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LRP fleet effort into Ex DYNAMIC MONGOOSE

NATO's annual DYNAMIC MONGOOSE anti-submarine warfare (ASW) exercise was held off Norway June 25 to July 11. The "Eagles" of 405 (Long Range Patrol) (LRP) Squadron, along with members of 404 (LRP and Training) Squadron, 415 (LRP Force Development) Squadron, 14 Air Maintenance Squadron and 14 Operational Support Squadron, all from 14 Wing Greenwood; with the "Demons" of 407 (LRP) Squadron, 19 Wing Comox, participated, making it a Royal Canadian Air Force fleet effort.

The exercise offered unique challenges, as the detachment operated out of Keflavik Air Base vice Andoya, Norway, to mitigate participant accommodation density concerns created by COVID-19. This also led to a fully dispersed exercise, where NATO maritime command (MARCOM), headquartered out of Northwood, United Kingdom; maintained in place and coordinated forces at sea as well as three other maritime patrol aircraft (MPA) bases: Keflavik, Andoya and Lossiemouth in the UK. Personnel were tested for COVID-19 prior to departing Canada and immediately tested on arrival by the Iceland Directorate of Health. Participants followed Icelandic health protocols in activities and workspaces.

The exercise included naval forces from Canada, France, Germany, Iceland, Norway, the United Kingdom and the United States. Training was provided between multiple allied platforms, notably employing three different MPA aircraft from the six nations, multiple frigates, destroyers and both nuclear and diesel submarines.

The flying tempo, operating environment and single aircraft detachment was valuable training for the maintenance and operational support teams that had to plan the recovery and launch, debrief, preparation and brief of many back-to-back missions. The Deployed Mission Support Centre (DMSC), which provides all necessary command, control, communications and

Continued on page 2...



Canadian ambassador to Iceland Jeannette Menzies, second from right, and Canadian defence attaché to Iceland and Commander Canadian Defence Liaison Staff (London) Brigadier-General Paul Doyle, far right; with maintenance and flight crews while visiting the Royal Canadian Air Force Detachment in Keflavik during NATO Exercise DYNAMIC MONGOOSE 2021.



Corporals Dustin MacNeil and Yannick Godon arrange tools and consumables from 14 Wing's pack up-kit to prepare for nose-wheel landing gear change.



A 14 Wing Greenwood-deployed aviation systems technician refuels a CP140 Aurora.



Corporal Derek Barter, 405 (Long Range Patrol) Squadron, completes the flight engineer's weight and balance worksheet for the CP140 Aurora.

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Ex DYNAMIC MONGOOSE...

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network connectivity to support the CP140M Aurora, set-up its equipment in a building commonly used by the NATO Iceland Air Policing mission, in which Canada has also participated in the past. The DMSC, along with one of the maintenance crews, stayed on to support the follow-on Exercise TASWEX, running from the end of July to early August with detachment commander Major Jocelyn Gaudette, also from 14 Wing.

“Keflavik was an excellent location to operate from and provided real-world weather and airfield challenges for crew commanders and flight deck crew to work against - applied problem solving that strengthens confidence and maturity,” said Captain Nelson Berry, 407 Squadron crew commander.

For many junior aircrew, this was the first time tracking an actual submarine, which provides immeasurable exposure to environmental considerations, optimizing the CP140M sensor systems and improving cooperating and cohesion as a crew. At a time when the COVID-19 pandemic has impacted live collective training (i.e. real flying events), DYNAMIC MONGOOSE 2021 provided a welcome opportunity for the entire LRP force to hone its war-fighting skills with allied partners and keep sharp by responding to the unexpected challenges of weather, deployed maintenance and unfamiliar airspace. Crews benefited from cooperating with our own HMCS Halifax, which participated as the flagship of Standing NATO Maritime Group 1 (SNMG1).

A highlight was the opportunity to bring the Canadian ambassador to Iceland, Jeanette Menzies, and Commander Canadian Defence and Liaison Staff (London) Brigadier-General Paul Doyle through the detachment location and onboard a flight to assess an alternate airfield on the northern coast of Iceland.

“This truly was a worthwhile training opportunity for our LRP fleet, and once again provided the opportunity to deploy members from both 14 and 19 wings to conduct operations as a cohesive team, working with allies and an excellent host in the Icelandic Coast Guard. That we achieved so many qualifications over a three-week period is a testament to the members’ motivation and professionalism,” said 14 Wing Greenwood’s Major Dan Arsenaault, Detachment Commander. ➔



404 (Long Range Patrol and Training) Squadron marked its change of command August 6 in a ceremony between Lieutenant-Colonel Angie Thomas, seated right, and Lieutenant-Colonel Joshua Christianson, seated left, with 14 Wing Greenwood Commander Colonel Brendan Cook seated centre, presiding. Standing at right is Squadron Chief Warrant Officer Jean Plamondon; left is Wing Chief Warrant Officer Jonathan Proulx. Master Corporal K. Scott

404 Squadron ‘cornerstone’ of LRP fleet

Sara White, Managing editor

It is “surreal” thinking her time at 404 (Long Range Patrol and Training) Squadron has come to an end, but Lieutenant-Colonel Angie Thomas said August 6, during a change of command ceremony, despite her term being affected by COVID-19, “I also look back with pride in the achievements and milestones.

“We never ceased training – and we increased capacity, and we didn’t stop there,” she said. “We linked our real-time training simulator to the world and we can now train with partners and do force development nationally and internationally. I am absolutely in awe of the potential of the members of 404 Squadron, and so proud to have had the opportunity to be the commanding officer.

“I will now watch 404 Squadron from a distance. I know you will continue to make an impact as someone takes off, flies and lands because you taught them.”

14 Wing Commander Colonel Brendan Cook presided over the change of command, and congratulated Thomas on, “many times over proving your mettle in the role.

“I was pleased to be working with you at 14 Wing – you were an outstanding commanding officer for the squadron, you

boosted morale, raining took flight – if we can say that about a simulator! The dynamic and flexible nature of 404 allowed you to stay at capacity, and the squadron is on better footing than almost any other squadron in the royal Canadian Air Force: always ‘ready to fight.’”

Incoming commanding officer Lieutenant-Colonel Josh Christianson is no stranger to 404 Squadron, with early career trainings and instructor postings. Cook expressed his support based on his own past work experiences with Christianson.

“You know this fleet extremely well. Your work is the cornerstone of what the long range patrol fleet is built upon and, without 404 Squadron, the fleet would fade into irrelevance. You are a resilient and talented team.”

Christianson commended 404 Squadron for “never downing tools and continuing to produce maintainers and crew” through pandemic times.

“These achievements are a testament to hard work and professionalism, and it is an honour to rejoin you. It is a privilege to work with people at the top of their games, and we get to deliver all of that experience to the highest standards as we teach the next generation.” ➔

‘Critical role’ of wing chief recognized in change of appointment

Sara White, Managing editor

Just days into his new role as 1 Canadian Air Division/ Canadian NORAD Region chief warrant officer, Chief Warrant Officer Dan Campbell was back at 14 Wing Greenwood to turn over his responsibilities at the wing to the incoming wing chief, Chief Warrant Officer Jonathan Proulx July 19.

“Without a doubt, this was the most rewarding – and challenging – role of my career,” Campbell said. “Trying times, professionally challenging, demanding; with personal relationships and being part of a team. We mourned lives lost, confronted a pandemic together and committed to the mission – and each other – in a way that inspired a march forward.

“Not everything is perfect here, but so many of you sought ways to make everyone’s lives better.”

Campbell found himself entirely immersed in all things COVID-19 in March of 2020 with command team partner Colonel Brendan Cook, with uncharted pressures of maintaining operations, support for members and their families, community responsibilities and keeping everyone safe through the next 16 months of continuing public health guidance – and restrictions.

“I have been the command team partner with some outstanding people over the past six years, but thank you for



Chief Warrant Officer Dan Campbell, left, was back at 14 Wing Greenwood July 19 to turn over his responsibilities at the wing to the incoming wing chief, Chief Warrant Officer Jonathan Proulx, in a change of appointment ceremony presided over by 14 Wing Commander Colonel Brendan Cook. Campbell is now the 1 Canadian Air Division/ Canadian NORAD Region chief warrant officer. 14 Wing Imaging

always wanting my opinion, listening and for the privilege of serving alongside you,” Campbell said to Cook. “14 Wing is lucky to have you.”

Campbell made the uncommon presentation of a 1 CAD division coin by a chief warrant officer to a colonel to Cook, and urged 14 Wing as a whole to continue their “excellence, specially friendships, empathy – and fun.

“Chief Proulx: welcome to 14 Wing. You have inherited an amazing wing with outstanding people, and you will be remembered for what you do but, more importantly, how you make them feel.”

Proulx said he is humbled with the opportunity ahead to work with 14 Wing’s leaders, personnel and the community.

“I feel privileged to be starting my tenure at such a high level,” following the contributions of Campbell, “but I commit to you the ‘people factor’ will be the primary factor in all my conversations.”

Proulx outlined his personal three-point plan to empower people to harness their professionalism to add to the wing’s operational effectiveness, to listen, using his ears to help his voice be the voice of the wing; and to maintain a presence at all levels of the wing, “critical to developing a trusting relationship.”

With those goals, Cook said Proulx is already starting to understand the military, family and command team connections that make 14 Wing work. Above all else, “I need you to challenge me, and the ideas we have here at 14 Wing. ‘Speak to power,’ and that is how we’ll change things for the better.”

Cook described Campbell as the “beating heart” of Greenwood over the past three years: “you never shied away from helping people, the long days and nights, and you were always there when the chips were down – for me, my family and the wing. In the last 18 months, we dealt with the crushing weight of the pandemic on our people, but also providing some sense of normalcy for our community and the province. I can’t recall you ever walking into my office without a tricky problem – but, if it had been easy, you’d have taken action and solved it, or found people who could.

“You played a critical role in helping me challenge higher authorities when we needed to do something for our people.” ➔

New commander takes charge at 12 Wing Shearwater

Colonel Patrick MacNamara assumed command of 12 Wing Shearwater from Colonel James Hawthorne July 16 in a change of command ceremony presided over by 1 Canadian Air Division Major-General Eric Kenny.

MacNamara assumes command after a dynamic career, which includes postings with both of 12 Wing’s operational squadrons (423 Squadron and 443 Squadron) and numerous deployments to sea with the CH124 Sea King, an operational planning posting with NATO in Europe and with the Strategic Joint Staff in Ottawa.

Hawthorne moves into the

position of RCAF advisor with the Canadian Defence Liaison Staff at the Canadian High Commission in London, United Kingdom. As wing commander, he presided over one of the most challenging periods in 12 Wing’s history, which saw the continued operationalization of the CH148 Cyclone and the tragedy of the STALKER-22 accident April 29, 2020. This was on top of the day-to-day responsibilities of maintaining training and readiness, operating alongside the Royal Canadian Navy, and working with community partners - all while dealing with the challenges posed by the COVID-19 pandemic. ➔

Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 5441
auroraeditor@ns.alianztinc.ca

Business & Advertising | Affaires commerciales et publicités
902-765-1494 local/poste 5833
auroramarketing@ns.alianztinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.alianztinc.ca

Administrative Clerk | Commis à l'administration
Diane Mestekemper • 902-765-1494 local/poste 5440
auroranews@ns.alianztinc.ca

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Jennifer Fidler
902-765-1494 local/poste 5101
W14PublicAffairs@forces.gc.ca
Affairespubliques14E@forces.gc.ca

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The Aurora News

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Site Web de l'Aviation royale canadienne
www.rcf-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 | Caméra de combat
www.combatcamera.forces.gc.ca

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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 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 | **Lake Pleasant Campground** 14 Wing's family campground

At Home in the Annapolis Valley magazine

Celebrate 14 Wing Greenwood’s Wing Welcome weekend September 9 to 11, as new military families and the community settle into fall routines. This publication kicks off Wing Welcome, fall programs and attractions with an extensive listing of community resources.

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413 (Transport and Rescue) Squadron July 22 marked both a change of command and a change of appointment at a parade in the squadron hangar. 14 Wing Commander Colonel Brendan Cook, standing, centre, with Wing Chief Warrant Officer over his right shoulder, presided, as Lieutenant-Colonel Brent Vaino, right, turned command of the squadron over to Lieutenant-Colonel Greg Surek; Chief Warrant Officer Kevin Robarts, second from right, passed his responsibilities to Chief Warrant Officer Stephen Bates, second from left.

Corporal J. Fox, 14 Wing Imaging



SAR pride on display at squadron changeover

Sara White,
Managing editor

There are two new faces at 413 (Transport and Rescue) Squadron, as the leadership team of Lieutenant-Colonel Brent Vaino and Chief Warrant Officer both turned over their responsibilities July 22.

A combined change of command and change of appointment ceremony was held on the squadron's hangar floor, with the CC130 Hercules and the CH144 Cormorant sitting just outside the hangar doors.

Robarts described the past three years as the "quickest" of his 40-year career.

"I consider myself fortunate to have experienced everything have – I've been to

the four corners of the Earth, but I'm happy to be ending here at 413 Squadron."

He and Vaino had worked together at 407 Squadron and on Pacific and Serbian deployments, and we "re-formed a relationship we already had," Roberts said. "Your door was always open to me and my ideas, even if you didn't always agree with them."

Robarts credited the chief warrant officers' network at 14 Wing Greenwood as "second to none – with the click of a button, I can send an email to a network and access 300 years of experience. That can never be replaced."

He called the members of 413 Squadron "an incredible machine that never fails to

step up and protect Canadians – and each other. It gives me immense pride to know what you do, from the techs on the floor to the air crew on a search and rescue."

Vaino commended Robarts on his long service, but highlighted Robarts "took the best of what you started with – honesty, courage, honour – and you hung on to that. And, you embraced the 'new stuff.' This squadron has been lucky to have you because of that. This sense of drive and purpose, the sense of belonging to something bigger than yourself – Chief Robarts, you had a hand in that. Thank you for your service."

Chief Warrant Officer Stephen Bates is the incoming squadron chief, but is not

stranger to 413 Squadron, having been posted here in 2008 as a new search and rescue technician.

"To the Tuskers: every section in this squadron has contributed to my career, and kept me safe for seven years while I was here. Now, it's my turn to give back. I will continue to work for you as we continue to save people."

Vaino, as he wrapped his command tour with 413 Squadron, said, "I've done a lot of cool things in my years, but this, by far, is the coolest job I've ever done – bar none. Leading a group of people like this: there is nothing cooler, and I'm proud I was able to do it for the past two years. The email never stops, but you follow your heart and

do what you can to make it better. This place is unstoppable."

As a search and rescue squadron on a long range patrol-focused base, Vaino said any possible "tension" in the operational differences were negligible.

"This command and this base gets us. That support is sincerely appreciated, and it has a direct impact on the well-being of our folks."

Lieutenant-Colonel Greg Surek is the new 413 Squadron commander and, like Bates, is very much at home. Surek was posted here as a new navigator in 2002, and returned in 2017 as a flight commander and deputy commanding officer.

"This is a special place,"

Surek said. "SAR gets in your blood, it's a way of life and everyone in the squadron is crucial that – including our families and former Tuskers. We are the same as we were last month, last year; and we will continue to operate as one with our comrades at 14 Wing, and we will continue to conduct search and rescue."

14 Wing Command Colonel Brendan Cook presided over the day's ceremonies, and thanked the squadron and its leaders for "epic rescues, hundreds of smaller but no less significant calls – you found a way. You have a lot to be proud of, and the Royal Canadian Air Force and the Canadian Armed Forces have much to thank you for." →



413 (Transport and Rescue) Squadron outgoing Commanding Officer Lieutenant-Colonel Brent Vaino, left, and outgoing Chief Warrant Officer Kevin Robarts together present a gift to their squadron July 22, during their change of command and appointment, respectively, ceremony.

Corporal J. Fox, 14 Wing Imaging

knows how to handle tough times. Every day, you show that, and I'm amazed every time."

Vaino described the squadron as the most diverse in the Royal Canadian Air Force's history, starting from its

Second World War years in reconnaissance, air-rescue, anti-submarine and escort work; to aerial photography, fighters and search and rescue work over the years since.

Many squadron members have died in that time, and

their names are now inscribed on this damaged sheet of metal.

"This is something that touches the squadron every day, and it will be a place where all this sacrifice and our people are recorded." →

Aviation technician using art to uplift

Peter Mallett,
The Lookout

When Corporal Nicole Reid, 27, paints, each brush stroke on the canvas helps her blow off steam.

The aviation technician with CFB Borden's 400 (Tactical Helicopter) Squadron conducts maintenance and repairs on CH146 Griffon

helicopters and, while fulfilling, it can be stressful. Painting in her off-hours grew following a deployment to Mali in support of UN Mission Minusma in 2018.

"I found the tour in Africa highly demanding and difficult so, more and more, I really began to enjoy painting as an outlet for stress relief."

Life at the base finds its way onto her canvas, something she calls "slice of life" paintings.

The living room in her Residential Housing Unit is a makeshift art studio. Acrylic paint colours she selects are dependent on the mood she wants to convey.

"My overall intention is to capture the work we do and the people and faces behind it. My paintings aren't just about a helicopter, but the technicians who work day-in and day-out to make it safe to fly."

The Face of 400 Sqn was created in 2018, at the request of the then 1 Wing Kingston commander as a gift to the base. It hangs in the wing's main entrance and was her first commissioned work.

"It's an image of a technician who is working at the back of a helicopter during heavy maintenance on a Griffon," says Reid. "The commander had wanted a painting that truly captured what 400 Squadron does and it shows the chopper completely torn apart, so I felt it captured exactly what he wanted to see."

She has been mechani-

cally inclined since childhood

helping her father take apart and rebuild engines. Years later, she attended college where she studied automotive service and repair. She joined the army Reserves in 2009 shortly after visiting a recruiting booth at local summer fair. After transferring to the Royal Canadian Air Force in 2013, she trained at the Canadian Forces School of Aerospace Technology and Engineering.

"Since I tend to be an all-or-nothing type of person, I decided right then and there that the military was the career for me, and there was no turn-

back." There is great responsibility that comes with her current job. She is a technical authority for air worthiness of all the jobs she and her team complete. As a technical authority, she verifies and certifies the work of her colleagues.

"I enjoy being good at what I do and truly enjoy coming to work every day. Despite the physical and mental demands of this job, I am where I want to be and I wouldn't trade that for anything."

Art has been a life-long passion. She has no formal training, learning and honing her craft over time. She is one of many artists to join The Steel Spirit. Founded by former Paramedic Barbara Brown in 2017, the gallery features the artwork of military members, veterans, first responders and hospital practitioners.

"I didn't become a member just to have my art seen by other people, although that is truly a thrill," she says. "I love being involved with Steel Spirit because it enables me to meet other military members and veterans from all over with different backgrounds."

To view her paintings and for more information on The Steel Spirit, visit thesteelspirit.ca.

The Steel Spirit is always accepting new artists; contact thesteelspiritcanada@gmail.com. →



This painting was commissioned by a previous 1 Wing commander and portrays an aviation technician repairing a Griffon helicopter.

Submitted



Corporal Nicole Reid captures an air force maintenance team repairing a Griffon helicopter at 400 (Tactical Helicopter) Squadron in CFB Borden.

Submitted

COMPETITIVE AUDITIONS

for the Precision Dance Company will be held at our Melvern Square Studio, 165 Bridge Street, Melvern Square, N.S

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for Hip Hop Competitive Team placements with Cristin Gapasin

Tuesday, August 17th from 5 p.m. - 6:30 p.m.

for all other Competitive Team placements with Gwen Trombley

REGISTRATIONS for our Recreational, Ballet and Competitive Dance classes will be held on **Tuesday, August 24th and Wednesday, August 25th from 6 p.m. until 8 p.m.**

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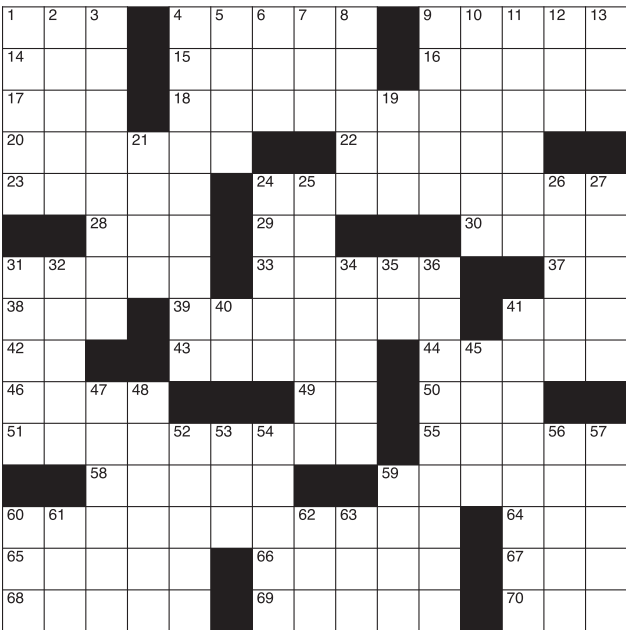
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianztinc.ca. Dated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

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crossword

solution page 7



- ACROSS**
1. Calls balls and strikes
 4. Turkish officer
 9. Repaired shoe
 14. Grass genus
 15. Small, sealed vial
 16. Primp
 17. Immoral act
 18. A tool to communicate
 20. Cumbles away
 22. Egg-like
 23. Districts (abbr.)
 24. Dressed
 28. Small island (British)
 29. Dialect of Chinese
 30. Force unit
 31. Borderlines
 33. Norse gods
 37. Morning
 38. Fiddler crabs
 39. Tell a story
 41. Consumed
 42. Atomic #58
 43. About old Norse poems
 44. Fencing swords
 46. One-time Tigers third baseman
 49. Southpaw (abbr.)
 50. Neither
 51. Conversations
 55. Distinctive manner or pronunciation
 58. Cyprinids
- DOWN**
1. Unhappy
 2. Silk fabric
 3. Unbroken view of a region
 4. Middle Eastern territory
 5. ...and Andy, TV show
 6. Central processing unit
 7. Department of Housing and Urban Development
 8. Midcentury newspaper columnist
 9. Weapon
 10. Delivered a speech
 11. Probably going to happen
 12. Midway between northeast and east
 13. Danish krone
 19. Synthetic resin (abbr.)
 21. Fall slowly in drops
 24. Bestow an honor upon
 25. Chidishly silly
 26. Related on the mother's side
 27. Populations of related plants
 31. Coherent
 32. Tribe of ancient Britons
 34. Financial firm
 35. Stephen King thriller
 36. Went in again
 40. Commercial
 41. Poking holes in the ground
 45. Prisoners of war
 46. Pursued pleasure
 48. 'Seinfeld' character
 52. Body of water
 53. Hovering vehicle (abbr.)
 54. People who utilize
 56. Nostrils
 57. Inner mass of some fungi
 59. Honor lavishly
 60. Midway between east and southeast
 61. Turn down
 62. Small round mark
 63. Expected at a certain time

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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.

Summer quilt show

August, the Paradise District Quilters display their quilts at the MacDonald Museum in Middleton. The museum is open Tuesday to Saturday, 10 a.m. to 4 p.m.

Furniture drive

To August 20, contribute to a furniture drive at <https://sokin-dregistry.org/registry/Portal>. The Portal Youth Outreach As-

sociation has purchased three homes for youth ages 16 to 24 experiencing homelessness or at risk of homelessness in Kentville, Windsor and Middleton. We are looking for new or gently used items in excellent condition. If you would like to "claim" a needed donation or "gift," click on the "Give this gift" button so we won't receive any duplicates. We will contact you with drop off information with-in two business days of receiving the notification. If you would like to give a monetary donation to put toward items not collected in the furniture drive, there is a spot for that.

Fair day

August 28, 11 a.m. to 3 p.m., the Knights of Columbus - Bishop Gallagher Council 6297 hosts a fair day at St. Monica's Church, Middleton. The public is welcome - bake sale, ice cream social, BBQ, corn boil, spin the wheel, fish pond, pin the cherry on the cone, balloons and more! This event helps the Knights of Columbus continue its support of veterans, long term care and local community charities. CO-



horoscopes

August 15 to August 21

ARIES - Mar 21/Apr 20

Try to dig a little deeper and not take things at face value this week, Aries. Some surprising elements that you may not initially recognize are just waiting to be discovered.

TAURUS - Apr 21/May 21

It's good to have a rich fantasy life to envision plans for the future, Taurus. Some of these ideas may come to fruition this week as you dig down deep into your creative side.

GEMINI - May 22/Jun 21

Avoid jumping to the conclusion that a romantic partner is looking to move on, Gemini. There may be another underlying factor at play that will soon come to light.

CANCER - Jun 22/Jul 22

Some major news is the catalyst that ignites the flame for your motivation to change, Cancer. You may find you're interested in volunteerism or another worthy project.

LEO - Jul 23/Aug 23

Enjoy time spent connecting with some new people this week, Leo. It is a fine time to branch out of your typical social circles and embrace new friendships with confidence.

VIRGO - Aug 24/Sept 22

You gravitate toward people who prefer to see life through rose-colored glasses this week, Virgo. Enjoy this optimistic outlook and make the most of it.

VID-19 protocols in place.

Yard sale

August 29, 9 a.m. to 2 p.m. 107 Valley Wing RCAF, 904 Central Avenue (upstairs), will hold its annual yard sale. Please wear a mask. Proudly supporting our local Air Cadets.

Ultimate frisbee

Wednesdays, 9 p.m., the Annapolis Valley Ultimate Frisbee League invites new and experienced players to weekly indoor games at the Credit Union Rec Complex in Kentville. \$10 drop-in fee. Details on Facebook.

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>. Reflect 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.

Food for Thought from the Upper Room Food Bank

During July, the Upper Room Food Bank in Kingston served 108 families, consisting of 183 adults and 133 children, with 14,530 pounds of product going out and 11,910 pounds coming in. The incoming total includes 845 pounds provided by the Feed Nova Scotia network and 1,190 pounds purchased with local cash donations. The remainder is from local food bank sharing and donations, including arrangements with several businesses.

Clients requiring service must call ahead to the food bank to arrange an appointment during operating hours. If calling outside of food bank office hours, leave a message. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers is allowed in the building. This limits personal contact, while also reducing waiting time for clients.

Please make every effort to call our staff early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait, and they will fit you in where they can. Realize that volunteers may also leave early when there are no more appointments or

clients waiting, but they don't want to miss anyone in need. We understand it is not always possible to call ahead, but clients will find the process easier with a scheduled appointment.

Volunteers have once again started garden plots in the Trinity Pentecostal Church's community garden. This will allow us to include some fresh produce to orders once they are harvested. There are several other projects in various stages of development which be announced as they are completed.

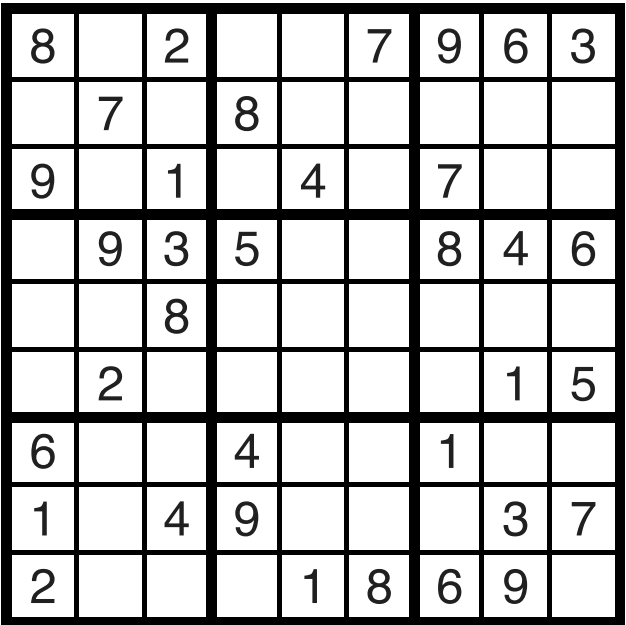
Donations continue to be accepted at the food bank located behind the library at 669 Main Street, Kingston (during open hours), or at the Kingston village office, 655 Main Street. Processing of donated food continues in accordance with directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted.

Summer hours are currently in effect until after Labour Day, with the food bank open Thursdays from 6 p.m. to 9 p.m. Appointments continue to be a requirement. The office number is 902-765-0303, or email upperroomfoodbk@hotmail.com. We may also be found on Facebook. ➔



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!



New lead at 14 CES

July 16 saw the change of command of 14 Construction Engineering Squadron, as Major Paul Morillo, seated left, took over responsibility for the unit from outgoing commanding officer, Major Michael Burris, seated right. The ceremony was attended by a small group due to COVID-19 restrictions, but was live streamed for the squadron, including its headquarters and a Reserve flight in Bridgewater, and to member flights in Pictou, Gander and Aldergrove, British Columbia. 14 Wing Greenwood Commander Colonel Brendan Cook, seated centre, presided, with Squadron Warrant Officer David Badcock, standing left, and Wing Chief Warrant Officer Jonathan Proulx in attendance.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

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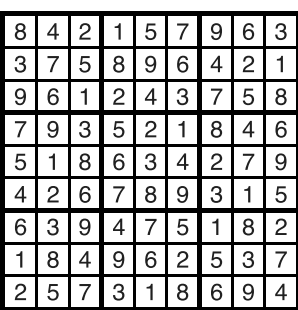


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crossword solution



sudoku solution



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Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 BINGO 1:30 p.m.	2	3	4 Veteran Social 10 a.m.	5 *VON Foot Clinic	6 Fun darts 7 p.m. for members & guests, only \$5	7 <i>Meat Draw</i> <i>Chase the Ace!</i>
8 BINGO 1:30 p.m.	9	10	11 Veteran Social 10 a.m.	12 *VON Foot Clinic	13 Fun darts 7 p.m. for members & guests, only \$5	14 <i>Meat Draw</i> <i>Chase the Ace!</i>
15 BINGO 1:30 p.m.	16 EXECUTIVE MEETING 7 p.m.	17	18 Veteran Social 10 a.m.	19 *VON Foot Clinic	20 Fun darts 7 p.m. for members & guests, only \$5	21 <i>Meat Draw</i> <i>Chase the Ace!</i>
22 BINGO 1:30 p.m.	23	24	25 Veteran Social 10 a.m.	26 *VON Foot Clinic	27 Fun darts 7 p.m. for members & guests, only \$5	28 <i>Meat Draw</i> <i>Chase the Ace!</i>
29 BINGO 1:30 p.m.	30	31	You can now support the Kingston Legion by buying 50¢ tickets on-line at: www.ruffbox.ca/ruffbox . • Remember to select in support of: Kingston Br.98 Are you a Veteran? Are you releasing from the Canadian Armed Forces? Join us at 1:00 each Wednesday morning in the lounge at the Kingston Legion. Have a coffee and a snack & meet other Veterans. Hosted by RCL Branch 98 and the Greenwood MFRC.			

*To book an appt. with the VON foot clinic, you must call 1-800-411-9646

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Thunder summer ends with league banner

Valley Thunder Lacrosse wrapped a hybrid 2021 season August 10 at the Credit Union Centre in Kingston, a chance to celebrate a league championship for one team, league skills contest winners - and challenge coaches, parents and alumni players with some just-for-fun scrimmages.

The box lacrosse season was entirely lost to COVID-19 in 2020, and shifted from its typical April to end-June season this year with the return of public health activity restrictions mid-spring. Valley Thunder resumed practices at the 14 Wing Greenwood outdoor ball hockey courts in late June, and was back in the rink the first of July, readying for the return of the first league games since June 2019.

Valley Thunder plays in the Scotia Minor Lacrosse League with the Pictou County Snipers and the Truro Bearcats. The Cape Breton Warriors stepped out of play this season to focus on local development, and the three clubs proceeded with a four-on-four, age division adjusted schedule of six regular season games and a play-off finals weekend August 7 and 8 at the Hector Arena in Pictou.

Valley's U13 team opened the championship weekend with a 6-4 loss to the Bearcats, but came back with an amazing, season-ending 2-1 win over the league-leading, undefeated Snipers with just five runners and their goalie. This game was definitely the game of the weekend, as the Valley athletes exhausted themselves

to cover the four-on-four shifts with only the one spare on the bench. The Bearcats went on to win the division banner August 8 over the Snipers.

The U17/ Intermediate Valley team won their weekend opener 11-3 August 7 over the Snipers, saving them a second same-day game and pitting them in an August 8 match against the Bearcats. Valley won this game 5-2, taking back-to-back championships – if you skip the lost 2020 season in the stats!

August 7, the SMLL hosted an age division skills competition, and Valley athletes won several categories. Congratulations to Alex Wenckowski, winner of the U13 breakaway award; Garrett Gaulton, the U17/ Intermediate division's fastest runner; and Adam Coyle, the winning U17/ Intermediate breakaway goalie.

Valley Thunder Lacrosse offers youth box lacrosse from U6 to Intermediate, in a typical April to end-June season, out of the Kingston arena. Watch for winter programming, including open try-its and development sessions, as we reset for the 2022 season. The club hosts the largest box lacrosse tournament, the Apple Cup, in Atlantic Canada on the first weekend of June. Athletes, coaches, officials and administrative volunteers are always welcome. Find out more on Facebook at Valley Thunder Lacrosse or valleythunder. goalline.ca, and follow us @ ValleyThunder LX on Twitter and valleythunderlacrosse on Instagram. ➔



The U17/ Intermediate Valley Thunder Lacrosse team won back-to-back Scotia Minor Lacrosse League championships August 8 in Pictou, defeating the Truro Bearcats 5-2 – if you skip the lost 2020 season in the stats!

C. Webster



August 7, the Scotia Minor lacrosse League hosted an age division skills competition as part of its championship weekend in Pictou, and Valley athletes won several categories. Congratulations to Alex Wenckowski, left, winner of the U13 breakaway award; Garrett Gaulton, centre, the U17/ Intermediate division's fastest runner; and Adam Coyle, the winning U17/ Intermediate breakaway goalie.

L. Holloway

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