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Corporal Jay Ross is a flight engineer with 14 Wing Greenwood's 405 (Long Range Patrol) Squadron.

Submitted

Ross on the job

All-around aircraft smarts, dad jokes, kids' toys

Meet Corporal Jay Ross, a flight engineer (FE) at 14 Wing Greenwood's 405 (Long Range Patrol) Squadron for the past two years.

Ross wanted to be an FE for one reason: he has always wanted to fly. With previous experience working at Bombardier in its composite metal shop, and as an avionics systems technician at 405 Squadron, he is well-suited for the technical requirements of being an engineer.

His ability to think on his feet has prevented many delays on the road. On a recent trip to CFB Trenton for some inter-unit mission practice, for instance, his crew landed with a nose wheel leaking hydraulic fluid. Usually in these cases, repairs to such an obscure part would require either another crew fly the part

from Greenwood, or it's sent - by mail. However, with Ross' knowledge of other aircraft maintenance requirements, and his having contacts in the right places, he was able to track down the part from a local squadron. He then spent the whole evening fixing the "banjo" fitting, and crew and aircraft were soon able to accomplish the mission they were sent to do. His smile and deep well of "dad jokes" got everyone through the morning in good spirits, and the crew was still able make it home to Greenwood in time to attend the 405 Squadron Christmas party!

Not only is Ross dedicated to his job, in his off hours he is dedicated to being a good human. Friends and co-workers know they may call him at any time of day if they need help with anything, from

asking him to grab an unexpectedly early package at your house while you are on vacation to needing someone by your side if you are physically or mentally in need.

Ross volunteers to be the designated driver each year at the 405 Squadron Christmas party – the same Christmas party everyone was able to attend this past holiday season, thanks to his quick thinking and job knowledge. He collects all of the money he receives as tips and, this year, bought stuffed animals and gave them to the pediatric department at Valley Regional Hospital in Kentville. Because of his motivation and dedication, he was able to make a bunch of sick kids just a little bit happier during the holiday season. ➔



Corporal Jay Ross turned 405 (Long Range Patrol) Squadron Christmas party designated driver tips into toys, recently donated to Valley regional Hospital's pediatric department.

Submitted



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Open eyes, minds, operations key to working with Indigenous communities

Sara White, Managing editor

A wide-ranging session February 20 encouraged 14 Wing Greenwood leaders to engage at the first opportunity with Indigenous communities, should military operations and programs reach beyond the base fence line.

“You’re in the safest space when you share information, when you’re transparent and you maintain dialogue,” said Deborah Friedman, Director General - Special Projects (Infrastructure & Environment) at Department of National Defence. “Don’t look at it as something to be feared. Look at it as an opportunity to engage. When each and every one of us gives thought to upholding this, as a whole, we support reconciliation.”

Representatives from ADM (Infrastructure and Environment), along with special guest elder and retired chief petty officer second class Deb Eisan, visited 14 Wing on one of five awareness training sessions held just that week in the Atlantic region. ADM(IE) is encouraging military organizations to consider any bias or opinion they may have before and during their duty to consult, a process inherent in meeting established and asserted Indigenous rights.

14 Wing’s Defence Aboriginal Advisory Group, one of four Employment Equity Act groups which provides a voice and advice to senior management at local and national levels, facilitated the afternoon presentation. Lieutenant-Colonel Serge Parisien is the 14 Wing champion for the DAAG, in the process of re-invigorating its membership and reaching out to the wing on what personnel and sections would like to see included in its work. Kristen Warner is the DAAG’s civilian co-chair, while Aviator Marie McGraw is the military co-chair.

Eisan led a discussion to dispel myths and share heritage about Indigenous individuals and communities. She welcomed questions to help everyone develop their own “cultural competency.”

“That’s the knowledge and learning of culture, spirituality and a way of life. I learn every day,” she said. “Then, when it’s time to take action, you have a



14 Wing leaders sort themselves through an Indigenous awareness exercise February 20, learning how bias and preconceived opinions may influence more than just everyday choices.

S. White

little bit of that knowledge. It’s understanding who you are, and who other people are.”

Friedman reviewed treaty history, describing partnerships hundreds of years old between the Crown and Indigenous populations as honourable, and clearly nation-tonation.

“There is a legal duty, a framework and a foundation – a law – that we have to respond to,” she said. “Over 30 federal departments have direct obligations under treaties,” including the Department of National Defence.

When considering DND work, defined as safety, security and defence; there is an

obligation to justify it as having rational, pressing and public purpose before potentially infringing on established or asserted Indigenous rights.

“How will you know?” she asked. “You have to consult, you have to build relationships that are focused on recognition of rights. Supporting a reconciliation lens will inevitably show you have considered your duty to consult. Start talking about use of land, the magnitude of impact, reversibility, timing, environmental impacts.”

“Yes, there is the worry you do need to get something done but - you have to do it honorably.” ➔



14 Wing Greenwood Commander Colonel Brendan Cook welcomed Elder Deb Eisan to the base February 20, one of several presenters with a Director General Indigenous Affairs awareness training offered through ADM (Infrastructure and Environment). He offered her a command team coin as thanks for her contributions, helping 14 Wing “create a direction to start walking in. “I feel strongly, if we want to repair and take care of a relationship, we do it.”

S. White

Command team digging into card contents for wing change

Sara White, Managing editor

When Wing Commander Colonel Brendan Cook and Wing Chief Warrant Officer Dan Campbell asked personnel to write down their biggest challenges to getting work done, the 800 or so attending two fall town hall sessions may have thought it was all just an exercise.

Cook and Campbell want you to know these cards have been taking up their time, and getting their attention.

The men had the cards collated and prioritized, sorting comments into a few common themes. Topics of concern at the top of most respondents’ list: leadership, communications and resources.

“These ideas are feeding into the wing’s strategic plan,” says Cook: the first hard look at the feedback happened within days of the town halls, as the wing’s command teams met for annual strategy meetings. Cook points to a number of further steps taken to address card comments.

“We have been listening in multiple ways – we had the town halls, Chief Campbell and I made visits to all units during the fall, I had specific town halls with junior officer and majors and the chief met with the NCMs. You have been heard.”

Concerns with manning, chain of command issues, lack of experience and mentorship, communication, staffing and administrative burdens, and overall operational tempo have all been under scrutiny.

“We want to be more efficient – with what we have, what has to be done now and what we can do later – so you can focus on your task,” Cook says.

Initially pitched simply as

“do less,” Cook and Campbell clarify they’re looking for concrete ways to reduce workload.

Cutting down the work in staff summary sheets and enabling more digital approvals has already significantly reduced paperwork crossing some staff desks. An afterhours de-icing crew is no longer on standby, meaning technicians can be tasked to primary duties in regular work hours. The wing commander’s office, responsible for General Safety programs, is working to streamline requirements. It’s also looking for ways to expand delegations for authority, so decision-making may be possible at the lowest possible level. The MOAT pilot training course is now 161 days, compared to 141 days, and AWS training is combining classes to better use resources classes: both mean less instructor time, concentrated training and more time to do targeted training where it’s needed.

A wing-wide manning review has looked at where people are, and doing what jobs. Conversations are underway with service partners and sections to address training and mentorship opportunities and build experience. Additionally, the wing is looking to address the challenge of the many personnel on medical limitations, in an aim to ensure they can recover to full health and work in the meantime where they can continue to contribute to wing efforts.

“We need ideas to come forward,” Cook says.

Still in that stack of cards are issues – as many as 25 per cent of the comments – concerning leadership, chain of command and communications. To address these is-

sues, Cook and Campbell will host a set of working groups in coming weeks, working with the base’s network of chief warrant officers and nominated personnel who’d like to help tackle some of the questions and suggest action. With a spring town hall scheduled in May, Cook and Campbell want the best of those ideas presented back to wing personnel in May, by the very personnel who have identified the problems and developed solutions.

“We know asking people to work in focus groups is a sacrifice of time, and time away from work, but if 25 per cent of the wing are noting issues, we cannot bury our heads in the sand. We, collectively as a wing, have to address the issues. By employing a team approach to finding solutions, the benefits – to individuals to be heard, and to the wing in what could be accomplished – would be worth it,” Campbell says. “We do have people who are passionate about ideas. A group of them together can brainstorm those ideas and strategies and empower the entire Wing’s personnel to have a voice.”

Operate as One. ➔

EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



Coordinator of Volunteer Services

Do you believe in the power of volunteerism? If you are humbled by the generosity, kindness, and immeasurable contributions of a volunteer team, the GMFRC is the place for you! Our Coordinator of Volunteer Services is responsible for the recruitment, training, and support of the GMFRC's team of 100+ volunteers. The Coordinator will work closely with the staff team to ensure that volunteers are offered meaningful volunteer opportunities for personal and professional growth. This position will also be responsible for coordination of some community special events.

Who we are looking for:

We are looking for someone with an Undergraduate degree in the Social Sciences/Community Development field.

Experience you should have:

- Five years' experience in program development, management, evaluation.
- Minimum of 2 years working with volunteers.
- Experience in group facilitation and training.
- Advanced ability to work independently and as part of a multi-disciplinary team.
- Awareness of risk management issues as they pertain to volunteers
- Experience working in a not-for-profit organization with an in-depth knowledge of volunteer management and community development.
- A sound understanding of the unique needs of military families.

Your contribution to the team will include:

- Excellent verbal and written communication skills. Ideal candidate is bilingual.
- Excellent organizational skills.
- Sensitivity and tact in dealing with people.
- Working knowledge of community resources.
- Strong belief in the principle of volunteerism.
- Knowledge of Microsoft Office programs.
- Advocating for/creating meaningful volunteer opportunities.

New Team members must complete a Child Abuse Registry Check, Criminal Record and Vulnerable Sector screening, and an Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours required.

If you are interested in joining our team, please submit your resume on or before noon on Friday, April 3, 2020, to:

Margaret Reid, Executive Director
email: home@greenwoodmfr.ca (MS Word or PDF format)
Subject line: resume – Volunteer
mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0
fax: 902-765-1747
Drop off in person: The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: cafconnection.ca



This stack of index cards contains hundreds of observations about work at 14 Wing: leadership has been working its way through the ideas since the fall town hall, when Wing Commander Colonel Brendan Cook and Wing Chief Warrant Officer Dan Campbell asked for the wing team’s input.

S. White

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de Greenwood (CRFMG)



Coordonnateur/Coordonnatrice des services de bénévolat

Croyez-vous au pouvoir du bénévolat? Si vous êtes humilié par la générosité, la gentillesse et les contributions incommensurables d'une équipe de bénévoles, le CRFMG est l'endroit pour vous! Notre Coordonnateur/Coordonnatrice des services de bénévolat est responsable du recrutement, de la formation et du soutien de l'équipe de plus de 100 bénévoles du CRFMG. Le/la Coordonateur/Coordonnatrice travaillera en étroite collaboration avec l'équipe du personnel pour s'assurer que les bénévoles se voient offrir des opportunités de bénévolat significatives pour leur développement personnel et professionnel. Ce poste sera également responsable de la coordination de certains événements spéciaux communautaires.

Qui nous cherchons

Nous cherchons un(e) candidat(e) qui détient un diplôme universitaire de premier cycle dans le domaine des sciences sociales ou du développement communautaire.

Expérience que vous devriez avoir

- Expérience de cinq ans dans l'élaboration, la gestion et l'évaluation de programmes
- Minimum de 2 ans de travail avec des bénévoles.
- Expérience en animation de groupe et en formation.
- Capacité avancée de travailler de manière autonome et au sein d'une équipe multidisciplinaire.
- Sensibilisation aux problèmes de gestion des risques liés aux bénévoles
- Expérience de travail dans un organisme à but non lucratif avec une connaissance approfondie de la gestion des bénévoles et du développement communautaire.
- Une bonne compréhension des besoins uniques des familles militaires.

Votre contribution à l'équipe comprendra :


- Excellentes habileté de communication orales et écrites. Le/la candidat(e) idéal est bilingue.
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance pratique des ressources communautaires.
- Forte conviction dans le principe du volontariat.
- Connaissance des programmes Microsoft Office.
- Plaidier pour / créer des opportunités de bénévolat significatives.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitæ avant midi le vendredi 3 avril 2020, à l'attention de :

Margaret Reid, Directrice exécutive
Courriel : home@greenwoodmfr.ca (en MS Word ou en PDF)
Sujet : résumé – Bénévolat Poste : CRFM Greenwood C.P. 582, Greenwood, N-É, B0P 1N0
Télécopieur : 902-765-1747 En personne : Le CRFMG est situé dans le Centre AVM Morfee, School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Pour de plus amples renseignements sur le Centre, visitez : connexionfac.ca



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CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Cámara de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
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Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpinternational.ca



Several members of 14 Construction Engineering Squadron visited 413 (Transport and Rescue) Squadron at 14 Wing Greenwood March 6, highlighted by a familiarization flight aboard the amazing CH149 Cormorant. 413 hosts followed up with a tour of the hangar to meet squadron personnel, see the range of equipment and learn more about the incredible search and rescue role “That others may Live.”

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

Search calls light in recent weeks

February 17, the Halifax Joint Rescue Coordination Centre tasked two 14 Wing Greenwood aircraft – Rescue 343 and Rescue 912 – just after 2 p.m. to assist on a call near Baddeck, as four people had reportedly fallen through

the ice. The individuals were rescued by overland emergency crews, and the aircraft were released just before 4 p.m.

March 9 around 10 p.m., Cormorant 912 was tasked while airborne on a night trainer to investigate a ves-

sel in Gardner's Creek, New Brunswick after an individual reported seeing a vessel in distress. R912 made contact with the vessel and determined no emergency existed. The helicopter returned to base shortly afterwards. ➔

International Day for the Elimination of Racial Discrimination is March 21

March 21 is designated by the United Nations (UN) as the International Day for the Elimination of Racial Discrimination. It's a day observed all around the world to focus attention on the problems of racism and the need to promote racial harmony. The UN made this designation in 1966 to mark

a tragic event that took place March 21, 1960 in Sharpeville, South Africa, when 69 peaceful demonstrators were killed during a protest against apartheid.

Canada was one of the first countries to support the UN initiative and launched its first annual campaign against racial discrimination in 1989.

Department of National Defence/ Canadian Armed Forces joins the rest of the world March 21 and commemorates this day throughout the organization. This is a collective respect and awareness effort that can make a real difference – millions of hands, all at once, saying, “Stop racism!”

Canada has become an increasingly diverse nation. As members of the Defence Team, our mission is to defend Canada, its interests and its values, while contributing to international peace and security. The strength of our future depends on the actions we take and the relationships we build today. ➔

Journée internationale pour l'élimination de la discrimination raciale et le 21 mars

L'Organisation des Nations Unies (ONU) a désigné le 21 mars comme la date de la Journée internationale pour l'élimination de la discrimination raciale. Cette journée est célébrée aux quatre coins du monde pour attirer l'attention sur les problèmes du racisme et la nécessité de promouvoir l'harmonie entre les races. L'ONU a désigné cette journée en 1966 pour mar-

quer un événement tragique qui a eu lieu le 21 mars 1960 à Sharpeville, en Afrique du Sud, lorsque 69 manifestants pacifiques ont été tués durant une manifestation contre l'apartheid.

Le Canada a été l'un des premiers pays à soutenir l'initiative de l'ONU et a lancé sa première campagne annuelle contre la discrimination raciale en 1989. Le

ministère de la Défense nationale et les forces armées canadiennes se joignent au reste du monde le 21 mars et commémorent cette journée à l'échelle de l'organisme. Il s'agit d'un effort collectif axé sur le respect et la sensibilisation qui peut vraiment changer les choses – des millions de mains dans les airs, et des millions de voix, clamant, à l'unisson, « Met-

tons fin au racisme! »

Le Canada est un pays de plus en plus diversifié. Notre rôle de membre de la Défense consiste à défendre le Canada, ses intérêts et ses valeurs tout en contribuant à la paix et à la sécurité dans le monde. Les mesures que nous prenons et les relations que nous construisons aujourd'hui nous assureront un avenir solide. ➔



the Aurora | 14 Wing Greenwood, NS

Province enhancing job protections for Reservists

Canadian Armed Forces Reservists make significant sacrifices to help serve and protect the country. The province is taking steps to improve their job protection when they take leave from work to serve our country.

“We greatly value the sacrifice and bravery of our country's reservists,” said Minister of Labour and Advanced Education Labi Kousoulis. “By updating our legislation, we will ensure their jobs are protected when they are called upon for training and deployment.”

New legislation introduced February 20 would see the Nova

Scotia Labour Standards Code better align with recent federal government changes made to the reservist leave provisions under the Canada Labour Code.

The proposed amendments include reducing the eligibility period required to have access to reservist leave from one year to three months, increasing the length of the leave from 18 months, within a three-year period, to 24 months within any 60-month period and allowing for a longer period of leave in a situation involving a national emergency; and reducing the notice period to employers from 90 days to

30 days, or as much notice as reasonably possible when an employee receives less than four weeks' notice of the requirement to participate as a Reservist. There will also be housekeeping amendments to the pregnancy and parental leave provisions that fall under the code. This will bring them in line with changes previously passed. If passed, the legislation would take effect in the spring.

There are about 1,200 Reservists in Nova Scotia. Federal changes to the Reservist leave provisions took place in the fall of 2019. ➔

Security forum sets 2020 dates for Halifax sessions

The Halifax International Security Forum has announced in Washington, DC, the 2020 Forum will take place November 20 to 22 in Halifax.

The annual conference brings together democratic decision-makers, including a significant delegation from the United States Congress, with individuals on the ground facing consequential local threats, global industry leaders and writers who challenge and influence the world's thinking on security.

“The 2020 forum will be

the first major international gathering just after the U.S. presidential election. With that in mind, it will provide a unique and timely opportunity to discuss continuity and change in U.S. global leadership,” says Peter Van Praagh, president of Halifax International Security Forum.

“The forum will also mark 75 years since the end of the Second World War. As we have seen over three-quarters of a century, and as we see today in nations such as Iran, Russia and China; freedom,

democracy and security cannot be taken for granted - they are hard won.” Hosted by Canada's minister of national defence, the forum features defense ministers and senior officials from the United States, Canada and their counterparts from more than 70 countries.

Halifax International Security Forum is an independent, non-profit, non-partisan organization. Invitations to the 2020 forum will be issued in the spring. For information, contact info@halifaxtheforum.org. ➔

Social wellness options are out there!

Social wellness refers to the relationships we have and how we interact with others. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Kids and youth

Social wellness in this age group is about making friends. As children age, social wellness involves learning about social cues and emotional regulation. Babies can identify the feeling of friendship

before they can walk or talk. Children begin playing with other children at the age of three, but won't begin to gain close friendships until the age of 10. Fostering social wellness includes teaching responsibility, providing positive reinforcement and building confidence. Having the skills and resources to build a strong sense of social wellness can help enhance both physical and mental health, and build resiliency.

Joining team sports, after school programs at the 14

Wing Community Centre, family activities with the Military Family Resource Centre, Personnel Support Program or the Annapolis Mess; art and music lessons, video game clubs, board games night and reading are all strategies to build social wellness. Special events - like Christmas on the Wing, Easter on the Wing, Family Literacy Day, and April is the Month of the Military Child events, Fun Fest and National Family Week events – are all times where social wellness is the goal!

If groups or events aren't for you, the MFRC offers one-on-one programming with trained child and youth coordinators and social workers.

Adults

As adults, social wellness is about building healthy, nurturing and supportive relationships. In adulthood, we expand our network from personal relationships and family to coworkers and general society. On average, you make 396 friends; however, only one in 12 of those friendships

last. Having good friendships results in lower stress, depression, risk of heart disease and even increases the amount of sleep we get each night.

When thinking about making new friends, think back to when you were eight. What did you like to do? What kind of people did you play with? Take a look at the MFRC newsletter, or PSP or Mess calendars and events, to see if something interests you.

Volunteering also helps with social wellness. Serving others results positively on

our own mental wellness, and you're guaranteed to meet others who have similar interests.

What's outside your comfort zone? Rock wall climbing at the community centre? Adult board game night at the library? Drop in sports? Whatever it is, when it feels a bit scary, it just means you're on your way to a new road where you want to be.

Stop by the MFRC, Building 83, School Road, Greenwood; find us on Facebook or check out our app. ➔

Des occasions d'améliorer votre mieux-être social, il y en a!

Le mieux-être social, ça concerne les relations que nous entretenons avec les autres et la façon dont nous interagissons avec eux. Le mieux-être social, ça implique l'établissement de relations saines, épanouissantes et de soutien et le maintien d'une connexion sincère avec les gens qui nous entourent.

Les enfants et les jeunes

À cet âge, le mieux-être social consiste à se faire des amis. Au fur et à mesure que les enfants grandissent, le mieux-être social impliquera d'apprendre à décoder les indices sociaux et à maîtriser ses émotions. Les bébés peuvent, avant même d'avoir appris à marcher ou à parler, ressentir le sentiment d'amitié. Les enfants, quant à eux, commencent à jouer avec les autres à l'âge de trois ans, mais ils ne commenceront à nouer des liens d'amitié solide qu'à l'âge de dix ans. Pour favoriser le mieux-être social, on peut leur enseigner la responsabilisation, leur offrir du renforcement positif et forger leur confiance. Le fait de posséder les aptitudes et les ressources pour bâtir un profond sentiment de mieux-être social peut contribuer à l'amélioration de leur santé physique et mentale, en plus de renforcer leur résilience.

Pour ce faire, les jeunes peuvent s'inscrire à des sports d'équipe, participer à des programmes parascolaires au Centre communautaire de la 14e Escadre et à des activités en familles avec le Centre de ressources pour les familles des militaires (CRFM), le Programme de soutien du personnel ou le

mess Annapolis. De plus, prendre des cours de musique ou d'art, participer à des clubs de jeux vidéo, se rendre à des soirées de jeux de société et s'adonner à la lecture sont autant de stratégies à adopter afin de renforcer le mieux-être social. D'ailleurs, voici d'autres activités spéciales où le mieux-être social est à l'honneur : Noël à l'Escadre, Pâques à l'Escadre, la Journée de l'alphabétisation en famille ainsi que les activités organisées dans le cadre de « Avril est le mois des enfants de militaires », de la Journée annuelle des festivités familiales et de la Semaine nationale de la famille!

Si les activités de groupe ne vous plaisent pas, sachez que le CRFM offre également des programmes individuels qui sont animés par des coordonnateurs d'enfants et de jeunes et des travailleurs sociaux.

Adultes

En tant qu'adulte, le mieux-être social passe par l'établissement de relations saines, épanouissantes et de soutien. En effet, à l'âge adulte, nous élargissons notre réseau, pour passer des relations personnelles et familiales aux relations entre collègues et avec la société en général. En moyenne, une personne se fera 396 amis au cours de sa vie. Cependant, seulement une amitié sur douze parmi celles-ci durera. Le fait de nouer des amitiés solides contribue à diminuer le niveau de stress, la dépression et le risque de souffrir de maladies cardiaques en plus de faire augmenter le nombre d'heures de sommeil.

Lorsque vous pensez à

vous faire de nouveaux amis, remontez dans vos souvenirs et pensez au moment où vous aviez huit ans. Qu'aimiez-vous faire? Avec quel genre de personnes aimiez-vous jouer? Consultez le bulletin du CRFM, ou encore les calendriers et les événements du PSP ou du Mess – vous y trouverez peut-être des

activités qui vous intéressent.

Faire du bénévolat contribue également au mieux-être social. Le fait d'aider les autres peut avoir des effets positifs sur votre propre bien-être mental, sans compter que vous serez certain de rencontrer d'autres gens qui partagent des intérêts semblables aux vôtres.

Qu'est-ce qui vous sort de votre zone de confort? Faire de l'escalade sur mur au centre communautaire? Vous rendre à des soirées de jeux de société pour adulte à la bibliothèque? Pratiquer des sports en accès libre? Peu importe ce que c'est, si ça vous fait peur un peu, ça

signifie simplement que vous cheminez sur le nouveau chemin qui vous mènera à l'endroit où vous voulez vous trouver.

Passez au CRFM (situé dans le Bâtiment 83, chemin School, Greenwood), trouvez-nous sur Facebook ou consultez notre appli. ➔

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Full name

Phone number

Complete the following questions from ads in this week's issue and win a **\$20.00 coupon to play Friday Night BINGO** from **Aylesford & District Lions**. Coupons valid for 1 year. Age 17+ on regular games.

1. Who has an alien species?

2. What is Margaret Reid's title at the GMFRC?

3. Who uses the phone# 1-902-665-4449?

4. Who has an expert marketing suite?

5. What international day happens March 21?

Entry deadline:
Noon, March 18, 2020

Congratulations to last week's winner: **BRENDA WARNER**

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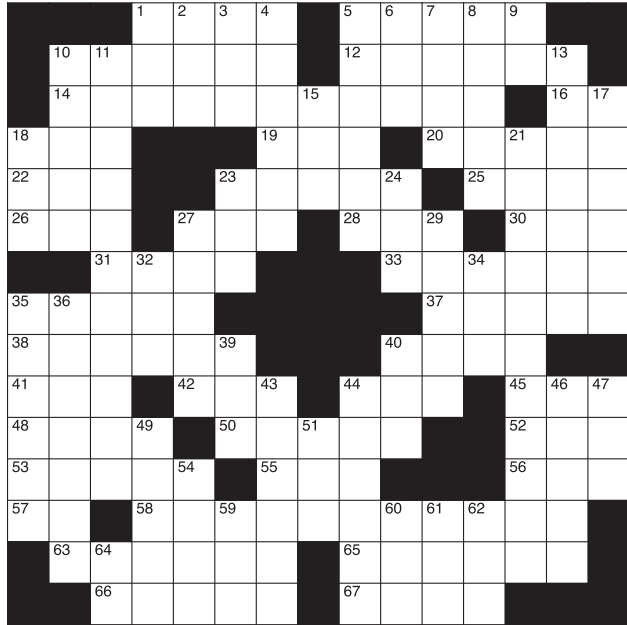


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email aurorareaditor@ns.alianzinc.ca. 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 Wednesday, 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 aurorareaditor@ns.alianzinc.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 mercredi précédant la publication, à moins d'avis contraire.

metro crossword

solution page 7



- ACROSS**
1. Currency of Guinea
5. Avert something bad
10. Sounds
12. Immediate dangers
14. Legendary Tar Heels coach
16. Californium
18. Work standards government dept. (abbr.)
19. Coastal Scottish town
20. Triangular lower back bones
22. Trouble
23. A way to smile
25. Something that is not what it seems
26. Of she
27. Temporary living quarters
28. Bag-like structure in a plant or animal
30. Indicates near
31. Spiritual leader
33. Soup dish
35. Philippine island
37. No longer fashionable
38. Peaks
40. Alabama football team
41. King Cole
42. Digital audiotape
44. Open trough
45. The woman
48. Cools down
50. Turkic language
52. Body part
53. Pulse steadily
55. Embedded computer hardware company
56. Indicates shape
57. Thou (plural)
58. Odd and remarkable
60. An evening party
65. National capital of Zambia
66. Tantalizes
67. Dark brown or black
DOWN
1. Not naturally outgoing
2. Exclamation of pain
3. Polynesian garland of flowers
4. Surrounded by water
5. Church towers
6. Hot beverage
7. Body parts
8. Travel documents
9. Railway
10. Gradually wear away
11. Measuring instrument
13. Minor dust-ups
15. Strongly alkaline solution
17. Extreme scarcity of food
18. Dash
21. Philly culinary specialty
23. Popular lager — Adams
24. Snitch
27. Trimmed
29. Greek god of desire
32. Take to the limit
34. Cool!
35. Sound mental health
36. Native American group
39. Test for high schoolers
40. Rocky peak
43. Preferences
44. Bother
46. Call attention to (slang)
47. Snake-like fish
49. Bulgarian capital
51. Don't know when yet
54. Italian Seaport
59. Brooklyn hoopster
60. Where to bathe
61. Equal, prefix
62. Beverage container
64. Denotes openness

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Cancer support group
March 16, 2 p.m. to 4 p.m., the Canadian Cancer Society's Kingston/ Greenwood Living with Cancer Support Group will hold its monthly gathering. Madison Clark, care coordinator at Annapolis Valley Home Care Ltd, will speak on home care support in your own home. Cancer patients, family and friends or anyone seeking information and support are encouraged attend or to call Lloyd (902-375-2138) or Joanne (902-538-1796) for further information.

Scottish Country Dance Classes
March 16 (Mondays for eight weeks, 7 p.m. to 9 p.m., all are welcome to join in Scottish Country Dance classes at the Wilmot Community Centre. Scottish Country is a social dance form, so no partner or special attire is required. Suitable for any adult from 16 to 96. Learn how to reel and wheel, pousette and allemande. No experience required, only an interest in dance and/ or Scottish traditions. Instructor Susan Van

Horne. There is a \$5 nightly fee to cover the cost of the hall. For information: 902-765-0906 or 902-825-4600.

African drumming workshop
March 17, 2:30 p.m. to 3:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites ages 10-plus to learn the basics of African drum with Kadijah. Drums are provided, no experience necessary! Registration required.

Sharing knowledge: Mi'kmaq crafts
March 17, 3:30 p.m. to 5 p.m., the Berwick and District Library invites youth ages 10 to 17 to learn with Marlene Joudry: porcupine quillwork, deerhide paintings and using Mi'kmaq hieroglyphic writing. You'll create your own art, based on traditional Mi'kmaq culture, to take home. After school snacks provided! Registration required.

Mini experiments: science fun
March 18, 11 a.m. to noon, the Lawrencetown - Dr. Frank W. Morse Memorial Library invites youth ages seven to 10 to play with science during March break! We'll read a picture book then do an experiment based on the book. Registration required.

Mini experiments: science fun
March 18, 1 p.m. to 2 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages seven to 10 to play with science during March break! We'll read a picture book then do an experiment based on the book. Registration required.

Matt the Music Man
March 18, 10 a.m. to 11 a.m., the Berwick and District Library invites the whole family for a fun musical adventure with Nova Scotia's Children's Artist of the year, Matt the Music Man! It's an educational interactive performance that will keep the kids singing and dancing. Registration required.

Keva planks - building time
March 18, 9:30 a.m. to 10:30 a.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites youth ages five and up (seven and under must be accompanied by a caregiver) Stop by and see what you can build with our Keva planks. No registration needed.

Keva planks - building time
March 18, 2:30 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages five-plus to stop by and see what you can build with our Keva planks! No registration needed.

On stage
March 19 through 28, the Acadia Theatre Company in Wolfville presents its winter-semester show, "Curse of the Starving Class," a play by Sam Shepard. Showtimes are March 19, 20, 21, 26, 27 and 28, 7:30 p.m.; March 21 & 28, 1 p.m. Tickets are \$15 at the Box Office (902-542-5500) and online. The show will be taking place in Lower Denton Hall, Acadia University.

Makedo: build with cardboard
March 19, 10 a.m. to noon, the Berwick and District Library invites ages five-plus (under 7 must be accompanied by a caregiver)

to drop in anytime to build with cardboard! Makedo is a kit that includes child-safe cardboard saws and tools to explore ideas through making and play. No registration needed.

March break fun!
March 19, 2 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages six to 10 for friends, snacks and fun activities! Registration required.

Escape Room
March 19, 6 p.m. to 6:45 p.m., the Berwick and District Library hosts a Pop Art Escape Room! Follow the clues, break the codes - will you escape in time? Ages nine to 14. Registration required at 902-538-8060.

STEAM Adventures - density & emulsion
March 19, 2 p.m. to 3 p.m., the Berwick and District Library invites youth ages eight to 12 to have fun exploring STEAM (science, technology, engineering, art & math) science in this workshop. Registration required.

Escape room
March 19, 4 p.m. to 4:45 p.m., the Berwick and District Library hosts a Pop Art Escape Room! Follow the clues, break the codes - will you escape in time? Ages nine to 14. Registration at 902-538-8060.

Gala
March 20 is the deadline to buy tickets for the April 4, 5 p.m. to 10 p.m., Spring Into Inclusion Gala and Casino Night fundraiser at the Annapolis Mess, 14 Wing Greenwood. Tickets are \$50, available at More Than a Label Consignment, Middleton; Valley Credit Union, Bridgetown; and on Eventbrite.

Makedo: Build with cardboard
March 20, 12:30 p.m. to 4 p.m., the Bridgetown & Area Library invites ages five and up (under seven must be accompanied by a caregiver) to drop in and build with cardboard! Makedo is a kit that includes child-safe cardboard saws and tools to explore ideas through making and play. No registration needed.

STEAM adventures - density & emulsion
March 20, 2 p.m. to 3 p.m., the Berwick and District Library invites youth ages eight to 12 to have fun exploring STEAM (science, technology, engineering, art & math) science in this workshop. Registration required.

Rock art
March 20, 6 p.m. to 7 p.m., the Berwick and District Library I working with rocks: the perfect canvas for creating. Rock art is nothing new, dating back to the Stone Age. Now it is your chance to create. All supplies provided. Ages nine to 16. Registration required at 902-538-8060.

Karaoke
March 20, 7:30 p.m. to 10:30 p.m., the Berwick Legion, 232 Main Street; hosts karaoke night with host Denny Myles. Admission pass the hat. Ages 19-plus.

Non-members are welcome (with sign in). For info call 902-538-9340.

Games night
March 21, 7 p.m., the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines; hosts a community games night. Drop by and try your hand at cards, board games or bring one of your favourites. Freewill offering, light lunch provided. 902-760-2471 for info.

Breakfast
March 21, 8 a.m. to 11 a.m., there is a community breakfast at the Aylesford United Church. Freewill offering. Wheelchair accessible. Sponsored by the Committee of Stewards for church expenses.

Little Ray's Reptiles
March 21, 10:30 a.m. to 11:30 a.m., the Bridgetown & Area Library invites ages five and up to join Little Ray's amazing staff as they host a fun, energetic, educational program with spectacular animals from around the world, highlighting adaptations for survival in a wide variety of ecosystems. Registration required.

Walk
March 21 10 a.m., the Valley Trekker Volkssport Club hosts a walk in Berwick. Meet at the Berwick fire hall (Exit 15 off Hwy 101, immediately on your left when you enter Berwick). 5/10 km-1A. Registration at 9:30 a.m. for walking at 10 a.m. Lunch at Wheatons after walk. For more info: 902-538-8282.

Chase the Ace
March 21, 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 (ages 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.

Up, Up and Away with Mad Science
March 21, 10:30 a.m. to 11:30 a.m., the Berwick and District Library hosts a spellbinding special event for children on the principles of air and pressure. See an incredible exothermic reaction take place, and even get the chance to watch a hovercraft in action! Ages five and up. Registration required.

Sharing knowledge: Mi'kmaq crafts
March 24, 3:30 p.m. to 5 p.m., the Berwick and District Library invites youth ages 10 to 17 to learn about Mi'kmaq crafts and culture with Marlene Joudry: porcupine quillwork, deerhide paintings and using Mi'kmaq hieroglyphic writing. You'll create your own art, based on traditional Mi'kmaq culture, to take home. After school snacks provided! Registration required.

Annual meeting - Tremont Cemetery
March 24, 7 p.m. the Tremont Community Cemetery Society hosts its annual meeting at the Tremont Hall, 742 Tremont Mountain Road. All welcome to attend. For more info: 902-765-2642.

Big Brothers, Big Sisters' programs, fun open to new supporters

Big Brothers Big Sisters Annapolis Valley Chapter is set for its March 27 Bowl for Kids' Sake Fundraiser at the Greenwood Bowling Centre. Team registration is ongoing at valleybowlforkids.ca. Teams commit to raising \$650 for this "fun-raising event," where people get together with friends, family and co-workers for a great time bowling, as funds raised support young people right here in the Annapolis Valley with programs, matches and other supports. Since the 1970s, Bowl For Kids Sake has been Big Brothers Big

Sisters of the Annapolis Valley's signature fundraising campaign. Big Brothers Big Sisters' mentoring programs provide children and youth with a supportive adult friend to talk to and share the experiences of growing up. Through regular outings, a relationship is developed between the Big and the Little, built on trust and common interests and supported by experienced mentoring coordinators. The result is a life-changing experience for both the mentor and the mentee. By supporting Bowl For

Kids Sake or volunteering as a Big, you will us in our mission to enable life-changing mentoring relationships to ignite the power and potential of young people and achieve our vision of all young people realizing their potential. New volunteers are welcome to be mentors for children in the Annapolis Valley currently on a match waiting list. For information, contact Big Brothers Big Sisters of the Annapolis Valley at 902-678-8641 or annapolis.valley@bigbrothersbigsisters.ca. You may also visit bbsannapolisvalley.ca. ➔

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horoscopes

- ARIES - Mar 21/Apr 20**
You may be facing the consequences of a little overindulgence this week, Aries. It may take a bit for you to get back on track. Use every opportunity to rest up.
TAURUS - Apr 21/May 21
Taurus, if you are moving from one job to another, you may have to put your social life on hold for a bit until all components of this transition are working smoothly.
GEMINI - May 22/Jun 21
Gemini, obligations at work or at home are building up and you may be experiencing extra stress. The key to feeling better is to take some of the responsibilities off of your plate.
CANCER - Jun 22/Jul 22
Cancer, a lack of communication between you and a close friend or relative may have you wondering if this person is okay. Just be persistent with your inquiries.
LEO - Jul 23/Aug 23
Leo, caution is called for any time a financial presentation is made that affects your finances. Properly vet all potential investments and anyone guiding you in this process.
VIRGO - Aug 24/Sept 22
Virgo, you may be putting your best self forward, but unless you get others to take notice, you won't be able to make an impact. Enlist others to help.
- LIBRA - Sept 23/Oct 23**
Libra, your ingenuity and imagination have been wavering lately. Thankfully, that doesn't mean you won't be able to get things working again. Stay the course.
SCORPIO - Oct 24/Nov 22
Financial matters come to the forefront this week, Scorpio. You may have depleted your reserves a bit faster than expected. It's probably time to curtail your spending.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, you may need to say something to a loved one that shows how much you support this special purpose. Give careful consideration to what you want to say.
CAPRICORN - Dec 22/Jan 20
Use this week as an opportunity to catch up on some rest, Capricorn. Your schedule has been jam-packed for some time now, and your energy stores are depleted.
AQUARIUS - Jan 21/Feb 18
Aquarius, you may be stuck in the middle of a situation with two people you care about. Be an impartial listener to both instead of taking sides. Offer advice if it's sought.
PISCES - Feb 19/Mar 20
Pisces, you may be hit with a bit of melancholy this week, but it quickly subsides when you touch base with someone whose energy is contagious.

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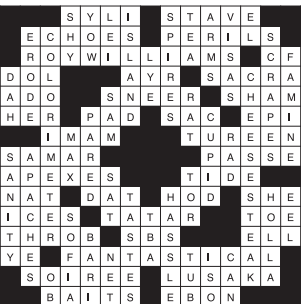
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Nutrition cooking demo offers tips, taste

Sara White,
Managing editor

If it's about "More than Food," taste-testing a new recipe with a social group is exactly what the nutritionist ordered March 4.

14 Wing Greenwood's Wing Replenishment team and Health Promotion partnered to present the first of two cooking demonstrations to mark March as Nutrition Month. A dozen people signed up to watch, learn and then sample masa pancakes at the base dining hall.

"This is one of the recipes sent by Ottawa to kitchens, and we want feedback," said Warrant Officer Simon Tsang.



"This is a recipe that could be coming to Mess halls across Canada. We spend the first week trying it the way Ottawa wants it, and a second week the way we recommend."

In the case of the masa – corn – pancakes, Tsang and his kitchen team added a hint of paprika for a bit of Mexican smokiness. Whether the military's standardized pro-

gram adopts the Greenwood recommendation, Tsang says this recipe is "pretty much a pancake."

"It's pretty simple: you could do this on the weekend with your family and add what you want- herbs to make it savory, maybe some pulled pork, some warm salsa...."

Corporal Keith Crawford led the demonstration, laying out the base ingredients on table and talking his way through the mixing with tips and encouragement for the class.

"Cooking is all about the fun," he said, describing just how important that becomes when you're cooking on a ship or in the field. You want people to enjoy their meals, because



14 Wing Greenwood's Wing Replenishment Corporal Keith Crawford led a recent masa pancake cooking demo for participants in a March is Nutrition Month class, hosted by the Annapolis Café and Health Promotion.

S. White

"it's the morale. And, if you mess up, try again. If you don't have something, you adapt."

Health Promotion specialist

Genette Boudreau had printed recipes on hand, along with nutrition guidelines and ideas on how to decide on healthier

eating options. For more Nutrition Month ideas, visit Health Promotion at the 14 Wing Fitness and Sports Centre. ➔

Jennifer Chiasson, CD



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~ Obituary ~

PUMPHREY, James Joseph "Bob",
Greenwood, NS

PUMPHREY, James Joseph "Bob" ~ Age 85, of Greenwood Kings Co., passed away Thursday March 5, 2020, in Soldiers' Memorial Hospital, Middleton. Born in Carbonear, NL, he was a son of the late James and Eileen (George) Pumphrey. James worked for the Royal Canadian Air Force as an Aero Engine Technician from 1953-1985. Prior to this he was a commercial fisherman for two years. He was a member of the Royal Canadian Legion Branch No. 98, Kingston. James enjoyed travelling, going on cruises and woodworking. In his earlier years he loved playing hockey, curling and fastball. James is survived by his wife, Martha (Schnoeller) Pumphrey, Greenwood; daughters, Mary Pumphrey, Calgary, AB; Susan (Mike) Hudgins, Kingston; sons, James, Peterborough, ON; William, Trenton, ON; Robert (Kim), Thunder Bay, ON; sisters, Alice (Brendan) Sullivan, Carbonear, NL; Margie (Will) Butt, Carbonear, NL; Mary (Harry) Somers, Salisbury, NB; Stella (Fred) Dakins, Carbonear, NL; brothers, William (Betty), Edmonton, AB; Edward, Carbonear, NL; Jerry (Barb), Carbonear, NL; 11 grandchildren and numerous great grandchildren. Besides his parents, James was predeceased by sister, Anna; half-brothers, Jack and Ron Hearn. A memorial mass was held at the Queen of Heaven Chapel, 2 Church St., Greenwood on Wednesday March 11th, 2020. Father George Helou officiated. Family flowers only. Donations in memory may be made to Canadian Cancer Society, Lung Association of Nova Scotia or Heart & Stroke Foundation. Online guest book may be signed by visiting: www.middletonfuneralhome.com



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Events

MARCH BREAK

March 16 - 18 • 10am-4pm

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March 19-21 • 10am-4pm

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'Native, Invasive and Alien Species'

with special guest from Hope for Wildlife - Norman,
an American Kestrel (a native falcon)



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