



the Aurora

Vol. 40 No. 37

OCTOBER 7, 2019 NO CHARGE

www.auroranewspaper.com

Pulling for community 14 Wing launches pretty visible Combined Charities campaign

Sara White, Managing editor

It was pretty hard to miss the bright yellow helicopter being pulled across 14 Wing Greenwood's parade square September 27. It's even harder to miss the mountain of food bank items collected in the Cormorant's belly, as the donation was packaged off to fill the shelves at the Upper Room Food Bank in Kingston.

14 Wing Greenwood officially launched its September-to-December Combined Charities campaign, part of the annual Government of Canada Workplace Charitable Campaign, with the kick-off Corm pull challenge. Teams of six "paid" for the opportunity to win bragging rights – and bank valuable Winter Carnival points for 2020 – with a 50-item non-perishable food donation. Sixteen teams entered, and wing spectators bought their BBQ lunch with more donated food as the afternoon unfolded.

"Thank you for your generosity and support," said 14 Wing Commander Colonel Brendan Cook. "14 Wing feels very much a part of the Valley community. Good luck to all the teams!"

Upper Room Food Bank manager Harley Hazelwood was on hand to watch the challenge, and took the opportunity to thank personnel for their efforts.

"It's always nice to have such an event for the food bank. We get support throughout the year but, hopefully, this is the first of more events like this."

Cook perhaps should have saved his good luck wishes for other wing teams for his own Wing Commander's



Wing Chief Warrant Officer Dan Campbell, left, and Wing Commander Colonel Brendan Cook, right, take the lead ends of the ropes for the wing commander's team in the September 27 Combined Charities' campaign kick-off Cormorant pull. Teams from across the wing stuffed the helicopter with food donations for the Upper Room Food Bank, and then raced for the best timings across the parade square. Master Corporal R. Wilson, 14 Wing Imaging

branch team, as the six members on the tow rope couldn't budge the Cormorant. Precious seconds in, two spectators jumped in to get the wheels moving and over the finish line. In the end, Cook's team successfully held their longest pull

time, at 1:28, while a 14 Air Maintenance Squadron team won in a blistering 22.57 seconds. 405 (Long Range Patrol Squadron brought in the most food, over 500 items.

The real winner, though, was the Upper Room Food Bank.

Continued on page 2...



TEXT LISTWITHEXIT TO 85377
to view EXIT's Expert Marketing Suite



• Light Roadside • Heavy Towing • Wheel Lift & Flatbed •

24 HOUR TOWING

SPECIALISTS IN:

- Accidents • Lock Outs • Boosts • Breakdowns •
- Cars • Heavy Haulage • Tractors • Trucks •
- Buses • Baby Barns • RV's • Motor Homes •

www.morsetowing.ca
Middleton Cell (902): **825-7026**



www.canex.ca

No Interest Credit Plan **Plus** **NO MONEY DOWN**

NOT EVEN THE TAXES!

Your choice of **12 • 24 • 36** Month terms

14 Wing Greenwood O.A.C.
902-765-6994



The 14 Air Maintenance Squadron team of, from left, Corporal Jesse Tink, Aviator Mike Vance, Aviator Brandon Savage, Master Corporal Megan MacNeill, Corporal Anthony Botran and Corporal Brock Leistra had the fastest time pulling the Cormorant across 14 Wing Greenwood's parade square September 27.



The IMP section from 14 Wing Greenwood's 413 (Transport and Rescue) Squadron looked after the logistics of moving the Cormorant back and forth during the pulling challenge. From right are Harley Doyle, Robert Wilen, Brad Montrose and Daniel Isles.

Master Corporal R. Wilson, 14 Wing Imaging

Cormorant pull...

...cover

With the food weighed and shelved, Hazelwood reported 1,843 pounds donated, which equates to \$3,686 in food bank dollars. Cash donations at the event were close to \$250.

Combined Charities supports approximately 60 local and regional non-profit groups, including schools and youth

programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more. With a committee of representatives from every squadron and unit on the wing coordinating a range of campaign events, military and civilian employees are encouraged to take part and add to what is generally a \$40,000 annual charitable contribution. →

October 25 – noon, Megapottluck at the Annapolis Mess. Units and squadrons contribute food for a wing-wide gathering. Lunch is by freewill offering, and extras will include a 50/50 and inflatable sumo wrestling challenges. Units and squadrons may also enter the best pie contest for a chance at Winter Carnival points.

November 1 - Register your unit hockey and dodge ball teams for a fun day in the rink and gym, with a day of mini-games, snacks and Winter

Carnival points up for grabs.

November 23 - Festival of Trees: squadrons and community business and organizations decorate tabletop trees with gift certificates, themed toys, tools, household items, crafts, electronics, sports equipment and more. Close to 50 trees are up for either silent auction bidding or raffle ticket draws, and extras include the 14 Wing Band, family photos, 50/50, treats and more.

Dress down Fridays - The wing

maintains a year-long dress down Friday initiative but, through the Combined Charities period, participants' \$2 donations support the wing's workplace program.

Pay allotment - Participants may select any one time or per-pay contribution and have it recorded on their T4 as a charitable donation. They may direct their donation to a non-profit program close to their heart, or see it added to the Combined Charities fund.



Wing welcome winners

September 25, two lucky winners picked up their CAN-REX gift cards from Greenwood store manager Ken Keddy, left, from the 2019 Wing Welcome contests over the September 14 weekend. The \$1,000 winner was Liz Mason-Squires, second from left, and the \$500 winner was Shawn Bonaparte. At right is 14 Wing Community Recreation staffer and Wing Welcome committee member Lindsay McCormack.

Submitted

43rd federal election – Canadian Armed Forces electors

September 11, writs ordering the 43rd federal election were issued, sending Canadian voters to the polls October 21.

You are a Canadian Armed Forces elector if you meet three conditions:

- you are a Canadian citizen
- you are at least 18 years old on civilian election day
- you are a member of the Regular Force, Special Force or a member of the Reserve Force (serving on any Class A/ B/ C).

As a CAF elector, you vote under the Special Voting Rules of the Canada Elections Act. The advance military voting period is October 7 to 12.

Registration - Following recent legislative amendments, the CAF Electors Voting Regime has changed such as to how CAF electors will register and vote. As a CAF elector, you no longer require a Statement of Ordinary Residence (Bill C76 was introduced in June repealed the SOR.) You must register to vote, like all electors. You may also register or update your information at your military polling station before you vote. Visit www.elections.ca/forces to use the Voter Registration Service to check or update your voter information. The guide to registration can be found at the following path: \\w14-gwd-pp00002\

Public\Collaboration\1000\1000\1000\1000-001\1000-001 - ZX - UU - MSS - Federal Election - Registration Guide - Dated 23 Sep 2019.pdf

CAF voting process - Bring your military ID at the military polling station. The Unit Election Officer (UEO) will make sure that your name is on the list of electors for your unit. After handing you an outer envelope, the UEO will ask you to print your name, your Service Number, your electoral district's name and code and your unit's name on the back on the envelope. You will then sign the outer envelope to declare you are qualified to vote, have not yet voted and will not vote again during this election.

After making sure your declaration is properly completed, the UEO will give you the following:

- a blank ballot
- an inner envelope
- the outer envelope that you signed
- a list of candidates, turned to the page showing your electoral district's candidates

You will then go behind the voting screen to mark your ballot secretly. You must print on the ballot the name or initial

and surname of the candidate you chose. If there are two or more candidates with the same name, you must also write the name of your chosen candidate's party.

Note: If you write only the name of the political party on your ballot, your vote will be rejected. You will fold your ballot paper and go back to the UEO. You will then insert your folded ballot paper in the inner envelope in plain view of the DRO and seal it. Finally, you will insert the inner envelope in the outer envelope and seal it.

CFB Greenwood polling stations: Advanced polling is available to all Regular and Reserve Force members and will be held in the former SES Room in Hornell and Lounge A at the Annapolis Mess. The advanced polls will be open from 8:30 a.m. to 3 p.m., October 7 to 9. If there are any questions, please email Captain Watson Fredette, Samantha.watson-fredette@forces.gc.ca

5 CDSB Det Aldershot polling stations: Advanced polling is available to all Regular and Reserve Force members and will be held in Building 222 (fitness centre), Room 138 (gymnasium), October 9, 10 a.m. to 1 p.m.; October 10, 6:30 p.m. to 9:30 p.m.; and October 11, 9 a.m. to noon. →

43eme élection fédérale – vote des électeurs des forces armées canadiennes

Le 1 septembre, les actes judiciaires ordonnant la 43ème élection fédérale ont été décrétés, envoyant les électeurs canadiens aux bureaux de scrutin le 21 octobre.

Vous êtes un électeur des Forces armées canadiennes (FAC) si vous répondez aux trois critères suivants :

- vous êtes citoyen canadien
- êtes âgé d'au moins 18 ans le jour du scrutin civil
- vous êtes membre de la Force régulière ou de la Force de réserve des Forces armées canadiennes (Classe A/B ou C).

Comme électeur des FAC, vous votez en vertu des Règles électorales spéciales (RES) de la Loi électorale du Canada. Si vous choisissez de voter à votre bureau de vote militaire, vous voterez par bulletin spécial.

Inscription - Le régime de vote des électeurs des FAC a changé suivant des changements législatifs récents. La Déclaration de résidence habituelle (DRH) a été abolie, ainsi les membres des FAC doivent maintenant s'inscrire afin d'être admissible au vote, comme tous les électeurs. Vous pouvez vous inscrire et aussi mettre à jour vos renseignements d'électeur en visitant www.elections.ca/forces. Le guide d'inscription se trouve au lien suivant: \\w14-gwd-pp00002\

Public\Collaboration\1000\1000\1000\1000-001\1000-001 - ZX - UU - MSS - Federl Election - Registration Guide - Dated 23 Sep 2019.pdf.

Fonctionnement du vote - À votre arrivée au bureau de scrutin, le scrutateur vérifiera si votre nom figure sur la liste électorale de votre unité et si vous avez rempli une DRH.

Le scrutateur vous remettra une enveloppe extérieure et vous demandera d'inscrire, au verso, en lettres moulées, votre nom, votre numéro de matricule, le nom et le code de votre circonscription (tel que sur votre DRH) et le nom de votre unité. Vous devrez ensuite signer l'enveloppe extérieure, attestant que vous êtes admissible au vote, que vous n'avez pas encore voté et que vous ne voterez pas une autre fois à cette élection.

Après s'être assuré que votre déclaration est bien remplie, le scrutateur vous remettra :

- Un bulletin de vote en blanc;
- Une enveloppe intérieure;
- L'enveloppe extérieure que vous avez signée;
- Une liste des candidats, tournée à la page où figurent les noms des candidats de votre circonscription.


Vous vous rendrez ensuite derrière l'isoloir pour marquer votre bulletin de vote en secret. Vous devrez inscrire en lettres

moulées sur le bulletin de vote le prénom ou l'initiale et le nom de famille du candidat de votre choix pour votre circonscription. Si deux candidats ou plus portent le même nom, vous devrez aussi y inscrire le nom du parti auquel appartient le candidat de votre choix. Vous pliez votre bulletin de vote et vous vous présenterez de nouveau au scrutateur.


Vous insérerez, bien à la vue du scrutateur, le bulletin de vote plié dans l'enveloppe intérieure et la scellerez. Vous insérerez l'enveloppe intérieure dans l'enveloppe extérieure et scellerez celle-ci.

Le bureau de scrutin au BFC Greenwood - Il aura lieu à l'ancienne salle SES du Centre Hornell et au salon A du mess Annapolis. Les bureaux de vote par anticipation seront ouverts de 08h30 à 15h00, du 7 au 9 octobre. Si vous avez des questions, veuillez envoyer un courriel au Capt Watson-Fredette à Samantha.watson-fredette@forces.gc.ca.

Bureaux de scrutin au BS 5 Div C, détachement Aldershot: le vote par anticipation est disponible pour tous les membres de la Force régulière et de la Réserve. Il se déroulera dans l'édifice 222 (centre de conditionnement physique), salle 138 (gymnase), le 9 octobre de 10 à 13 heures; le 10 octobre de 18h30 à 21h30; et le 11 octobre de 9 heures à midi. →



the Aurora



Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 5441
auroraeditor@ns.aliantzinc.ca

Business & Advertising | Affaires commerciales et publicité
902-765-1494 local/poste 5833
auroramarketing@ns.aliantzinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Diane Mestekemper • 902-765-1494 local/poste 5440
auroranews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction
Captain Matt Zalot • 902-765-1494 local/poste 5101
matt.zalot@forces.gc.ca

Circulation | Circulation: **4,500 Mondays** | Lunds Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : www.auroranewspaper.com

The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **61 School Road, Morfee Annex**
61 School Road, Annexe Morfee

Mail subscriptions: annual \$95 plus tax, weekly \$1.98 plus tax.
Abonnements par correspondance: 95\$ par année plus taxes , 1,98\$ par semaine plus taxes.

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel Brendan Cook, Wing Commander.

Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Brendan Cook, commandant de l'Escadre.

The Aurora News

Useful links | Liens utiles

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

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

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

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

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

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpiinternational.ca



September 20, Chief Warrant Officer Keith Mitchell, centre, was presented his chief's scroll by Royal Canadian Air Force Commander Lieutenant-General Meinzinger, left, and Chief Warrant Officer Gaudreault.



September 20, Master Corporal Chad Sheppard was presented the Royal Canadian Air Force Chief Warrant Officer's Coin by Commander Lieutenant-General Meinzinger, left, and Chief Warrant Officer Gaudreault.



September 20, 405 (Long Range Patrol) Squadron member Corporal Skinner, centre, was presented the Royal Canadian Air Force Chief Warrant Officer's Coin by RCAF Commander Lieutenant-General Meinzinger, left, and Chief Warrant Officer Gaudreault. Skinner assisted the Snowbirds at an airshow on his own initiative and assisted the team in staying on schedule. His support was valuable in helping promote the RCAF, and he showed skill, professionalism and teamwork.



September 20, 14 Mission Support Squadron's Captain Justin Venoit, centre, was presented the Royal Canadian Air Force Chief Warrant Officer's Coin by Commander Lieutenant-General Meinzinger, left, and Chief Warrant Officer Gaudreault. Venoit has become an expert resource to the command team at 14 Wing in all matters of human resources, and has led in addressing the culture change the Canadian Armed Forces is seeking by shepherding harassment processes and grievances to resolution. On a community level, he has greatly contributed to supporting military families as a coach and volunteer.

Master Corporal D. Salisbury, 14 Wing Imaging



Royal Canadian Air Force Commander Lieutenant-General Meinzinger, fifth from left, and Chief Warrant Officer Gaudreault, eighth from left, after meeting CP140 Aurora 2 Crew maintenance on his September 20 visit to 14 Wing Greenwood.

Master Corporal D. Salisbury, 14 Wing Imaging

RCAF commander recognizes wing activity, effort

Sara White, Managing editor

Recognizing the personal contributions of some of 14 Wing Greenwood's personnel was significant for visiting Royal Canadian Air Force Commander Lieutenant-General Al Meinzinger and Chief Warrant Officer J.R.D. Gaudreault Septem-ber 20.

"There could be hundreds who could likely be acknowl- edged, and we know it's a challenge to choose – but it's not lost on us the importance of the number of incredible contributions you all make," Meinzinger said during a town hall opportunity with several hundred wing per- sonnel.

He and Gaudreault pre- sented commendations to several members for going out of their way to help peers within – and without – their own workplaces, but also co-workers and their families experiences some significant challenges.

"Let me be clear: we come

here with a great deal of thanks," Meinzinger said. "We recognize what 14 Wing stands for, in addition to the depth and breadth of the multi-missions here, with long range patrol operations and building strength, and the incredible output of our search and rescue commu- nity. And nothing happens without the great support team, the civilians and fami- lies. Nothing happens with- out all of you. We track this from Ottawa, and thanks for what you do – it's genuine."

Meinzinger acknowledged 14 Wing's personnel and units' involvement in the most recent demands for long range patrol work, in- cluding Operations NEON in the Pacific and CARIBBE in the Caribbean.

"There has been plen- ty of activity and, with the world we're now facing, demand for anti-submarine warfare is going to be there. We are building our crew force strength," he said. On search-and-rescue capabil- ities, the challenges of an

"every day, all days" pace, an imminent new fixed-wing aircraft and the Cormorant upgrade program "are good challenges to have. They are all going to keep us on our toes."

Adding in the RCAF's ca- pabilities in maritime heli- copters, tactical aviation, the fighter force and air mobility – "I can't put a finger on any one of our air capabilities that is not busy. But, if we're looking at the air force of 2030 or 2035, we can frame what we do along four lines of effort" – the 2017 defence policy, "Strong. Secure, En- gaged;" delivering programs, ensuring capacity is there to meet demands and taking care, in the end, of the air force's people.

Gaudreault took on the town hall next, specifically to speak to that final topic: people.

"I keep a close eye on people, all the time," he said. He's buoyed by "Strong, Se- cure, Engaged" and the room it gives leaders to make de- cisions in support of military

members, and their families.

"Yes, we want more, and now – but we are doing things already very differ- ently for the future. We're changing policy from the 1960s and 1970s, we're making sure we manage people's careers individual- ly, and taking care to make things better. We also have to manage expectations: a lot has to have government approval, and that takes years, but we're focused on providing people with what they need."

Retention of members frustrated with their careers, or tempted by civilian op- portunities; managing the changes in a range of mili- tary occupations, working with multiple levels of gov- ernment on the "Seamless Canada" concept, supporting everything from a potential national driver's license, family doctor access with postings and spousal em- ployment affected by in- ter-provincial licensing and urban/ rural challenges all occupy Gaudreault. →



Party in the park

September 20, 14 Wing Greenwood celebrated the first Canadian Armed Forces' Military Family Appreciation Day with a party in Dandelion Park. With games, food, treats and partner displays, the Greenwood Military Family Resource Centre and CANEX hosted an afternoon of family fun. Wing leadership attended, bringing along special guest for the day, Royal Canadian Air Force Commander Lieutenant-General Al Meinzinger, in visiting more formal parts of the wing.

J. Courcy & S. White

FINANCIÈRE SISIP FINANCIAL
50 YEARS

GUARANTEED ACCEPTANCE
Critical Illness Insurance
Assurance maladie grave
À APPROBATION GARANTIE

PROTECTION FOR THE ENTIRE FAMILY
UNE PROTECTION POUR TOUTE LA FAMILLE

LIMITED TIME OFFER ENDS
NOVEMBER 30TH, 2019
CETTE OFFRE D'UNE DURÉE
LIMITÉE SE TERMINE LE
30 NOVEMBRE 2019

Exclusively for the Canadian Armed Forces

No medical questions, no examinations

Financial protection for 25 common critical illnesses (up to \$50,000 of coverage)

Assurance offerte exclusivement aux Forces armées canadiennes

Aucune question d'ordre médical ni examen

Une protection financière pour 25 maladies graves courantes (jusqu'à 50 000 \$ de couverture)

Contact your local SISIP Financial Advisor or visit sisip.ca/promo
Communiquez avec votre conseiller financier local de la Financière SISIP ou visitez sisip.ca/cipromo

NOTE: If you already have \$50,000 of Guaranteed Acceptance Critical Illness Insurance under this plan, you may not apply for more under this offer. If you have \$25,000 you may only apply for an additional \$25,000. If you have previously received a Covered Condition Benefit payment under this group policy, you may apply for this covered condition for which you received payment, as well as any related Multiple Event Covered Conditions, will be excluded from your coverage. REMARQUE: Si vous avez déjà souscrit à 50 000 \$ de couverture à approbation garantie d'assurance sous ce régime, vous n'êtes pas éligible pour cette offre. Si vous avez précédemment reçu un montant de 25 000 \$ d'assurance maladie grave à approbation garantie aux termes du présent régime, vous pouvez soumettre une demande de couverture supplémentaire de 25 000 \$. Si vous avez déjà reçu une prestation d'assurance maladie grave aux termes du présent régime, vous pouvez soumettre une demande de maladie ou affection couverte pour laquelle vous avez reçu une prestation, ainsi que toute maladie ou affection couverte aux termes de la garantie protection Multi-Événements relative, sera exclue de votre couverture.

Morale & Bien-être en moral

IAF
Industrial Alliance Insurance and Financial Services Inc.
IA Groupe Financier est une marque de commerce et un autre nom sous lequel l'Industrielle Alliance, Assurance et services financiers inc. exerce ses activités.

WE KNOW THE VALUE OF A VETERAN

Join Canada's largest private sector employer of veterans

NAME BABINEAU, FRED //

ENROL DATE 1977 //

RETIRED AS SERGEANT //

DEPLOYMENTS 14 WING GREENWOOD // OP FRICTION (GULF & KUWAIT) - 1990-1991 //

LOCATION HALIFAX //

TITLE OPS SUPERVISOR //

SERVICE 2010-PRESENT //

NAME THUNDER //

TITLE PTSO SERVICE DOG //

SERVICE 2016-PRESENT //

beyondservice.ca COMMISSIONAIRES

As Fire Prevention Week™ approaches, 14 Wing Greenwood Fire Department reminds residents:
Not every hero wears a cape.

PLAN and PRACTICE your ESCAPE!™

À l'approche de la semaine de prévention, le service d'incendie de la 14e Escadre Greenwood rappelle aux résidents :

Certains héros ne portent pas de cape.

DRESSEZ votre PLAN D'ÉVACUATION et mettez-le à l'ESSAI.™

Fire Prevention Week • **October 6-12, 2019**

Semaine de prévention des incendies • **Du 6 au 12 octobre 2019**

From October 6 to October 12, 2019 – The 14 Wing Greenwood Fire Department is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week for more than 90 years—to promote this year's Fire Prevention Week campaign, « Not Every Hero Wears a Cape. Plan and Practice Your Escape! » The campaign works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

In Canada, most fire deaths occur in the home, where people believe they are most safe. Canadian fire departments respond

to roughly 25,600 structure fires per year. In 2015, structure fires caused more than 1,400 injuries and almost 200 deaths.* « These numbers show that home fires continue to pose a significant threat to safety », said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

While NFPA and the 14 Wing Greenwood Fire Department are focusing on

home fires, these messages apply to virtually any location.

« Situational awareness is a skill people need to use wherever they go », said Lt Vortisch. «No matter where you are, look for available exits. If the alarm system sounds, take it seriously and exit the building immediately.»

14 Wing Greenwood Fire Department in partnership with the Kingston Fire Department is hosting a series of events in support of this year's Fire Prevention Week campaign, « Not every hero is on course. Plan and practice your escape! » including:

Calendar of Events

• **Plan and Practice your Escape!™**

- Monday, October 7**
- Atlantic Superstore | 4 - 8 p.m.
- Tuesday, October 8**
- Morfee Centre preschool | 10 - 11 a.m. | Sparky
- Wednesday, October 9**
- Canadian Tire | 3:30 - 7:30 p.m.
- Thursday, October 10**
- Dwight Ross School | 1:15 - 2:15 p.m. | Sparky
- Friday, October 11**
- École Rose-des-Vents | 12:30 - 1:30 p.m. | Sparky
- Saturday, October 12**
- Greenwood Mall | 11 a.m. - 3 p.m.

Calendrier des événements

• **Planifiez et pratiquez votre évacuation!™**

- Lundi 7 octobre**
- Atlantic Superstore | 16 h à 20 h
- mardi 8 octobre**
- Morfee Centre Preschool | 10 h à 11 h | Sparky
- mercredi 9 octobre**
- Canadian Tire | 15 h 30 à 19 h 30
- jeudi 10 octobre**
- Dwight Ross School | 13 h 30 à 14 h 30 | Sparky
- vendredi 11 octobre**
- École Rose-des-Vents | 12 h 30 à 13 h 30 | Sparky
- samedi 12 octobre**
- Greenwood Mall | 10 h à 15 h

Pour en savoir plus sur les programmes et les activités de la 14e Escadre Greenwood dans le cadre de la Semaine de prévention des incendies, veuillez communiquer avec le Service des incendies de la 14e Escadre Greenwood au 902-765-1494 poste 5913. Pour en savoir plus sur la Semaine de prévention des incendies et la planification des évacuations à domicile, visitez www.fpw.org.

(* Les données sur les incendies pour 2012-2016 ont été obtenues de 10 des 13 bureaux provinciaux et territoriaux du commissaire aux incendies; 2015 est l'année la plus récente pour laquelle des données sur les blessures et les décès sont disponibles.)



Everyone knows how to call 9-1-1 or the local emergency number from a cell phone from outside.
Village of Kingston
 671 Main St., Kingston
 902-765-2800
www.kingstonnovascotia.ca

Working smoke alarms are interconnected, when one alarm sounds, they all sound.
**Leo Glavine
 MLA Kings West**
 694 Main Street, Kingston
 T: 902-765-4083 F: 902-765-4176
leoglavine@leoglavine.ca

The stovetop is clear. Anything that can catch fire is not near the stovetop, such as curtains and towels.
**Ralph Freeman
 Motors Ltd.**
 820 Main Street, Kingston
 902-765-2555

Teach children how to escape on their own in case you can't help them.
**FOSTER'S
 Fire and Safety Ltd.**
 5943 Hwy 1, Cambridge, Kings County
 1-877-538-7214 or 902-538-7214
www.fostersfireandsafety.com

Keep anything that could burn – such as books, paper and clothing – at least 1 meter (3 feet) away from portable heaters.
Kardia Fine Cabinetry
 5705 Hwy # 1, Cambridge NS, B0P 1G0 • 902-375-2146
www.kardiafinecabinetry.com • kardiafinecabinetry@gmail.com

If your clothes catch on fire ... Don't run ... Stop, Drop and Roll.
Oaklawn Farm Zoo
 Exit 16 off Hwy 101, Aylesford, NS
 902-847-9790
www.oaklawnfarmzoo.ca

Shut off space heaters and/or portable heaters when you leave the room.
**David A. Proudfoot
 Barrister • Solicitor • Notary**
 811 Central Ave., Greenwood
 902-765-3301
dap@davidproudfoot.com

Toutes les voies d'accès doivent être dégagées et ne comporter aucun risque de trébucher.
The Aurora Newspaper
 61 School Road, Greenwood
auroranewspaper.com
 902-765-1494 local 5441

An outside meeting place has been chosen. It is a safe distance away from the home.
**Pharmasave
 Valley Drug Mart**
 Kingston Middleton
 902-765-2103 902-825-4822

Laissez un espace d'un mètre (3 pieds), au minimum, entre les matières combustibles et les radiateurs d'appoint.
Sobeys
 720 Central Ave., Greenwood
 902-765-4033

Everyone staying in the home has identified two ways out of every room and how to escape in an emergency.
**Brown's
 Auto Salvage Ltd.**
 Kingston • 902-765-8313
tim@brownsautosalvage.ca

Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
Aurora Inn
 831 Main Street, Kingston, NS
aurorainn.net | 902-765-6348

Replace all smoke alarms when they are 10 years from manufacture date.
OK Tire
 Honestly driven.
 902-765-6400
 1262 Bridge Street, Kingston
oktiregreenwood.com

Keep anything that could burn – such as books, paper and clothing – at least 1 metre (3 feet) away from portable heaters.
Atlantic Superstore
 470 Main St, Kingston
 902-765-3516

Éteignez les radiateurs d'appoint dès que vous quittez la pièce.
Sobeys
 720 Central Ave., Greenwood
 902-765-4033

Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
Village of Greenwood
 904 Central Ave., 902-765-8788
villageoffice@greenwoodns.ca

Everyone knows the address of the home.
Tim Hortons
 752 Central Ave., Greenwood
 902-765-6947
 806 Main Street, Kingston
 902-765-0290

All windows and doors should open easily. You should be able to use them to get outside.
McDonalds
 954 Central Ave., Greenwood
 902-765-6381

Electrical outlets are free from multiple cords and adaptors
Councillor Paul Spicer
 Municipality of the County of Kings
 office: 902-847-4747
 cell: 902-804-4444

Install a Carbon monoxide detector and remember, Carbon monoxide is odourless, colourless and deadly.
**Steve Morse Heavy
 Towing Light Roadside**
 24 Hour Service • 902-825-7026
www.morsetowing.ca



Various fire drills will be taking place during Fire Prevention Week throughout the Wing. Plusieurs exercices d'évacuation en cas d'incendie auront lieu sur l'escadre tout au long de la Semaine de la prévention des incendies.



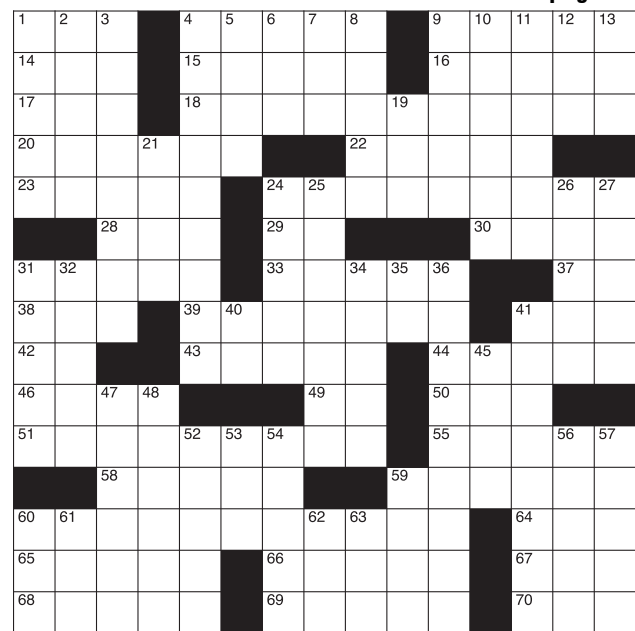


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated 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 Thursday, 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.alianzinc.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 jeudi précédent la publication, à moins d'avis contraire.

metro crossword

solution page 10



- ACROSS**
- 1. Google certification
 - 4. Cloths spread over coffins
 - 9. Disorderly
 - 14. 'Star Wars' hero Solo
 - 15. Toward the rear
 - 16. The order of frogs
 - 17. Alternative pain treatment (abbr.)
 - 18. 'Wolf of Wall Street' star
 - 20. Evoke
 - 22. Units of metrical time
 - 23. Helps to predict eclipses
 - 24. Some say they attract
 - 28. Pitching statistic
 - 29. Baseball box score (abbr.)
 - 30. Force unit
 - 31. Repaired shoe
 - 33. English theologian
 - 37. Commercial
 - 38. Exchange money for goods or services
 - 39. Give off
 - 41. One from Utah
 - 42. Computer department
 - 43. Begets
 - 44. English navigator
 - 46. C C C
 - 49. Of I
 - 50. Pouch
 - 51. Add notes to
 - 55. A way to fall into ruin
 - 58. Cunning intelligence
 - 59. Blood disorder
 - 60. Disgraced CBS newsmen
 - 64. Tax collector
 - 65. Type of grass common to the Orient
 - 66. Cosmic intelligence (abbr.)
 - 67. No (Scottish)
 - 68. People who rely on things
 - 69. Stairs have them
 - 70. Mathematical term (abbr.)
- DOWN**
- 1. Clarified butters
 - 2. Primitive Himalayan people
 - 3. Completely
 - 4. Steep cliffs along the Hudson River
 - 5. Assist
 - 6. Language spoken in Laos
 - 7. Type of screen
 - 8. An attempt to economize
 - 9. Volcanic craters
 - 10. Still outstanding
 - 11. Takes responsibility for another
 - 12. California think tank
 - 13. Former Rocket Mling
 - 19. A pigeon noise
 - 21. Central part of
 - 24. Academy Award statue
 - 25. Distinct unit of sound
 - 26. Relative on the female side of the family
 - 27. Passover feast and ceremony
 - 31. The brightest star in Virgo
 - 32. Made with oats
 - 34. Subjects to laser light
 - 35. Beloved Hollywood alien
 - 36. Neatly brief
 - 40. The Great Lakes State (abbr.)
 - 41. Soon to be released
 - 45. Swiss river
 - 47. Become involved in people
 - 48. More dour
 - 52. They're on floors
 - 53. Boxing's GOAT
 - 54. Swarms with
 - 56. Quantum mechanics pioneer
 - 57. Facilitated
 - 59. As fast as can be done (abbr.)
 - 60. Regional French wine Grand ___
 - 61. Owms
 - 62. Tell on
 - 63. Precedes two

crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

Girl Guide mint cookies
Chocolate mint Girl Guide cookies are in! If you are looking for yours, watch for Girl Guides in the community, or contact Sara, cskeddy@hotmail.ca for delivery. \$5 a box – thank you for supporting Girl Greatness!
50/ 50 health fundraiser
Play the new 50/ 50 fundraiser, with the Soldiers Memorial Health Auxiliary. Buy tickets at the lobby of Soldiers Memorial Hospital, Middleton. \$2 per ticket or \$5 for three. Draws are biweekly,

the first and third Thursday of each month. Thank you for your ongoing support!
Social group
October 7, 1 p.m., the Wilmot Baptist begins its fall season of its Rays of Sunshine Social Group. Please note this is a week early this month. Pastor Gerry Bezanson and his wife, Kim, invite you to a social and games time this month, while they prepare new and exciting things for future meetings. Light refreshments available. Everyone welcome. Call 902-765-2386 for

information.
NaNoWriMo for aspiring young writers
October 8, 6:30 p.m. to 8:30 p.m., the Bridgetown & Area Library marks November, National Novel Writing Month. Learn about the NaNoWriMo challenge. Youth up to age 17 may set personal goals during this hands-on creative writing workshop. Registration required.
Break the fake
October 8, 2:30 p.m. to 3:30 p.m., the Rosa M. Harvey Mid-

dleton & Area Library hosts Charlotte Janes, AVRL's systems and collections access coordinator, during Media Literacy Week. It can be tough to tell what's true and what's "fake news" just by looking at a headline. Learn to do a quick check when something doesn't look right online.
Mi'kmaq dream catcher creations
October 10, 3:30 p.m. to 4:30 p.m., the Kingston Library invites youths ages five to 12 to mark October, Mi'kmaq History Month in Nova Scotia. Come create a

dream catcher.
Connect Hearing clinic
October 10, 2 p.m. to 4 p.m., the Berwick and District Library hosts Connect Hearing, offering free 15-minute hearing health checks for adults. Please call to book an appointment, 902-538-8060.
Knitting by the book
October 11, 6 p.m. to 7:30 p.m., the Berwick and District Library invites you to let your creative side take over. Bring your own project: come and knit, crochet, rug hook, spin, weave.
Break the fake
October 11, 2:30 p.m. to 3:30 p.m., the Annapolis Royal Library hosts Charlotte Janes, AVRL's systems and collections access coordinator, during Media Literacy Week. It can be tough to tell what's true and what's "fake news," just by looking at a headline. It's easy to do a quick check and get the real facts when something doesn't look right online.
Create with alcohol inks
October 11, 10 a.m. to 11:30 a.m., the Rosa M. Harvey Mid-

dleton & Area Library invites ages 16-plus to create amazing works of art on ceramic tile. Using alcohol-based inks, we will explore the medium in this free workshop. All materials provided. Bring a smock or wear old clothes. Registration required.
Supper
October 11, 5 p.m. to 7 p.m., the Royal Canadian Legion Ortona 69 – Berwick hosts a Friday night BBQ supper (eat-in or take-out): sausage, burgers, hot dogs, salads and desserts. The public is welcome. Prices range from \$4 to \$8.25.
Game Day!
October 12, 1 p.m. to 3 p.m., the Berwick and District Library invites all ages to bring your favourite game to share.
NaNoWriMo - Novel writing information session for youth
October 12, 1 p.m. to 2:30 p.m., the Berwick and District Library will mark November, National Novel Writing Month. Learn about the NaNoWriMo challenge. This is your chance to finally write the first draft of that novel you've always meant to write. For

youth, eight to 18. Registration is required.
Breakfast
October 12, 8 a.m. to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, 695 Main Street. Free-will. Traditional and healthy food choices. All proceeds to the Kingston & District Elementary School. All welcome.
Chase the Ace/ meat draw
October 12, 1 p.m. to 3 p.m., the Kingston Legion holds its Chase the Ace draw. Tickets are available at Brown's Auto, Pharmasave Kingston, Needs; JOY-EL Investments, Aylesford; and at the Legion during bar hours. Tickets are \$1 each (age 19-plus). The draw takes place at 3:30 p.m. (you do not have to be present to win). We are supporting Kingston Scouts Canada programs.
NaNoWriMo - Novel writing information session
October 12, 10:30 a.m. to noon, the Berwick and District Library marks November, National Novel Writing Month. Learn about the NaNoWriMo challenge: your chance to finally write the first draft of that novel you've always meant to write. For adults, 18 years and up. Registration is required.
Scottish Country dance classes
October 14 (and Mondays for eight weeks, 7 p.m. to 9 p.m.; join in Scottish Country dance classes at the Wilmot Community Centre. Scottish Country is a social dance form, so no partner or special attire is required. Suitable for any adult from 16 to 96. Learn how to reel and wheel, pousette and allemande. No experience required, only an interest in dance and/or Scottish traditions. Susan Van Horne is our instructor. There is a \$5 nightly fee to cover the hall. For information: 902-765-0906 or 242-2195.
Library book club
October 15, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club will meet (third Tuesday of every month) to share views and ideas about selected books, usually fiction. For information: 902-665-2758.



Camp for cancer

5th Canadian Division Support Base Gaagetown Detachment Aldershot members put on their walking and running shoes September 20 for a camp-wide Terry Fox Run. Together, they raised \$647.65 in support of Fox's Marathon of Hope against cancer.

M. Davis

Youth Happenings

For some Halloween Fun, look no further than the 14 Wing Greenwood Community Centre. All you have to do is be between the ages of six and 12, and call the centre to register. Programs change every week. If you have any questions, call 902-765-1494 local 5341.
October 15, 6 p.m. to 7:30 p.m. - What's free and fun? Community rec night! Families are welcome to come play in the gym.

October 16, 6 p.m. to 7:30 p.m. - Crazy Creators are making eyeball bouquet centerpieces for your dining room table. Sure, why not?
October 17, 6 p.m. to 7:30 p.m. - Girls Club - Be the first one to roll your pumpkin across the finish line for a prize!
October 11, 5:30 p.m. to 7:30 p.m. - YTGIF - Grilled cheese and a Halloween movie. \$5 pre-registration, \$8 day of registration.

services & trades

Call 902-765-1494 local 5833 for info

the **Aurora**

RALPH FREEMAN MOTORS LTD.
FINANCING • FINANCING • FINANCING

- Any credit is accepted
- No hassle same day approval
- Apply for financing on our website

YOUR LOCAL USED CAR DEALER
LICENSED MECHANIC AVAILABLE ON SITE
www.freemansautosales.com
820 Main Street, Kingston • 902-765-2555

horoscopes

October 6 to October 12

- ARIES - Mar 21/Apr 20**
Take advantage of an opportunity that you have been considering, Aries. If you know what you want, go out and make it happen. Do what it takes to impress others.
TAURUS - Apr 21/May 21
Taurus, you are always ready to defend your own turf and quick to offer your opinions, even if it means being blunt. You may have to play it a little cool this week.
GEMINI - May 22/Jun 21
Gemini, hiding your feelings for some time is a recipe for unhealthy pressure. Don't be afraid to speak your mind when your input is sought.
CANCER - Jun 22/Jul 22
Cancer, it is a good idea to give people the benefit of the doubt, but don't overlook your gut instincts. It is always a good idea to be cautious when meeting new people.
LEO - Jul 23/Aug 23
You may have to make a tough choice this week, Leo. It involves choosing to engage in some recreational activities or head to work to put in extra credit. Trust your judgment.
VIRGO - Aug 24/Sept 22
Virgo, you don't have to have superhero levels of energy each and every day. If you are not feeling fully up to the tasks at hand this week, give yourself a well-earned breather.
- LIBRA - Sept 23/Oct 23**
You are typically deft at keeping your emotions on a short leash, Libra. But every once in a while you can't fully rein things in. Others will understand an outburst is out of character.
SCORPIO - Oct 24/Nov 22
There is a fine line between being a devoted employee and a workaholic, Scorpio. Scale back some of your hours, especially if work is affecting your home life.
SAGITTARIUS - Nov 23/Dec 21
You may have been spreading your wings to see just how many new things you can accomplish, Sagittarius. This week one of your goals really gets traction.
CAPRICORN - Dec 22/Jan 20
Capricorn, you may be feeling footloose and flirty over the next couple of days. This is the perfect time to spend with a significant other or find a romantic interest if you are single.
AQUARIUS - Jan 21/Feb 18
Aquarius, you may be asked to be a peace-keeping referee when two people on the job need a mediator. Your thoughtful approach makes you an ideal person to handle the task.
PISCES - Feb 19/Mar 20
Volatile feelings can be calmed with the help of some good companionship this week, Pisces. Channel your energy into something fun.

horoscopes brought to you compliments of

FRASER'S PRO Home Centre

BERWICK • 1-800-959-3727
KINGSTON • 1-902-765-3111
KENTVILLE • 1-902-678-8044
BRIDGETOWN • 1-902-665-4449
ANNAPOLIS ROYAL • 1-902-532-1500
www.frasers.ca

Three Day Thanksgiving Farmers' Market
Thursday, October 10 - Saturday, October 12, Centre Court

Featuring:

- Fresh Fruits, Vegetables & Home Baking
- Local Crafters • Live Music
- Free Product Sampling

A Festive Dinner Party
Just in time for Thanksgiving!

MON-FRI 9:30-9 • SAT 9:30-6 • SUN 12-5

GREENWOOD MALL
WWW.GREENWOODMALL.NS.CA

CLOSED: Thanksgiving Day • Monday, October 14, 2019

classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

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

crossword solution

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

APARTMENT FOR RENT

FOR RENT - Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

DAN'S FIREWOOD

Hardwood, \$240 a cord
Softwood, \$200 a cord
Cut, Split, Delivered
Ph: 902-825-6424

Valleywide In-Home Computer Repair

Offers a full range of services in the comfort of your home

- Upgrades • Sales •
- Networking • Tutoring •
- Pickup/Return •
- Laptop Repair •
- Eve-Weekend Appointments •
- Drop-off in Aylesford •

For Fast, Economical, Convenient Service
~ Call Valleywide ~
902-844-2299

Enter to WIN four tickets

Name: _____
Address: _____
Phone: _____

Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, October 10, 2019.



Kings Mutual Century Centre, Berwick
Regular season games
October 10 vs Yarmouth | 7 pm
October 11 vs Grand Falls | 7 pm
October 19 vs South Shore | 7 pm
October 20 vs Amherst | 2 pm
October 25 vs Truro | 7 pm
 or any of the 2019-20 home games



#DefendTheDome | #VCATS

Gail's Barber Stop

THE BIGGEST LITTLE BARBER SHOP IN TOWN
CANEX Mall • 902-765-2050 • 14 Wing Greenwood
Just outside base gate • Everyone welcome

FULL TIME, PART TIME BARBER WANTED
Licenced, with no weekends.
Come join our team.
Come in with your resume or call (902) 765-2050.

Paper carrier needed

Pine Ridge East (2) (214 papers)
East side of Elizabeth Ave., Pine Ridge Ave. from the corner of Maple to Elizabeth, Acker & Evans Courts, Heather Crescent, Maple, Bill & Laurel Streets, Wind Ridge Road, Palmer & Magee Drives (including Chippy's Trailer Park)

Available **November 3**
902-765-1494 local 5440
auroranewspaper.com

the Aurora

FUTURE GLASS and MIRROR LTD.

Sampson Dr., Greenwood
902-765-2105
WINDSHIELD SPECIALISTS
replacements * chip repairs

ALSO: pteglass, plexie & lexan, mirrors, vehicle accessories, window & screen repairs, replacement thermo pane windows and more...

Insurance Claims are our Speciality. Mention this ad for \$100 off your deductible.
www.windshieldreplacements.ca

Kingston Legion BINGO

Sunday, 1:30 p.m.
Tuesday, 7:00 p.m.
Regular Games - \$100

- 3 Specials - 60/40
- Letter H - 80/20
- Triple Jackpot - R-W-B
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances

Consolation \$300
• Double Action
Lic.# 115910-08

David A. Proudfoot

Barrister * Solicitor * Notary

811 Central Avenue, PO Box 100
Greenwood, NS BOP 1N0

Email: dap@davidproudfoot.com
Web: www.davidproudfoot.com
T: 902-765-3301 F: 902-765-6493

- Real Estate
- Wills / Estates
- Consultations / Referrals

FOR SALE M&M Firewood

\$225 a cord. Cut, split and delivered on two cord and over orders. Seasoned hardwood.
Milton: 902-825-8440

FIREWOOD FOR SALE

Clear Dry or Green Hardwood Cut, Split and Delivered. Quality Guaranteed please phone
T: 902-825-3361



4 things to know before tackling a home reno



(NC) A home renovation project often comes with many questions and unknowns. These useful tips will help keep your renovation on track as you work to create the home of your dreams.

Small changes can add up. Changes that seem simple to you, like moving a light switch, can require a lot of work and have the potential to increase costs. Be sure to check with your designer or contractor on even a slight adjustment to understand what it means to the end design and your total budget. Invest in everyday items. Items you use daily, like

door hardware, faucets and appliances, are prone to wear and tear. Investing in quality products will ensure these things last and can save you money in the long run.

Prioritize your most lived-in rooms. To help stick to a budget, consider focusing your investment on rooms

where you spend the most time, like the living room or kitchen. Doing minor changes in several rooms may leave you feeling incomplete or mean you need to start the process all over later, costing you more in the long run.

Consider refinancing options. Renovations can

sometimes be pricey, but there are options to help manage the cost. For example, a home equity line of credit allows you to use the equity in your home to access credit. This can help you manage cash flow and often comes with a lower interest rate than unsecured loans.

CANEX 50 CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA
1 OCTOBER/OCTOBRE - 31 DECEMBER/DÉCEMBRE 2019

NOW ON!
DON'T PAY UNTIL MARCH 2020!

PLUS NO MONEY DOWN NOT EVEN THE TAXES.
Ask us for details. *O.A.C.

EN COURS!
NE PAYEZ RIEN AVANT MARS 2020!

PLUS NE VERSEZ AUCUN ACOMPTE, MÊME PAS LES TAXES.
Demandez-nous les détails. *S.A.C.

Quality Service at Discount Prices

Waterville - 902-538-0677
Bridgetown - 902-665-5293
Toll Free - 1-888-338-0331
fuelforall@eastlink.ca

Mention this ad and receive **\$10.00 OFF**
Your next delivery of 450 litres or more

Low Minimum Delivery
Same Day Delivery in Some Cases
We Accept Cash, all Major Credit Cards, Debit and Interac Email Transfers
Locally Owned and Operated
Currently Serving Bridgetown to Windsor

the Aurora Newspaper presents

Fall Frolic

Save **10%** in next weeks paper!

Advertise in The Aurora Newspaper **October 14** (deadline Oct. 9, noon) in our full colour lifestyle promotion.

All ad sizes welcome

Contact: auroramarketing@ns.aliantzinc.ca
902-765-1494 local 5833

the Aurora find & win

Three easy ways to enter.
1. Through our website: www.auroranewspaper.com
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline: Noon, October 10, 2019

Full name _____ Phone number _____

Complete the following questions from ads in this week's issue and win a \$20.00 coupon to play Friday Night BINGO from Aylesford & District Lions. Coupons valid for 1 year. Age 17+ on regular games.

1. What costs \$4/person and you may need a helmet? _____
2. Who has a no interest credit plan? _____
3. What's just in time for Thanksgiving? _____
4. Who's business is just outside the base gate? _____
5. What was Fred Babineau's rank when he retired? _____

Congratulations to last week's winner: CAROL WALLACE

AYLESFORD & DISTRICT LIONS CLUB
2160 Hwy 1, Aylesford
Starts 7:15pm Friday's
902-847-9374



Cinq conseils pour tuer la grippe dans l'œuf

(EN) La période de la rentrée scolaire rime avec le possible retour de la grippe. Même si vous avez trouvé le filon pour éviter la grippe, il est important de prendre des mesures pour la prévenir, et ne pas risquer de contaminer quelqu'un ne pouvant pas se permettre de tomber malade.

Les enfants, les aînés, les femmes enceintes ou les personnes souffrant de maladies chroniques sont particulièrement vulnérables à la grippe. Cette année, déjouons les pronostics grâce aux quelques conseils pratiques de Geneviève Ledoux, diététiste, pour renforcer votre système immunitaire :

Restez active.

L'exercice physique offre plus de bienfaits que simplement vous aider à rester en forme. Demeurer active peut aussi contribuer à renforcer votre système immunitaire, ce qui réduira votre risque d'être terrassée par la grippe.

Les gens qui font de l'exercice régulièrement seront moins à risque de souffrir de la grippe et se rétabliront plus rapidement s'ils en sont affectés.

Mangez des aliments riches en nutriments.

Bien manger est l'une des meilleures façons de permettre à votre organisme de recevoir tous les nutriments nécessaires pour renforcer votre système immunitaire. Les aliments comme les agrumes, les poivrons doux, les haricots et les légumineuses, les noix et les graines, et les probiotiques, comme le yogourt, sont riches en vitamines C et E de même qu'en zinc, et sont tous des alliés utiles pour lutter contre la maladie. Consommer des aliments riches en nutriments plutôt que des suppléments offre l'avantage supplémentaire de contenir des éléments comme des fibres, du calcium et de bons gras. Rappel important : Avant de manger ce type d'aliments, n'oubliez pas

de vous laver les mains.

Passiez une bonne nuit de sommeil.

Lorsque votre corps est bien reposé, il est mieux équipé pour combattre les microbes qui attaquent votre système immunitaire. Assurez-vous de bien vous reposer avant de commencer à vous sentir mal pour que votre système immunitaire soit prêt à combattre tous ses « ennemis potentiels ».

Faites-vous vacciner contre la grippe.

Bien que les étapes précédentes soient importantes pour nous aider à renforcer notre système immunitaire, il reste que 70 à 90 % des cas



de grippe peuvent être évités grâce à la vaccination. La meilleure chose que vous puissiez faire est de vous faire vacciner chaque automne pour mettre toutes les chances de votre côté, et aussi pour protéger les personnes de votre entourage qui ne peuvent se permettre de

contracter la grippe.

Réduisez le stress au minimum.

À l'inverse de l'exercice physique, le stress épuise le système immunitaire. C'est pourquoi il est important de réduire au minimum votre

niveau de stress, surtout pendant les périodes à haut risque. Le stress et la grippe font payer un lourd tribut à l'organisme; subissez l'un d'eux et vous risquez d'être atteint par l'autre. Pratiquez le yoga ou méditez pour favoriser la relaxation.

Jennifer Chiasson, CD



Sales Associate
 902-292-9141 (Direct)
 902-765-2222 Ext 110 (Office)
 jennifercremax@gmail.com

RE/MAX
 BANNER REAL ESTATE

www.remaxbanner.com

STORAGE Deployment? • Déploiement?

Auto-Truck Storage Stockage D'Auto

Inside and Heated
 Reserve now for winter months

902 **847-0490** 902 **847-5074**

Proudly Serving 14 Wing Since 2002

Dr. Jami Parks & Associates
GREENWOOD FAMILY DENTISTRY

771 Central Avenue
 P.O. Box 1776,
 Greenwood, NS
 B0P 1N0

(902) 765-2822

Dr. Parks, Dr. Lynch and Dr. Sutherland

THE COLD WEATHER IS COMING

PACIFIC ENERGY
 FIREPLACES & STOVES




Country Stoves & Sunrooms Ltd.

3319 HWY #1, EAST AYLESFORD
 902-847-3494 | www.countrystovesandsunrooms.com


COME VISIT OUR SHOWROOM!

BISTRO 300
 Coffee House

Using North Mountain beans for all our coffee drinks.

Check facebook for up to date hours and specials.

- Espresso
- Cappuccino
- Lattes etc
- Ice cream
- Gourmet sandwiches



Daily specials | Speciality baked goods
 300 Main St., Middleton, Nova Scotia | 902-825-6558

Kingston Recreation

ADULT SKATING
 MONDAYS 10:30 AM - 12 NOON
 Starting Monday September 16

www.creditunioncentre.ca
 902-765-2800 | 902-765-2516

Cost: \$4/Person
Need a Helmet? Please ask.
 Contact: recreation@kingstonnovascotia.ca

CREDIT UNION CENTRE