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# Longest three minutes of your life

## 405 Squadron relives past with former Lancaster aircrewman

**Lieutenant Evan Fay,  
405 (Long Range Patrol)  
Squadron**

Three minutes of sheer terror.

Though three minutes may not seem like a long time in our day-to-day lives, it was an eternity for a Second World War Lancaster bomber aircrew. When it was announced a bombing run had begun, the clock was set. The aircraft flew straight-and-level inbound to the target, all while being showered by flak and peppered by German fighter fire. The incessant pounding of heavy shells exploding around the Lancaster crew could be seen, heard and felt; and they watched as aircraft around them burst into flames, and saw men bailing out. All the while, they would pray to hear "Bombs away!," signifying the end of their

bombing run.

The memories of Lieutenant-Colonel (retired) Russell Hubley, DFC, CD; seemed in stark contrast to the bright, sunny sitting room in the Camp Hill Veteran's Memorial Hospital in Halifax, but six recently visiting members of 405 (Long Range Patrol) Squadron, from 14 Wing Greenwood; were easily transported to another world by the descriptive, thrilling, funny and - at times - haunting stories of the times Hubley spent in the war torn skies of 1940s Europe.

Hubley is in his 96th year, but you'd never know that by his appearance. Wearing an old CANEX jacket plastered with RCAF badges, with a rack of miniature medals extending across the full breadth of his chest, Hubley is beyond proud to be affiliated with the RCAF. Though

he received many honours, including the Distinguished Flying Cross and the French Legion of Honour, his most prized award was his Pathfinder Wings badge which, he explained, were hard to earn - and easy to lose.

In order to retain Pathfinder Wings, you were required to complete an entire tour, comprised of 45 sorties over Europe. The average life expectancy of bomber aircrew being notoriously short, completing 45 missions was a significant achievement. Hubley completed 60.

One day, prior to a flight, Hubley accidentally picked up his para-

chute pack by the rip cord instead of by the handle. Distraught, and worried he'd have to pay to have it re-

Continued on page 2...



Former  
405 Squadron  
Pathfinder Lieutenant-  
Colonel (retired)  
Russell Hubley, DFC, CD  
Corporal D. Kirkwood,  
405 Squadron  
Imaging

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## Longest three minutes ...

...cover the-clock effort to accomplish the mission.

405 Squadron members spent a few hours with Hubley, and know they barely scratched the surface of his experiences. Our veterans contain a wealth of knowledge that, regrettably, is untapped. It was an honour and a privilege to hear Hubley's stories, and gain a small appreciation of what life was like for a 405 Squadron member during the Second World War. Given the opportunity, currently serving members of the military should take the time to speak with a veteran.

Hubley was incredibly humble and almost nonchalant. He cites one of the most important factors in his success as his ground crew: without the dedication and hard work of those workers, the aircraft could not have flown and the mission could not have been achieved. He feels to this day ground crew members have not received the recognition they deserved for their round-

References: Norfolk and Suffolk Aviation Museum. n.d. "Aviation Museum." RAF Bomber Command



January 31, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, front left, and Squadron Chief Warrant Officer Craig Chislett, front right; along with four squadron members travelled to the Camp Hill Veterans Hospital in Halifax to visit Lieutenant-Colonel (retired) Russell Hubley. Hubley shared many accounts of his Lancaster flying experiences during the Second World War with today's squadron members.

Corporal D. Kirkwood, 405 Squadron Imaging

## CAF senior appointments, promotions, retirements announced

January 31, General Jonathan Vance, Chief of the Defence Staff, announced an initial list of Canadian Armed Forces (CAF) General and Flag Officer senior appointments, promotions and retirements that will occur in 2017.

This announcement results in the largest number of women – nine - in the senior ranks of the CAF in history.

These officers lead the CAF in defending our country's values and interests, here at home and abroad.

Included in the announcement, Rear-Admiral J.F. Newton will be appointed to a new position as Veterans Affairs Canada Liaison Officer in Charlottetown.

As a result, Commodore C.A. Baines will be promoted to the rank of rear-admiral and will be appointed as Commander Maritime Forces Atlantic/ Joint Task Force (Atlantic) in Halifax, replacing Newton.

Captain (Navy) C.T. Skjerven will be promoted to the rank of commodore and will be appointed as Commander Canadian Fleet Atlantic, in Halifax, replacing Baines.

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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 Patrick Thauberger, commandant de l'Escadre.

**Useful links | Liens utiles**

**Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
www.airforce.forces.gc.ca

**Community Gateway 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

**Personnel Family Support Services**  
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www.forces.gc.ca

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

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www.forces.ca

**Military Family Resource Centre**  
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# La rencontre avec les familles, le fait saillant de la visite de l’Ombudsman des FAC

Gary Walbourne, Ombudsman du ministère de la Défense nationale et des Forces armées canadiennes est à Greenwood cette semaine pour entendre les militaires, leurs familles, les employés civils et toutes les autres personnes qui reçoivent l'aide de ce bureau.

L'équipe du bureau de l'Ombudsman rencontrera les dirigeants de la 14e Escadre Greenwood, les militaires du rang de tous les grades et de tous les groupes professionnels, les familles des militaires, les fournisseurs de soins, les aumôniers, les

travailleurs sociaux et les employés civils dans le cadre de cinq assemblées générales et d'autres rencontres plus petites entre le 7 et le 9 février.

L'ombudsman fait enquête sur les plaintes et sert de tierce partie neutre pour les affaires liées au ministère de la Défense nationale et aux Forces armées canadiennes. Indépendant de la chaîne de commandement et des gestionnaires, il relève directement du ministre de la Défense nationale. Il peut également faire enquête sur les affaires qui touchent le

bien-être des militaires, des employés du ministère de la Défense nationale et d'autres personnes qui relèvent de sa compétence et en rendre compte. Le but ultime est de contribuer à des améliorations substantielles et durables pour les membres de la communauté de la défense.

Une affaire peut être portée à l'attention de l'Ombudsman par un membre actuel ou ancien des Forces armées canadiennes ou des cadets, un employé actuel ou ancien du ministère de la Défense nationale ou des fonds non

**Horaires des rencontres avec l'Ombudsman à la 14e Escadre**

Le 7 février, de 9 h 30 à 11 h – Sous-officiers subalternes (soldats et caporaux), au mess Annapolis

Le 7 février, de 13 h 30 à 15 h – Sous-officiers supérieurs (sergents et supérieurs), au mess Annapolis

Le 7 février, de 17 h 30 à 19 h 30 – Familles, au Centre de ressources pour les familles de militaires. Les familles doivent contacter le Centre de ressources pour les familles de militaires avant le 6 février pour deux raisons : le Centre offrira le service

de garde d'enfant gratuitement, et la pizza sera servie gratuitement aux participants. Veuillez téléphoner au 902-765-5611 d'ici le 6 février.

Le 8 février, de 10 h à 11 h 30 – Officiers, au mess Annapolis

Le 8 février, de 10 h 15 à 11 h 45 – Civils du ministère de la Défense nationale, au mess Annapolis

Le 9 février, de 13 h 15 à 14 h 15 – Membres de l'Unité interarmées de soutien au personnel (UISP)

publics, une personne qui s'est portée candidate pour devenir militaire, un membre de la famille immédiate d'une des personnes nommées ci-dessus ou une personne qui participe à un échange ou à un détachement avec les Forces armées canadiennes.

## Family meeting highlights CAF ombudsman visits

Gary Walbourne, ombudsman for the Department of National Defence and Canadian Forces, is in Greenwood this week to hear from military members, their families, civilian employees and the

extended range of individuals his office helps.

The ombudsman's office team will meet with 14 Wing Greenwood's senior leaders, non-commissioned members of all ranks and occupations, military family members, healthcare providers, chaplains, social workers and civilian employees through five town hall sessions and smaller visits between February 7 and 9.

The ombudsman investigates complaints and serves as a neutral third party on matters related to the Department of National Defence and the Canadian Forces. Acting independently of the chain of command and managers, he reports directly to the minister of National Defence. The ombudsman may also investigate and report on matters affecting the welfare of members and employees of the department or the Canadian Forces and others falling within his jurisdiction. The ultimate goal is to contribute to substantial and long-lasting improvements for defence community members.

A matter may be brought to the ombudsman by a current or former member of the Canadian Forces or Cadets, a current or former employee of the Department of National Defence or Non Public Funds; a person applying to become a member, a member of the immediate family of any of the above-mentioned or an individual on an exchange or secondment with the Canadian Forces.

**14 Wing ombudsman visit schedule**

February 7, 9:30 a.m. to 11 a.m. – Junior Ranks (master corporal and below), at the Annapolis Mess

February 7, 1:30 p.m. to 3 p.m. – Senior non-commissioned officers (sergeant and above), at the Annapolis Mess

February 7, 5:30 p.m. to 7:30 p.m. – Families, at the Military Family Resource Centre. Families should contact the MFRC by February 6 for two reasons: there will be free childcare offered, and a free pizza supper for attendees. Please call 902-765-5611 by February 6.

February 8, 10 a.m. to 11:30 a.m. – Officers, at the Annapolis Mess

February 8, 10:15 a.m. to 11:45 a.m. – Department of National Defence civilians, at the Annapolis Mess

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### Regional French Immersion Information Sessions

In February and March, Regional French Immersion Information Sessions are taking place for families of students entering Primary (Early Immersion) or grade seven (Late Immersion). These Information Sessions will be at the following schools:

**Early Immersion**

- **Kings County Academy**  
February 27, 2017 at 7:00 p.m.
- **Kingston and District School**  
March 8, 2017 at 6:30 p.m.
- **New Minas Elementary School**  
February 22, 2017 at 7:00 p.m.

**Late Immersion**

- **West Hants Middle School**  
February 15, 2017 at 6:30 p.m.

For more information, please contact one of the schools above.

Visit  
**www.avrsb.ca/our-schools**  
for school contact information.

Please note dates are tentative due to current NSTU job action; any updates will be posted to **www.avrsb.ca**.



## Hercs out on top cover SAR support

14 Wing Greenwood search and rescue crews were out January 20, flying in support of a medevac mission 200 nautical miles northeast of Goose Bay. The Hercules aircraft arrived on scene around 12:30 p.m. to provide top cover as 103 (Transport and Rescue) Squadron responders handled the call. The Greenwood aircraft returned home around 3:45 p.m. after a successful mission. February 2, shortly af-

ter 8 a.m., 413 Squadron dispatched a Hercules to provide top cover, as rescue crews on a Cormorant helicopter worked to evacuate a 42-year-old male with a crush injury to his lower left leg from the TMC Viking Adventure, approximately 260 nautical miles south of St. John's. The individual was then transported by the helicopter to St. John's and the Herc returned to 14 Wing around 6 p.m.

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## bravo zulu | promotions & presentations



404 Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left), January 11 presented Corporal Dom Beauregard-Douaire (centre) with a promotion to his now current rank of master corporal. Standing with them is 404 Squadron Chief Warrant Officer Conrad Wilson. Submitted



Master Corporal A.T.B. Barker (centre) received the 413 (Transport and Rescue) Squadron Tusker of the Quarter Award January 18, presented by Lieutenant-Colonel J.D. Marshall (left), and Chief Warrant Officer J.G.C. Faucher. Submitted

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14 Wing Imaging unless otherwise indicated.



Major Rodney Chongva, officer in command of 14 Wing Replenishment Squadron, recently presented Aviator Celeste Dowling with her promotion to corporal. Submitted



Major Rodney Chongva (left), officer in command of 14 Wing Replenishment Squadron, recently presented Able Seaman Sherry Coutu (centre) with her promotion to leading seaman. Also present is her husband, Corporal Jean Francois Coutu. Submitted

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**February 2017**

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**Free Community Skating**  
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FEBRUARY 3, 10, 17, 24  
SATURDAYS 6:30-7:30 PM  
FEBRUARY 4, 11, 18, 25



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## JTF-Atlantic forces support N.B. ice storm relief

In support of New Brunswick's efforts to respond to a major ice storm, Joint Task Force Atlantic January 29 readied and dispatched forces from the 5th Canadian Division Support Base Gagetown. The main body arrived January 30, between 3 a.m. and 4 a.m., comprising three additional platoons, and bringing the total force size to just under 200 members. With the headquarters established the night before, the

deployed group was able to hit the ground running and begin relief operations. Regular and Reserve Force soldiers, with equipment appropriate to the ice storm recovery task, mobilized as a task force built around the high readiness Canadian Army unit based in Gagetown. The Company Group was augmented by engineers and key enablers, such as health services, military police and public affairs

officers. The force is self-sufficient, and will operate out of tents, gymnasiums or armouries; and will work principally around the five New Brunswick communities which have declared a Local State of Emergency. Canadian Armed Forces personnel are in continuous liaison with Public Safety Canada, other federal partners, and the Province of New Brunswick to ensure a synchronized response to situation.

"We're glad to be able to help the government and people of New Brunswick cope with this emergency," said Rear Admiral John Newton, Joint Task Force Atlantic Commander. "It's important for Canadians to know, while their Armed Forces members principally train for operations overseas, we stand ready to provide assistance back here at home in times of need. "We bring capability, and we're ready to help."



Members of 4th Artillery Regiment (General Support) remove fallen tree branches and damaged trees during Operation Lentus in the Acadian Peninsula January 31. Warrant Officer J. Kean, 5 Canadian Div Public Affairs

## Winter Carnival | Carnaval d'hiver

### L'horaire du rallye de motivation le 10 février

14 h 00	Mise en place d'équipes pour le jugement décoration de table, l'inscription
15 h 00	Portes ouvertes : vente de billets 50/50, jugement de tables
15 h 30	Discours du commandant de l'escadre
De 16 h 00 à 17 h 00	Défi de l'équipe de commandement
17 h 15	TGIF & nourriture
17 h 45	La gagnant du 50/50 sera divulgué
De 19 h 00 à minuit	DJ
01 h 00	Fermeture du mess

## February 10 Pep rally schedule

2 p.m.	Team set-up for table judging, event sign-up
3 p.m.	Doors open: 50/ 50 tickets on sale, table judging
3:30 p.m.	Wing commander's address
4 p.m. to 5 p.m.	Command team challenge
5:15 pm.	TGIF & food
5:45 p.m.	50/ 50 winner announced
7 p.m. to midnight	DJ
1 a.m.	Mess closes

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**10 Feb / fév Annapolis Mess**





# Birthday marks contributions of multi-skilled Logistics Branch

Sara Keddy,  
14 Wing Public Affairs

Cake, coffee and party games were on the schedule February 1, as 14 Wing Greenwood's logistics branch members celebrated their 49<sup>th</sup> branch birthday. With about 600 personnel on base working in trades under the branch umbrella,

search and rescue operation, with a SAR-Tech jumping out of a plane: what the Canadian public loses sight of, often, is how much work it takes to get that one SAR-Tech in that plane to save one Canadian. "You're working hard - thank you for that." Wing Administration Lieutenant-Colonel Colin Cragg commended branch members for their commitment to deliver "operational readiness. "You train, cooperate and excel - in the present, and in preparation for the future." Looking ahead to 2018, and the branch's 50<sup>th</sup> birthday, Cragg encouraged members to get set for a nationwide Mess dinner February 2, commemorative stamps, sentry detail opportunities at the National War Memorial, a parade on Parliament Hill; and a range of local events.



14 Wing Foods spent weeks creating its annual entry into the Logistics Branch's national birthday cake competition February 1. This year's Greenwood cake – entirely edible – featured molded chocolate figures of different branch trades, set in the working environment of sea, air and land on Canada's East coast. Of special note was the creation of a replica 14 Wing-based Cormorant, and a memorial, complete with names, of those lost in a 2006 crash. Doing the cake cutting honours were, from left, Chief Warrant Officer John Martin, Wing Administration Lieutenant-Colonel Colin Cragg, Wing Commander Colonel Pat Thauberger and Chief Warrant Officer Denis Flamand.

S. Keddy

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## New CAF policy removes promotion barriers for ill, injured members

Members of the Canadian Armed Forces (CAF) who have medical challenges and are up for potential promotion no longer have to feel that they need to choose between the two. Effective January 18, 2017, ill and injured members may be promoted while undergoing medical care. If they have a condition preventing them from achieving fitness or training promotion prerequisites, they

may be promoted in an acting capacity with no time pressure for meeting these conditions. Once their medical treatment has been completed, a member may be promoted. CAF leadership is committed to caring for our members and encourages those in need of medical care to take advantage of the resources available to them, without stigma or worry of impacts on their career advancement.

"When you've earned your promotion, it shouldn't be denied to you just because you're treating a medical condition. For too long, people have avoided seeking help for fear of professional implications. We need people who can reach their full potential now and in the future. Get the help you need: your promotion will not suffer," says General Jonathan Vance, Chief

of the Defence Staff. The CAF recognizes the talents and dedication of our ill and injured members, and their expected future contributions. A member's posting and appointment at the next rank will take into account his or her employment and deployment limitations. "This is a significant change for the CAF. Our hope is that it will encourage members to

get the support they need right away, allowing them to focus on both their health and career," says Colonel Rakesh Jetly, Mental Health Advisor, Canadian Forces Health Services. Removing medical health from promotion criteria is just one of the ways the CAF is working to improve how administration and support is provided to our members and their families. For more information on these changes to promotion criteria, consult CANFORGEN 012/17 CMP 009/17 De-linking of Medical Condition from Promotion Criteria. Learn more about health programs and services available to CAF members, including physical and mental health care, support for families, and comprehensive reintegration and return-to-work programs; on the CAF health services website.

## Une nouvelle politique des FAC élimine les obstacles à l'obtention d'une promotion pour les militaires malades ou blessés

Les militaires des Forces armées canadiennes qui ont des problèmes de santé et qui sont en lice pour obtenir une promotion n'auront désormais plus le sentiment de devoir choisir entre les deux. En effet, depuis le 18 janvier 2017, les militaires malades ou blessés peuvent obtenir une promotion pendant qu'ils suivent un traitement médical. Si leur état de santé les empêche de satisfaire à certains critères relatifs à la condition physique ou à la réussite d'une formation préalable à l'obtention d'une promotion, ils ont la possibilité de recevoir une promotion interimaire sans limite de temps pour satisfaire à ces critères. Une fois leur traitement médical terminé, ils peuvent être promus de façon définitive à leur nouveau poste. Le haut commandement des FAC se soucie de la santé et du bien-être de nos militaires et encouragent ceux qui en ont besoin à utiliser les ressources mises à leur disposition sans craindre les préjugés ou les répercussions négatives sur leur avancement professionnel.

«Quand vous méritez une promotion, elle ne devrait pas vous être refusée seulement parce que vous êtes en train de soigner un problème de santé. Depuis trop longtemps, les gens évitent de demander de l'aide parce qu'ils ont peur que cela ait des répercussions sur leur carrière. Nous avons besoin de gens qui peuvent atteindre leur plein potentiel maintenant et dans l'avenir. Allez chercher l'aide dont vous avez besoin : votre promotion n'en souffrira pas », a déclaré le général Jonathan

Vance, chef d'état-major de la Défense. Les FAC reconnaissent les talents et le dévouement de nos militaires malades ou blessés, ainsi que les attentes envers leurs contributions futures. L'affectation et la nomination d'un au grade suivant prendra en considération les contraintes liées à son employabilité et sa capacité à être déployé. « Il s'agit d'un changement important pour les FAC. Nous espérons que la nouvelle politique encouragera les militaires à aller tout de suite chercher

l'aide qu'il leur faut en leur permettant de concentrer leurs efforts à la fois sur leur santé et sur leur carrière », a ajouté le colonel Rakesh Jetly, conseiller en santé mentale pour les Services de santé des Forces canadiennes. Retirer l'état de santé des critères à l'obtention d'une promotion est l'un des moyens employés par les FAC pour améliorer les services d'administration et de soutien offerts aux militaires et aux membres de leur famille. Pour en savoir plus sur les

modifications apportées aux critères de promotion, veuillez consulter le CANFORGEN 012/17 CMP 009/17 Dissociation de la condition médicale des critères de promotion. Renseignez-vous sur les programmes et services de santé offerts aux militaires des FAC, notamment en matière de soins de santé physique et mentale et de soutien aux familles, ainsi que sur les vastes programmes de réinsertion et de retour au travail sur le site Web des Services de santé des FAC.

## Biscuits-télégrammes de la Saint-Valentin

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Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 83A, 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

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

patrick's puzzle

I	H	M	R	V	Y	F	L	U	F	F	Y	Q	H	M	O	Q	I	O	V
D	O	U	T	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N
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G	N	I	T	F	T	R	D	B	G	T	W	E	O	T	F	L	C	H	
L	Z	U	D	E	N	T	A	T	S	U	S	Q	U	A	L	L	C	O	
M	S	S	N	U	M	R	O	T	S	O	R	F	Q	Q	I	R	V	N	

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pliances. \$600 per month plus utilities. Available April 1. Call 902-840-0683. (3804-ufn)

**FOR RENT – Two bedroom, in an adult building, 1486 Magee Drive, Kingston. In-floor heating, ground level, \$690 per month. Available March 1, 2017. Please call 902-309-0573. (3805-4tpb)**

FOR RENT – Available December 15, 2016, Victoria St. Middleton. Worry free retirement living at its' best. Two-bedroom apartment, 1100 sq ft living space. Kitchen has 5 appliances. Laminate floors, R2000+ construction, electric heat. Paved driveway. Snow & garbage removal, lawn care included. Very quiet area, 10 minute walk to all amenities. \$900.00 per month. Call Joan for further information 902-847-1365. (3742-ufn)

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. (3805-4tp)

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## Eating disorders support program expands to Wolfville

Eating Disorders Nova Scotia is receiving a \$15,000 grant to fund Phase III of Lighting the Way Forward: Eating Disorders Peer Support. The program connects those impacted by an eating disorder with peer mentors, who provide one-on-one support, coping strategies and the knowledge they are not alone in their journey to healing.

## N.S. funding celebrates Canada 150 projects

Nova Scotians will have the opportunity to mark the 150th anniversary of Confederation through dozens of great cultural activities across the province this year.

Communities, Culture and Heritage Minister Tony Ince announced January 30 39 non-profit enterprises and co-operatives have been awarded \$841,000 through the first round of 150 Forward

Dining for Dollars

On Tuesday, February 14, dine with Subway and a portion of all sales will be shared with participating local schools.

Middleton - 902-825-5525 • Greenwood - 902-765-2267

Think fresh. Eat fresh.

Valley Brewtique

For the month of February all Wine Kits are 20% OFF!

Way Forward is being expanded across Nova Scotia, including Halifax, Wolfville and Antigonish. Those interested in receiving or learning more about individual peer support are encouraged to contact Eating Disorders Nova Scotia at info@eatingdisordersns.ca or 902-229-8436.

The 40-hour peer support training program - the first of its kind in Canada - was cre-

Fund grants.

The second round of applications under the 150 Forward Fund is open now and the deadline has been



ated in Phase I in consultation with individuals, clinicians, family members and community stakeholders; and informed by best practices from around the world. It also aligns with the IWK Health Centre's Mental Health and Addictions program peer support framework.

Almost one in 10 people will experience an eating disorder during their lifetime.

extended to February 28. Events or programs will need to honour a significant Nova Scotian or achievement, celebrate our cultural identity and

Support the advertisers that stand behind your military

Among girls under 20, one in six will develop an eating disorder. Evidence shows the earlier eating disorders are detected, the shorter the duration of the illness and the less costly they are to treat. According to a survey of youth living with an eating disorder, 74 per cent reported their eating disorder got significantly worse while waiting for help.

ethnic diversity or promote innovation over the past 150 years. More information on the program may be found at www.novascotia.ca/150.

the Aurora

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14 Wing Greenwood Information Guide 2017

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# WAR AMPS tags buy peace of mind

Most of us don't realize how valuable our car keys are until we lose them. In recent years, remote starters and built-in unlock systems have sharply driven up the cost and complexity of the humble car key, with some owners paying hundreds of dollars in replacement fees. War Amps key tags can help prevent this hit to the wallet and the inconvenience of arranging for new keys.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The

War Amps will return them to you by courier, free of charge.

"Car keys are more sophisticated than ever, and replacing one is no longer a quick cheap trip to the hardware store. We have heard from people who said they would have had to pay anywhere between \$200 and \$600 had they not had a key tag protecting their key ring," says War Amps spokesman Rob Larman.

He emphasizes key tags are not just for car keys. "They can be used to protect



keys for your house, mailbox, or bike. Many people also attach USB sticks and sentimental items to their key ring and are relieved to have them back."

"Although the Key Tag Service is free, owners are so grateful when we return their keys that they often make a donation to say thank you, particularly when they've

avoided hundreds of dollars in replacement fees."

The Key Tag Service was launched after the Second World War so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association. The Key Tag Service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys since its inception.

Those who do not receive their key tags in the mail can order them at [waramps.ca](http://waramps.ca) or call toll-free 1-800-250-3030.

# Twelve Baskets food bank expands

The Twelve Baskets Food Bank serves an average of 135 families and distributes about 4,500 kilograms of food each month. Run by more than 20 volunteers, the food bank gathers, packages and stores food products to distribute to clients in Middleton and the surrounding areas. In 2014 alone, it helped feed 1,495 families.

In 2015, the food bank recognized the need to upgrade and expand its overcrowded building to provide a larger waiting area and an additional interview room, which will expedite the serving of its client list.

"Our mission is to be there to lend a helping hand to those in our community who cannot always help themselves," said Robert McFadden, the food bank's outgoing chairman and president.

February 1, Colin Fraser, Member of Parliament for West Nova, announced \$11,197 through the Canada 150 Community Infrastructure Program to support the Twelve Baskets Food Bank Association. Additional support for the project also includes \$11,697 from the association itself.



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