



the

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November 22, about 20 senior 14 Wing Greenwood personnel visited IMP Aerospace & Defence at the Halifax Stanfield International Airport.

IMP Aerospace and Defence

Service, upgrades and the 'magic' of aircraft maintenance

**Captain Matt Zalot,
14 Wing Greenwood public
affairs officer**

November 22, about 20 senior 14 Wing Greenwood personnel visited IMP Aerospace & Defence at the Halifax Stanfield International Airport. Despite an icy and bitter start to the day, the wing leadership spent a productive day taking in briefings, touring the facilities and exchanging information with one of the

Royal Canadian Air Force's partners. The day ended with 14 Wing Commander Colonel Mike Adamson speaking in front of about 200 assembled IMP employees about operations in Greenwood.

IMP carries out a great deal of maintenance work on the three airframes flown out of 14 Wing: the CH149 Cormorant helicopter, the CP140 Aurora and the CC130 Hercules. This work is performed by IMP's civilian technicians on

site at 14 Wing and at IMP's partners. The day ended with 14 Wing Commander Colonel Mike Adamson speaking in front of about 200 assembled IMP employees about operations in Greenwood.

The day trip a good way for squadron commanding officers and chief warrant officers to learn more about the day-to-day engineering and service work being performed on 14 Wing's behalf, and be briefed on programs of particular interest to their respective squadrons.

The long range patrol community was provided with updates about the Block

IV upgrades of the CP140 through the Aurora Incremental Modernization Program, and 413 (Transport and Rescue) Squadron heard some of the newer information about the CH149 Cormorant Mid-Life Upgrade. Hearing these details firsthand is beneficial to understanding the finer points of the upgrades, and provides context to decision makers.

After lunch, the group was able to tour the IMP hangar

spaces and see 14 Wing aircraft in various states of assembly. While it is somewhat unnerving to see an airplane without its wings, it is clear the wing's "birds" are in good hands, whether they are undergoing upgrades or maintenance in the IMP facility or at 14 Wing's at 14 Air Maintenance Squadron hangars. The group was also able to see the VH71 (EH101-519) helicopters purchased from the United States, which

will eventually become a part of the RCAF's rotary-wing search and rescue fleet.

"It's eye-opening to see what operations are going on here, and it's hugely educational for us to see the floor, see the aircraft and see where the magic gets done," Adamson said to the gathered IMP employees.

"We appreciate the work you're doing at IMP for Canadians and, of course, for us at Greenwood."

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Allen remembered for mark on aviation history

Sara White,
Managing editor

A “maritime aviator of renown,” the late Colonel Ken Allen is now remembered in the art collection of the Greenwood Military Aviation Museum.

The Greenwood Art Association donated the three-profile portrait of Allen to the museum November 20, depicting him through his career from “intrepid aviator” to commanding officer of 14 Wing Greenwood. During the event, though, Allen was remembered by speakers for his friendship.

“I first met Ken in 1992,” said art association president Colonel (retired) Brian Handley. “He was the colonel at 14 Wing, and I was the lieutenant-colonel at 9 Wing Gander. There was a combined commanders’ training session in Winnipeg, and there was a break. I was a wallflower – the only lieutenant-colonel in a room full of colonels. One individual came up to me and said, “I’m Ken Allen.” He took me around, very friendly, very humble, gracious – he

became a real good friend.” Colonel (retired) Gerry Morey also spoke of Allen, landing on his doorstep with his wife, Jean, in 1976, as Morey and his family returned to Greenwood from a posting in the United Kingdom.

“And they brought a welcome cake. That was the beginning of a long relationship. Ken, as a human being and outside of the military: what a great friend. Memories of that kind of service and comradeship are the reason why so many of us keep the uniform on.”

Lieutenant-Colonel (retired) Doug Butt acknowledged Allen joined the air force “before I was born,” and Allen’s career and experience taught him a lot.

“You talk about mentorship,” Butt said. “We had a wayward navigator who ended up on trial in front of Colonel Allen. I took in the fellow’s file, and Allen said, ‘Sit down.’ It allowed me as a young captain to see what was weighed heavily, what less so; he gave me an idea of how to make better decisions.”

Allen was born in Victoria,



14 Wing Greenwood Colonel Mike Adamson and Jean Allen November 20 unveiled the latest Greenwood Art Association piece for the Greenwood Military Aviation Museum’s collection: a painting featuring the late Colonel (retired) Ken Allen, remembered as a maritime aviator of renown.

S. White

British Columbia, in 1941, and joined the air force in 1958. He became a telecommunications technician, before being selected for pilot training in 1961. He learned to fly Chipmunks, Harvards, T33s, Dakotas, Expeditors, Neptunes and the Argus;

ending his flying career as commanding officer of 405 Squadron in Greenwood, followed by a distinct turn as the last base commander and first wing commander of 14 Wing Greenwood. He spearheaded a 405 Squadron history book and, in 1989,

he was named the Royal Canadian Air Force’s airman of the year. AS 14 Wing commander, Allen oversaw the 1992 50th anniversary of the base, and a written history completed. In 1993, he planted the seeds of what would become the Greenwood Mil-

itary Aviation Museum. He retired after a 38-year career from an overseas posting in Naples, Italy, in 1996; he died in Berwick in 2017.

“I had the honour of attending the funeral service of Colonel Allen,” Wing Commander Colonel Mike Adamson said, accepting Allen’s painting into the museum collection. “It is wonderful to know more about the man, and that I share wall space with him as past Cos of 405 and with the wing. That’s very humbling, when you think about his contribution to aviation, the wing and the air force.”

Mrs. Allen thanked the Greenwood Art Association for thinking of her late husband. Ken would be very surprised,” she said. “He never would have expected the humble beginnings of his ideas for a museum would have innovated to what it is today: the people who have put in so many hours and years of dedication and commitment. Ken would be so pleased you caught his vision, and to be remembered the way you have.”

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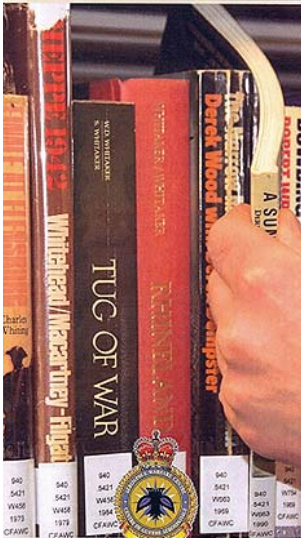
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Big cheque makes big morale, welfare difference

Corporal Karen Neate,
14 Wing Imaging

For more than 20 years, 14 Wing Greenwood has received an annual donation from SISIP and the CANEX Greenwood. October 26, CANEX manager Ken Keddy and SISIP branch manager Blair Taylor presented a cheque worth \$120,371.

The funds will be distributed to groups and organizations across the base, which support military members and their families, including the Military Family Resource Centre.

14 Wing Greenwood Commander Colonel Mike Adamson accepted the cheque on behalf of the wing, and happily pointed out the donation has grown from year to year.

“It’s worth mentioning Greenwood has a greater number of support organizations than any other base



CANEX Greenwood manager Ken Keddy, second from right, and Service Income Security Insurance Plan (SISIP) branch manager Blair Taylor, second from left, presented a cheque October 26 to 14 Wing Greenwood Commander Colonel Mike Adamson, centre; a donation in support of organizations and groups across the wing which support military members and their families. Also pictured are Personnel Support Program senior manager Mike Taylor, left; and Wing Chief Warrant Officer Daniel Campbell, right.

Corporal K. Neate, 14 Wing Imaging

in Canada,” Adamson said. “This makes the support received from SISIP and the CANEX absolutely vital to the wing.”

Keddy says morale and quality of life within this community is part of his business’s mandate, and CANEX, with SISIP, are happy

to have an opportunity to use the donation to emphasize their ongoing support to 14 Wing Greenwood and all of its members.

the Aurora

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CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

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

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Cannabis can affect CAF, personal health and fitness

As Canada becomes used to legalized cannabis use, there are many questions concerning the potential impact this will have on the operational readiness of the Canadian Armed Forces.

One major concern is the potential for negative health effects, such as lung damage, mental health problems and addiction. Another important concern is what effect cannabis use could have on fitness training and physical performance.

Companies will offer a wide variety of cannabis products, and how they affect people will vary depending on a number of variables, including the different plant strains used, the potency of the product, the amount used, how it is consumed and if it is used in combination with medications, other drugs and alcohol.

The effects of using “street” cannabis will be even more unpredictable, given the lack of control on what they contain and their potency.

Regardless of the source, cannabis is a complex drug and the way people react to using it will be highly individual.

This will make it very difficult to predict how any individual in the CAF will respond to using cannabis as part of his or her fitness program. In 2017, the Journal of Science and Medicine in Sport published a systematic review that found only 15 scientific articles on the effects of cannabis on exercise, and some of these studies were of questionable quality. While the World Anti-Doping Agency has banned the use of cannabis during competition, this ban exists more to protect athletes from the harmful effects of cannabis use than it does because of performance enhancement concerns. The Canadian Centre for Excellence in Sport has stated there isn't enough scientific evidence to consider cannabis a meaningful performance enhancer.

Keeping in mind the limited scientific information that exists, let's look at cannabis' effects on fitness. To date, scientists have found cannabis offers very few exercise advantages: all small, and may not be realized by most people. Cannabis has been shown to reduce pain and has been used by some athletes to push

harder when they train. This is a dangerous training strategy because it increases the risk of injury from over training. It also makes it possible for some people to keep training while they are injured, increasing the risk of making their injury worse. Cannabis may enhance workout recovery because of its anti-inflammatory and sleep-enhancing properties. Many people do not experience this benefit because cannabis actually disrupts their sleep. Some people feel energized and motivated after using cannabis, putting them in a better state of mind to train. Most people experience the opposite effect. Some people find the euphoria caused by using cannabis makes exercising a more enjoyable experience. Most people find the negative side effects of cannabis use make exercising an unpleasant experience. Cannabis reduces performance anxiety in some people. This potential benefit has very little application in the fitness training of CAF personnel.

While there is minimal evidence cannabis use will improve your fitness training pro-

gram, there is a larger body of evidence indicating cannabis is a physical performance reducer. The disadvantages of exercising with cannabis include no evidence cannabis improves strength; it has been shown to reduce performance during maximal exercise testing. All pregnant women, regardless of their physical activity level, should avoid cannabis because THC crosses the placenta and can affect the developing fetus. Cannabis use significantly increases heart rate and causes a small increase in blood pressure (these two changes may increase the risk of heart attack and stroke during exercise – especially for people with heart disease). Feeling stoned - dizziness, anxiety, disorientation, sedation, paranoia, hallucinations - and fatigue can occur with cannabis use, and this reduces or eliminates the desire to train and will inhibit physical performance. Cannabis may reduce motivation, coordination, concentration, memory, position sense, balance, motor skills and reaction time. This reduces physical performance and increases the risk of injury,

especially when doing high speed or complex activities such as hockey, weightlifting and cycling. Cannabis use may also lead to poor decision-making and risk-taking behaviours, which increase the potential for injury. Cannabis gives some people the “munchies” which isn't helpful if they are trying to lose weight. CAF personnel competing at the national, international or CISM-level need to know the World Anti-Doping Agency considers cannabis a prohibited substance (during competition).

The bottom line: research shows cannabis is, at best, a minimal performance enhancer and, for most people, it will likely be a performance reducer. Considering this, it's recommended you “pass on using grass” because of its potential to cause harmful health effects, negatively impact your fitness training and increase your risk of injury. As far as using cannabis to light a fire under your butt, if you aren't a regular exerciser, it is unlikely using this substance will make it any easier to tie up your running shoes and head

14 Wing Greenwood units or squadrons who would like to know more about the health effects surrounding cannabis may schedule a briefing by contacting the Health Promotion office, 902-765-1494 local 5388 or edith.tremblay@forces.gc.ca.

For more information, visit Canada.ca/cannabis.

out for a workout. Train smart and, remember: exercise is medicine!

Dr. Darrell Menard OMM MD is the surgeon general's special advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living. Strengthening the Forces is CAF/ DND's healthy lifestyles promotion program, providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

Remembrance photographer, author featured at Greenwood book launch

Kentville native author and photographer Justine MacDonald will be at The Inside Story in Greenwood with her new book, “Remembrance Road: A Canadian photographer's journey through European battlefields,” December 8 from 1 p.m. to 3 p.m.

Her book includes poignant and moving impressions from her 2001 and 2017 tours of Western European First and Second world war battlefields.

classifieds

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

Classified advertising must be booked and prepaid by 10 a.m. 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.

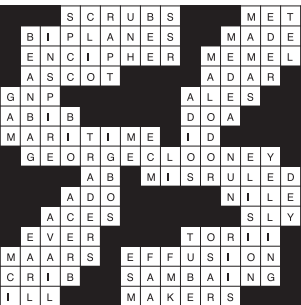
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Museum work a ‘world-class’ volunteer effort

Malcolm Uhlman, Greenwood Military Aviation Museum Society

The Greenwood Military Aviation Museum Society held its annual meeting October 23 in the museum's conference room. Chairman Ian Patrick congratulated everyone on superb contributions during the past year, from all museum volunteers. He encouraged all to reflect and look around at this world-class institution we all have created.

Re-elected to the society board were Ian Patrick as chairman, Brian Handley returning as president and CEO, Perry Matte taking



The Greenwood Military Aviation Museum Society elected its 2018/ 2019 board at its annual meeting October 23: in the front, from left, are executive members Bert Campbell, Perry Matte, Ian Patrick, Brian Handley and Doug Butt. In the back are directors Dave Saulnier, Frank Martin, Joan Patrick, Elizabeth Winchester, Mary Lou Graham, Lloyd Graham, Tom Gorman and Malcolm Uhlman.

Major A. Baillie

over as vice-president, Doug Butt as treasurer and Bert Campbell as secretary, Tom Gorman, Mary Lou

and Lloyd Graham, Frank Martyn, Joan Patrick, Mal-

colm Uhlman and Elizabeth Winchester all as directors.



Five tips for a successful winter getaway

(NC) Save yourself some stress and enjoy a relaxing winter escape with these tips for planning, packing, and travelling for your next holiday.

1. Pristine packing.

Your precious items shouldn't be checked-in — keep them with you in your carry-on baggage. This includes your passport, identification and return tickets, medicines and medical devices, money, jewellery, electronic equipment, and essential overnight items. Always include your contact information and your destination contact information inside each piece of checked baggage. If you're travelling with someone or are checking more than one bag, divide up your contents. This

way, if one gets lost, you won't lose all your belongings.

2. Be wary of tight connections.

Unforeseen issues like weather or mechanical problems can disrupt your flights, so it's wise to leave yourself some extra time between connecting flights in case of an unexpected mishap. Remember that it's better to spend an extra hour browsing the duty free shop than missing your flight.

4. Know your passenger rights.

The air carrier's tariff covers your rights and obligations as a passenger and your carrier's rights and responsibilities to you. If something



goes wrong, read the tariff to find out if your ticket is refundable, how the carrier will handle problems with

your bags, and what it will do if flights are cancelled or delayed or there are changes to your itinerary or reservation.

5. Know what to do when you're stuck.

If you experience a problem with your airline such as

a flight delay, denied boarding or schedule change, you can file a complaint with the Canadian Transportation Agency. Their job is to help resolve complaints between passengers and airlines. Find more information online at cta.gc.ca/air-travel-complaints.

3. A discount isn't always a bargain.

Discount fares, sometimes known as seat sales, give passengers less flexibility and may be available only for a short period. Be mindful of any restrictions. In contrast, full fares are the most costly but have the fewest restrictions and give you the most flexibility to book, change, or cancel a reservation.

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Impress guests with the latest cocktail trends

(NC) 'Tis the season to eat, drink and be merry, and yet so many hosts forget the cocktails!

There's no better way to get into the holiday spirit than serving spirited signature cocktails at your next soirée, and this season's cocktail trends will not disappoint.

First, support local! Learn from Canada's top bartenders and choose Canadian spirits and local ingredients whenever possible.

For the apple cider fan in your family, kick it up a notch by creating a spin on a Moscow Mule with ginger beer and lime juice. The traditional copper mugs also make great gifts

Is serving the same old



egg nog feeling tired? This year, try it with vodka and a nutty splash of amaretto.

And who said cocktails had to be chilled? The finest mixologists regularly serve winter warmers showcasing hot coffee and notes of butterscotch.

But don't overload your

bar cart! Using the same spirit in all your cocktails will save you time and money at the liquor store. Canada's vodka, Iceberg Vodka, is the recommended spirit by Canadian bartenders. Crafted in Newfoundland, it's made with water from 20,000 year-old icebergs



making it the purest choice available.

Enjoy one, or all three, of these cocktail recipes at your next festive soiree. Your guests, and your taste buds, will thank you.

Apple Cider Moscow Mule

- 2 oz. Iceberg Vodka



Stir well and garnish with an apple slice and cinnamon stick.

Buttered Coffee

- 1 1/2 oz. Iceberg Vodka
- 1 oz. butterscotch schnapps
- 5 oz. freshly brewed coffee

Brew a fresh pot of coffee. Pour into a mug and add Iceberg Vodka and butterscotch schnapps. Stir gently with a cinnamon stick.

Iceberg Holiday Eggnog

- 2 1/2 oz. eggnog
- 1 oz. Iceberg Vodka
- 3/4 oz. amaretto

Shake all ingredients with ice. Strain into a mason jar and dust with nutmeg. Garnish with a candy cane.

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Top holiday gifts to pamper your pet

(NC) This year, don't forget about the furry family members on the list — the ones who have been by our side all year long, keeping us company and loving us unconditionally. Check out these purr-fect gifts for your four-legged best friend:

For the Furry Feasters
The holidays are a time to feast on your favourite dishes and desserts. Whether it's a comfort holiday dinner or a sweet treat tucked away in a stocking, food is definitely a way to our hearts. From the fun and festive to conveniently healthy, sneak in a sweet treat your pet will love.

Only Natural Pet EasyRaw Dog Food lets your pet enjoy their own holiday dinner in



Only Natural Pet Feline PowerFood and PowerPate give cats the protein-packed, grain-free nutrition they crave and need to thrive. Delicious stews of rabbit, turkey, chicken or fish with wholesome vegetables keep cats running back to their bowl for more.

For the Furball Fashionista
Gift something stylish that'll have all of your guests talking. From ageless plaid to festive Fair Isle, your furball fashionista will be the best dressed of the party! Martha Stewart Pets offers the trendiest prints in adorable fits for your pets.

Buffalo Checker Acorn Coat is perfect to dress your dog for winter. This coat features adjustable Velcro straps for comfort and easy application and removal, and comes in a trendy checkered design with a fur collar.


Plaid Tie Collar is perfect for the pet that prefers to bare it all and wants the

fashion without the fuss. The adjustable collar features a shirt and tie in a festive and sophisticated style.

North Fetch puffer coat — this season's must-have for outerwear. Available as either a full coat or vest, it




meet the author




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December 3, 2018

Page 9

Warm up to a seasonal salad

(NC) With the dropping temperatures, we often crave the comfort of a hearty dish at the end of the day. But don't forgo the freshness of a seasonal salad just because winter is here. Warm salads with seasonal fruits and vegetables are especially wonderful in the winter months, adding a dose of sunshine and nutrients.

Roasted Apple and Fennel Salad
Prep time: 10 minutes
Cook time: 25 minutes
Ingredients

- 1 fennel, cut into 8 large pieces (remove stalks but keep the tips)
- 2 Macintosh or honey crisp apples, cut into 8 pieces each
- 1 red onion, cut into 8 pieces
- 4 small yellow tomatoes, cut in half
- 4 small red tomatoes, cut in half

in half

- 4 tbsp (60 mL) canola oil
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) black pepper
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) brown sugar
- 1 tsp (5 mL) cinnamon

Directions

1. Place fennel, onion, tomato, and apple pieces in a large bowl. Add canola oil and all the dry spices. Toss in the bowl.
2. Place on convection

oven grill pan. Preheat the unit to 200°C (400°F) on the convection setting and cook for 15 minutes. When the 15 minutes are up, set oven to Grill 1 and roast for another 10 minutes. Serve.

Besoin d'idées pour vos cadeaux de Noël?

(EN) Si le magasinage des cadeaux de certaines personnes est un charme – vous savez exactement ce qu'elles veulent et où aller le chercher – pour d'autres, c'est une autre histoire. Au cas où vous manquerez d'idées-cadeaux, voici quelques suggestions qui vous permettront de respecter votre budget.

Pour les enfants - De combien de jouets un enfant a-t-il réellement besoin? Que vous magasiniez pour votre enfant ou pour celui d'une autre personne, les chances qu'il reçoive un grand nombre d'étrennes sont très bonnes. Réduisez donc le gaspillage et la quantité de jouets en suivant les règles suivantes : vouloir, avoir besoin, porter et lire. Organisez-vous avec la parenté pour que les enfants de la famille reçoivent un cadeau de chacune de ces catégories. Ainsi, ils bénéficieront d'un harmonieux équilibre de cadeaux pratiques et amusants.

Pour les collègues de travail - Offrez quelque chose qui se mange ou un cadeau rigolo si vous connaissez bien la personne. Les chocolats sont toujours appréciés, mais

choisissez des variétés sans noix pour le cas où certains collègues auraient des allergies. Vous pouvez aussi faire un accroc à la tradition et demander à chacun de choisir un jouet qu'il aurait aimé recevoir quand il était jeune, et faire don de ces cadeaux à un organisme de collecte de jouets après avoir organisé une séance d'emballage en groupe.

Pour les couples - Que ce soit pour des parents dont les enfants ont quitté le nid, pour un couple ayant une jeune famille ou pour deux

professionnels sans enfant, vous ne vous tromperez pas en leur offrant une mini-escapade. Pensez à offrir un séjour dans un hôtel des environs, des vacances dans un nouvel endroit ou un forfait dans un spa en campagne. Si vous êtes membre de Marriott Rewards, vous pouvez même utiliser vos points de récompense pour réserver une nuit ou deux et offrir ainsi un cadeau inusité qui ne grèvera pas votre budget. Pour obtenir davantage de renseignements, allez sur more.marriott.com.


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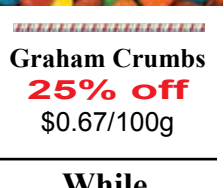
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Un cocktail au bourbon pour réchauffer vos invites

(EN) Cette version on ne peut plus festive du Moscow Mule ajoutera du piquant à votre réception des Fêtes. Bien parfumé grâce au soda notes de caramel et de vanille au gingembre et aux du bourbon, il est parfaitement

équilibré grâce à l'ajout de cidre de pommes sucré.

« Pour que votre cocktail soit aussi beau que bon, ajoutez-y des garnitures, comme du gingembre confit », suggère Martin Patenaude, chef pour le Choix du Président. « Ce petit détail fera passer votre cocktail au niveau supérieur. »



Cocktail à l'érable, au bourbon et au cidre
Temps de préparation :
• 5 minutes
• Donne 1 verre

Ingrédients :
• 75 ml (? tasse) de cidre de pommes doux Honeycrisp
• 25 ml (2 c. à soupe) de bourbon (1 oz)
• 20 ml (4 c. à thé) de sirop d'érable pur

Information nutritionnelle par portion : 220 calories, 0 g de lipides, 10 mg de sodium, 39 g de glucides, 0 g de fibres, 36 g de sucres, 0 g de protéines.

- 5 ml (1 c. à thé) de jus de lime frais
- 50 ml (¼ tasse) de soda piquant au gingembre
- 1 tranche de gingembre confit (facultatif)

Méthode :
Remplir un shaker à cocktail de glaçons jusqu'à la moitié. Ajouter le cidre de pommes, le bourbon, le sirop d'érable et le jus de lime. Couvrir et agiter vigoureusement de 15 à 20 secondes.
Filtrer dans un Verre à vin rouge sans pied PC rempli de glaçons. Ajouter le soda piquant au gingembre. Enfiler le gingembre confit sur une mini brochette et placer dans le verre, si désiré.
Conseil du chef : Vous pouvez omettre le bourbon pour obtenir une version sans alcool.

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What toys would kids pick for themselves?

(NC) Take the guesswork out of shopping for the little ones on your list this season. Walmart, Canada's largest toy retailer went straight to the real experts in its fifth annual Toy Testers event, asking kids what they really want to find under the tree for 2016.

"This year, toys that inspire imagination and more creative play dominate the list," says Maria Garofalo, Walmart's chief toy officer. "More than 600 families with kids aging from newborn to 12-years-old were invited to test 135 unreleased toys."

Some of the top kid approved toys are:

For infants to two-year-olds, the Fisher-Price Bright Beats Learnin' Lights Dance Mat rewards movements with light, sounds, songs, music, and phrases. It also helps teach ABCs, numbers, colours, shapes, and dance moves.

Three to five-year-olds loved the classic Play-Doh Town ice cream truck, which enables kids to come up with their own ice cream



cone designs featuring crazy toppings.

For the six to eight-year-old crowd, the clear winners were the exclusive My Life As doll and the Lego Friends Amusement Park Roller Coaster.

For seven to nine-year-olds, construction sets are the way to go. Look for the Lego Spiderman: Doc Ock's Tentacle Trap and Lego Marvel Super Hero Airport Battle, or Mega Bloks Kubros buildable

pop culture figures.

For ages nine and up, Lego leads with the Star Wars: Assault on Hoth, X-Wing Resistance Fighter, and Classic TV Series Batcave. Rounding out the list is the fastest-firing Nerf N-Strike Elite Hyperfire Dart Blaster and the remote-controlled fun of the Tyco Terra Climber radio control vehicle, Air Hogs Razor Racer Helicopter, and Teenage Mutant Ninja Turtles XPV Remote Control Skateboarding Mikey.

the Aurora

Dear Santa...
Aurora Newspaper, Greenwood : Hand deliver your letter to the newspaper's office (61 School Road, Morfee Annex, Greenwood) until 4 p.m. December 12, 2018. You may also bring in a photo of yourself, and your signature (all will be scanned and added to your letter in print). Letters should be maximum 50 words and include the child's full name, age and home community. A parent's name and phone number must also be included. All letters will be published in the December 17 edition.

Advertise in the Aurora Newspaper

Dec 10 issue
Dec 5 ad content deadlines

Multi-page spread with photos and features on all things seasonal: outdoor living, recipes, consumer trends.
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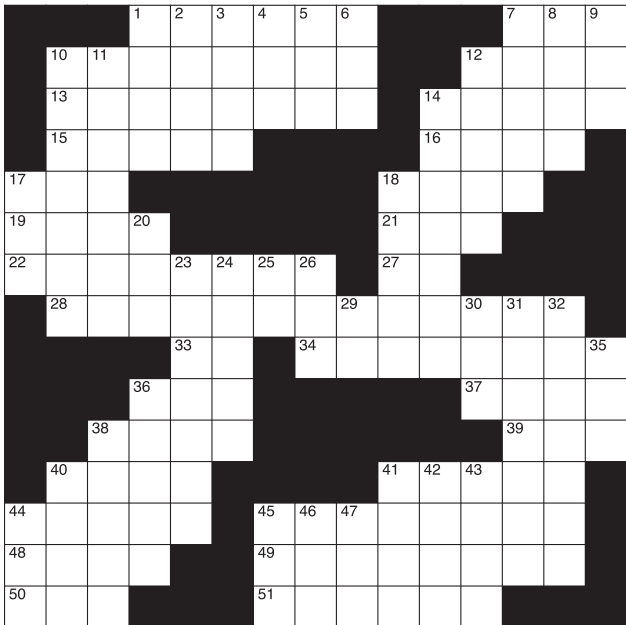


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianztinc.ca. Dated 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.alianztinc.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 5



- ACROSS**
1. Doctor's clothes
7. NYC ballplayer
10. Flying vessels
12. Created
13. Convert
14. WWII battle
15. A cravat with wide square ends
16. Month in the Jewish calendar
17. Value
18. Brews
19. Child's eating accessory
21. Arrived extinct
22. Of the sea
27. Potato state
28. Leading man
33. Blood type
34. Oppressed
36. "Much" about nothing
37. World's longest river
38. deGrom and Sale are two
39. Crafty
40. At all times
41. Twins great Hunter
44. Volcanic craters
45. Outpouring
48. Where a baby sleeps
49. Dancing a Brazilian dance
50. Unhealthy
51. Manufacturers
- DOWN**
1. Prevents harm to young
2. The Muse of history
3. Fascinated by
4. Unnilhexium
5. Honey maker
6. Soviet Socialist Republic
7. They hang out with papas
8. German river
9. Domain name
10. Type of chair
11. Fill someone with an urge
12. Sorceress
14. Unpleasant smell
17. Leg (slang)
18. Farewell
20. A life summary
23. Merchants
24. Southeastern Nigerians
25. Of
26. Electronic countermeasures
29. Atomic #3 (abbr.)
30. A type of sister
31. Omission of a sound
32. Screaming
35. Ottoman title
36. Sour
38. Take advantage of
40. Nobleman
41. Cathode ray was one
42. Long, winding ridge
43. Muckraking journalist
44. Defunct phone company
45. Military telecommunications term (abbr.)
46. Supervises flying
47. Firearms manufacturer

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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.

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.

Dessert tea & ticket auction
December 3, 6:30 p.m. to 8:30

p.m.; 1st Berwick Pathfinders (Girl Guides of Canada) host a dessert tea and ticket auction at the Waterville fire hall, County Home Road, Cambridge. Admission \$5 (includes desserts and beverages). Auction tickets 10 for \$1; draws begin at 8 p.m. For info: Sara, 902-599-1833.

Middleton Writers' Group
December 3, 1:30 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area Library writer's group meets. Join participants as they write, read aloud and discuss their stories based on the current theme. The topic for the next meeting is: "Twas the Night Before Christmas". For info, contact facilitator Paul Gregory, 902-825-2218. Novice and practiced writers welcome!

Christmas kids' party
December 3 is the deadline to register for a Christmas kids' party
December 8, 8:45 am. to noon,

at the Wilmot Baptist Church CFC, 208 Dodge Road, Wilmot. Children ages five to 12 years old must pre-register by calling Nancy at 902-765-4124. Songs, dance, story time, crafts, snacks and a visit by the Good Shepherd.

Concert

December 3, 7:30 p.m., attend 100 Candles: A Musique Royale Christmas concert, with Blackwood duo of Jeff Reilly (clarinet) and Peter Togni (piano), with soprano Janelle Lucyk; all at the Dawn Oman Art Gallery, Bridgetown. Contact: musiqueroyale.com or 902-588-2002 for tickets.

Dinner for federal retirees

December 4 is the deadline to RSVP for the December 18, 11:30 a.m., Christmas dinner for federal retirees at the Kingston Lions Hall, 1482 Veterans Lane. Featuring a turkey dinner with all the trimmings, cash bar and musical accompaniment by Bob Deveau. \$10 for members, \$13 for guests. Email naf75@gmail.com or call Carolyn/ Bill at 902-765-8590 to reserve your seat.

Wildlife meeting

December 4, 7 p.m., the Kings County Wildlife Association hosts its monthly meeting in Room 109 at NSCC Kentville. Speaker: Jennifer West, on Cornwallis River projects and test results. The public is invited to attend. You do not have to be a member to attend and there is no charge.

Greenwood Players presents 'Beauty and the Beast – a Pantomime'
The Greenwood Players is proud to present "Beauty and the Beast - a Pantomime," featuring Joey Lajoie as "Ms. Lucy Lastic." "This is not Disney!" quotes the villainess. 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.

Church event
December 5, 7 p.m., Holy Trinity Church, 45 Main Street Middleton Vigil to End Violence Against Women. Holy Trinity Church, Middleton Info: 902-825-2326.

Ticket auction
December 6, doors open at 2 p.m., draws begin at 7 p.m.; St. Monica's Catholic Women's League festive ticket auction at St. Monica's Parish Hall, 37 Connaught Avenue, Middleton. All new prizes and gift certificates, homemade breads, sweets, fudge,

preserves. Raffle for a handsome French braid quilt, lobster and gas certificates. 50/ 50 draw. Homemade chili and biscuits and hot dogs.

Chase the Ace

December 6, 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. If you're not there, we'll call you for a proxy draw. FB: Chase the Ace Valley Cheer Athletics.

Vigil

December 6, 7 p.m., a vigil service will be held at Holy Trinity Anglican Church, 45 Main Street, Middleton. The vigil is in honour of the National Day of Remembrance and Action on Violence Against Women, and also to remember any form of violence against humankind.

Between the Covers Book Club

December 6, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library adult book club is reading "Eleanor Oliphant is Completely Fine," by Gail Honeyman, and hand out next month's selection "A Good House," by Bonnie Burnard. If interested, call the library at 902-825-4835.

Crisps for Christmas

December 6: West Dalhousie Community Hall, 4868 West Dalhousie Road. Place your order any time between now and December 4 for pick up December 6. Unbaked, homemade crisps: apple \$6, apple cranberry \$7. Please add \$1 extra for delivery if desired (Bridgetown area). Orders may be placed on the West Dalhousie Community Hall page or by contacting Cecile 902-665-2197, Jonathan 902-665-2409 or Debbie 902-665-2355. Arrangements can be made to collect your order at the hall's Brunch with Santa December 8 as well.

The Hangout:

Get Your Game On

December 7, 7 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages 10 to 14 to spend Friday night with your friends, listening to music, playing games and munching on snacks. Register at 902-825-4835.

Book sale

December 7, 6:30 p.m. to 8:30 p.m., the Bridgetown & Area Library Friends of the Library

host a used book sale. Plenty of great deals to be found! Sample delicious treats, and there will be games for the kids to play!

Berwick Branch Book Club

December 7, 10 a.m. to 11:30 a.m., the Berwick and District Library adult book club is reading "Annabel," by Katherine Winter, the One Book Nova Scotia selection for 2018. Celebrate a culture of reading with this province-wide community reading event for adults. Also available as a downloadable eBook. For more info, visit 1bns.ca. Join at any time.

Book talk for teens

December 7, 7 p.m. to 8 p.m., the Berwick and District Library teen book club (ages 15 to 18) is reading "The Hate You Give," by Angie Thomas. Pick up a copy of the book at the library, or read your copy from home. Come to the library for snacks and a fun discussion of the book.

Tween Scene - Christmas

December 7, 6:30 p.m. to 7:30 p.m. If you like crafts, snacks and games, come to the Kingston Library the first Friday evening of each month for Tween Scene. This

program is designed for tweens ages eight to 12.

Moonlight Madness at the library

December 7, 6:30 p.m. to 8:30 p.m., the Bridgetown & Area Library celebrates Moonlight Madness: a used book sale, with plenty of great deals to be found; sample delicious treats made by the Friends of the Library, and games for the kids to play!

Holiday crafts for kids

December 7, 3:30 p.m. to 5 p.m., the Annapolis Royal Library hosts seasonal crafts for kids ages seven to 10.

Tremont Board Game Café

December 7, 7 p.m. to 9:30 p.m. (every first and third Friday) at the Tremont Hall, 738 Tremont Mountain Road. Many of the newest and coolest games, and some good oldies in a friendly and relaxed environment. Free. 902-765-4326.

Breakfast

December 8, 8 a.m. to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, 695 Main Street. For a freewill offering, enjoy a delicious

breakfast. All funds raised in support of the Eastern Valley Baptist Association.

Walk

December 8, the Valley Trekker Volkssport Club hosts a Kentville 5/ 10km, 1B walk. Meet at Ultramar Park Street Corner Store, 11 Park Street, Kentville. Registration begins at 9:30 a.m. for walking at 10 a.m. Further info: 902-678-5609.

Brunch with Santa

December 8, 10 a.m. to noon, the West Dalhousie Community Hall, 4868 West Dalhousie Road; hosts Brunch with Santa, Pancakes, sausages, potato hash, scrambled eggs, toast, muffins, juice, tea and coffee. Freewill offering. Travis Z. Baker will be on hand taking photos of your child with Santa (price TBD). There will also be a bake auction in support of our bursary fund, as we have at least two students in our community looking to further their education

in 2019. Info: Debbie 902-665-2355, or Cecile 902-665-2197.

Christmas home tour

December 9, 4 p.m. to 8 p.m., take in the 8th Christmas Kingston open house tour of four homes, Green Leaf Enterprises and the Kingston United Church, where refreshments will be served. Come celebrate the season with us! All proceeds go to the Kingston United Church. Tickets (\$10) may be purchased at PharmaSave Kingston, or contact Joann Cory, 902-765-0105.

Concert

December 9, 8 p.m., the Middleton Choral Society, under the direction of Maureen MacLean; presents its annual Christmas concert in St. John's United Church, Middleton. Special musical guests will be Ken Hassell (organ), Kurt Haussecker (flute), Evelyn Keddy (piano) and Jasmine McMorran (piano). An always popular feature are performances by individual members

of the Middleton Choral Society. A freewill offering will be taken. Reception in the church basement to follow.

Church social group

December 10, 1 p.m., the Rays of Sunshine host a Christmas pot luck and social at the Wilmot Baptist CFC, 208 Dodge Road, Wilmot. Everyone from 19 to 99 is welcome. Pot luck, music, games, social time; with music by Vernon Connell. Call Nancy for more info at 902-765-4124.

Make your own LED holiday cards

December 11, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages eight-plus to craft your own holiday card that lights

up. These paper circuit cards will use LED lights, copper tape and coin batteries. All materials supplied. Registration required at 902-825-4835.

Luncheon

December 11, noon to 1 p.m., the Kingston Lions host their monthly community luncheon at the hall, Veterans' Lane, Kingston. The menu will be turkey with mashed potato, dressing, gravy, carrots, turnip, coffee or tea, rolls and butter; with Nova Scotia fruit cocktail cake for dessert. Meals \$9 (\$9.50 delivered, Kingston/ Greenwood area only. Please call the Lions Hall, 902-765-2128, before 10:30 a.m. for deliveries.). All proceeds will support Lions' work in the community.

~ Obituary ~

DRAGAN, D. BARRIE,
Flight Lieutenant, RCAF, Retired
Nictaux, Nova Scotia

Flight Lieutenant D. Barrie Dragan, RCAF, Retired passed away peacefully in his home in Nictaux, Nova Scotia on November 24, 2018. He was in his 87th year. Barrie is survived by his children, Mary Anne (Jim); Dan; Paul (Ericka); Jennifer (Louis) and Ernie (Renee); his grandchildren, Liam and Genevieve Richer and Maximillian Dragan; and his sister, Marie Rafausse. Barrie was predeceased by his wife Hope (née Wall); sister Muriel Hawley and brother Don Dragan. Born and raised in Vancouver, Barrie joined the Royal Canadian Air Force in 1949 and received his Pilot Officer's commission from King George VI in 1950. Promoted to Flight Lieutenant Navigator, Barrie flew many missions to map the Canadian Arctic. He once fell off the wing of a Canso into a lake in northern Quebec, thereafter known as Dragan Lake, until it was later renamed in the 1990's. Barrie and Hope married in Vancouver and made their way through many postings across the country, ultimately landing in Greenwood, NS, where Barrie continued to share his love of flying as an instructor at the Greenwood Flying Club. He and Hope made their home first in Nictaux Falls, then moved to Nictaux in the late 1960's. He continued to be an active member of the military community following his retirement, as both a member of the Royal Canadian Legion and several Air Crew Associations. A Legion Tribute conducted by the Royal Canadian Legion, Branch #1, Middleton with Rev. Leon Langille officiating, will be held at 2:00 p.m., Tuesday, December 4, 2018 in the Middleton Funeral Home, 398 Main St., 902-825-3448, followed by a reception. At Barrie's request, his family invite you to celebrate his life from 3 – 5 p.m., in the Middleton Legion, 205 Marshall Street. The family of Barrie wish to express their gratitude to his close friends, neighbours and caregivers who so kindly gave their time and assistance to him during the course of his illness. We are profoundly grateful to Cheryl Graham, who was Barrie's friend and supporter, faithfully at his side until his passing. In lieu of flowers, donations to the Royal Canadian Legion Branch #1, Middleton, would be gratefully appreciated. Online guestbook may be signed by visiting: www.middletonfuneralhome.com

~ Obituary ~

DEMPSEY, Susan Mary “Sue”,
Torbrook, NS

DEMPSEY, Susan Mary “Sue” ~ age 54 of Torbrook, NS, passed away suddenly Thursday, November 22, 2018 at home. Born in Whitehorse, Yukon, she was a daughter of Robert “Bob” Catherall and the late Beverly Ann Christy. Sue was very creative and enjoyed her arts and crafts and was very proud of her home schooling. She loved kayaking, horseback riding, and enjoyed the outdoors. Sue served approximately 13 years with the Royal Canadian Army serving with 12 Dental Detachment, Halifax. She was a member of Trinity Pentecostal Church and was very faithful to Jesus, and in reading her Bible regularly. Sue devoted her life to her family and will be missed by all who knew her. She is survived by her father, Robert “Bob” Catherall, Port Edward, BC; her loving husband of 31 years, Michael Dempsey; her daughters, Jennifer (Chris) Carter, Halifax and Sharon Dempsey, Charlottetown; grandchildren, Timothy and Emily; brother, Brian Catherall. She will also be missed by her feline companion, “Thistle”. Besides her mother, she was predeceased by her daughter, Angela Mary Dempsey and step-mother, Mary Lou Copin. Cremation has taken place. A Celebration of Life was held at 2:00PM Thursday, November 29, 2018 at Trinity Pentecostal Church, 468 Central Avenue, Greenwood, Pastor Mitchell Lewis officiated. A reception for family and friends followed the service. Interment will be in North Kingston Cemetery. Donations in memory may be made to the IWK Health Centre. Arrangements have been entrusted to Middleton Funeral Home, 398 Main St., (902) 825-3448. Online guestbook may be signed by visiting: www.middletonfuneralhome.com



~ Obituary ~

SLAUGHTER, Brian Jay,
Kingston, NS

SLAUGHTER, Brian Jay – age 55 of Kingston, NS passed away peacefully on Wednesday, November 21, 2018. Born in Churchill, Manitoba, he was the youngest son of Russ and Kathy Slaughter, Belleville, ON. Brian served with the military for 30 years, first with the navy and then with the air force. He was an avid squash player, golfer and particularly enjoyed fly fishing. More importantly Brian enjoyed helping others to grow and succeed. He had a positive influence on people wherever he went and always had time to listen. Brian was predeceased by his brother Michael. He is survived by his wife Tammy; sons, Samuel, Trenton; Elijah, Waterloo; Noah, Greenwood and Jacob, Kingston and his siblings, Patricia, Nancy, Terry, Stephen, all of Belleville and several nephews. A memorial service was held at 9:30 a.m. Thursday, November 29, 2018 at St. Marks' Chapel, 14 Wing Greenwood, Padre Brenda Zwicker officiated. A reception for family and friends followed the service in the Annapolis Mess. Donations in Brian's memory may be made to the Canadian Cancer Society. Arrangements have been entrusted to Middleton Funeral Home, 398 Main St., (902) 825-3448. Online guest book may be signed by visiting: www.middletonfuneralhome.com



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Warming hearts with wood work

They live out in the middle of nowhere: literally halfway between two church districts, Bridgewater and Greenwood. David and Vivienne Selig of Springfield are usually quite self-sufficient – until an unexpected accident slowed David down. David recently had a fall, which resulted in two broken bones in his foot requiring surgery. When his doctor ordered him off his feet for the next six weeks, the couple as in a conundrum: David had yet to finish processing his six cords of hardwood, sitting in eight-foot lengths in his front yard; along with three cords of already-split popular and a half-cord of apple wood waiting to be put away. While Vivienne was willing to try



Volunteers included, from left, Sister Edwards, Sister Wood (both of the Bridgewater Ward), Elder Olaveson (Kentville Ward), Elder Willoughby (Greenwood Branch), Elder Hatch, Elder Williams (Bridgewater Ward) David Selig, Vivienne Leddicote-Selig, Connie Clark, Michael Tupper and Michelle Tupper (behind), Richard Kinner, Shelley Jones, Alex Kinner (behind), Noah Gallant, Isaac Veinot (behind) and Larry Sproule. Helpers also included Dan Muise, Ron Gee and Steven MacFarlane.

Submitted

to tackle the job herself, she is inexperienced in running chainsaws or wood splitters. Kind neighbour Steven MacFarlane was also willing to lend a hand to split the wood - but the task was daunting. When friends and family heard of the situation, they were quick to formulate a plan. Two helpers started the process earlier in the week but, October 27, 16

people from either side of the province descended on the Selig homestead. With chainsaws, a wood splitter, wheel barrows and many helping hands, the large pile of logs was quickly changed into usable firewood. Then, it was moved and stacked into the cellar until full, with the remainder neatly piled and tarped at the back of the house. All in less than two

hours. While Vivienne is a member of the Church of Jesus Christ of Latter-day Saints, such a service as this is not a requirement of the membership. The help had not been requested. Some of the participants were not even known to the Seligs. Why would so many give up their Saturday to do such hard work for someone else, without pay? A simple commandment: to love one another, ministering in its truest form. David and Vivienne can now rest easy as David's foot heals. This act of love served not only to warm the Selig home this winter, it has also warmed the hearts of all who participated. A youtube video may be seen at youtu.be/7nkz4GHPTw.

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Youth centre activities at the 14 Wing Greenwood Community Centre are open to ages six to 12.

Enter to WIN four tickets

Name: _____
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Phone: _____

Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, December 8, 2018.

Kings Mutual Century Centre, Berwick
December 7 vs Pictou | 7 pm
December 29 vs Summerside | 7 pm
or any 2018-19 home game

#DefendTheDome | #VCATS

Youth Happenings

Pre-register for activities by calling 902-765-1494 local 5341, or stop by the centre, located in Building 110 on Church Street, Greenwood; Monday to Friday between 8:30 a.m. and 4:30 p.m. No registrations will be taken after noon the day of the activity. Monday, December 3; 6 p.m. to 7:30 p.m. - *Boys Club* - Indoor shoes are required for tonight: the boys will be playing an all-time favourites. It's dodgeball! Tuesday, December 4; 6 p.m. to 7:30 p.m. - *Creative Critters* - Be ready to get your holiday creativity on: we will be making our own version of a holiday sweater. Thursday, December 6; 7:30 a.m. to 5:30 p.m. - *Day camp* - \$15+tax Community Recreation Card holders, \$20+tax for non-rec card holders. We have lots of fun activities, inside and out, ready for our "holiday" in-service day. Friday, December 7 – YTGIF: TBA

inserts

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SANTA PARADE 5:30-6PM
Along Pine Ridge Ave. From Sparky St. to Westwood St.
At the Rink Enjoy ... A Visit from Santa
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• Jimmie Dogs • Cookie Decorating
Remember to bring a non-perishable donation for the Kingston Food Bank! visit www.kingstonnovascotia.ca for more information!

PARADE ENTRY FORMS CAN BE PICKED UP AT THE VILLAGE OFFICE OR EMAIL RECREATION@KINGSTONNOVASCOTIA.CA CALL 902-765-2800. LOOKING FOR 20 ENTRIES.

Kingston holiday happenings

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.
Tween Scene - Christmas
December 7, 6:30 p.m. to 7:30 p.m. If you like crafts, snacks and games, come to the Kingston Library the first Friday evening of each month for Tween Scene. This program is designed for tweens ages eight to 12.
Christmas home tour
December 9, 4 p.m. to 8 p.m., take in the 8th Christmas Kingston open house tour of four homes, Green Leaf Enterprises and the Kingston United Church, where refreshments will be served. Come celebrate the season with

Therapeutic art for girls
December 15, 11 a.m. to 1 p.m., join Sarah Osborne for "Expressive Self Care: therapeutic arts for pre-teen girls," ages 10 to 14, at the Kingston Library. Make and take home a mask.
Benefit concert
December 16, 2 p.m., it is the annual Musical Gift for the Upper Room Food Bank, featuring music by Chris Palmer, Sonlight, the Greenwood Military Wives

Choir, Duo and Gina Potvin.
The concert will be held at the Kingston Lions Hall. Admission is a freewill offering, and there will be a silent auction. Come out and enjoy the great variety of Christmas music in a holiday tradition for the area.
Christmas crafts
December 18, 3:30 p.m., the Kingston Library hosts a craft session for kids ages five to 12.
Kingston Area Seniors Association
Come join the Kingston Area Seniors Association. We meet the second Wednesday of the month at 10 a.m. and have games days on the second and fourth Fridays of the month (1 p.m. to 3 p.m., \$2 per games day) All at the Kingston Legion. Everyone 55 and older is welcome to join us. For information, call Mary, 902-847-1613.
Board volunteers needed
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.
Chase the Ace
Saturdays, 1 p.m. to 3 p.m., and daily during bar hours; tickets on the Kingston Legion's weekly Chase the Ace draw will be available. Tickets are four for \$5. The draw takes place at 3:30 p.m. Saturdays. Must be over 19 years of age to purchase tickets. Open to the public. You do not have to be present for the draw to win.

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Speed skaters making their mark

Skaters from the Annapolis Valley Speed Skating Club (AVSSC) have been making their mark at recent meets in the region. Jasmine Couturier earned a silver medal at the Atlantic Cup in Charlottetown in late October.

The club had strong showing at the Citadel Cup in Halifax November 10 and 11. Eight club skaters took part in the meet, which included skaters from the four Atlantic provinces and Nunavut. Four Annapolis Valley skaters earned medals in their respective divisions.

The Annapolis Valley Speed Skating Club was founded in 2012. Its home arena is the Credit Union Centre in Kingston. The club offers Learn to Skate, recreational and competitive programs. For information, email valleyspeedskating@gmail.com or check out Annapolis Valley Speed Skating on Facebook.



Citadel Cup medalists Gabriel Salley - Bronze, Caelin Lloyd - Silver, Etienne Parent - Bronze and Brandon Fraser - Gold.



Jasmine Couturier, with silver medal, and coach Jesse Barker.

Submitted


Valley Thunder Lacrosse hosts winter development program

Valley Thunder Lacrosse, based out of Kingston and Berwick rinks, offers a box lacrosse program for youth ages five to 18 from April through the end of June. Facilitated by trained coaches and a volunteer organization, the club is a member of Lacrosse Nova Scotia.

The club will host a winter development program at Pine Ridge Middle School for youth born in 2006, 2007, 2008 and 2009. Valley Thunder athletes and any newcomers to the sport are welcome: sessions will focus on stick handling, passing and in-game drills. Valley Thunder Pee wee coach Lisa Holloway will be the head coach, with several of Valley Thunder's older athletes acting as assistant coaches.

Sessions will run 7 p.m. to 8 p.m. December 7 and 14; January 4, 11, 18 and 25; and February 8. There are no scheduled dates for cancellations. The program fee is a \$5 per session drop-in fee (participants may drop in or join the program at any time). All participants must complete a registration form and a Lacrosse Nova Scotia waiver. Participants should have a hockey helmet with cage, hockey or CSA approved gloves and a lacrosse stick; if you don't, please let organizers know and they can help source loaner gear.


For information on the winter development program, contact Holloway, mechhands@hotmail.com; or Valley Thunder Lacrosse president Sara White, cskeddy@hotmail.ca. Registration information is online at valleylacrosse.ca, and on Facebook at Valley Thunder Lacrosse.



NAME	MOORE, PAUL //
ENROL DATE	1976 //
RETIRED AS	CHIEF PETTY OFFICER 1 ST CLASS //
	CANADIAN FORCES NAVAL ENGINEERING SCHOOL //
DEPLOYMENTS	STANAVFORLANT (NATO) – 1978, 1980, 1982, 1992 //
LOCATION	HALIFAX //
TITLE	HRM DISTRICT MANAGER //
SERVICE	2009–PRESENT //

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