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the Aurora

Vol. 43 No. 38

OCTOBER 17, 2022 NO CHARGE

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14 Wing personnel, with 14 Mission Support Squadron's Construction Engineering Flight, spent a few training, fitness and adventure days at Kejimikujik National Park, making it through some wet conditions but calling it a day early in the face of the impending Hurricane Fiona. Submitted

Keji adventure wet, but worth it for CE members

**Captain Drew Spinney,
Fire Chief, 14 Wing Fire
Emergency Services,
14 Mission Support
Squadron**

September 20, a group of 11 members from 14 Mission Support Squadron's Construction Engineering flight set out for Kejimikujik National Park for four days

of adventure training.

The forecast was not favourable, and heavy rain on the first day was not promising, but the group finished packing and set out on the Tuesday morning. Although the drive was very wet, a couple hours after arriving at the park, the rain let up - contrary to the forecast.

Upon arrival, everyone

helped set up camp. Hiking, biking and canoeing were on the schedule for the week. The first evening, small groups took the opportunity to bike around and explore what the park had to offer. The group took the opportunity to have a bonfire and play cards.

The second morning was spent as a group, ca-

noeing the Mersey River, which flows north out of Kejimikujik Lake, and winds alongside some of the previously-explored mountain bike trails. That afternoon, group members split up. One group went back into the canoes to explore the islands of Kejimikujik Lake, and the other group took the mountain bikes and ex-

plored the new Ukme'k trail, as well as multiple others. That night also ended with a bonfire.

The third day turned out to be the last, as Hurricane Fiona was now directly tracking towards Nova Scotia. The national park closed for safety reasons, and the group headed back to Greenwood to prepare for

the storm.

Meals were provided by the Mess kitchen back at 14 Wing Greenwood: the team enjoyed fresh hay boxes for breakfast and supper, and box lunches for lunch.

What was looking to be a wet week in the woods turned out to be an awesome week, full of fitness and team building activities. →



Hockey day | Journée de hockey

November 18 novembre | 8 a.m. to 3 p.m. | 8 h à 15 h

Register your unit hockey teams by November 10 | Inscrivez vos équipes d'unité de hockey chasseur le 10 novembre

\$200 per team (8 plus goalie) | 200 \$ par équipe (8 plus gardien)

Contact your unit Combined Charities representative to participate | Contactez votre représentant de charité pour participer

OPI/ BPR | Cpl Brendyn Wendell : brendyn.wendell@forces.gc.ca

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présémé par **programme de Charité combiné**

*Le gros
filet
il matters* *J'y crois
#Bonne
C'est important*

405 Squadron visits WWII home during recent UK air show

Second Lieutenant Meagan Duncan

A CP140 Aurora from 405 (Long Range Patrol) Squadron participated in the Little Gransden Air and Car Show in Little Gransden, United Kingdom. Started in 1992, the August 28 show marked the air show's 30th year fundraising for the Children in Need campaign and various local children's charities and organizations.

On their Facebook page, "Little Gransden Charity Air & Car Show," the organizers announced the arrival of the aircraft: "We are incredibly grateful to the Royal Canadian Air Force for their support and for sending a CP140 Aurora. This is a fantastic and unique addition to the day!"

Spectators at the air show were thrilled to see the Aurora, a rare sighting in the UK. An online commenter said, "It has been a wonderful little show for many years now, but that is some attraction having a CP140 there."



This 405 Squadron Memorial in Yelling, Cambridgeshire, marks the loss of Lancaster JB477, which crashed in 1943, killing six of the seven crew on board, including four Canadians.

Being invited to take part in the Little Gransden air show was a special event for the squadron. During the Second World War, in April 1941, 405 Squad-

ron became the first RCAF Bomber Squadron in England. Two years later, in 1943, 405 Squadron transferred to No. 8 (Pathfinder) Group and flew the Halifax

and Lancaster aircraft from Royal Air Force Station Gransden Lodge, Bedfordshire, England, until May 1945.

This year, the Aurora was a featured aircraft, conducting a flyby during the air show; unfortunately, the crew did not have the opportunity to join the ground display. On the dates surrounding the air show, the crew completed force generation training for a new TACCO (tactical coordinator) and an upcoming aircraft captain's upgrade. It was able to learn and review oceanic and U.K. flight procedures, and had the opportunity to liaise with the American and British military at Royal Air Force Mildenhall.

As the crew left on the Sunday afternoon to return to 14 Wing Greenwood, it flew over a 405 Squadron Memorial in Yelling, Cambridgeshire, Lancaster JB477, which crashed in 1943, killing six of the seven crew on board, including four Canadians. →

Healthy relationships start with shared info

"Today is a great day to assess your relationship health." 14 Wing Greenwood Health Promotion is focusing on healthy relationships in its fall campaign, and has a series of three sessions planned, shared resources and the opportunity to book a one-hour family violence awareness briefing.

October 19, between 1:30 p.m. and 3 p.m., Captain A.M. Backhouse will lead a webinar, "Gender Diverse Family Members," including some of their own bi-gender lived experiences with respect to learning about themselves, and what it was like to communicate their identity with family members. For the MS Teams link, email edith.tremblay@forces.gc.ca

October 27 and 28, Health Promotion hosts an in-person Inter-Comm course, covering conflict and communication management in personal relationships, at the Fitness & Sports centre classroom, 8:30 a.m. to 4 p.m. on Day 1, and 8:30 a.m. to noon on Day 2. To register, email edith.tremblay@forces.gc.ca.

November 23, Todd Agusta Scott will speak via an in-person event at the Annapolis Mess, and over MS Teams. To register for attendance or the online link option, email edith.tremblay@forces.gc.ca

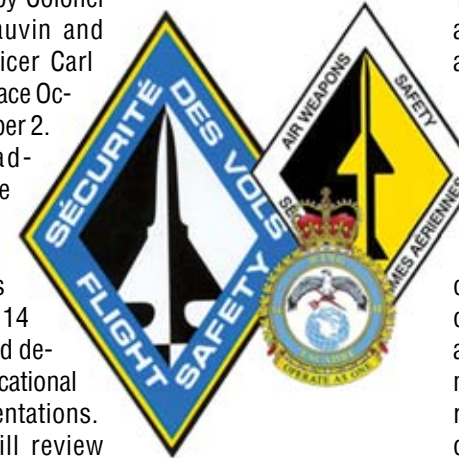
To request a one-hour Family Violence Awareness briefing, units and wing leadership may also contact edith.tremblay@forces.gc.ca.

For more Healthy Relationships Campaign information, follow @14WingHealthPromotion or @GMFRC on Facebook, the CFMWS YouTube Channel or visit CAFconnection.ca.

Flight safety 'roadshow' returns to 14 Wing October 31 to November 2

The annual Director of Flight Safety (DFS) visit to 14 Wing Greenwood by Colonel Jean-Francois Gauvin and Chief Warrant Officer Carl Phaneuf will take place October 31 to November 2.

The "DFS roadshow" briefings are always a highlight of the flight safety year, as it allows DFS to meet with 14 Wing personnel and deliver a series of educational flight safety presentations. The DFS team will review significant incidents and accidents since the last DFS visit, and provide some analysis of trends as well as highlight areas of concern in Canadian Armed Forces flying operations. This annual visit to the wing is an opportunity for 14 Wing personnel to learn about flight safety issues across the Canadian Armed Forces.



Flight safety is an ongoing process that all members of 14 Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness. Wing personnel are invited to attend one of the briefings.



Director of Flight Safety Colonel Jean-Francois Gauvin

DFS will be presenting their 90-minute roadshow briefing at the Birchall theatre October 31 at 10:30 a.m., and again



Director of Flight Safety Chief Warrant Officer Carl Phaneuf

at 2:30 p.m.; and November 2 at 10 a.m. Further information may be obtained from the Wing Flight Safety office by email w14wfltsafety@forces.gc.ca or by phone local 568-3679, 568-3749 or 568-3732. →

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Master Corporal Justin McKinney, centre, was presented the Canadian Forces Decoration First Clasp September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Corporal Matthew Voisey, centre, was presented the Canadian Forces Decoration September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Corporal Bradley Bruce, centre, was presented the Special Services Medal - Alert September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



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



Captain Glenn Duncan, centre, was presented the Canadian Forces Decoration September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Sergeant Jason Hume, centre, was presented the Canadian Forces Decoration September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Master Corporal Denzel Johnson, centre, was presented the Canadian Forces Decoration September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Corporal Wes Pfnels, centre, was presented with a Commanding Officer's Commendation October 7 by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson, left, with Chief Warrant Officer Jean Plamondon.



September 21, Corporal Vaughan Despina, centre, was promoted to current rank while attending course at CFLTC in Borden, Ontario; by Major Stephen Penney, left, with Master Warrant Officer Andy Singh.

the Aurora

The Aurora News
CFB Greenwood Aurora News

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Useful links | Liens utiles

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

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

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

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

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpiinternational.ca

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

Aurora Newspaper articles are available in either official language, by request, to auroraeditor@ns.aliantzinc.ca. Les articles du journal Aurora sont disponibles dans l'une ou l'autre des langues officielles, sur demande, à auroraeditor@ns.aliantzinc.ca. Veuillez prévoir jusqu'à 10 jours ouvrables pour une réponse.

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



September 16, Aviator Kevin Hickman, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



September 16, Aviator Alexander Anderson, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



Master Corporal Perry, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, with Master Warrant Officer Amos.



426 Squadron member Aviator Donaldson, centre, was recently promoted to current rank by Lieutenant-Colonel Arbuckle, right; with Chief Warrant Officer Freeman.



Warrant Officer Bianco, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left; with Master Warrant Officer Amos.



Master Corporal David Krakowiak, centre, was presented the Operational Services Medal - Expedition Bar September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



Sergeant Jones, centre, September 29 was presented the Canadian Forces Decoration 1st Clasp, for 22 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Master Corporal Jobses, centre, September 29 was presented the Canadian Forces Decoration 1st Clasp, for 22 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Master Corporal Barnard, centre, September 29 was presented the Canadian Forces Decoration for 12 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Master Warrant Officer Thurston, centre, September 29 was presented the Canadian Forces Decoration 1st Clasp, for 22 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Warrant Officer Bianco, centre, September 29 was presented the Canadian Forces Decoration 1st Clasp, for 22 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Captain Kelusky, centre, September 29 was presented the Canadian Forces Decoration for 12 years of service, by 413 (Transport and Rescue) Squadron Commander Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Shawn Harrison.



Corporal Serene Rumble, centre, was presented the Sentinel Patch September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



Corporal Joel Hamelin, centre, was presented the Sentinel Patch September 26 by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaull, left, with Chief Warrant Officer Duane May.



September 27, Master Corporal Perry, left, and Corporal Croft, right, 413 (Transport and Rescue) Squadron; was presented the Sentinel Patch by Captain (Padre) Finnemore.

Fall SAR calls keep crews busy

September 29, just after 3:30 p.m., Cormorant Rescue 901, with 413 (Transport and Rescue) Squadron at 14 Wing Greenwood, was tasked by the Halifax Joint Rescue Co-ordination Centre to undertake a search for an emergency locator beacon transmitting near Eastport, Maine. R901 investigated the area but found no signs of distress or an ELT signal; it was stood down and returned to Greenwood just after 5:30 p.m.

September 29, just after 11:30 p.m., Cormorant Rescue 905 was tasked in response to an overdue boater. The helicopter returned to Greenwood September 30, just before 11 a.m., following a successful mission.

October 1, Hercules Rescue 332 was airborne at 3:27 p.m. to provide top cover for a medevac 250 nautical miles southeast of Cape Race, Newfoundland and Labrador. It complied its mission and returned to Greenwood just before 11 p.m.

October 8, Hercules R343

was tasked at 6:20 a.m. to provide top cover for a medevac 200 miles southeast of St. John's. While en route, the Hercules was diverted to assist the Greenwood-based Cormorant R905 with transport of a person in medical distress on the cruise ship Celebrity Summit. R 343 landed in Sydney to refuel and waited for R905's approach, before going airborne for this top cover mission. The Cormorant left Greenwood at 1:28 p.m. By 4 p.m., the cruise ship patient was on board the Cormorant, which headed for Sydney for patient transfer and refueling. R343 was released, and returned to Greenwood just after 5 p.m. The Cormorant returned to Greenwood at 7:30 p.m.

October 9, Cormorant Rescue 905 was airborne just before 7 p.m. to assist in a search for a missing hiker near Mount Carleton, New Brunswick. R905 arrived on scene, located and hoisted the missing person and, later, the park's staff member. Once on board, both passengers were transferred to local EMS within the park, around 10:45 p.m. R905 headed to Miramichi for fuel prior to returning to Greenwood, around 12:30 a.m. October 10.

October 10, just after 1 p.m., JRCC tasked the 14 Wing stand-by Hercules to provide top cover for a Gander Cormorant conducting a medevac from a marine vessel approximately 160 nautical miles east northeast of St. John's. The Cormorant hoisted and transported the patient to health sciences in St. John's, and R332 returned to Greenwood just before 6 p.m. →



Bridgewater, beribboned

Another successful Yellow Ribbon Campaign took place in Bridgewater October 4. Members of 14 Construction Engineering Squadron and Mayor David Mitchell took to Main Street armed with large yellow ribbons. The downtown area is now a sea of yellow ribbons to show support for our military and their families.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



Chris d'Entremont
Member of Parliament for West Nova/Député - Nova-Ouest

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- Two league registration** • \$240
- Thursday youth league**
 - \$75 first child
 - \$50 per additional child from same family
- Couple's registration (two individuals)**
 - \$330
- Couple's Cost Two Leagues** • \$450

Come curl with us! Inquiries | 14wingcurling@gmail.com
Facebook | 14 Wing Greenwood Curling Club

14 Wing Greenwood Craft & vendor sale

Greenwood Community Centre
Bldg 110, Church Street

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

50/50 Ticket auction

To book a table contact Sara White, cskeddy@hotmail.ca
Six-foot tables \$25 plus auction item. Deadline to book November 10.

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Youth Happenings

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

Monday, October 17, 6 p.m. to 7:30 p.m. – Kids Club - Nature walk and fort building fun! Free program, pre-registration required.

Wednesday, October 19, 6 p.m. to 7:30 p.m. – Family open gym night. Free for military, Defense Team and PSP Plan holders. Must have proof of I.D. No pre-registration required.

Friday, October 21, 5:30 p.m. to 7:30 p.m. – YTGIF - Halloween movie night and a snack! Come watch a Halloween movie on our big blow up screen with popcorn and other snacks! \$10+HST for non-PSP Plan holders, or \$7+HST for PSP Plan holders. Please have indoor gym shoes and a water bottle. →

SISIP Financial on the financial aspects of release

October 20, 10 a.m. to 11 a.m., SISIP is offering a Microsoft Teams virtual presentation on the financial aspects of release. The presentation will go over such items as insurance, financial counselling, retirement sources of income, severance pay, investments, tax implications etc.

Please register with Alison Reid at Reid.Alison@cfmws.com to attend the event by October 17. →

Financière SISIP les aspects financiers de la libération/ retraite

Le 20 octobre, 1000-1100, le RARM offre une présentation sur les aspects financiers de la libération/ retraite endroit Microsoft Teams Virtual.

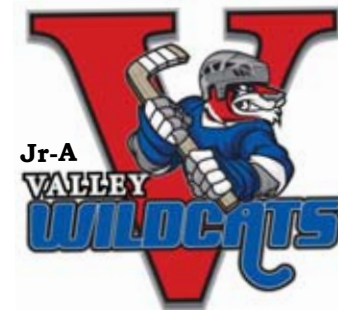
La présentation portera sur des sujets tels que l'assurance, les conseils financiers, les sources de revenu à la retraite, l'indemnité de départ, les investissements, les incidences fiscales, etc.

Veillez-vous inscrire auprès d'Alison Reid à Reid.Alison@cfmws.com pour participer à l'événement avant le 17 octobre. →

Enter to WIN two tickets

Name: _____
Address: _____
Phone: _____

Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, October 26, 2022.



Kings Mutual Century Centre, Berwick
Regular season games
November 4 vs Truro | 7 pm
November 5 vs South Shore | 7 pm
or any of the 2022-23 home games

#DefendTheDome | #VCATS



14 Wing Greenwood Commander Colonel Jeff Davis, second from left, was joined by Sparky, left; 14 Mission Support Squadron Chief Warrant Officer Trevor Porteous and 14 Wing Fire and Protective Services Fire Chief Captain Drew Spinney outside wing headquarters – there'd been an early morning fire drill – to proclaim October 9 to 15 at Fire Prevention Week. This year's theme is "Fire Won't Wait – Plan your Escape," and wing and community volunteer firefighters are out and about to spread the fire safety message. S. White

Fire safety message one to remember at work, home

Sara White, Managing editor

14 Wing Greenwood headquarters staff had no sooner settled into their desks October 11 then they were out

the door. Launching Fire Prevention Week, 14 Fire and Emergency Services firefighters pulled a test alarm in HQ to ensure their message – "Fire Won't Wait – Plan Your Escape" – was heard loud and clear.

Wing Commander Colonel Jeff Davis was among those in the parking lot head count, as firefighters checked the building for lights out, doors closed, stragglers; and then deactivating the alarm. Back in the lobby, Davis read the official Fire Prevention Week proclamation, and added a few comments of his own.

"The proclamation encourages us to do what we just did – our due diligence in exiting the building," he said. "Firefighters – thank you for what you do to keep us safe. It's not all just about the shiny trucks – you have a lot of specialized training. Volunteer firefighters – if you see them, too, in the community – give them a high five."

Davis highlighted two fires in Residential Housing Units

affecting Canadian Armed Forces families in the past year, and how, while safety is always top-of-mind in military training, safety at home is also an important thing to be considering.

"These days, all the outlets and things we have plugged in – talk to your families and have a plan."

October 9 to 15 was Fire Prevention Week, and 14 FES partnered with the Kingston District Volunteer Fire Department to visit Kingston and Greenwood schools and public display events to meet people, show off fire fighting equipment and spread the fire safety message. →

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Conflict Resolution Day is October 20

Conflict impacts the work and lives of people of all ages, roles and experience levels each and every day. International Conflict Resolution Day (ICRD) strives to create awareness, understanding, preventative action

and resolution opportunities to prevent, manage and resolve conflicts in the lives of Defence Team members and employees, their work mates, families and community members.

Canada's Healthy Work-

place Month through October highlights the importance of practicing workplace habits that promote a healthy mind, body and organizational culture. Effective conflict resolution and complaint manage-

ment are essential aspects of a healthy workplace, leadership responsibility within the Defence Team, and is essential to ensuring the operational effectiveness of the Defence Team workplace. Canadian Armed Forces members and Department of National Defence employees have access to Conflict & Complaint Management Services (CCMS) under the Director of Conflict Solutions and Services (DGCSS) and Chief Professional Conduct and Culture (CPCC).

Here are some benefits of using CCMS:

- CCMS services are voluntary, confidential, and are a service benefit to CAF/ DND members.
- The individuals involved have control over the outcome.
- Solutions and services are geared toward assisting in the development of results that are mutually beneficial for everyone involved.
- Less time is spent in conflict when conflicts are resolved at the earliest opportunity with the assistance of a trained third-party neutral.
- Relationships of all kinds and sizes can be greatly improved through CCMS.

Our CCMS practitioners are trained, experienced and ready to assist you.

Understanding how conflict arises, and how to resolve or support a CAF/ DND staff member through a conflict, is an important step toward a healthy workplace. CCMS is here to support you on International

Conflict Resolution Day - and every day. If you are experiencing disagreements or other concerns in the workplace, your local CCMS office can provide useful tips and resources. It is also important to know what to do if you are experiencing harassment, violence and/ or discrimination. Your CCMS office, as a member of Chief Professional Conduct and Culture, can guide you to services available to prevent and address workplace conflict, harassment and violence prevention. Defence Team members should first attempt to resolve

the problem informally by reporting the incident to your manager or chain of command. Defence Team members who are the subject of a complaint or report are encouraged to resolve the matter at the lowest level and as soon as possible. If you are unable to solve the complaint on your own, or you're uncomfortable with trying to address the problem yourself, contact your local Conflict and Complaint Management Services Centre, which will support you and provide you with options on how to address the concern. →



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Programs, resources available for CAF/ DND team members (CCMS staff will try to provide a response within 48 hours)

- Visit our intranet website on the National Defence network
- Call us toll free at 1-833-328-3351. Your local Greenwood Centre is available at 902-765-1494 local 3082
- Visit canada.ca/en/department-national-defence/programs/integrated-conflict-complaint-management.html

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10 Bridge Street, Middleton

Power your performance with good nutrition

Eating a balanced diet is important to prevent injuries and support physical and cognitive performance. Carbohydrates, protein and fat are the nutrients that provide the body with energy, and are all part of a healthy diet.

Carbohydrates are an efficient source of energy and provide fuel for your brain and muscles. Without adequate intake of carbohydrates, you risk running out of energy, especially during training or operations. For military members with sedentary positions, aim to fill a quarter of your plate with whole grains. For those who engage in training

and operations or who have physically demanding tasks, you may need to increase your carbohydrate intake up to half of your plate. There are two types of carbohydrates: simple and complex. While complex carbohydrates will provide your body with energy over a longer period of time, simple carbohydrates are used for quick energy before training.

Simple carbohydrates: fruits, fruit juice, honey, jam, dairy products

Complex carbohydrates: grains (i.e. bread, rice, oats, barley), tubers (i.e. potatoes, yams), legumes (i.e. lentils, peas, beans)

Protein is important for

growth, repair and maintenance of tissues. When too much protein is consumed, the excess is stored or excreted by your body. For military members who are physically active, aim to fill a third of your plate with protein. Poultry, meat, fish, eggs, dairy products, legumes and tofu all contain protein and are available in CAF dining facilities.

Some people believe eliminating fat from their diet helps to lose weight; however, fats have many important functions in the body, including providing essential fatty acids, maintaining body temperature, protecting organs and supporting the immune



Have plenty of fruits and vegetable, eat protein foods, make water your drink of choice and choose whole grain foods.

Submitted system. Not consuming enough fat can result in

nutrient deficiencies, which can have an impact on your performance. Aim to include healthy fats at meals and snacks throughout the day by cooking with avocado and olive oils, adding nuts and seeds to snacks, yogurt, oatmeal and salads; and consuming fatty fish twice a week.

To ensure you have a balanced diet, choose a variety of foods, focus on the healthier choices and use the healthy plate as your guide.

Send questions or feedback to Strat J4 Food Svcs on our Facebook page at CAF Food Svcs NSCM // MCNN des Svc Alim des FAC. →

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crossword solution

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

sudoku solution

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

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

Classified advertising must be booked and prepaid by 10 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 902-765-1494 local 5833, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.alianzinc.ca or fax 902-765-1717.

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard,

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

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FOR RENT - Kingston Lincoln Shire Apartments - two bedroom, two appliances starting at \$950 per month plus utilities. Available November

1 & December 1. Please visit our website at www.bandnproperties.ca and apply online or call 902-865-3200. (4338-1tp)

DUPLEX FOR RENT
RETIREMENT DUPLEX - Available November 1, 2022. Two bedroom, one bath, open concept duplex with garage. Paved driveway, front and back patio deck. In floor heating, town water, so if power goes out you still have water. Snow removal and lawn care included. Transit available at end of street. Centrally located between Greenwood and Kingston. Phone 902-765-0339. (4337-3tpb)

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SOMETHING FOR EVERYONE INDOOR FLEA MARKET - 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 a.m. to 3 p.m., weather permitting. Free admission. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Thank you. (4338-4tpb)

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3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline:
Noon, October 19, 2022

Full name _____ Phone number _____

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

1. Who can direct bill to Blue Cross?
2. Who is having a sale at all seven locations?
3. Who wants you to spread the word, share the shavings?
4. Who uses the phone number 902-765-6994?
5. Who hiring starting rate is \$26.02/hr?

Congratulations to last week's winner: SHARON WARD

AYLESFORD & DISTRICT LIONS CLUB

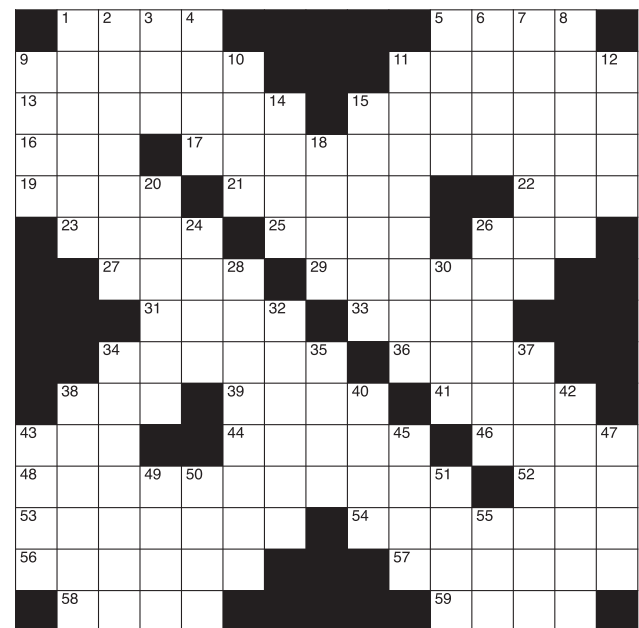
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717;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

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

crossword solution page 9



- ACROSS**
- A way to communicate
 - Historic city
 - Not the same
 - Hitting a horse to clear a jump
 - One hurt the Titanic
 - Fine dense cloth
 - Architectural structure
 - Where Serena works
 - Stringed instrument
 - Estimate
 - Where sailors work
 - Popular Terry Pratchett novel
 - Popular slow cooked dish
 - Twisted Sister's Snider
 - 'Office Space' actor Stephen
 - Put the ball in the net
 - Ancient Greek city in Thrace
 - High school math subject
 - Looked into
 - Rhode Island
- DOWN**
- Triangular bone in lower back
 - Building toy
 - Pointed end of a pen
 - Insect repellent
 - College army
 - Highly spiced stew
 - Exploited
 - Main course
 - A bottle that contains a drug
 - The most worthless
- rebellion**
- A pea is one type
 - You can put it on something
 - Where golfers begin
 - Make a mistake
 - Semitic Sun god
 - Ancient Greek City
 - Behaved
 - A place to stay
 - Inately foolish
 - Most unnatural
 - 'Dennis' is one
 - Soothies
 - Exam
 - Russian assembly
 - Take over for
 - Put in advance
 - Satisfy
 - Felt
 - Mild yellow Dutch cheese
 - Witnesses
 - Some build hills
 - de Armas and Gasteyer are two
 - Ancient people of Scotland
 - Cheerless
 - Unwell
- part**
- Everyone needs one nowadays
 - Japanese wooden shoe
 - Antelopes
 - A way to cut
 - Brooklyn hoopsters
 - Gradually receded
 - Ripped open
 - College grads get one
 - Amino acid
 - Unruly gathering
 - Legislative body
 - Resembling pigs
 - Russian assembly
 - Take over for
 - Put in advance
 - Satisfy
 - Felt
 - Mild yellow Dutch cheese
 - Witnesses
 - Some build hills
 - de Armas and Gasteyer are two
 - Ancient people of Scotland
 - Cheerless
 - Unwell

meeting will be held at the Deep Brook Waldec Lions Hall, 948 Hwy 1, Deep Brook. Stuffed roast pork dinner and trimmings \$12. Bring along a potential member (federal retiree) and have your name entered in a draw. If you wish to attend, email NAFR7@gmail.com or call Carolyn/ Bill at 902-765-8590 by October 5.

Greenwood curling registration
October 19, 7 p.m. to 9 p.m., the Greenwood Curling Club will register members for the season and answer any questions. Learn to curl session! October 28, 7 p.m. League start date: November 1. Mondays: men's league, Tuesdays: women's league, Wednesdays: cooperative leagues. Costs: single league registration \$180, two league registration \$240, couple's registration (two individuals) \$330, couple's registration (two leagues) \$450, youth league 75\$ for first child, 50\$ for any additional kids from same family.

Senior safety with the RCMP
October 19, 10 a.m. to noon, the Rosa M. Harvey Middleton & Area Library presents a session on fraud and scam prevention, identity theft awareness, helpful community resources, elder abuse and prevention, we will discuss it all with our local RCMP. Registration required. **WRITE: the Elements of Story** October 19, 2 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area

Library, with Connie (who happens to be a published short story author), invites those 18+ to discover the elements of story. Please bring your own paper/ notebook and a writing utensil. Registration required. **Dungeons and Dragons** October 19, 3 p.m. to 5 p.m., the Rosa M. Harvey Middleton & Area Library invites anyone age 15+ to a Dungeons & Dragons intro session: learn the basics. Already a D&D player? You're welcome to join! **Talk Read Sing special event** October 19, 9:45 a.m. to 10:45 a.m., the Berwick and District Library invites you to a special Talk Read Sing story time with Doretta Groenendyk. Celebrate the launch of Truck!, a vibrantly illustrated, road-tripping adventure story. After the reading and craft activities, head out for a visit with a fire truck from our local department! Registration required. **The Knit-Wits** October 20, 3 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites those ages 18+ to join the Knit Wits - whether you've been knitting for decades, or just started yesterday. Needles also available. Registration required. **Turkey supper** October 20, the Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines; will prepare a take-away turkey supper. \$15. Pre-orders only by October 18 at 902-760-2471.

horoscopes

October 16 to October 22

ARIES - Mar 21/Apr 20
Aries, maintain your alignment with your dreams and tap into your warrior instinct if you come up against a significant obstacle later in the week.

TAURUS - Apr 21/May 21
Taurus, you're naturally good at juggling many different tasks simultaneously. Don't be surprised if someone recognizes this and give you a few projects to handle.

GEMINI - May 22/Jun 21
The theme of this week is "opposites" for you, Gemini. If you're a normally tidy person, you'll leave a mess behind. If you're prompt, you will arrive late. It could be refreshing.

CANCER - Jun 22/Jul 22
This week there will be a great deal of pressure on you, Cancer. Try to remain as calm as possible while ticking off the boxes on your to-do list. Ask for help if you need it.

LEO - Jul 23/Aug 23
Your leadership skills will be on display this week, Leo. People at work and at home will call on you to make decisions and guide them through various situations.

VIRGO - Aug 24/Sept 22
Virgo, this week you could come up with a new plan to make a big difference in the world. It may start with an assignment at work or be inspired by volunteering.

LIBRA - Sept 23/Oct 23
Libra, try to learn as much about the people around you as possible. They may share strategies that can affect your life in many positive ways. Start asking the right questions.

SCORPIO - Oct 24/Nov 22
You may need to brush up on your charm skills, Scorpio. Sometimes you come at people at full force. You could benefit from employing a more slow and steady approach.

SAGITTARIUS - Nov 23/Dec 21
Sometimes you can be naturally shy and quiet, Sagittarius. This week show others what lies beneath that quiet surface. Use your voice and get others excited about your thoughts.

CAPRICORN - Dec 22/Jan 20
Try not to hide in the shadows this week, Capricorn. This is your time to be in the spotlight and show others what you are made of. A spark will inspire you to act.

AQUARIUS - Jan 21/Feb 18
Getting back into the swing of things after time away can take a little while, Aquarius. You may have forgotten some steps or feel out of practice. Don't be too hard on yourself.

PISCES - Feb 19/Mar 20
You're used to dealing with situations as they arise, Pisces. Plan ahead for what you anticipate will come along this week.

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www.frasers.ca

Teen Takeover
October 21, 6 p.m. to 7:45 p.m., the Kingston Library is giving youth ages 13+ the run of the place! Come try out the cool equipment in our Innovation Lab: heavy duty sewing machines, a Brother 3534DT Serger, 3D printers and scanners, a Cricut maker and heat press, and robotics and circuits kits. Discover a surprise activity, or just hang out with your friends. Registration required.

Adult colouring crew
October 21, 4 p.m. to 5 p.m., the Rosa M. Harvey Middleton & Area Library hosts an adult colouring session with Shania. Research shows colouring de-stresses and lessens anxiety in adults, and can be beneficial to people with brain damage or dementia. Registration required.

Luncheon
October 25, 11:30 a.m. to 1 p.m., enjoy the Fireflies Luncheon - a home cooked meal at the Middleton fire hall. Menu: turkey burger platter (\$12), corn chowder (\$10), split pea/ham soup (\$10). Prices include your choice of apple or pumpkin dessert and tea/ coffee. Dine in with friends or phone Bonnie at 902-825-3062 by October 24 for free local delivery.

Greenwood Military Aviation Museum Society - AGM
October 25, 2 p.m., the Greenwood Military Aviation Museum Society will host its annual meeting in the museum conference room, or virtually by ZOOM (TBD). All paid-up members may attend; any current member, as of October 15 may vote and be nominated for membership to the board. Nominations must be sent/ emailed to AGM chairman Ian Patrick, c/o the Greenwood Military Aviation Museum, PO Box 786, Greenwood, NS, B0P 1N0; or ipatrick@eastlink.ca by October 15.

Fandom Week: costume workshop
October 22, 10:30 a.m. to noon, the Berwick and District Library, with Jessica Best Smith, invites ages 12-17 to explore the basics of costuming. Learn how to choose fabric, colours, textures, and silhouettes to create costumes and make-up looks for horror, science fiction, fantasy, and historical fantasy characters.

sudoku

solution page 9

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

Level: Beginner

Fun By The Numbers

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



14 Wing doing heavy lifting hosting Atlantic regionals

Tommy Daniels, Fitness and Sports Centre, 14 Wing Greenwood

14 Wing Greenwood is excited to host the Canadian Armed Forces' Atlantic regional powerlifting cham-

pionships October 17 to 19. Lifting events start at 9 a.m. October 18; participants must weigh in



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prior to the competitions the day before. Spectators are welcome at the 14 Wing Fitness and Sports Centre on Chimo Road. Approximately 20 military members are coming from bases across Atlantic Canada to compete, including 5th Canadian Division Support Base (5 CDSB) Gagetown, 9 Wing Gander, Canadian Forces Base Halifax, 12 Wing Shearwater, 5 CDSB Detachment Aldershot and 14 Wing Greenwood.

Powerlifting consists of three competitive lifts: the squat, bench press and deadlift. Each competitor will take three increasingly heavy attempts in each lift, using the most weight possible for a single repetition.

This regional championship event will offer three weight classes for men and two or three weight class for women. The winner of each weight class will the lifter who achieves the highest total combined weight from their best attempt at each lift.

Come out and be a part of

Greenwood's first ever CAF powerlifting event.

For more information, contact event OPI Tommy Daniels at tommy.daniels@forces.gc.ca. →

Note: There will be no fitness classes or FORCE tests conducted October 17 or 18.

Deanne Corkum
Senior Economic Development Officer



Deanne.Corkum@cbdc.ca
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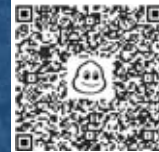
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- ✓ Able to work 12-hour shifts, including night shifts and weekends



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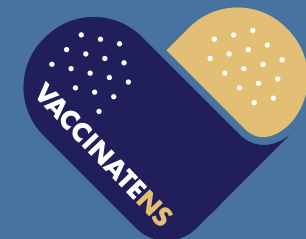
Protect yourself and others in your community by staying up to date on your COVID-19 vaccines.

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

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

Vaccines are administered at pharmacies.

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



October 20 CAF Sports Day all about fun, motivation, morale

14 Wing Greenwood PSP is ready to host the 10th annual Canadian Armed Forces Sports Day October 20.

The day will kick off with guest speaker Mike Shoreman, The Unbalanced Paddleboarder, at the Birchall Theatre at 8 a.m. followed by the 9 a.m. launch event for the new CAF Sports Hall of Fame display at the Fitness and Sports Centre. This digital displays honours CAF athletes, and will allow people to look up members by name, sport, category or year inducted. There will be a virtual hall of fame on each base across Canada.

The CAF Sports Hall of Fame is the highest honour that may be granted to members by the CAF Sports Program. It recognizes inductees for distinguishing themselves and bringing honour to the CAF through their contributions to sport. See the CAF Sports Hall of Fame website for the full list of inductees, or check out the new interactive display at the gym.

CAF Sports Day participants may choose from more than 10 different sporting options offered that morning and into the afternoon, including pickleball, a spin class, squash and more - it's a good opportunity to try some-

thing new!

At 1 p.m., there will be a 5K walk/ run starting from the Fitness & Sports Centre, followed by a fundraising barbecue at 2 p.m. for Soldier On.

"I encourage everyone who is available to participate," says Wing Commander Colonel Jeff Davis. "Taking part in sports is good for our physical health and our mental health."

CAF Sports Day is open to all 14 Wing personnel, including civilians as per their contract. Pre-registration is required and can be completed on the DWAN.

Hit 'em hard and long!

Then, October 21, PSP will host the CAF National Longest Drive and Closest to the Pin competition at the Greenwood Golf Course. The event will start at 10 a.m. at hole 17 and is open to all 14 Wing personnel, including civilians as per their contract. There will be four categories: women over 40, women under 40, men over 40 and men under 40. Registration spots are available for 60 golfers on the DWAN CAF Sports Day link, or contact Sergeant Pat MacMullin for information. →

Shoreman shares ties between sport, disabilities and mental health

CAF Sports Day and the 14 Wing Defense Advisory Group for Persons With Disabilities present guest speaker Mike Shoreman at the Zedex Theatre October 20 at 8 a.m. (or join virtually on MS Teams).

Shoreman's speech, "Bravo Zulu," will cover lessons he learned as the first Canadian with disabilities to cross all five Great Lakes on a paddle board, raising money for Canadian kids' mental health programs. He will discuss disabilities, mental health and the importance of sport and its ability to bring people together.

Shoreman, originally from Whitby, Ontario, started paddle boarding 10 years ago and was



working as a professional coach with Paddle Canada when, in 2018, he suddenly developed several disabilities from a rare neurological condition.

"When I lost my sense of balance, my mobility - it was a huge blow," Shoreman says. After receiving mental health treatment and spending a year in extensive physical rehabilitation, Shoreman set out to achieve what medical professionals said was not possible: "It has been four years since I learned to walk again - and it looks a bit different than before!"

In 2019, Shoreman shared his story at North America's largest inspirational speech competi-

tion after a friend encouraged him to participate. With a powerful performance about his life as a survivor of mental health and the road to overcoming his disabilities, Shoreman won the competition, touching millions of people online around the world. This encouraged Shoreman to start a new career as an inspirational speaker and advocate for mental health.

"You never really know what's around the corner, but it all starts by saying 'yes.'"

Learn more on Twitter @mikeshoreman, Instagram @mike_shoreman, or Facebook "Mike Shoreman (The Unbalanced Paddleboarder)". →

