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Aurora

Vol. 39 No. 37

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Wing goes wild On the lookout for life in soon-to-be-removed lagoon

Sara White,
Managing editor

Efforts to remediate and remove an unused firefighting lagoon at 14 Wing Greenwood are taking workers into the weeds, looking for wildlife.

The former training compound included a simulated section of an aircraft fuselage, which, in turn, was sitting in the middle of a bermed lagoon. As firefighters sprayed extinguishing foams on the flaming fuselage, the run-off was contained in the lagoon.

Real Property Operations is in the process of removing the lagoon. 14 Mission Support Squadron Captain Rick Costain says the lagoon has been tested for any residue from firefighting foam and cleared of any potential contaminants. The water was set to be drained through several punch holes, down into the ground, beginning September 11. The fuselage piece will be removed and disposed of, and the dry lagoon filled in, levelled and gravelled over to expand the nearby parking



A Northern Leopard Frog (*Rana pipiens*), soaking up some sun in the pond. In Western Canada, leopard frogs have dramatically declined in numbers over the last few decades.

Submitted

Adam Deutsch was into his work September 7, looking for frogs in need of a new home as their former fire training pond was set to be drained and filled in.

S. White

compound now used for military members' recreational vehicle long-term storage.

In the course of the project, Wing Environment's Alan Ng

has gone over and above on behalf of who may be living in the lagoon.

"It was a created pond, but it is now a habitat for tadpoles

and frogs, birds and ducks go in and out and nest there; I haven't seen any turtles, but that doesn't mean they may not be there," Ng says.

September 7, Ng and Adam Deutsch donned hip waders and set out to capture frogs, aiming to re-home them to a pond on the Greenwood Golf

Club course.

"The frogs are not endangered, but it's really a personal passion and what we do at Wing Environment—we offered to do it," Ng says.

The men spent a good hour attempting to sneak and scoop frogs floating along on the sunny surface of the water, or "herding" them into areas where they might be nettable. The results? One frog. Ng even returned that night after dark, hoping, if he used bright, focused lights; the frogs would be mesmerized enough to be captured.

"We did our best, and it was all due diligence," Ng says.

Real Property's slow and steady draining of the lagoon now means wildlife has the opportunity to adjust and then move on: "it's not destruction of a habitat, all at once."

The frog they found?

"We did take it to the golf course pond and there were already 'buddies' there, the same species."

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What’s that sound?

The swish of a bat’s wings flying overhead may pass unheard, but sensor boxes at three 14 Wing Greenwood locations hope to pick up the sounds of sonar.

The data recorders are part of a network of 10 devices throughout Western Nova Scotia, a partnership with the Clean Annapolis River Project and the Mersey Tobeatic Research Institute in Caledonia. Fastened to a 15-foot antenna, with the microphone at the top feeding sound to the recorder below, the systems will record in various locations for three weeks in September.

“Software at the end will pick out the audiofiles of any bat noises, and it can help determine the species,” says Ken Smiley, who works with Defence Construction Canada at 14 Wing. “It will count hits, and we’ll be able to say, ‘That’s a bat.’

“Bats are known to be here, but where? They’re not identified as a flight safety issue.”

But three species being closely watched include the little brown myotis, the north-



Wing Environment’s Adam Deutsch, left, and Alan Ng with one of the bat radar detectors and recorders in the field at 14 Wing Greenwood through September, part of a study to monitor particular Species at Risk Act populations.

S. White

ern myotis and the tri-colour bat. All are now listed on the Species at Risk Act registry, mainly due to an estimated 95 per cent death toll from white-nose syndrome in recent years.

Wing Environment’s Alan Ng says every Canadian Armed Forces base is mandated to have an inventory of what wildlife populations it has, particularly those that fall on the SARA registry. Environment Canada, Parks Canada and the Department of National Defense are some of the federal agencies working

to monitor wildlife.

“With the bats, if they are here,” says Ng. “Then we can seek advice on what to do from experts if a recovery strategy needs to be implemented.”

The wing has a number of other SARA-listed species on its radar, including wood and snapping turtles, the rusty blackbird, the Canada warbler and the Banks swallow. The Rockrose is red-listed by the provincial Department of Natural Resources’ General Status Ranks of Wild Species.

At-risk butterfly, noxious weed make wing home

Good news for some winged wildlife making its home at 14 Wing Greenwood: a recent survey for the Monarch butterfly found a significant population in what would be called a weed patch.

The Species at Risk-listed butterfly is living in good numbers in a – fortunately – healthy patch of common milkweed, itself listed as a noxious weed in Nova Scotia; on the grounds of the wing’s recreational skeet shooting club.

“We knew we had milkweed, and Environment Canada expressed an interest in looking,” Wing Environment’s Alan Ng says. The agency sent two Canadian Wildlife Service biologists to the wing to take an inventory of SARA wildlife, including the butterflies.

“The place is just polluted with Monarchs,” Allan Pearson, the wing’s hazardous materials coordinator, says. “Milkweed - for other species – is bad, yes. For Monarchs, no: they eat the plant, they lay their eggs on the plant, the eggs hatch, the insect goes through five different stages

Continued on page 3...



Carefully harvesting a common milkweed stalk from 14 Wing Greenwood’s recreational skeet club property, Defence Construction Canada’s Ken Smiley, left, and Wing Environment’s Allan Pearson were determined to turn this provincially-classified noxious weed into a safe home for Monarch butterflies. Pearson took home two plants with Species at Risk Act-listed butterfly chrysalises tucked under the leaves, fostering them away from predators to full-fledged Monarchs.

A. Ng, Wing Environment

...page 2

of caterpillar development, the chrysalis... and then the butterfly. All stages eat the milkweed, so they taste bitter to birds – terrible and sticky.”

The Wing Environment team and visiting biologists checked the skeet club’s milkweed patch and found Monarch butterflies in all stages, from eggs to butterflies.

To help the butterfly, the skeet club volunteers won’t mow off that milkweed patch. Pearson says, if they’d been mowing it since spring, the limited growth would have pushed the Monarchs elsewhere. Any kind of growth from about a foot or more, and the patch becomes habitat.

Monarch predators at all stages would be wasps and spiders. Pearson, who coincidentally found a couple chrysalis pods on his own property and was in the process of helping them emerge, recognized the risk to the butterflies-to-be found during the inventory. The team cut down two milkweed stalks with chrysalises tucked under leaves, and Pearson took them home as well. A short time later, like the ones he’d already nurtured, out emerged the Monarchs: one male and one female.

“Not only do we have a responsibility under the law to work as the Department of National Defence to look for SARA wildlife, we do it because we like it,” Pearson says. “It’s the biology, that you can do this kind of work at home. We’re surrounded by nature here at the wing – it’s an aerodrome, and my work is normally with chemicals. I was just as excited to watch the process – it’s the amateur biologist in all of us.”

Baseline data collected during Wing Environment’s inventorying of bats and Monarch butterflies, plus both snapping and wood turtles, the rock rose and several bird species; will all make up the wing’s environmental file.

“We will work with what we know, and any kind of work that is going to have a footprint on the base – it all becomes a part of the planning process,” Pearson says.

Cannabis changes ‘game-changer’ for Canadians – and CAF

Sara White,
Managing editor

With Canadians able to light up a joint October 17, what about members of the Canadian Armed Forces?

The chief of defence staff and the deputy minister of national defence both approved one of the CAF’s newest DAODs (Defence Administrative Orders and Directives) September 7, effective with the October 17 federal decriminalization, DAOD 9004-1, “Use of Cannabis by CAF Members.” The directive dictates how CAF members will deal with the pending legalization of marijuana.

September 21, 14 Wing Greenwood Wing Commander Colonel Mike Adamson and Wing Chief Warrant Officer Dan Campbell gathered a team of military and civilian professionals to host a town hall for base personnel, offering information and education on the new legislation and the military’s directive, and to listen to members’ concerns.

“Wing Chief Campbell and I decided to get in front of October 17: it’s just a few days away and it’s going to be game-changing in Canada. Wing leadership takes our responsibility to care for you and operations seriously. Let’s talk about the policy, and what we expect from the rank and file.”

Deputy Wing Surgeon Captain Kyle Thebault reviewed some of the known impairments caused by cannabis on focus, reaction times, performance, the ability to drive and operate equipment; along with the health effects on lungs, mental health, addiction and brain development, particularly among teens and young adults. He encouraged lowering the risks with abstinence, choosing lower-risk products, limiting

use and avoiding use until after age 25.

“Be cognizant of the second-hand effects on others,” he said, and consider potential problems crossing borders: “some countries don’t recognize cannabis as legal.”

Health Promotion manager Lisa White and her team will be responsible on base for cannabis education briefings, above and beyond their portfolio including addictions, stress and coping, nutrition and healthy living. National Addictions Awareness Week in November will formally launch the new cannabis programs, but briefings are now available for squadrons and units.

Campbell detailed some of the DAOD’s restrictions, which will affect CAF members should they use cannabis. The CAF will support the federal change in law for all citizens, including military members, but “restrictions will be in place such that we

can meet our mission and not infringe on your rights to use a legal substance.”

Regular and Reserve Force members and civilian supervisors of military members can not use cannabis within eight hours of known or expected duty. That increases to a 24-hour period for soldiers, among others, working handling weapons or explosives, as emergency responders and being responsible for testing or maintaining any military aircraft, wheeled or tracked vehicle. There is a 28-day restriction on air crew or anyone controlling or directing aircraft, and an absolute prohibition on cannabis possession on any vessel, vehicle or aircraft (military or civilian-owned or rented), on the Basic Military Qualification course, postings outside Canada, domestic or international exercises or operations (unless on leave in Canada).

“This involves everyone at

14 Wing – there are member responsibilities,” Campbell said. “Read the DAOD. You have a duty to report misuse by others, and by yourself.

Be responsible, and think about the safety of the men and women, the equipment and the buildings here at 14 Wing.”

There are further provincial laws regulating cannabis use CAF members – and everyone – needs to be aware of before October 17. Anticipating questions, Campbell supplied a few “ready-made” answers: cannabis is not endorsed by Canadian Forces Health Services within its spectrum of care for any medical condition in CAF members and not included in benefits coverage, there are no plans to sell cannabis at CANEX or the Mess, Canadian Forces Housing Agency is readying its policy on smoking cannabis in a Residential Housing Unit and defence team civilian personnel policies are coming that

will likely mimic the DAOD.

“Now that you’re armed with all of this information, what does it mean?” Adamson asked.

“Take it home, talk to spouses and children. It will affect all of us. If you’re going to use it, do it as smartly as you can – understanding the implications.”

He urged personnel to also be considerate: a personal choice to use cannabis may impact others as neighbours in the RHUs, at social occasions and in the workplace.

“You will be hard-pressed to find someone on this wing whose contribution doesn’t impact our ability to deliver air effect for the government and the people of Canada.

“Look in the mirror and take pride in your uniform, and think of yourself and your co-workers. We operate as one in the conduct of our duties. I appeal to your professionalism, code of conduct and ethics.”

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www.rcaf-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
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14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
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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

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Each year, a competition is launched to select candidates who will be offered PGT in a relevant field, with follow-on employment in a position at the sponsoring unit. This year's application competition for sponsored PGT starting in APS 2019 will have a November 30 deadline.

Personnel interested in these opportunities should visit <http://cmp-cpm.mil.ca/en/recruitment-careers/education-programs/post-graduate-training-sponsored>.

Other questions about RCAF domains of studies may be directed to Major Ronald Palardy, Directorate Air Personnel Management 4-2, RCAF; ronald.palardy@forces.gc.ca.

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

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

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

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

Join SkyHawks for 2019 demo team

Master Corporal
Antoine Collette,
SkyHawks demonstrator

As a busy 2018 season winds down for the Canadian Armed Forces Parachute Team, the team is recruiting for next year.

The SkyHawks travel coast to coast each summer putting on thrilling parachute performances and meeting Canadians as ambassadors of the CAF. Being a member of the team is a great opportunity to nationally represent your unit, your element, the Canadian Armed Forces and Canada.

The team is open to any trade across the CAF: all elements, Reserve or Regular force. Applicants must be either a second lieutenant or a trade-qualified non-commissioned member, have skydiving experience and be qualified as a military freefall parachutist or have a U.S./

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If you're an outgoing CAF member interested in joining this tight-knit team for the 2019 season, apply before November 30.

For details, visit army-armee.forces.gc.ca/en/skyhawks/index.page, or contact the SkyHawks at skyhawks@forces.gc.ca or on social media. Check out videos and photos from an amazing 2018 season on Facebook, Instagram or Twitter by searching for @SkyHawksCanada.

Museum society AGM set for October 23

The Greenwood Military Aviation Museum Society will hold its annual general meeting Tuesday, October 23 at 8 p.m. in the museum conference room.

All society members are invited to attend the AGM; any current member, as of October 1, may vote and

Ocean-going vessels call out SAR responses

September 21, just before 9 p.m., a 14 Wing Greenwood-based Cormorant was tasked to assist in the rescue of two people aboard a 22-foot sailing vessel that had run aground near Rimouski, Quebec. The aircraft was en route by 11 p.m., two find the two individuals picked up by vessels on scene. The helicopter returned to Greenwood around 1:30 a.m. September 22.

September 24, a Cormorant was tasked while airborne over the noon hour to investigate a beacon sounding off Sydney, registered to a sailboat, the Allied Princess. By 4 p.m., the aircraft and crew were on standby in Sydney awaiting direction from the Halifax Joint Rescue Coordination Centre, which was coordinating and dispatch of a Sydney-based Coast Guard vessel. The helicopter was stood down just

September 21, just before 10 a.m., a 14 Wing Greenwood-based Hercules aircraft was tasked to assist with top cover for a Cormorant helicopter responding out of Gander to extract a 77-year-old patient from the Queen Mary II, approximately 300 nautical miles southeast of St. John's. The Hercules and Cormorant met up in Gander and were headed to the ship just before 1 p.m. Following a successful extraction, the Hercules returned to Greenwood around 7 p.m.

after 5 p.m. and returned to Greenwood just after 6 p.m. September 26, just after 7 a.m., a Cormorant was airborne and headed to assist a suspected heart attack victim aboard a 1,000-foot cruise liner 40 nautical miles off Yarmouth. The 60-year-old man was airlifted to hospital.

Also September 26, a Cormorant was tasked on a medevac call from a vessel near Bay of Islands/ Corner Brook, Newfoundland and Labrador, around 8:30 p.m. A 60-year-old female was in need of extraction.



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- 1 cup (250 ml) vanilla 1.5% yogurt
- 2 tbsp (30 ml) sriracha hot sauce
- 1 garlic clove, grated
- 1 tsp (5 ml) lime zest
- 4 chicken breasts, cut lengthwise into four slices (about half-inch thick)
- 2 tbsp (30 ml) chopped cilantro (optional)

Directions

1. Preheat oven to 400 F (200

- C). Line a rimmed baking sheet with parchment and set aside.
2. In a shallow dish, mix flour and salt. In another shallow dish, add shredded coconut. Set both aside.
3. In a small bowl, stir yogurt, sriracha sauce, garlic and zest together. In a medium bowl, reserve half a cup (125 ml) of the mixture.
4. Dredge chicken in flour and toss to coat in reserved yogurt mixture. Dredge chicken in coconut, pressing to adhere. Place on prepared sheet. Bake 18 to 20 minutes, or until golden brown and cooked through

- (165 F or 70 C).
5. Stir cilantro into remaining small bowl of yogurt mixture and serve with chicken strips.

Tip: Make this dish a meal

by serving it with rice or your favourite grain and some fresh steamed broccoli and carrots.



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Entretenez-vous une relation amour-haine avec votre terrasse en bois?

(EN) Si vous aimez vous prélasser sur votre terrasse et y recevoir vos amis mais détestez tout ce qui concerne son entretien, l'arrivée de l'automne vous permettra de mieux vivre ce sentiment d'amour/haine. Vous aurez quelques mois pour profiter de l'extérieur tout en trouvant du courage pour donner un coup de pouce à votre terrasse.

Commencez en étant réaliste quant à la méthode de finition de la terrasse en bois. La méthode que vous adoptez lorsque la terrasse est construite est celle que vous devrez conserver. Ce riche fini de qualité est de toute beauté, mais vous devez le décaper jusqu'au bois et le remettre en état tous les deux ou trois ans. Vous trouvez que c'est trop de travail? Optez pour une finition à l'huile, que vous referez chaque année. Aucun décapage, seulement une nouvelle application. Ce n'est pas aussi raffiné qu'une teinture haute de gamme, mais certainement

plus facile d'entretien. Vous pouvez aussi opter pour une finition à appliquer une seule fois. De tels produits donnent une finition foncée homogène à votre terrasse quelques semaines après leur application.

Vous voulez un aspect raffiné sans devoir appliquer une finition? Optez pour des matériaux synthétiques constitués de bois et de plastique recyclés, fondus ensemble pour produire un bois de remplacement sans finition. Vous n'avez qu'à le nettoyer. De nos jours, vous pouvez même obtenir du bois de remplacement fait entièrement de plastique. Les matériaux composites et plastiques ne sont pas suffisamment rigides pour remplacer la structure d'une terrasse, mais ils sont excellents pour la surface de marche. Vous pouvez même enlever le bois de la surface d'une terrasse existante et le remplacer par des matériaux composites.

Vous avez besoin d'un gou-

rou des terrasses? Embauche un « pro » qui vous offre un contrat détaillé et une garantie sur les travaux qu'il entreprend. Si vous embauchez un entrepreneur qui veut être payé en espèces, vous pourriez vous retrouver sans protection en cas de pépin. L'Association canadienne des constructeurs d'habitations offre la meilleure information gratuite et objective sur la manière de rénover de manière intelligente et sécuritaire. Consultez le site www.getitinwriting.ca pour obtenir d'autres renseignements.



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Fall into healthier habits this season

(NC) Autumn is the season of change: colourful leaves, back-to-school activities and cozing up your home for the winter to come. Did you know it's also a great time to get on board with a healthier lifestyle?

Even if you're not going back to the books, the return-to-the-grind mentality is infectious and can ultimately help with your motivation. Here are some ideas to get you on track to a healthier lifestyle this fall.

Kick that bad habit. We all have a less-than-healthy habit we know we'd be better off without, so make it your goal to quit it this season. If



you're trying to quit smoking, you can increase your chances with a new method of quitting. Authorized by Health Canada, Combination Therapy includes the use of the Nicoderm patch for ongoing support combined with Nicorette oral products to help control the sudden cravings that make quitting more difficult. For more information, talk to your pharmacist or physician to find the right dose to provide your best chance of success.

Start in the kitchen. A good diet is linked to lower risk of cancer and other illnesses. It also simply helps you feel good, with increased energy. As the weather sends everyone huddling indoors, soup is a delicious comfort food you'll be craving that is easy to make and is packed with nutrients. Look for a broth that's low in sodium, adding your favourite veggies and low-fat protein like beans or turkey breast.

Develop a plan. Really hoping to start an exercise routine but keep putting it off? Whether it's going for a walk around the block, hitting the gym or trendy workout class,

schedule physical activity into your day planner, making sure you stick to it. You can also set aside some time to batch-cook healthy meals for the week, allowing you more time to enjoy relaxing activities, like reading or painting.

Boost your immune system. Get ready to stand up to the cold and flu season that's right around the corner by incorporating a few immune-boosting activities into your daily life. Eating a wide variety of antioxidant-rich seasonal produce, getting enough sleep and exercise and making sure to relax, will go a long way towards warding off upcoming bugs.

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When air meets sea

Honorary Colonel Dan Hennessey,
14 Construction Engineering Squadron

Growing up as a young boy in Dartmouth, the two military presences in my life were 12 Wing in Shearwater and the Navy, across the harbour in Halifax. Ships came and went on a regular basis, a common sight. Years later, September 20, I had the unique opportunity to get up close to one of Canada's war ships, the HMCS Shawinigan MM704, on those very same waters.

HMCS Shawinigan, a Kingston-class coastal defence vessel, has served in the Canadian Forces and the Royal Canadian Navy since 1997. Shawinigan is the fifth ship of her class, in the Maritime Coastal Defence Vessel Project, all designed to fill the minesweeper, coastal patrol and reserve training needs of the Canadian Forces.

I was greeted by the commanding officer of the Shawinigan, Lieutenant-Commander Teri Share, who assumed command in July: it is very clear she is one of the Navy's rising stars. The day began with a short briefing on what

was to come, as we headed with two other ships to the Bedford Basin for a series of exercises.

I was also exposed to many naval traditions while on board. One I could get very used to was the serving of soup at 10 a.m., prepared by an amazing galley staff. Once settled and, with a large amount of great Navy coffee, my day of going outside the world of a visitor began.

Share told me my RHIB was alongside, waiting to pick me and take part in their training. These Special Operations Rigid Hulled Inflatable Boats (SO RHIBs) are used onboard deployed ships as the main method of inserting an organic Enhanced Naval Boarding Party (ENBP), or Naval Boarding Party (NBP). The SO RHIB course trains boat cox'ns in operating these powerful boats during boarding operations. HMCS Shawinigan recently supported the SO RHIB course for five days at sea as a platform for teams to conduct approaches, practice insertion methods and exercise emergency procedures. The folks who had me in their boat were amazing, showing their skills. I told them this was the first boat I had been

on, and almost encountering G Force pressures in its movements, I sat down, held on and enjoyed the ride.

Once back aboard the Shawinigan, I had a great tour of this small but mighty workhorse. I was impressed by the young crew's level of professionalism and knowledge. Standing on the bridge, I was also amazed at how responsive the ship is as we manoeuvred around historic Bedford Basin, where so many years ago hundreds of ships gathered before the long and very dangerous voyage across the North Atlantic during the Second World War.

The galley staff once again supplied the fuel to keep everyone operating and, following lunch, it was back to the ship's crew showcasing their capabilities. The first drill was for a man overboard (I did not volunteer to be that person, but stepped aside for Oscar the dummy). Oscar floated in the basin until he was rescued by a Zodiac, launched from the stern of the Shawinigan. Even though a drill, you quickly saw all members of the crew take an active part maintaining visual contact with Oscar and assisting with the recovery

14 Construction Engineering Squadron Honorary Colonel Dan Hennessey, left, took a day's working tour of Halifax Harbour with HMCS Shawinigan Lieutenant-Commander Teri Share and her crew September 20, learning more about the day-to-day training, responsibilities and tradition of Canada's military afloat.

Honorary Colonel Dan Hennessey, 14 Construction Engineering Squadron

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5. Who has the web address beyondservice.ca?	

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14 Construction Engineering Squadron Honorary Colonel Dan Hennessey, left, took a day's working tour of Halifax Harbour with HMCS Shawinigan Lieutenant-Commander Teri Share and her crew September 20, learning more about the day-to-day training, responsibilities and tradition of Canada's military afloat.

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Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 EUCHRE	2 BINGO 7:00	3	4 CRIB 7 pm	5 TGIF	6 <i>Chase the Ace!</i> Breakfast Meat Draw Dance: ROUTE 12
7 BINGO 1:30	8 EUCHRE	9 BINGO 7:00	10	11 CRIB 7 pm	12 TGIF KARAOKE	13 <i>Chase the Ace!</i> Meat Draw Dance: STAGECOACH
14 BINGO 1:30	15 EXEC. MEETING 7:00 EUCHRE	16 BINGO 7:00	17	18 CRIB 7 pm	19 TGIF Fish & Chips	20 <i>Chase the Ace!</i> Meat Draw
21 BINGO 1:30	22 BRANCH ELECTIONS GEN MTG 7:00	23 BINGO 7:00	24 EUCHRE	25 CRIB 7 pm	26 TGIF KARAOKE	27 <i>Chase the Ace!</i> Meat Draw Dance: LADY ROGUE
28 BINGO 1:30	29 EUCHRE	30 BINGO 7:00	31	October 27 HALLOWEEN DANCE Prizes for best costumes		
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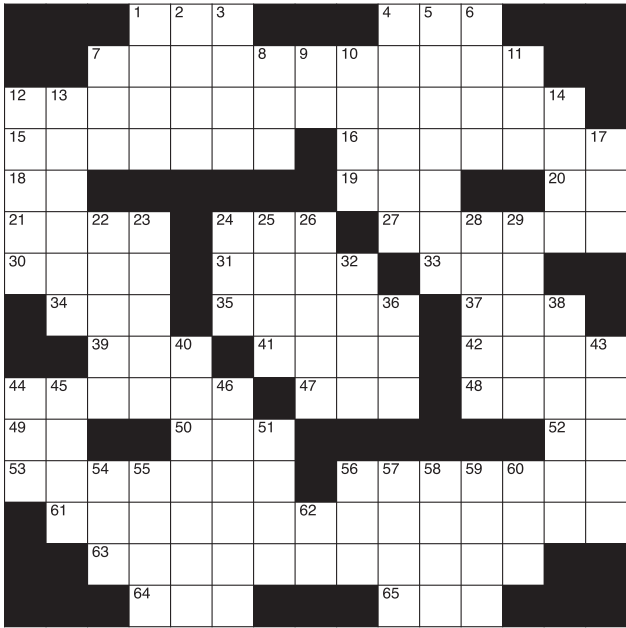


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated 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

solution page 14



- ACROSS**
1. Superhigh frequency
4. Sinatra's ex-wife
7. Unity
12. Not useful
15. One who mocks
16. Teachers
18. 'Pollock' actor Harris
19. Fifth note of a major scale
20. A type of coalition
21. Aircraft transmitters
24. Where golfers begin
27. We all have them
30. Monetary unit
31. Calendar month
33. Pouch-like structure
34. Winter sport tool
35. Minneapolis suburb
37. ___ student, learns healing
39. Keyboard key
41. Brief proposal
42. Gasteyer and Ivanovic are two
44. Lunatic
47. Cool
48. Japanese musician
49. Successor to League of Nations
50. Actor Diesel
52. The Constitution State
53. Go back over
56. One long or stressed syllable followed by unstressed syllable
61. All of it
63. Seriousness
64. Adds color
65. ___kosh, near Lake Winnebago
- DOWN**
1. Turfs
2. Handle
3. Floating ice
4. Railways
5. Breathe in
6. Neutralizes alkalis
7. Coenzyme A
8. Make a mistake
9. Tin
10. Parts of a machine
11. Midway between northeast and east
12. Prizes for victory
13. Great amount
14. Goodwill (archaic)
17. Suspicion of having committed a crime
22. Signed one's name
23. Quake
24. Exercise system
25. Round Dutch cheese
26. Ready to go
28. Khoikhoi peoples
29. Opera scene
32. Husband of Sita (Hindu)
36. A sign of assent
38. Cut a rug
40. An army unit mounted on horseback
43. Satisfies
44. Austrian river
45. In a more positive way
46. Religious creed
51. Brazilian NBA star
54. One and only
55. Street
56. Explosive
57. Gambling town
58. Public crier calls
59. Hard money
60. Time units (abbr.)
62. Exists

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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

Board volunteers needed
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.

Yoga classes
Tuesdays, 6:30 p.m. to 7:30 p.m., the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines; hosts Yin yoga classes. \$10 drop in, \$8 with 10-class card (first class is free). Call 902-824-3605 for information or see our Facebook page.

Quilting group
The Greenwood Quilters meet at the Queen of Heaven Church

Annex on Church Street, Greenwood, the third Tuesday of each month at 6:30 p.m., as well as the following Saturday, September to May. All levels of quilters and fibre artists are welcome. For info, please contact Laura Hobin, 902-242-2980, or Jan Weedon, 902-765-0648. Bring your sewing machine.

Wildlife meeting
October 2, 7 p.m., the Kings County Wildlife Association hosts its monthly meeting in Room 109 at NSCC, Kentville. The speakers for the meeting are from Acadia University: Rachel Pomerlow, Jackson Yang and Dr. Trever Avery; speaking about striped bass in local waters. The public is invited: you do not have to be a member, and there is no charge.

Make a connection
October 4, 6 p.m. to 8 p.m., the Valley Regional Enterprise Network, valleyren.ca, hosts a

general trivia game and social as a way to introduce its latest program, Valley Connector; at the Berwick Library. All welcome – come meet new people and have fun. connector@valleyren.ca or @connectorvalley.

Retirees' meeting
October 4 is the RSVP deadline for the October 17, 11:30 a.m., semi-annual meeting of the Western Nova Scotia Branch of the National Association of Federal Retirees at the Waldec-Deep Brook Lions Hall, 948 Highway 1, Deep Brook; featuring a roast pork dinner and cash bar. Speaker: registered dietitian Sheryl MacDonald, with a presentation focusing on fall prevention and nutrition. \$10 for members, \$13 for guests. Make your reservation by contacting Bill or Carolyn, 902-765-8590 or NAFR75@gmail.com.

Tremont Board Game Café
October 5, 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.

At the Evergreen Theatre
October 5, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents the Orchid Ensemble. This group blends ancient musical instruments and traditions from China and beyond, creating a beautiful new sound. Tickets \$30 (military \$25, students \$15), through TIXHUB at evergreentheatre.ca.

Breakfast
October 6, 8 a.m. to 10 a.m., the Berwick Lions host a public breakfast at the Lions Hall, Kings Mutual Century Centre. Full breakfast: eggs (fried or scrambled), our own baked beans, pancakes, bacon, sausage, toast, juice,

coffee and tea. Freewill offering. **Auction and sale**
October 6, 7 p.m., there will be a fall harvest and baked goods auction at the Inglisville Hall; with all proceeds to the Helping Hands Ladies Group. All welcome.

Church event
October 7 to 10, Sunday 10:30 a.m. and 6 p.m., Monday to Wednesday 7 p.m.: gospel meetings with evangelist Mike Manor at Charity Baptist Church, 1836 Torbrook Road. **Floor curling**
October 10 (and continuing Wednesdays), 7 p.m. to 9 p.m., play floor curling at the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines. Freewill offering. For information: Donna Pittman, 902-760-2471.

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

Donations accepted
The Opportunity Shop, located in the Greenwood Mall, accepts donations of clean, used clothing, shoes, purses and also linens and small kitchen appliances. No electronics please. All money earned goes to local health care projects. **Military Christian Fellowship**
Tuesdays, 11:30 a.m. to 1 p.m., the Military Christian Fellowship (MCF) meets in the annex at

St. Mark's Chapel, Greenwood. All welcome, bring your lunch. Coffee/ tea served. **Story time**
Mondays, 10 a.m., the Annapolis Royal Library invites families in for Monday morning story time. Discover new books, enjoy old favourites, maybe have a little music and do simple crafts. **Jam session**
Fridays, 7 p.m. to 10 p.m. (first and third Fridays of the month), the Parker Hall, 9 Old Pond Road, Victoria Vale; hosts jam sessions. Cost \$2, refreshments served.

Support group
Fridays, 10 a.m. to noon, there is a mental health peer support group which meets in the Greenwood Sobeys' community room at Sobeys: a non-judgemental place for anyone working towards mental health recovery and in need of a supportive and empathetic mentor and listener. Facilitator can help identify community resources (housing, community, food, employment, social etc). Free, snacks provided. Program provided by CMHA Kings. For information, contact club@cmhakings.ns.ca or 902-670-4103.

LEGO at the library
Fridays, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages five to 10 to create with LEGO. All LEGO provided. Registration required. **Story time**
Wednesday, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites preschoolers to age five and a caregiver to share the

Valley Voices extends free vocal lessons

This fall, Valley Voices, the Annapolis Valley's premier a cappella female singing group, is pleased to announce a program for women who love to sing, called "Find Your Voice. " Each week, participants will experience the learning of a song and be provided with weekly music education lessons in vocal production and performance. The six-week program, one hour per week beginning October 9 at 6:45 p.m., will be held in the Christian Education Centre at Kentville Baptist Church, 503 Main Street, Kentville.

"Being part of a choral group or choir melds us into the cultural and artistic fabric of the community," says Paul Grimm, Valley Voices musical director. "What begins as a love of music grows into an incredible personal bond among women who love to sing and perform. We work with singers and bring their skills and talents together to create an incredible musical product which radiates the love of



Submitted

music and friendship in the group."

The chorus sings a broad variety of music, including show tunes, traditional favourites, ballads, up-tempo tunes, Christmas music and some sacred songs. Each year, the chorus competes in an annual competition of Harmony, Incorporated at Mount Allison University. In June, Valley Voices placed third in the competition of the Atlantic Province choruses and achieved a qualifying score for the international competition. The chorus also recently won gold medal honours at the Annapolis Valley

Music Festival for Community Choral Groups.

Two special events are bonuses to the weekly training session. November 9 and 10, a free training workshop featuring Debra Lynn, an internationally recognized vocal coach and therapist; is open to all chorus members and Find Your Voice attendees. Members and Find Your Voice attendees who have completed the six-week training will also be invited to join Valley Voices in a live performance at the choir's Christmas dessert party November 17.

Participation in the first

evening of the Find Your Voice program October 9 is free. To continue, there is a nominal registration fee equivalent to \$5 per lesson for each of the remaining five lessons. All women who love to sing and can carry a tune are welcome. Valley Voices hopes many of the attendees for the Find Your Voice program will enjoy it enough to join the chorus as full-fledged, performing members.

To register, contact Linda at 902-678-0807 or tuaherb.etal@ns.sympatico.ca. You may also register at valleyvoices.org.

free fun and adventure of reading, rhymes and songs.

Teen games night
Tuesdays, 6:30 p.m. to 8 p.m., the Bridgetown & Area Library invites teens to hang out at and play games like Minecraft, Hearthstone and more. Enjoy a snack while

you're here.

Crib
Thursdays, 7 p.m., double crib at the Kingston Legion. All welcome. **Afternoon of games**
Tuesdays, 1 p.m. to 3 p.m., the Berwick and District Library hosts afternoon games for adults ages

55-plus. Drop in. There will be a selection of games to choose from or bring your own. **Unfinished Project Club**
Tuesdays, 1 to 4 p.m. Need company doing some of those unfinished crafts in your closet? Bring your craft and equipment

and join us for an afternoon of coffee, friends and crafting. We have lots of room to spread out. Held at the hall at the Nazarene Church, 738 Tremont Mountain Road, Greenwood. For information, call Dianne, 902-526-0399. No charge.

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classifieds

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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.

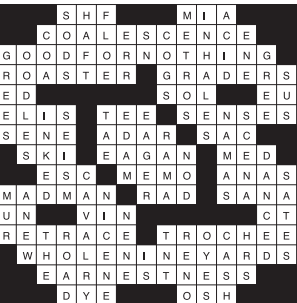
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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.

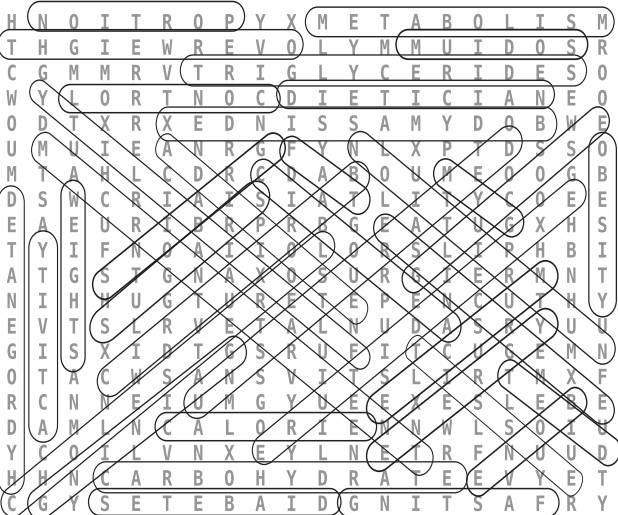
Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, 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



patrick's puzzle



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Softwood, \$200 a cord
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WWW.PARKERANDRICHTER.COM

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Sunday, 1:30 p.m.
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Regular Games - \$100

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• Letter H - 80/20
• Triple Jackpot - R-W-B
• 1 Lucky 7 - Progressive
• 1 Bonanza - Progressive
• Jackpot - 3 Chances
Consolation \$300
• Double Action
Lic.# 115910-08

APARTMENT FOR RENT
FOR RENT – One-bedroom apartment, smoke-free, \$325/month, in Wilmot on bus route. Please call 902-825-4996. (3935-4tp)

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

FOR SALE
M&M Firewood
\$225 a cord. Cut, split and delivered on two cord and over orders. Seasoned hardwood.
Milton: 902-825-8440

information. Visit our website at www.parsonsinvestments.ca (3921-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. (3936-2tp)

FOR RENT – Centrally Located Kingston (east) Apt (+or- 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,

Steve Lake's Light Trucking
Moving & Deliveries
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Paper carrier needed

West Bridge Street (150 papers)
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the Aurora

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Email: dap@davidproudfoot.com

Web: www.davidproudfoot.com

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- Real Estate
- Wills / Estates
- Consultations / Referrals

Special Olympics bowling gearing up

The Kings Special Olympics 5-pin bowling program will kick off the season October 11.

In order to be eligible to participate in Special Olympics programming, the person must have an intellectual disability.

We bowl out of the Greenwood Bowling Centre, located at 14 Wing Greenwood, every other Thursday, starting at 6:30 p.m. and normally finishing up at 8 p.m.

Two games of bowling, including bowling shoe rental (if required) will cost \$6 (taxes included) and the athlete or caregiver is responsible for paying the fee to the bowling alley attendant on arrival.

If you wish to bowl and did not get a chance to sign up in advance on provincial registration day, registrations will be taken October 11 at the Greenwood Bowling Centre from 6:30 p.m. to 8 p.m. The registration fee is \$30, and forms will be available the first night of bowling; forms are also available at specialolympicsns.ca (click on "Resources," then "Forms," and bring the completed forms with you.

Parents/ caregivers of athletes new to the Kings Special Olympics Bowling Program are asked to accompany their registered or registering athlete on the first night of bowling so coaches have the chance to meet with you, discuss how to ensure the athlete will gain the most from the program and answer any questions.

We are always in need of volunteer scorekeepers and, this year, we are also looking for a female coach. If you have about three hours to spare a month and want to help make a difference, please get in touch to discuss your interest. Our goal is to ensure every athlete has fun bowling, while increasing their activity level and making new friends. Should you have any questions or would like more information, contact coach Pat Nixon (902-765-8011).

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)

YOGA CLASSES – Yoga classes in Greenwood and Aylesford. Individual sessions. Yoga massage. Facebook: Yoga with Elena. Call/ txt 902-847-0097 or elena_basevich@hotmail.com. Contact me for a full class schedule or to make an appointment. (3935-2tpb)

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From left are Paul Wootten, Greenwood Dolphins Swim Club president; Jennifer Kershaw, club vice-president; new club head coach Chris Stone, Brad Allen and Mat Duheme, assistant coaches; and Vicky Puttick, club treasurer.

Dolphins swim into season with Coach Stone

Coach Chris Stone comes to the Greenwood Dolphins as the club's new head coach this season, with over 20 years of coaching experience in Nova Scotia, Alberta and British Columbia.

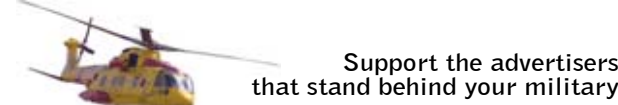
"I'm very excited to be working with the swimmers and coaches with the Dolphins this season," says

Stone.

A fully certified Level 3 coach through the National Coaching Certification Program, Stone has coached swimmers on to several provincial and junior national teams, to several provincial and national age group records, and has worked in head coach and assistant

coach roles with several provincial and junior national teams.

"The Dolphins have a long tradition of representing the 14 Wing community well at the provincial and national levels, and I'm looking forward to working together with everyone during this exciting new chapter in the club's



Colin Fraser

Member of Parliament - West Nova
Député - Nova-Ouest

Colin.Fraser@parl.gc.ca
1-866-280-5302

2 George Street, P.O. Box 865,
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Clowning around

The Greenwood Military Family Resource Centre was thrilled at the fantastic turnout for its “Clown Around” event September 24. Milo “T” Clown created a customized magic show for the youngest community members. He captivated their attention and sparked their imagination for most of the hour. We look forward to meeting more community members every week during our parent and tot, Tumble Tots and baby group programs.

Le Centre de Ressources pour les Familles Militaires de Greenwood sommes ravis du tournant de notre activité « Venez faire le clown avec nous » le 24 septembre dernier. Mile « T » Clown a créé un spectacle magique sur mesure pour notre plus jeune clientèle. Il a su captiver leur attention et illuminer leur imagination durant une heure. Nous espérons vous bientôt d’autres membres de la communauté chaque semaine pour nos programmes réguliers tels que Parents et bambins, Pirouettes et culbutes et le Bébé en groupe.



3 Days | October 4, 5 & 6

Thanksgiving Farmers Market

- Featuring:
- Fresh Fruits, Vegetables & Home Baking
 - Local Crafters • Live Music
 - Free Product Sampling

A Festive Dinner Party
Just in time for Thanksgiving



WIN \$100

MALL GIFT CARD
BALLOTS AT ALL MALL SHOPS
DRAW DATE OCTOBER 9



SHOP: Mon-Fri 9:30-9 Sat 9:30-6 Sun 12-5 www.greenwoodmall.ns.ca
OPEN: Sunday, October 7 CLOSED: Monday, October 8

APPEL DE DEMANDES DE SUBVENTIONS AU Fonds pour le bien-être

Les conseils communautaires de santé (CCS) en Nouvelle-Écosse jouent un rôle important dans la santé et le bien-être de leurs communautés.

Le Fonds pour le bien-être appuie les projets qui abordent les déterminants de la santé, notamment le logement sûr et abordable, la pauvreté, l'insécurité alimentaire, le développement de la petite enfance et l'isolement social.

Date limite pour les demandes : Le 15 octobre 2018

Pour obtenir des renseignements supplémentaires ou pour télécharger le formulaire de demande, consultez le www.communityhealthboards.ns.ca/wellness-funds

ou communiquez avec le conseil communautaire de santé de votre région.



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- BE ACTIVE IN HEALTH PLANNING FOR YOUR COMMUNITY?
- HAVE A VOICE WHEN IT COMES TO HEALTH PROMOTION?
- HELP FOSTER COMMUNITY DEVELOPMENT?
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Tamara Stevens
Community Health Board Coordinator:
tamara.stevens@nshealth.ca
Phone: 902-825-6160 Ext: 1762357
Cell: 902-527 0369