



Kyla Stanick
REALTOR®

(902) 844-0987
Kylastanick@gmail.com
@kylastanickrealestate



Professional photography ✓
Matterport ✓
Drone ✓
Social media exposure ✓
Over 10 years real estate experience ✓



Not intended to solicit Buyers or Sellers, Landlords or Tenants already under contract

the Aurora

Vol. 44 No. 16

MAY 1, 2023 NO CHARGE

www.auroranewspaper.com

Northern conditions challenge Aurora at Ex Joint Warrior

**Corporal Ryan Ross,
405 (Long Range Patrol)
Squadron**

14 Wing Greenwood, the East Coast arm of the Royal Canadian Air Force's long range patrol fleet, once again demonstrated its capability and effectiveness to NATO allies during the biannual anti-submarine warfare (ASW) Exercise Joint Warrior, held near Andøya, Norway, March 4 to 16.

Joint Warrior 23-1 was built as the maritime component of a large coalition exercise in the high north. The main body of the exercise travelled north from the North Sea to the northern part of Norway via the Norwegian Sea. The Canadian detachment consisted of over 60 personnel from five different units at

14 Wing: 405 (Long Range Patrol) Squadron, Long Range Patrol Standards and Evaluation, 14 Air Maintenance Squadron, 14 Operations Support Squadron and 14 Mission Support Squadron.

The exercise included aircraft from four NATO nations, submarines from three nations, and surface ships from five NATO nations in a rapidly changing, highly dynamic and complex simulated warfare environment. The detachment battled the harsh conditions of a Norwegian winter and flew a total of eight missions, totaling 43 flight hours on-station, towards the exercise against both surface and subsurface targets from France, Norway, Germany, the United States and the United Kingdom.

The Aurora and its crew once again proved its capability and effectiveness to our allies as an airborne asset in both ASW and anti-surface warfare.

The aircrews performed spectacularly in both the ASW and anti-surface aspects of operations, tracking submarines and demonstrating their flexibility in being retasked to monitor, identify, photograph and provide valuable intelligence on surface vessels.

The aircraft maintainers had the most difficult job, battling the harsh climate and often brutal conditions, working around the clock to ensure the Block IV CP140 Aurora was in top fighting form for the aircrews to employ. Only a single mission was lost due to aircraft serviceability.

Exercise Joint Warrior is a biannual NATO exercise conducted in the North Sea with other nations, flying out of Iceland and the United Kingdom. The Canadian objective is to refine the RCAF's interoperability in scenarios with submarines, surface vessels and other aircraft from participating nations and operate as a combined joint task force, as well as continue to foster positive relations with the host nation and allies. NATO Maritime Command conducts these exercises to improve the alliance's situational awareness and competency, always preparing for any threat that may present. →



14 Wing Greenwood personnel participating in NATO's Exercise Joint Warrior had the opportunity to work in northern conditions – and the chance to catch some spectacular Northern Lights over their lodgings and in the skies of Norway. Major G. Milne



A Royal Canadian Air Force CP140 Aurora from 14 Wing Greenwood was alongside NATO allies during Exercise Joint Warrior in Andøya, Norway. The exercise focused on anti-submarine warfare and increasing interoperability between NATO partners. Submitted

T M C TAYLOR MACLELLAN COCHRANE LAWYERS

MAKING SERVICE A MATTER OF PRACTICE SINCE 1835

902.678.6156 KENTVILLE | 902.472.6156 WINDSOR

lawfirm@tmclaw.com | www.tmclaw.com

the front page

This premium advertising space should have been yours!

Call 902-765-1494 local 5833 to find out how.



CANEX www.canex.ca

No Interest Credit Plan **Plus** **NO MONEY DOWN**

Your choice of **12 · 24 · 36** month terms

NOT EVEN THE TAXES!

14 Wing Greenwood O.A.C. 902-765-6994



April 21, at 8:18 a.m., Cormorant Rescue 902 left 14 Wing to medevac a patient with cardiac symptoms from a fishing vessel 40 nautical miles east southeast of Iles-de-la-Madeleine. R902 successfully hoisted the patient from the vessel and transferred them to an awaiting ambulance at the Charlottetown airport, landing back in Greenwood at 2:20 p.m.

Halifax JRCC

Fishing vessel medevacs keep SAR crews busy

April 13, the Joint Rescue Coordination Centre in Halifax tasked 14 Wing Greenwood-based aircraft to conduct a medevac of a crew member from a fishing vessel 145 nautical miles east of Louisbourg. Cormorant Rescue 904

was in Moncton, and left from there at 1:30 p.m. to fuel in Sydney and proceed to the fishing boat. Hercules Rescue 344 was tasked to provide top cover, and left Greenwood shortly after. By 5:15 p.m., the Cormorant had conducted

the hoist medevac and was heading to Halifax for patient transfer, expected to be home in Greenwood around 7:30 p.m. The Hercules returned to Greenwood just after 6 p.m., April 18, just before 4 p.m., Cormorant Rescue 902 was

tasked to conduct a medevac from a fishing vessel 75 nautical miles east of Miscou Island. The helicopter crew successfully transferred the patient to Moncton hospital, and returned to Greenwood at 8:40 p.m. →

Greenwood: have your say on new flight suit, base layer

Canadian Armed Forces' members of all ranks and trades are invited to attend a 14 Wing Greenwood-hosted "show and tell" presentation on the current prototypes of the new flight suit and base layer system for the Royal Canadian Air Force.

A presentation and focus group-style session on the new FOCE (flying operational clothing ensemble) and ATLAS (all temperate layered aircrew system) designs will be held between 9:30 a.m. and noon Tuesday, May 2, in 11 Hangar. The visiting teams will be collecting feedback on the current designs to further develop Sergeant Reid Bellamy's Vector Check ATLAS proposal. Some already contributed ideas focus on increasing the flexibility, functionality and comfort of the uniform; as well as regulating body temperature in high-heat situations. The designs aim to improve the safety and protection of aircrew members, while also providing clothing that can accommodate a wide range of body types. The prototypes, drafted following the canvassing of crewmembers regarding flight suit cut and functionality, will be used to create a uniform that will better suit both female and pregnant members' needs, and be a meaningful investment towards the wellbeing of RCAF female crew.

Members interested in learning more about the prototypes may follow the project on the RCAF HANGAR app for updates. →

CP140 deploys to Japan

April 6, the Honourable Anita Anand, Minister of National Defence, announced the deployment of a Royal Canadian Air Force CP140 Aurora Air Detachment under Operation NEON to Japan. In March, Canada renewed Op NEON to April 2026.

Op NEON is the Canadian Armed Forces' contribution to support the implementation of United Nations Security Council sanctions against North Korean nuclear weapon tests and ballistic missile launches. The CP140 Aurora will monitor for maritime sanctions evasion activities; in particular, ship-to-ship transfers of fuel and other commodities banned by the UNSC. The air detachment consists of approximately 40 personnel, including aircrew, technicians and other mission specialists.

HMCS Montréal, with its CH148 Cyclone helicopter, will support both Op NEON and Op PROJECTION, Canada's ongoing naval forward presence operation in the Indo-Pacific. →

New home for Buffalos' pride

Sara White,
Managing editor

An extensive new cabinet in the front entrance of the



144 Construction Engineering Flight Pictou members delivered a specially constructed maple cabinet to its new home at 14 Wing Greenwood's 404 (Long Range Patrol and Training) Squadron, in the Hornell Centre, March 22. The piece will house the squadron's heritage memorabilia and colours, where members can see them every day.

S. White

Hornell Centre will now house 404 (Long Range Patrol and Training) Squadron's most treasured possessions.

March 24, Lieutenant-Colonel Josh Christianson and Chief Warrant Officer Jean Plamondon carefully arranged the squadron's

colours, the Buffalo Blade challenge trophy and a few other items in their new display case, in a move from previous display in the Annapolis Mess main floor hallway.

"Colours are a symbol of unit identification, and have been for centuries – they rally members back together," said Christianson. "Bringing them back to our unit is in line with military tradition, that we have them with us and squadron members walk past them and see them every day. We're proud to bring them back today."

144 Construction Engineering Flight Pictou members started building the new cabinet display in November, with Aviator Travis Decker taking on most of the work for his on-the-job-training experience, under the eye of Sergeant Joseph Wyands. The time spent designing the cabinet, sourcing the materials, planning for the glass, power and lighting; and managing the build between other duties, the holiday break and ill-



All of 404 (Long Range Patrol and Training) Squadron's heritage and favoured artefacts are now at home in a new display cabinet, at the entrance to the Hornell Centre. Lieutenant-Colonel Josh Christianson, left, and Chief Warrant Officer Jean Plamondon, right; set the squadron's colours and the Buffalo Blade challenge trophy inside March 24 as the first additions. With them are Honorary Colonel Judy Rafuse.

S. White

ness; in the end didn't matter: the new maple cabinet is beautifully built.

"Everything in here will

be to mark squadron and member achievements, and highlight our history," Christianson said. →

NOVA SCOTIA

Looking for an opportunity to serve your community and build your professional network?


People from diverse backgrounds and communities are needed to serve on Nova Scotia's agencies, boards, and commissions (ABCs). Participating on an ABC is an opportunity to have input on issues that matter to you and to help unite communities through public service.

Applications for the adjudicative boards are due by Wednesday, May 24, 2023. Non-adjudicative board positions are open for applications year-round.

To learn more and to apply, visit NovaScotia.ca/abc or call 1-866-206-6844 (toll free).

The Government of Nova Scotia has an Employment Equity Policy. We welcome applications from Aboriginal people, African Nova Scotians, other racially visible people, persons with disabilities, women, and other employment equity groups. Applicants are encouraged to self-identify.





the Aurora

The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

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

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

Recruiting | Recrutement
www.forces.ca

VPI | VPI
www.vpinternational.ca

Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 5441
auroraeditor@ns.aliantzinc.ca

Business & Advertising | Affaires commerciales et publicité
902-765-1494 local/poste 5833
auroramarketing@ns.aliantzinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Diane Mestekemper • 902-765-1494 local/poste 5440
auroranews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Jennifer Fidler
902-765-1494 local/poste 5101
W14PublicAffairs@forces.gc.ca
Affairespubliques14E@forces.gc.ca



Circulation | Circulation: **4,500 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**
Fax: 902-765-1717

Website | Site Web : www.auroranewspaper.com
The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **61 School Road, Morfee Annex**
61 School Road, Annexe Morfee

Mail subscriptions: annual \$107 plus tax, weekly \$2.28 plus tax.
Abonnements par correspondance: 107\$ par année plus taxes , 2,28\$ par semaine plus taxes.

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel Jeff Davis, Wing Commander. Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Jeff Davis, commandant de l'Escadre.

Canadian Forces Newspaper Association
Association des journaux des Forces canadiennes

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

Museum adds unique elements in new showing of 'Wartime Knitting: Remembrance and Recognition'

Sara White, Managing editor

The Greenwood Military Aviation Museum is proud to present "Wartime Knitting: Remembrance and Recognition," a travelling exhibit first prepared by the Kings County Museum in Fall 2022.

The display includes Second World War artefact and replica knitwork, reflecting the effort of communities to keep their soldiers, sailors and aviators warm, dry and comforted far from home. Scarves, sweaters, vests, mitts and specialty items all had to meet exacting wartime patterns and standards for our service members.

Initially knitting in outdoor spaces from the start of 2020 pandemic restrictions, the Kentville-area Four Season Fibre Group's knitters created

a sense of togetherness and common effort – and companionship – in their weekly gatherings. Conversations found commonalities, particularly in family traditions and relatives' wartime knitting. The knitters focused their effort, using patterns from the Monarch Knitting "Knitting for Victory" pattern book. The GMAM provided guidance on colour, textile and yarn weight. The group's final work resulted in the original Kings County Museum's exhibit.

"This exhibit started a lot of conversations of what it was like here at home during the war," said Kings County Museum curator Ellen Lewis, as she and Four Season knitter Marie Meldrum hosted GMAM display curator Ian Patrick last month on their half of a dual "field trip" to see how



Ian Patrick, right, visited the Kings County Museum to meet with curator Ellen Lewis, left, and Four season Fibre Group knitter Marie Meldrum in preparation for bringing the museum's wartime knitting display to the Greenwood Military Aviation Museum May 5. Patrick is the GMAM's society chairman, and volunteers to design all the museum's displays.

S. White

their show would translate to Greenwood.

"I am thrilled with the opportunity to see it at the Greenwood museum."

This is the first partnership between the two Kings County museums, with the GMAM

happy to extend local viewing of "Wartime Knitting" – and add items from its own extensive collection of items depicting life at CFB Greenwood in its wartime days as a British Commonwealth Air Training Plan base.

Patrick, also the museum society's volunteer chairman, hosted both Lewis and Meldrum that same afternoon, whisking them through the Greenwood spaces. Meldrum had been there before, meeting with manager Captain Art Gogan before the original exhibit opened.

"We were here and found a beautiful khaki knit sweater way down in a trunk in the storage archive – just in beau-

tiful condition!" Meldrum said. "Our group is so excited to see what you're going to do with the exhibit!"

Patrick knows the GMAM has in its collection a nursing officer's uniform it can add to the display, and there are Greenwood-specific items that will add just a few new stories to the exhibit.

"We always try to have empathy with our community in our events and in the heritage we share," Patrick said. "Museums may often have a lot of 'stuff,' but they need to tell a story."

He himself remembers growing up in Newfoundland, and his mother would pull out her knitting needles after supper

and at spare moments through the days, knitting clothing for family members. Knitting articles for wartime use would not have been unknown in almost any household.

The GMAM will officially open the uniquely Greenwood version of "Wartime Knitting: Remembrance and Recognition" with a yarn-cutting event and refreshments at 1 p.m. Friday, May 5. The public is welcome to attend.

Visit the "Wartime Knitting" display, available to June 16, and the wider GMAM collection, Wednesday to Saturday, 10 a.m. to 4 p.m. The outdoor GMAM airpark is open dawn to dusk. Museum admission is free. →

Sun	Mon	Tues	Wed	Thu	Fri	Sat
* Benefit Dance - In honour of Ben Larouche who is battling Lung Cancer. A night with the band "Joker's Right" Saturday, May 6. Doors open at 7 p.m. for some surprises. Dance 9 p.m. to Midnight. Free Will Offering.			Veteran Social 10 a.m.	Foot Care Clinic Call Heather 902-300-3559 to book an appt. CRIB - 7 p.m. Fun Darts - 7 p.m.	Mixed League Darts	Breakfast 7:30 - 10 a.m. Meat Draw Chase the Ace! * Benefit Dance
BINGO 1:30 p.m.			Veteran Social 10 a.m. Fun Darts - 1 p.m.	CRIB - 7 p.m. Fun Darts - 7 p.m.	K.A.S.A. 12 p.m. - 3 p.m. Dart Banquet Dance 8-12	13 Meat Draw Chase the Ace!
BINGO 1:30 p.m.	14 EXECUTIVE MEETING 7 p.m.	15	Veteran Social 10 a.m. Fun Darts - 1 p.m.	Foot Care Clinic Call Heather 902-300-3559 to book an appt. CRIB - 7 p.m. Fun Darts - 7 p.m.		20 Meat Draw Chase the Ace!
BINGO 1:30 p.m.	21	22	Veteran Social 10 a.m. Fun Darts - 1 p.m.	CRIB - 7 p.m. Fun Darts - 7 p.m.	K.A.S.A. 1 p.m. - 3 p.m.	27 Meat Draw Chase the Ace! *Dance - Soulmates \$10 Open to all 8-12 p.m.
BINGO 1:30 p.m.	28	29	Veteran Social 10 a.m. Fun Darts - 1 p.m.	Veteran Social 10 a.m. Fun Darts - 1 p.m.		

Support the Kingston Legion by buying \$0.50 tickets on-line at: www.rafflebox.ca/raffle/cns Remember to select in support of: Kingston Br.98
Sunday: Open at noon | Monday - Saturday: Open at 10 a.m. | * Except Wednesday: Open at 11 a.m.

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

Spring Fling

Give leftovers a lift with three tasty "upcooking" ideas

(NC) Reducing food waste is essential to preserving the planet. It's estimated that the average Canadian wastes a staggering 174 pounds of household food each year, according to Radio Canada International. On a smaller scale, we have leftovers we don't know what to do with that pile up in the fridge, whether they're unused ingredients or uneaten takeout. But there are always quick and easy fixes to elevate your leftovers and bring some fun to mealtime. Here are three tasty ideas to "upcook" your extra food.

1. Spice up stews and soups – Leftover or unused meat and vegetables take up room in our fridge, but they can bring endless and tasty upcooking opportunities in soups, braises and stews, which can taste

even richer on the second or third day. Most of the flavour and weight of meat comes from the bones, so why waste them? Maximize your grocery bill by simmering bones to make nutrient-packed bone broth. Season with different spice profiles to make a wide range of international dishes and travel the world without leaving your kitchen.

2. Bacon makes everything better – Bacon is one of the most popular foods in Canada. In fact, a recent survey by Maple Leaf Foods reports that nearly half of Canadians believe that bacon makes everything taste better. Bacon is such a versatile ingredient that you can use leftovers to create tasty dishes for each course – even dessert! Look for all-natural bacon products,

such as those from Maple Leaf Foods, to ensure you're making a tasty choice that's also sustainable.

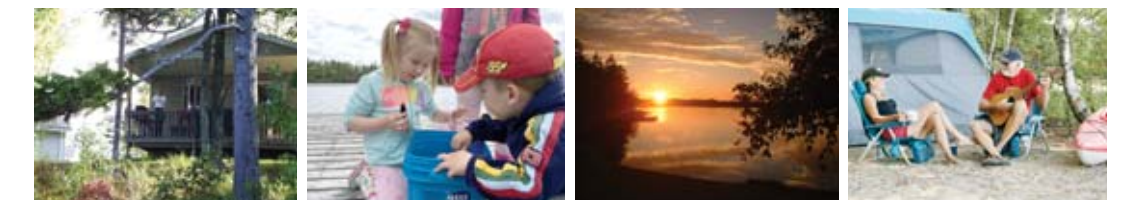
3. Don't loaf around – Bread ends and crusts have long been considered waste. However, these choice pieces

– even when stale – can be the start of wonderful recipe ideas. French toast, crostini, and bread pudding all demand the use of bread crusts and day-old loaves, so with a little creativity, you can make the most of your next bakery purchase.



LakePleasantCampground.ca info@lakepleasantcampground.ca

Camping | Fishing | Swimming | Boat Launch | Watersport Rentals



Bookings open May 1 online or by phone

- 2-way serviced campsites starting at \$30 a night
- Waterfront cabins starting at \$80 a night
- Extra-large cabins starting at \$80 a night
- Seasonal sites starting at \$1,800
- Full-day rentals | canoes, kayaks, bikes, stand-up paddleboards

Camping starts May 19



- Family-friendly events all season
- Pet-friendly
- CAF members & general public welcome

A pleasant stay for a perfect getaway.



CampingLPC LakePleasantCampground 902-547-2882

MID-VALLEY ENGRAVING & DISPLAYS EST. 2017

David & Sandra Nelson midvalleyengraving.com | mid-valley-engraving@outlook.com

Engraving-Laser/ Fibre/ Rotary/ Manual | Shadow Boxes Custom Framing | Jewelry Cleaning | Blade Sharpening Court Mounting Medals

902-825-2619 | 7 School Street, Middleton

Only 15 minutes from Greenwood

capitolpub.ca | Where friends meet!

902-825-2742 | 333 Main Street, Middleton NS

Paragon GOLF & COUNTRY CLUB

Accepting memberships now! Inquire at dave@paragongolf.ca

"Exceptional Golf for the Entire Family" Kingston NS | Pro Shop 902-765-2554 | paragongolf.ca



Des conseils pour les apprentis campeurs

(EN) Le camping est une activité agréable qui permet d'entrer en contact avec la nature et de profiter du temps en famille et avec les amis. Si vous n'avez pas fait de camping depuis longtemps et que vous avez besoin de rafraîchir vos connaissances, ou si vous en êtes à votre première expérience, prenez note de conseils essentiels suivants.

Planifiez à l'avancé est essentiel de savoir exactement ce qu'il en est du lieu où vous comptez vous rendre. Cherchez un endroit où il est possible de camper et informez-vous sur les règles entourant les permis, les feux de camp, les animaux de compagnie et la

consommation d'alcool. Vous trouverez bien sûr d'excellents renseignements dans les sites Web du gouvernement, mais consultez aussi les médias sociaux dirigés par des adeptes du camping et vous y glanerez des conseils et des recommandations de campeurs aguerris.

Parez aux imprévus Soyez prêt à réagir en cas de pépins, par exemple si votre voiture tombe en panne ou si votre cellulaire (et le chargeur) tombe à plat. Apportez des cartes sur papier de l'endroit où vous allez et n'oubliez pas les câbles de raccordement, les vêtements en surplus, la trousse de premiers soins et le filtre à eau de réserve. Aussi, veillez à avoir

par écrit les numéros importants et sachez où se trouve la station-service la plus près et l'hôpital de la région.

Permettez-vous des petits luxes Même si le but du camping est de se simplifier la vie, quelques petits articles de luxe vous permettront de vous sentir plus à l'aise et de mieux profiter de vos mini-vacances. Pensez à emporter votre café biologique préféré ou votre oreiller ergonomique et un matelas gonflable de luxe pour bien dormir. Une table de camping sera utile à l'heure des repas, et des jeux sur l'herbe agrémenteront vos soirées.

Consultez les bulletins météo

En camping, il faut des prévisions météo fiables pour être prêt à toute éventualité. Un moyen facile de se renseigner sur les conditions météo si l'on ne dispose pas d'un accès rapide à Internet est d'appeler le service téléphonique automatisé Bonjour Météo d'Environnement et Changement climatique Canada au 1-833-58METEO (1-833-586 3836). Ce service gratuit qui remplace l'ancien service offre maintenant des prévisions locales à jour pour plus de 800 endroits au Canada. Il suffit de composer le numéro sans frais et de sélectionner un endroit dans un répertoire classé par province et par région.



Spring recipe you can make for lunch

(NC) Whet your appetite and see what you can whip up for lunch with this simple and delicious sandwich.

Seasoning the delectable fried haloumi cheese with zingy yet earthy za'atar is just what's needed as winter comes to an end.

When layered on naturally fermented bread, the flavours of the middle eastern spice blend – comprised of oregano, thyme, sumac and sesame – truly come alive. Serve with kombucha to

add more tangy flavour into the mix.

Za'atar Haloumi Sandwich- Prep time: 5-10 minutes Cook time: 10 minutes Serves: 6

Ingredients:

- 12 oz (340 g) Haloumi, sliced into 1/4" slices
- 2 tbsp (30 ml) extra virgin olive oil divided
- 1 lemon
- 2 tsp (10 ml) za'atar
- 3/4 cup (175 ml) hummus
- 6 tbsp (90 ml) olive tapenade
- 3 Roma tomatoes, sliced

- 1/2 red onion, thinly sliced
- 3/4 (175 ml) cup microgreens
- 1 loaf (12 slices) Stonemill Bakehouse Chia and Supergrain bread

Directions:

1. Heat a grill pan over medium heat with olive oil. Add the haloumi, cooking on each side until you have nice grill marks. Do this in batches if needed so as not to crowd the pan.
2. Add a pinch of salt, pepper, za'atar and lemon zest.

Before removing from the pan, add a squirt of lemon juice. Set aside.

3. For each sandwich, add two tablespoons of hummus on one slice of bread.
4. Add a tablespoon of olive tapenade onto another slice of bread. Layer the tomatoes, haloumi, red onions, and microgreens.
5. Serve with mint and chlorophyll kombucha.

Find more information at stonemillbakehouse.ca.

the Aurora Newspaper's **Spring Fling**

Save **10%** per week on the remaining 2 weeks!

Any ad, any size

Advertise in The Aurora Newspaper **May 8** (deadline May 3 noon) and **May 15** (deadline May 10 noon) in our full colour lifestyle promotion.

A multi-page spread featuring photos and features on all things seasonal: outdoor living, recipes, consumer trends. Captures Mother's Day and Victoria Day special event weekends.

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

To all our Canadian forces personnel, whether you have been here for years or arriving for the first time...
...Welcome to the beautiful Annapolis Valley!

Independent
Your Independent Grocer

316 Main St., Middleton • 902-825-3461
www.yourindependentgrocer.ca



3 things you can do to keep water out of your home

(NC) Our homes are built to withstand nature's elements, among them - water. When water enters your home, it can cause damage to its structure and finishings, as well as to your personal belongings. Over time, it can also lead to mould. Here are simple proactive steps you can take to ensure your home stays dry inside.

1. Clean eavestroughs and downspouts regularly – Your eavestroughs and downspouts are meant to channel rainwater away from your home, but they can

only do this job properly if regularly maintained. Clear dirt, leaves and other debris that can cause blockages. If you're unable to do this yourself, consider hiring a professional. Also, inspect downspouts to make sure water is not pooling close to exterior walls.

2. Plan landscaping to avoid soil settlement and water ponding – The area surrounding your home has been graded or sloped by the builder to ensure that water does not accumulate near the foundation. In fact, most wa-

ter penetration problems at foundation level are the result of surface water not properly directed away from the home. If you plan to add flowers or other plants close to the exterior walls, be careful to avoid water accumulation.

3. Inspect foundation walls for potential issues – Regularly inspect your home's foundation for anything that may result in water getting inside. For example, cracks that are more than two millimetres in width should be repaired as soon as possible. If you're not sure whether foundation

cracks allow water into your home, you can conduct a simple water test by using a hose to direct water along the face of the exterior foundation for up to 20 minutes and checking periodically for water penetration.

4. Warranty coverage for new homes – Keep in mind that if you own a newly built home and experience water penetration that is due to a construction defect, your builder-provided warranty provides coverage for two years from your date of possession



Eau potable : éliminez le plomb autant que possible

(EN) Avant de sortir du robinet, l'eau propre circule dans les tuyaux et peut entraîner avec elle des contaminants. L'un de ces contaminants pourrait être le plomb. Il est important de réduire votre exposition au plomb autant que possible, car même de faibles concentrations peuvent nuire à votre santé.

Si vous soupçonnez la présence de plomb dans votre eau potable, prenez les mesures suivantes pour vous protéger et protéger votre famille :

1. Rincez vos tuyaux – Laissez couler l'eau du robinet jusqu'à ce qu'elle soit froide avant de la boire ou de cuisiner, surtout si l'eau est demeurée en stagnation pendant plusieurs heures. N'utilisez que de l'eau froide pour boire ou cuisiner, car l'eau chaude

augmente la quantité de plomb et d'autres métaux libérée dans l'eau par votre plomberie.

2. Inspectez et nettoyez vos robinets – Chaque mois, inspectez et nettoyez les aérateurs ou les filtres des robinets. Si vous trouvez des débris, enlevez-les afin d'éliminer toute particule pouvant contenir du plomb.

3. Remplacez les raccords en laiton – Les ro-

binets et les valves en laiton peuvent contenir du plomb. Remplacez-les par des raccords certifiés conformes aux normes de faible teneur en plomb.

4. Envisagez l'installation d'un filtre à eau domestique au robinet – Si vous savez qu'il y a du plomb dans votre eau du robinet, recourez à un filtre. Celui-ci doit être installé et entretenu correctement, sinon il pourrait devenir inefficace.

MUNRO INSURANCE

We are your local insurance specialists
635 Bowlby Park Drive, Kingston • (902) 765-8110
greenwoodoffice@aamunro.com
www.aamunro.com

Assurez-vous que le dispositif que vous achetez est certifié conforme à la norme de NSF International relative à l'élimination du plomb. Vérifiez la présence de plomb dans l'eau avant l'installation et pendant

l'utilisation du filtre pour vous assurer qu'il fonctionne bien.

Il s'agit toutefois d'une solution temporaire ou provisoire en attendant de remédier au problème en trouvant d'où vient le plomb

(comme le remplacement d'une conduite d'eau en plomb).

Pour en savoir plus sur la façon de rester en santé à la maison, consultez le site www.canada.ca/maison-saine.

Sullivan FUELS

Orders over the phone, by email or directly on our website

- Low minimum delivery
- Interest free budget plans
- Automatic delivery available
- Many payment options to choose from
 - Cash, credit card, debit
 - Pre-authorized payments
 - Interac email money transfers
 - Online banking

Now offering propane installation and delivery!

1250 Mill St., Waterville 1-888-338-0331 (toll free)
Waterville 902-538-0677
Bridgetown 902-665-5293

sales@sullivanfuels.ca | www.sullivanfuels.ca

Keystone Monument & Granite Products

175 Commercial St. Berwick, N.S., B0P 1E0
Toll Free: 1-855-538-1321
Tel: (902) 538-1321
Fax: (902) 538-3873

Email: keystonemonument@eastlink.ca
ON-LINE CATALOGUE www.keystonemonuments.com

KICK UP YOUR Cravings!

HALIFAX HONEY

Online orders, curbside and delivery start 4 p.m. Available 7 days a week
pizzadelight.com/greenwood
801 Central Ave., Greenwood
902-765-4477

DINE-IN/LUNCH Combos
11:30 AM to 2 PM
Pizza Delight



3 benefits of a healthy lawn

(NC) Whether it's in your backyard or a nearby park, lawns provide more than just aesthetic benefits, they contribute to happier and healthier communities. Here's how:

1. Providing oxygen that we breathe – Green space are a valuable part of creating clean air anywhere. For example 15 square metres of grass produces enough oxygen for a family of four every day. That can help make a difference to how we feel and breathe.

2. Reducing the warming effect of hard surfaces – When the summer heat hits, grass helps keep you cool. Street or sidewalk temperatures may reach 38 degrees Celsius or higher, but grass remains at 24 degrees. Your feet and your home can

thank your lawn for lower temperatures.

3. Acting as water filtration systems – A healthy lawn will slow runoff and allow time for the water to seep back into the groundwater system, rather than overworking municipal storm sewer systems and creating a flood. A 900 square metre lawn can absorb more than 22,000 litres of water.

To provide these benefits, lawns require care. Pesticides are one tool that help protect lawns by keeping weeds and other pests under control. Health Canada regulates every pesticide sold in the country to ensure they do not pose risks to humans, pets or the environment, when used as directed.

Find more information at croplife.ca →



Qui dit printemps dit... grand ménage

(EN) Chaque année, l'arrivée du printemps nous rappelle qu'il est temps d'organiser la maison et d'y remettre de l'ordre avant la belle saison. Pour tirer profit de cette saison, voici quelques conseils qui vous aideront à ordonner votre maison sous le signe de la sécurité.

Dressez une liste – Pour un grand nettoyage du printemps aussi efficace que possible, inspectez chaque pièce de la maison et repérez les endroits qui requièrent une plus grande attention. Faites le tour des pièces et vérifiez les espaces souvent négligés, comme les placards, les chambres d'amis, les tiroirs de bric-à-

brac et le garde-manger.

Procurez-vous des éléments de rangement – Lorsque tout sera trié et que vous aurez déterminé ce qui est à garder, à jeter, à recycler ou à donner, établissez un système pour vous aider à prendre note de vos possessions au cours des mois à venir. Les étagères de rangement, les bacs d'entreposage et les chemises de classement vous seront notamment très utiles.

Examinez vos dispositifs de sécurité incendie – Le grand ménage du printemps se prête très bien à la vérification des dispositifs de sécurité de la maison, comme les détecteurs de fumée et les extincteurs. Il

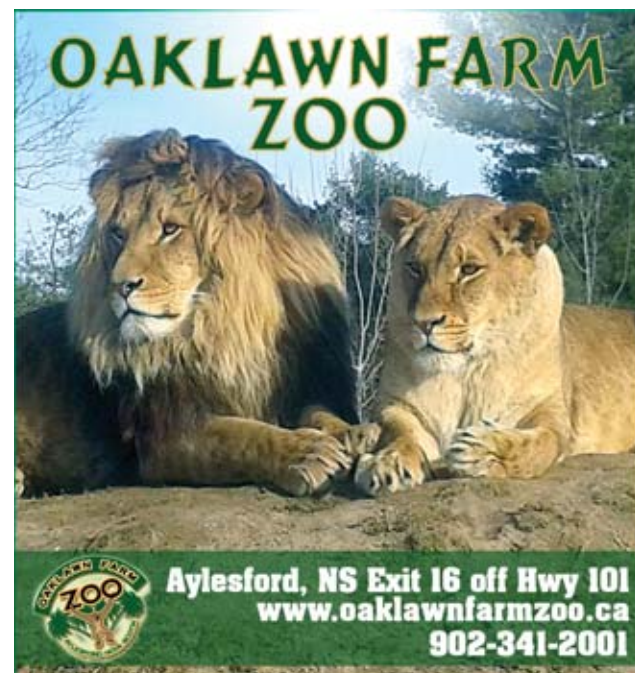
devrait y avoir un extincteur à chaque étage de votre maison et dans les endroits où le risque d'incendie est le plus élevé, comme la cuisine et le garage. Assurez-vous que les extincteurs sont faciles à atteindre et accessibles à chaque adulte de la maison, et que toutes les personnes en âge de s'en servir savent comment les utiliser. Selon la Base de données nationales sur les incendies, 80 % des décès causés par le feu surviennent dans des maisons où les détecteurs de fumée ne sont pas en bon état, souvent parce que les appareils n'ont pas de pile ou sont périmés. Pendant que vous remettez de l'ordre dans la maison ce printemps, assurez-vous qu'il y a un détecteur de fumée à chaque étage et dans chacune des chambres à coucher.

Vérifiez la date de fabrication à l'endos des appareils

et, s'ils ont plus de dix ans, remplacez-les.

Pensez au monoxyde de carbone – Le monoxyde de carbone (CO) est un gaz invisible, inodore et potentiellement mortel, dont la présence ne peut être décelée qu'à l'aide d'un avertisseur de CO. Tout comme vous le faites pour les détecteurs de fumée, installez un avertisseur de CO à chaque étage de la maison, ainsi qu'au sous-sol et dans chacune des chambres à coucher, et n'oubliez pas d'en remplacer les piles tous les six mois. Par souci d'ordre pratique, songez à vous procurer un avertisseur de monoxyde de carbone enfichable doté d'une pile de secours qui assure le fonctionnement durant les pannes de courant.

Pour connaître d'autres conseils de sécurité à la maison, allez sur firstalert.ca.



Choir power x 3 Regional gathering all about songs, stronger together

These two simple words encompass what the Canadian Military Wives Choir Greenwood (CMWCG) is all about: "stronger" and "together."

Founded in 2017, the choir's membership consists of 30-plus female presenting singers connecting through shared experiences in the military community. The CMWCG embraces women supporting women through music, friendship and empowerment. The CMWCG is one of 15 Canadian Military Wives Choirs across the country.

April 14 to 16, 14 Greenwood members participated in a Maritime "meet up," joining with the Gagetown and Halifax CMWCGs in Halifax. The choirs shared their voices through musical collaboration, creating one voice full of love, joy and laughter. The song, "Stronger Together," is the CMWCG anthem, and bringing the three Maritime choirs together to sing this was a magical experience. Getting together after so many years apart made this trip extra special, and choir members all hope to attend and host more events like this.

"The choir helped me make amazing friends in a brand-new community," says Natasha Ching, who joined the CMWCG in September 2022 and took over as musical director in January. "I spend as much time laughing as I do singing with the choir!"

"As the choir learns and grows, I hope for it to become a staple in the community, both musically and as a supportive network for women." Ching volunteered to take over as musical director, despite not having musical director leadership, as, since January, the Greenwood choir's membership has doubled! Members are as excited as she is to help the choir establish strong roots in the community, and are confident in achieving this goal through her encouraging, upbeat and energetic personality.

After participating in the Month of the Military Child Concert with the 14 Wing Greenwood Band in April, choir members are looking forward to holding a Mother's



Canadian Military Wives Choir members from choirs in Greenwood, Gagetown and Halifax joined in song and camaraderie at a weekend singing-themed meet up. Fun, great music made together and new friends!

Day fundraiser dinner May 13, 5 p.m. to 7 p.m., at the Kingston Lion's Club. The Kingston Lions will be serving musical collaboration, creating one voice full of love, joy and laughter. The song, "Stronger Together," is the CMWCG anthem, and bringing the three Maritime choirs together to sing this was a magical experience. Getting together after so many years apart made this trip extra special, and choir members all hope to attend and host more events like this.

purchase. With the environment in mind, takeout will be available when you provide the container!

Interested in joining the choir or coming to its next performance? Check out the Canadian Military Wives Choir Greenwood on Facebook. New members are welcome in September. →

services & trades

Call 902-765-1494 local 5833 for info
Business card directory



Low minimum delivery **Now offering propane**

Fuel for Less, 1-888-338-0331
Waterville, N.S. 902-538-0677
Bridgetown, N.S. 902-665-5293

RENEWED AIR
HEAT PUMP CLEANING
NADINE BARKHOUSE
902-824-0994 | renewedairhp@gmail.com

We're hiring paper carriers

Route #20 - Forest Brook Subdivision
Cherry, Maplewood and Princess Lanes, Oakwood and Sunset Drives, all of Marshall Road to Highway 101 and the seniors complex at the corner of Highway 1 and Marshall Road. (170 papers)
Route available now.

Route #21 - Pine Ridge East
Acker and Evans Courts, Maple Street, Elizabeth Avenue, Pine Ridge Avenue (partial). (100 papers)
Route available May 1.

902-765-1494 local 5440
auroranewspaper.com



NOVA SCOTIA

What's in your well water?

Safe water is essential for a healthy home.



Bacteria, viruses, and parasites can make their way into your well water and can make you and your family sick. In addition, long-term exposure to unsafe levels of naturally occurring chemicals such as arsenic, uranium, lead and manganese can cause serious health effects.

How often should I test my well water?

Testing should be done every six months for bacteria and every two years for chemical contaminants.

How do I take a sample?

Pick up testing bottles from a local hospital or water testing laboratory and follow their instructions for collecting and dropping off samples.

What contaminants should I look out for?

Bacteria, arsenic, uranium, lead, and manganese are some of the main concerns that can have short and long-term health effects, especially for children and pregnant women.

For more information on testing well water, visit NovaScotia.ca/Well-Water-Testing

Love wine? **Make it your own.**

Valley Brewtique
Wine & Beer

craft winemaking

Serving the Valley and beyond for over 50 years
NEW STORE, SAME GREAT PEOPLE

Spring Brew Sale
April 24 to May 6

25% off Wine kits
20% off Beer/Cider kits
15% off all remaining items

Prize Ballots Available

INCLUDING FEES

Full Keg Systems, Accessories and all things Home Brewing.
Carrying a full selection of Wine, Beer, Cider kits and offering Brew on Premise.

623 Main Street Kingston • Tel: 782-822-2285
www.valleybrewtique.com



Greenwood Curling Club's men's closing bonspiel "A" consolation winners were, from left, Dave Backman, Corey Shortliffe, Andy Mader and skip Mark Robar.

Men close out Greenwood curling season

The Greenwood Curling Club's men's closing bonspiel has been - for years! - a great way to end the curling season. Then COVID-19 hit us, and the 'spiel was cancelled for 2020, 2021 and 2022.

But not this year! The 64th bonspiel went on without a hitch April 15 and 16 to close the 2023 season. Sixteen teams competed - a good start in bringing back this popular bonspiel. It was great to see some familiar faces among the teams, which included representation from all over the province: Halifax, the South Shore, Northumberland, throughout the Valley - and one curler from Ottawa!

Hats off to Hazel and Sandra for all their work pulling the 'spiel together. Thanks to club president Dave Ronaldson for doing the draw, and special thanks to the ice crew, the bar staff and the ladies who prepared and served the delicious meal (we hear Charlene's carrot cake was yummy). The curlers were treated to a lunch after the finals - a nice touch to be able to grab a sandwich before hitting the road home.

The 'spiel winners were certainly not strangers to this event, or the winners' circle: congratulations to the Berwick Curling Club's foursome of Curt Palmer, sons Colin and Ben (Ottawa) and long-time friend, Glenn Josephson. The runner-up team was from the Mayflower Curling Club: Marty Gavin, Paul Dexter, Randy Degraas and Steve Sauveur.

The "A" consolation winners were Mark Robar, Andy Mader, Corey Shortliffe and Dave Mader. The runner-up team was Greenwood's foursome of Dave Ronaldson, John Boekema, Rick Lindsay and Terry Peters.

The "B" event saw two teams from the Berwick club going to battle. Doug Bryant, Dave Loner-



Winners of the 64th Greenwood Curling Club's men's closing bonspiel April 16 were, from left, Berwick Curling Club members Ben Palmer, Colin Palmer (via phone from Ottawa), skip Curt Palmer and Glenn Josephson.

gan, Joel Smith and Toshi Imai were the victors over clubmates Andrew Willsley, Cody Spidle, Conrad MacEachern and Brad Schurman.

The "C" event winners were from the Northumberland Curling Club: Dave Canfield, Andrew Robertson, John Mills and Brian Gordon. They defeated Greenwood curlers Doug Carpenter,

Tom Litsas, Mike McCorry and Roger Brooks.

Congratulations to all the winners, and sincere thanks to all 16 teams for supporting this great bonspiel. Please stay safe over the summer months and we look forward to hosting you all again next year. Encourage your friends to sign up for this great sport we call curling! →



Greenwood Curling Club's men's closing bonspiel "B" event winners were, from left, Berwick Curling Club members Toshi Imai, Joel Smith, Dave Loneragan and skip Doug Bryant



Greenwood Curling Club's men's closing bonspiel "C" event winners were, from the Northumberland Curling Club, from left, Dave Canfield, Andrew Robertson, John Mills and Brian Gordon. Submitted

WE ARE HIRING!

STARTING RATE \$26.02/HR (\$24.02 Plus Shift Premiums)
Plus paid vacation and holidays, and benefits including pension and more!

WE ARE LOOKING FOR TEAMMATES WHO ARE:

- ✓ Able to work in a team or with little supervision
- ✓ Able to meet daily expectations and work together to achieve goals
- ✓ Able to work 12-hour shifts, including night shifts and weekends

APPLY NOW
careers.michelin.ca







Discover the beauty of connection.

Proudly serving the Valley Communities, we are dedicated to providing the Best Service, Best Value and Best Quality Products.

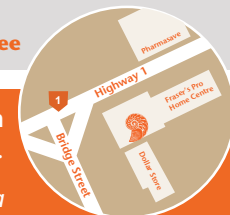
- Registered Audiologists
- Custom Noise Protection & Earplugs
- Full Hearing Assessments
- CAF, DVA & WCB Approved Provider
- Tinnitus Evaluations & Intervention
- CARP, NAFR Partner Programs

Call to book a FREE Take Home Demo of today's top technology.

902.681.2222 1.877.988.4327 Toll Free

Hearing
INSTITUTE ATLANTIC

Kingston
1540 Bridge St.
hearinginstitute.ca



We're in your neighbourhood! Halifax | Clayton Park | Bedford | Sackville | Dartmouth
Bridgewater | Yarmouth | New Minas | Kingston