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Vol. 46 No. 24 DECEMBER 15, 2025 NO CHARGE auroranewspaper.com

Greenwood's 'giving spirit' makes Santa's nice list

Sara White,
Managing editor

14 Wing Greenwood has a big footprint as the Royal Canadian Air Force's largest East Coast base – but it also has a big heart.

Santa Claus put some time in on the December 2 food drive line with members of Communications and Information Systems (CIS) Flight, their fifth – and best – year collecting cash and non-perishables at all three base gate during the morning's arrival traffic.

"The charity work is wonderful to see – anytime of year, but it really warms my heart to see that the military members – who come from places all across Canada – feel at home in whatever community they are posted in," Santa said. "Greenwood is a great place to work, but it's also a great place to live."

That was CIS Flight Master Warrant Officer Rod Colbourne's thought, too, as his family arrived here in 2021 from a military posting in Colorado.

"They were doing a food bank drive there," Colbourne said. He also had experience on an earlier posting at 8 Wing Trenton, where aerospace telecommunications and information systems technicians coordinated an annual food drive; "so we started one here – and then my wife and I actually joined the food bank volunteer group."

"Becoming part of the community and giving back is important. It's especially important with a lot of us military members at smaller bases around the country, where we really are such a big part of the community."

CIS Flight's now-annual December food drive is the tip of the 14 Wing's charitable iceberg. Santa keeps a list: 14 Fire Emergency Services' annual Muscular Dystrophy boot drive; the image technicians' offer to take military family portraits for food bank donations; the wing cleaners, who collect refundables and add up the cashed-in deposits; the admin pool's annual fundraiser to support



Santa Claus, right, and Master Warrant Officer Rod Colbourne, left, (ignore the Grinch) were doing their best to support Communications and Information Systems Flight's fifth 14 Wing Greenwood gate food drive December 2. CIS Flight volunteers were up dark and early to capture holiday generosity of wing personnel and visitors.

S. White

holiday hampers for local families; the Military Police Fund for Blind Children; 413 (Transport and Rescue) Squadron's annual Top of the Pyramid hockey tournament, raising funds in honour of a former Tusker affected by amyotrophic lateral sclerosis; the toy drive in support of the community hamper program....

"And, if you think even 100 people on the base are doing

volunteer work" – coaching sports, helping in schools, leading youth groups, serving as community firefighters, in their church; Colbourne says – "think how that adds up!"

Overarching the many smaller activities across 14 Wing is Combined Charities, the base's coordinated workplace giving program. Military and civilian unit representatives volunteer to organize 50/ 50 draws, collect casual

dress Friday toonies and organize special events. Their efforts happen year-long, but 'tis the season: a Christmas craft fair earlier in November and December 6's marquee Festival of Trees raffle at the Greenwood Mall raises the bulk of Combined Charities' event funds. The end result is between \$20,000 and \$40,000 shared annually in cash and kind (food, socks, toiletries) with several dozen

local and regional non-profit organizations that work in schools, food security, youth sports, veterans and military family programs, animal welfare and more.

"Every time I come to Greenwood, I see the 14 Wing team hard at work – and working for the community, too," said Santa. "Their Combined Charities' motto – 'Locally, we make a difference' – that's the giving spirit I like to see! ➔

Warmest wishes, to you and yours this Christmas.
May it be filled with laughter, family and friends.

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HEAT

Pathfinders welcome new honorary colonel

Sara White,
Managing editor

Sophie Saulnier says the first flight she ever took was with her father. She was nine years old, and “there was so much turbulence, everything went flying, everywhere.”

“Dad turned to me and said, ‘Happens all the time, don’t worry.’ Later in the flight, I was invited to the cockpit and got my very own Eastern Airlines wings.”

“I was hooked on airplanes and flying.”

Major (retired) Saulnier worked a 20-year career with the Royal Canadian Armed Forces as an aerospace engineering officer, including a stint at 14 Air Maintenance Squadron; November 27, she returned to official du-

ties at 14 Wing Greenwood, invested as the new honorary colonel for 405 (Long Range Patrol) Squadron.

“I have been singing the praises of 405 Squadron – the Pathfinders – to thousands of visitors to the Greenwood Military Aviation Museum, including Grade 6 students – who’ve all learned their first Latin phrase: ‘Ducimus’ (the squadron’s motto).”

“We lead.”

Saulnier referenced the squadron’s founding history during the Second World War; its Fincastle competition performances- “many firsts since, and in between; and I can’t wait to see the firsts yet to come. I pledge to show up, listen and build relationships.”

405 Squadron Lieutenant-

Colonel Joel Stubbert welcomed Saulnier, and said building those relationships and adding her insights is exactly what the Pathfinder family wants her to do.

“Honorary colonels bring value to the units they serve, as a vital bridge between the military and the community, fostering heritage and relationships that are unique and indispensable. Honorary Colonel Saulnier embodies all of these qualities, with deep roots in the Annapolis Valley, expertise in her career, and a steadfast commitment to service.”

The Pathfinders appreciate Saulnier’s volunteer service, including at the museum as a restorer, Flight Education instructor, guide and recruiter; but also with 4-H



405 (Long Range Patrol) Squadron assembled November 27 to invest the new Honorary Colonel Sophie Saulnier, centre; with Lieutenant-Colonel Joel Stubbert, left, and Chief Warrant Officer Derek Stratton.

Corporal B. Webb-Brown, 14 Wing Imaging

and as a 2022 host home for to Canada. She received the Jubilee medal in 2022 for her a Ukrainian family unsettled Queen Elizabeth II’s Platinum volunteer contributions. ➔

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14 Wing Imaging unless otherwise indicated.



November 19, 14 Wing Greenwood official languages coordinator Manon Dube, centre right; was presented the Canadian flag that flew July 31 over Canadian Forces Station Alert, during the 75th anniversary ceremony held there to mark the crash near Alert of Lancaster KV965. Her uncle, Flying Officer Joseph Roland Gerard Dubé, was killed in the crash. Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, made the presentation, with Chief Warrant Officer Jamie Vallis, right, and Lieutenant (Navy) Annie Lampron, the padre at CFS Alert during the memorial service.



Holiday hours at 14 Wing Greenwood facilities

Annapolis Café
December 22 to lunch January 4 - closed (open for supper January 4)

Annapolis Mess
December 18 - Sticky Floor
December 19 to December 30 - Tow Bar closed
December 22 to December 30 - Mess closed
December 31 - New Year’s Eve event (7 p.m. to 1 a.m.), semi-formal

CANEX
December 15 to 19 - 9 a.m. to 6 p.m.
December 20 - 10 a.m. to 5 p.m.
December 21 - closed
December 22, 23 - 9 a.m. to 6 p.m.
December 24 - 9 a.m. to 3 p.m.
December 25, 26 - closed
December 27 - 10 a.m. to 5 p.m.
December 28 - closed
December 29, 30 - 9 a.m. to 6 p.m.
December 31 - 9 a.m. to 3 p.m.
January 1 - closed
January 2 - 9 a.m. to 6 p.m.
January 3 - 10 a.m. to 5 p.m.

14 Wing Greenwood Fitness & Sports Centre
December 22, 23 - 6 a.m. to 9 p.m.
December 24 - 6 a.m. to noon
December 25, 26 - closed
December 27, 28 - 8:30 a.m. to 9 p.m.
December 29, 30 - 6 a.m. to 9 p.m.
December 31 - 6 a.m. to noon
January 1 - closed
January 2 - 6 a.m. to 9 p.m.
January 3, 4 - 8:30 a.m. to 9 p.m.

Note: the gymnasium floor will be closed over the holiday break for floor maintenance.

14 Wing Greenwood Fitness & Sports Centre – indoor pool
December 20 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 2:30 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.
December 21 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m. (holiday swim party 2:15 p.m. to 4:15 p.m.), half casual swim/ half lane swim 6 p.m. to 8 p.m.
December 22 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.
December 23, 27, 28, 29 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.

December 30 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m. (holiday movie swim 2:15 p.m. to 4:15 p.m.), half casual swim/ half lane swim 6 p.m. to 8 p.m.
January 2 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.
January 3 - adult swim tips (with instructors) 9 a.m. to 10 a.m., Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.
January 4 - Parent & Tot swim/ adult lane swim 10 a.m. to noon, public swim 12:15 p.m. to 4:15 p.m., half casual swim/ half lane swim 6 p.m. to 8 p.m.

26 Canadian Forces Health Services
December 15 to 17 - 7:30 a.m. to 3:30 p.m. - sick parade with modified clinic schedule
December 18 - 7:30 a.m. to 10 a.m. - sick parade with reduced services (closed after 10 a.m.)
December 19 - 7:30 a.m. to 3:30 p.m. - sick parade with modified clinic schedule
December 20 to January 5 - closed
January 6 - regular operations resume
Reminder: If you take prescription medication, ensure you have a sufficient supply to last until we resume regular operations January 6. Members who require medical attention outside of the modified hours should present to a local ER or walk-in clinic with your Blue Cross card. Follow-up with the CDU if you access any external services.

14 Wing Greenwood Community Centre (office only)
December 18 to January 4 - closed

14 Wing Greenwood Community Centre (facility space)
December 22 - pickleball - 9 a.m. to noon, facility drop in 1 p.m. to 4 p.m.
December 23 - 9 a.m. to noon - facility drop in
December 29 - pickleball 9 a.m. to noon, facility drop in 1 p.m. to 4 p.m.
December 30 - 9 a.m. to noon - facility drop in

The Aurora Newspaper
December 16 through January 6, inclusive - closed
Facebook @ The Aurora News
There will be no issue published December 22, 29, January 5 or 12

Military Family Services
December 22 to January 2 - closed
January 5 - regular hours resume
If an emergency should arise, families are encouraged to contact Wing Duty Operations at 902-765-1494 local 568-5457 or the Family Information Line at 1-800-866-4546.

14 Wing Greenwood Community Centre – office
December 24 to 26 - closed
December 31 and January 1 - closed

Greenwood Military Family Resource Centre Childcare Centre
December 24 - closing at noon
December 25, 26 - closed
December 31 - closing at noon
January 1 - closed

SISIP
December 24 - closing at noon
December 25, 26 - closed
December 31 - closing at noon
January 1 - closed

Health Promotion
December 19 through January 5 - closed

Greenwood Bowling Centre
December 20 - 1 p.m. to 9 p.m. - glow bowling
December 21 - 10 a.m. to 5 p.m. - bowling
December 22 - 1 p.m. to 6 p.m. - glow bowling
December 23 - 1 p.m. to 6 p.m. - glow bowling
December 24 to 26 - closed
December 27 - 1 p.m. to 6 p.m. - glow bowling
December 28 - 1 p.m. to 6 p.m. - bowling
December 29 - 1 p.m. to 6 p.m. - glow bowling
December 30 - 1 p.m. to 6 p.m. - glow bowling
December 31 and January 1 - closed
January 2 - 1 p.m. to 9 p.m. - glow bowling
January 3 - 1 p.m. to 9 p.m. - glow bowling
January 4 - 10 a.m. to 5 p.m. - bowling

Greenwood Gardens Arena
December 19 - Parent and Tot skating 4 p.m. to 5 p.m., public skating 5 p.m. to 6 p.m.
December 20 - Parent and Tot skating 8:30 a.m. to 9:30 a.m., public skating 3 p.m. to 4 p.m.
December 21 - Parent and Tot skating 8:30 a.m. to 9:30 a.m.
December 23 - public skating 4 p.m. to 5 p.m.
December 27 - Parent and Tot skating 8:30 a.m. to 9:30 a.m., public skating 3 p.m. to 4 p.m.
December 28 - Parent and Tot skating 8:30 a.m. to 9:30 a.m.
December 29 - public skating 2 p.m. to 3 p.m.
December 30 - public skating 4 p.m. to 5 p.m.
January 2 - Parent and Tot skating 3:45 p.m. to 4:45 p.m., public skating 4:45 p.m. to 5:45 p.m.
January 3 - Parent and Tot skating 8:30 a.m. to 9:30 a.m., public skating 3 p.m. to 4 p.m.
January 4 - Parent and Tot skating 8:30 a.m. to 9:30 a.m.

The Aurora Newspaper

No publication **December 29 or January 12**, publications resume **January 19** with the advertising deadline of January 14.

Pas de publication le **29 decembre** ni le **12 janvier**, publications resume **January 19** with the advertising deadline of January 14.

The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

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

CFMWS Site
Site du portail communautaire des Forces canadiennes
cfmws.ca • sbmfc.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
airforce.forces.gc.ca/en/14-wing/index.page

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
forces.gc.ca

Combat Camera | Cámara de combat
combatcamera.forces.gc.ca

Recruiting | Recrutement
forces.ca

VPI | VPI
vpinternational.ca

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PSP Greenwood Community Recreation online activities, resources and fun | **Annapolis Mess Committee** 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) | **MFS Greenwood** resources and programs supporting military members and their families | **14 Wing Greenwood Bowling Centre** centre updates | **14 Wing Health Promotion** - CAF community wellness resources | **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 Welcome** schedule of events details | **GMAM.ca** follow news and events at the Greenwood Military Aviation Museum | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Aquatics** pool recreation, competitive, training, news

Activités, ressources et divertissements en ligne de la **PSP Greenwood Community Recreation** | Événements spéciaux et divertissements du **comité Annapolis Mess** | **Carnaval d'hiver de la 14e Escadre Greenwood / 14e Escadre Carnaval d'hiver** : événements annuels hivernaux amusants et stimulants organisés par l'équipe de la Défense | **14e Escadre Greenwood PSP** : une ressource plus large pour les entités PSP (loisirs, condition physique, promotion de la santé, actualités et événements) | Ressources et programmes du **MFS Greenwood** pour soutenir les militaires et leurs familles | **Centre de quilles de la 14e Escadre Greenwood** - mises à jour | **Promotion de la santé de la 14e Escadre** - ressources communautaires des FAC pour le bien-être | **Greenwood Military Police – Police militaire de Greenwood** sécurité, sûreté et information publique de la 24e Escadre de police militaire | **14 Wing Combined Charities** activités de l'escadre en soutien à notre communauté | **14 Wing Welcome** détails du calendrier des événements | **GMAM.ca** suivez l'actualité et les événements du Musée de l'aviation militaire de Greenwood | **Lake Pleasant Campground** terrain de camping familial de la 14e Escadre | **14 Wing Aquatics** piscine récréative, compétitive, entraînement, actualités

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November 5, during an investiture of the Order of Military Merit at Rideau Hall, Ottawa, Chief Warrant Officer Sean Colin MacEachern, M.M.M., C.D.; centre, was presented the insignia of the Order of Military Merit by Her Excellency the Right Honourable Mary Simon, Governor General and Commander-in-Chief of Canada, right; with General Jennie Carignan, Chief of the Defence Staff.



October 28, Sergeant Brian Perry, centre, was awarded the Canadian Forces Decoration – 3rd Clasp by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Boone, right, with Chief Warrant Officer Bryce Culver, left.




Deputy Wing Commander Branch Chief Warrant Officer Jamie Vallis, right, was presented a certificate of appointment November 19 by 14 Wing Greenwood Chief Warrant Officer Justin Harper.

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November 19, Lieutenant Tarak Mistry, centre, was presented his commissioning scroll by Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, with Chief Warrant Officer Jamie Vallis.



December 1, Master Corporal Rebecca Marshall, left, was promoted to the rank of Sergeant by Major Melissa Bryan of Canadian Forces Taskings, Plans and Operations.



October 31, Master Corporal Geoffrey Penney, second from left, with his spouse, Heather Young, present; was presented a Wing Commander's Commendation by 14 Wing Greenwood Colonel Luc Vachon, left; with 405 (Long Range Patrol) Squadron Chief Warrant Officer Derek Stratton, right. Penney demonstrated exceptional ingenuity in resolving a critical supply chain issue that directly enhanced 14 Wing operational readiness. When CP140 Aurora engine wash materials became unavailable, Penney secured immediate stock to prevent delays and established direct procurement from the manufacturer. This innovation reduced costs by more than 75 per cent and shortened delivery times from two months to two weeks.

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November 14, Aviator Ethan Howie, centre, was promoted to aviator trained by 405 (Long Range Patrol) Squadron Major Jeremy McClafferty, left; with Chief Warrant Officer Derek Stratton.



Corporal David Lubin, centre, was promoted to current rank November 19 by Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, with Chief Warrant Officer Jamie Vallis.



November 19, Master Corporal Adam Noseworthy, centre, was presented the Canadian Forces Decorations First Bar by from Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, with Chief Warrant Officer Jamie Vallis.



November 19, Major Brenda Zwicker, centre, was presented the Canadian Forces Decoration by Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, with Chief Warrant Officer Jamie Vallis.



November 19, Corporal Justine Feddish, centre, was presented the Canadian Forces Decoration by Deputy Wing Commander Branch Lieutenant-Colonel Robert Curtis, left, with Chief Warrant Officer Jamie Vallis.

Chief offers 'Final Cut' of significant head of hair for charity

Sara White,

"Final Cut – For a Cause"

Raffle tickets are \$5 each, or five for \$20 – see your unit Combined Charities or Government of Canada National Workplace Giving reps. The first ticket drawn has ponytail chopping honours; the second ticket drawn has full head shave tidying up.

The "final cut – for a cause" will take place at the Annapolis Mess during December 18's sticky floor event.

the wood,' as my wife said."

Elliott never had a problem with the military's short hair requirements: over the ears, off the collar, a certain length on top: "I didn't push the boundaries, but I knew where they were."

In 2018, "Beardforgen" made allowances for facial hair. Elliott grew his goatee, but was still shaving his head. In 2022, "Hairforgen" further relaxed CAF dress instructions around hair, facial hair, tattoos and other dress and grooming guidance. Elliott, then a master warrant officer in Ottawa, was talking with a buddy who was a chief warrant officer.

"I joked I'd grow my hair, that it wouldn't change how I approach my job every day, how I approach people. As long as you're professional in the way you approach your job every day, I don't care what

your hair is. If you're a professional soldier, professional at your job – we have really good people in Canada who could be good soldiers, who maybe wouldn't join because of the dress rules."

By the time Elliott attended his senior leadership syndicate, his peers were calling him "Kenny Rogers:" his growing hair was '70s big, whitish in colour and approaching his collar.

"My take? 'I'm going to be keeping it' I was doing it in such a way, if someone in my unit wasn't following the rules, I could say, 'This is how it should be done.'"

The dress instructions did change again in 2024, setting clearer guidance for general grooming, but keeping most of the past few years' changes. Elliott's hair kept growing.

"I see people on Facebook, slamming the long hair, that it's not professional. I stay out of those arguments; I use Facebook for recipes.

"Chiefs don't get to be chiefs by accident. I know the rules. It's not that I can do what I want, but that I wouldn't do it without knowing the regulations, following the regulations and enforcing the regulations."

Cutting his hair now comes with good reasons: it's now long enough he can donate a length of it to make a wig for a cancer patient who has lost their hair. He can do it all again in the two years or so he has left before retirement. He sees a way he can use the attention his hair gets to put eyes and

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Option 1: One-Time Donation – Support any registered charity through UWCO and receive a charitable tax receipt by email.
Option 2: Monthly Contribution – Set up automatic giving to your chosen charity—the total will appear on your 14 slip for each tax filing next year.

THE CHALLENGE – If total donations reach \$2,500, then 404 SCWO Elliott will cut his hair—live, at the Annapolis Mess during Sticky Floor!
Once the \$2500 goal has been reached the sale of raffle tickets will begin. \$5 each or 5 for \$20.
The first name drawn cuts the ponytail off; second name shaves his head.
Scan the QR Code or visit <https://uwco.ca/ewco> to access the second donation page.
Your generosity helps change. – One cut can make all the difference.
COMING DECEMBER TO A MESS NEAR YOU



404 (Long Range Patrol and Training) Squadron Chief Warrant Officer Andrew Elliott is offering up his to-military-spec hair in a fundraising drive for 14 Wing Greenwood's workplace giving effort. His rank – and the reasons for his hair growth in recent years – make for a challenge he's hoping 14 Wing members take him up on.

Corporal B. Webb-Brown, 14 Wing Imaging

effort on charitable projects – something that doesn't take a lot of money, but could help raise funds here at 14 Wing for the workplace giving program. "I was raised, you help those around you with what you have: time, encouragement, money. And I get that things

may be tight, but I still have more than some other people, and I should be trying to help. Looking at our workplace giving, it's underwhelming. What's a solution?" The answer: his hair. Elliott is putting faith in 14 Wing, when the end-Novem-

ber online national workplace giving report comes in, that \$2,500 target will be there. He's putting more faith in the fun he can add to December 18's Sticky Floor – in the name of charity. "One cut can make all the difference." →



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SMH Foundation continues community care, work

The Soldiers Memorial Hospital Foundation has been busy through 2025. It purchased several pieces of vital equipment for Soldiers Memorial Hospital's emergency department, lab, and the Veterans' Unit; totaling more than \$113,000. Fundraising for three major projects - diagnostic imaging equipment, the veterans' patio and the Annapolis County Seniors' Safety Program -



continues.

Perhaps the most significant advancement made

this year was to change the foundation's focus from relying on the proceeds of its

investments to fund equipment purchases and programs to become primarily a fundraising foundation. The SMH Foundation has always been active in fundraising in the hospital's service area, Bridgetown to Aylesford; but there are several thousand family and charitable foundations in Canada devoted to providing funding to health-care charities such as the SMH Foundation. Early ap-

plication efforts saw success, sourcing almost \$400,000 in funding for the diagnostic imaging equipment and veterans' patio. This allows the SMH Foundation to preserve endowment funds raised over the past 53 years, since the SMH Foundation was established, and ensures it can invest more money in hospital equipment purchases.

In the past year, the Mid Valley Region Physician Recruitment & Retention Committee continued to work hard to help bring new doctors to the area, and make sure they and their families feel welcome. Several new physicians arrived in 2025, and there will be more in the new year. In fact, 11 family physicians have started their practice here in the past four years, since the committee formed.

Consider making a donation to the SMH Foundation, and support its work for a community hospital, its staff and programs that serve the area. Earmark your donation for the diagnostic imaging equipment, veterans' patio or the Annapolis County Seniors' Safety Program campaigns; or, help support other programs, including physician recruitment, palliative care or priority needs. To donate, visit middletonsmhf.ca, write to SMH Foundation, PO Box 730, Middleton, NS, B0S 1P0; or e-transfer officeadministrator@middletonsmhf.ca

The directors of Soldiers Memorial Hospital Foundation thank the community for its continued support, and wishes all the best in the coming year! ➔

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Seasons Greetings

Middleton FUNERAL HOME

Our warmest wishes to you and yours this holiday season

Tires are banned from 14 Wing garbage

Fifty to 80 years.

That's how long it takes a tire to break down in a landfill. Not to mention the harmful chemicals that may leach into the ground and contaminate the soil and water, trap methane and damage landfill liners. To make matters worse, this is totally preventable. Up to four rimless tires per day may be returned to any tire retailer free of charge if their rim size is 24.5" or less. Or, drop off tires to Valley Waste transfer sites located in Kentville at 90, Donald E Hiltz Road, or Lawrencetown, at 343 Elliott Road.

ATV tires, heavy machinery tires and tractor tires are accepted by Valley Waste. For a fee, you may take them to either of the two waste transfer sites. You may get more information about how to properly dispose of tires by contacting Divert NS at divertns.ca, or call 902-895-7732; or vwrn.com or call 902-679-1325.

Bicycle tires have their own return program. Take



used bicycle tires to participating bicycle shops around Nova Scotia for FREE. The closest to us here in Greenwood are Valley Stove & Cycle Ltd. at 353 Main Street, Kentville; Sport Check at 9123 Commercial Street, New Minas; and Bank's Bikes Inc. at 360 Main Street, Suite 20 in Wolfville. Just drop them off during their regular business hours. Consult vwrn.com for more details. The Bicycle Tire Recycling Program is run by Divert NS, which covers the cost of running this program.

Recycling and proper garbage disposal is often overlooked. Here at 14 Wing, we must follow the rules as to what can and cannot go in our bins. Fines for non-compliance are a very

WING ENVIRONMENT

real problem and are unacceptable. Tires found in our garbage bins are not allowed - but it has happened, causing fines for the government which, in turn, comes out of your pocket as taxes. If you're not sure where something goes, call Valley Waste at 1-877-927-8300 and they can help you be sure you're sort-



405 Squadron leads festive food drive effort December 13

In support of the Upper Room Food Bank, Kingston, and the Twelve Baskets Food Bank, Middleton; volunteers from 405 (Long Range Patrol) Squadron, with 14 Wing Greenwood friends, will host a festive food drive 9 a.m. to 2 p.m., Saturday, December 13 at four locations

- Sobeyes Greenwood
- Atlantic Superstore Kingston
- Foodland Middleton
- Independent Grocer Middleton

Your continued community support is much appreciated! ➔

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Winter Hours
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Closed Sunday to Tuesday
Open Wednesday - Saturday
10 a.m. to 4 p.m.
902-765-1494 local 5955
www.gmam.ca

Christmas Traditions

413 Tuskers put hockey day fun into squadron ALS effort

Sara White,
Managing editor

It was a competitive 6-5 finish December 5, as 413 (Transport and Rescue) Squadron's Herc Servicing came out on top of the "Top of the Pyramid" 7th Dean Ryan Memorial hockey tournament at the Greenwood Gardens Arena.

Herc Servicing met Team Cormorant in the final, following a day of play with representative teams also in the mix from Herc Flight and the SAR-Techs. More than play, the annual event raised \$950 in Ryan's memory, which will support research into and care of amyotrophic lateral sclerosis. The late Warrant Officer

Dean Ryan, with squadron mate and continuing tournament organizer Robert "Willy" Wilen, started the in-squadron tournament years before Ryan's death in February 2019. And, in December 2023, 413 member Captain Andrew Mercer also died after his own fight with ALS.

"That's two in our squadron," Wilen said, just as the day got underway. "We raised \$650 last year, and I think we'll be better than that this year. The local old-timers hockey players – one of them also kicked in some money, as they know people with ALS. The tournament is getting more and more known."

Wilen's hopes to "be better"



Tara Ryan, centre right, presented the annual "Top of the Pyramid" 7th Dean Ryan Memorial tournament trophy December 5 to Team Herc Servicing, with 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Boone, left, and Chief Warrant Officer Bryce Culver, right.

S. White

this year came true with that oh-so-close to \$1,000 total.

14 Wing Greenwood Commander Colonel Luc Vachon suited up with 413 Squadron Lieutenant-Colonel Greg Boone as part of Herc Flight; Vachon assisted with the opening puck drop and then quickly shifted into game mode. At the end of the day, Ryan's widow, Tara, had official puck-drop duties for the final, and presented the tournament trophy to Herc Servicing. →



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Winter fun with the Kingston Lions

1482 Veterans Lane, Kingston
902-765-2128

Christmas Eve breakfast

December 24, 6:30 a.m. to 10:30 a.m.

Community friends are welcome for a full breakfast, with ALL your favourites (scrambled eggs, pancakes, toast, sausages, ham, hashbrowns, muffins and drinks).

Freewill offering.

Visit with Santa and Mrs. Claus

Free skating

The Kingston Lions are sponsoring free public skating at the Credit Union Centre Arena.

Complimentary coffee or hot chocolate with marshmallows.

December 23, 1:30 p.m. to 3 p.m.
December 29, 1:30 p.m. to 3 p.m.
December 31, 1:30 p.m. to 3 p.m.

Tuesday luncheon

January 13, noon luncheon

Join friends at the Lions Hall for roast beef, mashed potatoes, peas, carrots, yorkshire pudding, coleslaw, gravy and brownies for dessert.

Cost: \$12 (\$6 for 12 years old and younger, and under 5 is free).

Mental health supports for Nova Scotians

Nova Scotians of all ages have access to a range of mental health and addictions services, free of charge. If you need support, reach out.

Access Wellness – provides a single session of counselling for individuals, couples or families dealing with mental health concerns, such as anxiety, job loss, grief, relationship issues and substance use. Counselling sessions may be online, by phone or in person in Sydney, Halifax, Kentville or New Glasgow. Call 1-833-691-2282 (toll-free).

Peer Support Phone Service – a toll-free, non-crisis service, available to all Nova Scotians 18 or older. It is staffed by trained peer supporters who have personal or family-based lived experience with mental health,

substance use and addictions. Call 1-800-307-1686.

Kids Help Phone – a national helpline for people between the ages of five and 20. Confidential and anonymous support is available 24 hours a day, from trained counsellors and volunteer crisis responders. Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

Tranquility – an online cognitive behavioural therapy program for people 16 or older with depression and anxiety. The 12-week program includes education, interactive tools and coaching. Information is available at tranquility.app/novascotia.

Nova Scotia Volunteer Firefighter and Ground Search and Rescue Program – provides dedicated mental health

and wellness support to these volunteer first responders and their families. It is available at 1-833-768-2183 (toll-free).

Recovery support centres – provide education, recovery and harm reduction support, along with one-on-one support and group treatment; for people struggling with substance use or gambling. In addition to on-site support, clinicians at the centre will link people to inpatient withdrawal management, opioid-use disorder treatment, community mental health and addictions programs and other supports available within communities. Locations are at mha.nshealth.ca/en/services/recovery-support-centre.

More mental health supports are listed at novascotia.ca/mental-health-and-wellbeing, including the provincial intake service line: people may self-refer to a mental health or addictions clinic, service or program by calling 1-855-922-1122 (toll-free, Monday to Friday, 8:30 a.m. to 4:30 p.m., and Tuesday and Thursday, 4:30 p.m. to 8 p.m.); or, call the 24-hour crisis line, 1-888-429-8167 (toll-free), for anyone experiencing a mental health crisis or people concerned about someone else; or, call 9-8-8, the 24-hour Suicide Crisis Helpline, for urgent, live, trauma-informed support by phone and text (also: 988.ca). →

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December 25th at 2:00, 4:00 & 6:30 with pianist Wendy
Set menu only - same on both 24th & 25th
See menu details and reserve at EdelweissInnNovaScotia.com

December 26th-29th regular hours 4:00-8:00 with open menu based on availability.
Closed December 30th

New Years Eve December 31st
Seatings at 3:00, 5:00, 7:00 with set menu only.
See menu details and reserve at EdelweissInnNovaScotia.com

New Years Day January 1st open 4:00-8:00 with open menu based on availability.

Edelweiss restaurant winter schedule
Open Thursday - Monday from 4:00-8:00
(closed Tuesday and Wednesday)
or open by special event group bookings.

January 2nd to February 11th – Closed for Renovations

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14 WING
HOLIDAY MESSAGE
A CHRISTMAS VACATION
AT THE WING

Colonel Luc Vachon & Chief Warrant Officer Justin Harper

This holiday season, as we look back on an extraordinary year at 14 Wing, we couldn't help but take inspiration from *National Lampoon's Christmas Vacation*. Much like Clark Griswold launching into the holidays with optimism, a questionable plan, and a tree far too large for any living room, we charged into 2025 with big ambitions, even bigger enthusiasm, and the determination to make this year "a real beaut, Clark!"

And thanks to you, it was.

Your professionalism and mission focus delivered reliable airpower day in and day out, no matter what surprises came our way. From responding to nearly 100 urgent search and rescue missions, to supporting Op LENTUS during this summer's wildfires, to executing long-range patrol missions at home and abroad, you demonstrated the same persistence Clark needed to get those 25,000 lights finally switched on. Every sortie, every deployment, every moment of teamwork added another bright bulb to 14 Wing's success.

None of this would have been possible without the entire 14 Wing Defence Team. Just as Clark had Cousin Eddie roll up unannounced in the RV, we've had our own cast of characters across the Wing step forward at critical moments. Operations, maintenance, mission support, community services, training, force development, families, and our community partners – each contributed to a year defined by resilience, commitment, and our motto: Operate as One.

2025 also marked significant steps into the future of Canadian airpower. We continued preparing for major capability transitions, including the CP-8A Poseidon, CQ-9B Guardian RPAS, and the introduction of the CC-295 Kingfisher.

To the entire team: thank you for your leadership, your sense of duty, and the camaraderie that makes 14 Wing such an exceptional place to serve. As we enjoy the holidays, please keep in your thoughts those deployed or away from home. May your celebrations be warm, safe, and – unlike the Griswold household – relatively chaos-free.

And if anyone asks how things went at 14 Wing this year, feel free to say with confidence...

“It’s a beaut, Clark!”

Happy Holidays, 14 Wing!
Operate as One



MESSAGE DES FÊTES
DE LA 14^e ESCADRE
VACANCES DE NOËL
À L'ESCADRE

Colonel Luc Vachon et Adjudant-chef Justin Harper

En cette période des Fêtes, alors que nous repensons à cette année exceptionnelle à la 14^e Escadre, nous n'avons pas pu nous empêcher de puiser notre inspiration dans *Le Sapin à des boules* (*National Lampoon's Christmas Vacation*). Tout comme Clark Griswold qui se lance dans les Fêtes avec optimisme, un plan discutable et un sapin beaucoup trop grand pour n'importe quel salon, nous avons attaqué 2025 avec de grandes ambitions, un enthousiasme encore plus grand et la détermination de faire de cette année « un vrai bijou, Clark! »

Et grâce à vous, ce fut le cas.

Votre professionnalisme et votre sens de la mission ont permis de générer une puissance aérienne fiable jour après jour, peu importe les surprises qui se sont présentées. Qu'il s'agisse de répondre à près de 100 missions urgentes de recherche et sauvetage, de soutenir l'opération LENTUS lors des feux de forêt de cet été, ou de mener des missions de patrouille à longue portée au pays et à l'étranger, vous avez fait preuve de la même persévérance que Clark lorsqu'il tentait enfin d'allumer ses 25 000 lumières. Chaque sortie, chaque déploiement, chaque moment de travail d'équipe a ajouté une nouvelle ampoule brillante au succès de la 14^e Escadre.

Rien de tout cela n'aurait été possible sans l'ensemble de l'Équipe de la Défense de la 14^e Escadre. Tout comme Clark a vu Cousin Eddie débarquer sans prévenir avec son VR, nous avons eu notre propre galerie de personnages à travers l'Escadre qui se sont présentés aux moments critiques. Les opérations, la maintenance, le soutien aux missions, les services communautaires, l'instruction, le développement de la force, les familles et nos partenaires communautaires — chacun a contribué à une année définie par la résilience, l'engagement et notre devise : *Unis dans l'action*.

L'année 2025 a également marqué des étapes importantes pour l'avenir de la puissance aérienne canadienne. Nous avons poursuivi les préparatifs pour de grandes transitions capacitaires, notamment le CP-8A Poseidon, le CQ-9B Guardian (système d'aéronef télé-piloté), ainsi que l'introduction du CC-295 Kingfisher.

À toute l'équipe : merci pour votre leadership, votre sens du devoir et le caractère exceptionnel de la camaraderie, tout ce qui fait de la 14^e Escadre un endroit remarquable où servir. Pendant que nous célébrons les Fêtes, gardons en pensée ceux et celles qui sont déployés ou loin de leurs proches. Que vos célébrations soient chaleureuses, sécuritaires et – contrairement à la maison des Griswold – relativement exemptes de chaos.

Et si quelqu'un vous demande comment l'année s'est déroulée à la 14^e Escadre, vous pourrez répondre avec confiance...

« C'est un bijou, Clark! »

Joyeuses Fêtes, 14^e Escadre!
Unis dans l'action



Commissionaires marks a century of service to Canada

Commissionaires Canada marks its 100th anniversary. Founded in 1925, the organization created meaningful employment for veterans of the First World War, and has now grown into one of the country's most trusted security providers. With approximately 3,500 veterans, it is Canada's largest employer of veterans.

In 1859, Captain Sir Edward Walter established the original British Corps of Commissionaires in London, England, to provide employment for wounded soldiers. The first eight members were veterans of the Crimean War, all amputees due to their battlefield service. In 1915, H.R.H. Prince Arthur, the Duke of Connaught, then-Governor General of Canada, approached the Military Hospitals Commission to propose a Canadian version of the U.K. Corps. A decade later, that vision came to fruition. July 25, 1925, the Canadian Corps of Commissionaires was founded by Letters Patent in Montréal. Soon after, in 1927, the first three branches were established in Montréal, Toronto and Vancouver.

Commissionaires expanded in 1947 to include former members of the Royal Canadian Mounted Police, reinforcing its commitment to supporting those who had

dedicated their lives to national security. In 1950, following Newfoundland's entry into Canadian Confederation, the Corps established a presence in the new province. With this last Division to join, it solidified Commissionaires' operations nationwide.

In the decades that followed, the Corps' workforce evolved. Female veterans and first responders were welcomed. In the 1990s, the Corps also began employing non-veterans to meet the rising demand for security services. Today, amid rapid growth and change, Commissionaires remains a not-for-profit with a social mandate "to provide meaningful employment that meets the needs of veterans of the Canadian Armed Forces, the Royal Canadian Mounted Police, their families and others who wish to contribute to the security and well-being of Canadians."

"The centennial is a celebration of our history and recognition of a powerful founding purpose," says Gord Winkel, Commissionaires national board chair. "Commissionaires was founded to serve those who served, and that commitment remains at the heart of everything we do. We are proud to carry that legacy forward as we support the



Familiar faces here at 14 Wing Greenwood: just some of the base's contingent of Commissionaires Canada personnel. From left are Don Kirkwood, Dave McLaughlan, Jim McLeish and Wayne Morris. Commissionaires Canada marks 100 years of service in 2025.

changing needs of veterans and Canadian communities.”

As technology advances, Commissionaires continues to evolve, enhancing the skillsets of its employees and providing new services. People may know the company for its traditional services, such as guarding, but it now offers integrated services, such as cybersecurity, surveillance, alarm response, fingerprinting and background screening.

In 2024, Commissionaires was designated an event of national historic significance under Parks Canada's National

Program of Historical Commemoration. Special events span 2025, bringing together employees, clients, partners and community members. In March, a commemorative dinner was held at the Montréal Eaton Centre's ninth floor space, with a design set to the 1930s - a perfect nod to the Corps' beginnings. The T. Eaton Company Ltd. was Commissionaires' first major private client. In June, a special evening was hosted at Ottawa's Fairmont Château Laurier during the company's annual meeting of divisions.

Her Excellency the Right Honourable Mary Simon, Governor General of Canada, delivered inspiring remarks. The Canadian War Museum in Ottawa also unveiled a renewed "Commissionaires Way" display highlighting Commissionaires history, including stories of decorated war heroes alongside impressive contemporary commissionaires. Other activities include flag-raising ceremonies at city halls, participation in various community parades, and the illumination of the CN Tower (Toronto) and the Provencher Bridge (Win-

nipeg) in Commissionaires' orange and blue.

The organization reinvests profits into veteran support and operational excellence. In 2024, Commissioners gave back over \$850,000, most of which was donated to veteran-related causes. Nationwide, the organization now employs over 20,000 people, across 15 divisions out of more than 50 offices, and from many more client sites.

All Canadians are invited to join the celebration by visiting commissionaires100.ca for the latest updates. ✈

The Force test: you can do it!

**Major Leslie-Anne Bailliu,
MD, BScPT,
CCFP(COE), FCFP**

**STRENGTHENING THE
ÉNERGISER LES FORCES**

I'm a very physically active middle-aged woman, and yet I always feel stressed before doing the FORCE test, fearing failure and injury. I enjoy hiking, running, cycling and swimming - none of which sufficiently develop the upper body strength needed to pass. Truthfully, I feel challenged by all four components of the test.

This year, I decided to make my training a more positive experience: prepare better, empower myself for the journey and share knowledge gained. I'm happy to report, I passed! Believe in yourself to succeed injury-free and enjoy the journey! You can do it!

When preparing for physically demanding activities, it's key to progressively increase training intensity to improve your performance and reduce the risk of injuries. So, I built a three-month plan: 30 minutes of cardio, 30 minutes of stretching/ mobility exercises three days per week, plus one conditioning PSP class and a brisk 30-minute walk daily. I

also have my “Fab five” exercises: lunges, squats, plank, inch worm with push-ups, and sit-ups; and I maintained my program during holidays.

My last month of training focused on the four components of the FORCE test, paying attention to what I found challenging. I did two FORCE practice tests – one a month before and a second two weeks prior to my actual FORCE test. During the 20-metre rushes, I targeted the get-up-and-go aspect, practicing the push-up-to-lunge movement to help with my forward momentum. I did six to 10 sandbag lifts focusing on my grip, which improved my confidence. For the intermittent loaded shuttles, I practiced lifting the bag and using the swing momentum to place it on my shoulder while walking. I also strategically “rested” on the load and ran on the unload. During the sandbag drag, I used a modified judo grip with elbows extended and held firmly against my

torso, and of course: breathe-breathe-breathe!

Tips & tricks

- Hydrate well 48 to 72 hours before the test
- Cut your fingernails short - helps gripping the sandbag & avoids nail injuries
- Remove all jewelry
- Have a small meal two hours before the test - something you have tried before and that works well for you. Toast with peanut butter, a banana, orange juice and a coffee worked for me.
- Women should consider wearing an incontinence pad or bladder support

(inserted into the vagina like a tampon)

- Ensure your running shoes fit well and have good traction

Key messages

- Maintain a good baseline of fitness training throughout the year
- Plan three months of targeted training before the FORCE test – if you develop pain or difficulties, consult a health care professional
- Consult PSP to help prepare for your test and do their FORCE practice test sessions with enough lead time to adjust your training as needed
- “Turn nervousness into excitement” (wise words from Tony @ PSP) →



Major Leslie-Anne Bailliu

Submitted

Bailliu is a bilingual military doctor, previously a physiotherapist, with a focused practice seeing patients with musculoskeletal issues. As a new member of the Strengthening the Forces team, she works on injury prevention



A festive banner with a white background and a thin red border. On the left, the text "Seasons Greetings!" is written in a large, red, cursive script. In the center, a string of colorful Christmas lights (red, green, pink, and teal) is draped vertically. On the right, the Scotiabank logo is displayed in red, with the word "Scotiabank" in a bold sans-serif font and "Greenwood | 902-765-6383" in a smaller sans-serif font below it.



Wishing you **COMFORT, JOY,**
and a **Bright** Holiday Season.

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New mobile app provides better access to N.S. care, info

Healthcare services, resources and information are now a tap away with a new mobile app that connects Nova Scotians with care.

YourHealthNS helps Nova Scotians better navigate the healthcare system: a one-stop shop to book services, navigate care and find information easier and faster. The app will be refined and updated regularly.

Key features include a home screen that can be personalized with information most important to the individual, the ability to book blood tests, X-rays, flu shots and COVID-19 vaccine appointments; a search tool to find the nearest health services, predicted emergency department wait times, access to vaccination records, access to free, same-day virtual care; the option to chat with a care navigator (available Monday to Friday, 10 a.m. to 7 p.m., and weekends, 9 a.m. to 1 p.m.) to help find the best service or information needed and, if appropriate, direct people to a virtual care visit.

People on the Need a Family Practice Registry may receive comprehensive care from Nova Scotian healthcare providers who can order diagnostic tests and provide referrals to specialists. Those on the registry will also have access to general consults and prescription refills 24/7, 365 days a year through a partnership with Maple, one of Canada's leading virtual-care platforms.

Nova Scotians attached to a primary care provider will also have access to virtual care, which will include general consults and prescription refills. The province will cover two visits per year.

Anyone with a valid Nova Scotia health card number and email address may register for virtual care. Nova Scotians without a mobile device may access YourHealthNS online at yourhealthns.ca.

For emergency care, Nova Scotians are reminded they should go to an emergency department or call 911. ➔

New Year's Eve FIREWORKS

Wednesday, Dec 31st

Starting at 7pm

Best viewing location is the Kingston Atlantic Superstore parking lot

“There are amazing jobs out there that still serve a great purpose”

Andrew, Military to Operating Engineer

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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.

crossword solution page 18

1	2	3	4	5	6	7	8	9
10				11			12	
13	14			15			16	17
18				19			20	
21				22			23	
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54							55	
56							57	58
59							60	
61							62	
63							64	
65							66	

ACROSS

1. American automotive titan
4. Tire term
7. Two-year-old sheep
10. Indigenous people of Thailand
11. Anti-Soviet Cold War group
12. Actress de Armas
13. Not moving
15. Cool!
16. Plants of the arum family
19. Connected with touch
21. Pen stain
23. Monetary units
24. School kids' art project
25. Early Bell Canada executive
26. Sword
27. Hates
30. Fixed in one place
34. Pie __ mode
35. Moved swiftly on foot
36. Carrier on vehicle
41. A path to get through
45. 'Rule, Britannia' composer
46. Spiritual leader

DOWN

1. Policemen (French)
2. Toy dog
3. Intestinal condition
4. Muscular weaknesses
5. Helps little firms
6. Alphabetical lists
7. Takes down
8. Facilitates
9. Ethnic people of Ethiopia
13. Engine additive

ACROSS

14. Explorers group
17. Written account
18. Consumed
20. Opposite of first
22. No (slang)
27. Government lawyers
28. NY Giants great
29. Small amount
31. A way to save for your future
32. Fall behind
33. Midway between northeast and east
37. Head pain
38. Wildly popular sport
39. 'Princess Diaries' actress Hathaway
40. Boat race
41. About fish
42. Nursemaid
43. Able to be marketed
44. Not as large
47. Parts per billion (abbr.)
48. Paddle
49. Oneness
51. Bitter chemical
52. Not around
53. Very fast airplane
58. Main tributary of the Rhine

NOW open 24 hours

954 Central Avenue, Greenwood | 902-765-6381

Youth art lessons
December 15, 4 p.m. to 5:30 p.m., 7Arts in Greenwood offers youth art lessons (ages 8+). Explore sketching, texture art, painting with acrylics and watercolours, and clay. All supplies included! \$25 per class. Register by emailing info@7Arts.ca

Veterans' Club - Kentville
December 15, 6:30 p.m. (and continuing monthly), the Kentville Legion, 37 River Street, hosts a free Veterans' Club for any and all current and retired members of the Canadian Armed Forces and RCMP to gather, socialize and have fun with PS5 gaming stations, board games, model building or just chatting over snacks and coffee (dry event). No Legion membership required. For info: kentvillelegion@eastlink.ca

Blood collection clinic - Kingston
December 15, 1 to 3 p.m. and 5 p.m. to 8 p.m.; and December 16, noon to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services

horoscopes

ARIES - Mar 21/Apr 20
Aries, you have been looking for some new ways to make some extra money, and now might be the time to start putting your plan in motion. Good fortune awaits.

TAURUS - Apr 21/May 21
Passion is on your mind this week, Taurus. Get together with a spouse or romantic partner and enjoy an evening with just the two of you. Embrace this chance to let the sparks fly.

GEMINI - May 22/Jun 21
A gift would be a wonderful surprise for a loved one or friend this week, Gemini. Perhaps there is something that this person has had an eye on for some time now?

CANCER - Jun 22/Jul 22
A group activity may bring new information and people into your life, Cancer. You might meet people from different backgrounds. Keep your eyes and ears open.

LEO - Jul 23/Aug 23
Leo, you might be interested in expanding your horizons. You could think about attending a lecture or seeing a documentary on a particular subject. The education will enlighten.

VIRGO - Aug 24/Sept 22
Virgo, a long-awaited phone call or text from a person who has been out of touch for some time could come through this week. This may reopen the lines of communication between you both.

hosts a blood collection clinic
at the Kingston District Fire Department, 570 Sparky Street. New and returning donors welcome. Book an appointment at blood.ca

Coffee & Colouring
December 17, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts the drop-in Coffee & Colouring. Enjoy a relaxed atmosphere with a warm beverage, colouring and conversation. All ages welcome! Pay what you can.

Blood collection clinic - Berwick
December 17, noon to 3 p.m. and 5 p.m. to 8 p.m., Canadian Blood Services hosts a blood collection clinic at the Berwick & District Lions Hall, 250 Veterans Drive. New and returning donors welcome. Book an appointment at blood.ca

Museum exhibit: history of Harbourville
To December 19, the Kings County Museum, 37 Bridge Street, Kentville, features a community history exhibit, prepared

LIBRA - Sept 23/Oct 23
Libra, if finances have been on your mind, now is a good time to read the financial pages or study the stock reports. You also may want to sit down with a financial planner.

SCORPIO - Oct 24/Nov 22
Scorpio, keep communication with business partners warm, open and honest. This will help you see your ideas come to fruition. It's always easier to catch flies with honey than vinegar.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, your tasks should go smoothly and quickly this week, particularly any paperwork you may have. Others are willing to help out if you need it.

CAPRICORN - Dec 22/Jan 20
Capricorn, newfound communication heightens the relationship you have with a romantic partner this week. Feelings and memories are shared willingly, and you may learn something new.

AQUARIUS - Jan 21/Feb 18
A number of interesting visitors may come to your home this week, Aquarius. At least one may present some fascinating facts on a subject that is new to you. Enjoy the interaction.

PISCES - Feb 19/Mar 20
Pisces, expect some interesting new neighbors to move in shortly. A friend will likely introduce you to these people, and a relationship could bloom.

FRASER'S PRO Home Centre

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KENTVILLE • 1-902-678-8044
BRIDGETOWN • 1-902-665-4449
ANNAPOLIS ROYAL • 1-902-532-1500
www.frasers.ca

Welcome winter, light at December 16 Yule celebration

Celebrate the Yule/ winter festival season 5 p.m. to 7 p.m., Tuesday, December 16: prepare for the winter solstice and the return of light. A community event will be held at the Ivy Street soccer field parking lot (Greenwood). All are welcome.

For information, contact Sergeant Eric Caissie, eric-caissie@gmail.com ➔

by the North Mountain United Tapestry. This is a captivating look into the village of Harbourville, nestled on the Bay of Fundy north of Berwick. Highlights include: Harbourville's built heritage, the Seaside Park Hotel 1909-1929, the Parker and Cook stores, Sophia Parker's clothing collection circa 1904, the community's one room school and United Church (built 1860), the Sewing Circle Women, early sea captains and the elusive Isle Haute. This exhibit promises stories that span generations.

Veteran's Lodge Coffee
December 19, 9:30 a.m. to 11:30 a.m., 7Arts in Greenwood hosts the free Veteran's Lodge Coffee, open to all Annapolis Valley veterans and serving members. Register by emailing theveteranslodge@gmail.com

Christmas bake sale
December 20, starting at noon, the Berwick Legion, 232 Main Street, hosts a Christmas bake sale fundraiser: sweeten your holidays and support your Legion! Storm date is December 21.

Holiday jam session
December 20, 2 p.m. to 5 p.m., the Berwick Legion, 232 Main Street, hosts a holiday-themed monthly jam session in the Erle Dolsen Music Room. Join us to celebrate the season: all music styles, all skill levels welcome. Bring your instrument, your voice or just your love of live music.

Thrifted art
December 20, noon to 4 p.m., 7Arts in Greenwood offers Timeless Creations: in this exciting class (free for ages 10 to 17), repurpose, reuse and transform thrifted items. All supplies included! Register at info@7Arts.ca

sudoku solution page 18

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

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!

Level: Beginner



Continued from page 17...

Food bank concert

December 21, 2 p.m., enjoy the annual Musical Gift for the Upper Room Food Bank, an afternoon concert at the Kingston Lions Hall. Featuring Chris Palmer, Happy Anywhere, the Greenwood Military Wives Choir, Payten Eisenhower and Dave Carroll. Freewill offering. **Breakfast**
December 24, 6 a.m. to 10 a.m., the Kingston Lions invite the community for a Christmas Eve tradition – breakfast at the hall with friends and neighbours. Freewill offering. Last chance to visit with Santa! **New Year's Eve dance**
December 31, 9 p.m. to 12:30 a.m. (doors open at 8 p.m.), have fun with friends at the Berwick Legion's New Year's Eve dance, 232 Main Street. Live music from Joker's Right, light buffet and cash bar. Tickets: \$30 in advance, available now at the Legion bar or by calling 902-680-6260. Please note, this is a 19+ event.

New Year's Day levee

January 1, 11 a.m. to 2 p.m., start your New Year with tradition, community and friendship at the Berwick Legion's New Year's Day levee, in the Erle Dolsen Music Room, downstairs at 232 Main Street. Enjoy a welcoming atmosphere with complimentary tea, coffee and light snacks provided as we celebrate the year ahead. Dress is business casual - no jeans please, and Legion members are encouraged to wear their uniforms. **Seniors' tool box presentation**
January 8, 9:30 a.m. (storm date January 15), join Kings Seniors' Safety staff to learn about the seniors' safety program, Vial of Life, grants, rebates, services and programs available to seniors in Kings County. Don't miss out on what you may be entitled to. Where: Cambridge Baptist Church, 5981 Hwy 1. Everyone welcome. For info and to register: 902-670-0725 or 902-670-0950.

Jam session

January 17, 2 p.m., the Berwick Legion hosts a jam session in the Erle Dolsen Music Room, downstairs lounge, 232 Main Street, Berwick. Admission by freewill offering, plus a 50/ 50 draw. Whether you play, sing or just love to listen, everyone's welcome; any style, any skill level. **Open darts**
Wednesdays, 7 p.m., the Berwick Legion welcomes you for open darts. Cost is \$2 per person. If you want, you can pay to an extra \$1 for "Ton and Over" (drawn monthly with the winner getting 50%, and the remainder going to general funds for the Legion). **Open pool**
Sundays, 1:30 p.m., come for open pool, downstairs at the Berwick Legion. Entry is \$3 per person. **Open cribbage**
Saturdays, 2 p.m., come for open cribbage downstairs at the Berwick Legion. Entry is \$5 per person. Come on your own or bring a friend.

Be a Kingston Lion

Do you have spare time? Want to give back to your community? Meet new people? The Kingston Lions Club is recruiting! Lions raise funds through fun events, including the Greenwood Ribfest and Kingston Steer BBQ, bingo, breakfasts and luncheons, catering and more. Everyone is welcome, regardless of age, gender or background. For info on Lions' volunteer opportunities, contact membership chair Lorraine Teanby, 604-849-0265, or Facebook @ Kingston Nova Scotia Lions Club. **Volunteer tutors needed**
Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course materials (NSCC

and adult high school). Math tutors are especially welcome. For information, contact the tutor coordinator, 902-679-5252. **Volunteer call – The Op Shop, Greenwood**
The Greenwood Health Auxiliary, which operates the Opportunity Shop in the Greenwood Mall, needs volunteers to work in the thrift shop part-time. If you have a couple of hours a month to spare, please call Kay Amos at 902-765-3809. Thank you. **Games afternoon**
Fridays (second and fourth), the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion, beginning at 1 p.m. Cost \$2. Enjoy an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 55+. Questions: 902-765-4228. **Vial of Life**
The Vial of Life program assists emergency personnel in obtaining important medical information

during a crisis in the home. For more information, or to obtain a vial for yourself, please contact KSS staff at 902-670-0725 or 902-670-0950. **Volunteers needed – Kingston Scouting**
1st Kingston Scouts is looking for adult volunteers to help keep this wonderful youth program active. Please visit scouts.ca for more information or email commissioner@1stkingston.ca if you have any questions about local opportunities. **Berwick walking groups**
Tuesdays (from Spicer Park) and Fridays (location varies), 10 a.m., Berwick hosts Hike Nova Scotia gentle, easy walking groups through its NS Walks initiative. Sign-up at nswalks.ca or 902-932-6902. **Alcoholics Anonymous**
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district/

More than sports stories Paralympian shares ups, downs of life 'at the top, bottom of the mountain'

**Sara White,
Managing editor**

A leg amputation, addictions, depression; three Paralympic appearances – including a gold medal finish, recognition by a Canadian prime minister and fast friendships. "I wouldn't change a thing – good and bad, I've learned from it," said Paul Rosen, a guest at 14 Wing Greenwood November 21. With friend Kerry "Gouche" Goulet, the global director of Stop Concussions and the head coach of the Melbourne Ice; the men helped the wing's Defence Advisory Group for Persons with Disabilities share a message of resilience in advance of December 3's International Day for Persons with Disabilities. Rosen shared his journey from a teenage hockey injury that shattered his leg, through almost three decades of surgeries, addictions and lows before his leg was amputated in June 1999. Just a few months later, a 12-year-old buddy he met in rehab, coincidentally from his own hometown of Thornhill, Ontario; convinced him to come play sledge hockey with him. "Sure!" I said," Rosen said. "They needed a goalie,



A day to share stories and inspiration November 21 included an exchange of meaningful keepsakes. 14 Wing Greenwood's Defence Advisory Group for Persons with Disabilities hosted Paralympian Paul Rosen, left; his good friend, Kerry Goulet, the global director of Stop Concussions and the head coach of the Melbourne Ice, second from right, and Para PowerPlay president Justin Gauthier, right. 14 Wing Chief Warrant Officer Justin Harper, second from left, presented Rosen and Goulet with command team challenge coins, with DAGPWD military champion Chief Warrant Officer Andrew Elliott, third from left, and 14 Wing culture evolution coordinator Major Melissa Irvine. Rosen and Goulet left 14 Wing with a gift of their own: a jersey worn in Australia on a military appreciation game night.

Corporal F. Roy, 14 Wing Imaging

“black holes” that plagued him, Rosen found out what “anybody here who's had a mental health battle knows: you can't survive – you just can't – without good people in your life.” His daughter called longtime friend Goulet repeatedly and, when Goulet knew Rosen needed support, “he sat by my bedside until I got out of the psych ward and into rehab.” The men launched the “Gouche and Rosey show”

and got through the early COVID-19 years together, sharing their hockey stories and international travel experiences in what's now over 700 episodes. “Never give up.’ That's the meaning of my life,” Rosen said. “There are still days I wake up with demons knocking on my door, but you have to – you have to – get that help. You have to have a friend. “I've been at the top of the

mountain many times, and I've been at the bottom many times. The view from the top is way better. I'll keep climbing 'til the day I die.” Goulet shared a few short remarks after Rosen's main presentation, crediting his friend for “greatness” in showing and sharing his vulnerability. The men's different lives in hockey turned into passports around the world, but Goulet said, “it's what we see along the journey.”

Para PowerPlay offers all a way to play
Para PowerPlay is breaking down barriers and making sport accessible for everyone - including in Greenwood. Thursdays at 9:30 a.m., 14 Wing Greenwood military members are welcome to try sledge hockey at the Greenwood Gardens Arena. Open opportunities are planned at community rinks across the Valley in coming months. Find out more at parapowerplay.ca ➔

~ *Obituary* ~

**RICHARD, Lieutenant (Navy) (retired)
Mary “Regina” Patricia RN, CD**
Middleton, NS

Born in St John's NL August 3, 1944, died in Middleton NS November 26, 2025. Despite Regina's tiny stature, she had a powerful presence of kindness and compassion for everyone she knew. She graduated from Saint Clare's School of Nursing in St John's, NL, and embarked on her lifelong career in nursing. She was a veteran, having served as a nursing officer in the Canadian Navy from 1976 to 1998 in Ottawa, Gagetown, Halifax, Greenwood and Cornwallis, and was primary nurse on hundreds of military medical mercy flights. Her love language was food! She served wonderful meals to those she loved and enjoyed entertaining in and beside her swimming pool. Those who knew her simply loved the bones of her. She is survived by her much beloved children Robert Wilson Roy (Tabitha Louise Riley), and Amanda Marie Acker (Douglas) and siblings Dr. Tom Dunne (Sharon), Carbonear, NL; Gerald Dunne, Toronto, ON; Ron Dunne (Bev), East Chezzetcook NS; Barbara (the late Bill) Bryson, Cole Harbour, NS; Maureen (Don) Skinner, Carbonear, NL; Robert (Lynn Hua Luan) Dunne, BC; David Dunne (Joy), St. John's, NL; several nieces and nephews, and so many loyal friends. She was predeceased by her husband, Sergeant (retired) Ian George Richard, CD; parents Thomas P. Dunne and Mary Cecilia Tremblett Dunne, and little brother Brian Dunne. Regina's Roman Catholic faith was central in her life. She died praying her Rosary, with her children by her side. She will rest in everlasting peace and rise in glory. Stand down, Regina. Your work is done. Fair winds and following seas. Expressions of sympathy may be sent to her children, Amanda Acker, 21 Young Ave, Kentville, NS, B4N 2J1; and Robert Roy, B-55 Pleasant Street, Melvern Square, NS, B0P1R0. Regina's request was for cremation, with no services at this time. Arrangements have been entrusted to the Middleton Funeral Home, 398 Main Street, Middleton, NS; toll free 1-855-825-3448. Online guest book may be viewed and signed by visiting www.middletonfuneralhome.com .

classifieds

Classified advertisements, 35 words or less, are \$10 tax included. Additional words are 10 cents each, plus tax. Bold text \$11, 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 568-5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 568-5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 10 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 11 \$, taxes incluses. Les annonces classées doivent

être réservées et payées à l'avance avant 9 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 568-5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à 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 568-5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

FLEA MARKET
SOMETHING FOR EVERYONE
INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Open Saturday and Sunday, 9 a.m. to 3 p.m., weather permitting. Free admission. 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. (4621-4tpb)

crossword solution

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

sudoku solution

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

AYLESFORD & DISTRICT LIONS CLUB

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

BUNGO

Light Up Kings

Add your outdoor holiday light display to the map to **by Dec. 18** showcase all of the beautiful lights in our community! Prizes will be awarded for:

- Traditionally Elegant
- Merry and Bright
- Town-Specific Prizes
- Unique Holiday Display
- Inclusive Holiday Display

www.countyofkings.ca/lightupkings

Municipality of County of Kings, Town of Berwick, Kentville, Wolfville

14 Wing Chapel Christmas Services

Queen of Heaven Chapel

Christmas services

22 December | 7 p.m. | Christmas confessions
23 December | 1 p.m. | Christmas confessions
24 December | 4 p.m. | family Mass
24 December | 8 p.m. | midnight Mass
25 December | 11 a.m. | Christmas Mass
28 December | 11 a.m. | the Holy Family of Jesus, Mary and Joseph
4 January | 11 a.m. | the Epiphany of The Lord

Chapelle Queen of Heaven

Messes de Noël

22 décembre | 19 h | Confessions de Noël
23 décembre | 13 h | Confessions de Noël
24 décembre | 16 h | Messe familiale
24 décembre | 20 h | Messe de minuit
25 décembre | 11 h | Messe de Noël
28 décembre | 11 h | Sainte Famille de Jésus, Marie et Joseph
4 January | 11 h | Épiphanie du Seigneur



New program offers free glasses to N.S. children

The Nova Scotia Association of Optometrists (NSAO) recently announced the launch of Eye See, Eye Learn, a program which provides free glasses to children in primary and pre-primary in Nova Scotia.

Even though eye exams are covered by MSI every two years for children under the age of 10, recent data has found only one out of seven Nova Scotia children in primary and preprimary see their optometrist regularly for a checkup. Many serious eye conditions don't have any symptoms. This means, by the time people experience visual difficulties, the condition may have already advanced to a level where it can no longer be treated.

The Canadian Association of Optometrists recommends children have their first eye examination between six and nine months old.

To access the Eye See, Eye Learn program, Sponsored by the Essilor Foundation, Modern Optical, and the NSAO; children must be in primary or pre-primary, have a valid Nova Scotia MSI card and be found to need glasses during an eye examination with a participating optometrist. More information about the program and participating optometrists may be found at healthyvisionhealthykids.com. More information about children's eye health and the Eye See, Eye Learn program may be found @novascotiaoptometrists on social media. ➔

Over water effort

Search and rescue technicians of 413 (Transport and Rescue) Squadron were in the air, over the water – and in the water east of Halifax November 14 to 21, tackling an extraction training sequence aboard a Canadian Coast Guard vessel. Regular “boat camp” sessions are opportunities to practice maritime extraction, small-craft operations and rescue readiness tasks; often with Coast Guard and other SAR partners. In this one week, crews completed 488 training sequences through over 84 flying hours. For a video, visit <https://youtu.be/uNohwddj9-Y>

Aviator Cailyn Wilcox, 14 Wing Imaging

WASTE ON BASE

After putting out an abundance of information, the problem with the dumpsters continues.

- Plastic/ metal go in a separate clear bag together
- Paper/ cardboard go in a separate clear bag together
- Garbage goes in a separate clear bag
- Compost goes in a compost bin

DÉCHETS SUR LA BASE

Malgré la diffusion d'une multitude d'informations, le problème des bennes à ordures persiste.

- Les plastique et les métaux doivent être placés ensemble dans un sac transparent séparé
- Le papier et le carton doivent être placés ensemble dans un sac transparent séparé
- Les déchets doivent être placés dans un sac transparent séparé
- Les déchets compostables doivent être placés dans un bac à compost



More information at vwrm.com | Plus d'informations sur vwrm.com
www.circularmaterials.ca/resident-provinces/nova-scotia/

Season's Greetings

Royal Canadian Legion
Br. 098, Kingston

