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# Pathfinders combat drug trafficking in Eastern Pacific

**Captain David Coughlin,  
 405 (Long Range Patrol)  
 Squadron**

Operation CARIBBE is Canada's participation in a United States-led enhanced counter-narcotics operation in the Caribbean Sea and the Eastern Pacific Ocean. Under this operation, Canadian Armed Forces (CAF) ships and aircraft have deployed since 2006 on a rotational basis to support the U.S. mission to suppress illegal trafficking in international waters and airspace by organized crime.

The most recent Op CARIBBE 41-member deployment in February included joint Royal Canadian Air Force CP140 Aurora crew and aircraft from 405 (Long Range Patrol) Squadron at 14 Wing Greenwood and 407 (Long Range Patrol) Squadron from 19 Wing Comox, tasked to detect and track vessels and aircraft of interest. The crew flew 150 hours of patrol time through 14 missions, working closely with the US Navy, US Coast Guard and other partners with Joint Interagency Task Force South in helping combat illicit drug trafficking in the Eastern Pacific Ocean.

Twenty members of 405



**Air and ground crews from 14 Wing Greenwood and 19 Wing Comox played a strong role in the February Royal Canadian Air Force Operation CARIBBE deployment, using the CP140 Aurora to help track a suspect fishing vessel in the Eastern Pacific Ocean, south of Mexico. The United States Coast Guard California boarded the vessel and seized 860 kilograms of cocaine (estimated value of \$32.5 million US).**

CAF imagery



Squadron, along with one member from 404 (Long Range Patrol and Training) Squadron, three from 14 Operations Support Squadron and two members from 14 Mission Support Squad-

ron, all based at 14 Wing Greenwood; were highly motivated and excited to take on an active role combating organized crime. On the first flight, we located a "go-fast" type vessel, a speed boat with

outboard engines and barrels of fuel on deck to increase its range, that was acting highly suspicious. After reporting and directing the USCG to intercept, it boarded and seized the vessel, finding a

large amount of liquid cocaine on board.

On a subsequent flight, just after takeoff, the Aurora was lased - a high power green laser was shot into the cockpit in an attempt to prevent

us from our mission. Once airborne, we assessed the impact on crew members affected, reported the incident and, when deemed of minor

Continued on page 3...

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# Defining the ‘helping hand’ of an honorary colonel

**Sara White,**  
Managing editor

An honorary colonel has a long-standing and historical role to play within a military unit: 14 Wing Greenwood's slate of appointed honorary colonels want to ensure they are more than “ornamental pieces at ceremonies.”

14 Wing's newest appointee, 14 Wing Greenwood Honorary Colonel Bill Ricketts, reported on a day of discussions between the honorary colonels March 26 to 14 Wing Commander Colonel Brendan Cook and a number of wing command team members, highlighting the fact they all “want to be helpful.

“We all want, as honorary colonels, to contribute as much as we can to our units and the wing,” Ricketts said. “What else can we, or should we, be doing? We’re looking for your feedback and suggestions, for what we can be doing inwards, towards the wing; but also outward, in the roles we have on your behalf in our own community activities. We as honorary colonels are here for you, and we’re a team.”

14 Wing honorary colonels now come from a range

of backgrounds, including military and aviation industry work, local government and businesses, academia and the law. They regularly attend unit briefings and squadron and wing special events, they may help with promotions and awards, some support their commanders with perhaps a second opinion or insight on an issue in front of the unit or its members, and some use their role in the community to spread news of what’s happening in local base and wing units. Finding out when and how they can best be of help is sometimes a challenge, as many work, may not have military experience of their own – or commanders may not quite know how best to engage them.

“Honorary colonels may be figuring out their roles, but most commanding officers have never had an honorary colonel – and you may only ever really have one command or honorary colonel in your career,” said Lieutenant-Colonel Cory Marchand, of 14 Air Maintenance Squadron.

Lieutenant-Colonel Brent Vaino said his squadron, 413 (Transport and Rescue) Squadron, has had a



The professional connections, experience – and camaraderie – of 14 Wing Greenwood’s slate of honorary colonels includes, from left, 14 Wing Greenwood Honorary Colonel Bill Ricketts, 14 Air Maintenance Squadron Honorary Colonel David Proudfoot, 405 (Long Range Patrol) Squadron Honorary Colonel Heather Hemming, 404 (Long Range Patrol and Training) Squadron Honorary Colonel Judy Rafuse, 14 Construction Engineering Squadron Honorary Colonel Dan Hennessey and 415 (Long Range Patrol and Force Development) Honorary Colonel Sandra Snow. The team met March 26 to share ideas between themselves and the formal wing command team on best to fulfill their roles.

Submitted

vacancy in its honorary colonelship long enough now for that support – and squadron supporter – to be missed.

“I would love to have an honorary colonel – it would help a lot!” he said, describing some of the “connec-

tion” the former honorary colonel provided between the Atlantic fishing industry and members of a search and rescue squadron often called in its aid.

Cook said having a cadre of honorary colonels, com-

ing from such a range of backgrounds and experiences, helps squadrons and the wing.

“If there are places where you can go and be our face, with a few military members, that’s be great – and

useful,” he said. “We’re working on finding honorary colonels for units that don’t have them, and if you can help us identify some good candidates in your community connections, that helps, too.” →



## Greenwood forming new Defence Team Pride Network, defence advisory group

The Greenwood Defence Team Pride Network (GDTPN) is currently being formed as per CANFORGEN 162/20. This fifth Defence Advisory Group (DAG) will provide support and advocacy for military and civilian members of the Defence Team who live and work at 14 Wing Greenwood.

At present, nominations are being sought for military and civilian co-chairs, as well as general membership for anyone interested in participating in the DAG’s activities. In order to represent all persons under the rainbow as well as allies, we encourage members of every race, gender, religion, age, sexual orientation and gender identity to put their name forward for consideration. Intersectionality matters, and the more diverse the organization is, the more rounded

an approach can be to tackle systemic LGBTQ2+ issues. The aim is to create a space where everyone is welcome and comfortable bringing forward their concerns and views.

Diversity and inclusion is our strength!

**Mission** - To encourage a safe and inclusive community within 14 Wing Greenwood that supports and unites the lesbian, gay, bisexual, transgendered, queer and two Spirit (LGBTQ2+) communities, along with their allies.

**Objectives**

- To provide support and advocacy for Defence Team members who are within the LGBTQ2+ community.
- To educate the military culture on LGBTQ2+ issues by having representatives available to offer educational programs and seminars related to the

LGBTQ2+ community at 14 Wing Greenwood.

- To collect and disseminate information on LGBTQ2+ topics as requested or directed by the 14 Wing Greenwood chain of command.
- To convene regular meetings to discuss upcoming events or ongoing concerns, and to provide advice to the 14 Wing Greenwood chain of command.

Defence Team members interested in being considered as either the military or civilian co-chair should send their contact information and a short biography to Captain AM Backhouse, wing ethics and harassment advisor, 902-765-1494 local 1643.

Anyone who would like more information about the DTPN and/or are interested in being part of this initiative, you may also contact Backhouse. →

## Pathfinders combat...

...cover

mal risk, continued on. This was a stark reminder we were in ‘smugglers’ territory, and our continued success had made them aware of us: we needed to ensure every precaution was taken to be safe for the rest of our missions.

Fortunately, we were able to repeat the first flight’s success multiple times throughout the deployment. By the end of the deployment, we assisted with locating and capturing over 2,847 kilograms of cocaine, which equates to \$80 million US out of the hands of organized crime.

The detachment was also visited by high-level dignitaries, providing a tour of the aircraft and a briefing on the mission.

While south, we also worked very closely with our allies to ensure all per-

sonnel were safe and every COVID-19 precaution was followed. Aircrews and maintenance crews isolated together, with no one allowed to leave the accommodations or the base as we endeavoured to protect ourselves, as well as our families, for our return to Canada. All were tested negative for COVID-19 prior to returning to Canada and, upon arrival in Canada, isolated for two weeks in accordance with public health orders.

Beyond additional accomplishments, such as demonstrating the effectiveness of CP140 sensors in this surveillance role and the multiple force generation milestones achieved, our work has had an impact in the region. In addition to ensuring significant quantities of poison did not make their way into continental North

America, our involvement in CARIBBE continues to afford opportunities for strategic-level engagement between Canada and regional partners; engagement that makes us all stronger, and the western hemisphere a safer place.

We were congratulated by the local base commander, our chain of command and the Canadian ambassador for our hard work, dedication and an effective job performance upon the completion of our mission.

As our Pathfinders return from their deployment, post-mission reports are finalized and lessons-learned are captured. We are all happy to have made a positive impact for Canadians, our friends, partners and allies. →

With files from Captain Ian Paone, 407 (Long Range Patrol) Squadron

# bravo zulu promotions & presentations

14 Wing Imaging unless otherwise indicated.



March 17, Corporal Ramez Salib was promoted to current rank by 405 (Long Range Patrol) Squadron Major Smith, left, with Chief Warrant Officer Brian Nelson.

Aviator E. Fraser



March 17, Aviator (Trained) Ivan Imperial was promoted to current rank by 405 (Long Range Patrol) Squadron Major Smith, left, with Chief Warrant Officer Brian Nelson.

Aviator E. Fraser



Master Corporal Branning, centre, March 22 was promoted to the rank of sergeant by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek.



Sergeant Poulin, centre, March 22 was presented the Commanding Officer's Coin by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek.



Captain Roth, centre, March 22 was presented his Sentinel patch by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek.

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www.cafconnection.ca

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
www.airforce.forces.gc.ca/en/14-wing/index.page

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# Flight feeding options looking, tasting better

**Sara White,**  
Managing editor

Airplane food is going to look – and, hopefully – taste a lot better for 14 Wing Greenwood aircrew.

14 Mission Support Squadron’s Replenishment Flight has been working for the past couple of months to replace not only the inadequate cardboard and tin meal trays used on the wing’s aircraft, but also the food options inside. At a recent demonstration and taste-testing event, kitchen personnel set the flying meals on a dining table in the Mess for command team members’ review.

“We have to go with the



The old – cardboard boxes with tin lids, and the new – compartmentalized fresh-to-freezer-to-oven-to-table, flight feeding meal trays sit side by side, as 14 Mission Support Squadron’s Replenishment Flight held a packaging and taste-testing session for command team representatives.

Corporal Y. Kang, 14 Wing Imaging

trends of the public and what people want,” said Warrant Officer Simon Tsang, introducing the proposed TV dinner-style,



Master Sailor Jeff Pike, left, and Sergeant Justin Jameison, centre, with 14 Mission Support Squadron’s Replenishment Flight; brief 14 Wing Greenwood Commander Colonel Brendan Cook (right), during the aircrew flight feeding test event at the Annapolis Café.

Corporal Y. Kang, 14 Wing Imaging

divided plastic tray with a film cover.

The plastic tray and film is being tested for oven and microwave hardness, depending on how flight crews heat up their meals in the air. The frozen tray fits inside the boxed lunches packed daily, helping keep dry goods and drinks cool as it thaws before in-flight refrigeration or heating. The film is proving to be secure, preventing drips and leaks as crew carry them about the aircraft. And, a new email ordering system with a range of numbered meal options will make it easier for crews to order in advance of a flight, and for the kitchen to ensure the order is complete, correct and quality-made.

“We’re taking flight feeding into the modern era,” Tsang said.

In the kitchen, flight feeding has moved from “the smallest area for the biggest operational responsibility,” to better space. Specialty equipment, including the tray-filming heat press and a biodegrader for kitchen waste, is adding modern efficiencies. The new trays will be packed with fresh, hot meals, then instantly filmed, labelled and quick-frozen for quality



Major Mark Norris, 413 (Transport and Rescue) Squadron, adds his feedback on the quality, quantity and packaging of flight feeding meals during the recent Annapolis Café test event.

Corporal Y. Kang, 14 Wing Imaging

and top food safety.

What’s inside the boxed meals is also changing, with a range of new and updated menu items being taste-tested with flight crews.

“We’re looking at are they too messy to eat – they don’t like a sub, and small vegetables are hard to eat in flight with a fork; or, are the meals too much the same; or, can we have some meals localized to our local area, around 14 Wing,” Tsang said. “But, it all still needs to be accountable to the national menu standards for nutrition and tracking.”

The kitchen crew prepared a range of the new menu items

and presented them to command team members, using both the traditional cardboard and tin trays, and the new plastic trays, encouraging them to consider the meals’ tastes and textures, and note any differences perhaps because of the tray they were heated in.

“Comments are coming back from the crews, and we’re getting there,” said Lieutenant Victoria Lanthier, food services officer, 14 Mission Support Squadron, Replenishment Flight, Food Services.

Wing Commander Colonel Brendan Cook has years of his own experience with flight feeding issues, but says the wing will back the kitchen’s efforts to improve the food, the trays, the choices and the ability of crews to be fed – and well.

“Crews are busy, focused on missions,” Cook said. “We’ve all been there, thinking about the planes’ ovens, whether film should be off or on, taking racks out or leaving them in, that the trays are oven-proof. This is a heck of a lot better direction than where we were. We’ll support you to make this work.” ➔



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# Workplace health and safety in aircraft structures trades

**Lieutenant-Colonel  
Richard Hannah,**  
Air division surgeon,  
1 Canadian Air Division

In recent years, there has been a great deal of attention focused on improving the safety of the workplace.

Within the Canadian Armed Forces (CAF) and, specifically, the Royal Canadian Air Force (RCAF), members of a variety of trades, including aircraft structures (ACS) technicians, have expressed concerns about exposure to chemicals or processes that could negatively impact their health.

To address these concerns, Colonel Andrew Wedgwood, the A4 maintenance director at 1 Canadian Air Division headquarters in Winnipeg, approached me to provide some information, with the aim of building understand-

ing about the health-focused realities of the conditions our technicians work in on a daily basis.

First and foremost, the health of our people is my top priority. As a physician who has spent most of my medical career in preventative and occupational medicine, I can assure you CAF Health Services is committed to making sure the health of all of our members is protected.

In recent years, both the civilian and military worlds have made tremendous progress in understanding and either reducing or eliminating many of the things that put the health and safety of workers at risk. This includes everything from improved ventilation and the use of less harmful chemicals to fall restraint systems and safer storage practices.

The important thing to remember is, no matter how dangerous something may seem, if there is no exposure, there is no harm.

Improved training, along with better policies, rules and regulations, have been very successful in dramatically reducing the number and severity of workplace health and safety incidents.

Personal protective equipment has improved over the years, with better respirators, HEPA filters and easier-to-wear designs.

There is a perception medical surveillance in the workplace should be as simple as testing everyone in a specific trade for every known possible exposure. Medical testing is a complicated process, which involves looking at different indicators and being alert for false indicators there is or isn’t a problem,

which are not uncommon with the screening technology and techniques currently available.

The current approach to occupational health medical surveillance is a four-step process: conducting occupational and environmental health assessments to identify exposures in the workplace, assessing those exposures and determining whether medical surveillance is recommended or required (using standard international guidelines), determining the requirements for medical testing and assessing the results of testing and actioning any follow-up requirements.

One of the biggest challenges is in step three. To address this, Wedgwood and his team have been working with my office and Force Health Protection on a plan to gather a comprehensive list of potential ACS tech tasks and exposures.

Members will then use an online electronic survey tool filled out before coming to a medical appointment (similar to what is done on many wings on paper). However, in the electronic form, when a task or exposure is identified, it will prompt the user for additional information, such as “how often.” The tool can then provide the physician and patient with a list of potential exposures, which will help the physician better determine whether specific, focused testing should be considered.

To support this, the Air Division Surgeon external website was updated and smart phone application was developed to accommodate this new electronic tool. This step is nearly complete, and the website may be viewed

at [aerospacemedicine.ca](https://aerospacemedicine.ca). The next step is to adapt the paper-based surveys into the electronic form.

As a physician, the protection and preservation of health in our personnel is always my foremost priority, and the well-being of our technicians is also of the utmost importance to Col. Wedgwood. We know you, as a community, have concerns; we have heard those concerns and are working to address them. We ask you continue to communicate with us on your concerns, and work with us going forward. The health and safety of our community can only be assured through the actions and measures taken to provide a healthy and protective work environment, and that is something that can only be achieved collaboratively. ➔

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Richelle MacLaughlin, Healthcare Worker, Antigonish, is part of our way forward.

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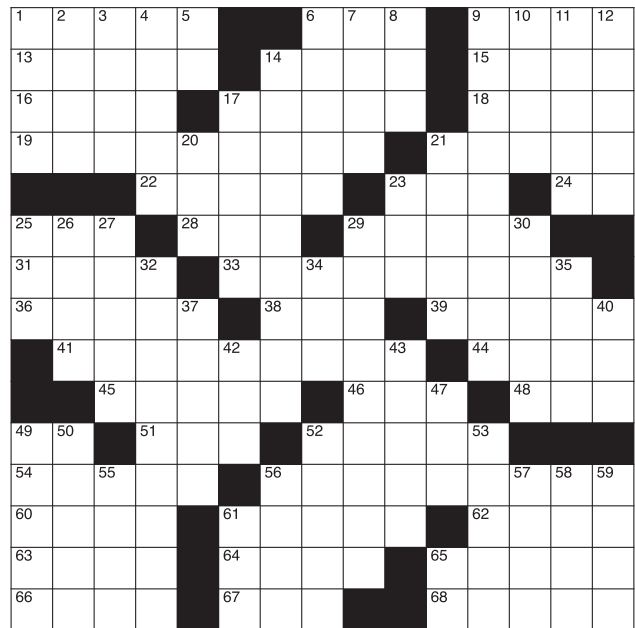


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717, or email, [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space 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), 14 Escadère Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.



solution page 7

**ACROSS**

1. One who manufactures
6. Science degree
9. Database management system
13. Desert
14. Inventor Musk
15. Welsh valley
16. Round Dutch cheese
17. Saying
18. Comedian and TV host
19. Uppermost portions of the brain
21. City in Transylvania
22. Where astronauts go
23. Men's hairstyle
24. Indicates position
25. One point east of due south
28. Businessmen may have one
29. Grass part
31. Running back Gurley
33. Unwavering
36. Options
38. Annoy
39. Greek mountain
41. Pastas
44. Fishes
45. Wrap
46. Potentially a criminal (slang)
48. Seize
49. The Constitution State
51. Upset
52. 1991 men's Wimbledon champ
54. Central Chinese province
56. Predisposition
60. A notice of someone's death
61. One-time Kentucky Rep.
62. Swiss river
63. Dried-up
64. Finger millet
65. Allan Poe
66. German river
67. Brew
68. Kenyan river
- DOWN**
1. Millisecond
2. Acts as military assistant
3. Knot in a tree
4. Husband-and-wife industrial designers
5. The Ocean State
6. Point the finger at
7. Parts in a machine
8. Midway between northeast and east
9. Portray precisely
10. Blister
11. Mental illness
12. Nose of an animal
14. What students receive
17. Semitic peoples
20. Beats per minute
21. Family of drugs
23. Atrocious
25. Type of microscope (abbr.)
26. or bust
27. Icelandic poems
29. A citizen of Pakistan
30. Very pale
32. Metric linear unit
34. Sea eagle
35. Biblical judge of Israel
37. Isaac's mother (Bib.)
40. Sino-Soviet block (abbr.)
42. Cool!
43. Large hotel room
47. Type of boat (abbr.)
49. Picked
50. Type of hookak
52. Attack
53. Directs
55. Belgian WWII resistance fighter
56. Finished negotiation
57. Heroic tale
58. Middle Eastern country
59. Protein-rich liquids
61. Malaysian lsthmus
65. Spielberg's alien

crossword brought to you compliments of



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**NOTICE: Many community events may change details as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.**

**7Arts activities**

April - youth art lessons during the month of April: Tuesdays, from 7 p.m. to 9 p.m. \$20. Join 7Arts artists in Greenwood for fun and learning. See 7arts' FB events page for more info.

**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/ de-

livered 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.

**Yard sale**

April 17, 8 a.m. to noon, All Saints' A.C.W. will be holding its annual yard sale at the All Saints Church Hall, 521 Pleasant

**April 11 to April 17****ARIES - Mar 21/Apr 20**

Aries, if you feel like every day is the same thing, then figure out a way to add some spark to the week. Invite friends for an adventure or embrace a new hobby.

**TAURUS - Apr 21/May 21**

Taurus, find ways to entertain your family and yourself without breaking the bank. Recreational centers and parks are often free and have many possibilities.

**GEMINI - May 22/Jun 21**

Gemini, explore more creative pursuits in the days to come. You can find many great ideas and starter kits for arts and crafts projects at your local craft store.

**CANCER - Jun 22/Jul 22**

Don't pressure yourself into taking on more than you can handle, Cancer. Even though you may feel up to the challenge, there's no shame in accepting help.

**LEO - Jul 23/Aug 23**

Leo, this week you may find yourself looking inward, which is not necessarily the norm for you. Try connecting with others as it may do you some good.

**VIRGO - Aug 24/Sept 22**

A new relationship could start this week, Virgo. Don't try to put on airs; just be yourself and you will likely find that everything will work out for the best.

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## Sunken fishing vessel calls out SAR crews

April 3, the Halifax Joint Rescue Coordination Centre tasked air and sea assets in response to a sunken fishing vessel approximately 16 nautical miles off Cheticamp.

911 had taken a call from one of five fishermen aboard the Tyhawk, that the boat was sinking and crew members were in the water, before the phone call was lost. The men were later seen standing on top of the boat's overturned hull.

Just before 6 p.m., 14 Wing Greenwood-based aircraft with 413 (Transport and Rescue) Squadron – both a Hercules and a Cormorant – were dispatched. The Canadian Coast Guard Service's Cape Roger and Cape Spray, along with nearby vessels of opportunity, also responded. The Northumberland Spray was first to arrive and located four people, three responsive and one unresponsive. All were taken to hospital, while the search continued for the fifth individual.

Air assets were stood down as weather conditions worsened, and a number of the boats withdrew due to ice conditions. In the morning, the search was called off, turned over to RCMP as a missing person.

## Kings citizens invited to join new accessibility committee

The Municipality of the County of Kings and seven village commissions have signed an intermunicipal service agreement to form a Joint Accessibility Advisory Committee.

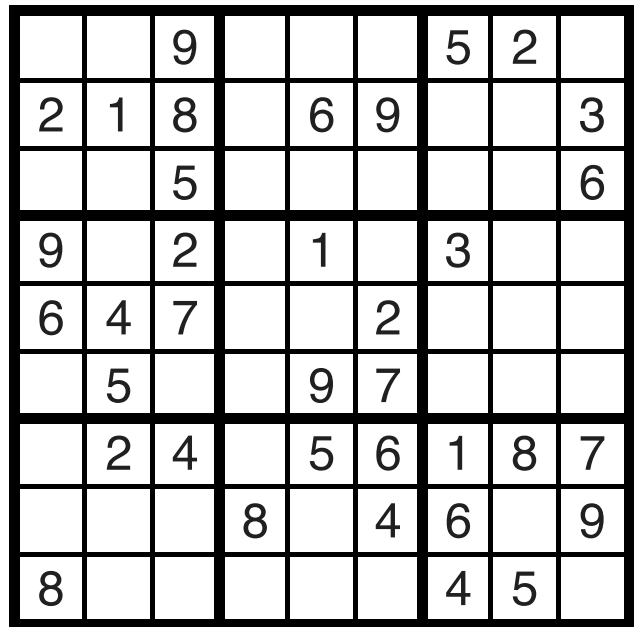
The committee will provide advice on identifying, preventing and eliminating barriers to access faced by people living with disabilities in municipal programs, services, initiatives and facilities. The committee will play a pivotal role in helping the municipality and the villages to become accessible communities that comply with Nova Scotia's Accessibility Act (2017).

The Joint Accessibility Advisory Committee will consist of 16 members. Members of the public are being recruited to fill the eight citizen vacancies on the committee.

For information on the committee and how to apply, visit [countyofkings.ca/accessibility](http://countyofkings.ca/accessibility) committee. The deadline for applications is 4:30 p.m. April 19.



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!

## Food for Thought from the Upper Room

The Upper Room Food Bank in Kingston continues to follow measures to comply with provincial COVID-19 guidelines.

Clients requiring service must call ahead to the food bank to arrange an appointment during normal operating hours. If the food bank is closed, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers is allowed in the facility. This limits personal contact, while also reducing waiting time for clients. This new process is working so well, it will likely continue post-COVID restrictions.

## Online workshop covers action planning for non-profits

Join the Kings Volunteer Resource Centre April 28, 7 p.m. to 8:30 p.m., for an online workshop on the strategies and importance of action planning for non-profits.

Blaise Landry, the organizational effectiveness lead with Sport Nova Scotia, will facilitate. Landry was a sport consultant with the Province of Nova Scotia for more than 33 years, providing consultation and assistance for not-for-profit organizations. He has also worked with two Softball Nova Scotia and Wrestling Nova Scotia), and holds a Bachelor of Physical Education and a Master of Arts (Leisure studies) from Dalhousie University.

KVRC is committed to offering its workshops free of charge when possible. However, since beginning virtual education workshops (due to COVID-19), while it has experienced a boom in registrations, there is often also a significant drop-out rate, often leaving empty seats and potential waiting lists unable to be addressed. To reduce this drop-off rate, the workshops charge a nominal \$5 fee per

person. Anyone unable to pay, for any reason, may contact [coordinator@kingsvolunteer-resourcecentre.ca](mailto:coordinator@kingsvolunteer-resourcecentre.ca).

Register at [kingsvolunteerresourcecentre.ca/workshops](http://kingsvolunteerresourcecentre.ca/workshops). A ZOOM link will be forwarded to registrants the day before the workshop. →



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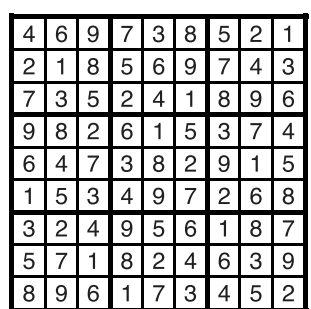
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This position falls under the Nova Scotia Student Career Skills Program.

Drop off resumes in person by April 20 to Captain A. Gogan, General Manager GMAM. CANEX Mall outside the front gate.

**Le Musée d'aviation militaire de Greenwood**

est actuellement à la recherche de candidats au poste d'**auxiliaire de musée** pour les mois de **juin, juillet et août 2021.**

Le poste relève du programme de développement professionnel des étudiants (Student Career Skills Program) de la Nouvelle-Écosse.

Apporter vos curriculum vitae en personne à Capitaine A. Gogan le gérant général, avant le 20 avril au CANEX, juste avant l'entrée de l'escadre.



# Art pushes image tech out of 'comfort zone'

**Peter Mallett,  
The Lookout**

Sketchbook, pencils, eraser, even chalk and pens are some of the first things Master Corporal Aydyn Neifer packs - even before his camera equipment.

The Canadian Armed Forces imagery technician has embraced art in his 43 years, from graphic design to photography, to drawing and painting.

"I can't imagine not painting," he says. "It's a way to express myself, even if no one ever sees them. Most of my works are just about painting for the sake of painting and trying to turn abstract concepts into visual art. I can't imagine not being able to do that."

Much of his work is inspired by his service, which started in 2007 with the Third Battalion, Royal Canadian Regiment in Petawawa. After three years as an infantryman, he re-mustered to image tech, a trade that satisfies his itch to create.

What he likes about the military is it can take him out of his comfort zone.

"The military constantly challenges you to complete difficult tasks and learn new things," he says. That evolving is duplicated in his art. His craft tools vary, from acrylic paints,



*This piece, I rendered in charcoal, based on a photograph I took in Fort Knox, Kentucky. In this work, I am trying to portray a sense of calm, clarity and intimacy, all while this soldier fought very hard to take this position just a few minutes prior. Despite the noise, chaos and fog of war, there are times when one can find moments of peace and tranquility.*

pencils and inks to ball point pens and pastels. His subjects are equally assorted.

"I am really not sure what my style of art or genre is called, but I try to take a concept from a photo or series of photos and then visualize it in my creations," he explains.

His vision starts with an image. In his self-portrait, "Counter Attack Watch," a fellow soldier snapped the photo while they were on a training

exercise in Meaford, Ontario. It's a pen and ink side view of a younger Private Neifer peering down the barrel of his gun, set against a stark white background. His torso fades into geometric squares. The empty background brings a feeling of bleakness and isolation, something he felt at the time as he battled exhaustion while maintaining a watch.

In contrast, "Cerebral Shackles" is a full-colour piece of a young person clutching her cellphone, half-open eyes on the screen. Swirling around her are images of people, things and words. The creation, he says, is a deliberate attempt to show the ill-effects social media addiction and the scourge of fake news has on so many people.

"The concept is to visually portray how, in essence, we are all addicted and enslaved by our technology," says Neifer. "It's like a cerebral toffee pull for both our attention and our sanity."

He's created many pieces over the years from a small studio he made in the basement of his home, which he shares with his wife and three children. A few of his drawings and acrylic works are on the walls upstairs, but most have been completed

and tucked into boxes.

"I have a stack of practice pieces and, over the years, have accumulated many finished works that were completed in different types of media, from oils to charcoal to pastel to acrylics to graphite and watercolour, as well as digital. As well, I have a stack of sketchbooks I have filled up over the years."

But his prized piece resides on a high school wall, a mural he painted as a student.

"I won a design contest to paint a mural at my high school, Fellowes, in which I helped to paint my design alongside a professional mural painter. The mural is still up in the school."

He currently works as a photography instructor at the Canadian Forces Training and Development Centre at CFB Borden. He is part of The Steel Spirit, a collective that showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners and other first responders.

Never one to have an empty canvas, Neifer is working on a piece for a friend to help bring awareness to brain injury victims. Art, he adds, brings him much-needed calm in an often intense job.

"In my opinion, art is truly a great form of self-expression and a vehicle to externalize injuries. My art is more preventative medicine." ➔



*This is a digital piece that is actually a modernized revisit of a pen and ink drawing I completed in 2013. The concept is to visually portray how, in essence, we are all addicted and enslaved by our technology; how social media, the news and advertising basically invades our psyche and can potentially manipulate us. We, as humans, quickly forget what enraged us yesterday, only to be enraged by something new today. It's like a cerebral toffee pull for both our attention and our sanity.*

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*A pen and ink self-portrait based on a photograph taken by my fire team partner while on a defensive exercise in Meaford, Ontario. I drew this piece to try to portray a sense of mental exhaustion, and sleep deprivation while maintaining a vigilant watch. This period of my career was the most difficult, both mentally and physically. It is also a personal reminder, when things in life seem to not be going well, or times are tough, I think back to this time and remind myself, "Well, at least I'm not in Meaford."*



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