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# the Aurora

Vol. 42 No. 19

MAY 24, 2021 NO CHARGE

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## Want it? Work for it Military firefighter proving there are few barriers she can't break

Sara White,  
Managing editor

Aviator Tracy Hillaby has determined, if she wants to do something, she's going to; and, if she does or doesn't make it happen, "it's on me."

Taking up a military firefighter trade at age 46 is just another in a long line of challenges she's set her sights on. With her first posting to 14 Fire and Emergency Services at 14 Wing Greenwood – a female, a dozen years older than her platoon mates, only one other staffer in the section older than her, her age and low rank raising lots of questions, mom of three – "it's only as hard as you make it."

"I'm not special, sports gifted, especially intelligent – it's just a lot of effort. And I want to do it."

Hillaby is from Red Deer. She finished high school thinking about training in psychiatric nursing, but spent

a number of years in "young person stuff," working in bars, taking a tourism program, call centre time booking travel for federal government workers. She married and, with the arrival of her first child of three, soon decided to stay home. A number of years later, she remarried, then divorced; she now lives in Greenwood with her 18-year-old son.

"In 2004, I realized I'd put on an enormous amount of weight. I took a learn-to-run course and, three years later, I did my first triathlon. In the next 10 years, I did 50, including two Iron Man finishes."

But her first Iron Man was what taught her a lesson.

"In 2012, I was signed up for Iron Man Canada – but I did more talking than training. I knew it at the training camp, I was in way over my head, and I had to do this race. Humbling. I had 35 kilometres left on the bike and they came out and caught me. They



Aviator Tracy Hillaby will turn 50 in 2021. She can't imagine doing anything different with her life now than becoming the best military firefighter she can be.

S. White

asked me for my timing chip. I cried for five kilometres, saw the runners heading out and knew I wasn't going; everyone was finishing in front of me."

Hillaby was "pouting" in her room shortly after and her then-husband told her to "get my sh\*t together."

"He said, 'Your day is on you, and there are people out there supporting you

and depending on you. He was right, and I went out and watched my fellow athletes do their races."

The next morning, a friend took her for coffee, knowing the day after an experience like this is just when some people quit. By the time she got back to her hotel room, her husband had already registered her for the next

year's race.

"That took a lot in my head, but I dedicated myself, I had my family behind me, a really good coach and a plan. I had to put in the time. I knew, if I quit, if I walked away; it'd be so easy to walk away the next time."

She raced in 2013, knowing "the only thing that was going to stop me was my mind."

She finished, and ended up running a second triathlon just a few months later.

"I'm not limited by anything – it's on me to do it. I learned I didn't have to not think of being able to do something because I thought I couldn't."

Following her second divorce and a move, Hillaby

Continued on page 2...

## June is Recreation Month

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## Colourful launch for national DAG

May 17, Captain Backhouse, a member of the Defence Team Pride Advisory Organization (DTPAO), raised the Pride flag at 14 Wing Greenwood's main gate. This local activity followed an official national ceremony at Carling Campus in Ottawa, and repeated at Canadian Armed Forces and Department of National Defence establishments across the country, in celebration of the official stand-up of the renamed DTPAO, along with the unveiling of the fifth Defence Advisory Groups logo. May 17 is the International Day against Homophobia, Transphobia and Biphobia, and raising the Pride flag is a strong sign of respect for diversity within the Defence Team, acknowledges past harms and signals the commitment to fighting homophobia, transphobia and biphobia.

Master Corporal N. Murray



## Want it? Work for it...

...cover wondered what she was going to do with herself. She was working as an aide in a psychosocial unit and knew she was making an impact with her day-to-day involvement with people. She'd reduced her training to a more recreational level.

She joined the fire department as a volunteer. "I thought it sounded like fun, and I loved it. It was an incredibly close, tight team; and I was studying and answering calls, learning to drive a big truck and use a chainsaw.

I enjoyed being engaged in the community, and we'd be out – little girls would be looking up at me. 'Are you a real firefighter?'"

Hillaby started looking around for a paid firefighter job, but quickly realized her age was going to be a barrier. Then, she discovered the military firefighter trade.

"I love routine, I love learning skills – I could do this. I started the process – and then I was medically unfit. My eyes. Really?"

She'd been wearing glasses since age nine, so went off for laser surgery. Three months later, the firefighter trade had closed recruitment.

"I went on with my life. I still had my volunteer firefighting, my job, I bought half a duplex. I was very proud of myself. My fire chief – my biggest supporter – came over one day and told me the trade had reopened."

At the end of 2017, she restarted her military application. The military called in January, and she was on track to her basic training.

"I spent a tonne of time researching what a BMQ looked like, where the bases were with firefighters, what

the trade involved. Everyone on the course was younger, but I did just fine. They want your kit a certain way? Just do it. This is the schedule or the training? Just do it."

Her manager at the psychosocial unit was backing her through BMQ, giving her leave and covering most of the BMQ weeks with her vacation.

"I called him two weeks before the end of the BMQ to put in my notice. He asked me if I'd passed. I hadn't yet, the end was August 28. He told me he'd expect to hear from me August 29."

She passed.

"This is not a whim. It's a choice. I traded in a lucrative health services, union job where I had seniority. This now is my retirement job, what I've planned out and what I want. They all said, 'Well, you sure picked a hard one!'"

Hillaby has since competed in several FireFit challenges, making it to one national competition – "I don't know what I was thinking – it's hard!

"But, any accomplishment I can make in the fire service is a big deal. I'd like to inspire other women: you're not too

old, it's not too late, you're not too lazy. It takes work, but it can be done. The absolute worst thing that can happen is you fail. The best? The opportunity opens up."

A big part of her own drive right now is very personal.

"I am so pleased to hear how proud my kids are of me. Incredibly proud. And I'll still be in when my grandsons can really appreciate Grandma is in the military, she drives these crash trucks. If someone had told me in 2015 this is where I'd be, I'd be like, 'Pffft!' Now, I can't imagine anything else." →

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The Aurora News

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**Royal Canadian Air Force website**  
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**  
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www.forces.gc.ca

**Combat Camera** | Caméra de combat  
www.combatcamera.forces.gc.ca

**Recruiting** | Recrutement  
www.forces.ca

**Military Family Resource Centre**  
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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 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





The Annapolis Valley Honour Choir gathers youth choristers from all points in the Valley, making its “We WILL Sing” message happen.

## Youth choir: We WILL Sing

Do you have school aged children at in grade three to 12 who love to sing, and miss doing so in school or would just love to sing with others?

The Annapolis Valley Honour Choir offers a full educational music program that is well respected - and a bargain for the fees you pay and the experience you receive. The choir would love to welcome new singers!

Wednesday evenings, join the choir's Zoom open rehearsal to see if it is for you. Contact CDES. PTA@gmail.com for link information. Or, watch the choir at youtube.com/watch?v=lpUUb1Wq3go.

AVHC is planning for a return to safe in-person singing in the fall and is excited to welcome singers for the next school year into this amazing choir family. Registration is now open for June Musical Meet and Greets at avhc.ca/avhcsing.



Sadie Marriage sings from her living room as the Annapolis Valley Honour Choir shows its determination to carry on with arts programming through the pandemic.

Come sing safely with us! Find out all about our AVHC programs and sign up at avhc.ca. ➔

## Kings District RCMP investigate drone flights

May 13 between approximately 1 p.m. and 2:30 p.m., Kings District RCMP responded to two calls of a drone in the area of Prospect Street in Wolfville. Wolfville RCMP attended and determined the drone flights were not of a suspicious nature.

Drones have become a popular outdoor activity. When preparing to fly a drone, please consider the following from Transport Canada:

- may fly below 90 m above the ground
- at least 30 m away from vehicles, vessels, and the public (if your drone weighs more than 250 g up to 1 kg)
- at least 75 m away from vehicles, vessels, and the

public (if your drone weighs more than 1 kg up to 35 kg) at least 5.5 km away from aerodromes (any airport, seaplane base, or areas where aircraft take-off and land) at least 1.8 km away from heliports or aerodromes used by helicopters only

- outside of controlled or restricted airspace
- at least 9 km away from a natural hazard or disaster area
- away from areas where operation could interfere with police or first responders
- during the day and not in clouds
- within your sight at all times
- within 500 m of yourself

or closer only if clearly marked with your name, address and telephone number Using a drone in a reckless and negligent manner could lead to penalties under the Aeronautics Act and Criminal Code, which could result in

finances and jail time. For information, visit Transport Canada at <https://tc.canada.ca/en/aviation/drone-safety/flying-your-drone-safely-legally>

Drone operators are reminded they are assuming considerable responsibility when flying a drone. If you

are concerned about a suspicious drone or feel it is being piloted unlawfully, please contact Kings District RCMP at 902-679-5555. Should you wish to remain anonymous, you may also contact Nova Scotia Crime Stoppers at 1-800-222-TIPS (8477) or

text TIP202 + your message to 'CRIMES' (274637) or submit tips by Secure Web Tips at [crimestoppers.ns.ca](https://crimestoppers.ns.ca). Calls to Crime Stoppers are not taped or traced and, if police make an arrest and lay charges based on a tip, callers qualify for a cash award. ➔

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**Be part of rolling up our sleeves to beat this thing together.**

Registered Nurse Martha Brown is part of our way forward.

May 24, 2021

Page 5





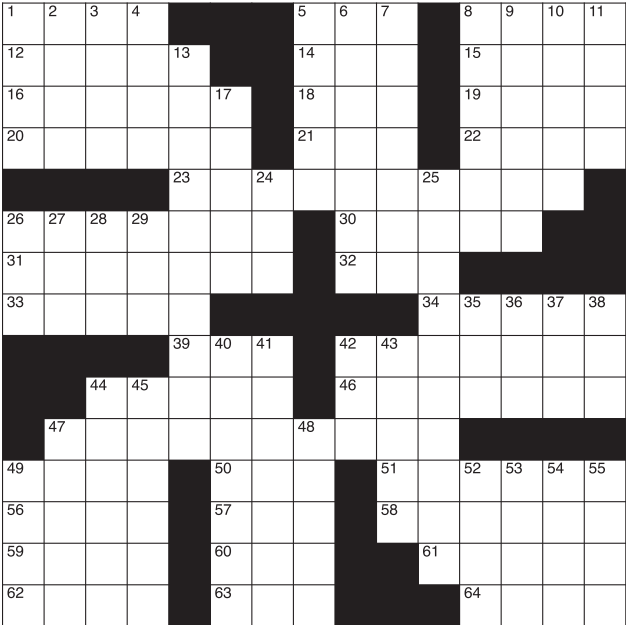
## First dose, last shot

**14 Wing Greenwood hit a COVID-19 OP VECTOR vaccination milestone May 18: the last dozen of approximately 1,750 eligible Canadian Armed Forces personnel on the wing - including Second-Lieutenant Julie MacNeil - received their first dose of Moderna. Now begins second-round immunization, with all personnel expected to be fully vaccinated by mid-June. 26 Canadian Forces Health Services staff have been immunizing close to 200 people at two-day-a-week clinics since April 20 to hit this mark. Starting May 20, second doses - and catching up with personnel who missed or delayed their needle - begins.**

Sailor 2nd Class J. Morris, 14 Wing Imaging

## metro crossword

solution page 7



- ACROSS**
- A group of sheep
  - Of she
  - This (Spanish)
  - A type of sorcery
  - A team's best pitcher
  - Port in southern Japan
  - Makes very happy
  - Trigonometric unit of measurement
  - From a distance
  - Winged nut
  - Consumed
  - 'Heat' director
  - In all places
  - Made improvements to
  - St. \_\_\_ Girl: brand of beer
  - A type of 'seat'
  - Wood
  - A brief treatise on a subject of interest
  - Approval
  - Basics
  - Where judges sit
  - W. African religion
  - Commentators
  - Having many different functions
  - Member of a Semitic people
- DOWN**
- Flightless, fast-running bird
  - After the seventh
  - Small N. Zealand tree
  - Health care pro (abbr.)
  - Playground mainstay
  - Expressing relief
  - Records brain activity (abbr.)
  - Fishing net
  - Beer
  - Tooth caregiver
  - Japanese beverage
  - Garden tools
  - Early Syrian kingdom
  - 500 sheets of paper
  - Information
  - Beloved comic strip character
  - Distinct form of a plant
  - Replenishment
  - Semitransparent glassy substance
  - Disco act: Bee \_\_\_
  - Expedition to observe animals
  - One who held landed granted by Anglo-Saxon king
  - Obtain in return for labor
  - Inheritable genetically
  - One who rescues
  - Doctor of Education
  - Liberal arts
  - Shock treatment
  - Disfigure
  - When you hope to get there
  - Peacock network
  - Part of (abbr.)
  - The 21st letter of the Greek alphabet
  - Not just 'play'
  - Former CIA
  - Reduced to a sloping edge
  - Restricted the development of
  - Sciences degree
  - Sea eagles
  - Saturated
  - Joints
  - Sailing boat
  - Respiratory organs
  - Guitarists use them
  - Disco act: Bee \_\_\_
  - First Chinese dynasty
  - Intentionally lose
  - Muslim people of China

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## CAF Sports partners with Coaching Association of Canada

The Canadian Armed Forces Sports Office is excited to announce it's newly-developed partnership with The Coaching Association of Canada (CAC).

This partnership initiative is an opportunity for both or-

ganizations to advance sport by improving health and well-ness through physical activity and education, from participation to high performance levels, within and outside the CAF. This partnership will, among other things, see CAF

Sports recognized as a sport system partner organization, allowing us to connect with other partners, national sports organizations and the CAF community to further the development of coaches, employees and volunteers, in a safe and ethical manner.

Providing a safe environment for all athletes, volunteers and staff is the CAF Sports Office's number one priority. Safe, inclusive sport environments help make

sport rewarding and enriching for all. By completing the CAC's Safe Sport Training module, you will gain the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport. All sport participants - from grassroots to CISM, athletes to organizers - to participate in this free e-learning. Sign in at coach.ca for this and other training resources. ➔

## horoscopes

May 23 to May 29

**ARIES - Mar 21/Apr 20**  
Aries, love and romance are definitely in your favor this week. If you have been pondering setting up a date or taking a spouse out for a night on the town, do it.

**TAURUS - Apr 21/May 21**  
Even the best partnerships can be challenging, Taurus. Right now neither one of you is looking to take the lead. Even if it means flipping a coin, someone has to step up.

**GEMINI - May 22/Jun 21**  
Gemini, grab what you want this week, but remember that the more tightly you try to hang on to it, the more likely it will slip through your fingers. Employ some give and take.

**CANCER - Jun 22/Jul 22**  
Cancer, you may be unsure of which way a relationship is leaning and waiting for the other person to make the next move. Don't let opportunities pass you by.

**LEO - Jul 23/Aug 23**  
Leo, if a supervisor seems set in his or her ways, you might have to present your proposal in language that will appeal to this person the most.

**VIRGO - Aug 24/Sept 22**  
Virgo, if you are off doing your own thing, you may have to instruct others who count on you how to proceed in your absence. Keep the lines of communication open.

**LIBRA - Sept 23/Oct 23**  
Other people are not mind readers, Libra. If you need something or are unhappy with a situation, you must speak up. Address concerns promptly.

**SCORPIO - Oct 24/Nov 22**  
It is quite easy to manipulate a situation if others aren't paying attention, Scorpio. If you are guiding or mentoring someone, exercise caution to stay neutral.

**SAGITTARIUS - Nov 23/Dec 21**  
Don't get ahead of yourself by projecting scenarios that may never see the light of day, Sagittarius. It's better to live in the present and then adjust to what comes your way.

**CAPRICORN - Dec 22/Jan 20**  
Your thoughts may be pulling you one way and then another, Capricorn. Find focus by zeroing in on the main thing that needs the most attention at this point.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, you may have to take a more reserved approach to get where you need to go. Even still, your love for adventure and freedom can be compelling motivators.

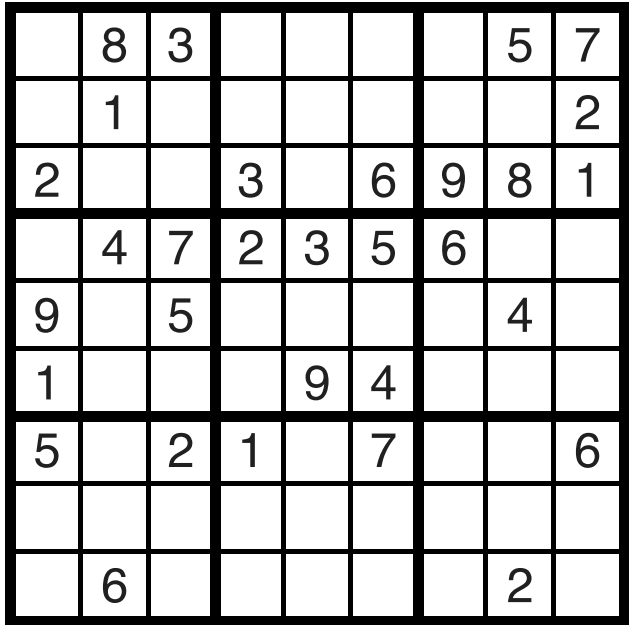
**PISCES - Feb 19/Mar 20**  
Figure out your needs before making long-term plans with others. Even though you're sure of yourself, sometimes you let others take the lead.

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## sudoku

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!

## Greenwood Dolphins compete in virtual championship

The Greenwood Dolphins Swim Club had 11 age group level swimmers compete at their home pool April 16 and 17 for the virtual David Fry Provincial Championship.

"These 11 swimmers have been training hard since September. They really ramped up their training in the weeks leading up to the meet to prepare themselves for it," said Dolphins' head coach Amanda Bond.

The swimmers chose three events each day to compete in, including all four competitive strokes (Freestyle, Backstroke, Breaststroke and Butterfly), as well as the Individual Medley (IM), which involves swimming all four strokes in one race. This swim meet was the first opportunity for many of age group swimmers to compete at a provincial level.

"To see so many personal best times and no disqualifications is a huge accomplishment for such a young group of swimmers," Bond said.

Overall, the swimmers achieved 54 personal best times in 63 events. Leading the way with 100 per cent personal best times were Madeline MacSween, Tianna Clansey, Isabella Latta, Ethan Kershaw and Ashlynn Clarke. Additionally, several swimmers ranked in the top-10 in a number of events.

Two swimmers received medals for top-three rankings.

Kershaw won a medal for every event he competed in: a gold medal for his 200m IM in the 11-12 male category, and five silver medals for his 800m Freestyle, 400m Freestyle, 200m Freestyle, 200m Backstroke and



**Swimmer Ethan Kershaw, recipient of sic medals in the 11-12 male category.**

100m Backstroke.

Owen Bond won two silver medals for his 100m Breaststroke and 50m Breaststroke in the 13-14 male category. He also won two bronze medals for his 400m Freestyle and 200m Breaststroke.

Kershaw and Owen Bond also broke many club records at the swim meet.

The Greenwood Dolphins Swim Club would like to thank all who made it possible for us to swim in this virtual provincial meet: the officials, volunteers and the staff at the 14 Wing Greenwood Fitness and Sports



**Swimmer Owen Bond, recipient of four medals in the 13-14 male category.**

Centre. All public health protocols were followed to ensure a safe environment for those involved.

"I am incredibly grateful to coach this amazing group of young athletes," said Bond. "I am proud not only of their accomplishments at this past meet, but of the work and dedication they put into every practice. We are very grateful to be able to swim during this pandemic because of where we live and the support the facility has given us."

The next club event will likely be in June, with the final swim



**Greenwood Dolphins Swim Club members recently hosted their virtual David Fry Provincial Championship. Pictures are, in the front row, from left: Owen Bond, Abby Bond, Colbie LeBlanc and Madeline MacSween; and, in the back row, Ashlynn Clarke, Logan Hatfield, Ethan Kershaw, Ayden Stoddart, coach Amanda Bond, Ezri Button, Ella Latta and Tianna Clansey.**

Submitted

meet for the swimmers in the Nova Tech program. The age group level will continue to swim until July, finishing its

season with a final provincial meet.

For more information about the Greenwood Dolphins Swim

Club, which will start a new season in September, please contact gwddolphins@gmail.com. ➔

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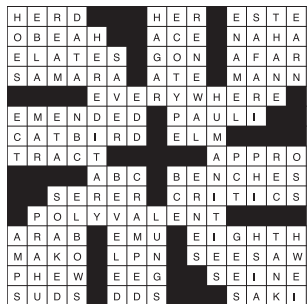
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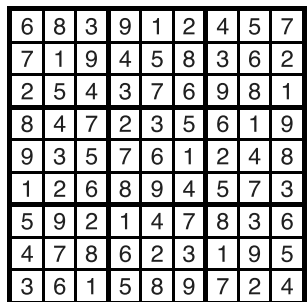
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# Spring Fling

## Spice things up with the drink of summer

(NC) Make this kicked-up twist on a Moscow mule your house drink this summer. Jalapeño-spiked lemonade and fiery ginger beer collude to make this warm-weather sipper spicy (but not alarmingly so) and sweet.

Feel free to swap out the ginger beer for ginger ale if you want a milder flavour. Serve



well chilled in copper mugs with straws over crushed ice.

**Kicked-Up Mexican Mule**  
Serves: 6 cups

### Ingredients

- 3 cups (750 mL) PC jalapeño lemonade
- 3 cups (750 mL) Jamaican-style ginger beer
- ¾ cup (188 mL) tequila blanco (silver tequila)

- ¼ cup (60 mL) orange liqueur
- 3 tbsp (45 mL) fresh lime juice
- Crushed ice
- 6 lime slices or wedges
- 6 fresh mint sprigs
- 6 jalapeño slices (seeds removed), optional

### Directions

1. Stir together lemonade,

ginger beer, tequila, orange liqueur and lime juice in large (8 to 10 cup/2 to 2.5L) pitcher.

2. Fill six serving glasses halfway with crushed ice. Pour in lemonade mixture, dividing evenly. Garnish with lime, mint and jalapeño (if using).

Try this: For a non-alcoholic

option, omit the tequila and orange liqueur and add an additional ½ cup (125 mL) each jalapeño lemonade and Jamaican-style ginger beer.

Nutritional information per 1¼ cups: calories 260, fat 0 g, saturated fat 0 g, sodium 20 mg, carbohydrates 22 g, dietary fibre 0g, sugars 30 g, protein 0 g.

## Une salade d'été audacieuse et rafraîchissante aux ingrédients-surprises

(EN) Une salade n'est pas forcément composée de laitue. Remplacer celle-ci par de l'avocat, du fenouil et de l'orange dans cette salade dont la vinaigrette croquante et piquante vous permettra de réveiller vos papilles gustatives. La vinaigrette allégée complètera parfaitement cette salade originale et rafraîchissante, la rendant parfaite pour un déjeuner sur le pouce ou pour accompagner vos barbecues d'été.

Temps de préparation : 30 min

Temps de cuisson : 5 min

Portions : 4

### Ingrédients

- Salade de fenouil, agrumes et avocats
- 1 bulbe de fenouil, tranché finement
- 2 oranges, pelées à vif et tranchées
- 2 avocats du Mexique, pelés, dénoyautés et tranchés
- Sel et poivre, au goût

- Vinaigrette à la moutarde à l'ancienne et au citron
- 60 ml (1/4 tasse) d'huile d'olive
- 15 ml (1 c. à soupe) de moutarde à l'ancienne
- Zeste et jus de 1 citron
- Sel et poivre, au goût
- Salade d'herbettes et graines de citrouille grillées
- 60 ml (1/4 tasse) de feuilles de basilic ciselé
- 60 ml (1/4 tasse) de ciboulette

en bâtonnets

- 60 ml (1/4 tasse) de graines de citrouille grillées et hachées grossièrement
- 30 ml (2 c. à soupe) d'huile d'olive
- Le zeste de 1 citron
- Sel et poivre, au goût
- Garniture
- Labneh ou yogourt égoutté

### Méthode

1. Pour la vinaigrette, mélanger tous les ingrédients et

assaisonner.

2. Pour la salade d'herbettes, mélanger tous les ingrédients et assaisonner.

3. Répartir les agrumes, le fenouil et l'avocat sur une assiette de service. Arroser avec la vinaigrette et garnir avec des cuillerées de labneh ou de yogourt et la salade d'herbettes.

*Note :* Vous pouvez également faire griller le fenouil au four en l'arrosant avec de l'huile d'olive



et en l'assaisonnant de sel et poivre.

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