



Search and rescue technician Master Warrant Officer Chris Lamothe, a member of 413 (Transport and Rescue) Squadron, receives his first COVID-19 immunization during the 14 Wing Greenwood Operation Vector campaign at the Annapolis Mess April 22.

Corporal J. Fox, 14 Wing Imaging

Op Vector aiming for 200-a-day vaccination rate

Sara White,
Managing editor

"All right!" said 14 Wing Greenwood Commander Colonel Brendan Cook, flanked by Wing Chief Warrant Officer Dan Campbell, as they strode into the base's Op Vector vaccination clinic April 22 for their turn to be immunized against COVID-19.

"I am super excited," Cook said. "The vaccine is not the whole solution but, by continuing with the protective health measures already in place, these vaccinations will hit the ball out of the park in order to beat the pandemic."

"We have to stay focused and keep it up. Force protec-

tion must be at the forefront of the minds of all 14 Wing Defence Team members. Please follow all restrictions and take the public health measures for pandemic response very seriously. Ensure the full application of the measures in your place of work and at home."

The two were part of the second day of the wing's 60-day drive to offer all Regular Force and essential Reserve Force members the two-shot Moderna vaccine. Day 1 April 20 was the launch, with 90 immunizations. Day 2, the clinic increased to 150 patients; Day 3, it was 211 patients. The clinic is now at a steady state, and will oper-



Sergeant Jillian McNeil, with 14 Wing Greenwood's Deputy Wing Command Branch, is all smiles – we know she is! – after receiving her first shot of the COVID-19 vaccine April 22.

Corporal J. Fox, 14 Wing Imaging

ate Tuesdays and Thursdays, vaccinating approximately 200 patients a day until the entire Regular Force and es-

sential Reserve Force cadre is vaccinated.

Continued on page 2...

Two-day May march training underway Replenishment Flight members tackling new CAF Nijmegen Challenge

Captain Andrew Bruce,
Replenishment Flight
supply officer,
14 Mission Support
Squadron

A number of 14 Wing Greenwood military personnel are taking to the streets.

Replenishment Flight, from 14 Mission Support Squadron, has been busy over the last few weeks taking part in work-up training for the new Victory March JTF-Nijmegen Challenge, taking place May 1 to 9. Teams across Canada are selecting various distances of marching options and hitting the roads to train for their final marches the first week of May.

Coordinated by Military Personnel Command and Joint Task Force Nijmegen, teams will be fundraising for Boomer's Legacy, named in memory of Canadian Armed Forces medic Corporal Andrew "Boomer" Eykelboom. Boomer's Legacy raises funds to support humanitarian projects, such as helping a family, schools and improving health care and education services.

Under the coordination of Major Brad Wylde, the Replenishment Flight team started training April 10, and has been steadily adding distance and weight to their daily training routes throughout the past few weeks. The team started off in PT gear with a nice quick six-kilometre loop, and have progressed to the last week of training with four routes planned, ranging from 18 to 25 kilometres in length. The 10-member team consists of material management technicians, cooks and logistics officers. Additionally, two medics with 1st Canadian Field Ambulance from Petawawa are participating

as honorary members of the Replenishment Flight Team. The members have worked with 14 MSS on deployments and requested to support the team's effort from their location.

The final two marches are planned to happen May 4 and 5, with the team departing 2 Hanger in the morning and returning to Greenwood just before noon.

"We've been keeping a steady pace. There isn't a prescribed time limit for the marches to be completed in, so we try to maintain our team pace around the 10 minutes per kilometres," said Captain Andrew Bruce, route coordinator for the team. Training routes have been in the local area, using neighbourhoods, the rail trail and some secondary roads. The team has been completing all recent training in dress of the day, including combat boots and carrying small packs with the mandatory 10-kilogram (22 pounds). Due to the very compressed timeline to get the team ready to complete the final marches, leadership has been careful to monitor foot health and add in some days off from training to all maximum recovery.

The team has been putting an incredible effort forward and the morale is very high, especially with the increasingly warmer mornings over the last few weeks. Social distancing and mask wearing has been a carefully monitored aspect of the training effort, with all possible measures being taken to allow training to occur while meeting the changing slate of preventative health measures. The group is now changing from its initial 10-person

Continued on page 2...

You and your house hunting trip

Recent changes to Nova Scotia public health guidance have necessitated amendments to the 14 Wing Greenwood Standing Orders and Temporary Directives for Pandemic Response. The main changes affect local travel and house hunting trips (HHTs).

All HHTs are paused until at least May 20. Those traveling on their HHT as of April 23 may complete their trip. Trips already

authorized will be paused until the provincial restrictions ease. The annual posting season is continuing, but HHTs to and from Greenwood to other bases are currently restricted, as they no longer meet the provincial definition of essential travel.

This will be of concern to many personnel. Please identify your concerns to your chain of command so we can help address them.



Ten members of Replenishment Flight, from 14 Mission Support Squadron at 14 Wing Greenwood, are in training for May 4 and 5 20-kilometre marches, part of the new national Victory March JTF-Nijmegen Challenge (photo taken pre-April 28 gathering limit changes).

Aviator K. Pelletier & Corporal L. Laxamana

Nijmegen Challenge...

...cover

formation to individual training, and will reconsider what the May 4 and 5 final marches look like to take into account fluctuating provincial public health guidance on gathering limits. Replenishment Flight is looking forward to completing the challenge and, more importantly, doing some

fundraising for an excellent CAF-supported charity. Donations to Boomers Legacy may be made at raceroster.com/events/2021/38945/victory-march-la-marche-de-la-victoire/pledge/team/311365 Replenishment Flight members ask, if you see them on the roads, slow down as you pass, honk and wave to say “hi” as they continue on their training. ➔

CAF members, Canadians invited to take on May Victory March challenge

2021 would have been Canada’s 69th year of providing a marching contingent in the annual International Four Days Marches Nijmegen (4DAAGSE). As Canadian Armed Forces Joint Task Force Nijmegen members were preparing to participate in the 104th edition of this historic march in the Netherlands, the ongoing COVID-19 pandemic led to its cancellation for the second year in a row.

Military Personnel Command/ Chief of Military Personnel has created a Victory March, an official, CAF-led event. Aside from its excellent training value for the CAF professional force, this Victory March is symbolic of Canada’s long-lasting relationship with the Netherlands, dating back to the Second World War.

Canadian military women and men are “rucking” up, and will be completing a 2 x 20km weighted (10kg) ruck-march, in their own towns and cities, May 4 and 5.

The Victory March will also be open to other participants from May 1 to 9, with the opportunity to complete marches of their choice: 2 x 5km, 2 x 10km, 2 x 20km or 2 x 20km with weight.

Register at raceroster.com/events/2021/38945/victory-march-la-marche-de-la-victoire?locale=en_US . ➔

Op Vector...

...cover

“That first day, we were making sure we had the process smoothed out,” Cook said. “By running at that 200 vaccinations a day, we’ll have two doses out to everyone by the end of June.”

26 Canadian Forces Health Services, with support from personnel across the wing, is leading the charge on the vaccination campaign. The program is following the Canadian Armed Forces’ vaccination prioritization framework, similar to the Nova Scotia public health approach. Reserve Force personnel not included in initial military planning and Defence Team civilians will access that provincial system, which has already made vaccinations available for all ages 55-plus. Cook recommends Reserve Force and civilian wing personnel who qualify for provincial vaccination get it when available, and not wait for one on base.

“The only vaccine that helps you is the one in your arm,” he says.

The province is opening new age groups roughly every two weeks and, at this rate, everyone in the province should have at least one dose by mid-June.

Whether a CAF member accepts the vaccine is an individual choice, based on informed consent, but members should consider not having the vaccine could limit their ability to operate or deploy to places where COVID-19 may persist. Wing personnel who initially opt out of the vaccine may opt back in at any time by contacting their unit OPI to get re-scheduled.



14 Wing Greenwood Wing Chief Warrant Officer Dan Campbell receives his COVID-19 immunization at the Annapolis Mess April 22.

Corporal J. Fox, 14 Wing Imaging

“At the end of the day, there has to be informed consent. Naturally, I hope everyone chooses the vaccine. We in the Department of Defence and the Canadian Armed Forces are firm believers in ‘service before self.’ Choosing the vaccine is no different. It’s not just about you, it’s about protecting your family, your community and all Canadians. By getting the vaccine, you ensure that, when the call comes, you are able to deploy and operate wherever Canadians ask you to serve.”

Detailed information about the wing’s COVID-19 response, safety practices, vaccination planning, Op Vector unit coordinators and more may be found on the internal Splashpage in a gathered resource page, or in the bi-weekly 14 Wing Newsletter/ wing wide email. ➔

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14 Wing Imaging unless otherwise indicated.



March 9, Private Kristine Kennedy of 14 Mission Support Squadron was presented a Wing Commander’s Commendation by 14 Wing Greenwood Commanding Officer Colonel Brendan Cook, left, with Wing Chief Warrant Officer Dan Campbell, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Sergeant Beauclair of 14 Mission Support Squadron is presented the Canadian Forces Decoration 2nd clasp for 32 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Warrant Officer Fairhurst of 14 Mission Support Squadron is presented the Canadian Forces Decoration 1st clasp for 22 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Master Corporal Bridger-Anthony of 14 Mission Support Squadron is presented the Canadian Forces Decoration for 12 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Master Corporal Nicolle of 14 Mission Support Squadron was presented the Canadian Forces Decoration for 12 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Master Corporal Bounmy of 14 Mission Support Squadron is presented the Canadian Forces Decoration 1st clasp for 22 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Warrant Officer Townsend of 14 Mission Support Squadron is presented the Canadian Forces Decoration 1st clasp for 22 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with and Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Sergeant Harper of 14 Mission Support Squadron is presented the Canadian Forces Decoration 2nd clasp for 32 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with and Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging

The Aurora News

CFB Greenwood Aurora News

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Site Web de l'Aviation royale canadienne
www.rcaf-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

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

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Cámara de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpinternational.ca

14 Wing 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 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

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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Brendan Cook, commandant de l'Escadre.

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NEWSPAPERS CANADA

JOURNAUX CANADIENS

NAOSH week

North American Occupational Safety and Health (NAOSH) Week May 2 to 8 is a continent-wide event spanning the countries of Canada, USA and Mexico. The goal during NAOSH Week is to focus the attention of employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community. NAOSH Week strives to:

- increase understanding of the benefits of investment in occupational health and safety.
- raise awareness of the role and contribution of safety and health professionals.
- reduce workplace injuries and illness by encouraging new health and safety activities and interest in NAOSH Week.

The NAOSH Week logo - three hands forming an equilateral triangle - portrays the three participating nations, Canada, the United States and Mexico; and symbolizes joint venture, cooperation and the commitment to the common goals shared by all occupational health and safety partners. The three sides stand for partnership of the three countries in this joint occupational health and safety venture, as well as all tripartite partnerships between business, labour and governments. The connected hands illustrate assistance and cooperation on many levels, from interpersonal relationships and interest in NAOSH Week.

ships in the workplace to international exchange. Much like the tripartite partners, the connected hands of our 14 Wing Workplace Health & Safety Committee members, our 14 Wing leadership team, Canadian Armed Forces members and Department of National Defence civilian employees must work together to create a safe and healthy workplace free from harassment, violence and all other workplace hazards. As our Wing Commander's General Safety Policy statement reflects, "Military operations are by their very nature a prudent risk activity that must be duly managed. We must balance operational demands with due diligence to safeguard our people and our resources. This



principle must be an integral part of everything we do." Safety is the responsibility of each individual at our wing. Those appointed to positions in the safety organization have a vital role to play in promoting health and safety and addressing any such concerns. Those in leadership and supervisory roles also have a vital role to play in ensuring proper workplace orientation and training is conducted and current. Supervision of staff to ensure Wing Standing Orders local

Health & Safety SOP's are adhered to, and that weekly and monthly workplace inspections are conducted to identify and rectify any potential workplace hazards. We must work together to:

- minimize personnel injuries and equipment and material losses; ensure that safety is engineered into all materials and operations.
- encourage instruction and training for all personnel in safe work practices, performance and operations.

- foster an environment of trust where safety observations can be constructively identified and remedied.
- co-operate fully with all other activities initiated by any agency in support of safety matters.

Your 14 Wing General Safety office encourages everyone to promote and foster a safe and healthy workplace, not only during NAOSH Week, but each and every day. "Operate as One." ➔

SNASST

La Semaine nord-américaine de la sécurité et de la santé au travail (SNASST) le 2 au 8 mai est un événement de portée continentale auquel participent le Canada, les États-Unis et le Mexique. L'objectif de la SNASST est d'attirer l'attention des employeurs, des employés, des partenaires et du public sur l'importance de prévenir les blessures et les maladies en milieu de travail, à la maison et dans la communauté. La SNASST vise à :

- améliorer la compréhension des avantages d'investir dans la santé et la sécurité au travail;
- accroître la sensibilisation au rôle et à la contribution des professionnels en sécurité et en santé;
- réduire les blessures et les maladies en milieu de travail en encourageant les nouvelles activités de santé et de sécurité et en suscitant de l'intérêt pour la SNASST.

Le logo de la SNASST, qui se compose de trois mains

formant un triangle équilatéral, représente les trois pays participants – le Canada, les États-Unis et le Mexique – et symbolise l'action concertée, la coopération et l'engagement envers les objectifs communs de tous les partenaires de la santé et de la sécurité au travail. Les trois côtés correspondent au partenariat des trois pays dans le cadre de cette action concertée en santé et sécurité au travail, ainsi que tous les partenariats tripartites entre les entreprises, la main-d'œuvre



et les gouvernements. Les mains liées illustrent l'aide et la coopération à de nombreux niveaux – des relations interpersonnelles en milieu de travail aux échanges internationaux. À l'instar des partenaires tripartites, les membres du Comité de santé et de sécurité au travail de la 14e Escadre, l'équipe de direction de la 14e Escadre, les membres des FAC et les

employés civils du MDN doivent se tendre la main pour créer un milieu de travail sécuritaire et sain, exempt de harcèlement, de violence et de tout autre risque en milieu de travail. Comme le reflète l'énoncé de la politique du commandant de l'Escadre sur la sécurité générale, « les opérations militaires posent intrinsèquement des risques prudents devant être dûment gérés. Nous devons concilier les demandes opérationnelles et la diligence raisonnable afin de protéger notre personnel et nos ressources. Un tel principe doit faire partie intégrante de tout ce que nous entreprenons. »

L'Escadre, et des inspections hebdomadaires et mensuelles du lieu de travail sont effectuées pour cerner et éliminer tout risque potentiel sur le lieu de travail. Nous devons travailler ensemble afin :

- de réduire au minimum les blessures du personnel et les pertes d'équipement et de matériel;
- d'assurer que la sécurité fait partie intégrante de l'ensemble du matériel et des opérations;
- d'encourager l'instruction et la formation pour tout le personnel sur les pratiques de travail, l'exécution et les opérations sécuritaires;
- de favoriser un environnement de confiance où les manquements à la sécurité peuvent être observés et corrigés de façon constructive;
- de prendre pleinement part à toutes les autres activités entreprises par tout organisme à l'appui des questions de sécurité.

Le Bureau de la sécurité générale de la 14e Escadre encourage tout le monde à promouvoir et à favoriser un milieu de travail sécuritaire et sain, non seulement pendant la SNASST, mais aussi chaque jour en restant « unis dans l'action ». ➔

Happy birthday, Buffaloes

April 15, 404 (Long Range Patrol and Training) Squadron Honorary Colonel Judy Rafuse, centre, with Commanding Officer Lieutenant-Colonel Angela Thomas, left, and Chief Warrant Officer Jonathan Freeman cut a cake, celebrating the squadron's 80th anniversary. 404 Squadron formed at Thorney Island, Southern England, in April 1941, the second Canadian squadron to be formed overseas and the first Canadian unit in Coastal Command. In March 1943, Kings George VI approved the Buffalo Squadron badge, still represented on the squadron colours today. The squadron disbanded in May 1945, but reformed in April 1951 at RCAF Station Greenwood. In June 1972, the squadron was presented its Colours. It continues to meet a dual role: providing both core and advance force generation training to CP140 Aurora aircrew and maintainers, while maintaining current and deployable crews for operations around the world.

Master Corporal K. Scott



Missing vessels, medevacs keep SAR crews busy

April 16, the Halifax Joint Rescue Coordination Center tasked a 14 Wing Greenwood Hercules, Rescue 344, while airborne to search for an overdue fishing vessel, the Idle Oars II, just after 11 a.m. The vessel was found 30 nautical miles southeast of Sydney, not in distress but without communications to the aircraft. The vessel checked in with shore personnel without further incident and Rescue 344 was stood down.

April 20, around 10 a.m., Hercules Rescue 343 was tasked to help in the search for an overdue snowmobiler in the vicinity of Nain, New-

foundland and Labrador. At 1 p.m., the Hercules was stood down and proceeded with local area training.

April 20, around 8:30 p.m., Cormorant Rescue 907 and Hercules Rescue 343 were tasked to assist a 45-foot fishing vessel taking on water 20 nautical miles southeast of Shippegan, New Brunswick, with four crew on board. A Coast Guard cutter was also tasked to assist. Both aircraft were later stood down and continued with training flights.

April 24, Hercules Rescue 344 departed Greenwood around 2 p.m. for a top cover

mission, in support of a Gander-based CH149 performing a medevac off a vessel 66 miles south of the Avalon peninsula. The patient was successfully hoisted from the vessel and then transferred to an ambulance waiting at the St. John's airport. The Hercules returned to Greenwood by 6 p.m.

April 27, just after noon, Cormorant Rescue 907 was tasked for a marine medevac of a severely injured crew member from the fishing vessel S.J Magalie, 44 nautical miles southeast of Miscou Island in the Gulf of St Lawrence. Hercules Rescue 344

was tasked with top cover, already airborne conducting training. The Cormorant suc-

cessfully extracted the patient from the vessel and transferred them to an ambulance

in Moncton. Both aircraft returned to Greenwood later that afternoon. ➔

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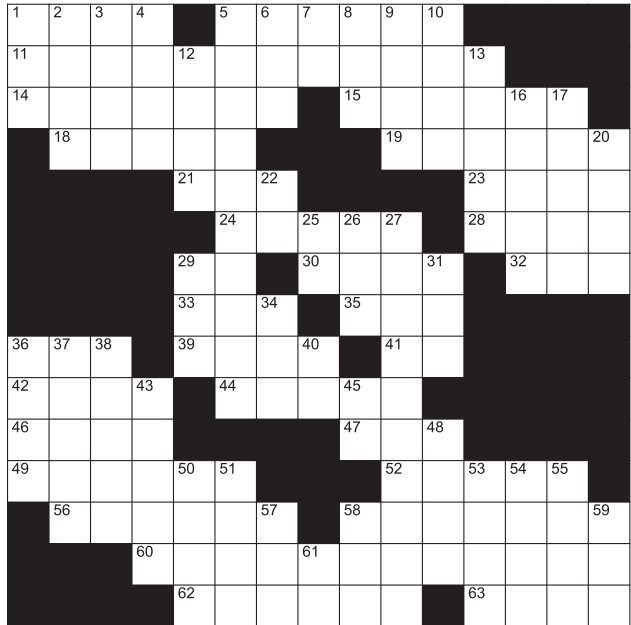


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email, auroraeditor@ns.aliantzinc.ca.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



solution page 7



- ACROSS**
- Expression of sorrow or pity
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 - Religious leader
 - Indigo bush
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 - S-shaped line
 - Small bunch of hay
 - Ripened
 - Crater on Mars
 - Humanities
 - Of the ears
 - To the ___ degree
 - Wood
 - Cools your home

crossword brought to you compliments of



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.

Take-out supper

May 22, 4 p.m. to 6 p.m., the Burlington Community Club hosts a spring dinner – take-out style – in support of club projects. Dinner includes beef Bourguignon, potato, turnip, carrot and pie for dessert. All meals must be pre-ordered and pre-paid (\$15) by May 12. Contact Sheila Munro to order and arrange payment, 902-538-7177 or burlington2122@gmail.com.

Yard sale

May 22, starting at 8 a.m.: Soldiers Memorial Health Auxiliary is having a yard sale on Jones Avenue, Middleton (opposite the Orchard Queen Motel). Lots of great items! Donations welcome. Contact Ingrid 902-825-3177. Help support our hospital.

Lions 50/ 50 online fundraiser

The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at <https://rafflebox.ca/raffle/lionsclub>. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month.

Volunteer tutors needed

Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprentice-

ship exams or individual course materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

Board volunteers needed

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

Stamp drive

The Middleton & District Lions Club, and clubs all over Canada, saves used stamps to help fund many projects. Turn in used stamps to a Lion in your local area, or mail to Stuart Crawford, 157 Vault Road, Kingston, NS, B0P 1R0. Please leave at least 1/4" of paper around the stamp; or, just tear them off the envelopes and Lions will trim to size.

911 civic signs

Purchase your 911 Civic Sign(s) by contacting any Lions Club member or by calling your local Lions Club and leave a message. Aylesford: 902-847-9374, Kingston: 902-765-2128. Please call for pricing and remember if emergency responders can't find you, they can't help you. Thank you for your support.



May 2 to May 8

ARIES - Mar 21/Apr 20
Aries, serving others is important, but it also is essential that you take care of yourself. Set aside time for some pampering or at least to enjoy some moments of quiet.

TAURUS - Apr 21/May 21

Taurus, it is important that you take a stand one way or another concerning a relationship with someone close. Taking a stand will benefit both parties.

GEMINI - May 22/Jun 21

Gemini, stubborn minds can cause friction when they interact with one another, but you can be the mediator who steps in. Try to cool tempers and smooth things out.

CANCER - Jun 22/Jul 22

Expect things to go quite nicely for you this week, Cancer. More prosperity should be heading your way and all in all things will flow smoothly at home and work.

LEO - Jul 23/Aug 23

It is time to get on the same page as others close to you, Leo. This could involve making some minor adjustments to your way of thinking, but it will be well worth it.

VIRGO - Aug 24/Sept 22

Important lessons on balance are learned this week, Virgo. They involve how much of yourself you are sharing with others. You may need to slightly scale back the helping hand.

LIBRA - Sept 23/Oct 23

Libra, if you feel like you're not getting the attention you deserve at work, you may need to plead your case to a new audience. See if you can move up the chain of command.

SCORPIO - Oct 24/Nov 22

Your mind and energy levels are on an even keel this week, Scorpio. You have the perfect combination to get big projects done. Tackle as much as you can.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, it is alright to be a bit more selfish than usual for the next few days. You probably have tasks that have been put off for some time. Now is the time to get them done.

CAPRICORN - Dec 22/Jan 20

Your desire to get things done is only hindered by the free time you have. This might be an opportunity to take a personal day and catch up on your home life, Capricorn.

AQUARIUS - Jan 21/Feb 18

Give yourself some self-healing time, Aquarius. You have been juggling a lot of different things lately, which may have crowded your mind. Sort it all out.

PISCES - Feb 19/Mar 20

Leave worries at your doorstep, Pisces. This is a week when the sun is always shining and everything seems to fall in place.

Second wave of federal pandemic support dollars reaches Legion branches

Three-quarters of the Royal Canadian Legion's 1380 branches have now received close to three-quarters of the support dollars available through a federal aid package. The Veterans Organization Emergency Support Fund (VOESF) announced last November provided a total of \$14 million in assistance for Legion branches in need of help.

"I'm elated to see this next phase of funding heading out the door," says Thomas D. Irvine, Dominion president. "I'm happy our team was able to work hard at all levels to expedite this financial help, and we once again thank Veterans Affairs Canada for this much needed assistance."

In this round, \$2.79 million is being distributed by the Legion's National Headquarters to 282 branches who applied for financial help. A total of 983 branches have now received over \$10.2 million in aid.

Many Legion branches have been crushed financially due to the pandemic, left with fewer ways to raise operational dollars that must come from fundraising, not from their Poppy Funds. Poppy Fund dollars donated each November are used only for specific programs and services to benefit veterans, their families, and communities. Branches have been using the support funds to make up for lost revenues and to cover things like building insurance and utilities.

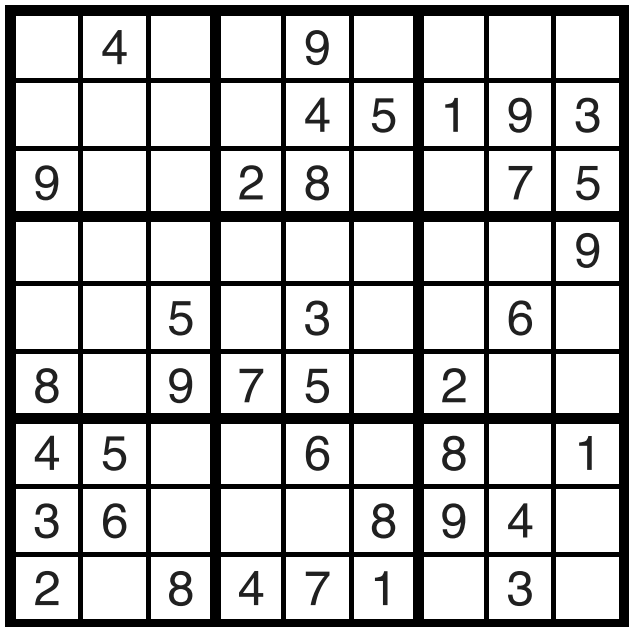
To distribute funds equitably, the Legion used a process whereby not all branches received the full assistance requested. In the next and final phase, the Legion's National Headquarters will work with each Provincial Command to determine which branches are most in need of additional help.

"While there is still a challenging road ahead, many of our branches now have a lot more breathing room, and some have been saved from closure," says Irvine. "We are pleased and grateful for this outcome."

Founded in 1925, the Legion is Canada's largest veteran support and community service organization. There are close to 250,000 members, many of whom volunteer an extraordinary amount of time to their branches. ➔



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!



All out for Earth Day

Members of 14 Construction Engineering Squadron headquarters, 143 Construction Engineering Flight Bridgewater and 144 Construction Engineering Flight Pictou took to local community spaces and roadsides April 22 to join forces in an Earth Day clean-up.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

Activity may reduce COVID-19 risk

**Susie Lajoie,
Fitness & Sports instructor
Personnel Support
Program,
14 Wing Greenwood**

A recent study has found staying physically active could be a significant defence against COVID-19.

A research team from California compared COVID-19 hospitalization rates, intensive care unit admissions and mortality between populations who were consistently inactive; versus those who met

physical activity guidelines on a regular basis. Results show infected adults who had been consistently active during the two years leading up to their COVID-19 diagnosis had a significantly reduced risk of suffering any severe outcomes.

No one can dispute the benefits of regular physical activity in defence against disease or illness, and among these benefits is one that applies specifically to COVID-19: regular physical activity reduces systemic inflammation in our bodies,

the main contributor to lung damage caused by COVID-19.

If that's not enough to motivate you to get physically active, there's more! Within the 48,000 COVID-19 cases studied, being inactive stood out as even more crucial than smoking and chronic disease as a risk factor for severe outcomes and, other than age or a history of organ donation, the odds for hospitalization were highest for

those who were inactive.

Here's to hoping these findings help fitness facilities stay open throughout the remainder of the pandemic. Keep in mind, no matter what your situation or ability level, there is a form of physical activity out there for you!

Besides staying active, remember to wear your mask, wash your hands, follow PHMs, and get your vaccine! ➔



Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. The Nomination Period is April 29, 2021 to May 12, 2021. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 12, 2021.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, May 29, 2021 with an advance poll on Tuesday, May 25, 2021. Poll location is Kingston Village Office, 655 Main St, Kingston.

Mike McCleave, Village Clerk
clerk@kingstonnovascotia.ca

Village of Kingston

655 Main St, PO Box 254, Kingston, NS B0P 1R0
p: (902) 765-2800 f: (902) 765-0807
www.kingstonnovascotia.ca



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

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

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

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

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

APARTMENT FOR RENT

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

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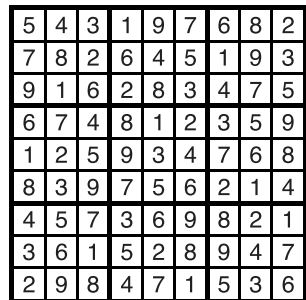
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crossword solution



sudoku solution



Survivor's story highlights sacrifice of wartime POW experience

**Honorary Colonel
Dan Hennessey,
14 Construction
Engineering Squadron**

The word “survivor” is used freely these days but, when you sit down with a man like Hormidas Fredette at his home in New Minas, the true definition of the word is crystal clear.

The Second World War had been raging in Europe for more than two years when a young soldier from Richmond, Quebec, serving with the 1st Battalion The Royal Rifles of Canada, boarded a ship bound for Hong Kong. When the Canadians arrived in November 1941, they were met by troops from the British Commonwealth and housed in Nanking Barracks, Sham Shui Po Camp, in Kowloon. Troops quickly realized it was not a matter of if the marauding Japanese would arrive, it was when, as they were only 12 miles from the Allies' position.

When the Japanese arrived, they seemed to be everywhere, Fredette remembers. Night patrols would be sent out and, for some reason, he was always first scout. In the total darkness, complete silence was the only way to stay alive. He remembered one incident while on patrol, he thought he heard a thumping - but realized it was the sound of his own heartbeat. That was quickly followed by bullets flying from Japanese soldiers hidden on both sides of the trail, killing one and wounding six of his comrades. Fredette jumped into a small culvert, taking the young second scout with him, and told him he would do whatever he could to keep him safe. The firing eventually stopped, and they were able to make it safely back to cover, where they found a Vickers machine gun left behind. They moved the gun back to a secure position and began to engage the enemy from a building they referred to as the “Castle.” Fredette, trained as a

machine gunner before leaving Canada, from 1,950 yards away, laid down a field of accurate fire - much to the surprise to his officer, and repelling the Japanese. Due to overwhelming enemy forces, they were forced to surrender December 25, 1941.

Life as a prisoner of war was brutal in the hands of the conquering Japanese. Terrible conditions of disease, beatings and scarce food became commonplace. The prisoners were fed rice morning, noon and night - if they were lucky. I asked if he still ate rice; Fredette said he loves it - now that he can eat as much as he wants and it's not filled with things that move! The prisoners endured these conditions in North Point and the main camp in Hong Kong, Shamshui Po, until being moved to the Japanese mainland to work as slave labour, freeing more Japanese for the armed forces.

Fredette ended up in the Tsurumi Shipyards in September 1942, where he and his fellow prisoners built ships for the Japanese Imperial Navy. He laughed, recounting stories of how some of his comrades were charged with electrical work on the ships - and had a tendency to “mess around with the wir-

ing.” Once discovered, they were reassigned other duties! Food was always an issue, and Fredette remembers finding an abandoned fish head laying in the dirt as he was walking. He looked around to ensure he was not being watched, bent down to pick it up and hide it in his clothing. Later, he washed it off and enjoyed every last bite. You did what you had to do to survive.

Once the American forces took back many of the islands in the Pacific, allowing their long-range bombers to reach the Japanese mainland, Fredette's guards knew the shipyard would be a prime target. They were on the move again and, in April 1945, they arrived in Ohashi, an iron mine in Northern

Japan. Here, they once again endured terrible conditions until they were liberated at the end of the war, in April 1945. Fredette experienced a life-threatening infection that nearly led to the amputation of his arm in a make-shift hospital, but he recovered with the care of American doctors - also prisoners, who kept his condition secret. He had issues with his arm even

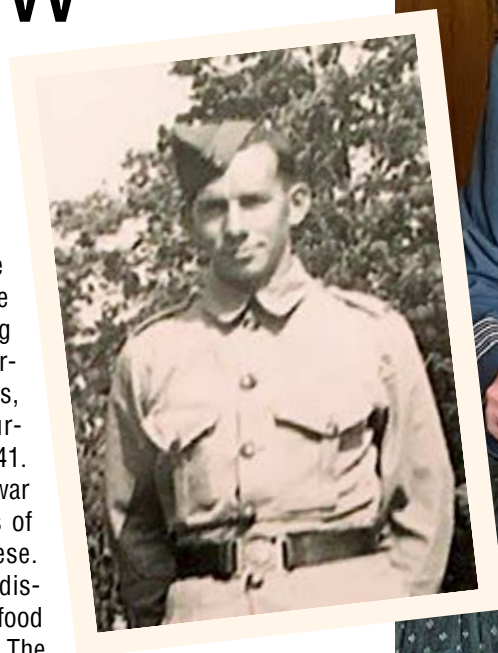
after returning to Canada but, as he said, he was alive!

Even though the Japanese knew the war was no longer theirs to win, the beatings continued. Fredette and a comrade once briefly stopped to warm themselves next to a steam pipe. Seeing this, the Japanese guard he referred to as “7Up,” because the badge on his sleeve resembled the soda drink, beat them with a stick. Fredette screamed at the time of the beating that, “they were going to kill me, the bastards.” He also realized, days later, some of the guards spoke fluent English when the guard that beat him asked him in perfect English how he was doing!

Following the dropping of two atomic bombs, which ended the war, many of the guards who treated the prisoners so badly would approach prisoners with pieces of paper, asking them to sign, agreeing they were treated well in the work camps. These guards were afraid of being charged with war crimes, and looked to their prisoners for amnesty. The emaciated pris-

oners were transported on rail flat cars from the mine to the coast, where they boarded American transport ships for the long journey home.

Fredette would eventually settle in the Annapolis Valley, marry and raise a family. He is an incredible example of our humble Second World War veterans who do not consider themselves heroes - just those who answered the call of duty. He felt bad he was not able to do more, but his battle was to survive. Fredette did ask if I would come back for another chat when he turns 105 next year. I told him, “That's a date!” and it is in my calendar. ➔



**Rifleman
Hormidas Fredette**



The 104-year-old Hormidas Fredette, seated, with 14 Construction Engineering Squadron Honorary Colonel Dan Hennessey; showing off a few birthday gifts: a card, signed by both 14 Wing Greenwood Commander Colonel Brendan Cook and Wing Chief Warrant Officer Dan Campbell, a Wing Commander's coin and a certificate from 14 CES, congratulating Fredette on his milestone birthday and exceptional service to Canada.

Submitted



Rifleman Hormidas Fredette is in this group of Allied prisoners, taken in 1945 at one of the prisoner of war camps where he was held after his capture in 1941.