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the Aurora

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SAR crew picks up essential asset Korean-speaking member ‘knocked it out of the park’

Sara White,
Managing editor

Corporal Peter Kim says his Korean may be a little rusty, but he's glad it came to exceptional use during a life-saving medevac mission off the coast of Nova Scotia.

September 13, the Halifax Joint Rescue Coordination Centre tasked two 14 Wing Greenwood-based

aircraft from 413 (Transport and Rescue) Squadron on a medevac call from the MV Morning Chant, a Korean shipping vessel 225 nautical miles off Halifax. A crewmember aboard was in severe appendicitis. The challenge: no one aboard the freighter spoke English or French. Canadian search and rescue crews have a collection of pre-recorded greetings, messages and instructions in a handful of languages for just this instance, but it's not too

often East Coast SAR comes across a Korean-speaking ship.

While Cormorant Rescue 905 left Greenwood at 9:40 a.m. for Halifax to fuel and assess the extent of deep fog, the call went out to 14 Operations Support Squadron's operations desk and through the base's chiefs' network: did anyone know a military member who spoke Korean? Kim's name immediately came up.

"I was born in Korean, and my family immigrated to

Canada in 1997," Kim says. "We lived in Bedford, and then moved to the Greater Toronto Area. Korean was my first language; I learned it from my parents."

Kim is in Greenwood awaiting training as an airborne electronic sensor operator and working for the wing's long range patrol fleet as electronic sensor support. He first joined the Canadian Army in 2015, an artillery member with 2nd Regiment, Royal Canadian Horse Artillery

in Petawawa. He left the military in 2019, and then rejoined the Royal Canadian Air Force in 2021. September 12, he'd worked a late night, and was still home having breakfast when his supervisor called.

"Next thing you know, I get to go up in a Hercules on a SAR."

As the Cormorant flew to the Halifax airport to refuel for the distance to the MV Morning Chant, the Hercules crew was preparing for its own departure. Kim was

at the 413 Squadron Hangar before the helicopter even made it to Halifax.

Search and rescue technician Sergeant Mike Cox was aboard the Cormorant. The medevac itself was "fairly routine," except for the language barrier.

"All the information we were getting was spotty, and we had time: why don't we try and find someone who can speak Korean?" Cox said.

Continued on page 2...



Corporal Peter Kim, an airborne electronic sensor operator at 14 Operations Support Squadron by day, made the difference for 413 (Transport and Rescue) Squadron with his fluent Korean. Kim stepped into radio work from the 413 Squadron top-cover Hercules as a Cormorant team medevaced a crewmember from a Korean freighter off the coast of Nova Scotia September 13.

Corporal F. Roy, 14 Wing Imaging

Sergeant Mike Cox holds the stack of in-flight notes detailing the questions and information he needed relayed – in Korean – by Kim.

S. White

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Truth and Reconciliation Day

30 September

8:30 a.m. | **Gather** | Greenwood CANEX
Attendees are encouraged to wear an orange T-shirt
In the event of inclement weather, all events will be held at the Annapolis Mess beginning at 9:15 a.m.

9 a.m. | **Opening remarks**

9:05 a.m. | **Walk** | To Greenwood civic field, 904 Central Ave

9:30 a.m. | **Pjilita'q everyone welcome**
Opening with Michael Denny of the Stoney Bear Singers

10 a.m. | **Live drumming of Honour Song, dancing, displays**

1 p.m. | **Ne'multes be seeing you again** | Event closure

Stoney Bears Singers & Dancers | First Nations artisans' sale and display tables
Teepee display | Pizza for purchase | Cake | Bring a folding chair/ blanket
Showcasing Indigenous art/ crafts and accessories | Contact Marla Ward | marla.ward@forces.gc.ca
Hosted | by the 14 Wing Greenwood Defence Indigenous Advisory Group

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Korean-speaking member...

...cover

“Corporal Kim showed up and knocked it out of the park.”

Captain Andrew McNeil was aboard the Hercules. He said Kim arrived, went through a briefing very quickly and “seemed very calm and collected. I told him, ‘don’t overthink things: there’s just a guy on a boat, and you’re just a guy on a plane. Talk to him.’”

The Hercules arrived at the MV Morning Chant before the Cormorant and, through Kim, the freighter was directed into open space, ready for the Cormorant’s arrival. The Hercules flew top cover throughout the medevac, with Kim relaying questions and information from Cox in the Cormorant down to the boat’s crew.

“Every question I asked, he had an answer,” Cox says.

“First: what was the patient’s name? We had the crew gather his ID, wallet and passport, and get him into a life jacket. Was he ambulatory: how were we going to move him? Allergies, condition – all that determines how we’re going to treat him. And, there’s the full boat brief: turn off your radar, hold your direction



A PFD from a successfully medevaced crew member from the Korean MV Morning Chant September 13, signed by 413 (Transport and Rescue) Squadron Cormorant crew members; will join the wall of artefacts in Hangar 14.

of travel, clear the decks for the helicopter’s approach.

“I can only assume Corporal Kim was overwhelmed: SAR is a different world, with a lot of inputs, different equipment and he’d never been in this situation before. If he wasn’t proud of himself, he should be.”

McNeil said Kim was a “huge help, honestly. Everything went so smoothly. We are thankful we had him.”

The medevac proceeded, with the patient delivered to Halifax hospital and both aircraft returning to Greenwood mid-afternoon. McNeil says, in discussions after the call, there

was agreement an at-hand resource of personnel on the base with different language profiles would be very helpful.

Kim is the first to say he doesn’t like being the “centre of attention, and I was out of my element.

“The Hercules crew was great, and I had fantastic treatment. I was impressed watching them all work through the mission – so professional, super skilled. This is definitely a rewarding experience – my job is great.

“And I was able to call my parents after and tell them my Korean came in handy.” →

Labrador loss 25 years ago ‘affected us all’

413 Squadron marks crash anniversary October 1 with thoughts of family, friends-co-workers

Sara White,
Managing editor

One of the crew had a less-than-a-month-old daughter. Another was set to be married in days. A couple of them had swapped places on another aircraft so squadron members could get home for evening hockey intramurals.

October 1, family, co-workers, commanders and those who remember six lost 413 (Transport and Rescue) Squadron members will gather at 14 Wing Greenwood to mark the 25th anniversary of the crash October 2, 1998, of Labrador 305 in Marsoui, Quebec.

“Everyone in the military – everything we do, it’s about people,” says 413 Squadron Commanding Officer Lieutenant-Colonel Mark Norris. “You see planes, equipment... but it’s really all about people.

“This was a significant

tragedy for families, for us as a squadron – it affected us all; it helped shape Steve and me both into who we are today.

Both Norris and his command team partner, Chief Warrant Officer Stephen Bates, were young men 25 years ago: “we were lucky, we started our careers mentored by some of the folks who responded and were affected by this tragedy.”

Pilots Captain Peter Muselman and Captain Darrin Vandenbilche, flight engineers Master Corporal David Gaetz and Master Corporal Glen Sinclair, and search and rescue technicians Sergeant Jean Roy and Master Corporal Darrell Cronin were killed after an on-board fuel leak, fire and explosion, an off-balance rotor catching the main body and then in-air break up and crash.

“They’d been on a medical call; they’d been in Sept-

-Îles. Two guys switched from the Labrador to the Hercules to get home faster, the Hercules did top cover for the Labrador over the St. Lawrence as a normal safety measure and then shot for home,” Norris said. “Within minutes, they had a call for another mission, a search for a yellow aircraft.”

The Hercules crew quickly found the site, and two SAR-techs parachuted in. Bates says conditions – wind, weather, crew fatigue – were not good, but they were going in. The news was bad.

“And today, as we’re here talking about this, we have a helicopter out right now on a mission,” Bates says. “It’s always in our minds. We talk about this story, these people; they’re not all blended, but connected. Talking empowers the squadron: that everyone has a role and everything is shared. We’re here as a squadron for our

families.”

With the approach of the crash anniversary, 413 Squadron is aware of three things: honouring the six lost squadron members, being present to support family, friends and squadron members who were affected by the crash then, in the years that followed – and could be again by something similar in the future; and the importance of being prepared.

“Readiness – 413 members can be grounded in trust in the squadron to keep each other safe,” says Norris. “Every single member.”

In the past months, the

squadron has contacted as many of the six men’s family members as possible to develop plans for the most appropriate anniversary gathering. Former and current squadron and 14 Wing members and leadership have been engaged.

“We’re being very sensitive, as this brings up lots of things for us all,” Norris says. “We are respectful of privacy, we’re respectful of our squadron mates.”

In August, 413 Squadron was present as one of the men was re-interred at Beechwood Cemetery, Canada’s national military cemetery in Ottawa. In mid-September, a crew travelled

to Marsoui for its biennial caretaking of the memorial at the crash site. October 1, Norris says the squadron invites people to visit the Lab 305 memorial in the Greenwood Military Aviation Museum’s memorial garden on the way to a 2 p.m. remembrance on 14 Wing Greenwood’s Parade Square. Into next month, 413 Squadron is all business, with several tabletop exercises focused on responding to a tragedy like Lab 305 – along with the unexpected search and rescue calls that will arise at any given moment.

“Random. It’s what search and rescue is. It is,” Norris said. “This 25th anniversary memorial itself is a training event: that all of us remember; that we’re grounded; that we want to make sure we’re ready. We have to take care of what we want people to think about.” →



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www.rcacf-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

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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

Hosted by
413 (Transport and Rescue) Squadron
On the Parade Square, 14 Wing Greenwood
2 p.m., October 1, 2023
In case of inclement weather, event will be held at the Annapolis Mess.

Dress - military: 1A, civilian: appropriate attire

Open to the public
Followed by a reception at the Annapolis Mess

Between noon and 1:40 p.m.,
413 Squadron encourages you to visit the commemorative monument to this and other significant 14 Wing Greenwood events at the Greenwood Military Aviation Museum’s memorial garden

25th anniversary remembrance

Labrador 305 - October 2, 1998 - Marsoui, QC

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



July 18, Officer Cadet Shane Edwards was promoted to current rank, with family present, by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.



August 18, Master Corporal Matthew Mayne, second from left, with family present; was appointed to current rank by 404 (Long Range Patrol and Training) Squadron Acting Commanding Officer Major Keith Tagg, left; with Master Warrant Officer James Arsenault.



July 11, Sergeant Jason Hume was named 405 (Long Range Patrol) Squadron Eagle of the Year by Commanding Officer Lieutenant-Colonel Dan Arsenault and Chief Warrant Officer Duane May.



Sergeant Michael Schatz, centre, was recently promoted to current rank by 415 (Long Range Patrol Force Development) Squadron Major Joseph Antle, left, with Warrant Officer Anthony Spittachine.



August 24, Captain Adam Pearson, right, was presented an award for having logged more than 2,500 hours of flight on the CP140 Aurora aircraft by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alexandre Gignac at 14 Wing Greenwood.



September 12, Warrant Officer Ulrich Reiner, centre, was recognized for reaching a 2,000 flying hours milestone by 405 (Long Range Patrol) Squadron Major David Bernatchez, left, with Chief Warrant Officer Duane May.



September 12, Captain Glen Duncan, centre, was recognized for reaching a 2,000 flying hours milestone by 405 (Long Range Patrol) Squadron Major David Bernatchez, left, with Chief Warrant Officer Duane May.



August 14, Captain Meagan Duncan, right, was promoted to current rank by 14 Wing Greenwood Commander Colonel Jeff Davis.

Plan for Schooner Drive road closure September 27, 28

In support of an ongoing construction project to replace high voltage lines at 14 Wing Greenwood, there will be a road closure affecting Schooner Drive, between Ad Astra Way and Tusker Lane along the front of 14 Hangar in the A0Z, from 6 a.m. Wednesday, September 27, to 6 p.m. Thursday, September 28. Traffic control measures will be in place. →



In the field

5th Canadian Division Support Base Detachment Aldershot continues to serve as a training base, with the most recent Canadian Armed Forces' Basic Military Qualification candidates, Course 0084, making their way through August field work: obstacle course challenges, gas mask exercises, camp prep, recon patrols and arms training.

Corporal F. Roy & Corporal S. Dlugozims, 14 Wing Imaging



Greenwood gathers for September 30 Truth and Reconciliation Day events

Defence Team members and community friends are welcome to join the 14 Wing Greenwood Defence Indigenous Advisory Group in marking September 30 as National Truth and Reconciliation Day.

Everyone is welcome - pijilita'q. Meet at the Greenwood CANEX after 8:30 a.m. for a 9 a.m. group walk of reflection to the Greenwood civic field, 904 Central Avenue. You are encouraged to wear an orange T-shirt.

Once at the civic field, Stoney Bear Singers' Michael Denny will lead the opening at 9:30 a.m., with the drumming of the Honour Song, dancing and First Nations artisans' arts and crafts sale and displays. Bring a lawn chair or blanket if you would like to sit for the presentations. There will be pizza for purchase by the slice.

In the event of poor weather, all events will be held indoors at the Annapolis Mess, 14 Wing Greenwood, beginning at 9:15 a.m. →

Greenwood se rassemble pour les événements de la Journée de la vérité et de la réconciliation du 30 septembre

Les membres de l'équipe de défense et les amis de la communauté sont invités à se joindre au groupe consultatif indigène de la 14e Escadre Greenwood pour marquer le 30 septembre, Journée nationale de la vérité et de la réconciliation.

Tout le monde est le bienvenu - pijilita'q. Rendez-vous au CANEX de Greenwood après 8 h 30 pour une marche de réflexion en groupe à 9 h jusqu'au terrain municipal de Greenwood, 904 Central Avenue. Nous vous encourageons à porter un T-shirt orange.

Une fois sur le terrain municipal, Michael Denny, du groupe Stoney Bear Singers, dirigera l'ouverture à 9 h 30, avec le tambour du chant d'honneur, des danses et la vente et l'exposition d'objets d'art et d'artisanat des artisans des Premières nations. Apportez une chaise de jardin ou une couverture si vous souhaitez assister aux présentations. Il sera possible d'acheter des pizzas à la coupe.

En cas de mauvais temps, toutes les épreuves se dérouleront à l'intérieur du Mess d'Annapolis, 14 Wing Greenwood, à partir de 9 h 15. →

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Trois secrets méconnus de la marche

(EN) La plupart d'entre nous savent que la marche améliore la santé cardiaque, renforce l'immunité et peut aider à perdre du poids. Mais savez-vous qu'il existe d'autres raisons d'adopter la marche? Voici trois avantages moins connus qui vous inspireront pour votre prochaine promenade.

1. Elle favorise la récupération musculaire - En tant qu'activité peu contraignante, la marche permet de relâcher la tension musculaire, de stabiliser les muscles et d'augmenter la circulation sanguine, ce qui peut réduire les risques de courbatures après une séance d'entraînement intense. Que vous incluez ou non des séances d'entraînement de haute intensité dans votre programme hebdomadaire, la marche est un pas dans la bonne direction pour la santé physique globale.

2. Elle régule votre transit - Le côlon réagit à l'activité physique, c'est pourquoi il est important de maintenir votre corps en mouvement tout au long de la journée. La marche vous aidera à stimuler votre système digestif. Toutefois, si vous souffrez de constipation occasionnelle bien que vous trouviez le temps de faire une promenade quotidienne, envisagez d'utiliser un laxatif doux comme Senokot qui vous soulage en six à douze heures.

3. Elle soulage les douleurs articulaires - Vous avez mal au genou ou à la hanche? Il peut sembler contre-intuitif de bouger les parties de votre corps qui souffrent d'inconfort, mais la marche peut aider à renforcer les muscles de la jambe autour de vos articulations, les protégeant ainsi et soulageant toute douleur.



Top tips for last-minute travelers

(NC) After a long couple of years many of us are jumping at the chance to travel across the world. If you're booking a trip on short notice, here are a few tips to remember:

Read the fine print
As exciting as it is to jump into a new adventure, make sure you familiarize yourself with the details so you know what you're getting into. This

is the case for any travel expense but especially for promotional rates and add-ons like car rentals. You want to be aware of the cancellation policy and any extra fees like

a deposit or extra insurance or a municipal hotel tax. Doing your due diligence means you'll be better able to avoid costly surprises and enjoy your time more.

Double check entry requirements
Always review the rules of the country you're going to visit. These might include, how long you can stay on a visitor's visa, whether you need a vaccine passport, or whether you can bring certain items into the country. It's also worth a refresher on rules around returning to Canada. For example, if you don't declare food and animal products when you arrive here, you could face a hefty fine. These restrictions are in place for a reason. They protect Canadians from foreign

animal diseases which could impact our economy.

Be flexible
While you may get a great deal when you book travel last minute, you should also be prepared in case other things are sold out, like the best hotels or tickets to the hottest attraction. Be flexible with your itinerary and simply enjoy being somewhere new, rather than hoping for the perfect trip. If you're looking for a special once in a lifetime holiday, a last-minute booking may not be your best bet.



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Family activities that won't break the bank

(NC) The everyday cost of taking care of a family can bring sticker shock to even the savviest parent. So, how do you give your kiddos a fun time without spending an arm and a leg? Here's some inspiration to help:

Go to cheap movie night
- Many movie theatres have cheaper showings on Tuesdays, so make sure to take advantage if you love the silver screen. To host a movie night in your own home you can bust out some special snacks, turn the lights down low and snuggle up to make the evening special.

Create a home spa day
- Break out the bubble bath and nail polish, to enjoy a DIY spa day. It's a fun way for kids to play and be imaginative. You can find products on sale or at the dollar

store to enjoy a foot soak, manicure or experiment with colourful make up.

Learn to DIY together
- There is lots of deep do-it-yourself knowledge available on sites like YouTube or Instructables.com. Take your pick of projects, get creative and learn a new skill while spending time together. Whether you make your own chess set, learn to sew a Halloween costume, or build your own ree fort, you can choose your own adventure, end goal (and budget) for yourself.

Host a lemonade stand
- A rite of passage for many kids, running a lemonade stand is a great way to keep your kids occupied and teach them a little something about money. It's a joy to see their faces light up when they

make a sale. All you need is some lemonade, a homemade sign, a tin for coins, and some kind of small table. Try a yard sale, clearing out unused clutter and coming out at the end of the day with extra cash.

Explore the outdoors
- Get outside on a family-friendly hike, a bike ride through the neighbourhood or a simple

backyard camping adventure for easy, low-cost ways to get active together.

Redeeming rewards points can also make expensive activities more affordable. Just be sure to choose a program that lets you earn significant points on everyday purchases like gas, transit, dining and groceries.



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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.alliantzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

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

Fall auction donations wanted
Moving? Downsizing? Decluttering? The Kingston Lions are accepting gently used donations of furniture, appliances, household items and tools in support of our annual Fall yard sale. Call 902-765-2128 and we will arrange to pick up items you may wish to donate. All proceeds from our sale go toward com-

munity projects. Thank you for your support!
Mobile Innovation Lab OR One-On-One Tech Help
September 27: the Mobile Innovation Lab will be in the Berwick Library for September and October. Sign up for a one-hour session and explore our exciting tools and technologies, including a 3D scanner and printer, Cricut

Maker, sewing machines and more! Our instructor will walk you through the basics on the equipment of your choice. Once we have determined that you are comfortable to go it alone, you'll be able to book the lab whenever the library is open and use the equipment unsupervised. Or, book one-on-one tech assistance with our digital literacy instructor: let us know what you would like to cover in this session. For adults 18+ or youth with an adult present.

Storytime
September 27, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages three to eight to celebrate the joys of storytelling with music, puppets, books, stories and more! Children must be accompanied by an adult. Registration required.

Talk, Sing, Read! Storytime
September 27, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs. Tie Dye for Teens

September 28, 6 p.m. to 7:30 p.m., the Berwick and District Library invites youth ages 12 to 17 to learn to mix dyes, use mordants, and fold fabric to make a beautiful tie-dyed t-shirt of your own. Or, book one-on-one tech assistance with our digital literacy instructor. Please help us prepare for your visit by letting us know what you would like to cover. Registration required.

The Knit Wits
September 28, 3 p.m. to 5 p.m., the Middleton Library hosts The Knit Wits: whether you've been knitting for decades, or just started, it's time to join! We have the yarn and needles: we just need someone to use them! Cheryl will answer any questions or lead the group in a pattern. Have something you have been working on at home? Bring it in! Open to ages 18+. Registration required.

Babies and Books
September 29, 10 a.m. to 11 a.m., the Kingston Library invites caregivers and their babies (newborn to 18 months) for quiet stories, rhymes and songs. Registration not required.

Girl Power at the Library!
September 29, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts Girl Power Night at the library (every last Friday of the month) Snacks, crafts, talk about books, play games, hang out: the library is yours for the night. New theme monthly. Ages nine to 14. Reg-

istration required.
Teen art showing
To September 30 - open call for teen artists: are you 13 to 18 years of age? Would you like to display your art at 7Arts studio in Greenwood? Stop by the studio or email us for more information: info@7arts.ca.

Drum circle sessions
October 3 (first Tuesday of every month): book your group in for a free drum circle session. Available to veterans, military members and their spouses at 7Arts in Greenwood. Supported by True Patriot Love. Register at minfullymore@gmail.com.

Friday night BBQ
Fridays, 5 p.m. to 6:30 p.m., the Berwick Legion hosts casual summer BBQs, including hamburgers, cheese burgers, sausages and hotdogs; as well as salads and desserts. Open to the community - let us cook for you!
Volunteers needed - Kingston Scouting

1st Kingston Scouts is looking for adult volunteers to help keep this wonderful youth program active. Please visit scouts.ca for more information or email comissioner@1stkingston.ca if you have any questions about local opportunities.

Weekend makers space
Saturdays, noon to 4 p.m. (and some Sundays). Join artists and crafters at 7Arts, 619 Central Ave, Greenwood; for a fun afternoon of creativity. The studio

and gallery is open to explore. To register: info@7arts.ca.

Youth art lessons
Wednesdays, 7 p.m. to 8 p.m., join 7Arts in Greenwood for youth art lessons (YAL) - new theme and instructors each week! For info: info@7arts.ca.

Makers space
Saturdays and (some) Sundays, noon to 4 p.m., join 7Arts in Greenwood for its makers space sessions - seasonal themes! \$5 each craft (non-crafting caregivers free). Drop in or pre register by email at info@7arts.ca.

Berwick walking groups
Tuesdays (from Spicer Park) and Fridays (location varies), 10 a.m., Berwick hosts Hike Nova Scotia gentle, easy walking

groups through its NS Walks initiative. Sign-up at nswalks.ca or 902-932-6902.

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

Volunteer tutors needed
Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course

materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

Knit/ crochet club
Wednesdays, 1 p.m. to 3 p.m.: knit or crochet with 7Arts. Join the Yarn 'n Yabbers Club. \$5 drop in with your project, or \$10 all supplies provided. Pre-register at FB page arts2 @yarnnyabbersclub.

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

Hall rental

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

Diabetes donations
Diabetes Canada accepts gently used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations. Or, call 1-800-505-5525 to arrange a free household pickup or visit decluster.diabetes.ca for information. Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.

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Hall rental

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, September 25, 6 p.m. to 7:30 p.m. - Kids Club: dodgeball tournament. Free for PSP Plan or one-activity pass youth evening program holders, \$5+HST non-PSP plan membership. Pre-regis-

tration is required by noon the day of the program.
Tuesday, September 26, 6 p.m. to 8 p.m. - Open centre drop-in. Youth under 12 years old must be accompanied by an adult 16+. One-activity pass or PSP Plan card required, \$5+HST non-PSP plan membership per person.

Friday, September 29, 7:30 a.m. to 5 p.m. - school in-service day camp: retro theme. \$30+HST PSP Plan membership, \$40+HST non-PSP plan membership. Pre-registration is required. →

horoscopes

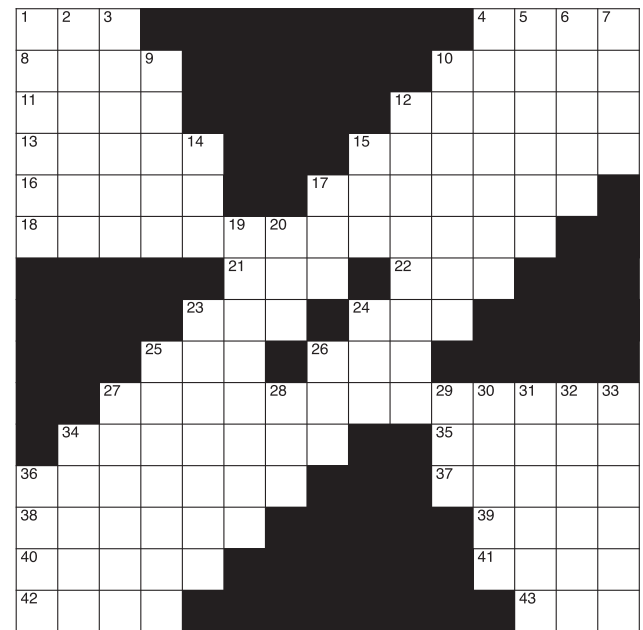
September 24 to September 30

ARIES - Mar 21/Apr 20
There is nothing wrong with a bit of self-indulgence, Aries. But you do not want to go overboard with your treats and other must-haves. Moderation is key in everything.
TAURUS - Apr 21/May 21
You have a no-nonsense bearing that immediately has people drawing close to you and trusting you, Taurus. Put that out in full force as you try to win favor on the job this week.
GEMINI - May 22/Jun 21
Gemini, don't let your quest for excitement pull you in too many different directions right now. You need to stick to one plan for a certain amount of time and see things through.
CANCER - Jun 22/Jul 22
Everyone wants a piece of you right now, Cancer. It is equally flattering and exhausting. You'll have to be choosy regarding where and with whom to dedicate your time.
LEO - Jul 23/Aug 23
Listen to the messages swirling around in your head right now, Leo. Your intuition has been on target so there is no reason to doubt yourself now. Keep moving forward.
VIRGO - Aug 24/Sept 22
Virgo, is a particular relationship getting too intense for you? It might be the time to ease up a bit and take a step back. Distance could provide the clarity you need.

LIBRA - Sept 23/Oct 23
Libra, you do not need to struggle if you simply call in a few favors. Reach out to your network of people and figure out how you can make things work.
SCORPIO - Oct 24/Nov 22
Scorpio, do not chase people down, simply wait for them to come to you with your natural magnetism. You don't want to exert energy this week unnecessarily.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, rather than showing people all of your cards, hold some information close to the vest and maintain a bit of mystery. Others likely will be intrigued.
CAPRICORN - Dec 22/Jan 20
Capricorn, you may find that things are very profitable for you this week. If you are an entrepreneur, business will be solid. If you perhaps sell on the side, money will flow.
AQUARIUS - Jan 21/Feb 18
Aquarius, for quite some time you have been focusing on everyone but yourself. You have to change your ways if you can get the rest and healing that you need right now.
PISCES - Feb 19/Mar 20
There is no doubt that you've earned a few commendations, Pisces. But this week you need to accept congratulations without being boastful. Exhibit both humility and pride.

crossword

solution page 9



- ACROSS**
- 1. Outsourcing (abbr.)
 - 4. Post
 - 8. German city on edge of Black Forest
 - 10. "... but goodie"
 - 11. Spiced stew
 - 12. Passionately
 - 13. Monetary units
 - 15. Group of living organisms
 - 16. Organic compound derived from ammonia
 - 17. High honors
 - 18. 5-year-olds' classes
 - 21. Swiss river
 - 22. Old woman
 - 23. Cash machine
 - 24. A way to soak
 - 25. Hair product
 - 26. Deride
 - 27. "The Blonde Bombshell"
 - 34. Cause to become insane
 - 35. Bluish greens
 - 36. Supported with money
 - 37. Type of equation
 - 38. Court officials
 - 39. Indian god
 - 40. Rids
 - 41. Leak slowly through
 - 42. Units of ionizing radiation
 - 43. Midway between south and southeast
- DOWN**
- 1. Native of Slovakia
 - 2. Deli meat
 - 3. Fibrous substance in fungi
 - 4. Cutting
 - 5. Vedder and Van Halen
 - 6. Horror comic novelist
 - 7. Rulers of Tunis
 - 9. Shaped like a circle
 - 10. Make a pig of oneself
 - 12. Aphorism
 - 14. Witness
 - 15. Single Lens Reflex
 - 17. Freshwater North American fish
 - 19. Nautical ropes
 - 20. Leg (slang)
 - 23. Pokes holes in
 - 24. Moved quickly on foot
 - 25. Fix-it shops
 - 26. Type of bread
 - 27. Repaired
 - 28. Synthetic diamond (abbr.)
 - 29. Type of drug (abbr.)
 - 30. German city along the Rhine
 - 31. Animal disease
 - 32. Martini necessities
 - 33. Get away from
 - 34. Village in Mali
 - 36. Djiibouti franc

sudoku

solution page 9

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

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

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Now accepting applications for
Volunteer Board Members

The Kingston/Greenwood Community Health Board (CHB) is a committed group of volunteers who are working together to improve the health of our communities by addressing issues like housing, food security, community connection, and recreation & wellness.

www.communityhealthboards.ns.ca/get-involved
MacKayla.Ogilvie@nshealth.ca | 902-526-0369

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www.frasers.ca

More locations for faster care at Nova Scotia pharmacies.

26 pharmacies are now offering a new, free service where pharmacists can assess and prescribe for health conditions like strep throat, eczema, diabetes, asthma, COPD, and more at new Community Pharmacy Primary Care Clinics.

To read a full list of services offered and to book appointments visit pans.ns.ca/cppcc



September 7 to 9 was 2023 Wing Welcome fun, as 14 Wing Greenwood and community families and friends get ready for fall activities in the area. From bingo to breakfast, from sports and hobbies to scavenger hunt sleuthing, the base organized fun and social activities to help everyone get back into the swing of Greenwood living.

Aurora, Imaging & Community Recreation photos



To all our Canadian forces personnel, whether you have been here for years or arriving for the first time...
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