



the

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High pressure training in a low pressure system

**Captain Jamie Ellis,
413 (Transport and
Rescue) Squadron**

More than 70 members of 413 (Transport and Rescue) Squadron deployed to Miramichi, New Brunswick, during the wet week of September 23 to 26 to participate in TUSKER EX, the annual search and rescue (SAR) exercise designed to test and enhance the unit's capability to respond to major events.

This year's exercise saw the unit deploy multiple aircraft, maintenance crews and support equipment from home base at 14 Wing Greenwood to work with the Canadian Coast Guard (CCG) as well as volunteer SAR organizations such as the CCG Auxiliary (CCGA) and the Civil Aviation Search and Rescue Association (CASARA). A unique addition this year were two visiting officers from the Mexican Armed Forces, there to observe how SAR operations are conducted in Canada with the goal of standing up their own SAR program in the future.

SAR operations tend to happen in challenging weather and, as luck would have it, a low pressure system sat over the Miramichi region and ensured the training would happen in realistic conditions. Under the skilled eye of the simulated rescue coordination centre, Captain Jeff Isenor tasked crews to major air disasters, sinking boats and lost hikers. SAR crews were faced with the challenge of working from a remote base, coordinating amongst themselves and working with other assets to affect the best outcome for the simulated victims.

"One of the challenges provided by these scenarios is having to work with agencies we don't get to regularly," said exercise organizer Captain Jeff McRae. "Getting tasked with only the initial scraps of information, creating and executing the search plan; then coordinating the response with folks like CASARA, the Coast Guard, or simply whom-ever is nearby and willing to help - managing that chaos is what SAR crews do."

Having to maintain multiple



Members of 413 (Transport and Rescue) Squadron participate in a simulated aircraft disaster scenario during Tusker Exercise 2019, September 23 to 26 in Miramichi, New Brunswick.

Corporal T. Matheson, 14 Wing Imaging

aircraft away from wing support, as well as the comforts and capabilities found in military hangars, 413 Squadron and IMP Aerospace technicians rose to the combined

challenge of the training tempo and weather, servicing aircraft outside in often rainy and cold conditions.

For CC130 Hercules Crew 1, the week began when they

arrived in Miramichi to immediately find a tasking to a simulated collision between two civilian aircraft. The crash was located by a CASARA aircraft, which left the scene

after the Hercules arrived and while closing-in weather still permitted a safe landing in Miramichi. Given the scenario, additional SAR-Techs were onboard the Hercules.

Continued on page 2...

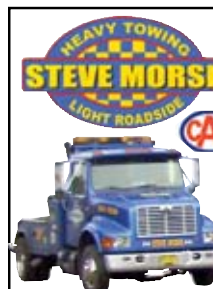
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High pressure training...

...cover

The aircraft captain and team leader assessed the scene from the air and made the call to jump. On the ground, SAR-Techs were faced with multiple simulated casualties of varying degrees of severity. Two bundles of medical equipment were parachuted down from the Hercules by its navigator and loadmaster, and a CH149 Cormorant aircraft and its crew soon arrived to transfer the casualties back to Miramichi in two loads.

The following evening, the crew faced a wild night that included a real tasking near Yarmouth, after wrapping up a simulated tasking 80 miles northwest of Cornerbrook. They debriefed in their hotel lobby at 5 a.m., all keen for some rest.

On the third exercise mission, Crew 1 made its way to the CCGA's boat, "Make My Day," out of Neguac, taking on simulated water. The weather presented visibility issues due to low clouds; however, working with the vessel to maneuver allowed the successful drop of a pump and life rafts. As if the "Make My Day" wasn't having a bad enough day, a further simulated medical scenario on the boat required the SAR-Techs to execute a water jump and then perform a Cormorant extraction.

Training with the CCGA, comprised of civilian volunteers operating their own fishing vessels, greatly increases realism for Cormorant crews. Having a helicopter hovering overhead, hoisting SAR-Techs to and from their vessel, isn't something the average fisherman does every day, and thus presents unique challenges. Communication with the boat during the exercise was difficult, but solid briefings helped manage expectations and kept safety considerations paramount.

"Working together on the fly is what makes TUSKER EX so important," says Hercules Flight Commander Major Carl MacDonald. "Understanding the capabilities that each asset brings to the situation, and working through those challenges in a high stress, yet low consequence environment (compared to real SAR events), is an essential tool for providing a deeper and more nuanced understanding of how our squadron functions." ➔



MSA water outage planned for October 26

There is a planned water outage at 14 Wing Greenwood Saturday, October 26, 7 a.m. to 7 p.m.; affecting a number of buildings in the Mission Support Area.

Buildings affected include B15, B18, B28, B60, B149, B169 and B221. Fire hydrants affected include #89, #221, #222, #223, #224, #225, #226, #227 and #239.

An extensive water valve replacement project is underway at the base this fall.

413 family fun

Members of 413 (Transport and Rescue) Squadron invited their family members in October 5 for the squadron's annual family day of fun and a behind-the-scenes look at what the search and rescue technicians, maintainers and aircrew do on-the-job.

Leading Seaman C. Moon, 14 Wing Imaging

Maritime patrol community remembers its own

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

October 6, members of the international fixed-wing

maritime patrol community, including retired personnel and international guests, gathered with 14 Wing Greenwood members for a re-dedication and memorial service. The VP Interna-

tional memorial service is an annual event that serves as an act of remembrance for all fixed-wing and long range patrol aircrew who have been killed on operations or in training from the 26 nations that make up the 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. VP International'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 lost, accomplished through the annual memorial service.

The 2019 service was led by Colonel Brendan Cook who, as the 14 Wing com-



VP International patron and 14 Wing Greenwood Commanding Officer Colonel Brendan Cook speaks to 14 Wing personnel, international VPI guests and retired aircrew during the VPI memorial service at 14 Wing Greenwood October 6. Master Corporal R. Wilson, 14 Wing Imaging

Seamless Canada concept considers military families' health care access

The Department of National Defence and Canadian Armed Forces representatives met recently in Ottawa with provincial and territorial counterparts to advance the Canadian Armed Forces' Seamless Canada initiative.

The symposium focused on finding ways military families can better access health care when relocated to another province. Participants exchanged best practices and shared current innovative approaches. Delivering healthcare to military families is a top priority: the greatest number of family members are affected by this particular challenge.

Seamless Canada continues to build on steps taken by a number of provincial ministries. Alberta has formally appointed a military special envoy for the province and has set up a website with centralized information pertinent to military families.

They were also the first province to launch a web portal for military families. Ontario is maintaining a dedicated website with information to help military families settle in the province and is actively working towards improving access to primary health care in rural communities. Manitoba has made it easier for military families to find supports and services through an updated military portal on its provincial website and has also appointed a special envoy for mili-

tary affairs. New Brunswick provided additional funding for childcare spaces in the province. Other provinces have worked with Military Family Resource Centres to streamline some services in those jurisdictions.

The next Seamless Canada roundtable will be held in the spring of 2020, when the focus will be twofold: continuing the discussion on access to healthcare for military families, and further exploring spousal employment-related issues. ➔



Patrick and Carmen Smale, along with their son, Noah, stand in front of the VP International memorial October 6. Their father and grandfather, the late Colonel (retired) Herb Smale created the remembrance to honour crewmembers of land-based maritime patrol aircraft. Master Corporal R. Wilson, 14 Wing Imaging

mander, also acts as the VP International patron. The Greenwood base memorial was initially dedicated in 1993 and, each year, this service is held to re-dedicate the memorial and to honour new names added

to the organization's Book of Remembrance. The Book of Remembrance, 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. Each year since its inception, new names have been added to this book, thanks to the tireless research efforts of VPI members. ➔

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

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TAKE NOTICE that the preliminary list of electors has been prepared for use during the Special Election in Polling District 1 of the Municipality of the County of Annapolis, which will be held on Saturday, December 14, 2019; and

TAKE NOTICE that electors may ask the Returning Officer at the Annapolis County Municipal Administration Building to check whether their name is on the list of electors; and

TAKE NOTICE that the Returning Officer may make additions or corrections to the list upon application by telephone, in writing, or in person. Please telephone (902) 532-3136 between 9:00 a.m. - 4:30 p.m.; fax to (902) 532-2096; mail to Returning Officer, PO Box 100, Annapolis Royal, NS B0S 1A0; or present to the Returning Officer at 752 St. George Street, Annapolis Royal; **to be received before 4:30 p.m. on October 31, 2019.**

POLL WORKERS

Please contact the undersigned if you are interested in working at a poll for this municipal special election.

Dated at Annapolis Royal, Nova Scotia, this 11th day of October, 2019
Carolyn Young, Returning Officer
elections@annapoliscounty.ca

bravo zulu | promotions & presentations



Aviator (Trained) Williams, 407 (Long Range Patrol) Squadron, Comox, centre; was presented his new rank by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Freeman.

Master Corporal K. Scott



Aviator (Trained) Braun, 407 (Long Range Patrol) Squadron, Comox, centre; was presented his new rank by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Freeman.

Master Corporal K. Scott

14 Wing Imaging unless otherwise indicated.



October 11, Sergeant Greg Smith, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Deputy Commanding Officer Major Andrew Smith, left; with Master Warrant Officer Gary Norris.

Aviator J. Powless



Corporal Brian Jessome, centre, was presented October 8 with the top student award for the recent Aircraft Structures Systems on Aircraft Maintenance Course by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left; with Chief Warrant Officer Jon Freeman at the Hornell Centre headquarters.

Corporal K. Neate



The most recent graduating class of the Aircraft Structures Systems on Aircraft Maintenance Course is pictured at the Hornell Centre headquarters October 8.

Corporal K. Neate

Recognition comes as individuals ‘step up’

Sara White,
Managing editor

Visiting the various sections around 14 Wing Greenwood as fall schedules pick up gives Colonel Brendan Cook, who took command in July, the opportunity to see and hear more about what everyone does to support the wing’s “Operate as One” motto.

At Transportation Electrical Mechanical Engineering September 10, he also had the opportunity to pass on commendations for one member in particular.

Corporal Michel Pitre was

awarded a Commander’s Commendation from the commander of 1 Canadian Mechanized Brigade Group for “outstanding technical acumen in support of the remote weapons station trail on the LAV 6 Engineer variant, 5 Feb 2019. Pitre was instrumental in identifying obstacles and proposing solutions prior to the trial commencing.

His work enabled 1 Combat Engineer Regiment to employ this weapon platform during Ex MAPLE RESOLVE 19, strengthening the combat power of the Bridge. His actions brought great credit to himself, the

RCEME Corps, and 1 Canadian Mechanized Brigade Group.”

“Everyone has a moment in their life where you step up and do something more than you do normally,” Cook said, following an inspection of two flights of TEME personnel and the commendation presentation.

“Corporal Pitre did, but it doesn’t mean you all don’t have things every day, here. You have a good example in your midst, that good things do get recognized. Step up, step out and be good, as the professionals you are.” →



Corporal Michael Pitre, centre, was awarded a Commander’s Commendation from the commander of 1 Canadian Mechanized Brigade Group, presented September 10 by 14 Wing Greenwood Commander Colonel Brendan Cook, left; with Wing Chief Warrant Officer Dan Campbell.

S. White



Family fun, times three

Personnel from three 14 Wing squadrons - 404 (Long Range Patrol and Training) Squadron, 405 (Long Range Patrol) Squadron and 14 Air Maintenance Squadron - and their families joined forces September 22 for fun, hosting a combined family day at 11 Hangar. It was a team effort to host family members in the workplace, with the opportunity to play, check out what parents and spouses do every day, eat and share time together.

Leading Seaman C. Moon, 14 Wing Imaging



Pair joins ‘tight knit’ family of flight engineers

Sara White,
Managing editor



Corporals Nathan Brown, left, and Alexander Mertl, right, are the newest flight engineers at 14 Wing Greenwood, as Lieutenant-Colonel Ross Freeman, commanding officer of 415 (Long Range Patrol Force Development) Squadron and acting 14 Wing commander; presented each with their wings at the Annapolis Mess September 25.

Corporal K. Neate

Two Royal Canadian Air Force corporals have joined “the hardest working members of an aircrew,” according to Lieutenant-Colonel Ross Freeman, commanding officer of 415 (Long Range Patrol Force Development) Squadron, as he presented them their flight engineer’s wings September 25.

Corporals Alexander Mertl and Nathan Brown were both recognized for completing their training to become flight

engineers at the 14 Wing Greenwood Annapolis Mess. “You should be extremely proud to wear these wings, indicative of a hard work ethic and a level of competence,” Freeman said. “Flight engineers are the first to arrive and the last to leave the aircraft, and everything they do is directly attributable to the safety of the flight. Good luck, stay safe and congratulations.”

Mertl joined the Canadian Armed Forces in 2009, trained as an avionics systems technician and was

posted to 407 Squadron in Comox. He deployed on Operation Impact twice, in 2015 and again in 2017, and, in 2017, was accepted into the flight engineer occupation. With his wings, he now returns to 407 Squadron.

Brown first joined the Canadian Armed Forces Reserves in 2007, and transferred to the regular Force in 2009 as an aviation systems technician. He was posted to 14 Air Maintenance Squadron in Greenwood in 2011, then to 450 (Tactical Helicopter) Squadron in Petawawa. In

2018, he completed flight engineer training and returned to 14 Wing, where he recently completed the MOAT and will now join 405 (Long Range Patrol) Squadron.

“It’s been a team effort to get here,” said Mertl after the ceremony. “There were only the two of us on the MOAT course. All the staff have years of knowledge and all of them have the experience, often as technicians. It’s such a small trade – about 300 in the RCAF, so it’s a tight-knit ‘family,’ and they want to see you succeed.” →

Base energy efficiency upgrades well underway

Hundreds of people visited the 14 Wing Greenwood Wing Welcome Expo September 14. One booth at the event showcased the energy performance project currently underway at 14 Wing by MCW.

This project includes improvements to over 50 buildings on the base that will reduce energy consumption and annual greenhouse gas emission by 7,500 tonnes of equivalent carbon dioxide. Do you know how many passenger cars taken off the road that equals? That was the puzzling question that was being asked at the

Expo to young, old, military and civilian visitors alike for the chance to win a solar-powered backpack. Over 50 contestants entered this emissions equivalency quiz, and took the opportunity to learn more about the carbon footprint-reducing strategies currently underway in the buildings many use every day.

This summer, lighting, controls and infrastructure upgrades were well underway at the Annapolis Mess, the Fitness and Sports Centre, the Birchall Training Centre and the Morfee Centre. Work included new heating

and air system controls, LED lighting upgrades and an ungraded and efficient dehumidification unit at the Fitness and Sports Centre pool. Additional lighting retrofits at hangars 11 and 14, building automation upgrades at hangars 11, 12 and 13; and insulation upgrades to steam vaults and building entry pits, which began this summer, are due for completion this fall.

Looking ahead, there will be significant lighting retrofits occurring around the base. Expect to see lighting upgrades at Argus House, MSE storage, the fire hall,

non-destructive testing, the FDS facility and Hangar 7, to name a few. Piping and equipment insulation upgrades will continue through the fall in several buildings, and building automation controls upgrades in hangars 4, 5, 7 and 8 will start. Construction is also due to begin at 5th Canadian Division Support Base Detachment Aldershot, where building automation upgrades will begin in the Dorm Training Building and the kitchen/ dining hall.

Stay tuned for more information and a site-wide energy performance brand to be released later this month. →



Corporal Benjamin Riel won a solar-powered backpack for having the closest estimate to the equivalent of how many passenger vehicles are “off the road” with the energy efficiency work now underway at 14 Wing Greenwood – the correct answer? Sixteen hundred cars! MCW representatives presented him his prize.

Submitted

Ladies lace up with love of hockey

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14 Wing Greenwood Commander Colonel Brendan Cook, Wing Chief Warrant Officer Dan Campbell, founding club player Sam Poulin and the club's newest Lady Bomber, Aaron Daniels, took part in the October 5 ceremonial puck drop. Submitted

Jenna Reid

The Lady Bombers of Greenwood hosted their own World Girls Ice Hockey Weekend, putting 30 players on the ice for skills, games and fun October 5 at the Greenwood Gardens Arena.

"This event celebrates everything our club is about," says Jenna Reid. "We are a group of women that gets together to learn, teach and play hockey in an inclusive environment, on and off the ice."

WGIHW was a chance for the Lady Bombers to celebrate their third season on ice, and the day's participating women's skills in a game scenario, gained during pre-season skills development sessions.

"We applaud the brave women who strapped on their skates for their first-ever game, and encourage the remaining new players to sign up for games in the upcoming season. We pride ourselves on being an inclusive team, and that was proven when ladies of all skills shared the ice in a fun and supportive game of hockey."

The Lady Bombers include players from age 18 to 80-plus with "one common love: hockey." The program is designed for women who may have never skated, are new to hockey or simply want to get back to recreational hockey. All skills are welcome, it's pay-as-you-play and there is a gear loan program. Aviator Mel Julien-Foster started the program in 2016 to provide women a supportive place to learn the game.

"Today, we are proud to say the program has evolved to become an inclusive team, providing all players with a sense of community and belonging while promoting physical exercise and love of Canada's game."

October 5 started with a safety talk, schedule review and the ceremonial puck drop by 14 Wing Greenwood Commander Colonel Brendan Cook, Wing Chief Warrant Officer Dan Campbell, founding club player Sam Poulin and the club's newest Lady Bomber, Aaron Daniels.

Hockey & dodgeball day

Journée de hockey et de ballon chasseur

November 1 novembre

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Keepin' it REAL: Pine Ridge, 413 Squadron partner up

Jennifer Vaino

September 26, you may have seen members of 413 (Transport and Rescue) Squadron set up along a six-kilometre route in Kingston, and lots of Pine Ridge Middle School students in green shirts running or walking in their annual Terry Fox Run.

Squadron members were strategically placed at community intersections with "stop" signs or on corners to guide students along the way. They were also seen high-fiving students, and heard encouraging all the runners and walkers. Some of the school's cross country team members finished their run in just over 26 minutes. Some students who aren't on the team drew the attention of coaches and were asked to join.

The Terry Fox run started at Pine Ridge, turned right down Pine Ridge Avenue, left on Westwood Street, left on Highway 1, left on Old Brook Road, left on Balser, left again on Maple Street and, finally, arrived back at the school.

The staff and students of Pine Ridge Middle School this year raised \$533. A BIG thank you to 413 Squadron for supporting the students. →



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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546



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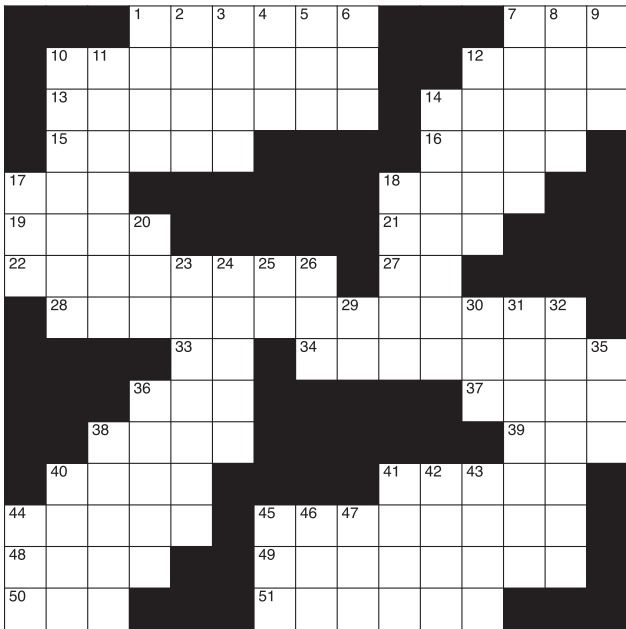
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metro crossword

solution page 10



- ACROSS**
- 1. Type of relic
 - 7. Type of medical program (abbr.)
 - 10. Outer defense of a castle
 - 12. 1,000 calories (abbr.)
 - 13. A way of using
 - 14. Abounding with surf
 - 15. Expressed violently
 - 16. Shared a boundary with
 - 17. Swedish krona
 - 18. Thick piece of something
 - 19. Wreaths
 - 21. Animated program network (abbr.)
 - 22. Regains possession of
 - 27. Spielberg sci-fi film
 - 28. 2-time Super Bowl winner
 - 33. Ice hockey position (abbr.)
 - 34. Circulatory system parts
 - 36. Supervises flying
 - 37. District in Peru
 - 38. Impudence
 - 39. ...willikers!
 - 40. One point east of southeast
 - 41. Papas' partners
 - 44. Youngsters
 - 45. Type of tree
 - 48. A hazy or indistinct appearance
 - 49. Poems with distinct pattern
 - 50. Marketing term that denotes price
 - 51. Fast drivers
 - DOWN**
 - 1. Grenade
 - 2. Off-Broadway theater award
 - 3. Small, immature herring
 - 4. ...fi (slang)
 - 5. 007's creator
 - 6. Liquefied natural gas
 - 7. Cleanse thoroughly
 - 8. Handle of a knife
 - 9. Perform diligently
 - 10. Drink pourer
 - 11. Extreme greed
 - 12. Southern Russia
 - river
 - 14. Type of cracker
 - 17. Single Lens Reflex
 - 18. Barely sufficient
 - 20. Slick
 - 23. Reference books
 - 24. Federally recognized native peoples
 - 25. Manganese
 - 26. Senior officer
 - 29. Atomic #18 (abbr.)
 - 30. Tax collector
 - 31. World wonder ... Falls
 - 32. Origins
 - 35. Car mechanics group
 - 36. MMA fighter Urijah
 - 39. Gland secretion
 - 40. Gelatinous water creature
 - 41. Good friend
 - 42. Arab ruler
 - 43. Capital of Belgian province Hainaut
 - 44. English broadcaster
 - 45. Soviet Socialist Republic
 - 46. Affirmative
 - 47. Trigonometric function (abbr.)

crossword brought to you compliments of

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Rental space
Having a wedding, anniversary, birthday or any other function? RCAFA 107 Valley Wing in Greenwood offers a hall and catered services for up to 100 people. Call 765-8415 or drop in to see us.

Blood donation clinic
October 21, 5 p.m. to 8 p.m., and October 22, 12:30 p.m. to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services hosts a blood collection clinic at the Morfee Centre, 83 School Road, Greenwood. Returning and new donors are welcome. Book an appointment at blood.ca or call 1-888-2-DONATE.

Supper
October 22, 5:30 p.m. to 7 p.m., West Kings students and staff invite you for supper and a show. Soups, chowders and chillies, plus a roll and cookies for dessert: in a student-made, decorated bowl, \$25; general tableware, freewill offering (suggested minimum \$5). Plus over 500 display slides, art work and more around the evening's theme, food insecurity,

developed by students in technology, art, drama and music courses. All proceeds to the Upper Room Food Bank in Kingston and the Berwick Food Bank.

Museum annual meeting
October 22, 8 p.m., the Greenwood Military Aviation Museum Society will hold its annual meeting in the museum conference room. All society members are invited to attend; any current member, as of October 1, 2019; may vote and 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 15.

Stories & songs
October 23, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts books, playtime and a snack for children mainly ages 0-5, but all are welcome. Children must be accom-

panied by a parent or caregiver. Registration is required.

Supper
October 24, 4:30 p.m. to 6 p.m., the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines; hosts a turkey supper. \$13 for adults, \$6 for children. For takeouts, call 902-765-3049 after 3 p.m.

Book launch
October 24, 9:45 p.m. the Kings County Museum, 37 Cornwallis Street, Kentville; host a spooky book launch event for Vernon Oickle's "More Ghosts Stories of Nova Scotia." Maritime folklore, superstitions and traditions are Oickle's passion, and these are spine-tingling, titillating tales of old tragedies and sorrowful losses. Special guests: Jerome the Gravekeeper and Lou, Teller of Tales. Freewill admission.

IELTS information session
October 24, 6 p.m. to 7:30 p.m., the Berwick and District Library hosts an information session on the International English Language Testing System. IELTS is a test developed by the world's leading experts in language assessment on four key English language skills: listening, reading, writing and speaking. It is designed to assess the language ability of people who aim to study, work, immigrate and integrate an English-speaking environment. All welcome.

Soldiers' social
October 25, 8 p.m. (doors open at 7 p.m.), the Kings Historical Society and CentreStage Theatre host a night of wartime camaraderie with a touch of the poignant in the Ball Room of Main Street Station, 325 Main Street, Kentville. Live 1940s' music (with Rewind), light fare, theatre and dancing. Ken Bezanson, pianist, will make a special appearance in the lobby and 1944 singing sensations Wendy and Donna will perform on the mainstage. Cash bar. Tickets: \$30. society members \$25 at kingscountymuseum.ca/product-category/1940s-dance/ or at the Kings County Museum, 37 Cornwallis Street, Kentville; 902-678-6237. (CentreStage season passes/ gift certificates not accepted.)

Supper
October 25, 5 p.m. to 7 p.m. enjoy Friday night supper at the Berwick Legion, 232 Main Street. Homemade turkey pot pie, mashed potatoes, corn and a roll: \$8. Dessert \$2.

Friday music
October 25, the Berwick Legion, 232 Main Street, hosts Friday night live music with Wayne Parker.

Admission: pass the hat, ages 19-plus. For info: 902-538-9340.

Knitting by the book
October 25, 6 p.m. to 7:30 p.m., the Berwick and District Library invites you to let your creative side take over. Bring your own project: come and knit, crochet, rug hook, spin, weave.

Coffee & conversation
October 25, 10 a.m. to 11:30 a.m., the Berwick and District Library's "conversation starter" is Sandy Buchan, seniors transit champion, Kings Transit Authority. Join us for coffee, tea and conversation with your community neighbours.

Halloween craft
October 25, 3:30 p.m., the Kingston Library hosts a spooktacular hour of Halloween treats and crafts for children ages five to 12.

Learn to curl - adults
October 25, 7 p.m., or October 26, 10 a.m., at the Greenwood Curling Club. Follow us on Facebook, 14 Wing Greenwood Curling Club.

Library daytime camp-out for kids
October 25, 10 a.m. to 11:30 a.m., the Annapolis Royal Library hosts a school day off event for ages four to 10. Build an indoor fort, eat a snack and listen to ghost stories.

At the Evergreen
October 25, 8 p.m., The Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents New Brunswick contemporary roots and blues artist Mike Biggar, with blues artist Manitoba Hal. Tickets \$30 (military \$25, students \$15) through TIXHUB at evergreentheatre.ca.

F5 evening
October 25, 4:30 p.m. to 7:30 p.m., the Margaretsville United Church, 103 Seaman Street; hosts F5: a free, non-denominational evening for the family (children welcome) to gather, do crafts or play games, have supper and watch a movie (family, film, food, fun, Friday). Featuring: Coco from Disney Pictures. For info: 902-765-3621.

Ten Thousand Villages sale
October 25, noon to 8 p.m., and October 26, 9 a.m. to 3 p.m.: shop with intention, as Ten Thousand Villages offers fairly traded, unique home décor and gifts at a festival sale at the Kentville fire hall, 463 Main Street. Your purchase will help skilled artisans in more than 30 countries receive a fair price for their handcrafted wares. Call 902-698-2705.

Yard and craft sale
October 26, 8 a.m. to 1 p.m. the Somerset Community Hall, 4320 Brooklyn Street, hosts a fall yard

and craft sale. Various sellers. Muffins and tea/ coffee will be available. Proceeds toward payment of repairs from hurricane Dorian. Contact 902 670-7566 for information.

Supper
October 26, 4:30 p.m. to 6:30 p.m., there will be a turkey supper, with homemade apple pie for dessert, at the Aylesford United Church. Freewill offering. Take out \$12. Sponsored by the Committee of Stewards for church expenses.

Cemetery work day
October 26, 9 a.m. to noon, join a fall leaf raking day and brush cleanup at the Old Tremont Cemetery (740 Tremont Mountain Road). All hands are welcome - a great family activity. Extra rakes available or bring your own. Rain date: Nov. 2. More info: 902-765-2642.

Chase the Ace/ meat draw
October 26, 1 p.m. to 3 p.m., the Kingston Legion holds its Chase the Ace draw. Tickets are available at Brown's Auto, Pharmasave Kingston, Needs; JOY-EL Investments, Aylesford; and at the Legion during bar hours. Tickets are \$1 each (age 19-plus). The draw takes place at 3:30 p.m. (you do not have to be present to win). We are supporting Kingston Scouts Canada programs.

Pizza & movie night
October 26, the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road; hosts a pizza and movie night. Pizza served at 5:30 p.m. Movie (October Sky) starts at 6 p.m. After Sputnik is launched, four friends struggle to build their own rocket in a small coal mining town. Will they win the national science fair, win scholarships and avoid a life in the mines? Call Brian at 902-765-4124 for info.

Rummage sale
October 26, 1 p.m. to 3 p.m., Rosemary Chapter IODE will hold a rummage sale at the NS Community College, Middleton. Many treasures, household goods, clothing, shoes, books, bags and jewelry for sale.

Musical afternoon
October 27 at 2 p.m. (doors open 1 p.m.), the Three Rivers Café, Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines; hosts a tribute to Stompin Tom Connors, featuring Fraser Newcombe and Jim Francis. 50/50 tickets available. Admission \$10. For information call 902-772-2335 or follow us on Facebook.

Church service
October 27, 11 a.m., Third Horton (Canaan) Baptist Church, 767 Canaan Mountain Road, bids farewell to Pastor Joel Okyere,

who is moving to Montreal. A music service of songs old and new, favourites from the hymn book and refreshments is planned.

Legion elections
October 28, 7 p.m., the Kingston Legion Branch 98 will hold its annual election of officers. If interested, leave your name and number at the Legion office, call 902-765-4428 and attend the meeting.

Coffee party
October 28, a.m. to noon, the Beehive Adult Services Centre, 1119 Station Street, Aylesford; hosts its fall coffee party. Freewill offering. Baked goods and door prizes, too!

Lunch
October 29, 11 a.m. to 1 p.m., the Middleton & Area Fireflies luncheon features a hot, homemade meal at the Middleton fire hall. Join us for your choice of pulled pork burgers (\$10), corn chowder (\$9) or turkey vegetable soup (\$9). Included will be your choice of apple or pumpkin pie, tea and coffee. Free Middleton area delivery by calling Bonnie at 902-825-3062 by October 28.

Museum talk: RCAF Station Beaverbank
October 29, 7:30 p.m., the Kings County Museum, 37 Cornwallis

1,000 mile milestone

Pat Nixon,
Kingston/ Greenwood
Community Health Board

Hazel DeAdder of Greenwood, a participant of the Greenwood Mall's "Walk the Mall" program, has reached the 1,000 miles walked milestone - equivalent to walking from Greenwood to North Bay, Ontario!

DeAdder started with the program in August 2018 and has been walking a average of 22 miles per week. This program is a collaboration between the Greenwood Mall and the Kingston/ Greenwood Community Health Board, intent on increasing the activity, exercise and fitness level of community participants of all ages. DeAdder says

Street, Kentville; hosts With Bud Berntson, 111 Wing Dartmouth. In 1950, bomber raids by the Soviet Union over Nova Scotia were considered quite likely. RCAF Station



Hazel DeAdder, centre, was recently presented a Fit Bit by Greenwood Mall manager Susan Tidman as her milestone reward for achieving 1,000 miles walked. DeAdder is part of the Walk the Mall program. Lane Myers was on hand, representing the Kingston/ Greenwood Community Health Board.

Submitted

the program has helped her meet new people, maintain a healthy weight and increased her strength and endurance - while doing it

in a safe environment. Visit the Walk the Mall kiosk at the Greenwood Mall for more info and to register. →

Beaverbank fulfilled a critical role in the early days of Canada's and North America's air defence, occupying a unique location near

Canada's largest Atlantic seaport and its biggest naval base, making it an important early warning radar system. kingscountymuseum.ca.

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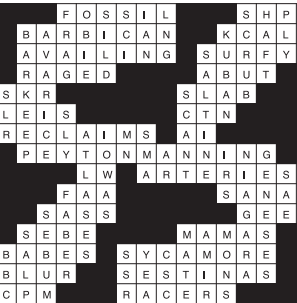
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Food for thought from the Upper Room

In its continuing efforts to keep the local community informed about its activities, the Upper Room Food Bank in Kingston would like to share some recent numbers about the regular activities at the facility.

During June, the food bank served 190 families, consisting of 326 adults and 181 children, with 17,724 pounds of product going out and 20,021 pounds coming in. The incoming total includes 4,156 pounds provided by the Feed Nova Scotia network and 2,794 pounds purchased with local cash donations. The remainder is from local donations, including several local businesses.

During July and August, even with reduced summer hours, the food bank served 341 families, consisting of 604 adults and 318 children, with 37,215 pounds of product going out and 35,521 pounds coming in. The incoming total includes 4,156 pounds provided by the Feed Nova Scotia network and 3,739 pounds purchased with local cash donations. These numbers are large, but the summer months are combined, and the average is consistent with our average numbers.

The food bank's annual general meting was held September 23 and, as always, was open to the public. A few guests attended and provided

several suggestions, which were further explored during the board meeting which followed.

A few members of the board recently took the opportunity to attend the national conference, sponsored by Food Banks Canada and held in Halifax this year. It proved to be a useful experience, as staff were able to exchange ideas with food bank representatives from across the country. A lot of good practices came from these discussions, with some likely to be implemented locally.

The season for food drives is ramping up, with several large food drives starting at grocery stores, including the RCMP's Cram the Cruiser, K-Rock (just finished) and others. Please give generously when requested. We are continuously grateful to the many local businesses, as well as the general public, who are endlessly coming up with new ways to keep our shelves supplied. For example, the Needs gas bar gives out vouchers for Sobeys groceries when gas is purchased. Many people leave these behind at the counter. Needs collects them and Sobeys honors them for the Upper Room. Last year, this amounted to almost \$3,500 in groceries for our stock. Thank you!

Regular hours for the Upper Room Food Bank are Mondays, 10 a.m. to noon, and Thursdays, 7 p.m. to 8:45 p.m. Please note, October 31 (Halloween) is on an evening we are normally open, but we will be closed.

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I shouldn't have said anything!

Dear CCMS agent,

Recently, I had a clear disagreement with my supervisor(s) and other unit personnel superior to me in my chain of command about how I was being directed to use my Unit Government Payment/ credit card. I explained to them how using the card this way was prohibited and/ or against standard operating procedures, but I was ordered to "Get on with my job," and I was threatened with being charged or fired. I'm only a junior NCM and I don't think I can fight with them anymore,



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and I don't know where to turn. Ever since I made a verbal complaint, I've been singled out and have been treated unfairly. How can the CCMS help me?

Member Treated Unfairly

Dear MTU,

Fear of reprisal and retaliation is a real concern for members who bring a complaint forward to their

chain of command. QR&O 19.15 – Prohibition of Reprisals states, "No member may take action against any person who has, in good faith, reported to a proper authority any infringement of the pertinent statutes, regulations, rules, orders and instructions governing the conduct of any person subject to the Code of Service Discipline, made a disclo-

sure of wrongdoing... etc;" furthermore, "any threat or actions that adversely affects the service, employment or working conditions of the person" is prohibited.

In saying this, there are numerous options available you can discuss in the safe/ confidential environment of the CCMS office with an agent and/ or conflict management practitioner. We can discuss alternate dispute resolution (ADR) options to facilitate an early, local and informal resolution, as well as those rights based

Je n' aurais pas dû dire ces choses!

Cher agent des SGCP,

Récemment, j'ai eu un profond désaccord avec mon (mes) superviseur(s) et d'autres supérieurs hiérarchiques de la chaîne de commandement de mon unité sur la façon dont on m'a ordonné d'utiliser ma carte de paiement du gouvernement ou de crédit de mon unité. Je leur ai expliqué pourquoi l'utilisation de cette carte de cette façon était interdite ou non conforme aux instructions permanentes d'opération, mais on m'a ordonné de « faire mon travail » et on m'a menacé de mesures disciplinaires ou de renvoi. Je ne suis qu'un MR (subalterne)

et je ne pense plus pouvoir me battre avec eux et je ne sais pas vers qui me tourner. Depuis que j'ai déposé une plainte verbale, je fais l'objet d'un traitement particulier et injuste. Comment le centre de SGCP peut-il m'aider?

Militaire Traité Injustement

Cher MTI,

La crainte de représailles et de sanctions est une préoccupation réelle pour les militaires qui présentent une plainte à leur chaîne de commandement. L'article 19.15 des ORFC – Interdiction de représailles stipule que : « Aucun militaire ne doit prendre de mesures,..., contre une

personne qui, agissant de bonne foi, a signalé aux autorités compétentes toute infraction aux lois, règlements, règles, ordres et directives pertinents qui régissent la conduite de toute personne justiciable du code de discipline militaire, a fait une divulgation d'acte répréhensible... » de plus, toute menace ou « mesure portant atteinte à son service, à son emploi ou à ses conditions de travail » sont interdites.

Cela étant dit, il y a de nombreuses options qui s'offrent à vous dont vous pourriez discuter avec un agent ou un praticien de la gestion des conflits dans un environne-

ment sûr et confidentiel du bureau de SGCP. Nous pouvons discuter des options des modes alternatifs de résolution des conflits (MARC) pour faciliter un règlement rapide, local et informel, ainsi que des processus fondés sur les droits, qui comprennent notamment une plainte officielle de harcèlement et la politique sur la dénonciation.

Veuillez communiquer avec votre bureau local de SGCP pour discuter de vos options. Nous avons un centre de SGCP à Stadacona, BFC Halifax, Bâtiment S-18 (902-721-7533), à Greenwood (902-599-3742) et à Gagetown (506-422-2000, poste 2232).

processes which include an official harassment complaint and the whistleblower policy, to name a few.

Contact your local CCMS office to discuss your op-

tions. We have CCMS Centres in Stadacona, Halifax S-18 (902-721-7533), Greenwood (902-599-3742) and Gagetown (506-422-2000 local 2232). →

~ Obituary ~

OTIS, Alexandra,
Middleton, NS

A beloved daughter, granddaughter, sister, niece, cousin and friend, Alexandra Otis left this world unexpectedly at age 38 on October 3rd, 2019. Born on March 27th, 1981 as Alisen McLeanns in Mission, British Columbia to Laara McLeanns & John McLeanns. She was a bundle of energy, light and sparkle and was lovingly nicknamed "Ali Choo Choo" by her older brother Seann. Alex was an avid lover of nature, the environment, animals, yoga, meditation and music. She had an incredible vibrant spirit that touched everyone who met her. She was adventurous and loved the feeling of the open road while taking long rides on her Harley. Alexandra found her place in the Canadian Armed Forces and her entire family took great pride in her accomplishments in reaching her rank of Corporal. Driving was her passion and she absolutely loved her career. In 2017, Alex relocated to Greenwood, Nova Scotia to be close to her father, extended family and further her career in the CAF. She will be so missed and lovingly remembered by her parents, John McLeanns and Laara McLeanns; step-father, Mike Alexander; brother, Seann McLeanns. Her aunts and uncles, Cheryl Roth; Hailey Otis; William (George) McLean; Angus and Mary McLean; Alice McLean; Robert and Gabrielle McLean. Her cousins Tanya, Ron, Olivia and Nicole Tagwerker; Bonnie and Ralph Barnes; Cynthia De Haan-Taylor and Jeremy Taylor; Sonja De Hann-Moro and Stephen Moro; Michelle and Todd MacDougall; Tavia, Rich and Scotia Nelson; Blaine, Tammy, Erin and Holly Condran; Dana and Iain Gordon; Katherine and Rob Lantz. Close friends, Sandy Best; Sherrel Richards; Allan Smith; Catherine De Vaal and so many more close friends near and far. Alexandra was predeceased by her grandparents, Maria Alaver and Hugo Otis; Ruby and Harry McLean; uncles and aunts, Rollin Otis; Ruth McLean; Cecil and Mary De Haan; great uncles, Peter Parvei, Alex Parvei and great aunt Malle Parvei. A celebration of life was held at 2:30 pm, Sunday, October 20th in St. Mark's Protestant Chapel, Church St. (Building 69), Greenwood, NS. The family invites attendees to a reception to follow the service to share stories of Alexandra at the Annapolis Mess, CFB Greenwood. In lieu of flowers, the family is requesting that a donation be made in Alexandra's name to an environmental charity of their choice or donate to Hope for Wildlife 5909 NS-207, Head Chezzetcook, NS, B0J 1N0, (902) 407-9453. Arrangements have been entrusted to Middleton Funeral Home, 398 Main St., toll free 1-855-825-3448. Online guestbook may be signed by visiting: www.middletonfuneralhome.com



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Kings seniors' safety program, RCMP to help those living with dementia

Kings District RCMP has embarked on a new way to assist people living with dementia through the use of fidget quilts.

The2Fidgeteers, Beth McBrine and Cathy Dunbar, recently donated 70 fidget quilts to the Kings RCMP. The unique quilts bring comfort to people living with dementia in situations that are unusual

and may be upsetting.

Police are often called to assist when those living with dementia are lost or missing. The circumstances often result in clients with dementia being confused and agitated. It's in situations like these police are hoping this new tool can be of assistance.

Sergeant Andrew Buckle, Operations NCO East, Kings

County; first learned of fidget quilts through Kings County Seniors' Safety Program coordinator Michelle Parker. Fidget quilts have long been used in the care of dementia clients and are a proven tool to help reduce anxiety and create calmness.

"Having one more tool at our disposal to help deescalate these stressful situations



Submitted

is invaluable," says Buckle.

McBrine and Dunbar have been making fidget quilts since February 2018 as a

passion project, both having loved ones with dementia.

"Beth and Cathy have been incredibly generous with their

time and talents for this project. We're very grateful and excited about this innovative partnership," says Parker. ➔

Volunteer workshops highlight growing potential, people

The Kings Volunteer Resource Centre envisions an engaged community in Kings County, built on the cornerstone of volunteerism. Its 2019/ 2020 free workshop series is open for registration at kvrcworkshopseries.eventbrite.ca. For information on any of the centre's programs, contact coordinator@kingsvolunteerresourcecentre.ca or 902-678-1398.

Volunteer recruitment - October 30, 6 p.m. to 8 p.m., at the KVRC office. Are you a group or organization that relies on volunteers to move your work forward? Are you unsure where to start when it comes to recruiting (or how to change it up when what you've

been doing isn't working as well as it used to)? Kylene Mellor, VMPNS board member and manager of volunteer resources, IWK; will take you through a variety of strategies, tips and tools to increase your success.

Introduction to grant proposal writing - November 16, 9:30 a.m. to 12:30 p.m., at the KVRC office. In three hours, we will cover how to write a standard grant proposal to a typical funder. This will include a discussion of who provides grants, the basic elements of a grant proposal and some "do's" and "don'ts" of writing and submitting a grant proposal. Facilitated by Brenda Wallace Allen, Kitchen

Table Consulting.

Online tools to help team planning - February 12, 6:30 p.m. to 8:30 p.m., at NSCC Kingstec, Computer Lab. This workshop will focus on Google Drive and how it can be used to manage teamwork. Participants will be introduced to additional project management software as well. *Pre-requisite: All participants must have a gmail account set-up before the workshop. If you need help, contact the KVRC office. Facilitated by Genevieve Allen Hearn, Kitchen Table Consulting.

Social accelerator 2020 - March 10, 6:30 p.m. to 8:30

p.m., at the KVRC office. This workshop will give you the key competencies needed to understand and excel at using social media for your organization. The agenda is highly customized around the questions you need answered for your own development. Facilitated by Shaun Whynacht, digital marketing specialist at Blue Cow Marketing.

Youth panel on volunteerism - April 8, 6:30 p.m. to 8 p.m., at the KVRC office. Join a panel discussion of Kings County youth who choose to volunteer in our community. Discover what motivates them, what challenges they experience when volunteer-

ing, and their suggestions for us to consider when working with youth who volunteer.

5th Volunteer Leadership Symposium - May 13, 8:30 a.m. to 3:30 p.m., at the NSCC Kingstec campus. This symposium will include keynote

speakers, learning sessions and a chance to network with volunteers and volunteer organizations in the Kings County region. Nominal admission fee; lunch will be provided. Pre-registration will open mid-April on Eventbrite. ➔

Jennifer Chiasson, CD



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PLAYSAFE: Don't Let It Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.



The War Amps