



the

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## Reserves option: 'I love my job'

Sara White,  
Managing editor

"This is my truck."

Eighteen-year-old Private (Basic) Owain Beaton is pretty pleased with how the last few months have turned out for him. A freshly-trained Army Reserves recruit, Beaton was helping with a joint Reserves public display in Kentville September 29, showing off the custom International six-wheel-drive, air brakes-equipped Medium Support Vehicle Service truck he can now operate as a member of the 36 Service Battalion.

He joined the Army Reserves in October 2017, still in Grade 12 at Middleton High School; graduated from his Basic Military Qualification after 10 weekends of training at 5th Canadian Division Support Base Detachment Aldershot, took two weeks off school in May and June to get his BMQ Land in – still covering his grad year's school work (at night), and attending prom and graduation. He worked five days a week all summer in Halifax with a Reserves unit and, the day after graduating his driving course August 17, he was on the road to Gagetown, providing transport for Ex Maroon Raider.

"I was 100 per cent con-

fident behind the wheel," he says.

That's a big change, he admits. Last fall, as classmates were starting university applications and making plans for life after Grade 12, it dawned on him he needed to do the same.

"My dad is a truck driver, and I thought about maybe going to school and getting my Class 1 license – but that's expensive. I was a kid last year, in trouble and doing stuff I shouldn't have been doing."

A friend moved in with his family through the fall. He was in the Reserves, and convinced Beaton to look at the opportunity.

"You call a recruiter, get on the website, pick your trade – there are all kinds of videos on Youtube, apply online – it's not bad. You'll get a call, you go in and get a medical and eye test, an aptitude test, some math skills...."

That started Beaton's Reserves path, and his BMQ experiences confirmed his choice.

"It changes the way you think and manage your time. I was never good with money, and I learned a lot of what the real world is like. You can lose focus in school and still have a roof over your head



Mobile support equipment officer Private (Basic) Owain Beaton shows off his new wheels as a new Reservist with 36 Service Battalion.

S. White

and food; now I know, if you lose focus at work, you could cause an accident.

"You think, 'What if it isn't for me?,' but I love coming to work. I'm really enjoying myself. I've met people, I pay my rent, I'm saving for my pension, I have a car, I'm going to drive in California next month for the Special Forces. I've got my transfer in to join the Regular Force, and I plan

to follow more education. 36 Service Battalion did that. I love this job."

That is music to Captain Jake Rideout's ears, and Beaton's enthusiasm at the Kentville recruitment event helps demonstrate the Army option. Reserve units across Canada hosted public open houses and displays over the weekend.

"Come talk to us," Rideout

says. "We have 13 separate occupations, with Army Reserves at Camp Aldershot, with dozens of opportunities at all levels. It's flexible work, there when you need it, around school or other work schedules. If you're looking for a challenge, maybe have a lack of direction in life – the military, writ large, is really good at helping people accomplish things."

## Wing wins for 3R effort

Sara White,  
Managing editor

14 Wing Greenwood's efforts to be "green" have won the base Institution of the Year in the 2018 Mobius Awards of Environmental Excellence.

Divert NS announced the awards October 9, recognizing the achievements of innovative and dedicated Nova Scotians who help make the province a leader in recycling and waste diversion. Valley Waste Resource Management nominated 14 Wing, its second attempt to acknowledge the work and commitment the base puts into reducing, reusing and recycling the waste 2,200 military members and 500 or so civilians working in over 200 buildings – plus what comes from 500 military families living in base-owned housing – generate. Valley Waste first nominated the wing in 2016, but the 2018 package was the winner.

"We've worked hard to maintain the strength of the waste management program here," says Wing Environment Officer Steve Sauveur.

It wasn't always so effective: the 2016 focus on waste came on the heels of some "non-compliance" issues, as the base struggled to manage work space and

Continued on page 2...



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## Wing wins...

...cover

residential waste and meet the regulations enforced by Valley Waste.

“We worked then with Valley Waste folks on education and the wing commander supported us – but it was serious,” Sauveur says. “We worked through the base’s networks to improve things – education, signage, new bins, information packages for new families.... We centralized a few trial building’s garbage stations so office workers brought their own containers out to sort, easing the burden on the cleaners. There as an effort to increase ‘ownership’ in the process by everyone. And, we’ve been working since then, really, to tweak the system.”

Wing Environment has worked on base in the past couple of years on small projects to really try and improve waste management – and more. Waste sorting is a Wing Standing Order – it’s a must to do, but a number of partners help make that happen, including Real Property Operations, accommodations and cleaning staff, the Canadian Forces Housing Agency

and Military Family Resource Centre. It’s estimated there are several thousand office desk or work space waste bins, over 200 multi-sort stations, close to 300 mini sorting bin combination containers, a number of group bins for scrap metal, batteries, fluorescent lights, electronics and wood; dozens of designated waste dumpsters and, this season, several sets of special event waste sorting bins the wing now owns, rather than have to repeatedly borrow Valley Waste equipment. The Valley Waste nomination indicates, from September 2017 to its nomination entry, the wing diverted over 90 tonnes of metal, wood and brick from the landfill, plus 70 tonnes of recyclables and organics.

Beyond waste management, there has also been an on-going partnership with the Clean Annapolis River Project on habitat monitoring and protection, particularly for the wood turtles in Zekes Brook; 145 of the 500 military housing units have been Energuide tested, the wing’s Community Recreation’s summer day campers took part in the Yellowfish drain marking project and base infrastructure proj-

ects are making many energy reduction-focused improvements, originally with the help of an Efficiency Nova Scotia-embedded employee now a full-time base employee, to meet federal environmental footprint targets, saving money, energy and emissions.

“We’re a big wing with lots of people and activities, and we know we have a big footprint on the environment,” says Wing Commander Colonel Mike Adamson. “We also know we have a responsibility to the Government of Canada – and as Canadians – to be conscious of our surroundings, and minimize the impact of our operations. Whether it’s handling fuel safely, recycling equipment and batteries, collecting refundable containers for wing charitable efforts or walking through the housing neighbourhoods on a spring litter clean-up; that all adds up to ensure the wing and our people are thinking ‘green.’”

Sauveur is pleased with the Mobius Award this year, most importantly because it “motivates the wing to reinvigorate the program and keep waste management top of mind.

“We can improve – we always can.”



**413 (Transport and Rescue) Squadron members, along with Marsoui, Quebec, officials – from left, Sergeant Murielle Arsenault, Mayor Ghislain Deschenes, Captain Fred Taillefer, Aviator Katelyn Young, Robert Wilen, Keith Newman, Second Lieutenant Brandon Skinner, and councilmen Renaud Pelletier and Gérald Paquet – at the October 2 memorial ceremony marking the 20<sup>th</sup> anniversary of the crash of CH11305.**

Leading Seaman C. Moon, 14 Wing Imaging

## Crash anniversary marked, remembered by 413 Squadron

**Sergeant Murielle Arsenault, 413 (Transport and Rescue) Squadron**

Members of 413 (Search and Rescue) Squadron from 14 Wing Greenwood made their way to Marsoui, Quebec, September 30 to October 3, the site of the October 2, 1998 crash of Labrador CC113305, Tusker 305. The visit was an opportunity to do some maintenance on the crash site monuments, and pay homage to fallen colleagues at an October 2

service marking the 20th anniversary of the event.

Squadron members also met with Marsoui Mayor M. Ghislain Deschenes and two councillors to express thanks for the community’s support over the years, and the dedication of a memorial monument in the village park.

Crew members lost in the 1998 crash included pilot and Edmonton native Captain Peter Musselman, 33 years old, married with one child; pilot and Invermere, B.C. native Captain Darrin Vandenbilde, 33 years old, at the time en-

gaged to be married; flight engineer and Halifax native Master Corporal David Gaetz, 37 years old, married with three children; flight engineer in training and Rastatt, Germany native Master Corporal Glen Sinclair, 36 years old, married with three children; search and rescue technician and Montreal native Sergeant Jean Roy, 34 years old, married with three children; and search and rescue technician and St. John’s, Newfoundland, native Master Corporal Darrell Cronin, 32 years old, married with two children.

## Wing work adds up Drive around checks out \$20 million infrastructure investment this year

**Sara White, Managing editor**

How do you spend \$20 million?

Spend a morning driving around 14 Wing Greenwood with Real Property Operations’ Rick Nippard, and you can see the work underway at various base offices, buildings and operationally-supporting facilities.

“We have a lot of good infrastructure, a lot of projects getting done,” Nippard says. “Money has been allocated in good areas and in good, multi-year planning. We’re out three years now, and trying to go further. That’s good for us: it makes our jobs easier, and we can plan our resources.

“We really like being busy.”

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The Wing Auxiliary Service Force stands up every time the CF18s fly into Greenwood, their forward operating base for NORAD responsibilities. That has meant sectioning off large sections of nearby roads and aprons with a combination of personnel and fencing. A new, \$1.3 million, 160-foot retractable gate that moves along heated tracks crossing taxiways Delta and Echo will be ready by the end of October.

“The gate will be operated by Air Traffic Control, remotely,” Nippard says. “It reduces the secure zone requirement and the areas affected for other operations.

“It’s among the first of its kind in Canada, Nova Scotia designed and built (by RikJak Construction and Dexters).”

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The wing’s “bird bath” is getting a facelift: new concrete and paving will replace the deteriorating outdoor airplane-washing surface by the end of November. This is



**The wing’s new air traffic control tower continues its progression up, up, up. The \$14 million structure could be fully operational by March.**

S. White

a \$1.5 million job, being done by Dexters.

“This is the wing’s rinse rack, use to clean aircraft before they leave. It’s winterized, but it’s been shut down while we’ve been working on it this summer, and they’ve been using the one in Hangar 12.”

~~~

Outside the main base, in the Residential Housing Units neighbourhood, new water lines are going in to create more “loops,” rather than dead ends, as have been in place for years.

“It’ll mean more flow, so it’s for the greater good, even though there have been some disruptions in water and street access.”

Robbie Parker has the \$250,000 job, mostly involving 9th, 11th and 12th crescents. Work should be done by the end of October.

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Hangar 9 is getting some long overdue renovations. The 1950s barrel-style hangar belongs to 14 Operations



**This new gate spans 160 feet of taxiway, and will secure the hangar and apron space when the CF18s visit 14 Wing Greenwood. The gates retract, following a heated, in ground rail.**

S. White

so a lot of impact on users. We’re doing two bays this fall, and we’ll do Bay A next spring, after the steam plant goes off. We don’t expect this work to be done until June.”

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Building 169, at the wing’s man gate, vacant with the move of the Military Police a couple of years ago, is being renovated. Mid-Valley Construction expects to be done the \$500,000 job by the end of October, and the refreshed space will house several tenant units.

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Two accommodations trailers in the summer Cadet camp compound are in the middle of a \$650,000 recap: asbestos removal, new siding, doors and windows. Access Contracting is doing the work, which should be done by the end of December. “These are full renos – every year, we pick at a couple of the trailers. It’s all about making them nice inside.”

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There is work underway at 5th Canadian Division Support Base Detachment Aldershot: two new storage and transit buildings are under construction for ammunition. Roscoe Construction is in charge of the \$1.3 million work, with final paving and last construction underway now: it should all be completed by the end of November.

“Siting the buildings was a big issue, but this replaces two old seacans. We’re building them a real facility.”

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14 Wing’s explosives handling area is slated for a new

maintenance workshop: the tender should be out in December, with work underway in April. The \$3.5 million project could take 12 to 18 months; followed by the demolition of buildings 100, 107 and 135 – all old buildings with no value.

“Construction in that area is always a little more challenging, with different codes and heavy walls.”

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Approved for 2019/ 20 is a two-year project to run water lines from Well #10 onto the secure side of the base, under runways 12 and 13. The operations side of the wing has not had potable water for over eight years, as water sources were found to contain chem-

ical contamination from old firefighting foam. It will take \$2.8 million to provide a good water source.

Nippard says there are discussions underway for potential use of water in the closed Well #6, or whether it should be deactivated.

“There are a lot of heavy water users on that side of the base.”

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Also slotted into the 2019/ 20 projects is a \$4 million resurfacing of Button 12, the pad at the end of one of the airfield runways.

“It needs to be concrete, so it stands up to a fully loaded aircraft sitting out there. More than a minute or two, and it will sink into asphalt.”

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And the base’s Defence Construction Canada office is close to an energy performance contract with an energy service contractor.

“We ask for proposals to do different things on the wing, they come in and look and make a submission on what they can do – all tied around energy bills,” says DCC site manager Paul Lincoln.

“They’ll do an audit and a complete survey of the base for energy saving opportunities. We are looking for probably \$15 million worth of work – lighting, HVAC, compressors, building envelope upgrades, converting central heating units to natural gas, charging stations....”

The costs to do the work will be carried by the contractor, with the energy savings returned to them as re-payment.



**Potable water lines through the Residential Housing Units neighbourhoods are being laid, taking out some of the “dead ends” to increase flow.**

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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**  
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www.forces.gc.ca

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www.vpiinternational.ca



# 14 Wing’s civilian return to work program Things you should know

*Q. What is the DND Civilian Employee Return to Work Program?*

A. The DND Civilian Employee Return to Work (RTW) Program is a component of the DND/ CF General Safety Program. It provides a comprehensive process to assist employees, who have experienced an injury or illness disability, with a safe and timely return to the workplace. This is made possible through modified work schedules and/or duties that are consistent with the employee’s temporary reduced capability.

The DND Civilian Employee RTW Program is:

- Focused – emphasizing ability not disability.
- Practical – stressing return to regular work as its primary goal.
- Employee-employer centered – maintaining the fundamental relationship between the supervisor and employee is key to achieving a successful return to work.
- Proactive – taking positive action rather than waiting for something to simply happen.

*Q. Who does it apply to?*

A. The RTW program applies to all DND public servants and term employees. There is a separate CF RTW program for military members.

*Q. Is this program only for work-related injuries?*

A. No! An employee can take part in the RTW program whether they have a work-related or non-work-related

injury or illness. The program is also well-suited to address both mental and physical illnesses.

*Q. What are the benefits of the RTW program?*

A. Every year, hundreds of DND employees are injured or become ill, both on and off the job. Getting back to work after a serious illness or injury is an important element of rehabilitation. In Canadian culture, work is a big part of life and a major source of self-esteem. A return to normal routine, as soon as safely practicable, helps to maintain contact with friends and professional contacts and to retain occupational skills that are essential to the well-being of affected employees.

*Q. What is the difference between the RTW program and duty to accommodate?*

A. The RTW program covers those situations where an injured/ill employee will eventually recover sufficiently to the point where they will be able to return to their original position at 100 per cent capacity. When it is deemed the employee cannot return to their original position, the “duty to accommodate” requirement will be applied.

*Q. What is modified work?*

A. Modified work is an integral component of rehabilitation and can enhance recovery from an accident or illness when it is tailored to the individual’s abilities and restrictions. The type of modification may be in a change to the job tasks, work schedule, or both. Modifica-

tions are typically made to work areas, equipment, production quotas, schedules and organization of tasks.

*Q. How does this program benefit an injured/ ill employee?*

A. Getting back to work after a serious illness or injury is an important stage of rehabilitation. In our culture, work is a big part of life and a major source of self-esteem. A prompt return to work helps prevent the loss of friends, professional contacts and occupational skills that are essential to our well-being.

*Q. How does this program benefit the work unit?*

A. When an employee is away from work due to injury or illness the workload needs to be redistributed among co-workers or the work is not done. This extra work places extra pressure on the work unit. Having the injured/ ill employee resume part of his/ her work when appropriate will help alleviate some of the extra demands.

*Q. How does the supervisor ensure appropriate modified duties for a convalescing employee?*

A. Modified duties must be productive for the unit and meaningful for the employee. Most importantly, the modified duties must be safe for the employee and co-workers.

*Q. How are modified duties determined?*

A. Your supervisor must provide you with a completed Occupational Fitness Assessment Form that outlines your job duties to take to your medical practitioner. Based on the job duties, the medical practitioner will then determine what work limitations you may have. Your local return to work program advisor, Human resources officer and the employee’s Union

representative are resources that also can be of assistance in this process.

*Q. If modified duties are required, how are they monitored?*

A. The supervisor in conjunction with the injured/ill employee must complete and sign a Temporary Modified Work Agreement which is an agreement made between the employee and supervisor that outlines the employee’s restrictions and jobs/duties that can

be performed during the modified work period. Although it is a signed document, it is flexible and should be reviewed often and adjusted to meet the employee’s needs.

Once all parties have signed off, a copy (of the original and any subsequent amendments) shall be provided to the employee, his or her supervisor, the medical practitioner,

the local RTW program advisor and compensation services.

*Q. Will information on my injury/ illness be kept confidential?*

A. Yes! The employee has every right to be concerned about confidentiality. It is therefore vital everyone involved in the process be aware of this issue. Those involved in the return to work process have access to information that is related to work restrictions and the precautionary measures recommended by medical professionals. The return to work advisor and supervisor do not have access to diagnostic medical information.

*Q. Where can I get further information?*

A. Additional information on 14 Wing’s Civilian RTW Program may be found on the Wing General Safety website or by contacting the wing RTW advisor at 902-765-1494 local 5109.

It is only through the co-operative efforts of a multi-disciplinary team that we can achieve success in the RTW process. The following key players are part of that team:

Employees - The employee plays a very important role in



and a union rep. (If you have not had this training, please see your UGSO and have them submit your name to the Wing General Safety office for any pending training.) Supervisors and managers of civilian employees must complete an online RTWA course on the DND Learn Site.

*Q. How do you benefit from the program?*

A. Experience has shown, the sooner rehabilitation begins, the easier it is to reintegrate back into the workplace. Getting back to work means getting back to an active lifestyle, a normal routine, and continuity of income. The DND Return to Work Program has been developed to assist your return to work in a medically supervised manner as soon as practicable. The goal of the program is for you and your employer to work together to achieve success in a safe, lasting and productive return to work.

*Q. Where can I get further information?*

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It is only through the co-operative efforts of a multi-disciplinary team that we can achieve success in the RTW process. The following key players are part of that team:

Employees - The employee plays a very important role in

the RTW process, and stands to benefit the most. Employees may be represented by their union or bargaining agent in cases where there may be inter-relationship issues or concerns. In summary, employees are responsible for:

- Informing their supervisor of their functional limitations and work-related needs
- Advising their supervisor of their expected return to work date
- Working co-operatively and in partnership with their supervisor to find the most appropriate means to facilitate their RTW
- Advising their disability insurance provider (if on DI) when their doctor indicates that they can return to work

Supervisors - The supervisor is the main point of contact in the RTW process. Supervisors are responsible for:

- Becoming familiar with the RTW program and their role in it
- Demonstrating a positive, proactive and sensitive approach to the employee’s RTW
- Dealing with RTW situations in a timely, sensitive and confidential manner
- Determining and implementing an appropriate RTW plan in consultation with the employee
- Periodically reviewing RTW measures
- Advising the CHRSC/ compensation advisor and the wing RTW advisor of the date an employee’s absence/ leave commences and when they return to work

To find out more info about the 14 Wing Civilian RTW Program, visit the WGSO website or contact the Wing General Safety Office at 902-765-1494 locals 5109 or 5421.

# Wing tour highlights importance of community connections

**Sara White,**  
Managing editor

An afternoon drive around 14 Wing Greenwood with a busload of Valley elected representatives turned into an opportunity to point out just what the Valley means to the base.

Wing Commanded Colonel Mike Adamson invited politicians from councils in Kings County, Kingston and Greenwood to visit the wing September 27, with 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Ray Townsend acting as tour guide.

“On behalf of Colonel Adamson, welcome,” Townsend said. “He’s super proud of the wing and the people here, and would love to have shown you around – I’ll try and talk about the unique stops we might make, why they matter to the wing and the community, and just share information.”

A couple of newer developments on the base with definite community connections were first on the tour.

The Greenwood Golf Club ceased operating as a military morale and welfare recreational facility at the end of the 2017 season; it’s now being run by the owners of the Eagle Crest course, outside Kentville, as a private concession.

“Golf is a tough business at the best of times, but this is a beautiful course and quite a loss to let it grow over,” Townsend said. “Eagle Crest has had a really good year, we have a course for members and retired personnel, and the expectation is membership will go up. There is pride of owner-

ship here, and the partnership has been a real win four base community and, hopefully, the local community.”

The Freedom Aviation Society civilian airpark opened at 14 Wing over two years ago, accommodating light planes from the closing Kings County Municipal Airport in Waterville – but with big plans of its own. Society chairman Paul Easson greeted the tour at the airpark, describing imminent plans to start hangar construction, grow aviation business and flight school opportunities.

“The civilian aviators are welcome to use the airpark – we have two runways of 8,000 feet and air traffic control, and having people not doing military circuits is good for our air traffic control people – a really nice fit,” Townsend said.

Townsend continued en route to point out the Fitness & Sports Centre, the CANEX retail centre, the community centre, the Greenwood Military Aviation Museum, the movie theatre and bowling alley – all with a range of programs and services for both the military and neighbouring community.

“Greenwood is a ‘sweet spot’ for military personnel, where they can make a comfortable living and buy a house,” Townsend said. “And people on the wing are just like any community: involved at work, in service clubs and local sports; there are families with kids and they’re active in the schools.”

In addition, Townsend said, community leaders – including those on this tour – help make 14 Wing an “employer of choice and a location of choice.” “We have Ontario or BC



**Municipal elected officials toured a static display of the CC130 Hercules, part of a briefing on 14 Wing’s search and rescue responsibilities.**




S. White



**404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Ray Townsend acted as guide September 27, as a number of Valley elected officials attended a familiarization tour of 14 Wing Greenwood. At the Greenwood Golf Course, Townsend described the successful partnership that saw the military-run golf course turned over to a Valley-based golfing family business for the 2018 season.**



**Freedom Aviation Society chairman Paul Easson described the civilian airpark’s settling in at 14 Wing Greenwood since 2016, and future plans to build hangar space, and attract business and flight school aviation opportunities.**



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# National Defence issues policy on use of cannabis by civilian employees

As the Government of cannabis October 17, the Canada prepares to legalize Department of National De-

POSSIBILITÉ D'EMPLOI

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GMFRC

Greenwood Military Family Resource Centre

CRFMG

Centre de ressources pour les familles militaires de Greenwood

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Avez-vous une passion pour célébrer et soutenir les familles des militaires? Si vous comprenez le marché du travail dans la Vallée de l'Annapolis et que vous aimeriez aider les familles des militaires à améliorer leur recherche d'emploi ou leurs compétences entrepreneuriales pour trouver un emploi parfait, c'est le poste qu'il vous faut. Vous ferez une différence dans la vie des familles des militaires en élaborant, coordonnant et exécutant des programmes de développement personnel qui amélioreront les compétences et la qualité de vie des familles militaires! Vous aiderez également à explorer de nouvelles et passionnantes orientations pédagogiques ou professionnelles pour les familles!

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 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. BOP 1N0

Télécopieur : 902-765-1747

Courriel électronique : [home@greenwoodmfr.ca](mailto: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](http://www.cafconnection.ca) pour en apprendre davantage sur le CRFM Greenwood.

fence (DND) and the Canadian Armed Forces (CAF) are taking measures that continue to promote a healthy, safe and impairment-free work environment for all members of the defence team. Following the September 7 release of the CAF's Defence Administrative Order

and Directive (DAOD) 9004-1, Use of Cannabis by CAF members, DND has issued a similar policy for civilians focused on preventing impairment in the workplace. The new policy for civilians – known as DAOD 2007-2, Use of Cannabis by DND Employees – applies to all civilian members of the

defence team, as well as officers and non-commissioned members of the CAF who act as managers or supervisors of DND employees. All civilian employees are required to familiarize themselves with the new policy to fully understand the regulations to avoid any potential consequences of misuse. CAF members who supervise civilian staff must also be aware of their responsibilities outlined in the DAOD. Both policies come into effect October 17. A high-level overview of the prohibitions and restrictions imposed by the respective policies

includes continued zero tolerance of impairment in the workplace, an eight-hour period of prohibition of recreational consumption prior to regular duty performance in the workplace, a 24-hour period of prohibition of recreational consumption prior to a safety sensitive duty in the workplace and a 28-day period of prohibition of recreational consumption prior to safety sensitive duties involving operating in a hyperbaric environment, i.e. diving, submarine service or use of a recompression chamber; or controlling or directing an aerospace platform or asset.

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](mailto: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](http://cafconnection.ca) to learn more about the Greenwood MFRC.

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Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at [auroranewspaper.com](http://auroranewspaper.com) by noon, October 18, 2018.

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Kings Mutual Century Centre, Berwick  
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October 26 vs Amherst | 7 pm  
November 2 vs Yarmouth | 7 pm  
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#DefendTheDome | #VCATS

the Aurora | 14 Wing Greenwood, NS

## la Semaine national de la famille

Cette année encore les familles ont été au rendez-vous pour la Semaine national de la famille. Le centre de ressources pour les familles militaires de Greenwood débutant par une superbe journée ensoleillée à l'étang à canards de Kingston, plus d'une cinquantaine de familles ont pu faire des activités ensemble en plus d'immortaliser ce souvenir par une photo professionnelle de famille. L'octobre 3, l'annuel souper spaghetti a également été un grand succès avec prêt de 220 personnes. Encore merci à tous les bénévoles et membres de les forces armées canadiennes qui ont rendu ces activités possibles.

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October 15, 2018

Page 7

# National Family Week

Families came together for National Family Week September 30 to October 6 in Greenwood. The Greenwood Military Family Resource Centre kicked the week off with a gorgeous sunny day at the duck pond in Kingston, where more than 50 families were able to partake in activities together and capture those memories with a professional family photo. The annual spaghetti supper October 3 was also a great success, with close to 220 people in attendance. Thanks again to all the volunteers and members of the Canadian Armed Forces who made these activities possible.

Dr. Tami Parks & Associates

GREENWOOD FAMILY DENTISTRY

is pleased to announce

Dr. Tara Sutherland

has joined our family dentistry practice.

New Patients and Emergencies Welcome.



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Dr. Parks, Dr. Lynch and Dr. Sutherland





## La nouvelle mode : le recyclage des vêtements

(EN) Vous n’en pouvez plus de ce vieux t-shirt, et vous ne porterez jamais plus cette veste achetée sur un coup de tête? Pensez-y bien avant de jeter tout ça aux poubelles!

En Amérique du Nord, on envoie au dépotoir plus de 11 700 000 kilos de vêtements par année alors que 95 % de ces vêtements pourraient être recyclés. En 2016, le Grand nettoyage des rivages

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es canadiens a recueilli plus de 7 625 souliers et autres vêtements le long de nos rivages.

Or les vêtements ne sont pas inoffensifs pour l’environnement, en fait, ils ont des effets nocifs sur nos océans. Ainsi, des chercheurs y ont dernièrement découvert une quantité phénoménale de minuscules fibres de plastiques, les microfibrilles, provenant des tissus synthétiques et autres; ces microfibrilles sont rejetées dans l’eau durant la lessive.

Les vêtements qui ne sont pas recyclés correctement rejettent également des microfibrilles lorsqu’ils se décom-



posent dans un dépotoir ou le long d’un rivage. La faune marine peut ingérer de ces microfibrilles, lesquelles sont nuisibles pour son système digestif. Pire encore, les microfibrilles peuvent remonter la

Donnez vos vêtements, d’autres en ont besoin.

Recyclez vos vêtements - bac de recyclage ou éco-centre les accueilleront.

Donnez une nouvelle vie à vos vieux vêtements- transformez ce t-shirt délavé en chiffon de nettoyage, un jeans troué en une paire de shorts.

Organisez un nettoyage de berges ou joignez-vous à une telle opération en cours près de chez vous pour empêcher les vêtements et autres déchets de se retrouver dans nos cours d’eau.

La mode vestimentaire change, mais des cours d’eau en santé seront toujours de mise.

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**EN COURS!**

**NE PAYEZ RIEN AVANT MARS 2019!**

**PLUS** **NE VERSEZ AUCUN ACOMPTE, MÊME PAS LES TAXES.**

Demandez-nous les détails. \*S.A.C.

## Top 5 ways to clean faster, live better

(NC) For most of us, cleaning is a chore, but a necessary one to ensure our homes are comfortable and safe. With an active and busy family, time is precious. Find smarter ways to do things: efficiency is an essential secret to success,

and cleaning is no exception.

Here are five tips for a more efficient cleaning routine, so you can enjoy more of the things you love to do.

**1. Clean from top to bottom.**

Doing it any other way will simply spread dust, dirt and

debris from dirty surfaces to the areas you’ve already cleaned. Not having to re-wipe or vacuum twice saves time.

**2. Remove clutter before you start.**

Clutter is a distraction and can really slow you down. Tidying before cleaning makes things easier and quicker, rather than trying to clean around the mess.

**3. Stick to a plan.**

Treat your chores like you would your work. Tackle the biggest, most challenging rooms first while you have the most energy. The key to a clean house is consistency - create a schedule to complete certain tasks throughout the week, so there's less to do all at once.

**4. Use technology to your advantage.**

Having the right tool for the right job provides a serious advantage.

**5. Divide and conquer.**

Recruit the family. More hands make for lighter and faster work. There are tasks for every age and ability. The reward is spending quality time together when it's all done.

**Colin Fraser**  
Member of Parliament - West Nova  
Député - Nova-Ouest

**Colin.Fraser@parl.gc.ca**  
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## Out-of-this-world spinach and meatball soup



(NC) This veggie-packed meatball soup is technically for kids, but you'll be tempted to sneak a bowl for yourself. Passata, a simple tomato purée, gives the broth a subtle sweet tomato flavour without being too overwhelming for picky eaters. If you can't find it, purée one cup of no-salt-added diced tomatoes in a blender or food processor instead. Serve with a side salad for a balanced meal your kids will ask for again and again.

**Spinach and meatball soup with outer space pasta**

Prep time: 15 minutes  
Cook time: 20 minutes  
Serves: 6

*Ingredients*

- 2 tsp olive oil
- 1 leek (white and light green parts only), chopped
- 1 carrot, diced
- 1 stalk celery, diced
- 1 zucchini, diced
- 1 900 ml package no-salt-added beef broth
- 1 cup bottled strained tomatoes (passata)
- 1 cup pasta
- 24 frozen low-fat meatballs
- 1 cup packed baby spinach, coarsely chopped
- 1/4 tsp each salt and freshly ground black pepper

*Directions*

1. Heat oil in large saucepan over medium heat. Add leek, carrot, celery and zucchini. Cook while stirring occasionally until beginning

to soften, about 5 minutes.

2. Add broth and passata; bring to a boil. Add pasta; stir occasionally until liquid returns to a boil. Reduce heat to a simmer; cook 5 minutes.
3. Stir in frozen meatballs;

return to a simmer. Cook, stirring occasionally, until meatballs are heated through and pasta is tender but firm; about 7 to 9 minutes.

4. Stir in spinach, salt and pepper; cook until spinach

is wilted, about one minute.

Chef's tip: Substitute a quarter cup frozen chopped spinach for fresh spinach, if that's what you have on hand.

*Nutritional information per serving: Calories 220; fat 7g (3g of which is saturated); sodium 450mg; carbohydrates 25g; fibre 4g; sugars 5g; protein 15g.*

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## Finding fun with 413

Members of 413 (Transport and Rescue) Squadron and their families enjoyed a day of fun and activities at the squadron's family day September 23. Games and treats, exploring the equipment and aircraft, and a familiarization flight from Greenwood to Cape Split were some of the highlights.

OCTOBER 20, 2018  
10 AM - 3 PM

### Fall Shopping Expo

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MFRC-CRFM  
GREENWOOD

20 OCTOBRE 2018  
10H00 - 15H00

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MARLENE MOORE,  
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Maigoro Yunana,  
Building Energy Modelling Specialist,  
Green Power Labs



NOVA SCOTIA



Corporal T. Matheson, 14 Wing Imaging



Corporal K. Neate, 14 Wing Imaging

Corporal K. Neate, 14 Wing Imaging



Corporal T. Matheson, 14 Wing Imaging



Corporal T. Matheson, 14 Wing Imaging

## Volunteer workshops offer info, education, support

The Kings Volunteer Resource Centre (KVRC) is pleased to once again offer a free workshop series around volunteerism.

The KVRC works to inspire and lead growth of a culture of volunteerism in the community. We believe engaged and vibrant communities are built on the cornerstone of volunteerism. Our goals are to build and enhance the capacity of the voluntary sector, model the way and promote volunteerism and its value in our communities.

At the eventbrite link below, you will find summaries of each of the 2018/ 2019 workshops. We start in October with an introduction to VolunteerNS.ca (an exciting volunteer linking website) and continue into the spring with experienced facilitators who have created workshops designed to build your capacity around volunteer development. There is something for everyone – whether you are an organization working with volunteers or a volunteer yourself.

Register for free at [eventbrite.com/e/kvrc-volunteer-workshop-series-tickets-50170654779](http://eventbrite.com/e/kvrc-volunteer-workshop-series-tickets-50170654779). For information, visit [VolunteerNS.ca](http://VolunteerNS.ca) or Facebook [kingsvolunteerresourcecentre](https://www.facebook.com/kingsvolunteerresourcecentre).

**October 23, 3 p.m. to 4 p.m. OR 6:30 p.m. to 7:30 p.m., NSCC Kingstec Campus, Room A210** - We know volunteer organizations and not-for-profits provide a valuable service to Nova Scotians. We also understand how difficult it can be to find and retain just the right volunteers. Come out and learn more about VolunteerNS.ca - a new, free service being offered to all not-for-profit and volunteer organizations across Nova Scotia. Create a profile of your organization and post vacant volunteer opportunities, as often as you need to.

**November 20, 6:30 p.m. to 8 p.m., KVRC office, County Fair Mall, New Minas** - NS

Board members sometimes worry about their exposure to personal liability if something happens with the community organization while they are serving. Retired lawyer and active human resources consultant Michael Coyle will dispel some myths and misinformation, and explain Nova Scotia's Volunteer Protection Act and its important role in non-profit board governance.

**February 20, 6:30 p.m. to 9 p.m., KVRC office, County Fair Mall, New Minas** - Whether you are planning a small community event or a large fundraiser, there are steps you can take to ensure your event is successful. This "nuts and bolts" workshop walks you through a critical path, from developing goals and evaluating outcomes, and the key considerations in between.

**March 27, 6:30 p.m. to 8:30 pm, KVRC office, County Fair Mall, New Minas** - There are more than 170,000 non-profit organizations in Canada: one for every 205 people. They provide invaluable services and supports like housing, food, recreation, spirituality, environmental protection - and so much more. But how do you actually start one? In this workshop, "How to Start a Non-Profit Organization in 5 Easy Steps," you'll learn the ins and outs of starting a non-profit organization and discover the important questions you should be asking yourself as you do so.

**April 11, 6:30 p.m. to 8 p.m., KVRC office, County Fair Mall, New Minas** - It is surprising to many people volunteering can be one of the most effective ways of getting employment. This workshop, "Volunteering for Employment," explores at why this is so, and how your volunteer activities might be the key to getting a job or helping you to move into a better position in your current workplace.

**May 15, 2019, 8:30 a.m.**

**to 3:30 p.m., NSCC Kingstec** - Volunteer Leadership Symposium: this day-long, annual event includes keynote speakers, learning ses-

sions, group discussions and a great opportunity to network with volunteers and organizations in the Annapolis Valley.

**EMPLOYMENT OPPORTUNITY**  
Greenwood Military Family Resource Centre (GMFRC)

**GMFRC** **CRFMG**  
Greenwood Military Family Resource Centre Centre de ressources pour les familles militaires de Greenwood

**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](mailto:home@greenwoodmfrcc.ca)  
**Subject Line: resume - PSI** (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](http://cafconnection.ca) to learn more about the Greenwood MFRC.**

**POSSIBILITÉ D'EMPLOI**  
Centre de ressources pour les familles militaires de Greenwood (CRFMG)

**GMFRC** **CRFMG**  
Greenwood Military Family Resource Centre Centre de ressources pour les familles militaires de Greenwood

**JOIGNEZ 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 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. B0P 1N0  
Télécopieur : 902-765-1747  
Courriel électronique : [home@greenwoodmfrcc.ca](mailto: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.*

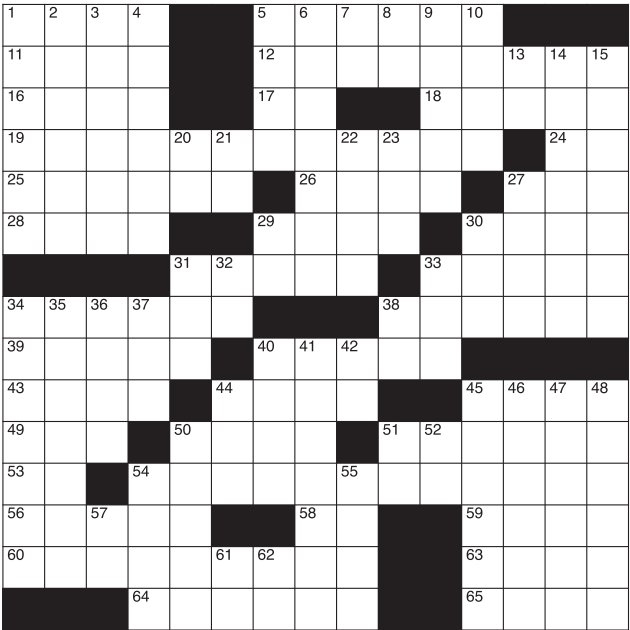
Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.  
**Veuillez visiter le site [www.cafconnection.ca](http://www.cafconnection.ca) pour en apprendre davantage sur le CRFM Greenwood.**





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](mailto: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.

# metro crossword



- ACROSS**  
1. Hindu month  
5. Fashion accessories  
11. Prong  
12. Clever  
16. Network of nerves  
17. Helps the police (abbr.)  
18. Russian lake  
19. Not allowed into evidence  
24. Indicates position  
25. Without clothes  
26. Geological times  
27. Folk singer DiFranco  
28. Buddy  
29. \_\_\_ but don't break  
30. Father  
31. Cast a shadow over  
33. Afghan city  
34. Concluding speech  
38. Type of creed  
39. French Revolution image  
40. Syrian president al-\_\_\_  
43. Soviet composer  
44. Dove into  
45. Famed Broadway producer  
49. Leavened bread  
50. Ruling family House of \_\_\_
- DOWN**  
1. Central hall or court  
2. Italian city  
3. All there  
4. Seamstress's tool  
5. Sends after  
6. Used in herbal medicine  
7. Specific gravity  
8. A male  
9. Hydroxyls + 2C  
10. Trigonometric function  
13. Archaic language (abbr.)  
14. East African native  
15. Satisfy  
20. Mother  
21. Where innate impulses are processed  
22. 'Rule, Britannia' composer  
23. Not good
- 51. Planet**  
**53. Publicity**  
**54. Manifesting approval**  
**56. Fern genus**  
**58. Larry and Curly's pal**  
**59. Company officer**  
**60. Expressed loathing for**  
**63. Birthplace of Constantine**  
**64. People from Asia**  
**65. 'Hercules' voice Donovan**
- 27. Swiss river**  
**29. A-Team member Baracus**  
**30. Calendar month**  
**31. Drunk**  
**32. Mercury**  
**33. Concealed**  
**34. Give forth**  
**35. Contradiction in terms**  
**36. Middle Eastern country**  
**37. On the \_\_\_**  
**38. Sodium**  
**40. One who attended a school**  
**41. Supporters**  
**42. South Dakota**  
**44. American brewer Adams, Sr.**  
**45. Type of attorney**  
**46. Absence of oxygen**  
**47. Most sheer**  
**48. Human soul, mind or spirit**  
**50. Flies high above**  
**51. University of Dayton**  
**52. Dorm moderator (abbr.)**  
**54. Intestinal pouches**  
**55. Assents to**  
**57. Delaware**  
**61. Robots are a byproduct of this**  
**62. Tantalum**

crossword brought to you compliments of

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Greenwood  
**902-765-6381**

**Girl Guide cookies**  
The chocolate mint Girl Guide cookies are here! \$5 a box supports Girl Greatness in Guiding units in your community. For delivery, contact Sara, [cskeddy@hotmail.ca](mailto:cskeddy@hotmail.ca)

**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.

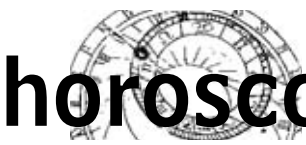
**Friday game time**  
Every Friday, 1 p.m. to 3 p.m., the Bridgetown & Area Library invites adults in for Skip-Bo, Scrabble and more!

**Scottish country dance classes**  
October 15 (Monday evenings, eight weeks), 7 p.m. to 9 p.m., all are welcome to join in Scot-

tish 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



# horoscopes

October 14 - October 20

**ARIES - Mar 21/Apr 20**  
Information that seems suspect on the surface may turn out to be much more if you're willing to dig a little deeper, Aries. Do not discount anything right away.

**TAURUS - Apr 21/May 21**  
Taurus, if faced with a few different scenarios, do not immediately pick the path of least resistance. Sometimes the best reward is earned with some sweat equity.

**GEMINI - May 22/Jun 21**  
Gemini, when social engagements seem to be slim pickings, you may have to broaden your social circle just a bit. Try putting a toe into new waters for a change of scenery.

**CANCER - Jun 22/Jul 22**  
Cancer, put your money where your mouth is regarding an important issue this week. You must lead by example, and you're fully capable of doing so.

**LEO - Jul 23/Aug 23**  
Don't let a minor setback derail all of the plans you have been working on for so long, Leo. This can be easily remedied with the right people offering their support.

**VIRGO - Aug 24/Sept 22**  
Virgo, you do not need an engraved invitation to attend an event that could put you in a position of power and influence. Walk into the party with flair and confidence.

**LIBRA - Sept 23/Oct 23**  
When someone seeks your advice you are always willing to give it, Libra. Just do not freely offer unsolicited advice all the time or friends could view it as lecturing.

**SCORPIO - Oct 24/Nov 22**  
Disagreements can cause emotions to run hot, Scorpio. It is best if you find a cool-down measure so that problems do not escalate - especially this week.

**SAGITTARIUS - Nov 23/Dec 21**  
Take a break this week and reconnect with some of the fun activities that you used to do to amuse yourself, Sagittarius. Think like a kid and go to a zoo, aquarium or park.

**CAPRICORN - Dec 22/Jan 20**  
Capricorn, you're on the cusp of mastering a skill you have been honing for awhile. Use an opportunity this week to celebrate your hard-earned success.

**AQUARIUS - Jan 21/Feb 18**  
Utilize all of the special skills you have at your disposal, Aquarius. You just may need every tool in your arsenal to get through an upcoming project. This work keeps you busy.

**PISCES - Feb 19/Mar 20**  
You may need to take a trip to become fully recharged, Pisces. New experiences and new sights can be good for the soul.

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you have time? Organizational skills? Financial "know-how?" Community pride? Help make it happen! For info, contact Robert Sealby, [rsealby@bellaliant.net](mailto: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 some good oldies in a friendly and relaxed environment. Free. 902-765-4326.

**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](http://hikenovascotia.ca) for details.

**Ham radio flea market**  
October 20, 10 a.m., the Greenwood Amateur Radio Club hosts its annual flea market at the Greenwood Community Centre, 110 Church Street, Greenwood. Good deals on ham radio equipment. Admission \$5. Tables for

sellers free (doors open at 8 a.m. for sellers only). For tables, contact Carol, [cfhutchinson@gmail.com](mailto:cfhutchinson@gmail.com), or Phil Hunter, [garc.ve1wn@gmail.com](mailto:garc.ve1wn@gmail.com).

**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 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.

**Paint night**  
October 20, 6 p.m., enjoy a paint night fundraiser at St. Mark's Chapel, for St. Mark's Protestant Chapel Guild. Location: St. Mark's Chapel Annex, Church Street, Greenwood. Cost is \$45, all supplies included. Snack and refreshment provided. To reserve, contact [olejnikpam@hotmail.com](mailto:olejnikpam@hotmail.com). All welcome.

**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. Free will 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.

**Praise service**  
October 21, 7 p.m., there will be a praise service at the New Beginnings Centre, 1151 Bridge Street, Greenwood. Worship music led by Bob Lyle, David Kay, David Graves, Paul Marshall and Natasha and Kyle Ward. All proceeds to the Multi Addictions Centre and the Upper Room Food Bank.

**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](mailto: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.

**Supper**  
October 25, 4:30 p.m. to 6 p.m., the Three Rivers Community Centre, 41 Messenger Rd. Torbrook Mines; hosts a turkey supper. \$12 adult, under 12 \$6. Take out available. For information call 902-765-3049 or message us on Facebook.

**Coffee & Conversation**  
October 26, 10 a.m. to 11:30 a.m., join neighbours at the Berwick library, 236 Commercial Street, for coffee, tea and conversation. Each month a guest will help us get the conversation started.

**Girl Power: Halloween Fun**  
October 26, 7 p.m. to 9 p.m., the Rosa M. Harvey Middleton & Area Library says, it's Hallowe'en time and we're having a bash. Wear your best costume to our fun monster mash! For girls ages 10 to 14 years. Registration required.

**Coffee party**  
October 26, 9:30 a.m. to 11 a.m., the Soldiers Memorial Health Auxiliary hosts a fall coffee party at St. Monica's Catholic Church, 41 Connaught Avenue, Middleton. \$5 per person. Enjoy some fall fellowship while supporting our local hospital.

**Berwick Kidz Book Club**  
October 26, 7 p.m. to 8 p.m., the Berwick and District Library Kidz Book Club is reading "Follow the Elephant." Pick up a copy at the library or read yours from home. Come to the library for snacks, fun discussion and suggestions of what we should read next. For ages nine to 14.

**Dance**  
October 27, 9 p.m. to midnight, there will be a Halloween dance at the Black Rock Rec & Culture Centre. Tony & Lenny are playing. \$8/ person or \$15/ couple. With proceeds for hall maintenance. For more info, call 902-538-1259.

**Rummage sale**  
October 27, 1 p.m. to 3 p.m., the IODE hosts a rummage sale at the community college, Middleton. Clothing for everyone, household items, books, toys and jewellery. Proceeds go back into the community, helping enhance

MALE ATHLETES / ATHLÈTES MASCULINS

TRIATHLON  
Lieutenant-Colonel / Lieutenant-colonel ERIC TRAVIS

14 Wing Greenwood / 14<sup>e</sup> Escadre Greenwood  
Royal Canadian Air Force / Aviation royale canadienne

## Travis up for CAF sports award

The 2018 Canadian Armed Forces sports awards ceremony will be held October 18 in Ottawa, with recognition for Honour Roll inductees, Dedication to CAF Sports recipients and achievement award nominees.

Included in the male athlete of the year nominees is 14 Wing Greenwood's Lieutenant-Colonel Eric Travis, who balances his military duties, family commitments and his own demanding triathlon training with managing the CAF CISM triathlon team.

During his impressive 2017 season, Travis finished first in his age group and

10th overall at the Ironman 70.3 Superfrog Triathlon in California, seventh in his age group at the Penticton ITU Long Distance Triathlon World Championships, and in the top 10 in his age group at the Ironman 70.3 Mont Tremblant Triathlon. In military competition, Travis won gold at the CAF National Running Championships. At the CAF National Triathlon Championship, he was fourth in his age group, in addition to competing at the CAF National Swimming Championships. He also found time to help at CAF regional development camps and

his wing's multi-sport and triathlon clubs.

October 19 is CAF Sports Day, and PSP staff at bases and wings across Canada

and around the world will be organizing unit fitness and sports activities. Many are also hosting family recreation activities October 19 and 20.



## services & trades

Call 902-765-1494 local 5833 for info

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2. Fax: 902-765-1717  
3. Drop into our office located on 83A School Road (Morfee Annex)

**Entry deadline:**  
**Noon, October 18, 2018**

| Full name                                                                                                                                                         | Phone number |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from <b>Mimie's Pizza, Greenwood</b> . Coupon valid for 30 days. |              |
| 1. Where can you get dressed 2 kill?                                                                                                                              | _____        |
| 2. Who has the toll free number 1-866-206-6844?                                                                                                                   | _____        |
| 3. Who has a meat box fundraiser program?                                                                                                                         | _____        |
| 4. How much is stock number U2232 worth?                                                                                                                          | _____        |
| 5. When can you take a stand?                                                                                                                                     | _____        |

**Congratulations to last week's winner: SHARON MAPPLEBACK**



# classifieds

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

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

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

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 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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | I | N |   |   | S | A | S | H | E | S |   |   |   |   |
| T | I | N |   |   | I | N | G | E | N | I | O | U | S |   |
| R | E | T | E |   | G | I |   | O | N | E | G | A |   |   |
| I | N | A | D | M | I | S | S | A | B | L | E | A | T |   |
| U | N | C | L | A | D |   | E | R | A | S |   | A | N | I |
| M | A | T | E |   | B | E | N | D |   | D | A | O | A |   |
|   |   |   |   | S | H | A | D | E |   | H | E | R | A | T |
| E | P | I | L | O | G |   | N | I | C | E |   |   |   |   |
| M | A | R | A | T |   | A | S | S | A | D |   |   |   |   |
| A | R | A | M |   | S | L | I | D |   | P | A | P | P |   |
| N | A | N |   | S | A | U | D |   | U | R | A | N | U | S |
| A | D |   | C | O | M | M | E | N | D | A | T | O | R | Y |
| T | O | D | E | A |   | M | O |   | E | X | E | C |   |   |
| E | X | E | C | R | A | T | E |   | N | I | S | H |   |   |
|   |   |   |   |   | A | S | I | A | N | S |   | T | A | T |

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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** – Retirement living conveniently located between Kingston & Greenwood. Two-bedroom open concept with five appliances. Paved driveway, two decks with privacy fences. Transit buses available at end of street, within walking distance to grocery stores and mall. Lawn care & snow removal included, tenants pay own utilities. Rent is \$1,050 monthly. Call 902-804-1085. (3939-4tpb)

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

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**FOR RENT** – Centrally Located Kingston (east) Apt (+/- 875 sq ft). Two bedroom, living room, Kitchen, laundry, bath, patio (25 x 15). \$825.00 per month. (Senior (60+) discount available). Available November 1, 2018. Reference(s), lease required. Call 902-760-0002, Email: nsvalley@hotmail.com for question, pic's, viewing appointment. Includes heat, power, fridge, stove, microwave, toaster-oven, snow removal, lawn care, washer/dryer hookup (cable & Wi-fi negotiable). Short walk to golf, school(s), doctor(s), RCMP, pharmacy, post office, library, Superstore, Needs Store, Tim Hortons, motel, restaurant(s), gas and Legion. (3934-ufnb)

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

## SERVICE

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

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# Conflict Resolution Day

## A word from 14 Wing's CCMS

October 18 marks 13 years since the inception of International Conflict Resolution Day.

The 14 Wing Conflict and Complaint Management Services (CCMS) Centre is here to help all wing personnel resolve their conflicts as early, locally and informally as possible; whether you are:

- personally involved in conflict
- a supervisor helping others resolve a conflict
- a third-party whom a colleague has come to about a conflict they are experiencing
- a supervisor working to resolve a formal grievance or harassment file
- you have questions about what our office can do for you

When you come to our office, you will have a confidential conversation with an agent that lays out the resolution options available for you. We won't tell you what to do: we'll lay out the applicable policies, procedures and options, and let you make the choice in how and when to proceed. We will help by identifying the right resources and make refer-

als to that resource quickly and efficiently, regardless if that resource is your unit's workplace relations advisor or harassment advisor, wing mental health services, the Sexual Misconduct Response Centre, conflict management practitioners or another key resource, as needed, to address the factors that contributed to your conflict.

Unresolved and/ or poorly managed conflict can cause distraction and disturbance to family life, prevent individuals from focusing on work tasks and can contribute to poor mental health. Effective conflict resolution can help shift an individual's focus back to their normal daily life, as quickly as possible.

October 18, take some time to think about how the conflicts you are involved in, or see around you, could be managed and/ or resolved more effectively. If you want help exploring the additional resolution options available to you, come see us or drop us a line! We can be reached at 902-599-3742, 14wg\_ccms@forces.gc.ca or by visiting http://greenwood.mil.ca/en/programs/conflict-complaint-management-services/index.aspx.

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# Fun day at 405

**405 (Long Range Patrol) Squadron opened its work space – on the ground and in the air – for its annual family day September 23. Families were invited in to see where their loved ones work day-to-day, check out some of the equipment and tools and enjoy some fun activities on the hangar floor and aboard the squadron's CP140 Aurora aircraft.**



Master Corporal R. Wilson, 14 Wing Imaging

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**15 – 19 October 2018**



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[All inquiries will be kept in strictest confidence]  
[Toutes les demandes de renseignements seront traitées en toute confidentialité]

If you would like to arrange an awareness briefing for your Unit/Squadron, please contact the Health Promotion Manager at 5388 or email: [Edith.Tremblay@forces.gc.ca](mailto:Edith.Tremblay@forces.gc.ca).

Briefings available include:

- Take a Stand – Leaders
- Take a Stand – Family Awareness
- Take a Stand – General Awareness



AMFAR 374 (A-1)

Canada





## Helicopter close to home

After four years of labour, the Greenwood Military Aviation Museum’s volunteer team has rolled the Piasecki/ Vertol H44 Helicopter (the “Flying Banana”) out of the shop. The team needs a few days of fine weather to assemble the helicopter’s two halves, which happened September 25, and reinstall the many bits and pieces before final display on her new pads in the museum’s air park. Stay tuned! Malcolm Uhlman

## Learn about sustainable life, work and environmental change

The Nova Scotia Community College’s Annapolis Valley Campus sustainability committee is hosting a set of Sustainability Days, featuring a range of exhibits and resources that could help people help the environment and become more sustainable in their work and daily life activities.

The 2018 events mark the fifth year for the initiative, with events at NSCC COGS, 50 Elliott Road, Lawrence-town, October 17; and NSCC Middleton, 295 Commercial Street, Middleton, October 18. Hours both days are 11 a.m. to 2 p.m.

The events are open to the general public, NSCC staff, faculty and students. All events are free.



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