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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 worked at the port grain elevafor three years, and I took tors, and his grandfather was

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

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 Sprvfield. 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



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 at my hair: 'No way I'm cut-focused course in high school. to see D'Arcy follow their footsteps.

"I had long blond hair and 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 ting my hair for anyone!' In September, I was signing on the dotted line."

trade: he knew it was a short training course, and he'd done

In January 1982, he was at basic training in Cornwallis.

"I weighed 116 pounds, D'Arcy chose a finance and my street smarts helped me more through the course when I didn't know something pretty well in a business- 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...

the Aurora Newspaper's

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## Life, military, family...

posting was to CFB Gagetown the same!" have contributed to more after a long refurbishment and route.

"I got into some things," With a posting to the Annapo- huge puddles, sheep, and we veterans to know I am here and confirmed there was no until a tow was hooked up D'Arcy says, who saw sports lis back in Halifax, he called his couldn't turn around or back as a resource, a contact for distress; both were stood to provide communications play as a bigger part of the high school sweetheart, Helen: up." mitment to the team. "I played year 33) as he accepted a four- four hours of stress – just the need for their own mental and the Cormorant landed around 9 p.m., refueled in sports like they were paying year posting to Washington, intense," picking their way to health struggles. me; matter of fact, they were!" and they "absolutely loved it a safe route home.

the only Canadian charity delivering

free mental health services specifi-

cally for Canadian Armed Forces and

RCMP veterans. Since 1998. VTN has

specially trained psychologists and

counsellors, and include direct peer

support from veteran paraprofes-

sionals who have graduated from

After basic, he was off to considered it – it was a long "Split Croatia."

The Veterans Transition Network is RCMP are integral.

HMCS Iroquois out of Halifax. added to the Operation Har
"I'd never been to sea never many NATO deployment to at 1 BCB, then Vellowknife.

SAR crews busy "I'd never been to sea, never mony NATO deployment to at 1 RCR, then Yellowknife,

his career-long involvement into New York City as the point, D'Arcy and his partner counting career in civilian 343, with 413 (Transport 4:47 p.m., the Hercules Ioin military sports (and might Statue of Liberty was unveiled were directed to an alternate finance support work. than a few of the instances he a six-plus-three-month NATO "We had no map, and things D'Arcy says. "With the Veting in the vicinity of Liscomb tion to the Canadian Coast was called to a supervisor's tour. It also included a divorce, went south. The goat trail erans Transition Network, I Island. Nova Scotia. The Guard Ship John Cabot. The

Programs focus on building skills

in communication, connection, self-

maintenance and future planning.

then 413 Squadron here at

Borden for three months of two years. They had their "Early on, things were quiet. 14 Wing in 1999. In 2002, he Halifax Joint Rescue Coor- ably over 550 nautical miles trade training, and his first moments, but I've never been We'd take the pay out to the moved to 26 Canadian Forces dination Centre tasked two east of St. John's. R344 was operational posts, always with Health Services, from where 14 Wing Greenwood-based on scene by 12:30 p.m., and in the summer of 1982. A That posting included his mail, and we'd be good to go." he released as a sergeant in aircraft, Cormorant Rescue noted the sea state between week one sports day began first foreign port call, sailing One day, at a delayed check- 2003 to start a 20-year-and- 906 and Hercules Rescue six and seven metres. By

"Been there, done that,"

Two years into Gagetown, - the opportunities, our first "I came back different, and thought maybe I should have cue 904 left 14 Wing Green- a.m. and he'd opened a pay office born arrived. It was amazing." I never realized what that drive a collar. People I don't know for the base's 2 Royal Cana
On their return to Canada, did. It was an injury, an op- well, they feel comfortable a 29-year-old female patient cules Rescue 344 was airdian Regiment personnel; then the family posted to Petawa- erational stress injury of post- talking to me. I am a good fit from Grand-Manan Island borne, tasked to search for came a Navy posting to the wa, and D'Arcy was quickly traumatic stress disorder." for this job – this is me." >

> life you want to live. National Para Support Team - a veteran-to-veteran peer support service via phone or secure video-chat. VTN clinicians lead training and coaching

Transition Skills Course - a fivehelped over 1,500 veterans in nine day, in-person, retreat-based work- for peer supporters. provinces. Courses are delivered by shop assists with transition skills as Vtncanada.org the first step any interested veteran neveralone@vtncanada.org 1-844-CDN-VETS (236-8387)

Facebook @ VTNCanada Veterans Transition Program - three weekends over two months, as the Reach Joe D'Arcy here in Greenprevious programs. Confidentiality VTN team works with you to build wood at 902-824-0038, or joe.d'arcy@ and independence from the CAF and skills and help plan for reaching the vtncanada.org

# Variety of calls keeps

the Aurora | 14 Wing Greenwood, NS

respond to an EPIRB sound- passed its location informaending a two-year marriage. roads, mine signs everywhere, want military members and aircraft located the EPIRB aircraft remained on scene a very beneficial organization down. The Hercules returned support. The Hercules was at 6:26 p.m.

> wood at 4:05 a.m. to transfer April 8, at 5:52 a.m., Herto Saint John. The medevac the source of a flare reported

> cue 904 left 14 Wing at 4:17 just before 2 p.m. a.m. to medevac one person April 12, Cormorant R902 experiencing seizures from a was airborne from Greenfishing vessel in the vicinity wood at 5:55 p.m., tasked to of Clark's Harbour.

> Hercules Rescue 344 was area. The Cormorant reairborne from Greenwood turned to Greenwood at to search for vessel without 10:11 p.m. >

March 9, at 3 p.m., the communications, presumand Rescue) Squadron; to cated the subject vessel and St. John's and returned to "It's funny – I've always March 26, Cormorant Res- Greenwood April 3 at 12:35

> ended as the patient was over water in the vicinity of landed at the Saint John Air- Cape Breton. At 10:32 a.m., port into medical care, and R344 stood down after comthe helicopter returned to pleting a search. No sign of Greenwood before 7:30 a.m. distress was found. The air-March 28, Cormorant res-craft was back in Greenwood

help a fishing vessel taking April 2, just before 11 a.m., on water in the Shelburne

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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

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 I Caméra de combat www.combatcamera.forces.gc.ca

www.vpinternational.ca

🚯 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

# McBean calls 49 years' worth of work a day

Senior officer. **404 (Long Range Patrol** Air Force career. and Training) Squadron

Squadron, 415 Squadron and (DMT) program, which saw a service. >

Operational Mission Suite, lia early in his Royal Canadian Trainer and the Royal Cana-

Australian Air Force in Austrathe CP140 Procedure Crew dian Navy and United States In 2009, after 35 years in Air Force simulators.

uniform, McBean made the 404 Squadron members Forty-nine years' service very good decision to join will miss McBean. He has an to Canada is a milestone the new Department of Na- "aromatic" presence that has many will not reach. March tional Defence Public Service made him the target of much 30, the 404 (Long Range Pa- Simulation Flight. Working good-natured humour. Mctrol and Training) Squadron within a close-knit veteran Bean has plans to stay fit, as Simulation Flight bid a fond team was a joy for McBean. he always has, and volunteer farewell to Major (retired) Jeff As an exercise controller, time to the Annapolis Valley McBean led the now en- community. His dedication McBean and his family trenched Simulator Exercise has been exemplary. We have been a fixture in the An- (SIMEX) program and was wish McBean and Janet the napolis Valley for many years. an early choice to lead the best for the future years, and He enjoyed flying tours at 407 Distributed Mission Training collectively thank him for his



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

**Managing editor** 

Brent Conway has a cool, with our recruiting and reten-services trade. little-known job in the Cana- tion." during a "career fair" of mili- the military as a medical tech- – it builds your confidence." tary health services trades that nician but, 14 years ago, he Plus, trades training is cur-

Commander Wendy Goulet Conway says. tunities for currently serving tion, hypoxia and more.

ciencies in the forces' medical be a sub-block of the med tech

Tech trade.

Conway's trade, and over a avionics systems, airborne these in-demand techs.

looking to start a military anti-gravity, centrifugal forces, - and more. health career, and promote decompression and hypobaric

visited 14 Wing Greenwood found out about the Av Phys rently three months in Ohio, alongside American military Conway is an aviation physi- "You won't see it on forces. equivalent personnel, with ology technician – one of just ca, as you have to come from equipment including a human 12 currently working across a med tech background or centrifuge, decompression the forces: there are another one of a few Royal Canadian and hypobaric chambers and Air Force positions (including virtual reality simulators. And The "red" classification of flight engineer, aviation and - there is specialist pay for

trades – but so does the world. trade. Now, us and bioscience We offer lots of opportunity officers - we're in health ser-Master Warrant Officer and specialties, which helps vices, but not a typical health "This is very interesting

dian Armed Forces, and he Conway's experience fol- work, with lots of instructing was very eager to talk about it lows that exact path: he joined and out of my comfort zone

dozen others under the Cana- electronic sensor operator Goulet says there is spec dian Forces Health Services and several other trades) - pay for a number of the health umbrella, is behind the cross- that's why we were interested services trades they are procountry effort by Lieutenant- in coming to Greenwood," moting, and the advantages of working in the military health and her team. Goulet is CFHS' Av Phys Techs work with environment: limited shift staff officer attractions, work- the "human factors of flight," work, education and training, ing from Ottawa with her of- Conway says, training, testing work opportunities in civilian fice to recruit health services and recertifying aircrew mem-facilities, military sports, rank personnel. They help civilians bers through ejection forces, and pay advancements, travel

If you would like to learn occupational transfer oppor- conditions, spatial disorienta- about CFHS occupations available for in-service or civilian "The job's been around selection, contact the Health "We're just trying to educate since the Second World War, Services Attractions Team at people about what's there," but we've changed a lot and CFHSAttractionCell-Celluledat-Goulet said. "We have defi- evolved over time. It used to tractionSSFC@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
- medical radiation technologist

· dental technician

social work officer

- medical technician
- operating room technician

aviation physiology technician

medical laboratory technologist

biomedical electronics technologist

• preventative medicine technician









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.

### MUNICIPALITY of the COUNTY of KINGS

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### 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

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

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promoted to current rank by 405 (Long Range Patrol) promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.



March 14, Corporal Alexander Anderson, centre, was March 16, Major Backhouse, centre, was promoted to current advance promoted to current rank by 405 (Long Range rank by Deputy Wing Commander Lieutenant-Colonel Eric Patrol) Squadron Commanding Officer Lieutenant-Colonel Travis, left, with Chief Warrant Officer Jamie Rideout in the Dan Arsenault, left, with Chief Warrant Officer Duane May. 14 Wing Greenwood headquarters' foyer.



March 23, Captain Elliott Frate, centre, was presented the March 23, Captain Elliott Frate, centre, was presented Chief Warrant Officer Jonathan Proulx.

> Gelebrate his birthday! &

Friday, April 21st, 6-9 PM

Millville Hall

Bring your favorite pot luck dish



March 14, Corporal Sky-Lynn Fisher, centre, was advance March 14, Corporal Allan Osmond, centre, was advance Arsenault, left, with Chief Warrant Officer Duane May.





Queen's Platinum Jubilee Medal (Nova Scotia) by 14 Wing the Canadian Forces Decoration by 14 Wing Greenwood Greenwood Commander Colonel Jeff Davis, left, with Wing Commander Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx

# We're hiring paper carriers

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# NATIONAL VOLUNTEER WEEK **APRIL 16 - 22, 2023**

the Aurora | 14 Wing Greenwood, NS









# Greenwood Military Aviation Museum marks 30 years of volunteerism

**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 vears, and now with a serving Reserve officer general manager; has been the driving force behind the museum's

Today, the museum in- workshop. cludes a large outdoor air area with two other Second to wear, recognizing their

a final one under restora- tage, a new museum patch more exceeding 15 years! tion; and an indoor display has been procured for them

design, development, admin- World War aircraft and many skills, dedication and perseistration and accessioning. It artefacts of the period. The verance in the many aspects and physical storing of new has also included restoration, museum's large main display of museum volunteerism. displaying and maintenance area covers the history of the Volunteers pitch in in many and media services; website of aircraft and artifacts, and base and its units from 1941 areas, from administration to the design and conduct of the to present day; the facility public interaction to hands-on museum's highly successful also maintains accession- display and restoration work. Flight Education program. ing and storage areas and a An indication of the enjoyment and satisfaction of being ings and museum tours; air-To recognize the GMAM's a volunteer here is reflected park, with 11 restored aircraft valuable volunteers and their in the fact several volunteers cleaning, repair and painting; representing all those flown significant contributions to having been with the museum and cleaning and care of our from Greenwood, and with the wing's history and herisince its beginning, and many Commemorative Gardens.

fective and interesting mix, email the society volunteer able and educational

April 17, 2023

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 artifacts; historical research maintenance of gmam.ca and other media management; our Flight Education program, including providing briefcraft and equipment periodic

For more information on Most volunteers are retired volunteering at the museum,

or serving military members, drop by the reception desk, to the museum and our comand interested civilians. This call 902-765-1494 local 5955, munity: volunteering simply has proven to be a very ef-send a Facebook message or makes you feel good. >







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## National Volunteer Week 2023

vidual and collective actions another.

Let's celebrate our indi- and energy to support one the interconnected actions we and link our relationships.

take to support one another.

in creating a strong, inter- The National Volunteer Through volunteering, makes weaving stronger, evconnected and vibrant com- Week theme for 2023 is Vol- we experience our intercon- ery volunteer's experience, contributions are valued and helping a stranger cross the munity! Volunteering weaves unteering Weaves Us Togeth- nectedness, making our lives perspective and abilities add meaningful creates a greater street; each action we take imus together, strengthening er. This reveals the importance more meaningful. Getting to our collective resilience, sense of purpose and dedi-pacts our community's overall the fabric of our community of volunteering to the vibrancy involved in various ways, we Woven together from coast cation. From helping build wellness - now and for future as we share our time, talent of our communities through find friendship, develop trust to coast to coast, volunteering a home, cleaning up a park, generations. +

Like each individual thread thrive and create change.

reinforces our ability to grow, or coaching a sports team; to cooking for an ill friend. Knowing our volunteer checking in on a neighbour or

the Aurora | 14 Wing Greenwood, NS

## About 211 Nova Scotia

is your 24/7 connection to the your needs. programs and services in your The 211 service is free and new to the province or country community that matter most to confidential. By talking with and you're looking for lan-social resource. Those same social service and program in needs that are not being you. Through information and us in person, or by text, email guage or employment training organizations and govern- the province. Service provid- met, either because services referrals, we help connect you or 211's online search tool, - among many other scenarios, ment agencies can also rely ers are quickly able to direct are not available or because to local community groups, naviagtors are here to help. we can help. non-profit and government. We also use a translation. If you're a service provider, to handle and redirect non-their organization's scope or than existing services. In organizations.

211 navigators deal with the languages! most complex and sensitive Whether you are seeking navigating the complex sys- continually evolve to meet the with other service providers to community leaders, who questions. We can help con- homecare support for an older tem of resources, programs needs of Nova Scotians. nect you, a family member, a adult in your life, you're a teen- and services easier. We help 211's online database pro- complement their own, build- understand where the needs friend, neighbour or a client ager looking for job-seeking reduce the frustration of trying vides easy-to-access and easy- ing stronger community net- are and how service delivery

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service, available in over 140 211 Nova Scotia can help specific inquiries. The result is area of expertise. It also allows addition, 211 Nova Scotia you, too! We are here to make a collaborative system that will them to discover and connect provides this vital information

to find the right community or to-search information on every works. Records are validated can be improved. >

Nova Scotia Help Starts Here

Nova Scotia 211 collects

annually to ensure accuracy.

on highly-trained 211 staff people to services outside of the demands are greater whose goals and mandates are then able to use it to better



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!





NATIONAL VOLUNTEER WEEK **APRII 16-22** 



COMMISSIONERS & STAFF OF THE VILLAGE OF GREENWOOD

To the thousands of volunteers across the valley, thank you for helping to make our communities a wonderful place to live and grow.

Our thanks to all our hard working, generous, and

dedicated volunteers across the Annapolis Valley.

Aylesford & District Lions | 902-847-9374

**Chris d'Entremont Member of Parliament - West Nova** Député - Nova-Ouest

**Kingston Office** 778 Main Street, Kingston, NS B0P 1R0 902-242-3605 - toll free/ sans frais 1-866-280-5302 chris.dentremont@parl.gc.ca

> Yarmouth Main Office 223 Lovitt Plaza 58 Main Street, Yarmouth, NS B5A 1E9 toll free/ sans frais 1-866-280-5302 368 Main Street, Yarmo



Edifice Wellington/Wellington Building Pièce 567/Room 567 Ottawa, ON K1A 0A6 613-995-5711





# NATIONAL VOLUNTEER WEEK **APRIL 16 - 22, 2023**





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

After a three-year hia- uncertainty, the efficiencies options for those with di- Eventbrite, which may be tus due to COVID-19, the implemented by the Red etary restrictions is available accessed through the Kings a symposium focused on human rights. the interests of volunteers, Participants may register and organizations that in- for two workshops (one in volve volunteers and board the morning and one in the members. This full-day afternoon); organizations symposium will be held at may want to send several NSCC Kingstec Campus in representatives to ensure Kentville May 17, from 9 they access all the available a.m. to 3:15 p.m. The day information provided at the will include a keynote presentation, workshops and Pre-registration for this over lunch.

The theme of the symposium is, "Embracing Our Lessons Learned from CO-VID-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

networking opportunities event is required at a fee of \$10 (including lunch). Information about lunch

Kings Volunteer Resource Cross during COVID-19, and when registering. Registra- County Volunteer Resource Centre will once again host protecting and promoting tion for the symposium is Centre website, kingsvolunbeing processed through teerresourcecentre.ca. >

## Thank You GMFRC Volunteers! n recognition of National Volunteer Week, the GMFRC wishes to extend a sincere and 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





## To our very supportive community.

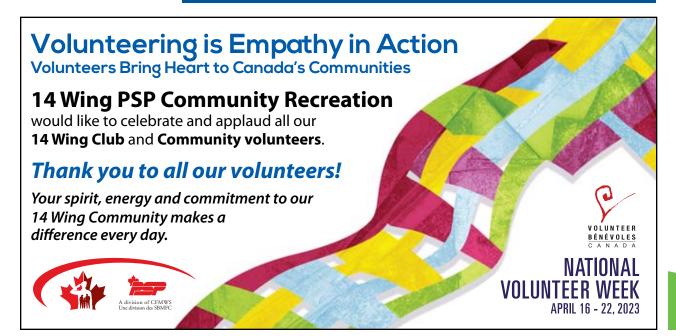
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# CAF swim medals: bright and shiny golds

## Managing editor

Pardon the blinding flash competition, the cheers from of gold from two 14 Wing our teammates and competitors Greenwood swimmers, fresh made me remember what I like out of the pool with Canadian from this sport. Personally, it Armed Forces 2023 national made me want to go back every swimming wins.

Corporal Sandi McLean and all around Canada." Corporal Anthony Savard joined Savard is impressed with the members of the CAF swim team CAF team's swim coaches, who to compete at CAF nationals in took time at the event to watch Nepean, held with the Masters everyone swim, and provided Swim Ontario Provincial Cham- tips on strokes and technique.

and won seven Senior Ontario woman, swimming as a progold medals, which translate to vincial competitor in the 400 two CAF titles (CAF swimming metres freestyle event, broke rules require three military com- a Canadian record. Swimmers petitors in the same division/ made two rows and arched

Savard has been away from after the race.

years ago when I was swimming," he says. "During the year and train harder to be able March 26 and 26. Master to compete with athletes from

He also really enjoyed a mo-McLean swam in seven races ment when an 81-year-old

competitive swimming for 16 McLean, a staffer in the wing for four gold medals heading female medley relays. years, but started training again chief's office, is no stranger to into the CAF nationals. She "I'm motivated by winning — "It felt really good: I had an after winning two regional gold





event to have it count as a CAF their arms in a tunnel for her Major-General Lise Bourgon, left (both photos), is the Canadian Armed Forces patron for swimming. She was medal). Savard won gold in his to pass through, as spectators on hand as the CAF national championships were held in Ontario March 25 and 26, where 14 Wing Greenwood first CAF national appearance. gave her a round of applause, swimmers Master Corporal Sandi McLean and Corporal Anthony Savard, right, won a number of events. Submitted

as he settled in with 14 Mission the CAF swimming program: won all seven of the provincial- what motivates you is unique to incredible outcome, and it mo- medals in her first bodybuild-Support Squadron's Transport she's competed at both CISM level races she entered: the 100 you, and it makes you perform. tived me. I don't love the train- ing competition in 2021, she's Electrical Mechanical Engineer- swim and lifesaving events. m breaststroke and freestyle For me, I have to make a goal ing, but it's a means to the end calendared another event this With one lifesaving event in (which represent her two CAF and decide to do it and, when I of winning, and you do what summer. "The energy, the bond and 2022, but no swimming nation- gold races), the 50 m breast- say that outloud to other people, you have to do to get there. I "I want to finish top-three," the thrill before a race was als since before the pandemic, stroke and freestyle, the 100 | have to do it, I'm very competi- love racing, I love racing swim- she says, "There, I said it, tive with myself."

for more recent swimming, this an August national lifesaving youth swimmers in the Green-

she was confidently aiming m butterfly and the mixed and success has "renewed my love event planned for Nova Scotia's for it again.

ming and I love competing." I started training again this

McLean also found some "re- A handful of the CAF swim week." inspiration" at this swimming team members have made a Further inspiration came as event. Lifesaving, she has to pledge to each other to train McLean watched three other work at, as the techniques to for the next round of Cana- military women - Lieutenant moving a 40-pound mannequin dian swim team Olympic trials: Mercedes LeBlanc and Lieutenthrough the pool or surf are a McLean says their vision is to ant Jenna O'Brien (Cold Lake). challenge for anyone of smaller walk into that competition as and Corporal Savanah LeBlanc stature. While she admits to a CAF force: "that would be (Halifax) - swim at CAF nationrelying on "muscle memory" huge." She's also targeting als: she coached all three as

wood Dolphins swim club. "That would have been in the pool three mornings a week. driving them home for breakfast and then to school; then picking them up after school for more pool time, and driving them on weekends to competitions. Hours, days and weekends -

and it was always awesome. "I have lots of love for 'my' swimmers and it's nice to see I made an impact and they're still swimming.'

Mclean and Savard are regulars in the Greenwood pool, and McLean is pitching in with the revitalized Greenwood ZX Multisport Club, coaching the swimming program for both new and more experienced members. For information on military sports, lane swims, specialty swim training and the ZX Club, check at the 14 Wing **Greenwood Fitness and Sports** Centre front desk. →

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From left are some of the Greenwood Dolphins' athletes who contributed to the club's 33 finals swims and 20 medal results at the AA Winter Championships in Wolfville: Ashlynn Clarke, Evelyn Roscoe, Madie MacSween, Colbie LeBlanc, Ethan Travis, Elliott Surek, Logan Hatfield and Jacob Roscoe.

## **Dolphins age group swimmers** celebrate recent victories

of months for the Greenwood at provincially. Twenty-seven third for best overall team out registration is required by Dolphins swim team.

dia, hosted by the Wolfville ally tough competition. They couple of months! MacSween, Logan Hatfield, experience. Jacob Roscoe and Evelyne To round out the busy com. > Roscoe all earned 100 per month, Abby Bond, Owen cent personal bests. Overall, Bond, Latta and Coach the team won 20 medals: six Amanda Bond travelled to bronze, 11 silver and three Maine over the March break gold. Individually, the fol- to compete as part of Team lowing athletes won medals: Nova Scotia in the 2023 Maine Ethan Travis - one bronze, one Winter Championships. Team silver; Hatfield - one silver, Nova Scotia consisted of 49 two gold; Elliott Surek - two swimmers from 10 different silver, one gold; Colbie Leb- clubs, with five coaches, from lanc- four silver; MacSween throughout the province. In - two bronze, one silver; total, the team won 81 med-

the Team Spirit Award. In early March, the Dol- meet and swam many relays. phins' AAA swimmers - Ezri Owen Bond won three indi-Button, Ella Latta, Abby Bond vidual medals: two silver and and Owen Bond - competed one bronze. Additionally, our at the David Fry East Coast men's A relay team, which

Championships at Dalplex in Owen Bond was a part of, Halifax. This is the highest won gold in all five relays they

Ashlynn Clarke - two bronze, als: 30 gold, 34 silver and 27

two silver. The team also won bronze. Abby Bond and Latta

both made finals during the

Several Dolphins' AAA swimmers - from left: Owen Bond, Ezri Button, Ella Latta and Abby Bond - competed at the David Fry East Coast Championships in

It has been a busy couple level a swimmer can compete competed in. The team won for multiple children). Preteams from all over Atlantic of 17 teams. Our Team Nova calling the community centre. In February, eight age Canada attended this meet. Scotia coaches also won the Interested families must group swimmers competed at The GDSC swimmers did Coach of the Meet Award. A speak with your school about the AA Winter Champs at Aca- their best against some re- fantastic way to end a busy bus change permission and

Tritons Swim Club. The team swam in five final events, had For more information or gwddolphinscoach@gmail.

## Youth Happenings

munity Centre offers a range non-PSP Plan members. day of the program. offices weekdays.

Camp runs 2:30 p.m. to 5:30 four or more. p.m., and is also available

Monday, April 17, 6 p.m. participated in a total of 33 many personal best times and on the swim team, contact to 7:30 p.m. - Kids Club; finals over three days. Madie also learned a lot from the gdscpresident@gmail.com basketball and spike ball games galore. Free for PSP Plan holders or one-activity

of fun options every week for Pre-registration required by Monday, April 24, 6 p.m. vouth aged six to 12 (five if noon the day of the program. to 7:30 p.m. - Kids Club: they have completed one full Tuesday, April 18, 6 p.m. gaga ball battle. Free for PSP year in a school program). To to 8 p.m. - Open centre night Plan holders or one-activity register, contact the centre at for all: come hang out with pass youth evening program 902-765-1494 local 5341, or friends, play games and use holders; \$5 plus HST for drop in to the Church Street the gym facility. Ages 12 and non-PSP Plan members. under must be accompanied Pre-registration required by After school camp - Daily by an adult. Free for PSP noon the day of the program. games, activities, crafts and Plan holders or one-activity fun for youth ages six to 12 pass youth evening program to 8 p.m. – Open centre night (or on completion of one holders; \$5 drop-in fee for for all: come hang out with full school year program). others/ \$20 for groups of friends, play games and use

public at large (discounts activity pass youth evening four or more. +

Youth Happenings at the pass youth evening program program holders. Pre-regis-14 Wing Greenwood Com- holders; \$5 plus HST for tration required by noon the

Tuesday, April 25, 6 p.m. the gym facility. Ages 12 and Friday, April 21, 5:30 p.m. under must be accompanied on early dismissal days. to 7:30 p.m. - YTGIF: spring by an adult. Free for PSP Registration is \$10+HST dance and pizza party. \$10 Plan holders or one-activity per day for military, Defense plus HST for non-PSP Plan pass youth evening program Team, DND, PSP Plan hold- members; \$7 plus HST for holders; \$5 drop-in fee for ers; or \$15+HST per day for PSP Plan members or one- others/ \$20 for groups of

## ~ Obituary ~

## **CONSTANTINE**, William Henry

South Greenwood, Kings Co.

It is with heavy hearts we announce the death of William Henry Constantine, 64, on Friday March 24, 2023. Born in St. John's NFLD, he was the son of the late Linus and Carol (Abelman) Constantine. Besides his parents he was predeceased by brothers Michael, John and sisters, Patricia, Catherine Bezanson,



sister-in-law Connie (Beeson) MacAulay and mother and father-in-law Dan Hughie and Sadie Beeson. Surviving are his wife Donna (nee Beeson), sons Todd (Rachael), Petawawa, Kyle, Edmonton, sisters Christine Foley, Edmonton, Theresa (Stephen) Smith, Waterville NS and 1st grandson Landon Constantine, Petawawa, sisters-in-law Carol Ann (Titus) Campbell, Lynn Beeson, brother-in-law Curtis MacAulay, many nieces, nephews and cousins. Bill also leaves behind his precious dog Griffon and countless friends. Bill served in the Militia for 4 years and the CAF for 35 years with 21 years as an Aeroengine/AVN tech and 14 years as a flight engineer. He worked as an AME for HELI-ONE the last 4 years. He enjoyed postings to Shearwater, Trenton, Petawawa and Greenwood. Bill will be sadly missed by all who knew him. He actively coached Kyle and Todd's baseball and hockey teams and contributed to the local community. He enjoyed playing hockey, baseball and golf. A Celebration of Life will take place on Sunday April 16, 2023 from 1:00 p.m. to 4:00 p.m. at the Royal Canadian Legion Br. 517 Petawawa. Friends are invited to share their memories of Bill with his family. Bill grew up in Torbrook NS where a Celebration of Life will take place later this year. Bill loved his Military career, especially B Flt in Petawawa, more importantly loved those he served beside. He completed his career in April 2015. He was a very dedicated husband and father who did anything for his family. He loved to teach and pass on his wisdom. Always there to lend a hand, he had the kindest heart and our memories will last a lifetime. The family would like to extend a heartfelt thank you to the Murphy Funeral Home for their guidance and advice during this time. Also thanks to the staff of the Ottawa Heart Institute. In memory of Bill donations Heart and Stroke foundation would be appreciated.

## ~ Obituary ~

### CAMPBELL, Bernard Reginald "Bernie"

CAMPBELL, Bernard Reginald "Bernie" ~ Age 92, of Greenwood, Kings Co., passed away suddenly on Sunday, April 9, 2023, in Valley Regional Hospital, Kentville. Born on March 27, 1931, he was a son of the late Reginald Campbell, St. Peters, NS and Euphemia Campbell, Rose Blanche, NL. Bernie served in the Canadian Armed Forces for 32 years and later, Fire Chief in the town of Inuvik, NT. He worked for the power corporation in Hay River, NT before retiring in the Annapolis Valley. He enjoyed spending winter months in San Miguel, Mexico and summers at his cottages on Sand Lake, NS. Surviving are his sons, Brian (Angeline) Campbell, Brandon, MB.; Kevin (Stephanie Moses) Campbell, Inuvik, NT.; daughter, Carmelita (Roger Goucher) Campbell, Greenwood; grandchildren, Joshua, Sheena, Kelly, Shawn Ryan, Seanna, Mitchell, Rachelle and Janelle; great grandchildren, Liberty, Jaden, Blaise, Tye, Patience, Josh Jr. and Theo; great great grandson, Raymond; several nieces and nephews. Besides his parents, he was predeceased by his wife. the former Jeanette M. Hureau; brothers, Ronald "Ronnie" and Donald "Donnie" Campbell. There will be no visitation. Funeral mass will be celebrated at 10 a.m., Monday, April 17, in St. Monica's Roman Catholic Church, 41 Connaught Ave., Middleton, with a reception to follow in the church hall. Rev. Fr. Michael Walsh officiating, with interment in Berwick Cemetery. Family flowers only, donations in his memory may be made to the Heart & Stroke Foundation of Nova Scotia or to the Lung Association of Nova Scotia. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street, Middleton, toll free 1-855-825-3448. Online guestbook may be signed by visiting: www.middletonfuneralhome.com

COUNTY of KINGS **Service Advisory - Greenwood Water Utility** KINGS COUNTY, N.S. - The Municipality of the County of Kings is asking

residential and commercial customers of the Greenwood Water Utility to conserve water whenever possible from April 17 to April 28, 2023. Residents are encouraged to be mindful of the importance of water conservation during this time due to the requirement to operate at a reduced capacity while one of the Utility's water towers is temporarily closed for refurbishments.

MUNICIPALITY of the

A collective approach to conserving water will ensure the reduced supply continually exceeds the amount of water required to support the needs of the Utility's residential, commercial, and fire services customers while the tower equipment earmarked for restoration is temporarily out of service. The two-week tower refurbishment project will result in improvements that will enhance operations at the Utility for years to come.

The Municipality thanks customers for their patience during the Greenwood Water Towers Refurbishment Project, and apologizes for any inconvenience this temporary shift from routine operations may cause.

### **Contact:**

Carme Telesford Acting Manager of Environmental Services ctelesford@countyofkings.ca (902) 690-2219

www.countyofkings.ca

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furniture, fire hydrant, 1920's

old tools, tea towels, knitted

scarfs, hats, hanging shelves.

ers, trees of life, toys, snort

cards, filing cabinets and

other interesting items. Be

kind to each other. Tables

available for rent call 902-

847-0324. Happy holidays

evervone and thank vou.

FOR SALE - Manor Shed - new

condition, 6x5x7, two win-

dows, 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-

(4412-4tpb)

FOR SALE



to the community submitted by not-voudrez peut-être acheter de la publicité. for-profit organizations. Submissions La date de tombée des soumissions est are limited to approximately 25 words. à 9 h 30 du matin le mercredi précédent Items may be submitted to our office, 61 la publication, à moins d'avis contraire. 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 as space allows. To quarantee your announcement, you may choose to place all-ages National Canadian Film the Rosa M. Harvey Middleton a paid advertisement. The deadline for Day screening of A Bear Named & Area Library hosts a free. submissions is Wednesday, 9:30 a.m., Winnie. Registration required. previous to publication unless otherwise Stories and Somersaults! notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis youth ages three to five (and "Peace by Chocolate" doivent se limiter à environ 25 mots. Les caregivers) to hop, skip and April 19, 12:30 p.m. to 2:15 p.m. 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. Les 

ACROSS

are two

wind 15. Flat-bottomed

sailboats

19. Online learning

30. You get one in

32. Luxury automakei

i. Spiders spin one

37. Guy (slang) 38. Greek personification

39. Large instruments 40. Domestic cattle

41. Appetizer

16. Egyptian supreme

god 17. Advice 18. Mass of small, loose

services provider
20. 'Lords' in Northwest

itic languages 22. Of she
23. A place to relax
24. Critical and mocking

1. Dylan and Marley

The Aurora publishes items of interest certain que votre avis soit publié, vous

### National Canadian Film Day -"A Bear Named Winnie"

Kingston Library hosts a free, April 19, 3 p.m. to 4:30 p.m.,

le principe du premier arrivé, premier April 18, 7 p.m. to 8 p.m., the Day - "Babar, King of the servi, et les avis continus seront inclus Rosa M. Harvey Middleton & **Elephants**"

si l'espace le permet. Si vous voulez être
Area Library invites youth ages
April 19, 3:30 p.m. to 5 p.m., the
Auburn. The Rodgers & HammerTrapp, bringing music and joy
Sewing for teens solution page 10 screening of Babar, King of the a trove of cherished songs, and \$12. For more information, visit hosts Part 1 of a two-part work-

3. Egyptian cross 1. Satisfies

Founder of Babism

Chicago ballplayer Performer

28. Hairpiece 29. Partner to flowed

2. Aircraft formation

33. You have 3 per day 34. Goes into 36. College athletic

organization 37. Wet, muddy ground

10. Witty conversation

Gurus French Price of

\_\_\_ Air'
44. Sports equipment
46. Try to get

49. Sea dwellers 50. Palmlike subtropical

plant 51. Polio vaccine

52. Baseball's Ruth

57. Offered 58. Ancient Greek City

59. A way to derive 61. Touch lightly 62. Witnessed

groceries 44. Speak incessantly

Popular color

55. Never sleeps

Water (Spanish)

61. Cyprinids 63. 'Dark Knight' actor

64. Fictional demon

55 Old World lizard

cognition 67. Makes a mistake

68. A way to make wet

Cycles/second

9. Midway between

Less comi

Mischievous child

south and southeast 10. A confusion of voices

and other sounds

. One-liner 2. Evergreen genus 3. College in Rome 4. Prevents from seeing



### ARIES - Mar 21/Apr 20

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

GEMINI - May 22/Jun 21

days to come, Gemini. This includes taking a hard look at your spending sites this week, Sagittarius. Speak

Cancer, the coming week will be a busy time for social opportunities.

CAPRICORN - Dec 22/Jan 20
Capricorn, you are surrounde Other people will want to be around you as you can be the life of the party and about with friends this week. 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 large chunk of time to being alone Some time with just your fine time to take up a hobby.

Virgo, you may be looking forward PISCES - Feb 19/Mar 20 Have a few restaurants at the ready. best as you can.

horoscopes brought to you compliments of

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

April 17, 2023

### 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 -

## April 18, 6 p.m. to 7:30 p.m., the "A Bear Named Winnie"

all-ages National Canadian Film Day screening of A Bear named April 18, 10:30 a.m. to 11:30 Winnie. Registration required. a.m., the Kingston Library invites National Canadian Film Day -

and songs with actions in this hosts National Canadian Film Day storytime with a physical literacy with a free screening of Peace by twist. Registration not required. Chocolate. Registration required. National Canadian Film

Kingston Library hosts a free, all-stein show became the world's to the household. Adult tickets April 20, 2:30 p.m. to 4 p.m.. Theatre – Sound of Music

tasks hanging over your head, Aries. to get things done around the the last and you will complete Registration required.

Taurus, you may be planning There's a lot of activity expected much-needed vacation at the close to home, Scorpio. A new present time. Figure out a place you've never been and then fill your be a movie star who is spotted itinerary with plenty of fun things.

You likely will have to devote a lot of SAGITTARIUS - Nov 23/Dec 21

attention to practical matters in the

### and making cuts. CANCER - Jun 22/Jul 22

VIRGO - Aug 24/Sept 22 to an evening out with a romantic

thoughts and a little silence could

Pisces, discussions at work could partner or close friends. Try to a get a bit heated. It's best to distance yourself from these situations as yourself from these situations as

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April 9. an Easter sunrise service was held at the site of the French Cross in Morden. 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 Easavis peuvent être soumis à nos bureaux, jump to the library for stories the Berwick and District Library ter 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.

School stage, 1941 Highway 1, of the imperious Captain von required.

LIBRA - Sept 23/Oct 23

SCORPIO - Oct 24/Nov 22

The thought of financial prosperity

to others about the pros and cons

Capricorn, you are surrounded by

Start exploring all of the possibilities

This may be a good week to devote

AQUARIUS - Jan 21/Feb 18

of leaving your current job.

gram for beginners (ages 18+), "Peace by Chocolate" April 16 to April 22 needles, threads, fabrics, sewing the Kingston Library hosts a You don't want to have mundane Take advantage of some free time Each week's lesson will build on screening of Peace by Chocolate.

matinees April 22 and 23 at 2 Augusta Trapp, follows a young your own project. Bring along a p.m.: "The Sound of Music" takes nun-in-training who serves as project from home or work with to the West Kings District High governess to the seven children supplies available. Registration

the Aurora | 14 Wing Greenwood, NS

ages National Canadian Film Day most-beloved musical, featuring are \$17, and student tickets are the Berwick and District Library Elephants. Registration required. won five Tony Awards and five westkings.ednet.ns.ca/ or face- shop for ages 12 to 16. Make one Oscars. The inspirational story, book.com/thetheatreatwestkings. of three projects. Our qualified April 19 to 21 at 7 p.m., with based on the memoir of Maria Learn to sew at the library instructor will help you use our April 20, 5:30 p.m. to 7:45 p.m., sewing machines. All materials the Kingston Library hosts a supplied. Registration required. progressive intro sewing pro- National Canadian Film Day -

presented by Karen. Learn about April 20, 6 p.m. to 7:45 p.m., tools and the skills to use them. free National Canadian Film Day

# house, Libra. Cleaning or other home improvements should be a in town. Maybe you'll get new

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

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

the Aurora | 14 Wing Greenwood, NS

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

## Sewing for teens

the Berwick and District Library com (email preferred) or call **Cemetery annual meeting** of three projects. Our qualified potential member! instructor will help you use our Check 'Em Out Book Club supplied. Registration required. Concert

ganists, pianists and vocalists in to meeting. an organ scholarship.

### **National Association of** Federal Retirees Western NS Branch meeting

## crossword solution



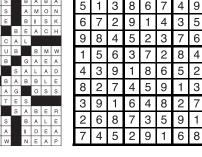
### is \$12. If you wish to attend thank you for your support. April 21, 2:30 p.m. to 4 p.m., please email NAFR75@gmail. North Kingston Public

lis Valley Centre RCCO (Royal misfit readers in this welcom- April 29, 2 p.m., the women's on the last Saturday of each 765-1717. Canadian College of Organists) ing, informal group. Registration group, LIFT (Ladies in Fellow-month. (A men's group meets presents Sacred, Secular and required. Books will be given to ship Together), meets at the at the same time in another dans un encadré, appelez-nous au 902-

in acquiring pipe organ skills be accompanied by an adult): Plant sale 902-825-3387 about applying for ing Tumble, Our WeDo LEGO Kingston Baptist Church, 695 gloves and a friend. Robotics Construction kits and Main Street, will hold its annual **Dance** EV3 Mindstorm Robotics, Req. plant sale outside, in the church April 29, 9 p.m., Jokers Right will

serve your meal for the May 8, wick Girl Guide units will be Ticket auction 11:30 a.m., meeting of members selling their classic sandwich April 29, 10 a.m. to 2 p.m., there 19+. Tickets at the Legion bar of the National Association of chocolate and vanilla cookies will be a ticket auction and bake and from Peter Martin at 902-Federal Retirees Western N.S. at various locations - come sale in support of West Kings 680-6260. Branch. Meeting will be held at visit with the kids, and get your the Kingston Legion, 1472 Vet- cookies! Find us at Bargain Harerans Lane, Kingston. Business ley's, Berwick Home Hardware, is the presentation of the 2023 Wilson's Pharmasave and at a budget, reserves and election Berwick town hall "drive thru." for directors. Roast beef dinner Cookies are \$6 a box, and we

## sudoku solution



hosts Part 2 of a two-part work- Carolyn/ Bill at 902-765-8590 no April 27, 7 p.m., the North Kings-

Area Library hosts an 18+ book welcome. April 21, 7:30 p.m.: the Annapo- club. Come join your fellow Ladies' fellowship group

istration not required.

## Girl Guide cookies in Berwick



## Grads 2023 at the high school,

shop for ages 12 to 16. Make one later than April 21. Bring along a ton Public Cemetery will hold its group, LIFT (Ladies in Fellowannual meeting at the Kingston ship Together), meets at the fire hall. Anyone with family Christian Fellowship Centre, 208 vous pouvez nous appeler au 902-765sewing machines. All materials April 22, 1 p.m. to 2 p.m., the members in the cemetery is en- Dodge Road, Wilmot. Everyone 1494 poste 5699, visiter notre bureau Rosa M. Harvey Middleton & couraged to attend, and all are welcome. Bring a friend, or make au 61, School Road, annexe Morfee

Silly XVI, a concert by local or- club members one month prior Christian Fellowship Centre, 208 room). Call 902-765-4124 for 765-1494 poste 5833, ou un courriel à Dodge Road, Wilmot. Everyone information. is welcome. Bring a friend, and North Kingston Public Fund. The concert takes place at April 22, 1 p.m. to 3 p.m., the make new ones. Enjoy coffee, **Cemetery spring clean up** the Dawn Oman Art Gallery, 298 Berwick and District Library activities and warm fellowship. April 29, 9 a.m., the North Kings-Granville Street, Bridgetown, invites families to explore four. Amen's group meets at the same of the Public Cemetery invites Admission is by freewill offering. STEM kits (designed for ages time in another room. Call 902- family, friends and neighbours Young keyboarders interested eight and up, children must 765-4124 for more information. to help with the annual spring should call Maureen MacLean at Snap Circuit Extreme kits, Tur- April 29, 8:30 a.m. to noon, the (rain date May 6). Bring a rake,

### 1941 Highway 1, Auburn. Women's aroup

April 29, 2 p.m., the women's new ones. Enjoy coffee, activities and warm fellowship with LIFT

cemetery clean up takes place

parking lot. (Rain date, if needed, be playing at the Berwick Legion. is May 6.) Many varieties of Tickets are \$10 in advance and April 21 is the deadline to re- April 22, 10 a.m. to noon, Ber- plants available - all are welcome! \$12 at the door. There will be a canteen and a 50/50 draw. Ages

Classified advertisements, 35 words FLEA MARKET or less, are \$9 tax included. Additional SOMETHING FOR EVERYONE words are 10 cents each, plus tax. Bold INDOOR FLEA MARKET - 812

text \$10, tax included. Classified advertising must be booked hind Tim Hortons and Freeand prepaid by 9 a.m. Wednesday previous to publication. Payment methods 9 a.m. to 3 p.m., weather 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 car fenders records books auroraproduction@ns.aliantzinc.ca.or fax 902-765-1717 rock carvings, dream catch-

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

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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

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

Noon, April 19, 2023

## 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-



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

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 upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook! >>



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CANADIAN MILITARY WIVES CHOIR GREENWOOD 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 doo



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 port