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# the **Aurora**

Vol. 43 No. 43

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## Community welcome for health providers picking Valley practices

**Sara White,**  
Managing editor

Not much more homey than a handmade quilt, and that's just one of the goodies presented to two residents and three physicians who have taken up health care practices in the mid-Valley in recent months.

October 22, 14 Wing Greenwood hosted an appreciation event at the Annapolis Mess as one of multiple community partners working with the Mid-Valley Recruitment and Retention Committee. The committee includes businesses, organizations, service clubs, health professionals and others, all working together to help meet the healthcare needs of close to 30 per cent of the population between Aylesford to Bridgetown without a family doctor.

"There were about 6,000 people last year – we were

in dire straits," said Kelly Hutton, chair of the Soldiers Memorial Health Foundation in Middleton. "Today, we're less than 5,000 people – we have made some progress, with three new doctors and three new nurse practitioners. We believe the numbers will continue to fall, as we hope our recruitment and retention efforts over the next year will continue to help.

"This really is a community effort."

The committee volunteers, with community partners, have invested countless hours over the past year making plans and building supports for every potential health care provider, from orientation visit hospitality to support settling into clinics and offices to making school and community connections for family members.

Lieutenant-Colonel Lara Jennings welcomed the appreciation event guests to



**Dr. A.C. Silver, right, shows off the handmade quilt she chose from a selection stitched as welcome gifts by members of the Gathering Stitches Quilting Group, including Cathy Ripley, left, and Sharon Halbot.**

Warrant Officer S. Howell

the wing, on behalf of Commander Colonel Jeff Davis.

"Thank you to all the new doctors for choosing to come to the Valley – and for those who choose to stay," she said. "All of you mean a lot to the base: we move every two or three years, and could never have a family doctor while we're here. You are a huge weight off our shoulders."

Community politicians from the provincial to the village level all added greetings and encouraging comments, with each of them taking turns as well presenting the health care provider "new recruits" with gift baskets or helping

them select a homemade quilt, prepared by the Gathering Stitches Quilting Group.

Dr. Jerry Asiedu, who joined the Middleton Collaborative Practice in 2021 as he and his family moved to Canada from Ghana, watched as his wife, Dr. Ama Asiedu, was welcomed during this year's event.

"I love it here – it's been amazing since we got here," he said. "We've been going fishing every place, whale watching, working at our clinic – everyone's been fantastic. We're happy to be here and, believe me, we're planning to stay." →



**14 Wing Greenwood Lieutenant-Colonel Lara Jennings, left, was one of the community presenters to welcome new health care practitioners to the mid-Valley at an appreciation event October 22 at the Annapolis Mess, including Dr. Miller Makramalla and his son, Clarke. Makramalla is working at the Greenwood Family Clinic.**

**Festival  
of trees**  
Ticket auction

14 Wing Combined Charities

**December 3 | 11 a.m. to 3 p.m. | Greenwood Mall**

Public viewing and ticket sales | Tickets 10 for \$5

14 Wing Greenwood squadrons, business and community partners will decorate trees with prizes and certificates **PLUS** hourly prize draws.

All proceeds to local charities | AGD-318994-22

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### 24 Military Police Flight conducting lost and found property disposal

24 Military Police Flight will soon be conducting a lost and found property disposal. This is an opportunity for the public and wing members to identify lost property prior to the disposal occurring. In order to establish ownership, several criteria must be met:

- a detailed description of the item
- an approximate month/ year when the item went missing
- a serial number (if applicable)

If you have lost any property on the wing, please reach out to 24 MP Flt at 902-765-1494 local 5544 and request to speak with the Evidence and Property Custodian prior to December 1. →

### La 24e Escadrille de la police militaire procédera bientôt à l'élimination des objets trouvés

La 24e Escadrille de la police militaire procédera bientôt à l'élimination des objets trouvés. Les membres du public et de l'Escadre peuvent donc réclamer les objets perdus avant qu'ils soient éliminés. Pour confirmer votre droit de propriété, vous devez satisfaire à plusieurs critères :

- fournir une description détaillée de l'article
- donner une approximation du mois auquel ou de l'année à laquelle vous avez perdu l'objet
- préciser le numéro de série (le cas échéant)

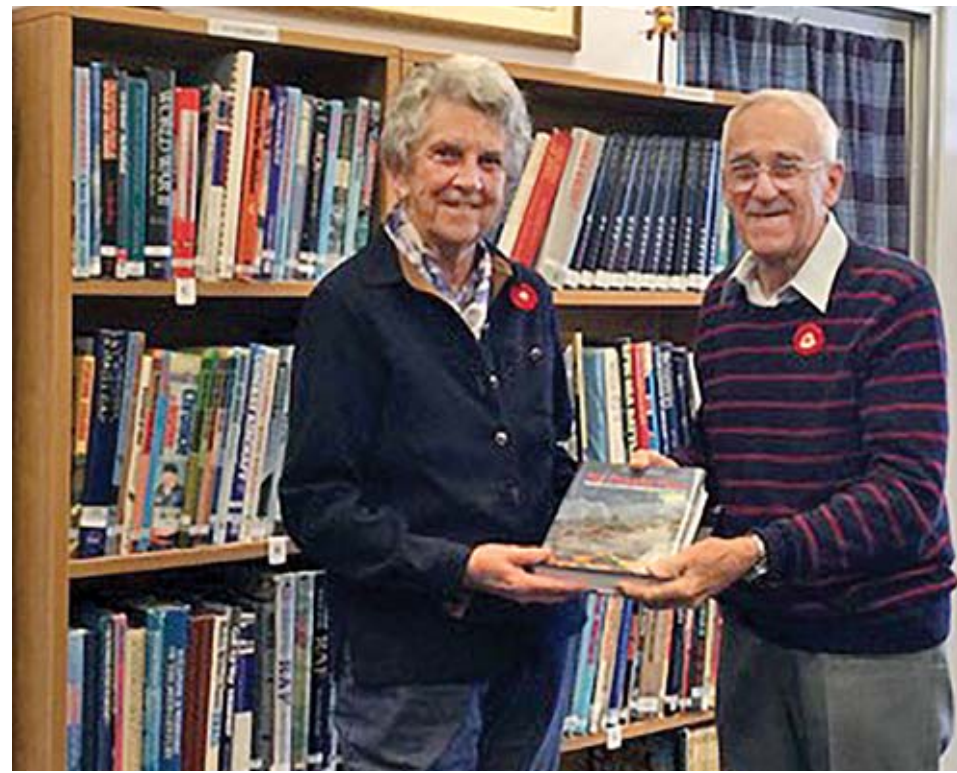
Si vous avez perdu un objet à l'Escadre, veuillez communiquer avec la 24 Ele PM au 902-765-1494, poste 5544, et demander à parler au Gardien des preuves et des biens avant le 1er décembre 2022. →

## Aviation collection makes space for wing library material

**David Coward, Librarian, Greenwood Military Aviation Museum Society**

While it was such a shame to hear of the 14 Wing Greenwood Library closing this fall, those of us involved with the Greenwood Military Aviation Museum were given the opportunity to benefit from its demise. Through the excellent cooperation and assistance of the 14 Wing staff and volunteers, the museum's library has gained from the generous transfer of many books to its catalogue and the donation of several pieces of furniture and other equipment.

Copies of over 150 aviation-related books previously held by the wing, some transferred to it because of the years ago closure of the Baden base in Germany, were not held by the museum. These have now been incorporated into the museum library catalogue, bringing its collection to over 1,800 interesting books. These cover a very wide range of aviation subjects and local Greenwood matters, ideal for those interested in fly-



David and Marjorie Coward have been team volunteers behind the growing collection of the Greenwood Military Aviation Museum's aviation-themed library.

ing - especially with much detailed information about many aircraft, from the early to present times.

Although at the museum we are unable to operate as a lending library, the books are readily available for those researching aviation matters, carrying out family history or reading about the many train-

ing systems and conflicts' histories. The catalogue is available for searching at museum reception or via a link (as shown on the GMAM website at gman.ca). Arrangements may then be made with the museum staff to gain access to books of choice in the museum library whenever the museum is

open.

Do take the time to visit both the museum and its library, whether you are directly connected to 14 Wing Greenwood or a casual visitor. The museum's reception staff will be pleased to answer your questions or research the library catalogue with you. →

Submitted

## Museum volunteers focused on aviation past, future success

**Sara White, Managing editor**

Volunteers with the Greenwood Military Aviation Museum Society met October 25 for the society's annual meeting: "this is the 'legal' part of our entity," said chairman Ian Patrick.

"We represent the wing commander, and the annual meeting gives us the right to come here, volunteer and work and do the things we do."

The formalities allow for display aircraft and equipment restorations, displays that share the stories of early - and modern - aviation at CFB Greenwood, the roles

of squadrons and crews and technicians - and people - who add to a long heritage, special events, education programs, preservation and archiving of collected and donated items, and more.

This was the first annual meeting since 2019, as COVID-19 disruption affected volunteers and society plans. Patrick took the opportunity to share some of the even earlier challenges to establishing the museum.

"When we look back almost 30 years ago to when we started - we got the society going, and then in May 1995 we opened 11,000 square feet in what is now the VPI building, and then in 2000



The 2022 annual meeting of the Greenwood Military Aviation Museum Society determined the next set of volunteer board members. Front row, from left, are Brian Handley, president and CEO; Ian Patrick, chairman; and Perry Matte, vice-president. Across the back are, from left, Doug Butt, treasurer; Bert Campbell, secretary; Robert Lorencz, Joan Patrick, Malcolm Uhlman and James Walker.

we opened here in 20,000 feet - amazing. It's all been done mostly by volunteers, all doing a little bit - and we've accomplished a lot in a short time to build a network and have people come in here with skills. We look forward to the future."

Patrick specifically acknowledged Mary Lou Graham and Joan Patrick, two founding society members, along with himself, still involved with the society. Graham finished her final term on the society board with this meeting.

"It's all because of good people here that volunteers continue to come in, walk around and see what's important. I'm really pleased with the way we've done things, and with all of you for giving of your time.

Board directors nominated

for 2022-2023 include Robert Lorencz, James Walker and Malcolm Uhlman. The executive continues as Ian Patrick, chairman; Brian Handley, president and CEO; Perry Matte, vice-president; Bert Campbell, secretary; and Doug Butt, treasurer. →

M. Uhlman

## SAR calls add up over recent weeks

October 31, Cormorant Rescue 904 was airborne just after 7 a.m. to medevac a 50-year-old man with a suspected heart attack from a herring fishing boat, approximately 40 miles off Yarmouth.

November 3, just after 1 p.m., both Hercules Rescue 343 and Cormorant Rescue 904 were called to conduct a

medevac from a fishing vessel 120 miles south of Yarmouth. R343 provided top cover while the Cormorant crew hoisted the patient. The individual was transported to Yarmouth and an awaiting ambulance; both aircraft returned to 14 Wing.

November 6, Cormorant Rescue 905 was airborne from Greenwood at 12:30

a.m., tasked to assist in a bush rescue of a 28-year-old woman near Sept-Iles. En route, that initial tasking was resolved, and R905 was retasked just after 3 a.m. to assist in the search for a missing swimmer in Saint

John Harbour. By 7 a.m., R905 had completed multiple search area passes, and was returning to Greenwood for crew rest.

November 13, at 1:24 a.m., Hercules R343 left 14 Wing to provide top cover of a

medevac from a fishing vessel approximately 250 nautical miles south southeast of St. John's. The medevac of the suspected heart attack patient was carried out by a

Gander-based Cormorant. Just after 6 a.m., the Hercules was released from the scene, as the patient was en route to St. John's. It returned to Greenwood around 9 a.m. →

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**Useful links | Liens utiles**

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

**CFMWS Site**  
Site du portail communautaire des Forces canadiennes  
www.cfmws.ca • www.sbmfc.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** | Cámara de combat  
www.combatcamera.forces.gc.ca

**Recruiting** | Recrutement  
www.forces.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** 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

~ Obituary ~

**McANDREW-MADAIRE, Shirley Eileen**  
Greenwood, Nova Scotia

McAndrew-Madaire, Shirley Eileen - 68, of Greenwood, passed away Thursday, November 10, 2022 in Valley Regional Hospital, Kentville. Born in Ottawa, she was a daughter of the late Edwin and Maureen (McGurn) McAndrew. Shirley worked for Statistics Canada in her younger years. She enjoyed volunteering with the Special Olympics and later worked as a receptionist at the gym. Shirley constantly worried about others, was kind to everyone, and loved to celebrate each and every holiday. She could even make Fridays a special event. Decorating and entertaining, Shirley made sure every holiday was celebrated whenever everyone was together, no matter the date on the calendar. Surviving are her husband Alex, Greenwood; sons Matthew, Ottawa; Scott (Eileen), Edmonton; granddaughter Gabrielle "Gaby"; sisters Sharon Croteau, Ottawa; Sheila (Peter) Fergus, Lac Blue Sea, Quebec. A celebration of Shirley's life will take place at a later date. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street 1-855-825-3448. Donations in memory may be made to the Canadian Cancer Society or the Special Olympics. Online guestbook may be signed by visiting: www.middletonfuneralhome.com

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# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



September 29, Warrant Officer Stan Millar, right, was presented the Second Clasp to the Canadian Forces Decoration by 415 (Long Range Patrol Force Development) Squadron Lieutenant-Colonel Keith Fugger.



413 (Transport and Rescue) Squadron recently promoted Corporal Coldwell, centre, to current rank, here with Master Warrant Officer Amos, left, and Major Stott.



413 (Transport and Rescue) Squadron recently promoted Aviator Beaulieu, centre, to current rank, here with Master Warrant Officer Amos, left, and Major Stott.



413 (Transport and Rescue) Squadron recently promoted Aviator Chetwynd, centre, to current rank, here with Master Warrant Officer Amos, left, and Major Stott.



413 (Transport and Rescue) Squadron recently promoted Aviator Kane, centre, to current rank, here with Master Warrant Officer Amos, left, and Major Stott.



413 (Transport and Rescue) Squadron recently promoted Aviator Pitt, centre, to current rank, here with Master Warrant Officer Amos, left, and Major Stott.



October 28, Sergeant Matthew Lacey, centre, was named Eagle of the quarter at 405 (Long Range Patrol) Squadron by Major Jocelyn Gaudette, left, with Chief Warrant Officer Duane May.



Major Micheal Leduchowski, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer CWO Shawn Harrison.



November 7, Corporal Estaban Aldana Cuasquer, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



November 4, Master Corporal Matthew Dubé, right, was presented with the Maritime Operational Aircrew Training Course 2201 Certificate by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Joshua Christianson.



November 4, Master Warrant Officer Brian Doll, right, was presented with the Maritime Operational Aircrew Training Course 2201 Certificate by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Joshua Christianson.



November 4, Major Guillaume Paquet, right, was presented the Special Service Medal by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Joshua Christianson.



November 4, Warrant Officer Robert McNeil, right, was presented with the Canadian Forces Decoration 2nd Clasp by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Joshua Christianson.



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## Making light work of fall leaves in annual community clean-up

The last weekend of October, witnesses saw rolled up tarps being dragged from the Old Tremont Cemetery and loaded onto a truck. No, it was not bodies being dragged away but, rather, tarps full of leaves.

For the ninth year in a row, community members and other volunteers have worked together to do the annual leaf raking in the provincial heritage site.

A family-friendly, all-hands-and-ages-welcome event, there are many instances of working together to accomplish the task at hand. While Jim Spurrell worked with Ben Wade (16) and Matthew Wade (nine) to load and remove some of the

raked leaves, others worked to rake the fallen leaves into piles to await the tarps. Another group up on the tiers used leaf blowers to move leaves to the fence line and, with the assistance of another helper and blower on the other side of the fence (and with the permission of the Western Kings Fair Committee), blew the leaves out into the field to compost.

Over the years, the number of helpers has fluctuated but, even through COVID-19, there were still sufficient participants to get the job done. This year's volunteers ranged in age from nine to almost 90. For some, it's a great opportunity to teach the next generation the importance of community service and give the young ones an opportunity to learn to use the equipment. Under the guidance of his grandfather, Matthew Wade tried his hand at running a leaf blower.

The community of Tremont is a shining example of many willing hands and the Tremont cemeteries reflecting their volunteer efforts. A special "Thank you" is sent to all who are always willing to take some time out of their busy schedules to lend a hand. It shows great respect and honor for those buried within the Tremont cemeteries. →

## Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week for youth aged six to 12 (five if they have completed one full year in a school program). To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays.

**Monday, November 21,** 6 p.m. to 7:30 p.m. – Kids Club - Hockey team games, shootouts and other fun activities! Free. Pre-registration required by noon the day of the program  
**Thursday, November 24,** 5:30 p.m. to 7:30 p.m. – Family paint night with 7Arts - Join us for a winter wonderland painting! \$10+HST per canvas.  
**Friday, November 25,** 5:30 p.m. to 7:30 p.m. – YTGIF - Scavenger hunt and rock wall games, plus a delicious snack (changed from bowling). \$10+HST non-PSP Plan membership, \$7+HST PSP Plan membership. Pre-registration required by noon the day of the program. →



Community volunteers turned out to clear the Old Tremont Cemetery of the full fall of fall leaves. Submitted

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

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## Cinq mythes sur les pneus d'hiver

(EN) Il existe de nombreux mythes sur la conduite hivernale qui risquent de vous mettre dans une situation délicate lorsque le temps se refroidit, s'y vous y croyez. Voici quelques idées fausses qu'il est important de rectifier:

1. J'ai des pneus toutes saisons, je n'ai pas besoin de gaspiller mon argent pour m'acheter des pneus d'hiver. Si vous roulez souvent sur la neige et la glace, ou si la température est généralement près du point de congélation, vos pneus doivent avoir une adhérence supérieure – comme celle des pneus d'hiver – pour tourner, freiner et accélérer. Cela est vrai même si votre véhicule est équipé de quatre roues motrices ou d'une traction intégrale. Les pneus d'hiver combinent



des sculptures de bande de roulement et un composé de caoutchouc particuliers pour offrir une meilleure adhérence, traction et capacité de freinage dans des conditions météorologiques extrêmes comme des routes mouillées, de la neige, de la neige fondante et de la glace.

2. En hiver, il suffit de conduire plus lentement et de porter attention à mon environnement. Il est toujours bon de ralentir en

hiver et de surveiller votre environnement, la météo, la circulation et l'état des routes. Cependant, cette prudence ne remplace pas les pneus d'hiver. Les pneus font la différence si vous devez freiner ou tourner brusquement le volant pour éviter une collision, car ils constituent votre unique contact avec la route.

3. Des pneus moins gonflés permettent une meilleure traction. Vous ne devez

jamais diminuer la pression des pneus d'hiver. Non seulement cette pratique diminue l'adhérence et la stabilité des pneus, mais elle risque également de les endommager. Vous devriez vérifier la pression de vos pneus avant l'hiver pour vous assurer de maximiser l'adhérence, la longévité, ainsi que le kilométrage de vos pneus ou l'autonomie de batterie.

4. Je n'ai pas besoin de pneus d'hiver si la route est dégagée. Certaines personnes pensent que les pneus d'hiver sont nécessaires seulement lorsque la route est recouverte de neige ou de glace. Ils oublient que ces pneus sont également efficaces lorsque la température est basse et que la chaussée est dégagée.

5. Deux pneus d'hiver sont suffisants. «Ce mythe est tellement terrible, affirme Russell Shepherd, directeur de la communication technique chez Michelin. Il est essentiel d'avoir quatre pneus de même taille, de même structure de bande de roulement et de même pression de gonflage pour assurer une stabilité et une maîtrise optimale de son véhicule par temps froid.»

Pour en savoir plus sur les pneus d'hiver, visitez [michelin.ca/fr/](http://michelin.ca/fr/) →



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## Homemade snacks for your winter adventures

(NC) Canadians know how to have fun in the snow, whether it's a day on the ski slopes or a making a snowman in the yard. If you also want to have fun in the kitchen, consider some homemade snacks to chow down on next time you return from an outdoor adventure.

Crunchy on the outside, soft on the inside rice "croutons" are the perfect snack and great as a topper on soup or salad. They use up leftover rice and accommodate any flavours. Start with the basic recipe below and get creative with the last step.

### Easy Rice Crouton Bites

**Ingredients**

- 1 cup (250 ml) long-grain or short-grain white or brown rice
- Vegetable oil or cooking spray to sauté (estimated



2 tbsp) - Seasonings of choice

### Instructions

1. Cook rice using water as per package directions, or use hot, reheated leftover rice instead of cooking

fresh.

2. Place half of the hot cooked rice in a large measuring cup and purée into a smooth sticky paste with a hand blender or in the small bowl of a food processor; stir in remaining rice until

combined.

3. Wrap mixture in plastic wrap and smooth into an approximate 8x8 inch square. You can also press the rice mixture into ice cube trays or moulds instead of a square. Freeze for 1 hour or until firm enough to slice (or easily release from moulds).

4. Unwrap square of rice and cut with a knife or mini cookie cutters into desired shapes. Croutons can be kept frozen in an air-tight container for up to three months.

5. When ready to eat, sauté rice croutons with oil in 3 to 4 batches in a large non-stick skillet over medium high heat until golden brown and crisp. Coat croutons with seasonings of choice.

Tip: Get creative with flavour combinations, such as parmesan and fresh herbs, teriyaki or buffalo

sauce, Montreal steak spice, Za'atar, everything bagel spice...the list goes on. You can also make them sweet with cinnamon sugar or apple pie spices. →

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JET COUNT: 48  
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PUMP: 2 X 2 SPEED 5HP  
HEATER: 5.5 kW  
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JET COUNT: 15  
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SEAT COUNT: 4

Call Dave at 1-902-800-1200 to reserve yours today!

\*Only available at Canadian Tire #261 730 Central Ave, Greenwood, NS B0P 1N0



### Tips for outdoor decorating

(NC) Before heading outside for holiday decorating, have a plan in mind so you'll be prepared to deck the halls safely. Here are some tips to consider: **Look up and around** - When installing lights, be mindful of your surroundings and locate overhead powerlines. They may be hidden within trees. Always keep your decorating tools such as ladders and

extension poles three metres away from powerlines. Electricity can arc and direct contact is not required for serious injury. **Add colour** - Lights come in all shapes and colours. Consider a palette that goes with the outside of your home, and even the neighbourhood. Think gold and red to add warmth or blues and whites for drama.

You can collaborate with your family and neighbours on a fun look this year. **Plug in safely** - Make sure your electrical décor, such as lights or an inflatable Santa, is approved or certified and for outdoor use. It's always best to plug electrical decorations into GFCI-protected outlets. The number of hazards outdoors increases and GFCI-protected

outlets help to keep you safe when plugging in decorations. If you don't have GFCIs, you can use a portable one or hire an electrician to have one safely installed. **Green your cheer** - While it is fun to brighten up outside, be mindful of energy use. Set a reminder or use an approved automatic timer to turn décor on and off. →



### Holidays a great time to teach kids about money

(NC) This season offers a perfect opportunity to teach children about spending. Though it may not be their own money now, children

learn a great deal by watching their caregivers, so it goes a long way to be an example for them. With all the temptations

the holiday season brings, such as the cost of festive meals, decorations and gifts, this is a great time to discuss "needs" versus "wants". For

example, encourage tweens and teens to avoid impulse shopping by making a list in advance and resisting buying something just because

it's on sale. Younger, school-aged children, may already understand some money concepts. They know people have a limited amount of money to spend and that there are choices to be made when it comes to using money. Parents can build on that and make learning about money part of everyday life. For example, when you're shopping for presents or groceries, you can talk to your children about how you decide what products to

buy, and why, to teach them about their value. When it comes to paying by credit card, explain that your credit card lets you borrow money from the bank - it is not money you already have. Show your children your credit card statement. Explain that you must pay extra money called interest if you don't pay the money back in full each month. Find more information and resources to teach children about money at [canada.ca/money](http://canada.ca/money). →



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Multi-page spread with photos and features on all things seasonal: outdoor living, recipes, consumer trends.  
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**Shop locally this Holiday Season**

# Food for thought from the Upper Room Food Bank

During October, the Upper Room Food Bank in Kingston served 173 families, consisting of 396 adults and 191 children, with 19,450 pounds of product going out and 18,491 pounds coming in. The incoming total includes 5,500 pounds provided by the Feed Nova Scotia network. The rest is from local food bank sharing and donations, including regular arrangements with area businesses.

For those wondering how things are going, we have done a very informal look at our numbers of clients, since May 2019. Our previous record for adults using the food bank was in November of 2019 (347), coming up to Christmas. Our numbers have been steadily climbing with drops or no increase after both CERB payments

of the came out for COVID-19 in 2020. August of 2022 came close (341), but September (387) and October (396) have both surpassed this record - and it shows no sign of slowing down with economic pressures building.

Clients must call ahead to the food bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you. When ready, volunteers will place the order 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.

Donations may be dropped off at the food bank behind the library at 669 Main Street, Kingston, during open hours or at the Kingston village offices at 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.

Arrangements for our annual Christmas hamper campaign are being finalized. The hampers will be distributed December 21, prior to our final evening for regular hours December 22.

With the demise of the Friendly Neighbours program this year, military members with dependants in need of a Christmas hamper this season are to contact Shauna Manning at the Greenwood Military Family Resource Centre at 1-902-765-1494 local 1811 or shauna.manning@forces.gc.ca. There is an application form to be submitted by November 29. While the new Christmas hamper program is only available to those families with children, military/veteran singles and couples may be served by calling the Upper Room Food Bank, 902-765-0303 by December 8. Leave a message indicating you are in need

of a Christmas hamper. The food bank will call you back and make arrangements with you to pick it up. This will not impact those who normally get a Christmas hamper from the food bank; it just means a few more hampers this year. Military members

using the food bank services should still contact Manning for a gift card.

Watch for the stuff-a-truck toy drive at the Credit Union Centre in Kingston December 3, 6 p.m. to 8 p.m., and the December 3 drop off locations at the Superstore

parking lot, 10 a.m. to 1 p.m., and Shoppers Drug Mart, 1:30 p.m. to 4:30 p.m.

The food bank's regular hours are in effect: open Mondays 9 a.m. to noon, and Thursdays 6 p.m. to 9 p.m. The last night for the food bank before Christmas

will be December 22 and we will re-open for clients January 5. Appointments continue to be a requirement. Our office number is 902-765-0303, or email us at [upperroomfoodbk@hotmail.com](mailto:upperroomfoodbk@hotmail.com). Be sure to follow us on Facebook. →

## 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 9 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.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca) or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca). Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 9 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.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca) ou nous transmettre un fax au 902-765-1717.

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

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**INDOOR FLEA MARKET - 812 King St., Kingston, N.S.** Behind Tim Hortons and Freemans ESSO. Sundays only 9 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. Tables available for rent call 902-847-0324. Thank you. (4342-4tpb)

**FOR RENT**  
FOR RENT - Kingston Lincoln Shire Apartments - two bedroom available now or December 3. Two appliances \$950 per month, plus utilities. Please call 902-865-3200 or visit our website at [www.bandnproperties.ca](http://www.bandnproperties.ca) and apply. (4343-1tp)

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photos or phone/text Sherri-Lynn at 902-349-9888. (4343-1tpb)  
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50th Anniversary celebration for  
*David and Theresa Wilson*  
Sunday, 27 November, 1 to 3 p.m.  
Kingston Fire Station

**crossword solution**

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

**sudoku solution**

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

the **Aurora** find & win

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

Entry deadline:  
Noon, November 23, 2022

Full name \_\_\_\_\_ Phone number \_\_\_\_\_

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

- Who offers free tech courses for life? \_\_\_\_\_
- What business is located at 954 Central Avenue? \_\_\_\_\_
- Who carries kerosene as a product? \_\_\_\_\_
- Where is gift wrapping complimentary? \_\_\_\_\_
- What business has an expert marketing suite? \_\_\_\_\_

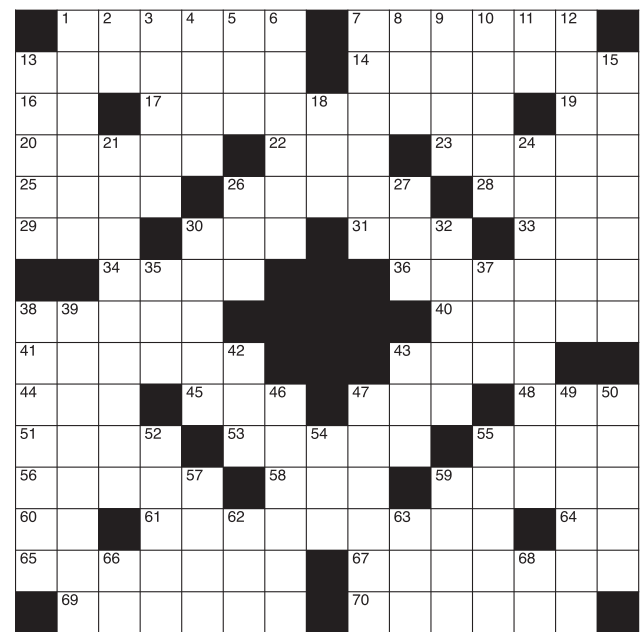
Congratulations to last week's winner: TOEMEKA GUPTILL



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.

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 précédent la publication, à moins d'avis contraire.

## crossword solution page 9



- ACROSS**
- India's 'City of Lakes'
  - Large marine mammals
  - Used to carry belongings when traveling
  - Rechristens
  - Equally
  - Heavy plant-eating mammals
  - Millihenry
  - Japanese immigrant to N. America
  - Deep, red-brown sea bream
  - Noise gods
  - Peppermint and pekeo are two
  - Auguste \_\_, founder of positivism
  - Self-immolation by fire ritual
  - High-resolution microscope (abbr.)
  - Wide metal vessel used in cooking
  - V-shaped open trough
  - People of southern Benin
  - People of southern Ghana
  - It's a significant creed
  - Period between eclipses
  - Furies
  - Emergert
  - Philippine Island
  - Where wrestlers battle
  - Unhappy mammals
  - Central European river
  - Language
  - Semitransparent gemstone
  - Forming in a bottom layer
  - Distinct region
  - Broad blades
  - Leavened bread
  - Influenzal cosmetics exec
  - Exclamation of surprise
  - Era free of war
  - One who helps professors
  - Idealistic
  - Ornamental plants
  - Grouped
  - Kids love this street
  - Beloved hood
  - Equal to 100 grams
  - S-shaped moldings
  - Hawaiian cliff
  - Everyone has one
  - Subatomic particle
  - Ghost
  - Adult female bird
  - Greek temple pillars
  - Emits coherent radiation
  - Measures the width of printed matter
  - Musical interval
  - Tantalizes
  - Places of worship
  - An unskilled actor who overacts
  - One who volunteers to help
  - Precaution
  - Beverage holder
  - Very long period of time
  - Bullfighting maneuvers
  - More critical
  - Sends packing in a boxing match
  - Taxi
  - Decorative Russian tea urn
  - North American Great Plains natives
  - Seize
  - A passage with access only at one end
  - Cut a rug
  - Devil rays
  - Bubble up
  - Veranda
  - Outcast
  - Car mechanics group
  - Realm
  - A place to get off your feet
  - Popular music awards show
  - Consumed
  - A way to make cooler
  - Thus
  - Indicates it's been registered

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

### Kingston/ Greenwood Christmas Hamper Program

Applications for the Christmas Hamper Program will be available November 1 at the following locations: Pharmasave in Kingston and Sobeys in Greenwood. We ask you return them to the location you picked them up from as soon as possible (deadline November 30).

**Book Club**  
November 23, 1 p.m. to 2 p.m., the Kingston Library adult book club meets, with facilitator Lynn. Pick up a copy of this month's book at the library during open hours.

**Berwick Innovation Lab OR one on one tech help**  
November 23, book an hour at the Berwick and District Library with a digital literacy instructor. Learn how to use the library's Innovation Lab tech equipment, or bring your own device and questions for help with technology, Facebook, Zoom, backing up your files, using our ebook and audiobook service or general technology questions. Registration required.

**Community wellness lunch & learn**  
November 24, noon to 1 p.m., bring a bagged lunch to the Berwick and District Library for

a session, "Community Connection," with presenter Shelia Munroe (retired Family Studies teacher). How can we make our communities healthier? In partnership with the Western Kings Community Health Board. Coffee and tea provided. Registration required.

**Greeting Card Group**  
November 24, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts Elizabeth for an hour of afternoon fun every second Thursday. Follow guided instructions to create a beautiful greeting card each meeting. All supplies provided. Open to ages 18+. Registration required.

**LEGO Club**  
November 25, 3:30 p.m. to 4:45 p.m., the Kingston Library invites youth ages four to 10 to build something amazing using our gigantic collection of LEGO. Our instructor will help you out, if needed. Pre-registration required.

**Creative Littles**  
November 25, 11 a.m. to noon, little one ages 1-3 may join Elizabeth for an hour of finger paints, shapes, colours and more. A parent and/ or guardian must accompany children in this program. Registration required. This program is sponsored by the

## horoscopes

November 20 to November 26

### ARIES - Mar 21/Apr 20

You have an energy to release this week, Aries. But you are not sure if the world is ready for you. Don't expect the same reaction from everyone when you interact.

### TAURUS - Apr 21/May 21

Something in your life that seems ordinary on the surface can turn into something that is rather special. Taurus. Keep your eyes peeled for every possibility.

### GEMINI - May 22/June 21

Gemini, all of the fanfare you are about to receive can make it seem like you are the most popular person on the planet. Revel in the attention while you have it.

### CANCER - Jun 22/Jul 22

Sometimes the less traveled path can take you to some pretty special places, Cancer. Don't be so quick to rule out opportunities that are right in front of you.

### LEO - Jul 23/Aug 23

Start evaluating personal habits that may be holding you back, Leo. Upon closer examination, you may discover that there are some things you can easily change for the better.

### VIRGO - Aug 24/Sept 22

Virgo, much to your relief, your hard work could start paying off very soon. It has been a long time coming, so enjoy any rewards that come from your efforts.

### LIBRA - Sept 23/Oct 23

Consider a partnership that falls into your lap, Libra. It may provide you with some new social and business connections. There's a lot of opportunity coming down the pike.

### SCORPIO - Oct 24/Nov 22

Scorpio, it is alright to desire some quiet, but too much excitement is surrounding you lately for things to settle down just yet. Ride this wave a little longer.

### SAGITTARIUS - Nov 23/Dec 21

A week full of possibilities and positivity lies ahead for you, Sagittarius. The only question is, "what are you going to do with it?" Bring a friend for the ride.

### CAPRICORN - Dec 22/Jan 20

Capricorn, no matter how much work you have on your plate, rest assured that you have all of the resources available to get things done successfully.

### AQUARIUS - Jan 21/Feb 18

The stars are interested in showering you with plenty of love right now, Aquarius. This could be one of the most enjoyable weeks you've had in quite a while.

### PISCES - Feb 19/Mar 20

Romance could bloom this week if you are interested, Pisces. You also may be able to solidify an existing relationship.

## sudoku

solution page 9

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

Friends of the Middleton & Area Library Society.

### Craft & vendor sale

November 26, 10 a.m. to 2 p.m., there will be a crafters' and vendors' sale at the South Berwick Community Hall, 4518 Hwy 1. Small ticket auction, freewill offering admission. Hosted by 1st Berwick Pathfinders (Girl Guides of Canada). Details in Berwick Girl Guides Facebook Event.

### Breakfast with Santa

November 26, 8:30 a.m. to noon, the 33rd annual Breakfast with Santa will take place at Lawrencetown Consolidated School. There is a pancake breakfast, sucker pull, craft sale, a huge ticket auction and SANTA! Proceeds are for Lawrencetown Consolidated. Hope to see you there!

### Supper, fall fest

November 26, 2 p.m. to 6 p.m., join the Farm to Feast Café at NSCC Middleton, 295 Commercial Street; in celebrating fall with farm and seasonal craft vendors, a freewill offering community supper of lasagna, garlic bread and apple crisp. Also: live music, face painting, pie sale and 50/50. Interested in being a vendor? Contact us at 902-309-4800 or [farmlifeeastcafe@gmail.com](mailto:farmlifeeastcafe@gmail.com).

### Ticket auction

November 27, 11 a.m., the Kinette Club of Kentville & District hosts a ticket auction at the Meadowview Community Centre, 8464 Brooklyn Street, Kentville. Lots of great prizes, including Christmas items and gift cards. Envelopes of 20 tickets for \$1 (\$5, \$10 and \$20 envelopes also available). Draws

begin at 2 p.m. 50/50 draw, Christmas basket raffle, canteen on site. You do not need to be in attendance to win, but must pick up your prize before 4 p.m. that day at the hall.

### Luncheon

November 29, 11:30 a.m. to 1 p.m., the Middleton Fireflies host a luncheon at the Middleton Fire Hall, featuring your choice of three delicious hot, homemade soups: corn chowder (\$10), turkey vegetable soup (\$10) and hamburger soup (\$12); and either strawberry shortcake or lemon dessert. For free local delivery, call Bonnie or leave a message at 902-825-3062 by November 28.

### Concert

November 30, 7:30 p.m. - Come! is the Christmas concert of Middleton Choral Society, directed by Andrew Cranston, accompanied by Beth Cranston; in Holy Trinity Anglican Church, 4345 Main Street, Middleton. Admission: suggested admission donation \$10.

### Meeting - National Assoc. of Federal Retirees

December 7, 11:30 a.m., the National Association of Federal Retirees Western NS Branch will meet for its Christmas dinner at the Kingston Legion, 1472 Veterans Lane, Kingston. Turkey dinner and all the trimmings at a cost of \$14 for members and \$18 for invited guests. Music by John Montgomerie. If you wish to attend, please email [NAFR75@gmail.com](mailto:NAFR75@gmail.com) or call Carolyn/ Bill at 902-765-8590 no later than November 30.



# REMEMBRANCE DAY

Lest We Forget



14 Wing Greenwood personnel joined Royal Canadian Legion branches around Western Nova Scotia November 11 for Remembrance Day services on a beautiful sunny fall day, with large crowds of community members joining in for services, parades and wreath laying activities.

Top: 14 Air Maintenance Squadron joined 5th Canadian Support Base Detachment Aldershot members and BMQ course candidates in Kentville. Top right and lower centre: 14 Wing Commander Colonel Jeff Davis, with Wing Chief Warrant Officer Jonathan Proulx lay a wreath in Kingston, following a community parade including the 14 Wing Band.

Left, top and bottom: Kings RCMP Constable Jeff Wilson, with his son, Hudson, lay a wreath in Berwick; following a parade led by Ortona RCL 69. Centre three photos, from left: 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaault, with Chief Warrant Officer Duane May, lay a wreath in Berwick; Deputy Wing Commander Lieutenant-Colonel Eric Travis and Chief Warrant Officer Jamie Rideout attend a service in Lawrencetown; Lawrencetown Legion Branch 112 member Norman Moffatt.



Photos: M. Rolph, S. White, 2Lt Duncan, Cpl J. Fox

## 80 and more years, remembered

Sara White, Managing editor

John MacEachern welcomed community members – in particular, Grade 10 students from Middleton Regional High School – to the November 4 No Stone Left Alone memorial in the Old Holy Trinity Church Cemetery. Students read out the names of two dozen Commonwealth airmen killed during Second World War training at CFB Greenwood, and placed poppies

on their graves. "You've done your school, our town and the province proud," MacEachern said. "This program started 11 years ago with one class in Edmonton and, from there, has grown to over 13,000 students across Canada, in 123 communities – and cemeteries in France and Poland. It's wonderful you continue to participate, and remember the fallen." Middleton students joined MacEachern's effort to bring No Stone Left Alone to the

Valley four or five years ago. They spend time a week ahead of their visit to the cemetery learning a little bit about the men buried in the Commonwealth War Graves section of Old Holy cemetery, and visit with MacEachern about the No Stone Left Alone project. November 4, this year a beautiful sunny fall day, students walked from Middleton school, and were joined at the cemetery by Middleton Legion Branch 001 members, veterans and community residents. They each acknowledged their matching airmen, and Lisa Sheffer laid a wreath on behalf of Veterans Affairs Canada. 14 Wing Greenwood band members bagpiper Master Corporal Spencer Campbell and bugler Karl West supplied the music. "Take a moment to recall in sorrow the horror of war. Let us commit ourselves to reconciliation between the nations, that all people may live together in peace," said Reverend Paul Jennings. →



S. White



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