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 14 Wing Combined Charities

December 9 | 11 a.m. to 3 p.m. | **Greenwood Mall**

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Primary leadership qualification (PLQ) course members settle in October 30 at the first PLQ offering, Course 2303, to be hosted by the Royal Canadian Air Force Academy Detachment Aldershot.

Corporal D. Ouellet, 14 Wing Imaging

RCAF chief checks in with next generation leaders

Aldershot launches first local RCAF primary leadership qualification

Sara White,
Managing editor

Royal Canadian Air Force Chief Warrant Officer John Hall had to come a little further east to visit the latest PLQ (primary leadership qualification) course, but that's just fine.

"I pledged to speak to every one of the PLQs – this is the foundation of leadership in the RCAF," he told

the very first RCAF PLQ being offered at 5th Canadian Division Support Base Detachment Aldershot.

COVID-19 delays and the pace of recruiting saw RCAF-led, decentralized basic military qualification (BMQ) courses stand up at Aldershot to train Regular and Reserve recruits in all three elements several years ago. The addition of this PLQ course means the

program will alternate, offering two BMQs and two PLQs a year.

Day 1 of the five-week PLQ was October 30, and Hall arrived to encourage 27 master corporals from across the country on the career course "we're looking out for your service experience."

"This is you and I having a conversation, and how I get your concerns back

to the RCAF commander, Lieutenant-General Eric Kenny."

With likely eight to 12 years in the military, PLQ course members are set for leadership development the RCAF will depend on through the rest of their service. Hall detailed some of the many pressures – and opportunities – that lie ahead.

"We need to reinvigorate

the reason we serve: our country, something bigger than ourselves," he said. "People deployed overseas understand the 'business.' Domestically, we lose the link to the mission, and the 'why' we are the air force."

Rooted in 2017's "Strong, Secure, Engaged" defence policy, and subsequent funding and procurement plans, the air force is now seeing – and will continue

to see through to 2035 – "a substantial period of modernization." Hall said that includes the modernized CF18, new weapons, an updated NORAD detection capability in the North and along the Canadian coastline, remote-piloted aircraft systems, a potential CP140 Aurora replacement, getting the CC295 Kingfisher

Continued on page 2...

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Next generation leaders...

...COVER

into search-and-rescue service, and the CH149 Cormorant mid-life upgrade – and all the infrastructure and training that supports it.

“We haven’t seen this many capabilities changing since the end of the Second World War. How do we get there? With our people.”

Hall said RCAF strategic planning has to focus on valuing people and their careers, giving them opportunities, supporting them through moves with their families, and keeping them engaged.

“Once you get in, we need to maintain your link to the mission.”

The goal of the RCAF, always, has to be readiness: “combat-capable, mission-ready forces,” Hall



Royal Canadian Air Force Chief Warrant Officer John Hall visited the first day of the first primary leadership qualification (PLQ) course to ever be offered at 5th Canadian Division Support Base Detachment Aldershot: “This course is about the ability to communicate, influence and listen to your people.”

Corporal D. Ouellet, 14 Wing Imaging

said. Aircraft, equipment and weapons modernization is just one component of readiness; the other is leveraging partnerships to ease the pressure of work and change on members.

“We need to lean on pri-

vate industry and business, we have human resources struggles, and we need to modernize our doctrine. We need to talk about the evolution of our culture: in 2000, we established values of duty, loyalty, integrity

and courage; and an ethos of respecting the dignity of all people and the laws of Canada.

“In 2015, Operation Honour helped us get after some of the issues, and we’ve made progress. Are we there yet? No. We’re better, because members of our profession have a little more confidence in command action will be taken when required, and people will listen.”

In 2022, the newest “Trusted to Serve” document “operationalizes” the past 20-plus years of scrutinized values that define a member of the Canadian Armed Forces and the profession of arms.

“Trust is a matter of care, competence and character; and that translates into our CAF ethos. It’s how we’re going to demonstrate, day-

in, day-out, that we are committed to our ethos.”

PLQ course members will be in class, teach each other, lead different scenarios and even spend a week in the field as they train through both the practical and more philosophical aspects of leading people and an organization. Hall encouraged them all to think about their future roles as leaders, and not so much the career opportunities being a leader may bring.

“If you’re not committed to being a character-based leader, you’re not going to succeed. Your people are going to know when you’re reaching for the brass ring instead, and that’s when they stop following you. This course is about the ability to communicate, influence and listen to your people.”

Hall spent the last of his time with the class answering questions about everything from procurement, potential international taskings, the 2022 change to appearance standards, the new ball hats, recent changes to pay and allowances, recruiting ideas and retention incentives, and more.

“I was in your shoes not that long ago. I had a lot of questions and ‘rage against the machine.’ But – I had a mentor who, when I was promoted to master corporal, came in and advised me to rethink my approach: what about concentrating on the things I can change? That’s when things ‘clicked,’ and why I’m here today.

“Your future? Don’t worry about what comes next. Just be the best you can be every day.” ➔



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The Aurora News

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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
www.forces.gc.ca

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

the Aurora | 14 Wing Greenwood, NS

Visite du médiateur de la CAF, 20 au 23 novembre

L'ombudsman des FAC, Gregory Lick, visitera la 14e Escadre Greenwood et le Camp Aldershot du 20 au 24 novembre, avec un certain nombre d'occasions prévues pour les réunions de l'équipe de défense et des familles :

20 novembre, de 17 h 30 à 19 h, réunion publique avec les familles des militaires, gymnase du Morfee Centre

21 novembre, de 8 h 15 à 9 h 30, réunion publique avec les MR supérieurs des forces régimentaires, mess d'Annapolis

21 novembre, de 9 h 45 à 11 h 15, réunion publique avec les jeunes MR de la force régulière, mess d'Annapolis

21 novembre, de 11h30 à 12h30, réunion avec les aumôniers d'escadre, Queen of Heaven

21 novembre, 13 h 45 à 14 h 45, réunion avec le personnel de santé mentale, 26 Centre de santé des SSFC

21 novembre, de 15 h à 16 h, réunion avec le personnel médical et dentaire, 26 Centre de santé des SSFC

22 novembre, de 8 h 15 à 9 h 30, réunion publique avec les employés de la fonction publique, Annapolis Mess

22 novembre, de 9 h 45 à 10 h 45, réunion avec le personnel de l'ALFC, salle de conférence du CRFMG

22 novembre, 11 h à 12 h, réunion avec le personnel du CCMS, Bldg 298

22 novembre, de 13h15 à 14h15, réunion avec le personnel du Centre de transition, Centre de transition

22 novembre, de 14h30 à 15h30, réunion avec les membres du Centre de transition, Centre de transition

23 novembre, de 8 h 15 à 9 h 30, réunion publique avec des officiers de la Reg Force, Annapolis Mess

23 novembre, de 9h45 à 10h45, réunion avec les employés du SMFC, salle de conférence du GMAM

23 novembre, 11 h à 12 h, réunion avec le CRFMG, salle de conférence du CRFMG

23 novembre, de 14h15 à 15h45, réunion publique avec les réservistes, Annapolis Mess

23 novembre, 19h30, hôtel de ville, centre multimédia de Camp Aldershot

Le bureau de l'ombudsman a été créé pour accroître l'ouverture et la transparence au sein des FAC et du ministère de la Défense nationale, et pour garantir un traitement équitable des préoccupations soulevées par les membres des FAC, les employés du ministère et leurs familles. Pour obtenir des informations sur l'ombudsman et le contacter, consultez le site canada.ca/en/ombudsman-national-defence-forces/information-about-office.html. ➔

Visit with CAF ombudsman November 20 to 23

CAF ombudsman Gregory Lick will visit 14 Wing Greenwood and Camp Aldershot November 20 to 24, with a number of scheduled opportunities for Defence Team and family meetings.

Nov 20, 5:30 p.m. to 7 p.m., town hall with military families, Morfee Centre gym

Nov 21, 8:15 a.m. to 9:30 a.m., town hall with Reg Force senior NCMs, Annapolis Mess

Nov 21, 9:45 a.m. to 11:15 a.m., town hall with Reg Force junior NCMs, Annapolis Mess

Nov 21, 11:30 a.m. to 12:30 p.m., meeting with wing chaplains, Queen of Heaven

Nov 21, 1:45 p.m. to 2:45 p.m., meeting with mental health staff, 26 CFHS Health Centre

Nov 21, 3 p.m. to 4 p.m., meeting with medical/ dental staff, 26 CFHS Health Centre

Nov 22, 8:15 a.m. to 9:30 a.m., town hall with Public Service employees, Annapolis Mess

Nov 22, 9:45 a.m. to 10:45 a.m., meeting with CFHA staff, GMFRC conference room

Nov 22, 11 a.m. to noon, meeting with CCMS staff, Bldg 298

Nov 22, 1:15 p.m. to 2:15 p.m., meeting with Transition Centre staff, Transition Centre

Nov 22, 2:30 p.m. to 3:30 p.m., meeting with Transition Centre members, Transition Centre

Nov 23, 8:15 a.m. to 9:30 a.m., town hall with Reg Force officers, Annapolis Mess

Nov 23, 9:45 a.m. to 10:45 a.m., meeting with CFMWS employees, GMAM conference room

Nov 23, 11 a.m. to noon, meeting with GMFRC, GMFRC conference room

Nov 23, 2:15 p.m. to 3:45 p.m., town hall with Reservists, Annapolis Mess

Nov 23, 7:30 p.m., town hall, Camp Aldershot multi-media centre

The Office of the Ombudsman was created to increase openness and transparency in the CAF and the Department of National Defence, and to ensure the fair treatment of concerns raised by CAF members, departmental employees and their families. For information on, and to contact, the ombudsman, visit canada.ca/en/ombudsman-national-defence-forces/information-about-office.html ➔

November 20, 2023

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Training stage

143 Construction Engineering Flight regularly takes on various community projects planned by non-profit organizations, part of its unit outreach and as an opportunity for flight members to train and develop new skills. In this particular case October 9 to 27, the Rotary Club of Lunenburg reached out seeking aid in constructing a 16-foot by 12-foot covered stage at the Fisheries Museum of the Atlantic on the waterfront, revitalize this UNESCO Heritage site. The stage will host various events held over future tourist seasons. Members involved in the stage project included corporals McKay, Parnell, Whynot and Buckler; and aviators Schnare and Daniels.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

CAF artists' program accepting applications for next program

The Canadian Forces Artists Program (CFAP) invites

Adrian Stimson, Master Corporal Jamie Gilman, 2011, oil on canvas, 6.5' x 3.5', collection of the artist
Submitted

professional artists in Canada to apply for its upcoming 2024/ 2025 program cycle. The dead-

line to apply is November 30, at 11:59 p.m. EST.

Applicants must be Canadian citizens or permanent residents and meet the definition of a professional artist. Successful applicants will be given the opportunity to deploy with the Canadian Armed Forces and capture a wide variety of activities, wherever operational conditions allow. These deployments provide artists with an opportunity for research and inspiration to create new works. In the past, artists have deployed to operations in Canada and overseas to Afghanistan, Kuwait, Sudan and the Middle East. The CFAP covers the costs of travel and living expenses for the duration of the deployment, and artists maintain

complete artistic independence over their works. Artists have always been, and will always be, an important part of how Canadians see their military. Artists who have been part of the CFAP during previous cycles include Adrian Stimson, whose design was selected this summer for the National Monument to Canada's Mission in Afghanistan; David Collier, Gertrude Kearns, William MacDonnell, and countless others.

Stimson's advice for future artists, or anyone wanting to apply to the program, is as follows: "Be open to new experiences."

The CFAP supports independent, creative works that record Canadian military members at home and around the world. The goal of the program is for artists and Canadians to learn more about our people in uniform. ➔

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September 25, Corporal Kyle Garrett, centre, was presented the Special Service Medal - Alert by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



Mid-October, while deployed on OP NEON from 14 Wing Greenwood's 14 Mission Support Squadron, Captain Theresa Gatenby, centre, was presented with a Commander's Coin by 1 Canadian Air Division Commander Major-General Iain Huddleston, right, with Chief Warrant Officer Dan Campbell.



November 6, Major Brittani Jeans, centre, was presented the Canadian Forces Decoration at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris, left, with Chief Warrant Officer Stephen Bates.



November 6, Captain Andrew Birchall, centre, was presented the Canadian Forces Decoration at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris, left, with Chief Warrant Officer Stephen Bates.



November 6, Master Corporal Ian Stubbart, centre, was presented the Canadian Forces Decoration at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris, left, with Chief Warrant Officer Stephen Bates.



Aviator Danielle Robichaud, centre, was recently named Junior FSA of the Quarter (financial services administrator) by Deputy Wing Commander Lieutenant-Colonel Dev Pacquette, left, with Chief Warrant Officer Jamie Rideout. Robichaud demonstrates unwavering dedication and commitment to the 14 Wing Greenwood financial section, providing exceptional customer service, maintaining exemplary dress and deportment, and demonstrating professionalism when handling complex situations through counter service and written communication. Teamwork and accountability further contributed to their outstanding performance on OP TASWEX, where they earned high praise from the OP's chain of command.



October 20, Corporal Brandi Weibel, centre, was presented the Special Service Medal – NATO Bar, by Deputy Wing Commander Branch Lieutenant-Colonel Dev Pacquette, left, with Chief Warrant Officer Jamie Rideout. The SSM recognizes members of the Canadian Armed Forces who have performed a service determined to be under exceptional circumstance, in a clearly defined locality, for a specified duration.



November 6, Corporal Marco Belanger, centre, was appointed master corporal at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris, left, with Chief Warrant Officer Stephen Bates.



November 6, Corporal Marco Belanger, centre, was presented the Canadian Forces Decoration at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris, left, with Chief Warrant Officer Stephen Bates.

14 Wing Imaging unless otherwise indicated.



Mid-October, while deployed on OP NEON from 14 Wing Greenwood's Deputy Wing Commander Branch, Corporal April Watson, centre, was presented with a Commander's Coin by 1 Canadian Air Division Commander Major-General Iain Huddleston, right, with Chief Warrant Officer Dan Campbell.



Mid-October, while deployed on OP NEON from 14 Wing Greenwood's 405 (Long Range Patrol) Squadron, Corporal Matt Brown, centre, was presented with a Chief Warrant Officer's Coin by 1 Canadian Air Division Chief Warrant Officer Dan Campbell Commander, right, with Major-General Iain Huddleston.



October 20, Major Brad Wylde, centre, was presented the Special Service Medal – NATO Bar, by Deputy Wing Commander Branch Lieutenant-Colonel Dev Pacquette, left, with Chief Warrant Officer Jamie Rideout. The SSM recognizes members of the Canadian Armed Forces who have performed a service determined to be under exceptional circumstance, in a clearly defined locality, for a specified duration.



November 6, Chief Warrant Officer Stephen Bates, right, was presented the Canadian Forces Decoration at 413 (Transport and Rescue) Squadron's honours and awards ceremony by Commanding Officer Lieutenant-Colonel Mark Norris.

Transition Unit members conduct 160-km relay for Soldier On

Ryan Melanson, Trident Staff

A group of Halifax-based members of the Canadian Armed Forces Transition Unit NS-NL put themselves to the test over October 25 and 26, embarking on a 160-kilometre team relay run from Halifax to Greenwood, raising \$2,700 for Soldier On through their efforts.

For Lieutenant-Commander Darcy Burd, the unit's deputy commander officer, the event coincided with his celebrating 32 years since joining the Canadian Armed Forces October 26. He was also in great shape to help cover some kilometres for the team, as a proud recipient of a Platinum score, the highest possible, on his latest FORCE Evaluation test.

"I decided to take part to celebrate my 32 years of service and do this run along with my teammates and support a great charity," Burd said. His

role with the Transition Unit has led to closer ties with Soldier On and an appreciation for the opportunities for recreation, sport and camaraderie the organization offers to former and current military members.

"I can't think of a better organization to support and hopefully this is a way for us to highlight what they do, specifically that Soldier On isn't just for veterans, it's for serving members as well."

The team lead and unit commanding officer, Lieutenant-Colonel Ross Bonnell, said he and his staff had multiple objectives in organizing the relay. In addition to raising funds and awareness for Soldier On, they also sought to shine a light on the CAF Transition Group itself, and the important services it offers CAF members and their families. The physical challenge of the lengthy relay, and the team cohesion that comes from accomplishing such a

task, was also a key goal.

"It's a challenge of mental and physical resilience. There's going to be a lot of kilometres on our boots over the next day, and not a lot of sleep, so we're challenging ourselves and each other," Bonnell said before kicking off the relay.

"We've got runners of all levels. Some of us do it competitively and others are just beginning. We're not here to break records, but to achieve some team building and sup-

port a great cause."

The team departed from the Transition Centre Halifax at 10 a.m. October 25, with the 10 members taking shifts running in 30-minute increments along Nova Scotia Trunk 1. They eventually reached the Transition Centre Greenwood, successfully completing the relay, at roughly 7 a.m. the next morning.

To support the X-Treme Relay team with a donation to Soldier On, visit soldieron.ca/Donate. ➔



Members of the Canadian Armed Forces Transition Unit NS-NL wrapped up their X-Treme Relay October 26, with their arrival at Transition Centre Greenwood just after 7 a.m.

T. Tong



Team members spoke with media before departing Halifax from the Transition Centre in Windsor Park October 25.

Master Corporal D. Vuong-De Ramos

Honoring courage, sacrifice of transgender CAF members

Defence Team Pride Advisory Organization, 14 Wing Greenwood

On Transgender Day of Remembrance November 20, Canadians from all walks of life pause to pay tribute to transgender military service members. This day holds special significance, as we remember the courage, sac-

rifice and resilience of these individuals.

Throughout history, transgender individuals have faced unique challenges and discrimination. November 20 serves as a reminder of the barriers they have encountered and the sacrifices they have made.

Transgender service members have demonstrat-

ed unwavering dedication and commitment to their duty, often in the face of adversity. They have stood shoulder to shoulder with their comrades, protecting the values and freedoms we hold dear. Their contributions to the Canadian Armed Forces are invaluable, and should never be forgotten.

As we take a moment to

remember those transgender service members who are no longer with us, we also reflect on the progress made in creating a more inclusive and accepting military environment. Efforts to foster equality and respect for transgender individuals continue, both within the military and throughout Canadian society.

Transgender Day of Remembrance reminds us of our responsibility to create an environment where every individual, regardless of their gender identity, can live without fear of discrimination or prejudice. It is a day to reaffirm our commitment to supporting the rights and well-being of all individuals. While progress has been

made, we acknowledge there is still work to be done. The Canadian military, and society as a whole, must continue to strive for equality, ensuring transgender individuals are treated with dignity, respect and fairness.

Let us remember, let us honor, and let us work for a better future. ➔

Move, learn in weekly injury prevention Health Promotion series

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

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).

November 27, 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.

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. ➔

Kingston/ Greenwood holiday hamper program applications now available

Pat Nixon

As the holiday season approaches, many families in the Kingston/ Greenwood area may require a helping hand in providing food and toys. Many families, despite their best efforts and income, struggle to make ends meet amid a myriad of demands.

A coalition of community groups and faith organizations in the Kingston/ Greenwood area has banded together to provide food and toy hampers to families with children facing challenges. The program is flexible and can accommodate faith-based and familial requirements.

Applications for the 2023 program are available at Sobeys Greenwood from the customer service desk or from Pharmasave in Kingston. Completed applications must be signed by a minister/ priest, a Lions club member, community leader, case worker or the food bank; and must be returned to Sobeys Greenwood or Pharmasave Kingston by November 30. Families will be contacted by a representative of the group, in confidence, to assess their need.

Singles and couples without children are asked to contact the Upper Room Food Bank at 902-765-0303 to apply for a food hamper. ➔

OpVETBUILD coming to Kingston Legion

The Royal Canadian Legion Branch 98 in Kingston is excited to announce the launch of OpVETBUILD.

OpVETBUILD is a Royal Canadian Legion initiative, run by the OSI special section. This free, peer-to-peer program will run once a month for veterans and their family, which includes serving members, RCMP and allied forces. The objective is to help improve mental through “buddy check” coffee and a hobby. The starting hobby will be model building. No experience is necessary, and all required supplies will be available.

The Kingston Legion is in the planning and preparation stages. We are gathering names to ensure there is sufficient resources for the program, and proposed days are the second and third Friday of the month from 9 a.m. to noon, beginning in January.

If you have questions or are interested in participating, contact Diane Soanes or Michele Verret at rcl98.opvetbuild@gmail.com. It is important to confirm your participation, and any family members you will be bringing, so resources can be planned. ➔



The West Kings Wolverines hosted Division II provincials November 3 and 4 in Greenwood, taking the bronze medal for their efforts. From left, in the front row, are Faith Langille, Brooke Balsor, Nevaeh McDonald, Skyla Dorey, Khloie Wentzell, Chloe Palmer, Diana Winters, Abby Veinot, Rylie Browne, Maddie Boudreau and Sophie Harris. Across the back are Anna Ross, Zoey Buckle, Lily MacLean, Hailey Savage, Grace Wagner, Abi Fugger, Carmen Glavine, Kenzie MacNeil and Olivia Freeman.

Submitted

W.K. hosts, wins Div II soccer bronze



West Kings keeper Faith Langille makes a save.

Submitted

The West Kings senior girls' soccer team ended an amazing 2023 season in fine fashion. The Wolverines took the Division II bronze medal, against Breton Education Centre in, what we believe is, the first girls' provincial championship the school has hosted in its 67-year history.

Visiting teams from Sydney, Eastern Passage and Halifax were in wonder at the hospitality they received, all put together in just a few days under the keen leadership of manager Crista MacNeil, with generous help from the team's parents and local sponsors. The opening ceremony on the Green-

wood Civic Field November 3 included welcoming words from School Sport Nova Scotia Western representative Devan Naugler, West Kings District High School athletics director Beth Detienne and retired West Kings teacher and former Kings West MLA Leo Glavine. Players were also thrilled with a fly-past of a 14 Wing Greenwood CP140 Aurora.

In the opening game, Island View, from Eastern Passage, opened the scoring late in the first half, then held through the second half to defeat Sydney's Breton Education Centre 3-1. Halifax Grammar defeated West Kings 6-2 in the home team's first game. Rylie Browne scored both West Kings goals.

Day one results moved Breton and West Kings into the bronze medal morning game November 4, and Halifax Grammar and Island View into the noon gold medal game. In the bronze game, West Kings' Abby Veinot and Chloe Palmer split the scoring with one in each of the halves, taking the team to a 2-0, very closely-skilled game. The championship was a 6-2 win for Halifax Grammar over Island View, only following a close first 60 minutes.

For the closing ceremonies, athletes were piped in by 14 Wing Greenwood's Frank Anderson. Kings West MLA Chris Palmer, himself

the parent of a graduating West Kings athlete, spoke of how this is a bitter-sweet moment for athletes and supporters, as Grade 12s move on from high school. Medals were presented by SSNS director Stephen Galant, who congratulated all on a great season and wished graduates success in their future endeavours.

West Kings athletes, staff, families and the community thank all the teams for coming, and congratulate the silver medal winners, Island View High, and the gold medal winners, Halifax Grammar School.

Along with MacNeil, this year's West Kings soccer program success is, in large part, due to the hard work and dedication of assistant coach Paul Browne and head coach Justin Veinot. Their leadership style, always one of encouragement, positivity and sportsmanship; led this squad of athletes from all grades, nine through 12, to their most successful season yet. Graduating team members - Carmen Glavine, Sophie Harris, Kenzie MacNeil, Chloe Palmer, Khloe Wentzell and Diana Winters - are congratulated, with heartfelt best wishes as they move forward. We are all very proud of the Wolverines' hard work and exemplary conduct on and off the field. You worked so hard and earned a spot in school and N.S. sports history. ➔



Longtime Greenwood Military Aviation Museum volunteer Bob McElman, right, was presented with a distinguished lapel pin for his 15 years' service by GMAM Society Chairman Ian Patrick and the society's annual meeting.

M. Uhlman

Museum society marks 30 years' volunteering, commitment to Greenwood heritage

Sara White,
Managing editor

"No matter where you look, this society has had a heck of an impact," said Ian Patrick, at the annual meeting of the Greenwood Military Aviation Museum Society October 24. Patrick, the society chairman for all of its 30 years, took the opportunity at the AGM to "put some perspective" on what three decades' volunteer work has built, all in support of capturing and highlighting the history and heritage of CFB Greenwood, its aircraft and operations, and the personnel who have contributed to missions at home and abroad since the 1940s.

"In 1993, we had no building, no plans for one and the wing commander (Ken Allen) who had the okay to start and run with a museum got posted," Patrick said. "The first museum opened in 1995 in the current VP International building, just 1,100 square feet, and that started the whole thing."

Museum progress continued down an often "rocky road of money, people and interest," until 1999, when then wing commander Brian Handley responded to new Chief of defence Staff directives on how military museums should operate, and the GMAM moved into space at the CANEX Mall and "took off."

"We now had the space, the interest; we grew the board, we were certified by Ottawa

as a non-profit, registered organization," Patrick said, detailing the further development of exhibits, art collection, archives, the exterior airpark and the memorial garden.

"You have to marvel at the ingenuity of the people who contributed to it, the work that's been done - monumental achievements."

Some of those achievements were honoured at the AGM, as Patrick presented GMAM Society volunteer recognition pins to several members, including Robert McElman, 15-plus years; Malcolm Uhlman, 10-plus years; and Perry Matte, five-plus years (due to COVID-19, presentations are at least two or three years delayed). Pins will also be presented to David Saulnier, 10-plus years; Walter Crocker, 10-plus years; Douglas Butt, five-plus years; and Robert Lorencz, five-plus years; at later dates

Handley, now the GMAM Society's president, thanked society volunteers "for all their support over the past year, and for volunteering for another year."

"We're entering a significant year (2024) with the RCAF 100th anniversary."

The GMAM Society returned Patrick as chairman, Handley as president, Matte as vice-president, Bert Campbell as secretary and Butt as treasurer. Society directors include Joan Patrick, Uhlman and Lorencz. ➔



We thank you

Royal Canadian Legion Branch 098 would like to thank the public for their generous support during our 2023 Poppy Campaign. We also are grateful to the following local businesses for their donations and assistance with poppy boxes. November 11th is the most important time of the year for the RCL and the simple act of wearing a poppy helps ensure that the 17,000 Canadian servicemen and women who made the ultimate sacrifice will not be forgotten.

14 Wing Greenwood
14 Wing Community Centre
517 Air Cadet Squadron
Andy's Tire
Annapolis Valley at Home Care
Annapolis Valley Wellness Centre
Assante Wealth Management
Atlantic Fabrics
Atlantic Superstore
Aurora Inn
Avery's Farm Market
B & H Wholesalers
Bert's Corner Store
Brown's Auto and Salvage
Bumper to Bumper
Bus Boy's Muffler
C.C. Cleveland Insurance
Can Fix Auto
Canadian Dollar Store
Canadian Tire
CANEX Store
Cat's Meow
Central Station Hair Salon
China Villa
CIBC
Co-operators
Dairy Queen
DeCoste Kitchens
Defence Construction Canada
Dooley's
Dr. Tami Parks Dentistry
Dr. Hynes Optometry
Dwight Ross School
École Rose des Vents
Enserink's Vacuum Cleaner Centre
Essentials Lingerie
Exit Reality Town & Country
Family Natural Foods
Farmer's Family Diner
First Quality Shoe Repair
Fraser's PRO Home Centre
Freeman Motors (ESSO)
G.W. Sampson Ltd.
Gene's Barber Shop
Girl Guides of Canada
Goucher's Farm Market

Gould Auto Sales
Green Elephant Café
Green Leaf Enterprises
Greenwood Animal Hospital
Greenwood Barber Shop
Greenwood Mall
Greenwood Military Family Resource Centre
Greenwood Post Office
Greenwood Rent-All
H.E. Armstrong Mechanical Ltd.
Hair Expressions & Spa
Harvest Wealth Management
High Country Tire
Home Hardware
Ink Zentation
Irving Gas Bar
Jason's Auto Repair
JC's Hot tubs and Pools
J & R's Pizzeria
LJR Imprintables
Kentucky Fried Chicken
Keystone Comic & Games
Kingston Elementary School
Kingston & District Lions Club
Kingston Fire Department
Kingston Library
Kingston Medical Centre
Kingston United Church
KMR Computer
Knights of Columbus
Live Edge Salon
Loomers Pumping Service
MacBeth's Kennel
McDonald's
Mama Evelyn Pizza
Mama Sofia's Pizza
Mark's Work Warehouse
Mary Brown's Chicken
McCabe's Flooring
Mid-Valley Construction
Mimie's Pizza
Munro Insurance
Nathanson Seaman Watts
National Assoc. of Federal Retirees
Needs/Fast Fuel

Needs (Kingston)
Norm's Electric
NSLC (Kingston)
Oaken Barrel Pub
OH Armstrong Ltd.
OK Tire
Pine Ridge Middle School
Pizza Delight
Post Office (Kingston)
PT Health
Rafuse Mechanical Ltd.
Rave'N Ink
RCMP Kingston
Relax With Us
Roof Hound
Rotary Club of Middleton
Royal Lepage Atlantic
Scotiabank
Scouts Canada
Shoppers Drug Mart
Shear Solution
Shift Orthotics Footwear
Sobey's
Soldiers Memorial Hospital Foundation
Style Plus Hair Salon
The Junk Drawer
The Inside Story
Tibbetts Nursing Home
Tim Horton's
Toplevel Equipment
True North Psychological
Ultramar
Valley Brewtique
Valley Credit Union
Valley Drug Mart (Pharmasave)
Valley Family Optometry
Valley Wild Cats
Village of Greenwood
Village of Kingston
Vogue Optical
Walmart
West Kings District High School
West Nova Fuels
Women's Place Resource Centre
YMCA Child Care

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- Vous pouvez filtrer les événements et les services pour répondre aux besoins uniques de votre famille



Greenwood MFRC/CRFM





November 11, Acadia University's women's hockey team hosted Cape Breton University, and invited special guest 2 Military Police Squadron Master Corporal Ronalyn Haustein-De La Cruz, from 14 Wing Greenwood, to formally open their match. G. Manning, Sports Photos NS



The Bridgewater Fire Department Band and special guest, Terry Kelly, performed a concert, Heroes of the Homefront, November 5 at the Bridgewater Baptist Church. 14 Construction Engineering Squadron Commanding Officer Major James Gannon, left, with Master Warrant Officer Edward Hebb, presented a cheque, representing proceeds of the concert, after the event to Samantha Vandenhof with the Greenwood Military Family Resource Centre. Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



The November 4 game night for the Valley Wildcats in Berwick, as the Fredericton Riverview Ford Red Wings were in town, as also military and veterans' appreciation night. Guests of honour were Canadian Armed Forces members and veterans, as 14 Wing Greenwood Commander Jeff Davis, with Chief Warrant Officer Jonathan Proulx, and Royal Canadian Legion Ortona Branch No. 69 Berwick president Gilbert Kendall dropped the ceremonial opening puck. 5th Canadian Division Support Base Detachment Aldershot Major David Garvin joined piper Anne Scott and the Legion Colour party, all on the red carpet. Adding to the event were 14 Wing Air Reserve and West Nova Scotia Regiment recruiting info booths (and swag!), the Canadian Military Wives Choir Greenwood and the 14 Wing Pipes & Drums. S. White



Royal Canadian Legion Ortona Branch 69 Berwick hosted its community parade and service at the Veterans' Drive memorial. Silver Cross Mother Corinne McNabb was a special guest, along with 14 Wing Greenwood's 405 (Long Range Patrol) Squadron, represented by squadron members in the parade and Lieutenant-Colonel Dan Arseneault and Chief Warrant Officer Duane May at the wreath-laying. S. White



St. Mary's Church in Auburn hosted its service of remembrance November 5, welcoming guests from Royal Canadian Legion Branch 098 Kingston, 14 Wing Greenwood Commander Colonel Jeff Davis and Wing Chief Warrant Officer Jonathan Proulx, 14 Wing piper Anne Scott and community friends. Following the service, congregants visited a number of Canadian flag-marked plots in the cemetery surrounding the church, adding a poppy in recognition of a veteran's past service. S. White



Students offer respect, remembrance as No Stone Left Alone

Sara White,
Managing editor

For the handful of Second World War servicemen buried under Commonwealth War Graves headstones in Old Holy Cemetery, a fresh, red poppy placed November 7 does, indeed, mean they are not forgotten.

Middleton Regional High School Grade 10 students once again joined the cross-Canada No Stone Left Alone initiative, paying a visit and their respects.

"This is something they realize they can offer," said Career Development 10 teacher Rebekah Wheadon. The annual project "absolutely engages" students.

"We have Dianne Hankinson Le-Gard's book, and the students go

through it and look at the airman and some of what's known about them – including how old they were when they died, usually very young. They get really nervous about remembering the men's names. They want to do really well."

The students walked to the cemetery, met by local No Stone Left Alone volunteer John MacEachern, Corporal (retired) Chris Tidd, and members of the community. Tidd, formerly with the Joint Signal Regiment, is now a postulate at Western University. He invited everyone to "take a moment to recall with sorrow the horror of war, and remember those who have lost their lives in defence of justice and dignity," in conflicts, past and present.

"This is an act of remembrance, in hopes of peace for all peoples and

harmony among the nations."

MacEachern thanked the students, and the community, for coming: the Old Holy Cemetery was the first from Nova Scotia to join No Stone Left Alone several years ago; this year, there were three cemeteries involved across the province.

"You, and your previous classes, are well, well regarded in head office in Edmonton (where No Stone Left Alone began in 2011)," MacEachern said. "We appreciate your enthusiasm."

MacEachern said he's been impressed with the Middleton students since they joined No Stone Left Alone, and looks forward to meeting the newest Grade 10 students adopting the project, and then sharing the now-annual service together. ➔



Middleton Regional High School Grade 10 students and West Nova Scotia Regiment members Sergeant Revon King, foreground, and Cadet Lillian Chillman were pleased to take part in the November 7 No Stone Left Alone poppy-placing on Commonwealth War Graves at the Old Holy Cemetery in Middleton. Both expected to be at November 11 services in Bridgetown with their unit. S. White



Royal Canadian Legion Branch 112 and Canadian Armed Forces personnel from 14 Wing Greenwood, marking the Lawrencetown Remembrance Day service. Sailor 1st Class J. Morris



The South Shore Lumberjacks hosted a well-timed military appreciation hockey game November 11. The ceremonial puck drop was carried out by West Nova Scotia Regiment Lieutenant-Colonel Mike Bobbitt, left, and 14 Construction Engineering Squadron Major James Gannon, right; with WNSR Chief Warrant Officer Ed Smith and 14 CES Master Warrant Officer Ed Hebb. Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



M. Rolph



Corporal W. Pineisi

Royal Canadian Legion Branch 098 Alvin H. Foster hosted the Kingston community, including 14 Wing Greenwood's 404 (Long Range Patrol and Training) Squadron, above; Major David Bernatchez is joined by family laying a wreath.



Members of 14 Air Maintenance Squadron represented 14 Wing Greenwood at the Remembrance Day ceremony at the Nova Scotia Community College in Middleton. Corporal S. Dlugozima

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Youth interested in Army Cadets? 2444 RCACC is looking for you!

2444 Royal Canadian Army Cadet Corps, based at 5th Canadian Division Support Base Detachment Aldershot, is looking for new members. Cadets is a non-for-profit organization, free for youth ages 12 to 18, with uniforms provided. All youth are welcome to join. 2444 RCACC trains every Wednesday evening, with optional training on

Monday evenings and other weekend activities, such as expeditions and field training. Program opportunities include marksmanship, biathlon, pipes and drums and other activities. The unit focuses on developing leadership, citizenship and fitness in its members. If you are interested, contact 244 RCACC at 244army@cadets.gc.ca →

Food for Thought from the Upper Room Food Bank

During October, the Upper Room Food Bank in Kingston served 154 families, consisting of 291 adults and 167 children, with 19,865 pounds of product going out and 22,895 pounds coming in. The incoming total includes 11,200 pounds provided by the Feed Nova Scotia network and 989 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with local businesses.

During September, the Upper Room Food Bank served 167 families, consisting of 298 adults and 193 children, with 20,725 pounds of product going out and 18,820 pounds coming in. The incoming total includes 7,200 pounds provided by the Feed Nova Scotia network and 1,865 pounds bought with local cash donations.

Looking at the numbers from the past two years, there has been a steady climb in the number of clients making use of the food bank but, thankfully, a steady climb in the support we have been able to provide as well. Several grants and programs have been implemented or received increased funding

to help the system cope with this rise, and generous donations from corporate and private citizens have also made a difference. Thank you to all who have donated to the less resilient sectors of our community.

Our Christmas wrapping booth fundraiser at the Greenwood Mall is coming back! Your purchases can be wrapped for you by Sharon Hatt and her team of volunteers for a small donation. Anyone wishing to lend a hand for this event may contact the office at 902-765-0303, or reach out through our Facebook page to leave your contact info. The booth will run from December 4 to 10 at the mall.

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. 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 reducing waiting time for clients. When requesting

service, your best option is to call the office and leave a message. We can answer quick questions through the Facebook page, but we cannot plan for pick-up or new clients.

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. 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 it is not always possible to call ahead, but clients will find the process easier with a scheduled appointment.

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

The food bank is open for clients Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. We will be closed for the holiday season after December 21, and will re-open January 4. 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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Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week for youth aged six to 12 (five if they have completed one full year in a school program). To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays.

Monday, November 20, 6 p.m. to 7:30 p.m. – Kids Club. Bring Your Own Nerf Gun Night! Free for PSP Plan or one-activity pass youth evening program holders, \$5+HST non-PSP Plan membership. Pre-registration required by noon the day of the program.

Tuesday, November 21, 6 p.m. to 8 p.m. – Open centre drop-in. Youth under 12 years old must be accompanied by an adult 16+. One-activity pass or PSP Plan card required, \$5+HST non-PSP plan membership per person.

Friday, November 24, 6 p.m. to 7:30 p.m. – YTGIF. Who Dun It? - Mystery party and a snack. \$7+HST PSP Plan membership, \$10+HST non-PSP plan membership. Pre-registration required by noon the day of the program.

Monday, November 27, 6 p.m. to 7:30 p.m. – Kids Club. Hide & seek challenge (indoors). Free for PSP Plan or one-activity pass youth evening program holders, \$5+HST non-PSP Plan membership. Pre-registration required by noon the day of the program. →



Day to play

October 19 was all things sporty at 14 Wing Greenwood, as base personnel took time away from the shop floor or desk to get active and celebrate CAF Sports Day. A lunchtime BBQ brought everyone together for a bit of a break, and then it was back on the court, the greens, the run route or the playing field.

Photos: Sailor 1st Class J. Morris, Corporal F. Roy & Corporal D. Ouellet, 14 Wing Imaging



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FRIDAY, DECEMBER 15
STARTING AT 6:00PM

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7:00PM

VIEW FROM THE SUPERSTORE PARKING LOT

PROGRAMS

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10:00AM FIRE HALL
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\$30
THURSDAY NIGHTS
6:00 - 7:00PM

PICKLEBALL
FRIDAY EVENINGS
6:00 - 9:00PM \$5
PINE RIDGE MIDDLE SCHOOL
BACK GYM DOOR

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recreation@kingstonnovascotia.ca

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DECEMBER 23 & JANUARY 6
11:30AM-1:00PM

DECEMBER 31
4:30-6:00PM

JANUARY 31
1:30-3:00PM

ADULT SKATING EVERY MONDAY

\$5 DROP IN
11:00AM-12:30PM



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. 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.

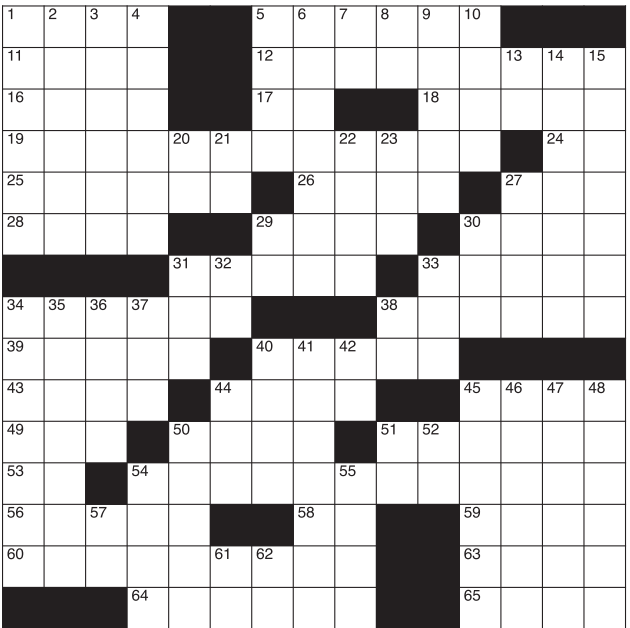
Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.aliantzinc.ca. 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.

SMH volunteers needed

Soldiers Memorial Hospital volunteer programs are looking for volunteers to add to the experience for patients, families and visitors. If you would like to join the SMH ambassador program, be an in-patient general volun-

teer, or drive with the Veterans' Unit bus program, contact Ruth Dugie, NSH volunteer resources consultant - Western Zone, 902-365-1706. Or, apply to volunteer at <https://btrr.im/f66du>.
Intro pickleball
Thursdays, 6 p.m. to 8 p.m.,

crossword solution page 13



- ACROSS**
- Nocturnal S.
 - American rodent
 - Requesting
 - Give temporarily
 - Happiness
 - Military branch
 - denotes past
 - Middle Eastern city
 - Air hostesses
 - Partner to Pa
 - Percussion instrument
 - Popular computers
 - Decrease light
 - Valley in the Osh Region
 - To ___ his own'
 - Absence of difficulty
 - Intend announcing intended marriage read out in church
 - Trims by cutting
 - Impact
 - Military member
 - A French river
 - Member of prehistoric people in Mexico
 - Messenger
 - ribonucleic acid
 - Greek Clapton
 - Greek sophist
 - Largest English dictionary (abbr.)
 - Narrow valley
 - A way to disentangle
- DOWN**
- Indicates not an issue (abbr.)
 - Recommending
 - Genus of legumes
 - Friend to Larry and Curly
 - Off-Broadway theater award
 - Fencers
 - Small Eurasian deer
 - Denoting passerine birds
 - Separate by category
 - Colorless fluid part of blood
 - Of a main artery
 - Photographic equipment
 - Confirms a point
 - Developed over time
 - Not the leader
 - Lang (country singer)
 - Adults need one
 - Nests of pheasants
 - Antelopes
 - One quintillion bytes (abbr.)
 - Japanese three-stringed lute
 - Type of cat
 - Cools your home
 - The ancient Egyptian sun god
 - Pouches
 - Trigraph
- 27.** Form of Persian spoken in Afghanistan
- 29.** route
- 30.** Body part
- 31.** Bridge building degree
- 32.** Indicates position
- 33.** Political action committee
- 34.** Tasty snack
- 35.** Part of a quadruped
- 36.** Locate
- 37.** Pitching statistic
- 38.** Of I
- 40.** City in Utah
- 41.** Football players in the trenches
- 42.** Hammer is one
- 44.** A 'nightmarish' street
- 45.** Performers
- 46.** Siang for cut or scrape
- 47.** More breathable
- 48.** Most slick
- 50.** Provokes
- 51.** Home to college's Flyers
- 52.** Sodium
- 54.** Large fish of mackerel family
- 55.** Zero
- 57.** and behold
- 61.** The Palmetto State
- 62.** Popular Tom Cruise movie franchise (abbr.)

at the Greenwood Community Centre and Fridays, 6 p.m. to 8 p.m., at Pine Ridge Middle School in Kingston. Drop-in fee of \$5 to pay for equipment costs. Come out and learn the rules and basics of pickleball, have some fun and exercise at the same time. Bring indoor sneakers. All are welcome.

Try speed skating
The Annapolis Valley Speed Skating Club offers programs Monday evenings at the Credit Union Centre. Free speed skates rental for your first season. Come out to a practice for a free trial. Contact valleyspeedskating@gmail.com for more information.

Watercolour evening
November 20, 6 p.m., join 7Arts in Greenwood for a Christmas watercolour paint night. Cost is \$40. Email info@7arts.ca to reserve your seat.

Women Moving Forward – Fall sessions
November 21, 28, December 11 and 14, all 9:30 a.m. to noon, join the Women's Place Resource Centre at 694 Main Street, Kingston, for a series of Fall workshops. Topics include coping with break-ups and moving on, conflict resolution and problem solving, surviving everyday

stressors, and music therapy. To register for any of the sessions, contact 902-363-2030 or Rhonda.wprc@gmail.com.

Poetry reading
November 22, 5 p.m., Joe Beninati will be reading from his book of poetry, shadows i've seen, at Aroma Mocha Cafe in Bridgetown. All welcome. Book available for purchase.

Free store/ clothing giveaway
November 23, noon to 3 p.m., visit the Good Tidings Free Store at New Beginnings Centre, 1151 Bridge St., Greenwood. (Drop off 11 a.m. to noon). "Distributing warm clothing to those in need."

At CentreStage Theatre
November 24, 25 and December 1, 2, 8 and 9: catch two one-act Christmas stories in a Centre-Stage holiday double feature. Ross Chapman directs "A Visit from St. Nicholas, or, The Night before Christmas," and Mike Butler produces "Tiny Tim's Christmas Carol." Show times are 7 p.m. (2 p.m. matinees November 19 and December 3). Admission: adults \$18, children under 12 \$7, students and seniors \$15. Reservations: 902-678-8040. Centrestagetheatre.ca, 61 River Street, Kentville.



horoscopes

ARIES - Mar 21/Apr 20
It's important to pay attention to your physical health this week, Aries. It's key to give your body plenty of rest and healthy foods to strengthen your immune system.

TAURUS - Apr 21/May 21
Something out of the ordinary may happen to you this week, Taurus. You don't know what to expect, but be aware of your surroundings and the people you meet.

GEMINI - May 22/Jun 21
This is a perfect time to review your goals or to-do list, Gemini. If you don't have things jotted down, brainstorm with friends on what you may want to accomplish, then make plans.

CANCER - Jun 22/Jul 22
Cancer, do not turn anyone away if they come to you looking for assistance. Someone in need is likely to seek you out in the days to come and you should be ready.

LEO - Jul 23/Aug 23
There is no shame in taking a day off or slowing down for a breather, Leo. Spend the day in bed or lounging on the couch if you desire. Give yourself a break if you've been running around.

VIRGO - Aug 24/Sept 22
If emotions are high, Virgo, you might need to figure out a way to relieve some stress. Turn on the music loudly and dance around in your home while singing along.

LIBRA - Sept 23/Oct 23
Libra, you could feel sluggish a few days this week. Once some friends urge you to get out and do something, you'll quickly feel reenergized and ready to have a good time.

SCORPIO - Oct 24/Nov 22
Scorpio, failure can be a tough pill to swallow, but if you don't succeed at something you have to get back up and simply try again. Don't let one setback eat at you for long.

SAGITTARIUS - Nov 23/Dec 21
Don't let your pride get in the way of rekindling a friendship Sagittarius. Rather than drum up old news, talk about the things you look forward to doing together.

CAPRICORN - Dec 22/Jan 20
Capricorn, things may work out if you give them another chance. Don't throw in the towel on your ideas just yet. Figure out a new angle and then get started on a new course.

AQUARIUS - Jan 21/Feb 18
Take the blinders or rose-colored glasses off, Aquarius. You can't adequately handle a situation unless you know all of the facts and have a clear grasp of reality.

PISCES - Feb 19/Mar 20
If things are starting to feel boring, it might be time for a change of pace, Pisces. Simple things like changing around the furniture or taking a new route home can help.

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Christmas social
November 25, at 1:30 p.m., Good Samaritan Circle is holding its Christmas event at the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road . There will be a gift exchange (\$10 or less), homemade gingerbread, games, refreshments and lots of fun and fellowship. Everyone is welcome. You are encouraged to wear something "Christmassy." Call 902-698-9467 for information.

Crafters' and vendors' sale
November 25, 10 a.m. to 2 p.m., Berwick Girl Guides will host a crafters' and vendors' sale at the South Berwick Community Hall, 4518 Hwy 1, South Berwick. Admission is freewill offering, coffee/ tea and muffins by donation, Girl Guide cookies \$6 a box, select ticket auction.

Craft market
November 25, 8 a.m. to 3 p.m., the Berwick Lions host a Christmas craft market at the hall, 250 Veterans Drive, Berwick (the Kings Mutual Century Centre). Admission is \$2. 50/ 50, face painting, variety of talented vendors.

7Arts open house
November 25, noon to 4 p.m., 7Arts in Greenwood is having an open house – drop in!

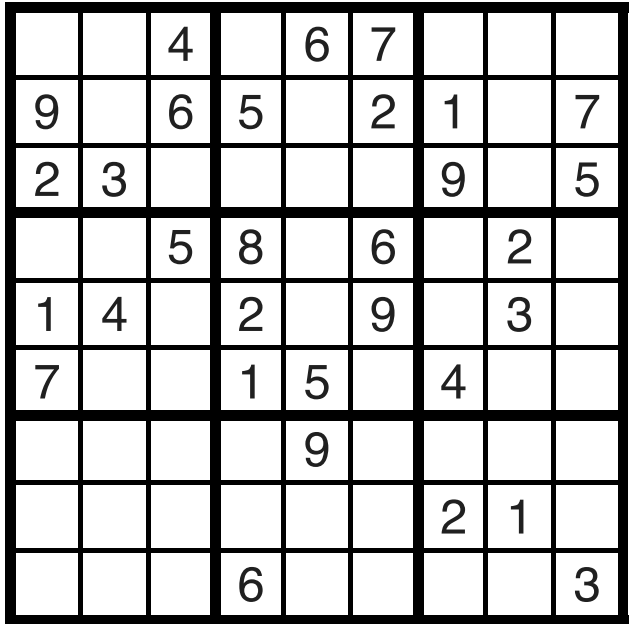
Les Chiclettes : Spectacle d'humour en chanson
26 novembre à 19h (ouverture des portes à 18h30), Annapolis Mess, BFC Greenwood. 10\$ pour les membres de l'Association francophone de la Vallée, 15\$ pour les non-membres. Les Chiclettes, trio vocal franco-ontarien, composé de Nathalie Nadon,

Geneviève Cholette et Julie Kim proposent un nouveau spectacle intitulé Sérieux? Bravo! Pour ces trois femmes, faire entendre un message engagé et un propos intelligent sur la Femme passe par l'humour. Un humour généralement teinté d'autodérision et basé sur des situations qui les touchent personnellement en tant que femmes et en tant qu'artistes. Revisiter des concepts d'antan qui ont plus ou moins évolué et traiter de manière satyrique des thèmes d'actualité amusent et inspirent Les Chiclettes.

Holiday hamper applications – Kingston/ Greenwood
November 30 is the deadline for 2023 Kingston/ Greenwood holiday food and toy hamper applications for families with children and youth. Applications may be picked up at the customer service desk of Sobeyes Greenwood or Kingston Pharmasave. Directions on the form must be strictly followed. Forms must be returned to Sobeyes Greenwood or Kingston Pharmasave by November 30, and you will be contacted, in confidence, shortly thereafter to assess need.

Toy drive
December 1, 7 p.m. to 9 p.m., during the Santa Comes to Kingston event in Kingston, there will be a community toy drive at the Kingston Credit Union Centre. Volunteers are collecting new, unwrapped toys for children and youth off all ages and gender. Please come, enjoy the evening, and consider bring a toy in support of the Kingston/ Greenwood holiday hamper program.

sudoku solution page 13



Fun By The Numbers
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!

Lend a hand to Kingston/ Greenwood holiday hamper, toy drive

Pat Nixon, Kingston/ Greenwood hamper program volunteer

The Kingston/ Greenwood holiday hamper program anticipates giving a helping hand to over 100 families in Kingston/ Greenwood in 2023, with food and toys for Christmas. We welcome your help in collecting toys to December 8. Volunteers are collecting new, unwrapped toys for children and youth off all ages and gender.

December 1, during the Santa Comes to Kingston event in Kingston, there will be a community toy drive from 7 p.m. to 9 p.m. at the

Kingston Credit Union Centre. Please come, enjoy the evening, and consider bring a toy to help others in the community.

December 2, there will be a stuff-a-van toy drive at the Kingston Superstore parking lot between 9 a.m. and noon, and at the Greenwood Sobeyes parking lot from 1 p.m. to 4 p.m.

Toys may also be dropped off to **December 8** at the Greenwood Mall, OK Tire, Exit Realty, Greenwood Auto, Royal Lepage Realty and Co-operators Insurance. Toys and cash donations may also be dropped off at the village offices in Kingston and

services & trades

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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 auroraproductio@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.

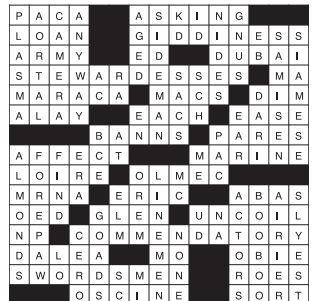
10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annoncées 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 auroraproductio@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

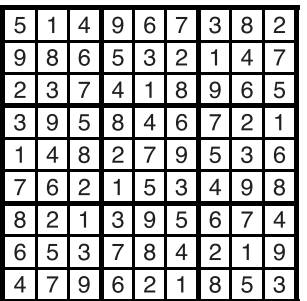
Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte

crossword solution



sudoku solution



the **Aurora** find & win

Three easy ways to enter.

1. Through our website: 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. Who wants you to download their app? _____
2. Who has Santa Claus approved merchandise? _____
3. Who has answers to your question and the lowest rate out there? _____
4. Who's open with extended hours on Black Friday? _____
5. When is adult skating at the Credit Union Centre? _____

Congratulations to last week's Find & Win winner: JENNIE JONES

DUPLEX FOR RENT

DUPLEX FOR RENT – 55+ apartment on Hwy 201, 2071 Glebe Rd. Two bedroom, includes five appliances, lawn care and snow removal. Close to all amenities in Kingston and Greenwood. \$1,500 per month, available in December. Call 902-847-1312. (4438-ufnb)

APARTMENT FOR RENT

BACHELOR APARTMENT FOR RENT – Bridge Street, Kingston, one-bedroom unit with 1 bath, 2 appliances, lights and heat included, storage shed. Available December 1. \$1,200 per month. Call for details 902-765-6371. (4441-2tpb)

FOR RENT – Whittington Heights, 55+ community living, spacious 1125 sq ft approx., two-bedroom unit with 1.5 baths, 5 appliances, attached single vehicle garage, 6' x 10' shed, snow and lawn care included. \$1,800 per month. Available December 1. Call for details 902-765-6371. (4441-2tpb)

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FLEA MARKET

SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Free-mans ESSO. Sundays only 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock hummingbird carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Thank you. (4441-4tpb)

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BINGO



Préparez votre maison pour l'hiver en suivant ces conseils avisés

(EN) En tant que Canadiens, nous sommes habitués à nous préparer pour les longs mois d'hiver. Bien avant la première neige, nous nous assurons que notre manteau, nos gants et nos bottes doublés soient encore en bon état pour nous garder au chaud pendant les prochains mois. Mais quand il est question de préparer sa maison pour le temps glacial et les chutes de neige qui s'en viennent, c'est une tout autre histoire.

Pour vous aider à préparer votre maison avant l'hiver,

nous avons réuni quelques conseils pratiques,

Éliminez les courants d'air - Garder la chaleur à l'intérieur et le froid dehors devrait être une de vos priorités lorsque vous préparez votre maison pour l'hiver. La meilleure façon d'y arriver est de vous assurer que vos portes et fenêtres sont adéquatement isolées. Si vous sentez un courant d'air autour d'un cadre de porte ou de fenêtre, il vous faudra remplacer le coupe-froid pour les cafeutrer et empêcher l'air froid d'entrer chez vous.

Videz les conduits extérieurs - Pour éviter que vos conduits et tuyaux gèlent et éclatent, coupez l'alimentation en eau de tous les robinets extérieurs jusqu'au printemps prochain. Il est ensuite important d'ouvrir tous les robinets pour vider complètement les tuyaux après avoir coupé l'eau.

Inspectez les gouttières et la toiture - Retirer les feuilles mortes, la saleté et les débris de vos gouttières assurera le drainage adéquat de la pluie et de la neige fondue. Vous voudrez aussi vous assurer que vos gouttières sont encore fermement fixées à la maison. Pendant que vous êtes là-haut, profitez-en pour inspecter votre toit et vérifier si les bardeaux sont tous à leur place et en bon état. Remplacer les bardeaux endommagés aide à éviter les infiltrations d'eau qui

pourraient survenir lors des périodes de redoux lorsque le toit est encore recouvert de neige.

Faites appel à un professionnel pour l'entretien de votre appareil de chauffage - Il serait bon de prendre un rendez-vous d'entretien pour votre fournaise chaque année afin de vous assurer que celle-ci est en bon état. Vous serez ainsi assuré d'être au chaud cette année en plus d'éviter des problèmes majeurs qui pourraient survenir plus tard, ce qui vous fera économiser de l'argent à long terme. Comme le dit le dicton: mieux vaut prévenir que guérir. Bien que ces tâches puissent vous sembler pénibles, préparer votre maison pour l'hiver devrait commencer à faire partie de vos habitudes. Et même si vous faites votre possible pour éviter que la saison froide endommage votre maison, certains sinistres sont inévitables. Si un événement imprévu cause des dommages à votre demeure, il est important de communiquer avec votre assureur le plus rapidement possible. Certains assureurs, comme Belairdirect, sont joignables en tout temps afin que vous puissiez toujours compter sur leur soutien lorsque vous en avez besoin.

Pour en savoir plus, visitez belairdirect.com.



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Nov 27, Dec 4, 11 issues

Nov 22, 29 & Dec 6 at noon are content deadline dates

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Un favori de l'automne, une touche végétalienne

(EN) Désolé, les lentilles, mais on a parfois envie d'un pâté chinois végétalien qui a le goût et la texture du vrai boeuf. Voici donc notre version entièrement à base de plantes de ce classique de la cuisine réconfort, faite avec du haché-végé sans bœuf à base de plantes. Il n'a rien à envier à la viande.

Pâté chinois végétalien

Temps de préparation : 30 minutes

Temps de cuisson : 1 heure 15 minutes

Portions : 8

Ingrédients

- Purée de pommes de terre
- 1,13 kg (2 ½ lb) de pommes de terre à chair jaune, pelées et coupées en quartier
- 125 ml (½ tasse) de bouillon de légumes
- 83 ml (1/3 tasse) de tartina de style beurre ou de margarine végétaliennes
- 2 ml (½ c. à thé) chacun de sel et de poivre noir

Garniture

- 45 ml (3 c. à soupe) d'huile d'olive, divisée
- 340 g (1 emb.) de Haché-végé sans bœuf PC À base de plantes
- 1 oignon, haché finement
- 340 g (1 emb.) de chou-fleur émietté
- 2 gousses d'ail, hachées finement
- 30 ml (2 c. à soupe) de farine tout usage
- 30 ml (2 c. à soupe) de pâte de tomate
- 30 ml (2 c. à soupe) de sauce soya à teneur réduite en sodium
- 375 ml (1 ½ tasse) de bouillon de légumes

- 500 ml (2 tasses) de mélange de pois, de carottes et/ou de maïs surgelés
- 2 ml (½ c. à thé) de sel, de poivre noir et de thym séché

Méthode

1. Préchauffer le four à 190 °C (375 °F). Pour la purée de pommes de terre, mettre les pommes de terre dans une grande casserole et ajouter assez d'eau froide pour les couvrir de 5 cm (2 po). Porter à ébullition. Réduire le feu et laisser mijoter environ 25 minutes ou jusqu'à ce qu'elles soient très tendres. Égoutter et remettre dans la casserole. Ajouter le bouillon, la tartina de style beurre, le sel et le poivre. Réduire en purée lisse à l'aide d'un pilon à pommes de terre. Couvrir et réserver.

2. Pendant ce temps, chauffer 30 ml (2 c. à soupe) d'huile dans une grande poêle antiadhésive à feu moyen. Ajouter le haché-végé sans bœuf et le défaire en quatre morceaux avec une spatule. Cuire, en retournant les morceaux une fois, de 5 à 6 minutes ou jusqu'à ce qu'ils soient dorés. Poursuivre la cuisson, en émiettant le haché-végé avec la spatule, de 9 à 10 minutes ou jusqu'à ce qu'il soit doré et entièrement cuit. Transférer sur une assiette et réserver.

3. Chauffer l'huile restante dans la même poêle à feu moyen-vif. Ajouter l'oignon et cuire, en remuant de temps à autre, pendant 2 minutes. Ajouter le chou-fleur et l'ail. Cuire, en remuant souvent, environ 5 minutes ou jusqu'à ce que les légumes soient

attendris.

4. Incorporer la farine, la pâte de tomate, la sauce soya, le sel, le poivre et le thym. Cuire, en remuant sans arrêt, pendant 1 minute. Incorporer graduellement le bouillon. Incorporer les légumes surgelés et le haché-végé sans bœuf. Porter à frémissement.

Réduire le feu et laisser mijoter doucement, en remuant souvent, environ 10 minutes ou jusqu'à ce que la sauce ait épaissi.

5. Répartir dans un plat de cuisson en verre carré de 20 cm (8 po). Déposer la purée de pommes de terre sur la garniture et l'étaler jusqu'aux

bords. Placer sur une plaque de cuisson. Cuire au four environ 40 minutes ou jusqu'à ce que la garniture bouillonne. Laisser reposer pendant 10 minutes avant de servir.

À essayer : Remplacez les pommes de terre à chair jaune par des patates douces, ou utilisez moitié pommes de

terre à chair jaune et moitié patates douces.

Information nutritionnelle par 1/8 de la recette : 360 calories, 19 g de lipides, 740 mg de sodium, 37 g de glucides, 6 g de fibres alimentaires, 5 g de sucres et 14 g de protéines.





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Some exceptions apply.



Three ways to safely brighten your holiday season

(NC) Many of us may put more effort into holiday decorating this year in anticipation of hosting family and friends over the festive season. This means decorations of all kinds strung around the home and lights that twinkle and keep everything aglow.

Bringing out new and old decorations is a good time to brush up on some important tips:

Lighting that's merry and bright - Before choosing the right places for your seasonal lights, take a moment to check for any damage after a year or two of being tucked away. Examine cords, plugs, exposed wires and ornaments. If anything is broken, don't use it and replace it right away.

As for the tree or setting up the mantle, be sure to choose the right light string. On the packaging you'll notice there are direction for the lights' use, either indoors or outdoors.

Less is more- Although you may want to deck the halls more than last year, remember that simple décor can go a long way. Pick a few statement items for bigger areas in the home, and don't be afraid to leave smaller areas untouched.

As for plugging in lights, figurines and even toys for the kids, remember to not overdo it for safety's sake. If you can, avoid using extension cords and only plug in lights or decorations as needed. Too many things plugged into an outlet can lead to overloaded circuits, overheating and possibly a fire.

Keep kids involved safely- An easy way to make sure little ones are getting in on the decorating spirit is to ask for their advice on

where things should go, or let them choose a playlist to set the mood. Be sure to keep electrical decorations and cords out of the hands and mouths of children and pets, too.

While some may wish the season lasted all year, holiday decorations aren't designed for always-on or year-round use or display. So be sure to turn off and unplug any lights before going to bed or leaving the house – use an automatic timer if you needed.

Easy appetizers to elevate your next gathering

(NC) The more the merrier when it comes to appetizers. These gathering-friendly recipes are delicious and sure to be an instant conversation starter. Using bright red strawberries in your appetizers, which are available year-round from California, is a spectacular way to “wow” your guests.

Whip up something sweet or savoury with these bright beauties the next time you want to impress your company.

Balsamic Strawberry Burrata Crostini

Prep time: 5 minutes
Cook time: 5 minutes
Serves: 10 crostini

Ingredients

- 10 slices baguette bread
- 350ml California strawberries, hulled and sliced
- 225g burrata cheese
- 10 fresh basil leaves
- 1 tsp balsamic reduction

Instructions - Toast bread to desired crispiness. Place



a large spoonful of burrata onto each piece. Place sliced strawberries on top. Drizzle with balsamic reduction and top with fresh basil.

Endives Stuffed with Strawberry Salsa

Prep time: 20 minutes
Serves: 16 appetizers

Ingredients

- 16 endive leaves approx. 3-4 heads of endive
 - 8 California strawberries, diced
 - 30g cucumber, peeled and diced
 - 65g avocado, diced
 - 4 mint leaves, finely minced
 - ½ lemon, juiced
 - salt and pepper to taste
 - 2 sprigs thyme
- Instructions - Cut the base off the head of the endive and separate the leaves. Wash thoroughly and dry gently.
- Place strawberries, cucumber, avocado, mint and lemon juice in a bowl. Gently toss with salt and pepper to taste. Divide the filling between endive leaves and top off with fresh thyme. Serve cold.

Enter to WIN two tickets

Name: _____

Address: _____

Phone: _____

Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, November 15, 2023.



Kings Mutual Century Centre, Berwick

Regular season home games

November 24 vs Pictou County | 7 pm

November 26 vs Amherst | 3 pm

December 3 vs Yarmouth | 3 pm

December 15 vs Pictou County | 7 pm

December 17 vs Truro | 3 pm

#DefendTheDome | #VCATS



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