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# the Aurora

Vol. 42 No. 01

JANUARY 18, 2021 NO CHARGE

[www.auroranewspaper.com](http://www.auroranewspaper.com)

## Aurora crew at home for international Pacific Thunder ex

“Five eyes” military forces partnered for a fleet synthetic training – joint exercise (FST-J), Pacific Thunder, December 6 to 10, including a CP140 Aurora crew from 405 (Long Range Patrol) Squadron, 14 Wing Greenwood.

The week-long virtual exercise was led by and included participants from the United States Navy, Marine Corps, Air Force and Army; as well as units from the Royal Australian Navy, Royal Canadian Navy, and Royal Canadian Air Force. Units were located throughout the United States, Japan, Canada and Australia.

“Exercises like FST-J strengthen the teamwork between our U.S., allied, and partner militaries,” said Rear Adm. Will Pennington, commander, Carrier Strike Group Five. “The complex virtual scenarios probe future security challenges in the Indo-Pacific and allow us to leverage the collective experience of our joint and international team. Smart

technology reduces costs and expands the problem set that we examine. It was especially useful this year in reducing risk within the COVID-19 environment.”

The synthetic nature of FST-J provided significant team-building between units and staffs in a dynamic environment, without the need to get ships and sailors underway. The training also reduced the complex logistics involved in live exercises and allowed for intricate and demanding tactical and operational scenarios. Limiting factors in live exercises - weather conditions, range restrictions and opposing force sizes - are fully customizable in the virtual space, allowing teams to focus on specific challenges throughout the training.

“To be able to fight an Australian warship to her full potential in a synthetic domain, alongside our American and Canadian partners, is a fantastic way to refine our shared skills and com-



**Royal Canadian Air Force Captain Donald McLellan, a navigator communicator, communicates with allied forces to assist his crew onto their targets in an Aurora CP140 trainer at 14 Wing Greenwood.**

Master Corporal R. Wilson, 14 Wing Imaging

plementary capabilities,” said Captain Pete Bartlett, director, Royal Australian Navy’s Fleet Force Generation directorate.

Due to its virtual nature, FST-J is particularly well-suited for training in the midst of the COVID-19 pandemic.

“FST-J provides a valuable opportunity to build and test the tactical expertise of geographically separated units during the challenges

presented by COVID-19,” said Commodore Richard Feltham, Commander Ca-

Continued on page 2...

## Monster Find & Win 2021

The Aurora Newspaper’s weekly Find & Win contest goes monster-size to mark the new year.

A multi-question edition of the newspaper scavenger hunt will be published in the January 25 issue.

- **Donate a product or certificate**, and the value of that item will be deducted from your ad cost (up to a \$100 prize, discount to a maximum of 50 per cent of the ad’s regular cost)
- You have multiple chances of having your business highlighted in the contest questions
- Participating business/ organizations’ colour logos will be included on the Monster Find & Win contest page.

**Deadline to book an ad is Wednesday, noon, January 20.**



the **Aurora**



The United States Navy's Lieutenant Zack Lukens serves as the sea combat tactical watch stander aboard USS Ronald Reagan (CVN 76) in Yokosuka, Japan, December 3.



Royal Canadian Navy Operations staff from HMCS Ville de Québec and Montreal work with allies from around the globe in a Halifax-class frigate trainer located in Halifax.



Royal Australian Navy Able Seaman Damon Jackson, a combat systems operator, with fellow crew members work in an Anzac-class frigate simulator in Sydney, Australia.

### Pacific Thunder...

...cover nadian Fleet Atlantic. "A virtual exercise such as FST-J is the perfect way to strengthen our commitment to upholding global security and prosperity while keeping our military and community safe and healthy." Tactical Training Group Pacific (TTGP), located in San Diego, facilitated the

FST-J, provided the virtual architecture and distributed training environment to participants. Pacific Thunder used a computer-based synthetic training environment, designed to simulate complex, real-world scenarios and threats. It allowed geographically separated units from around the globe to integrate in a tactically and operationally demanding virtual environment.

14 Wing's CP140 crew used the Aurora Procedure Crew Trainer (PCT) mission simulator, operated by 404 (Long Range Patrol and Training Squadron) at 14 Wing Greenwood. This is a tactical team trainer used for individual and crew mission training, used by RCAF air combat systems officers and airborne electronic sensor operators, and is Distributed Mission Training capable, allowing the PCT to connect with five eyes allies' simulators, trainers and actual ships across a classified network.

### Virtual special ops recruiting session with 427 Squadron January 20

427 (Special Operations Aviation) Squadron will be conducting a virtual information session for pilots and airborne electronic sensor operator Wednesday, January 20, at 8 p.m. This information session is for members interested in exciting opportunities starting in APS21. The virtual brief will be held via virtual platform, and Canadian Armed Forces members may participate from home.

427 SOAS is seeking motivated and talented individuals for the following roles: special operations aviation pilot, including the new manned airborne intelligence, surveillance and reconnaissance (MAISR) platform; and sensor operator. A CANSOFCOM pilot and AES Op representative will be present during the brief and available for questions. All interested personnel are encouraged to attend as opportunities to ask these 427 Representatives questions are rare.

To register, email CANSOFCOMRecruiting.RecruitmentCOMFOSCAN@forces.gc.ca for the link to the presentation. →



## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



November 20, peers participated in the in-flight promotion of Sergeant Michael Forbes, who started the day's training mission as a master corporal and landed that afternoon as a sergeant. He was presented with his new rank by Major Dave "Geordie" Prangley and Warrant Officer Kevin Laffin.



Warrant Officer John Dumolin, right, recently received his new rank from 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino.



December 14, Aviator (Trained) Brayden Sprague, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



November 23, Aviator Menard was promoted from aviator (basic) to aviator (trained) by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left; with Master Warrant Officer Arsenault.



December 17, Aviator (Basic) Erin Dove, centre, was promoted to aviator (trained) by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left; with Chief Warrant Officer Brian Nelson.



December 14, Aviator (Trained) James Wile, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



December 14, Captain Andrew Powell, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



December 17, Aviator (Trained) Nickolas Pearce, centre, was promoted to corporal by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left; with Chief Warrant Officer Brian Nelson.



December 14, Captain Kara Lilly, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



December 3, 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Angela Thomas, centre, was presented the Appointment to the Order of Military Merit by 14 Wing Greenwood Commander Colonel Brendan Cook, right, with Wing Chief Warrant Officer Dan Campbell. The Order of Military Merit recognizes distinctive merit and exceptional service displayed by the men and women of the Canadian Armed Forces. Many have demonstrated dedication and devotion beyond the call of duty, and the order honors them for their commitment to Canada.



December 14, Aviator (Trained) Timothy Wilson, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



Second Lieutenant Abhishek Batra, second from left, of Deputy Wing Command, was promoted to lieutenant November 25 with his spouse, Taran Grewal in attendance; by Deputy Wing Commander Lieutenant-Colonel Dale King, left, with Chief Warrant Officer John Martin.

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Advertisement for 'the Aurora' newspaper. Includes contact information for Managing Editor Sara White, Business & Advertising, Graphic Designer Brian Graves, and Administrative Clerk Diane Mestekemper. Also lists circulation (4,500 Mondays), website (www.auroranewspaper.com), and location (61 School Road, Morfee Annex). Includes social media links for Facebook and YouTube, and a list of useful links for various services like CANSOFCOM, CAF Connection Site, and National Defence and the Canadian Forces.



### Free winter equipment loans available

This is the winter to get outside and enjoy a new adventure! The 14 Wing Greenwood Community Centre has free adult and youth snowshoe and sled sign outs for individuals and families. Whether you are snowshoeing for the first time as part of your 2021 resolutions, want to get out on the beautiful snow-cov-

ered trails or are interested in some fun sledding time, the community centre can help make that happen. Loans are open to military and Defense Team members, as well as valid Community Recreation Card holders. Equipment sign out and returns will be Mondays and Thursdays from 9 a.m. to noon and 1 p.m. to 4 p.m. Please note, all COVID-19 rules, guidelines and regulations are in effect. Find 14 Wing Greenwood Community Recreation on Facebook @PSPGreenwood-RecreationPrograms or Instagram @14wingpsp, and call 902-765-1494 local 5341 to arrange your equipment loan. →

## Food for Thought from the Upper Room

Happy new year from the Upper Room Food Bank board of directors and volunteers. Hopefully, 2021 will be a year without as many of the challenges presented by 2020.

The Upper Room Food Bank continues to follow its COVID-19 procedures to comply with provincial guidelines. Clients requiring our services must call ahead to the food bank to arrange an appointment during normal operating hours. If the food bank is closed, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. This procedure limits personal contact, while reducing waiting time for clients.

During December, the Upper Room Food Bank served 96 families, consisting of 157 adults and 84 children, with 21,310 pounds of product going out and 24,018 pounds coming in. The incoming total includes 1,770 pounds provided by the Feed Nova Scotia network and 864 pounds purchased

with local cash donations. The remainder is from local donations, including regular arrangements with several local businesses.

Those who follow our monthly numbers may note the number of families served last month went down while the amount of food in/ out went up by a large margin. This is due to a combination of our Christmas hamper program and the holiday closure. Clients with no children are eligible to receive a Christmas hamper of items to get them through our holiday closure and provide a seasonal dinner. Our staff assist with local community programs that provide the same service for families with children, while our hampers fill a void for those who don't qualify for these other programs.

Donations are always accepted by dropping off at the food

bank (during open hours) or at the Kingston village offices (655 Main Street). Processing of donated food continues in accordance with directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted. Our regular hours are back in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. We may also be found on Facebook. →




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

**We are now open to the public Tuesdays and Thursdays 9 a.m. - 3 p.m.**

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



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From the British Commonwealth Air Training Plan of WWII to preparing current and future RCAF aircrew for a rapidly changing world...

Our innovative Canadian training will support our Forces and help keep them and Canada safe.

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### Commendation a top recognition

December 10, 14 Construction Engineering Squadron Warrant Officer Shawn Stevens, left, was recognized with the highest award ever presented to a member of the squadron, a commendation from Chief of the Defence Staff General Jonathan Vance, for his selfless act July 25, 2018. Stevens was participating in a recruiting display exhibition in Bridgewater, Nova Scotia, part of the annual South Shore Exhibition. While carrying out his duties, he witnessed a police officer being assaulted and overpowered by a civilian. Stevens saw the situation had potentially dangerous consequences and, without hesitation, went to the officer's assistance. The assailant was successfully detained and arrested. Stevens' diligence and professionalism brought great credit to the Canadian Armed Forces. 14 Wing Greenwood Commander Colonel Brendan Cook read the commendation from Vance, as members of the squadron stood proudly as one of their own was recognized.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



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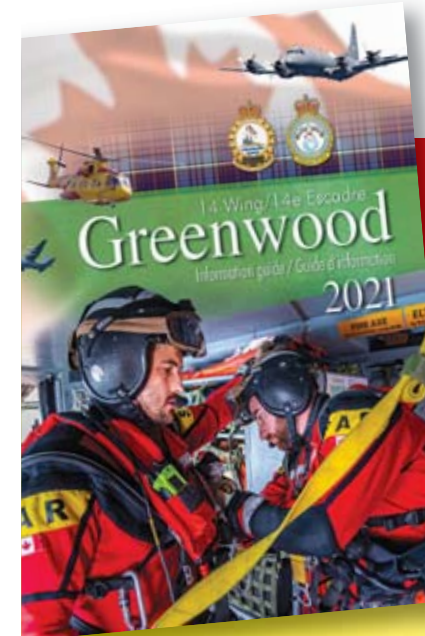


### 14 Wing Greenwood Information Guide 2021

Official publication providing information on all squadrons and sections operating at the Canadian Armed Force's largest air force base in Eastern Canada, along with community, family and recreational programs. This guide is distributed by the Greenwood Military Family Resource Centre to military families coming into our community, and is used as an awareness tool by the wing's public affairs officer and Greenwood Military Aviation Museum.

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Contact 902-765-1494 local 5833 or [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca)



# the Aurora

### ANNOUNCEMENT

**Proudfoot Law Office  
Parker & Richter  
Nathanson Seaman Watts**

Effective Thursday January 7, 2021, the law firm of **Nathanson Seaman Watts**, having assumed the law office of **Parker & Richter** at Greenwood during 2019, will now assume the law practice of **David Proudfoot, Proudfoot Law Office** also at Greenwood, Nova Scotia.

All ongoing files at both offices will continue without interruption with the operation of both offices and all closed files & records being consolidated to the location of Proudfoot Law Office at **811 Central Avenue, Greenwood, Nova Scotia** through January 2021.

**Nathanson Seaman Watts** is an established firm with a longstanding relationship with Parker & Richter and David Proudfoot and will continue to provide legal services in all areas of the law under the letterhead of **Nathanson Seaman Watts**.

Mr. Proudfoot will continue as Counsel to the Greenwood office of **Nathanson Seaman Watts** which will be headed by Solicitor **Bill Watts**.

Mr. Proudfoot would like to take this opportunity to thank the Kingston/ Greenwood community and the military community at large for allowing him to provide representation in over 15,000 files since he began practice here in 1991.

Finally, as we approach the holiday season our office extends wishes to all to stay safe and to stay well over the months to come.

**Bill Watts, Kate Seaman and Peter Nathanson  
David Proudfoot**



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](mailto: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 Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.alianzinc.ca](mailto: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 mercredi précédant la publication, à moins d'avis contraire.



# metro crossword

**solution page 7**

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18							
19				20				21				
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	24	25						26			27	28
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38				39					40			
	41		42						43	44		
			45						46			
	47	48							49			52
53					54				55	56		
57									58			
59					60				61			

- ACROSS**
- Partner to 'ooled'
  - Relaxing places
  - Humorous monologue
  - Simple elegance
  - Bearable
  - Disobedience
  - Express delight
  - Gov't attorneys
  - Wake up
  - A type of band
  - Remain as is
  - Turfs
  - Battle-ax
  - Volcanic crater
  - The mother of Jesus
  - One's life history
  - 'Rule, Britannia' composer
  - Doubles
  - Jacob \_\_\_\_\_ American journalist
  - Houssie pet
  - S. African river
  - Broad sashes
  - Establish as a foundation
  - KGB double agent Aldrich
  - Part of a book
  - Taxi
  - Pancakes made from
  - buckwheat flour
  - Train group (abbr.)
  - Frames per second
  - Have surgery
  - Formal withdrawal from a federation
  - Guitarist sounds
  - Greek war god
  - 2,000 lbs.
  - Former CIA
  - Most lemony
  - Engage in
  - Currency exchange charge
  - River in Tuscany
  - Breakfast dish
  - Defunct European currency
  - Upper class young woman
  - Part of a purse
  - Self-contained units
  - Boxing's GOAT
  - Legislators
  - Flightless birds
  - U. of Miami's mascot is one
  - Floating ice
  - Low, marshy land
  - Seldom
  - Lytic poems
  - Law enforcement agency (abbr.)
  - Full extent of something
  - Claus
  - Naturally occurring solid material
  - Acquired brain injury
  - behavior science (abbr.)
  - Thirteen
  - Partner to cheese
  - Member of a Semitic people
  - One thousandth of an inch
  - Former CIA
  - Most lemony
  - Engage in
  - Small Eurasian deer
  - Provisions
  - All humans have them
  - Swiss river
  - Rule
  - Storage term (abbr.)
  - Famed Broadway lyricist
  - Sammy
  - Dutch colonist
  - Full-grown pike fish
  - Egyptian sun god
  - Flute
  - Flew off!
  - Scottish tax
  - Young women's association
  - Populous Brazilian city
  - Malaysian lighthouse
  - Pointed end of a pen

**McDonald's** 954 Central Avenue Greenwood 902-765-6381

crossword brought to you compliments of

nity health board? This online session features a live Q&A with current volunteers to learn more about this rewarding opportunity to get involved. RSVP to [westernCHBs@nshealth.ca](mailto:westernCHBs@nshealth.ca).

**Blood collection clinics**  
January 25, 5 p.m. to 8 p.m., and January 26, noon to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services will host blood collection clinics in the Morfee Centre gym, School Road, Greenwood. Donors (new and returning) must make an appointment in advance at [blood.ca](http://blood.ca), or download the GiveBlood app.

**Intro to snowshoeing webinar**  
January 26, 7 p.m., Hike Nova Scotia and The Trail Shop will offer an intro to snowshoeing webinar. Details and registration at [hikenovascotia.ca](http://hikenovascotia.ca).

**Hike**  
January 30, 6:30 p.m., Hike Nova Scotia and the Ross Creek Centre for the Arts host an easy, 2 km, hike on the Primrose Path, Canning. Meet at the main door of the arts centre (555 Ross Creek Road, Canning). Visitor parking is to the left. Join us for raclette

afterwards with your snowshoeing partner or bubble. Bring your own snowshoes, or some are available for those who pre-register (or hike, if snow conditions do not allow snowshoeing). \$10 each or pay what you can. Participants may win a "trail" prize. Pre-registration mandatory at [property@artscentre.ca](mailto:property@artscentre.ca).

**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.

**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.

**Alcoholics Anonymous**  
If you want to drink, that's your business. If you want to

returning) must make an appointment in advance at [blood.ca](http://blood.ca), or download the GiveBlood app.

**Ultimate frisbee**  
Wednesdays, 9 p.m., the Annapolis Valley Ultimate Frisbee League invites new and experienced players to weekly indoor games at the Credit Union Rec Complex in Kentville. \$10 drop-in fee. Details on Facebook.

**Volunteer tutors needed**  
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.

**Board volunteers needed**  
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.

**Op Shop now open**  
The Op-Shop, located in the Greenwood Mall, is open Monday to Friday, 1 p.m. to 3 p.m. Donations are welcome. The funds they raise through sales are donated to various health initiatives and hospitals in the area. Volunteers are welcome: even one shift every week or two would be greatly appreciated. For information, call Mary 902-765-3063.

**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!

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# Preventing a pandemic of health problems

**Dr. Darrell Menard**

Studies have showed the restrictions placed on Canadians during the COVID-19 pandemic have resulted in a significant reduction in our physical activity levels.

In some countries, workers report they are sitting 75 minutes more during their work day. Sitting is now recognized as a health risk factor, and anything that increases the amount of time you spend sitting is undesirable.

In addition to sitting more, Canadians who work from home are not benefiting from the exercise they used to get walking to and from work and walking at their place of work. While this may not sound like a big deal, this decrease in physical activity starts to add up and the following are some unwanted side effects.

Over time, reduced physi-



**Dr. Darrell Menard**

cal activity can result in weight gain, and this can have many unwanted consequences including increasing the risk of developing diabetes, high blood pressure and heart disease.

We are designed to move, and being inactive reduces the strength of our core, arm and legs muscles. These changes not only make it harder to do things, such a mowing the lawn, but they also increase the

risk of musculoskeletal injuries, such as rotator cuff tears.

Even short periods of inactivity have been shown to make it challenging for some people to resume regular exercising – in essence, we can learn to be couch potatoes.

Social isolation and physical inactivity are a bad combination when it comes to mental health. Research has shown regular physical activity can play an important role in the treatment and prevention of mental health disorders, such as depression, PTSD and anxiety.

Your heart is a muscle, and it depends on you being



## STRENGTHENING THE ENERGISER LES FORCES

physically active to function efficiently.

Finally, the immune system functions better when you are physically active and, during this pandemic, this could potentially be a lifesaving benefit.

Staying active during this pandemic doesn't need to be complicated. It could be as simple as walking, jogging or cycling for 30 minutes five times a week. Try taking the kids and your dog with you – they need the exercise just as

much as you do. If you are having trouble finding the time to exercise, why not use the time you save not having to commute to and from work?

The bottom line: the COVID-19 pandemic has placed enormous stress on Canada's health care system. The last thing we need right now is to increase this burden with a "pandemic" of health problems related to being less physically active. Stay active, stay safe and we will get through this. ➔

*Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living. Strengthening the Forces is CAF/ DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*



**DON'T PAY UNTIL MARCH 2021!**

**⊕ NO MONEY DOWN, NOT EVEN THE TAXES.**

Ask us for details. \*O.A.C.

**OCTOBER 1 - 7 FEBRUARY 2021 • 1 OCTOBRE - 7 FÉVRIER 2021**

**NE PAYEZ RIEN AVANT MARS 2021!**

**⊕ NE VERSEZ AUCUN ACOMPTE, MÊME PAS LES TAXES.**

Demandez-nous les détails. \*S.A.C.

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Monday to Friday | 09:00 – 18:00 • Saturday | 10:00 – 17:00 • Sunday | 12:00 – 17:00

This winter, keep things COVID safe by layering on health habits.



- ◀ Wearing masks
- ◀ Physical distancing
- ◀ Washing our hands
- ◀ Keeping small social circles
- ◀ Installing the COVID Alert App
- ◀ Staying home if we're sick

Layer up this winter!

**NOVA SCOTIA** NovaScotia.ca/Coronavirus/