



# the Aurora

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**14 Fire Emergency Services made use of the arrival of the Canadian Armed Forces' mobile aircraft fire trainer for several recent weeks, hosting firefighter aircraft rescue and firefighting training for their own crews, plus sections from 12 Wing Shearwater and Kingston District Volunteer Fire Department. Here, crews respond to a simulated crash and fire on a CC130 Hercules.**

Officer Cadet I. Lascelle

## Aircraft firefighting takes multi-tasking training

**Officer Cadet  
Laura Lascelle**

The Canadian Armed Forces (CAF) mobile aircraft fire trainer (MAFT) spent time this summer with 14 Mission Support Squadron's Fire and Emergency Services team, enabling annual re-qualification training.

The MAFT is a CAF-wide asset that travels from wing to wing, giving firefighters the opportunity to train in aircraft rescue and firefighting (ARFF) using realistic scenarios. The trainer simulates different aircraft fires using propane as a fuel source (which burns cleaner than class A fires), and a smoke generator. Scenarios include fuel spills, engine fires and even rescues, where firefighters drag metal manikins out from various locations in an aircraft.

14 FES' assistant deputy fire chief, Warrant Officer Philip Drost, says this hands-on training is vital to the team, whose foremost responsibility is airfield response.

"This is our primary job. We practice so it's not difficult when we respond to an emergency."

The biggest challenge for new firefighters is getting used to operating the ARFF vehicles while communicating over the radio and fighting the fire itself. Being able to train with the intense heat, low visibility and confined spaces the simulator provides ensures, in an emergency, the team will be prepared to perform quickly and effectively.

"It's getting used to doing three or four things at once."

The MAFT also provides 14 FES members the opportunity

to strengthen relations with other fire departments in the community: both Shearwater military firefighters and the Kingston District Fire Department's volunteers were able to join 14 FES in MAFT training at Greenwood. Getting to work closely with the local department is essential in fostering familiarity and strong working relationships. 14 FES has a mutual aid agreement with the Kingston Department, which would assist in ARFF response outside the wing. Master Warrant Officer Ed Fairhurst, 14 Wing's deputy fire chief, is happy to see the departments training together.

"Kingston is our number one backup should anything happen. Our main priority is the airfield, so Kingston's been an asset for us to have for structure firefighting - and



any kind of backup at all, really. To understand each other's capability and how each other works, it's really important to

have this joint training. We just started it this year, and this is our probably fourth night together. Things are going great,

so I hope to continue this, for sure. It's a real asset to the members of 14 Wing and the community as a whole."

Kingston District Fire Department's Deputy Chief Troy Bruce agrees the training is vital for both departments to be able to fully support their community.

"It's something new to work with an aircraft prop, but being neighboring to Greenwood it's very beneficial to work with something like this in the off chance that something was to go wrong with anything on the base," says Bruce. "It's instrumental to be able to see what they do, how they would respond and then the expectations for us when we are called in. Practicing and combining our departments and working together in the event of a terrible catastrophe is absolutely beneficial." ✈

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# Battle of Britain Ceremony

to commemorate the 83rd anniversary

Hosted by 14 Wing Greenwood

**Sunday, September 17 | 1:30 p.m.**

*Greenwood Military Aviation Museum airpark*

(rain location Annapolis Mess)

**3 p.m. reception | VP International Centre**

*Spectators welcome | Dress: DEU 1A with medals*

## Medevac calls keep SAR crews busy

August 28, the Halifax Joint Rescue Coordination Centre tasked a 413 (Transport and Rescue) Squadron to provide top cover for a Gander CH149, Hercules 333 departed Greenwood at 9:32 p.m., and returned to Greenwood at 2:30 a.m. August 29 following completion of the mission.

August 31, Cormorant R905 left Greenwood at 5:15 p.m. to assist two kayakers stranded on Outer Island, 35 nautical miles east of Shearwater, due to wind and a rough sea state. The Canadian Coast Guard Hare Bay was also tasked. R905 was able to get to the kayakers and return them to their campground. All assets stood down, and the helicopter returned to Greenwood at 7:40 p.m.

September 2, Cormorant R907 was tasked to assist in a search for a missing 14-foot boat near Little River, Nova Scotia, airborne at 2:01 a.m. At 7:41 a.m., R907 located the craft and returned to Greenwood.

September 2, a Greenwood Cormorant was airborne at 11:25 p.m. to hoist a 33-year-old female near Cape Split with an injury to her leg and transport her to ambulance. Rescue 907 landed back on base at 12:49 a.m. September 3.

September 3, Cormorant R907 was airborne at 1:39 p.m. to assist in the search for a missing 64-year-old man near Tidnish River, Nova Scotia. Working with ground search and rescue workers, R907 continued, returning to Greenwood at 9:30 p.m. for overnight crew rest. By morning September 4, the Cormorant crew was rested; JRCC had an RCMP helicopter on scene, so they remained in Greenwood.

September 3, Hercules R333 was tasked to assist with an aircraft incident at an airport near Iqaluit, airborne at 11:50 p.m.

September 5, R907 was tasked just after 1 p.m. to assist two people who had drifted offshore on a paddleboat from Argyle, PEI. En route, the helicopter was stood down, as the two people were located by a fishing vessel and safely taken aboard.

September 5, at 2:40 p.m., a Hercules aircraft was tasked to assist with a medevac for a patient near Chibougamau, Quebec, with a broken hip. R333 returned to Greenwood at 7:12 p.m. ➔

## Merchant Navy vet, life-long seaman 'has lived life to the fullest'

Officer Cadet  
Laura Lascelle

"I was cook for about 50 years, on ships. Six million, six hundred and some thousand meals."

But that's only 50 years' worth Aubrey Ingraham's 102 years. The Middleton man – seaman, Merchant Navy veteran, volunteer, husband and father – turned 102 August 5. He has not simply lived a full life; he has lived life to the fullest.

Born in the small town of Burgeo, Newfoundland, in 1921, Ingraham says times were hard, but he remembers making the most of what they had.

"We had rubber boots: that's all we had to wear on our feet. And, every Christmas, the boys would get rubber boots up to their knees. The first thing you did, you walked to the pond and got in the water and said, 'I can walk further than you,' and you said, 'Oh no, you can't!' and we'd both have our boots full of water!"

While Ingraham was a spirited lad, he worked hard to help his family. His father was lost at sea when he was very young, and his mother kept boarders to help make ends meet. Ingraham quit school to work different jobs in town, even helping build Burgeo's first hospital. He fished and hunted, and helped his mother in the kitchen - where he learned how to cook.

As a child, he would take a rowboat out to fish. Once, he was about four miles out on a calm day, waiting for the fish to bite, when a whale surfaced beside his dory.

"This whale blew. I don't know if you ever heard a whale blow: it's a big noise. Well, that line came in so fast! I didn't stop, I put the oars out and I was going for home! I thought the devil had me! A kid, eight years old out there - never heard that noise before!"

The scare didn't keep Ingraham from the sea. In 1938, he left home to find work in Nova Scotia: no easy feat. Newfoundland was still a British colony. To get to Halifax, Ingraham boarded a passenger ship to Port-aux-Basques, followed by a steam ship to Sydney, where he passed through immigration.



Having marked his 102 birthday in August, Middleton's Aubrey Ingraham has a lifetime of stories to share.

Afterwards, he embarked on a train to Halifax where his sister, Hattie, awaited him.

Ingraham started his sailing career aboard the Ruth Marie, a schooner the size of the Bluenose with a crew of four, sailing from Sydney to carry coal to Newfoundland ports.

In 1939, with the outbreak of the Second World War, he joined the Merchant Navy, initially as a deckhand aboard the SS Evelyn B of the Dominion Coal and Steel Company out of Sydney.

"Probably a month after I went on the ship, they fired the cook. I'd go back in the galley and cook my own breakfast, or dish up my own soup, and this chief steward, he said, 'You seem quite handy around a stove. Why don't you take the cook job?' I said, 'Well, I never did any cooking before, I only helped my mother sometimes.' He said, 'Well, just pretend you're helping your mother and go cookin'!'"

Cooking for a crew of 35 with no running water and a coal stove had its challenges. Ingraham had to travel back and forth from the engine room to shovel enough coal to fuel the galley stove, and the crew worked under blackout conditions - not even risking a candle unless the doors were shut, for fear they may be discovered by an enemy ship: "out there, you could see it for miles."

Once the war ended, Ingraham worked aboard the CS Lord Kelvin for 10 years, a Trans Atlantic Cable Repair ship belonging to the Anglo-American Telegraph Company. The 85-person crew sailed across the Atlantic.

"We laid the first Flexible Telephone Repeater between Key West, Florida, and Havana, Cuba. It took us three months to do that."

In 1957, Ingraham ended up at the British American Transportation Company, stationed out of Bay Street in Toronto. He applied for a cook's position on their coastal oil tanker, the BA



A veteran of Canada's Second World War Merchant Navy, 102-year-old Aubrey Ingraham of Middleton has lived life to the fullest.

Peerless.

"I wrote a resume to them, and I got hired right on the spot. When I went on the ship, I said to the chief steward, 'try me for six months and, if you're not happy, let me know and I'll be on my way.' Twenty-seven years later, I left."

The Peerless was Ingraham's favorite ship.

"I had a beautiful cabin all to myself, with a toilet in the cabin, and a settee and a lovely, lovely bed. She was a beautiful ship - mahogany furniture and all that, and you can imagine that it was pretty nice."

The first few years with the BA Peerless were spent in the Great Lakes, Ingraham's favourite location due to the

calm waters.

"It's a nice smooth trip, there are no big waves - except on Lake Superior. I got seasick almost every time I went to sea, but I never, ever gave up work, and I never ever took anything for it - no Gravol, nothing. Well, I'm stubborn, I guess, and I never missed a meal. Not one in my lifetime!"

During the winters when the ship was tied at the docks, Ingraham returned to his family in Nova Scotia. During that time, he found a position as a cook at the officer's mess at 14 Wing Greenwood.

"I was going there in the morning at three o'clock. I'd make dozens of pies and stuff, and then I'd come home at three in the afternoon. I did that for two or three winters."

Once the St. Lawrence seaway was completed in 1959, the Peerless moved to Halifax to accept larger contracts on the Atlantic Ocean. At night, his wife and three children would come visit as he was on watch.

During his career, Ingraham sailed the Atlantic Ocean, from South America to Europe to the Beaufort Sea. He visited zinc and lead mines among the polar bears on Little Cornwallis Island and served a Christmas feast of roast suckling pig on a trip to Venezuela. He managed rental properties in Halifax and owned a store in his hometown, which he later gave to his mother. From all his travels, the Annapolis Valley is where


Last November, Middleton Royal Canadian Legion Branch #1 honored Ingraham as its first veteran in its new Remembrance Day banner campaign, and Ingraham was touched.

On volunteering, in a recent interview, he said, "it makes me feel better than the people that I do it for. I really enjoy helping people. I did that most of my life."



From his days as a youngster in Burgeo, when he would deliver cakes and soup to seniors and other locals in need in the community, Ingraham went on to collect and deliver goods, food and toys to children in Venezuela when his ship would travel there. He even stepped into Santa Claus' boots for 20 years.

With a full career, a life of work, adventure and experiences; volunteering and a never-ending set of wonderful stories, Ingraham offers these words of wisdom: "Don't quit." ➔

Submitted



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Association des journaux des Forces canadiennes

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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.rcacf-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  
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**Combat Camera** | Caméra de combat  
www.combatcamera.forces.gc.ca

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

**VPI** | VPI  
www.vpiinternational.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



## Greenwood est prêt pour le nouveau processus de transition entre militaires et civils

Les Forces armées canadiennes (FAC) réinventent le processus de transition et ce changement s'en vient à Greenwood.

Le nouveau processus de transition se caractérise par l'utilisation d'une approche personnalisée, professionnelle, uniformisée et humaine pour aider les militaires et leurs familles à préparer et à planifier leur transition vers la vie civile. Une dimension clé de cette nouvelle approche est la prise en considération des sept domaines du bien-être suivant : utilité, finances, santé, intégration sociale, aptitudes à la vie quotidienne, logement et environnement physique, et environnement culturel et social.

**Le processus de transition de la vie militaire à la vie civile est une approche axée sur les militaires qui vous permettra d'obtenir tout le soutien dont vous avez besoin pendant votre transition.** Les membres des FAC peuvent se poser de nombreuses questions alors qu'ils passent de la familiarité du système militaire, et de leur dépendance sur celui-ci, à l'indépendance et à l'autonomie relatives de la vie civile dans toutes ses dimensions. La mission de l'équipe du Groupe de transition des Forces armées canadiennes (GT FAC) est d'appuyer les militaires en transition pendant ce changement important, en réunissant un réseau de spécialistes de soutien chargé de

guider le militaire et sa famille tout au long du processus de transition.

Le GT FAC collabore avec des partenaires de service, dont Anciens Combattants Canada et les Services aux familles des militaires relevant des Services de bien-être et moral des Forces canadiennes (SBMFC), pour s'assurer qu'un plus grand nombre de membres des FAC peuvent bénéficier, avec leurs familles, de ce processus de transition axé sur les militaires et entamer leurs prochains projets avec succès, qu'il s'agisse d'un autre poste au sein des FAC ou d'une réinsertion dans la vie civile. Ensemble, ils s'engagent à rendre la transition vers la vie après le service aussi harmo-

nieuse que possible.

**Le processus de transition de la vie militaire à la vie civile offre des options de transition interne (c.-à-d. de maintien en service).** Dans la mesure du possible, les FAC s'engagent à offrir d'excellentes occasions de transition interne à leurs membres. Chaque fois qu'une personne envisage de quitter les FAC ou qu'elle est médicalement incapable de satisfaire aux exigences de son emploi actuel, elle doit comprendre qu'il peut y avoir d'autres options qui s'offrent à elle, outre celle de quitter les FAC. Le processus de transition de la vie militaire à la vie civile aidera les militaires à explorer les différentes options pouvant leur permettre de continuer de travailler dans les FAC. Les conseillers en transition inviteront donc les militaires à rencontrer les officiers de sélection du personnel afin d'évaluer les différentes

possibilités de transition interne. Les OSP les aideront à trouver la meilleure option qui leur permettra de rester dans les FAC et de relever de nouveaux défis.

**Qui peut profiter du nouveau processus de transition de la vie militaire à la vie civile?** D'ici 5 septembre, le processus de transition de la vie militaire à la vie civile sera accessible à tous les membres des FAC procédant à leur libération de la Force régulière. Son accès sera aussi élargi pour inclure la Force de réserve, et le processus pourra être utilisé pour accroître les services de soutien existants pour nos militaires malades et blessés. Ici, à la BFC Greenwood, l'équipe et le Centre de transition de Greenwood seront là pour guider les militaires vers les ressources appropriées et s'assurer qu'ils reçoivent le soutien nécessaire tout au long de ce parcours important.

**Planifiez votre transition dès le début de votre carrière.** L'avenir est imprévisible et il est important que les membres des FAC soient préparés lorsque vient le moment de faire leur transition vers la vie civile – que ce soit en raison d'une offre d'emploi civile, d'une retraite définitive, d'une blessure qui les empêche de poursuivre leur carrière ou pour toute autre raison. Soyez proactifs : accédez aux renseignements sur la transition, obtenez des conseils sur la transition et prenez soin d'élaborer/exécuter votre plan de transition avec sérieux au moins 12 mois avant votre date de libération prévue afin de vous assurer d'être prêts le moment venu.

Pour en savoir plus, communiquez avec le Centre de transition de Greenwood. Consultez 902-765-1494 au poste 5043 ou par courriel: TransitionServices-Greenwood@forces.gc.ca →

## Greenwood ready for new Military to Civilian Transition process

The Canadian Armed Forces (CAF) is reinventing the transition process, and this change is coming to Greenwood.

This new transition process is characterized by using a personalized, professional, standardized and humanistic approach in supporting members and families to prepare for and plan the transition to civilian life. A key dimension of this new approach is to ensure wellness along the seven domains of well-being: purpose, finances, health, social integration, life skills, housing and physical environment, and cultural and social environment.

**The MCT Process as a member-centric approach: you will be supported during your transition.** CAF members may have many questions as they move from familiarity with and dependency on the military system toward the relative independence and autonomy of civilian life in all its dimensions. The Canadian Armed Forces Transition Group (CAF TG) team's mission is to support transitioning members during this significant change, gathering together a support network of specialists focused on guiding the member and their family through the transition process.

The CAF TG is collaborating

with service partners, including Veterans Affairs Canada and Military Family Services under Canadian Forces Morale and Welfare Services to ensure more CAF members and their families can benefit from this member-centric transition process and succeed in their way forward, whether that's another opportunity within the CAF or within civilian life. Together, they are committed to making the transition to life after service seamless and smooth.

**The MCT process provides options for internal transition (i.e. retention).** Where possible, the CAF is committed to offering excellent internal transition opportunities for our people. Whenever someone is considering leaving the military, or is medically incapable of meeting the requirements of their current occupation, they should understand there may be more options available to them besides leaving the CAF. The MCT process will assist members in exploring options for how they might be able to remain in the CAF. Transition advisors will refer members to the personnel selection officers to explore internal transition opportunities. The PSOs will guide the members toward the best option to remain in the CAF and pursue new challenges.

**Who can benefit from the new MCT process?** By September 5, the MCT process will be available to all CAF members releasing from the Regular Force. The MCT process will also be expanded to the Reserve Force, and it may also be used in augmenting existing supports for our ill and injured members. Here at 14 Wing Greenwood, the team and Transition Centre Greenwood will be here to guide members to the right resources and ensure that members are supported in this important journey.

**Plan your transition early in your career.** The future is unpredictable, and it is important CAF members are prepared for when the time comes to transition to civilian life – whether it is an opportunity in the civilian workplace, the final retirement, an injury that prevents them from pursuing their career, or otherwise. Be proactive: access transition information, get transition guidance, and focus on seriously developing/executing your transition plan at least 12 months prior to your intended date of release to ensure you are ready when the time comes.

For more information, please reach out to the Greenwood Transition Centre. Contact us at 902-765-1494 local 5043 or email: TransitionServices-Greenwood@forces.gc.ca →

## CAF pic contest looking for your best shot!

All you photographers out there, this is your chance to show off what skillful photography can do!

The Canadian Armed Forces (CAF) Imagery Contest 2023 is open for submissions to October 15. Thank you to everyone who participated in the 2022 Image Contest. We received 511 submissions.

Send in your best shots from anywhere around Canada - whether it's a family gathering or a scenic vacation, a sports tournament victory celebration or the beauty in your backyard. Anything goes, as long as it's capturing Military Community Life, Military Operations or Canadian Pride.

Turn your amazing photos into awesome rewards: a \$1,000 gift card to Canadian Tire and two tickets anywhere WestJet flies.

The contest is organized by the Canadian Forces Morale and Welfare Services and the Imaging Systems Program Management of the Assistant Deputy Minister (Public Affairs).

Contestants must have a



**Master Corporal Dominic Duchesne Beaulieu's "Inspect that Wing," left, was the top 2022 photo in the Military Operation category, while Tessa Mark-Hebert captured the top 2022 "Military Community Life" photo, with "Moving Boxes."**

CF1 Card. Professional and amateur photographers are welcome to participate, entering up to three original images. Black & white or color images are accepted in all categories. All participants must have model release forms signed when the image contains "identifiable" people. By submitting entries, the contestant agrees all submissions may be used without further permission by contest organizers. The online entry form, and more detailed rules, are available at [cafimagerycontest.ca](http://cafimagerycontest.ca). Complete

### Categories

**Military Operations** - This category depicts military personnel (in uniform) at work, on duty, on parade, on exercise, on training, on deployment, on operations at home and abroad, using the tools of the trade; or, photographs showing military equipment or vehicles in action, where military personnel may not be clearly visible.

**Military Community Life** - This category is defined by photographs of the CAF community in all walks of life - parenting and family, children, cute baby pictures,

couples and relationships, pets, models/ fashion, people engaged in outdoor/ indoor activities, weddings and vacations.

**Canadian Pride** - This category show cases all we as Canadians have pride in: our history, landscapes, culture and achievements. Photographs may focus on engaging and inspiring youth; celebrating our diversity and encouraging inclusion, establishing a spirit of reconciliation with Indigenous peoples, and discovering Canada's natural beauty and strengthening environmental awareness – or more. →



the form, upload your images and submit.

Judging takes place in several rounds November 1 to

15. The list of winners will be announced on our social media platforms and in The Maple Leaf.

## Be prepared for hurricanes

Hurricanes bring strong winds and heavy rain that can cause storm surges, power outages, flooding and significant damage.

Stay up to date on weather forecasts and make a plan for your family.

### Emergency Checklist

- ☐ Make an emergency kit with enough food, water, and medication for your family for at least 72 hours
- ☐ Trim trees and clean up loose brush
- ☐ Secure gates, doors and windows
- ☐ Clear gutters and storm drains
- ☐ Move yard furniture and secure anything that can be picked up by wind like trash cans, patio chairs and umbrellas
- ☐ Move important items from bottom level in your home to higher floor
- ☐ Check radio and flashlight batteries
- ☐ Fill vehicles with gas and park them away from trees
- ☐ Charge electronic devices
- ☐ Keep pets inside
- ☐ Check on family, neighbours, and friends who may need help
- ☐ In an emergency situation, **call 911** for help

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# Garden event a party – all about the kids!

July 23 started as a beautiful day: loads of sunshine, an amazing garden, where the flowers were standing in all their glory, just waiting to have their picture taken; a team of fantastic women wanting to raise funds for the Chrysalis House playground project.... This Greenwood tea party event was all about the children.

There was tea, coffee and so many sweets, you could have your pick of dozens of varieties of homemade goodies - enjoyed by all. There were prizes and prizes donated by from Wolfville to Middleton. In the end, everyone was on the grass dancing to music by Jokers Right. When Colleen Coffey retired

after 32.5 years in the public service, she knew she could not sit back and relax. She knew she would give back to her community, but wasn't quite sure how. At another local women's event in December, raising funds for the women and children's shelter playground fund, Coffey mentioned to the host "maybe" she

would do something similar in the summer to raise additional funds. All those attending immediately agreed to help, attend and support the project. The "maybe" became reality. Thanks so much to the PSAC Annapolis Valley Regional Women's Committee for paying for the music and volunteering their time. Many other beautiful women also jumped right in and freely gave of themselves. What an amazing group: it all made for a wonderful day!

14 Wing Greenwood Combined Charities donated \$1,000, the Public Service Alliance of Canada gave \$1,500 and the Union of National Defense Employees of 14 Wing Greenwood gave \$300. All of this was an amazing start, but

the people in the community did the rest, everyone coming out in fine style to support the children! The day was a success, raising over \$6,100.

If you were there, you recognized the familiar taste of coffee and tea from McDonald's and Tim Hortons. A beautiful pot/pan set donated by Canadian Tire was won by a person in attendance who immediately gifted it back to Chrysalis House. To the friends and strangers who donated the sweets, we are forever grateful! The gifts of coffee/ tea, prizes,



sweets, money and support all showcase the amazing people we have in our community.

Watch out for the Tea Party in 2024: together, we can make an amazing playground for the children! →



14 Operations Support Squadron Lieutenant-Colonel Lara Jennings, left, with Wing Chief Warrant Officer Jonathan Proulx, were happy to meet Chrysalis House executive director Ginger MacPhee at a summer Greenwood garden party, a fundraising event for the centre's children's playground project. 14 Wing Greenwood Combined Charities, the base's national workplace giving program, donated \$1,000 to the initiative.

Submitted

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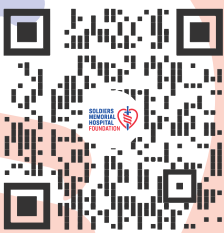
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# So many reasons to visit Annapolis Royal this fall

## COMING THIS FALL

Shalan Joudry & Raymond Sewell	Rocky Horror Experience
James Mullinger, comedian	Piano Heist
Caravan Theatre's 'Brown Wasp'	Robin Williams Tribute
Valdy	Stick & Bow
Sean McCann	Jason Benoit & Mallory Johnson
DeeDee Austin & Thelma Kicknosway	Jeremy Dutcher
Axis Theatre's	Bob Seger Tribute
'Th'wyxia The Hungry Feast Dish'	Lisa Brokop
A Good Catch Circus	Gunning & Cormier
John Denver Tribute	Nathaniel Rankin Magic Show
Michael Harrison's Ventastic	Dufflebag Theatre's 'Snow White'

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## Back in the Old Days

The Art of Harold Cromwell

A New Day / Harold Cromwell's Legacy  
Karlon DeZylva-Adihetty & Phillip Bailey

Creating Connections / Artist-in-Residence  
Felicity Hauwert

**Sept 9 / Oct 28**

Project & residency generously supported through Arts Nova Scotia, the Municipality of the County of Annapolis, the Town of Annapolis Royal, & the Parker Mountain Wind Turbine Society

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EXHIBITIONS • WORKSHOPS • FILMS • EVENTS



## Positive Space training offered in upcoming sessions

14 Wing Greenwood Defence Team members are invited to register for one of three upcoming Positive Space workshops: train to become a Positive Space ambassador, or just learn more about fostering the creation of an inclusive work environment for everyone, regardless of sexual orientation, gender identity or gender expression. The Positive Space initiative is a volunteer and peer-based support group for 2SLGBTQI+ and non-2SLGBTQI+ (allies) Defence Team members, allowing them to create net-

works and seek information and assistance from Positive Space ambassadors on 2SLGBTQI+ questions. Dates for the two-day sessions are September 13 and 14, October 25 and 26, and November 8 and 9. All sessions will be held at the St. Mark's Chapel annex, Church Street, Greenwood.

Register online at Course and events (mil.ca), or contact Major Backhouse, RCAF professional conduct and culture officer, at [arne.backhouse@forces.gc.ca](mailto:arne.backhouse@forces.gc.ca) or 902-765-1494 local 1643. ➔



## On parade

14 Wing Greenwood band members were making music in Berwick September 4, marching in the annual Labour Day Gala Days parade through town.

S. White

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## ~ Obituary ~

**COMEAU, Lise Marie,**  
Kingston, NS

It is with heavy hearts that we announce the passing of our Mother, Lise Comeau at the age of 89, on September 4, 2023 at Valley Regional Hospital, Kentville. Born November 2, 1933 in St. Esprit, PQ, she was the youngest daughter of the late Joseph-Anne Martel and Henri Rochon. Besides her parents she was predeceased by her husband, Joe Comeau RCAF, eldest son Robert, son-in-law Darrel, and 13 siblings. She is survived by 3 children; Serge (Tara), Dianne (Carman), and Joanne (Glen); grandchildren, Danielle (Jeff), Matthew (Monica), 5 great-grandchildren and many nieces and nephews. Lise loved her family dearly. As a RCAF wife, she enjoyed postings in St. Hubert, PQ; Lahr, Germany; Greenwood, NS; Bagotville, PQ, and lastly again to Greenwood, NS where they retired in 1982. Lise was a past member of RCAFA Valley Wing 107 Auxiliary. She enjoyed playing crib, knitting, and doing crossword puzzles. The family wishes to especially thank Barb, Rose, and former staff at Kennedy's Home for Seniors, Kingston, for their love and devotion of our Mom, over the past 4 years. Also, a special thank you to the Valley Regional Hospital nursing and aide staff, as well as Doctors Schep, Mercer, and Todd for their care and compassion of our Mom. Cremation has taken place and a memorial service will be held at 11AM on Saturday, October 7, 2023 in the Middleton Funeral Home, 398 Main Street, toll free 1-855-825-3448, with Father John MacPherson officiating. Interment to follow in St. Lawrence Cemetery, Kingston. Donations in her memory may be made to North Mountain Animal Sanctuary. Online guest book may be signed by visiting: [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)



## Move, learn in weekly injury prevention Health Promotion series

Mondays this fall: pack your gym clothes, indoor sneakers and water bottles and let's break free from the sedentary cycle together.

Starting September 18, the 14 Wing Greenwood Health Promotion team hosts a new series, highlighting Strengthening the Forces' goal to reduce injury during physical activity and sports.

14 Wing Canadian Armed Forces' and Defence Team members, veterans and families (18+) are encouraged to join Health Promotion's new Injury Reduction Initiative: Active Learning Classes.

Why the new initiative, you ask?

It's time to take control of your physical and emotional health and break free from a sedentary lifestyle. Combining activity and education in these weekly, one-hour programs will help you reach your health goals.

Studies suggest sitting for extended periods of time increases a person's chances of developing a wide range of illness and disease, including several types of cancer, cardiovascular disease, de-

pression, obesity and Type II diabetes. Did you know the average person spends 9.3 hours a day sitting? Research indicates those who sit for six-plus hours per day are 40 per cent more likely to die within 15 years, compared to someone who sits less than three hours a day (even if they exercise).

September 18, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Spin & Learn. This week's topic: Canada's minimum recommendation for physical activity. The spin portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

September 25, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Core & Explore. This week's topic: Traditional sit-ups no longer for you? Explore CORE strengthening activities that reduce the risk or aggravation of back injuries. The exercise portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

October 16, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Walk

& Talk. This week's topic: exercise IS medicine. Hear the science and research on how to improve your quality of life. The walk portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down (indoor track, or outdoors weather permitting).

October 23, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Education with Mobility. This week's topic: the aging athlete: structure, physiology and psychology differences between younger and older athletes. The class portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

October 30, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Spin & Learn. This week's topic: concussion awareness. Learn the signs and symptoms of concussion, and strategies that

## STRENGTHENING THE ENERGISER LES FORCES

may help you return to work, school and sport. The spin portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

November 6, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Education with Mobility. This week's topic: nutritional fueling for energy before and after physical activity. The class portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

November 20, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Core & Explore. This week's topic: functional movement exercises for injury prevention, and how to use them every day. The exercise portion includes a 10-minute warm-up, 20-minute workout and

10-minute cool down.

November 27, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Walk & Talk. This week's topic: Life-loved sports and activity need to change? Find out more about what works for modified fitness training (part one of two). The walk portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down (indoor track, or outdoors weather permitting).

December 4, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Education with Mobility. This week's topic: Life-loved sports and activity need to change? Find out more about what works for modified fitness training (part two of two). The class portion includes a 10-minute

warm-up, 20-minute workout and 10-minute cool down.

December 11, 12:10 p.m. to 12:50 p.m., 14 Wing Fitness & Sports Centre – Spin & Learn. This week's topic: hydrated, or dehydrated? Recognize the signs and symptoms of dehydration, and pick up some daily hydration tips. The spin portion includes a 10-minute warm-up, 20-minute workout and 10-minute cool down.

Attend them all, or drop in when you can. No pre-registration is required. Participants must show either their military ID, PSP Plan member card or pay the facility daily drop-in rate before attending class.

For information, contact 14 Wing Health Promotion at 902-765-1494 local 5388. ➔

## 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 [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

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).

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.

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### crossword solution

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

### sudoku solution

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

## 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)

**ONE ENTRY PER PERSON**

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. What is a SH 86 C-E?
2. What is KPC's office telephone number?
3. Who has a family run business located in the Annapolis Valley?
4. Who's having an Invisalign special event?
5. Who holds classes at École Rose-des-Vents?

Congratulations to last week's Find & Win winner: **CORRINE DISLEY**

Entry deadline:  
Noon, September 13, 2023



**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
Starts 7:00 pm Friday

**902-847-9374**







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 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.

**Talk, Sing, Read! Storytime**

September 6, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.

**Fall Pumpkin Jar**

September 12, 6 p.m. to 7 p.m., the Kingston Library invites ages 16+ to create a fun pumpkin jar

that doubles as decor and a great place to hide your candy. Registration required.

**Learn to Sew at the Library**

September 12, 19, 26 2 p.m. to 4:30 p.m., the Kingston Library hosts a progressive introductory sewing program for beginners, 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 practical sewing project. Participants are able to bring along a project from home or work with the supplies made available. Ages 18+. Registration required.

**Fall Pumpkin Jar**

September 12, 6 p.m. to 7 p.m., the Berwick Library invites ages 16+ to create a fun pumpkin jar that doubles as decor and a great place to hide your candy. Registration required.

**Talk, Sing, Read! Storytime**

September 13, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.

**Storytime**

September 13, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages three to eight to celebrate the joys of storytelling with music, puppets, books, stories and more! Children must be accompanied by an adult. Registration required.

**Mobile Innovation Lab OR**

**One-On-One Tech Help**

September 13: the Mobile Innovation Lab will be in the Berwick Library for September and

October. Sign up for a one-hour session and explore our exciting tools and technologies, including a 3D scanner and printer, Cricut Maker, sewing machines and more! Our instructor will walk you through the basics on the equipment of your choice. Once we have determined that you are comfortable to go it alone, you'll be able to book the lab whenever the library is open and use the equipment unsupervised. Or, book one-on-one tech assistance with our digital literacy instructor: let us know what you would like to cover in this session. For adults 18+ or youth with an adult present.

**Berwick Girl Guides welcome event**

September 13, 6:30 p.m. to 7:30 p.m., at the South Berwick Community Hall, 4518 Hwy 1, South Berwick. Berwick Guiding welcome night – all registered youth and newcomers welcome. Come for health forms and unit newsletters, meet the leaders, pay unit \$50 dues, bring/ check out a uniform buy/ sell/ swap table (if you have items, price & label & bring), ask questions. A great night to bring a friend. Bring: a camp chair or sit-upon for a come-and-go campfire.

**The Knit Wits**

September 14, 3 p.m. to 5 p.m., the Middleton Library hosts The Knit Wits: whether you've been knitting for decades, or just started, it's time to join! We have the yarn and needles: we just need someone to use them! Cheryl will answer any questions or lead the group in a pattern. Have something you have been working on at home? Bring it in! Open to ages 18+. Registration required.

**Hook a Gnome**

September 14, 6 p.m. to 7:30 p.m., the Berwick Library invites youth ages 10 to 18 to make a fun, eco-friendly gnome craft! All materials supplied. Registration required.

**Babies and Books**

September 15, 10 a.m. to 11 a.m., the Kingston Library invites caregivers and their babies (newborn to 18 months) for quiet stories, rhymes and songs. Registration not required.

**Pancake Breakfast**

September 16, 8 a.m. to 11 a.m., Aylesford United Church, 2414 Highway #1, Aylesford. Free-will offering. Menu: made from scratch pancakes, sliced fried ham, pork & apple breakfast sausages and fluffy scrambled eggs. Tea, coffee or juice. Thank you for your support.

**Thread Heads**

September 16, 1 p.m. to 3 p.m., at the Rosa M. Harvey Middleton & Area Library: do you enjoy embroidery, cross stitch or punch needle? Welcome to the Thread Heads! We provide space to chat with other "sewists" while you work. Bring a project from

home, or try our patterns and materials. Group leader Shania will answer questions and provide support. For ages 18+. Registration required.

**Book launch: "Vanish"**

**by Emily Covert**

September 19, 2 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area Library helps tell the tale of Toronto police detective Raelyn Tartal who, since the disappearance of her brother, has always wanted to work in homicide. Now, with the help of her partner Landon Anderson, she is determined to bring a new killer to justice. Emily Covert is a Canadian author who primarily writes crime fiction. She works in several branches of the Annapolis Valley Regional Library. "Vanish" is her debut novel and the first book in a series. For ages 18+. Registration preferred.

**Storytime**

September 20, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages three to eight to celebrate the joys of storytelling with music, puppets, books, stories and more! Children must be accompanied by an adult. Registration required.

**Talk, Sing, Read! Storytime**

September 20, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.

**Emergency preparedness community information session**

September 21, 7 p.m. to 8 p.m., the Kingston Lions, in partnership

with the King County Regional Emergency Measures Organization (REMO), present a community information session on the roles of the REMO during an emergency and the importance of emergency preparedness. A question and answer session will follow. In light of the recent N.S. wildfires, floods and upcoming active hurricane season, everyone is encouraged to come out to the Kingston Lions Hall and be informed. Hope to see you there!

**One-on-one tech help**

September 21, adults may book a one-hour slot at the Middleton Library with a digital literacy instructor. Learn basic computer skills, how to use email, word processing, how to use our on-line library services, how to get started with a tablet or phone – and more.

**Aprille's Story Tellers**

September 21 and 28 (and weekly into October), 10 a.m. to noon, the Rosa M. Harvey Middleton & Area Library hosts a six-week workshop: break through the artificial limits we place on ourselves. We will write in the moment, in response to provided prompts and exercises. Participants are invited to share their work, but there is no requirement to read aloud. Aprille Janes is trained in the Amherst

Writers and Artists method. She creates a safe and supportive environment in which to write together and claim your unique voice. For ages 18+. Registration required by September 21.

**Babies and Books**

September 22, 10 a.m. to 11 a.m., the Kingston Library invites caregivers and their babies (newborn to 18 months) for quiet stories, rhymes and songs. Registration not required.

**Storytime**

September 20, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages three to eight to celebrate the joys of storytelling with music, puppets, books, stories and more! Children must be accompanied by an adult. Registration required.

**Talk, Sing, Read! Storytime**

September 20, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.

**Emergency preparedness community information session**

September 21, 7 p.m. to 8 p.m., the Kingston Lions, in partnership

with the King County Regional Emergency Measures Organization (REMO), present a community information session on the roles of the REMO during an emergency and the importance of emergency preparedness. A question and answer session will follow. In light of the recent N.S. wildfires, floods and upcoming active hurricane season, everyone is encouraged to come out to the Kingston Lions Hall and be informed. Hope to see you there!

**One-on-one tech help**

September 21, adults may book a one-hour slot at the Middleton Library with a digital literacy instructor. Learn basic computer skills, how to use email, word processing, how to use our on-line library services, how to get started with a tablet or phone – and more.

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which will be held at 11 a.m., October 16, at the Digby Pines Golf Resort and Spa, 103 Shore Rd., Digby. Guest speaker: MP Chris D'Entremont. Buffet meal: chicken, salmon, scallops, rice, potato, salads, desserts, tea and

coffee. Cost: \$25 per member, and guests eligible to be a member of NAFR. As the branch is subsidizing the meal by 50 per cent, payment must be pre-paid by cheque to: NAFR Western Nova Scotia Branch, and must be

received by September 22. Please mail cheques to: NAFR Western Nova Scotia Branch, PO Box 1131 Middleton, NS B0S 1P0. Please email [naf75@gmail.com](mailto:naf75@gmail.com) or call Carolyn/ Bill at 902 765-8590 by Sept. 22 if you plan to attend.

## Jessica Laureen LeBlanc

20 August 1991 – 14 September 2016

*Missing you Jessica*

My darling girl, how I miss your smile and hugs.

Your courage and feisty spirit and your heart that was as big as the ocean.

*Remembering you today and every day.*

*Love Mommy*

## ~ In Memory ~

### Doug McEwan,

September 14, 2019

I did not see you close your eyes  
Or hear your last faint sigh.

I only heard you were gone,  
too late to say goodbye.

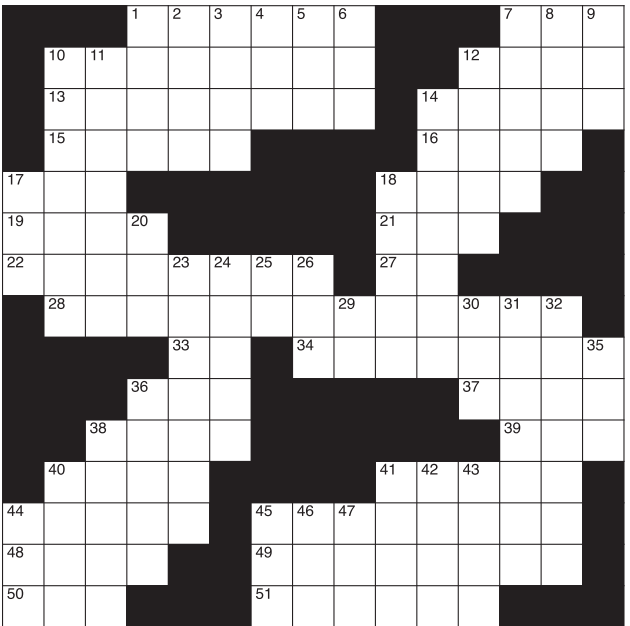
Sadly missed along life's way,  
quietly remembered every day.

No longer in our lives to share,  
but in our hearts you're always there.

*Hazel & family*

# crossword

solution page 9



- ACROSS
- Type of crayon
  - Fashion accessory
  - Most cerebral
  - Income from vertical
  - Dependent on
  - Broken in
  - Strongly desires
  - Mounted soldier
  - Ad \_\_\_\_ when necessary
  - Cattle
  - Ottoman military commanders
  - \_\_\_\_ student, learns healing
  - Composed in poetic meter
  - Promotional material
  - Where people live
  - Sodium
  - Embarrassing
  - Medical man
  - Mother of Hermes
  - One who saves the day
  - Tooth caregiver
  - Not clothed
- Slope covered with loose stones
  - Used to cook
  - Praises
  - Enthusiastically
  - Rooney is a famous one
  - Beekeeper
  - Pigpen
  - Potato chip brand
- DOWN
- Living quarters
  - Horizontal passage
  - Attacks
  - Vietnamese offensive
  - Midway between east and southeast
  - Confined (abbr.)
  - Book of Esther
  - antagonist
  - Port in Yemen
  - CNN's founder
  - Type of bulb
  - Prepare
  - Promoted
  - Dinner jackets
  - Partner to cheese
- Nebraska city
  - Human gene
  - Pays no attention to
  - Lowland South American plain
  - Blood group
  - Mauna \_\_\_\_, Hawaiian volcano
  - Atomic #37
  - Unit of electrical resistance
  - Jeweled crowns
  - Nastiest
  - Traditional cars need it
  - Bowler hat
  - Robust
  - Not straight
  - Stony waste matter
  - Have an interest in
  - Jacob \_\_\_\_, journalist
  - Maintains possession of
  - Swiss river
  - Average cost of market goods
  - Spanish soldier: El \_\_\_\_

# horoscopes

**September 10 to September 16**

**ARIES - Mar 21/Apr 20**

Aries, a goal you have been working toward is nearing completion. Take time to reflect on all it took to make the goal come to fruition.

**TAURUS - Apr 21/May 21**

Taurus, try to get away on a vacation, even if it's just a weekend jaunt. There's never been a time you could use a little getaway more than right now. Push this into the priority zone.

**GEMINI - May 22/Jun 21**

Gemini, it is time to get more movement into your daily activities. Don't you want to be in the best possible health? Incorporate more exercise gradually with activities you enjoy.

**CANCER - Jun 22/Jul 22**

A partnership will get even stronger this week, Cancer. It could be a relationship with a spouse or even a business partner. You'll benefit from this added strength.

**LEO - Jul 23/Aug 23**

You may take immense pleasure from doing mundane chores this week. Leo, Washing windows, organizing the garage, sorting through unused clothes - these are all things to keep busy.

**VIRGO - Aug 24/Sept 22**

Your chart lands you in the sector of romance, creativity and passion this week, Virgo. Embrace all of these elements in your life to the fullest.

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# sudoku

solution page 9

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

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