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# Flag flies for pride

Sara White, Managing editor

From vantage points around 14 Wing Greenwood's main gate, in cars and standing on grassy edges nearby, a number of people watched June 1 as Colonel Brendan Cook raised the pride flag for the month of June.

"Raising this flag really means something to me," he said. "I've seen many people struggle with just being themselves. I've had close friends over the years who have struggled with gender identity, or who have had sons and daughters who have transitioned."

"Raising this flag, I have a bit of pride myself doing it for the first time as wing commander, and being able to have an effect. This flag shows the community of 14 Wing we want to be inclusive and move forward into the future."

Captain Arne Backhouse, an ambassador with the wing's Positive Space program, reminded those gathered the pride flag is a sign of work still to be done to ensure equal rights for everyone."

"It's been 51 years since the Stonewall riots, and much progress has been made; unfortunately, even in a number of progressive countries, those hard won equal rights are now being eroded, removed or reversed, opening up members of the LGBTQ2+ community to continued or renewed harassment and discrimination."

"Right here at home, despite recent amendments to the Canadian Human Rights Act and the Charter of Rights and Freedoms, changes to associated DND and CAF policies, there are still new and on-going cases of harassment of CAF members – just because of who they are."

Backhouse thanked Cook for demonstrating the wider 14 Wing and CAF's continued support for all defence team members. →



**14 Wing Greenwood Commander Colonel Brendan Cook, left, and Master Corporal Natalie Murray raised the pride flag June 1 at the base main gates, marking a commitment to inclusion, support and respect for all defence team members.**  
S. White

# Wing readies for return to work

Sara White,  
Managing editor

Work at the wing "looks different," but Colonel Brendan Cook is satisfied.

"I'm signing the business resumption plan later today," he said in a Facebook Live town hall June 8, the fifth since COVID-19 disrupted everything in March. "In the last two weeks, Wing Chief Warrant Officer Dan Campbell and I have been around almost every unit space, we've seen the great work done to put in the personal health measures that need to be put in place to make our workplace safe."

"We've been addressing everything, unit by unit, section by section – with a lot of flexibility. This is a paper document: putting it in action is leadership, and we've been talking about that, at every level. Everyone's had contributions."

Cook reassured the approximately 75 per cent of wing personnel still working from home, as they shift back into the work space, conditions meet – and, in some cases, exceed – provincial public health and national military requirements

"Why are we going back to work now?" he asked. "We're in the business of defence. We could put that on hold and reduce our activity to some level, but there is routine training we have to get done: 10 weeks has an impact down the line. We've flattened the curve of COVID-19 in Nova Scotia, and

we've said all along we wouldn't open without seeing that happen."

A 14-day recall notice was sent to personnel June 9. Supervisors are working on plans with that in mind, but also considering a number of other more individual issues, including continued work-from-home options for some, underlying health conditions members or their family may have, potential shift scheduling, physical workspaces that restrict physical distancing and childcare challenges.

"We're going to be looking at those all the way to September, when we see what school and childcare looks like then," Cook said.

"We know there is anxiety, some of you are moving and posting, there are childcare concerns – we get it, we do. We've been telling everyone for months to stay home, manage the risk – the risk is still there, but it's diminished because we have done a lot to put in measures to make people safe."

Campbell said the wing is asking for the support of its members now more than ever

"This transition back to work is going to be an expanding process, flexible and transparent. We want to be here to support you; we have been here all along. Now, we ask you to support us. You may be fearful, but it's very important you come back, interact with people – it's doable, it's changed and it will work out. The new normal will be what we all make it." →

## Notice to readers:

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization says potential transmission of the virus is extremely low via commercial goods. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our neighbourhood carriers. Be reassured, all of us involved in getting The Aurora to you are taking the recommended handling and distancing precautions.

**If you are staying close to home and do not have delivery, read The Aurora in full online at [auroranewspaper.com](http://auroranewspaper.com).**



Middleton medical clinic will see patients without a doctor

As of June 10, the primary care clinic t Soldiers' Memorial Hospital in Middleton will now provide pre-booked appointments for people on the Nova Scotia Health Authority's "Need a Family Practice Registry" who live in the Middleton area.

In-person and virtual appointments will be provided three days a week. People who do not currently have a primary care provider and who are on the registry will be able to call and schedule an appointment. The primary care clinic will not be offering walk-in services.

The clinic service expansion also includes new staff, including a nurse practitioner and a health information clerk.

Since January 2020, the clinic, staffed by a family physician, licensed practical nurse and clerk; has provided primary care for patients with complex health problems without access to a family physician or nurse practitioner. Health care providers from the hospital refer patients who meet this criteria directly to the clinic. ➔

## Wing health clinic changing care guidelines

The 26 Canadian Forces Health Services Centre hours of operation are 7:30 a.m. to 3 p.m., Monday to Friday (excluding holidays). As the clinic continues to provide services with COVID-19 public health and Canadian Armed Forces recommendations, a reminder military members should not arrive directly at the clinic without having called first.

All members reporting to the clinic should arrive with a mask. They will be asked a number of screening questions before they are allowed entry into the clinic.

For those who wish to be seen on sick parade, contact the CDU at 902-765-1494 local 5046 before 9 a.m. daily. The CDU clerk will make a note on the member's file and register them on sick parade. They will be contacted ASAP by the primary care nurse to be triaged and advised whether they are to report in person or not.

For those requesting appointments (CDU/ mental health/ physio/ immunization), contact the CDU via 902-765-1494 local 5046 after 9 a.m. daily. The CDU clerk will make a note on the member's file and register them in the system. They will be contacted the same day by the primary care nurse and advised of an appointment time and direction.

For those with questions referencing medicals/ administration concerns, contact the CDU via 902-765-1494 local 5046 after 9 a.m. daily. The CDU clerk will take a message and you will be contacted within 48 hours with a response.

For those wondering about the status of the OUTCAN, semi-isolated or isolated screenings, the clinic is starting to recommence these screenings. Contact Lieutenant Hunt directly at 902-765-1494 local 5023 and, if required, leave a message.

For pharmacy services, please contact the pharmacy prescription refill line at 902-765-1494 local 5177. Members needing to speak with the pharmacist, please contact 902-765-1494 local 5386.

Clinic staff remind members of a few key messages:

- For clinical services, all wing members are to contact CDU Reception at 902-765-1494 local 5046 and they will be managed from there.
- If members are unable to get through when they call, leave a message. In the morning, phone lines are extremely busy: only call before 9 a.m. for sick parade. Members have come into the clinic vice leaving a message because they couldn't get through right away as the clerk was on another call: you will be turned away and asked to call reception.
- If a member is unable to wait due to a medical emergency, report to the nearest emergency department or call 911, and follow-up with the clinic via phone as soon as feasibly possible.

Note: any Canadian Armed Forces member with a history of chronic lung disease, moderate to severe asthma, moderate or severe coronary artery disease, dysrhythmia, diabetes, chronic kidney or liver disease, or a compromised immune system should be considered for COVID-19-specific medical employment limitations based on an individualized assessment and their ability to adhere to physical distancing and infection prevention and control measures in the workplace. Anyone who identifies as having any of the above diagnosis should advise their chain of command they need to be assessed by medical for COVID-19 medical employment limitations. No further information needs to be disclosed to the chain of command. In order to manage the potential influx of phone calls and emails from this, the chain of command should contact Lieutenant C. Hunt via email of the requirement and she will coordinate a file review for that member. ➔

## Missing boaters, hikers call out SAR crews

May 31, the Halifax Joint Rescue Coordination Centre tasked a 14 Wing Greenwood CH149 Cormorant helicopter, from 413 (Transport and Rescue) Squadron to assist in the search for a missing kayaker in the vicinity of Malpeque Bay, Prince Edward Island. 413 Squadron took the call just before 5 p.m.

June 2, just before midnight, JRCC tasked a Cor-morant to assist RCMP in locating two missing people in the vicinity of Little Salmon River, Fundy National Park, New Brunswick. The helicopter crew had recently landed from night training, and was airborne June 3 by 12:30 a.m. The individuals were found, hoisted to the helicopter by search and rescue technicians, and delivered to RCMP. The aircraft returned to Greenwood at 2:30 a.m.

June 3, JRCC tasked a CH149 just after 10 p.m. to assist in the location of an overdue skill, with two individuals reportedly aboard, between Three Islands and Whitehead Island, in the vicinity of Grand Manan Island. Other vessels assisted and were tasked, including the Coast Guard West Port. Seas were reported as calm, but there was fog in the area. All were stood down just after 11 p.m., as the skiff was located without further concern.

June 5, Quebec officials called for air support for an overturned canoe on the Manicouagan Reservoir, in a remote area northwest of Sept Îles. The nearest police station is 250 kilometres away. While trying to gather local assistance, including an air asset, the decision was made to request JRRC support. Both a Cormorant and Hercules from 14 Wing Greenwood were tasked, with the helicopter airborne just after 7 p.m. and the Hercules on its way just before 8 p.m. The Hercules arrived on scene as both individuals in the canoe were recovered to shore; both aircraft were released and travelled back to Greenwood, arriving just after 11 p.m. ➔

## Active listening

*Dear CCMS,  
What does active listening mean?  
Sincerely, a leader in need of clarification*

Dear leader,

One of our senior conflict management practitioners put together some thoughts, and a poem, on "The Power of Listening."

Often in our workplaces, we forget the power of listening effectively. Whether it be the leadership training, the mentors to which people are exposed or the workplace culture that encourages us to act quickly and decisively, we may overlook the trade-off that happens when we strive for timeliness instead

of effectiveness. There will always be a time and place for quick decisions from the top down; however, they may come at a considerable cost to the effectiveness of the organization and the people in it. When we do not fully understanding the depth and significance of the issues at hand, or the impact these issues have on the people involved, we may inadvertently rob these people of the opportunity to develop their leadership skills, their communication and their problem solving skills. In effect, we can create a type of co-dependency that actually disempowers them. When they look to us for advice, direction or just as a sounding

board, what we do and how we do it is critical for their future - and the future of the organization. By empowering and supporting them, we build the people, and the unit, towards a successful future.

How will we recognize these opportunities? We listen! Taking a few minutes to resist the shortcuts and opting to listen, actively listen, can be the greatest gift we give the people that are important to us and our organizations. It signals to them they are important, we hear and support them to develop the competence to deal with their situation and those of others.

The following poem is a great reminder of how impor-

## L'écoute efficace

*Chers collègues des SGCP,  
Qu'est-ce que l'écoute active?  
Signé, un leader ayant besoin de clarification*

Cher leader,

Un de nos praticiens principaux de la gestion des conflits a rassemblé des idées et a même trouvé un poème sur « Le pouvoir de l'écoute ».

Souvent, au travail, nous oublions l'importance de l'écoute efficace. Que ce soit en raison de la formation en leadership, des mentors auxquels nous sommes exposés ou de la culture au travail qui nous incite à agir rapidement et de manière décisive, nous négligeons parfois les concessions que nous faisons en favorisant la rapidité plutôt que l'efficacité. Il y aura toujours un moment et un endroit propice pour les décisions prises rapidement par les supérieurs, mais ces décisions peuvent aussi nuire considérablement à l'efficacité de l'organisation et des personnes qui en font partie. Lorsque nous ne comprenons pleinement ni la profondeur ni la portée de la situation actuelle et que nous ignorons ses répercussions sur les personnes touchées, nous pouvons priver ces personnes, par inadvertance, de l'occasion de développer leurs compétences en leadership, en communication et en résolution de problèmes. En réalité, nous pouvons créer un type de co-dépendance qui

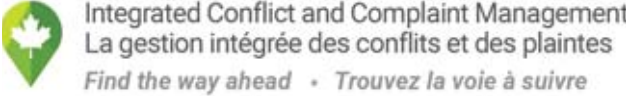
mine totalement leur autonomie. Lorsqu'elles se tournent vers nous pour obtenir des conseils, des directives ou simplement une opinion, ce que nous faisons et la manière dont nous nous y prenons sont essentiels pour leur avenir et pour l'avenir de l'organisation. En les responsabilisant et en les soutenant, nous permettons aux gens de s'épanouir et à l'unité de mûrir; nous leur offrons ainsi un avenir prometteur.

Comment pouvons-nous reconnaître les occasions de le faire : en écoutant! Prendre quelques minutes pour résister aux raccourcis et opter pour une écoute active peut être le plus beau cadeau que nous puissions offrir aux personnes qui sont importantes pour nous et nos organisations. Nous leur démontrons ainsi qu'ils sont importants, que nous les entendons et que nous les aidons à acquérir les compétences nécessaires pour régler leur propre situation et composer avec celle des autres.

Le poème suivant nous rappelle combien il est important d'écouter et de faire entendre la personne qui parle! Je l'ai découvert il y a près de 30 ans et je vous en fais part pour que vous le diffusiez également.

Écoute

*Quand je te demande de m'écouter et que tu commences à donner des conseils, tu ne fais pas ce que je*



tant it is to listen, and for the speaker to be heard. I came across it almost 30 years ago, and I offer it to you to share as well.

**Listen**

*When I ask you to listen to me and you start giving advice, you have not done what I asked.  
When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.  
When I ask you to listen to me and you feel you have to do something to solve my*

*problems, you have failed me, strange as that may seem.*

*Listen! All I asked, was that you listen. Not talk or do – just hear me! Advice is cheap;*

*And I can do for myself; I'm not helpless. Maybe discouraged and faltering, but not helpless,*

*When you do something for me that I can and need to do for myself, you add to my fear and weakness.*

*But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit*

*trying to convince you and can get about the business of understanding what's behind this irrational feeling. And when that's clear, the answers are obvious and I don't need advice.*

*Irrational feelings make sense when we understand what's behind them.*

*Perhaps that's why meditation works for some people.*

*So please, listen and just hear me.*

*And, if you want to talk, wait a minute for your turn... And I will listen to you!*

Conflict & Complaint Management Services Centre, 14 Wing Greenwood, craig.moore3@forces.gc.ca or 902-765-1494 local 3083 ➔

raison que la méditation fonctionne pour certaines personnes.

Alors s'il te plaît, écoute et entend ce que je dis.

Et, si tu veux parler, attends juste un peu à ton tour... Et je t'écouterai!

Centre de Services de

Gestion des Conflits et des Plaintes (SGCP) 14 Escadre Greenwood, craig.moore3@forces.gc.ca ou 902-765-1494 poste 3083 ➔

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# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



April 8, Corporal Xi Wang, right, was promoted to current rank by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left; with Chief Warrant Officer Kevin Wezenbeek. All members are standing away from each other in order to adhere to social distancing.



April 8, Corporal Tim Gibson, right, was promoted to current rank by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left; with Chief Warrant Officer Kevin Wezenbeek. All members are standing away from each other in order to adhere to social distancing.



Aviator (Trained) Jacob Von Bieker, left, received his promotion to corporal April 14 from 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino.



Corporal Fornier, right, 14 Operations Support Squadron Telecommunications Flight, was presented his new rank April 20 by Major Lepage.



Corporal B. Ramsay, left, 405 (Long Range Patrol) Squadron, recently completed his 404 (Long Range Patrol and Training) Squadron training and was presented his flight engineer's wings by Lieutenant-Colonel Luc Vachon, commanding officer, 405 Squadron.



Corporal D Barter, left, 405 (Long Range Patrol) Squadron, recently completed his 404 (Long Range Patrol and Training) Squadron training and was presented his flight engineer's wings by Lieutenant-Colonel Luc Vachon, commanding officer, 405 Squadron.



Aviator (Untrained) Duckarmie, centre, was recently promoted to aviator (trained) by 405 (Long Range Patrol) Squadron Commanding Officer, Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Master Corporal Eric Dastous, 407 (Long Range Patrol) Squadron, was recently recognized by Lieutenant-Colonel Angie Thomas, commanding officer 404 (Long Range Patrol and Training) Squadron, on his successful qualification as a flight engineer on the CP140 Aurora.



In keeping with COVID-19 physical distancing requirements, 413 (Transport and Rescue) Squadron Lieutenant-Colonel Brent Vaino, right, April 27 met the presentation challenge, figuring out how to operate an overhead crane and deliver Master Corporal Joe Gervais his new rank insignia.

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Aviator Vincent Besner, centre, was advance promoted to corporal March 6 by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek at 10 Hangar, CFB Greenwood.



Aviator Margo Belliveau was promoted to aviator trained May 1 by Replenishment Flight Officer in Command Major Rodney Chongva at 2 Hangar, CFB Greenwood.



Captain Gelowsky, centre, Construction Engineering; was promoted May 5 under extraordinary circumstances by Lieutenant-Colonel Chris Pratt, commanding officer 14 Mission Support Squadron, left, with Chief Warrant Officer Fortin.



14 Operations Support Squadron Corporal Francois Fornier was recently promoted to current rank.



Major Darius Mirza, left, recently received his new rank from 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino.



Captain Mike Levangie, second from left, was recently promoted to major in the 14 Wing Greenwood headquarters lobby. His spouse, Dawn Levangie, replaced his old rank insignia, under the supervision of Deputy Wing Commander Lieutenant-Colonel Dale King, left, and Chief Warrant Officer John Martin.

## Keeping each other safe keeps us moving forward.

### SAFELY FORWARD

With more places open and more people out, keeping each other safe is more important than ever. Respecting the rules will keep us moving forward.

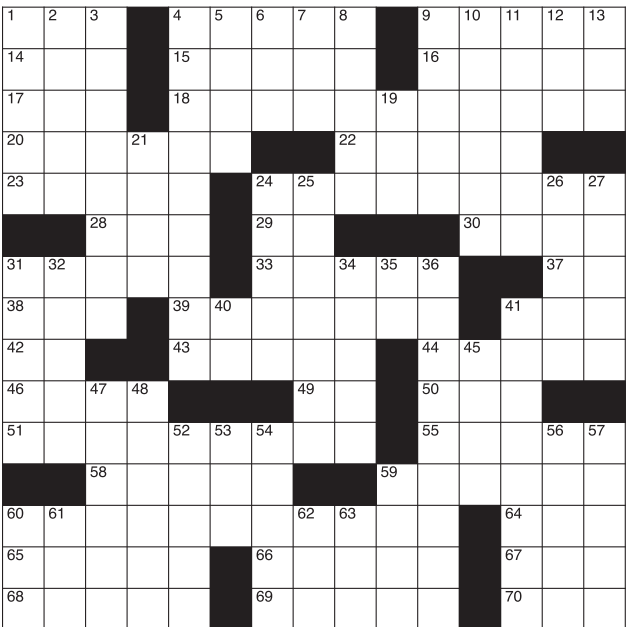
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space

## metro crossword



- ACROSS**
- Japanese classical theater
  - Chess pieces
  - Pieces of writing
  - Doctors' group
  - Capital of Guam
  - Type of turtle
  - Swiss river
  - MLB Hall of Famer
  - Places to sit
  - Fancy rides
  - One of Washington's Tri-Cities
  - Without class
  - Male child
  - Keeps you cool
  - Biblical place
  - Italian city
  - District in central Turkey
  - Job for a grad student
  - Central nervous system
  - Arrange in steps
  - Witch
  - Promotional material
  - Having certain appendages
  - Approaches
  - One who did it (slang)
  - Of I
  - Blood relation
- DOWN**
- Works out
  - Female given name
  - Isaac's mother (Bib.)
  - Makes someone happy
  - Creative
  - Small, faint constellation
  - S. American trees
  - Makes simpler
  - Neither
  - We all need it
  - Unique plastic utensil
  - Thyroid-stimulating hormone (abbr.)
  - Civil Rights group
  - Metropolis
  - Badgers
  - Regular business given to a store
  - Gets older
  - A bundle of banknotes
  - Midway between north and northwest
  - Takes to the sea
  - Prestigious film prize: d'or
  - Baltimore ballplayer
  - Removed
  - Term of respect
  - Genus containing pigs
  - Illumined
- ONE WHO SYMBOLIZES SOMETHING**
- One who symbolizes something
  - Member of a Turkic people
  - The academic world
  - Key to the Highway' bluesman
  - Hang-ups
  - Long, leafless flower stalk
  - Categorize
  - Loads
  - Indicates position
  - Unreasonable
  - Dorm worker
  - Dweller
  - Welsh female name meaning 'snow'
  - Offering again
  - National capital
  - Firm, dry and brittle
  - 007's creator
  - Allied H.Q.
  - Mackerels
  - Month of the Hindu year
  - Not odd
  - Belonging to a thing
  - 'Boardwalk Empire' actress Gretchen
  - Religion
  - Equal, prefix

crossword brought to you compliments of

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**find & win**

Three easy ways to enter.

- Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
- Fax: 902-765-1717
- Drop into our office located at 61 School Road (Morfee Annex)

**Entry deadline: Noon, June 17, 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 **Aylesford & District Lions**. Coupons valid for 1 year. Age 17+ on regular games.

- What does PSA of C stand for? \_\_\_\_\_
- When will Chris d'Entremont's Kingston office open? \_\_\_\_\_
- What will respecting the rules help us do? \_\_\_\_\_
- What business uses phone number 902-825-3455? \_\_\_\_\_
- Who can do drop-off's in Aylesford? \_\_\_\_\_

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

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 [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@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.



## horoscopes

June 14 to June 20

**ARIES - Mar 21/Apr 20**  
Aries, you may feel like giving a romantic partner an ultimatum of some sort this week. Things have been on your mind, but you are better off taking a gentle approach.

**TAURUS - Apr 21/May 21**  
Taurus, take practical steps toward your goals so you don't get overwhelmed by all the things on your plate. Later in the week you may get a reprieve from all the work.

**GEMINI - May 22/June 21**  
Various distractions may pop up in the days to come, Gemini. Figure out a way to filter through all of the outside noise so you can quiet your mind for important tasks.

**CANCER - Jun 22/Jul 22**  
Cancer, shared commitments could weigh on you this week. Domestic matters need to be prioritized. Tasks shared at work need to have firm deadlines so goals can be met.

**LEO - Jul 23/Aug 23**  
A to-do list at home could be hovering over you, Leo. Don't feel pressured to tackle everything at once. Prioritize the most needy projects, and then cross off jobs as they're done.

**VIRGO - Aug 24/Sept 22**  
Virgo, try to propel yourself toward fulfillment this week. This means whatever task you can complete - however small - will create some positive vibes.

**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 distribution.**

**Yard sale donations**  
The Kingston Lions are now accepting items for their fall yard sale. Please call Cecil at 902-765-2128 to arrange a delivery time. We hope to see you at the yard sale!

**LIBRA - Sept 23/Oct 23**  
Libra, if it feels like you're lacking inspiration lately, you just may need to broaden your horizons a bit. Travel to a new city or town, or listen to new music for a change.

**SCORPIO - Oct 24/Nov 22**  
This week you may get a welcome reprieve from situations that have been especially draining, Scorpio. This frees you up for some socialization and fun.

**SAGITTARIUS - Nov 23/Dec 21**  
A lucky break may be heading your way that can help you realize your financial goals, Sagittarius. All you may need is a push to get started.

**CAPRICORN - Dec 22/Jan 20**  
Stress or concerns about professional issues may be compromising your ability to concentrate this week, Capricorn. Make sure you address all of your obligations.

**AQUARIUS - Jan 21/Feb 18**  
Vision and drive have you going in a direction you never imagined, Aquarius. It may be a bumpy start, but expect some smooth sailing soon as you eke out new goals.

**PISCES - Feb 19/Mar 20**  
Pisces, doubts may be plaguing you this week and you're really not sure why. A confidence boost may be all you need to set you straight.

**Takeout supper**  
June 20, 4 p.m. to 5:30 p.m., there will be a takeout only BBQ chicken supper at the West Dalhousie Community Hall, 4868 West Dalhousie Road. BBQ chicken, salads (potato, pasta and broccoli), roll, apple crisp with Cool Whip. \$13 adults; \$7 children (five to 12 years). Pickup at hall between 4 p.m. and 5:30 p.m. Tickets are being pre-sold - order and pay by e-transfer to [westdalhall@gmail.com](mailto:westdalhall@gmail.com) or purchase tickets at Graves Freshmart in Bridgetown. For more info, call Cecile, 902-665-2197, or Debbie 902-665-2355.

**Father's Day take out**  
June 21, 4 p.m. to 5 p.m.: roast beef dinner with dessert. Adult \$15, child (under 12) \$10. All meals must be pre-ordered, Call Dianne Elliott, 902-526-0399, or email [nazarene.church.tremont@gmail.com](mailto:nazarene.church.tremont@gmail.com) prior to Wednesday, June 17. Meal pickup between 4 p.m. and 5 p.m. in the church parking lot at 738 Tremont Mountain Road, Kingston.

**Alcoholics Anonymous**  
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or [area82aa.org/district3/](mailto:area82aa.org/district3/).

**Volunteer tutors needed**  
Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning



## sudoku

	3		9	5	1	2	6	
	1			7	8	4		5
							9	
	9			8	5	3		
			1	2	9		8	4
		4				1		
2	5				3	9		
7			5				1	3
		1				6		

solution page 7

Level: Beginner

**Fun By The Numbers**  
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

**Members invited**  
Rosemary Chapter IODE is part of a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community service and citizenship programs. During and since the Second World War, members have been diligent in caring for the graves of Canadian, British, Australian and New Zealand service men in the Anglican cemetery in Middleton. Visit a meeting the first Tuesday of the month at the Macdonald Museum, Middleton, 2 p.m. For info, contact chapter president Shelley at 902-825-4270 or [shelleyreycraft93@gmail.com](mailto:shelleyreycraft93@gmail.com), or communications officer Valerie at [pvdavies@ns.sympatico.ca](mailto:pvdavies@ns.sympatico.ca).

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

# National Legion announces \$3 million for branches in wake of COVID-19

In an unprecedented move, the Royal Canadian Legion's national headquarters will release a total of \$3 million to help struggling branches in the wake of the COVID-19 pandemic.

The Dominion Command executive council made the decision to release the funds from the Legion's national reserves in order to provide branch emergency funds - non-repayable grants - to branches suffering across the country. These are not Poppy Funds, which cannot be used for branch operations.

"Despite the current challenges, our incredible members and branches are doing

incredible volunteer work," says Dominion president Thomas D. Irvine. "Our communities need them, and we want to do everything we can to help them help others."

The funds will be managed through the Legion's provincial/ territorial commands, and via international zones. The initial total amount transferred to regions will be equivalent to \$1,000 per branch, and the specific amounts disbursed directly to branches will be based on individual need. Commands and zones will be required to inform Dominion Command on how funds were distributed.

The Legion has over 1,300 branches across the country.

The Legion thanks Canadians for their support of veterans and their families, and communities during this challenging time. Founded in 1925, the Legion is Canada's largest veteran support and community service organization. We are a non-profit organization with a national reach across Canada, as well as branches in the U.S., Europe and Mexico. With close to 260,000 members, many of whom volunteer an extraordinary amount of time to their branches, the Legion's strength is in its numbers. →

## Cyclists, joggers may use section of perimeter ops road

Due to the deteriorating condition of the parallel path, 14 Wing Greenwood Wing Standing Order 2.2.10 has been revised to allow cyclists to use either the perimeter ops road (Ad Astra Way) or the parallel path for transits to/ from the Hornell Centre

and other locations in the Air Operations Zone.

Walking and jogging are not permitted on the perimeter ops road (Ad Astra Way), from the 24 Military Police Flight building to the Hornell Centre, at any time. Pedestrians are to use the parallel path provided for this purpose. →



## services & trades

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# classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email [auroraproducton@ns.alianzinc.ca](mailto:auroraproducton@ns.alianzinc.ca) or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email [auroramarketing@ns.alianzinc.ca](mailto:auroramarketing@ns.alianzinc.ca).

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX,

débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à [auroraproducton@ns.alianzinc.ca](mailto:auroraproducton@ns.alianzinc.ca) ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à [auroramarketing@ns.alianzinc.ca](mailto:auroramarketing@ns.alianzinc.ca).

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**FOR RENT - All-inclusive studio apartment (IR or other) - First floor one bedroom. All furnished and equipped (fridge, stove, washer, dryer) in rural Kingston. Included in rent: WiFi, utilities and cable. Short or long-term. \$800 month for yearly lease. 902-765-1898. For one person only. No smoking. No pets. (4123-ufnb)**

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# Travel, adventure beckon for Non-Public Fund members

**Peter Mallett**  
**The Lookout**

If you're a Canadian citizen yearning for travel and a taste of military life, there are Personnel Support Program (PSP) deployment opportunities available.

The PSP Deployment Support team is currently searching for candidates to fill positions at overseas Canadian military locations and at sea in warships.

Over the year, PSP deploys about 60 Non-Public Fund staff in morale and welfare support roles. Twenty staff are already on the ground at two locations: Kuwait for Operation Impact and Latvia in support of Operation Reassurance. Deployment contracts are typically six months.

Jobs are available in fitness, sports and recreation, retail, travel services, financial services, barber and morale and welfare managers. Salaries are based on a deployment support pay grid and may include operational allowances, if applicable, in deployed locations.

Celest Nygaard, a deployed PSP employee from Trenton,

has worked on contracts as a travel agent several times since applying to the organization in 2008. She has taken 10 overseas postings throughout the Middle East and Europe. She is currently working at Ali Al Salem Air Base in Kuwait in support of Canadian troops deployed in Operation Impact.

"My first deployment was to Kandahar in 2008; it was a once-in-a-lifetime opportunity for adventure," she says. "I also wanted to do something that had more meaning than just working in tourism. Serving the military has been very rewarding."

Deployment Support manager Major (retired) Dan Morrison works at Canadian Forces Morale and Welfare Services (CFMWS) headquarters in Ottawa, where the program is coordinated, building a roster of potential job candidates to match with postings. He believes in the support services offered by PSP because he was once a beneficiary of their services.

"The intention is to bring our troops those little touches of Canada to enhance their operational effectiveness," says Morrison. "When you're

a long way from home, faced with challenging days in austere conditions, sometimes the little things mean everything."

The program is part of the CFMWS mandate to provide a reasonable level of services and support for deployed operations and troops, as spelled out in Treasury Board direction and agreements with the CAF.

Nygaard says being part of a deployment team is a good opportunity for anyone who is flexible, adaptable, and can easily deal with change.

"Deployment tempo is much faster-paced than a typical job, so time usually goes by quickly and the days and weeks tend to blend together. Projects need to be completed quickly and have shorter turnaround times. It's definitely a 24/7 work environment."

The PSP Deployment Support Team has provided morale and welfare services to deployed CAF members since September 2000, when it first sent civilian staff to manage and deliver welfare programs for Canadian troops serving as part of the NATO Stabilization Force in Bosnia-Herzegovina.



Submitted

Its largest operation to date was 75 staff deployed to multiple locations in Camp Mirage in the United Arab Emirates, Kabul and Kandahar in support of Joint Task Force Afghanistan.

"PSP continues to respond to requests today to provide operational support to missions and exercises around the world, adapting the services, equipment and support programs to meet the needs of today's soldiers," says Morrison.

Deployment candidates are required to complete a training and selection course that occurs twice annually.

Morrison notes current COVID-19 restrictions have

greatly impacted two important features of the support program related to travel for Canadian Armed Forces members on leave and local excursions for deployed members. A full outline of deployment

support initiatives, including detailed criteria on whether a person's participation in the program is a good fit for them is available at [caconnection.ca/Demo/Programs-Services/Deployment-Support.aspx](https://caconnection.ca/Demo/Programs-Services/Deployment-Support.aspx). →



**Chris d'Entremont**  
Member of Parliament for  
West Nova/Député - Nova-Ouest

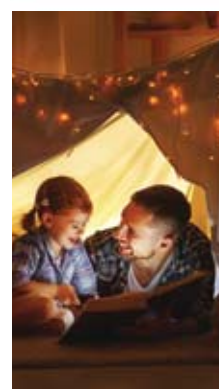
**We are now open to the public.**

We are also available by phone or email.  
**Kingston office remains closed until June 24.**

COVID-19 reminder: We are all in this together. Stay Safe!

**1-866-280-5302 (Toll free/ Sans frais);**  
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## 14 Wing Community Recreation presents virtual family fun Week 3 • Camping Recreated

Monday 14  
**Creative Moments** 3 pm

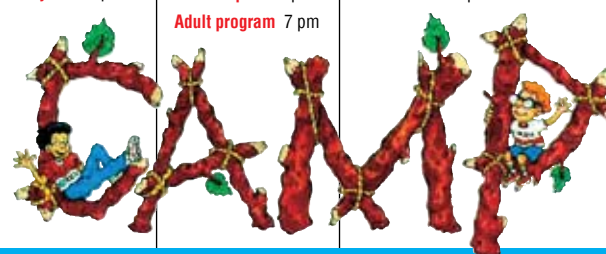
Tuesday 15  
**Get moving** 4 pm  
**National Rec Talk**  
Featuring 14 Wing PSP Recreation

Wednesday 16  
**Storytime** 3 pm

Thursday 17  
**Thinkerspace** 4 pm  
**Adult program** 7 pm

Friday 18  
**Teen Corner** 4 pm

Saturday 19



Enter online at [playwithpspcontest.ca](https://playwithpspcontest.ca) for your chance to win up to \$2,500 in gift cards. Earn extra points by participating in our weekly challenges.

**Recreation Manager Jill Jackson**  
email [Jill.Jackson@forces.gc.ca](mailto:Jill.Jackson@forces.gc.ca)  
phone 902-765-1494 local 5331

**Recreation Coordinator Lindsay McCormack**  
email [lindsay.mccormack@forces.gc.ca](mailto:lindsay.mccormack@forces.gc.ca)  
phone 902-765-1494 local 5337

**Administration Michelle Smith**  
email [Michelle.Smith@forces.gc.ca](mailto:Michelle.Smith@forces.gc.ca)  
phone 902-765-1494 local 5341  
fax 902-765-1255

**Recreation Youth Worker Abbey Duinker**  
phone 902-765-1494 local 5341

14 Wing Community Recreation