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Wing shifts focus

Personnel safety, adjusted work practices, operational readiness core COVID-19 response

Sara White, Managing editor

Extraordinary times, extraordinary measures – but "extraordinary people," said 14 Wing Greenwood Commander Colonel Brendan Cook March 17, speaking over the base's public address system to Defence Team personnel on the last day of pre-COVID-19 operational readiness work.

"I am confident you will step up and do everything possible for yourself, your family, our community and Canada."

The base shifted March 18 to a three-stage structure, identifying personnel critical to NORAD, search and rescue and long range patrol missions; those performing essential tasks that keep the wing operating as "normally" as much as possible – although much of that work will be done now in staggered shifts, at reduced manning and by personnel working from home; and non-essential.

"All else will be stood down," Cook said, a move which actually got underway mid-afternoon March 13, as most public-facing services closed.

The base's community recreation programs and services, the fitness centre and rink, the Mess, curling club, bowling alley and more all closed heading into that

weekend. Under national direction from the chief of defence staff, bases and wings across the country started the process of identifying what reduced on-site operations and safety precautions should look like for military and civilian personnel and, by their reach into the community and families, in the effort to slow COVID-19. By Cook and Wing Chief Warrant Officer Dan Campbell's Mach 17 address, 14 Wing had its initial plan.

"There has been wave after wave of information," Cook said. "The Government of Canada, the Canadian Armed Forces and 14 Wing are taking decisive action to slow the spread of the infection, with three aims. First, we will preserve our operational capability so that we may assist Canadians if called upon to do so. Second, we will to do our part to minimize the spread of the infection. Third, we will ensure that members of the Defence Team do not become an unwitting vector for COVID-19.'

Campbell encouraged wing personnel to do listen to their chain of command, take care to safeguard personnel health and think of the importance of duty.

"We are looking to you for leadership, and to remain calm in stressful times," Campbell said. "As military professionals, your community and your country are

all closed heading into that munity and your country are Continued on page 2...

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14 Wing Greenwood

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Captain Mary Cameron-Kelly recently passed a flying milestone: 7,500 hours in the CP140 Aurora. The 404 (Long Range Patrol and Training) Squadron pilot is the highest flying hours female in the Royal Canadian Air Force, and she's not stopping anytime soon.

Master Corporal P. Redden

'Milestones are meant to be broken'

Sara White, Managing editor

Don't try and pin Captain Mary Cameron-Kelly to a number: she's counting every hour, by the hour, as she breaks milestones as a female pilot in the Royal Canadian Air Force.

At the end of January, she clocked 7,500 flying hours in the CP140 Aurora. But that was a long time ago, now: she's got a calendar in her head for the next few months of potential flights 404 (Long Range Patrol and Training) Squadron aircraft and crew will be making. She'd love to be on every one of them.

"I've got about 125 hours

left to reach 8,000 hours," she says, looking at her January 5, 2022 mandatory military retirement timeline. "That'd be my goal, to reach that. I keep asking for a tour – send me! I may have to stay an extra year!

Cameron-Kelly joined the military in 1981, straight out of her Cape Breton high school, as an Aurora airframe technician. She wanted to be a pilot, but it would be 1988 before the RCAF accepted female pilots: Cameron-Kelly, civilian pilot's license in hand, returned to boot camp, moved into the officer ranks and started flight training on a Muskateer. In 1991, she became the first female

Continued on page 2...

Gridge 36-42

Meet Shinney, Captain Mary Cameron-Kelly's travelling companion for close to 20 years of her Royal Canadian Air Force flying career. Shiny started his journeys as Cameron-Kelly's daughter, now in her 20s, was five or six years old. Cameron-Kelly packed him in her luggage, and he had his photograph taken around the world; something she could send home to her kids while she was away. In this photo, taken in Germany in December 2019, he met Kermit, himself accompanying an Australian traveler carrying the frog along as part of his relatives' shared commitment to remember a family member who'd passed away.





Milestones...

...cover

Aurora pilot in the RCAF. Three years later, she was an aircraft commander. She was one of two female crew commanders on two aircraft involved in an Arctic search and rescue, flown through Operation Apollo over the Arabian Gulf, had a postage stamp issued by The Canation "Elsie" pioneer award; to fly this jet); Tutor, 250 got three of the most senior, ing regularly at national and "doable" by summer.



situation means that isolation

is best. This is not a snow day

mission, and we expect you

to stay healthy from potential

you to work with your col-

license? Gathering dust.

"I get my fill now." she the flying – and the people - 'ducklings.' They represent a to see what happens next. she knows are now military that drives me."

Cameron-Kelly says, near the my career has gone." end of decades-long careers. add on to her career flying hours; and 2,300 hours in experienced RCAF aircrew international community and

here at 14 Wing Greenwood. husband has a year left in his she says, highlighting satis-"You look at the young military career as well: within faction with a rescue, flying says. "I've had a really good ones next to you - they're a short time, she expects into Iqaluit and speaking go, flying all my career. It's amazing to see. I call them my they'll both be retired, ready to a couple female Cadets

change in the times. I'm ex- "My door is open," she helicopter pilots. Her bucket The accumulating hours cited for them - with a little bit says. "Maybe civvy flying, list still includes flying into are becoming a rarity, as of envy: they've just started. maybe part-time, maybe fish- Yellowknife and over the many of the "old fogies," It's overwhelming how fast eries patrols, maybe instruct- North Pole, and, just maybe, ing – I'll have to wean my way cracking 10,000 career flying Cameron-Kelly's personal off flying."

Put her and fellow thousands- life advanced alongside her In the meantime, she's "For me, this is all I've

time in these aircraft: Mus- a simulator. Her old civilian working out of one squadron, military competitions. Her hours - I have no regrets," broken!" +

hours.

dian 99s highlighting her Captain Mary Cameron-Kelly of-hours Captain Paul Turpie career: she married, has two aiming for that next achiev- wanted to do. I'm the highachievements, received a kateer, 23 hours; Nimrod, 20 and Captain Rob Scholte in children - now grown, played able milestone, 8,000 military est flying hours female in Northern Lights Aero Founda- hours (and the last Canadian an Aurora, and you've likely hockey and golf, compet- hours, which she figures is the RCAF, and I don't think "Looking back, all those milestones are meant to be

Wing shifts focus...

depending on you to live our or an extended March break. core values more than ever Your chain of command will before: duty, loyalty, integrity call upon you to support our and courage.

"The next few weeks and to be ready when that call months will be challenging comes.' for Canada and the rest of Cook and Campbell both the world. The actions you emphasized the importance take - and don't take - will of personnel taking measures have an impact."

Wing access is now closed COVID-19 infection, but also indefinitely to the public, with mentally, as worry and stress a 100 per cent ID check at may affect individuals and reduced access gates. All families in coming days. squadrons and sections have "No member of 14 Wing taken the 14 Wing plan into should suffer in isolation." their lines to determine who Campbell said. "Help is a works from home and what phone call away. I'm asking work gets done.

"If your place of duty is now leagues and your squadrons your home, this doesn't mean to help take care of people: you're on vacation," Campbell yourself, your family and your said. "The seriousness of the colleagues." >>

COVID-19 information and precautions

Nova Scotians may find accurate, up-to-date information, handwashing posters and fact sheets at novascotia. or a new cough ca/coronavirus

If you think you may have COVID-19, try this Nova Scotia screening tool before you call the Nova Scotia germs. Use disposable paper towels (preferred) for drying health information line, 811. The screening tool is online hands, or a reusable towel that is laundered often. If soap at when-to-call-about-covid19.novascotia.ca/en. If 811 and water aren't available (and your hands aren't visibly is busy when you call, phone the alternate line, 1-866- dirty), use an alcohol-based hand sanitizer with at least 770-7763.

If you are military, inform the 811 contact, If 811 tells Cover coughs and sneezes with a tissue or into your you to be tested, call 26 Canadian Forces Health Services elbow, not your hand. at the 14 Wing Greenwood clinic (902-765-1494 x 5046).

A range of resourses and information may also be found with the Government of Canada, at canada.ca/

your household becomes ill, or if COVID-19 becomes part bleach to nine parts water. common in your community.

metres (six feet) apart

Avoid crowds and gatherings

Greet one another with a wave instead of a handshake, Mental Health Crisis Line toll-free at 1-888-429-8167.

hug or kiss

Stay home if you're sick, especially if you have a fever

Wash or sanitize hands often. Soap and water is preferred – rubbing hands together removes visible dirt and 60 per cent alcohol.

Avoid touching your eyes, nose and mouth with unwashed hands.

Clean high-touch surfaces and objects often. Clean and disinfect items like doorknobs, light switches, rail-There are currently no vaccines available to protect you ings, toilets and tabletops daily. Wash with soapy water against the novel coronavirus. There are simple, practical first. Then disinfect using household cleaning products, things you can do to prepare in case you or someone in following the directions on the label, or a solution of one

Have an emergency kit and basic supplies that you/ Avoid close contact with other people – stay about two your family may need for up to 72 hours. Make sure your prescriptions are filled.

A new virus like COVID-19 can create fear and anxiety. Shop and take public transportation in off-peak hours For help with mental health concerns, call 811 or the

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The Aurora News

Useful links | Liens utiles

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

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

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

Recruiting | Recrutement www.forces.ca

Military Family Resource Centre Centre des ressources pour les familles

des militaires www.cafconnection.ca www.vpinternational.ca

14 Wing personnel excited with Block IV arrival

Senior Project Officer, Long Range Patrol Test and Evaluation Flight, 434 Squadron

the Aurora | 14 Wing Greenwood, NS

February 21, the first Block IV modified CP140 Aurora arrived at 14 Wing Greenwood following an Aerospace Engineering Test Establishment (AETE)-led flight from IMP Halifax, where it has been undergoing upgrades of many of its mission systems. The flight was part of an initial assessment of the Block IV modifications to confirm the aircraft safe for flight, evaluate flight characteristics with the changes and to identify possible sources of abnormal vibrations and have to learn directly on the aerodynamic noises.

Force Development) Squad- in person. ron and a qualified test pilot Readying 14 Wing for this new equipment.

pabilities through improved to the new aircraft. sensors, beyond-line-of- Having the first Block IV sight satellite communica- CP140 in Greenwood reption, Link 16 Tactical Data resents a big step for 14 Link and a self-defence suite. Wing and all the personnel Beyond their eagerness to involved in its employment. see the aircraft at home. Crews will now be able to however, aircrew and main- capitalize on its arrival as tainers are particularly ex- they work toward realizing cited by the opportunity they its operational capability.

Block IV Aurora. Initial train-This flight was flown by ing has been ongoing, but experienced aircrew from very few people have been 415 (Long Range Patrol able to explore the aircraft

and flight test engineer from upgrade is a wide-ranging AETE. The Aurora's arrival in project, involving various preparation for Operational crews developing the test-Test and Evaluation of its ing, training and tactics for new capabilities represents the Block IV. Aircrew and a phenomenal opportunity maintenance personnel from for 415 Squadron's person- 415 Squadron, 434 Squadnel, and also for 14 Wing ron's Long Range Patrol personnel, to examine the Test and Evaluation Flight upgraded aircraft. Many and the Block IV Implemenaircrew were, of course, tation Flight will now have excited to see their new "of- access to the aircraft to take fice" arrive at the wing and their work from theory to look forward to trying out its practice. They plan to use the aircraft to support the The Block IV upgrades development of documenare the latest in the Aurora tation, test plans, training Incremental Modernization plans and more. This will Project (AIMP) which will help ready the long range increase the Aurora's ca-patrol community transition





Volunteer Services

The CP140108 Aurora, with the MOD 4 installed, arrives at 14 Wing Greenwood

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

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, managemen evaluation.

- Minimum of 2 years working with volunteers.
- Experience in group facilitation and training.
- Advanced ability to work independently and as part of a mult Awareness of risk management issues as they pertain to voluntee
- · 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 resum on or before noon on Friday, April 3, 2020, to:

Margaret Reid, Executive Director

email: home@greenwoodmfrc.ca (MS Word or PDF format) Subject line: resume - Volunteer

mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N 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

Possibilité d'emploi Centre de ressources pour les familles militaires de Greenwood (CRFMG)



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 Coordinateur/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.
- Plaider 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 e vérification de références. La semaine de travail est de 37,5 heures e 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@greenwoodmfrc.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 CREM de Greenwood souscrit au principe d'équité en matière d'emploi Pour de plus amples renseignements sur le Centre, visitez : connexionfac.ca





Reflections on our past

A look back on the history of Kingston Village and Greenwood Square

Wheeler, snowmobile trail – or ancient road?

Chris Larsen

The Annapolis Valley is 1755, the New England Plant- place in the mid-1780s. absolutely criss-crossed with ers arrived around 1760 in the Due to the fact there were no trails: many of them main- areas such as Annapolis Royal established roads or physical tained by various recreational (Habitation/Port Royal), Corn-markers in the 18th century, vehicle clubs and associations, wallis (Starr's Point), Horton when the original properties some barely visible paths that (Horton Landing/ Wolfville), were laid out, mention is often seem to wander nowhere.

exactly these trails come was not originally granted, as zoned" or the "pile of stones," from? Every road has a reathel and was too distant from but there are tantalizing hints son. Today, with over 95 per population centres and would of these original trails with cent of the province's old be too difficult to defend in the the term "Old French Road" growth forest having been cut, case of attacks by enemies of being frequently used. There it is hard to imagine it being the day. difficult to cut a path or create By the late 1760s, the easily being used today, though the barrens and other difficult to off of the sand hills (under Greenwood Roads. a road. Try to imagine when exploited lands of the Acadia actual route followed by this traverse terrains the Acadians broke ground in ans were claimed and being path must be questioned. the 17th century near Annapo- actively bought and sold. As The original French Roads Great Western Highway, also today's #1 Highway. It seems what led to their demise. An lis Royal (then known as Port new settlers arrived (Yorkshire were merely pathways, which known as the Post Road, or horses were frequently injured interesting example of a for-

NOW ON!

Pre. During this era, there the Revolutionary War (Loy-

(Le Grand Dérangement) of the real grant onslaught took Falmouth (Windsor area). How many wonder where The area around Greenwood Elm Tree with initials embla-

were no roads, only Mi'kmag alists), a great push for land pathways and the major rivers. grants in the Wilmot Township Some of the ancient path- area developed. Though there ways would have been used were some hardy families by the next wave of settlers who had settled well before in the central Valley area. Fol- the Loyalists near Nictaux and lowing the Acadian Expulsion Lawrencetown (Lunn's Mill),

made of markers such as "the

1 OCTOBER/OCTOBRE -



The old Clermont Road, north of Auburn. Note that the current spelling of Clairmont is incorrect: Clermont was the name of the estate settled by Bishop Charles Inglis (1734 - 1816) in the late 18th century. The portion of the road leading from the 221 north is now forgotten by the coming of the abandoned, but was once an area known by some as 21st century. The expansion of

Ravenwood subdivision) to

The original lay out of the the south, a route that follows roads lead one to wonder was realigned, it isn't hard

portion of the Old French Road near the CANEX. south of Pine Ridge Middle a land owner asking permis- airfield near Check Point Char- another article. +

existing (a later replacement) all were demolished and burtranguil location, seemingly the base has led to that strange are instances of that name ancient trees, swamp, sand sion to relocate the old road occurrence of there being two

Royal), New Minas and Grand immigrants, Irish) and after would have zig-zagged around the #1 Highway, is almost when they used the old trail gotten roadway is the trail that

seems to travel though some-velopment. A tiny remnant of In this article, we have only this old road exists behind the touched on the old roads and Looking at old maps and mall, and a small depression at trails of the Central Valley. tracing the paths of the origi- the intersection of Kingswood There are many more. As nal roads using Google Earth Road and 11th Crescent are all well as old pathways, many and other topographic soft- that remain. The Rocknotch wheeler trails now follow ware, allows one to "discover" road originally joined Ward abandoned railway beds, such today's roads' genesis. A great road to the southwest of the as the well-known Kingston example is a likely existent bridge across Zeke's Brook, Rail Trail following the old Dominion Atlantic Railway Less A second road is what was known are the trails that follow School. The gently curving originally known as Spinney pathways of railroad of spurs section of road is shown on Road, and later Greenwood and branches long forgotten, a map of the 1830s drawn by Road, which runs across the atopic worthy of discussion in

ie. It was near the sweeping curve just before the checkpoint Spinney Road was located, with a small bridge still Four houses stood near this site, along with a grain mill; ied in the 1950s expansion of the runways. The road continued north, behind the Hornell Building, alongside the Old Union Cemetery and towards the Greenwood Golf Course, where an old bridge crossed the Annapolis River. The abutments of the bridge are still visible and this is a

the Aurora | 14 Wing Greenwood, NS

impossible to ascertain. It has due to the deep and unfor-originally led from Canaan to been relocated several times, giving sand. The portion of Torbrook. The Old Canaan with at least three different Pine Ridge road from Bishop Road is an oddity. It follows routes having been followed Mountain road and west to a suspiciously straight path just in the Kingston-Wilmot near Magee Road follows the along much of its course, area. Still, even when a road old French Road path exactly. and is an ancient road, likely There are some roads that 200 (or more) years old. The to imagine the original route have been obliterated by mod- immediate supposition when would continue to be used by ern development, with two studying the track is it may loggers, farmers and property great examples existing right have been a military road, used owners using horse, carts and here at Greenwood. There along the South Mountain to buggies and, much later, off- is an old and forgotten road avoid the swamps and bogs that once cut straight across of the central Annapolis Valley. There are several examples today's PMQ patch and under- This is just a guess, though, of the highway realignment neath the Greenwood Mall. If as I have been unable to find and straightening to the west you stand at the intersection any explicit description of the of Bridgetown along the #1 of the Rocknotch Road and road's creation. The road is Highway. Sometimes called 201 Highway (Central Avenue easy to follow when studying "Loops," these original road- near the mall) and look to property maps and original ways are maintained when the northwest, and then if land grants of the 18th century. houses are present, or left you continue to look along In some places, the road is well to be reclaimed by nature if the route straight through maintained, only to disappear the route's need is no longer the mall, you can follow the into the forest. In other locarequired. At some points, original road bulldozed when tions, the memory of the road it seems "off" the highway the land was flattened for de- is maintained as wheeler trails.



A CP140 Aurora on the ramp at Naval Air Station Sigonella, Italy.

Aurora crews, RCAF heads up DYNAMIC MANTA's flying hours

Maior Dan MacGregor. Detachment commander, Ex DYNAMIC MANTA

February 24, the NATO-led Exercise DYNAMIC MANTA kicked off with nine allied nations converging in the central Mediterranean Sea for advanced anti-submarine warfare (ASW) and anti-surface warfare (ASuW) training.

Under NATO Submarine Command, submarines from France, Greece, Italy and Turkey joined with surface ships from Canada, France, Greece, Italy. Spain and Turkey to partake in the exercise. On the and the United Kingdom.

This invaluable training environment provides MPA assets. such as the Royal Canadian Air Force's CP140 Aurora, a unique opportunity to sharpen skillsets and train operational aircrews, maintainers and support staff in a joint exercise environment. The deployed CP140 long range patrol (LRP) detachment consisted of 71 RCAF personnel from both 14 Wing Greenwood and 19 Wing Comox, as well as two CP140 Aurora aircraft operating from Naval Air Station (NAS) Sigonella, southwest of the port city Catania on the

island of Sicily. The Canadian CP140 detachment led the exercise in planned flying hours for fixedwing MPA detachments, offering 16 operational flights over the two-week exercise



14 Operations Support Squadron tactical systems technician Corporal Tyler McCray sets up a Deployed Mission Support Centre, providing critical communication capability for the success of Exercise DYNAMIC MANTA.

Major D. MacGregor, detachment commander, Exercise DYNAMIC MANTA air side, participants includ- in support of the simulated operations, and submarines ed maritime patrol aircraft multi-threat environment. took turns hunting and being (MPA) detachments from Each surface ship had the hunted, closely coordinating Canada, Germany, France, opportunity to conduct a their efforts with the air and Turkey, United States, Italy variety of submarine warfare surface participants. +

Chris d'Entremont Member of Parliament - West Nova

Député - Nova-Quest

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Canada

We are ready to help. Nous sommes prêts à vous aider.







Demandez-nous les détails. *S.A.C.





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

Le commandant publie des avis d'intérêt 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee) 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ ns.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus que votre avis soit publié, vous voudrez peut-être

NOTICE: Many community events are being cancelled in coming weeks to avoid public gathering. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of

538-9340 for information

Supper

si l'espace le permet. Si vous voulez être certain March 27, 5 p.m. to 7 p.m., the plus. For info, call 902-538-9340. that's ours. Contact us at 902- Museum, Middleton, 2 p.m. For information, 902-365-1701 local Berwick Legion, 232 Main Street; Pizza, movie night

distribution postponed to a future date. Music night March 27, 7:30 p.m., the Berwick kingstheatre.ca.

public soumis par des organisations à but non Legion, 232 Main Street, hosts **Dance** sign in), ages 19-plus. Call 902- with High Energy DJs. Admission Alcoholics Anonymous

soumissions est à 9 h 30 du matin le mercredi hosts Friday night supper: chicken March 28, join us for pizza and a trict3/ précédent la publication, à moins d'avis contraire. cordon blue, basmati rice, car- movie at the Wilmot Baptist Chris- Volunteer tutors needed metro crossword

. French river . Global business

9. Con man's game

1. A continuous portion

of a circle . Genus of seabirds

accessory
4. Native Americans from

3. Infant's dining

57. Afflicted

conference (abbr.)

ACROSS

- 1. As soon as possible 5. Gateway (Arabic) 8. Doctors' group 11. Madder genus of
- plants 13. A team's best pitcher
- Bolivian river
 Manila hemp 21. British School
- 22. Human reproductive 25. Surrenders 30. Dog with long, silky
- coat and drooping ears
 31. Sun up in New York
 32. Lead alloy
 33. Eastern Asian plant
 38. Rapid deployment
- force (abbr.)
- 41. Japanèse warrior 43. Festivity 7 Nonsense (slang) 49. Data mining
- 10. Amazon product identifying syster 14. Cain and 23 Indicates particular
- . Assists . Hand (Spanish

- 47. Foundation 48. Clare Boothe
- American writer 1. Swiss river 2. Preiudice 3. Actor Idris Resistance fighters 58. Speak disresp

shape

3. Imitate

7. Golf score

37. French river

9. Thinks up

40. Type of geological

deposit 1. Helps little firms

28. A place to lay your

29. Three cards of the

philosophic concep

24. Respiratory disease 25. Central Standard Time

word brought to you compliments of

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March 27, the Lenten fish chowder Simon Bonnington: at the King's follows concert. planned at Holy Trinity Church Theatre, Annapolis Royal, Tickets: RCAF Association events

tian Fellowship Centre. "Risen" is Do you have an hour or so a week communications officer Valerie at 50/50 health fundraiser

rots and a roll. \$10 per plate, \$2 at 5:30 p.m., movie begins at 6 ing with apprenticeship exams or Board volunteers needed for dessert. Non members are p.m. Everyone welcome. Freewill individual course materials (NSCC The Kingston Greenwood Mental information.

March 29, 2 p.m., the Annapolis at the Kingston Baptist Church, 902-679-5252. District Drama Group presents 695 Main Street, with special

the account of the Resurrection, you would like to use to help pvdavies@ns.sympatico.ca. told through the eyes of a powerful someone upgrade their reading. Rentals & catering Roman tribune tasked with finding writing or math skills? The Valley The 107 Valley Wing, Greenwood, Auxiliary. Buy tickets at the Carthe body of Jesus after reports of Community Learning Association hall is available for party or other ousel Gift Shop in the lobby its disappearance. He must find it would like to hear from you! We function rentals, with in-house of Soldiers Memorial Hospital, in order to disprove the rumours of have volunteer opportunities catering. Contact us at 902-765- Middleton. \$2 per ticket or \$5 for a risen Messiah and prevent an up- available to assist our learners 8415, or through our Facebook three. Draws are biweekly, the first rising in Jerusalem. Pizza served with upgrading their skills, help-page.

Members invited

play, "The Ladykillers," directed by lowship time with refreshments of a national women's chari- nity Hall, 4518 Highway 1, has Hall, 45 Main Street, Middleton; is advance - \$14, door - \$16, youth - The 107 Royal Canadian Air Force individuals through education grams. For details, contact Sara, \$12; available from kingstheatre. Association hosts many social support, community service and cskeddy@hotmail.ca. ca, 902-532-7704, or boxoffice@ activities, including darts, washer citizenship programs. During Volunteer opportunity toss, dances, dinners, bingo, and since the Second World - Soldiers' Memorial Hospital TGIFs and friendly conversation. War, members have been dili- The Nova Scotia Health Authorjucratif. Ces avis doivent se limiter à environ Friday night music with Wayne March 28, 9 p.m. to 1 a.m., the Many of these events are open gent in caring for the graves of ity welcomes volunteers: we are Parker. Admission pass the hat. Berwick Legion, 232 Main Street, to the public. Drop by and see Canadian, British, Australian and looking for volunteers at Soldiers' Non-members are welcome (with hosts a "Back to the '80s" dance. us: 904 Central Ave. Greenwood. New Zealand service men in the Memorial Hospital. Volunteer roles Anglican cemetery in Middleton. require a weekly commitment of \$10, with tickets on sale March 1. If you want to drink, that's your Visit a meeting the first Tuesday two hours. If you are interested, Non-members welcome, ages 19- business. If you want to stop, of the month at the Macdonald contact Jennifer Moore for more 691-2825 or area82aa.org/dis- info. contact chapter president 3444 or ienniferl.moore@nshealth. Shelley at 902-825-4270 or shel- ca. Criminal record checks are levrevcraft93@gmail.com, or required for all volunteers.

welcome (with sing in). Call 902- offering. Call 902-765-2386 for and adult high school). Math tu- Health Association is seeking tors are especially welcome. For volunteer members for its board. information, contact our tutor Meetings are held monthly. For March 27 and 28, 7:30 p.m.: March 29, 7 p.m., musical concert coordinator, Kathie Sheffield, additional information, phone 902-765-3902.

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the hilarious crime-caper-comedy quests "The Dukes of Kent." Fel- Rosemary Chapter IODE is part. The South Berwick Commutable organization dedicated to community rental availability for enhancing the quality of life for meetings, social events and pro-

Play the new 50/50 fundraiser. with the Soldiers Memorial Health and third Thursday of each month.

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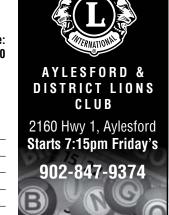
Entry deadline: 4 p.m., March 25, 2020

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 Avlesford & District Lions. Coupons valid for 1 year. Age 17+ on regular games

- 1. Who has an office at 778 Main Street, Kingston?
- 2. What is Milton's phone number? 3. Who is a DND-IRP approved agent?
- 4. What's starting April 1, 2020 in Nova Scotia? 5. What business offers a no interest credit plan?

Congratulations to last week's winner: CASSIE LAVERGNE



Nutrition month: more than food! classifieds Make snacking work for energy, enjoyment, nutrition

Julie Riopel-Meunier, MBA, M.Sc., RD

the Aurora | 14 Wing Greenwood, NS

(STF) and the Health Promo- help you stay energized and tion team provides advice to satisfied until your next meal. the military community on For ideas on healthy snacks more than just food. We love here's what some of our food, yes, and we believe in its Strengthening the Forces potential to enhance lives and team members like to munch improve health, but we take on: that impact healthy eating -

including how we eat In 2019, Health Canada released the new Canada's Food Guide. During the revision process, the Dietitians of Canada advocated strongly Health Canada include in the guide considerations beyond nutrients, and talk about how we eat - not just what we eat. This included consideration of food literacy, food culture and traditions, food availability and sustainability. The 2020 Nutrition Month campaign recognizes the healthy eating

Snacking is a great way to keep your appetite in check and prevent overeating later on. However, keep in mind reaching for nutrient-poor ARIES - Mar 21/Apr 20 snacks can leave you famished an hour later or ready to snooze at your desk.

habits now part of Canada's

Food Guide (canada.ca/food-

When you feel yourself running out of steam or your stomach is growling, it is time to eat. So, allow yourself a nutritious snack or meal GEMINI - May 22/Jun 21 such as granola and yogurt, fruits and nuts, or cut up vegetables with a hummus dip. When your hunger eases, you'll sense your energy level rising and you will feel satisfied, but not too full. This means you've eaten just the right amount of food. If you LEO - Jul 23/Aug 23 ignore this signal, you might eat more food than your body needs and experience discomfort (or even stomach pain) after your meal.

If you are on the go, try planning ahead. Pack a healthy snack to put in your purse or backpack, such as nuts, dried fruits or a homemade granola bar. That way, if you find yourself aetting hungry while running errands, you have something healthy on hand which will be better for you than buying a donut

to go with your coffee or tea. For staying power, choose nutrient-rich snacks contain-Strengthening the Forces ing protein and fibre. They can

- vanilla yogurt, granola and local Health Promotion office fresh fruit • Addictions cell: Veggies they have to offer. Or, visit
- and pears Social wellness cell: Apple cut with old cheese

Communications and train-

ing coordinator: Handful of walnuts and piece of fruit, homemade energy balls STF epidemiologist: Cheese

with crackers that are high

in fibre Nutrition wellness cell: Apples and nut butter/ Cottage cheese and pieces of fruit

If you want more infor-

mation about cooking and a broad view of the factors • National manager: Greek healthy eating, contact your and take advantage of what and hummus / hummus cafconnection.ca/National/ Programs-Services/Health/ Health-Promotion-Program. aspx. →

> dietitian. As part of the Strengthening sont vendues au prix de the Forces team, she is the acting 9\$, taxes incluses. Chaque mot nutrition wellness educator, and focusses on nutrition programming for taxes. Texte en caractères gras the CAF. Strengthening the Forces is 10 \$, taxes incluses. the CAF's healthy lifestyles promotion program, providing expert information, skills and tools for promoting à l'avance avant 10 h, le mercredi and improving CAF members' health and well-heing

can open doors to some unique places. But you can only keep those doors open through hard work. TAURUS - Apr 21/May 21

Widen your social network to have Taurus. New people can

approaches you never imagined. Gemini, surround yourself with people who can help advance your career. The changing landscape of

your job means you need to be open

fo all nossibilities CANCER - Jun 22/Jul 22

There is no need to keep a calm facade if you are experiencing vith those closest to you and you'll henefit from their feedback

The strong force of your sensitivity may surprise you over the course of the next few days. Leo. Just try not

to let emotions cloud your judgment on the professional front VIRGO - Aug 24/Sept 22

Single Virgos will have plenty of opportunity to be flirty and

fun this week. But even those in relationships can get in on the action, putting romance to the

LIBRA - Sept 23/Oct 23 Aries, having friends in high places Libra, others may see you as the Greenwood, nous envoyer un

you excel in, but you must balance the extra counseling work with your existing responsibilities. SCORPIO - Oct 24/Nov 22

the best opportunities for success Someone who lavs on the flattery can win you over in an instant, Scorpio. provide useful information and But once you delve deeper, you may grow suspicious. Accept praise but don't let it cloud your vision.

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, you tend to give

bottom line. But today's stars flash warnings that you may need to keep a tight hold on your cash. CAPRICORN - Dec 22/Jan 20 It is never a good idea to enhance the facts, Capricorn. However, you can be enthusiastic about your

freely without worrying about the

lead to. Stand behind your work and opinions ANIIARIIIS - Jan 21/Feb 18

Aquarius, no matter how busy your schedule may be, carve out some time to take care of some financia issues that have cropped up in the last few weeks.

PISCES - Feb 19/Mar 20

Take a new approach to a similar task and you may come away with something surprising, Pisces. Take that leap of faith.

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> ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717. Pour faire paraître une pub licité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

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Food for Thought from the Upper Room

Captain Rob Albert

Upper Room would like to re-building. to the COVID-19 virus and food items will continue in more often. the requirement for social accordance with directives
The Upper Room's hours

clients - as long volunteers if necessary. and the organization are able. For the moment, clients are advised no one other than volunteer workers are allowed inside the building, as there are no protocols in place to ensure it remains virus free. This means everyone. Unfortunately, this also includes the use of the bathroom facilities, so please plan accordingly.

Clients will be interviewed

through the window drive- Over the next few weeks,

thru style, and food bank food donations may be re-This update from the Up- volunteers will bag up the duced. Clients should be per Room Food Bank in order and deliver it to you aware selection may become Kingston is a bit different. or your car. There will be no more limited than usual. During this difficult time, the use of any carts outside the Harley usually buys in bulk to make up the difference assure clients volunteers are Donations will be accepted but, given the intense buydoing their best to continue as usual, with drop off at the ing of some items, he will be serving those in need. Due door only. Processing of purchasing in smaller lots,

distancing, procedures may from Feed Nova Scotia. Cash of operation will remain the need to change from time donations may be dropped same-for the time being, but to time to reflect the new off as normal, or call the may change as the situation office and Harley (the food warrants. Regular hours are The Upper Room Food bank manager) will make Mondays, 10 a.m. to noon, Bank will continue to serve arrangements to pick it up, and Thursdays, 7 p.m. to 8:45 p.m. →

Jennifer Chiasson, CD



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14 Wing Greenwood gathered March 6 at the Annapolis Mess, in advance of the March 8 International Women's Day, to spend a morning in a "world café" discussion with invited guest speakers and close to 150 people in the audience. Breakout sessions and group discussion generated lots of energy and experience sharing. The event was co-hosted by the wing's Defence Women Advisory Group and the Military Family Resource Centre.



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