



the

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14 Wing ops, life highlighted in town hall

Sara White,
Managing editor

After a fall of “road trips” to various meetings with peers and superiors within the Royal Canadian Air Force and the Canadian Armed Forces, 14 Wing Greenwood Commander Colonel Mike Adamson and Wing Chief Warrant Officer Dan Campbell gathered their own personnel October 30 to pass on the news.

“14 Wing is represented around the world, doing the business – it never ends,” Adamson said, thanking everyone for the efforts that make it easy for him to represent the wing at those meetings.

“We’re bombarded with information but, for us, it’s ‘ops, ops and more ops.’ This wing is extremely busy.”

Adamson highlighted 14 Wing’s roles in Operation Impact over the past three years, with “never ending rotations,” and now the post-op work of rebuilding skills and training; Op Caribe, with thousands of pounds of illicit materials seized in interdiction patrols in the Caribbean; Op Limpid and Op Scylla, which continue Canada’s sovereignty patrols along coastlines and offshore; and Op Projection, an international patrol rotation in the Asia-Pacific region. And, 14

Wing also accounts for daily search and rescue response work in a huge area of Eastern and Northern Canada and offshore.

He also talked about the “gold standard” 14 Wing has recently set in non-operational areas: the 2018 re-opening of the morale and welfare-focussed base golf course under a private concession agreement and the successful establishment and operation of a civilian airpark on the military airfield: now “both benchmarks” for other Canadian bases considering their own options. The 14 Wing Mess is the first amalgamated Mess in Canada, having joined the ranks earlier this year to co-host all events, including planning, attendance and finances.

“This is a dream job for me,” he said, “looking after the men and women of 14 Wing Greenwood. If I want to ‘hang my hat’ on what is happening here day in, day out, it’s that people have an understanding of what others do – as aircrew, maintenance, in the orderly rooms, at computers.... Our frustrations may be borne out of a lack of awareness or knowledge of what other people to do: we operate as one, all to launch aircraft for the people and

Continued on page 3...



Far east remembrance

A 14 Wing Greenwood-based CP140 crew, from 405 (Long Range Patrol) Squadron, observed Remembrance Day in Guam while transiting home from deployed work with Operation Projection in the Asia-Pacific region. This location, Asan Beach Memorial Park, was one of the primary points American troops used to recapture Guam from Japanese occupation during the Second World War.

Captain V. Connors, 405 (Long Range Patrol) Squadron

Hangar build boosts civilian airpark presence

Sara White,
Managing editor

The wind beneath the wings of the Annapolis Valley Airpark is a little stronger this fall, with ground broken for construction of a long-awaited hangar.

The civilian airport relocated from its municipally-run airfield in Waterville two years ago. With all the lease and legal paperwork now finalized, the hangar project will shift

the airpark into its next phase and boost potential business operations.

“The Freedom Aviation Society members will be pleased when they can get in a hangar – and we expect more will come,” says FAS chairman Paul Easson. A half-dozen small planes have made their home in Greenwood, but there has not been, to date, indoor storage or servicing space.

The ground has been lev-

elled and services laid; the building’s relatively simple design means, once the walls are up and the roof is on, there is not much interior work to follow. FAS expects to be indoors by January. The three-bay hangar will be 180 feet by 50 feet, with a 16-foot ceiling height to accommodate any taller aircraft; it should house 10 aircraft when full. The Municipality of Kings is paying for the project, part of its commitment

from economic development funds as the municipal airport closed. Roscoe Construction is the builder.

“I think we’ll be full when we’re finished,” Easson says. “We’ve wanted to get assets on the ground that will generate income and, if we get this hangar up, we can get the flight school going. That will all help prove things are going to work – and then it will be on to the next step.”

FAS plans to build a second

Continued on page 2...



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Airpark...

...cover

hangar as a phase two: two bays, with office space; but that will be down the road, pending further funding. In the meantime, the trailer serving as FAS' office, reception and washroom space will remain.

Easson says the airpark is doing well, with night flying now approved, flight training set to begin in November, aircraft rentals available and the hanger completion in

Make a blood donation in honour of those who serve

During November, to commemorate Remembrance Day, Canadian Blood Services encourages Canadians to donate blood in honour of the women and men of the Canadian Armed Forces.

November 26, 5 p.m. to 8 p.m.; and November 27, 12:30 p.m. to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services will host a blood donor clinic at the Morfee Centre, School Road, Greenwood. New and returning donors are welcome. Book an appointment at blood.ca.

Members of the Canadian Armed Forces are some of the



Work is underway at the Annapolis Valley Airpark, the civilian airfield at 14 Wing Greenwood. A new hangar should be in place by January, meaning indoor storage for small aircraft and a potential boost to the airport's business case for Valley aviation.

S. White

sight. Take-offs and landings increased over the 2017 season.

14 Wing Greenwood's air traffic control tower personnel have benefited from the

civilian airpark's operations in the past two years, as its aviation traffic has increased

activity and types of aircraft using the military runways and associated resources.

SISIP open house offers cake, coffee and cash management

SISIP Financial Services
Greenwood is hosting an
open house November 21,
from 10 a.m. to 2 p.m.

The event will highlight the importance of financial planning, particularly for members of the Canadian Armed Forces. Wing Commander Colonel Mike Adamson will kick off the open house at 10 a.m., as cake and coffee are served.

SISIP is committed to enhancing the financial health and security of the military community, with tailored, standardized and unbiased financial solutions to help with personal money management, RRSPs, TFSA's, tax planning, release and transition planning and investment products. Proceeds from SISIP are returned by way of yearly contributions to a number of funds and support programs, catering to the military community and particularly geared toward morale and welfare programs and services.

Blood typing info session

November 23 at the 14 Wing Greenwood Fitness and Sport Centre, there will be a representative from Canadian Blood Services providing information on the upcoming blood collection clinic November 26 and 27, as well as identifying your blood type.




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- In 2018, National Defence is aiming to contribute at least 500 new donors and 6,000 donations from Canadian Armed Forces and civilian employees across the country.



the Aurora



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www.airforce.forces.gc.ca/en/14-wing/index.page

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Town hall...

...cover

service of Canada. It makes me so extremely proud of the wing, in good times and in bad times.”

Strategic messages from Adamson and Campbell's meetings line up with the national defence policy, "Strong, Secure, Engaged," with trickle down impacts for 14 Wing: investment will see new search and rescue aircraft in the next few years, a focus on retention and recruitment, the ongoing emphasis on respect in the workplace, squadron-based operational lines and support for families.

There is also CAF-wide awareness military people and their roles are important to Canadians, and that Canadians support servicemen and women.

"We have the good favour of the public on our side: it is ours to squander," Adamson said. If you are in a

uniform, you represent the CAF and Canada, you are an ambassador. Keep doing what you're doing to foster that impression."

Campbell took the opportunity to challenge 14 Wing personnel to recognize the value of a CAF career: education, a pension plan, job security, a competitive salary, leave, support and the “best friends of your life.”

"It comes with challenges, and we're not lost to the fact we suffer at times," he said. "Look after people or making them more comfortable may not be the best thing to be doing all the time: don't be so scared not to have some stress in your life. We all have challenges we face, and it's what you do and make of those that determines what happens next."

He shared a series of quotes and videos on leadership, responsibility and developing people; he's currently

pursuing a masters program in leadership, and encouraged all ranks to think about the

opportunities they have to lead and foster others.

"We're not saying don't

get help when you need it. there are people here on the wing suffering silently. Have

conversations with people, talk to them, find out what's going on with them."

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Influenza season is coming

Colin J Muise, RN, BScN, 26 Canadian Forces Health Services Centre

Welcome to the start of another influenza season. Influenza is a common respiratory illness that affects millions of Canadians each year. There can be outbreaks of influenza at any time during the fall but, in Canada, the most common time of year is from November through April.

Colder (winter) weather brings people indoors and into close proximity with each other, thereby providing increased opportunity for the virus to spread. The influenza virus is spread through droplets of saliva that travel through the air - usually after someone coughs or sneezes. Influenza is passed from person to person, through close contact with an individual who is infected or by touching an object (i.e. door-knob or telephone receiver) an infected person has handled. Coughing/ sneezing into your elbow when you cough or sneeze, and frequent hand washing will help reduce the risk of transmission of the in-

fluenza virus. Additionally, the annual influenza vaccination is an effective and proven method of influenza prevention.

To reduce the impact of influenza-like illness in our community, vaccination is recommended for all individuals, especially those individuals with chronic illnesses such as asthma, diabetes, heart disease or kidney disease. Healthy adults, adolescents, and children are encouraged to receive the influenza vaccine for their own protection and to prevent unintentional infection of household and community contacts that may be at higher risk for complications (young children and the elderly). Health care professionals and those providing essential community services are highly recommended to receive the influenza vaccine for their protection and to prevent spreading the illness to others more vulnerable than themselves. The best time to receive the influenza vaccine is October to mid-November. Current vaccines licensed in Canada are safe and associated with very few side effects – a



Taking it in the arm for the benefit of co-workers, family and friends, 14 Wing Greenwood Commander Colonel Mike Adamson, seated right, and Wing Chief Warrant Officer Dan Campbell, seated left; received their annual flu vaccination from 26 Canadian Forces Health Services’ medical technician Private Mat Duhe, left, and registered nurse Colin Muise.

S. White

sore injection site is the most common complaint after the injection.

The influenza vaccine will be available for all Canadian Armed Forces members who normally receive their medical care at the military health clinic. Please contact the CDU reception desk staff at 902-765-1494 local 5046 to book an appointment to get your flu

vaccine. All deploying members, expecting parents and those with chronic illnesses are considered at high risk and should get their flu vaccine ASAP. Aircrew are “grounded” for 12 hours following routine vaccines, including influenza vaccine. Anyone receiving a vaccine is advised to remain in the clinic for a 15 to 20 minute observation period: plan to stay

after receiving your vaccine. 26 CFHSC is not authorised to provide vaccines to civilian members of the defence team. Civilian employees may access the flu vaccine at local pharmacies (at no cost) or through family physicians. Questions or concerns may be directed to the immunization clinic at 902-765-1494 local 5613. Please bring your immunization book

with you any time you come to the immunization clinic.

Note: All information for this article was retrieved from Health Canada, The Canadian Coalition for Influenza Immunization, The National Advisory Committee on Immunization, the Canadian Communicable Disease Report and the Nova Scotia Department of Health.

La saison de la grippe est à nos portes

Colin J Muise, IA, B.Sc.Inf., 26e Centre des Services de santé des FC

Bienvenue au début d’une autre saison de la grippe! La grippe est une maladie respiratoire commune qui touche des millions de Canadiens chaque année. Des épidémies de grippe peuvent éclore à tout moment durant l’automne, mais au Canada, cela se produit le plus souvent de novembre à avril.

La température plus froide en hiver incite les gens à rester à l’intérieur à proximité les uns des autres, ce qui donne l’occasion au virus de se répandre plus facilement. Le virus de la grippe se propage dans des

gouttelettes de salive qui se déplacent dans l’air – habituellement après que quelqu’un tousse ou éternue. La grippe est transmise d’une personne à l’autre, soit à proximité d’une personne infectée ou au contact d’un objet (p. ex. une poignée de porte ou un récepteur téléphonique). En toussant ou en éternuant dans votre coude et en vous lavant souvent les mains, vous contribuerez à réduire la transmission du virus de la grippe. De plus, la vaccination annuelle contre la grippe est une méthode efficace et éprouvée de prévenir la maladie.

Afin de réduire les conséquences du syndrome grippal dans notre collectivité, la vaccination est recom-

mandée pour toutes les personnes, et en particulier celles qui souffrent de maladies chroniques telles que l’asthme, le diabète ou les maladies du cœur et du rein. On encourage les adultes, les adolescents et les enfants en santé à recevoir le vaccin antigrippal pour leur propre protection et pour prévenir l’infection accidentelle de personnes à la maison ou dans la collectivité qui seraient plus à risque de complications (les jeunes enfants et les personnes âgées). On recommande grandement aux professionnels de la santé et aux personnes qui dispensent des services communautaires essentiels de recevoir le vaccin antigrippal pour leur protection et pour ne pas propager la

maladie à des personnes plus vulnérables. Le meilleur moment pour recevoir le vaccin antigrippal est d’octobre à la mi-novembre. Les vaccins dont l’utilisation est permise à l’heure actuelle au Canada sont sécuritaires et ne comportent que très peu d’effets secondaires – une légère douleur rester au sol pendant 12 heures après avoir reçu les vaccins courants, dont le vaccin antigrippal. Toute personne qui reçoit le vaccin est avisée de demeurer à la clinique pendant une période d’observation de 15 à 20 minutes. Prévoyez rester à la clinique après le vaccin. Le 26 CSSFC n’est pas autorisé à offrir des vaccins aux membres civils de l’équipe de la Défense. Les employés civils

peuvent recevoir le vaccin antigrippal dans les pharmacies locales (sans frais) ou auprès d’un médecin de famille. Toute question ou préoccupation peut être adressée à la clinique de vaccination, au 902-765-1494 au poste 5613. N’oubliez pas d’apporter votre carnet de vaccination chaque fois que vous venez à la clinique de vaccination!

Remarque : Les renseignements contenus dans le présent article sont tirés de documents produits par Santé Canada, Immunisation Canada, le Comité consultatif national de l’immunisation, le Relevé des maladies transmissibles au Canada et le ministère de la Santé de la Nouvelle-Ecosse.

Winning ‘waste’ line

Sara White, Managing editor

Watching your “waste” has paid off for 14 Wing Greenwood.

The base was a winner at the 2018 Mobius Awards of Environmental Excellence, named Institution of the Year after being nominated by partners at the municipal government-run Valley Waste Resource Management.

Divert NS hosted the 20th Mobius Awards October 25 at the Halifax Seaport Farmers’ Market, bringing together Nova Scotia’s environmental elite from businesses, government, academics and communities across the province. Award recipients also included a small and large business, an emerging environmental leader, the community project of the year, an innovator of the year and a hall of fame inductee.

14 Wing Greenwood is the largest air base on the East Coast, with about 2,800

employees and approximately 800 buildings and Residential Housing Units. There are hundreds of sorting stations on the operations side of the base, and personnel are required to use them.

Two sections at 14 Wing Greenwood spearheaded the activities that led to the Mobius Award nomination: 14 Wing Environment and Real Property Operations; ultimately, everyone on the base plays a role in recycling and sustainability programs. Waste sorting is a Wing Standing Order, covering several thousand office desk or work space waste bins, over 200 multi-sort stations, close to 300 mini sorting bin combination containers, a number of group bins for scrap metal, batteries, fluorescent lights, electronics and wood; dozens of designated waste dumpsters and, this season, several sets of special event waste sorting bins the wing now owns. It also includes 500 military housing units,

where personnel and their families – often posting in to live and work in Greenwood from places across Canada where waste management practices are widely different. The housing authority and Military Family Resource Centre provide packages to new families, which include brochures and Valley Waste calendars.

Since September last year, over 70 tonnes of recyclables and organics, and over 90 tonnes of metal, wood and brick have been diverted from the landfill. The wood, metal and brick are all the more impressive: none of these materials are banned from landfill. Close to 30 tonnes of wood could have gone to a construction and demolition site and been buried; instead, they were sent to generate electricity. All told, 14 Wing diverted more than 165 tonnes of material in the last year.

Beyond waste management, there has also been an



Divert NS’s Institution of the Year at the 2018 Mobius Awards of Environmental Excellence is 14 Wing Greenwood. From left are 14 Wing Greenwood Deputy Wing Commander Lieutenant-Colonel Bruno Baker, Valley Waste Resource Management’s Andrea Gibson-Garrett and Dale Roberts, and Wing Environment’s Steve Sauveur and Alan Ng.

Divert NS

on-going partnership with the Clean Annapolis River Project on habitat monitoring and protection, particularly for wood turtles; 145 of the 500 military housing units have been Energuide tested, the wing’s Community Recreation’s summer day campers took part in the Yellowfish drain marking project and base infrastructure projects are making many energy reduction-focused improve-

ments, originally with the help of an Efficiency Nova Scotia-embedded employee now a full-time base employee, to meet federal environmental footprint targets, saving money, energy and emissions.

“A stellar accomplishment,” the award presentation stated. “Institution of the Year is presented to a public or private sector in-

stitution that goes above and beyond... on a daily basis. 14 Wing is quick to respond and resolve any issues that may arrive, and head off many more before they can develop. They take interest in developments and changes in the world of waste management and waste reduction, and actively promote these changes.”

Too much on my plate

Dear CCMS: I just got my annual PER and I am very upset about it and I want to have it amended. I don’t know what to do. To make matters worse, I have just received a posting message. There is just too much going on and I am afraid that I won’t be able to deal with my PER.

It is understandable that you feel overwhelmed. A good



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start is to meet with your local Conflict & Complaint Management Services (CCMS) agent. They can discuss options available to you. As a general rule, it is always best to

address issues sooner rather than later, and this is especially true for replacement PERs. Furthermore, your agent will ensure your case is registered in the Integrated Conflict and

Resolution Tracking System (ICRTS). In the event the issue is not resolved before your posting, your agent can transfer your file to an agent in your new location, and they can facilitate the introductions between you and your new agent

Conflict & Complaint Management Services Centre 14 Wing Greenwood, 902-599-2647 or 1-855-202-7863

Trop dans mon assiette

Cher SGCP: Je viens de recevoir mon rapport d’appréciation du rendement et je suis très contrarié à ce sujet et je souhaite le modifier. Je ne sais pas quoi faire. Pour aggraver les choses, je viens de recevoir un message de mutation. Il y a trop de choses à faire et j’ai bien peur de ne pas pouvoir gérer mon RAR.

Il est compréhensible que vous vous sentiez dépassé. Un bon début est de rencontrer votre agent local du Centre de Services de Gestion des Conflits et des Plaintes (SGCP). Il peut discuter des options qui vous seraient disponibles. En règle générale, il est toujours préférable de régler les problèmes le plus tôt

possible, ce qui est particulièrement vrai pour les RAR de remplacement. De plus, votre agent s’assurera que votre cas soit enregistré dans le système intégré d’enregistrement et de suivi des plaintes. Si le problème n’est pas résolu avant votre mutation, votre agent peut transférer votre fichier vers un agent situé dans votre

nouvel emplacement et faciliter les introductions entre vous et votre nouvel agent.

Centre de Services de Gestion des Conflits et des Plaintes (SGCP) 14 Escadre Greenwood, Directeur prestation des services, 902-599-2647 ou 1-855-202-7863

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Christmas hamper help available now

The Friendly Neighbours' applications for Christmas hampers are now available. Individuals and families who would like to complete an application may pick one up at Foodland, Coldbrook; the Independent and Foodland, Berwick; Sobeys, Greenwood; Needs in Aylesford, Pharmasave in Kingston; and Bert's Grocery in Auburn. All applications must be completed and returned to the store where they were picked up no later than December 8. Applications will not be accepted after that date.



“Welcome to my Kitchen” host Joan McElman and 14 Wing Greenwood Commander Colonel Mike Adamson team up to man the pledge desk during the 2017 telethon: both return to the show this year.

Friendly Neighbours set for Sunday’s Christmas Mommies & Daddies Telethon

The annual Friendly Neighbours Christmas Mommies & Daddies Telethon and Auction will be aired on Eastlink TV Sunday, November 25, from the Aylesford fire hall on

Channel 10. Viewers may watch the program from noon to 8 p.m. The telethon is sponsored by Eastlink TV, the Lions Clubs of Kingston, Aylesford, Berwick and Coldbrook and the Aylesford fire hall. All proceeds will go to Friendly Neighbours to help provide a happy Christmas to families in the Coldbrook to Kingston areas.

Drop in and see the program live at the Aylesford fire hall where you may honour a pledge or make a donation, bid on auction items and enjoy the community line-up of entertainment. To make a pledge or bid on an auction item from home, call 902-341-3200 or toll free 1-833-341-3017.

The Scotiabank team from Greenwood will be “man-ning” the phones from 1 p.m. to 3 p.m. During this time, all pledges received will be matched by Scotiabank (up

to \$3,000). Successful bidders may pick up their items at the Aylesford fire hall during the telethon, November 26 at the Aylesford fire hall from 9 a.m. until noon, or at the Coldbrook Lions Hall, 1416 South Bishop Road, Coldbrook, from 1 p.m. until 4 p.m. November 26. Please call Lion Barbara Lyle at 902-765-3225 for information. Please honour your pledg-



Rod Reeves MCs the annual Christmas Mommies & Daddies Telethon, set to air for the 2018 Friendly Neighbours campaign this Sunday, November 25, on Eastlink TV.

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November 19, 2018

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14 Wing Greenwood

Festival of trees

14 Wing Greenwood presents the Festival of Trees fundraising event in the Annapolis Mess November 23, 5 p.m. to 8 p.m. for adult viewing, and November 24, 10 a.m. to 3 p.m., public viewing.

Proceeds are shared among the many organizations supported by 14 Wing’s Combined Charity Program.

14 Wing Band afternoon performance.

14 Wing Imaging presents family photos in a Christmas setting, \$5 (digital print will be emailed).

Event co-sponsored by the Greenwood Military Family Resource Centre and Scotiabank Greenwood.

50/50

Businesses are invited to present a decorated tree for public bidding in this silent auction.

To find out more, contact Captain Sarah Fralick sarah.fralick@forces.gc.ca

Festival des arbres

de Noël de la 14e Escadre Greenwood

La 14e Escadre Greenwood présente une collecte de fonds sous le parasol du Festival des arbres de Noël qui se tiendra le 23 novembre de 17h00 à 20h00 (adultes seulement) pour regarder, et le 24 novembre (ouvert à tous les âges) de 10h00 à 15h00 au Mess Annapolis.

Les recettes seront partagées entre de nombreuses organisations soutenues par le programme de Charité combiné de la 14e Escadre.

La fanfare de la 14e Escadre fera un spectacle en après-midi.

La section d’imagerie de la 14e Escadre présente des photos de famille dans un décor de Noël, 5\$ (l’impression numérique sera envoyée par courriel).

Événement coparrainé par le Centre de ressources pour les familles des militaires de Greenwood et par la Banque Scotia de Greenwood.

50/50

Les maisons d’affaire de la région sont invitées à décorer un arbre qui sera offert au public par une mise aux enchères silencieuses.

Pour en savoir plus, veuillez contacter le Le capitaine Sarah Fralick : sarah.fralick@forces.gc.ca

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Greenwood Players’ ‘Beauty and the Beast’ from a dame’s point of view

This year, the Greenwood Players is proud to present “Beauty and the Beast - a Pantomime.”

“This is not Disney!” quotes the villainess.

As with all pantomimes, there is a “pantomime dame,” a continuation of a female character being portrayed by male actor in “drag,” as was the practice in many Shakespearean plays and other productions in Britain in that time period. Pantomime dames are usually portrayed as a warm and sympathetic character with a cheeky sense of humour and burning desire to be loved by the audience, whom they take into

their confidence at every opportunity - often with hilarious results. Artistic and character director Jeffery Pocock has seen, been in and portrayed dames many times through his time in the theatres, both in Britain and Canada.

This year’s Greenwood Players’ dame is portrayed by Corporal Joey Lajoie of 14 Operations Support Squadron. Lajoie is finding this a challenging character to master, but also incredibly fun as “she” can take liberties with the audience most other characters are not able to get away with.

“There are many levels of depth to playing a dame, and I have to be always cognizant of slipping into a clichéd drag performance. I have to come across as feminine while simultaneously defying my masculinity, and be equal parts matronly, brash and cheeky.”

If you happen to see Lajoie out and about after a rehearsal, or after working on his lines, he may still be in character, walking and talking as “Ms. Lucy Lastic.” Give him a quick “Hello, hello, hello,” and come see him - and the rest of the cast – as the show runs December 4 to December 8, 7 p.m.; with a December 9 matinee at 2 p.m.; at the Morfee Centre gym.



Submitted



Un biscuit à la noix de coco parfait pour le temps des Fêtes

(EN) Le chocolat au lait parsemé de noix de coco et les deux étages de pâte au beurre, dont l’une a été rehaussée d’un peu de cacao, font de ces biscuits réfrigérateurs un succès instantané pour les Fêtes.

« Cette recette donne une grande quantité de biscuits, mais vous n’êtes pas obligé de tous les faire cuire en même temps. Il suffit de décongeler la pâte congelée, de la trancher et de la cuire », conseille Martin Patenaude, chef pour le Choix du Président.

Biscuits au chocolat et à la noix de coco bicolores

Temps de préparation : 45 minutes

Temps de cuisson: 50 minutes

Donne 5 douzaines de biscuits

Ingrédients :

- 250 ml (1 tasse) de beurre de campagne baratté non salé, ramolli
- 250 ml (1 tasse) de sucre
- 1 gros œuf
- 625 ml (2 ½ tasses) de farine tout usage non blanchie
- 2 ml (½ c. à thé) de bicarbonate de soude
- ½ barre (barre de 300 g) de Chocolat au lait avec noix de coco grillée PC, haché finement (environ 300 ml ou 1 ¼ tasse)
- 25 ml (2 c. à soupe) de cacao

Méthode :

Tapisser le fond d’un plat de cuisson carré en verre de 20 cm (8 po) de papier parchemin, en laissant 2,5 cm (1 po) dépasser sur 2 côtés opposés. Réserver.

Dans un grand bol, fouetter le beurre et le sucre au

battre électrique jusqu’à consistance moelleuse. Incorporer l’œuf en fouettant et en raclant les parois du bol. Réserver.

Fouetter la farine et le bicarbonate de soude dans un autre grand bol. Ajouter la moitié des ingrédients secs aux ingrédients humides et mélanger juste assez pour combiner. Ajouter le reste des ingrédients secs et le chocolat et mélanger juste assez pour combiner. Transférer la moitié de la pâte dans un autre grand bol. Incorporer la poudre de cacao.

Presser uniformément la pâte au cacao au fond du plat de cuisson préparé et presser uniformément la pâte blanche par-dessus. Réfrigérer pendant 15 minutes.

En tirant sur le papier parchemin, sortir la pâte du



plat de cuisson et la transférer sur une plaque de cuisson. Couper la pâte en deux. Inverser 1 morceau sur l’autre morceau pour que les deux étages de pâte blanche soient au centre (vous devriez alors avoir 2 étages minces de pâte au cacao et 1 étage épais de pâte blanche au milieu). Presser délicatement pour faire adhérer. Emballer

de pellicule de plastique et réfrigérer pendant 2 heures ou jusqu’à 24 heures.

Préchauffer le four à 325 °F (160 °C). Couper la pâte en deux sur la longueur pour obtenir deux longs rectangles de pâtes superposées de 5 cm (2 po) de largeur. Couper chaque long rectangle sur la largeur en tranches d’à peine 5 mm (¼ po) d’épaisseur.

Placer les tranches, en les espaçant de 1 cm (½ po), sur des plaques de cuisson antiadhésives ou tapissées de papier parchemin.

Cuire au four, 1 plaque à la fois, de 12 à 14 minutes ou jusqu’à ce que les biscuits soient légèrement dorés et que le dessus ne soit plus lustré. Laisser refroidir complètement sur les plaques.

Conseil du chef : Si la pâte s’émiette lorsque vous la tranchez, laissez-la reposer à la température ambiante de 5 à 10 minutes pour qu’elle ramollisse, puis réessayez de la trancher.

Information nutritionnelle par biscuit : 70 calories, 4 g de lipides (dont 3 g de gras saturés), 15 mg de sodium, 9 g de glucides, 0 g de fibres, 4 g de sucres, 1 g de protéines.

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Stay on budget this holiday season

(NC) 'Tis the season for lavishing your loved ones with good tidings and gifts — tidings may be free but gifts come at a cost. Keeping a cap on holiday bills may be easier than you think. Follow these simple tips to help you stay on track with your holiday budget:

- **Budget your spending and bag a deal.** Many retailers offer online exclusive products and sales. Shop online during your lunch break or even from your mobile phone on your commute home to snap up holiday sales as they happen. Have a clear budget and keep it

handy for quick reference to make sure you don't blow it on an impulse buy.

- **Look for free shipping.** Many of your go-to holiday shopping destinations offer free shipping within Canada when you make purchases over a certain amount. If you plan on sending gifts to loved ones in a different city, take advantage of free shipping to save yourself time and money.

- **Don't pay for return shipping.** The turkey has been carved and the gifts unwrapped. Once the tissue paper has settled, there is time for you and your loved ones to reflect on your holiday gifts. If you purchased a sweater for your dad and



it doesn't fit or the game you bought for your neph-

ew wasn't exactly what he wanted, send the gift back.

PayPal's newly launched Return Shipping on Us service will foot the bill for return shipping costs on eligible items, saving you up to \$30 per claim.

- **Get on the nice list.** Sign up for retailer emails. Many of your favourite brands share deals and discounts via email, especially during the holiday season. Sign up to get the inside scoop on promotions and first dibs on discounts.

Don't let the holidays take control of your wallet. Become a bargain hunter, shop at your convenience, and hit the shops ahead of the crowds to take advantage of deals this season.

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Ensure your gift doesn't get returned this year

(NC) No one wants to give a gift the recipient won't use or enjoy. According to a recent survey, six in 10 Canadians agree they often receive trinkets or other gifts they will never use. A majority also agree that they would prefer to receive a charitable gift that will help someone else instead of a traditional gift like a pair of socks or a sweater.

When deciding what type

of charitable gift is right for your loved one, try to make it as personal as possible. Think about what is important to the recipient: Are they a cook? An animal lover? A sports enthusiast? Take the time to select something that aligns with their personality to make it more meaningful.

A great option for parents or anyone who loves kids is a donation to the Canadian

Red Cross in support of maternal, newborn, and child health. In developing countries, women and children bear the greatest burden of disease. When those countries face conflict or disaster, it's women's and children's health and lives that are most affected. A mother and child kit from the Red Cross provides medicines and medical supplies for 10 babies and mothers.



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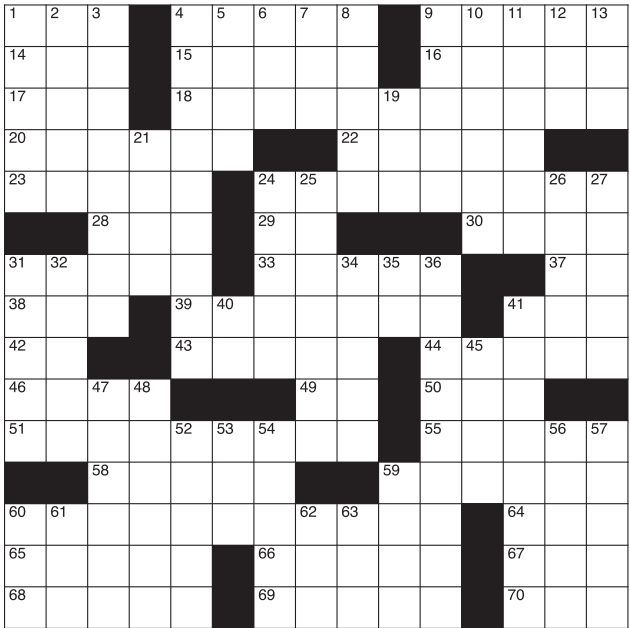


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

metro crossword

solution page 14



- ACROSS**
1. Taxi
4. Long periods of time
9. Boiled cow or sheep
14. Ottoman military commander
15. Pig
16. Don't go near
17. Benin inhabitants
18. Pop star
20. Removes
22. Your sibling's daughter
23. Trade
24. Dabbled
28. Tax collector
29. Atomic number 73
30. Russian emperor
31. Broad-winged bird of prey
33. Pale brownish yellow
37. A type of bill
38. One or a sum of things
39. Stiff, untanned leather
41. Naturally occurring solid material
42. Promotional material
43. Beer mug
44. Nostrils
46. Very rich
49. Atomic number 10
50. Not even
- DOWN**
1. Places to eat
2. Marketplace
3. Unoriginality
4. Administrative officials
5. Female sheep and a loch in Scotland
6. Something to drill for
7. Midway between north and northeast
8. Cassia tree
9. Founder of medical pathology
10. Long-legged wading bird
11. ... and goes
12. Go quickly
- ACROSS**
13. Used to cut and shape wood
19. Small island (British)
21. Dry or withered
24. Oldest of the Mohicans' actress
25. Manufacturers need one
26. Tidal bore
27. Makes free of moisture
31. Semitic titles
32. Inappropriate
34. Gregory ... US dancer
35. ... denotes past
36. Makes nicer
40. Indicates position
41. Made a priest
45. Sixth month of Jewish calendar
47. One who refrains
48. Type of top
52. Pay increase
53. Curved shape
54. Keeping down
56. Sleep sound
57. Tiny Iranian village
59. Only one time
60. Elected official
61. Before the present
62. Genus of grasses
63. Autonomic nervous system

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Friendly Neighbours Christmas hamper program

Applications for Christmas Hampers are now available at the following stores: Foodland, Coldbrook; Independent and Foodland, Berwick; Sobeys, Greenwood; Needs in Aylesford, Pharmasave in Kingston, Bert's in Auburn. All applications must be completed and returned to the store where picked up no later than December 8. Applications will not be accepted after that date.

Adult co-ed volleyball
Tuesdays, 7 p.m. to 9 p.m., there will be friendly, competitive adult, co-ed volleyball (ages 16-plus) at Pine Ridge Middle School. Contact: recreation@kingstonnovascotia.ca.

Curlers wanted

The Greenwood Commercial League is looking for new curlers and curling teams. The league is fun and friendly, where everyone can enjoy themselves. We play Thursday evenings at the Greenwood rink. League fee discount for first-time participants. Contact Rick, 902-321-0439, if you are interested.

Cancer support group

November 19, 7 p.m. to 9 p.m., the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group meets in the St. Mark's Protestant Chapel Annex, Church Street, Greenwood. Guest speaker will be VRH cancer patient navigator Dianna Hutt, on diagnostic testing. Cancer patients, family and friends or anyone seeking information on cancer or caregiving support are all welcome to attend. For information: Lloyd Graham (902-375-2138) or Lynda Pierce (902-765-3055).



On the bus

Menna MacIsaac, administrator; and Leana Tate, Grand View Manor, Berwick; were present at a recent Kingston Lions Club meeting to receive a \$10,000 cheque from club president Richard Acker, in support of a new 16-passenger bus to for the manor. Volunteer organizations are partnering with the Grand View Manor Foundation to raise \$100,000 by June to replace the bus, for which there is no government financial support. A series of fundraising efforts are also planned, such as a golf tournament, site auction, 50/ 50 draw and a concert. The new bus will cost approximately \$100,000, and the campaign is halfway there.

Submitted

Bridgetown book club

November 20, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets (third Tuesday of every month) to share views and ideas about selected books, usually fiction. For info: 902-665-2758.

Christmas sale

November 21, 10 a.m. to noon, St. John's United Church, 202 Main Street, Middleton; hosts its annual Christmas bazaar. Featured in addition to the free-will coffee party will be a large selection of baked goods, gift items and a silent auction.

Chase the Ace

November 22, 6 p.m. to 7:30

p.m. (weekly Thursdays), Chase the Ace at Paddy's Pub, Kentville, with Valley Cheer Athletics Association. Tickets: 1 for \$2, 3 for \$5 and 10 for \$10. The winning number will be announced. If no one claims the ticket within 5 minutes, the phone number on the ticket will be called: the contact will have 15 minutes to arrive, or may permit a VCA volunteer to draw on their behalf. FB: Chase the Ace Valley Cheer Athletics.

Creating art - felting

November 22, 6 p.m. to 7:30 p.m. Fall is art season. The Berwick & District Library is pleased to offer art sessions for

ages 13 and up. Registration required. November: felting with Katrin Sommerfeld, December: winter green centrepieces with Julia Rose.

Christmas sale

November 22 and 23, 10 a.m. to 4 p.m., the Carousel Gift Shop, located in the lobby of Soldiers' Memorial Hospital, Middleton; hosts its annual Christmas sale. We are offering 15 per cent off PLUS no tax on gift items. Please come and support the efforts of the SMH Auxiliary.

Girl Power:

The Season of Giving

November 23, 7 p.m. to 9 p.m., the Rosa M. Harvey Middleton

& Area Library. In a world where you can be anything, be kind and giving: it gives everyone a warm, fuzzy feeling! For girls ages 10 to 14 years.

Coffee & conversation

November 23, 10 a.m. to 11:30 a.m., the Berwick and District Library welcomes conversation starter Sarah Mullen, dietician, as November is Diabetes Month. Join us for coffee, tea and conversation with neighbours.

Breakfast with Santa

November 24, 8:30 a.m. to noon, the 31st Breakfast with Santa takes place at the Lawrence-town Consolidated School - free admission. Huge ticket auction, craft tables and activities for kids. Breakfast - adults \$3, children \$2 (gluten-free breakfast also available).

Bake sale, ticket auction

November 24, 9:30 a.m. to 4 p.m. at the Greenwood Mall: the annual holiday bake sale and ticket auction in support of the Annapolis Valley Chapter of Autism Nova Scotia. For info or to make a donation, contact Sandy, 902-242-2019; or AnnapolisValley@autismsns.ca.

Kinsmen & Kinette Christmas Miracle Benefit

November 24, noon to 6 p.m., Cornwallis Inn Ballroom. Featuring entertainment all afternoon from Alan Butler, Country Heat, Basil Davidson, Sandy Welton, Carl Adams, Joan Sheppard, Johnny Trash and more; an auction, door prizes, the horse race game, 50/ 50, canteen, sucker pull, raffles and more. Bring your family to see Santa at 2 p.m. Freewill offering at the door, with all proceeds for the Kinsmen & Kinette Christmas Miracle (buying Christmas gifts for children in Kings County.) Don't forget to tune in to AVR 97.7 Nov. 29 from 1 p.m. until 5 p.m. for the 2018 Kinsmen & Kinette Christmas Miracle Radiothon.

Shopping expo
November 24, 9 a.m. to 2 p.m., the Pine Ridge Middle School hosts a Christmas sale with local crafters, direct sales, wreaths and coffee. For more information, call 902-765-7570.

Author event

November 24, 11 a.m. to 1 p.m., the Bridgetown & Area Library invites writers participating in

National Novel Writing Month in: gather thoughts, discuss progress and stay motivated while working toward your goal of completing the first draft of your novel. For ages 18 and up.

Book sale

November 24, 9 a.m. to 1 p.m., the Berwick and District Library hosts a book sale. Great prices on books and DVDs for all ages. Proceeds benefit the Annapolis Valley Regional Library.

Jam session

November 25, 2:30 p.m., there will be a Christmas gospel jam session at the Inglisville Baptist Church. Featuring Angus MacLean, Don Grant, Paul Marshall, Lois Gave and Betty Crouse.

Blood donor clinic

November 26, 5 p.m. to 8 p.m.; and November 27, 12:30 p.m. to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services will host a blood donor clinic at the Morfee Centre, School Road, Greenwood. New and returning donors are welcome. Book an appointment at blood.ca.

Luncheon

November 27, 11 a.m. to 1 p.m., the Middleton Fireflies host a luncheon at the Middleton Fire Hall, featuring turkey burgers (\$10), corn chowder (\$9), beef vegetable soup (\$9), gingerbread, apple crisp, tea/ coffee. Free local delivery to residences or businesses may be arranged by calling Bonnie, 902-825-3062, by November 26.

Make your own

LED holiday cards

November 27, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages eight plus to craft your own holiday card that lights up, with LED lights, copper tape and coin batteries. All materials supplied. Register at 902-665-2758.

Story time

November 28, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts a free story time for children ages birth to five (with a caregiver). Enjoy books and songs, playtime, and even a snack with other children. Registration required.

Supper, sale

November 29, 4:30 p.m. to 6 p.m., All Saints A.C.W. hosts its annual Christmas supper and sale in the hall, 521 Pleasant Street, Kingston (turn west off

Bridge Street). Menu: ham, baked beans, carrots, scalloped potatoes and homemade desserts. Cost: adults - \$12, children - \$5 (family rates available). There will be a bake table, and take-out.

Edge-lit holiday cards

November 29, 6:30 p.m. to 8 p.m., the Kingston Library invites those 16-plus to join us for some creative fun and craft your own edge-lit holiday cards. We'll be using coin batteries and LED lights, along with traditional materials. All materials supplied. Register at 902-765-3631.

Chase the Ace

November 29, 6 p.m. to 7:30 p.m. (weekly Thursdays), Chase the Ace at Paddy's Pub, Kentville, with Valley Cheer Athletics Association. Tickets: 1 for \$2, 3 for \$5 and 10 for \$10. The winning number will be announced. If no one claims the ticket within



ARIES - Mar 21/Apr 20

Aries, you are back on track in various ways. This week friendships get pushed to the forefront. If you are looking to make new connections, you'll make them.

TAURUS - Apr 21/May 21

Taurus, if you can find balance in your daily schedule, satisfaction will flow all week long. Start implementing new strategies to get on task and any stress will dissipate.

GEMINI - May 22/June 21

Your work life may seem like it is all over the place, Gemini. It could be because you haven't established a firm separation of career and family. Try not to overlap the two often.

CANCER - June 22/July 22

Cancer, your recent plan to flex some creativity must fit in with family life. Why not get a spouse or children involved with the process? It can be a group effort.

LEO - July 23/Aug 23

Leo, you have to pull back and recuperate if you have been pushing yourself too hard; otherwise, your health can suffer. Economize your energy for fun things.

VIRGO - Aug 24/Sept 22

While you can't help but worry if you have enough material and resources to make a project succeed, dwelling too much on what you're lacking will get you nowhere fast, Virgo.

5 minutes, the phone number on the ticket will be called: the contact will have 15 minutes to arrive, or may permit a VCA volunteer to draw on their behalf. FB: Chase the Ace Valley Cheer Athletics.

Make your own

LED holiday cards

November 29, 3 p.m. to 4 p.m., the Lawrence-town - Dr. Frank W. Morse Memorial Library invites youth ages eight-plus to craft your own holiday card that lights up with LED lights, copper tape and coin batteries. All materials supplied. Register at 902-584-3044.

Berwick Kidz Book Club

November 30, 7 p.m. to 8 p.m., the Berwick and District Library youth (ages nine to 14) book club is reading "The House with a Clock in its Walls," by John Belairs. Pick up a copy of the book at the library or read your copy

from home. Come to the library for snacks, fun discussion, and suggestions of what we should read next.

5th Friday Hangout

November 30, 6 p.m. to 7:30 p.m., the Berwick and District Library hosts the 5th Friday Hangout for youth ages 10 to 14. Bring a friend, hang out,

play games, work on a craft and enjoy yummy snacks. Lots of possibilities! Bring your ideas. Free. Register ahead or drop in.

Breakfast with Santa

December 1, 9 a.m. to 11 a.m., breakfast with Santa at the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines. Freewill offering.



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classifieds

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

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

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crossword solution

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

APARTMENT FOR RENT

FOR RENT – One-bedroom available November 1 in rural Kingston: This apartment is on second floor of my garage and is available for ONE person. I am looking for working person and/or senior. Apartment is fully furnished (if you wish) including washer, dryer, fridge and stove. Pets and smoking are NOT allowed on the property. References required. Monthly lease until May 2019, which then becomes a yearly lease. \$850 monthly and tenant pays NS Power. Heat pump and electric heat. Write joeben699@gmail.com or call 902-765-1898. (3938-ufnb)

FOR RENT – 989 Aurora Crescent, Greenwood. Spacious two bedroom apartment - \$650/month, tenant pays utilities. Coin operated laundry on site. Storage area. Non smoking building (this includes

cannabis and vaping). No pet policy. Rental application required. Please call 902-765-6312 or email for further information. Visit our website at www.parsonsinvestments.ca (3921-ufn)

FOR RENT – Retirement living conveniently located between Kingston & Greenwood. Two-bedroom open concept with five appliances. Paved driveway, two decks with privacy fences. Transit buses available at end of street, within walking distance to grocery stores and mall. Lawn care & snow removal included, tenants pay own utilities. Rent is \$1,050 monthly. Call 902-804-1085. (3943-4tpb)

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

SERVICE

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

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Support on ice

The South Shore Lumberjacks hosted a Military Appreciation hockey game at the Lunenburg County Lifestyle Centre November 9. The Jacks wearing their red jerseys to show support for the troops and took on the Amherst Ramblers, winning the game in an exciting overtime period. The Bridgewater Fire Department Band provided music for the event and the colour party was part of Branch 24 Royal Canadian Legion. Joining the puck drop was Branch 24 Legion member and veteran Bob Shupe, centre; assisted by Master Corporal Michaelia Elliot of the West Nova Scotia Regiment, left, and Aviator Travis Blackburn from 14 Construction Engineering Squadron.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

D-Day 75th anniversary: how will you remember?

In less than 13 months, Canadians will stop to remember our fallen heroes from the D-Day invasion at Juno Beach on the shores of Normandy, France.

June 6, 1944, so many young Canadian troops gave their lives in the pursuit of freedom for the people of Europe and the world. Derek Winsor of St. John's, Newfoundland is doing his part to get as many Canadians to be on the shores of Normandy at Juno Beach for this 75th anniversary, June 6, 2019.

In 2016, Winsor and his company did a very similar trip for Newfoundlanders to the 100th anniversary of the Battle of Beaumont Hamel, where the Newfoundland Regiment was almost totally wiped out July 1, 1916. Now, some 74, years after this famous D-Day battle, there are very few remaining veterans - and those still with us are in their mid-90s.

“That is all the more reason we, the next generation, must continue to keep the memory of this very significant invasion alive in the hearts of so many families.”

Winsor says there are many highlights planned for on the 2019 10-day journey, including a visit to the Eisenhower room in Portsmouth's, where General Eisenhower, along with the Allied forces, developed the D-Day plan; the Ardennes Abby, where 19 Canadian soldiers were held as POWs, executed by firing squad and then buried in unmarked graves; the Caen Museum, where you can walk through the days and conversations leading up to the many battles fought on the Normandy Shores. The most important visit will be to Canada House, located on the Normandy beach. This was the first building to be captured by the Canadians for the Allied forces. The tour will continue to Amsterdam, where participants will parade through the streets to mark the Canadian involvement in the liberation of Holland just days prior to the end of the Second World War.

Visit dday752019.com for the name of your provincial representative; or, contact Winsor, 709-728-8803 or dwinsor@tpi.ca.

Veterans remembered at SMH service

Jim Hildebrand

Kingston's Branch 98 Royal Canadian Legion, with members of neighbouring Middleton and Berwick Legions, hosted a roll call service for residents of Soldiers' Memorial Hospital Veterans Wing November 3, in Middleton.

Alexis Hannah, the hospital's recreation coordinator, says the service is important for those living in the 25-bed veterans' unit.

“Our veterans served in either the Second World War or the Korean War,” she says.

“Because we don't have a cenotaph in the hospital, a roll call service is conducted which recognizes their colleagues who have passed away during the year. With many mobility issues, it can be difficult for our residents to attend Remembrance Day ceremonies. Many of our residents find this recognition of the passing of their comrades to be very meaningful.”

Al Peterson, Legion Branch 98's president, says Legion members strive to stay active with veterans at the hospital.

“We visit at least a half-dozen times a year and, from the



Legion members from Kingston, Middleton and Berwick were dressed in their finest to honour veterans residing in Soldiers' Memorial Hospital's veterans' wing.

reaction of the residents, it seems to be appreciated.”

Wade Seymour, Branch 98 chaplain, presided over the service. Legion members, resplendent in their uniforms and wearing their decorations, also attended. Daniel Boats performed as the bugler and Bob Boutilier played the piano during the service.

The three local Legions also collaborate in providing



Submitted

anniversary of its armistice. Little did we know, a mere 21 years later, the world would once again be engulfed in the Second World War: and these veterans now are certainly in the twilight of their lives, with an average age of 92 years. Most Legions have seen its Second World War veterans slowly passing, with many branches not having any now living. Some say this generation was the backbone of the Royal Canadian Legion as we know it today.

This year, before the crowds gathered in Bridgewater, I looked across at those empty seats: they seemed to be waiting for those who will come no more. I miss seeing those smiling faces, veteran who joked with one another about events and a time most of us will not understand. We always stood behind those chairs, treating that sitting area as hallowed ground. This year, the bus arrived with few older Legion members who had opted to drive over the march from the Legion, but the crowd gathered hardly noticed their arrival. Following the ceremony, they left

to a smattering of applause, boarded the bus and headed on their way.

During the early stages of this year's ceremony, a young man approached me and, being in uniform, he must have felt I knew the protocol for the day. His question to me was simple: “Are these seats for

anyone in particular, or can just anybody sit here?” My answer to this young man was simple: “these chairs are for the men and women that we have all gathered here today to honour.” With his answer in hand, he thanked me and walked away.

Lest We Forget



The Legion's sergeant-at-arms collected the veterans' poppies to close the service.

A roll call service was held for residents of Middleton's Soldiers' Memorial Hospital veterans' wing.

Submitted

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REMEMBRANCE DAY

Lest We Forget  Nous nous souviendrons d'eux



14 Wing Greenwood personnel marched, stood sentry, performed music and attended multiple community Remembrance Day services throughout Western Nova Scotia.
Photos by 14 Wing Imaging, S. White, M. Rolph

