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# the Aurora

Vol. 42 No. 12

APRIL 5, 2021 NO CHARGE

[www.auroranewspaper.com](http://www.auroranewspaper.com)

Avionics technicians Corporal Keenan (14 Air Maintenance Squadron), Corporal Hann (415 Squadron) and Corporal Edwards (405 Squadron) familiarize themselves with new components and practice maintenance activities in the Integrated Avionics Trainer, part of the newest 404 (Long Range Patrol and Training) Squadron CP140 Aurora Block 4 conversion training course.

Master Corporal K. Scott, 404 (Long Range Patrol and Training) Squadron



## Aurora Block 4 milestone marked at 404 Squadron

**Master Corporal Shawn Jordan, 404 (Long Range Patrol and Training) Squadron**

404 (Long Range Patrol and Training) Squadron, based out of the Hornell Centre at 14 Wing Greenwood, has officially commenced the first course for avionics technicians on the newly-upgraded Block 4 CP140 Aurora aircraft.

This month-long course will upgrade eight avionics technicians' Block 3 Aurora skills, and introduce them to more complex Block 4 systems, including WGS (Worldwide Global Satellite), Link 16 and an additional missile defence suite. Students will also be introduced to computer networking maintenance and troubleshooting, currently unique to the Aurora fleet. This training is among the

first of its kind in the Royal Canadian Air Force, and may one day serve as a template for other aircraft fleets in terms of training technicians and creating leaders in the field of avionics.

The CP140 Aurora came into service in 1981, originally set to replace the CP109 Argus (displayed prominently in the Greenwood Military Aviation Museum's airpark, near the 14 Wing main entrance)

for long range coastal patrols. In addition to its traditional role as a world-class leader in anti-submarine warfare, the Aurora has since transitioned to add intelligence, surveillance and reconnaissance (ISR) capabilities and has undergone multiple block upgrades to replace numerous systems and add capabilities. In a little over a decade, since the start of the block upgrades, this ISR capability

has seen the Aurora complete overland mapping in Afghanistan, surveillance over Libya and improved Canada's presence in the furthest reaches of the Canadian Arctic.

Most importantly in the recent evolution of the CP140 was its deployment with Operation IMPACT in support of the global coalition against Daesh in Iraq and Syria. Three Aurora aircraft were quickly upgraded with a state-of-the-

art iBLOS (interim beyond line of sight) capability, enabling near-instantaneous video updates from the battlespace above Iraq to commanders as far as North America. This upgrade's advantages helped commanders make operational plans, and changed military doctrine in deploying and using RCAF assets. Astoundingly, the Aurora fleet, made

Continued on page 2...

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## Block 4 milestone...

...cover

up of several squadrons from 19 Wing Comox and 14 Wing Greenwood, achieved a 99 per cent mission success rate over the course of the nearly four-year mission, which, in aviation terms, makes this a remarkable success story in overcoming logistics, communications, transport and maintenance - all in an austere environment.

Lieutenant-Colonel Angie Thomas, 404 Squadron's current commanding officer, recently addressed the new Block 4 students and instructors in a small, socially-distanced ceremony in the student lounge of the Hornell Centre, describing the numerous upgrades the Aurora has undergone since she started her own flying career in Greenwood. The tactical computer then weighed over 250 pounds, stood approximately four feet tall and three feet wide, and contained over 100 circuit cards. Many now-retired instructors likened its antiquated computing power to a digital Timex watch! The Block 4 computer upgrade is now a more robust mission computer, running familiar operating systems and working more closely with a modern PC.

Thomas emphasized, with each improvement to the Aurora's capabilities, comes an inherent challenge to avionics technicians to adapt their skillsets, and troubleshoot and maintain increasingly complex equipment.

"Maintenance is the backbone of RCAF operations, and the Aurora fleet, in particular, relies heavily on its avionics system technicians to allow operations so the Aurora fleet can continue to succeed in supporting the interests of Canada."

To date, two Block 4 aircraft have arrived at 14 Wing. They are being flight tested by the Aerospace Engineering Test Establishment, in order to evaluate any changes to flight characteristics caused by modifications, and to re-certify the flight and operational envelopes of the upgraded aircraft. Ultimately, this testing will achieve a flight permit. Only then will the Block 4 Aurora be flown by aircrew at 14 and 19 Wing flying squadrons. These activities are supported by a minimal number of 14 Wing technicians, authorized to perform maintenance on the new version of the Aurora.

The commencement of the Block 4 course at 404 Squadron is the first major



**Corporal Bryan Bordash, an avionics technician instructor, and Commanding Officer Lieutenant-Colonel Angie Thomas, 404 (Long Range Patrol and Training) Squadron, cut a cake to celebrate the Block 4 CP140 Aurora training milestone.**

Master Corporal K. Scott, 404 (Long Range Patrol and Training) Squadron

step transitioning all avionics technicians at 14 Wing to be able to perform this maintenance, ultimately leading to autonomous operations at 14 Wing.

Thomas left course students with a list of expectations: they will receive this course, provide feedback to ensure continuous improvement, improve on the fleet's collective knowledge of capabilities with experience gained through deployments and

operations; and then, one day, become the next generation of instructors at 404 Squadron.

Block 4 students have, on average, four to five years of experience working on the flight line at 405 (Long Range Patrol) Squadron, in addition to 12 to 16 months of training at CFB Borden, six months of servicing and elementary tasks at 405 Squadron, and seven-and-a-half months of Aurora-specific training at 404 Squadron. Since com-

pleting their initial training and beginning employment at 405 Squadron as Block 3 technicians, all have deployed to other continents, including Asia, South America and Europe; on named operations or shorter temporary duties.

Through March, Block 4 students followed theory lessons on network architecture, programing switches and routers, operating new cryptographic gear; and maintenance actions on each of the new systems. Like any course at 404 Squadron, practical training will use the recently upgraded Integrated Avionics Trainer, a detailed mock-up of every electronic system on the 116-foot-long CP140. Instructors will have the ability to present scenarios with real world "snags" as they teach, giving practical experience to these technicians. The instructor-to-student ratio is at least one to two.

Once the students graduate from this first Block 4 serial, they will return to their section "Ready to Fight," in line with 404 Squadron's motto, with the qualifications required to maintain the new Block 4 equipment and keep the CP140 Aurora in the air, carrying out the missions which make this fleet a world leader in excellence. ➔

## Provincial campsites bookings begin in April

Now is the time to start planning your summer camping adventure, as reservations for Nova Scotia's provincial parks 2021 camping season open April 6, 7 and 8.

There are 20 camping parks and more than 130 day-use and beach parks in Nova Scotia.

Most camping and day-use parks are scheduled to open Victoria Day weekend, starting May 21, with others opening in June. All public health guidelines will be followed.

A schedule of which campgrounds open their reservations and at what time is posted on the Nova Scotia Provincial Parks website, [parks.novascotia.ca](https://parks.novascotia.ca). Starting in late March, campers may view the upgraded reservation system; they must create a new account in advance of making a reservation. Only registered campers can enter provincial campgrounds.

Due to the ongoing COVID-19 pandemic, public health restrictions may change the start time of reservations, park openings and services offered. All campers will have to reserve their campsites in advance. For up-to-date information, go to [parks.novascotia.ca](https://parks.novascotia.ca). ➔

## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



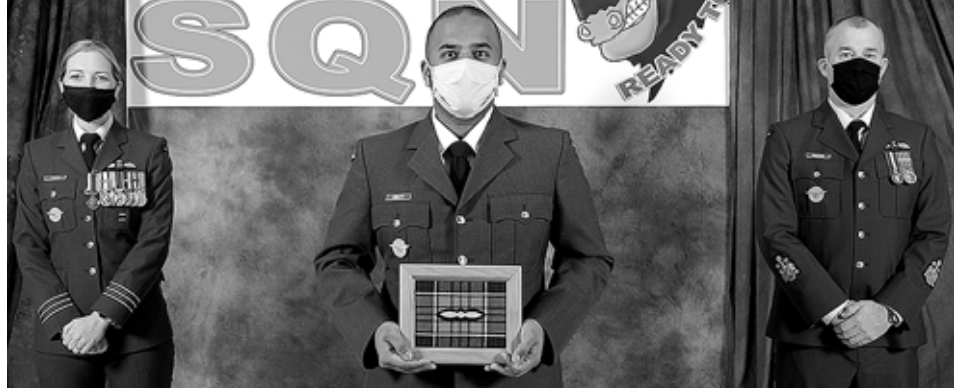
July 16, Sergeant Adam Comer, right, is presented with Swordfish of the quarter by former 415 Squadron Commanding Officer Lieutenant-Colonel Ross Freeman.



February 19, Captain Mark Winters, centre, was presented with the Canadian Forces Decoration First Clasp, by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angela Thomas, left, with Chief Warrant Officer Jon Freeman.



February 19, 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angela Thomas, centre, was presented the Special Service Medal (Expedition) by 14 Wing Commander Col Brendan Cook, left, with 404 Squadron Chief Warrant Officer Jon Freeman.



February 19, Aviator Kauthaman Kalaichelven, 407 Squadron, centre; was promoted to aviator (trained) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angela Thomas, left, with Chief Warrant Officer Jon Freeman.



February 19, Master Warrant Officer Trevor Bull, centre, was promoted to chief warrant officer by 14 Wing Greenwood Commander Colonel Brendan Cook, right, with Wing Chief Warrant Officer Daniel Campbell.



February 19, Captain Seung "Chris" Cheung, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Sergeant M. Carreira



February 26, Captain Jonathan Lapointe, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Aviator E. Fraser



Corporal Raymond Studerus, centre, recently received his Sentinel patch from 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, right, and Lieutenant (Navy) (Padre) Pickens.



Corporal William Smiley, centre, recently received his Sentinel patch from 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, right, and Lieutenant (Navy) (Padre) Pickens.



Sergeant Donald McClure, centre, recently received his Sentinel patch from 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, right, and Lieutenant (Navy) (Padre) Pickens.

# the Aurora

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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.rcaf-arc.forces.gc.ca](http://www.rcaf-arc.forces.gc.ca)

**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
[www.cafconnection.ca](http://www.cafconnection.ca)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/en/14-wing/index.page](http://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](http://www.forces.gc.ca)

**Combat Camera** | Caméra de combat  
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**Recruiting** | Recrutement  
[www.forces.ca](http://www.forces.ca)

**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
[www.cafconnection.ca](http://www.cafconnection.ca)

**VPI** | VPI  
[www.vpinternational.ca](http://www.vpinternational.ca)

**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





Skaters and junior coaches Georgia Lloyd and Caelin Lloyd, centre, were recognized with Annapolis Valley Speed Skating Club 2020/2021 Volunteer of the Year Awards.



From left, skaters Kaleb Goulet, Rachel Dobson, Liam Pickrell and Elizabeth Andrews line up for a race, with coach Lauren Muzak-Ruff in the background.

Submitted

## Speed skating through a pandemic

The Annapolis Valley Speed Skating Club (AVSSC) recently wrapped up its ninth season at the Credit Union Centre in Kingston. In a year filled with uncertainty and ever-changing COVID-19 guidelines, AVSSC was able to have a full season of practices without losing any to COVID-19 or bad weather. Skaters and coaches were happy to be on the ice, and parents appreciated having a regular activity on their children's schedules. The club held a mini-meet March 6. While they weren't able to host skaters from other Nova Scotian clubs, there were

lots of exciting races, especially those featuring the younger skaters. After the meet, the club presented its annual awards in an on-ice ceremony.

### AVSSC Stand-out Awards 2020-21

- Coaches Award - Cory Lapointe
- Most Improved - Gabe Salley and Jacob Hazelwood, Recreational-Competitive Group 1
- Most Improved - Ada Taylor, Recreational-Competitive Group 2

- Most Improved - Elise Robison, Skills Development Group
  - Most Improved - Donald Andrews, Learn to Speed Skate Group
  - Volunteer Awards - Caelin Lloyd and Georgia Lloyd
- The Annapolis Valley Speed Skating Club was founded in 2012. The club offers Learn to Speed Skate, Skills Development, Recreational and Competitive Programs. For information, email [valleyspeedskating@gmail.com](mailto:valleyspeedskating@gmail.com) or check out Annapolis Valley Speed Skating on Facebook. ➔

## Trio of firsts, as 100-Plus Who Care Giving Group re-launches outreach effort

The new and improved 100-Plus Who Care Giving Group Annapolis Valley met March 11 in a virtual format, but celebrated recent changes as a community charitable giving circle.

With the first meeting of 2021, the 100-Plus group tested Zoom in its fourth virtual quarterly meeting, sharing pre-recorded videos from three nominated non-profit projects with the chance to chat and see each other in the multi-screen format. This meeting also streamed over the group's Facebook Page.

Even more exciting, this was the first meeting held since the 100-Plus Women Who Care Annapolis Valley approved a name and membership change, a new logo, got to work updating its online presence and invited new members and friends from the former Annapolis Valley 100 Men who Give a Damn to join in.

As expected, and as part of the technological learning curve that has been life in a virtual meeting world, the March 11 meeting had a few hitches but, in the end, members had the opportunity to hear from the Posse Project, L'Arche Homefires and CentreStage Theatre. The Posse Project, operating through Windsor, West Hants and Sipekne'katik communities; offers training to youth – who often turn to their own friends when they need help – in first aid and mental health first aid, and resources to help point friends to food, employment skills, housing and safe spaces. L'Arche Homefires shared a video of adult program participants waiting for spring, and described some of the activities they'd like to add to common and backyard outdoor spaces, as many have been confined close to home over the past year. Basketball nets, patio furniture, BBQs, garden spaces, games, decking and ramps and more were on their wish list. CentreStage volunteers staged their presentation in several skits, highlighting a project to buy hearing support technology for theatre-goers.

Online voting determined

CentreStage as the 100-Plus group's financial recipient, with the Posse Project and L'Arche Homefires both receiving Rewind 89.3 advertising promotional support to help them in their work.

The 100-Plus Who Care Giving Group Annapolis Valley will return to in-person meetings as soon as it is safe to do so, typically hosted at the ballroom in Mainstreet Station, Kentville, with the next meeting planned for June 10. The group meets quarterly to hear from three member-nominated community non-profit groups. After five-minute presentations from each organization, members vote on which group will be the recipient of each member's \$100 donation. New members are welcome. Visit [100valleygiving.ca](http://100valleygiving.ca) for information on past non-profit recipients, joining details and upcoming events. ➔



## Legion support

The Kingston Legion is a major supporter of 517 F/Lt Graham Royal Canadian Air Cadet Squadron in Greenwood. Legion members were proud to recently present the Cadets with an \$1,800 cheque to assist with their ongoing programming. From left are Warrant Officer 2nd Class Nathan Gray, Kingston Legion President Al Peterson, 517 RCACS Commanding Officer Captain Rhonda Bull, Branch 098 Cadet liaison Officer Art Leduc and Warrant Officer 2nd Class Bell Smith.

J. Hildebrand



Learn more about Nova Scotia's vaccine plan at [NovaScotia.ca/VaccinePlan](https://NovaScotia.ca/VaccinePlan)



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**sudoku** solution page 11

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

## horoscopes

April 4 to April 10

### ARIES - Mar 21/Apr 20

Now may be a great time to reevaluate your finances, Aries. Investments could be the right path for now, but you may want to seek some professional advice.

### TAURUS - Apr 21/May 21

A message from a business partner could bring welcome news, Taurus. This might be the break you are waiting for at this juncture in your life. Career changes could be in store.

### GEMINI - May 22/Jun 21

Gemini, expect to engage in a very interesting conversation this week. This person has not crossed your path in a while, and the reconnection sparks new goals.

### CANCER - Jun 22/Jul 22

Cancer, frustrations could arise that make you want to vent some anger. Channel your energy into something productive, such as a kickboxing class.

### LEO - Jul 23/Aug 23

Obstacles at work or home interfere with your ability to work efficiently, Leo. Even though tasks may take you a little longer, don't throw in the towel just yet.

### VIRGO - Aug 24/Sept 22

Virgo, do your best to lighten the atmosphere around the house this week. Encourage others to kick up their heels and keep the focus on fun and fun alone.

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April 5, 2021



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 [auroraeitor@ns.ailantzinc.ca](mailto:auroraeitor@ns.ailantzinc.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 Escadron Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeitor@ns.ailantzinc.ca](mailto:auroraeitor@ns.ailantzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

**metro crossword** solution page 11

1	2	3	4		5	6	7		8	9	10	11
12				13				14			15	
16				17				18			19	
20							21				22	
			23	24				25				
26	27	28	29					30				
31							32					
33								34	35	36	37	38
			39	40	41		42	43				
			44	45				46				
			47				48					
49					50			51		52	53	54
56					57			58				
59					60				61			
62					63					64		

**ACROSS**

- Bond villain Mikkelsen
- A team's best pitcher
- French river
- Mountain nymph (Greek)
- City of Angels airport
- Military force
- Scrappy
- Value
- One billionth of a second (abbr.)
- Highly seasoned sausage
- Trouble
- Prong
- Showing varying colors
- Cloaked
- Renters sign one
- Acquires
- Type of language (abbr.)
- Partner to pains
- Third portion of the small intestine
- Excessively theatrical actor
- Infraction
- Classical music for the stage
- Stogged

**DOWN**

- Female parents
- Region
- Transaction
- Heroic tale
- Of algae
- Luminous intensity unit
- Uncovers
- French commune name
- Poisonous gas
- Pearl Jam's bassist
- Horse groom in India
- Destroyed
- A way to alter
- Promotional materials
- American state
- Extinct flightless bird of New Zealand
- 'Modern Family' network
- Last or greatest in an indefinitely large series
- Exercise system
- bo
- Type of bulb
- Opposite of beginning
- Utilize
- Type of student
- Deficiency of moisture
- Areas of the eye
- Select
- Sheets of floating ice
- Priests who act as mediums
- Roof of the mouth
- Unnatural
- Illuminated
- There are three famous ones
- Large, fast Australian birds
- 'Dracula' heroine Harker
- Substitutes (abbr.)
- Tax

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Tilting Block Cowl, easy level, \$30 (all supplies included). Contact 7Arts@7arts.ca in Greenwood for more info.

### Youth lacrosse try-it

April 11, 10 a.m. to 11 a.m. ages U12, 11 a.m. to noon, ages 13-plus. Hosted by Valley Thunder Lacrosse at the Berwick town hall gym. Free - no gear needed, sticks provided. Bring a mask, athletic clothes, indoor sneakers, water. Participants must be dropped off by a parent/ guardian to sign the waiver, screen for COVID-19. No spectators. Register in advance at FB Valley Thunder Lacrosse.

### Kingston Lions community luncheon

April 13, The Kingston Lions Hall, will serve a pre-order only turkey dinner and dessert, noon to 1 p.m. All eat-in/ take-out/ delivered meals by pre-order only: please call 902-765-2128 on the following days ONLY: Thursday, April 8, 9 a.m. to 4 p.m.; and Friday, April 9, 9 a.m. to noon. Masks are required, as pandemic protocols are in effect. Eat in (full table service) - \$10. Pick up at hall - \$10. Delivered - \$11 (only in the Kingston/ Greenwood

area, number of deliveries will be limited).

### SMH gift shop now open

The Carousel Gift Shop at Soldiers Memorial Hospital, operated by the SMH Auxiliary, is now open Monday to Friday, 10 a.m. to 2 p.m., and Saturday and Sunday, 1 p.m. to 3 p.m. In the past two years, the auxiliary has contributed almost \$22,000 to purchase 13 items needed by the hospital. Gift shop volunteers are welcome: interested individuals should contact Betty Lajoie, 902-825-3677. New auxiliary members are always welcome, but membership is not a requirement for gift shop volunteers.

### Mother's Day drive-thru dinner

May 9, dinner pick-up starts at 5:30 p.m., as the Aylesford & District Lions, 2160 Hwy 1, Auburn; prepare a take-home honey glazed ham packaged dinner with vegetables, roll and homemade carrot cake for dessert. \$15 per person, advanced tickets only! Call Lion Joy at 902-765-3323 or 902-847-9374 and leave a message. All profits go toward Lions Foundation of Canada dog guide sponsorship.

***In memory of Jim Robinson,***  
'May the winds of love blow softly  
and whisper for you to hear  
that will always love and miss you  
and wish that you were here'  
*From your wife Shirley, Mitchell, Michele and families*

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# Have you downloaded the COVID Alert app yet?

Since its launch in fall 2020, over six million Canadians have downloaded Canada's free COVID Alert app, and over 20,000 one-time keys have been provided, helping to alert other app users they were exposed to COVID-19.

Civilian Defence Team members will continue to receive one-time keys from their public health authority to enter into the app if they test positive for COVID-19.

Not only can the app alert you to possible exposures before you have symptoms – it is an additional public health preventive tool for all Canadians to use to contribute to limiting the spread of COVID-19 and preventing future outbreaks, as well as protecting themselves. All members of the Defence Team, as well as their friends and families, are strongly encouraged to download and use the app on a voluntary basis.

COVID Alert should be installed on one device only, generally the one you carry with you most frequently. For most of the Defence Team, this will be their personal device, but downloading it to Department of National Defence/ Canadian Armed Forces-issued smartphones is permitted. The COVID Alert web page provides detailed information on the app, as well as links to download it.

Beginning in March, Canadian Forces Health Services Group will issue one-time keys for the COVID Alert app when a CAF member is diagnosed with COVID-19.

CAF members: if you're diagnosed with COVID-19 by your supporting Health Services Centre, it will provide you with a COVID Alert app one-time key. Uploading this one-time key into the COVID Alert app on your device will send out notifications to any other COVID Alert app users who might have been a close contact to let them know they should consult a medical provider for advice. Even in provinces where civilian public health authorities aren't providing one-time keys, CAF members will be provided them and they will still work. In cases where CAF members are diagnosed directly by provincial or territorial public health authorities and not the CAF, they will generally receive a one-time key from that health authority, and not CFHS. It is important to note – if you are diagnosed with COVID-19, you will still need

COVID Alert complements existing public health preventive measures, such as maintaining good hand and respiratory hygiene, respecting physical distancing and wearing non-medical masks or face coverings when physical distancing is not possible. By advising people of pos-

sible exposure to COVID-19, the COVID Alert app helps limit the spread of infection and prevent future outbreaks by prompting individuals to self-monitor for symptoms, get tested if the symptoms warrant, and, if they test positive, take measures to ensure

they do not spread the virus further.

COVID Alert uses strong measures to protect the privacy of any data it collects. The app does not track a user's location. It does not collect their name or address. It does not collect personally

identifiable information.

COVID Alert does not replace manual contact tracing by local public health authorities, nor medical advice. If you feel sick, go home or stay home and contact your doctor or other health-care provider. →

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

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M	E	A	G	E	R		G	N	P		N	S
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**sudoku solution**

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

**GMFRC** Greenwood Military Family Resource Centre

**CRFMG** Centre de ressources pour les familles militaires de Greenwood

**Employment Opportunities**  
Join our GMFRC Team!

- Prevention Support and Intervention Coordinator
- Administrative Assistant
- Childcare Cook
- Early Childhood Educator
- Evening Support Staff
- Coordinator of Employment and Education

The Greenwood MFRC has proudly served military and defence team families for the past 35 years with enthusiasm and dedication. We offer services and support to Canadian Armed Forces families through times of celebration, crises, emergency, and during operational duty requirements. If you are interested in working in a fast-paced, rewarding environment and would like to shape GMFRC programming to reflect the uniqueness of the military family lifestyle in our community, consider joining our team!

**For information on qualifications and skills sought for each position, please visit our website at [www.cafconnection.ca/greenwood](http://www.cafconnection.ca/greenwood) OR at [facebook.com/gmfrc](https://facebook.com/gmfrc).**

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: [cafconnection.ca](http://cafconnection.ca)

**Possibilités d'emploi**  
Joignez notre équipe du CRFMG!

- Coordonnateur.trice des services de prévention, soutien et intervention
- Adjoint.e administratif.ve
- Cuisinier.ère pour la garderie
- Éducateur.trice de la petite enfance
- Personnel de soutien en soirée
- Coordonnateur.trice des services d'aide à l'emploi et à l'éducation

Depuis plus de 35 ans, le CRFMG de Greenwood offre des services avec fierté, enthousiasme et dévouement aux familles militaires et aux familles de l'équipe de la défense. Nous offrons aux familles des Forces armées canadiennes, des services et du soutien pendant des célébrations, des situations de crise et des urgences, ainsi qu'une aide relative aux exigences des fonctions opérationnelles. Nous travaillons dans un environnement enrichissant où les activités se déroulent à un rythme rapide. Si vous désirez contribuer à élaborer les programmes du CRFMG afin qu'ils reflètent le caractère unique du mode de vie des familles militaires au sein de notre collectivité, envisagez de vous joindre à notre équipe!

**Pour en savoir plus sur les qualités et les compétences requises pour chaque poste, consultez notre site Web à [www.connexionfac.ca/greenwood](http://www.connexionfac.ca/greenwood) OU visitez notre page [facebook.com/gmfrc](https://facebook.com/gmfrc).**

Le CRFMG de Greenwood souscrit au principe d'équité en matière d'emploi. Visitez le site [connexionfac.ca](http://connexionfac.ca) pour en apprendre davantage sur le CRFMG.



# Community health board’s Wellness Funds boost community projects

With the advent of COVID-19, the Kingston/ Greenwood Community Health Board has been meeting primarily through Zoom meetings; however, recently, volunteers started meeting face-to-face on occasion, as they work towards improving the wellness of our community.

Who are we? We are a group of volunteers from the Kingston/ Greenwood community. We work together to improve health and wellness where we live, work, play and learn. We gather your ideas and share information about how to improve and promote health and wellness close to our home. We focus on the many factors that affect health and wellness in our communities, including income, education, sense of belonging, among others.

Advocating for actions to promote and improve health and wellness based on what our community has said is

most important. We are guided by our Community Health Plan, we develop partnerships with local community groups, and we award Wellness Fund grants to local projects that align with priority areas in that Community Health Plan.

This year, we are pleased to announce two groups in our area have been awarded 2020/ 2021 Wellness Funds grants.

Red Bear Healing Home Society has been awarded a grant of \$3,750 to initiate a campaign in the Middleton/ Kingston area to collect used cellphones to distribute to people who are experiencing poverty in this geographical area. Used cell-phones may be used with WIFI for outgoing calls, and Red Bear’s already existing confidential, unlimited free voice mail service for in-coming calls will enhance a person’s ability to find housing, jobs, keep in touch with doctors and other vital service providers.



**Kingston/ Greenwood Community Health Board co-chair Pat Nixon recently presented a Wellness Funds Grant cheque for \$3,750 to Carla Conrod, executive director of the Red Bear Healing Home Society.** Submitted

COVID-19 has severely limited in-person, face-to-face meetings, and has necessitated the increased use of technology for access to vital services and agencies, including applying for various COVID-19 relief and assistance programs.

Pine Ridge Middle School has been awarded \$8,675 to initiate a National Archery in Schools program. The program is about creating opportunity for youth of all abilities to learn

and participate in the sport of archery. Archery is a sport that may be taken up by those not attracted to traditional sports, such as hockey, soccer and other such sports; yet still gain the same physical, social and mental wellbeing benefits of sport. The program will initially run for a couple of afternoons each week, for about two hours per session. Funding will allow the students at Pine Ridge to participate at no cost, eliminat-



**Kingston/ Greenwood Community Health Board co-chair Pat Nixon recently presented a Wellness Funds Grant cheque for \$8,675 to Mike Elliot and Cathy Rafuse (principal) of Pine Ridge Middle School.** Submitted

ing any financial barriers.

The CHB is currently participating in a collaborative committee with other Valley CHBs to advocate for safe, affordable and appropriate housing, working with the Kings County Food Council, School Food Working Group, and advocating for universal basic income and national funding for school food programs, amongst other initiatives. We are in the initial stage of standing up an active

transportation committee as well.

Currently, we have nine members on our board, and we would like to extend a big “welcome aboard” to our newest members, Kellie Haldane and Kelli Fisher! We are always looking for new board members so, if becoming a member of our board interests you, give our CHB coordinator, Louise Hanavan, a call at 902-526-0369 for more information. ➔

# Mid-Valley Kinsmen celebrating 50 years of community service

Don Hyslop

The Mid-Valley Kinsmen received its charter and began operations as a local service club April 7, 1971, first formed under the name the “Kinsmen Club of Kingston-Greenwood.” For its first two years of existence, it met in local restaurants while raising money through apple picking, candy sales and raffles. It was able to support such projects as the creation of the Beehive in Aylesford, minor sports, maintaining the picnic area at Trout Lake, local welfare and Cystic Fibrosis research (over the years, the Kinsmen Clubs of Canada have raised over \$47 million towards finding a cure for Cystic Fibrosis).



**Kinsmen conduct a 50/50 draw at a 2019 Valley Stock Car track event.**

In 1973, the club took over the one-room schoolhouse on the Dodge Road in Wilmot, under the stipulation it renovate the building and provide a location for local youth groups to meet. It has continued to be a home since that time for local Brownie, Cubs and 4-H groups.

In 1974, the club initiated a new fundraising project called



**In 1974, Dawson Farrington, left, and Bob Sanford manned a fundraising chicken BBQ for the Kinsmen Club of Kingston-Greenwood.**

“Radio Days,” as members canvassed local businesses for ads, took over CKAD in Middleton for an hour each night for a week to act as DJs, while reading the ads and playing music. This project continued for almost a decade and was



**On the Mid-Valley Kinsmen’s 2020 Day of Kindness, members provided hot chocolate to all participants after games at a minor hockey tournament in Middleton.**

a fun way of raising money to help out our communities.

February 1, 1975, the club received permission to change its name to the Kinsmen Club of Mid-Annapolis Valley. This name better reflected the area served, which included the area from Lawrencetown to Berwick. In 1977, the Atlantic District of Kinsmen, including our local club, also took on raising money for research into finding treatments and a cure for Multiple Sclerosis. Since then, the Kinsmen Clubs of the Atlantic Provinces have raised almost \$2.5 million for this cause.

In 1978, the Mid-Valley Kinsmen began its most successful fundraising project, TV bingo, with the co-operation and assistance of Eastlink Television. This teamwork, with the support of Eastlink

viewers, has raised many tens of thousands of dollars over the last 40 years. The Kinsmen Hall, during this time, has undergone expansion and upgrades, with another room added and a finished basement providing a better facility for all the local groups that call it home.

The Mid-Annapolis Valley Kinsmen Club has continued raising money for Cystic Fibrosis and Multiple Sclerosis research, minor sports, local ice arenas and local welfare. For many decades, it has awarded bursaries to deserving graduates at Middleton, West Kings and Central Kings high schools. Members have contributed to the purchase of much needed new equipment at Valley Regional Hospital, supported Middleton’s Soldier’s Memorial Hospital, the



**The Mid-Valley Kinsmen have been some of the “people power” behind the Kingston Squash CF event raising funds and awareness for Cystic Fibrosis research.** Submitted

IWK Children’s Hospital, the expansion of the Kingston Library and pledged \$15,000 towards the new primary health care facility in Middleton. More recently, the club donated \$150 to each of the seven elementary schools in its area for school breakfast programs. Members are also extremely proud of the unpublished help they have given out to so many individuals with a need over their 50 years of existence.

The club is always looking out for individuals who would like to become a member, and help fulfill the Kinsmen motto of “Serving the Community’s Greatest Need.” Don’t hesitate to contact a Kinsmen to learn more. ➔



**Founding Mid-Valley Kinsmen Club members Bob Keizer, left, and Jim Shelley pitched in in October 1971 as the then-Kinsmen Club of Kingston-Greenwood hosted its apple-picking fundraiser.**



**The early Kinsmen visited local businesses and organizations and sold advertising, then took an hour on Valley radio to play a mix of songs, call-in games and those ads; as a fundraiser. From left are Ron Smith and Bill Graves, in the booth in 1972.**