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# the Aurora

Vol. 41 No. 36

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## Sharing a story Service members across country preparing now for November's National Veterans' Week online outreach

Sara White,  
Managing editor

Schools and community groups across Canada are planning for fall and, with that comes National Veterans' Week and Remembrance Day gatherings. 14 Wing Greenwood personnel spent time August 11 preparing to meet the requests for speakers and visitors to assemblies, dinners and services – in a COVID-19 environment.

The National Veterans' Week Speakers Program is filming now, at bases and wings across the country, as members of the Canadian Armed Forces volunteer to record a speech to be

shared via links to groups who ask for CAF participation this November. In 2019, 14 Wing members spoke to over 4,000 students at school remembrance ceremonies; the videos they are filming now may be shared even further, as so many programs and activities move online during the pandemic.

Corporal Jonathan Doiron is one of five 14 Wing members participating, the first to be filmed by base imagery technicians in an on-site studio at the Greenwood Military Aviation Museum August 11.

"I got to go to a school – Gaspereau Elementary – two years ago," he said. "It was great. The kids got to go up on

the stage and do something, share what they'd learned, maybe something about their family. They're always looking for volunteers to go speak, and I felt then I'd been in long enough, had done some things, could talk about where I've travelled...."

Doiron joined the Canadian Army as a signals operator, then transferred into the Royal Canadian Air Force. He works now with 14 Operations Support Squadron at 14 Wing as an aerospace telecommunications and information systems technician. Preparing to speak for community presentations, he now thinks more often of his father and grandfather's military experiences in the



**14 Wing Greenwood imagery technicians turned the Greenwood Military Aviation Museum into a filming studio August 11, as volunteers for the National Veterans' Week Speakers Program, including Corporal Jonathan Doiron, pre-recorded presentations the program will provide schools and community groups, particularly around Remembrance Day**

S. White

years before his own service. "I'm proud to join a number of my colleagues in this video today, and share a story with you," Doiron said in the opening seconds of his video, continuing on to talk about

the service and sacrifice of Canadian military members in years past, and today.

If you are interested in receiving the CAF speaker video links available through the National Veterans' Week

Speakers Program, the online system will begin taking requests in mid-September. Contact the program at 1-833-223-8322 or DNDRemembrance.SouvenirMDN@forces.gc.ca. →

## Orange, plus CADPAT, sends a message September 30

The mottled green of Canadian Armed Forces' CADPAT will be complimented September 30 with orange, as 14 Wing Greenwood military members and civilian personnel are encouraged to take part in Orange Shirt Day.

Wing Chief Warrant Officer Dan Campbell has authorized the wearing of an orange T-shirt under all flight suits and CADPAT. Members, in the workplace only, may remove their CADPAT shirt for the day while working.

"If going 'downtown,'" Campbell says, "locals seeing members with an orange

shirt under their CADPAT may spark questions and a discussion, which is exactly what I would hope for."

The orange shirt in Orange Shirt Day refers to the new shirt Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia.

Residential schools were church-run schools, where approximately 150,000 Métis, Inuit and First Nations children were sent between the 1860s and the 1990s. Removed from their families, the schools made them speak English or

French instead of their ancestral languages, disconnecting them from their culture and traditions, and forced them to adopt Christianity in order to assimilate into Canadian society. The government has since acknowledged this approach was wrong, cruel and ineffective, and offered an official apology to the Indigenous people of Canada in 2008.

When Webstad got to school, staff took away her clothes, including her new shirt. It was never returned. To her, the colour orange always reminded her of her experiences at residential school

and, as she has said, "how my feelings didn't matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared."

September 30 falls during the time of year when Indigenous children were taken away to residential school. On Orange Shirt Day - and every day, Webstad shares the message every child matters. Orange Shirt Day educates people

about residential schools and the fight against racism and bullying.

To buy the official Orange Shirt Day shirt, or learn more about the day's meaning, visit [orangeshirtday.net](http://orangeshirtday.net). →





## New RCN ranks more inclusive at home, at sea

The Royal Canadian Navy (RCN) is continuing to work to create a more inclusive environment within the workplaces, whether at sea or at home. Following a survey with over 18,000 respondents, the RCN August 27 launched a new English rank designation for its junior ranks that will result in more gender-neutral terms than the current titles, which are not reflective of the modern, progressive service that is the RCN today.

The RCN's junior ranks will be known as sailor third class (formerly ordinary seaman), sailor second class (formerly able seaman), sailor first class (formerly Leading Seaman), and Master sailor (formerly master seaman).

These changes help retain the history of these roles and aligns the English rank designation with the existing ranks in French. These new rank designations will be effective upon the issuance of a CANFORGEN in early September.

"We emerge from it with a greater insight into who we are, including the sobering reality that we all need to do more – individually and collectively – to be diverse, inclusive, and welcoming," said Vice-Admiral Art McDonald, Commander, Royal Canadian Navy. →

## 14 Wing Community Council volunteer solicitation

As 14 Wing moves to full operations, we need to take steps to re-establish and re-invigorate the 14 Wing Community Council.

The council has five main duties: to provide a committee for planning and conducting activities of interest to the community; enable the community to have a voice in matters concerning the

Residential Housing Units area and its residents; provide a channel of communication between RHU residents, Wing authorities and other agencies; make recommendations and act on matters concerning the welfare, safety, comfort and the general well-being of members of the RHU area; and act as a liaison in the resolution of disputes and

complaints, with respect to conditions of occupancy and inter-personal issues.

We are currently seeking volunteers to be ward reps in the following areas: Ward 1 (Rose, Lilac, and Ivy Streets) – primary and secondary; Ward 2 (Lodges) – secondary only; Ward 3 (Kingswood Rd, Kingswood Pl, 8-13 Crescents) – secondary only; Ward 4 (5-7

Crescents) – primary and secondary; Ward 6 (Maple, Cedar, Birch, and Elm Streets; and Ward Rd) primary and secondary.

If anyone would like to volunteer to serve on the 14 Wing Community Council, please contact CWO Robarts at 902-765-1494 local 3447 or kevin.robarts@forces.gc.ca for more information. →

## Sollicitation de volontaires pour le conseil communautaire de la 14e Escadre

Alors que la 14e Escadre est en pleine activité, nous devons prendre des mesures pour rétablir et revigorer le Conseil communautaire de la 14e Escadre.

Le conseil a cinq fonctions principales : fournir un comité pour la planification et la conduite d'activités d'intérêt pour la communauté; permettre à la communauté de s'exprimer sur les questions concernant la zone du unité

de logement résidentielle et ses résidents; fournir un canal de communication entre les résidents de l'unité de gestion des ressources humaines, les autorités de l'escadre et d'autres organismes; faire des recommandations et agir sur les questions concernant le bien-être, la sécurité, le confort et le bien-être général des membres du groupe de patrouille des logements résidentiels et d'assurer la liaison

pour la résolution des litiges et des plaintes concernant les conditions d'occupation et les questions interpersonnelles.

Nous sommes actuellement à la recherche de volontaires pour être représentant de quartier dans les domaines suivants : Quartier 1 (rues Rose, Lilac et Ivy) - primaire et secondaire; Quartier 2 (Loges) - secondaire seulement; Ward 3 (chemin Kingswood, croissants

8-13) - secondaire seulement; Quartier 4 (croissants 5-7) - primaire et secondaire; Quartier 6 (Maple, Cedar, Birch, et rue Elm; et chemin Ward) primaire et secondaire.

Si vous souhaitez vous porter volontaire pour siéger au conseil communautaire de la 14e escadre, veuillez contacter l'Adjuc Robarts au 902-765-1494 poste 3447 ou kevin.robarts@forces.gc.ca pour plus d'informations. →

## Security never takes a break – vigilance!

Following guidelines and best practices is an absolute must if we want to prevent security incidents or hacks to our systems. Letting your security guard down, even for a moment, can have serious consequences. The Department of National Defence (DND) and the Canadian Armed Forces (CAF) assets, devices, network and information can be compromised, and this includes the personal safety and privacy of our military and civilian members.

Sound daunting? Have no fear – the Director General Defence Security (DGDS) is here to help you stay vigilant!

To help ensure Defence Team members are continually informed about the departmental security policies, procedures and best practices, DGDS has launched a new security awareness campaign which will target a different security subject each month. The highlight of the campaign will be Security Awareness Week, "Working

Remotely - The New Security Reality," in February.

To counter growing information security vulnerabilities while personnel work remotely, DGDS will kick-off the campaign with a focus on enhancing IT security and security of information for working remotely. This renewed focus on IT security vigilance takes into account the COVID-19 pandemic has dramatically altered shifted the way we work. Many DND employees and CAF members

are now working remotely and using new tools like Defence O365 to conduct business.

With this in mind, we all need to stay informed and be aware of potential IT security vulnerabilities and have the knowledge to prevent a security incident from occurring. The goal is simple: help increase IT security knowledge and reinforce good security practices for all Defence Team members, especially personnel working remotely

with sensitive, protected and classified information.

Keep an eye out on the weekly Defence Team email for infographics, articles, videos and more that will help turn you into an experienced security practitioner. In addition, all Defence Team members are encouraged to visit the Defence Team COVID-19 web page on Canada.ca for the latest on working remotely, business resumption planning, mental health and wellness, and much more. →

## La sécurité ne prend jamais de pause – vigilance !

Le respect des directives et des meilleures pratiques est une nécessité indispensable si nous voulons éviter des incidents de sécurité ou le piratage de nos systèmes. Laisser tomber nos réflexes en matière de sécurité, même pour un instant, peut avoir de graves conséquences. Les actifs, les appareils, le réseau et les informations du ministère de la Défense nationale (MDN) et des Forces armées canadiennes (FAC) peuvent être compromis, y compris la sécurité personnelle et la vie privée de nos membres militaires et civiles.

Cela semble intimidant ? N'ayez crainte, le Directeur général - Sécurité de la défense (DGSD) est là pour vous aider à rester vigilant!

Pour s'assurer que les membres de l'Équipe de la

Défense sont continuellement informés des politiques, des procédures et des meilleures pratiques de sécurité du Ministère, le DGSD a lancé une nouvelle campagne de sensibilisation à la sécurité qui ciblera un sujet de sécurité différent chaque mois. Cette campagne culminera lors de la semaine de sensibilisation à la sécurité qui aura lieu en février avec un terme central qui est «Travailler à distance - La nouvelle réalité de la sécurité».

Pour contrer les vulnérabilités croissantes de la sécurité des informations liées au travail à distance, le DGSD lancera cette nouvelle campagne, en mettant l'accent sur l'amélioration de la sécurité informatique et la sécurité des informations lors du travail à distance. Cette attention

renouvelée sur la vigilance en matière de sécurité informatique tient compte du fait que la pandémie du COVID-19 a radicalement changé notre façon de travailler. De nombreux employés du MDN et membres des FAC travaillent maintenant à distance et utilisent de nouveaux outils, tels que Défense O365, afin de continuer s'acquitter de leurs fonctions.

Nous devons donc tous être informés et conscients des vulnérabilités de sécurité informatique potentielles et

acquérir les connaissances nécessaires pour empêcher qu'un incident de sécurité ne se produise. L'objectif est simple : contribuer à accroître nos connaissances en matière de sécurité informatique ainsi que renforcer les bonnes pratiques de sécurité pour tous les membres de l'Équipe de la Défense, en particulier le personnel travaillant à distance avec des informations sensibles, protégées et classifiées.

Et gardez un œil sur les courriels hebdomadaires de

l'Équipe de la Défense pour des infographies, des articles, des vidéos et plus encore, qui vous aideront à devenir chevronné en sécurité. De plus, tous les membres de l'Équipe de la Défense sont encouragés à visiter la page Web de l'Équipe de la Défense - COVID-19 de la Défense sur Canada.ca pour obtenir les dernières nouvelles sur le travail à distance, la planification de la reprise des activités, la santé mentale ainsi que le bien-être et bien plus encore. →

## VPI service October 4 adjusts for 2020 conditions

VPI International will mark fellowship, professionalism and sacrifice within the maritime patrol aviation community at its annual memorial service Sunday, October 4.

With its international headquarters at 14 Wing Greenwood, and Wing Commander Colonel Brendan Cook as the group's patron, the service this year will look different to past years, as COVID-19 public health precautions will limit the number of attendees to a small number of local guests, on an invitation-only list. Face masks will be mandatory.

The ceremony will be held at 1 p.m. in front of the VPI monument at the 14 Wing main gate. In case of bad weather, the ceremony will be held at the Annapolis Mess.

The Aurora News  
CFB Greenwood Aurora News

**Useful links | Liens utiles**

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

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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.

### 14 Wing entities with Facebook pages

The Aurora News  
14 Wing Greenwood news and events  
14 Wing Welcome  
Schedule of events details

**14 Wing Health Promotion**  
Tips, program highlights and resources

**14 Wing Fitness**  
Online work-outs, resources and tips

**14 Wing Community Recreation**  
Online activities, resources and fun

**Annapolis Mess**  
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)

**Greenwood Military Family Resource Centre**  
Resources, activities and program highlights

**14 Wing Greenwood Bowling Centre**  
Centre updates

**14 Wing Aquatics**  
Pool recreation, competitive, training, news

**14 Wing Library**  
Online story time, resources for learning and fun

**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 Spiritual Resilience Page**  
Hosted by the 14 Wing Chaplains, with spiritual support and resources

**GMAM.ca**  
Follow news and events at the Greenwood Military Aviation Museum

### NOMINATION DAY VILLAGE OF GREENWOOD October 7, 2020

The Clerk of the Village of Greenwood will receive nominations for the office of Two (2) Commissioners.

The Nomination Period is September 23, 2020 to October 7, 2020. **Nominations must be accepted by the Clerk no later than 1:00 pm on Wednesday October 7, 2020.**

**1 – three year term**  
**1 – Partial term (until May 29, 2021)**

Nomination papers are available at the Village Office and no person shall be eligible for election to the Office of Commissioner of the Village of Greenwood, unless that person has been nominated as a candidate in accordance with the village Nomination Day By-Law, by not less than five persons who, on Nomination Day are qualified electors, living lived within the Village of Greenwood boundaries for six months.

If more than two candidates are nominated on Nomination Day, Elections will take place at the **Annual General Meeting on October 24, 2020 at 2:00 pm at the Greenwood Civic Center, 904 Central Street, Greenwood, NS.**

Lynn V. Moar, Clerk-Treasurer  
Village of Greenwood  
904 Central Avenue, Greenwood, NS B0P 1N0

## Interested in a challenging job? Enjoy winter conditions?

We are now hiring Winter Equipment Operators to drive snow-removal equipment.

If you have a Class 3 license with air brake endorsement and a clean driving record we want to hear from you.

For full details and to apply: [novascotia.ca/winter-equipment-operator](http://novascotia.ca/winter-equipment-operator)

Applications are available at Transportation and Infrastructure Renewal bases

Closing Date: **October 9, 2020**

Public Internet access is available at C@P sites and public libraries.  
Our goal is to be a diverse workforce that is representative, at all job levels, of the citizens we serve.  
For more information on our diversity policy see [novascotia.ca/diverse](http://novascotia.ca/diverse).

# bravo zulu | promotions & presentations 14 Wing Imaging unless otherwise indicated.



June 29, Corporal Melanie Abrahams, 14 Mission Support Squadron Personnel Administration, centre left; was promoted to the rank of master corporal; Captain Abrahams 14 Operations Support Squadron, centre right, made the presentation, with Officer Commanding Pers Admin Major Rigby, left, and Master Warrant Officer Semenchuk.



June 29, Master Seaman Nancy Latreille, 14 Mission Support Squadron Personnel Administration, centre; was promoted to the rank of petty officer second class by Officer Commanding Pers Admin Major Rigby, left, with Master Warrant Officer Semenchuk.



August 5, Master Corporal Jonathan Provost, second from right, was promoted to current rank by 405 (Long Range Patrol) Squadron Deputy Commanding Officer Major Andrew Smith, left, with Master Warrant Officer Jason Patterson; and his girlfriend, Annie. Aviator J. Powless



August 5, Aviator Mitchell Rideout, centre, was promoted to aviator trained by 405 (Long Range Patrol) Squadron Deputy Commanding Officer Major Andrew Smith, left, with Master Warrant Officer Jason Patterson. Aviator J. Powless



July 24, Aviator Alexandre Legault, centre, a mobile support equipment operator with 14 Mission Support Squadron's Transportation and Electrical & Mechanical Engineering; was promoted to aviator trained by officer commanding TEME, Major Henneberry, left, with Master Warrant Officer MacDonald.



July 24, Aviator Nicholas Fraser, centre, a traffic technician with 14 Mission Support Squadron's Transportation and Electrical & Mechanical Engineering; was promoted to aviator trained by officer commanding TEME, Major Henneberry, left, with Master Warrant Officer MacDonald.



July 17, Master Corporal Ryan Pyke, right, of 14 Air Maintenance Squadron received his promotion to the rank of sergeant from Lieutenant-Colonel Cory Marchand, left, Commanding Officer 14 AMS, with Master Warrant Officer Paul Mooney in the 10 Hangar squadron theatre. Corporal Y. Kang, 14 Wing Imaging



July 24, Private Derrick Nickerson, centre, a mobile support equipment operator with 14 Mission Support Squadron's Transportation and Electrical & Mechanical Engineering; was promoted to aviator trained by officer commanding TEME, Major Henneberry, left, with Master Warrant Officer MacDonald.



July 17, Master Corporal Chad McCray, right, of 14 Air Maintenance Squadron received his promotion to the rank of sergeant from Lieutenant-Colonel Cory Marchand, left, Commanding Officer 14 AMS, with Master Warrant Officer Paul Mooney in the 10 Hangar squadron theatre. Corporal Y. Kang, 14 Wing Imaging



July 16, Petty Officer 2nd Class Kim Sampson, centre, was presented with the 14 Wing Command Team Coin by Colonel Brendan Cook, right, and Wing Chief Warrant Officer Dan Campbell for her leadership of the Cleaning Section throughout the COVID-19 pandemic. At the very start of the wing change in posture in March, there was a large amount of uncertainty regarding COVID-19, how it was spread and how best to protect yourself. Sampson wanted to ensure her staff was protected even prior to masks becoming mandatory, so she took it upon herself to provide them with homemade masks she had sewn so they could continue their work with confidence. This type of leadership and care for the people you work with exemplifies the 14 Wing motto, "Operate as One," making PO2 Kim Sampson deserving of this award.



September 9, Corporal Chane Fortin, centre, 14 Mission Support Squadron; received the Wing Commander's Commendation from Wing Chief Warrant Officer Daniel Campbell, left, with Lieutenant-Colonel Sherri Buckler (right), 14 MSS commanding officer. Corporal Y. Kang, 14 Wing Imaging



Aviator (Trained) Chapman, centre left, an electrical generation system technician was promoted September 1 by her partner, Aviator Emery, centre right. Officer Commanding Construction Engineering Major James Gannon, left, oversaw the promotion, with Master Warrant Officer MacDonald. Submitted



Petty Officer Second Class Jessica Harper, centre, was promoted to Petty Officer First Class September 14 by Deputy Wing Commander Lieutenant-Colonel Dale King, left, at 14 Wing Greenwood's headquarters. Sailor First Class C. Moon, 14 Wing Imaging



Master Corporal Shaughn Bartram, centre, was promoted to sergeant at the Hornell Centre August 14 by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Shawn Dyer, right, with Chief Warrant Officer Jon Freeman. Corporal K. Neate



September 10, Corporal Alyssa Wagg, centre, a mobile support equipment operator with 14 Mission Support Squadron's Transport & Electrical & Mechanical Engineering Flight, was promoted to corporal by Officer Commanding TEME, Major Henneberry, left, with Master Warrant Officer Adams.



September 9, Corporal Keith Crawford, right, 14 Mission Support Squadron; received the Wing Chief Warrant Officer coin from Wing Chief Warrant Officer Daniel Campbell. Corporal Y. Kang, 14 Wing Imaging



July 7, Corporal Katherine Fortin, centre, a mobile support equipment operator with 14 Mission Support Squadron, Transportation and Electrical & Mechanical Engineering, was promoted to corporal by Officer Commanding TEME Major Henneberry, left, with Master Warrant Officer MacDonald. Submitted



July 27, Aviator Parker Mobley, centre, of 407 Squadron in Comox was promoted to aviator trained by acting commander of 404 (Long Range Patrol and Training) Squadron Major Dan Arsenaull, right, with Chief Warrant Officer Jon Freeman in front of AC CP140109 in Hangar 11, 14 Wing Greenwood. Corporal K. Neate



September 14, Warrant Officer Terry Wells, left, was presented a Quilt of Valor by association representative Brenda Hulan in the 14 Wing Greenwood headquarters. Sailor First Class C. Moon, 14 Wing Imaging

# Fall frolic

## 4 signs it's time to replace your front door

(NC) There's a difference between wanting a new front door and needing one. With the change in seasons underway, now is the perfect time to ensure your doors are up to par. Here are four reasons to consider an upgrade:

**Wasted energy.** If your door is sticking, it could be for a number of reasons. The weather-stripping may have worn down, causing the door to stick or become unaligned with the frame. The constant weather changes cause doors to expand and contract, and

the shifting can throw off the alignment and create gaps where air can flow through. This means that even while your door is closed, you're losing air from your home and increasing your energy bill.

**Moisture, mould and mildew.** You probably never thought you could have mould and mildew issues with your door, but it can happen. If your front door has double-paned glass in it, it's at risk of developing moisture issues over time. Just like windows with double-paned glass, the

seal between these panes will break down, causing issues and decreasing energy efficiency.

**Seen better days.** The odd scrape and scuff marks will happen, but a door that is covered in scratches, cracks, dings and rust suggests its structural integrity may be compromised. Rust is also a sign that there is a moisture problem, likely coming from the wooden core inside your door.

**Curb appeal.** A beautiful new front door will instantly

increase your home's curb appeal. This is great news for those who are looking to put their home on the market as a new front door also increases your resale value. In fact, replacing your front door is one of the best investments you can make as it increases your energy efficiency while also adding to its aesthetic appeal.

Whether you decide to update your front door for looks, security or energy efficiency, the project is a smart investment in your home. →



## Faut-il rénover ou déménager?

(EN) Quand vient le temps d'améliorer votre domicile, certains projets faciles et abordables – comme changer la finition de vos armoires ou les repeindre – peuvent rafraîchir une pièce démodée. Si toutefois vous envisagez des changements plus ambitieux qu'une simple couche de peinture, déménager n'est pas le seul moyen d'embellir votre espace de vie.

Peu importe votre situation,

certains facteurs à prendre en considération peuvent vous aider à évaluer s'il est préférable de rénover ou de déménager. En voici quelques-uns :

**Votre maison compte-t-elle des espaces inutilisés?** Si le manque d'espace est le principal problème de votre maison, un peu d'ingéniosité (par exemple, déplacer un mur ou rénover le grenier) peut vous aider à exploiter des pieds carrés inutilisés, vous permettre d'ajouter une chambre ou

d'agrandir une petite pièce. Si vous modifiez votre demeure, n'oubliez pas d'aviser votre compagnie d'assurance pour l'informer de vos projets.

**Le quartier vous convient-il toujours?** Voilà la question primordiale! Un changement de carrière ou une nouvelle étape de la vie peuvent vous inciter à privilégier la proximité des transports en commun ou d'une école de bonne réputation. À mesure que votre situation et vos objectifs personnels évoluent, il est important

que votre maison réponde à vos besoins, et que votre quartier offre les commodités qui conviennent le mieux à votre style de vie.

**Le coût des rénovations vous inquiète-t-il?** Les propriétaires s'inquiètent souvent du coût des rénovations, en particulier lorsqu'ils tiennent compte des imprévus. Alors que rénover représente en soi un engagement financier considérable, les gens oublient souvent les coûts associés à l'achat et à la vente d'une propriété, ce qui peut rapidement occasionner des dépenses importantes. Une ligne de crédit sur valeur domiciliaire vous permet d'utiliser la valeur nette de votre maison pour accéder au crédit. Généralement assortie d'un taux d'intérêt inférieur à celui des prêts non garantis, elle peut vous aider à gérer vos liquidités. →

The Aurora Newspaper presents

# Fall frolic

Advertise in The Aurora Newspaper  
**October 5** (deadline Sept. 30, noon)  
**October 12** (deadline Oct. 7, noon)  
 in our full colour lifestyle promotion.

## Save 10% per week.

All ad sizes welcome!

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

**STORAGE** Deployment? • Déploiement?

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 www.kellocks.ca | kellocks2017@gmail.com

# Fall frolic

## Qu'est-ce qu'on mange ce soir?

(EN) Vous n'êtes pas seul à n'avoir aucune idée de ce que vous mangerez ce soir. Vous ne serez peut-être pas surpris d'apprendre que 80 % des Canadiens ne savent toujours pas, à 16 heures, ce qu'ils donneront à manger à leur famille.

Reprendre une routine peut être difficile une fois que les enfants retournent à l'école. Heureusement que le chef exécutif Martin Patenaude

peut nous aider à prendre la situation en main.

« En tant que tout nouveau papa, je sais qu'il est difficile de planifier ses repas, mais cela n'a pas à être compliqué ou stressant. Lorsque vous faites vos achats hebdomadaires, essayez d'acheter différents produits frais locaux, des protéines et des grains entiers que vous pourrez combiner facilement pour créer

des options de repas rapides et délicieuses qui plairont à toute la famille. »

Si vous avez le goût de l'aventure, pourquoi ne pas essayer de mélanger une purée de patates douces avec des pommes locales sautées à la poêle avec un soupçon de sirop d'érable? Ce plat d'accompagnement délicieux et nourrissant se marie bien avec une poitrine de poulet aux

finies herbes ou une truite locale poêlée.

« On croit souvent à tort qu'un plat simple et rapide est forcément sans intérêt, alors que ce n'est pas du tout le cas », ajoute Martin Patenaude. « Pour gagner du temps et revenir à des options

de repas rapides et créatives, les magasins Provigo ont récemment lancé des ensembles repas Concocté par nos chefs. »

Ces ensembles offerts en quatre variétés dont

le poulet au beurre et la lasagne au bœuf et aux épinards contiennent des portions d'ingrédients crus qu'il ne reste plus qu'à assembler et à cuisiner. Si vous êtes pressé, il existe d'autres variétés qui ne demandent qu'à être réchauffées avant d'être servies. Vous trouverez ces options pratiques dans la section des repas prêts à emporter de votre magasin local. →



## Savvy savings for students

(NC) If you're a university or college student, or the parent of one who is leaving home, budgeting is bound to be top of mind.

Creating healthy saving and budgeting habits will go a long way towards reducing stress now and being able to afford a good lifestyle in the future. Here are some ways to get a young person's finances on track as they gear up for the next chapter:



- Categorize spending into needs versus wants, and don't confuse the two. Needs are absolute staples, such as essential clothing, food and transportation, while that trendy blouse or concert ticket is most certainly a want.
- A good rule of thumb is to

keep wants (or discretionary spending) at 15 per cent or less of an overall monthly budget.

keep wants (or discretionary spending) at 15 per cent or less of an overall monthly budget.

- Buy used items whenever possible to save money, whether it's textbooks, household items or clothes and accessories.
- Don't eat up savings by ordering or dining out too often. Taking advantage of grocery store specials and learning to prepare at least a few nutritious meals can benefit wallets and overall health.
- If itching for a new purchase, getting rid of old stuff first is essential. Start with a closet

cleanout and give away anything that hasn't been used in a while to a worthy organization like Diabetes Canada. Learn more at declutter.diabetes.ca. →

**DURLINGS** Master Greg Durling  
 6th Degree Black Belt

Come in and try our **FREE** introductory lesson.

Classes held in the Greenwood Mall upstairs at East-Coast Fitness Monday-Wednesday Evenings

For more information call: (902) 825-3489 Text: 902-825-9023

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 contact@wattsupSolar.ca

WattsupSolar

**Chris d'Entremont**  
 Member of Parliament for West Nova/Député - Nova-Ouest

We are now open to the public  
**Tuesdays and Thursdays**  
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 778 Main Street, Kingston, NS B0P 1R0  
 902-242-3605

1-866-280-5302 (Toll free/ Sans frais);  
 chris.dentremont@parl.gc.ca

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 Associate  
 Kingston Branch Office  
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**EMPLOYMENT OPPORTUNITY**  
Greenwood Military Family Resource Centre (GMFRC)

**JOIN OUR TEAM!**  
**BILINGUAL ADMINISTRATIVE RECEPTIONIST**

Do you have a passion for celebrating and supporting military families? If you thrive on providing excellent customer service, finding answers and solutions, and making all feel welcome, this is the job for you. If you like a fast paced, busy office where exibility and ingenuity is a must, consider joining our team.

**Who we are looking for:** A bilingual co-worker with an a Diploma in Office Administration or equivalent

**Experience you should have:** Minimum of 3 years' experience providing customer service and administrative support within a community or social service agency

**Your contribution to the team will include:**

- **Candidate MUST be bilingual**
- Excellent verbal and written communication skills in both official languages
- Excellent organizational skills
- Sensitivity and tact in dealing with people
- Ability to organize and prioritize workload effectively to meet deadlines
- Working knowledge of IT office requirements
- Strong understanding of the military family lifestyle is a definite asset
- Belief in the principle of volunteerism
- Demonstrated proficiency in the use of Microsoft Word, Excel, Access, Outlook and the Internet

New Team members must complete a Child Abuse Registry Check, Criminal Record Check, Vulnerable Sector Screening, and Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours required.

If you are interested in joining our team, please submit your resume **before noon on Friday, Oct 2** to:

**Michelle Thibodeau Wagner**, Operations Manager  
email: home@greenwoodmfr.ca (MS Word or PDF format) Subject line: resume – Receptionist  
mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0 fax: 902-765-1747  
drop off in person: The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

The Greenwood MFRC is committed to employment equity.  
You can read more about the GMFRC at: caconnection.ca

**POSSIBILITÉ D'EMPLOI**  
Centre de ressources pour les familles militaires de Greenwood (GRFMG)

**JOIGNEZ NOTRE ÉQUIPE!**  
**RÉCEPTIONNISTE ADMINISTRATIVE BILINGUE**

Avez-vous une passion pour célébrer et soutenir les familles des militaires? Si vous souhaitez fournir un excellent service à la clientèle, trouver des réponses et des solutions et que tous se sentent les bienvenus, cet emploi vous concerne. Si vous aimez un bureau dynamique et occupé, où la souplesse et l'ingéniosité sont indispensables, songez à vous joindre à notre équipe.

**Qui nous cherchons :** Un(e) collègue bilingue avec un diplôme en administration de bureau ou l'équivalent

**Expérience que vous devriez avoir :** Minimum de 3 années d'expérience dans le service à la clientèle et le soutien administratif au sein d'une agence communautaire ou de service social

**Votre contribution à l'équipe comprendra :**

- **Le candidat/La candidate doit être bilingue.**
- Excellentes habileté de communication orales et écrites dans les deux langues officielles
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle
- Habilité à organiser et prioriser efficacement la charge de travail afin de respecter les échéances
- Connaissance pratique des systèmes informatiques relatifs au fonctionnement d'un bureau
- Une solide compréhension du mode de vie des familles militaires est un atout certain
- Croyance au principe du volontariat
- Démontre des compétences dans l'utilisation des logiciels Microsoft Word, Excel, Access, Outlook et Internet

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire, dépistage des secteurs vulnérables et fiabilité approfondie. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitæ **avant midi le vendredi 2 octobre**, à l'attention de :

**Michelle Thibodeau Wagner**, Directrice des opérations  
Courriel : home@greenwoodmfr.ca (en MS Word ou en PDF) Sujet : résumé – Réceptionniste  
Poste : CRFM Greenwood C.P. 582, Greenwood, N-É, B0P 1N0 Télécopieur : 902-765-1747  
En personne : Le CRFMG est situé dans le Centre AVM Morfee, School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.  
Pour de plus amples renseignements sur le Centre, visitez : connexionfac.ca

**POSSIBILITÉ D'EMPLOI**  
Centre de ressources pour les familles militaires de Greenwood (CRFMG)

**JOIGNEZ NOTRE ÉQUIPE!**  
**COORDONNATEUR/COORDONNATRICE DES SERVICES DE PRÉVENTION, DE SOUTIEN ET D'INTERVENTION (Poste à temps plein)**

Si vous comprenez les défis uniques du mode de vie militaire et que vous êtes passionné par le soutien au bien-être émotionnel des familles des Forces armées canadiennes, c'est le poste qu'il vous faut. Ce poste exige une personne qui excelle dans l'évaluation et la référence, l'intervention et le conseil à court terme, et le soutien en cas de crise. Vous aurez un impact positif sur la santé mentale des familles militaires en créant, en facilitant et en évaluant des programmes éducatifs et préventifs intuitifs et significatifs pour toutes les familles militaires et vétérans. Vous ferez partie d'une équipe professionnelle et collaborative dont le principal objectif est de soutenir et de célébrer les familles des militaires de la 14e Escadre.

**Qui nous cherchons :** Nous recherchons un candidat qui détient un baccalauréat en travail social et qui est admissible à l'obtention d'un titre professionnel décerné par l'organisme de réglementation de la province ou possède ce titre.

**Expérience que vous devriez avoir :** De trois à cinq ans d'expérience de la gestion de crise, de l'éducation familiale, de l'intervention à court terme et du soutien aux familles.

**Votre contribution à l'équipe comprendra :**

- Faire preuve d'un très haut niveau d'entregent, d'empathie et d'esprit d'équipe et d'une très grande compréhension de principes éthiques et de l'application de ces derniers.
- Expérience de l'élaboration, de la mise en oeuvre, de l'animation et de l'évaluation d'activités de formation et d'éducation aux adultes, de même que d'activités liées à la dynamique de groupe, à l'intervention en cas de crise, et aux dynamiques et aux processus liés à la famille.
- Excellentes habiletés d'évaluation et de tact dans des situations causant beaucoup de stress.
- Capacité manifeste de gérer efficacement des situations de crise avec d'efficaces pratiques de gestion des risques.
- Excellentes habilités en communication et habilités sociales; capacité de travailler indépendamment et de collaborer en groupe en faisant preuve de souplesse et de créativité.
- Bonne compréhension du processus de développement communautaire et connaissances pratiques des ressources communautaires.
- Connaissance du travail au sein d'un organisme sans but lucratif et d'une équipe de bénévoles.
- Connaissance des difficultés propres au mode de vie des familles militaires.
- Le candidat/La candidate idéal est bilingue.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, dépistage des secteurs vulnérables, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitæ **avant 16 h le vendredi 16 octobre**, à l'attention de :

**Margaret Reid**, Directrice exécutive  
Courriel : home@greenwoodmfr.ca (en MS Word ou en PDF) Sujet : resume – PS  
Poste : CRFM Greenwood C.P. 582, Greenwood, N-É, B0P 1N0 Télécopieur : 902-765-1747  
En personne : Le CRFMG est situé dans le Centre AVM Morfee, School Road, in Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.  
Pour de plus amples renseignements sur le Centre, visitez : connexionfac.ca

**EMPLOYMENT OPPORTUNITY**  
Greenwood Military Family Resource Centre (GMFRC)

**JOIN OUR TEAM!**  
**COORDINATOR of PREVENTION, SUPPORT, INTERVENTION Services (Full Time Position)**

If you understand the unique challenges of the military lifestyle and have a passion for supporting the emotional well-being of Canadian Armed Forces families, this is the job for you. This position requires someone who excels at assessment and referral, short-term intervention and counselling, and crisis support. You will positively impact the mental health of military families by creating, facilitating and evaluating intuitive and meaningful educational and preventative programs for all members of military and veteran families. You will be a member of a collaborative, professional team whose main goal is to support and celebrate the military families of 14 Wing.

**Who we are looking for:** We are looking for someone with a Bachelor of Social Work degree who is eligible or is registered with the appropriate provincial licensing body

**Experience you should have:** 3-5 years' experience in crisis management, family education, short-term intervention, and family support.

**Your contribution to the team will include:**

- A high degree of interpersonal effectiveness, empathy, commitment to teamwork and strong understanding and application of ethical principles.
- Experience in the development, implementation, facilitation and evaluation of adult education and training, group dynamics, crisis intervention, and family-related dynamics and processes.
- Excellent assessment skills as well as sensitivity in dealing with highly stressful situations.
- Demonstrated ability to effectively manage crisis situations with solid Risk management practices.
- Excellent communication and interpersonal skills; ability to function both independently and collaboratively in a flexible and creative manner required.
- Have a clear understanding of the community development process and a working knowledge of community resources.
- Knowledge of working within a not for profit organization and with a volunteer team
- Knowledge of the unique challenges of the military family lifestyle.
- Ideal candidate is bilingual

New Team members must complete a Child Abuse Registry Check, Criminal Record Check, Vulnerable Sector Screening and Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours being required.

If you are interested in joining our team, please submit your resume **on or before 4:00 p.m. on Friday, October 16** to:

**Margaret Reid**, Executive Director  
email: home@greenwoodmfr.ca (MS Word or PDF format) Subject line: resume – PS  
mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0 fax: 902-765-1747  
drop off in person: The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

The Greenwood MFRC is committed to employment equity.  
You can read more about the GMFRC at: caconnection.ca



## Serious calls mark SAR work in recent days

September 13, the Halifax Joint rescue Coordination Centre engaged 14 Wing Greenwood search and rescue assets with 413 (Transport and Rescue) Squadron in a call for assistance on Long Point, New Brunswick. Just after 3:30 a.m., CH149 Cormorant Rescue 912 left Greenwood to help in the search for a pick-up truck which went off the end of the Long Point ferry, with two

people reportedly inside. The crew helped on scene for several hours, with a second crew, R903, put on back-up for a 2:30 p.m. launch from Greenwood. R903, in fact, left just after 1 p.m. and was on scene to assist around 2:30 p.m. R912 returned to Greenwood. JRCC stood down R903 later that afternoon, and the helicopter landed in Greenwood just after 8 p.m.

September 16, Cormorant R912 was airborne on a night training when tasked just before 9 p.m. by JRCC to search for a 14-foot aluminum boat in rough weather off Pictou Island. The helicopter was stood down en route to Pictou about an hour later, but was then re-tasked for an overturned boat near Fox Island, Prince Edward Island. That vessel reportedly had three people aboard; one self-recov-

ered, but two were missing. Hercules R337 was also tasked, just before 2 a.m. September 17, to provide illumination as the Cormorant searched. R912 returned to Greenwood at 6 a.m. September 17 for crew

changeover, with JRCC tasking a Cormorant day crew to continue on the search. That crew, R903 left Greenwood just after 7 a.m. The Hercules returned to Greenwood just before 8 a.m. The Cormorant returned

to Greenwood just after 7 p.m. after a day's search. At this point, JRCC had approved a search reduction, and it was not anticipated 413 Squadron assets would be tasked again for this event. →

## 100-Plus Women continue gift-giving

100-Plus Women Who Care Annapolis Valley is not allowing COVID-19 gathering restrictions stop them; in fact, members know just how much their financial donation means to community groups.

Undaunted, the group invited members to, as normal, nominate deserving charities before their September 17 quarterly meeting. Three were randomly chosen to prepare a five-minute video presentation in place of an in-person talk, which the 100-Plus Women committee compiled into a virtual meeting. Members were encouraged to watch online and then vote for one winner, with the Valley Hospice Foundation announced as the group's chosen charity.

Presenting September 17 were the Valley Hospice Foundation, Hants County Christmas Angels and Ross Farm Museum. The hospice will use its 100-Plus Women support for its care and comfort fund, providing the "little touches" for patients and families who will spend some emotional and important time at the new Kentville palliative care facility.

gels supported 270 families through the holiday period in 2019, and anticipates 2020 will present an even greater challenge. Both received K-Rock advertising promotional support to help them in their work. →

*~ Obituary ~*

**McLEAN, John "Jack" K.,**  
Kingston, NS

McLEAN, John "Jack" K. ~ Passed away peacefully in his sleep at Soldiers' Memorial Hospital on 17, September 2020. Jack is survived by his wife Diane E. McLean and 4 children, Ron, Jacquey, John, Tina, sisters, Nancy and Sue. He was also a grandfather of 9 and great grandfather of 7. Jack was predeceased by two brothers and one sister. He was born and raised in London, Ont. At the age of 17 joined the military and served as a flight engineer on the Hercules and 707 aircraft, retiring after 25 years of service. He joined "Wardair" airlines flying 727 aircraft, retiring for the second time at age 65 with his wife, Diane in Kingston, NS where they have lived for 22 years. Jack was a member of the Royal Canadian Kingston Legion Branch # 98. Arrangements have been entrusted to Middleton Funeral Home, 398 Main St. 902-825-3448. There will be a private service at a later date. Donations in Jacks memory can be made to a charity of choice. Online guestbook may be signed by visiting: www.middletonfuneralhome.com

Ross Farm Museum, work-

# Wing time capsule still collecting 2020 highlights

Still thinking of a way to memorialize 2020? It's not too late to submit a memory or artefact to the 14 Wing Greenwood 2020 time capsule project. A drawing? A coin? A roll of toilet paper? Submit anything you think would capture 2020 for future generations. Please make submissions under the size of a coffee cup

or use a standard sheet of paper. General submissions will be accepted depending on space. Due to space requirements, submissions should be sized to a maximum of either a coffee cup for an item or a standard sheet of paper. Everyone is invited to participate in this unique project so, if you are interested, email the following information to

jeremy.scholz@forces.gc.ca : name, age, city, email, unit/section/ wing affiliation (if applicable), item description and size, and a brief explanation of why your submission captures 2020. Feel free to include a picture. The capsule will be buried later in mid-October, so entries should be in by the end of September for consideration. →

**KINGSTON RECREATION**  
**OLDER ADULT FITNESS**  
with COVID-19 Restrictions

**WHO? Any Older Adult 55 +.**

**WHAT? Fun & social low impact aerobic activity program.**

**WHERE? Kingston Legion Br. #98 | Veterans Lane**

**WHEN? Tues/Thurs 10 a.m. - 11 a.m. Beginning TUESDAY Oct 6th @ 10 a.m.**

**Cost: \$4 per class or \$30 for a 10 class Punch Card**  
— Sign up at the Village Office or give us a call at 902-765-2800.  
Email : recreation@kingstonnascotia.ca

**Kingston Legion Br 98 ~ October 2020**

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479  
E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Branch 098

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3
						Chase the Ace! 3:30 p.m.
BINGO 1:30	4	5	6	7	8	9
						Chase the Ace! 3:30 p.m.
BINGO 1:30	11	12	13	14	15	16
						Chase the Ace! 3:30 p.m.
BINGO 1:30	18	19	20	21	22	23
		EXEC. MEETING 7:00				Chase the Ace! 3:30 p.m.
BINGO 1:30	25	26	27	28	29	30
		GENERAL MEETING ELECTIONS 7:00				Chase the Ace! 3:30 p.m.

Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART** 613 Main St. KINGSTON 902-765-2103 26 Commercial St. MIDDLETON 902-825-4822



The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words.

NOTICE: Many community events are affected as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

517 F/Lt Graham Air Cadets Are you new to the Greenwood area, looking to transfer to a new unit or just interested in joining Cadets? You may reach out 517 Flight/ Lieutenant Graham Royal Canadian Air Cadet Squadron for membership information at 517fltgraham@gmail.com or 517Air@cadets.gc.ca.

residents. Hope to see you! The start up date for Cadets is TBD. Op Shop now open The Op-Shop, located in the Greenwood Mall, is open Monday to Friday, 1 p.m. to 3 p.m.

Masonic Lodge museum exhibit To December 18, the Kings County Museum hosts an exhibit, "Kentville Lodge No. 58 Commemorating 150 Years of History: 1870-2020." It all started in 1869, with a growing population, a railway station and a group of like-minded men with a vision to make their community the best it could be.

metro crossword

1 2 3 4 5 6 7 8 9 10 11 12
13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68

- ACROSS
1. Emaciation
6. Million barrels per day (abbr.)
9. Light dry-gap bridge system (abbr.)
13. Anatomical term
14. Tropical starchy tuberous root
15. Jewish calendar month
16. Round Dutch cheese
17. Western Pacific republic
18. List of foods
19. It can strike the ground
21. Drenches
22. Some are cole
23. Squad
24. Expresses emotion
25. One point east of due south
28. Satisfaction
29. Holds nothing back
31. Top of the body
33. Not well-liked
36. Did slowly
38. Greek goddess of the dawn
39. Gland secretion
41. Vital to existence
43. Aristocratic young women
45. Erik \_\_\_\_, composer
46. Not young

- 48. Jewish term for 'Sir'
49. Secondary school
51. \_\_ student: learns to heal
52. Regarding
54. Highly excited
56. Mainly
60. Thin, narrow piece of wood
61. Cakes
62. Biomedical nonprofit
63. Dried-up
64. One who is symbolic of something
65. Body part
66. Muslim ruler
67. Women from Mayflower
68. Notes
69. Caesar, comedian
DOWN
1. Not us
2. Helper
3. Bleat
4. Type of chair
5. Jr.'s father
6. Necessary for certain beverages
7. Hillside
8. Dutch painter Gerrit \_\_
9. Gave a new look
10. Ancient Greek City
11. Confidence trick
12. Type of fund
14. From an Asian island

bolism behind this historic and fascinating organization. Learn how modern Masons maintain a solid foundation built on past tradition, while trying to thrive and continue their good works in a rapidly changing and challenging modern world. Available by guided tour by appointment only. Please contact the museum for times and availability: Kings County Museum, 37 Cornwallis Street, Kentville; 902-678-6237, kingscountymuseum.ca. Church services Sundays, 11 a.m., open air church services (weather permitting) at Wilmot Baptist Christian Fellowship Centre. Bring a lawn chair, sit in one of our chairs in the shade or stay in your car. Government regulations still require social distancing and forbid bulletins, collection, hymnals or the use of our washrooms. Call 902-765-2386 for information on our open air services or our live on-line Bible study or recorded Sunday and mid-week messages. Lions 50/50 online fundraiser The Lions Clubs of Nova Scotia are excited to announce a

monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at https://rafflebox.ca/raffle/lionsclub. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month. Girl Guide opportunities: Berwick Berwick Girl Guide units (Sparks, Brownies, Guides, Pathfinders) are meeting now: it is never too late to join in! Registration details, a find-a-unit map and COVID-19 activity plans are all available at girlguides.ca. For local info: "Berwick Girl Guides" on Facebook or contact Sara, 902-599-1833. Accessible Adventurers Fireside Chat September 30, join Hike N.S.'s virtual fireside chat with the Accessible Adventurers to learn about their travel adventures and accessibility reviews. Details and registration at hikenovascotia.ca. Yard sale October 3, 8 a.m. to noon, the Middleton Fireflies host a giant yard sale at the Middleton fire hall parking lot. Please maintain physical distancing and use

masks, if possible, to protect yourself and others. Alternate date if raining: October 10. Luncheon October 6, noon to 1 p.m., the Kingston Lions host their monthly community luncheon, with three options: full table service (\$10), pick up at the hall (\$10), or delivered meals over 19. Tickets sold monthly for the draw on the first Thursday of the following month. Leave No Trace webinar October 6, 7 p.m., Hike Nova Scotia will offer a Leave No Trace webinar for new and experienced hikers. Details and registration at hikenovascotia.ca. Craft sale November 14 and 15, 10 a.m. to 4 p.m. each day, the Kingston Lions Club. Hosts a craft sale. Crafters from all over N.S.: over 50 tables, with lots of unique items to choose from. Silent auction and king size quilt raffle. Canteen services. Masks required. RCAF Association events The 107 Royal Canadian Air Force Association hosts many social activities, including darts, washer toss, dances, dinners, bingo, TGIFs and friendly conversation. Many of these events are open to the public. Drop by and see us: 904 Central Ave, Greenwood.

ALWAYS FRESH. ALWAYS. GREENWOOD • 902-765-6947

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horoscopes

September 27 to October 3
ARIES - Mar 21/Apr 20 A debate is growing inside of you, Aries. You do not know whether you should lean toward practical decisions or have a little fun. Why not do both?
TAURUS - Apr 21/May 21 Taurus, maintaining balance will be challenging this week. There's a conflict for which you can't seem to find a resolution. Give things a little more time.
GEMINI - May 22/June 21 You may be daydreaming a bit too much lately, Gemini. It's time to get your head out of the clouds and focus on some practical matters that need to be addressed.
CANCER - Jun 22/Jul 22 Cancer, when you are in charge of a situation, you have to keep in mind others' feelings before offering a critique. Take a moment before you give commentary.
LEO - Jul 23/Aug 23 Try to keep your emotions in check this week, Leo. This is not the time to let your feelings seep into a work environment. You have to remain focused and firm.
VIRGO - Aug 24/Sept 22 Virgo, even if something rubs you the wrong way this week, don't let others know. Surround yourself with people and activities you love so you can boost your mood.

sudoku

7 9 4 3 1
1 6 5 3 4 8
5 6 2 9 3
2 8 6 4
6 9 4 1
8 4 5
8 4 5 2
Level: Beginner

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

Food for Thought from the Upper Room

Captain Rob Albert, Upper Room Food Bank

Despite the gradual loosening of limitations by the Nova Scotia Health Authority as we continue to flatten the COVID-19 curve, our COVID-related procedures at the Upper Room Food Bank in Kingston remain in place. We returned to normal hours for the month of September, but there will be a new process in October which will see our hours increase slightly. More on this later.

The food bank has begun to hold its monthly board meetings, while following limitations from the Nova Scotia Department of Health regarding COVID-19 restrictions. The annual general meeting was held September 14 but, due to space limitations, we were unable to hold it in our facility. We elected our board positions, replacing our treasurer, Sharon Hatt, who steps down after seven years in the position. We also said goodbye to long-time board member Judy Snell, whose position has been filled by a member from a local church. Thank you both for your dedication during your tenure. We were also briefed on advice from Food Banks Canada and Feed Nova Scotia, who both advise stocking up at the food bank while the demand is relatively low, since it may increase significantly in the case of a second wave: we have been advised to be ready. Our next AGM is tentatively scheduled for September 13, 2021 - hopefully in our own facility once again.

During August, the Upper Room Food Bank served 102 families, consisting of 165 adults and 93 children, with 11,960 pounds of product going out and 21,360 pounds coming in. The incoming total includes 7,300 pounds provided by the Feed Nova Scotia network and 996 pounds purchased with local cash donations. The remainder is from local donations, including regular arrangements with several local businesses. Once again we are reminding our clients no one other than volunteer workers is allowed inside the building, as we have no protocol in place

to ensure it remains virus-free. This means everyone. We have a small, consistent group of volunteers to reduce the risk and we are not able to remove restrictions just yet. This policy prevents the use of bathroom facilities during your visit, so please plan accordingly.

Clients are currently being interviewed through the window; volunteers then bag up the order and deliver it to the parking lot where it is picked up. There is no contact between clients and volunteers, and everyone seems to have adapted well to this new process. Starting October 1, this process will change, with all clients being served by appointment, requiring them to announce their arrival. We will be open from 9 a.m. to noon Mondays and 6 p.m. to 9 p.m. Thursday evenings to accommodate this new procedure. This will mean a heavier workload for volunteers, but should cut down on the number of people waiting at any one time. All current clients should have received details in an email or phone call by now. If you have not received notification, please contact the food bank office and leave a message.

Donations are being accepted as usual, with drop off at the food bank or at the Kingston village offices (655

Main Street). Processing of donated food items will continue in accordance with directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations may be dropped off as normal, or call the office and someone will arrange to pick it up. A huge thanks to Sobeyes and all of the gas customers who drop their receipts in the container at the Needs Gas counter. As you may know, when purchasing gas at the Needs Gas station in the Sobeyes parking lot, customers receive a discount on their next Sobeyes grocery purchase. This usually does not amount to a large discount, so many customers decide to donate it to the food bank, and Sobeyes Greenwood honors these receipts for purchases by the Upper Room Food Bank. These pennies add up, totaling \$4,200 in groceries purchased for our clients over the last year. Regular hours are in effect, with the food bank open Monday morning from 10 a.m. to noon, and Thursdays from 7 p.m. to 8:45 p.m. This will continue until October 1, when we change to our new system. Our office number is 902-765-0303, or email upperroomfoodbk@hotmail.com. We may also be found on Facebook. ->

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E M I R D A R M E M O S

sudoku solution

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9 1 6 2 5 3 7 4 8
5 4 3 7 1 8 2 9 6
4 5 7 1 6 2 9 8 3
3 2 1 8 9 7 5 6 4
6 8 9 4 3 5 1 2 7
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Kingston Greenwood Community Health Board members Lorrie Penney and co-chair Pat Nixon volunteered at the CHB display at the recent 14 Wing Welcome EXPO. Submitted

## Community Health Board Wellness Funds open for application

**Pat Nixon, Co-chair  
Kingston Greenwood  
Community Health Board**

Well, the past six months have been interesting times! Like all of society, the Kingston Greenwood Community Health Board (CHB) is adjusting to the “new normal.” We have not had an in-person meeting for the past six months, electing instead to meet by Zoom and Web EX. Many initiatives had to be put on hold since March; however, we are now in the process of resuming activities in keeping with public health recommendations and protocols.

At our final board Zoom meeting prior to a summer break, we invited Dr. Elizabeth (Mandy) Kay Raining Bird, chair of Basic Income Nova Scotia, to speak about guaranteed basic income, an especially relevant topic in light of COVID-19. She was followed by Nancy Stewart from the Annapolis Valley Poverty Coalition to give a Valley-specific community health perspective on this topic. We opened this part of our meeting to the other 10 CHBs in the Western Zone, and many members took the opportunity to participate. As this is one of our CHB’s action plan items, it was extremely informative and relevant.

The Kingston Greenwood CHB currently has 10 members, including four new members: Lovely Bulahan, Kitty Arsenault, Lorrie Penny and Heather Young. As well, we would like to thank departing members Laura Fowler and Krystal Brown for their

efforts and contributions over the past years in making a difference in their community.

With fall, comes the annual application process for Wellness Fund Grants. This year, the process has been simplified to accommodate community groups impacted by COVID-19. Eligible organizations include non-profits, municipalities, schools and First Nations communities. Wellness fund grants up to \$10,000 are intended to support new and innovative projects that advance CHB priorities, use a population health-based approach in addressing the social determinates of health and, for this year, address issues arising from COVID-19. More information may be found at [communityhealthboards.ns.ca/wellness-funds](http://communityhealthboards.ns.ca/wellness-funds). The deadline is October 15. Groups in the Kingston Greenwood CHB area considering applying for a Wellness Fund Grant are strongly encouraged to contact coordinator Louise Hanavan at 902-526-0369 or [Louise.Hanavan@nshealth.ca](mailto:Louise.Hanavan@nshealth.ca) prior to submitting an application.

This year, our CHB will be tackling issues relating to safe, affordable, appropriate housing; guaranteed basic income, food security, active transportation and senior’s recreation. We always have a need for new, enthusiastic members, including youth, with fresh ideas so, if this interests you, please contact our Hanavan to discuss. The CHB is committed to being a group that values diversity, is free of discrimination and is representative of all our communities. →

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