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WATER FIRE STORM



A Royal Canadian Air Force CP140 from 405 (Long Range Patrol) Squadron, 14 Wing Greenwood, and HMS Sutherland patrol to find a submarine during Exercise Joint Warrior October 6, along the coast of the United Kingdom. Exercise Joint Warrior is a United Kingdom live exercise scheduled by U.K. Navy Command and Air Command, with invited participation from Combined Joint Expeditionary Force, Joint Expeditionary Force (Maritime), North Atlantic Treaty Organization and other partner nations.

Seaman 1st Class LP Dubé, 14 Wing Imaging

Journey to Joint Warrior 2020

405 Squadron’s training experience amid COVID-19

**Corporal S.A. Knox,
405 (Long Range Patrol)
Squadron**

October 2020 kicked off another Joint Warrior, a large, combined joint training exercise involving forces from Canada, the United Kingdom, France and the United States October 4 to 15. The staff at 405 (Long Range Patrol) Squadron knew this year would pose new challenges and obstacles due to restrictions in place with the ongoing COVID-19 pandemic.

The annual exercise which, this year, spanned a 17-day

period; is essential to the maintenance and improvement of the skillsets needed by both air and maintenance crews. From tracking submarines to surface patrols, Joint Warrior is one of the most anticipated training exercises for the crews as most, if not all, of the squadron’s deployment training goals can be met in an effective and expedient manner.

However, the usual Joint Warrior experience was quite different due to the ever-present pandemic. Travel restrictions, isolations upon participants’ return to Canada

and the constant need to adhere to another nation’s often-changing health protection guidelines were key elements to enable our participation in the exercise. Even with these hurdles, 405 Squadron was able to successfully complete its training objectives, while still retaining the flexibility to deal with any increase in restrictions that arose. Maintenance crews worked tirelessly and did an outstanding job keeping the aircraft running efficiently so the aircrew could conduct their training missions.

Those missions themselves were well-planned by those in charge of the exercise, and included both anti-submarine and anti-surface warfare.

Crew 1 from 405 Squadron was tasked for the exercise, and it did not disappoint. During the anti-submarine portion, the crew was tracking the “red-force” submarine from the outset, and continued to do so throughout the rest of the mission, showcasing a mastery of locating and tracking an underwater contact and the skills required to do so. The anti-surface

portions of the exercise allowed the RADAR and camera operators, as well as tactical coordinators, to lead the charge by highlighting their own talents and ensuring an accurate picture of a large area was sent to our friendly naval forces in the area, while also ensuring tasks were communicated and delegated accordingly.

What was found to be extremely well done was the passage of information from our allies and the exercise co-ordinators. Because of the open lines of communication, there were absolutely no is-

sues with what 405 Squadron was able to accomplish.

Her Majesty’s Canadian Ship (HMCS) Ville de Québec, HMCS Halifax and M/V Asterix represented the Royal Canadian Navy in maritime portions of the exercise.

All in all, Joint Warrior 202 was a resounding success. The detachment stayed safe, healthy and achieved all its training objectives. This showed, even in times of uncertainty, Canada and its allies can adapt and overcome adverse circumstances to continue keeping our respective countries safe. ➔



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Site du portail communautaire des Forces canadiennes
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14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

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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 | Annapolis Mess Special events and entertainment | 14 Wing Greenwood Winter Carnival/14e Escadre Carnaval d'hiver Annual winter Defence Team fun and challenge events | 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 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 | 14 Wing Combined Charities Wing activities in support of our community | 14 Wing Spiritual Resilience Page Hosted by the 14 Wing Chaplains, with spiritual support and resources | GMAM.ca Follow news and events at the Greenwood Military Aviation Museum | 14 Wing Welcome Schedule of events details

Wing Sentinels' network has new patch

Padre (Captain) Kayla Colford, Chaplain, 14 Wing Greenwood

Sentinels are a group of trained, supervised non-professionals whose purpose is to improve human contact on a day-to-day basis through a set of behaviours and attitudes they use with their peers.

Sentinels offer human contact, relationships between their brothers- and sisters-in-arms, practical help when needed, support offered during business hours and information about and referrals to available resources. As a peer helper, Sentinels are trained volunteers who are given tools to actively listen and help other members. This is a buddy system and preventative tool, which helps to break the stigma of members seeking help when needed. Sentinels are an excellent resource, and truly make a different to morale.

The Sentinel program is well-established and known at 14 Wing Greenwood. The chaplain team has found the Sentinels in the squadron lines are used well by members, as they offer a neutral resource and listening ear. When asked how

the Sentinel program has equipped members, one 14 Wing Sentinel responded, "The Sentinel program has given me many tools to add to my human relations tool box. It has taught me to listen, be non-judgmental, shown me to be more understanding and, most of all, more compassionate."

The catalyst of the Sentinel program was in 2003 when the Rehabilitation, Youth Protection & Public Health organization recommended the establishment of such a program in the workplace. In 2007, a collaboration between Mental Health and Chaplains to lead a pilot program in 5 Service Battalion. In 2010, the Sentinel program was exported to an operational context in Afghanistan and by 2016, more than 3000 Sentinels were trained. In 2017, a total wellness strategy, Strong Secure

Engaged (SSE), was implemented by the Chaplain General's Royal Canadian Chaplaincy Service Implementation Directive. Once a member is trained as a Sentinel by chaplains, it is emphasized being a Sentinel is a volunteer effort. The Sentinel relationship is not a professional one, but more of a peer relationship. As such, a great candidate to re-



Corporal Peter Goldsworthy, left, was the first to be patched at 14 Wing Greenwood as a Sentinel. The presentation was made July 24 by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, centre; with Chief Warrant Officer Kevin Wezenbeek.

Corporal J. Fox, 14 Wing Imaging

ceive the training is someone who is easy going, listens well and is approachable. It is important for squadron members to have trust in Sentinels, and have no fear they will "gossip" about their situation. Sentinels are, however, trained to know they must report to the chain of command when there is threat of harm to self or others, or laws or regulations have been violated.

All Sentinels are taught their roles through the Four Pillars of a Sentinel:

Observe. They keep an eye out. They observe what is going on around them and identify the changes that occur.

Confirm. They make sure they know what is happening.

Act. They must take action. Once the Sentinel identifies a potential danger and has ensured it is real, he or she must do something: that does not mean sitting down quietly and going about business as usual. He or she will



404 (Long Range Patrol and Training) Squadron Warrant Officer Alex Vizino, Sergeant Ed Meeny and Corporal Allan Nicholson show off their new Sentinel patches at the Hornell Centre August 7.

Corporal K. Neate

trained as a Sentinel or a peer helper will do something similar. The Royal Canadian Air Force is the first Canadian Armed Forces branch to issue patches to Sentinels, and they are beginning to be patched here at 14 Wing. The patches are an excellent way Sentinels can identify themselves in the squadron lines. However, not all Sen-

tinels are patched: this is an appointment given in communication with the chaplain and the chain of command. Any member, at any rank level, as well as Department of National Defence employees, may take Sentinel training. If you would like to know more information about the Sentinel program, please reach out to the 14 Wing chaplains' team. ➔

SAR crews assist on calls to find missing, endangered people

October 17, the Halifax Joint Rescue Coordination Centre tasked 413 (Transport and Rescue) Squadron, 14 Wing Greenwood, to assist in the search for a 56-year-old man near Makkovik, Newfoundland and Labrador. Hercules Rescue 344 left Greenwood just before 10 p.m., in support of a Gander-based Cormorant already on scene. October 18, just after 4 p.m., the Hercules returned to Greenwood, having left its search and rescue techni-

cians in Goose Bay.

October 24, Hercules Rescue 344 was airborne at 1:29 a.m. on a tasking to search for an ELT sounding in the vicinity of Marystown, Newfoundland and Labrador. R344 was able to home in on the beacon on land, near the town of Little St. Lawrence, with no distress seen. All assets were stood down, and the Hercules returned to 14 Wing just before 6 a.m.

October 24, a Greenwood-based Cormorant 907 was

tasked to search for a missing person near Lorneville, New Brunswick. The helicopter, on exercise near Halifax, was diverted from training just after noon; just after 2 p.m., the Cormorant was released as the missing person was located.

October 30, Hercules Rescue 344 launched out of Greenwood just before 7 p.m. to provide top cover for CH149 headed to a marine vessel, the ATL Enterprise, off the coast of Newfoundland

and Labrador to conduct a medivac for a 34-year-old man with a possible appendix rupture. The man was taken to hospital in St. Anthony's and R344 returned to Greenwood just before 4 a.m. October 31.

November 2, Cormorant CH149 was tasked just before 4:30 p.m. to assist on a call for a kite surfer in distress near Halifax, in large waves and wind. The tasking was stood down within 10 minutes of the initial call.

November 3, Cormorant R904 was tasked while night training, around 9 p.m., to assist a boat taking on water off southern Nova Scotia. The helicopter returned to 14 Wing for hot refuel and was back airborne at 9:19 p.m. On scene, the helicopter successfully rescued four people from the sinking vessel and delivered them to Yarmouth. The helicopter returned to Greenwood around 1:30 a.m. November 4.

November 7, just after 4

p.m., Cormorant R911 was en route to Cape Split for a medivac hoist, as one person was reported over the edge of the cliff. The local fire department high ropes team requested assistance, as it was challenging to secure anchor points at the cliff top and daylight was running out. After safely conducting the lift, the helicopter transported the individual, in stable condition but with minor injuries, to the ambulance service, returning to Greenwood by 6 p.m. ➔

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



September 15, Aviator Cody Cunningham, centre, was promoted to the rank of corporal by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



September 15, Aviator Bradley Bruce, centre, was promoted to the rank of corporal by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



September 15, Master Corporal Hume, centre, was presented a Wing Commander's Commendation by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



August 19, Master Corporal Rene Farnell, centre, received a Wing Commendation from 14 Wing Greenwood Commander Colonel Brendan Cook, left, with Wing Chief Warrant Officer Daniel Campbell for going above and beyond in her duties as 2IC of the Wing Management Cell.

Leading Seaman C. Moon, 14 Wing Imaging



September 15, Aviator Kyle Piercey, centre, was promoted to the rank of corporal by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



Corporal Emily Doyle, centre, was promoted August 25 to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Warrant Officer Pat Nixon.

Sergeant M. Carreira



September 14, Aviator Hurley was promoted to corporal by 405 Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



September 14, Aviator Cowie, centre, was promoted to corporal by 405 Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Pat Nixon.



June 29, Master Corporal Jeffrey Wiens, 14 Mission Support Squadron Personnel Administration, second from left; was promoted to the rank of sergeant by Officer Commanding Pers Admin Major Rigby, far left, with Master Warrant Officer Semenchuk, far right, and members of Wiens' family, Rachel, left of centre, Logan-Maria (centre), Taveon (right of centre), and Lilja (second from right).



October 20, Major Mike Levangie, left, and Scott Harrigan, centre, were presented with coins by Wing Chief Warrant Officer Dan Campbell for their extreme dedication to the health and safety of the 14 Wing Greenwood Defence Team during the challenging COVID-19 pandemic as co-chairs of the Wing Workplace Health and Safety Committee.



October 20, Master Corporal Cathy Burns, right, was presented with a Deputy Wing Commander's Commendation by Lieutenant-Colonel Dale King for displaying true dedication to 14 Wing Greenwood and the local community amidst COVID-19. With Nova Scotia recovering from several tragedies within a short period of time, Burns' contribution, creating "Nova Scotia Strong" car decals, is admirable. From acquiring the equipment to crafting a unique design, her goal was to initially raise \$500 for the Upper Room Food Bank. She has successfully donated \$1,700 with the initiative.



October 20, the 14 Wing Greenwood Comptroller Branch, represented by Major Jason Moisan, 14 Wing Comptroller, right; was presented with a Wing Commander's Commendation, presented by Deputy Wing Commander Lieutenant-Colonel Dale King. Despite COVID-19 restrictions, the Comptroller Branch gelled as a cohesive team and stepped up to the plate by implementing and innovating creative operating procedures to close out fiscal year 2019/ 2020, laser-focused on supporting the operation and its members.



October 20, Roger Walsh, 14 Wing Greenwood's general safety o, right, was presented a Wing Commander's Commendation by Deputy Wing Commander Lieutenant-Colonel Dale King. Walsh has displayed extreme dedication to the health and safety of the 14 Wing Defence Team during the unprecedented and challenging COVID-19 pandemic.



14 Wing Greenwood's Taskings cell was recently named the Royal Canadian Air Force's Taskings Cell of the Year. The commendation reads: "The RCAF Tasks team supports mission success by striving to place the right people in the right positions at the right time. 14 Wing Taskings Cell displayed outstanding diligence and responsiveness in carrying out all their duties. Through their tireless efforts they filled 468 operational and 1522 incremental tasks between 1 July 18 and 21 May 20. Their hard work, professionalism and dedication has led to their success in being presented with the RCAF 'Taskings of the Year' award." From left are 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Chris Pratt, 14 Wing Greenwood Commander Colonel Brendan Cook, Master Corporal Jennifer Carmichael (Taskings), Master Corporal Melanie Abrahams (Taskings), 14 MSS Chief Warrant Officer Fortin Wing Chief Warrant Officer Dan Campbell. Absent during the presentation due to deployment was Captain Samantha Watson-Fredette.



Newly promoted Corporal Connor Bretzer, 407 Squadron, centre; recently received his promotion from 404 (Long Range Patrol and Training) Squadron Major Shawn Dyer, right with Chief Warrant Officer Jon Freeman.

Master Corporal K. Scott



Private (Trained) Beam, centre, an electrical generation system technician, was promoted September 1 by Officer Commanding Construction Engineering Major James Gannon, with Master Warrant Officer MacDonald.

Submitted



October 20, Lieutenant Pat Hale, Wing Comptroller Branch, centre, was promoted to captain by Deputy Wng Commander Branch Lieutenant-Colonel Dale King, left; with Chief Warrant Officer John Martin.



October 26, Alex Harnett, centre, was promoted to the rank of captain by 405 (Long Range Patrol) Squadron Major Andrew Smith, left; with Chief Warrant Officer Brian Nelson.

Aviator H. Maher



Sergeant Mick Hawley, centre, was recently promoted at 24 Military Police Flight, 14 Wing Greenwood.

Sergeant M.J. Durnford



October 7, Lieutenant Graeme Northrup, centre, was promoted to captain by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, with Chief Warrant Officer Brian Nelson.



October 9, Master Corporal KE Coutier, second from left, was promoted to sergeant by her father, Dan McGee, second from right, in the IFRCC building, 14 Wing Greenwood. With them are 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, and Chief Warrant Officer Dan Long.

Sailor 1st Class C. Moon, 14 Wing Imaging



Newly promoted Sergeant (R) Ted Reid, 404 (Long Range Patrol and Training) Squadron IT rep, centre; recently received his promotion from Major Shawn Dyer, right, with Chief Warrant Officer Jon Freeman.

Master Corporal K. Scott

Together in remembrance



Berwick Legion President Peter Rigby lowers the flags in preparation for the town's November 11 service.

S. White



Wreaths, messages and children's painted rocks were left at the Kentville cenotaph November 11, with individuals and families paying their respects throughout the day.

S. White



Middleton Legion members march on the colour party for services at the town cenotaph.

Sailor 2nd Class J. Morris, 14 Wing Imaging

Day, place part of family remembrance tradition

Sara White,
Managing editor

Gary Galley, Welsford, and his half-brother, Blair Misner, Coldbrook, had a Remembrance Day mission, arriving at the Berwick cenotaph well before invited dignitaries and a far smaller crowd than in years past.

Their grandmother, Alice Galley, was presented a Silver Cross upon the loss of her son, Harold, killed in action in Antwerp in the Second

World War.

Galley says his father told him he remembers the day the Baptist minister from the Aldershot church, the Army's designated notifier in the community, visited their home.

"Harold was one of three brothers serving and, when the minister came, my grandmother had no idea which one he was coming to tell her about," he says.

"This cross has been passed through the family

and, 15 years ago, the aunts and uncles gave it to me."

Galley was a paramedic, and is a volunteer firefighter and Mason. He thinks about this cross "all the time," keeping it safe at home and ensuring it is either at the Kentville or Berwick cenotaph on November 11.

"I'm looking now at where I pass it in years to come, among all the family's cousins and nieces and nephews.

"Today, this is where it is going to be at 11 a.m." →



Gary Galley, left, and his half-brother, Blair Misner, were early arrivals at the Berwick cenotaph Remembrance Day, ensuring their family tradition of having their grandmother, Alice Galley's, Silver Cross at a memorial November 11.

S. White



Nelson Mullen represented peacekeepers during remembrance services at the Kingston cenotaph.

M. Rolph



Douglas Moore, District D secretary of the Middleton Legion, with a guest at the town's Remembrance Day service.

Sailor 2nd Class J. Morris, 14 Wing Imaging



Berwick Legion Sergeant-at-Arms Merton Stevens, a member of the Royal Canadian Engineers from 1964 to 1984, salutes.

S. White



14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand and Chief Warrant Officer Kevin Wezenbeek pay respects as they lay a wreath at the Royal Canadian Legion in Middleton.

Sailor 2nd Class J. Morris, 14 Wing Imaging



14 Wing Greenwood Master Corporal Holohan, Aviator Madhu, Corporal Gautier and Corporal Wallace march into place as sentry duty personnel at the Middleton service.

Sailor 2nd Class J. Morris, 14 Wing Imaging



Major Michael Burris, commanding officer of 14 Construction Engineering Squadron, escorted by Master Warrant Officer David Battcock, represented the squadron at services in Bridgewater.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



John Maceachern has spearheaded two services in the No Stone Left Alone project at the Old Holy Trinity Cemetery in Middleton. The November 5 event, with Grade 10 Middleton Regional High School students, was the only one held this year in Nova Scotia.



Students matched themselves with one or two of the graves, marking the burial sites of Commonwealth airmen killed during Second World War training at CFB Greenwood, read their names, ranks and home country; and then placed a poppy atop their stone.



Corporal Spencer Campbell, with the 14 Wing Greenwood Pipes & Drums, and Honorary Colonel (emeritus) Karl West, background, provided the remembrance ceremony's traditional music.

S. White

No Stone Left Alone, as airmen buried in Middleton cemetery remembered

Sara White,
Managing editor

Grade 10 students from Middleton Regional High School were the only Nova Scotians to take part in this year's national No Stone Left Alone project, visiting Old Holy Trinity Cemetery in Middleton to remember the lives of Commonwealth airmen killed during Second World War training at CFB Greenwood.

The students walked from MRHS to the cemetery November 5, and recited the names of the servicemen and their home country, before placing a poppy atop each headstone. A piper and bugler

from the 14 Wing Greenwood bands, 14 Wing chaplain Captain Maya Bevan and Old Holy Trinity Reverend Paul Jennings added music, words of remembrance and prayers to complete the service, with a handful of spectators standing off to the edges.

No Stone Left Alone marks its 10th anniversary in 2020, with over 65,000 poppies placed by 12,300 students at gravesites in 120 cemeteries across Canada. The Middleton event is a second occurrence, thanks to the efforts of volunteer John Maceachern beginning in 2019.

Maceachern thanked students for their support. He shared a letter written to them

from program founder Maureen Bianchini Purvis.

"Our world is constantly changing, and we are all looking for the comfort of peace," she wrote. "Today, those of you who are here to honour our veterans, I want you to know that, with this small act of respect and honour, you truly are making a difference. You are setting an example for our youth that, no matter what happens in our daily lives, we must – and we will – remember them."

Maceachern added: "This class – you should be proud of yourselves. You are the only class representing Nova Scotia in this national movement in 2020. Congratulations."

Due to COVID-19, spectators were few, participants wore masks and everyone stood apart from each other.

While Bianchini Purvis had written, "We all are very aware today of the difference a year can make" from 2019 ser-

vices, Maceachern wished everyone well in the days ahead in a pandemic.

"Go home. Be safe." →

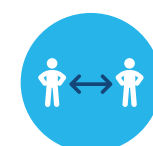
SPREAD KINDNESS

3



Wear a mask,
in indoor public spaces
and when social distancing
is difficult.

2



Keep your distance,
keep 2m between each
other and stay home if
you feel sick.

1



Wash your hands,
frequently and using
proper techniques.

SLOW

These practices help us
slow the spread of COVID-19.

For news and information visit
novascotia.ca/coronavirus.



Photo by Larry Powell

Rachel M. Taylor
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September 1, the 14 Wing Greenwood Food Services production team was presented with the Wing Commander's Commendation by 14 Wing Greenwood Commander Colonel Brendan Cook, far left; with Wing Chief Warrant Officer Dan Campbell, far right.

Aviator B. Bragg, 14 Wing Imaging



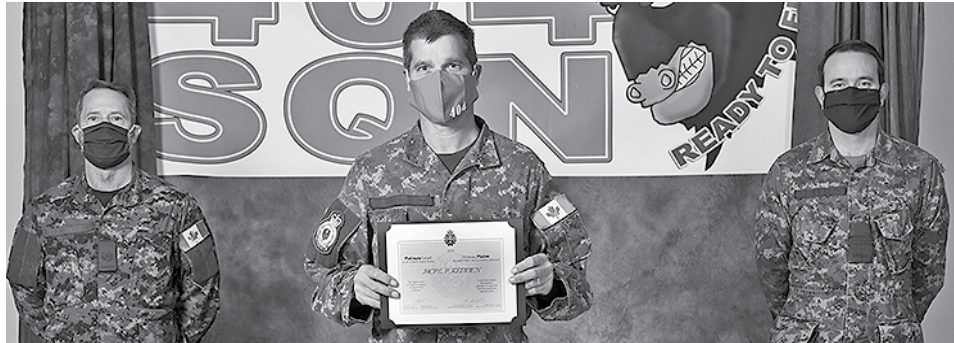
September 1, Deborah Benda, centre, was presented with the 1 Canadian Air Division Commander's coin by Major-General Eric Kenny, centre left; with 14 Wng Greenwood Commander Colonel Brendan Cook, far left; Chief Warrant Officer Jean-Claude Parent, centre right; and 14 Wing Chief Warrant Officer Daniel Campbell.

Aviator B. Bragg, 14 Wing Imaging



September 1, Warrant Officer Chiu Tsang, left, was presented with the Division Chief Warrant Officer's Coin by Chief Warrant Officer Jean-Claude Parent.

Aviator B. Bragg, 14 Wing Imaging



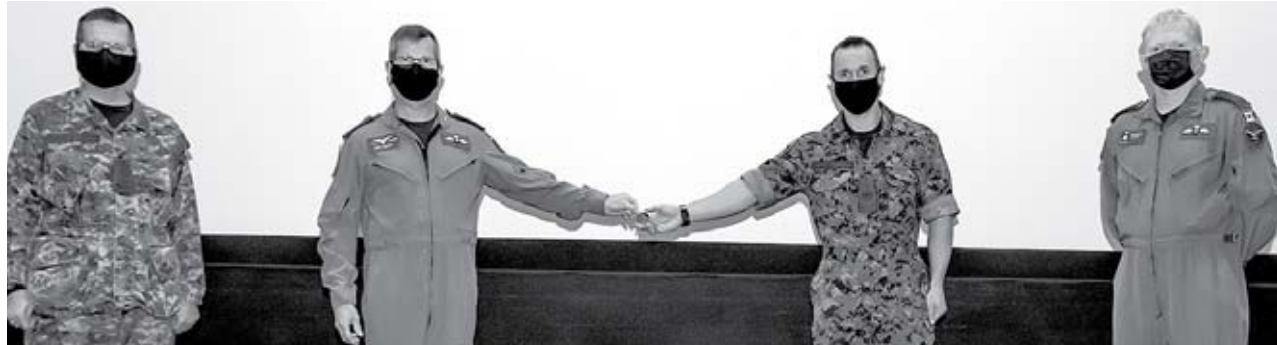
Master Corporal Peter Redden, 404 (Long Range Patrol & Training) Squadron's webmaster, was recently presented a certificate for achieving the Platinum Level on the FORCE fitness profile by Major Shawn Dyer, left, with Master Warrant Officer Dave Emmons.

Ordinary Seaman J. Morris, 14 Wing Imaging



September 1, Corporal David Wallace, centre, was presented with the Division Chief Warrant Officer's Coin by Chief Warrant Officer Jean-Claude Parent, left, with and 14 Wing Chief Warrant Officer Dan Campbell, right.

Aviator B. Bragg, 14 Wing Imaging



September 1, Master Warrant Officer Colin Farmer, center right, was presented with the 1 Canadian Air Division Commander's coin by Major-General Eric Kenny, center left; with 14 Wing Greenwood Commander Colonel Brendan Cook, far right, and Chief Warrant Officer Jean-Claude Parent, far left.

Aviator B. Bragg, 14 Wing Imaging



September 16, 413 (Transport and Rescue) Squadron Lieutenant-Colonel Brent Vaino, right, presented Sentinel patches to eight Tuskers, newly trained as volunteer members who support their peers within units, particularly in times of distress. From left are Captain Thich Truong, unit padre; Chief Warrant Officer Kevin Robarts, Sentinels Major Mike Gosselin, Corporal Justin McQuinn, Sergeant Jan Boone, Corporal Jeff Stevens, Master Corporal Thomas Bertram, Sergeant Shawn Smith, Corporal Deven Robar and Corporal Dustin Bennett.

Sailor 1st Class C. Moon, 14 Wing Imaging

Community support equals troop support

Sara White,
Managing editor

An out-size cheque is a great way to demonstrate the widespread support 14 Wing Greenwood has in the Valley community.

November 3, Stephanie Vatcher, Scotiabank Greenwood manager, presented Commander Colonel Brendan Cook a \$3,000 cheque from the bank's matching funds program, a result of the bank staff's participation at several 14 Wing Combined Charities 2019 fundraising events.

14 Wing Combined Charities is part of the annual Govern-

ment of Canada Workplace Charitable Campaign, running from September through December. 14 Wing personnel raised \$40,000 last year for approximately 60 local and regional non-profit groups, including schools and youth programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more. The 2020 campaign is now underway.

"We're happy to support the wing and Combined Charities, and we're excited to be part of it again this year, too," Vatcher says.

Cook said the Scotiabank partnership is a "great example

of the local community and local businesses standing together to support our troops.

"This relationship shows how much our military benefits from being in such a supportive community – and we really appreciate it."

The Greenwood Military Family Resource Centre is the beneficiary of the matched funds, and director Margaret Reid says it is a much-appreciated support for some of the centre's non-funded programs, including support for deployed families, special inclusion needs for children in the centre's daycare, parcels for troops away from home and emergency housing. →



Stephanie Vatcher, Scotiabank Greenwood manager, second from right; November 3 presented 14 Wing Greenwood Commander Colonel Brendan Cook, second from left, a \$3,000 cheque from the bank's matching funds program. This comes from the banks' partnership at several 14 Wing Combined Charities 2019 fundraising events. With them are Wing Chief Warrant Officer Dan Campbell, left, and Greenwood Military Family Resource Centre director Margaret Reid.

S. White

Foster safe, inclusive workplace using Positive Space Program

Aimee Nkoghe,
Directorate of Human
Rights and Diversity



Most people think a positive space is a physical environment where you can talk, but what this program teaches is acceptance of others.

Two years ago, a Positive Space Program was created to assist Defence Team members foster a more inclusive workplace. We all want to work in a place where we can bring our authentic selves to work and feel comfortable doing so, but how do we contribute to such an environment?

Here's how: prioritize the respect of each and every individual member of the Defence Team for what they contribute: skills, knowledge, perspectives and every other element of a person's identity that makes them unique.

Over the last two years, almost 500 Defence Team members across Canada and internationally have participated in Positive Space training on 25 bases/ wings to help foster supportive and inclusive workplaces. There are more than 200 ambassadors trained and available to help use effective listening, empathy and strength to make people feel fully themselves without any fear or prejudice.

The Positive Space Program works in collaboration with the Defence Team Pride Network, which collaborates and consults on

program content, structure and delivery, in addition to assisting local commanders with needs assessments. This collaboration helps develop a stronger cultural literacy on the history, identity, stories, challenges and victories of LGBTQ2+ persons and communities. It increases overall awareness of LGBTQ2+ issues within workplaces and positively enhances the entire work experiences within the Defence Team by creating a safer, more open-minded environment for all.

The Positive Space Program offers one-hour, three-hour and two-day training sessions to help create a safe and inclusive workplace for all, regardless of sexual orientation, gender identity, or gender expression. It's done through a volunteer and peer-based support network.

Positive Space Information Session – a one-hour interactive presentation which provides an overview of the program and LGBTQ2+ issues. This presentation helps to increase general awareness. It is open for all Defence Team

members.

Positive Space Ambassador Workshop – a three-hour workshop for volunteers who would like to become Positive Space Ambassadors of workplace inclusion. It enables them to offer support, raise awareness and post identifiers to designate both themselves and their workspaces as safe.

Positive Space Ambassador Train the Trainer –



two-day classroom training provided to volunteers who can become Positive Space instructors, who will then be able to instruct all three portions of the program. Training includes discussions, testimonials and practical activities which result in a national qualification.

Maximum participation across the Defence Team is recommended because, through dialogue, education and leadership support, we

will help create safer, more inclusive workspaces that realize our full potential.

CANFORGEN 079/20 Dated 18 June 2020 has more information about the program and who is responsible for coordinating training sessions (vcds. mil.ca/apps/canforgens/default-eng.asp?id=079-20&type=canforgen). Tool-kits for leadership, ambassadors and instructors are available at intranet.mil.ca/

en/res/diversity-employment-equity.page. Contact Positive Space Ambassador in your area at cmp-cpm.mil.ca/assets/CMP_Intranet/docs/en/support/ps-amb.-inst-list_-liste-des-ambassadeurs-et-des-instructeurs_-12-march2020.pdf. This list is updated monthly. Questions may be addressed to PositiveSpaceEspacePositif@forces.gc.ca or LGBTQ2Questions@forces.gc.ca. →

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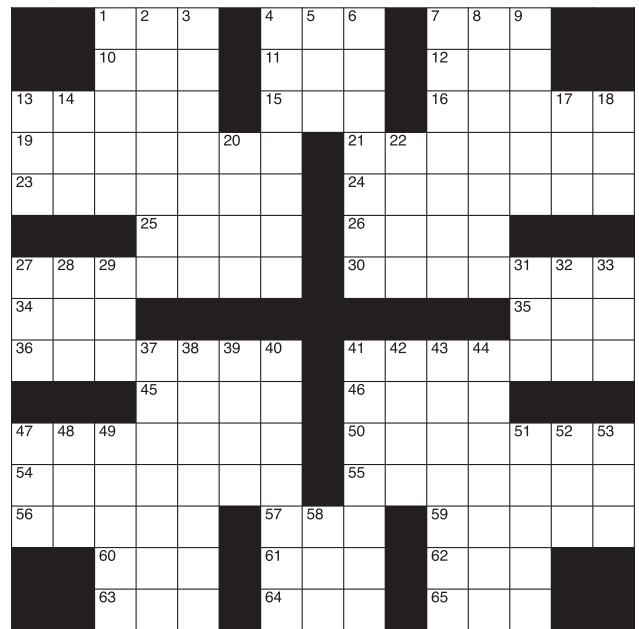


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

metro crossword

solution page 11



- ACROSS**
1. Autonomic nervous system
 4. At or near the stern
 7. Adenosine triphosphate
 10. Polynesian garland of flowers
 11. Chinese revolutionary
 12. Green veggie
 13. Large group
 15. Swiss river
 16. Semiaquatic mammal
 19. Wrongdoer
 21. Home to Disney World
 23. Spanish doctors
 24. Newborn child
 25. Absence of difficulty
 26. Large, stocky lizard
 27. Earned top billing
 30. A long wandering and eventual journey
 34. Water (French)
 35. Brew
 36. Winged horse
 41. A usually malignant tumor
 45. Alfred ___, American actor
 46. Austrian river
 47. A reminder of past events
 50. Connected with
 54. Status
 55. Dean residence
 56. Egyptian city
 57. Boxing's GOAT (abbr.)
 59. Straits along the Red Sea
 60. 'The Partridge Family' actress Susan
 61. Get some color
 62. Facilitates hearing
 63. Commercial
 64. A team's best pitcher
 65. Patti Hearst's captors
- DOWN**
1. Speak up
 2. More informative
 3. Where passengers sit
 4. Gathered
 5. Supervises flying
 6. Home of the Blue Jays
 7. Public statement of regret
 8. Lockjaw
 9. Indian city
 13. Patriots' Newton
 14. Relative biological effectiveness (abbr.)
 17. Sun up in New York
 18. Eggs in female fish
 20. Stood up
 22. NBA legend Willis
 27. Calendar month (abbr.)
 28. Exercise regimen
 29. The 8th month (abbr.)
 31. ___ Paulo, city
 32. Tall deciduous tree
 33. Affirmative
 37. Notified of danger
 38. NFL game days
 39. Archaic term for 'to'
 40. Plant pores
 41. Canned fish
 42. Phil ___, former CIA
 43. Connects with
 44. Of the skull
 47. Time zone (abbr.)
 48. When you hope to get there
 49. Hindu goddess
 51. Land
 52. Pitching stat
 53. Field force unit
 58. Lakers' crosstown rivals

crossword brought to you compliments of



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to learn more about this rewarding opportunity to get involved. RSVP to WesternCHBs@nshealth.ca.

Blood donor clinic

November 18, noon to 3 p.m. and 5 p.m. to 7 p.m., Canadian Blood Services will hold a blood collection clinic at the Berwick & District Lions Hall, 250 Veterans Drive, Berwick. Appointments only at this time, please, to ensure public health guidance can be met for all. Book your appointment at blood.ca.

Intro to hiking webinar

November 18, 7 p.m., Hike Nova Scotia will offer an intro to hiking webinar for new and novice hikers. Details and registration at hikenovascotia.ca.

Friday night supper

November 20, 5 p.m. to 6:30 p.m., the Berwick Legion, 232 Main Street, hosts a Friday night supper: Swiss Chalet 1/4 chicken dinner. Eat in, take, out or local deliver. \$15 a ticket to be purchased no later than November 10. Tickets are on sale now at the bar, or by calling 902-538-9340.

Ticket auction – Festival of Trees

November 21, 11 a.m. to 4 p.m., 14 Wing Combined Charities hosts its annual fundraising

Festival of Trees event at the Greenwood Mall. Wing squadrons, businesses and community partners present up to 30 table top decorated Christmas trees, including prizes, gift cards and surprises PLUS one tree loaded with hourly prize draw goodies. Tickets are 10 for \$5 (available at tables in Centre Court and the hallway crossing at Cleves/TrueStyle). You do NOT have to be present to win. Open to the public, with all proceeds shared between 14 Wing Combined Charities' 60 chosen local and regional youth organizations, minor sports, veterans, animal care, health services, nature causes and more. For more: Facebook 14 Wing Combined Charities. Public health guidance within the mall applies to all attendees. Special thanks to partners at the Greenwood Mall and Scotiabank Greenwood.

Kings Historical Society monthly meeting

November 24, 7:30 p.m., the Kings Historical Society holds its monthly meeting at the Kings County Museum, 37 Cornwallis Street, Kentville, PLUS via Zoom (contact the museum for the link, info@kingscountymuseum.ca).

Limited seating. Reserve your

seat (902-678-6237). Masks required. Special presentation: the history of the Masonic Lodge in Kentville, with Sandy Buchan. It all started in 1869 with a growing population, a railway station and a group of like-minded men with a vision to make their community the best it could be. The Kentville Lodge continues to meet 150 years later. This talk attempts to draw back the curtain and offer a glimpse into the story and symbolism behind this historic and fascinating organization.

Explore ancient teachings of the Mi'kmaq

November 27 and 28, 10 a.m. to 4 p.m., the Kings County Museum, 37 Cornwallis Street, Kentville; invites you to explore the ancient teachings of the Mi'kmaq. Become immersed in Mi'kmaw ancient teachings, smudge, tree connecting, guided meditation, drumming and tobacco ceremony. Facilitated by Carolyn Landry of Redfeather's Native Art. \$35 per day. Limited registration. 902-678-6237 or info@kingscountymuseum.ca.

Christmas raffle

November 28, the Lawrencetown Consolidated School's planned 33rd annual Breakfast with Santa will be cancelled this year, due to COVID-19 restrictions. However, in an attempt to keep some traditions, school volunteers will continue to sell tickets on multiple items generously donated by community members and local businesses. These items will be drawn by LCS and SAC mem-

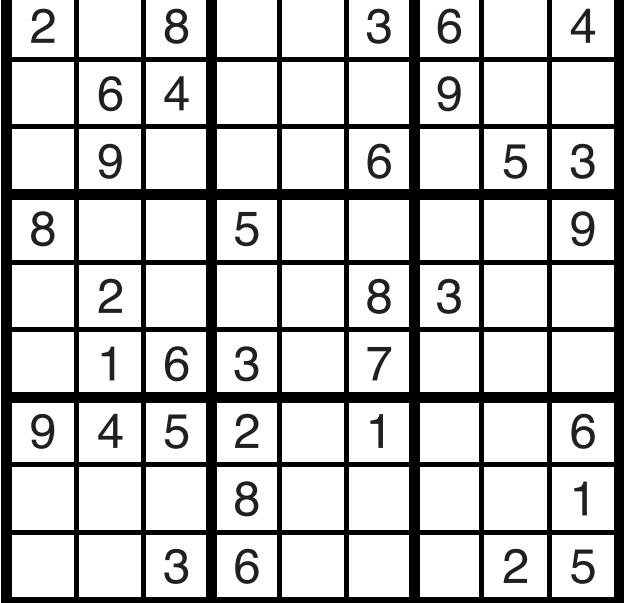
bers via a Facebook Live event November 28 at 1 p.m. Tickets are for sale now: 50 cents each, or \$5 for a book of 10! Please contact LCS at 902-584-4500 or Ashley Whynot, 902-825-7473, to purchase tickets. For more details, find us on Facebook at <https://fb.me/e/1R923qAa6> and join our Facebook Live event.

Christmas Mommies and Daddies Telethon and Auction

November 29, noon to 8 p.m., watch the Friendly Neighbours' Christmas Mommies and Daddies Telethon and Auction on Eastlink TV Channel 10 from the Aylesford fire hall. Special guest entertainers plus auction items. All telethon proceeds will go to Friendly Neighbours to help provide a happy Christmas to families in the Coldbrook to Kingston areas. Sponsored by Kingston, Aylesford, Berwick and Coldbrook; and the Aylesford fire hall. The Scotiabank team from Greenwood will match pledges from 1 p.m. to 3 p.m. (up to \$3,000). Because of COVID-19 and provincial health regulations there will not be an audience allowed. To make a pledge or bid on an auction item, call 902-341-3200 (local) or 1-888-777-1657 (toll free). Please honour your pledges at the Credit Union, RBC and Scotiabank in Middleton; the Credit Union, Scotiabank and CIBC in Greenwood; Pharmachoice in Aylesford; RBC in Berwick; and the Credit Union in Waterville.



solution page 11



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!

What has CERB taught us about universal basic income?

Heather Young,
Secretary,
Kingston/ Greenwood
Community Health Board

The pandemic has resulted in many challenges for programs supporting overall community health and well-being. In a period marked by so many changes, there is a unique opportunity to promote more than just initiatives related to COVID-19: There is a chance to address systemic inequities related to poverty that have a profound impact on the social determinants of health that affect the resiliency of families and community as a whole.

The introduction of the Canada Emergency Response Benefit (CERB) earlier this year highlighted the widespread benefit of supporting local businesses and preventing families from slipping into a cycle of poverty. While the pandemic increased the need for a widespread universal income support program, the struggle for a basic level of financial security in addressing systemic poverty was a pre-existing condition.

Recent census data reveals approximately one-third of Annapolis Valley residents were living in poverty. Other studies reported half of residents were living paycheck-to-paycheque and one-quarter of children suffered from food insecurity. These numbers reflect a significant systemic problem before the onset of COVID-19 and indicate a decreased resiliency to cope during the pandemic.

Some were fortunate to have at least one income source that maintained a basic standard of living. Others suddenly found themselves struggling with employment and income loss, further impacting local businesses and economic stability. Without a social safety net, many would have been unable to meet financial obligations, resulting in defaulted mortgage and bill payments. It would

further compound economic distress and create barriers for individuals requiring future credit-related borrowing for housing, household services, transportation and basic necessities.

Appropriate and affordable housing is priority in the Nova Scotia Health Authority's Western Region's Community Health Plan. Stable housing can be challenging to secure and unaffordable, yet many health, social and employment programs are difficult to access without a permanent mailing address. People require electricity and heat to maintain a basic level of environmental health, but utility companies often require a good credit history for affordable equal monthly payments. Telephone/ internet packages may not be readily available, and are sometimes cost-prohibitive. Still, it is a necessity for employment opportunities, government services, connecting with healthcare providers, continuing education, and in staying connected. Private transportation is frequently a requirement to attend medical treatments, supportive social events, in-person services and employment opportunities. Healthy nutritious food is often more expensive than highly-processed alternatives, yet has a profound impact on health and wellbeing.

This is how poverty can quickly become a cycle difficult to break. The impact is so significant, the World Health Organization considers poverty the single largest determinant of health: studies continue to demonstrate a clear link to shortened life expectancy, chronic diseases, infant mortality, addictions and several other physical and mental health impairments. Poverty quickly becomes a barrier in accessing necessary resources to break that cycle and obtain essential health and social services.

Many have questioned the cost of a universal basic income, concerned it may

not be the best investment of tax dollars. In a compelling study recently conducted in Vancouver by the University of British Columbia and the Foundations for Social Change, 50 people living in poverty without secure housing were provided a one-time payment of \$7,500. Outcomes were examined one year later. It found the money was spent on securing stable housing, food and transportation. Individuals were able to save an average of \$1,000. Spending on alcohol, cigarettes, and drugs declined by 39 per cent.

In Manitoba, a different study on supplementing low-income families documented a significant reduction in hospital admissions and an increased rate of high school graduations. Additional research showed it to be an effective health policy addressing the long-term consequences of poverty, shown to reduce hospitalizations by 8.5 per cent, thereby reducing health care costs. The Basic Income Canada Network reviewed such data and concluded Canada could afford to implement a universal income program.

CERB assisted many individuals and small businesses, helped our economy and kept many families from slipping into a cycle of poverty. We cannot afford to ignore the evidence a universal basic income is a powerful poverty reduction strategy that can (alongside other social supports and policies) improve lives and promote a basic level of dignity, and thereby promote the resiliency of local communities. →

The Kingston/ Greenwood Community Health Board is a committed group of volunteers who are working together to improve the health of our community. Community health boards in Nova Scotia serve a vital role in the well-being of their communities, helping to support many community-based projects and partnerships.

classifieds

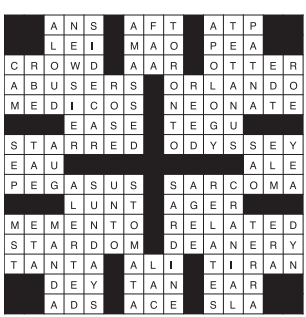
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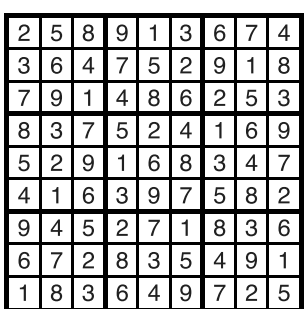
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sudoku solution



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Depending on the age and value, donors are eligible to receive a tax credit for their donated equipment.

For information or to donate a CPAP machine through the Kingston Lions Club, please contact Lion Ron Osmond at 902-765-3063. ➔



Festival of trees

Ticket auction

Greenwood Mall

November 21 | 11 a.m. to 4 p.m.

Public viewing and ticket sales

Tickets 10 for \$5

14 Wing Greenwood squadrons, business and community partners will decorate trees with prizes and certificates

PLUS hourly prize draws.

All proceeds to local charities.



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