



A look ahead at return to 14 Wing sports

Sara White,
Managing editor

Get your sneakers, golf clubs and ball gloves ready: the military sports program is making a comeback.

The Canadian Armed Forces' National Sports Office has announced the return of 2022 regional and national championships for running, triathlon, golf, slo-pitch and soccer. The focus on outdoor sports into the fall will help sports organizers offer progressive and safer programs during ever-changing COVID-19 circumstances. Opportunities for international activities will be assessed on a case-by-case basis.

At 14 Wing Greenwood, Personnel Support Program sports co-ordinator Matt Gillis is busy planning how best – and how fast – sports programs will return. Getting athletes, from the beginner to the experienced, game ready means a winter and spring calendar full of clinics and pre-training opportunities.

Soccer – Gillis is looking now for coaches for both the wing's male and female teams. As soon as fields are practice-ready in the spring, players could be active. In the meantime, a casual indoor soccer program is offered Wednesdays, 6 p.m. to 8 p.m., for military members, at the Fitness & Sports Centre. For

information, contact Corporal Stan, titel.stan@forces.gc.ca or 902-765-1494 local 3237.

Running & triathlon – Running could be one of the most accessible sports programs for military athletes to take on now, planning individual programs that get them back to speed or race ready. Gillis says F&S Centre fitness instructors can help build running programs with both fitness and results goals, and may consider group trainings and clinics if there is demand. 2022 military race events could be offered virtually, but may see a return to in-person events as the calendar advances. If you're interested in triathlon, the F&S Centre is keen to offer tri-sport clinics, or specific sessions related to any of the swimming, running or cycling components. There is a small, strong core of triathletes at 14 Wing who would be happy to have newcomers join the sport.

Golf – The greens are certainly not green – yet, but 14 Wing golfers may let Gillis know they want to be included in the field as spring approaches. Intersection golf and wing competition will determine regional championship representatives.

Slo-pitch – Ball was removed from the CAF sports program, but it's back this spring as a safer sports activity in an outdoor setting.



Sports co-ordinator Matt Gillis is ready to get 14 Wing Greenwood athletes back in the game, as the next few weeks and months see a return to sports, specialty clinics and regional military championships. S. White

Gillis hopes strong support by athletes for its return helps in, potentially, a permanent return. In the meantime, he's looking for both male and female athletes to join a May training camp, the practice schedule and Atlantic regionals this summer. He's also looking for female team coaches.

In addition to the recognized sports program, Gillis has three more upcoming opportunities:

Powerlifting – The Atlantic region has national approval

to run a formal, competitive, recognized powerlifting championship this year. The event will be held at 14 Wing in May for military athletes in the region, similar to what has been hosted at Camp Aldershot informally in recent years. Gillis says a March clinic will be held for any 14 Wing athletes who are new to the sport, or who have experience. A number of people are already following a F&S Centre designed weekly training program, and newcomers are welcome to

sign on.

Squash – A two-day clinic at the F&S Centre in March will be held to promote the full return of squash to the indoor national sports program later this year. Now is a great time for newcomers and more experienced squash players to build skills. Gillis says a re-emphasis of a formerly well-supported program is good news, as squash is an accessible sport, and playable for both recreation and at a competitive level.

Grappling – Relatively new

interest in grappling continues to grow, as Gillis says he's ordered all new mats for Greenwood's gym to arrive in the next month or so. A May clinic will be set for newcomers and anyone with experience, and there will be a regional event organized later for athletes ready to test their skills.

For information on any of these sports seasons, programs and planned clinics, contact Gillis at 902-765-1494 local 5753 or matthew.gillis2@forces.gc.ca. →

Pull on a pink T in February 23 anti-bullying show of support

Our society's diversity becomes more visible as people embrace their cultures, identities and true selves. Unfortunately, there are bullies who see these people as targets because of those differences.

In 2007, Central Kings Rural High School classmates David Shepherd and

Travis Price bought and handed out pink shirts to their peers after witnessing a Grade 9 student being bullied for wearing a pink shirt to school. Since then, the intuitive has spread around the world: the pink shirt is now a symbol for anti-bullying. Price is still active and a leader in the Pink Shirt

Day movement and, through his efforts, many countries now recognize days to raise awareness on bullying and promote kindness.

This is truly a local success story and you, too, can show your support for anti-bullying by wearing a pink shirt Wednesday, February 23 – Pink Shirt Day 2022.

For Canadian Armed Forces members here at 14 Wing Greenwood, Wing Chief Warrant Officer Jonathan Proulx has authorized the wearing of a pink 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, locals seeing members with a pink shirt under their CADPAT may spark questions and a discussion – exactly what we would hope for! →



405 crews put proficiency into Pathfinder Cup challenge

Captain Joe MacKinnon & Captain Vicki Connors, 405 (Long Range Patrol) Squadron

Two years ago, a tradition was brought back to life at 405 (Long Range Patrol) Squadron. The Pathfinder Cup, named after the squadron's Second World War-era Pathfinder heritage, was given a facelift and became the prize for a fun - but challenging - squadron-wide competition between air crews.

The Standards and Training team at 405 Squadron are always looking to have some fun, while encouraging tactical development and creating competition between crews. Taking inspiration from the Fincastle Trophy, held between Commonwealth maritime patrol aircraft nations (Britain, New Zealand, Canada and Australia), the Pathfinder Cup is filled with scenarios based in anti-submarine warfare and designed to test crews' knowledge and war fighting skills.

The 2022 Pathfinder Cup took place during a cold



405 (Long Range Patrol) Squadron's Crew 2, holding the Pathfinder Cup after winning the challenging squadron-wide competition.

stormy day in February. 405 Squadron, with the support of 404 (Long Range Patrol and Training) Squadron, ran its flight crews through a series of quick reaction and scripted scenarios. To determine the winner of the cup, the crews were assessed using a long

list of criteria, including time, accuracy and teamwork.

Acting Standards & Training Flight Commander Captain Joe MacKinnon addressed the crews during the presentation of the winner.

"The simulations were designed to exercise the crews

of a war-fighting aircraft in the execution of their mission. Not only can you all achieve the mission, you are efficient and effective. That's your job and you do it well."

The commanding officer of 405 Squadron, Lieutenant-Colonel Tom Goldie, empha-

sized how competition creates excellence, and the winner gets to enjoy a bit of bragging rights as well. He then happily handed the cup to Captain Lisa Sisetki, Tactical Coordinator of Crew 2 - The Ardees, the team narrowly edging out the other crews to take the cup.

"I didn't expect to win!" said Sisetki, absolutely thrilled to be part of the winning team amongst some tough competition in her peers. "The hard work and knowledge gained over the past years of the entire crew shone through in this competition." →

Submitted

Drone pilot operating within RHU area

Greenwood Military Police have recently encountered a drone pilot operating within the Residential Housing Units area. They were unaware they were in restricted air space and thought they had followed proper procedures by registering and licensing their drone; however, the site they used was not listed with Transport Canada.

We would like to take this opportunity to educate the general public: drones are not to be operated at any altitude within the 14 Wing Greenwood control zone, unless the operator has a drone advanced operations pilot certificate and Air Traffic Control approval.

For approval, call Greenwood Operations, 902-765-1494 local 5457. →

Un pilote de drone opérant dans la zone ULR

La Police Militaire de Greenwood avons récemment rencontré un pilote de drone opérant dans la zone unités de logement résidentiel. Ils ne savaient pas qu'ils se trouvaient dans un espace aérien restreint et pensaient avoir suivi les procédures appropriées en enregistrant et en immatriculant leur drone, mais le site qu'ils utilisaient n'était pas répertorié auprès de Transports Canada.

Nous aimerions profiter de cette occasion pour éduquer le grand public, les drones ne doivent pas être utilisés à n'importe quelle altitude dans la zone de contrôle de la 14e Escadre Greenwood, à moins que l'opérateur n'ait un certificat de pilote d'opérations avancées de drone et une approbation du contrôle de la circulation aérienne.

Pour approbation, appelez Greenwood Operations au 902-765-1494 poste 5457. →

Make an impact in your community and provide support to those around you by becoming a residential support worker. Explore career opportunities throughout Nova Scotia.



NOVA SCOTIA Visit healthassociation.ns.ca and click on DSP Recruitment for more details.

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

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

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

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

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

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

VPI | VPI
www.vpiinternational.ca

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 | 14 Wing Welcome Schedule of events details | Lake Pleasant Campground 14 Wing's family campground | 14 Wing Greenwood Curling Club Open to military, community members | 14 Wing Health Promotion Tips, program highlights and resources

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Alcohol, gender and the unique situation for CAF personnel

Women in the Canadian Armed Forces (CAF) have unique issues to contend with: stressful work, deployments, re-engaging after deployments, working in a male-dominated environment, challenges with work/family balance and parenting. These and other emotional life events might lead one to increase their use of alcohol to cope or self-medicate.

Women's dependency on alcohol and other substances is often linked to suffering from issues such as partner violence, childhood abuse and trauma, and sexual assault. Further, drinking levels among women are often influenced by two other factors: their partner's drinking patterns and/or chronic conflict or stress in their relationships.

With respect to drinking, the CAF culture has shifted

quite a bit in the past couple of decades. Some people in the CAF may use alcohol in order to feel accepted and that they "belong" within their units. We must continue to work toward a CAF in which no member feels drinking alcohol is necessary to be part of the team.

It is important to recognize the difference between harmful "self-medicating" and productive "self-care." Alcohol may seem to work as short-term relief due to its sedative effect on the brain, and while it can appear to relieve stress, making you feel more relaxed; alcohol is a depressant. It can actually increase your anxiety and depression. If you are turning

to alcohol to cope when you are overwhelmed, anxious or depressed, consider seeking out other, healthier ways to cope. Examples are hot baths, yoga, gardening, massages, exercise classes, mindfulness, socializing with friends or family, long walks in nature – all are good alternates to alcohol.

Regardless of gender, using alcohol to cope is not self-care. The CAF has many resources to help you - or a loved one - deal with concerns about stress levels, unhealthy coping strategies or alcohol use. Reach out to those who can help you find strategies that will work for you. You do not have to do this alone. →

CAF resources

CF Health Services is the provider of health care services for eligible CAF members. Where service is unavailable, members may be referred to local community programs and services.

The **Canadian Forces Member Assistance Program (CF-MAP)** offers confidential, voluntary, short term counselling to assist CAF members and their families with resolving many of today's stresses at home and in the work place. Phone: 1-800-268-7708 or TTY - hearing impaired Line: 1-800-567-5803 (both available 24/7)

The **Family Information Line** is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Contact 1-800-866-4546 or fil@CAFconnection.ca

Canadian Forces Chaplain General - All bases provide a 24/7 chaplaincy, listening and support service. If you don't have a contact number near you, please call the family information line, which will redirect you to a chaplain in your area.

Junior A Wildcats back on Berwick ice

After a pause in the Maritime Hockey League season, the Junior A Valley Wildcats are set to return to the Kings Mutual Century Centre February 25 and 27. The Miramichi Timberwolves come to town for a Friday night tilt to open up the home stand, with game time at 7 p.m. The Cats' stay in action again Sunday for a 5:30 p.m. puck drop against

the South Shore Lumberjacks. The Wildcats are looking to pick up on a successful first half of the MHL season, before the most recent phase of pandemic restrictions. They currently sit in third place in the Eastlink South division, with a 12-11-2-1 record. Captain Luke Wilson has lead the Valley, with 30 points in 25 games played.

The organization did not rest on its laurels during the

break. Head coach and general manager Brandon Benedict went out and made some key acquisitions. A major deal with the Fredericton Red Wings brings in their former team captain, Philippe Casault, adding key leadership and scoring punch. The forward corps got further reinforcement in the form of Riley Spears, another trade acquisition from the South Shore Lumberjacks; and Cam Henderson has been

re-assigned from the Acadie-Bathurst Titan of the Quebec Major Junior Hockey League.

The February 27 game date is also "Meet the Wildcats" night, a fun night of hockey and fan appreciation. Players will be available in the lower concourse post-game for autographs and a meet and greet, and to help launch this season's Wildcat hockey cards.

The Wildcats are excited to welcome fans back to the KMCC in Berwick at 50 per cent reduced capacity, as per public health regulations, with 500 seat tickets available. As always, tickets are available online at showpass.com/wildcattickets, or at the door (pending online sales). →

Learn to coach, deliver cross country ski programming

Cross Country Nova Scotia is hosting an online (February 24, 6 p.m. to 9 p.m.) and Valley-based practical component of its Community Coaching Course (February 26 – classic technique and February 27 – skate technique).

The focus of this Nordiq Canada-developed program is to enable coaches to deliver youth ski instruction. All of the ideas and resources from this course can be easily adapted to teaching adults to ski.

For more information and to register, email John Cameron, ccns-president@sport-novascotia.ca. →

Enter to WIN four tickets

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Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, February 28, 2022.



Kings Mutual Century Centre, Berwick
Regular season games
March 5 vs Truro | 7:30 pm
March 6 vs Pictou County | 3 pm
March 11 vs Truro | 7 pm
March 12 vs South Shore | 7 pm
March 18 vs Edmunston | 7 pm
March 19 vs Yarmouth | 8 pm
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Winter weather complicates child's island medevac

Sara White,
Managing editor

Winter weather, an abandoned airstrip on a remote island and a young patient needing to get to hospital added all of their considerations to a challenging medevac February 8.

The Halifax Joint Rescue Coordination Centre tasked a 14 Wing Greenwood-based Cormorant helicopter from 413 (Transport and Rescue) Squadron to try and transport the three-year-old boy from île d'Entrée, Quebec, just after 5 p.m. The goal was to get him and his parents to îles-de-la-Madeleine's mainland airport for transport to a local hospital.

"The weather was poor," aircraft commander Captain Zach Sawyer says, "and forecasted to deteriorate. As we left, it was bad enough there was a large chance we wouldn't be able to do it – or shouldn't."

The helicopter picked up 12 millimetres of ice as it flew through winds gusting up to 90 knots, with anticipated freezing rain as they arrived on île d'Entrée. Visibility was just two miles, with 500-foot and lessening to 200-foot ceilings.

"Once we got there: very

strong winds, nighttime, heavy snow and trying to see through goggles – almost impossible. Freezing rain would be a hard no for flying. After confirming with JRCC the tasking was critical, that the child needed to get to hospital within six hours, we decided to push."

With constant weather updates coming from JRCC and the Moncton airport, the Cormorant crept up the coast of île d'Entrée where the boy, his parents and a nurse were waiting. The airfield was just a half-mile inland, so working off landmarks on a low hover approach worked well.

"Rather than do an orbit approach, where we'd fly over the airfield and then land, we did it all from a hover: we didn't want to turn from the wind at all."

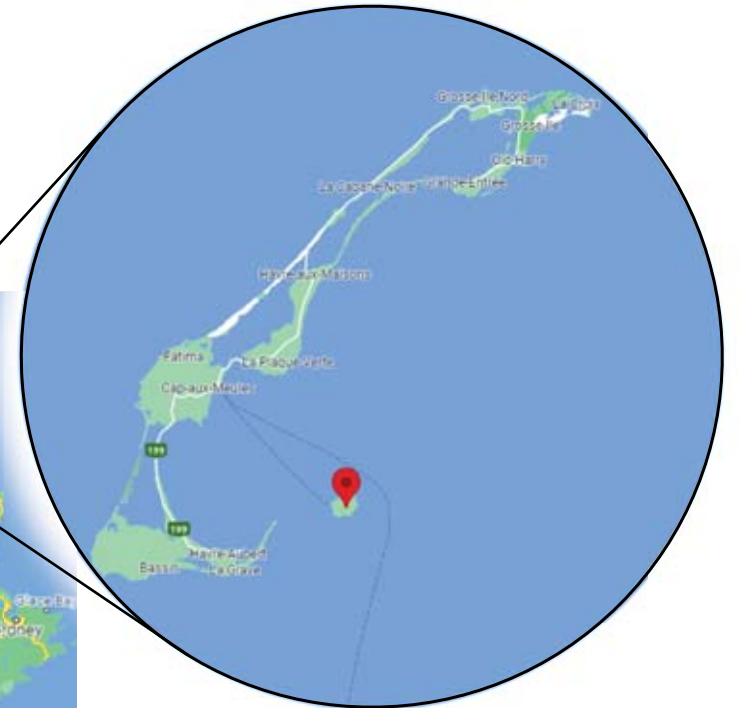
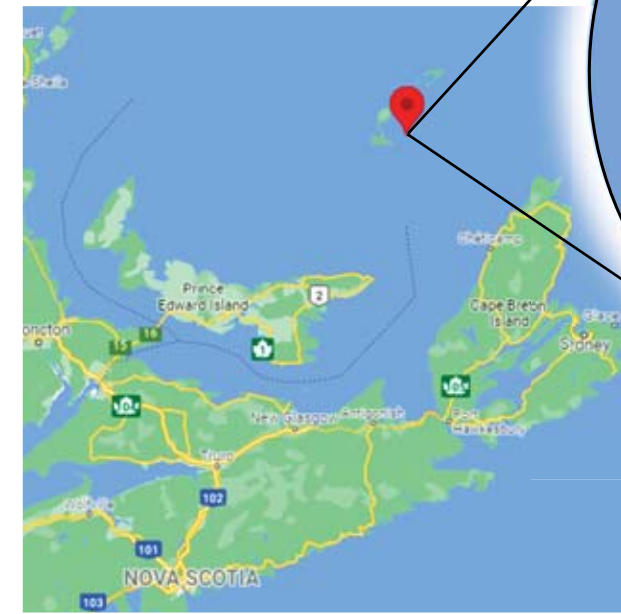
They landed, and the child and his parents boarded. The ice build-up on the helicopter's exterior melted once on the ground – a "nice reset," but Sawyer says the most "uncomfortable" part of the flight came next.

"The departure – we took extra precautions. We were only seven or eight miles from the mainland, but the wind had picked up, visibility was not as good, we

picked up more ice. We attempted to stay low over the water, but halfway there we had to turn away from the maintain, climb up into the clouds and get IFR help and a safe clearance to the mainland airport. It was dark. Black. We couldn't see land."

On board, "the patient was stable and very happy to be getting a helicopter ride. The parents were very relieved," Sawyer says. The mainland approach took time, with heavy winds, and, upon arrival, the runways had not been cleared.

"We were unable to taxi from the runway to the ramp



because the winds were too strong to turn broad side, so we hover taxied in. The winds were out of limits for shutdown or rotor engagement on start, so we elected to hot refuel on the ramp and depart straight back to Greenwood."

The patient and his parents disembarked and headed by ambulance to hospital in Cap-aux-Meules. "Through that transition, we had all the controls at the minimum but, with 30 to 40 knot winds, we could feel the helicopter wanting to fly on its own."

The Cormorant departed for Greenwood, a transit that was "uneventful, with

some winds, some turbulence and icing - but nothing of note," and landed just before 1 a.m. February 9.

Sawyer, with the crew of two search and rescue technicians, a flight engineer and a second pilot; says they knew the mission itself was

doable: an airfield medevac and transport. Rescue calls often include hoists from aircraft to tossing boats riddled with masts and wires. This call, weather and conditions were the factor.

"It was to the limits of what we can do." →

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It's OK for everyone to reach out and ask for help.

Know where to find support if you need it.

If you have questions or aren't sure where to go for mental health support, **211 Nova Scotia can help.** Dial 2-1-1 to get connected.

A Community Resource Navigator will walk you through your options and connect you directly with supports and services in Nova Scotia. **211** is available 24/7.

If you're experiencing a mental health crisis, phone **1-888-429-8167** (24/7)

Find mental health supports online at NovaScotia.ca/MentalHealth

NOVA SCOTIA

sudoku

solution page 7

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

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!

crossword

solution page 7

1	2	3	4	5	6	7	8	9	10						
					12							13	14	15	
16					17				18						
19			20	21			22	23					24		
25						26						27			
28						29						30			
34	35	36	37									38			
39															
43						44						45	46	47	48
49												51	52		
53															
56															
60															

- ACROSS**
- Remain as is
 - Functional
 - News magazine
 - Popular treat
 - Area units
 - Artificial intelligence
 - Marten valued for its fur
 - Forms of matter
 - Home of the Dodgers
 - Bordering
 - Part of the eye
 - It might be nervous
 - Visualizes
 - Crest of a hill
 - Measures engine speed (abbr.)
 - Tears in a garment (Br. Eng.)
 - Not easily explained
 - Song in short stanzas
 - Detonations
 - Intestinal
 - EU cofounder Paul-Henri
 - Balmy
 - New Mexico mountain town
 - Gobblers
 - Insecticide
 - Golf scores
 - Has its own altar
 - 'Pollock' actor Harris
 - Being livable
 - NHL play-by-play man
 - 'The Great Lakes State' (abbr.)
 - Unpainted
 - Swam underwater
 - Native American people
 - Containing salt
 - Exam
 - DOWN
 - Small bone in middle ear
 - Long, angry speech
 - Move out of
 - Male organ
 - Two-toed sloth
 - Making dirty
 - Article
 - Oil company
 - Emits coherent radiation
 - Amounts of time
 - Unit equal to one quintillion bytes (abbr.)
 - His and
 - Forbidden by law
 - Drains away
 - Not out
 - Sea patrol (abbr.)
 - Bird genus
 - Gratuity
 - and feathers
 - Spiritual part of an individual (ancient Egypt)
 - Hot beverage
 - Pouch
 - It followed the cassette
 - Large northern deer
 - Ones who offer formally
 - Famed genie
 - Bequeathed
 - Skeletal muscle
 - Atomic #56
 - Silk garment
 - They deliver the mail
 - Equally
 - Check
 - Light-colored bread of hound
 - Drug that soothes
 - Railroads
 - Most sick
 - Jacket
 - A radio band
 - Hielo
 - His and
 - Supporter
 - Popular software suite (abbr.)
 - Railway
 - NY coastal region (abbr.)

fyi

The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant public des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

horoscopes

February 20 to February 26

ARIES - Mar 21/Apr 20

Aries, you keep looking inward to realize your goals and you're making very good progress in that regard. Communication is a key to success, so keep dialogues open.

TAURUS - Apr 21/May 21

Lately you seem to radiate success in all you do, Taurus. Others naturally want to flock to where you are and spend more time with you. Enjoy the spotlight while it lasts.

GEMINI - May 22/June 21

If communication with family members has been difficult lately, you may find that things change in the next few days, Gemini. This is a welcome change.

CANCER - Jun 22/July 22

Disagreements are not necessarily a bad thing, Cancer. They can open people up to discussions that can be enlightening. Disagree, but don't let it get heated.

LEO - Jul 23/Aug 23

Romance may be on your mind a lot more than usual, Leo. This can be a good thing. Use your free time to foster nuances in your relationship.

VIRGO - Aug 24/Sept 22

Virgo, you may have to take a different route than you initially expected in order to reach a destination. The journey could be very eye-opening and inspirational.

NOTICE: Many community events may change details 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.

Youth art lessons

Tuesdays and Thursdays, youth are invited to register with 7Arts for online lessons with Amber (drawing) and Sarah (watercolour). Check out 7Arts FB event page for details.

Port George Jamboree 2022 - cancellation

At a meeting of the Port George Country Jamboree Committee January 25, it was decided to cancel the jamboree for July 30 because of the COVID-19 pandemic, with concern for the health and safety of our volunteers and the general public who attend.

Four Mile Stillwater Trail snowshoe/ walk

February 27, 1:30 p.m., Hike Nova Scotia, the Municipality of the County of Annapolis or 902-363-2030.

Proof of vaccination ID support

Anyone requiring assistance accessing/ printing their proof of COVID-19 vaccination paper-

and the Medway Community Forest Cooperative present a guided snowshoe at the Four Mile Stillwater Trail in Caledonia. Snowshoes are provided. Registration required in advance at hikenovascotia.ca.

Torchlight snowshoe

March 5, 6:30 p.m., Hike Nova Scotia and Ross Creek Centre present a guided snowshoe at the Ross Creek Centre for the Arts in Canning. Snowshoes available for rent. Registration required in advance; details at hikenovascotia.ca.

Book/ movie club

March 8, 1:30 p.m. to 2:30 p.m., the Women's Place Resource Centre in Middleton will launch a biweekly book/ movie club, to begin on International Women's Day. The club will meet virtually the second and fourth Tuesday of each month via ZOOM. If you would be interested in participating, to read or watch "Women inspiring women" and share discussion, views and opinions, contact The Women's Place Resource Centre at joywprc@eastlink.ca or 902-363-2030.

Alcoholics Anonymous

If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.

Hall rental

The South Berwick Community Hall, 4518 Highway 1, has community rental availability for meetings, social events and programs. For details, contact Sara, cskeddy@hotmail.ca.

LIBRA - Sept 23/Oct 23

In order to be the brightest and the best you can be, you may find that you rub certain people the wrong way, Libra. Find ways to make amends.

SCORPIO - Oct 24/Nov 22

Scorpio, a challenging week ahead will require some focus and a willingness to accept support. Surround yourself with people who have your back.

SAGITTARIUS - Nov 23/Dec 21

An especially busy social schedule may leave you feeling a little tired for some time. Schedule some time for rest and relaxation to recharge your batteries.

CAPRICORN - Dec 22/Jan 20

A great deal of unexpected information is coming your way, Capricorn. You may have to sort through it to figure out what is useful and what is not essential.

AQUARIUS - Jan 21/Feb 18

Don't neglect the help that people are willing to offer you, Aquarius. Teamwork makes the dream work, and working with others is beneficial to all involved.

PISCES - Feb 19/Mar 20

Use creativity in any way you can to solve issues that come your way, Pisces. You may be surprised at what you come up with.

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VISA

Free Legion welcome program expands membership

Canada's largest veteran support and community service organization, the Legion, is pleased to offer currently serving and retired Canadian Armed Forces and RCMP members, and their families; and graduating Cadets with a free one-year Legion membership, including a subscription to Legion Magazine and access to the member benefit programs.



Being a Legion member offers opportunities to improve the lives of those who served, remember the fallen and support your community - and every member makes a difference. To get more involved with Legion activities in your community and to add your voice to our advocacy efforts and the future of the Legion, apply through Dominion Command's Veteran Welcome Program and bring your membership card to any Legion Branch to request a transfer to that branch.

You don't have to be a veteran to support a veteran. Any Canadian or citizen of an Allied nation 18 years of age or older is welcome to join. Annual membership fees vary by branch, with most averaging around \$50 per year.

For more information, visit Legion.ca →

classifieds

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

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

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

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

Les annonces classées doivent être réservées et payées à l'avance avant 10

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

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

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FLEA MARKET

SOMETHING FOR EVERYONE IN-DOOR FLEA MARKET - 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 8 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas

crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Thank you & Happy New Year. (4306-4tpb)

~ Obituary ~

STACEY, Brian Edward,

Mosher's Corner, NS



It is with great sorrow that we announce the unexpected passing of Brian Edward Stacey (Sgt. C.D. Retired) of Mosher's Corner on February 10th, 2022. Born December 1, 1953 in Kingston, Ontario, Brian was the youngest of four sons to the late Ken and Anne Stacey. He was the devoted husband of Cecilia (Sakalauskas) and loving father to Correna (Randy) Keddy, North Kingston and Ryan (Lyndsay) Stacey, Bridgewater. He was the grandfather of Kaelee Keddy, Braden Keddy and Chelsea Keddy. Loving and devoted to his wife Cecilia for 49 years, they started their life's adventure with his first military posting in 1972 in Debert, NS when Brian was just 19. He enlisted in the Royal Canadian Air Force, C&E Branch as a Teleop. This first posting provided them with their first home where they cultivated a true love that lasted a lifetime. Brian's military career took them to Toronto, Kingston ON, Greenwood, C.F.E Lahr in Germany, Ottawa, then finally settling back into Greenwood after 42 years of service. During these exciting years, they had adventures the world over, fostering that ever present love they had for each other. They also made friends that became more like family, especially George and Noreen McPhee. George and Brian were as thick as thieves, best friends throughout the years. Brian served his country overseas on two deployments. One to Camp Mirage in support of the mission in Afghanistan; where, in addition to his regular duties, he assisted in every ramp ceremony for repatriated soldiers during his deployment. The second, Brian volunteered to go to Italy in support of the CF mission in Libya to serve with his son Ryan who was deployed on the same mission. With Brian retiring from the military in 2014, he and Cecilia built a home overlooking the Bay of Fundy in Mosher's Corner. At this time, Brian took a position as a school bus driver for the AVRCE. He absolutely loved driving the students and would tell tales of the students, their happiness, their progress as well as setbacks. It truly gave him joy and purpose to drive them every day. He not only shared his life with his two legged family, but his four legged family as well. With his kind and gentle nature, animals gravitated to him. He shared his life with horses, and both he and his daughter, Correna shared that passion, especially over his horse, Blue. In his leisure time, Brian enjoyed golf and curling, and the social aspects that accompanied both. He was a lover of both fine wines, and those not so fine, and enjoyed sharing that with others. He was a gracious host, welcoming and warm, and often loved to cook big breakfasts and meals for those in his company. He and Cecilia loved to have their home abuzz with family and friends, bringing together those with whom they shared their lives. The family would like to extend their sincere gratitude to those first on scene, the first responders Middleton Fire Department, EHS and RCMP staff, as well as those at Soldiers' Memorial Hospital. Your efforts and determination bring peace during these difficult times. Donations in memory may be made to the Heart and Stroke Foundation of Nova Scotia. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street (902) 825-3448. Online condolences may be made by visiting: www.middletonfuneralhome.com

Get up to
\$500
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 and more.

If you're over 65, we may be able to help you take care of those household chores.

For more information visit novascotia.ca/seniorscaregrant or call 1-800-670-4357. Applications close May 31, 2022.



crossword solution

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

sudoku solution

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



Master Corporal Kwaku Amoateng and his son, Jordan, heading out on an adventure. Submitted

Firefighter tackles autism in first published book

Camille Douglas, Totem Times

Master Corporal Kwaku Amoateng is a firefighter at 19 Wing Comox who spends his spare time drawing. In fact, he is a graphic artist who recently published a book, *The Magic Umbrella: Bratasaurus Vs Tyrannosaurus*.

"I wrote and illustrated a book about me and my son, Jordan - the fun times and the challenges we face," says Amoateng.

"I had always dreamed about writing a children's book, but when the reality of me being separated from my son became imminent (due to a posting),

I specifically chose to write a book series about us."

Jordan was diagnosed with autism at the age of three, while Amoateng was working at 12 Wing Shearwater. Now, at nine years old, Jordan is a happy child who's attending school and making significant progress, thanks to the support he received at the Shearwater MFRC. Through the MFRC, Amoateng and Jordan were also introduced to an Early Intensive Behavioural Intervention (EIBI) team that focuses on developing functional social communication skills for children with special needs.

"He's come a long way and



he's shown a lot of improvements. The MFRC and the EIBI team really helped kickstart that for him, which was crucial for us," Amoateng says.

A posting to 19 Wing resulted in a separation for Amoateng's family, as Jordan's support system is in Nova Scotia.

"Writing this book was a coping mechanism. I feel his physical presence when I il-

lustrate him and remember the adventures we had."

The Magic Umbrella is the story of Kwadan and his son, Jorku, inviting readers to join them under their beautiful magical umbrella and soar to exciting places as they see different things while learning to understand and communicate with each other. Kwadan and Jorku are very different in how they speak, which is sometimes frustrating. The pair learn to not be dinosaurs to each other.

Amoateng plans to create three additional books in the series. To purchase a copy of his first book, visit books.friesenpress.com. ➔

Food for Thought from the Upper Room Food Bank

During the month of January, the Upper Room Food Bank in Kingston served 148 families, consisting of 259 adults and 181 children, with 15,470 pounds of product going out and 15,627 pounds coming in. The incoming total includes 960 pounds provided by the Feed Nova Scotia network and 1,810 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with

local businesses. A clarification on the amount for purchased items: our manager and staff keep their eyes open for upcoming sales and, thanks to agreements with local store managers, can often arrange to have extra product brought in to stock our shelves to make the funds go that extra bit without affecting the shopping public. Clients needing service must call ahead to the food bank to arrange an appoint-

ment during normal operating hours. If calling outside of food bank office hours, 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. No one other than approved volunteers is allowed in the building. This process limits personal contact, while also reducing waiting time for clients. When requesting service, your best option is to call the office directly,

and leave a message if no one is there. We can answer quick questions through the Facebook page, but we cannot plan for pick-up or new clients. That must be done through the office. Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait and they will fit you in where they can. Understand volunteers

may also leave early when there are no more appointments or clients waiting - but they don't want to miss anyone in need, either. We understand it is not always possible to call ahead, but clients will find the process easier with a scheduled appointment. Donations may be dropped off at the food bank found behind the library at 669 Main Street, Kingston (during open hours) or at the Kingston village offices (655 Main Street). Processing of donated food

continues following directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted. Our regular hours are in effect, with the food bank open Monday from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Appointments continue to be a requirement. Our office number is 902-765-0303 or email us at upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook. ➔

14 WING GREENWOOD
Winter Carnival 2022
 February 18-25

Monday, February 21 | Family Day

9 a.m.	Drive thru breakfast	Annapolis Mess - parking lot
11 a.m.	Family Skate	Greenwood Gardens Arena
noon	Family Skate	Greenwood Gardens Arena
1 p.m.	Bowling	Greenwood Bowling Centre
2 p.m.	Bowling	Greenwood Bowling Centre
9 a.m. to 2 p.m.	Scavenger Hunt	Find hidden puzzle pieces on the RHU fitness trail. Enter your puzzle at the Birchall Centre 2 p.m. to 4 p.m.) to win one of 5 \$20 gift cards

Thursday, February 24

10:30 a.m.	Wing Commander's Revenge*	Fitness & Sports Centre - no spectators
12:45 p.m.	Sled race*	CANEX

Friday, February 25

3 p.m.	Lip sync*	Annapolis Mess
4 p.m.	MEGA TGIF	Annapolis Mess
4 p.m.	Closing ceremony	Annapolis Mess
7:30 p.m.	Band	Annapolis Mess

* pointed event | COVID-19 rules in place