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Packing up a Piasecki

Museum's helicopter headed for 14 AMS techs' restoring hands

14 Air Maintenance Squadron technicians get the cross-14 Wing Greenwood move details from Corporal Quinton Rumble. September 21, they moved the Greenwood Military Aviation Museum's display Piasecki H44 helicopter from the museum across the base and airfield to their hangar for a few month's of restoration work.

S. White

Sara White,
Managing editor

The Greenwood Military Aviation Museum's Piasecki/Vertol H44 "Flying Banana" is getting some love, moved from its airpark display September 21 across 14 Wing Greenwood and into the caring hands of 14 Air Maintenance Squadron's technicians.

A crew of techs were at the museum bright and early to inflate the tires, hook on the tow and then walk alongside a mule from the grounds, through the base main gate, across parade square and onto the airfield; heading to the south

side periodic maintenance bay at 10 Hangar. There, they'll chemical strip off failing paint, repair light damage and then repaint and reapply new decals, made in the aircraft structures shop. The work will likely take several months, all of it a training opportunity and log book bragging rights for the techs who have a hand in the work.

"All these techs are switched on – ready to go," says Corporal Quinton Rumble, a 14 AMS member seconded to the museum for the next couple of years. "A couple of them worked on the Dak (the airpark's Dakota KN451, flown by 103 Rescue Unit, also recently restored)."

This Piasecki is a two-part aircraft: the rear section comes

from Aircraft 592, which also flew with 103 Rescue Unit in Greenwood from 1961 to 1964. The aft section is from a United States Army-flown helicopter.

"I was in Wetaskiwin, Alberta, recovering arts for our museum's Bolingbroke restoration," said museum volunteer Bob Johnson, of his visit to the Reynolds Heritage Foundation. "592 was sitting there in a field, and I told the fellow, 'I know the history of that helicopter.' He had the army forward fuselage there, too, and it was his plan to piece them together, too. He said we could have them both."

592's nose section was destroyed in the mid-1970s by a snow plow, while operating in Northern Canada. Bringing it home to Greenwood in 1993, with the army front piece, started a decade-long

restoration in the museum's workshop.

Museum volunteer Malcolm Uhlman was one of the first on the original Piasecki restoration, and he was there September 21 with the 14 AMS tech crew to watch the move for its newest restoration.

"I've got a few hours on this... we had a real good time on this – lots of memories," Uhlman said. But, long before the helicopter arrived at the museum in pieces, Uhlman can see "clearly in my mind" the day the Greenwood flying crew lent him and some friends a hand.

"This helicopter has real heart for me. When I was a youngster, we were skating and playing pond hockey on the meadow by Gene's barber-shop. We were scraping the ice

Continued on page 2...



the front page

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JOIN US IN COMMEMORATING

National Day for Truth and Reconciliation

30 September

8 a.m. | **Gather**
26 Canadian Forces Health Services
Attendees are encouraged to wear an orange T-shirt
The CFHS parking lot will be closed unless accessible parking is required; please park at the Annapolis Mess or Birchall Centre.

8:30 a.m. | **Flag-raising**
Opening remarks
In case of inclement weather, the 8:30 a.m. flag-raising will be followed at 8:45 a.m. by a gathering, speeches and smudge in the Annapolis Mess.

8:50 a.m. | **Walk** | To 26 CFHS (weather permitting)
Along Swordfish Drive, through RHU gate from Kingswood Road, along Church Street, turning right on Ward Road to pass through the 14 Wing main gate and end at the 26 CFHS.

9:15 a.m. | **Pjilita'q everyone welcome**
26 CFHS

Smudge | speeches

10:30 a.m. | **Ne'multes**

be seeing you again

Event closure

Attendees 16+ will require a government-issued photo ID to pass through the 14 Wing gate.
Les participants âgés de 16 ans et plus devront présenter une pièce d'identité avec photo délivrée par le gouvernement pour franchir l'entrée de la 14e Escadre.

Host | 14 Wing Greenwood Defence Indigenous Advisory Group

Hôtes | Groupe consultatif des Autochtones de la Défense de la 14e Escadre

JOIGNEZ-VOUS À NOUS POUR COMMÉMORER

La Journée nationale de la vérité et de la réconciliation

30 septembre

8 h | **Rassemblement**
26e Centre des services de santé des Forces canadiennes
Les participants sont encouragés à porter un chandail orange.
Le stationnement des SSFC sera fermé, sauf si un stationnement accessible est nécessaire; veuillez stationner au mess d'Annapolis ou au centre Birchall.

8 h 30 | **Levée du drapeau**
Mot d'ouverture
En cas de mauvais temps, la levée du drapeau à 8 h 30 sera suivie, à 8 h 45 d'un rassemblement, d'un discours et d'une cérémonie de purification par la fumée au mess d'Annapolis.

8 h 50 | **Marche** | Vers 26 SSFC (si la météo le permet)
Le long de la rue Swordfish, en passant par la barrière ULR de la rue Kingswood, le long de la rue Church, en tournant à droite sur la rue Ward pour passer par la barrière principale de la 14e Escadre et se terminer au 26 SSFC.

9 h 15 | **Pjilita'q tout le monde est bienvenu**
26 SSFC

Purification | discours

10 h 30 | **Ne'multes à bientôt**

Clôture de l'événement



Greenwood Military Aviation Museum volunteer Malcolm Uhlman had a hand in the original, decade-long restoration of the museum's Piasecki H44 helicopter, and is pleased to see it getting a second round of much-needed attention. The airpark display was moved September 21 to 14 Air Maintenance Squadron, where military technicians will work on a refreshed paint job and minor repairs.

S. White

Packing up a Piasecki ...

...cover

and this guy, he saw us, and came right down and blew the snow off the ice for us. Imagine! "That's a memory. I'd love to know who that pilot was."

The helicopter, with its Arctic capabilities, was used by the Royal Canadian Air Force for rescue work, and carried supplies and people along the Mid-Canada radar line across the Canadian Arctic.

"It was a good helicopter," Johnson said. "They did the same thing here in Greenwood the Cormorant does today; it was just replaced with new capabilities."

As the museum's Bolingbroke project came to the top of its to-do list in 2013, to make space, the Piasecki moved from the workshop to the airpark.

"That was a cruel morning: there was snow flying in the air and we were putting in those last top metal panels – oh, our hands.... Too quick," says Uhlman. They didn't get the full-length rotor blades on before winter, and water got in to the rotor heads and seized the machinery, which then couldn't be turned to get the blades on at the right angle. The poor Piasecki has been bladeless since, with a fading paint job.

"Hopefully, these guys will do all this for us. The blades, repainted the same colours. I can't wait. I know they'll do a good job."

For more on the museum's full restoration of 592, visit <https://www.gmam.ca/airpark/h44> →

Modification of badges, colours a lengthy, meticulous process

It will be a lengthy wait for Canadian Armed Forces (CAF) members eager to see all CAF badges and colours (guidons, standards and Royal banners) modified to include the new design of the Canadian Royal Crown and His Majesty King Charles III's Royal Cypher.

In early May 2023, the Canadian Heraldic Authority (CHA) announced King Charles III had approved two new Royal symbols for the Canadian monarchy, including the Canadian Royal Crown, which will be used on CAF badges. Badges and insignia will be gradually updated with this new crown through attrition, as required.

New badges and those that require badge modifications will be the first to reflect the new crown. Digital templates for badge frames will be created by the Directorate of History and Heritage (DHH), reviewed by the CAF inspector of colours and badges, and approved by the governor general of Canada (GG). CAF units and personnel are not permitted to modify unit badges or insignia on their own.

It took several years for Canadian Forces insignia to be modified after the death of King George VI in 1952. While the process today is not expected to take as long, it remains a prolonged undertaking due to the volume of work and the attention to heraldic and historical details, as well as the involvement of multiple stakeholders.

As a steadfast tradition,

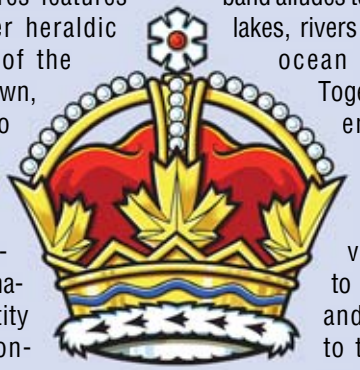
new badges are hand-painted by the CHA and authorized by the GG, stored at DHH, and made available digitally to CAF units for their use. Heritage officers of the elements are also informed of the approved artwork.

The Canadian Royal Crown is a heraldic emblem, not a physical object. It is an important symbol of the Sovereign's authority, the Canadian monarchy, and the State acting in the Sovereign's name. At the request of the Government of Canada, the Canadian Royal Crown was designed by the Canadian Heraldic Authority. It shares many features with other heraldic versions of the Royal Crown, yet also incorporates elements emphasizing the Canadian identity of the monarchy.

As per information on the Governor General of Canada website (gg.ca/en/heraldry/royal-and-viceregal-emblems/royal-crown), there is no immediate requirement to change existing emblems that include the Royal Crown. Changes to symbols of sovereignty (such as the Arms of Canada) and to official insignia will take place over the coming years. Existing versions remain valid and will be replaced as required.

Units are advised to consult their respective chain of command prior to going directly to the Directorate of History and Heritage. An aide-mémoire of the badge design process is available upon request from DHH6Heritage-DHP6patrimoine@forces.gc.ca →

The Canadian Royal Crown, approved in April 2023 by His Majesty The King, shares features with other heraldic versions of the Royal Crown, but also incorporates elements emphasizing the Canadian identity of the monarchy.



The upper rim symbolizes Canada's mountain ranges and valleys. The wavy blue band alludes to Canada's lakes, rivers and three ocean borders. Together, they emphasize the importance of the environment to Canadians and connect to the Indigenous teachings of harmony between the land and its inhabitants. Each new use of the Royal Crown requires the permission of His Majesty The King. Requests for permission to include the Royal Crown should be sent to Chief Herald of Canada, Canadian Heraldic Authority, 1 Sussex Drive, Ottawa ON K1A 0A1; or armorial@gg.ca.

Commissionaires N.S. appoints new CEO

Commissionaires Nova Scotia is pleased to announce the appointment of Rebecca Landry as chief executive officer (CEO), effective October 9.

Following a tenure in leadership roles at Saab Canada, Landry joined Commissionaires in September 2024 as chief operating officer, and has played a pivotal role in advancing the organization's strategic growth, operational excellence and workforce development.

Originally from Sweden,



Landry relocated to Canada in 2016 and established herself as a respected leader in the defence and security sector. In 2021, she was recognized by Women in Defence and Security with their Emerging Leader award for her contributions to the industry and commitment to advancing opportunities

for women in technical and leadership roles. In 2026, she was named one of *Atlantic Business Magazine's* 25 Most Powerful Women in Business in Atlantic Canada. She currently serves as a board member for Alice House, mentors emerging leaders through the Women in Leadership Foundation, and leads Lean In Atlantic Canada, helping to foster mentorship and opportunities for women across the region.

Outgoing CEO, Barry Pitcher, recently assumed com-

mand of Canadian Armed Forces 36 Canadian Brigade Group. During Pitcher's tenure, Commissionaires was named the Halifax Chamber of Commerce's 2024 Not-For-Profit of the Year, and Pitcher was recognized by *Canadian Security* magazine as its 2025 Security Director of the Year. His continued service within Canada's defence and security community will maintain a strong connection with a sector Commissionaires has proudly served for generations. →

Fall Positive Space training opportunities

14 Wing Greenwood military and civilian personnel are invited to register for upcoming Positive Space training sessions. All programs will be held 8 a.m. to 4 p.m. in Classroom 3 of the Birchall Training Centre.

October 15-16 - Positive Space facilitator training - Qualified Positive Space ambassadors are invited to a two-day training to become a facilitator, and learn how to help educate others on

the importance of diversity, equity and inclusion.

November 5-6 - Positive Space ambassador training - Two-day Positive Space ambassador training

Register for either program at mil.ca (Learning and Professional Development - link may only work for internal access; also accessible from the 14 Wing Teams News feed)

For info: Captain Backhouse, michelle.backhouse@forces.gc.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

 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 | Caméra de combat
combatcamera@ns.aliantzinc.ca

Recruiting | Recrutement
forces.ca

VPI | VPI
vpinternational.ca

Next print Aurora Newspaper:
October 12. Deadline for editorial and advertising content: **October 7**
Prochaine impression du journal d'Aurora :
12 octobre. Date limite pour le contenu éditorial et publicitaire : **7 octobre**
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Practice powerlift puts sport’s newcomers through their paces

Sara White,
Managing editor

“Go, Big Dog!” encourages Corporal Mikayla Harper from the side, as Aviator Sonia Barrett settles into a squat August 29.

Laughing to her other side, Harper adds, “everybody is a big dog in powerlifting!”

Just a month into the sport, Barrett was one of several military athletes testing out a competition set-up and environment at the 14 Wing Greenwood Fitness and Sports Centre. 14 Wing hosts the Atlantic regional powerlifting competition October 27 to 29. With the growth of the sport, newer wing powerlifters were invited to lift under the supervision of more experienced 14 Wing Greenwood Barbenders’ military lifters and Personnel Support Program staff; with all of a competition’s high tech - timers, white and red lift lights, a scoring app; and low tech – chalk, weights and belts.

“We wanted to get more awareness of the team, we



Corporal Joshua Ford, left, talks technique with 14 Wing Greenwood Personnel Support Program sport stores’ Mack Beattie. Beattie also coaches the 14 Wing Bar Benders Powerlifting program.

want new people, we have regionals coming up and we want people to get used to competing,” says PSP fitness instructor Zach Larouques.

Barrett was all smiles – besides the focused effort of lifting through her squat, deadlift and bench press – through the morning’s simulated competition.

“I was doing sled pulls in the

gym last month, and one of the PSP staff saw my progress – they said I should try powerlifting. I’d never thought about it, but I thought I’d give it a try.”

Barrett admits it was intimidating walking through the Barbenders’ specialized powerlifting workout space’s door, but, once inside, “everyone’s really inviting

“My bench – I’ve put on a whole plate to my workout – 45 pounds on each end. I didn’t really know how to do it properly, and they’ve been showing me new ways of training. It’s been really incredible.”

Harper, new to the sport a year ago but selected as 14 Wing’s female athlete of the year in May for her progress and commitment, says it’s been “awesome to see people coming in, especially females in what’s been a male-dominated sport.

“We’re a team. When you lift, it’s you versus you, but it’s practices with friends and teammates.”

With another “big dog” up at the rack, Harper is impressed: “some of these people are lifting the equivalent of a Smart car!”

Sergeant Jeff Baker has been powerlifting with great success for 12 years. He sat at the front of every lift as an official through the mini-competition, repeating the instructions competitors will hear at a real event.

“There’s nothing like training like this,” he says. “This is a good warm-up: all the gear, but these people get to train on it and get used to it.

“It’s good to see the growth of powerlifting on the base. We have the best facility, and a worlds-level bench here; we’re planning a year ahead as athletes, in a big tight community, and having the coaching support helps.”



Aviator Sonia Barrett has been powerlifting for just a month, and is already impressed with the advances in weight and technique the 14 Wing Greenwood lift community has been able to offer.



Corporal Brandon Savage tests his squat weight through a practice competition set-up August 29 in the 14 Wing Greenwood Fitness and Sports Centre. The wing hosts Canadian Armed Forces Atlantic regionals later this Fall.

Larocques says the Barbenders are open to anyone, anytime. They practice together Tuesdays and Thursdays from 10 a.m. to 11 a.m. PSP and club members would like to plan a few clinics, leading into perhaps an eight-week program, where newcomers could get experience, learn

powerlifting rules and, perhaps, prep for their own competition.

“We move weights, cardio is good for weights; powerlifting builds strength and you learn to lift properly – and you build confidence. All of that contributes to operational readiness.” →

October 5 to 9 volleyball training camp highlights base women’s program

14 Wing Greenwood military members interested in base team volleyball – from

all skill levels – are encouraged to take in an October 5 to 9 training camp.

This camp is a great opportunity for players to develop their skills, improve their game and spend a week training in a positive, focused and competitive environment. While some previous volleyball experience would be beneficial, sessions will be adapted to support individual development, while still providing an appropriate challenge for more experi-

enced players.

Sessions take place Monday to Friday, noon to 3 p.m., October 5 to 9; at the Fitness and Sports Centre. Registration is online via the 14 Wing internal Teams news feed, or contact Master Corporal Leo Gautier, women’s base team head coach, at leo.gautier@forces.gc.ca. Availability is limited to 20 players. →

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Readiness training, skill building = stretcher carry PT for wing’s health providers

Major Leslie Fillmore,
Commanding officer,
26/27 CF Health
Services Centres

September 3, members of 26 Canadian Forces Health Services Centre, joined by 1 Dental Unit Detachment, Greenwood; took part in a 3.5-kilometre weighted stretcher carry, an activity that may have caught the attention of personnel around 14 Wing Greenwood.

Leadership teams of 26 CFHS and 1 DU have committed to protected time for readiness activities, clinical competency maintenance and continuing professional education for both units’ military and civilian healthcare and dental providers. With the support of the 14 Wing Greenwood leadership and command teams, Thursday afternoon training periods got underway June 1. Readiness activities, including familiarization visits and engagement with supported units, such as 413 (Transport and Rescue) Squadron and the 14 Wing fire hall, provide healthcare personnel with a

greater understanding of other equipment, capabilities and operating environments; helping all better anticipate medical requirements, integrate with operational partners and provide more effective support during training, emergencies and operations.

While a weighted stretcher carry on a Royal Canadian Air Force base may seem unusual, it reflects an important reality of military health and dental care. CFHS and 1 DU personnel are dual professionals: healthcare providers and military members. In addition to maintaining clinical skills, they must be prepared to operate in challenging environments and support military operations at home and abroad.

This stretcher-carry training event was designed to build fitness, teamwork and casualty evacuation skills. In an emergency, healthcare personnel may be required to move injured patients over significant distances, across difficult terrain or in conditions where vehicles and other resources are unavailable. The day’s



26/27 Canadian Forces Health Services commanding officer Major Leslie Fillmore gets the team together September 3, as 26 CFHS and 1 Dental Unit Detachment personnel took on an in-the-rain, 3.5-kilometre, weighted stretcher carry.

rain was a “bonus,” as training under realistic conditions helps build the confidence and capability required to respond effectively when those situations arise (“you’re not training if it ain’t raining”).

Recent global events have highlighted the importance of military readiness and the need for CAF personnel to be prepared for a wide range of

operational demands. Lessons observed from modern conflicts, including the challenges associated with casualty evacuation, reinforce the value of physically demanding and realistic training. The activity also supports 14 Wing Greenwood’s broader focus on readiness and resilience.

The units have planned for progressive training, gradu-

ally increasing activities in complexity through additional distance, load and operational challenges. The goal is simple: ensure Greenwood’s military healthcare unit personnel remain physically prepared, clinically capable and ready to support the Canadian Armed Forces whenever called upon.

For the members who participated, the training was

about more than physical fitness. It provided an opportunity to strengthen teamwork, develop trust and reinforce the esprit-de-corps essential to military service. Despite the wet weather, participants completed the event with enthusiasm and a strong sense of accomplishment. They truly demonstrated the units’ new motto, “Care as One.” →

National Defence Workplace Charitable Campaign (NDWCC) / Campagne de charité en milieu de travail de la Défense nationale (CCMTDN)



Burger Lunch Break

11 a.m. to 1 p.m.

Tuesday, September 29

Annapolis Mess

Freewill offering (suggested donation \$5 per burger)

« Pause déjeuner : un burger »

De 11 h à 13 h

mardi 29 septembre

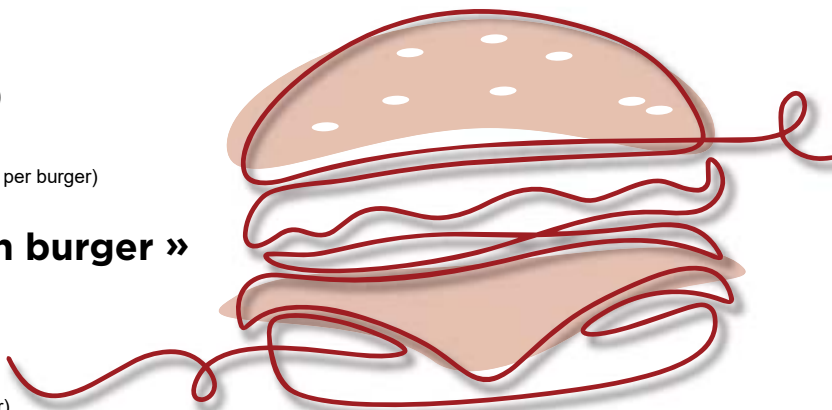
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Hosted 14 Wing Greenwood volunteers as a National Defence Workplace Charitable Campaign event
Organisé par les bénévoles de la 14e Escadre de Greenwood dans le cadre de la Campagne caritative sur le lieu de travail de la Défense nationale

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14 Wing Greenwood Fire Department Urges Residents to Power Up Their Devices with Fire Safety in Mind

The theme for Fire Prevention Week™ (FPW™), October 4–10, 2026, is



October 2026 — The 14 Wing Greenwood Fire Department is teaming up with the National Fire Protection Association® (NFPA®) to support Fire Prevention Week. This year's FPW theme, "Charge into Fire Safety: Safe Charging Is a Superpower," focuses on the simple steps people can take to recharge safely. Safe charging means making smart choices every time you plug in.

Many devices used in our daily lives - phones, tablets, laptops, tools, toys, e-bikes, and scooters—run on rechargeable lithium-ion batteries, which store a lot of energy in a small space. If they are damaged or charged the wrong way, they can overheat, start a fire, or even explode.

"The way you charge your lithium-ion battery devices can make a difference in helping prevent home fires," said Lt Gomes Silva Araujo, Fire Chief, 14 Wing Greenwood. "It comes down to using simple habits each time you plug in."

- Use the cord and charger that came with your device or one approved by the manufacturer. Using the wrong charger can damage the battery and increase the risk of fire.
- Charge devices on a table, desk, or other hard, flat surface. Do not charge them on beds, couches, or under pillows. Devices and chargers produce heat during normal charging. Soft surfaces can trap heat and block airflow, which can cause the battery to overheat.
- Stop using your device if it feels

very hot, starts to swell, is smoking, or has a strange smell. These are warning signs that the battery may be damaged or failing.

- Unplug your device when it is fully charged. Do not leave it plugged in longer than needed. Leaving a device plugged in too long can increase heat and stress on the battery.
- Charge larger items like e-bikes, scooters, and power tools outside and away from exits. These batteries are larger and store more energy. If they fail, fires can grow quickly and spread.

- When on a plane, keep your device where you can see it while charging. Do not charge devices in overhead compartments. Do not charge e-cigarettes or vapes on a plane. If a battery overheats or fails, it is important for the flight crew to respond quickly.

The 14 Wing Fire Department is hosting a series of events in support of this year's FPW campaign, including presentations at MFRC, Dwight Ross Elementary School and École Rose-des-Vents.

To find out more about FPW programs and activities in Greenwood, please contact the 14 Wing Greenwood Fire Department at 902-765-1494 ext: 568-5206. For more information about Fire Prevention Week and lithium-ion battery safety, visit fpw.org.

Le service des incendies de la 14e Escadre Greenwood exhorte les résidents à allumer leurs appareils en tenant compte de la sécurité incendie.

Le thème de la Semaine de la prévention des incendies™ (FPW™), du 4 au 10 octobre 2026, est « Charger en sécurité incendie : une recharge sûre est un superpouvoir ».

Octobre 2026 — La 14e escadre du service d'incendie de Greenwood s'associe à la National Fire Protection Association® (NFPA®) pour soutenir la Semaine de la prévention des incendies. Le thème du FPW de cette année, « Charger en sécurité incendie : une charge sûre est une superpuissance », se concentre sur les étapes simples que les gens peuvent suivre pour recharger en toute sécurité. Une charge sûre signifie faire des choix judicieux à chaque fois que vous vous branchez.

De nombreux appareils utilisés dans notre vie quotidienne - téléphones, tablettes, ordinateurs portables, outils, jouets, vélos électriques et scooters - fonctionnent sur des batteries lithium-ion rechargeables, qui stockent beaucoup d'énergie dans un espace restreint. Si elles sont endommagées ou mal chargées, elles peuvent surchauffer, déclencher un incendie ou même exploser.

« La façon dont vous chargez vos appareils à batterie lithium-ion peut faire une différence pour aider à prévenir les incendies domestiques », a déclaré le lieutenant Gomes Silva Araujo, chef des pompiers de la 14e Escadre Greenwood. « Cela revient à adopter des habitudes simples chaque fois que vous vous connectez. »

- Utilisez le cordon et le chargeur fournis avec votre appareil ou ceux approuvés par le fabricant. L'utilisation du mauvais chargeur peut endommager la batterie et augmenter le risque d'incendie.
- Chargez les appareils sur une table, un bureau ou toute autre surface dure et plane. Ne les chargez pas sur des lits, des canapés ou sous des oreillers. Les appareils et les chargeurs produisent de la chaleur lors de la charge normale. Les surfaces souples peuvent piéger la chaleur et bloquer le flux d'air, ce qui peut

provoquer une surchauffe de la batterie.

- Arrêtez d'utiliser votre appareil s'il semble très chaud, commence à gonfler, fume ou à une odeur étrange. Ce sont des signes avant-coureurs indiquant que la batterie peut être endommagée ou défaillante.
- Débranchez votre appareil lorsqu'il est complètement chargé. Ne le laissez pas branché plus longtemps que nécessaire. Laisser un appareil branché trop longtemps peut augmenter la chaleur et le stress sur la batterie.
- Chargez des articles plus volumineux comme des vélos électriques, des trottinettes et des outils électriques à l'extérieur et loin des sorties. Ces batteries sont plus grandes et stockent plus d'énergie. S'ils échouent, les incendies peuvent croître rapidement et se propager.

- Lorsque vous êtes en avion, gardez votre appareil à un endroit visible pendant la recharge. Ne chargez pas les appareils dans des compartiments au-dessus de vos têtes. Ne chargez pas les cigarettes électroniques ou les vapes dans un avion. Si une batterie surchauffe ou tombe en panne, il est important que l'équipage réagisse rapidement.

Le Service des incendies de la 14e Escadre organise une série d'événements à l'appui de la campagne du PMF de cette année, y compris des présentations au CRFM, à l'école primaire Dwight Ross et à l'école Rose-des-Vents.

Pour en savoir plus sur les programmes et activités du FPW à Greenwood, veuillez contacter le service d'incendie de la 14e Escadre Greenwood au 902-765-1494 poste 568-5206. Pour plus d'informations sur la semaine de prévention des incendies et la sécurité des batteries lithium-ion, visitez fpw.org.

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

Village of Greenwood

904 Central Ave., 902-765-8788
villageoffice@greenwoodns.ca

Overcharging can cause your battery to overheat, which can lead to fires or explosions.

AA Munro Insurance

635 Bowlby Park Drive, Kingston | 902-765-8110
www.aamunro.com | greenwoodoffice@aamunro.com

Recycle lithium-ion batteries responsibly. Throwing batteries in the trash or regular recycling bins could start a fire.
Recyclez les batteries lithium-ion de manière responsable. Jeter les batteries à la poubelle ou dans les bacs de recyclage ordinaires peut provoquer un incendie.

GW SAMPSON Co LIMITED

1488 Park Rd, Kingston • 902-765-3357 • www.gwsampson.com
HONDA • HONDA MARINE • STIHL • MTD parts for a growing world

Due for a Fire Inspection?

We inspect community spaces, restaurants, arenas - and more!

✉ inspections@countyofkings.ca
☎ 902-690-6157



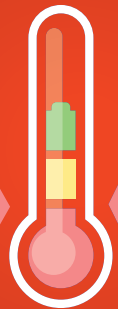
Buy new chargers from the manufacturer or one that the manufacturer has approved.

CANEX

14 Wing Greenwood • 902-765-6994
www.CANEX.ca

Laissez les piles revenir à température ambiante avant de les utiliser.

N'essayez pas de les charger à des températures inférieures à zéro



Bring batteries to room temperature before using them.

Do not attempt to charge in below-zero temperatures

730 Central Ave, Greenwood 902-765-6338



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.

Chris d'Entremont

Member of Parliament for Acadie-Annapolis

1529 Bridge Street, Unit 1, Kingston, NS B0P 1R0 • 902-242-3605
chris.dentremont@parl.gc.ca



Fire Prevention Week October 4-10, 2026

Semaine de la prévention des incendies octobre 4-10, 2026



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

**Chris Palmer
MLA - Kings West**

195 Cottage Street, Berwick, NS B0P 1E0
902-375-2554 | Toll free 1-888-701-2554
chrispalmermla@gmail.com

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

**Steve Morse Heavy
Towing Light Roadside**

24 Hour Service • 902-825-7026

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

**Russell Insurance
Group Limited**

1268 Victoria Rd, P.O. Box 279
Aylesford, NS B0P 1C0
902-847-3274 | Visit us at www.rigl.ca

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

954 Central Ave., Greenwood
902-765-6381

Always use the charger that came with the device. If you need to replace the charger, buy a manufacturers approved replacement.

**Pharmasave
Valley Drug Mart**

Kingston Middleton
902-765-2103 902-825-4822

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
902-765-4033

Visit Valley Waste Resorce Management at vwrm.ca to find a device or battery recycling centre near you.

**David Bowlby
MLA - Annapolis**

mladavidbowlby@gmail.com
P.O. Box 214, 10 Bridge St., Middleton
1-902-526-3283

Valley leg of Never Marching Alone looking for company October 10

Never Marching Alone returns to the Annapolis Valley for its second Valley march, October 10, in recognition of World Mental Health Day.

The march will begin at the Waterville & District Fire Station and travel through Aylesford, Kingstons and Greenwood before continuing on to the Middleton fire station.

A lot has happened since last year's first series of Nova Scotia marches. Never Marching Alone is now a registered Nova Scotia non-profit organization focused on supporting the mental health and wellness of current and former members of the Canadian Armed Forces, first responders, public safety personnel, and their families. The group works toward this through education, peer support, advocacy, connection and collaboration, with a focus on strengthening support within the communities it serves.

Never Marching Alone's message for this year's march is simple: new year, same mission.

Find out more on Facebook @ Never Marching Alone (<https://www.facebook.com/NeverMarchingAlone>), or contact info@nevermarchingalone.ca →

September 29, take a Burger Lunch Break for wing charity effort

Tuesday, September 29, come for a barbecued hamburger lunch at the Annapolis Mess.

Your freewill offering (suggested donation \$5 per burger) will support the 14 Wing Greenwood National Defence Workplace Charitable Campaign. Cash or etransfers are accepted as you lunch and socialize (from your financial institution, send etransfers to ndwcc-ccmtdn@forces.gc.ca; in the message box, please add 14 Wing Greenwood and the event name "Burger Lunch Break").

For information, contact 14 Wing Greenwood National Defence Workplace Charitable Campaign OPI Lieutenant Adel Mohammed, adel.mohammed@forces.gc.ca →

Greenwood Military Aviation Museum Society AGM set for October 27

Tuesday, October 27, at 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 to the AGM chairman, Ian Patrick, c/o the Greenwood Military Aviation Museum, PO Box 786, Greenwood, Nova Scotia, B0P 1N0; or ijpatrick@eastlink.ca, no later than October 20. →

RMC Alumni invited to October 14 Greenwood gathering

October 14, noon to 1:30 p.m., the Atlantic Branch of the Royal Military Colleges of Canada Alumni Association most cordially invites alumni to attend an informal luncheon at the VP International Centre, 14 Wing Greenwood.

This is an opportunity to meet and engage with fellow alumni and rekindle the comradery experienced at the colleges. Dress is uniform or business casual.

RSVP by emailing colleges@rmcalumniatlantic.ca by October 12. →

Provincial MSI, Pharmacare services now online

Nova Scotia has launched a new web-based portal that allows people to update their Medical Services Insurance (MSI) information, renew a health card, register for programs and submit inquiries and forms electronically.

MSI Online is available to people 19 and older who have a health card and are a Canadian citizen or permanent resident of Nova Scotia.

People may access MSI Online using any internet-enabled device that supports a common web browser – Safari, Chrome or Microsoft Edge, for example; or through the YourHealthNS app. Once logged in, users may register an email address to receive electronic notifications for items such as health card renewal; request a replacement Nova Scotia health card; update their address and contact information; register or renew for the Nova Scotia Seniors' Pharmacare Program or renew Nova Scotia Family Pharmacare Program coverage; update their organ and tissue donation status; opt in to participate in medical research opportunities; submit inquiries and forms electronically for MSI to process; and contact MSI.

Nova Scotians will continue to receive health card renewals by mail unless they choose to receive communication electronically through their MSI Online account. Some other correspondence, including cheques, service verification letters and exception status drug letters; will continue to be sent by mail.

About 25,000 Nova Scotia health card renewal notices are issued every month. As of February, more than 160,400 people are registered for the Seniors' Pharmacare Program, and more than 24,000 families are registered for the Family Pharmacare Program. Patients may receive service verification letters to confirm they received a specific service from a provider. An exception status drug letter is a notification sent to patients and providers approving or denying coverage for specific medications per exception status criteria. →

Additional resources

- MSI Online: <https://novascotia.ca/MSIonline>
- Nova Scotia Health Insurance Program: <https://www.novascotia.ca/programs-and-services/nova-scotia-health-insurance-program>
- Seniors' Pharmacare Program: <https://www.novascotia.ca/register-seniors-pharmacare-program>
- Family Pharmacare Program: <https://www.novascotia.ca/register-family-pharmacare-program>

crossword solution

EDHS	STATUE
REAPPEARANCE	
REMARKY	TACOMA
SETAE	UMLAUT
TNT	INDY
ANASS	COIN
AD	HAET
ROE	
NOH	CPA
ABET	INADAR
HOAR	DIDAR
AEROBE	TABUS
STOLID	SENATOR
PARAMILITARY	
HEREBY	SHIA

sudoku solution

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

classifieds

Classified advertisements, 35 words or less, are \$11 tax included. Additional words are 10 cents each, plus tax. Bold text \$12, tax included.

Classified advertising must be booked and pre-paid 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 aurora-production@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 11 \$, taxes incluses. Chaque mot addi-

tionnel coûte 10 sous, plus taxes. Texte en caractères gras 12 \$, 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.

RESTAURANT

THE MASALA HOUSE DINING ROOM and TAKEOUT – 982 Central Avenue, Greenwood. Authentic Indian and Canadian cuisine. Open noon to 8:00 p.m.. Full menu, see Masala House Bridgetown site. 902-824-3522. (4717-2tp)

INVITATION

EASTERN ORTHODOX DIVINE LITURGY - St. Vladimir Orthodox Church invites you to attend a Divine Liturgy at 10:00 a.m. on October 3 at the Wilmot Community Centre. All are welcome. For more information, please contact Vitalis at 902-349-5144. (4716-2tpb)

WANTED TO BUY

Any type of rifle, 22 lever action. Call James, 1-902-354-5659. (4710-8tp)

BUSINESS OPPORTUNITY

LIVE RENT FREE AND EARN. Rare opportunity 22 min from CFB Greenwood. Features 3 bed, 2 1/2 bath residence, 2 bed duplex student rent (\$1500 per side), 1 bed annex (\$1500) and a commercial/residential space (\$12-1500). A large garage with small gym, storage and art studio included. Great investment or retirement opportunity. For more

information call 902-309-0604. (4717-2tpb)

ROOM FOR RENT

HIGHWAY 201 - 25 minutes from Greenwood. Long-term or short-term. Non-smoking. Furnished, wifi, kitchen and laundry included. Quiet home. Must be employed and responsible Contact/text 902-840-3322. (4717-2tpb)

JOB OPPORTUNITY

VITALITY HEALTH CENTRE – Registered Massage Therapist (RMT) required for a contract position in Middleton. This is a multidisciplinary clinic offering Osteopathy, Massage and Acupuncture. The contract is a fixed monthly lease. All clinic and office supplies are included. For further information please contact Darlene MacLeod at macleod.darlene9@gmail.com. 4717-5tp

APARTMENT FOR RENT

Two bedroom apartment in adult building. 1486 Magee Dr., Kingston. In floor heat, ground level, private back patio, snow removal and lawn care included. \$1,500 monthly plus utilities. Available immediately. **Call 902-309-0573.**

~ Obituary ~

RICHARDSON, Robert (Bob) Gordon,
GREENWOOD, HARMONY MOUNTAIN

Richardson, Robert (Bob) Gordon, 88, passed away peacefully (dementia) at Grandview Manor, Berwick, Nova Scotia; August 29, 2025. Bob was born in Halifax, Nova Scotia, son of the late Leland and Helen (Ryan) Richardson. Bob started a lifetime military career at age 12 with Sea Cadets (Halifax). At 17, he joined the Royal Canadian Air Force and served as a cook, firefighter and finance clerk. He retired early, at 55, and became a driver for Army Cadets (Aldershot/ Debert). He joined ARAF as payroll clerk/ paymaster (Greenwood) and fully retired at age 65. He was a drummer with base bands wherever he was posted, even in Germany. Bob is survived by his dear wife, Carol (Harvey) Richardson; brother David Richardson, Kingston, Nova Scotia; daughters Susan (Mern) Vatcha, Ontario; Inga (Joe) Sanayhie, Ontario; Lisa (David) Toole, Greenwood, Nova Scotia; grandsons Sam and Cody (Kelsey); great-grandchildren Timothy, Scarlet and Jackson; nieces, nephews and cousins. Bob was predeceased by parents Leland and Helen Richardson, Halifax, Nova Scotia; sister Barbara and husband Bob Rushton, Salmon Arm, British Columbia; and sister-in-law Joan (wife of David Richardson), Kingston, Nova Scotia. Bob was an avid walker. He loved gardening, cooking, heraldry and working in the woods with family. He was the secretary/ treasurer for local businesses and groups over the years. He tried his hand at sign-painting, enjoyed model kits, paint-by-numbers and really loved living in our log cabin when he retired. Bob will be missed dearly by all who loved him. Donations may be made to the Alzheimer Society of Nova Scotia, Dalhousie Medical Research, Halifax; or a charity of your choice.



the Aurora find & win

Three easy ways to enter.

- Through our website: auroranewspaper.com
- Fax: 902-765-1717
- 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.

- When is the next Legion community breakfast? _____
- Where is Woodfired Kitchen located? _____
- Who has units available October 1st? _____
- What is the apply by date to make a difference? _____
- Whose phone number is 902-538-1321? _____

Congratulations to this week's winner: ALIX BOYACHEK



**AYLESFORD &
DISTRICT LIONS
CLUB**

2160 Hwy 1, Aylesford
Starts 7:00 pm Friday

902-847-9374

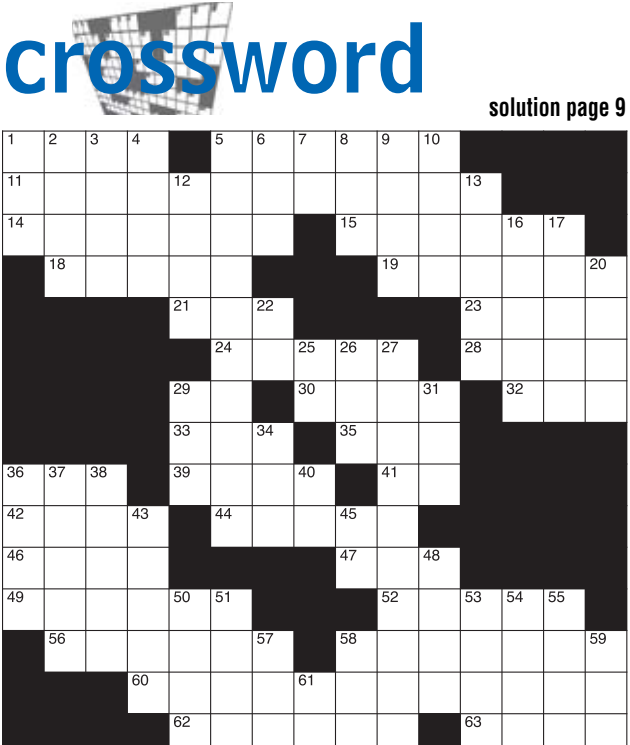




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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



solution page 9

- ACROSS**

 - 1. El Dorado High School
 - 5. A sculpture representing a human or animal
 - 11. A type of return
 - 14. Tie the knot again
 - 15. Washington city
 - 18. Hairlike structures
 - 19. Mark used over a vowel
 - 21. Explosive
 - 23. Popular 500 car race
 - 24. Pile up
 - 28. Currency
 - 29. Commercial
 - 30. A minute amount (Scottish)
 - 32. Mass of fish eggs
 - 33. Baseball stat
 - 35. Licensed accountant
 - 36. Japanese classical theater
 - 39. Gasteyer and de Armas are two
 - 41. Blood group
 - 42. Assist in wrongdoing
 - 44. Language of Cameroon
 - 46. Grayish-white
 - 47. A woolen cap of
- Scottish origin

 - 49. Microorganism
 - 52. Strong social customs
 - 56. Calm and dependable
 - 58. Congressman
 - 60. Force
 - 62. As a result of this document
 - 63. A main branch of Islam

DOWN

 - 1. Make a mistake
 - 2. American DJ Rick
 - 3. Fictional Asimov planet
 - 4. Coughed out
 - 5. Singing to one's lover
 - 6. Scotland's longest river
 - 7. One of the six noble gases
 - 8. Body art
 - 9. Two-toed sloth
 - 10. Electronic counter-measures
 - 12. A foolish person
 - 13. Of the wind
 - 16. Mansion
 - 17. Sound
 - 20. English river
 - 22. Business symbol
 - 25. Exclamation of surprise
 - 26. Pouch
 - 27. Individually
 - 29. Satisfaction
 - 31. The bill in a restaurant
 - 34. Japanese delicacy
 - 36. Port in southern Japan
 - 37. Double-reed instruments
 - 38. Center
 - 40. 'The Mount Rushmore State'
 - 43. Soldier
 - 45. Indicates position
 - 48. Beauty treatment: -pedi
 - 50. Nonsense (slang)
 - 51. Republic of Ireland
 - 53. Ballplayers' tools
 - 54. American state
 - 55. Clusters of a fern frond
 - 57. Patriotic women's group
 - 58. A person's brother or sister
 - 59. Breed of sheep
 - 61. Of I

crossword brought to you compliments of



open 24 hours

954 Central Avenue, Greenwood | 902-765-6381

Art for tots

September 28, 10:30 a.m. to 11:30 a.m., 7Arts in Greenwood hosts aart-based textile exploration for children four years and under (with their parents). Snacks included! \$10 per child and \$5 per additional child from the same family. Registration at info@7Arts.ca

Art show opening

October 2, 5 p.m. to 8 p.m., 7Arts in Greenwood hosts the opening of "Creatures & Curiosities," a family-friendly curated art show by Jenna from Wispwood Studios. On display to October 31. Artist's talks Saturdays, 1 p.m., in October. Info: wispwoodstudios.ca/art-show

ArtBeat Lounge

October 3, 10, 17 and 24, 4 p.m. to 6 p.m., 7Arts in Greenwood hosts an open space for teenagers (12 to 19 years old) who want to create tiny trinkets and art, hang out and snack. \$2. Register at info@7Arts.ca

Dinner theatre

October 3 and 4, 7 p.m., the Annapolis District Drama Group presents a dinner theatre, "Washing Soldiers 1797," at the Middleton fire hall, 49 Church Street. Set at Molly's bath house, there's a little naughty, adult and bawdy humour – inherent in the life of 18th century Annapolis Royal. Directed, and with original

songs, by Wayne Currie; written by Kent Thompson. Menu: bathwater, porcupine stew, bear hunters' cake and tea/ coffee, cash bar. Tickets (\$47.50): Macdonald Museum, 21 School Street, Middleton; or 902-825-6116 or mascdonald.museum@outlook.com

Concert

October 4, 2 p.m., Old Holy Trinity Anglican Church, 49 Main Street, Middleton; presents "Ignite," with Trio KLM: from Vivaldi to Nirvana, classical to classic rock. Tickets - \$30.

Community luncheon

October 6, noon to 1 p.m., the Kingston Lions host their community luncheon. Chicken supreme, mashed potatoes, green beans, carpas, bun, cole slaw and apple crisp for dessert. Dine-in \$15. Pick-up and delivery (available to Kingston/ Greenwood and Wilmot areas) are \$16, pre-ordered only at 902-765-2128, 9 a.m. to 11 a.m. September 30.

Escape room: haunted house museum

October 6, 17, 19 to 23, 27 to 29; the Macdonald Museum in Middleton, 21 School Street; hosts a haunted house museum-themed escape room: step inside, if you dare! To book times for your three (minimum) to six (maximum)

person group, call 902-825-6116. \$10 per person.

Dragon painting

October 6, 6:30 p.m. to 8 p.m., 7Arts in Greenwood: paint your own dragon painting. Supplies included! Cost is \$35 per person. Registration at info@7Arts.ca

Pumpkin felting workshop

October 8, 11 a.m. to 1 p.m., the Macdonald Museum in Middleton, 21 School Street; hosts a pumpkin felting workshop with Sheri Wood. \$40 per person, supplies included. Register: 902-825-6116.

Drum circle

October 8, 1 p.m. to 2 p.m., 7Arts in Greenwood: HealthRHYTHMS community drum circle, free to seniors! Reserve at email mindfulnessmore@gmail.com

Girl Guide cookie sales

October 10, 10 a.m. to 2 p.m., Berwick Girl Guides will be out and about with cookies – the chocolate mint, and the classic vanilla and chocolate sandwich cookies. Find us in Berwick at the town hall front yard drive-thru, McQuarries Pharmasave and Bargain Harley's. \$6 a box. If you miss us, call Sara, 902-599-1833.

Fashion show and bake sale

October 10, 1 p.m., All Saints Church, 521 Pleasant St., Kingston; will hold its fun fashion show and bake sale. Admission \$7. Auntie Mame will be there, so come and join us!

Breakfast

October 10, 8 a.m. to 10 a.m., the Kingston Lions Club. Scrambled eggs, pancakes, ham, sausages, hashbrowns, toast, baked beans, coffee/ tea/ juice. Adults \$12, youth (6-12) \$6, children 5 and

under free. Take-outs available. Donations for the Lions' Sox Box project (new socks and winter hats) welcome.

National Association of Federal Retirees Western N.S. Branch Fall meeting

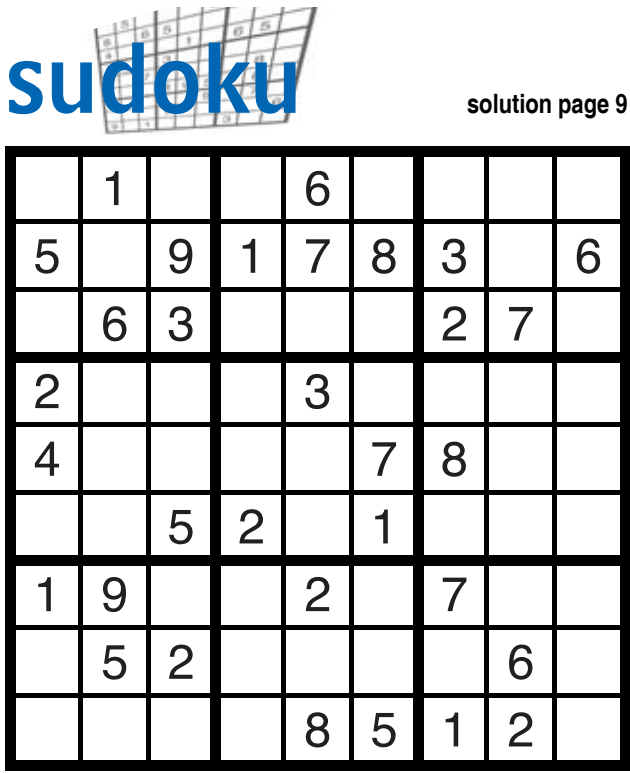
October 13, 11:30 a.m., the National Association of Federal Retirees Western N.S. Branch will host its Fall meeting at the Aylesford and District Lions Club, 2160 Hwy 1, Auburn. Come out to hear from the branch president about the future of branches and the association structure. Bring along a potential member (federal retiree) to find out what we are all about . Menu: quarter chicken dinner and all the trimmings, \$15, served at noon. If you wish to attend, email NAFR75@gmail.com (emails preferred) or call Carolyn/ Bill after 1 p.m. at 902-765-8590 by October 6.

Berwick veterans' banner unveiling

October 13, 4 p.m., the Berwick Veterans Banner Program invites the public to join us in front of Berwick town hall, 236 Commercial Street, as we raise our first veterans' banner for 2026.

RMC Alumni gathering

October 14, noon to 1:30 p.m., the Atlantic Branch of the Royal Military Colleges of Canada Alumni Association most cordially invites alumni to attend an informal luncheon at the VP International Centre, 14 Wing Greenwood. Opportunity to meet and engage with fellow alumni and rekindle the comradery experienced at the Colleges. Dress: uniform or business casual. RSVP: colleges@rmcalumniatlantic.ca by October 12.



solution page 9

Fun By The Numbers
Level: Beginner
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



5 Canadian Division Support Base Gaagetown only had outdoor break areas that were also designated smoking spots, leaving people who do not smoke literally out in the cold. Providing a smoke-free outdoor environment helps to encourage a healthier lifestyle and give members the physical and mental health benefits that come with fresh air and green space.

La Base de soutien de la 5e Division du Canada Gaagetown ne disposait que d'aires de repos extérieures qui étaient également désignées comme zones pour fumeuses et fumeurs, laissant les personnes qui ne fument pas littéralement dehors dans le froid. Offrir un espace sans fumée dehors contribue à favoriser un mode de vie plus sain et donne aux membres les bienfaits pour la santé physique et mentale que procurent l'air frais et les espaces verts.

Le lien entre la consommation de substances psychoactives et la santé mentale

Saviez-vous que la santé mentale et la consommation de substances psychoactives sont souvent étroitement liées? Des gens de tous les milieux peuvent être confrontés à des problèmes de santé mentale ou de consommation de substances psychoactives, et ces deux troubles sont souvent concomitants. Les personnes souffrant de maladie mentale peuvent tenter de surmonter leurs problèmes en consommant des

substances psychoactives, mais la consommation de ces substances peut entraîner des problèmes de santé mentale.

Chaque membre de l'Équipe de la Défense est responsable d'instaurer des collectivités fortes, saines et résilientes. Cela commence par une prise de conscience de votre état de santé et de ce que vous pouvez faire pour le maintenir ou l'améliorer. Grâce à cette prise de conscience, vous pouvez adopter des

comportements sains et ainsi donner l'exemple et aider les autres.

La santé mentale et la santé liée à l'usage de substances comptent, et de l'aide est toujours à votre disposition. N'hésitez pas à demander de l'aide! Des services de soutien sont accessibles à tous, que vous soyez un membre des FAC ou un employé de la fonction publique, que ce soit pour vous, votre famille, un collègue, un membre de

votre unité, qu'il s'agisse d'un superviseur ou d'un dirigeant de n'importe quel grade.

Membres des FAC : communiquez avec le bureau du programme de promotion de la santé de votre région. Découvrez les formations, les outils et les services de soutien à votre disposition pour vous aider à prendre des mesures, que ce soit pour vous-mêmes, vos collègues, votre unité ou votre communauté.

Énergiser *les Forces* est le programme de promotion de la santé des FAC et du MDN qui offre des conseils d'experts, des directives,

des formations, des outils et un soutien aux dirigeants pour améliorer la santé et le bien-être des membres des FAC. ➔

Applications open for seniors' property tax rebate

Applications for the Property Tax Rebate for Seniors program are now open. The program helps seniors on a low income with the cost of municipal property taxes. It provides a rebate of half of the previous year's property taxes, up to \$800.

To be eligible for the pro-

gram, people must have paid their 2025 municipal residential property taxes in full, have their name on the property title, be eligible to receive the Guaranteed Income Supplement (GIS) or Guaranteed Income Supplement – Allowance from Service Canada.

People who received the

rebate last year will get an application form by mail. Forms are also available online, at Access Nova Scotia centres and at MLA offices.

Applications are open until December 31. Seniors may also use the form to apply for the 2026-27 Heating Assistance Rebate Program.



Centennial support

The Kingston Area Seniors Association (KASA) was pleased to join the Royal Canadian Legion Branch 98 Kingston at its Family Day Celebration July 18. With the Royal Canadian Legion marking its 100th anniversary, KASA made a donation to the Kingston branch. Shown accepting the cheque on behalf of the Legion is Mike Wood, first vice-president (centre), from Sue Millar, KASA vice-president (left) and Marlene Deal, KASA president

Submitted

The substance use and mental health connection

Did you know mental health and substance use are often closely connected? People from all walks of life can face mental health or substance use challenges, and these two often coincide. Those experiencing a mental health issue may try to cope with substances and, at the same time, substance use can lead to mental health issues.

Every Defence Team member has a responsibility to build strong, healthy and resilient communities. This starts with building self-

awareness regarding your health, and what you can do to maintain or improve it. With this awareness, you can adopt and model healthy behaviors and help others.

Mental health and substance use health matter, and help is always within reach. Reach out! Support is available for everyone, whether you are a CAF member or public service employee; and whether that support is for yourself, your family, a peer, your unit, or as a supervisor or leader of any rank.

CAF members - connect with your local Health Promotion Office. Find out what training, tools, and supports are available to help you take action - whether for yourself, your peers, your unit or your community.

Strengthening the Forces is the CAF/ DND's health promotion program, offering expert information, guidance, training, tools, and leadership support to enhance CAF members' health and well-being. ➔



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Kingston Greenwood Sports Hall of Fame announces 2026 inductees

October 3 induction celebrates achievements, contributions at highest level

The Kingston Greenwood Sports Hall of Fame has announced its 2026 class of inductees, recognizing an accomplished group of athletes, coaches and builders whose contributions have left a lasting mark on sport in Kingston, Greenwood and beyond.

This year's class reflects the depth and diversity of the region's sporting history, with achievements spanning hockey, distance running, squash, figure skating, basketball, track and field, lawn bowling and community sport.

Craig Dill is recognized as one of Greenwood's top minor hockey players, excelling at every level from Atom through AAA Midget, where he was named Nova Scotia's Top Player. His career continued at the University of Alberta, where he was part of conference and national championship teams. Dill later embarked on a nine-year career in Germany.

Edward "Ed" Morgan will be honoured for a lifetime of contributions as a coach, teacher and builder who helped shape sport in Kingston and at West



Kings District High School. As head coach of West Kings hockey and a leader in numerous sports programs, Morgan influenced generations of young athletes. His approach emphasized discipline, teamwork and sportsmanship; with his impact extending well beyond wins and losses.

Erin (MacLean) Coates established herself as one of Nova Scotia's most accomplished distance athletes, capturing 16 provincial titles in cross country and track while attending Dwight Ross and West Kings schools. She continued at St. Francis Xavier University and went on to earn medals in national competition.

Gilles Couture is being recognized for his achievements in squash and his leadership within the Canadian Armed Forces. A multiple-time CAF national champion in both team and individual competition, Couture distinguished himself not only as an athlete but also as a coach and leader. His contributions have helped support the growth and sustainability of squash while encouraging others to participate and excel in the sport.

Rick Knickle's hockey career is a story of perseverance and determination that began in Greenwood minor hockey and, eventually, took him to the highest levels of the sport. After a standout Junior career with the Brandon Wheat

Kings, Knickle embarked on a 17-year professional career, reaching the Stanley Cup Final in 1993. His involvement in hockey continued after his playing days through work as an NHL scout, allowing him to contribute his experience and knowledge to another generation of players.

Cheryle Gaston has devoted more than four decades to figure skating as a coach and mentor. Beginning her coaching career at just 17 years old, Gaston has worked with skaters ranging from beginners taking their first steps on the ice to athletes competing at the national level. She has also played an important role in coach development, strengthening the sport.

Stephen "Steve" Bezanson is being inducted following an exceptional multi-sport career that includes achievements in basketball, track and field and lawn bowling. A provincial champion and university standout, Bezanson found his greatest sporting success in lawn bowling, capturing more than 30 provincial titles along with multiple national championships. His accomplishments also took him to the international stage, where he represented Canada, including at the 2004 Commonwealth Games.

The 2026 class also recognizes the Golden Oldies, whose enduring involvement in local sport has helped promote community, camaraderie and active living. The Golden Oldies being honoured are Dave Kennedy, Gerry Mead, Bob MacDonald, Bob Holmes, George Kennedy, Joe Ryan, Dan Kalnan, Dave Kinsman, Kirk Hicks, Dave Shultz, Dean Saltzman, John Spencer, Brenda Milligan, Al Brace, Earl Mahar, Bob Landry, Tom Goode, Joe Banks and Leo Glavine. Together, the group represents a lifelong love of sport and the friendships that grow from it.

The 2026 Kingston Greenwood Sports Hall of Fame class brings together individuals and a team whose accomplishments span generations and whose contributions have been felt at the local, provincial, national and international levels. The induction ceremony will be held October 3, at 7 p.m., at the 14 Wing Greenwood Annapolis Mess. ➔

Chris d'Entremont
Member of Parliament for
Acadie-Annapolis



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