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Aurora crews Vigilant Osprey's eyes in the sky

**Captain Jacinda Smit,
404 (Long Range Patrol
and Training) Squadron**

May 30, two crews – one from 404 (Long Range Patrol and Training) Squadron and the other from 405 (Long Range Patrol) Squadron, 14 Wing Greenwood - conducted a combined anti-submarine exercise (CASEX) with the Harry S. Truman Carrier Strike Group, working about 75 to 100 miles off the south coast of Nova Scotia.

Elements of the Royal Canadian Navy, including HMCS Ville-de-Quebec, and the Royal Canadian Air Force; plus assets from Denmark joined the carrier group to conduct the bi-national, multi-domain Exercise Vigilant Osprey in the Atlantic Ocean. The aim was to enhance interoperability and strengthen continental defence.

The 404 Squadron crew, working in its CP140 Aurora, was tasked to conduct an anti-submarine scenario, while coordinating airspace

and tactics with two American Navy MH-60 helicopters. The Aurora crew quickly gained contact and maintained an accurate position on the target American submarine for the duration of its on-station period.

As that on-station timing ended, the 404 Squadron crew was relieved by another CP140M from 405 Squadron, with the pilots conducting an altitude separation while the TACCs made a tactical swap, ensuring continuous coverage of the target. Once the swap was called complete, the 404 Squadron crew organized an overflight of the HST Carrier - definitely one of the highlights of the trip, as the aircraft is usually given a 50-mile standoff on carriers when working with them during larger exercises!

"This was an excellent advanced readiness opportunity for Canadian and American maritime forces," said Rear-Admiral Craig Baines, Commander Maritime Forces Atlantic (MARLANT). "The



The United States Navy's aircraft carrier, USS Harry S Truman, as seen from a 14 Wing Greenwood Aurora CP140.

Corporal K. Neate, imagery technician

scenarios utilized during these events enable our mutual ability to operate in a multi-threat environment, in which

coordination and integration are absolutely critical for our success in responding to any crisis in our waters or inter-

nationally."

Conducting international training events like this has been incredibly difficult to or-

ganize and plan with COVID-19 measures in place. This was an

Continued on page 2...

Class of 2020 | Special issue July 13 | Deadline to book noon July 7

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Mary Smith,
Central Kings Rural High School

*"Congratulations, Mary, on your
Grade 12 achievements! Wishing
you all the best as you begin your
Bachelor of Business Administration
at Saint Mary's University."*

*Love, Mom and Dad,
Grammie and Grampie"*



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Be included as a sponsor of The Aurora's special issue.

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* **Business card**, black and white (B&W) \$57.68 plus tax, colour \$63.84 plus tax

* **Double business card**, B&W \$115.36 plus tax, colour \$127.68 plus tax

* **1/4 page**, (10" w by 3.08" h) B&W \$265.74 plus tax, colour \$294.12 plus tax

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TGIF, family-style

Family fun, food and the chance to see some friendly faces was the goal of the June 11 Annapolis Mess TGIF. The Mess lined up Capitol Pub meatball subs for members and their families to pick up at the TGIF drive-through and, with the helping hands of volunteers – and some added surprises from the Greenwood Military Family Resource Centre – made it a happy end-of-the-week event. Next up: a base-wide Canada Day project, with online fun and red-and-white community pride on the line.

Submitted

Vigilant Osprey...

...cover

excellent opportunity for 404 and 405 squadron personnel to re-familiarize themselves with all of the stages of planning and briefing, tactics and communications, and more.

Of interest, the naming for exercise Vigilant Osprey was an homage to the people and geographic location in which it was conducted. "Vigilant" is typically used in NORTH-COM exercises, and "Osprey," Nova Scotia's provincial bird, was a tribute to the Canadian participants. The naming of the exercise honoured the victims of the April 18 and 19



Sergeant PO Poulin prepares for the flight.

Corporal K. Neate, imagery technician

mass shooting in Nova Scotia, the loss of six RCAF and RCN crew in the Cyclone helicopter crash in Greece, and Captain

Jennifer Casey, the Canadian Forces' Snowbird's public affairs officer killed in a crash earlier in May. ➔

DND launches call for innovative COVID-19 solutions

As part of the Government of Canada's commitment to refocus existing innovation programs to support the fight against the spread of COVID-19, the Department of National Defence has announced the first of a series of calls for innovations aimed at addressing some of the key challenges Canada is facing.

With an initial commitment of \$15M, the first three challenges focus on viable and effective methods for safely and rapidly decontaminating enclosed spaces containing sensitive equipment, innovative ways to help decontaminate personal protective equipment (PPE), operational clothing and equipment for person-

nel responding to events involving biological hazards; and data-gathering solutions to support the early detection and community-based monitoring of outbreaks of contagious diseases.

These challenges were determined by multi-departmental panels led by the National Research Council of Canada as part of the COVID-19 Challenges Procurement Program.

In addition to the call for innovation, these panels are engaging Canadian small- and medium-sized enterprises to refine their near-to-market products to meet a COVID-19-related need. Promising solutions in the areas of PPE, sanitization, diagnostics and

testing, therapeutics and disease-tracking technology may receive funding to further their solutions of interest. This effort is a collaboration with the National Research Council of Canada, Public Health Agency of Canada and Health Canada and sees an additional investment of up to \$10M.

Innovators are encouraged to consult the IDEaS program website, canada.ca/en/departement-national-defence/programmes/defence-ideas.html, for information on the challenges and how to apply. The call will be open until June 23, with contracts expected to be awarded this summer. ➔

Offerings to meet initial childcare needs now open for wing families

Sara White,
Managing editor

Childcare options opened up June 15 in Nova Scotia, with 14 Wing Greenwood particularly concerned with putting solutions in place for essential military and civilian Defence Team members.

Nursery school, daycare, in-service and after school camp programs at both the Greenwood Military Family Resource Centre and the Community Recreation Centre were suspended mid-March, as public health measures to slow the spread of COVID-19 impacted in-person interactions were put in place. Many other families depend on community-based care, also closed for the past number of weeks. With the easing of some restrictions in recent weeks as infection rates declined to a trickle, the province announced childcare programs could resume, with a number of restrictions on participant numbers, cleaning regimens and safety precau-

tions.

The wing's Community Centre, which typically offers week-long summer day camp sessions from July 1, adapted all its plans to start a program June 15. Staff created 16 spaces for school-aged youth, with participants divided into two eight-youth, two supervisor groups. Both groups will run activities away from one another so participants don't mix, and all activities will happen outside on the centre's grounds, nearby open spaces and in military tentage should the weather be poor. The program may expand, depending on the success of initial days.

"This will be the summer kids enjoy nature!" recreation youth worker Abbey Duinker said, as she supervised the two groups' initial activities on the morning of June 15 from the outside steps of the rec centre.

The Greenwood Military Family Resource Centre "does not typically operate a full time daycare centre," but has responded to the wing's need

for daycare spots for 14 Wing families over the summer.

"In the interest of meeting the needs of families required to return to work, your GMFRC board of directors, like our wing leadership, wishes to provide this support to our families," the GMFRC says in a Facebook post. "This requires the GMFRC to step outside of our usual programming."

The GMFRC's usual Casual Childcare Service will not be available through the summer, there will not be any summer day camp program or special activities, and fall nursery school registration is on a temporary hold. The GMFRC's licensed, full-time childcare is limited by facility space and staffing: there will be 12 full-time spots, as well as 12 morning only spots available, with both options broken down in group size to six youth in separate rooms, in both the GMFRC and nursery school. The GMFRC will offer this program until September, and encourages families to explore



On the first day of youth programming at the 14 Wing Greenwood Community Recreation Centre, youth were playing with balls, using hockey sticks to hit them through hula hoop targets on the lawn near the skateboard park.

childcare options through the summer to ensure fall plans are in place. For assistance, contact the GMFRC (GMFRC-childyouth@gmail.com).

Allocation of spaces at both Community Recreation and the GMFRC is being handled through a Defence Team member's chain of command. If childcare is required for essential military or civilian personnel work, meeting that need is the wing's current priority. Personnel should not directly contact either childcare service. Families using the programs will have to complete daily COVID-19 screening as they drop their youth off for care.

All base and wider community playgrounds remain closed,



At the Greenwood Military Family Resource Centre June 15, staff members Rachel O'Rielly, left, and Jami Labranche were outside under tentage, meeting families to take care of paperwork, with childcare services actually starting June 16.

S. White

as equipment and structures' surfaces' may carry COVID-19. As of June 16, outdoor spaces are open to family "bubble"

groupings with no physical, six-foot distancing; or to groups under 10 participants, with physical distancing. ➔

Claims period open for CAF, DND sexual misconduct class action settlement

Individuals affected by sexual misconduct in the military workplace may now submit a claim for financial compensation and to participate in a restorative engagement program. This is the next step outlined in the court approved settlement of the Canadian Armed Forces (CAF) and Department of National Defence (DND) sexual misconduct class action lawsuit.

The period to submit claims started May 25, and will continue for 18 months, ending November 24, 2021.

The Final Settlement Agreement was approved by the Federal Court of Canada in November 2019. It applies to people who experienced sexual assault, sexual harassment or discrimination based on gender, sex, gender

identity or sexual orientation while serving in the CAF, working for DND or for the Staff of the Non-Public Funds, Canadian Forces.

"We fully support participation in this settlement and we are committed to ensuring the safety and well-being of those who come forward," said Deputy Minister Jody Thomas and the Chief of the Defence Staff General Jona-

than Vance. In their message sent to all Defence Team members in November 2019, they also expressed hope the settlement will help support the healing process of people who have experienced sexual misconduct.

This settlement provides compensation for those who have been harmed by sexual misconduct as well as changes to CAF and Veterans Af-

fairs Canada (VAC) policies. It also provides an opportunity for individuals to share their experiences with senior CAF/ DND representatives through a restorative engagement process. The range of individual compensation for most eligible class members is \$5,000 to \$55,000. Class members who experienced exceptional harm may be eligible for amounts up to

\$155,000. This is also the case of those who have previously been denied VAC benefits in respect of that harm, and whose application for reconsideration is also denied.

To learn more about the settlement and submit a claim, visit the class action website at caf-dndsexual-misconductclassaction.ca or call 1-888-626-2611. ➔

Notice to readers:

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If you are staying close to home and do not have delivery, read The Aurora in full online at auroranewspaper.com.

14 Wing entities with Facebook pages



The Aurora News

14 Wing Greenwood news and events
14 Wing Health Promotion
Tips, program highlights and resources
14 Wing Fitness
Online work-outs, resources and tips
14 Wing Community Recreation
Online activities, resources and fun

14 Wing Greenwood PSP

A wider resource for PSP entities (recreation, fitness, health promotion, news and events)
Greenwood Military Family Resource Centre
Resources, activities and program highlights
14 Wing Greenwood Bowling Centre
Centre updates
14 Wing Aquatics
Pool recreation, competitive, training, news

14 Wing Spiritual Resilience Page

Hosted by the 14 Wing Chaplains, with spiritual support and resources
14 Wing Library
Online story time, resources for learning and fun
Greenwood Military Police – Police militaire de Greenwood
Safety, security and public information from 24 Military Police Flight



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The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

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

VPI | VPI
www.vpinternational.ca

14 Wing Greenwood Canada "Eh" Celebration Schedule

For full event information visit:
facebook.com/GMFRC
facebook.com/AnnapolisMess
[14WingCommunityRecreation](https://facebook.com/14WingCommunityRecreation)

L'horaire de la célébration de la 14^e Escadre Greenwood Canada « Eh »

Pour des informations complètes visitez:
facebook.com/GMFRC
facebook.com/AnnapolisMess
[14WingCommunityRecreation](https://facebook.com/14WingCommunityRecreation)

WED | MER

01

RHU Parade - 1 p.m.
Défilé de rue dans les RHUs – 13 h

Display Contest Submission Deadline* - 11:59 p.m.
Date limite de soumission pour le concours de décoration* - 23 h 59

THURS | JEU

02

FREE Drive-In Movie**
9:40 p.m. (drive-in opens for parking at 7pm)

Film GRATUIT au cinéparc – 21 h 40 (le cinéparc ouvre à 19 h pour le stationnement)

FRI | VEN

03

TGIF Drive-Thru BBQ - 4:15 p.m.**
Barbecue TGIF service-au-volant** 16 h 15

Drive-In Concert - 4:30 p.m. with Hon. Col. Terry Kelly at the Canex Parking Lot
Spectacle au volant avec le Col. hon. Terry Kelly au terrain de stationnement du Canex - 16 h 30

SAT | SAM

04

Rain date for TGIF and Concert

Date en cas de pluie pour le TGIF et le spectacle

* Display Contest runs June 22 to July 1 (over \$600 in prizes to be won!)

**Please note the Drive-In Movie and TGIF BBQ are only open to Annapolis Mess Members and their Families.

Pre-registration is mandatory for these events.

* Le concours de décoration se déroule du 22 juin au 1er juillet (plus de 600 \$ en prix à gagner!)

** Veuillez noter que le film au cinéparc et le barbecue TGIF ne sont ouverts qu'aux membres du mess d'Annapolis et à leurs familles.

La préinscription est obligatoire pour ces événements.



Music from a distance

Sara White,
Managing editor

been joining regular online practices to try and keep their skills sharp and the music-making happening.

"They must also be practicing – we were better than we thought we would be!"

There were no complaints from any of the audience members at the band's stops, though. Grand View Manor's manager of recreation, Leighanne Tate, and manor staff were busy after lunch bringing residents to every possible window overlooking the central garden. While no one from the manor was allowed outside, a number of the residents from the complex's assisted living apartments watched from their decks or patios, and a few distanced garden chairs.

"A gesture like this – there are not the words to tell the band members how much it means to us and our residents to have them come here and do this," she said.

None of the residents needed words as, after each tune,

applause and cheers drifted out the windows into the garden.

Tate said the isolation imposed on manor residents since March, as firm precautions were taken to protect residents' health, have been hard, but "residents are holding up well – they are very resilient. They're holding us up sometimes, I think!"

Family visits were set to resume June 18, with strict guidelines on outdoor visit settings, masks, the number of visitors, staff supervision and timings. Tate said the opportunity to have the visits means a great deal to residents, but also to staff.

"It has been stressful for us, as we try and be everything we can be for our residents every day; in the past few months, it has actually been everything: providing care and company as family, volunteers and staff combined. Residents' family members have been very appreciative and they totally support us." ➔

Command Team Corner

Operational effectiveness goal of wing 'new normal'

**Colonel Brendan Cook,
14 Wing Greenwood
commander & Wing Chief
Warrant Officer
Dan Campbell**

The 14 Wing Greenwood command team remains committed to keeping you up to date with the latest information on business resumption planning (BRP). Consequently, we wanted to provide a further update on the finalized plan, signed June 16.

The plan is founded on adapting the wing to function in an environment in which COVID-19 remains a present, though diminished, threat. The end state, as we have said before, is the establishment of

a “new normal.”

So what does the “new normal” look like? In the “new normal,” 14 Wing will maintain our operational effectiveness and protect our members’ well-being in a COVID-19 threat environment. Wing leadership will establish new working models, wherein our members work on site to achieve the desired operational effect, to train and mentor our personnel, or when required to ensure leadership at all levels remains connected with our personnel. When on site, protective health measures (PHMs) and personal protective equipment (PPE) will be in place, and these will evolve over

time. When not required on site, Defence Team members will work from home, staying connected using digital and networking tools. The number of personnel at work at any one time will ebb and flow as operations require, but wing leadership will provide as much predictability as we reasonably can so you can establish a work/ home life balance.

The BRP lays guiding prin-

ciples that will be followed in building unit level plans. While an on-base workforce target managed at the wing level was included in early drafts, it was removed from the final plan. Managing risk in the workplace requires a holistic perspective. If not careful, over-managing any one risk may only increase risk in other areas. Nova Scotia has had great success in flattening the curve of COVID-19 infec-

tion rates. The COVID-19 risk in the Western Nova Scotia region is extremely low, with not a single active case in over 50 days. A workforce target to manage this extremely low risk may have created a pressure to “do less with more,” and potentially increased general and flight safety risks. The wing has established workplace protections against COVID-19 based on the best national and provincial advice.

We can remain in line with this advice even without on-base workforce targets, and this will enable us to better balance the full range of risks we face on a daily basis.

We hope this update has been useful, and we remain committed to bringing you further updates at future town halls and through other means whenever we can. Stay safe, stay healthy. Operate as One. ✈



S. White

June 16, 14 Wing Greenwood Commander Colonel Brendan Cook, seated, with Wing Chief Warrant Officer Dan Campbell, signed the base business resumption plan now in place to manage operations including all possible COVID-19 safety measures. The single cover signature sheet represents close to three-plus feet of stacked printed documents, plus months of email and meeting discussions considering national, provincial and military guidance.

SAR crews assist with at-sea medevac

June 12, the Halifax Joint Rescue Coordination Centre tasked a 413 (Transport and Rescue) Squadron Hercules, based at 14 Wing Greenwood, to provide top cover for a Gander-based CH149 Cormorant, as it conducted a medevac for a 39-year-old man from the marine vessel Yasa Swan, approximately 50 nautical miles east of St. John's. This call was originally tasked late June 11; however,

the weather in the vicinity of the Hibernia oil platform prevented the aircraft launch. The Yasa Swan overnight moved closer to the coast. The Greenwood Hercules left base around 8:30 a.m. to provide its support. The patient was picked up and taken to St. John's by the Cormorant from Gander. After escorting the CH149 to St. John's, the Hercules returned to Greenwood at 3 p.m. ➔

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.

novascotia.ca/coronavirus



NOVA SCOTIA

News from the 19th Hole

Greenwood club open, ready to greet golfers

Wendy Richardson

Ozzie Ward and staff of the Greenwood Golf Club have made a number of changes to the course this spring, taking into account measures to address COVID-19 health precautions. Through the first few months of the season, the driving range was open; we are also expecting a ball dispenser in the near future. Course- and play-related, drainage ditches are helping improve water problems, fallen trees have been removed, the #6 green has been reseeded and is now open for

play and #4 is back to normal. The course is in excellent shape and, with players following self-distancing rules, a round of golf, including a walk or drive in the fresh air, is very therapeutic.

June 14, some good friends played the inaugural Steak and Beans Challenge. What a great day, as Lorne and Gary McMullen and Debbie and Brian Walker from Paragon challenged Scotty Cooper, Mike Logan, Doug Carpenter and Wendy Richardson to a scramble (match play). The winners would eat steak, salads and

dessert cooked by the losers, who themselves settled for delicious, homemade baked beans, a roll and jelly beans for dessert. The Greenwood host team was very gracious and let our guests win the first event. Just before the meal started, Lorne made a presentation to Wendy and Doug: the rest of the Steak and Beans golfers had made a healthy donation to breast cancer awareness in Wendy's name. We are humbled by the generous donation made by such wonderful, caring friends. In this time of COVID-19 and all the scary things that entails, we are Nova Scotia Strong.

14 Wing Greenwood intersection play has now started, on the course every Wednesday. This is a great way to relax with some military friends and enjoy a round of golf. It doesn't get any better than that.



June 14, the Greenwood Golf Club's team in the inaugural Steak and Beans Challenge against Paragon golfers included, from left, Doug Carpenter, Scotty Cooper, Wendy Richardson and Mike Logan. FYI, Greenwood ate beans.

Canada Day will be our next event, with 72 golfers using tee times to help celebrate this great province and country we live in. It is always a popular day and, in the first 24 hours of the

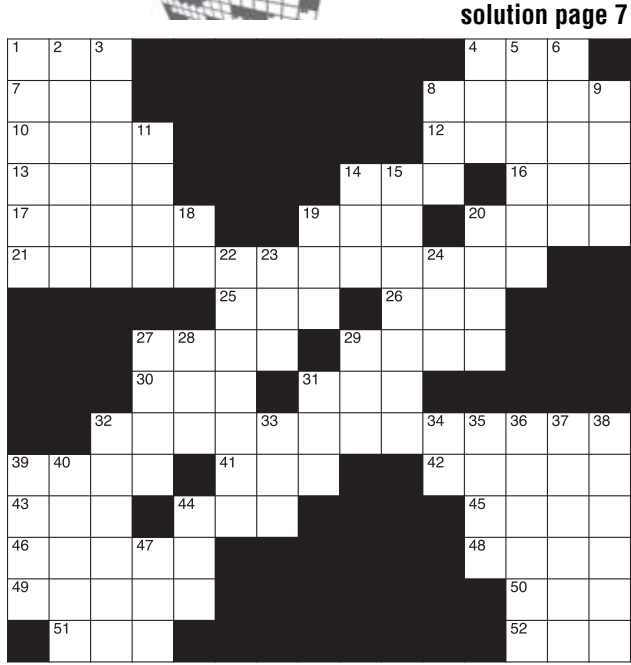
poster on the board, we had 52 players sign up. Sorry we can't accommodate everyone this year, but we will have 72. Next year, let's hope we are COVID-19-free and life will be back to a (new) normal.

There are some new members at the club this year. Welcome aboard. And, it's great to see previous members back and out playing The Challenge. Ryan and Jared are managing the

course, Linda, Diane, Dalton and Sebastian are in the pro shop and our busy maintenance staff of Bruce, Tony and Tim are busy keeping the course in great shape. Hats off to all of them. Thanks to Ozzie and Kate for sticking with us: we love our course and are so glad it is up and running.

Until next time, hit 'em long and straight, abide by the COVID-19 self-distancing rules and stay safe. ➔

metro crossword



solution page 7

- ACROSS**
- Protects from weather
 - Superhigh frequency
 - Southern constellation
 - Swines
 - Self-righteously moralistic person
 - United Arab Emirates city
 - Surinam toad
 - Sign language
 - Tattoo (slang)
 - Makes level
 - Sun up in New York
 - It must be scratched
 - Where people live
 - Swiss river
 - Buddy
 - One of two equal parts of a divisible whole
 - Shrek is one
 - Egyptian unit of weight
 - Fiddler crabs
 - Carroll O'Connor's TV wife
 - No longer having life
 - Former OSS
 - A way to emit sound
 - Mandela's party
 - Adult female chicken
 - U. of Miami's mascot
 - Southeastern Chinese people
 - Casino game
 - Amos Alonzo __, US football coach
 - Joint connecting two pipes at right angles
 - Will Ferrell film
 - River in NE Scotland
 - Occur
 - Show up
 - Capital of Taiwan
 - Former French coin
 - Some are bad
 - Monetary unit
 - Package (abbr.)
 - Indian religious person
 - Crew
 - Antidiuretic hormone
 - Makeshift
 - Baseball box score stat
 - Make a mistake
 - Not moving
 - Even distribution of weight
 - Clumsy person
 - Paddle
 - Worked the soil
 - Alias
 - Plant cultivated in
 - Side-blotched lizards genus
 - Wild dog
 - Immoral act
 - Pound
 - Manning and Lilly are two
 - Put on the shelf for now
 - Baltimore ballplayer
 - Cuddle
 - Dashes
 - Related on the mother's side
 - Witch
 - Kilogram force (abbr.)

- GEMINI - May 22/June 21**
- A busy work schedule may be making things seem more hectic than usual, Gemini. It's easy to become overwhelmed if you do not find strategies to calm your mind each day.
- CANCER - June 22/July 22**
- Powerful feelings of affection may build up in you this week, Cancer. You may be taking inventory of how you feel about loved ones. Share grand gestures and loving words.
- LEO - July 23/Aug 23**
- You may get encouragement from an unlikely source this week, Leo. This can inspire you to conduct an in-depth exploration of long-term goals. Embark on a new journey.
- VIRGO - Aug 24/Sept 22**
- It is alright to feel shy or inhibited this week, Virgo. Uncertainty over long-term plans could be driving these emotions. Once you get your thoughts on paper, you can proceed.

- LIBRA - Sept 23/Oct 23**
- A desire to add life to your routine could motivate you to find new activities to explore this week, Libra. Infuse your daily schedule with doses of creativity.
- SCORPIO - Oct 24/Nov 22**
- Scorpio, this week you may feel sentimental and nostalgic. Perhaps you will reminisce about your childhood by looking over old photographs or playing family movies.
- SAGITTARIUS - Nov 23/Dec 21**
- Sagittarius, you feel content with yourself and life this week and that is great. An ability to look within with a practice like meditation may contribute to this serene state of mind.
- CAPRICORN - Dec 22/Jan 20**
- Figuring out how to resolve issues in a relationship may leave you feeling somewhat unsettled, Capricorn. It might be that you do not want to approach sensitive topics.
- AQUARIUS - Jan 21/Feb 18**
- Excitement about business or work goals might make you feel like taking some dynamic action to promote your ideas to higher ups, Aquarius. You may find a receptive audience.
- PISCES - Feb 19/Mar 20**
- Try collaborating on a fun project this week, Pisces. Check to see if anyone needs assistance if you don't have your own project in mind.

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sudoku

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

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!



Susie Lajoie stepped out of the 14 Wing Greenwood Fitness and Sports Centre and into the woods to source her own log press.

Submitted

Corporal Francois Fournier shows off "The Covid" Log," a 130-pound home-made weight training aid.

Submitted



Fitness – recreated

Susie Lajoie,
Fitness and Sports Centre,
14 Wing Greenwood

No gym? No problem! I took the opportunity to tap into my inner woodsman while COVID-19 restrictions closed fitness centres through the spring and, in the process, got to help out a strong friend who was also missing the gym!

Having grown up in Middleton around current and former strongman competitors, a log press was not an uncommon exercise to see in a workout. The movement involves hoisting a log from

a deadlift position into your lap (sometimes compared to a hang clean start position, but a proper log lift is actually quite different). From there, you extend your hips to a standing position as you roll the log up your chest to shoulder height. Then, with a quick drive from the legs (similar to a push press), the log is pressed overhead. It's a full body movement guaranteed to get your heart rate up.

Steel logs are quite common, fabricated and sold by big names such as Rogue, but nothing beats a home-made, wooden log fresh from the North Mountain! The log

we made (named "The Covid Log") was cut from a fallen tree, stripped of its bark and sanded, had hand-holds cut into it and wooden dowels wedged through for its handles; we added a couple coats of stain and an engraved #19 and, voila! Ready to lift!

But could I? Nope! This 130-pound log humbled me, but I left it heavy so I could lend it out to Corporal Francois Fournier, really missing the gym. He is currently putting it to good use (and now has no excuse not to be in great shape!).

Have you been involved in a creative fitness fix during isolation? Let us know! ➔

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Why fly a flag? From a Pride perspective

**Captain AM Backhouse,
Positive Space
Ambassador,
14 Operations Support
Squadron**

Flags are used to represent a nation or symbolize an idea. They also should bring pride to us when we see them flying, such as seeing the Maple Leaf while traveling and being proud of being a Canadian. Similar reactions should happen when we see other flags from our country, such as our home provinces' flags, representing sub-regions of the country.

The same is true for the Flags of Pride. The colourful Rainbow flag is widely considered and accepted as representing the total LGBTQ2+ community, but there are many more. A quick internet search will provide examples.

One flag of note is celebrating its 20th anniversary: the transgender flag. Its creator, transgender activist and United States Navy veteran Monica Helms, chose the traditional colours of blue for boys, pink for girls and a centre stripe of white for those who are intersex, transitioning or having neutral or undefined gender. The flag is designed so it can't be flown upside-down: "it's always correct, signifying us finding



correctness in our lives," she stated.

The display of these Pride flags should be a reminder there is still work to be done. Right here at home, there are still new and ongoing cases of harassment of CAF members - just because of who they are.

The transgender flag has flown in many places, including Antarctica, and, two years ago, at CFS Alert by now 14 Operations Support Squadron member Master Corporal Murray. This year, it will be flown at 14 Wing Greenwood's main gate, with a flag raising at 7:30 a.m. June 23. This gracious gesture demonstrates the CAF's commitment to diversity, and shows 14 Wing is an accepting and safe place for all Defence Team members. Spectators wishing to attend and show their support are welcome, observing from their vehicles or by maintaining physical distancing. ➔



Red remembrance

Berwick community garden project volunteers are very pleased their work last fall, planting a bed of "Remember Me" tulips around the Veterans Drive Ortona 69 Royal Canadian Legion cenotaph, was in glorious bloom to mark this spring's 75th anniversary of the liberation of Holland by Canadian troops.

C. Goddard

virtual ANNUAL GENERAL MEETING

Monday, June 29, 2020

7:30 p.m.

Register online by
Monday, June 22

CAFconnection.ca/greenwood/2020AGM
connexionFAC.ca/greenwood/2020AGA

ASSEMBLÉE GÉNÉRALE ANNUELLE

Lundi 29 juin 2020
19 h 30

Inscription en ligne
avant le lundi 22 juin

CAFconnection.ca/Greenwood home@greenwoodmfr.ca

Goodie Bags & Prize Draws! Sacs surprises et tirage de prix!



Highlights

- Board Member Elections,
- Bylaw Changes,
- Financial Overview

Moments vedettes

- Élections des membres du conseil,
- Amendements aux statuts,
- Aperçu financier



JUNE IS RECREATION MONTH

#PLAYRECREATED

CAFCONNECTION.CA/JRM



14 Wing Community Recreation presents virtual family fun Week 4 • Aquatics Recreated

Monday 22
Creative Moments 3 pm

Tuesday 23
Get moving 4 pm

Wednesday 24
Storytime 3 pm

Thursday 25
Thinkerspace 4 pm
Adult program 7 pm

Friday 26
Teen Corner 4 pm
Virtual Run the Runway
6 am - 6 pm

Saturday 27



NEW
Greenwood Library curbside pick-up!
902-765-1494 local 5430
librarystaff@eastlink.ca

Recreation Manager Jill Jackson

email Jill.Jackson@forces.gc.ca
phone 902-765-1494 local 5331

Recreation Coordinator Lindsay McCormack

email lindsay.mccormack@forces.gc.ca
phone 902-765-1494 local 5337

Administration Michelle Smith

email 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

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