



the

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Face of CAF to change Beards by policy now permitted

**Sara White,
Managing editor**

Chief Warrant Officer Kevin Robarts joined the military 37 years ago, at the age of 18. Day one of his first beard while in a military uniform was underway September 27, the day after release of the Canadian Armed Forces' "BeardFORGEN."

"The only time I've had a beard was on vacation – I'm going to give it a shot," he said. "We'll see in a couple of weeks how it goes."

CANFORGEN 158/18 was approved by the Chief of Military Personnel as an amendment to the CAF's beard policy. Wearing a beard has, in the past, been restricted by branch, medical requirements and religion, among other items; a committee review and consultation by the National Defence Clothing and Dress Committee now says the former policy was "broader than required to maintain operational effectiveness."

"Changes to the beard policy in this CANFORGEN continue to recognize both the need to ensure force protection and comfort to military members over a wide range of operational and climactic conditions while also supporting the complete spectrum of activity from ceremonial duties to combat operations, while allowing CAF members increased freedom to make personal choices regarding their appearance."

The intent of the change is to ensure the CAF

maintain operational capabilities, "while strengthening organizational morale and team cohesion."

Keeping on top of unshaven CAF members has been Robart's role as a CWO for a number of years, as dress and deportment falls under the all-seeing eye of senior non-commissioned members.

"I would be the guy...", he says, noting recent years' trends to more "non-uniform" men's haircuts with taper and styling have caught the attention of supervisors. With beards, "there were safety issues and operational concerns, but there is new equipment. Beards are not a deal-breaker: it's 'here's the policy, grow your beard – and there could be changes down the road.' There always are."

The new guidelines do indicate command discretion continues to ensure military members' dress and appearance continues to "reflect on the professionalism and credibility of the CAF."

"I don't think we'll see a big change but, if I have the opportunity, I'll still advise people to start using their razor," Robarts says.

Restrictions on a beard continue in chemical, biological, radiological and nuclear environments – from a day's training to operations. A beard must be worn with a moustache, neatly trimmed, especially on the lower neck and cheekbones; and can't exceed two centimetres "in bulk." A member will, on their own or by order, "shave off unsuccessful attempts to grow a beard."



Chief Warrant Officer Kevin Robarts sports his day one scruff, now allowed under the newest Canadian Armed Forces CANFORGEN permitting facial hair.

S. White

Breast cancer survivor, military member ready to live with lotto win

A year ago, Sheri and Stacy Wood of Middleton had to call their friends and family to share difficult news after Sheri was diagnosed with breast cancer. This year, Sheri is almost finished treatments, cancer-free and the couple is now calling their

loved ones with much better news: they won the top prize on Atlantic Lottery's Set for Life Scratch'N Win ticket. The cheque presentation took place September 27 at the Greenwood Community Centre with family and friends.

"We won almost exactly

a year after I was diagnosed and had my surgery," Sheri said. "The news we get to share this year is way better than last year's."

The top prize for Atlantic Lottery's Set for Life is one of two options: \$1,000 a week for 25 years, or a lump sum

payment of \$675,000. The Woods opted for the single payment.

Stacy, a 29-year veteran with the Royal Canadian Air Force, is looking forward to retiring – but not before he officially hits an upcoming service milestone.

"I want to get my 30 years in, and then I will be ready to retire," Stacy said. "I would have thought about staying on a bit longer but, after what we've gone through in the last year, we've realized that we need to stop putting things off and start enjoying

life now."

With their win and the improvement in Sheri's health, the couple are looking forward to starting the next chapter in their lives. They are classic car enthusiasts and plan to purchase an old hot rod to customize. They also

Continued on page 2...



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Lotto win...

...cover

plan to build a new garage, big enough to house and work on their new hot rod in addition to their beloved '67 Camaro.

The couple purchased their winning ticket at Gates Landing and Convenience in Middleton. The retailer will receive a one per cent seller's prize.

Sheri, left, and Stacy Wood celebrated September 27 in Greenwood, accepting the cheque for their Set for Life win.

Submitted



Invite a CAF speaker in to mark National Veterans' Week

During Veterans' Week, November 5 to 11, many Canadians will remember and honour those who served our country, as well as those who serve in uniform today.

Current members of the Canadian Armed Forces are available to give presentations at schools and civic organizations across Canada as part of the 2018 National Veterans' Week Speakers Program. Every attempt will be made



to fill your request, provided the location of your group or event is within 150 kilometres of a CAF base or Reserve unit. The deadline for submission is October 19.

If you have any questions, contact Mélodie Gratton, national program coordinator, 613-943-6145 or DNDRemembrance.SouvenirMDN@forces.gc.ca.

An active October 19 CAF Sports Day packed with sports, recreation

October 19 is Canadian Armed Forces Sports Day. Canadian Armed Forces (CAF) members will take part in a national celebration of sport, and promoting the culture of fitness in the CAF.

14 Wing Greenwood defence team members – military, Department of National Defence and civilian employees - are welcome to “Get Out and Play.” Unit sports reps are taking sign-ups now for events; or, volunteer in running event (set up, officiating, scheduling, lunch set-up): contact the OPI, 2nd Lieutenant Bilee Sheppard, 902-765-1494 local 3076.

Events

- 5 km run/ walk – 8:30 a.m. registration at the Fitness & Sports Centre
- Flag football – 8:45 a.m. at the Applebowl.
- Sledge hockey – 8:45 a.m. at Greenwood Gardens Arena (participants must have hockey gloves, elbow pads, helmet and neck guard; plus sturdy/ combat boots).
- 7 aside soccer – 8:45 a.m.

at the Ivy Street field.

- Sit volleyball – 8:45 a.m. at the Fitness & Sports Centre
- Kayaking – 8:30 a.m. at the Aylesford Lake municipal beach, 578 North River Road (arrive by personal vehicle; all participants must complete the military swim test, either October 15 or 16, 7:30 a.m., in the Fitness & Sports Centre indoor pool. CADPAT or sweatshirt and pants required. DND/ civilian personnel must also complete the swim test.
- Squash – 8:45 a.m. at the Fitness & Sports Centre
- Pickle ball – 8:45 a.m. at the 14 Wing Greenwood Community Centre gym.
- Water jog/ aqua yoga stretch – 9:45 a.m. to 10:45 a.m. at the Fitness & Sports Centre indoor pool.
- Yoga – 11:15 a.m. to 12:15 p.m. at the Fitness & Sports Centre

Events wrap up with a group picture and lunch at the Annapolis Mess. Make sure you wear your favourite sports jersey.



Load master Warrant Officer Todd Fleck and search and rescue technician Master Corporal Nick Turner, seated; perform spotting duties as part of a simulated mission during ASAREX.



Flight crew members from Canadian and Portuguese search and rescue units review an operational briefing prior to launching a simulated mission during the ASAREX.

Challenges, collaboration build ASAREX success

Captain Steve MacFadgen, 413 (Transport and Rescue) Squadron

With the sun just starting to rise over the Annapolis Valley, a Hercules crew from 14 Wing Greenwood's 413 (Transport and Rescue) Squadron was already wheels up, en route to Lajes Azores for the second year in a row to participate in the annual Azores International Advanced Search and Rescue Exercise (ASAREX) September 17 to 21.

While the more than 1,800 nautical mile trip only took a little under six hours, the crossing of three time zones meant an early departure to ensure adequate crew rest for participation in the next day's events.

The ASAREX, organized by the Portuguese Marine Rescue Coordination Centre in Ponta Delgada, included crews from Portugal, the United States and Canada; with a number of aircraft ranging from the Portuguese, American and Canadian Hercules; Portuguese EH101 Merlin helicopters (their version of the Canadian CH149 Cormoran), as well as two Portuguese C295 CASA (the



Load master Warrant Officer Todd Fleck, 413 (Transport and Rescue) Squadron, launches smoke indicators as part of a simulated mission during ASAREX, in the Azores islands.

aircraft selected to replace Canada's aging Hercules for fixed-wing SAR.

Each day of the exercise consisted of different realistic scenarios, requiring coordination between all air assets, the rescue coordination centre and air traffic control. Scenarios included a simulation of a boat that had gone down with crew in a life raft, as well as people in the water. After arriving on scene, the Canadian crew discussed the search pattern and altitude given and was eventually able to identify a raft in the water. This was the first time several of the crew members had seen what an actual life raft at sea looks

like, and exactly how difficult they can be to spot - even in calm seas. Apart from search patterns, crews also did simulated drops of a life raft to different targets in the water, an excellent training opportunity to see how each country performs drops differently. These realistic exercises were an excellent training aspect for all involved.

While the flying of routine patterns is always excellent training, the real experience gained from ASAREX was the challenge of receiving and following direction, as well as communicating with the coordination centre and different aircraft in an unfamiliar



Air crew commander Captain Johnathan Bregman, 413 (Transport and Rescue) Squadron overlooks a simulated rescue mission during ASAREX.

environment - with most of the crews and ATC not having English as their first language. During the briefing of a particular mission, it was noted the United States' Hercules communicated on UHF radio and only had one VHF radio, used for ATC; the Portuguese Hercules had no UHF radio; and, as 413 Squadron's Herc has both, Canadian participants were tasked to relay all information between the two other aircraft, unable to directly communicate. Information on search targets, rescue plans and traffic avoidance was all relayed by 413 Squadron between the three aircraft in a relatively small airspace.

Air-to-air communication was not the only challenge: it was discovered the routine way in which aircraft can contact the coordination centre (or ground ops in Canada) does not exist in the Azores. Other differences from the Canadian SAR system also proved interesting to Canadian crews. In Canada, marine and air search coordinators work together in the same office, dubbed the “Joint Rescue Coordination Centre” or “JRCC.” In Portugal, the Marine (MRCC) and Air Rescue coordination centre (RCC) are not only not in the same office, but not even on the same island. There was

often a disconnect between the two centres, as aircraft were tasked by one centre but controlled by the other. All excellent learning points in the event 413 Squadron is tasked to assist the Portuguese on a rescue, which has happened in the past.

The 413 Hercules crew was also given the opportunity to tour the C295, an aircraft it will likely be flying in the future, and gain some insight into how the current Canadian SAR role may change with the new aircraft.

The ASAREX proved a successful venture for 413 Squadron, as personnel gained insight into how other countries operate in a SAR capacity and learned how to work in other environments and with other countries they may someday be required to assist. While 413 Squadron's 2017 ASAREX trip was plagued with aircraft serviceability issues, the 2018 SAREX was a huge learning experience and also helped build a positive relationship with the Portuguese RCC, who's search and rescue region borders Canada's. They are no stranger to assisting JRCC Halifax and 413 Squadron.

The Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcacf-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

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Un conseil communautaire veut rendre les ULR accueillantes

Sara White
Rédactrice en chef

Procéder à une réinstallation militaire entend que l'on s'établisse dans un milieu nouveau et, souvent, dans un quartier d'unités de logement résidentiel (ULR) regroupées sur le territoire d'une base des Forces canadiennes (BFC). Le conseil communautaire de la 14^e Escadre (14 Ere) Greenwood est de retour après une période d'inaction, et espère que ses bénévoles seront en mesure d'ajouter une touche accueillante aux impasses, croissants et maisons en rangée qu'ils représentent pour les 500 familles qui vivent dans les environs de la base. Le major (Maj) Corey Tay-

lor est le nouveau président de ce conseil et il sait bien quels résultats pourraient être obtenus. « J'ai déjà habité ici pendant trois ou quatre ans, et j'étais représentant de quartier. Cette fois-ci, le commandant d'escadre et quelques-uns des commandants d'unité ont lancé un appel à tous pour faire revivre le conseil. Le conseil et les représentants essaieront de servir d'intermédiaires, principalement, entre les résidents des ULR et les endroits comme le centre communautaire, le Centre de ressources pour les familles des militaires (CRFM) et l'Agence de logement des Forces canadiennes (ALFC). Il faut avant tout faire connaître ces organismes, entre autres, et d'aider à insuffler

dans les ULR un sentiment de communauté. » Le conseil s'est déjà réuni quelques fois pour rencontrer les représentants de la plupart des six quartiers désignés des ULR à quelques reprises. Le groupe comprend également des représentants des Loisirs communautaires, de l'ALFC et du CRFM, l'adjudant-chef Denis Flamand du Bureau du Commandant adjoint d'escadre, et un agent de liaison extérieur à la base, qui aident à resserrer les liens entre le conseil, ses renseignements et ses projets, d'une part, et la collectivité extérieure, d'autre part. Le conseil pourra s'enrichir de bénévoles de quartier, et particulièrement de conjoints et de résidents de plus de 18 ans, à mesure que des projets et des activi-

tés spéciales s'ajouteront à son programme. Les tâches simples déjà choisies comprennent l'étiquetage des bacs de composte selon les adresses municipales des ULR dans le secteur des maisons en rangée, ce dont une équipe de bénévoles se chargera au cours des prochaines semaines. Peut-être pourrait-il y avoir des fêtes de quartier ou des corvées de nettoyage, ou encore une vente-débaras printanière. Il y a aussi les rappels périodiques des principes de bon voisinage : l'entretien de la pelouse et de la propriété, les règles concernant les animaux de compagnie, le respect des heures de silence et la courtoisie en général. « Nous ne voulons pas sur-

charger nos bénévoles, mais nous avons maintenant beaucoup de latitude pour rendre la vie dans les ULR aussi agréable que possible, déclare le Maj Taylor. Les gens veulent avoir le sentiment de vivre dans une communauté et que tout dans leur vie n'est pas lié au travail, même s'ils vivent parmi leurs collègues. Et s'ils ne veulent pas participer, c'est bon aussi. »

Décorez et dites « HOU ! » Le Conseil communautaire de la 14 Ere chapeaute un concours de décorations d'Halloween, qui durera tout le mois d'octobre. Cette activité auparavant populaire est de retour, et est relativement facile à réaliser car les familles qui aiment habiller d'un peu de lugubre



les abords de leur logement sont nombreuses.

Les décorations seront jugées le 30 octobre, aussi les résidents devraient-ils être pleinement en mode frayeur d'ici-là. Les prix seront décernés par quartier et par type d'habitation (c'est-à-dire que les maisons unifamiliales, les maisons en rangée et les duplex se mesureront à des voisinages de même nature).



to make happen as so many families love to add some spook to their address.

Judging will take place October 30, so residents should be in full scare-mode by then. Prizes will be awarded by ward and style of home, meaning single family homes, rowhouse units and duplexes will be able to go up against similar neighbour housing.

Decorate and say 'BOO!' The 14 Wing Greenwood Community Council is spear-heading a Halloween home decorating contest through October. This once popular activity is back, and relatively easy

Lunch with conflict, complaint support services October 17

Find out more about 14 Wing Greenwood's newest unit, Conflict and Complaint Management Services. The Learning & Career Centre hosts a lunch 'n learn October 17, between noon and 12:45 p.m., with guests from the CCMS. To register, contact your unit training coordinator or 902-765-1494 local 5024.



WNSR honorary news

September 28, the West Nova Scotia Regiment welcomed its new honorary colonel, Don Downe, during an appointment ceremony at Shipyard's Landing Park, Bridgewater. Downe replaces the outgoing honorary colonel, John Leefe. The next day, September 29, at the Annapolis Valley Macdonald Museum in Middleton; Colonel (retired) Eric Meisner stepped out of the role of WNSR honorary lieutenant-colonel, as Chief Superintendent (retired) Craig Gibson, took on responsibilities. From left, in Bridgewater, are Downe, 36 Brigade Group Colonel J.W. MacDonald and Leefe.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

14 Wing Health Promotion course schedule

All of Health Promotion's Strengthening the Forces programs and workshops are free and open to military members (Regular and Reserve Force) and their families. Where space and resources allow, Department of National Defence and Non Public Funds civilian employees are welcome to participate. Courses require at least 10 participants to run, and the maximum capacity is 18. All programs are offered at the 14 Wing Greenwood Fitness & Sports Centre (classroom), unless indicated.

For more information, visit cafconnection.ca. To register, contact Edith Tremblay at 902-765-1494 local 5388 or edith.tremblay@forces.gc.ca. By appointment - Butt Out self help program, 902-765-1494 local 5388 October 17, 18 - Stress Take Charge, 8:30 a.m. to 3:30 p.m. November 15, 16 - Inter-Comm: Improve Communication in Personal Relationships, 8:30 a.m. to 3:30 p.m. (day 1), 8:30 a.m. to noon (day 2), Greenwood Military Family Resource Centre con-

ference room November 29, 30 - Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor Training, 8:15 a.m. to 4 p.m. (day 1), 8:30 a.m. to noon (day 2) December 4 - Healthy Lifestyle 101, 8:30 a.m. to 4 p.m. January 8 to January 29 - Butt Out small group, Tuesdays 11:30 a.m. to 1 p.m. January 23 to March 13 - Weight Wellness Lifestyle Program, Wednesdays noon to 2 p.m. (seven sessions over eight weeks) February 7, 8 - Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor Training, 8:15 a.m. to 4 p.m. (day 1), 8:30 a.m. to noon (day 2) February 14 - Mental Fitness & Suicide Awareness: General, 8:30 a.m. to 4 p.m. February 20, 21 - Stress Take Charge, 8:30 a.m. to 3:30 p.m. March 7, 8 - Top Fuel for Top Performance, 8:30 a.m. to 3:30 p.m. (day 1), 8:30 a.m. to noon (day 2) March 19 - Mental Fitness



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Motorcycle club will meet October 16

There will be a meeting of the Greenwood Motorcycle Club October 16 at 6:30 p.m., at the bike club in 4 Hangar (east side), 14 Wing Greenwood. Current members are

asked to attend and renew their memberships at this time. Anyone who would like to join the club will need to bring a 14 Wing Greenwood Community Recreation Card, identification and \$28.

14 Wing Library | Serving those who read

Holly Pike and
Melanie Proctor,
14 Wing Greenwood
Library

The 14 Wing Greenwood Library is happy to announce it has re-opened on its regular hours' schedule, and will be open Sundays beginning in October. Come on in and meet the new library staff, attend programs, check out some great books and provide your suggestions. The library always has coffee, tea, free WIFI and comfy chairs - so cozy up and start reading.

New books for October include "The President is Missing," a novel by Bill Clinton and James Patterson; "Crazy Rich Asians," by Kevin Kwan; "The Hate You Give," by Angie Thomas. Also in are "The Guardian of the Realm: Kingdom of Fantasy #11," by Geronimo Stilton; and "Little Witch Academia," by Yoh Yoshinari; both new in the children's room. New DVDs



Under the Story Tree is back every Tuesday morning, 10:30 a.m. to 11:30 a.m., at the 14 Wing Greenwood Library. Children of all ages are welcome to hear stories, meet friends and make crafts.

Submitted

include "Captain Underpants The First Epic Movie" and "Early Man." Under the Story Tree is back every Tuesday morning, 10:30 a.m. to 11:30 a.m. Bring your children of all ages to hear stories, meet friends and make crafts in the children's room. A Pokemon Club begins October 24 with a Pokemon welcome party, open to youth ages six to 12. Come for

snacks, prizes, card trading and game play. Please sign up in advance at the library. Adults interested in volunteering their time with the children's programs at the library are needed, along with opportunities for teens and pre-teens to join the new teen advisory board. Reading opens doors, so come and open the doors to the 14 Wing library.



find & win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com
2. Fax: 902-765-1717
3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline: Noon, October 11, 2018

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|---|--------------|
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| 1. Who will show you how to wrap? _____ | |
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| 3. Who makes service a matter of practice? _____ | |
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| 5. Who will you find in Suite 6? _____ | |
| Congratulations to last week's winner: ISIAH VALLILLEE | |



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Please call prior to arriving at the rink
902-765-2516 or visit www.wkaa.ca



CANEX gaming series gains steam

Peter Mallett Gaming Series (CCGS) is back for a third instalment, with this year's competition boasting a

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de Greenwood (CRFMG)

GMFRC

Greenwood Military Family Resource Centre

CRFMG

Centre de ressources pour les familles militaires de Greenwood

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Qui nous cherchons

Baccalauréat en sciences sociales, counseling en matière d'emploi et/ou en éducation.

Expérience que vous devriez avoir

Expérience (cinq ans) en planification, gestion et administration de programmes. Expérience (au moins deux ans) dans le domaine du perfectionnement professionnel est obligatoire. Expérience en animation de groupes, en présentation d'activités de formation et dans la réalisation d'évaluations individuelles. Grande capacité de travailler de manière autonome et au sein d'une équipe multidisciplinaire.

Votre contribution à l'équipe comprendra :

- Excellentes habiletés en communication orale et écrite. **Le candidat/ La candidate idéal est bilingue.** Excellent sens de l'organisation.
- Diplomatie et tact dans les rapports avec les autres.
- Empathie envers les conjoints, conjointes civils de membres des Forces canadiennes et compréhension des difficultés liées à la recherche d'emploi.
- Bonne compréhension du processus de développement communautaire.
- Connaissance des principes liés à l'éducation des adultes.
- Connaissances pratiques des ressources communautaires dans la région desservie.
- Connaissance des pratiques de gestion du risque.
- Croyance dans le principe de l'engagement bénévole.
- Connaissance des logiciels de la suite Microsoft Office.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez rejoindre notre équipe, veuillez soumettre votre curriculum vitæ **avant 16 h le vendredi 19 octobre 2018**, à l'attention de :

Margaret Reid, Directrice exécutive

Centre de ressources pour les familles militaires de Greenwood

C.P. 582, Greenwood, N.-É. BOP 1N0

Télécopieur : 902-765-1747

Courriel électronique : home@greenwoodmfr.ca

Objet : Resume E&E (en MS Word ou en PDF)

Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visiter le site www.cafconnection.ca pour en apprendre davantage sur le CRFM Greenwood.

October 8, 2018

larger number of prizes and a growing field of competitors. The increasingly popular Canadian Armed Forces (CAF) official online video gaming competition, organized by Canada's military department store, runs October 19 to 21 and is open to CFOne Card holders and a maximum of two civilians per team. Six-player

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)

GMFRC

Greenwood Military Family Resource Centre

CRFMG

Centre de ressources pour les familles militaires de Greenwood

JOIN OUR TEAM

One Year Term Position -
Coordinator of Employment
and Education

Do you have a passion for celebrating and supporting military families? If you understand the job market in the Annapolis Valley and would like to help military families sharpen their job search or entrepreneurial skills to find that perfect job, this is the position for you. You will make a difference in the lives of military families by developing, coordinating, and delivering personal development programs that would improve military families' skills and quality of life! You will also assist in exploring new and exciting educational or career path directions for families!

Who we are looking for

We are looking for someone with an Undergraduate degree in Social Sciences, Employment Counselling, and/or Education.

Experience you should have

Five years' experience in program development, management, and administration. Minimum of two years experience in the Career Development field is a must. Experience in group facilitation and training, as well as one-on-one assessment. Advanced ability to work independently and as part of an interdisciplinary team.

Your contribution to the team will include:

- Excellent verbal and written communication skills. **Ideal candidate is bilingual.** Excellent organizational skills.
- Sensitivity and tact in dealing with people.
- Empathetic understanding of the employment difficulty faced by civilian spouses of military members.
- Clear understanding of the Community Development process.
- Knowledge of Adult Education principles.
- Working knowledge of community resources in the catchment area.
- Awareness of Risk Management practices.
- Belief in the principle of volunteerism
- Knowledge of Microsoft Office programs.

New Team members must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours being required.

If you are interested in joining our team, please submit your resume **on or before 4:00pm on Friday, October 19** to:

Margaret Reid, Executive Director

Greenwood Military Family Resource Centre

P.O. Box 582, Greenwood, NS BOP 1N0

Fax: (902) 765-1747

email: home@greenwoodmfr.ca

Subject Line: resume - E&E (MS Word or PDF format)

Applications can also be dropped off at the GMFRC Front Desk.

The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity. **Please visit cafconnection.ca to learn more about the Greenwood MFRC.**

teams, including a captain and one alternate (substitute) player will compete in the popular team-based, multi-player, first-person shooter video game *Overwatch*. The competition may be viewed through the live streaming platform, Twitch. Over 21,000 people engaged in the 2017 event as either players

or viewers. Team Desktop Support of CFB Halifax edged out Chair Force of CFB Petawawa to claim the 2017 CANEX Championship Gaming Series title. "Each year we have run this event, the participation numbers have increased in terms of participating players and social media engagement. We anticipate this year's event will continue to gain momentum," says Michael Prouty, CANEX segment marketing manager. A 2017 CANEX-run survey indicated many customers in the defence community are gamers. The survey found the top-three motivators for playing the game were entertainment and fun, 94 per cent; stress relief, 74 per cent; and challenge, 70 per cent. The findings justify providing a source of entertainment, enhancing the morale and welfare of the military community. The gaming competition is also perfect fit for CANEX, says Prouty, because some of the store's most in-demand products are gaming-related. "Based on this demand, we created the event to help connect like-minded individuals in the CAF community with this fun competition," said Prouty. "Immediately, the feedback from players and viewers has been overwhelmingly positive." Part of that popularity has been by engaging video gamers by allowing them to pick the video game used in the competition. Earlier this year, organizers ran a pick-the-game contest via Facebook, with *Overwatch* overwhelmingly selected as the gamers' game of choice. Created by Blizzard Entertainment, the on-screen action sets a diverse cast of heroes, villains and adventurers against each other on a near-future earth undergoing a global crisis. This year's first place prize will include a total prize value of \$2,969 to be distributed equally amongst winning team members, and includes Cougar Armor S Gaming Chairs and MSI GE Series Dragon Fever Bundles. CCGS is open to all skill levels and experience, and each player and Twitch viewer is eligible to win prizes through random draws that will take place over the tournament weekend. For information, visit canex.ca/ccgs.

Wildcats tickets free for military fans

Ready for some great local hockey? 14 Wing Community Recreation has Valley Junior A Wildcats home game tickets available - at no cost to military and defence team members! Tickets are also available to Community Recreation Card holders at a cost of \$5 ticket. The Wildcats play out of the Kings Mutual Century Centre in Berwick. Tickets are available on a first-come, first serve basis. For tickets or information, contact Community Recreation at 902-765-1494 local 5341.

Wing women's volleyball team recruiting

Military female members are welcome to join the 14 Wing Greenwood women's volleyball team. This is a great opportunity to stay active during the winter months, develop or improve skills, meet new people and represent 14 Wing at the Atlantic Regional tournament. Practices take place Tuesdays and Thursdays, 4 p.m. to 6 p.m., at the 14 Wing Greenwood Fitness & Sports Centre. All skill levels are welcome. For more information, contact Ginette.boudreau@forc-es.gc.ca.

the Aurora | 14 Wing Greenwood, NS

the Aurora | 14 Wing Greenwood, NS

October 8, 2018

Page 7

Oktoberfest winners were, from left Jason Munroe, Dan Wortman, Grant Fraser and Joel Munroe; with Wendy Richardson (tournament chairperson). Submitted

Golf season closings end with fun

Wendy Richardson

September 29 and 30, the Greenwood Golf Club hosted a set of tournaments, and saw the end of the season's men's two-course schedule.

The 5th Oktoberfest Golf Tournament was held on the Saturday, with 87 golfers taking to the course - in excellent condition, and with incredible weather.

The event ran as a four-person scramble and, after the last putt was holed out, the winning team included Joel Munroe, Dan Wortman, Grant Fraser and Jason Munroe with a score of 61. These four gentlemen represented Lakeside, New Brunswick, and the Halifax area, and it was their first time playing in Greenwood. Thanks to Jenn, who prepared the German meal of

Oktoberfest sausage, spaetzle, hunter sauce and French fries; and special thanks to the ladies who made the yummy desserts: Dina, Hazel, Sandra, Braydon and Wendy.

Sunday was the Ladies Lonely Bull tournament. This tournament recognizes our 40 handicap golfers. Eleven ladies played, and the winner of the trophy was Tina Logan. The field low gross winner was Cyndi Landry and the field low net winner was Sandra Cathcart. Everyone walked off with a prize. Golf was followed by pizza and a delicious "Lonely Bull" decorated cake.

Betty Saltzman chaired the meeting and thanked everyone for their support over the past couple of years. Sandra Cathcart handed out the Ringer Board prizes and the par/ birdie and chip-in prizes. An election followed and the committee for next year will be Donna Hill (president), Gail Croucher (vice-president), Hazel McEwan (secretary/treasurer), Sandra Cathcart (Handicap Chair), Cyndi

Landry (tournament chair), and Ruth Hunter will assist.

Sunday was also the windup for the Eagle Crest/ Greenwood men's closing. Winners were: 1st division low gross Doug Carpenter, low net Bill McDonald; 2nd division low gross Don McInnis, low net Phil Allan. Closest to the pin on #3 was Wayne Pellerine, #11 was Scotty Cooper and longest drive on #17 was Brian Bent. The men closed out their tournament with a spaghetti meal. Thanks to all the participants, and Greenwood course manager Ryan O'Rourke for organizing this event.

Tina Logan cut the specially decorated "Lonely Bull" cake. Submitted

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14 Wing Fire and Emergency Services

Services d'incendie et d'urgence de la 14e Escadre

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Be aware. Fire can happen anywhere.™

Regardez, Écoutez, Apprenez.

Soyez vigilant. Un feu peut éclater n'importe où.™



Fire Prevention Week • October 7-13, 2018

Semaine de prévention des incendies • Du 7 au 13 octobre 2018

Fire Prevention Week is observed each year during the week of October 9. On this date in 1871, the Great Chicago Fire caused devastating damage that left more than 100,000 homeless and burned more than 2,000 acres of land.

During Fire Prevention Week, fire departments across Canada and the United States strive to educate the public on fire safety matters and provide lifesaving information. Fire safety is all about learning and being aware, and that is exactly the theme for the week of October 7 to 13, 2018.

Fire safety education is essential for everyone, regardless of age. The age of the most vulnerable in a fire are children under five and adults over 65. Teaching our children to look, listen and learn about fire prevention can be instrumental in ensuring our homes are a safe place and all family members know what to do in the case of an emergency. Ensuring our elders are able to efficiently exit their homes and are safe day-to-day is equally important.

La Semaine de prévention des incendies a lieu chaque année pendant la semaine du 9 octobre. À cette date en 1871, le grand feu de Chicago a causé des dommages dévastateurs qui ont mis à la rue plus de 100 000 personnes et brûlé plus de 2 000 acres de terrain.

Pendant la semaine de prévention des incendies, les services des incendies de partout au Canada et aux États-Unis cherchent à éduquer le public sur la sécurité incendie et fournissent de l'information qui peut sauver des vies. La sécurité incendie consiste à apprendre et à être vigilant; voilà le thème choisi pour la semaine du 7 au 13 octobre 2018.

L'éducation en matière de sécurité incendie est essentielle pour tous, peu importe l'âge. Les personnes les plus vulnérables dans un incendie sont les enfants de moins de cinq ans et les adultes de plus de 65 ans. Apprendre à nos enfants à regarder, à écouter et à apprendre sur la prévention des incendies peut jouer un rôle crucial pour que nos domiciles soient des endroits sécuritaires, et que tous les membres de la famille sachent quoi faire en cas d'urgence. Voir à ce que nos aînés puissent être en mesure de quitter leur domicile facilement et qu'ils soient en sécurité au quotidien est également important.

Faites-en une activité en famille : « Regardez » pour trouver les dangers possibles d'incendie dans votre maison et corrigez-les. « Écoutez » le son de votre détecteur de fumée, faites-en l'essai régulièrement, et assurez-vous que tous les membres de votre famille savent quoi faire quand il sonne. Le temps est précieux pendant une urgence; un détecteur de fumée fonctionnel coupe de moitié le risque de mortalité dans un incendie. « Apprenez » votre plan d'évacuation et prévoyez toujours deux sorties possibles. Vous n'avez pas de plan d'évacuation? Préparez-vous un plan et exercez-le deux fois par année.

Les services d'incendie et d'urgence de la 14e Escadre Greenwood interviennent en cas d'urgence à toute heure du jour à la BFC Greenwood, notamment à l'aérodrome, dans les bâtiments et les hangars de l'aérodrome et dans les logements résidentiels.

Pendant la Semaine de prévention des incendies, les pompiers bien entraînés des services d'incendie de la 14e Escadre travailleront en partenariat avec les pompiers du Service des incendies de Kingston pour sensibiliser le public à la sécurité incendie, offrir l'occasion de toucher à un camion incendie et peut-être même la possibilité de voir la mascotte Sparky the Fire Dog! Venez nous voir pendant les activités à l'horaire, et venez nous dire bonjour, poser des questions, ou simplement grimper sur le camion!

- Calendar of Events • Look. Listen. Learn.
- Tuesday, October 9
- Set up information booth at the **Greenwood Mall**
 - **Wee Folk Centre** | 10 - 11 a.m.
 - **Atlantic Superstore** | 4 - 8 p.m.
- Wednesday, October 10
- **Morfee Centre preschool** | 10 - 11 a.m.
- Thursday, October 11
- **Canadian Tire** | 4 - 8 p.m.
- Friday, October 12
- **École Rose-des-Vents** | 12:30 - 1:30 p.m.
 - **Dwight Ross School** | 1:30 - 2:30 p.m.
- Saturday, October 13
- **Greenwood Mall** | 4 p.m.

- Calendrier des événements • Regardez et écoutez.
- mardi 9 octobre
- Installation du kiosque d'information au **centre commercial**
 - **Wee Folk Centre** | 10 h à 11 h
 - **Atlantic Superstore** | 16 h à 20 h
- mercredi 10 octobre
- **Morfee Centre Preschool** | 10 h à 11 h
- jeudi 11 octobre
- **Canadian Tire** | 16 h à 20 h
- vendredi 12 octobre
- **École Rose-des-Vents** | 12 h 30 à 13 h 30
 - **Dwight Ross School** | 13 h 30 à 14 h 30
- samedi 13 octobre
- **Greenwood Mall** de midi à 16 h



Installez le détecteur d'oxyde de carbone en suivant bien le mode d'emploi.

Country Store

Natural Healthy Lifestyles
Greenwood Mall • 902-765-4766
countrystore@bellaliant.com

Learn the emergency 911 phone number for your fire department.

Leo Glavine
MLA Kings West

694 Main Street, Kingston
T: 902-765-4083 F: 902-765-4176
leoglavinemla@kingswest.ca

Remind everyone to GET OUT AND STAY OUT.

Rappelez à tous les membres de votre famille qu'ils doivent SORTIR ET RESTER À L'EXTÉRIEUR.

Kardia Fine Cabinetry

5705 Hwy # 1, Cambridge NS, B0P 1G0 • 902-375-2146
www.kardiafinecabinetry.com • kardiafinecabinetry@gmail.com

Teach children how to escape on their own in case you can't help them.

FOSTER'S Fire and Safety Ltd.

5943 Hwy 1, Cambridge, Kings County
1-877-538-7214 or 902-538-7214
www.fostersfireandsafety.com

Practice getting low to avoid heat and smoke.

PRATIQUEZ-vous maintenir près du sol pour éviter la chaleur et la fumée.

Canadian Tire

The Valley's Premier Hunting & Firearm Shop
730 Central Ave., Greenwood • 902-765-6338



Various fire drills will be taking place during Fire Prevention Week throughout the Wing.

Plusieurs exercices d'évacuation en cas d'incendie auront lieu sur l'escadre tout au long de la Semaine de la prévention des incendies.



Have your fuelburning appliances (natural gas, propane, wood) & chimney checked by qualified service personnel annually.

Brown's Auto Salvage Ltd.

Kingston • 902-765-8313
tim@brownsautosalvage.ca

Install alarms on every level of the home. Install alarms in the basement.

Les grandes maisons pourraient nécessiter des détecteurs de fumée supplémentaires.

Municipality of the County of Kings

87 Cornwallis Street, PO Box 100, Kentville, NS B4N 3W3
www.countyofkings.ca | 902-678-6141 | 1-800-337-2999

Replace all smoke alarms when they are 10 years from manufacture date.

OK Tire

Honestly driven.

902-765-6400
1262 Bridge Street, Kingston
www.oktiregreenwood.com

Keep anything that could burn – such as books, paper and clothing – at least 1 meter (3 feet) away from portable heaters.

Laissez un espace d'un mètre (3 pieds), au minimum, entre les matières combustibles et les radiateurs d'appoint.

Kardia Fine Cabinetry

5705 Hwy # 1, Cambridge NS, B0P 1G0 • 902-375-2146
www.kardiafinecabinetry.com • kardiafinecabinetry@gmail.com

Decide on an outside meeting place from where you will call the fire department.

Sobeys

720 Central Ave., Greenwood
902-765-4033

Install a Carbon monoxide detector and remember, Carbon monoxide is odourless, colourless and deadly.

Steve Morse Heavy Towing Light Roadside

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

Concert, crowd mark Battle of Britain

Alison Campbell

The 14 Wing Greenwood Band, in partnership with the Greenwood Military Aviation Museum, created a memorable afternoon September 16, when civilians and military members alike reflected upon the contributions Canadian aviators played in the Battle of Britain.

It has now been five years that the band and the museum have co-hosted a Battle of Britain concert and, in addition, this year's concert was further made possible with the additional support of the Village of Kingston. Beautiful weather allowed for an outdoor concert in Kingston's Centennial Park, with the band at home under the Beaman Bandstand and over 150 guests seated in lawn chairs or lounging on blankets in the park space.

All enjoyed the diverse musical program. Concert goers were transported back in time with many 1940s hits, the great swing tunes reminding guests of dance halls and big bands. Guest singer David Holborn added a lively finish to the remarkable afternoon, as he sang a medley of Second World War tunes with the band; his strong voice projected throughout the park and added flare to this successful afternoon concert.

The concert raised almost \$600 for the Greenwood Military Aviation Museum.



The Battle of Britain anniversary was marked in Greenwood September 16 with a parade, and service at the Royal Canadian Air Force Association Cenotaph. Veterans, currently serving Canadian Armed Forces members and the 14 Wing Bands participated, with Wing Commander Colonel Mike Adamson laying a commemorative wreath.



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Greenwood, NS

B0P 1N0

(902) 765-2822

Dr. Parks, Dr. Lynch and Dr. Sutherland

Following the parade and service in Greenwood, the 14 Wing Greenwood Band performed in a community concert in Kingston's Centennial Park bandstand.

Corporal B. White-Finkle, 14 Wing Imaging

Kingston Recreation

ADULT SKATING

MONDAYS 10:30 AM - 12 NOON

Starting Monday October 15

www.creditunioncentre.ca

902-765-2800 | 902-765-2516

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Need a Helmet? Please ask.

Contact: recreation@kingstonnovascotia.ca

Eagle Ridge Green presents:

Lakefront lots for seasonal rent on Shannon Lake

Lot rentals for R.V. and Micro Cabins

75 foot frontage | Off grid | \$1500.00 per season.

Shannon Lake located 90 minutes west of Halifax, Nova Scotia, Canada. It is only 24 km south of Middleton on Hwy 10.

More info at www.eagleridgegreen.com

the Aurora | 14 Wing Greenwood, NS

Raise the issue, not alarm

Dear CCMS,
My co-worker and I had a disagreement and now she's not talking to me. I tried inviting her to coffee, but she just said "no," and didn't even make eye contact with me. Our work depends on us having open communication. What can I do?

Hello,
Open communication is not only important to you but also to getting the job done. You've identified the need to resolve the issues with your coworker in order to effectively do your job. The following is a three-step process to raising an issue effectively, and non-defensively, with others:

Step 1. State the situation as you see it, focusing on the problem (not the person),

and Complaint Management Services Centre. Our centres are in Stadacona, Halifax S18 (902-721-7533), Greenwood (902-599-3742) and Gagetown (506-422-2000 local 2232).

Thank you for your question,
CCMS practitioner

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)

JOIN OUR TEAM

Coordinator of Prevention, Support, Intervention Services

(FULL TIME POSITION)

If you understand the unique challenges of the military lifestyle and have a passion for supporting the emotional well-being of Canadian Armed Forces families, this is the job for you. This position requires someone who excels at assessment and referrals, short-term intervention and counselling, and crisis support. You will positively impact the mental health of military families by creating, facilitating and evaluating intuitive and meaningful educational and preventative programs for all members of the military family. You will be a member of a collaborative, professional team whose main goal is to support and celebrate the military families of 14 Wing.

Who we are looking for

We are looking for someone with a Bachelor of Social Work degree who is eligible or is registered with the appropriate provincial licensing body.

Experience you should have

3-5 years' experience in crisis management, family education, short-term intervention, and family support.

Your contribution to the team will include:

- A high degree of interpersonal effectiveness, empathy, commitment to teamwork and strong understanding and application of ethical principles.
- Experience in the development, implementation, facilitation and evaluation of adult education and training, group dynamics, crisis intervention, family violence, abuse, attachment, dynamics and processes.
- Excellent assessment skills as well as sensitivity in dealing with and tolerating highly stressful situations.
- Demonstrated ability to effectively manage crisis situations with solid Risk management practices.
- Excellent communication and interpersonal skills; ability to function collaboratively in a flexible and creative manner required.
- Have a clear understanding of the community development process and a working knowledge of community resources.
- Knowledge of working within a not for profit organization and with a volunteer team
- Knowledge of the unique challenges of the military family lifestyle.
- Ideal candidate is bilingual

New Team members must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours being required.

If you are interested in joining our team, please submit your resume on or before 4:00pm on Friday, October 19 to:

Margaret Reid, Executive Director
Greenwood Military Family Resource Centre
P.O. Box 582, Greenwood, NS B0P 1N0
Fax: (902) 765-1747
email: home@greenwoodmfrcc.ca
Subject Line: resume - PSI (MS Word or PDF format)
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The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

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October 8, 2018

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POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de Greenwood (CRFMG)

JOINER NOTRE ÉQUIPE!

Coordonnateur/coordonnatrice des services de prévention, de soutien et d'intervention

(Poste à temps plein)

Si vous comprenez les défis uniques du mode de vie militaire et que vous êtes passionné par le soutien au bien-être émotionnel des familles des Forces armées canadiennes, c'est le poste qu'il vous faut. Ce poste exige une personne qui excelle dans l'évaluation et la référence, l'intervention et le conseil à court terme, et le soutien en cas de crise. Vous aurez un impact positif sur la santé mentale des familles militaires en créant, en facilitant et en évaluant des programmes éducatifs et préventifs intuitifs et significatifs pour tous les membres de la famille militaire. Vous ferez partie d'une équipe professionnelle et collaborative dont le principal objectif est de soutenir et de célébrer les familles des militaires de la 14e Escadre.

Qui nous cherchons

Nous recherchons un candidat qui détient un baccalauréat en travail social et qui est admissible à l'obtention d'un titre professionnel décerné par l'organisme de réglementation de la province ou possède ce titre.

Expérience que vous devriez avoir

De trois à cinq ans d'expérience de la gestion de crise, de l'éducation familiale, de l'intervention à court terme et du soutien aux familles.

Votre contribution à l'équipe comprendra :

- Faire preuve d'un très haut niveau d'entregent, d'empathie et d'esprit d'équipe et d'une très grande compréhension de principes éthiques et de l'application de ces derniers.
- Expérience de l'élaboration, de la mise en œuvre, de l'animation et de l'évaluation d'activités de formation et d'éducation aux adultes, de même que d'activités liées à la dynamique de groupe, à l'intervention en cas de crise, à la violence familiale, aux mauvais traitements, à l'attachement, aux dynamiques et aux processus.
- Excellentes habiletés d'évaluation; tact et tolérance dans des situations causant beaucoup de stress.
- Capacité manifeste de gérer efficacement des situations de crise avec d'efficaces pratiques de gestion des risques.
- Excellentes habilités en communication et habilités sociales; capacité de collaborer en faisant preuve de souplesse et de créativité.
- Bonne compréhension du processus de développement communautaire et connaissances pratiques des ressources communautaires.
- Connaissance du travail au sein d'un organisme sans but lucratif et d'une équipe de bénévoles.
- Connaissance des difficultés propres au mode de vie des familles militaires.
- Le candidat/La candidate idéal est bilingue.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitae avant 16 h le vendredi 19 octobre 2018, à l'attention de :

Margaret Reid, Directrice exécutive
Centre de ressources pour les familles militaires de Greenwood
C.P. 582, Greenwood, N.-É. B0P 1N0
Télécopieur : 902-765-1747
Courriel électronique : home@greenwoodmfrcc.ca
Objet : Resume PSI (en MS Word ou en PDF)
Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visiter le site [www.cafconnection.ca](http://cafconnection.ca) pour en apprendre davantage sur le CRFM Greenwood.

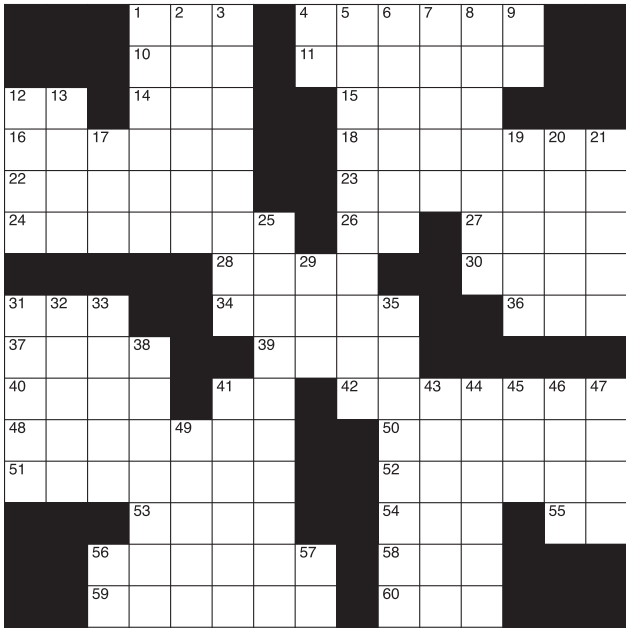


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

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

metro crossword

solution page 14



- ACROSS**
1. Type of cleaner (abbr.)
4. Going out
10. __ Jimra, WWII battlefield
11. Closed
12. Air Force
14. Moved swiftly
15. Will not (obsolete)
16. Type of tank
18. Raise
22. Represent
23. Gives a new moniker
24. Adversary (abbr.)
26. Anno Domini
27. Lillian __, actress
28. Bunch of something
30. This (Spanish)
31. A guitarist uses one
34. Small stem bearing leaves
36. Soviet Socialist Republic
37. Actress Rooney
39. Dark brown or black
40. Matter
41. Atomic number 87
- (abbr.)
42. Food company
48. Trips to see wildlife
50. Elderly
51. Famed chapel
52. Something to grab
53. City in Oklahoma
54. Muckraking journalist Tarbell
55. Thallium
56. Corroded
58. A Brooklyn NBAer
59. Most liberated
60. Google certification (abbr.)
DOWN
1. High moral behavior
2. Expects
3. Fanciful notions
4. Spanish be
5. All the people of approximately the same age
6. Berated
7. Trailblazing comedienne
8. Fabric edge
9. South Dakota
12. Amazon ID number
13. A wife (law)
17. Printing speed measurement
19. Wrong
20. Exams
21. Outlying suburb of London
25. Replaces
29. Prints money
31. Accumulate
32. New Zealand conifer
33. College teachers
35. A way of grating
41. Having limits
43. Shining with jewels or sequins
44. Existing at birth but not hereditary
45. __ Caesar, comedian
46. A young male horse under the age of four
47. Russian industrial city
49. Wash off
56. Radio frequency
57. Delirium tremens

crossword brought to you compliments of

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Yoga for youth
Fridays, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library hosts yoga instructor Amy MacDonald. Challenge yourself, gain flexibility and de-stress while having fun! Mats provided. Dress comfortably and bring a water bottle. For ages 10 to 12. Registration required.

Friday game time
Every Friday, 1 p.m. to 3 p.m., the Bridgetown & Area Library invites adults in for Skip-Bo, Scrabble and more!

Church event
October 7 to 10, Sunday 10:30 a.m. and 6 p.m., Monday to Wednesday 7 p.m.: gospel meetings with evangelist Mike Manor at Charity Baptist Church, 1836 Torbrook Road.
Death Cafe
October 9, 7 p.m. to 8:30 p.m., the Bridgetown & Area Library hosts a Death Café, the international movement dedicated to taking death out of the closet and discussing it publicly. Increase awareness of death, with a view to helping people make the most of their (finite) lives. Facilitated by Louise O'Brien R.N. and soul midwife/ death doula.deathcafe.com. Registration required.

Luncheon
October 9, noon to 1 p.m., take in the Kingston Lions' monthly community luncheon. Menu: chicken supreme, mashed potato, peas, carrots, rolls and dessert. \$9 at the door, \$9.50 delivered (Kingston/ Greenwood area only, call before 10:30 a.m.).
Wee Reads Story Time
October 10, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages to age five (all children welcome, and must be accompanied by a parent or caregiver) for books and songs, playtime and even a snack. Registration is required.

Floor curling
October 10 (and continuing Wednesdays), 7 p.m. to 9 p.m., play floor curling at the Three Rivers Community Centre, 41 Messenger Road, Torbrook

Mines. Freewill offering. For information: Donna Pittman, 902-760-2471.
Crafting Club
October 11, 3:15 p.m. to 5 p.m., the Bridgetown & Area Library Crafting Club meets (2nd Thursday of each month, September to December). Olivia will offer an awesome new crafting experience. All materials supplied. Register at 665-2758.

Make a connection
October 11, 6:30 p.m. to 8:30 p.m., the Valley Regional Enterprise Network, valleyren.ca, hosts a general trivia game and social as a way to introduce its latest program, Valley Connector; at the Middleton Library. All welcome – come meet new people and have fun. connector@valletren.ca or @connectorvalley.

The Hangout: Get Your Game On
October 12, 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 friends, playing games, listening to music and munching on snacks. Register at 902-825-4835.

Volkssport walk
October 12, the Valley Trekkers Volkssport Club will walk in Kingston. Meet at the Aurora Inn, 831 Main Street. Registration begins at 5:30 p.m. for walking at 6 p.m. This is a 5/10km, 1A walk. For more info: 902-847-1772.

Breakfast
October 13, 8 a.m. to 11 a.m., there will be a pancake breakfast for “Make A Change 2019,” a group of students travelling to the Dominican Republic in March to build a house for a family in need; at the Aylesford United Church, 2414 Highway 1, Aylesford. Menu: homemade pancakes, scrambled eggs, ham, sausages, toast, tea, coffee, juice. Freewill offering, wheelchair accessible.

Craft fair
October 13, 9 a.m. to 3 p.m., celebrating its 23rd year, the Horton craft fair is organized by the Horton High School Music Parents Association. Over 165 crafters and artisans on two accessible levels. Cafe, door prizes, musical entertainment, ticket auction. 75 Greenwich Road South, Greenwich. hortoncraftfair@gmail.com.

Breakfast
October 13, 8 to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, 695 Main Street. Freewill offering, traditional and healthy food choices.

Car show and BBQ
October 13, noon. Join the Blue-nose Autosport Club as they host the 2018 Trout Lake Rally Car & Truck Show and community BBQ at the West Dalhousie Community Hall. All BBQ proceeds support the hall. Meet local performance rally teams and check out their fully equipped rally cars; and the Backcountry 4X4 club as it shows off some of the rigs used to sweep the rally course. Suitable for all ages. For more info, contact Jon at 902-665-2409.

Variety show
October 13, 7 p.m. to 9 p.m., at the Harmony Hall. Freewill offering: show featuring Dave Kay, Bernie Sharp, Stirling Robar; tea/ coffee/ lunch. Proceeds towards a hall heat pump.

Library awareness event
October 13, 9 a.m. to 3 p.m. October is Library Month. What if everyone had a library card? Visit the Berwick Library during the Pharmasave Health Fair at the Berwick & District School and sign up for your free library card.

Hiking course
October 13 & 14, a Field Leader - Hiking Course will be offered through Hike Nova Scotia in Middleton. Participants receive Outdoor Council of Canada national certification in Field Leader – Hiking (how to be a hike leader). Learn more and register by October 9 at www.hikenovascotia.ca.

At the Evergreen Theatre
October 14, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents folk powerhouse pair The Small Glories. Veteran singer/ songwriters Cara Luft and JD Edwards, a dynamic duo planted on the Canadian Prairies, share tight harmonies, authenticity, visceral live performances and equally well-matched guitar prowess. Tickets \$30 (military \$25, students \$15), through TIXHUB at evergreentheatre.ca.

Ticket auction
October 14, 11 a.m. to 2 p.m., ticket auction at the Waterville fire hall. Tickets 10 for \$1, draws

at 2 p.m. – you do not have to be present. Coffee and sweets table freewill donation. \$2 raffle tickets on \$400 (estimated) in gift cards, \$20 tickets on \$1,000 cash prize (just 100 tickets available). All proceeds to Valley Cheer Athletics Association's youth tumbling, gymnastics and cheer programs in Greenwood, Berwick and Kentville. For info or to make a donation (thankfully received!): Sara, cskeddy@hotmail.ca.

Lacrosse annual meeting
October 14, 6:30 p.m., Valley Thunder Lacrosse will hold its annual and business meetings at the Annapolis Mess, Administration Drive, Greenwood. VTL offers box lacrosse programming to youth April through June, out of the Kingston and Berwick rinks; and coaches' and officials' training with Lacrosse Nova Scotia. We're open for volunteers and ideas, and everyone is welcome to attend. For info: Sara White, VTL president, cskeddy@hotmail.ca.

Hike
October 14, 1 p.m., Hike Nova Scotia and the County of Annapolis present a guided hike at Valleyview Provincial Park in Hampton. You must pre-register at annapoliscounty.ca. Qualify to win a trail prize. See hikenovascotia.ca for details.

Scottish country dance classes
October 15 (Monday evenings, eight weeks), 7 p.m. to 9 p.m., all are welcome to join in Scottish country dance classes at the Wilmot Community Centre. Scottish Country is a social dance form - no partner or special attire required, suitable for any adult 16 plus. No experience required. Susan Van Horne is our instructor. There is \$5 nightly fee to cover the cost of the hall. For information, contact 902-825-4600.

Library Book Club
October 16, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets. Join us the third Tuesday of every month to share views and ideas about selected books, usually fiction. For info: 902-665-2758.

Canada Day 2019 meeting
October 17, 6:30 p.m., there will be a meeting at Trinity Pentecostal Church, 468 Central Avenue, Greenwood. The Greenwood and wider communities' 2019

Canada Day celebrations need volunteers to help get ready for the party. Do you have time? Organizational skills? Financial “know-how?” Community pride? Help make it happen! For info, contact Robert Sealby, rsealby@bellaliant.net.

Meeting
October 17, 7 p.m., all are welcome to the Millville Community Hall for an information session with Dan Stovel, regional emergency management coordinator for Kings County; on emergency preparedness. Those interested in attending are asked to phone/text Candice Davis, 902-840-1562, by October 8 so we have a general idea of how many to expect for handouts, etc. Drop-ins are still welcome.

Tween Book Club
October 18, 3:15 p.m. to 4 p.m., the Bridgetown & Area Library is calling all readers ages eight

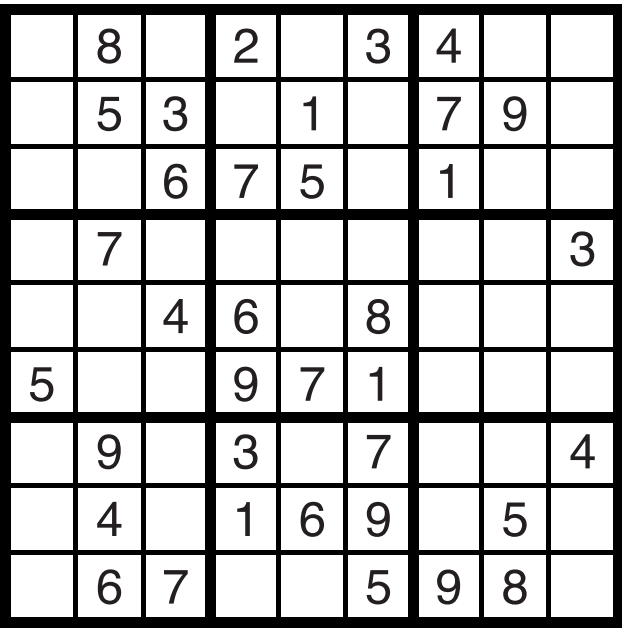
to 12. Enjoy a snack and take part in a fun book discussion on the third Thursday of each month (September to December). Register at 902-665-2758.

Berwick La Leche Breastfeeding Group
October 19, 10 a.m. to 11:30 a.m., join Carrie and Laura, trained volunteer leaders of the Berwick La Leche League group, on the 3rd Friday of each month at the Berwick Library, 236 Commercial Street. They offer up-to-date breastfeeding information, encouragement and support, telephone and internet support and a resource library. Contact Carrie at 902-538-1808. Drop in at anytime.

Tremont Board Game Café
October 19, 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

sudoku

solution page 14



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!

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Hike
October 20, Hike Nova Scotia and the Fundy Erratics hiking group present a guided hike in Roxbury, the ghost town lost in the woods, 10 a.m. Qualify to win a trail prize. See hikenovascotia.ca for details.

Ticket auction
October 20, 10 a.m. to 2 p.m., will be the Shriners' annual ticket auction, at the Kingston Fire Hall. Featuring: ticket auction, quilt raffle, full canteen service.

Harry Potter Party
October 20, 6 p.m. to 8 p.m., mark your calendars for the Berwick and District Library's annual Harry Potter Party! Re-read the books and get your costumes ready for a night of celebrating your favourite wizard. We'll have lots of fun at Hogwarts - Berwick

horoscopes

Extension, including Diagon Alley shops, games, O.W.L. exams, Horcrux hunt, costume contest and, of course, quidditch in the gym. Entry is free with your library card (everyone MUST have a library card). Register to save a space! All ages welcome; children under seven must be accompanied by an adult.

Craft fair
October 20, 9 a.m. to 3 p.m., there will be a fall festival of crafts at the Holy Trinity Church Hall, 45 Main Street, Middleton, hosted by the Parish of Wilmot. Freewill admission, wheelchair accessible.

Volkssport walk
October 20, the Valley Trekkers Volkssport Club hosts its annual Kentville pumpkin walk. Meet at the former train station, 66 Cornwallis Street, Kentville. Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 5/

10 km, 2B walk. For more info: 902-678-5609.

Supper
October 20, there is a lobster supper at the Margaretsville Community Hall. Two sittings (4:30 p.m. and 6 p.m.). Meal will include one cooked lobster, potato salad, coleslaw, roll and apple crisp for dessert. \$25/plate. For reservations, phone Betty Little, 902-825-3290; or Donna Elliott, 902-825-4327. All proceeds for hall upkeep.

Annual meeting
October 23, 8 p.m., the Greenwood Military Aviation Museum Society will hold its annual general meeting in the museum conference room. All society members are invited to attend;

any current member, as of October 1, 2018, may vote and may be nominated for membership to the board of directors. Such nominations must be sent/ emailed to the AGM chairman: Ian Patrick, c/o the Greenwood Military Aviation Museum, PO Box 786, Greenwood, NS, B0P 1N0; or ijpatrick@eastlink.ca; no later than October 9.
Wee Reads Story Time
October 24, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages to age five (all children welcome, and must be accompanied by a parent or caregiver) for books and songs, playtime and even a snack. Registration is required.



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

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

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

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

crossword solution

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sudoku solution

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

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FOR RENT – 989 Aurora Crescent, Greenwood. Spacious two bedroom apartment - \$650/month, tenant pays utilities. Coin operated laundry on site. Storage area. Non smoking building (this includes cannabis and vaping). No pet policy. Rental application required. Please call 902-765-6312 or email for further information. Visit our website at www.parsonsinvestments.ca (3921-ufn)

FOR RENT – One-bedroom furnished room for rent in private home in Fales River Subdivision, Greenwood. Adult, non-smoking and no pets please. \$100 per week, references. Please call 902-242-5182 for more details. (3938-2tp)

FOR RENT – One-bedroom adult apartment, central Kingston, close to everything. Quiet neighbourhood. Non-smoking. Ideal for people on IR. Fridge, stove, microwave. Heat & lights extra. 902-765-3664. Available immediately. (3938-2tp)

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SERVICE

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

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Greenwood Curling Club ready for season

The 2018/ 2019 curling season begins in just a couple of weeks at the 14 Wing Greenwood Curling Club.

This year's schedule will be much the same as previous years, with Monday – men, Tuesday – ladies, Wednesday afternoon – intersection, Wednesday – mixed, Thursday after school – junior, Thursday – commercial, Sunday afternoon – stick. All leagues start at 7 p.m., other than junior, intersection and stick.

The club will host meet and greet and registration nights for new and returning members October 9 and 17 at 6:30 p.m. at the curling club. Bring your 14 Wing Greenwood Community Recreation Card at the time of registration; a photo ID may be required for access onto the wing.

For new, adult curlers and players who wish a little refresher, a "learn to curl" event will be held Friday, October 25, 7 p.m. Depending on the interest level, more of these workshops could be planned. Register for this event at either of the meet and greets, or by contacting a member of the executive.

Follow the club on Facebook (14 Wing Greenwood Curling Club).



Hack your way to healthier school lunches

(NC) A new school year means a return to routine for many families, but it's important to start on a healthy note. But, healthier doesn't have to mean more expensive, so here are some solutions for parents who want to send their children to school with healthy meals on a healthy budget.

Plan, plan, plan.
By taking advantage of extra

time on the weekend, create a quick list and plan your meals in advance. Fruit and nut granola bars and super-grains oatmeal help get your kids through a long school day. A simple meal chart will also save a lot of time in the grocery store and the kitchen.

Quantity and quality.
There's no shame in buying in bulk, as long as the food doesn't go to waste. When

preparing your children's lunches for school, use all your ingredients to their fullest extent. Leftovers are your new best friend - and super cost effective.

Be your own cook.
Ordering in or purchasing fast food may be convenient at the time, especially during stressful times like back to school, but, in the long run, being your own chef will pay

off - literally. Take the opportunity to spend quality family time in the kitchen and make your healthy meals together.

Cut your grocery bill by cutting fresh produce.
When making your back to school checklist, be sure to include healthy ingredients. Buying fresh produce is a healthy way to get in vitamins and make sure the kids are eating well.



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Dr. Parks, Dr. Lynch and Dr. Sutherland

Cozy up to fall with a hearty classic

(NC) For most of us, the transition from summer to fall can be tough. Long, sunny days and trips to the beach or pool are quickly replaced by cold, dark nights spent trying to warm up. As temperatures drop, we reach for comforting heartier dishes and recipes featuring in-season produce.

To make the transition a little easier, try this classic velvety chowder that celebrates cool autumn nights.

Classic Maritime Seafood Chowder

Yields: 4-6 servings
Prep Time: 5-10 mins
Cooking Time: 20-25 mins

Ingredients

- 1 tbsp (15 mL) butter
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 bay leaf



- 1 tsp (5 mL) dried dill or dried thyme
- 2 large Yukon Gold potatoes, peeled and diced
- 2 cups (500 mL) water or fish stock
- 1/3 cup (80 mL) all-purpose flour
- 3 cups (750 mL) milk
- 2 cups (500 mL) chopped raw skinless fish fillets or cooked seafood (shrimp, lobster, scallops, crab, clams, oysters) or a combination

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Quatre étapes simples pour vous aider à protéger votre santé

(EN) La médecine moderne repose en grande partie sur les antibiotiques, qui servent à combattre les germes pathogènes dans votre corps. Toutefois, avec le temps, certains germes ont développé une résistance à ces substances destinées à les éliminer. Que faire, alors, lorsque nos médicaments ne détruisent pas les germes?

Heureusement, vous pouvez vous défendre en posant ces quatre gestes tout simples :

1. Lavez-vous les mains. Si vous évitez de tomber malade en premier lieu, vous empêcherez les germes de s'implanter dans votre organisme. Lavez-vous les mains pendant au moins 20 secondes à l'eau et au savon ordinaire après avoir touché certaines surfaces, comme une poignée de porte, un clavier, des ustensiles et tout autre objet utilisé par d'autres personnes. Faites attention à ce que vous touchez avec vos mains et utilisez un



désinfectant à base d'alcool si vous n'avez pas accès à de l'eau et à du savon. Lorsque vous manipulez de la nourriture, comme de la viande, des produits laitiers et même des fruits et des légumes, veillez à vous laver les mains avec du savon et à nettoyer toutes les surfaces ayant servi à la préparation des aliments.

2. Faites-vous vacciner. La prévention est le meilleur des remèdes, et le vaccin est la meilleure mesure de

prévention qui soit. Le vaccin agit différemment des

antibiotiques, car au lieu de combattre une infection existante, il permet à votre organisme en bonne santé de lutter contre une éventuelle maladie. Les enfants bénéficient tout particulièrement de la vaccination, car ils n'ont pas encore eu le temps de renforcer leur système immunitaire. Assurez-vous que vos vaccins sont à jour.

3. Si vous êtes malade, restez à la maison. Dans la mesure du possible, évitez de vous trouver en présence d'autres personnes afin de ne pas leur trans-

mettre vos germes. Gardez la salle de bain propre, de même que toutes les autres surfaces partagées avec d'autres personnes pour éviter la propagation des germes.

4. Prenez la dose d'antibiotiques recommandée par votre fournisseur de soins de santé. Les antibiotiques servent uniquement à traiter les infections bactériennes, pas les virus. Avant de prendre un antibiotique, demandez à votre fournisseur de soins de santé si c'est le

traitement qui convient le mieux à votre état. Rappelez-vous que l'utilisation inappropriée ou excessive d'antibiotiques peut entraîner une résistance à ces médicaments, ce qui signifie que les bactéries les plus fortes parviennent à survivre et que les antibiotiques sont de moins en moins efficaces – voire aucunement efficace – pour les combattre.

Vous pouvez obtenir de plus amples renseignements à ce sujet à l'adresse canada.ca/antibiotiques.

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