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# the Auroora

Vol. 40 No. 40

OCTOBER 28, 2019 NO CHARGE

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## Making 'dough' for charity

Sara White,  
Managing editor

Helping hands took on a whole new meaning over the October 5 weekend, as Captain Sarah Fralick's kitchen was overtaken by an assembly line of pie makers.

"Making 'dough' for charity!" she laughs, describing 413 (Transport and Rescue) Squadron's team effort to turn out 79 homemade apple pies as a fundraiser for the 14 Wing Greenwood Combined Charities effort.

"I went through a few jobs on the line – and I'm terrible at making pastry! By the end, I was putting the pies in their bags!"

The pie-making raised over \$700 for the squadron's upcoming participation in Combined Charities' events. Funds will help put food on the table at the October 25 Megapotluck and decorate a tree at the November 23 Festival of Trees. Other sections around the base hold

50/ 50 draws, bake tables and BBQs to prepare for the special events.

"For us here at 413, the pie-making not only assisted with our charity events but boosted camaraderie and family spirit among those who participated," Fralick, who also chairs the wing's Combined Charities committee, said. "It was also a good way to give local apple growers a small boost after many crop losses felt after hurricane Dorian."

The whole 413 team included Fralick, Jen Vaino, Hailey Roussel, Captain Jeff McRae, Isabelle Pitre, Jesse McRae, Douglas McRae, Captain Kayla Hobday, Megan Todd, Genevieve Lefebvre, Nicole Mirza and little Xander Mirza (not too much help, but happy!).

The wing's Combined Charities program is a part of the annual Government of Canada Workplace Charitable Campaign, running from September through Decem-

ber. 14 Wing personnel will eat, play and give for the next four months as they raise funds for approximately 60 local and regional non-profit groups, including schools and youth programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more.

### Upcoming events

November 1 - hockey and dodge ball mini-games, snacks - and Winter Carnival points up for grabs.

November 23 - Festival of Trees, 10 a.m. to 3 p.m., Annapolis Mess. Tabletop trees with gift certificates, themed toys, tools, household items, crafts, electronics, sports equipment and more will then be up for silent auction bidding and raffle draws. Extras include the 14 Wing Band, family photos, 50/ 50 and treats.

Pay allotment: If every employee at 14 Wing donated \$1 per pay for a calendar year, it would raise



**Captain Kayla Hobday and Isabelle Pitre were in the peeling and cutting business**

Captain S. Fralick

the annual goal on its own. Participants may select any one time or per-pay contribution and have it recorded on their T4 as a charitable donation. ➔

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# Lake Pleasant lodge build a lesson in itself

Sara White, Managing editor

Work crews were raising the roof October 3 on a big build underway at 14 Wing Greenwood's Lake Pleasant Campground in Springfield.

A new main lodge will be winter-tight by the end of November and, with a spring push on last touches, should be ready to welcome the May long weekend camp crowd for darts, dances, morning coffee on the deck, games, meals – and all the other activities a main lodge adds to campground life.

The campground is a morale and wellness offering of the base's Personnel Support Program, with rental cabins, seasonal trailer space and overnight camping options. The site's aging lodge closer to the water closed two seasons ago; the new lodge sits atop a hill, overlooking the campground peninsula from just inside the main gate.

The wing's Construction Engineering section is building the lodge, with Master Corporal Shantz Hallman on site (in fact, he moved his camper trailer in as footings

were poured in September and has been at camp since) managing his first major project as a master corporal.

"We came in on the planning: the structure, the timelines, how many guys we need and when, getting the quotes for supplies," Hallman said. "This is a sizeable project for us, something we don't do as much of as we'd like – just the size. This experience here, on such a scale, prepares us better to do these jobs."

Eight or nine workers are on site at this point every day, including two new personnel working on their on-the-job-training requirements and another two close to being done and, hopefully, headed to their journeyman status next year with this under their belts. Under the oversight of more experienced CE section members, this is "great training up and down the lines," Hillman said.

The lodge is a 60-foot by 80-foot wood frame construction, with steel siding and roofing, and includes a multipurpose room, commercial kitchen, DJ booth, washrooms and a deck on



14 Wing Greenwood's Construction Engineering section is on site at the Lake Pleasant Campground in Springfield, building a new main lodge this fall. Raising the roof trusses for the cathedral ceiling October 3 was a milestone, as they hope to have the structure roof-tight by the end of November, and ready to open for the May long weekend.

S. White

two exterior walls.

Lake Pleasant Campground manager Kevin Halverson has been watching developments closely, and is pleased with what the lodge will add back to camp life for his guests.

"I've been thinking about

stuff as we go along through the build," he said, describing his long-time exasperation trying to keep dart boards mounted on the old lodge's gyprock walls. He was able to have crews add in wooden backing at the open stud

stage exactly where his new dart boards will be placed.

"The kitchen equipment from the old lodge will all come up here, we have all the round tables and chairs from the base's Tow Bar renovation and the crews

here are looking at some of the beams in the old lodge and have said they can build me 14-foot tables, laminating the beams together, for the new hall. That way, we'll have a piece of the old lodge in the new lodge." →

# Smart training – it's a balancing act

Dr. Darrell Menard

Being physically active is one of the most important things anyone can do to stay healthy and fit. Regular physical activity can help you feel more energized, look better and live longer. Many chronic diseases such as diabetes, obesity, high blood pressure, cancer, depression, and heart disease can be prevented – or at least considerably improved – with a prescription of daily exercise. The bottom line is regular physical activity will not only improve your quality of life, it may actually save your life!

Staying physical active isn't always easy, especially when you are faced with the demands of a busy life. It is important each of us takes ownership of our own health and wellness and finds the motivation to do something about it. Leading by example, looking good in your uniform, reducing your cholesterol, enjoying retirement and staying operationally ready are all examples of goals you can use to motivate yourself.

Whether you are just getting started or trying to maintain a physical fitness program, it is important



you ensure your program is balanced so you get the most from your efforts while minimizing your risk of injury. A well-balanced physical fitness program should include the following three basic components of fitness:

**Aerobic training:** involves activities that require your heart and lungs to work harder than normal. The Canadian Physical Activity Guidelines recommend all adults do at least 150 minutes of moderate to vigorous aerobic activity every week. Use the "Talk Test" to determine how hard you are working. Exercising at an easy level – you have no trouble breathing and can talk comfortably. During moderate exertion – your breathing increases and you can talk taking one to two breaths/ sentence. Working an intense level – you will breath rapidly and comfortable speech is impossible. You could meet the activity guidelines by doing something as simple as walking

for 30 minutes five days/ week.

**Strength training:** involves challenging different muscle groups with resistance exercises. This can include doing exercises such as squats and bench presses using free weights or machines. You can also subject your body to resistance training doing things such as push-ups, climbing stairs, chin-ups, rucksack marching, lifting or carrying boxes and doing physically demanding work. The recommendations are you do this at least two times per week. Be sure to start out low and progress your training slowly.

**Flexibility training:** involves holding or reaching a position in which specific muscles in your body are stretched. You should hold these positions for a minimum of 30 seconds and have a routine where you end your workouts with approximately 10 minutes of stretching at least three to four times a week.

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**the Aurora**

**Managing Editor** | Directrice de rédaction  
Sara White • 902-765-1494 local/poste 5441  
[auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca)

**Business & Advertising** | Affaires commerciales et publicité  
902-765-1494 local/poste 5833  
[auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca)

**Graphic Designer** | Graphiste  
Brian Graves • 902-765-1494 local/poste 5699  
[auroraproduction@ns.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca)

**Administrative Clerk** | Commis à l'administration  
Diane Mestekemper • 902-765-1494 local/poste 5440  
[auroranews@ns.aliantzinc.ca](mailto:auroranews@ns.aliantzinc.ca)

**Editorial Advisor** | Conseiller à la rédaction  
Captain Matt Zalot • 902-765-1494 local/poste 5101  
[matt.zalot@forces.gc.ca](mailto:matt.zalot@forces.gc.ca)

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Sun	Mon	Tues	Wed	Thu	Fri	Sat	
1 * Our Service of Remembrance will commence at 9:45 a.m., in our auditorium followed by a Parade to our Cenotaph for the Wreath Laying Ceremony at 10:25 a.m.	2 Breakfast <i>Chase the Ace!</i> Meat Draw Dance: <i>Whiskey Creek</i>	3 BINGO 1:30	4 EUCHRE	5 BINGO 7:00	6 K.A.S.A. EXEC	7 CRIB	
8 K.A.S.A. TGIF Karaoke	9 <i>Chase the Ace!</i> Meat Draw	10 NO BINGO	11 * See above	12 BINGO 7:00	13 K.A.S.A. GENERAL	14 VON Foot Clinic CRIB	
15 Darts TGIF Fish & Chips	16 <i>Chase the Ace!</i> Meat Draw Dance: <i>Hal Bruce</i>	17 BINGO 1:30	18 EXEC MEETING 7:00 EUCHRE	19 BINGO 7:00	20 VON Foot Clinic CRIB	21 K.A.S.A. Darts TGIF Karaoke	
22 <i>Chase the Ace!</i> Meat Draw Dance: <i>Big Deal</i>	23 <i>Chase the Ace!</i> Meat Draw	24 BINGO 1:30	25 GENERAL MEETING ELECTIONS 7:00	26 BINGO 7:00	27 EUCHRE	28 W.K. Hockey 28 Fundraising Dinner VON Foot Clinic CRIB	
29 TGIF	30 <i>Chase the Ace!</i> Meat Draw	Tuesdays and Thursdays: 9 am Chair Yoga   Thursdays: VON Foot Care Clinic					
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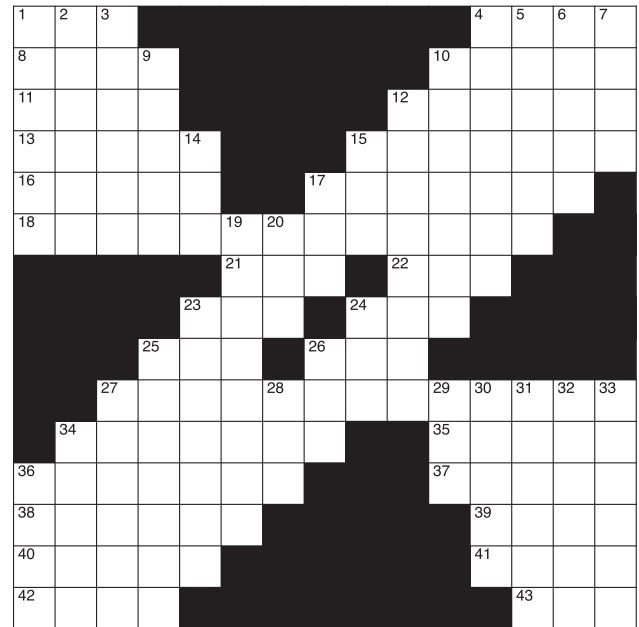


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated 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 4



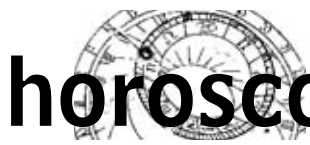
- ACROSS**
- Third-party access (abbr.)
  - Goals
  - Something to do lightly
  - 'Great' North Sea Empire legend
  - Iced or chilled drink
  - Weight units
  - Immune system response
  - Groundbreaking German pharmacologist
  - Milk-supplying companies
  - Enjoyable distraction
  - Doctor of Education
  - Type of submachine gun (abbr.)
  - Curved shape
  - Brew
  - The 13th letter of the Hebrew alphabet
  - Advanced degree
  - Shock rocker
  - Enthusiast
  - Quiet's partner
  - Hijacked
  - TV's once needed them
  - Brings together
  - Narrow piece of wood
  - Paths
  - Monetary unit
  - Wings
  - Soviet Socialist Republic
  - Sea cow
  - Protein coding gene
  - Where boats park
  - The top of a jar
  - Fitting
  - German city
  - Martens
  - They're all over the planet
  - One that nests
  - Coming at the end
  - German river
  - Last of the
  - Mohicans' actress Madeleine
  - Ancient Greek war galley
  - Nonsensical speak
  - Title of respect
  - Cast out
  - Have already done
  - Wood-loving insects
  - Analog conversion system (abbr.)
  - Pokes holes in
  - Waiver of liability (abbr.)
  - Sea cow
  - Protein coding gene
  - Where boats park
  - The top of a jar
  - Fitting
  - German city
  - Martens
  - They're all over the planet
  - One that nests
  - Coming at the end
  - German river
  - Last of the

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Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

**Legion elections**  
October 28, 7 p.m., the Kingston Legion Branch 98 will hold its annual election of officers. If interested, leave your name and number at the Legion office, call 902-765-4428 and attend the meeting.  
**Coffee party**  
October 28, a.m. to noon, the Beehive Adult Services Centre,



# horoscopes

**ARIES - Mar 21/Apr 20**  
Aries, this week may start off somewhat unbalanced. Work may be demanding more of you, and you're finding it tough to even out the field. By midweek you'll regain control.  
**TAURUS - Apr 21/May 21**  
Make the necessary changes in your life to get back on target, Taurus. These goals may run the gamut from fitness to career. Put the future in focus.

**GEMINI - May 22/Jun 21**  
You may be inspired to do something creative but don't know where to focus your attention just yet, Gemini. Look to Sagittarius as a good source of inspiration.  
**CANCER - Jun 22/Jul 22**  
Cancer, this week you may be unable to keep everything as organized as you would like. Take a cue from someone you know is always organized.  
**LEO - Jul 23/Aug 23**  
Take control of a situation that comes to light this week, Leo. No one seems willing or able to grab the reins, but you can be an excellent leader in this situation.  
**VIRGO - Aug 24/Sept 22**  
Expand your social circles and you may meet some influential people, Virgo. This can help spread the word about your stellar reputation and open doors to opportunities.

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**Museum talk: RCAF Station Beaverbank**  
October 29, 7:30 p.m., the Kings County Museum, 37 Cornwallis Street, Kentville; hosts With Bud Berntson, 111 Wing Dartmouth. In 1950, bomber raids by the Soviet Union over Nova Scotia were considered quite likely. RCAF Station Beaverbank fulfilled a critical role in the early days of Canada's and North America's air defence, occupying a unique location near Canada's largest Atlantic seaport and its biggest naval base, making it an important early warning radar system. kingscountymuseum.ca.

**Stories & songs**  
October 30, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts books, playtime and a snack for children mainly ages 0-5, but all are welcome. Children must be accompanied by a parent or caregiver. Registration is required.  
**Halloween trick or treating**  
October 31, 6:30 p.m., kids are welcome to stop by the Kingston Library while out trick or treating (during evening open hours).  
**VPI Greenwood meeting**  
October 31, the Greenwood VP

International chapter will meet at the VPI Centre. Pre Fit brief 1500 hrs, take off 1600 hrs, land approx 1630 hrs. Debrief until 1730 hrs.  
**Trick-or-treat at the library**  
October 31, 5 p.m. to 7:30 p.m., the Annapolis Royal Library invites trick-or-treaters to stop by in your costume for a treat - if you dare!  
**Halloween dance**  
November 1, celebrate Halloween with Incoming at the Berwick Legion, 232 Main Street. Ages 19-plus. Prizes for costume and spot dances, admission pass the hat. Call 902-538-9340 for info.  
**Berwick Branch Book Club**  
November 1, 10 a.m. to 11:30 a.m., the Berwick and District Library monthly adult book club is reading "Becoming," by Michelle Obama. Join at any time. To pick up a copy of the book, drop into the library or attend a book club session. The book may be available to download.  
**Dinner theatre**  
November 1, 2, 8 & 9, tickets are available for the St. Anthony's dinner theatre at the Mill Street hall, Berwick; featuring "Mugsy Sent Me." For tickets, contact Dorothy King, 902-538-7407.

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**Powering Innovation Confabulation**  
November 2, 10 a.m. to 3:30 p.m., Powering Innovation Confabulation is a free community event at The Academy Building, Annapolis Royal, to explore the ways you can make your home or business more energy efficient or transition to renewable energy. Visit the Clean Annapolis River Project website for full details of displays, activities and presentations. Free child minding from 10 a.m. to 4 p.m.

**Demystifying solar electricity**  
November 2, 2 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library hosts Solar Nova Scotia: demystify the technology, economics and the process of getting solar panels on your home. A great payback and good for the environment: learn that solar electricity works in Nova Scotia. Solar Nova Scotia will also explain how to evaluate quotes for a PV system and tell you about the specifics of available loans, rebates, etc.  
**Fall auction**  
November 2, 10:30 a.m. to finish, the Aylesford & District Lions host their annual fall auction at the hall, 2160 Hwy 1, Auburn. Viewing one hour before the auction starts. Lions' canteen on premises: fries and burgers and more!  
**Hike**  
November 2, the Valley Trekkers Volkspor Club hosts a Blomidon Park Walk. Meet at the lower parking lot, Blomidon Provincial Park. Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 5/10km, 3B walk. Wear hunter orange. More info: 902-847-1772.

**Breakfast**  
November 2, 8 a.m. to 10 a.m., the Berwick Lions host a community breakfast at the Lions' hall, Kings Mutual Century Centre. Free will offering for a full breakfast: eggs (fried or scrambled), our own baked beans, pancakes, bacon, sausage, toast, juice, coffee and tea.  
**Supper**  
November 2, 4:30 p.m. to 6:30 p.m., the Western Kings Community Fair/ Tremont Fair hosts a World's Fair supper at the Kingston fire hall. Free will offering for baked beans, potato scallop, ham, brown bread, cole slaw, rolls and assorted desserts.  
**Yard sale**  
November 2, 8 a.m. to 1 p.m., the Kingston Lions Hall hosts a

yard sale. Lots of treasures - you never know what you may find! Canteen on-site.  
**Ticket auction**  
November 2, 10 a.m. to 2 p.m., the Middleton & Area Fireflies will raise money for the Middleton Fire Department and the new community fire hall with a ticket auction at the Middleton fire hall. There will be canteen facilities available at 11 a.m. All items are new or gently used, plus gift certificates, special raffles and a silent auction.  
**Experiences of a peacekeeper**  
November 4, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library hosts Master Warrant Officer Jason Patterson, as he shares some of his experiences in all branches of the Canadian military and tells us what Remembrance Day means to him. Patterson did two tours each in Afghanistan and Bosnia, took part in Operation Unified Protector off the coast of Libya, helped with drug interdiction in the Caribbean, aided in fighting fires in British Columbia, helped with the floods in Manitoba and the ice storm in Quebec. He is presently flying on the Sea Kings and is stationed in Greenwood. Registration required.  
**Church service**  
November 4, 5 p.m., join in a service, "Praying our Goodbyes: Remembering our loved ones and friends," with meditation and quiet music at Holy Trinity Anglican Church, 45 Main Street, Middleton. Followed by a soup supper.  
**Variety show**  
November 4, 1 p.m., there will be a variety show at the Wilmut Baptist Christian Fellowship Centre, presented by the Rays of Sunshine Social Club. Call 902-765-2386 for information.  
**Friends of the Library meeting**  
November 5, 1 p.m., the Bridgetown & Area Friends of the Library meet in the DeVenney Room. New members are always welcome.  
**Teen Crafting Club**  
November 5, 3:30 p.m. to 4:45 p.m., the Bridgetown & Area Library's Teen Crafting Club for ages 10 and up are invited to craft, create and chat. This month we will be making stained glass window-style artwork using alcohol inks. The program is free and all materials are supplied, but registration is required at 902-665-2758.

**Powering Innovation Confabulation**  
November 2, 10 a.m. to 3:30 p.m., Powering Innovation Confabulation is a free community event at The Academy Building, Annapolis Royal, to explore the ways you can make your home or business more energy efficient or transition to renewable energy. Visit the Clean Annapolis River Project website for full details of displays, activities and presentations. Free child minding from 10 a.m. to 4 p.m.

**Experiences of a peacekeeper**  
November 4, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library hosts Master Warrant Officer Jason Patterson, as he shares some of his experiences in all branches of the Canadian military and tells us what Remembrance Day means to him. Patterson did two tours each in Afghanistan and Bosnia, took part in Operation Unified Protector off the coast of Libya, helped with drug interdiction in the Caribbean, aided in fighting fires in British Columbia, helped with the floods in Manitoba and the ice storm in Quebec. He is presently flying on the Sea Kings and is stationed in Greenwood. Registration required.

**Church service**  
November 4, 5 p.m., join in a service, "Praying our Goodbyes: Remembering our loved ones and friends," with meditation and quiet music at Holy Trinity Anglican Church, 45 Main Street, Middleton. Followed by a soup supper.

**Teen Crafting Club**  
November 5, 3:30 p.m. to 4:45 p.m., the Bridgetown & Area Library's Teen Crafting Club for ages 10 and up are invited to craft, create and chat. This month we will be making stained glass window-style artwork using alcohol inks. The program is free and all materials are supplied, but registration is required at 902-665-2758.

# 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.alianzinc.ca or fax 902-765-1717.

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

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

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FOR RENT - One bedroom apartment in rural Kingston, all inclusive, on Vault Road. This lower level apartment is

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

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

bright and cozy. Looking for one single person who is very quiet. Apartment is furnished and equipped: washer and dryer, fridge and stove. References required for monthly or yearly lease at \$900 per month. WiFi and cable included. Pictures available on request. Joeben699@gmail.com or 902-765-1898. (4038-ufn)

**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

**FOR SALE M&M Firewood**  
\$225 a cord. Cut, split and delivered on two cord and over orders. Seasoned hardwood.  
Milton: 902-825-8440

**FUTURE GLASS and MIRROR LTD.**  
Sampson Dr., Greenwood  
902-765-2105  
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replacements • chip repairs

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

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**FOR RENT - Retirement living conveniently located between Kingston & Greenwood. Two-bedroom open concept with five appliances. Paved driveway, two decks with privacy fences. Transit buses available at end of street, within walking distance to grocery stores and mall. Lawn care & snow removal included, tenants pay own utilities. Rent is \$1,150 monthly. Call 902-804-1085. (4038-4tpb)**

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

**the Aurora find & win**

Three easy ways to enter.

- Through our website: www.auroranewspaper.com
- Fax: 902-765-1717
- Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline: Noon, October 31, 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.

- What kind of policy does the Government of Nova Scotia have? \_\_\_\_\_
- What will Bruce Tires do if you find a lower price? \_\_\_\_\_
- Who is the entertainment on November 29 at the Mess? \_\_\_\_\_
- Whose looking for an E/M and a AVN/M? \_\_\_\_\_
- Who will pickup/return your computer? \_\_\_\_\_

**Congratulations to last week's winner: KIM SMITH**

**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
Starts 7:15pm Friday's  
902-847-9374



## Sports fun fans

14 Wing Greenwood marked the annual Canadian Armed Forces National Sports Day September 27, with activities on the schedule for all interests. With a 5k fun run, yoga, pickle ball, sledge hockey and more, camaraderie took the forefront over competition – other than some ribbing folks may have taken over their choice of jersey for the day!

Master Corporal R. Wilson & Leading Seaman C. Moon, 14 Wing Imaging

**NOVEMBER/NOVEMBRE**  
<http://greenwood.mil.ca/en/communities-of-interest/annapolis-mess/index.aspx>



**2019**

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
<b>INFO</b> TOW BAR Non-alcoholic beverages available					TGIF • LASAGNA 1	2	
 LIKE US ON FACEBOOK					REPLENISHMENT FLIGHT WELCOME PARTY TOW BAR ENTERTAINMENT KARAOKE		
<b>INFO</b> Internet/wireless available in TV Lounge/Mess	3	4	5 14 MSS PD DAY	6 MORALE & WELFARE WEDNESDAY 11:30 a.m.-1:00 p.m.	7	8 MEET & GREET - MAJORS ONLY NO TGIF NO TOW BAR ENTERTAINMENT TOW BAR IS OPEN	9
	10 REMEMBRANCE DAY MESS CLOSED	11	12	13	14	15 TGIF • TBD TOW BAR ENTERTAINMENT KARAOKE	16 FALL EXPO
FALL EXPO	17	18 LRP CAG MEETING	19 LRP CAG MEETING	20 TRIVIA NIGHT	21 FAMILY TGIF • PIZZA	22 NO TGIF FESTIVAL OF TREES NO TOW BAR ENTERTAINMENT TOW BAR IS OPEN	23 FESTIVAL OF TREES
	24	25	26	27	28 TGIF • CHINESE FOOD TOW BAR ENTERTAINMENT VINNY, JULIE & GUEST	29	30 REPLENISHMENT FLIGHT XMAS PARTY

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[www.frasers.ca](http://www.frasers.ca)



## services & trades

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 Bridgetown, N.S. 902-665-5293

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