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the Aurora

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Fog, lightning, tent flooding challenge radio operators in international Ex Noble Skywave

14 Wing Greenwood's Ex Noble Skywave team, from CIS Flight, made international contacts from the heights of Blomidon Provincial Park – despite the challenges of heavy fog and an overnight thunder storm passing over the Bay of Fundy.

Submitted

**Second Lieutenant
Katherine Bruce,
CIS Flight Training
Coordinator**

“We should have brought sandbags, four-wheel drive trucks and the other radio... just in case.”

Corporal Chase Thomas reflects on lessons learned from Ex Noble Skywave 2022. Ex Noble Skywave is a prestigious international high-frequency (HF) radio competition started by the Canadian Communications and Electronics branch in 2013 to test and strengthen HF

radio skills with a little friendly competition. Each year, the Canadian Armed Forces leads the contest to crown the best HF radio operators in the world. This year, the exercise had 225 active stations, 400 registered accounts and 500 users active on the message boards, with over 16,000 global confirmed contacts.

14 Wing Greenwood was represented by CIS Flight, working from a new location this year at Blomidon Provincial Park. Blomidon was picked for its higher elevation and amenities to help sup-

port the exercise, which ran overnight.

No one could have predicted the fog in the area that day, and the intense lightning storm that passed through on the night of the event that narrowly missed the CIS Flight Team. The team placed lower than last year because of the storm that forced night shift members to dig trenches to keep the tent from flooding.

Members of the CIS Flight team did notice an increase in contacts during Ex Noble Skywave due to the new location. At the end of the Ex, 14 Wing's

team ended up in 84th place out of 374 teams, with 153.5 points. Countries the team made contact with included Croatia, Germany, Latvia, the Netherlands, New Zealand, Peru, the United Kingdom, the United States and Uruguay; up to 122 contacts made in total.

This year's winning team for Ex Noble Skywave was CA335 from 34 Signal Regiment in Westmount, Quebec.

CIS Flight would like to thank everyone from Blomidon Provincial Park who helped make this experience happen at the new location this year. →



Members of 14 Wing Greenwood's CIS Flight team work the radios during Ex Noble Skywave, making 122 international contacts in the overnight challenge.

'Flight safety touches everyone on the wing'

Second Lieutenant Meagan Duncan

The Directorate of Flight Safety (DFS) returned to 14 Wing Greenwood for their annual "road show" from October 31 to November 2. Director of Flight Safety, Colonel Frank Gauvin, and Chief Warrant Officer of Flight Safety, CWO Carl Phaneuf, presented flight safety briefings to the wing over three sessions.

Wing Commander Colonel Jeff Davis, welcomed them both back to Greenwood, saying, "There's probably no other point of business that's more important than flight safety. It touches us every day; it touches everyone on the wing; and we all need to operate as one."

Gauvin and Phaneuf, who have both career time at 14 Wing, shared examples of flight safety investigations during their presentation. They spoke about the "just culture" of flight safety, which aims to find out the why of flight safety incidents, rather than who. Flight safety is everyone's responsibility and reporting is key.

"We don't know what we don't know," Phaneuf said.

Sometimes things go unreported and accepted as the norm, when there could be potential for damage. They shared a situation from 9 Wing Gander, involving a CH149 Cormorant crash: the pilot's seat unexpectedly shifted during the final hover manoeuvre. Since that crash in March 2022, there have been 10 reports of similar seat issues. This uncommanded seat movement was likely an issue before the crash, but accepted as normal; had it been reported, that crash could possibly have been avoided.

The presentation also shared the "Swiss cheese model" highlighting how the degree of human error compounds.

"If every person is a slice of Swiss cheese, we all have different size 'holes,' from being tired, worrying about the kids, different levels of experience, and so on," Phaneuf said. Knowing about the "just culture" of flight safety, which aims to find out the why of flight safety incidents, rather than who. Flight safety is everyone's responsibility and reporting is key.

One goal of the DFS road show is prevention, so being aware of policies and proper procedures and learning from past mistakes and the experience of others are all

important parts of the FS program.

Another part of the FS program is its awards program, recognizing the efforts of individuals, teams and organizations that have made a significant contribution to flight safety. 413 (Transport & Rescue) Squadron Sergeant Taylor was presented a DFS Coin for always being vigilant, mentoring juniors technicians, and bolstering the blame-free culture of the FS program. Taylor has even submitted flight safety reports about himself, displaying integrity and an understanding of the duty to report.

Gauvin encouraged those in attendance to look into the DFS awards program on the DFS intranet site and to consider nominating deserving members.

Aircrews and maintenance personnel sometimes feel like there is a lot of pressure to get things done quickly, to get the aircraft ready and out on a mission. Davis reminded those in attendance to not cut corners when it comes to flight safety.

"There is no pressure from me," Davis said, "other than to do things the right way." →



Sergeant Taylor centre, was presented a Flight Safety coin October 31 by Director Flight Safety Colonel Gauvin, right, with Wing Commander Colonel Jeff Davis.



Master Corporal Hudson, centre, was presented the Good Show Award November 2, by Director Flight Safety Colonel Gauvin, right, with Wing Commander Colonel Jeff Davis.

Watch, report, work together for flight safety

14 Wing Greenwood's Flight Safety program is overseen by Flight Safety Officer Major Richard Kinner, 902-765-1494 local 3679. Each unit at 14 Wing also has its own flight safety officer and team members.

Anyone may prevent aircraft accidents by reporting hazards and incidents that have the potential to cause injury or damage. Email dfs.dsv@forces.gc.ca, or contact local flight safety staff as soon as possible. To report an aircraft accident or a safety concern which requires immediate attention, call 1-888-WARN-DFS (927-6337).

For more information on flight safety, visit the DFS website, <https://www.canada.ca/en/air-force/programs/flight-safety.html>

Service recognized with Queen's medal

Sara White, Managing editor

Whether it's using career connections and skills – or weeding a garden or upholstering a vintage aircraft seat, two Greenwood Military Aviation Museum volunteers have been recognized for their volunteer contributions with The Queen Elizabeth II's Platinum Jubilee Medal.

November 14, 14 Wing Greenwood Commander Colonel Jeff Davis presented Colonel (returned) Brian Handley and Major (retired) Sophie Saulnier with the medals at a ceremony organized by the Greenwood Military Aviation Museum Society, which nominated the pair and organized the ceremony.

"It is a great pleasure to be able to be here today to recognize all the work of these two individuals – I'm sure you both have a great sense of personal pride and completeness doing it, but it's also good to share that in a public setting," Davis said. "Congratulations on the medals, I'm very happy to see you both recognized, and I'm very happy with the work you do here at the museum."

Handley, who served as 14 Wing commander at one point during his 35-year Royal Canadian Air Force career, has been the president and CEO of the GMAM society board for 15 years. He was integral to the move of the museum from the current VPI building to its present space, and the building and funding of the annex, where today's ceremony was held;

and the move of multiple vintage aircraft from base locations to the museum's air park. Retired, he continues to meet, negotiate and partner with wing sections and leadership on behalf of museum advancements. He is a director-at-large for the Air Cadets, and was also head of the Greenwood Art Association.

"Without his drive and dedication, the society would not be where it is today," said GMAM society chairman Ian Patrick. "This is a well-deserved medal."

Saulnier served the RCAF for 20 years and, "when she retired – she didn't stop," Patrick said. "She has been a 4-H leader, a volunteer member of the Valley's Cruisers Club, and has spent 10 years with us here at the museum. She is a first-class upholsterer, bakes cakes, represents us at events as the Second World War Rosie the Riveter, tours visitors through the museum and our aircraft, is my go-to for French translations and is the first one there for people in need."

Patrick described Saulnier's efforts to help neighbours and friends manage through COVID-19 restrictions, power outages and storms and, most recently, her and husband Dave's welcoming of a family of four from the Ukraine, of which the two children were in attendance as Saulnier received the medal.

"A messy home office, hurried meals, missed holidays – those are the side effects on my family of my volunteer pursuits," Saulnier



Sophie Salunier, second from left, and Brian Handley, second from right; were both recognized November 14 with The Queen Elizabeth II's Platinum Jubilee Medal, in recognition of their volunteer service with the Greenwood Military Aviation Museum. 14 Wing Greenwood Commander Colonel Jeff Davis, right, with museum society chairman Ian Patrick, presented the medals in a ceremony close to the pair's volunteer interests: in the museum's annex, with family, peer volunteers and wing leadership in attendance. Corporal C. Hillehey, 14 Wing Imaging

said. "And, by far, my most enjoyable volunteer 'gig' is here at the museum."

Saulnier thanked her husband for roping her in, and Mary Lou and the late Lloyd Graham for their support, particularly with the Flight Ed Grade 6 museum program.

"I will proudly wear this medal, and I will continue to serve to the best of my abilities."

Handley also thanked his peer volunteers at the museum, its staff and wing leadership; acknowledging neither Saulnier nor himself

would have had the experience at the museum they've had without "people with lots of talent and drive – all kinds of folks here, all deserving of

this recognition. This medal is nice to receive, and I will wear it proudly – but also representing all those who are part of the team." →

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Useful links | Liens utiles

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

CFMWS Site
Site du portail communautaire des Forces canadiennes
www.cfmws.ca • www.sbmfc.ca

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

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

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

Recruiting | Recrutement
www.forces.ca

VPI | VPI
www.vpiinternational.ca

14 Wing Fitness Online work-outs, resources and tips | **14 Wing Community Recreation** Online activities, resources and fun | **Annapolis Mess** Special events and entertainment | **14 Wing Greenwood Winter Carnival/14e Escadre Carnaval d'hiver** Annual winter Defence Team fun and challenge events | **14 Wing Greenwood PSP** A wider resource for PSP entities (recreation, fitness, health promotion, news and events) | **Greenwood Military Family Resource Centre** Resources, activities and program highlights | **14 Wing Greenwood Bowling Centre** Centre updates | **14 Wing Aquatics** Pool recreation, competitive, training, news | **14 Wing Library** Online story time, resources for learning and fun | **Greenwood Military Police – Police militaire de Greenwood** 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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Kings Mutual Century Centre, Berwick
Regular season games
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December 16 vs Pictou County | 7 pm
December 18 vs South Shore | 3 pm
or any of the 2022-23 home games
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14 Wing Greenwood's units, with community organizations and businesses, are preparing to deck the halls of the Greenwood Mall December 3, as the wing's Combined Charities campaign hosts the annual Festival of Trees. Decorated and prize-laden themed trees are on public display all day in this fundraising ticket auction.

Trees, treats, chance to win in December 3 charity event

The Valley is invited to view – and win! – a selection of festively-decorated trees Saturday, December 3, as 14 Wing Combined Charities hosts its annual Festival of Trees event at the Greenwood Mall.

Combined Charities is the 14 Wing Greenwood National Workplace Giving Campaign, comprised of events and challenges held for military and civilian members of 14 Wing and the community. Each year, Combined Charities raises funds and divides the results between 60 local and regional charities identified by members (including school programs, food banks, minor sports, animal care, health services, youth organizations, veterans and military families and more). In 2021, Combined Charities raised and donated \$25,000 to non-profits in our com-

munity. As an example, six \$1,000 donations were made to school food programs between Berwick and Middleton.

The Festival of Trees is the major campaign fundraising event, at which tabletop trees are decorated, adorned with gifts and raffled by ticket sales. Trees are decorated and donated by both units and squadrons at 14 Wing Greenwood and by interested local businesses and organizations. The event also features a random prize tree, with a selection of donated items raffled off in hourly draws. If you would like to enter a tree or donate a prize, contact event organizer Master Corporal Shawn Jordan, shawn.jordan@forces.gc.ca.

The event will be held at the Greenwood Mall, 963 Central Avenue. Tickets are 10 for \$5, in numbered envelopes cor-

responding to the purchaser's name and phone number. Two ticket-selling tables will be set up in the mall, at either end of the displayed trees, with tickets on sale between 11 a.m. and 2:45 p.m. The same tickets will be used for both the trees and the random prize draws. All decorated trees will be raffled at 3 p.m.; with prize draws on the hour from noon to 3 p.m.

Winners do not have to be present to win. They will be contacted between 3 p.m. and 4 p.m., with pick up options. →

For information
Master Corporal Shawn Jordan, shawn.jordan@forces.gc.ca, 902-765-1494 local 3179
Sara White, sara.white@forces.gc.ca, 902-765-1494 local 5441



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For more information, call 1-800-670-4357 or visit novascotia.ca/seniorscaregrant. Applications close March 31, 2023.

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Contact your unit Combined Charities representative to participate • Contactez votre représentant des organismes de bienfaisance de votre unité pour y participer

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Behind-the-scenes in storytelling D-Day Dodgers' history subject of Aldershot premiere

5th Canadian Division Support Base Detachment Aldershot will host a documentary movie premiere December 3 in the gymnasium at Building 222. It will be a hybrid virtual/in-person event, broadcast across Canada via Zoom at specific locations and with viewers joining in from the Netherlands and Italy. The film producer, Sergeant (retired) Roger Chabot, will be present at the Aldershot viewing.

Chabot, a former infantry soldier turned imagery technician, started the "Bravery in Arms" YouTube page as a way of sharing and preserving Canadian military

heritage. His motto is "Custos Memoria," which, translated from Latin, means "guardian of the memory." In 2021, he traveled to Italy with a small film crew of veterans to record a documentary series on Canadian D-Day Dodgers. The series comprises 14 episodes, about 20 minutes each, and will highlight the participation of the 1st Canadian Infantry Division and the 1st Canadian Armoured Brigade in "Operation Husky" and the 1st Canadian Corp in the Italian Campaign of 1943-45.

The movie premiere is "Behind the Scenes of BIA D-Day Dodgers of Canada," looking

at how the documentary series was made.

West Nova Scotia Regiment Commanding Officer Lieutenant-Colonel Mike Bobbitt will offer opening remarks and, following the film, Chabot will participate in a question-and-answer period. This event is open to WNSR members and WNSR Association members. Guests should arrive at 2:30 p.m. for the 3 p.m. show time and may RSVP to Chabot at roger@chabotwarart.com.

Visit the "BIA Bravery in Arms" Facebook page, the YouTube channel "Bravery in Arms," or braveryinarms.ca for more information. →

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Biscuits végétaliens à la citrouille remplis d'ingrédients anti-inflammatoires pour le petit-déjeuner

(EN) C'est la saison de la citrouille, et ces délicieux biscuits végétaliens ont une haute teneur en fibres solubles, en acides gras oméga-3 et en protéines, et ils vous permettront de rester rassasié pendant des heures.

Selon les diététistes de la Société de l'arthrite du Canada, les fibres solubles jouent un rôle dans la diminution de l'inflammation, la stabilisation du taux de glycémie, la réduction du taux de cholestérol et l'amélioration de la santé intestinale globale. Les graines de chia et de lin sont riches en acides gras oméga-3, qui peuvent contribuer à réduire l'inflammation et à améliorer la santé cardiovasculaire.

Biscuits protéinés à la citrouille pour le petit-déjeuner
• Temps de préparation : 10 minutes
• Temps de cuisson : 15 minutes
• Portions : 12

- Ingrédients**
- 3 tasses (270 g) de flocons d'avoine à l'ancienne
 - 1 tasse (240 g) de beurre d'arachides (beurre de noix ou substitut)
 - 1 tasse (236 ml) de purée de citrouille, en conserve
 - ½ tasse (87,5 g or 79,5 g) de dattes ou de raisins secs, hachés
 - ¼ tasse (40 g) de graines de chia
 - ¼ tasse (34 g) de lin, moulu
 - ¼ tasse (59 ml) de sirop d'érable
 - 1 c. à t. (4,9 ml) d'extrait de vanille
 - 1 c. à t. (2,76 g) de cannelle
 - ½ c. à t. (1,1 g) de clous de girofle, moulus

- Instructions**
1. Préchauffez le four à 325 °F (163 °C). Recouvrez une tôle à biscuits de papier parchemin.
 2. Dans un grand bol, remuez tous les ingrédients jusqu'à ce qu'ils soient bien mé-

3. Façonnez la pâte en 12 grosses boules et aplatissez-les avec la paume de votre main.
4. Faites cuire au four pendant 15 minutes. Laissez refroidir pendant 30 minutes et servez.
5. Conservez les biscuits cuits dans un contenant hermétique à température ambiante pendant une semaine.

Conseils
• Ajoutez quelques pépites de chocolat ou des flocons de noix de coco pour accentuer le croquant et la saveur.
• Faites une tournée de ces biscuits et congelez-les pour plus tard. Conservez-les au congélateur jusqu'à un mois.

Valeur nutritive (par portion)
Calories 269; lipides totaux (14 g); lipides saturés (3 g); lipides mono-insaturés (6 g); glucides (31 g); protéines (8 g); fibres (5 g); sodium (7 mg); acides gras oméga-3 (1 g).
Découvrez plus de recettes adaptées sur arthrite.ca. →



Dear Santa...

Have a holiday wish for Santa, or the community?

The Aurora Newspaper will include letters to Santa in the December 19 issue, the last before the big day, and we invite you to join us.

- Hand deliver your letter, a photo and a sample of your signature to The Aurora (61 School Road, Morfee Annex, Greenwood) OR
- Email your letter, photo and a scan of your signature to auroraproduction@ns.aliantzinc.ca

All letters must be received by 4 p.m. December 12.

Letters should be a maximum 50 words and include full name, age and home community. A parent's name and phone number should be included for youth.



the **Aurora**

Holiday on the Wing

Sunday, December 4
3-5:30 p.m.

Annapolis Mess

3-5 p.m. | Games, refreshments, crafts and meet Santa
5 p.m. | Walk with Santa to the Wing Holiday Tree and music by Canadian Military Wives Choir
5:15 p.m. | Tree lighting ceremony
5:30 p.m. | Santa send-off

For military and defence team members and their families

Fêtes à l'escadre

dimanche 4 décembre
15h-17h30

Mess d'Annapolis

15h-17h | Jeux, rafraîchissements, bricolages et rencontre avec le Père Noël
17h | Marchez avec le Père Noël vers l'arbre festif de l'escadre et musique du Canadian Military Wives Choir
17h15 | Cérémonie d'illumination de l'arbre
17h30 | Au revoir du Père Noël

Pour les membres des équipes militaires et de défense et leurs familles

Food Bank items are welcomed at the event.
Les articles de la banque alimentaire sont les bienvenus lors de l'événement.

Presented by / présenté par

 Community Council



Cozy cold-weather recipes to warm you right up

(NC) As the temperatures dip outside, find warmth in the kitchen with simple meals that taste great and keep you energized. Here are two cozy recipes that feature nourishing and comforting ingredients like rice, for long-lasting energy that won't weigh you down.



French Onion Rice Bake
Prep time: 10 minutes
Cook time: 2 hours
Serves: 4 - 6

- Ingredients**
- 7 cups (1.75 litres) sliced Spanish onions (about 6 medium)
 - 2 tbsp (30 ml) butter
 - 2 cloves garlic, minced
 - 2 bay leaves
 - ¼ tsp (1 ml) each salt and pepper
 - 1 ½ cups (375 ml) long-grain brown rice
 - 2 tbsp (30 ml) chopped thyme

- ½ cup (125 ml) cooking sherry
- 3 cups (750 ml) beef broth
- 2 cups (500 ml) shredded Emmental (Swiss) cheese
- Coarsely chopped parsley to garnish

- Directions**
1. Preheat oven to 400°F (205°C).
 2. In a large, ovenproof skillet, cook onions with butter,

garlic, bay leaves and salt and pepper over medium heat until golden brown and caramelized. Stir in rice and thyme; deglaze pan with sherry and cook for 1 minute. Stir in broth and bring to a simmer; cover tightly with foil.

3. Bake in the oven for 50 to 60 minutes, until rice is cooked. Uncover and sprinkle evenly with cheese; return to oven and broil for 2 minutes or until golden and bubbly.
4. Garnish with chopped parsley to serve.

Chicken and Rice Alfredo
Prep time: 15 minutes
Cook time: 55-60 minutes
Serves: 4



- Ingredients**
- 1 cup (250 ml) long-grain white rice, uncooked
 - 1¾ cups (415 ml) water
 - 2 tablespoons extra virgin olive oil
 - ¼ teaspoon salt or to taste, divided use
 - 4 boneless, skinless chicken thighs, about 1 pound total
 - 1½ teaspoons dried oregano
 - ½ teaspoon garlic powder
 - 1/8 teaspoon black pepper
 - 1 cup (240 ml) prepared Alfredo sauce
 - 3 tablespoons grated Parmesan cheese
 - 1 cup frozen peas, thawed

- Directions**
1. Preheat oven to 350°F (180°C).
 2. Combine rice, water, oil and ½ teaspoon of the salt in an 8-inch by 8-inch (or 1 1/2-quart) baking dish. Stir gently until well blended.
 3. Place chicken pieces on top of rice mixture and sprinkle evenly with oregano, garlic powder, black pepper, and remaining ¼ teaspoon of

4. Cover tightly and bake 50 minutes or until liquid is almost absorbed.
 5. Remove from oven, spoon or pour Alfredo sauce evenly, and sprinkle with Parmesan cheese and peas. Bake, uncovered, for 5-10 minutes or until heated through.
- Find more delicious recipes at riceinfo.com/inforiz.com →



Get mess-free and holiday-ready

(NC) The holidays will be here before we know it, which means a fresh list of to-dos including sorting décor and lights, preparing gift lists, planning festive meals and scheduling get-togethers with family and friends. All this before we even start thinking about the cleaning that needs to get done before and after every event.

When it comes to household tasks like vacuuming, laundry and doing the dishes, we'll take anything that makes our lives a little easier. And even though we haven't quite figured out how to make robots do all the work for us, technology has come a long way in making house cleaning more convenient.

One item in particular? The vacuum. Particularly throughout the busy fall and winter seasons, having a vacuum that can handle the heavy lifting is high up on our list of pre-holiday must-haves. Getting that maximum suction is key, but beyond a powerful motor, it usually involves emptying the bucket or bag by hand.

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(EN) Les vacances sont des périodes tellement agréables! Mais certaines personnes échafaudent des plans dans leur tête et se torturent pour pouvoir vivre des vacances de rêve à tout coup. Voici quelques conseils pour vous aider à ne plus vous tourmenter et à profiter au maximum de vos moments de répit.

Sachez quand dépenser et quand économiser - Il peut être tentant de vous gâter en vous procurant plein de petites choses simplement parce que vous êtes en vacances. Cependant, vous ne voulez pas vous priver d'expériences intéressantes parce que vous

devez compter vos sous. La décision de dépenser ou d'économiser de l'argent en vacances est un choix entièrement personnel, mais le meilleur moyen de bien vous en sortir, c'est en vous posant quelques questions sur ce que vous souhaitez le plus retenir de votre voyage, et sur ce qu'il vous semble approprié d'économiser ou de dépenser.

Demandez conseil aux habitants de la région - Bien qu'il soit important de s'informer sur notre destination avant de partir en vacances, il y a des limites à ce qu'Internet ou les guides de voyage peuvent nous apprendre sur

un endroit. Les lieux les plus intéressants et les plus emballants sont souvent ceux qui ne sont pas uniquement réservés aux touristes. Si cela est sécuritaire, demandez aux gens du coin où l'on trouve les meilleurs restaurants, spectacles et panoramas. Demandez une deuxième opinion et prenez garde de ne pas vous faire arnaquer. Le concierge de votre établissement d'hébergement est souvent la personne qui pourra vous répondre et il vous donnera peut-être une liste de choses à faire. Les discussions avec des personnes de la région vous donneront une

meilleure idée de la culture et du style de l'endroit, et vous tirerez plus de satisfaction de votre visite.

Choisissez des expériences mémorables - Même si le seul fait de se trouver dans un nouvel endroit est emballant, n'hésitez pas à participer à une ou deux activités spéciales afin de profiter au maximum de vos vacances. Par exemple, inscrivez-vous à un cours de cuisine de plats régionaux; vous verrez vos aliments préférés cuisinés par des gens du pays et vous ramènerez des connaissances qui vous permettront de préparer des mets différents à la maison. →



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Lions supporting students, outside school

The Kingston Lions Club have recently launched a new program called *Lions After the Bell* to address food insecurity among young people in our community. Each week, the club puts together small bags of non-perishable food to be delivered to the participating schools by Schools Plus.

Schools Plus and the schools together determine which students are given bags of food to take home. Schools Plus, with the schools, work with families who may benefit from this additional support.

This program can be expensive for the Kingston Lions Club to run, and all means of support are being

pursued to fund this valuable program. At present, it costs about \$8 per bag; the Kingston Lions Club put together about 25 bags per week.

The Kingston Lions Club has made it a priority to focus on supporting those in our community who are struggling with the higher living costs now. *Lions After the Bell* is one of the ways club members can have an impact in a small way.

If any community member or business wishes to support the program, either with non-perishable food or a financial donation, please contact the Kingston Lions Club at 902-765-2128 or klionsclub@eastlink.ca. →



Kings trails volunteers mark success at annual meeting

The Kings County Trails Society is a volunteer group tasked with managing the section of the Harvest Moon Trail from Cambridge to Kingston.

The society, over the years and with funding from the County of Kings, the Trans Canada Trail, the Province of Nova Scotia Recreational Trail Fund and the Off Highway Vehicle Fund; has looked after grading, mowing, sign and gate replacement, bridge repairs, surface replacement and brush trimming. It has improved the trail heads in Cambridge, Waterville, Berwick, Aylesford, Auburn and Kingston with kiosks, bike racks, repair stations and beautification of plants and shrubs.

According to president John Weir, "the use of the trail has increased two-fold over the last few years, with

an increase in biking, hiking, ATVing and snowmobiling. The society has worked hard to keep the trail up to spec and accommodate the increase in usage."

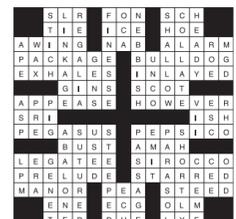
The society will hold its annual meeting in the Banks Room at the Waterville Fire Hall December 1 at 7 p.m. Guest speaker will be Beth Patillo, president of both the Nova Scotia Trails Federation and the Annapolis Valley Trails Coalition. Beth will speak about the many exciting happenings in trails throughout the province and the challenges ahead. The public is welcome to attend.

For more information, contact KCTS secretary Mike Trinacty mike.trinacty@gmail.com or 902 994-1958, or president John Weir john-weir777@gmail.com or 902 599-3235 →



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crossword solution



classifieds

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Classified advertising must be booked and prepaid by 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.alianzinc.ca or fax 902-765-1717.

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avant 9 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.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.

FLEA MARKET

SOMETHING FOR EVERYONE INDOOR FLEA MARKET - 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome.

Youth Happenings

The 14 Wing Greenwood Community Centre has lots of fun programming for youth, along with special events for families. All programs are for youth aged six to 12, or if they have completed one full year in a school program (such as pre-primary). Register as indicated at the centre, Building 110, Church Street, Greenwood; or call 1-902-765-1494 local

After school camp, 2:30 p.m. to 5:40 p.m. - Daily games, activities, crafts and fun! Ages 6-12 or completion of one full school year program. \$10+HST per day, for military, Defense Team and DND employees. Pre-registration required, and you must speak with your school about bus change permission and forms.

Monday, November 28, 6 p.m. to 7:30 p.m. - Kids Club - tag games galore and relay races - free! Pre-registration required by noon the day of the program.

Thursday, December 1, 6 p.m. to 8 p.m. - Family wreath making night, in partnership with the MFRC. Come out as a family to make a wreath and decorate it. Pre-registration required (only one person per group required to register if you want one wreath).

Friday December 2, 5:30 p.m. to 7:30 p.m. - YTGIF - Blow up bubble soccer and rock wall games. \$10+HST non-PSP Plan membership, \$7+HST PSP Plan membership. Pre-registration required by noon the day of the program. →

ing on the property! Spacious bungalow on 8 acres. Parking, snow plowing & lawn maintenance included. References, renter's insurance, security deposit & 1st month's rent required. Available December 1, 2022. See kijiji.ca reference number 1639717907 for details & photos or phone/text Sherri-Lynn at 902-349-9888. (4344-1tpb)

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Entry deadline:
Noon, November 30, 2022

Full name _____ Phone number _____

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

1. When does the Wing tree lighting ceremony start? _____
2. Who exempts any credit? _____
3. How late is the Greenwood Mall open on Saturday nights in December? _____
4. Who did the RCL Branch 098 thank? _____
5. What's happening the first 3 weekends in December? _____

Congratulations to last week's winner: JACQUELINE OLEXA



AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford
Starts 7:00 pm Friday

902-847-9374

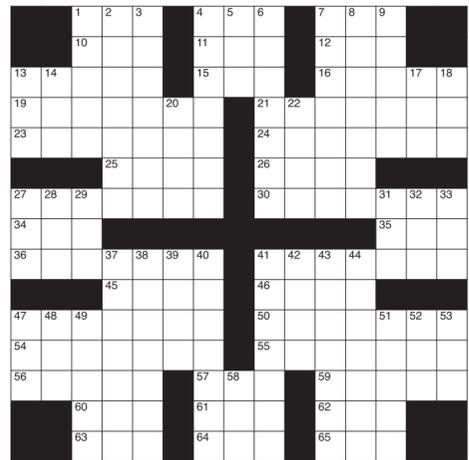




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated 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), 14 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 précédent la publication, à moins d'avis contraire.

crossword solution page 9



- ACROSS**
- 1. Single Lens Reflex
 - 4. People of southern Benin
 - 7. One who is learned (abbr.)
 - 10. Neckwear
 - 11. Solid water
 - 12. A way to work the soil
 - 13. Inspiring
 - 15. Pick up
 - 16. It wakes you up
 - 19. Parcel
 - 21. Popular dog breed
 - 23. Lets out a sigh
 - 24. Embedded into the surface
 - 25. Hard liquors
 - 26. One from Scotland
 - 27. Satisfy
 - 30. Used to introduce a contrasting statement
 - 34. Antidepressant drug type (abbr.)
 - 35. Similar
 - 36. Winged horse
 - 41. Soft drink maker
 - 45. One who doesn't live up to expectations
 - 46. Nursemaid
 - 47. Inheritor
 - 50. Hot, often dusty wind
 - 54. Serves as an introduction
 - 55. Earned top billing
 - 56. Mansion
 - 57. A partner to a carrot
 - 59. War-horse
 - 60. Midway between northeast and east
 - 61. It checks the heartbeat
 - 62. Aquatic salamander
 - 63. CNN's founder
 - 64. Being precisely suitable and right
 - 65. Strongly alkaline solution
- DOWN**
- 1. Pinochle trick
 - 2. A system of connections
 - 3. Emblems of royalty
 - 4. Work with a soft hand
 - 5. Plant cultivated in Peru
 - 6. A timid man
 - 7. Lacking intellectual depth
 - 8. A way to order
 - 9. Intoxicating
 - 13. Mimic
 - 14. Surfers use it
 - 17. Small Eurasian deer
 - 18. Popular Miller beer
 - 20. Finds out about
 - 22. Unusual
 - 27. Small European viper
 - 28. Indicates before
 - 29. Birth swine
 - 31. Useful keyboard key
 - 33. Letter of the Greek alphabet
 - 37. Edible mollusk
 - 38. Stitched up
 - 39. Utilized
 - 40. In tradition
 - 41. A way to get through
 - 42. Let off
 - 43. Fashionable source of shade
 - 44. In due time
 - 47. Printing speed
 - 48. A major division of geological time
 - 49. Nocturnal, cat-like mammal
 - 51. de la —
 - 52. After B
 - 53. Unusual
 - 58. Former money of the EU

Luncheon

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

LEGO to the library

November 29, 3 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invited youth ages five to 12 to build, create, and explore! LEGO provided. Registration required.

Talk, Sing, Read! Storytime

November 30, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invited youth ages 0-5, with caregivers to share the fun and adventure of reading, rhymes, songs and books.

Berwick Innovation Lab OR one-on-one tech help

November 30, book a one-hour visit with a digital literacy instructor at the Berwick and District Library in our Mobile Innovation Lab. Learn how to use the equipment now available OR get help with technology, Facebook, Zoom, backing up your files, using our ebook and audiobook service, and more. Bring your device and we'll do what we can to help. Registration required.

Concert

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

Caregiver support group

December 1, 2:15 p.m. to 4:15 p.m., the Kingston Library invites those who give unpaid care to a parent, spouse, child, friend, or relative due to frailty, advanced age, chronic illness, mental illness, or disability, to a meeting of the NS Caregivers Support Group

(meets first Thursday of each month). Facilitated by trained staff members who offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. For info and to register, contact Jennine Wilson, 1-877-488-7390.

Meeting – National Assoc. of Federal Retirees

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

Toy drive

December 2, 6 p.m. to 8 p.m., help Kingston/ Greenwood service organizations provide Christmas toys to local youth by leaving a new, non-wrapped toy/ cash donation at Kingston's "Santa Comes to Kingston" event at the

Credit Union Centre Arena. Toy donations accepted to December 9 at OK Tire, Bridge Street (toys only), the Greenwood village office (Monday to Thursday, 9 a.m. to 2 p.m.) and the Kingston village office (Monday to Friday, 8 a.m. to 4 p.m.).

Berwick book club

December 2, 10 a.m. to 11 a.m., the Berwick and District Library book club is discussing "The Lincoln Highway," by Armor Towles. Open to anyone interested. Download a copy or call the library at 902-538-8060 to reserve a copy. Join the discussion online using Zoom, or join in person. Registration required.

Gnome paint night with Jane Beals

December 2, 6 p.m. to 7:30 p.m., join the Berwick and District Library for a gnome-themed painting night with local artist Jane Beals! Suitable for youth and adults. All supplies provided. Registration required. If cancelled due to inclement weather, it will be rescheduled for December 9.

Board at the Library

December 3, noon to 2 p.m., the Kingston Library hosts an all-ages afternoon of games. Bring your favourite board game or tabletop RPG, or play one of ours. Invite your friends or make new ones over a game of cards or Catopoly.

Breakfast

December 3, 8 a.m. to 10 a.m., come for the Berwick Lions monthly breakfast at the Lions hall, 250 Veterans Drive (the Apple Dome), Berwick. Eggs (fried or scrambled), pancakes, sausage, bacon, toast, juice/ tea / coffee. \$10/ plate (children under 12 \$5). Served to your table by our Lions.

Check 'Em Out Book Club

December 3, 1 p.m. to 2 p.m., the Rosa M. Harvey Middleton & Area Library ages 18+ book club meets. Connect over coffee and tea, explore history, cozy up with a mystery, explore other cultures, become more mindful or find support. Registration required. Book club books will be given out to readers one month prior.

Toy drive

December 3, help Kingston/ Greenwood service organizations provide Christmas toys to local youth by leaving a new, non-wrapped toy/ cash donation at one of two stuff-a-truck events: 10 a.m. to 1 p.m. at the Kingston Superstore, and 1:30 p.m. to 4:30 p.m. at the Greenwood Shoppers Drug Mart. Toy donations accepted to December 9 at OK Tire, Bridge Street (toys only), the

Greenwood village office (Monday to Thursday, 9 a.m. to 2 p.m.) and the Kingston village office (Monday to Friday, 8 a.m. to 4 p.m.).

Festival of Trees

December 3, 11 a.m. to 3 p.m., 14 Wing Greenwood hosts its annual Festival of Trees, a Combined Charities fundraising event, at the Greenwood Mall. Wing squadrons, community businesses and organizations decorate table top trees with prizes, all up for ticket auction (\$5 envelope of 10 tickets – tickets at centre court and by Cleves). Bonus: hourly prize draw tree. Combined Charities is the base's workplace giving program, returning over \$20,000 every year to Valley non-profit organizations. FB @14wingcombinedcharities. To enter a tree or for questions, contact sara.white@forces.gc.ca.

Concert

December 4, 3 p.m. - Songs for the Season is the Christmas concert of A Royal Consort, directed by Joanne Buckmaster, accompanied by Beth Cranston; in St. George and St. Andrew United Church, 393 St. George Street, Annapolis Royal. Admission: \$12, but no charge for children 12 and under.

Christmas concert

December 11, 7 p.m., join the 14 Wing Greenwood Band for the annual holiday concert, featuring the Canadian Military Wives' Choir and the Kingston and District School Choir; all at the Annapolis Mess, 14 Wing Greenwood. Doors open at 6:30 p.m. Freewill admission – cash donations for 14 Wing's Combined Charities (with funds disbursed to food banks, school breakfast programs, veteran's support and more in our community); food donations for the Upper Room Food Bank in Kingston. All welcome.

Turkey Dinner

December 13, Kingston Lions community luncheon. Turkey and all the fixings, roll and dessert. \$15 pickup, \$16 delivered in the Kingston/ Greenwood area only. Pre-order by December 8. Phone 902-765-2128 Wednesdays or Thursdays between 8 a.m. and noon. Pickup on December 13 between noon and 1 p.m. Proceeds to support community work.

Exercise class

Monday, Wednesday & Friday, 11 a.m. to noon: there will be a low impact exercise class at the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road. Everyone welcome. Call Wendy at 902-765-0135 for information.

Taking Care of the Valley looking for caregivers to share experiences

Caregiving needs were one of several aspects of life impacted during COVID-19 lockdowns. Formal childcare centers and in-home adult care services were challenged around the world, with the threat of spreading the virus to our most vulnerable populations. As a result, many parents were forced to care for their children while juggling their work. Adult children faced a similar challenge when it came to caring for aging parents. Both required much needed respite. The need for alternative care options and flexible work schedules became more prevalent with the continuation of the pandemic, as was the need for these services outside of a typical 9-5 job.

The Valley region was not immune. As a result, finding possible solutions to address service gaps was prioritized, and the Taking Care of the Valley project began. The project is a partnership with the Valley Regional Enterprise Network and Peir Labs, a social innovation outpost working with partners in government, healthcare, academia, and the not-for-profit sector to help solve some of the toughest problems our country is facing. The project is funded by Women and Gender Equity Canada.

This project is carried out by a team from Pier Labs, and a steering committee comprised of nine Valley-based women. Together, the research topic, question and methods were

determined; through their process, they hope to better understand how businesses, government and communities can better support Annapolis Valley residents who need flexible care and respite options to improve regional and personal economic outcomes.

This project will also seek further community involvement from people identifying as women caregivers working in the Valley, and the small businesses who employ them. The project team will be conducting interviews with several community members from Windsor to Annapolis Royal. The project is looking to interview women working in the Annapolis Valley who require flexible care services, including child, adult and respite care; outside of regular office hours (Monday to Friday, 8 a.m. to 6 p.m.) and work for a small business. Participants must be at least 16, and willing to share their caregiving experiences. Interviews will take place in November and December, with online or in-person options.

Following this research, it is the intent of Pier Labs and the steering committee to generate ideas that can be tested to find workable solutions.

If you're interested in participating in this research or would like to learn all more about this project visit our website at www.tcv.pierlabs.ca or contact Emily by phone at 1-844-217-0828 or by email at takingcareofthevalley@pierlabs.ca.

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We thank you

Royal Canadian Legion Branch 098 would like to thank the public for their generous support during our 2022 Poppy Campaign. We also are grateful to the following local businesses for their donations and assistance with poppy boxes. November 11th is the most important time of the year for the RCL and the simple act of wearing a poppy helps ensure that the 17,000 Canadian servicemen and women who made the ultimate sacrifice will not be forgotten.

- 14 Wing Greenwood
- 14 Wing Community Centre
- 517 Air Cadet Squadron
- Andy's Tire
- Annapolis Valley Wellness Centre
- Assante Wealth Management
- Atlantic Fabrics
- Atlantic Superstore
- Aurora Inn
- Avery's Farm Market
- B & H Wholesalers
- Bert's Corner Store
- Brown's Auto and Salvage
- Bumper to Bumper
- Bus Boy's Muffler
- C.C. Cleveland Insurance
- Canadian Dollar Store
- Canadian Tire (Greenwood)
- CANEX Store
- Central Station Hair Salon
- Cat's Meow
- CIBC (Greenwood)
- Dairy Queen
- DeCoste Kitchens
- Defence Construction Canada
- Dooly's (Greenwood)
- Dr. Tami Parks Dentistry
- Dr. Hynes Optometry
- Dwight Ross School
- École Rose des Vents
- Enserink's Vacuum Cleaner Centre
- Essentials Lingerie
- Evangeline Wealth Management
- Exit Reality Town & Country
- Family Natural Foods
- Fraser's PRO Home Centre
- Freeman Motors (ESSO)
- GDT auto Parts
- G.W. Sampson Ltd.
- Giant Tiger
- Goucher's Farm Market
- Green Elephant Café
- Green Leaf Enterprises

- Greenwood Amateur Radio Club
- Greenwood Animal Hospital
- Greenwood Auto Sales
- Greenwood Barber Shop
- Greenwood Mall
- Greenwood Military Family Resource Centre
- Greenwood Post Office
- Greenwood Rent-All
- H.E. Armstrong Mechanical Ltd.
- Hades Guard Motorcycle Club
- Hair Solutions
- Hearing Institute Atlantic
- High Country Tire
- Irving Gas Bar (Greenwood)
- Jason's Auto Repair
- JC's Hot tubs and Pools
- J & R's Pizzeria
- Kentucky Fried Chicken
- Keighley's Barber Shop
- Keystone Comic & Games
- Kingston Elementary School
- Kingston United Church
- KMR Computer
- Knights of Columbus
- Live Edge Salon
- MacBeth's Kennel
- McDonald's
- Mark's Work Warehouse
- Mary Brown's Chicken
- McCabe's Flooring
- Mid-Valley Construction
- Mimie's Pizza
- Munro Insurance
- National Assoc. of Federal Retirees
- Needs/Fast Fuel (Greenwood)
- Needs (Kingston)
- NSLC (Kingston)
- Oaken Barrel Pub
- OH Armstrong Ltd.

- OK Tire
- Pine Ridge Middle School
- Pizza Delight
- Post Office (Kingston)
- PT Health (Greenwood)
- Rafuse Mechanical Ltd.
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- Scouts Canada
- Shoppers Drug Mart
- Shear Solution
- Shift Orthotics Footwear
- Sobey's
- Soldiers Memorial Hospital Foundation
- Style Plus Hair Salon
- Tarantula Auto Repair
- The Junk Drawer
- The Inside Story
- Tibbetts Nursing Home
- Tibbs Tumblers Locksmith
- Tim Horton's
- Topline Equipment
- True North Psychological
- Ultramar (Greenwood)
- Valley Credit Union
- Valley Drug Mart (Pharmasave)
- Valley Family Optometry
- Valley Wild Cats
- Village of Greenwood
- Village of Kingston
- VP International
- Walmart
- West Kings District High School
- West Nova Fuels
- West Nova Veteran's Coalition of Canada

New role, need for Valley's Fidelis House

After 30 years of providing affordable lodging for those seeking medical care or visiting patients at the Valley Regional Hospital in Kentville, the volunteer-run Fidelis House is now also playing a vital role in keeping medical services accessible in the Annapolis Valley: providing that same "home-away-from-home" for visiting physicians and medical staff.

With the increase in demand, Fidelis House needs help to expand.

"Before COVID-19, we were at capacity and often had to put people on a waiting list – in some cases, we could not accommodate them. Since COVID-19, the backlog of patients and the need for rooms for traveling physicians and nurses has made it necessary for us to expand," says Ralph Comeau, president, Fidelis House board of direc-

tors. "We'd like to shape our services to help both patients and medical staff."

More than 20 per cent of guests now using Fidelis House are visiting medical staff servicing the Valley Regional Hospital.

"All regional hospitals in the province are looking for emergency physician coverage," says Dr. Ahmad Ahmad, emergency physician at Valley Regional Hospital and a regular guest at Fidelis House. "Fidelis House makes Valley Regional Hospital the most convenient hospital for me. It provides me with a reliable, accessible place to stay between my shifts."

"It has actually allowed me to double the number of shifts I work at Valley Regional."

The 12 rooms currently available are no longer sufficient. The addition of four new rooms, each with a private bathroom and shower, will

allow the organization to continue meeting this new need and better service disabled guests. With the total cost of the addition topping \$700,000, Fidelis House has \$300,000 left to fundraise.

Situated on the grounds of the hospital in Kentville, Fidelis House has been offering

a welcoming "home away from home" for patients and their guests since 1992. Staffed around the clock by dedicated volunteers, and funded exclusively through donations, guests are only asked to contribute \$25 a night towards their stay. In the past year, Fidelis House has welcomed

over 4,000 overnight visitors from Western Nova Scotia area, as well as some from other provinces and even other countries. Fidelis House has helped keep friends and family and the comforts of home close by.

As a registered not-for-profit organization, Fidelis House

relies on the generosity of individuals, community groups, and local businesses to provide guests with an affordable place to stay. Because of this generous support, fees have remained unchanged since 2003.

To donate or for more information, please visit fidelis-house.ca. ➔

Province launches mental health, addictions peer support line

Nova Scotians with mild mental health or substance use concerns may call a new peer support line toll-free at 1-800-307-1686. Callers will speak directly with someone who can relate to their experience and is there to listen.

The peer support line is a confidential phone service for people 18 and older who are dealing with mental health and substance use issues. Trained peer supporters will provide social and emotional support, reassurance and encouragement to people who are feeling isolated, alone or anxious. Peer supporters may also provide information about more formal services and supports that might help. The peer support line will be open Wednesday to Friday from 5 p.m. to 11 p.m. and Saturdays and Sundays from 11 a.m. to 11 p.m. In most cases, people

can speak with somebody the same or next day. Mental Health Innovations has been contracted to deliver the service. For more information about the peer support line, visit supportyourpeople.com/peer-support-phone-service.

Nova Scotians under the age of 18 should continue to reach out to the Kids Help phone at 1-800-668-6868, Text CONNECT to 686868, or visit kidshelpphone.ca.

Anyone experiencing a mental health or addiction emergency should call the provincial mental health and addictions crisis line at 1-888-429-8167 or 911. People looking for help with a mental health or addiction concern may also call the mental health intake line at 1-855-922-1122; people do not have to be referred by a doctor or counsellor. ➔







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