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the Aurora

Vol. 43 No. 37

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Telecom techs challenged in field ex conditions

Second Lieutenant Meagan Duncan

"There's something we say about raining and training," Master Warrant Officer Rodney Colbourne joked, standing under just that at the Granville Ferry Range training area.

Members from 14 Operations Support Squadron Communications and Information Systems (CIS) Flight, also known as the Telecom flight, were at the range area September 20 to 22, just ahead of Hurricane Fiona.

Exercise director Corporal Nate Bezanson created "Exercise Mercury Tread" for junior members of CIS Flight.

"In an electronics trade, kit moves quickly and we need to stay up to date," he said.

The exercise's mission was to set up and maintain a command post (CP) in a remote area. Ten unit members, all ATIS techs (aerospace telecommunications and information systems technicians) at the rank of aviator or corporal were divided into two detachments, supervised by six senior corporals and master corporals. On the

first day of training, each group set up a mod tent with a network of computers and a sleeping area in the front section and a "red room" for secret communications material in the back half of the tent.

"We've set up the CP to provide comms," said Corporal Owen Gatenby. "Currently, we can communicate between the laptops through a server rack in the back room."

Until the staff stepped in to throw some faults into the training scenario.

"We know that they're go-

ing to break stuff, and we're going to figure out how to fix it," Gatenby said.

Not all the problems were created by staff: some real issues came up while the ATIS techs were establishing and maintaining network connections.

"Sometimes the best problems are ones we don't make ourselves," Colbourne said. "Those are real world problems that we have to figure out."

ATIS techs learn to think on their feet - and think outside the box - when setting

up communications systems, said Warrant Officer Amy Welton.

"This exercise simulates a roto zero of a deployment. It's a perfect learning opportunity, without the risks. It's a chance to practice skills we don't usually use in our day-to-day at the base. Moving into a location like this, with nothing - it's better to learn how to do it here, instead of overseas."

The commanding officer of 14 OSS, Lieutenant-Colonel Lara Jennings, visited the

troops and observed their training. Jennings also played a role in a scenario, asking to see the red room in the back section of the tent.

"I'm sorry, Ma'am," Corporal Aaron McCluskey said, denying the CO access, "but you're not on the authorized list."

In reality, as the unit's CO, Jennings would approve those lists, but, in addition to having the proper security clearance, there is an

Continued on page 2...



14 Operations Support Squadron Communications and Information Systems Flight members took to the field September 20 to 22 for training Exercise Mercury Tread, practicing off-site communications set-ups and operations.

Corporal C. Thomas



Soup & Socks

To October 13, 14 Wing is challenged to collect soup and non-perishables for the Upper Room Food Bank and new wool socks for Valley outreach programs.

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Telecom techs ...

...cover

element of "need to know" - which Jennings didn't meet at that point in the exercise.

Holding their ground and standing up to someone of a senior rank can be challenging for junior members. Another scenario was to include a warrant officer coming in and demanding to plug their "black" or unclassified USB into a "red" secret computer. The corporal in charge would have to stop the WO and direct them to use a JIFC data transfer (Joint Information and Intelligence Fusion Capability - essentially an email data transfer system through the DWAN.

Another part of the exercise included refresher training on navigation: on day one, participants spent time practicing with a map and compass.

"We did a recce and scoped out another site," McCluskey explained, "in case the mission required us to leave this site."

Most military members with any experience know, if you're doing something "just in case" during training, there is a big potential it is going to happen. On day



Corporal Aleks Crowder, centre, was advance promoted to current rank during the field EX Mercury Tread by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Lara Jennings, right, with Master Warrant Officer Rod Colbourne.

Corporal C. Thomas



Communications and Information Systems Flight members work on a mod tent, used as sleeping and ops quarters during the recent Ex Mercury Tread at Granville.

Corporal C. Thomas

two, a scenario came up: the enemy was coming and the teams would have to move their CP quickly. Orders were given to combine their two detachments into one larger section and set up a new CP in an alternate location. Sleeping quarters were to be combined into one tent at the original site, while the other tent would be taken down and relocated for all the communications equipment. However, their first step was to destroy the current equipment (only simulated, no actual equipment was damaged!), which would deny the enemy access to the information. Participants tackled the

challenge, packing up and moving out to the new location about a kilometre away and, of course, uphill. All this in less than 90 minutes. Oh, and make sure everyone had eaten and was hydrated, too. "The pizza pasta IMP (Individual Meal Pack) tasted pretty good," Master Corporal Nathen Vandenhof laughed. "It didn't necessarily taste like pizza or pasta, but it was good."

The troops moved quickly to achieve their mission and almost met their timing. "It was an impossible timing," Second Lieutenant Derek Haines explained, "but it helped instill that sense of

urgency." As a junior officer, this was also a good training opportunity for the second lieutenants to give orders and practice their leadership skills.

Once the new CP was set up and operational, the troops took turns throughout the night maintaining the network and guarding it from potential threats, before packing it all up on the third and final day of the exercise.

Overall, Ex Mercury Tread was great refresher training on establishing networks,

using navigation skills and conducting radio communications: the ATIS techs are more used to fixing radios, rather than using them. It was also a great opportunity for team building in a new environment, and allowed some of the unit's senior corporals to practice their supervising skills. The team members managed to stay mostly dry throughout the exercise and returned to 14 Wing before Hurricane Fiona arrived but, as the saying goes, "if it ain't raining, it ain't training." →

DYK? - The god, Mercury, is the symbol of the Communications and Electronic branch. Officers regularly hold an exercise, Mercury Wing. Junior ranks involved in this new exercise, called Mercury Tread, practiced their foundational skills as "the boots that tread the ground."



using navigation skills and conducting radio communications: the ATIS techs are more used to fixing radios, rather than using them. It was also a great opportunity for team building in a new environment, and allowed some of the unit's senior corporals to practice their supervising skills. The team members managed to stay mostly dry throughout the exercise and returned to 14 Wing before Hurricane Fiona arrived but, as the saying goes, "if it ain't raining, it ain't training." →



Partnered reflection

The second Truth and Reconciliation Day September 30 was marked in Bridgewater, as 14 Construction Engineering Squadron, the Town of Bridgewater and Acadian First Nations partnered to highlight the importance of this day. A community event featured songs and dances, remarks from municipal and provincial elected officials, and a traditional smudging ceremony; all followed by a walk of reflection with those who gathered in Pijiniuskag Park.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

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the Aurora

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14 Wing Fitness Online work-outs, resources and tips | 14 Wing Community Recreation Online activities, resources and fun | Annapolis Mess Special events and entertainment | 14 Wing Greenwood Winter Carnival/ 14e Escadre Carnaval d'hiver Annual winter Defence Team fun and challenge events | 14 Wing Greenwood PSP A wider resource for PSP entities (recreation, fitness, health promotion, news and events) | Greenwood Military Family Resource Centre Resources, activities and program highlights | 14 Wing Greenwood Bowling Centre Centre updates | 14 Wing Aquatics Pool recreation, competitive, training, news | 14 Wing Library Online story time, resources for learning and fun | Greenwood Military Police - Police militaire de Greenwood Safety, security and public information from 24 Military Police Flight | 14 Wing Combined Charities Wing activities in support of our community | 14 Wing Spiritual Resilience Page Hosted by the 14 Wing Chaplains, with spiritual support and resources | GMAM.ca Follow news and events at the Greenwood Military Aviation Museum | 14 Wing Welcome Schedule of events details | Lake Pleasant Campground 14 Wing's family campground | 14 Wing Greenwood Curling Club Open to military, community members | 14 Wing Health Promotion Tips, program highlights and resources

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- Learn to curl October 28 • 7pm
- Monday men's league • \$180
- Tuesday women's league • \$180
- Wednesday cooperative leagues • \$180
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 - \$75 first child
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Come curl with us! Inquiries | 14wingcurling@gmail.com
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14 Wing Greenwood Craft & vendor sale

Greenwood Community Centre
Bldg 110, Church Street

Saturday, November 19 | 10 a.m. to 2 p.m.
Admission \$2 | Includes door prize ticket.

50/50 Ticket auction

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Six-foot tables \$25 plus auction item. Deadline to book November 10.

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Captain (retired) Paul Turpie, right, was presented with a Royal Canadian Air Force Certificate of Appreciation September 16 by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Captain (retired) Paul Turpie, right, was presented with a collage of images from his service at 404 (Long Range Patrol and Training) Squadron by Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Captain Simon Sirois-LeCain, right, was presented with the Operational Service Medal – EXPEDITION by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Captain Nathan Cosman, right, was presented with the Canadian Forces' Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Master Corporal Sarah Landry, right, was presented with the Canadian Forces' Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Master Corporal Paul Kachur was presented with the Canadian Forces' Decoration 1st Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Captain Brenden Clark, centre, was presented the Operational Services Medal - Expedition Bar September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Warrant Officer Andrew Davis, right, was presented with the Canadian Forces' Decoration 2nd Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Captain Robert Albert, right, was presented with the Canadian Forces' Decoration 2nd Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson September 16.



Master Corporal Kyle Morris, centre, was presented with a Sentinel patch by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson, left, and Captain Kayla Colford September 16.



Master Corporal Christopher Chittick, centre, was presented with a Sentinel patch by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson, left, and Captain Kayla Colford September 16.



Combined Charities programme de Charité combiné

I care #iGive It matters / J'y crois #jeDonne C'est important



14 Wing Greenwood's national workplace giving campaign, Combined Charities, is underway, with all kinds of fundraising activities planned from September through December. 14 Wing Commander Colonel Jeff Davis, left, and Wing Chief Warrant Officer Jonathan Proulx, right, met up with Combined Charities' OPI Aviator Peter Kosyk at the recent Wing Welcome info table to tee up the fall calendar.

Charity-focused fun, events adding up in wing campaign

Sara White, Managing editor... Fun – and fundraising for the local community – are the two goals of 14 Wing Greenwood's annual national workplace giving program, which runs September through December. 14 Wing Greenwood Combined Charities organizes a calendar of activities through the fall, encouraging Defence Team members and community friends to help it meet its motto, "Locally, We Make a Difference." Combined Charities' annual campaign results are distributed among up to 60 local and regional non-profit groups, including youth programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more. The 2021 campaign raised \$17,500, plus donations of food, socks and toiletries. This year's goal is \$30,000. "I'm excited," says 14 Wing Greenwood Commander Colonel Jeff Davis. "Combined Charities is all about people here at the wing being engaged and partnering with other base groups in a challenge to support the community that supports us." Aviator Peter Kosyk is the 2022 Combined Charities OPI, with Corporal Brendyn Wendell as deputy, Warrant Officer Bonnie Hill as treasurer, Corporal Emily Tulloch as secretary and Sara White as marketing and communications. A team of representatives from every unit shares campaign plans and activities across the base, and ensures participation in unit-level fundraising and the more major Combined Charities' events. Volunteers are welcome to pitch in with Combined Charities' projects. Follow all events on Facebook @14wingcombinedcharities.

Save the dates for Combined Charities events

October Dress with a Difference is underway, with Defence Team members contributing \$2 every Friday through December for civilian business casual attire permissions. Soup and Socks is underway now until collection October 13: non-perishable food items will be donated to the Upper Room Food Bank in Kingston, and new pairs of socks will support Open Arms in Kentville and its outreach programs. Donation boxes will be available in base unit workspaces. Annapolis Mess golf tournament 50/50 – Greenwood Golf Club, 8 a.m. to 9:30 a.m. Tickets \$2 each, 15 for \$5. Draw at the tournament closing. Open to non-golfers who want in! Gift Card Survivor is collecting \$20 entries until noon October 17: the first elimination draw is that day at 1 p.m., followed by draws October 24 and the finale October 31. If you're eliminated in Week 1 or 2, you may buy redemption for \$10 before the next draw. The winner picks half of a collection of local \$10 gift cards (75 in 2021!), the second-place winner picks half of what's left, and the third-place winner gets what's left. See Sara White at The Aurora Newspaper for an entry, sara.white@forces.gc.ca. Wing Commander Colonel Jeff Davis has agreed to raffle off his designated parking spots at all base sites (except HQ) for November, December and January. Ask your unit rep for raffle details: 75 per cent of funds raised will stay with participating units for their Festival of Trees decorating needs, and 25 per cent will add to the Combined Charities total. November November 18 - a single-day hockey tournament at the Greenwood Gardens Arena. Eight-member teams, plus a goalie, will play a quick series of 20-minute games, be treated to pizza and take home bragging rights. Register your team by November 10, \$200, with brendyn.wendell@forces.gc.ca. November 19 – craft & vendor sale, 10 a.m. to 2 p.m., at the Greenwood Community Centre, Bldg 110 Church Street. Six-foot tables are \$25, plus an \$8-\$10 ticket auction item. Admission is \$2 (includes a door prize ballot). 50/50, door prize, ticket auction. To book a table, contact Sara White, cskeddy@hotmail.ca. November 25, 6:30 p.m. to 8:30 p.m., there will be a SparklenSigns décor-making sign workshop – with dessert and coffee/tea! – at the South Berwick Community Hall. Check the Event on Facebook to choose your \$45 design, and register/pay with emilytulloch464@gmail.com. November 25 is the deadline for donations through the online pay allotment or one-time donation program. Visit uwco.ca/GCWCC/donate (English) or uwco.ca/CCMTGC/don (French); you will see the National Workplace Giving Campaign homepage, but you are able to search for Combined Charities to donate as part of the 14 Wing campaign. 14 Wing Defence Team members may make a one-time donation or set up a 2023 payroll deduction, contribute through 14 Wing Greenwood Combined Charities' online link or select any registered charity across Canada. Initial epledge information is available on the wing Splashpage. December The wing's Festival of Trees is Combined Charities' marquee event, hosted by the Greenwood Mall December 3. Squadrons and community business and organizations decorate tabletop trees with gift certificates, themed toys, tools, household items, crafts, electronics, sports equipment and more. Two dozen trees will be up for the ticket auction-style raffle, plus, there will be an hourly prize draw tree of donated goodies. To find out more, contact shawn.jordan@forces.gc.ca.

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As Fire Prevention Week™ approaches, 14 Wing Greenwood Fire Department reminds residents: À l'approche de la semaine de prévention, le service d'incendie de la 14e Escadre Greenwood rappelle aux résidents :



N'attendez pas le feu pour préparer votre évacuation.™



Fire won't wait. Plan your escape.™

Caporal Jon Lomenda
Inspecteur des incendies
Services d'incendie et d'urgence
de la 14e Escadre

À l'approche de la Semaine de la prévention des incendies, les Services d'incendie et d'urgence de la 14e Escadre veulent inciter tout le monde à élaborer et à mettre en pratique leurs plans d'évacuation. Nous sommes fiers de faire équipe avec la NFPA® (National Fire Protection Association) pour lancer la campagne de cette année! La NFPA® est le commanditaire officiel de la Semaine de la prévention des incendies et célèbre son 100e anniversaire!

La NFPA continue d'appuyer les Services d'incendie et d'urgence afin de sensibiliser davantage à la prévention des incendies et à la sécurité en cas d'incendie. La campagne de cette année se déroulera pendant la semaine du 9 au 15 octobre, sous le thème « Le feu n'attendra pas! Planifiez votre évacuation

Corporal Jon Lomenda,
Fire inspector,
14 Wing Fire & Emergency Services

With Fire Prevention Week approaching, the 14 Wing Fire & Emergency Services



» ». La planification de votre évacuation est importante, car elle sert à éduquer tout le monde sur les mesures simples, mais importantes, qu'ils peuvent prendre pour se protéger et protéger leur entourage contre les incendies à la maison.

« Les maisons d'aujourd'hui brûlent plus vite que jamais. Vous pouvez avoir aussi peu que (ou moins de) deux minutes pour échapper en toute sécurité à un incendie domestique à partir du moment où l'avertisseur de fumée retentit. Votre capacité à sortir d'une maison pendant un incendie dépend de l'alerte précoce des avertisseurs de fumée et de la planification à l'avance », indique l'adjudant-maître adjoint en chef des pompiers de la 14e Escadre, Ed Fairhurst. C'est pourquoi il est extrêmement important d'avoir un plan d'évacuation d'urgence en place et de le pratiquer afin qu'en cas d'urgence nécessitant une évacuation, il soit naturel pour vous de savoir quelles mesures prendre. »

wants to encourage everyone to make and practice their escape plans. We are proud to be teaming up with the NFPA® (National Fire Protection Association) to bring this year's campaign! The NFPA® has been the official sponsor of and is celebrating their 100th Anniversary of the Fire Prevention Week!

The NFPA continues to support local Fire Departments and Emergency Services to raise awareness for Fire Prevention and Fire Safety. This year's campaign is running during the week of October 9th through the 15th, the theme of which is "Fire won't wait. Plan your escape™". Planning your escape is important as this serves to educate everyone about simple but important actions they can take to keep themselves and those around them safe from fires at home.

"Homes today burn faster than ever. You may have as little as (or less than) two minutes to safely escape a home fire from the time the smoke alarm sounds. Your ability to get out of a home during a fire depends

Aux Services d'incendie et d'urgence de la 14e Escadre, nous souhaitons que vous adoptiez le thème de la Semaine de la prévention des incendies 2022 et que vous communiquiez ces principaux conseils de planification d'une évacuation en cas d'incendie à la maison :

- Assurez-vous que votre plan répond aux besoins de tous les membres de votre famille, y compris ceux qui ont une déficience sensorielle ou physique.
- Des détecteurs de fumée devraient être installés à l'intérieur de chaque chambre à coucher et à tous les étages de votre maison. Les détecteurs de fumée doivent être interconnectés afin que lorsque l'un d'entre eux sonne, tous les autres sonnent aussi.
- Assurez-vous de connaître au moins deux façons de sortir de chaque pièce, si possible. Assurez-vous également que toutes les portes et les fenêtres s'ouvrent facilement.
- Prévoyez un lieu de rencontre extérieur à

an early warning from smoke alarms and planning in advance," said the 14 Wing Deputy Fire Chief Master Warrant Officer Ed Fairhurst. MWO Fairhurst continues, "This is why it is extremely important to have an emergency evacuation plan in place and to practice these plans so that in the event of an emergency that requires an evacuation it is second nature as to what actions you need to take."

We at the 14 Wing Fire & Emergency Services want you to embrace the 2022 Fire Prevention Week theme as well as to share these key home fire escape planning tips:

- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.

une distance sécuritaire de votre domicile où tout le monde devrait se rencontrer.

- Pratiquez votre exercice d'incendie à domicile au moins deux fois par année avec tous les membres du ménage, y compris les invités. Les exercices d'incendie doivent être pratiqués au moins une fois le jour et la nuit chaque année.

« Il est important pour tout le monde de planifier et de s'exercer à évacuer rapidement et en toute sécurité en cas d'incendie dans la maison. Tout le monde doit être prêt et savoir à l'avance quoi faire lorsque le détecteur de fumée retentit. Étant donné que chaque maison est différente, chaque plan d'évacuation en cas d'incendie sera également différent, indique le capitaine Drew Spinney, chef des pompiers de la 14e Escadre. Ayez un plan en place pour tout le monde à la maison. Les enfants, les personnes âgées et les personnes handicapées peuvent avoir besoin d'aide pour se réveiller et sortir. Assurez-vous que quelqu'un les aidera! » →

- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Fire drills should be practiced at least once during the day and at night each year.

"It's important for everyone to plan and practice how to safely and quickly escape a fire in the home. Everyone needs to be prepared in advance so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different," said the 14 Wing Fire Chief Captain Drew Spinney. Capt Spinney continues, "Have a plan in place for everyone in the home. Children, older adults and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!" →

Fire Prevention Week | October 9-15, 2022

Semaine de la prévention des incendies | octobre 9-15, 2022



The 14 Wing Fire & Emergency Services is participating in a series of events alongside the Kingston District Volunteer Fire Department in support of this year's Fire Prevention Week campaign "Fire won't wait. Plan your escape™", including:

Les Services d'incendie et d'urgence de la 14e Escadre participent à une série d'événements aux côtés du Service des pompiers volontaires du District de Kingston à l'appui de la campagne de prévention des incendies de cette année « Le feu n'attendra pas! Planifiez votre évacuation™ », notamment :

- Tuesday, October 11**
• Kingston Family Health Centre | 4 p.m. - 8 p.m.
- Wednesday, October 12**
• Morfee Centre Day Care & Pre-School | morning
• Sobeys | 4 p.m. - 8 p.m.
- Thursday, October 13**
• Dwight Ross Elementary School | morning
- Friday, October 14**
• École Rose-des-Vents | morning
- Saturday, October 15**
• Greenwood Mall | 11 a.m. - 4 p.m.

- mardi 11 octobre**
• Centre de santé familiale de Kingston | 16 h à 20 h
- mercredi 12 octobre**
• Services de garderie et de programmes préscolaires du Centre AVM Morfee | avant-midi
- mercredi 12 octobre**
• Sobeys | 16 h à 20 h
- jeudi 13 octobre**
• École primaire Dwight Ross | avant-midi
- vendredi 14 octobre**
• École Rose-des-Vents | avant-midi
- samedi 15 octobre**
• Centre commercial Greenwood | 11 h à 16 h

Veillez connaître au moins deux sorties de chaque pièce, si possible. Assurez-vous que toutes les portes et fenêtres s'ouvrent facilement.

Keystone Monument & Granite Products

175 Commercial St., Berwick, N.S.
T: (902) 538-1321 F: (902) 538-3873
keystonemonument@eastlink.ca
www.keystonemonuments.com

Smoke alarms should be interconnected so when one sounds, they all sound.

Krown of Cambridge

6293 Highway 1,
Cambridge, NS
782-265-0052

Have an outside meeting place a safe distance from your home where everyone should meet.

Ralph Freeman Motors Ltd.

820 Main Street, Kingston
www.freemansautosales.com
902-765-2555

Assurez-vous que votre plan d'évacuation de domicile répond aux besoins de tous les membres de votre famille y compris ceux qui ont des handicaps ou des déficiences physiques.

Village of Greenwood

904 Central Ave., 902-765-8788
villageoffice@greenwoodns.ca

Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.

Russell Insurance Group Limited

1268 Victoria Rd, P.O. Box 279
Aylesford, NS B0P 1C0
902-847-3274 | Visit us at www.rigl.ca

When people who are deaf are asleep, a pillow or bed shaker should be used to wake them and alert them to fire conditions. This device is activated by the sound of a standard smoke alarm.

AA Munro Insurance

635 Bowlby Park Drive, Kingston | 902-765-8110
www.aamunro.com | greenwoodoffice@aamunro.com

Suivez les instructions de nettoyage des fabricants de détecteurs de fumée pour assurer leur bon fonctionnement. Ces instructions sont incluses dans l'emballage des détecteurs de fumée ou peuvent être trouvées sur Internet.

Des détecteurs de fumée doivent être installés à l'intérieur de chaque chambre à coucher, à l'extérieur de chaque pièce où l'on dort, et à chaque étage de votre maison.

Aurora Inn

831 Main Street, Kingston, NS
aurorainn.net | 902-765-6348

Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

Sobeys

Canada's Family Grocery Store
720 Central Ave., Greenwood
902-765-4033

Choisissez un lieu de rencontre extérieur à une distance sûre de votre domicile où tout le monde doit se retrouver.

Canadian Tire The Valley's Premier Hunting & Firearm Shop

730 Central Ave., Greenwood
902-765-6338

Les détecteurs de fumée doivent être interconnectés de sorte que lorsque l'un d'eux se déclenche, ils sonnent tous

Steve Morse Heavy Towing Light Roadside

24 Hour Service • 902-825-7026
www.morsetowing.ca

Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home.

Pharmasave Valley Drug Mart

Kingston Middleton
902-765-2103 902-825-4822



The 14 Wing Fire & Emergency Services will also be conducting emergency evacuation drills at random throughout the 14 Wing Greenwood area to evaluate the emergency preparedness of all personnel in their respective workplaces. To find out more about Fire Prevention Week programs and activities in 14 Wing Greenwood, please contact the 14 Wing Fire & Emergency Services at 14WingFireDepartment@forces.gc.ca. For more general information about Fire Prevention Week and fire prevention in general, visit nfpa.org/fpw

Les Services d'incendie et d'urgence de la 14e Escadre effectueront également des exercices d'évacuation d'urgence au hasard dans la région de la 14e Escadre Greenwood afin d'évaluer la préparation aux situations d'urgence de tous les membres du personnel dans leurs lieux de travail respectifs. Pour en savoir davantage sur les programmes et les activités de la Semaine de la prévention des incendies à la 14e Escadre Greenwood, veuillez communiquer avec les Services d'incendie et d'urgence de la 14e Escadre à l'adresse 14WingFireDepartment@forces.gc.ca. Pour de plus amples renseignements sur la Semaine de la prévention des incendies et sur la prévention des incendies en général, visitez le site <https://www.nfpa.org/fpw>



Truth and Reconciliation Day September 30



Images Corporal J. Fox, S. White, submitted

September 30, 14 Wing and the community gathered for a reflective walk, followed by presentations, Mi'kmaq drumming and dancing, and time together to mark Truth and Reconciliation Day. Close to 300 people attended. All paused on the walk in front of HQ at the newly-painted crosswalk, permanent art designed and painted over a week by DAAG members. *Wela'lin.*





Veillez à la sécurité de vos enfants à l'Halloween

(EN) Bien que les traditions un peu terrifiantes de l'Halloween prennent une toute autre allure cette année, il existe encore bien des moyens de célébrer la fête avec la famille. Pour l'occasion, il est toujours possible de confectionner des déguisements lugubres, de regarder des films effrayants et de déguster des friandises à la maison. Dans certaines collectivités, vous pourrez partir à la cueillette des bonbons avec les enfants tout en respectant la distanciation, même si vous choisissez de limiter vos visites à la famille proche.

restiez à la maison pour accueillir les petits monstres ou que vous parcouriez les rues avec vos enfants, suivez ces conseils donnés par l'Association canadienne des chefs de pompiers pour assurer votre sécurité et celle de vos bambins :

La santé et la sécurité d'abord - Veillez à ce que vous et vos enfants respectiez les règles de sécurité relatives à la COVID19, notamment en gardant une distance sécuritaire lorsque vous frappez aux portes des maisons, en portant un masque et en vous désinfectant les mains après avoir touché à une poignée de porte.

Les décorations dangereuses - Vous perpétuez peut-être une vieille tradition en installant des citrouilles illuminées, mais ces décora-



tions représentent aussi un réel danger pour le feu. Au lieu d'utiliser une chandelle à l'intérieur de la citrouille, mettez une petite lampe de poche ou une bougie alimentée par

des piles, comme des piles Duracell fiables. Vos décorations d'Halloween illumineront votre résidence soir après soir.

Le risque de surcharge - Quand il s'agit d'alimenter les décorations d'Halloween, il

est facile d'exagérer. Cependant, la surcharge des rallonges électriques pourrait provoquer un incendie et tourner au drame. Soyez prudent et, quand c'est possible, optez pour des décorations alimentées par piles.

Le choix des costumes - Cette année, choisissez des costumes aux couleurs vives qui seront bien visibles pour les automobilistes. Ajoutez-y des bandes réfléchissantes pour les rendre encore plus voyants.

L'éclairage à emporter - Donnez à chacun des membres du groupe une lampe de poche dotée de piles fiables, comme des piles Duracell. Ainsi, vous enfants seront plus faciles à voir. En cas de doute, privilégiez les endroits bien éclairés et visitez uniquement les maisons dont les lumières sont allumées.

Le contrôle de la qualité - Demandez aux enfants d'attendre qu'un adulte examine leurs friandises avant de goûter aux fruits de leur récolte. De plus, toutes les friandises emballées doivent être désinfectées avant d'être consommées. →



Creative ideas for sending a care package

(NC) Sending a small something to family or friends in the mail is a time-honoured way to show your love and support – whether they live down the street, across the country or on the other side of the world. Here are some fresh themes and ideas for your next care package:

Practical and pleasing

- Cell phone accessories like a charger or new case for the person who's always on their phone
- Grocery delivery or gift card for the overworked student
- Postcards with stamps so they can write you back without gathering supplies
- Beautiful stationery they'll remember you by when they pick up their pen or look at the calendar

Fun and games

- A lively board game you can play together over zoom or your latest tear-your-hair-out puzzle
- An exchange of favourite books from the past year for a long-distance book club
- Relaxation items like bath salts, and a scented candle for a spa day
- Materials for a science experiment that the youngest generation can explore at home, or a story with clues for a whodunit murder mystery

Food and drink

- Certificate for an online cooking class you can do together
- A gift card to a local winery
- Local snacks that are hard to find or afford like organic peanut butter, maple

- syrup or ketchup chips
- A copy of your favourite cookbook or a special recipe they can cook while thinking of you

Ultimately, when it comes to the perfect care package, it's not so much about what you give, as the fact you gave something at all. If you do choose to send food, consider how long it will be in transit and what could happen to it on the way. Check the rules of the country to which you're shipping to inform what you pack.

If you're expecting family or friends to send a package back to you, remind them not to include any pork products. That's because pork could be contaminated with African swine fever, also known as ASF. It's a contagious virus that, while



not dangerous to humans, were to be found in Canada, it could shut down our entire pork industry, affecting livelihoods and the economy, and put all Canadian pigs at risk. →

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- Custom Noise Protection & Earplugs
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 hearinginstitute.ca

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 Bridgewater | Yarmouth | New Minas | Kingston

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Attn: Transitioning Military Members

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 We help transitioning military, veterans & families get into tech jobs, for free. If you know someone who can benefit, send them to WithYouWithMe.

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- ✓ No experience is required
- ✓ Be career ready in 100 hours
- ✓ Free tech courses for life
- ✓ Salaries from \$60K-\$120K

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GREENWOOD FAMILY DENTISTRY

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 P.O. Box 1776,
 Greenwood, NS
 BOP 1N0

(902) 765-2822

Dr. Tami Parks & Dr. Cassandra Lee

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We are your local insurance specialists | 635 Bowlby Park Drive, Kingston • (902) 765-8110

Protect yourself and others in your community by staying up to date on your COVID-19 vaccines.

- First and second dose appointments are available for children aged six months to four years old.
- First dose, second dose, and booster dose appointments are available for children 5 to 11.
- People 18 and older can now book a fall vaccine appointment.

Being up to date gives you the best immunity against COVID-19 and reduces your risk of severe illness.
 Vaccines are administered at pharmacies.

To book your appointment: Visit NovaScotia.ca/Vaccination | Phone 1-833-797-7772

NOVA SCOTIA



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

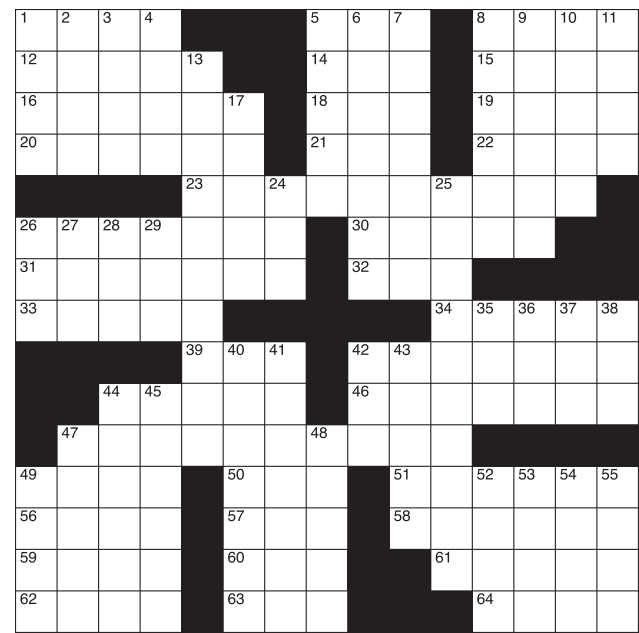
Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood,

par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

Service time change
Sundays, beginning October 16, and for every Sunday following, the Kingston United Baptist Church, 695 Main Street; will begin worship service at 10:30 a.m. All are most welcome to attend.

crossword

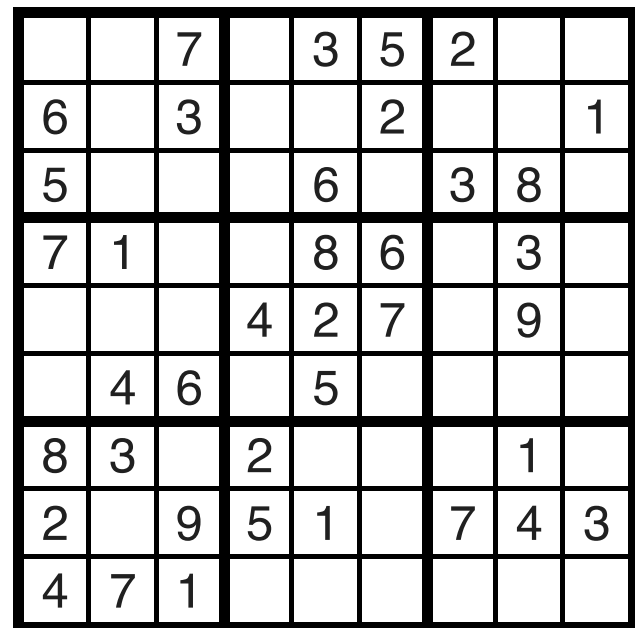
solution page 13



- ACROSS**
- Towards the mouth or oral region
 - A way to season
 - North-central Indian city
 - Emaciation
 - Actress de Armas
 - A way to score in basketball
 - Old
 - Scripting languages on IBM machines
 - A right of local jurisdiction
 - Hard, colorless compound
 - Diving seabird
 - Wild goat of the mountains
 - Not shortened
 - Someone who learns from a teacher
 - Is inclined
 - Still asleep
 - Antidepressants (abbr.)
 - Town in Surrey, England
 - Indian music patterns
 - Birth control means
 - People tend to be on one
 - A way to keep meat
 - moist
 - Home of the Crimson Tide
 - Pasta type
 - Late 1990s rapper
 - One circuit of a track
 - Surrounded by water
 - Late 'Growing Pains' actor Thicke
 - Married couples say it
 - Drool
 - Sicilian city
 - Airline worker perk (abbr.)
 - Grayish-black mixture
 - Systems, doctrines, theories
 - Midway between east and southeast
 - Athletes who get paid
 - DOWN**
 - Genus of owls
 - Hindu queen
 - Cain and
 - Hindu female deity
 - Islamic calendar month
 - Changes posture
 - More stubborn
 - Give work to
 - Round maps of the Earth
 - Gathered fallen leaves
 - Popular credit card
 13. Separation of church and state
 - Founder of Sikhism
 - They
 - Where you find the milk
 - Institute legal proceedings against
 - The neural structure consisting of the brain and spinal cord
 - Expresses surprise
 - Have a debt to
 - Businessman
 - State on India's western coast
 - Practice of managing financial risks (abbr.)
 - Patty Hearst's captors
 - Put into service
 - 10-year periods
 - Crony
 - Surgical clamp
 - Leave unable to move due to lack of wind
 - Where rockers work
 - Valley
 - Ancient lyric poem
 - Wise men
 - It lights a room
 - Assert
 - Fifth Roman Emperor
 - Ancient Greek city in Thrace

sudoku

solution page 13



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!

Thursday drop-in cafe
Thursdays, 10:30 a.m. to noon, the Kingston United Church invites community members to weekly drop-in social mornings with friends – or make new ones! Enjoy coffee, tea or juice, a cookie (provided). All are welcome!
Donations sought for yard sale
The Kingston Lions are now accepting donations of furniture, appliances and household item, all in good condition; in support of their semi-annual yard sales to support the community. Please call 902-765-2128 and leave a message with your name and phone number to arrange for pickup.

Adulting 101
October 11, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library invites people ages 15 to 23 to join Elizabeth for a four-part workshop series where we will discuss and learn the basics of resume writing, sewing a button, budgeting your money, and how to live on your own. Are you feeling pressured and alone? Need a hand because "the struggle is real"? Need some support? We've got you. Registration is required.

Innovation Lab OR one on one tech help
October 12, in various time slots, the Rosa M. Harvey Middleton & Area Library offers one-hour tech sessions with a digital literacy instructor. Book in the Mobile Innovation Lab, and learn how to use the equipment to be able to book the lab unsupervised.

Book a help session to gain skills in technology, Facebook, Zoom, backing up files, using the library's ebook and audiobook service or more. Bring your device with you and we'll do what we can to help.

Talk, Read, Sing! Storytime
October 12, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth and caregivers ages 0 to five to share the fun and adventure of reading. Enjoy rhymes, songs, and books with other children and caretakers. WRITE: the Elements of Story
October 12, 2 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area Library invites those 18+ to join instructor Connie (a published short story author) as we discover the elements of story. Please bring your own paper/notebook and a writing utensil. Registration is required.

Greenwood curling registration
October 12 & 18, 7 p.m. to 9 p.m., the Greenwood Curling Club will host open house events to register members for the season and answer any questions. Learn to curl session October 28, 7 p.m. League start date: November 1. Mondays: men's league, Tuesdays: women's league, Wednesdays: cooperative leagues. Costs: single league registration \$180, two league registration \$240, couple's registration (two individuals) \$330, couple's registration (two leagues) \$450, youth league 75\$ for first child, 50\$ for any additional kids from same family.

Innovation Lab OR one on one tech help
October 13, in various time slots, the Kingston Library offers one-hour tech sessions with a digital literacy instructor. Book in the Mobile Innovation Lab, and learn how to use the equipment to be able to book the lab unsupervised. Book a help session to gain skills in technology, Facebook, Zoom, backing up files, using the library's ebook and audiobook service or more. Bring your device with you and we'll do what we can to help. Registration required. Registration required.

Blue Falls hike
October 14, 1:30 p.m., join Hike NS and 14 Wing Greenwood for a walk/ hike at Blue Falls (1.6 km - The first 2/3 of trail is easy; the last third is considered tricky (narrow & steeper). Meet at Shore Rd East in Mount Hanley, past the Healey's Brook bridge. Register at 902-765-1494 local 5341.

Creative Littles
October 14, 11 a.m. to noon, the Rosa M. Harvey Middleton & Area Library invites little ones ages 1-3 to join Elizabeth for an hour of finger paints, shapes, colours and more. A guardian must accompany children. Registration is required.

Mindfulness workshop
October 15, 11 a.m. to noon, the Rosa M. Harvey Middleton & Area Library offers an interactive workshop to explore and practice beginner mindfulness. This five-week workshop is intended to explore the broad tradition of mindfulness. Participants will be seated in chairs, or bring a mat and pillows if you prefer to sit on the floor. Wear comfortable clothes and be considerate of scent sensitivities. Registration required.

Rummage sale
October 15, 8 a.m. to noon, there will be a rummage sale at the Kingston United Church, 733 Main Street. Proceeds will be divided equally between Crime Stoppers and the KUC.

Yard sale
October 15, 8:30 a.m. to 12:30 p.m., All Saints Anglican Church will be holding a yard sale at the church hall, 521 Pleasant Street, Kingston (turn west off Bridge Street). Antiques, bedding, clothes, household goods, decorations, toys, tools, books, records and much more...

Amateur radio flea market
October 15, 10 a.m. to 1 p.m. (open 8 a.m. to sellers), the Greenwood Amateur Radio Club hosts its annual ham radio equipment flea market at the Greenwood Community Centre,

Church Street, Greenwood. Featuring amateur radios, computers and electronics – sell your old stuff or buy some new old stuff. Admission is \$5 (tables free to sellers). Talk in: VE1WN 147.240+, GPS coordinates N44° 58.512' W064° 55.612'. Join a GARC member on air to answer questions and give directions. Cash BBQ – sausages, hot dogs, pop, muffins, cookies, water, tea/ coffee. Door prizes, 50/50 and a \$100 VISA card draw. To book a table: Carol VE1ICY, cfhutchinson@gmail.com. For event info: GARC president Phil Hunter, VE1PHL or garc.ve1wn@gmail.com.

Hike NS Aylesford outing
October 15, 10 a.m., join Hike NS for a 5 km (easy) hike, hosted by the Nature Trust and the Invasive Species Council of NS. Learn about invasive plants and animals in the region, how to use the app iNaturalist as a tool for reporting and mapping invasive species, and what you can do to help prevent the introduction and spread of invasive species. Register for hike starting point details: cynthia@nsnt.ca.

Hike NS Upper Clements outing
October 16, 1:30 p.m., join Hike NS for a guided walk/ hike on the Upper Clements Trails (5 km, moderate). Hosted by Annapolis County Recreation. The group will meet at the Upper Clements Community Hall and enjoy some refreshments afterwards. Register at https://raceoster.com/events/2022/63813/guided-walkhike-upper-clements-trails.

Community luncheon
October 18, the Kingston Lions host their monthly community luncheon at the hall. Menu: roast beef, mashed potato, vegetables, roll and dessert. Pick-up at the hall \$15, noon to 1 p.m. Delivered meals \$16 (Kingston/Greenwood area). Order in advance October 12 and 13, 8 a.m. to noon, at 902-765-2128. No late orders. Proceeds support Lions' community projects.

National Association of Federal Retirees Western NS meeting
October 19, 11:30 a.m., the National Association of Federal Retirees Western NS Branch member's meeting will be held at the Deep Brook Waldec Lions Hall, 948 Hwy 1, Deep Brook. Stuffed roast pork dinner and all the trimmings at a cost of \$12. Bring along a potential member (federal retiree) and have your name entered in a draw. If you wish to attend, please email NAFR75@gmail.com or call Carolyn/ Bill at 902-765-8590 no later than October 5.

100 Who Care put September donation on the table

The 100-Plus Who Care Giving Group Annapolis Valley met September 15 for its first all in-person event since March 2020, inviting all its members and newcomers to its third 2022 quarterly meeting at the Main Street Station ballroom in Kentville. While three nominated Valley non-profit projects were invited to pitch their work for 100-Plus funding support, one could unexpectedly not make it on the day.

Members heard from the Kids Action Program and the Northeast Kings hot meal program. The live vote determined the Northeast Kings project as the donation recipient, with Kids Action receiving Rewind 89.3 promotional support to help them in their work.

Suann Boates, executive director for Kids Action, described 28 years of vulnerable family programming offered throughout East Hants and Kings County. Supports include food boxes and cooking workshops, medical transportation, prenatal care and nutri-

tion, children's extracurricular activities, anger management and more. The program's funding comes from federal and provincial grant programs and is always stretched to cover any and all identified needs.

Ian Campbell, the North-East Kings Education Centre's vice-principal, described the school's commitment to address food security on a limited income from grants and designated funding, providing 100 students every day with grab and go breakfast and lunch items, some more targeted nutrition support and a hot meal program for identified students. The school and its partners aim to put \$50,000 into food services this year.

The group, currently 63 members strong – and growing! – meets quarterly to hear from three member-nominated non-profit groups. After five-minute presentations from each organization, members vote on which group will be the recipient of each member's \$100 donation. Since 2017,

the group has donated over \$115,000 to local and regional projects. Visit 100valleygiving.ca for information on past non-

profit recipients, joining details and upcoming events. The 100-Plus Who Care Giving Group Annapolis Valley

will continue to meet in whatever format is safest to host: online or in-person, typically hosted at the ballroom in Main

Street Station, Kentville, with the next meeting planned for December 8. New members are welcome. →

classifieds

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

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

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9\$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses. Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard,

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

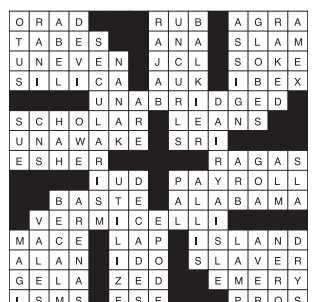
Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.alianzinc.ca.

FOR RENT
COMMERCIAL SPACE FOR RENT – Great location directly across from the Greenwood Mall. Open space, 976 Central Avenue, Greenwood. Available immediately. Snow removal included. \$900 per month, call 902-765-0339. (4337-3tpb)

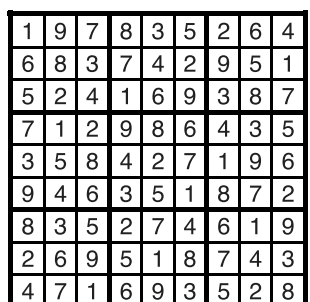
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Hardwood, \$300 a cord Softwood, \$260 a cord Cut, Split, Delivered Ph: 902-825-6424

crossword solution



sudoku solution



the Aurora find & win

- Three easy ways to enter.**
- Through our website: www.auroranewspaper.com
 - Fax: 902-765-1717
 - Drop into our office located at 61 School Road (Morfee Annex)

Full name _____ Phone number _____

Entry deadline:
Noon, October 12, 2022

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.

- What can people 18 and older do now? _____
- Whose service area is Annapolis Valley, Windsor to Digby? _____
- What is the phone number for the Aurora Inn? _____
- Who works for CBDC Hants-Kings? _____
- How much does two league registrations cost? _____

Congratulations to last week's winner: JEANNIE JONES

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AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford
Starts 7:00 pm Friday
902-847-9374

BINGO

McDonald's

954 Central Avenue
Greenwood
902-765-6381

Fall frolic

Delicious leftover turkey ideas for weekday meals

(NC) If you value not wasting food and prefer your leftovers to become an entirely different meal, this tasty recipe is the perfect way to repurpose your Thanksgiving extras.

a muffin tin," explains chef Anna Olson. "This recipe has all the familiar tastes and textures of a holiday dinner and makes creative use of your leftovers."

Turkey and Stuffing Lunch-box "Buddies"
Prep time: 15 minutes
Cook time: 45 minutes
Makes: 12

- Ingredients**
- 4 cups diced 2-day-old multigrain bread, cut into ½-inch cubes
 - 1 small onion, peeled and roughly chopped
 - 1 medium celery stalk, roughly chopped
 - 1 medium carrot, peeled and roughly chopped
 - 1 garlic clove
 - 1 tbsp olive oil
 - 1 tsp poultry seasoning
 - ½ cup dried cranberries
 - 4 large eggs
 - 1 tsp Dijon mustard
 - ¾ tsp fine salt
 - ¼ tsp ground black pepper
 - 1 cup chicken stock
 - 1 ½ cups cooked turkey, cut into ½-inch cubes
 - 1 ½ cups grated Cheddar cheese

Directions
1. Preheat oven to 350°F



(180°C). Line a muffin tin with extra-large paper liners. If your bread feels soft (still fresh), spread cubes onto a baking tray and place in the preheated oven for about 10 minutes to dry them out. Cool

- until softened and any liquid evaporates, about 5 minutes. Stir in poultry seasoning and cranberries and stir 1 minute more. Set aside to cool.
- Whisk eggs with mustard, salt and pepper in a large mixing bowl; then whisk in stock. Add bread cubes and toss well to coat. Let sit for 5 minutes, then stir in turkey, cheese and veggies, tossing well.
 - Pulse onion, celery, carrot and garlic in a food processor until finely chopped, but not liquefied. Heat a sauté pan over medium heat and add oil. Add vegetables and cook
 - Let the "buddies" cool in the muffin tin for 5 minutes before removing. Once cooled, they can be refrigerated or frozen, and reheated or enjoyed at room temperature. →



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Senior Economic Development Officer



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Lutter contre l'inflation, tirer le meilleur parti de votre pouvoir d'achat

(EN) L'inflation fait rapidement grimper les prix des biens et des services, et a un impact considérable sur les budgets mensuels. Il existe cependant des moyens d'en atténuer les effets. La première chose à faire est de déterminer où l'inflation affecte le plus le budget de votre ménage, probablement l'essence et l'épicerie.

Pour aider à compenser les prix élevés de l'essence, planifiez vos courses et vos itinéraires pour réduire le temps de déplacement. Organisez un covoiturage pour vos déplacements quotidiens ou les activités des enfants, et prenez les transports en commun ou votre vélo, ou optez pour la marche lorsque la distance et le temps le permettent.

Pour l'épicerie, essayez de trouver des produits locaux en saison, consultez les circulai-

res hebdomadaires pour les soldes et planifiez vos repas pour éviter les déchets inutiles. Faites des économies supplémentaires en cultivant vos propres légumes verts, fruits et légumes dans un potager à la maison.

Lorsque les substituts ne sont pas disponibles, cherchez des moyens d'atténuer les coûts. Les programmes de récompenses peuvent vous aider à économiser sur vos futurs achats et aventures. Si vous ne participez pas à un programme de récompenses, cherchez-en un qui maximise vos dépenses.

Les voyages, les divertissements et les repas au restaurant ne doivent pas être mis en veilleuse à cause de l'inflation.

Les deux années qui viennent de s'écouler ont été longues et beaucoup d'entre nous ont

hâte de reprendre les activités qu'ils ont manquées. Utilisez les points de récompense que vous avez gagnés pour régler des chambres d'hôtel, des vols et des attractions touristiques. Avec un plan en place et une préparation précoce, vous serez en mesure de profiter de vos vacances d'été sans dépasser votre budget. →



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Prepare to remember with National Veterans' Week Speakers Program

During Veterans' Week, from November 5 to 11, Canadians remember the brave individuals who served our country in the past, and we recognize those who serve today.

The National Veterans' Week Speakers Program helps Canadians better understand how members of the Canadian Armed Forces (CAF) contribute in their communities and on the international stage. Your organization may register for a range of offerings, including

- the CAF speaker video series: Pre-recorded videos for different ages, as well as links to musical tributes and other video resources (deadline to request is November 2).



- in-person presentation: With smaller audiences, where permissible, based on public health guidelines (deadline to request is October 17)
 - on-line presentations by CAF speakers (deadline to request is October 20)
 - Q&A panel: This is not a virtual presentation. Offered to students and classrooms across Canada, a panel of CAF speakers will be available on Zoom to answer questions (deadline to request is October 25)
- Contact the National Veterans' Week Speakers program coordinator, 1-833-223-8322 or DNDRemembrance.SouvenirMDN@forces.gc.ca. →

Government House series features speaker's liberation, N.S. immigration

In Halifax October 18, Lieutenant-Governor Arthur J. LeBlanc will host one in a series of free public events in the Evenings @ Government House series. Speakers and performers showcasing the culture, history and heritage of our province. Sessions take place at Government House, 1451 Barrington Street.

George Zwaagstra will share

his experience of liberation in the Netherlands, when he was a 10-year-old messenger for the Dutch Resistance, and eventual arrival in Canada, between 7 p.m. and 8 p.m. October 18. A dessert reception will follow the presentation. Famous for his sense of humor and interesting stories, Zwaagstra will speak about his experiences sheltering

Jewish families and evacuees in the Netherlands during the Second World War and his immigration to Canada, at which time he joined the Royal Canadian Air Force. Zwaagstra continues to volunteer with the Canadian Museum of Immigration at Pier 21.

Registration opens October 4 at lt.gov.ns.ca or 902-424-7001. →

Youth Happenings

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

Tuesday, October 11, 5:30

p.m. to 7:30 p.m. – Creative Critters - Spooky Halloween painting. Cost: \$10+HST non-PSP Plan member; \$7+HST PSP Plan member.

Thursday, October 13, 4 p.m. to 6 p.m. – Family pumpkin carving and painting night. Come join us to carve and paint some pumpkins! Pre-registration required (prices

are per pumpkin): \$10+HST non-PSP Plan member; \$7+HST PSP Plan member.

Friday, October 14, 5:30 p.m. to 7:30 p.m. – YTGIF - Ice cream sundae party and rock wall. Cost: \$10+HST non-PSP Plan member; \$7+HST PSP Plan member. Please have indoor gym shoes, outdoor wear and a water bottle. →



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