



the

Aurora

Vol. 39 No. 40

OCTOBER 22, 2018 NO CHARGE

www.auroranewspaper.com

... and the band plays on Wing band staff changes chance to shift sound, style

Sara White,
Managing editor

Follow the rhythm of changes within 14 Wing Greenwood's music program: a new drum instructor is fulfilling the role of pipe major, the former pipe major is now learning the logistics of aircraft parts and food services, and both him and the band's retired drum instructor are now in the band as volunteers; you'll know Sergeant Calvin Gallant has his hands full.

Gallant arrived in August to join the music branch staff: he's a drum instructor by trade, having joined the military in 2013, but will be formally acting as the band's pipe major. He joins Warrant Officer Jeff Campbell, band master, in the music rooms of the brass and reed and pipes and drums bands.

Sergeant (retired) Brad Riteman continues with the bands, now a volunteer after

41-and-a-half years enlisted. He spent his first eight years as a weapons systems technician, and was posted in Cold Lake when a call came out from Ottawa, looking for drum instructors.

"I always played the drums, I started at about 15 – I wanted to play kit in a rock band," Riteman says. "Dad said, 'Go to the Legion with your granddad and learn the basics.' It was a good time; they were trying to build a band. We did parades and Remembrance Day – I never did learn to play kit. I should now."

He answered the call and advanced in the military music world: his first posting in Greenwood was back in 1976, when the only band around was based in Kentville.

"A bunch of us wanted to start a band here, so we did. We had to be here a year to be authorized, and that happened in 1981. We met over



Sergeant Calvin Gallant, left; Sergeant (retired) Brad Riteman and Lieutenant Andrew Bruce are passing the torch amongst themselves, as the faces and the roles within the 14 Wing Pipes and Drums changes: Gallant, a drum instructor by trade, is the band's new pipe major. Riteman, the retired drum instructor, and Bruce, the former pipe major, continue as volunteers.

S. White

the arena, just grabbing a bunch of people from around the base. Now, we're a favourite thing around the base."

Lieutenant Andrew Bruce arrived in Greenwood eight years ago, making this band his first posting as a military pipe major.

"When we go out, we're the face of the band, the wing, the Royal Canadian Air Force and the Canadian Armed Forces," Bruce says. "Brad and I have taken the program here very far in eight years: the band is a team, working together for

a common goal – from the competition field to success in performance, from excellence on the parade square to a funeral or a Legion ceremony.

"Now there are fresh eyes to shape the program – music becomes my hobby, and it's a bit of a 'passing of the torch.'"

Gallant, coming in from a posting as lead drummer at CFB Galetown and, before that, with the RCAF band in Winnipeg; plans to use Bruce and Riteman's experience and knowledge to his best

advantage: "every musician should strive to learn, and having them here really puts you in the mind to step it up," he says. He also takes on all the administration duties associated with the band's finances, scheduling, travel and music development. His first responsibility was getting the pipes and drums band set for the September 16 Battle of Britain parade. Still so new to Greenwood, he was without his air force uniform: "I looked a little different – I was dressed in

CADPAT."

He's in the process of changing elements from army to air force and, while a drum instructor by trade, he'll fill the pipe major's role here in Greenwood. Riteman is still a volunteer with the band, helping teach drumming to new members; Bruce will lead the pipe and drum rehearsals with Gallant's direction. All of them acknowledge the heart of the band is in the music – and the collection of military volunteers and community musicians who make it.

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404 & family



Members of 404 (Long Range Patrol and Training) Squadron opened their work place to family and guests at the September 29 squadron family day. Food and games, and fun activities in the hangar and aboard the aircraft, were among the high-lights.

Master Corporal K. Scott



Halifax International Security Forum releases 2018 topical agenda

Halifax International Security Forum, North America's leading foreign affairs and defense conference, has announced its topical agenda of the 10th annual meeting in Halifax, November 16 to 18.

For the past 10 years, the forum's agenda has gained a reputation as a prescient road map of the global security issues the international community will address in

the coming year.

"I am very proud to bring democratic leaders together every November to search for solutions to the world's most pressing security challenges," said Peter Van Praagh, president of Halifax International Security Forum.

"For our 10th anniversary meeting, the agenda will highlight the specific challenges coming from China

and Russia, as well as more general - but no less pressing concerns - such as terrorism, migration, technology, trade, energy, inclusive security and modernizing international institutions."

Harjit Sajjan, Canada's Minister of National Defence, will host this year's Halifax International Security Forum. Featuring a delegation from the United States Congress,

heads of government, defense ministers, four-star officers and the world's leading experts from more than 75 countries; Halifax is the only place where global democracies meet to enhance their joint strategic cooperation.

Halifax International Security Forum is an independent, non-profit, non-partisan organization based in Washington, DC.



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Circulation | Circulation: **4,500 Mondays** | Lunds
Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : **www.auroranewspaper.com**

The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **61 School Road, Morfee Annex**
61 School Road, Annexe Morfee

Mail subscriptions: annual \$90 plus tax, weekly \$1.85 plus tax.
Abonnements par correspondance: 90\$ par année plus taxes , 1,85\$ par semaine plus taxes.

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel Mike Adamson, Wing Commander.

Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Mike Adamson, commandant de l'Escadre.



 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
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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

bravo zulu | promotions & presentations



September 26, Captain Tyler Korn, centre, was presented the General Service Medal Rotation Bar, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left, and Chief Warrant Officer Dean Parsons.

Master Corporal K. Conrick



September 26, Sergeant Derrick MacDonald, centre, was presented the Special Services Medal NATO, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left, and Chief Warrant Officer Dean Parsons.

Master Corporal K. Conrick

14 Wing Imaging unless otherwise indicated.



October 4, Aviator Ryan Mugridge, centre, received his propeller, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left, and Chief Warrant Officer Dean Parsons.

Master Corporal K. Conrick



Aviator Kathleen Jamieson-Parent, centre, was promoted October 3 to corporal by Major Andrew Peddle, officer commanding 14 Mission Support Squadron Construction Engineering Flight, left, and Master Warrant Officer Chris Philpott.

Submitted



Aviator Jennifer Cousintine, centre, was promoted September 19 to corporal by Major Andrew Peddle, officer commanding 14 Mission Support Squadron Construction Engineering Flight, left, and Master Warrant Officer Chris Philpott.

Submitted



Aviator Bradley Anderson, centre, was promoted September 19 to corporal by Major Andrew Peddle, officer commanding 14 Mission Support Squadron Construction Engineering Flight, left, and Master Warrant Officer Chris Philpott.

Submitted



October 5, Master Corporal Stephan Simard, centre, received the Canadian Forces Decoration from 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal K. Scott



October 5, Master Corporal Darren MacPherson, centre, received the Canadian Forces Decoration from 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal K. Scott



October 5, Warrant Officer Chris Milne, centre, received the Canadian Forces Decoration 2nd Clasp from 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal K. Scott



October 5, Sergeant Darron Perry, centre, received the Canadian Forces Decoration from 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal K. Scott



October 5, Master Corporal Dan Salisbury, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal K. Scott



Warrant Officer Sandra Melanson, centre, was promoted October 9 to master warrant officer, retroactive to December 18, 2017. Deputy Wing Commander Lieutenant-Colonel Bruno Baker, left, and Chief Warrant Officer Denis Flamand made the presentation at 14 Wing Greenwood headquarters.

S. White

Programme de retour au travail pour les employés civils de la 14e Escadre: ce que vous devez savoir

Q. En quoi consiste le programme de retour au travail pour les employés civils du MDN?

A. Le programme de retour au travail (PRT) pour les employés civils du MDN est une composante du Programme de sécurité générale du MDN et des FC. Il met en place un processus complet pour aider les employés qui ont été dans l'incapacité de travailler à la suite d'une blessure, d'une maladie ou d'une invalidité, à effectuer un retour au travail sécuritaire et en temps opportun.Ce processus repose sur l'application d'horaires de travail et/ ou de tâches modifiées convenant aux capacités réduites temporaires de chaque employé touché.

Le PRT pour les employés civils du MDN est :

- Bien ciblé – Il met l'accent sur les capacités et non l'invalidité.
- Pratique – Son principal objectif est le retour au travail régulier.
- Axé sur la relation employé-employeur – Le maintien d'une bonne relation entre le superviseur et l'employé est essentiel pour assurer un bon retour au travail.
- Proactif – Il prend des mesures positives au lieu de se contenter d'attendre que quelque chose arrive.

Q. À qui s'applique-t-il?
A. Le PRT s'applique à tous les fonctionnaires et employés nommés pour une période déterminée du MDN. Il existe un PRT distinct pour les militaires des FC.

Q. Est-ce que ce programme concerne seulement les cas de blessures liées au travail??
A. Non! L'employé qui contracte une maladie ou une blessure liée ou non au travail peut participer au PRT. Le Programme répond non seulement aux besoins des employés ayant souffert de maladies physiques, mais aussi aux besoins des em-

ployés ayant souffert de maladies mentales.

Q. Quels sont les avantages du PRT?

A. Chaque année, des centaines d'employés du MDN se blessent ou tombent malades au travail ou à l'extérieur du travail. Le retour au travail après une maladie ou une blessure grave est un élément important de la réadaptation. Dans la culture canadienne, le travail occupe une grande place dans la vie des gens et représente une source majeure d'estime de soi.Reprendre les activités habituelles dès qu'il est possible de le faire en toute sécurité aide les employés touchés à rester en communication avec leurs amis et leurs collègues, de même qu'à conserver les compétences professionnelles essentielles à leur bien-être.

Q. Quelle est la différence entre le PRT et l'obligation de prendre des mesures d'adaptation?

A. Le PRT vise les employés blessés ou malades qui seront un jour en mesure de retourner au travail pour occuper leur poste initial à leur pleine capacité.Si l'on juge que l'employé ne peut retourner à son poste initial, l'obligation de prendre des mesures d'adaptation s'appliquera.

Q. Qu'est-ce que le travail modifié?

A. Les tâches modifiées font partie intégrante de la réadaptation et elles peuvent améliorer le rétablissement suite à un accident ou une maladie, lorsqu'elles sont adaptées aux capacités et aux restrictions de la personne. La modification peut être apportée aux tâches de travail, à l'horaire de travail, ou aux deux. On apporte généralement des modifications aux aires de travail, à l'équipement, aux exigences de production, aux horaires et à la répartition des tâches.

Q. En quoi ce programme

est-il avantageux pour un employé blessé ou malade?

A. Le retour au travail après une maladie ou une blessure grave est une étape importante de la réadaptation.Dans notre culture, le travail occupe une place importante dans notre vie et constitue une source majeure d'estime de soi. Un retour rapide au travail nous aide à maintenir les liens avec les amis, les contacts professionnels et les compétences professionnelles essentielles à notre bien-être.

Q. En quoi ce programme est-il avantageux pour l'unité de travail?

A. L'absence du travail d'un employé, pour cause de blessure ou de maladie, implique que la charge de travail de cet employé soit répartie entre ses collègues, sans quoi le travail ne sera pas fait. Cette augmentation de la charge de travail se traduit par une pression supplémentaire pour l'unité de travail. Le fait d'amener l'employé blessé ou malade à reprendre partiellement son travail en temps voulu permettra de réduire dans une certaine mesure ces exigences supplémentaires.

Q. Comment le superviseur détermine-t-il les tâches modifiées pouvant convenir à un employé en convalescence?

A. Les tâches modifiées doivent être productives pour l'unité et significatives pour l'employé. Surtout, les tâches modifiées doivent être sécuritaires pour l'employé et ses collègues.

Q. Comment les tâches modifiées sont-elles déterminées?

A. Votre superviseur doit vous remettre un formulaire Évaluation de l'aptitude physique au travail rempli qui décrit vos tâches, et vous devez le remettre à votre professionnel de la santé. Selon vos tâches, le professionnel de la santé déterminera ensuite vos contraintes de travail. Votre

conseiller local du PRT, agent des Ressources humaines, et représentant syndical sont des ressources qui peuvent faciliter le processus.

Q. Si des tâches modifiées s'imposent, comment sont-elles surveillées?

A. Le superviseur, en collaboration avec l'employé malade ou blessé, doit remplir et signer une entente de modification provisoire du travail. Il s'agit d'une entente entre l'employé et le superviseur qui décrit les contraintes de l'employé et les tâches qui peuvent être effectuées pendant la période de tâches modifiées. Bien que ce document soit signé, on peut le modifier et il doit être fréquemment révisé et modifié afin de l'adapter aux besoins de l'employé.Une fois que toutes les parties ont signé le document, une copie (de l'original et de toute modification subséquente) doit être remise à l'employé, à son superviseur, au professionnel de la santé, au conseiller du PRT local et aux Services de rémunération.

Q. Les renseignements au sujet de ma maladie/blessure demeureront-ils confidentiels?

A. Oui! L'employé a parfaitement le droit de se préoccuper de la confidentialité. Il est donc primordial que chaque personne impliquée dans le processus soit au courant de cette question. Les personnes impliquées dans le PRT ont accès à des renseignements liés aux contraintes de travail et aux mesures de prévention recommandées par les professionnels de la santé. Le conseiller du PRT et le superviseur n'ont pas accès aux renseignements médicaux diagnostiques.

Q. Existe-t-il une formation à l'intention des employés civils et de leur gestionnaire/superviseur?

A. Oui. Tous les employés civils doivent participer à une

séance de sensibilisation sur le PRT d'une demi-journée, animée par le conseiller du PRT et un représentant syndical. Si vous n'avez pas suivi cette formation, veuillez communiquer avec votre OSGU et demandez-leur de donner votre nom au bureau de la sécurité générale de l'escadre. Les superviseurs et les gestionnaires des employés civils doivent suivre un cours en ligne sur le protocole de retour au travail, par l'intermédiaire du site MDNApprentissage.

Q. En quoi le programme est-il avantageux pour vous?

A. L'expérience a démontré que plus la réadaptation débute tôt, plus il est facile pour l'employé de réintégrer son milieu de travail. L'employé retrouve ainsi un mode de vie actif, reprend ses activités habituelles et profite de la continuité de son revenu. Le programme de retour au travail du MDN a été conçu dans le but de faciliter votre retour au travail sous supervision médicale dès que possible. L'objectif du programme est que vous et votre employeur collaboriez en vue de veiller à un retour au travail sécuritaire, durable et productif.

Q. Où puis-je obtenir de plus amples renseignements?

A. Pour obtenir des renseignements supplémentaires sur le PRT pour les employés civils de la 14e Escadre, veuillez consulter le site web de la sécurité générale de l'escadre ou communiquer avec le conseiller du PRT de l'escadre au 902-765-1494 poste 5109.

Seuls les efforts de coopération d'une équipe multidisciplinaire peuvent nous mener à la réussite du processus de RT. Les personnes suivantes font partie de cette équipe :

Employés - Les employés jouent un rôle essentiel dans le processus de retour au travail et sont susceptibles d'en tirer le maximum de profit. Un employé peut être représenté par son syndicat ou son agent de

négociation dans les cas où il peut y avoir des problèmes ou des préoccupations sur le plan des rapports entre les gens.En bref, les employés assument les responsabilités suivantes :

- informer leur superviseur de leurs contraintes de travail et de leurs besoins liés au travail
- aviser leur superviseur de leur date prévue de retour au travail
- travailler en collaboration et en partenariat avec leur superviseur afin de trouver le meilleur moyen de faciliter leur retour au travail
- aviser leur fournisseur d'assurance-invalidité (s'ils reçoivent des prestations d'assurance-invalidité) de la date de retour au travail précisée par leur médecin S uperviseur - Le superviseur est le principal point de contact dans le processus de PRT. Les superviseurs doivent :
- faire l'examen du PRT et comprendre leur rôle
- adopter une approche positive, proactive et sensible en ce qui concerne le retour au travail de l'employé
- traiter les situations de retour au travail de manière sensible, en temps opportun et en toute confidentialité
- établir et mettre en œuvre un plan de retour au travail pertinent en collaboration avec l'employé/employée
- faire l'examen périodique des mesures de retour au travail
- aviser le Centre de service des ressources humaines civiles (CSRHS)/ le conseiller en rémunération et le conseiller du PRT de l'escadre de la date de début du congé ou de l'absence et de la date de retour au travail.

Pour obtenir plus de renseignements sur le PRT de la 14e Escadre, veuillez consulter le site web du Bureau de la sécurité générale de l'escadre (BSG Ere) ou communiquer avec le BSG Ere aux 902-765-1494 postes 5109 ou 5421.

Mass casualty scenario wraps Tusker Ex Volunteer 'victims' have own role to play in emergency response training

Sara White,
Managing editor

“Lynn, we’re going to give you a head injury, some makeup blood coming out your ear.

“Muriel – you’re going to be our pelvic fracture,” said Sergeant Jonathan Pothier. “What?!”

“Oh, you’re conscious all the time, complaining, ‘Oh, I’m in severe pain.’ If they move you, ham it up!”

Pothier was busy giving medical conditions to nine volunteer victims of a two-plane crash, the simulated exercise 413 (Transport and Rescue) Squadron wrapped up a week-long set of search and rescue exercises with October 5. The fall SAREX combined the resources of 413 Squadron, the Coast Guard, the Joint Rescue Co-ordination Centre and the volunteer Civil Air Search and Rescue Association October 1 to 5; in joint scenarios over the Bay of Fundy and Western Nova Scotia.

While Pothier moved around the medical supplies



Search and rescue technicians Master Corporal Gabriel Ferland, right, and Master Corporal Matthew Sebo tend to “victim” Corporal Jean-Luc Germain October 5.

Corporal K. Neate, 14 Wing Imaging



Master Corporal Wayne Wilson signals to a 413 Squadron Hercules, the only mobile “victim” after a two-plane simulated plane crash October 5.

S. White

room at 413 Squadron's hangar, gathering the makeup, torsos, smoke machines and other scene-setting supplies for the plane crash exercise; Sergeant Muriel Arsenault – she of the simulated pelvic fracture was sharing “war stories” of her experiences as simulated casualty.

“Oh, yeah, there will be bodies everywhere – some of us in the woods, but not too deep,” she said, describing what an exercise could look like to some of the recruits helping at this scenario.

“There will be smoke – no fire. The Herc’ll fly over, a whole bunch of SAR-Techs will jump out and start running around. At least, that’s what they did in Summerside – and this is nothing! You go to a national SAREX, you get jimmied up for real! In Yellowknife last year, my injury – my leg was cut off, and I was sitting in a helicopter carcass. I buried my real leg

in the sand and had a stubby strapped on my knee. There was a pump with a line that went all the way up to my hand, and I could press it and squirt out blood – but I had to be mindful: too much, and I’d run out! Man, oh man – I did that twice a day.”

Arsenault was also quick in the medical shop to gather her own garbage bag from a cabinet: something to lay on so she wouldn't get damp in the grass, awaiting aid for this day's “pelvic fracture.”

Corporal Jean-Luc Germain was strapping his own flesh-coloured and bloody puncture simulated injury to his own leg.

“I was in California, took a shot in the shoulder,” he said. “They packed me up and put me in a Blackhawk and we took off. I said, ‘Guys, you gotta let me up – there’s no way I’m in a Blackhawk and not enjoying it!’ So they said, ‘Oh, yeah, sure, we don’t need you any more.’ I got up off the stretcher, and we flew over the village we were attacking.”

Setting the scenario at 14 Wing Greenwood’s everyday picnic park, SAR-Tech Alexandre Lanoix coached the victims in their particular injury’s typical behaviour,



Corporal Jean-Luc Germain ensures his puncture wound is in place, as Sergeant Muriel Arsenault gets ready to assume her pelvic injury; all part of the mass casualty exercise October 5.

S. White

from breathing to how much to groan to when to escalate from seemingly OK to unconscious and “crashing.” He warned Germain the SAR-Tech’s likely application of a tourniquet for his leg puncture would “for real” be painful.

As the air crews in the Hercules airplane and Cormorant helicopter took off from the nearby airfield, awaiting instructions from the JRCC, the victims joked below: “No peeking!” and moved into position, draping themselves in and around two chunks of small airplanes regularly used to set up training scenes.

With the JRCC tasking, the

Hercules moved into position, taking several overhead passes and dropping a radio pack to Master Corporal Wayne Wilson, the only actively mobile victim below. His job was to talk to the aircrews above, describing the scene and the injuries to his buddies, as the Hercules dropped a larger medical kit and SAR-Techs prepared to land in with the Cormorant.

“For us as SAR-Techs,” Pothier said, “the mass casualty is the chance to triage, work with lots of casualties, extract them from awkward positions.... We don’t get many opportunities to do that and, to organize and co-

ordinate SAR-Techs and two aircrews and train – that’s a big thing.”

Pothier supervised the scenario, including the placement of four “directional staff” who monitored the scene and the search and rescue response, from call-out to the last airlift of victims.

“Everyone has a couple of victims they stick with. They watch the simulation and paint the picture for the SAR-Techs: we know this is not as realistic as the real thing, so we want it to go the way we want it to. They’ll take notes, see if they see anything we want to work on later – all of this is about learning points.”



Search and rescue technicians Master Corporal Gabriel Ferland, left; Master Corporal Matthew Sebo and Master Corporal Vincent Brousseau tend casualties at a simulated crash site October 5.

Corporal K. Neate, 14 Wing Imaging



Search and rescue technicians load casualties onto CH149910 at a simulated crash site October 5.

Corporal K. Neate, 14 Wing Imaging

SAR crews keeping eye out for overdue, missing hunters

October 10, around 11 a.m., a Hercules was tasked to assist in the search for an overdue canoe in the vicinity of Cape Dorset. It refueled in Sept Iles and headed for an overnight in Iqaluit. They were back in the air around 9:30 a.m. October 11 to resume the search.

October 13, a Greenwood Hercules launched just after 7:30 p.m. to search for an overdue light aircraft, approximately 400 nautical miles north of Greenwood. Just after midnight, the search plane returned to

resume the search. October 13, a Greenwood Hercules launched just after 7:30 p.m. to search for an overdue light aircraft, approximately 400 nautical miles north of Greenwood. Just after midnight, the search plane returned to Greenwood, having spotted an aircraft parked on the ground at the expected location of the overdue aircraft, about 160 nautical miles north of Bagotville. They were stood down by the Joint Rescue Coordination Centre, with members of the

local CASARA or Surete de Quebec tasked to confirm it was the correct aircraft. October 14, just after 6:30 p.m., a Greenwood Cormorant left to continue the same SAR task: while the overdue aircraft was located, there had still been no contact with the pilot. An unoccupied canoe was since spotted a short distance away, so the helicopter resumed the search for the now missing hunter. Just after 10 p.m., a Hercules joined the tasking to provide flare drops for the Greenwood Cormorant

and RSCU 439, a Griffon helicopter which joined the search. Greenwood's helicopter returned around 6:30 a.m. October 15: the crew had found some debris, but the overdue hunter was not found. The Hercules had returned around 5 a.m.

October 16, a Greenwood Hercules left just before 7 p.m., heading for the New Port, Quebec, area after a call came in regarding a sighting of an overturned boat.

October 18, just after 2 a.m., the Cormorant left Greenwood to assist in the search for a missing hunter in the vicinity of the Gaspé Peninsula. The SAR was stood down, after the helicopter and crew could not get any closer than eight miles to the hunter due to weather. The aircraft returned to Greenwood at 5:30 a.m., and was tasked again at 8 a.m. It was stood down almost immediately afterwards, by 8:40 a.m., as the hunter was located.

YOUTH TGIF

FRIDAY NIGHTS ARE ALRIGHT!

At the 14 Wing Community Centre

Cost: \$5/Friday
Time: 4-7:30pm
Ages: 6-13

Registration Required
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local 5341

Check out the youth calendar of events for details happening each week at facebook.com/14WingCommunityRecreation

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14 Wing Greenwood squadron commanding officers and chief warrant officers, during the 2018 VPI Memorial Service September 30. Master Corporal R. Wilson, 14 Wing Imaging

VPI service, sacrifice remembered

**Major Dave Prangley,
404 (Long Range Patrol
and Training) Squadron**

September 30, members of the international fixed wing maritime patrol community, including retired personnel and international guests, gathered with 14 Wing Greenwood members for a rededication and memorial service. This year's service was led by Colonel Mike Adamson, 14 Wing commander, and the current VPI patron.

The VPI Memorial Service is an annual event that serves as an act of remembrance for all fixed wing and long range patrol aircrew killed on operations or in training from the 26 nations that make up the VPI organization. "VP" is the military designation for fixed wing maritime patrol aircraft, and the "International" badging acknowledges the 26 countries that make up the community. VPI's mission is to "foster goodwill and fellowship among long range

maritime patrol and reconnaissance flyers through the promotion of understanding and recognition of maritime patrol operations” part of that mission is also to remember those who have been lost, accomplished through the annual memorial service.

The memorial was initially dedicated in 1993 and, each year, the service rededicates the memorial and honours any new names added to the organization's Book of Remembrance, thanks to the tireless research efforts of VPI members. The book,

routinely kept on display at the Greenwood Military Aviation Museum, currently lists the 1,896 names of those fixed wing long range patrol aircrew who have died in the service of their countries since 1947.

In 2016, VPI celebrated its 50th anniversary and currently boasts a membership of over 5,500 personnel worldwide. Its headquarters is based here at 14 Wing Greenwood.



Lieutenant-Colonel Amy Tsai-Lamoureux, 14 Air Maintenance Squadron, left, and Chief Warrant Officer Rick Cote, salute the VPI memorial.

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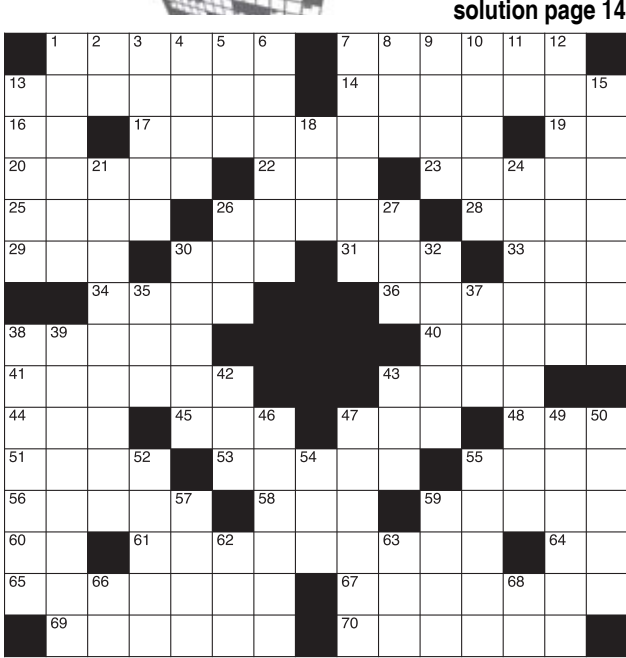




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

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

metro crossword



- ACROSS**
1. Rhythmic patterns
7. Ethical theory
13. Nightclub
14. Upsets
16. Type of railroad
17. Home of The Beatles
19. Political organization
20. Disgraced cyclist
22. Seven
23. Enlarges hole
25. Some are big
26. August __, German socialist
28. Unappetizing food
29. Cast out
30. Adult male
31. After uno
33. Midway between northeast and east
34. Kenyan settlement
36. Oxygen deprived
38. British writer
40. Synchronizes solar and lunar time
41. Vehemently expressed
43. Hurt
44. Relative biological effectiveness (abbr.)
45. Gradually weaken
47. Cool!
- DOWN**
1. Spanish seaport
2. Equal to one quintillion (abbr.)
3. Powders
4. One of the 'Great' ones
5. Increase motor speed
6. O.E.T.O director
7. Caught sight of
8. Congressional investigative body
9. Aroma
10. Runs without moving
11. Southeast
12. About remembering
13. Slang for famous person
15. Potential criminal
18. Body part
21. All over the place
24. Conqueror
26. Actress Ling
27. Mauna __, Hawaiian volcano
30. Distributes
32. Golfing legend Sam
35. Laos musical instrument
37. Open payment initiative
38. Having no fixed course
39. Type of dog
42. Digital audiotape
43. Hit lightly
46. San Diego ballplayers
47. Stop working
49. Suitable for growing crops
50. Musical groups
52. Soft
54. Lowest point of a ridge
55. Beloved late TNT broadcaster
57. Thin strip to align parts
59. Cardinal number
62. Frozen water
63. One who is incredibly special
66. Rhodium
68. Top lawyer in the land

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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.

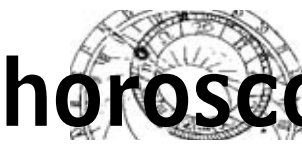
Wee Reads Story Time
October 24, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites children ages to age five (all children welcome, and must be accompanied by a parent or caregiver) for books and songs,

playtime and even a snack. Registration is required.

VPI Greenwood meeting
October 25 is the next meeting of VPI Greenwood. Pre flight brief 1500 Hrs, take off 1600 Hrs, land approx 1630 Hrs; followed by crew debrief. Happy landing.

Meeting
October 25, 7 p.m., there will be a meeting of the Annapolis Valley African Violet Society, upstairs at the Greenwood Sobey's Community Room. See <http://avavs.com/meetings.html> for more details.

Chase the Ace
October 25, 6 p.m. to 7:30 p.m. (weekly Thursdays), Chase the Ace at Paddy's Pub, Kentville, with Valley Cheer Athletics Association. Tickets: 1 for \$2, 3 for \$5 and 10 for \$10. The winning number will be announced. If no one claims the ticket within 5 minutes, the phone number



horoscopes

- October 21 - October 27**
ARIES - Mar 21/Apr 20
Aries, if you want to be a pioneer, you have to trust yourself and take some risks. Find ways to expand your social circle and attend as many events as you can.
TAURUS - Apr 21/May 21
Do not worry about pleasing everyone, Taurus. Doing so is impossible and will zap you of the energy you need to devote to those who truly matter to you. Value their opinions.
GEMINI - May 22/June 21
You are in an amorous mood this week, Gemini. Focus your energy on romantic plans. Develop an idea for a dinner as a couple, or a friends' night out with others.
CANCER - Jun 22/Jul 22
Cancer, if you want to improve your bottom line, you may need to seek the advice of a professional. Make an appointment to see how to better manage your funds.
LEO - Jul 23/Aug 23
Leo, keep close friends close, but see if there are any opportunities to widen your network. Networking is an important skill to master. It could serve you well.
VIRGO - Aug 24/Sept 22
Virgo, it is okay to make mistakes if it is a matter of personal growth. Sometimes the most valuable lessons are learned by making a mistake and correcting it.
- October 28 - October 31**
LIBRA - Sept 23/Oct 23
Family ties have you pulled in one direction when you may have your eyes focused in another, Libra. With some careful shuffling, you can likely find a balance.
SCORPIO - Oct 24/Nov 22
Awkward situations give you the opportunity to think on your feet and find amenable solutions to problems, Scorpio. Don't underestimate the advantages of this skill.
SAGITTARIUS - Nov 23/Dec 21
A few changes may be heading your way, Sagittarius. These are nothing you cannot handle with grace. Look for opportunities for growth with anything that comes your way.
CAPRICORN - Dec 22/Jan 20
Capricorn, sometimes the best ideas come when you aren't focused on finding solutions to problems. Keep an open mind and all types of different ideas can arrive.
AQUARIUS - Jan 21/Feb 18
Certain things are inevitable, Aquarius. But you can adapt to many different situations and make them work for you. Do not be scared off by larger projects on the horizon.
PISCES - Feb 19/Mar 20
Pisces, channel your creative energy into something lucrative this week. This may be just what you need to turn a passion into a career.

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the ticket will be called: the contact will have 15 minutes to arrive, or may permit a VCA volunteer to draw on their behalf.

FB: Chase the Ace Valley Cheer Athletics.

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.

Ten Thousand Villages sale
October 26, noon to 8 p.m.; and October 27, 9 a.m. to 3 p.m., make a difference by shopping fair trade at the Friends of Ten Thousand Villages - Annapolis Valley/ Kentville Ten Thousand Villages Festival Sale, featuring handcrafted home décor and gifts made by fairly paid artisans in more than 30 countries. At the Kentville fire hall, 463 Main Street.

Dance
October 27, 9 p.m. to midnight, there will be a Halloween dance at the Black Rock Rec & Cul-

ture 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 the quality of life for local people through citizenship programs and education support.

Berwick market
October 27, 9 a.m. to 1 p.m., the Berwick Community Market, located at the Berwick Legion, presents "Bring a Friend to The Market Day." Bring someone new to the market and you each get a free raffle ticket for a basket of market vendor goodies. Bring more friends, get more tickets!

Supper
October 27, 4:30 p.m. to 630 p.m., there will be a delicious turkey supper at the Aylesford United Church, with homemade apple pie for dessert. Freewill offering. Take outs available \$12. Wheelchair accessible. Come and bring a friend. Sponsored by the Committee of Stewards for church expenses.

Volkssport walk
October 27, the Valley Trekkers Volkssport Club will walk Dodge Road. Meet at the corner of Route 221 and Dodge Road (exit 17 off Highway 101). Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 10km, 3C walk. Potluck to follow. For more info: 902-765-0906.

Hike
October 27, Hike Nova Scotia and Canning Recreation pres-

ent a guided hike in Blomidon Provincial Park in Canning, 11 a.m. You must pre-register at director@canningrecreation.com. Qualify to win a trail prize. See hikenovascotia.ca for details.

Make your own... art
October 27, 12:30 p.m. to 2:45 p.m. Make your own art work. Dress to make a mess. For ages five to 12. Register with the Berwick & District Library.

Cemetery work day
October 27, join us for a fall leaf raking day at the Old Tremont Cemetery, 740 Tremont Mountain Road, 9 a.m. until noon. All hands are welcome - a great family activity. Extra rakes available or bring your own. Rain date: Nov. 3. More info: 902-765-2642.

Halloween party
October 27, 6 p.m. to 8 p.m., bring the whole family out for an Old School Halloween Bash at the Millville Community Hall. Spooktacular fireside ghost stories, apple bobbing, hauntingly yummy snacks and a costume contest. Starting at 7 p.m., we will be hosting the Ultimate Fear Factor Challenge for any interested children. Prizes to be won. Contact Candice at 902-840-1562 with questions.

Pizza & movie night
October 27, the Wilmot Baptist Christian Fellowship Centre hosts a family pizza and movie night. Pizza served at 5:30 p.m., and the movie begins at 6 p.m. Showing this month: "In His Steps." A church and its members struggle with living the WWJD (What Would Jesus Do) challenge in their daily lives. There is a supervised children's activity centre (age five-plus). Call Brian at 902-765-4124 for information.

Supper and roast
October 28, 5:30 p.m., Linda Best (75) and Ann Anderson (80) will be celebrated at a joint birthday supper and roast, marking their dedication and support of local agriculture and related businesses, at the Berwick Lions Hall, Veterans Drive, Berwick. The meal is sponsored by Meadowbrook Meat Market, featuring apple cranberry stuffed pork loin, veggies and dessert – all locally sourced. Music by Kenny Byrka, a silent and bidding auction, and a half-hour roast during the dinner. Tickets are \$25, with proceeds to local 4-H programs in the ladies' honour. For tickets: Eventbrite 155 Years.

Meeting and public talk
October 30, 7:30 p.m., join the Kings County Museum and Historical Society for its monthly meeting plus public talk - "Readapting Prehistory: Understanding Human Adaptation to the Natural Environment in Prehistoric Atlantic Canada;" the history of indigenous peoples in pre-historic Atlantic Canada, shaken and stirred with a new theory on adaptation to the environment with David MacInnes. Admission by freewill offering. At the Kings County Museum Courtroom (upstairs), 37 Cornwallis Street, Kentville. 902-678-6237.

Luncheon
October 30, 11 a.m. to 1 p.m., the Fireflies host a soup luncheon at the Middleton Fire Hall. Homemade hamburger soup, corn chowder or split pea & ham soup; and either pumpkin or lemon dessert, all for the bargain price of \$9? The Middleton & Area Fireflies raise money for the local volunteer fire department and the proposed new community/ fire hall. For free local delivery, call Bonnie by Oct. 29, 902-825-3062.

Halloween crafts
October 30, 3:30 p.m. to 4:30 p.m., the Kingston Library invites youth ages five to 12 to come out for spooky Halloween crafts after school...if you dare!

Chase the Ace
November 1, 6 p.m. to 7:30 p.m. (weekly Thursdays), Chase the Ace at Paddy's Pub, Kentville, with Valley Cheer Athletics Association. Tickets: 1 for \$2, 3 for \$5 and 10 for \$10. The winning number will be announced. If no one claims the ticket within 5 minutes, the phone number on the ticket will be called: the contact will have 15 minutes to arrive, or may permit a VCA volunteer to draw on their behalf. FB: Chase the Ace Valley Cheer Athletics.

Bake sale
November 2, 9 a.m. to 3:30 p.m., the Valley WAAG Animal Shelter

will hold its annual bake sale at the Middleton Pharmasave. Expect to find a wide array of delicious homemade goodies. Please help us help the cats in shelter care, while they await their forever homes. For information: 902-765-6629.

At the Evergreen
November 2 at 8 p.m., the Ever-

green Theatre, 1941 Stronach Mountain Road, Margaretsville; presents Australian blues legend Lloyd Spiegel, recently named in Australian Guitar Magazine's list of 50 greatest Australian guitarists of all time. Tickets \$30 (military \$25, students \$15) at TIXHUB at www.evergreentheatre.ca.

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

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C	A	B	A	R	E	T	S	A	D	D	E	N	S
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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)

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FOR RENT – One-bedroom, main floor level unit. On bus route in Wilnot, no smoking. Available November. \$350.00 per month plus utilities. Serious inquiries only. Call 902-825-4996. (3940-4tp)

FOR RENT – One-bedroom available November 1 in rural Kingston: This apartment is on second floor of my garage and is available for ONE person. I am looking for working person and/or senior. Apartment is fully furnished (if you wish) including washer, dryer, fridge and stove. Pets and smoking are NOT allowed on the property. References required. Monthly lease until May 2019, which then becomes a yearly lease. \$850 monthly and tenant pays NS Power. Heat pump and electric heat. Write joebn699@gmail.com or call 902-765-1898. (3938-ufnb)

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. (3940-2tp)

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WANTED

WANTED – Kingston Wreath Shop seeking employees to handcraft wreaths for one month, November 10 to December 10, 2018. Training provided. Previous experience as a crafter or florist may be an asset. Phone 902-765-9444 and leave a message. (3940-3tpb)

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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Youth Happenings

Youth centre activities at the 14 Wing Greenwood Community Centre are open to youth ages six to 12. Please be sure to pre-register for any activities you're interested in by calling 902-765-1494 local 5341, or stopping by the centre (located in Bldg. 110 on Church Street, Greenwood), Monday to Friday, 8:30 a.m. to 4:30 p.m. (the office will be closed noon to 1 p.m. for lunch). No registrations will be taken after noon the day of the activity.

Monday, October 22 – *Boys Club*, 6 p.m. to 7:30 p.m. Please remember indoor shoes, as we will be playing Nerf games in the gym (bring your own Nerf gun and ammo).

Tuesday, October 23 –

Creative Critters, 6 p.m. to 7:30 p.m. Get creative with your own fairy tale creature masks from the deep woods! Wear your paint clothes.

Thursday, October 25 – *Active Chicks*, 6 p.m. to 7:30 p.m. Be sure to bring your indoor shoes and comfy clothes, as we will be playing bridgeball in the gym.

Friday, October 26 – *In-service day camp*, 7:30 a.m. to 5:30 p.m. We will be offering a full day camp for youth with the day off school: games, crafts, physical activity, fun and laughs are on the agenda for today (there will be no YTGIF this week). Register at the centre. Cost will be \$18 for Community Recreation Card holders, or \$22 for non-rec card holders.

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143 Construction Engineering Flight members in Bridgewater opened the doors to their work space – and the potential of a Canadian Armed Forces' Reserve career – at their September 29 open house.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

Open house shows off Reserves' work, career options

143 Construction Engineering Flight has been operating in Lunenburg County for over 20 years and, September 29, members opened the doors to the community to host an open house.

The day gave visitors the opportunity to learn more about the unit and the Air Force Reserves, and the tremendous employment opportunities it holds for those willing to take a closer look. The Reserves gives people a chance to get world-class

training, while receiving a very competitive wage. Once training is complete, you will be assigned to the local flight, working and living right here at home. The flight offers opportunities in many various trades, from plumbing and electrical to carpentry and heating and air conditioning - just to name a few.

Many who came out to the open house were amazed at the possibilities the Air Force Reserves has and, for those looking for something differ-

ent, the high quality of training available so close to home. Once an applicant passes initial testing, the new recruit receives their BMQ (basic military qualification) training, which immerses them in the world of the Canadian military. Once complete and the trade of choice is established, trade training commences. The unique aspect of the Air Force Reserves is, once accepted, the new recruit begins to get paid – throughout all phases of training.

Soldiers' social a 1940s' night to remember

October 26, the Kings Historical Society and CentreStage Theatre host a night of wartime camaraderie, with a touch of the poignant, in the Ball Room of the Cornwallis Inn, 325 Main Street, Kentville.

Guests will enjoy a night

of live 1940s-era music, food, theatre and dancing – which includes actors and dancers in period costumes mixing with the crowd for an authentic 1940s' atmosphere. The “Andrews Sisters” (The Dearlies) will make a special appearance!

There will be a cash bar serving refreshments and “cigarette” girls will stroll through the ballroom.

This event is a fundraiser for the two hosting societies, but also a night to honour our Second World War veterans. We look for-

IODE works benefit community

Many people wonder: “What is IODE?” Many have never heard of it.

Rosemary Chapter IODE, located in Middleton, is a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community service and citizenship programs. In the Annapolis Valley, Rosemary Chapter IODE is the only chapter doing splendid work for the local community.

Twice a year, in April and October (this year happening October 27), members organize a rummage sale at the Middleton community college campus. This has been a chapter project for over 50 years, and provides the local community both the opportunity to donate household goods and clothing and the opportunity to purchase many other needed items, with no tax applied. All revenue from these sales goes back into the community, through support for school lunch programs, books and equipment for libraries.

Renew your curiosity at the library

October is a month of many celebrations, including Canadian Library Month.

During this month, the Annapolis Valley Regional Library is holding a membership drive. We are asking, “What if everyone had a library card?” We invite you to visit us today to renew your curiosity – with your community. The library is more than just books and, to be sure, “a visit will get you thinking...”

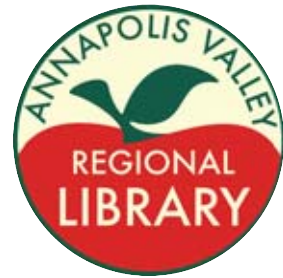
Your free library card gives you access to books, movies, eBooks, audiobooks, magazines, online homework help, bikes, fitness equipment, cultural events, art classes, computer workshops, free Wi-Fi - and so much more. Visit your local library today and find out what's going on!

We'll even be out in the



During the rummage sales, many non-IODE volunteers help out with the sale – and members are most grateful for their support! However, the chapter also needs younger - as well as retired and older, enthusiastic - members to help carry on its good works.

In April 2019, the chapter will be celebrating its centennial, 100 years of service since 1919, when it was founded. For more information on the IODE and Rosemary Chapter, email pvdavies@ns.sympatico.ca or call 902-532-2739; or sheileyreycraft93@gmail.com. The chapter meets the first Tuesday of each month at 2 p.m. (except for July and August) at the Macdonald Museum in Middleton.



community – look for our library staff at farmers' markets, schools and community events. We can get a library card for you, wherever you are. You can even apply for a card online.

We've got some great events in October as well: games nights, book clubs, story times, pumpkin carving, writing workshops and even a Harry Potter party. You can find all the details and register for these free events at valleylibrary.ca.

Food for thought

The Upper Room Food Bank in Kingston has been in operation for many years, under the management a board of directors, volunteers from local churches and manager Harley Hazelwood. Dedicated individuals sort and distribute the product coming in and out of the food bank daily.

There are several Valley food banks providing a much needed service to the communities they serve but, in many cases, the scope of the service is not well known in these same communities. Most see the food bank as a necessary function, but it doesn't directly affect us so we don't give it a lot of thought until we see a local business or service group conducting a food drive.

For many more members of our community than we realize - due to circumstances that could happen to any of us living paycheck to paycheck, people may find themselves in need of a little help from time to time. With an unexpected sickness, accident or loss of a position at work, we, too, could find ourselves in need of support from a food bank to get through a rough spot.

The Upper Room shares general monthly information with its board at meetings, including the number of people helped, the amount of food coming in and, more important, the amount going out. For instance, in September, the Upper Room served 176 families, consisting of 294 adults and 171 children;

20,647 pounds of product went out and 18,652 pounds came in (which includes 5,254 pounds from Feed Nova Scotia and 2,599 pounds purchased with donations).

A Cram the Cruiser food drive hosted by Kings District RCMP and the Kings County Senior Safety Program at the Superstore in Kingston October 5 and K-Rock's annual September Food Drive for 10 Valley food banks were both a great success. Thank you to all in our community whose generosity helps food banks help others.

The Upper Room Food Bank is open for clients Mondays, 10 a.m. to noon, and Thursdays, 7 p.m. to 8:45 p.m.

WINTER TIRE EVENT

October 24, 2018

PURCHASE OR GET A QUOTE FOR A CHANCE TO WIN UP TO \$500.00 TOWARDS A SET OF 4 TIRES (NO CASH VALUE)
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Mess Annapolis

De 12 h 00 à 16 h 00

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14 Wing Combined Charities Jail Your Boss Event
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Bring your boss and donation to the event • \$1 buys a minute of jail time, or until your boss doubles the amount for bail!
Amenez votre patron et un don à l'événement • 1\$ vous achète une minute en prison ou jusqu'à ce que votre patron paie son cautionnement!





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