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Royal Canadian Air Force Captain Darren Kirk, the RCAF SEEDCORN lead and tactical coordinator as Canada moves from the CP140 Aurora to the P8 under the training wings of the Royal Air Force in Lossiemouth, Scotland; was an April conversion course grad. Submitted

RAF, RCAF blend 'right mix' as P8 conversion courses continue

Officer Cadet
Laura Lascelle

A year has passed since the Royal Canadian Air Force (RCAF) sent its first four aircrew to the Quick Reaction Alert Station, Royal Air Force (RAF) Lossiemouth in Scotland, for P8A Poseidon maritime patrol and reconnaissance aircraft exchange training. The selection of the full eight RCAF candidates, from 404, 405, 407 and 415 squadrons; was a measured approach, ensuring Canadian operational squadrons could maintain CP140 Aurora units' responsibilities with "SEEDCORN" members away for training.

"The members were selected because they were very competent, and showed a lot

of promise and potential," says the RCAF's SEEDCORN lead, Captain Darren Kirk. "It was the right mix of experience and leadership while, at the same time, not causing a detriment to the frontline operations at home - because operations are continuing."

Some SEEDCORN candidates were selected from their first operational tour, with optimal malleability to changes in procedure; others, like Kirk, already part of the 14 Wing Greenwood Transition Team for the RCAF's soon-to-arrive P8 platform, come with experience. That mixed background will help all RCAF members meet the first challenges of the exchange program, and then bring key operational data back to Canada, helping to set the stage for the RCAF transi-

tion to the Poseidon.

Among the first exchange challenges was establishing a comprehensive, 60-day RAF pre-employment training package.

"It's not like you're just going on vacation - you're moving here," says Kirk. "So: wife, two kids, car seats, strollers, plus six bags to get you covered for what ended up being almost two months before our stuff arrived."

42 Torpedo Bomber Squadron Wing Commander Colin Bostrom and Lossiemouth's HiVE, an organization similar to 14 Wing's Military Family Resource Centre, were instrumental in getting Canadian families settled.

"The support and excitement were sensational," says Kirk. "It helped alleviate the

arrival of the first handful of us, and then, once the first four were here, we could sort of take over and help the next four that came."

The RCAF's SEEDCORN team, named after the United Kingdom's own maritime patrol experience retention program after the 2010 cancellation of its Nimrod MRA4 aircraft, will help qualify the first RCAF Poseidon crews and provide operational experience before the new planes arrive at 14 Wing Greenwood in 2027.

"It's part of the curriculum," says Kirk. "You have to go away and do a deployment and train in a different area. Poseidon Conversion Course (PCC) 13 went to United States Navy Naval Air Station Sigonella."

Continued on page 2...

Acoustic operations, children's book-style, a hit in RCAF/ RAF training

Officer Cadet
Laura Lascelle

Master Corporal Damian Anderson left his mark in pencil crayons at 42 Torpedo Bomber Squadron, Royal Air Force (RAF) Lossiemouth, in Scotland, during Poseidon Conversion Course (PCC) 13 this year.

Among the first selected to train with SEEDCORN, as the Royal Canadian Air Force (RCAF) get set to fly its own P8 maritime patrol and reconnaissance aircraft, Anderson, an acoustic sensor operator (AES Op), has a "quite unique" job.

"Basically, what I do is monitor sonar buoys and recognize acoustic contact of submarines, training aids or surface vessels. My role as a SEEDCORN student during this Lossiemouth posting is gaining as much operational experience as I can to bring back to Canada in 2027 to, hopefully, establish good working practices for our fleet of P8s when we get them."

While the RCAF team is posted to the RAF Station as students, an overarching goal of exchange programs such as SEEDCORN is to strengthen the partnerships between allies and share corporate knowledge. RCAF members have been encouraged to talk about their CP140 Aurora aircraft experiences with peer course staff and students.

When seeking guidance on delivering an effective presentation, Anderson got a piece of



"Once upon a time, low in the sky, there was a pilot who let out a sigh. 'All we do are orbits, while they get to track. Auto pilot can handle this, I'm going to the back.'" So wrote Master Corporal Damian Anderson, preparing a children's book-style presentation on CP140 Aurora acoustic processing for Canadian and British coursemates at Royal Air Force Lossiemouth during Poseidon Conversion Course 13 this year. Submitted

advice from Boeing instructor Keith Treece that inspired an amusing teaching aid.

"He said something along the lines of, 'if you can explain something to a five-year-old, then it's a good explanation,'" says Anderson.

"I took it literally and made a presentation that was followed with a 'children's book.'"

With a creative twist, complete with coloured stick figures and a rhyming sentence structure, Anderson drew on his elementary and high school creative writing experience to

Continued on page 2...



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RAF, RCAF blend...

...cover

There, PCC 13 trained along-side U.S. Navy P8s and Greek Navy submarines, which Kirk found particularly beneficial.

“While on course, you actually did some real-world submarine warfare stuff, some real-world multi-asset training. And that’s huge for all crew members.”

The PCC course offered by 42 Squadron takes approximately nine months. SEEDCORN students then transfer to either RAF CXX Squadron or RAF 201 “Guernsey’s Own” Squadron, where they move from low combat ready to combat ready. Through it all, the Canadian exchange members provide the RAF with multi-tour operational aircrew, and get the chance to disseminate some RCAF corporate and operational knowledge with allies.

“One of the big points and draws of these exchanges is to share how people do things,” says Kirk, “and, if you can pick up improvements in the way you do things, then you’d be silly not to onboard those better habits. It’s meant to be a collaborating thing: they’re providing us the operational exposure on the airplane, and we can maybe put out our



From left are early Royal Canadian Air Force SEEDCORN team members Captain Matthew Bonneville, Captain Darren Kirk, Captain Robert Laniel and Master Corporal Damian Anderson; as they graduated from 42 Torpedo Bomber Squadron's Poseidon Conversion Course 13 in April, at Royal Air Force Lossiemouth, in Scotland.

Submitted

take on how you might do something.”

Although the RCAF has planned 10 conversion courses with the U.S. Navy, the U.K.’s assistance through the SEEDCORN exchange program has been a huge help in fast tracking the RCAF’s maritime patrol platform transition.

“It was really the RAF leaning forward, coming to us to say, ‘We can help,’” says Kirk. “It was basically paying it forward from when the RAF SEEDCORN members were with us in Greenwood for eight years.”

Collaboration between the Canadian aircrew and their British hosts extends into the

classroom, where the RCAF students are encouraged to take part in debriefings and presentations.

“They’ve been very good at letting us offer things or talk about things,” says Kirk. “It’s a balance. Right? You’re a student, but the instructors also recognize you can provide some extra value.”

For Kirk, the collaborative atmosphere in Lossiemouth is a major benefit, particularly in fostering camaraderie between allied forces, but also among the trades that make up full aircrews. During the training’s ground school, all trades learn together before breaking off. The curriculum

also includes an observer phase, before students reconnect in simulated missions. The diverse, full team learns from each other and builds rapport, strengthening a culture of mutual respect, teamwork and open communication. That helps assure mission success during future operations.

“It’s a good, common-sense approach,” says Kirk. “When you can see everyone else’s issues, then it means you have a better understanding of what’s going on. The crew understands more. The whole crew just has this dynamic that exudes competency and professionalism.” ➔

Acoustic operations...

...cover

invigorate his coursemates. His storybook follows a pilot, bored in the cockpit, who wanders through the plane to the acoustic operators’ workspace. One acoustic operator explains to the pilot how his sensor and acoustic processing works - before telling him to go away and let him do his job!

The presentation was so well-received, RAF staff requested permission to have Anderson’s work reproduced, intending to keep it in the squadron’s acoustics room alongside other notable projects and used as a teaching aid.

“I could see the instructors sitting the students down and reading it to them, too - they are funny like that!” says Anderson.

During the specialization phase of the SEEDCORN curriculum, Anderson gave a total of three presentations. Surprised by the amount of praise his children’s book project received, he’s happy to have added a bit lightheartedness to the course, bringing the course team closer together.

“I like boosting morale so, when I take something someone says too literally, I know I’ll

at least get a positive reaction. “It also pokes fun at pilots, which everyone - including pilots! - loves.”

With two years’ experience as AES Op on the Aurora prior to this course, including international operations and local exercises, Anderson leaned on the Boeing instructor team during his studies to ensure he had a good grasp of the new P8 platform prior to presenting his material to the classroom.

“The hardest bit, of course, was not comparing it to the Aurora and specifications of the plane itself. While I had experience, it felt like I was brand new at times,” says Anderson.

Anderson has now transferred to Lossiemouth’s CXX Squadron for operational experience and exposure on the Poseidon, continuing his training through the exchange program. And, while he jokes his project “doesn’t inspire me to draw ever again (as I cannot draw),” he is glad to find opportunities to deliver presentations during ground training days.

“I look forward to teaching, and being taught by the other more-than-capable acoustic sensor operators here in Lossiemouth.” ➔

413 Squadron members complete CC295 Kingfisher ACS course

From May 20 to July 17, 418 (Search and Rescue Operational Training) Squadron hosted aircraft structures technicians (ACS Techs) from 413 (Transport and Rescue) Squadron, 14 Wing Greenwood, and 435 (Transport and Rescue) Squadron, 17 Wing Winnipeg, as part of CC295 Kingfisher ACS Course 2501.

This course marked a key step in expanding CC295 operational capability within the Royal Canadian Air Force (RCAF), with a focus on equipping ACS Techs with the specialized skills needed to maintain various structural systems of the Kingfisher fleet, including safety systems, fire extinguishers, breathing apparatuses and more.

During the intensive training period, technicians received hands-on instruction and practical experience with the CC295 platform, including aircraft-specific structural systems, repairs, inspections and maintenance protocols. Under the mentorship of seasoned instructors at 418 Squadron, 413 Squadron members built confidence and competence on the RCAF’s newest fixed-wing search and rescue aircraft.

The successful completion of ACS Course 2501 represents another milestone in strengthening the RCAF’s readiness and supporting the delivery of safe and effective SAR operations across Canada. More members from 413 Squadron are currently on other CC295 Kingfisher conversion courses at 418 Squadron, including aviation systems, avionics systems and search and rescue technicians; pilots, air combat systems officers and airborne electronic sensor operators. ➔



BZ to 413 (Transport and Rescue) Squadron’s Corporal Steven Malpage, left, named top student on CC295 Kingfisher ACS Course 2501 July 17.

Submitted



Aircraft structures technicians, course candidates on the latest CC295 Kingfisher ACS Course offering at 19 Wing Comox, included, from left, back row, Master Corporal Kris Clarke, Tom Furlotte, Corporal Steven Malpage, Corporal Ryan Foote, Master Corporal Adil Napoles, Colin Brydon, Corporal Sarah Bradfield and Sergeant Dylan Unrau. Across the front are Corporal Matthew Hachey, Master Corporal Cindy German and Corporal Brent Duteau. Malpage, Foote, Bradfield, Hachey and German are 14 Wing Greenwood personnel with 413 (Transport and Rescue) Squadron.

Submitted

Tenue vestimentaire pour le travail

Dress up for work!

Friday, October 31

Halloween fun

Vendredi 31 octobre

Amusement d'Halloween

Le représentant de votre unité Combined Charities recueillera vos dons de participation (payez ce que vous pouvez, 5 \$ recommandés).

Your Combined Charities unit rep will collect your participation donation (pay what you can, recommended \$5)

Conseils

- Le port de l'EPI et les consignes de sécurité opérationnelle doivent être respectés
- Reportez-vous au règlement vestimentaire de l'escadre pour connaître la tenue appropriée (non offensante, professionnalisme des FAC en public)
- Ne mélangez pas l'uniforme des FAC et le costume
- Ne portez pas de masque couvrant entièrement le visage



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14 Wing Greenwood's Nightmare Before Christmas Costume fundraiser

Donate \$20 cash or a new toy of equal value for the opportunity to wear civilian attire or a costume for the week leading up to Halloween.

All proceeds and toys will be given to families in need at Christmas.

27-31 October

Le cauchemar avant Noël de la 14e Escadre Greenwood

Collecte de fonds pour les costumes

Faites un don de 20 \$ en espèces ou d'un jouet neuf de valeur équivalente pour avoir la possibilité de porter des vêtements civils ou un costume pendant la semaine précédant l'Halloween.

Tous les profits et les jouets seront remis à des familles dans le besoin à Noël.

Du 27 au 31 octobre

Combined Charities programme de Charité combiné



I care #GiveItMatters J'y crois #JeDonne C'est important

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The Aurora News
CFB Greenwood Aurora News

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Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
rcaf-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

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combatcamera.forces.gc.ca

Recruiting | Recrutement
forces.ca

VPI | VPI
vpinternational.ca

Next print Aurora Newspaper:
October 20. Deadline for editorial and advertising content: **October 15**
Prochaine impression du journal d'Aurora :
20 octobre. Date limite pour le contenu éditorial et publicitaire : **15 octobre**

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



July 25, Sergeant Jay Ross, centre, was presented a certificate and pin for 1,000 flight hours in the maritime patrol CP140 Aurora by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Andrew Elliott.



July 25, Sergeant Jeremy Cliff, centre, was presented a letter of appreciation from 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Andrew Elliott.



August 22, Master Warrant Officer Jason Cheeke, centre, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, far left; with Chief Warrant Officer Andrew Elliott, far right.



August 29, Master Corporal Patty Sanojca, centre, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, far left; with Chief Warrant Officer Andrew Elliott, far right, and Honorary Colonel Judy Rafuse, second from right. Also in attendance is Master Corporal Jessica Reynolds, second from left.



August 29, Sergeant Noah Slaughter, centre left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Andrew Elliott, right, and Honorary Colonel Judy Rafuse.



August 29, Master Corporal Donny Chapman, centre, was appointed to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Andrew Elliott, right, and Honorary Colonel Judy Rafuse.



August 29, Master Corporal Tyler Leslie, centre left, was presented a 1,000-hour flying pin and certificate by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, far left; with Chief Warrant Officer Andrew Elliott, right, and Honorary Colonel Judy Rafuse.



August 29, Captain Kara Lilly, centre left, was presented the Special Service Medal – Expedition Bar by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Andrew Elliott, right, and Honorary Colonel Judy Rafuse.



August 29, Warrant Officer Clinton Sorensen, centre left, was promoted to current rank 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac left; with Chief Warrant Officer Andrew Elliott, right, and Honorary Colonel Judy Rafuse.



LOCAL MATTERS.





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Aquatics programming moves indoors

The 14 Wing Greenwood Aquatics Program offers a range of lane swims, open casual swims, aquacise, lessons, private bookings, special events, and youth recreational and competitive club swimming with the Greenwood Dolphins. Programs take place in the indoor pool at the 14 Wing Greenwood Fitness and Sports Centre. For information, contact 902-765-1494 local 568-3124. Book and register online at <https://bkk.cfmws.com/greenwoodpub/index.asp>. Monitor Facebook @ 14 Wing Greenwood Aquatics PSP.

Mondays – 9 a.m. to 10 a.m. aquacise, 10:15 a.m. to 11:15 a.m. parent and tot, 11:45 a.m. to 1 p.m. military lane swim, 1:15 p.m. to 2:30 p.m. lane swim, 4:30 p.m. to 7:30 p.m. lessons, 4:15 p.m. to 6:15 p.m. Dolphins Swim Club, 6:30 p.m. to 8:30 p.m. casual swim

Thursdays – 4:30 p.m. to 7:30 p.m. lessons, 4:15 p.m. to 7:15 p.m. Dolphins Swim Club, 7:30 p.m. to 8:30 p.m. lane swim

Fridays – 9 a.m. to 10 a.m. aquacise, 10:15 a.m. to 11:15 a.m. parent and tot, 11:45 a.m. to 1 p.m. military lane swim, 1:15 p.m. to 2:30 p.m. lane swim, 4:30 p.m. to 7:30 p.m. lessons, 4:15 p.m. to 6:15 p.m. Dolphins Swim Club, 6:30 p.m. to 8:30 p.m. casual swim

Saturdays – 9 a.m. to noon lessons, 12:30 p.m. to 2:30 p.m. casual swim, 2:45 p.m. to 3:45 p.m. party booking, 4 p.m. to 5 p.m. party booking, 6 p.m. to 8 p.m. casual swim

Sundays – 11 a.m. to noon lane swim and parent and tot, 12:15 p.m. to 1:45 p.m. casual swim, 2 p.m. to 3 p.m. aquacise, 3:15 p.m. to 4:15 p.m. party booking, 4:30 p.m. to 5:30 p.m. party booking →



Scotiabank Greenwood assistant manager Samantha Kennedy, left, and manager Julie Daley September 3 represented their staff team who regularly help at 14 Wing Greenwood's Combined Charities' fundraising December Festival of Trees; presenting a \$3,000 community matching funds contribution to Colonel Luc Vachon, centre, Wing Chief Warrant Officer Justin Harper and Combined Charities campaign chair Captain Jaclyn Swain.

Wing, partners' effort makes a community difference

Sara White,
Managing editor

14 Wing Greenwood's Combined Charities' motto, "Locally, we make a difference," has just added \$22,100 worth of financial impact for 31 local and regional non-profit groups. The annual disbursement of funds raised through the wing's national workplace giving program happened in August, with \$6,600 shared to groups supporting children and families, \$5,000 for military and veterans programs, \$5,000 for local food security, \$3,000 for health-related services, \$2,000 as sports program support, and \$500 for animal welfare. September 3, Colonel Luc

Vachon and Wing Chief Warrant Officer Justin Harper were happy to accept a \$3,000 cheque from Scotiabank Greenwood staff who, through their community matching funds program, annually join Combined Charities to present the December Festival of Trees raffle event. "We're part of the community, and we thank you for your contribution and time," Vachon told bank manager Julie Daley and assistant manager Samantha Kennedy. "A big thank you for your partnership, and donating to Combined Charities." That goes for Defence Team personnel who, year-round, add their Friday casual dress toonies or payroll allotments

to the fund; and to the countless business and community organizations who regularly contribute with decorated trees and raffle prizes. Load the Lab food contributions, and more. Plus, there are 14 Wing units working on smaller-scale initiatives, including toy and food drives, bottle recycling and special collections. Combined Charities formally runs September through December at 14 Wing, but the "making a difference" doesn't stop throughout the year. "You can see from this latest disbursement to food banks, youth, military families, health care, veterans, sports – these are all the right places we're able to support together,"

Vachon said. Combined Charities is already planning into this Fall's formal campaign, with the return of major events, including its 80-plus table crafters' and vendors' sale November 15 at the Community Centre and the marquee Festival of Trees raffle December 6 at the Greenwood Mall. Unit-level and wing-wide events, as small as 50/ 50 raffles to as large as full-month casual dress chits, are on the horizon. Unit volunteers, both military and civilian, make it all happen, with the generous support of Defence Team peers who contribute. Follow along on Facebook @ 14 Wing Combined Charities. →

'Haunted Hangar' opens for three terrifying nights at Greenwood Military Aviation Museum

Get ready for a Halloween event unlike any other! The Greenwood Military Aviation Museum is gearing up to host its first-ever "Haunted Hangar," a partnership with the Greenwood Players Drama Club. Together, they promise three spine-tingling nights of spooks - and skills - for the whole family. The museum's outdoor airpark and hangar will both be transformed October 28, 29 and 30 - guaranteed to make your hair stand on end. The Haunted Hangar is designed as an after-hours, one-way walkthrough that keeps the line moving - and pulses racing, followed by "Phantom Flight School," where would-be aviators tackle fast-paced skill challenges to earn (or flunk) the coveted Phantom Flight School souvenir token. Don't miss your chance to earn your wings and become a certified Phantom Pilot. Proceeds from the event will support museum exhibits and educational programs that preserve and share the region's rich aviation heritage. Tickets are on sale from October 8 at the museum, 1 Ward Road, Greenwood; or by phone at 902-765-1494 local 568-5955. Admission is \$10 per person or \$30 per family

(two adults, three children). Gates open at 6:30 p.m., with the Haunted Hangar open at 7 p.m. (last entry 8:45 p.m.). The event is recommended for participants age eight and older (parental discretion advised). There will be concessions available. **Volunteers, decorations wanted** Want to help "Fright Flight" take off? The museum is looking for a dedicated crew of volunteers (ages 15 plus) to help make the magic (and mayhem) happen. Roles include scare crew actors, Phantom Flight School activity station lead-

ers, makeup artists and setup/tear-down crew. Your help will help ensure the haunted hangar is a truly terrifying spectacle! If you're ready to scare up some fun and give back to the community, email fright-flight2025@gmail.com or call 902-765-1494 local 568-5955. In the spirit of reduce, reuse and recycle, the museum is asking for donations of old Halloween decorations. Your gently-used ghouls, ghosts and cobwebs will help create the spookiest atmosphere possible. Donations may be dropped off at the museum Wednesday to Saturday, 10 a.m. to 4 p.m. →

Kingston Legion Br 98 EVENTS

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WEEKLY EVENTS

Saturdays – Meat Draw and Chase the Ace
Sundays – Bingo – 1pm (Doors open at 11am). Everyone is welcome.
– **Veteran's Music Jam** – In the Lounge 1:30 -3:30pm, (unless there is another event happening in the lounge). Serving and retired Veterans; Legion members and guests are welcomed to join in the jam
Mondays – Monday Night Dart League – 7pm
Crokinole – will be held on the first 2 Mondays of the month starting on October 6th – 6:30pm
Tuesdays – Tuesday Night Dart League – 7pm
Wednesdays – Veteran's Social – 10am – All Veterans are Welcome. Have a coffee and a snack & meet other Veterans.
Euchre – 7pm
Thursdays – OP Vet Build – takes place Thursday mornings – 10am. If you have any questions or you are interested in participating, please send a message or an RSVP to: rc198.opvetbuild@gmail.com
Thursday Night Dart League – start October 16th – 7pm
Thursday Night Crib – 7pm
Fridays – Friday Night Dart League – start October 17th – 7pm
Foot Clinic Care – call Heather at 902-300-3559 to book an appointment.

UPCOMING EVENTS

Karaoke with Denis – October 24th – 7:30pm in the Lounge. Open to Members and Guests
Spiritual Expo – October 25th – 10am-4pm.
Poppy Campaign – begins October 31st. Wear a Poppy to support local Veterans
Remembrance Day – November 11th – Morning Service inside at 9:45. Outdoor service will take place at 11am at the Cenotaph located behind the Legion. Please be there by 10:45am. [Find us on facebook](#) 

Support the Kingston Legion by buying 50/50 tickets on-line at: www.rafflebox.ca/rafflercraze
Remember to select in support of: Kingston Br 98

Legion Calendar Sponsored by



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Start shooting for 2025 CAF Imagery Contest

The annual Canadian Armed Forces Imagery Contest celebrates the beauty found within our military communities - whether it's a family gathering or scenic vacation, sports tournament victory celebration or the beauty in your backyard.

The contest is organized by Canadian Forces Morale and Welfare Services (CFMWS) and Imaging Systems Program Management of the Assistant Deputy Minister (Public Affairs). WestJet sponsors prizes for the categories Military Operations and Military Community Life. CANEX sponsors the Cultural Connections category.

Professional and amateur photographers (CFOne Card

holder) are welcome to participate. Contestants may submit entries to any of the following categories:

Military operations: This category is defined by photos showing military personnel (in uniform) using the tools of their trade at work, on duty, on parade, on exercise, in training, on deployment, or in operations at home or abroad; or photos showing military equipment or vehicles in action, where military personnel may not be clearly visible.

Military community life: This category is defined by photos of the CAF community from all walks of life, which may include parents, family,

children, relationships, pets,

models, fashion, people engaged in outdoor or indoor activities, weddings and vacations. These may be photos of one person or a group of people.

Cultural connections: Celebrate the diversity of human experience reflected in the many cultures and communities found both at home and abroad. Submissions may showcase celebrations, rituals, everyday life or collaborative efforts that build bridges across cultures and lived experiences. Whether captured during deployments, exercises or community outreach; each photo should reflect the shared humanity of our CAF community.

Judging takes place No-

vember 1 to 15. It involvesjuries and the associated chain of command, and takes place both online and offline. The first jury is comprised of contest organizers (which includes a professional photographer). Judging will be based on criteria such as photo composition, originality and how well the submission reflects the selected contest category. The top 20 photographs for the Military Community Life and Cultural Connections categories will be presented to 14 CFMWS executive board members. Each member will be able to vote twice and has the option of voting for two different images, or using their two votes for the same image. The top



two photographs will then be presented to the CFMWS chief executive officer for their final selection. A similar process will be conducted by Imaging Systems Program Management of the Assistant Deputy Minister (Public Affairs) for the Military Operations category.

Winners will be notified in December and, in January, the list of winners in all categories will be announced on CFMWS social media platforms and published in *The Maple Leaf*.

Entries will be accepted to 11:59 EST October 15 at cafimagerycontest.ca. ➔

Fitness and Sports Centre sets Fall recreational, competitive schedule

The 14 Wing Greenwood Fitness and Sports Centre offers a regular schedule of classes and special events, focused on fitness, development and participation. There are also intersection and military practices for multiple sports, some recreational and some within the CAF Sports Program with regional and national competition opportunities. Please check which programs are military

only, and which are open to the public. Public classes, in particular, may require a PSP Plan, drop-in fee or pre-registration.

Practice FORCE test - November 6, 8 a.m. to 9 a.m. This is a practice FORCE test opportunity: try all of parts of the FORCE test and check your performance. Open to serving military members.

Strength and conditioning class - Mondays, Wednes-

days, Fridays; noon to 1 p.m. (to December 12). Work on both muscular strength and cardiovascular endurance

Indoor spin class - Thursdays, noon to 1 p.m. (to December 11)

Yoga - Thursdays, 7 a.m. to 7:45 a.m. (to December 11). Open to serving military members, and DND and NPF employees with a PSP Plan.

Mobility class - Fridays, 7:30 a.m. to 8:30 a.m. (to

December 12). Work to gain more flexibility and range of motion. Open to serving military members, and DND and NPF employees with a PSP Plan.

14 Wing basketball practice - Mondays, Wednesdays; 3 p.m. to 5 p.m. (to December 12). Open to serving military members.

14 Wing volleyball practice - Thursdays, 2:30 p.m. to 4:30 p.m. (to December 12). Open

to serving military members. **14 Wing grappling practice** - Mondays, Tuesdays, Fridays; 1 p.m. to 3 p.m. (to December 12). Open to serving military members.

14 Wing powerlifting practice - Tuesdays and Thursdays, 10 a.m. to 11:30 a.m. The 14 Wing Greenwood Bar Benders is open to serving military members. For information, contact head coach Mack Beattie, mackenzie.beattie@forces.gc.ca.

Intersection pickleball - Mondays, Wednesdays, Fridays; 11:30 a.m. to 1 p.m. (to December 12). Open to serving military members, and DND and NPF employees with a PSP Plan. ➔

Badminton - Tuesdays and Thursdays, noon to 1 p.m. (to December 12). Open to serving military members, and DND and NPF employees with a PSP Plan. ➔

Thursday, October 16

14 Wing CAF Sports Day

8:45 a.m. to 10 a.m. 5km run/ walk • Spin class • Sit-volleyball • Golf

10 a.m. to 11:45 a.m. Squash • Bowling • Open swim • 3v3 basketball

1 p.m. to 2:30 p.m. Ultimate frisbee • Soccer baseball • Pickleball • Open skate

OPIs | Corporal Leo Gautier, leo.gautier@forces.gc.ca

Alyssa DeAdder, alyssa.deadder@forces.gc.ca

Registration required

Inscription requise

Jeudi 16 octobre

Journée sportive de la 14e Escadre des FAC

8 h 45 à 10 h Course/ marche de 5 km • Cours de spinning • Volleyball assis • Golf

10 h à 11 h 45 Squash • Bowling • Natation libre • Basketball 3 contre 3

13 h à 14 h 30 Ultimate frisbee • Soccer baseball • Pickleball • Patinage libre

VPR | Caporal Leo Gautier, leo.gautier@forces.gc.ca

Alyssa DeAdder, alyssa.deadder@forces.gc.ca

Recreation programs offer something for all ages, interests

New programs for Fall fun are making their way onto the PSP Greenwood Community Recreation calendar. Fun, fitness and special event programs are all on offer. For PSP Community Recreation information, program registration (bkk.cfmws.com/greenwoodpub/account/index.asp) and PSP Plan membership, contact the Community Centre at 902-765-1494 local 568-5341. Most programs take place in the Community Centre, Building 110, Church Street, Greenwood.

Kids Club – Mondays, 6 p.m. to 7:30 p.m., for youth ages six to 12

October 6 – bingo, \$5 plus HST non-PSP Plan, free with PSP Plan

October 20 – outdoor scavenger hunt, \$5 plus HST non-PSP Plan, free with PSP Plan

October 27 – SFX Halloween make-up, \$8 plus HST non-PSP Plan, \$5 plus HST with PSP Plan

Ghost walk – October 25, 8:30 p.m. to 10 p.m., join Valley Ghost Walks and the Nazarene Church for spooky stories and community history as you explore the Old Tremont Cemetery, 740 Tremont Road. Ages 10 plus recommended. \$5 plus HST non-PSP Plan, \$15 plus HST with PSP Plan (pre-registration mandatory 902-765-1494 local 568-5341 or <https://bkk.cfmws.com/greenwoodpub/courses/index.asp>) ➔

October 3 – laser tag and pizza, \$8 plus HST non-PSP Plan, \$5 plus HST PSP Plan

October 10 – karaoke and munchies, \$8 plus HST non-PSP Plan, \$5 plus HST PSP Plan

October 24 – Halloween movie night and witch popcorn, \$8 plus HST non-PSP Plan, \$5 plus HST PSP Plan

Family drop-in night – Tuesdays, 6 p.m. to 8 p.m., October 7, 14, 21, 28; come



VENDOR PARTNERS

Simply show your CF1 card at time of purchase. Some conditions do apply. Visit canex.greenwood.ca for details.

Monday to Friday 9 a.m. - 6 p.m.
Saturday 10 a.m. - 5 p.m.
Sunday - Closed

14 Wing Greenwood
902-765-6994
canex.ca

Brown's Auto Service - Kingston
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Andy's Tire - Kingston
Invisible Fence Brand - Hantsport
Nova Doors and Windows - Coldbrook
OK Tire - Greenwood
Valley River Heat Pumps - Middleton

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Atlantic region basketball camp targets women's development

Looking to build your basketball game? Military athletes interested in attending a 14 Wing Greenwood-hosted November 3 to 5

women's 3v3 basketball development camp should contact PSP sports coordinator Alyssa DeAdder, alyssa.deadder@forces.gc.ca, by October 6. ➔

Brier Island Lodge

STAY, EXPLORE, RELAX

The Brier Island Lodge offers a range of room types from standard rooms to oceanview apartments. Our onsite seasonal restaurant Grandview on Brier serves up unique regional dishes.

Brier Island is a natural wonder earning a spot as a world class hub for eco-tourism. World class bird, seal and whale watching, stunning coastal and inland hiking trails, diverse and plentiful botany, beaches and shorelines to explore, friendly staff and locals who provide rich experiences and genuine maritime fishing village culture.

For reservations please book at **BRIERISLAND.COM** or contact **1-800-662-8355**

Respond to 'pulse check' on 14 Wing Personnel Support Program services

The 14 Wing Greenwood Personnel Support Program offers a range of morale and welfare services and special events, including fitness, recreation, health, social and information; through the Fitness and Sports Centre (military and

general programs at the centre, outdoor facilities and Greenwood Gardens Arena), the Community Centre (clubs and programs for all ages and interests), the Greenwood Bowling Centre, Lake Pleasant Campground, Health Pro-

motion, the Annapolis Mess and The Aurora Newspaper.

Respond to a "pulse check" survey by October 31 with feedback on how you think PSP is doing – and add your thoughts on any changes you'd like to see. ➔

Répondez au sondage sur les services du Programme de soutien au personnel de la 14e Escadre

Le Programme de soutien au personnel de la 14e Escadre Greenwood offre une gamme de services et d'événements spéciaux visant à améliorer le moral et le bien-être, notamment dans les domaines du conditionnement physique, des loisirs, de la santé, des activités sociales et de l'information. par l'intermédiaire

du centre de conditionnement physique et de sports (programmes militaires et généraux au centre, installations extérieures et Greenwood Gardens Arena), du centre communautaire (clubs et programmes pour tous les âges et tous les intérêts), du Greenwood Bowling Centre, du terrain de camping Lake

Pleasant, du programme de promotion de la santé, du mess d'Annapolis et du journal The Aurora.

Répondez à un sondage « pulse check » avant le 31 octobre en donnant votre avis sur le fonctionnement du PSP et en ajoutant vos commentaires sur les changements que vous aimeriez voir apporter. ➔

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in Your Home

From phones to power tools

14 Wing Greenwood Fire Department
urges awareness of lithium-ion battery
risk this Fire Prevention Week

BRANCHEZ-VOUS sur la sécurité incendie^{MC}

Les batteries lithium-ion
chez vous

Des téléphones aux outils électriques

Le service d'incendie de la
14e Escadre Greenwood sensibilise
la population aux risques liés aux
batteries lithium-ion pendant la
Semaine de la prévention des incendies



14 Wing Greenwood's Fire Emergency Services is teaming up with the National Fire Protection Association (NFPA), the official sponsor of Fire Prevention Week for more than 100 years, to promote this year's Fire Prevention Week campaign, "Charge into Fire Safety: Lithium-Ion Batteries in Your Home." It highlights how important it is to buy, charge and recycle lithium-ion batteries safely.

Most of the electronics we use in our homes every day - smartphones, tablets, power and lawn tools, laptops, e-cigarettes, headphones and toys, to name just a few - are powered by lithium-ion batteries. In fact, most everything that's rechargeable uses this type of battery.

If not used correctly or if damaged, lithium-ion batteries can overheat, start a fire or even explode. To reduce these risks, look around your home: it's important to know which devices are powered by them.

"Lithium-ion batteries are powerful, convenient and they're just about everywhere," says 14 FES fire chief Captain Ilya Mosiychuk. "This year's Fire Prevention Week campaign helps people understand the importance of using these batteries correctly to prevent fires in the home, and to follow the buy, charge and recycle safely approach."

Buy only listed products

- When buying a product that uses a lithium-ion battery, take time to research it. Look for a stamp from a nationally recognized testing lab on the packaging and product, which means it meets important safety standards.
- Many products sold online and in stores may not meet safety standards and could increase the risk of fire.

Charge devices safely

- Always use the cables that came with the prod-

uct to charge it. Follow the instructions from the manufacturer.

- If you need a new charger, buy one from the manufacturer or one the manufacturer has approved.
- Charge your device on a hard surface. Don't charge it under a pillow, on a bed or on a couch. This could cause a fire.
- Don't overcharge your device. Unplug it or remove the battery when it's fully charged.

Recycle batteries responsibly

- Don't throw lithium-ion batteries in the trash or regular recycling bins - they could catch fire.
- Recycling your device or battery at a safe battery recycling location is the best way to dispose of them. Visit call2recycle.org to find a recycling spot near you.

The 14 Wing Greenwood fire department encourages all residents to be aware of their devices, follow the buy, charge and recycle safely approach, and support this year's Fire Prevention Week theme, "Charge into Fire Safety."

The 14 Wing Greenwood Fire Department will host a series of events in support of this year's FPW campaign, including presentations at the Military Family Resource Centre, Dwight Ross Elementary School and École Rose-des-Vents.

To find out more about FPW programs and activities in Greenwood, contact the 14 Wing Greenwood Fire Department at 902-765-1494 local 568-5206. For more information about

Fire Prevention Week and lithium-ion battery safety, visit fpw.org.

Les services d'urgence incendie de la 14e Escadre Greenwood s'associent à la National Fire Protection Association (NFPA), sponsor officiel de la Semaine de la prévention des incendies depuis plus de 100 ans, pour promouvoir la campagne de cette année, intitulée « Chargez-vous de la sécurité incendie : les batteries lithium-ion dans votre maison ». Elle souligne l'importance d'acheter, de charger et de recycler les batteries lithium-ion en toute sécurité.

La plupart des appareils électroniques que nous utilisons quotidiennement à la maison – smartphones, tablettes, outils électriques et outils de jardinage, ordinateurs portables, cigarettes électroniques, écouteurs et jouets, pour n'en citer que quelques-uns – fonctionnent avec des batteries lithium-ion. En fait, la plupart des appareils rechargeables utilisent ce type de batterie.

Si elles ne sont pas utilisées correctement ou si elles sont endommagées, les batteries lithium-ion peuvent surchauffer, provoquer un incendie ou même exploser. Pour réduire ces risques, regardez autour de vous : il est important de savoir quels appareils fonctionnent avec ce type de batterie.

« Les batteries lithium-ion sont puissantes, pratiques et présentes un peu partout », explique le capitaine Ilya Mosiychuk, chef des pompiers du 14 FES. « La campagne de la Semaine de prévention des incendies de cette année aide les gens à comprendre l'importance d'utiliser correctement ces batteries pour prévenir les incendies à domicile et à suivre l'approche « acheter, charger et recycler en toute sécurité ».

N'achetez que des produits homologués

- Lorsque vous achetez un produit qui utilise une batterie lithium-ion, prenez le temps de vous renseigner. Recherchez le label d'un laboratoire d'essai reconnu au niveau national sur l'emballage et le produit, ce qui signifie qu'il répond à des normes de sécurité importantes.
- De nombreux produits vendus en ligne et en magasin peuvent ne pas répondre aux normes

de sécurité et augmenter le risque d'incendie.

Chargez vos appareils en toute sécurité

- Utilisez toujours les câbles fournis avec le produit pour le charger. Suivez les instructions du fabricant.
- Si vous avez besoin d'un nouveau chargeur, achetez-en un auprès du fabricant ou un chargeur approuvé par le fabricant.
- Chargez votre appareil sur une surface dure. Ne le chargez pas sous un oreiller, sur un lit ou sur un canapé. Cela pourrait provoquer un incendie.
- Ne surchargez pas votre appareil. Débranchez-le ou retirez la batterie lorsqu'il est complètement chargé.

Recyclez les batteries de manière responsable

- Ne jetez pas les batteries lithium-ion à la poubelle ou dans les bacs de recyclage ordinaires, car elles pourraient prendre feu.
- Le meilleur moyen de vous débarrasser de votre appareil ou de votre batterie est de les recycler dans un centre de recyclage de batteries sécurisé. Rendez-vous sur call2recycle.org pour trouver un centre de recyclage près de chez vous.

Le service d'incendie de la 14e Escadre Greenwood encourage tous les résidents à être attentifs à leurs appareils, à suivre les conseils d'achat, de recharge et de recyclage en toute sécurité, et à soutenir le thème de la Semaine de la prévention des incendies de cette année, « Chargez-vous de la sécurité incendie ».

Le service d'incendie de la 14e Escadre Greenwood organisera une série d'événements pour soutenir la campagne de la SPP de cette année, notamment des présentations au Centre de ressources pour les familles des militaires, à l'école primaire Dwight Ross et à l'école Rose-des-Vents.

Pour en savoir plus sur les programmes et les activités de la SPP à Greenwood, contactez le service d'incendie de la 14e Escadre Greenwood au 902-765-1494, poste 568-5206. Pour plus d'informations sur la Semaine de la prévention des incendies et la sécurité des batteries lithium-ion, consultez le site fpw.org.

E-bikes, hoverboards, tablets, cordless vacuum cleaners, e-vehicles, power tools, mobile phones, remote control cars, e-scooters,

Higher voltage items like
e-bikes, remote control cars
and power tools, only use
the manufacturers
replacement charger.

Pour les appareils à tension élevée tels
que les vélos électriques, les voitures
télécommandées et les outils
électriques, utilisez uniquement le
chargeur de remplacement du fabricant.

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laptops, e-cigarettes/ vapes, drones, golf carts, smart watches,

Laissez les piles revenir à
température ambiante avant
de les utiliser. N'essayez pas de
les charger à des températures
inférieures à zéro.

Only use chargers that
have a recognized
Canadian certification mark,
such as: CSA | cUL | cETL.

Canadian Tire
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Hunting & Firearm Shop
730 Central Ave., Greenwood
902-765-6338

**David Bowlby
MLA - Annapolis**
mladavidbowlby@gmail.com
10 Bridge Street, Middleton
1-902-526-3283

headphones and other toys all use lithium-ion batteries.



Les vélos électriques, les hoverboards, les tablettes, les aspirateurs sans fil, les véhicules électriques, les outils électriques, les téléphones

Don't overcharge your device.
Unplug it or remove the battery
when it's fully charged.

**Chris Palmer
MLA - Kings West**
195 Cottage Street, Berwick, NS B0P 1E0
902-375-2554 | Toll free 1-888-701-2554
chrispalmermla@gmail.com

Chargez votre batterie
lithium-ion avant qu'elle ne
descende en dessous de 30 %
pour prolonger sa durée de vie
et garantir son fonctionnement
en toute sécurité.

Sobeys
Canada's Family Grocery Store
720 Central Ave., Greenwood
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Charge your lithium-ion
battery before it drops
below 30% to help it last
longer and work safely.

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Stockez les piles au lithium-ion
à environ 50 % de leur charge
lorsque vous ne les utilisez pas
pendant une longue période et
vérifiez-les tous les 3 mois.

McDonalds
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portables, les voitures télécommandées, les trottinettes électriques, les ordinateurs portables, les cigarettes électroniques/vaporisateurs,

Signs of battery damage: smell weird, are swollen, too hot,
make popping noises, dented or have torn plastic wrapper.

Signes de dommages à la batterie :
odeur étrange, gonflement, surchauffe, bruits de craquement,
bosses ou emballage en plastique déchiré.

Thanks to the Valley's professional and volunteer firefighting service, keeping us all safe!

Country Stoves & Sunrooms
3319 Hwy 1, Aylesford, 902-847-3494 | www.countrystovesandsunrooms.com

les drones, les voiturettes de golf, les montres connectées, les écouteurs et autres jouets utilisent tous des batteries lithium-ion.

Fire Prevention Week October 5-11, 2025

Semaine de la
prévention des incendies
octobre 5-11, 2025



Charge your device at
room temperature where
you can see it
and on a hard surface.

**Steve Morse Heavy
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Une surcharge peut
entraîner une surchauffe
de la batterie, ce qui peut
provoquer un incendie
ou une explosion.

Aurora Newspaper
news. advertising. community.
902-765-1494 local 568-5441
auroranewspaper.com

Remember to have your chimney cleaned and
inspected to ensure a safe and cozy heating season.

N'oubliez pas de faire nettoyer et inspecter votre cheminée afin
de passer une saison hivernale confortable et en toute sécurité.

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- 902-690-6157

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Rexpo

Saturday, October 18
Family Street Carnival & Rexpo event
Between Church Street and the Morfee Centre
10 a.m. to 1 p.m. **Rexpo** – community programs’ displays and registration
10:30 a.m. to 1 p.m. **Family Street Carnival**
Henna, airbrush tattoos, games, bouncers, petting zoo, buskers, cotton candy, popcorn and more!
11:30 a.m. to 1 p.m. **Free BBQ**
(Rain location: Community Centre and Morfee Centre indoors)

Samedi 18 octobre
Carnaval familial et événement Rexpo
Entre Church Street et le Morfee Centre
10 h à 13 h **Rexpo** – présentation des programmes communautaires et inscriptions
De 10 h 30 à 13 h **Carnaval familial**
Henné, tatouages à l'aérographe, jeux, structures gonflables, zoo pour enfants, artistes de rue, barbe à papa, mais soufflé et plus encore!
De 11 h 30 à 13 h **Barbecue gratuit**
(En cas de pluie : Centre communautaire et Centre Morfee, à l'intérieur)

Saturday, October 18 | 8 a.m. to 10 a.m.
Pancake breakfast
Annapolis Café

Le samedi, 18 octobre | 08 h à 10 h
Déjeuner aux crêpes
Café d'Annapolis



SPONSORED BY



Wing Welcome & family day | Schedule of events

Time	Event	Location
Thursday, October 16 All day 4 p.m. to 6 p.m. 6 p.m. to 7:30 p.m.	CAF Sports Day Family TGIT (pizza) Family show (Jason Cyrus, hypnotist)	CFB Greenwood Annapolis Mess Annapolis Mess
Friday, October 17 7 p.m. to 9 p.m. (doors open 6 p.m.) 9 p.m. to 1 a.m.	Bingo Karaoke (19+)	Annapolis Mess Annapolis Mess
Saturday, October 18 8 a.m. to 10 a.m. 10 a.m. to 1 p.m.* 10:30 a.m. to 1 p.m.* Henna art, airbrush tattoos, games, bouncers, MFS "Stamp Quest" and open house, buskers, cotton candy, popcorn, snocones, balloon animals, sensory room activities (Dandelion Room, Morfee Centre) 11:30 a.m. to 1 p.m.* 1 p.m. to 1:30 p.m. 2 p.m. to 4 p.m. 2 p.m. to 4 p.m. 3 p.m. to 4 p.m. 6 p.m. to 9 p.m.	Pancake breakfast REXPO displays Family Street Carnival Free BBQ Color 2 km fun run/ walk Pool party Static displays and aircraft Skating Glow bowling	Annapolis Cafe Community Centre Between Church Street & Morfee Centre Between Church Street & Morfee Centre Apple Bowl, Church Street Indoor pool 14 Wing Parade Square Greenwood Gardens Arena Greenwood Bowling Centre

* Church Street will be open from Ward Road to the Community Centre, and from Kingswood Road to the south St. Mark's Chapel driveway; Church Street will be blocked as a thoroughfare to protect the crosswalk at the Community Centre and St. Mark's.

Accueil de l'escadre & Journée familiale | Programme des événements

Heure	Événement	Lieu
Jeudi 16 octobre Toute la journée 16 h à 18 h 18 h à 19 h 30	Journée sportive de la CAF TGIT en famille (pizza) Spectacle familial (Jason Cyrus, hypnotiseur)	BFC Greenwood Annapolis Mess Annapolis Mess
Vendredi 17 octobre 19 h à 21 h 21 h à 1 h	Bingo Karaoke (19+)	Annapolis Mess (ouverture des portes à 18 h) Annapolis Mess
Samedi 18 octobre 8 h à 10 h 10 h à 13 h* De 10 h 30 à 13 h* Art au henné, tatouages à l'aérographe, jeux, structures gonflables, « Quête de timbres SFM » et portes ouvertes du SFM, artistes de rue, barbe à papa, pop-corn, granités, animaux en ballons, activités dans la salle sensorielle (Dandelion Room, centre Morfee) 11 h 30 à 13 h* 13 h à 13 h 30 14 h à 16 h 14 h à 16 h 15 h à 16 h 18 h à 21 h	Petit-déjeuner aux crêpes Expositions REXPO Carnaval familial Barbecue gratuit Course/marche ludique de 2 km Fête piscine Expositions statiques et avions Patinage Quilles lueur	Annapolis Cafe Centre communautaire Entre Church Street et le Morfee Centre Entre Church Street et le Morfee Centre Apple Bowl, rue Church Piscine intérieure Terrain de parade de la 14e Escadre Greenwood Gardens Arena Centre de bowling Greenwood

* La rue Church sera ouverte entre Ward Road et le centre communautaire, ainsi qu'entre Kingswood Road et l'allée sud de la chapelle St. Mark's. La rue Church sera fermée à la circulation afin de protéger le passage piéton au niveau du centre communautaire et de St. Mark's.



Prize Ballot

Name: _____

Phone: _____

Wing section: _____

or Rec card number: _____

or Retired CF ID number: _____

Bring this ballot to the 14 Wing Community Centre
October 18, between 10 a.m. and 1 p.m.

Draws open to Defence Team members
(DND employees, CF serving and retired members,
NPF & DCC staff) and family; and Community
Recreation Card holders. Prize will be awarded
upon validation of winner as described above.

Wing Welcome prizes

WIN ONE OF THREE PRIZES
\$500 gift card or one of 2 \$250 gift cards

sponsored by **Here's How.**
THE LAWRIE GROUP OF COMPANIES

Wing Welcome **BINGO** de la Bienvenue

\$3,000
in prizes
to be won

3 000 \$
en prix
être gagné

\$10 per booklet
October 17, 7 p.m. - 9 p.m.
Doors open at 6 p.m.
Annapolis Mess
Bring your own dauber!

10 \$ par carnet
Le 17 octobre, à 19 h 00 à 21 h 00
Les portes ouvriront à 18 h 00
Mess d'Annapolis
Apportez votre propre barbouilleur !

Saturday, October 18
1 p.m. to 1:30 p.m.
Colour 2K fun run/ walk
Start: Apple Bowl, Church Street
Route: the 14 Wing Greenwood Fitness Trail
All ages • Dogs on leash welcome • Wear white!
Free

samedi, 18 octobre
13 h à 13 h 30
Course/ marche ludique Colour 2K
Départ : Apple Bowl, rue Church
Parcours : sentier de conditionnement physique de la 14e Escadre Greenwood
Tous âges • Chiens en laisse bienvenus • Habillez-vous en blanc !
Gratuit

Saturday, October 18
2 p.m. to 4 p.m. | Free swim
Pool party
Indoor pool
14 Wing Greenwood Fitness & Sport Centre
FREE

Le samedi 18 Octobre
14 h 00 à 16 h 00 | Baignade libre
Fête de la piscine
Piscine intérieure
Centre sportif de la 14e Escadre Greenwood
GRATUITE

Thursday, October 16
TGIF & hypnotist
Annapolis Mess | **FREE**
4 p.m. to 6 p.m. | Family TGIF - pizza
6 p.m. to 7:30 p.m. | Family show with hypnotist Jason Cyrus
Open to Defence Team and Annapolis Mess members,
PSP Plan holders and family/ guests

Jeudi 16 octobre
TGIF et hypnotiseur
Mess Annapolis | **GRATUIT**
16 h à 18 h | TGIF en famille - pizza
18 h à 19 h 30 | Spectacle familial avec l'hypnotiseur Jason Cyrus
Ouvert aux membres de l'équipe de défense et du mess d'Annapolis,
aux détenteurs d'un plan PSP et à leur famille/leurs invités.



Hypnotist Cyrus highlights
family Wing Welcome fun

Prepare to be amazed! 14 Wing Greenwood's Wing Welcome weekend includes a free, family-friendly evening show with hypnotist Jason Cyrus Thursday, October 16, between 6 p.m. and 7:30 p.m. at the Annapolis Mess. The show is open to 14 Wing Defence team members and their families, Annapolis Mess members and their guests. Be sure to come early for free pizza at the TGIT, underway at 4 p.m.

Cyrus is an extraordinary showman, with his Beyond Limits the hottest stage hypnosis show in Canada. Having mesmerized audiences across the country, Cyrus delivers a high-energy spectacle that will leave you spellbound. Get ready for a night filled with jaw-dropping entertainment as Jason's show captivates audiences everywhere. Laugh until you cry, as participants take the stage for a night of pure fun - leaving their worries behind.

But it's more than just laughter: Cyrus' unique blend of hypnosis and motivation creates an inspiring, high-energy experience. He empowers both show participants and the audience, leaving everyone uplifted and wanting more. With fun, thrills, and uncontrollable laughter, this is the most hilarious and



fascinating journey into the mind you'll ever witness.

Don't miss your chance to be part of this magical evening. Join Wing Welcome and your 14 Wing co-workers, friends and family for Beyond Limits: An Evening of Wonder and Awakening with Jason Cyrus LIVE! Get a sneak peek on Cyrus' socials: Facebook @ HypnoCyrus, Instagram @hypnotistjasoncyrus and You Tube @HypnotistJasonCyrus ➔

Note: The production may feature haze and strobe lighting effects. Photography, video and audio recordings are strictly prohibited. Recommended for ages 12+. Volunteers must be 18+.

Watch Jason Cyrus' show like the VIP you know you are!

Wing Welcome invites you to enter by noon October 13 for a VIP package, including front row seating and complimentary snacks for your family or group of friends.

Enter here:





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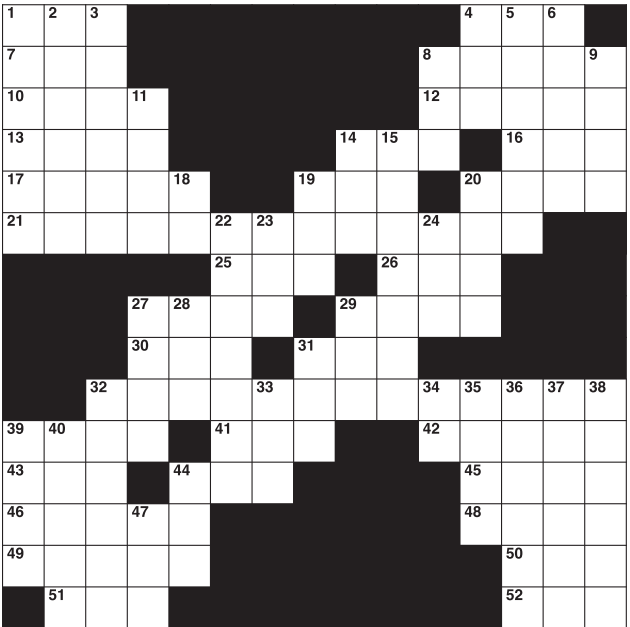
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated 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 13



- ACROSS
1. Utilitarian fashion accessory
4. Engine additive
7. Macaws
8. Listens to
10. Self-righteously moralistic person
12. Made of wood
13. Chinese lute
14. Beginning military rank
16. Indicates near
19. Chum
20. Long ago
21. Localities
25. Midway between northeast and east
26. Make fun of
27. Tennis great Arthur
29. Construction location
30. Cow's noise
31. Blue
32. One of the Fab Four
39. Formula 1 team
41. Dash
42. Lifting device
43. Basics
44. Keyboard key
45. Old Irish alphabet
46. Shaking of the Earth's surface
48. Covered stadium
49. Sword handles
50. Longing or yearning
51. Creators' social network
52. Boxing's GOAT
- DOWN
1. Occur
2. Show up
3. Capital of Taiwan
4. Ocean
5. Givers and ____
6. Gets ready
8. Ad
9. Fit of irritation
11. Criminal organization
34. Cola brand
35. Stepped on
36. Japanese city
37. Type of coating
38. A citizen of Yemen
39. Popular breakfast item corned beef ____
40. On a line at right angles to a ship's length
44. First responders
47. Short-term memory

crossword brought to you compliments of

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Theatre – Rocky Horror

October 2 to 18, Rocky Horror takes over the Al Whittle Theatre in Wolfville. Bold music, outrageous characters, plenty of local talent, a live band. The run will include low-sensory performances as well as late-night shows that lean into the wild atmosphere fans love. Tickets: \$0 - \$39 in advance, \$44 at the door. Available now at valleyevents.ca or find us on Facebook.

Estate planning presentation

October 6, 7 p.m., Kings Seniors' Safety hosts a free estate planning session at the Alton Baptist Church, 4924 Hwy 12, North Alton. All welcome, no matter your age, health or financial circumstances. Trishe Colman, Seniors' Safety Director, will talk about wills, powers of attorney, personal directives and more.

Luncheon

October 7, Kingston Lions host their monthly luncheon. Menu: chicken supreme, mashed potatoes, green beans, carrots, coleslaw, bun and apple crisp. Dine-in: \$15.
Youth art lessons
October 8, 15, 22 & 29, 5:30 p.m. to 7:30 p.m., 7Arts in Greenwood hosts art lessons (ages 10 to 14). Explore sketching, texture art, painting and clay. \$25 per class or \$80 for four classes. Register



ARIES - Mar 21/Apr 20

Your energy is off the charts this week, Aries. This is the perfect time to start a new fitness regimen or tackle projects that you've been putting off for a while.

TAURUS - Apr 21/May 21

Focus on your finances this week, Taurus. A new opportunity to increase your income or make an investment comes your way. Your practical nature will facilitate sound decision-making.

GEMINI - May 22/June 21

Your communication skills are very powerful right now, Gemini. Whether it is a difficult conversation or a creative collaboration, you will find the right words to express yourself.

CANCER - Jun 22/Jul 22

Take some time for self-care this week, Cancer. Your intuition is strong and your inner voice will lead you to what will ultimately bring security and comfort.

LEO - Jul 23/Aug 23

Leo, you are shining brightly right now. This is your time to be seen and celebrated. Step into the spotlight at work or in your social circle. Your confidence will be contagious.

VIRGO - Aug 24/Sept 22

Productivity and organization are the name of the game this week, Virgo. You will feel a sense of satisfaction from checking off tasks and bringing order to your surroundings.

at info@7Arts.ca

Coffee & Colouring

October 8, 15, 22, & 29, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts Coffee & Colouring. Come enjoy a relaxed atmosphere with colouring and conversation. All ages! Freewill donation.

Drum circle

October 9, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve at mindfullymore@gmail.com

Veterans' coffee

October 10, 17, 24 and 31, 9:30 a.m. to 11:30 a.m., 7Arts in Greenwood hosts the Veteran's Lodge Coffee. Free and open to all Annapolis Valley veterans and serving members. Register at theveteranslodge@gmail.com

Breakfast

October 11, 8 a.m. to 10 a.m., Kingston Lions hosts their monthly breakfast: scrambled eggs, pancakes, hashbrowns, toast, ham, sausage, beverages. Take-out available. Adults \$12, youth 6-12 \$6, youth under 5 free.

Makers space

October 11 and 25, 12:30 p.m. to 3:30 p.m., 7Arts in Greenwood hosts an open makers space. Bring a project, start something new, or purchase a kit. Drop-ins welcome and encouraged! Cost starts at \$10. Caregivers free.

Take-out Thanksgiving dinner

October 13, 4:30 p.m. to 6 p.m., the Aylesford Lions, 2160 Hwy 1, Auburn; host a turkey dinner with all the fixings, plus pie for dessert: take-out style. Pre-sold only, \$20 each. For tickets: Joy, 902-765-3323, or Angel, 902-389-1419.

Scottish Country Dance classes

October 13, 7 p.m. to 9 p.m., (for nine weeks), Scottish Country Dance classes start in Wilmot. No partner required, all ages, no experience needed. Under the guidance of Susan Van Horne. Call: 902-765-0906 or 902-825-4600 for info.

Dragon eye art series

October 14, 21 and 28, 6 p.m. to 7:30 p.m., join artist Jane Beals at 7Arts in Greenwood to sculpt your very own dragon eye! This class is part of a series, but may also be taken as a stand-alone class. \$25 per class or \$75 for all four. For info or to register, email info@7Arts.ca

National Association of Federal Retirees Western NS Branch meeting

October 16, 11:30 a.m., the National Association of Federal Retirees Western NS Branch will meet at the Aylesford and District Lions Club, 2160 Hwy 1, Auburn. Come out to hear about the future of branches and the association structure. Bring along a potential member (federal retiree) to find out what we are all about. Lunch: stuffed roast pork dinner and trimmings, \$13. If you wish to attend, email NAFR75@gmail.com or call Carolyn/ Bill after 1 p.m. at 902-765-8590, no later than October 8.

Textured paint class

October 16, 6 p.m. to 8 p.m., 7Arts in Greenwood hosts artist Jenna, as she guides participants through creating textured art. Ages 12+. \$35 per person. Register at info@7Arts.ca

Breakfast

October 18, 8 a.m. to 10 a.m., Holy Trinity Anglican Church in Middleton (45 Main Street) hosts its popular freewill offering breakfast. As someone once said, "Best eggs east of Tofino."

Upcycling/ thrifted crafts

October 18, noon to 4 p.m., 7Arts in Greenwood hosts Timeless Creations: repurpose, reuse & transform thrifted items for a new life. FREE, ages 10 to 17. All supplies included. Register at info@7Arts.ca

Newfoundland Kitchen Party

October 18, doors open at 6:45 p.m. for the show start at 7 p.m.: the Berwick Legion, 232 Main Street, hosts a Newfoundland Kitchen Party. Get ready for an evening of toe-tapping tunes, laughter and old-fashioned East Coast fun with Bill Doucet, Robin Foley and Steve Bigelow. Admission \$5.

Jam session – Berwick Legion

October 18, 2 p.m. to 5 p.m., music, laughter and community spirit at the Berwick Legion, 232 Main Street. All music styles, all skill levels welcome; play, sing or simply sit back and enjoy. Everyone welcome (you do not have to be a Legion member).

Breakfast

October 18, 8 a.m. to 10:30 a.m., come for breakfast at the Aylesford United Church, 2414 Hwy 1, Aylesford. Freewill offering: made-from-scratch pancakes, sliced ham, pork and apple sausages, fluffy scrambled eggs, tea/ coffee/ juice.

Hymn sing

October 19, 6:30 p.m., there will be a hymn sing at the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road. Audience favourites, choir specials and a special guest. Refreshments to follow. Freewill offering. Call 902-825-6631 for information.

Veterans' Club - Kentville

October 20, 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

Youth art lessons

October 20 and 27, 4 p.m. to 5:30 p.m., 7Arts in Greenwood hosts youth art lessons (eight to 12 years old). Explore sketching, texture art, painting with acrylics and watercolours, and clay. All supplies included! Only \$25 per class or \$80 for four classes. Register by emailing info@7Arts.ca

Donations for Lions Fall yard sale

Donations for the Kingston Lions Club Fall yard sale (October 25) are now being accepted. This year, we will not be accepting household furniture or large appliances. All other items will be accepted. Call Norm at 780-826-8674, leave a message at 902-765-2128 or send an email to kionsclub@eastlink.ca to arrange for pick up or drop off. All proceeds go to support our many community initiatives.

Music jam

October 24, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts musician Maura Edmunds for a fun afternoon of music! Bring an instrument or use our drums, shakers and a digital piano. Come play your favourite song, show us an original of yours, or try an instrument out! Everyone welcome! By donation (free for veterans, military, and their families).

Kingston Area Seniors Association celebrates 20th anniversary

The Kingston Area Seniors Association (KASA) was excited to celebrate its 20th anniversary September 17.

Jim Hildebrand, president, Royal Canadian Legion Branch 98; Wayne Fowler, commissioner and chair of the Village of Kingston; and Chris Palmer, MLA for Kings West' along with a number of members past and present, and friends, were in attendance.

KASA was congratulated for the difference it has made over 20 years to gather com-

munity, share interests and remain active. Current KASA president, Marlene Deal, and past president, Kay Amos; presented flowers to founding members and executive: Audrey and Carl Nichols, Minnie Rogers and Pat Coakley. Chris Palmer cut the cake, alongside Pat Coakley and Minnie Rogers.

After the formal meeting and refreshments, the group enjoyed games and activities.

Anyone interested in finding out more about KASA may email kasapresident5@gmail.com



Kings West MLA Chris Palmer, left, brought greetings from the Province of Nova Scotia September 17, as the Kingston Area Seniors Association marked its 20th anniversary.

Submitted

com or call 902-765-4228. The group meets Fridays (second and fourth) for fun afternoons at the Kingston Legion, beginning at 1 p.m.

for an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 55 plus, with a per meeting cost of just \$2. ➔

Museum society annual meeting set for October 28

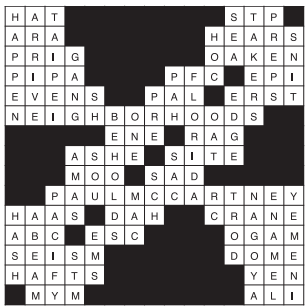
October 28, 2 p.m., the Greenwood Military Aviation Museum Society will hold its annual general meeting in the museum conference room. All paid-up society members are invited to attend.

Any current member, as of October 15, may vote, offer to serve on the board or nominate a member for the board of directors. Such nominations must be sent/ emailed to the AGM chairman, Ian Patrick, c/o the Greenwood



Military Aviation Museum, PO Box 786, Greenwood, NS; BOP 1N0, or ijpatrick@eastlink.ca; no later than October 17. ➔

crossword solution



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the Aurora



Pat Coakley, left, and Minnie Rogers, with Kings West MLA Chris Palmer, all had a hand in cutting the Kingston and Area Seniors Association's 20th anniversary cake September 17.

Submitted



Pat Coakley, left, and Minnie Rogers, with Kings West MLA Chris Palmer, all had a hand in cutting the Kingston and Area Seniors Association's 20th anniversary cake September 17.

Submitted

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.

NOTICE

NOTICE – is hereby given that Shalin Enterprises Limited intends to make application to the NS Registrar of Joint Stocks Companies for leave to surrender their denoted certificate. Contact Earl Russell, President. P.O. Box 546 Berwick, NS BOP 1E0. 902-538-8836. alicerussell@ns.sympatico.ca. (4619-1tp)

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. (4617-4tpb)

APARTMENT FOR RENT

FOR RENT – Kingston Lincoln Shire Apartments – Luxury two bedroom available December 6th. Five appliances \$1,450 per month, plus utilities. Please call 902-840-0683 or visit our website at www.bandnproperties.ca and apply. (4619-2tp)

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the Aurora find & win

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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 the current issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games.

1. Who is providing free product sampling? _____
2. When does Tim Harding speak at a District Meet & Greet? _____
3. When does the poppy campaign start? _____
4. How many different advertisers sponsored fire safety tips? _____
5. Whose business slogan is, "Honestly driven"? _____

Congratulations to this week's winner: NICOLE PEPPARD

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2160 Hwy 1, Aylesford
Starts 7:00 pm Friday
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BINGO

'Unwavering' support, sisterhood pushes CAF swimmer across English Channel

Sara White,
Managing editor

What these three get up to continues to escalate: international gold at swimming and lifesaving competitions, changing trades mid-career to become a doctor, stepping on the bodybuilding stage to compete (and win) the bikini division, underwater welding and explosives disposal as a clearance diver....

Now, Major Stephanie Bigelow, Master Corporal Sandi McLean and Sailor First Class Claire Bortolotti have upped the stakes: Bigelow just swam the English Channel, with McLean and Bortolotti adding their competitive expertise to her effort.

Bigelow, once an air combat systems officer on a 14 Wing Greenwood Aurora crew, is now a Canadian Armed Forces physician and, as of September, the new 33 Canadian



Major Stephanie Bigelow, in the wetsuit, gets some in-water encouragement from Master Corporal Sandi McLean for just a portion of her 14-hour English Channel swim. Submitted

Forces Health Services base surgeon for Royal Military College in Kingston, Ontario; swam nearly 14 hours – 9.5 hours in darkness, covering 58 kilometres overnight August 22 into 23.

"It's pretty wild – fathoms of water underneath me, but it's hallowed water: remembering

the wars in the area, ships all around me, dark and black, sharks and jellyfish," Bigelow says. "I'm so happy. It is such a deeply gratifying experience.

"I don't want to do it again! Bigelow is now just the second Canadian military member to swim the Channel: Winnie Roach of the Canadian

Women's Army Corps first did it in 1951.

Bigelow, McLean, staff to the 14 Wing chief warrant officer; and Bortolotti, a Navy clearance diver at CFB Esquimalt; swim together on the CAF's CISM team – classic races and life-saving events. While the distance as the crow flies between Dover, England, and France is 34 kilometres, the tides and currents pushing swimmers off their line is daunting: her support boat drags an underwater "parachute" to help stabilize its course.

"I've never done a distance swim," says Bigelow, not counting a 16-plus kilometre Lake Ontario swim, or any "highly safe" in-pool longer distances she's logged.

"Open water – never!" Bigelow added the Channel swim to an online "BS List" the three women share of as-epic-as-they-can-dream of challenges. She *thought* she could physically do it, but underestimated the mental demands of the swim.

"Two-and-a-half hours in, I was pretty overwhelmed. The water was choppy and dark. After nine hours of swimming in the dark, when it was dawn – I thought, 'Surely, France is right ahead.' I was only halfway! A lot of times, I wanted to give up.

"Everyone is different; everyone faces their demons in their own mind."

That's where McLean and Bortolotti came in. They couldn't even touch Bigelow as they let out roped baby food, water and bananas from their



Major Stephanie Bigelow, a Canadian Armed Forces physician at Royal Military College in Kingston, Ontario; is the second CAF member to successful challenge an English Channel swim. Submitted

support boat; but, a couple hours into Bigelow's solo swim, they could take limited turns swimming with her.

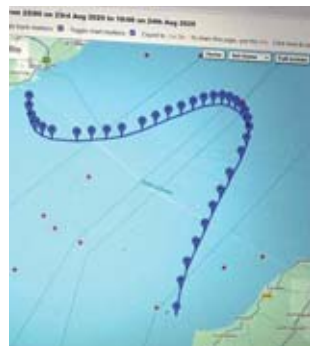
"I am so grateful for their support, their words of encouragement. The last two kilometres were the hardest – I'd been swimming so many hours, my speed had slowed incredibly – I almost felt like I was going backwards. It was so emotionally draining: I could see France!"

McLean says, as Bigelow continued to ask where she was and where she was going, her and Bortolotti eventually told her, "Stop asking!"

"You can't know that with the currents and the tides, and our captain was getting agitated. Every time we slowed, we'd be pushed further off course."

Bortolotti says, throughout, being able to relay supportive messages to Bigelow, coming in from all over Canada, during her swim was a big motivator – for Bigelow, but also herself.

"I could not imagine Sandi and Steph not being in my life and my corner, cheering me on in everything I do. It's just the most unwavering support I could possibly ask for. Everyone knows about the 'brotherhood' in the military, but the 'sisterhood' we've found is something else."



The Garmin tracker on Major Stephanie Bigelow's wrist shows anything but an as-the-crow-flies swim route across the English Channel. Submitted

Wood-working project, partnership builds path for veterans' healing

Rick Alisch,
Training Devices -
Technical Lead,
Canadian Multi Mission
Aircraft

Some time ago, I discovered the woodworking YouTube channel for robcosman.com, which offers concise instructional videos on the use of hand tools in woodworking. Throughout these videos, Cosman frequently refers to a charity he supports, The Purple Heart Project (PHP). PHP's mission is to provide physically and mentally combat-wounded veterans who continue to experience the adverse effects of their service with an introduction to the therapeutic benefits of traditional hand tool woodworking.

To fulfill its mission, PHP awards scholarships to 42 selected applicants, providing comprehensive training in hand tool woodworking, premium quality tools, a custom-built workbench and access to a supportive community of woodworkers. PHP scholarships cover all associated costs, including travel, training tuition, lodging, meals, tools, delivery of the workbench to the veteran's home and ongoing support.

I, along with many other woodworkers across North America, volunteer as workbench builders for the PHP's "Bench Brigade." Each Bench Brigade volunteer is matched with a scholarship recipient in their vicinity and is responsible for building a

premium custom workbench according to PHP specifications. Volunteers receive detailed workbench plans and instructions from PHP, source the necessary materials and labour to build the workbench and, upon completion, delivers the finished workbench directly to the veteran. They then becomes a woodworking mentor to the veteran, supporting them, if needed, through their woodworking journey.

Recently, I was offered the opportunity to build a PHP workbench for local veteran Keith Boudreau, who had been awarded a PHP scholarship. Thanks to the generous donation of plywood from Paul Parsons at Fraser's Pro Home Centre, I was able to construct Bou-



Local veteran Keith Boudreau is now set to start a wood-working hobby, thanks to the recent donation of a workbench, made by Purple Heart Project volunteer Rick Alisch. The program matches physically and mentally combat-wounded veterans with a volunteer and mentor, ready to set them up with everything they need for healing through wood-working. Submitted

dreau's workbench, which I delivered to his home September 25. The event was both emotional and rewarding.

For those interested in applying for a PHP scholarship, donating, volunteering for the Bench Brigade or learning more about the Purple Heart Project, visit ThePHP.org or stop by the October

18 14 Wing Greenwood to connect with Boudreau Wing Welcome Expo event and Alisch. ➔

October 16 sound healing session marks Women's History Month

October 16, between 11:30 a.m. and 1 p.m., the 14 Wing Greenwood Community Centre, with the Women's Place Resource Centre, Kingston; hosts a free sound healing

session for women. Reduce stress and shine from within! Yoga mats provided; bring a pillow and blanket. RSVP with rhonda.wprc@gmail.com or 902-363-2030. ➔



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chrispalmermla@gmail.com

Join Us for District Meet and Greet



OCTOBER 2025

District 8 – Coun. Christina Sappington
Oct. 9, 2025, 6-8 p.m. New Minas Fire Hall
6 Jones Road, New Minas, N.S.

District 6 – Coun. Bob Best
Oct. 22, 2025, 7-9 p.m.
Waterville & District Volunteer Fire Department
1415 County Home Road, Cambridge, N.S.

NOVEMBER 2025

District 5 – Coun. Tim Harding
Nov. 19, 2025, 6-8 p.m.
Millville Community Centre
270 Millville Hwy, Millville, N.S.

District 7 – Coun. Emily Lutz
Nov. 26, 2025, 6-8 p.m.
South Alton Community Hall
3992 Route 12, Kentville, N.S.

JANUARY 2026

District 9 – Coun. Peter Allen
Jan. 8, 2026, 6-8 p.m.
White Rock Community Hall
1542 White Rock Road, White Rock, N.S.

District 3 – Coun. Robbie Hiltz
Jan. 22, 2026, 6-8 p.m.
Woodville Community Hall
342 Bligh Road, Woodville

FEBRUARY 2026

District 2 – Coun. Doug Gates
Feb. 5, 2026, 6-8 p.m.
Port Williams Community Centre
1045 Main Street, Port Williams, N.S.

District 4 – Deputy Mayor Riley Peckford
Feb. 18, 2026, 6-8 p.m.
Kingston District Fire Department
570 Sparky Street, Kingston, N.S

Three Day Thanksgiving Farmers' Market

Thursday, October 9 11 a.m. - 7 p.m.
Friday, October 10 10 a.m. - 7 p.m.
Saturday, October 11 10 a.m. - 4 p.m.

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Sport with a sword?

Historical fencing offers unique programs

**Second Lieutenant
Derek Gaudet**

En garde! The Kings Historical Fencing club will showcase historical fencing to visitors at 14 Wing Greenwood's Wing Welcome Expo event October 18.

Kings Historical Fencing is a non-profit organization that gives both adults and youth the opportunity to experience and learn more about historical fencing. Also referred to as historical European martial arts (HEMA), classes and instruction derive from authentic documentation, illustrations and texts that date back to various points in European history.

In a safe and controlled atmosphere, participants wield an array of weapons (foam for beginners), armour and protective equipment, and learn techniques that provide a glimpse of how knights, duelists and soldiers engaged in combat many years ago.

"We offer various parts of gear so everyone from a new

beginner to an experienced fencer can participate," says longtime instructor and former air Cadet Michael Desfossés. "Beginners use foam swords for low-gear practice. As members get further along in their journey, they slowly acquire their own personal gear, from jackets, hard joint protection, protective masks and, of course, their own swords that they can spar with."

The club is open to anybody, offering youth classes and instruction from ages 11 to 17 and adult classes 18 and up. Programs are a great way to get involved in a community and stay active.

"Historical fencing can be recreational, competitive and educational. Some people join us to have a fun activity to keep them active," says instructor Nathaniel Maxner. "Others enjoy practicing for tournaments that happen throughout the country, while some enjoy learning the history behind what we practice."

"I enjoy the community

and meeting new people in this hobby, getting to learn something new every class. It's not something one thinks of for a hobby!" says Corporal Valerie Zayats, when asked about the best part of Kings Historical Fencing Club.

Club members often participate in various local events throughout the community. With an array of knowledge, techniques and equipment, the instructors and students come together to educate and perform for interested onlookers and participants.

For information, visit kingshistoricalfencing.ca, follow Kings Historical Fencing and Instagram @ [kings_historical_fencing_](https://www.instagram.com/kings_historical_fencing_) →



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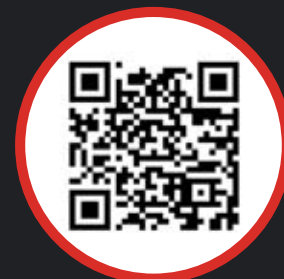
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