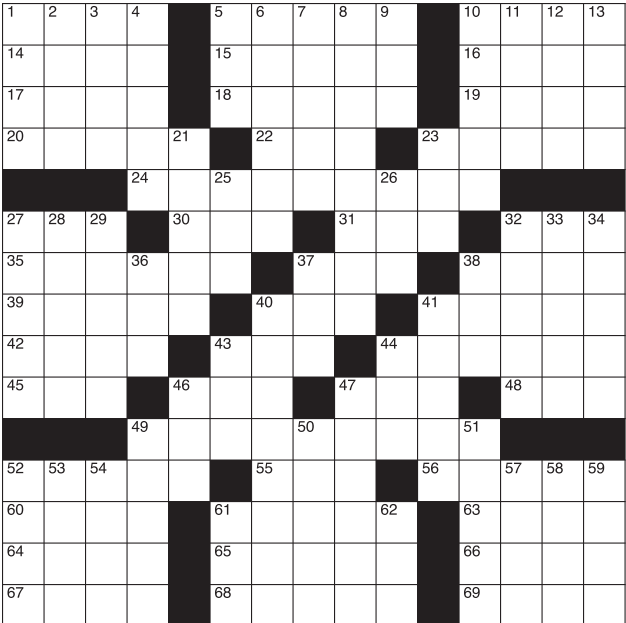




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca).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

## crossword



- ACROSS**
1. Dylan and Marley are two
  5. Makes healthy
  10. The Who's 'O'Riley'
  14. Side sheltered from wind
  15. Flat-bottomed sailboats
  16. Egyptian supreme god
  17. Advice
  18. Mass of small, loose stones
  19. Online learning services provider
  20. 'Lords' in Northwest Semitic languages
  22. Of she
  23. A place to relax
  24. Critical and mocking
  27. Consumed
  30. You get one in summer
  31. Bath
  32. Luxury automaker
  35. Spiders spin one
  37. Guy (slang)
  38. Greek personification of Earth
  39. Large instruments
  40. Domestic cattle genus
  41. Appetizer
  42. Oil group
  43. Where to put
  44. groceries
  45. Speak incessantly
  46. Popular color
  47. A place to sleep
  48. Former CIA
  49. Salts
  52. Bleated
  55. Never sleeps
  56. Sword
  60. Water (Spanish)
  61. Cyprinids
  63. 'Dark Knight' actor
  64. Fictional demon
  65. Old World lizard
  66. The content of cognition
  67. Makes a mistake
  68. A way to make wet
  69. Tide
- DOWN**
1. One-liner
  2. Evergreen genus
  3. College in Rome
  4. Prevents from seeing
  5. Cycles/second
  6. Baseball's Ruth
  7. Less common
  8. Honorably retired
  9. Midway between south and southeast
  10. A confusion of voices and other sounds
  11. Bony fish genus
  12. Type of pear
  13. Egyptian cross
  21. Satisfies
  23. Founder of Babism
  25. Bar bill
  26. Chicago ballplayer
  27. Performer
  28. Hairpiece
  29. Partner to flowed
  32. Aircraft formation
  33. You have 3 per day
  40. Goes into
  46. College athletic organization
  37. Wet, muddy ground
  38. Talk
  40. Witty conversation
  41. Gurus
  43. 'French Price of Air'
  44. Sports equipment
  46. Try to get
  47. Flower cluster
  49. Sea dwellers
  50. Palmlike subtropical plant
  51. Polio vaccine developer
  52. Baseball's Ruth
  53. Gelatinous substance
  54. Hungarian violinist
  57. Offered
  58. Ancient Greek City
  59. A way to derive
  61. Touch lightly
  62. Witnessed

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.

**National Canadian Film Day - "A Bear Named Winnie"**  
April 18, 6 p.m. to 7:30 p.m., the Kingston Library hosts a free, all-ages National Canadian Film Day screening of A Bear Named Winnie. Registration required.  
**Stories and Somersaults!**  
April 18, 10:30 a.m. to 11:30 a.m., the Kingston Library invites youth ages three to five (and caregivers) to hop, skip and jump to the library for stories and songs with actions in this storytime with a physical literacy twist. Registration not required.  
**Cozy Read-Aloud**  
April 18, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages

nine to 12 for a cozy evening of hot chocolate and stories read aloud. Registration required.

**National Canadian Film Day - "The Barbarian Invasions"**  
April 19, 7 p.m. to 8:45 p.m., the Rosa M. Harvey Middleton & Area Library hosts a free, 18+ National Canadian Film Day screening of The Barbarian Invasions. Registration required.  
**National Canadian Film Day - "A Bear Named Winnie"**  
April 19, 3 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts a free, all-ages National Canadian Film Day screening of A Bear named Winnie. Registration required.  
**National Canadian Film Day - "Peace by Chocolate"**  
April 19, 12:30 p.m. to 2:15 p.m., the Berwick and District Library hosts National Canadian Film Day with a free screening of Peace by Chocolate. Registration required.  
**National Canadian Film Day - "Babar, King of the Elephants"**  
April 19, 3:30 p.m. to 5 p.m., the Kingston Library hosts a free, all-ages National Canadian Film Day screening of Babar, King of the Elephants. Registration required.  
**Theatre – Sound of Music**  
April 19 to 21 at 7 p.m., with



## Easter at the shore

**April 9, an Easter sunrise service was held at the site of the French Cross in Mordean, lead by Reverend John Moses and Reverend Val Taylor, from the Aylesford and Kingston United churches, respectively. Since 1981, the service is an opportunity to watch the sunrise over the coastline – this year, about 6:45 a.m., and mark Easter with a brisk service, followed by breakfast and hot beverages up the hill at the Morden Community Hall. The French Cross, erected in 1924, marks an escape event during the Expulsion of the Acadians.**

matinees April 22 and 23 at 2 p.m.: "The Sound of Music" takes to the West Kings District High School stage, 1941 Highway 1, Auburn. The Rodgers & Hammerstein show became the world's most-beloved musical, featuring a trove of cherished songs, and won five Tony Awards and five Oscars. The inspirational story, based on the memoir of Maria

Augusta Trapp, follows a young nun-in-training who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household. Adult tickets are \$17, and student tickets are \$12. For more information, visit [westkings.ednet.ns.ca/](http://westkings.ednet.ns.ca/) or [facebook.com/thetheatreatwestkings](http://facebook.com/thetheatreatwestkings).  
**Learn to sew at the library**  
April 20, 5:30 p.m. to 7:45 p.m., the Kingston Library hosts a progressive intro sewing program for beginners (ages 18+), presented by Karen. Learn about needles, threads, fabrics, sewing tools and the skills to use them. Each week's lesson will build on the last and you will complete

your own project. Bring along a project from home or work with supplies available. Registration required.  
**Sewing for teens**  
April 20, 2:30 p.m. to 4 p.m., the Berwick and District Library hosts Part 1 of a two-part workshop for ages 12 to 16. Make one of three projects. Our qualified instructor will help you use our sewing machines. All materials supplied. Registration required.  
**Concert**  
April 21, 7:30 p.m.: the Annapolis Valley Centre RCOO (Royal Canadian College of Organists) presents Sacred, Secular and Silly XVI, a concert by local organists, pianists and vocalists in support of its Organ Scholarship Fund. The concert takes place at the Dawn Oman Art Gallery, 298 Granville Street, Bridgetown. Admission is by freewill offering. Young keyboarders interested in acquiring pipe organ skills should call Maureen MacLean at 902-825-3387 about applying for an organ scholarship.  
**National Association of Federal Retirees Western NS Branch meeting**  
April 21 is the deadline to reserve your meal for the May 8, 11:30 a.m., meeting of members of the National Association of Federal Retirees Western N.S. Branch. Meeting will be held at the Kingston Legion, 1472 Veterans Lane, Kingston. Business is the presentation of the 2023 for directors. Roast beef dinner

M. Rolph

## horoscopes

April 16 to April 22

**ARIES - Mar 21/Apr 20**  
You don't want to have mundane tasks hanging over your head, Aries. Try to check as many of them off your to-do list this week as you can. This will free up a lot of free time.  
**TAURUS - Apr 21/May 21**  
Taurus, you may be planning a much-needed vacation at the present time. Figure out a place you've never been and then fill your itinerary with plenty of fun things.  
**GEMINI - May 22/Jun 21**  
You likely will have to devote a lot of attention to practical matters in the days to come, Gemini. This includes taking a hard look at your spending and making cuts.  
**CANCER - Jun 22/Jul 22**  
Cancer, the coming week will be a busy time for social opportunities. Other people will want to be around you as you can be the life of the party when you come out of your shell.  
**LEO - Jul 23/Aug 23**  
Don't be surprised if your energy level is high this week. Leo. This leads to you feeling restless at home and even at work. This could be a fine time to take up a hobby.  
**VIRGO - Aug 24/Sept 22**  
Virgo, you may be looking forward to an evening out with a romantic partner or close friends. Try to narrow down a day this week or next. Have a few restaurants at the ready.

**LIBRA - Sept 23/Oct 23**  
Take advantage of some free time to get things done around the house, Libra. Cleaning or other home improvements should be a priority.  
**SCORPIO - Oct 24/Nov 22**  
There's a lot of activity expected close to home, Scorpio. A new business may open or there could be a movie star who is spotted in town. Maybe you'll get new neighbors.  
**SAGITTARIUS - Nov 23/Dec 21**  
The thought of financial prosperity has you scouring the recruitment sites this week, Sagittarius. Speak to others about the pros and cons of leaving your current job.  
**CAPRICORN - Dec 22/Jan 20**  
Capricorn, you are surrounded by positive energy and eager to be out and about with friends this week. Start exploring all of the possibilities around you.  
**AQUARIUS - Jan 21/Feb 18**  
This may be a good week to devote a large chunk of time to being alone. Some time with just your thoughts and a little silence could be everything you need.  
**PISCES - Feb 19/Mar 20**  
Pisces, discussions at work could get a bit heated. It's best to distance yourself from these situations as best as you can.

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[www.frasers.ca](http://www.frasers.ca)

## sudoku

solution page 10

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

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!



## All welcome! | Free admission | Cash canteen

**Zedex Theatre | 2:00 p.m. | Bon Cop Good Cop**  
**6:30 p.m. | A Bear named Winnie**

**Sewing for teens**

April 21, 2:30 p.m. to 4 p.m., the Berwick and District Library hosts Part 2 of a two-part workshop for ages 12 to 16. Make one of three projects. Our qualified instructor will help you use our sewing machines. All materials supplied. Registration required.  
**Check 'Em Out Book Club**  
April 22, 1 p.m. to 2 p.m., the Rosa M. Harvey Middleton & Area Library hosts an 18+ book club. Come join your fellow misfit readers in this welcoming, informal group. Registration required. Books will be given to club members one month prior to meeting.  
**Explore with STEM Kits**  
April 22, 1 p.m. to 3 p.m., the Berwick and District Library invites families to explore four STEM kits (designed for ages eight and up, children must be accompanied by an adult): Snap Circuit Extreme kits, Turning Tumble, Our WeDo LEGO Robotics Construction kits and EV3 Mindstorm Robotics. Registration not required.  
**Girl Guide cookies in Berwick**  
April 22, 10 a.m. to noon, Berwick Girl Guide units will be selling their classic sandwich chocolate and vanilla cookies at various locations – come visit with the kids, and get your cookies! Find us at Bargain Harley's, Berwick Home Hardware, Wilson's Pharmasave and at a Berwick town hall "drive thru." Cookies are \$6 a box, and we

thank you for your support.

**North Kingston Public Cemetery annual meeting**

April 27, 7 p.m., the North Kingston Public Cemetery will hold its annual meeting at the Kingston fire hall. Anyone with family members in the cemetery is encouraged to attend, and all are welcome.  
**Ladies' fellowship group**  
April 29, 2 p.m., the women's group, LIFT (Ladies in Fellowship Together), meets at the Christian Fellowship Centre, 208 Dodge Road, Wilmot. Everyone is welcome. Bring a friend, or make new ones. Enjoy coffee, activities and warm fellowship with LIFT on the last Saturday of each month. (A men's group meets at the same time in another room). Call 902-765-4124 for information.

**North Kingston Public Cemetery spring clean up**  
April 29, 9 a.m., the North Kingston Public Cemetery invites family, friends and neighbours to help with the annual spring cemetery clean up takes place (rain date May 6). Bring a rake, gloves and a friend.  
**Dance**  
April 29, 9 p.m., Jokers Right will be playing at the Berwick Legion. Tickets are \$10 in advance and \$12 at the door. There will be a canteen and a 50/50 draw. Ages 19+. Tickets at the Legion bar and from Peter Martin at 902-680-6260.

## crossword solution

B	O	B	S		C	U	R	S		B	A	B	A
A	L	E	E		P	R	A	M	S		A	M	O
R	E	D	E		S	C	R	E	E		B	I	S
B	A	A	L	S		H	E	R		B	E	A	C
A	T	E		S	A	T	I	R	I	C	A	L	
C	O	B	W		O	R		T	U	R		B	M
T	U	B	A		S		D	O	S		S	A	L
O	P	E	C		B	A	G		B	A	B	B	L
R	E	D	B	E	R		R	A	G		O	S	S
					S	I	N	G		C	A	T	E
B	A	A	E	D		N	Y	C		S	A	B	E
A	G	U	A		D	A	C	E	S		B	A	L
B	A	E	L		A	G	A	M	A		I	D	E
E	R	R	S		B	E	D	E	W		N	E	A

## sudoku solution

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

## 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 9 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.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca) or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email [aurora-marketing@ns.aliantzinc.ca](mailto:aurora-marketing@ns.aliantzinc.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 9 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.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.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.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

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## FOR SALE

**FOR SALE – Manor Shed - new condition, 6x5x7, two windows, navy/ white trim, \$950. Queen size bedroom suite, wood grain, bed, beauty rest mattress, large dresser, chest & night table, \$660. Drop leaf kitchen table with two chairs, \$225. Book shelves (white) 20wx30h \$20 each. 21" RCA flat screen TV, \$80. Table lamps, \$20 ea. Black leather storage chest 32wx14hx16d, \$75. Two glass end tables, 28x24, \$45 ea. One glass TV stand, \$60. 45" Panasonic Flat screen TV, \$100. Deck storage bench \$100. Call 902-242-2476. (4413-2tp)**

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## the Aurora find & win

Three easy ways to enter.

1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline:  
**Noon, April 19, 2023**

Full name \_\_\_\_\_ Phone number \_\_\_\_\_

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.

1. Who is the Ted Meldrum Volunteer Award winner? \_\_\_\_\_
2. Who is, "the man, the myth, the legend"? \_\_\_\_\_
3. What is Kyla's phone number? \_\_\_\_\_
4. When should Greenwood conserve water? \_\_\_\_\_
5. What group could you join to make a difference in you community? \_\_\_\_\_

**Congratulations to last weeks Find & Win winner: KIM FREDERICKS**

**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
Starts 7:00 pm Friday  
**902-847-9374**

**BINGO**



## Food for thought from the Upper Room Food Bank

During the month of March, the Upper Room Food Bank in Kingston served 158 families, consisting of 239 adults and 170 children, with 14,950 pounds of product going out and 16,741 pounds coming in. The incoming total includes 2,830 pounds provided by the Feed Nova Scotia network and 1,502 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with local businesses.

Clients needing service must call ahead to the food bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers are allowed in the building. This process limits personal contact, while also reduc-



may also leave early when there are no more appointments or clients waiting, but they don't want to miss anyone in need either. We understand that is not always possible to call ahead, but clients will find the process easier with a scheduled appointment.

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

Our regular hours are in effect, with the food bank open Mondays from 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 upperroom-foodbk@hotmail.com. Be sure to follow us on Facebook! ➔

ing waiting time for clients. When requesting service, your best option is to call the office directly, and leave a message if no one is there. We can answer quick questions through the Facebook page, but we cannot plan for pick-up or new clients, that must be done through the office.

Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait, and they will fit you in where they can. Understand that volunteers

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GREENWOOD

## MONTH OF THE MILITARY CHILD CONCERT

**14 WING BAND**

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**Saturday, April 22 | 6:30 p.m.**

AVM MORFEE CENTRE • 24 SCHOOL ROAD

**Everyone welcome, free public concert!**

Greenwood Military Family Resource Centre  
will be graciously accepting donations at the door



## CONCERT DU MOIS DE L'ENFANT DE MILITAIRE

**MUSIQUE DE LA 14<sup>E</sup> ESCADRE**

**Avec invités spéciaux**

LA CHORALE DES ÉPOUSES MILITAIRES  
CANADIENNES DE GREENWOOD

**Samedi 22 avril : 18 h 30**

CENTRE AVM MORFEE • 24 SCHOOL ROAD

**Tout le monde est le bienvenu, concert public gratuit!**

Le Centre de ressources pour les familles militaires de Greenwood  
acceptera gracieusement les dons à la porte