



ASAREX21: Progress with SAR partners

**Captain Mike Duncan,
413 (Transport and
Rescue) Squadron**

413 (Transport and Rescue) Squadron doesn't get out of town too often.

When we do, every opportunity is taken for training, preparing for the time we have to do something similar on an actual rescue call.

One of the most anticipated international exercises for the squadron happened from July 26 to 30. ASAREX21, an advanced search and rescue exercise hosted by the Portuguese Air Force, saw military units from Canada, the United States and Portugal, together with many civilian agencies; working together in multiple training scenarios in the Azores, the autonomous region of Portugal barely closer to Europe than Canada. The event combines realistic training with many partners, as well as an opportunity to share knowledge and experience. While COVID-19 precluded a large-scale exercise in 2020, the Portuguese Air

Force was eager to bring together international search and rescue partners in 2021.

After several months of planning, with many precautions in light of COVID-19, 413 Squadron sent a CC130H Hercules with 19 crewmembers, including aircrew, logistics and maintenance personnel. Other air units working on the exercise included the United States Coast Guard and Air National Guard: each sent an HC130J and crew. The Portuguese Air Force contributed its P3C Orion, a C130H Hercules, a C295 and an EH101 Merlin helicopter.

While some activities were subdued due to pandemic restrictions, the overall objective remained in clear focus: "joint interoperability training throughout the execution of a vast range of SAR scenarios, facing day and night operations." Four scenarios were staged, of which 413 Squadron joined three, including a simulated transatlantic airliner crash, a ferry on fire and a small plane



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M. Gascalheira, Força Aerea Portuguesa

crash on shore.

Other normal parts of the exercise were scaled back due to the ongoing pandemic, including many of the normal interactions between various groups. This did not stop 413 Squadron from sharing lessons learned, notably about our major case earlier this year, the Atlantic Destiny. CH149 pilots Captain Malcolm Grieve and

Captain Jeremy Appolloni presented the case overview from different perspectives, as they were the aircraft commanders for both of our helicopters involved. The relevance of this particular case was key: Grieve and Appolloni presented immediately before the exercise scenario of the passenger vessel on fire, to maximize the value for the SAR audience.

413 Squadron was proud to represent Canada and the Royal Canadian Air Force with both its SAR capabilities and professional conduct or members. When

the call comes, squadron members know they will be able to work with international partners. The squadron motto, "That Others May Live," knows no boundaries. Resgatado! ➔



Making room for Myotis bats’ activity



Nicole LeBrun, a 14 Wing Greenwood Wing Environment technologist, preps the setup of a wildlife acoustic sensor.

Sara White,
Managing editor

For little bats facing big survival challenges, 14 Wing Greenwood efforts to support an identified Species at Risk may be making a difference.

A suspected Northern Long-eared Myotis – or Little Brown Myotis – has been spotted twice in recent days “hanging about” on base. Once spotted, temporary barriers were set up around the spot the bat was roosting in, and stayed there until it went on its way.

In 2018, the wing launched a five-year bat-monitoring program, setting up sensors and a sound recorder to detect any local movement of three protected species

on Department of National Defence property. The first sensors were set up in Greenwood; in 2019, the Wing Environment office monitored the Granville Ferry range and, this summer, the devices are set up at 5th Canadian Division Support Base Detachment Aldershot.

“This bat sighting – usually, it’s just because the bat stopped, maybe just overnight or a few days – it would just be a roosting spot, and its home would be elsewhere,” says Alan Ng, Wing Environment officer. “He does seem to be a regular.

“Leave it alone – bats, they’ll move along. They’re probably more scared of us than we are of them.”

14 Wing’s Species at Risk



A Little Brown Myotis (Myotis lucifugus) or a Northern Myotis (Myotis septentrionalis) has visited 14 Wing Greenwood several times in recent weeks. All precautions are being taken to keep this identified species at risk safe as it snoozes.

Program’s success relies heavily on everyone’s sighting reports. If you see a bat roosting or active on DND property, contact Wing Environment at 902-765-1494 local 5032, 902-760-0236 or alan.ng@forces.gc.ca. →

The Species at Risk (SAR) Act is designed to prevent wildlife species in Canada from disappearing, to provide for the recovery of wildlife species that are extirpated (no longer exist in the wild in Canada), are endangered, or threatened as a result of human activity; and to manage species of special concern to prevent them from becoming endangered or threatened. Species at Risk have legal protection: it is illegal to kill, harm, harass, capture or take a species at risk.

As one of the largest federal landowners, the Department of National Defence has the responsibility to strike a balance between protection and operational capabilities. In some cases, operational capabilities actually provide unique habitats for SAR, and 14 Wing Greenwood is no exception. Multiple locations at the wing provide suitable habitat for three bat SAR from the Myotis family: the Little Brown Myotis, the Northern Long-eared Myotis and the Tri-colored Bat.

The Myotis bats’ name means “micro” bat because of their small size: all three species weigh, on average, just 7.4 grams (a golf ball is 45.93 g). Canada accounts for approximately 50 per cent of the global range of these bats. Sadly, this family has been devastated by White-nose Syndrome, a fungal disease caused by an introduced pathogen that only affects bats. This disease was first detected in Canada in 2010 and, since then, has caused a 94 per cent overall decline in known numbers of hibernating Myotis bats in Nova Scotia, New Brunswick, Ontario and Québec.

Bats are predators of insects, some of which are considered pests, providing an important service to us.

Maritime calls keep SAR crews busy

August 11, just after 4 p.m. the Halifax Joint Rescue Coordination Centre tasked a 413 (Transport and Rescue) Squadron response for a reported possible aircraft crash approximately 60 nautical miles west of Bathurst, New Brunswick. Cormorant Rescue 907 was airborne at 4:33

p.m., while Hercules Rescue 344 was airborne at 4:51 p.m. Around 8 p.m., one individual aboard the downed aircraft was located and transported to hospital. R907 stopped to refuel in Bathurst and returned to 14 Wing Greenwood just before 10 p.m. R344 was re-tasked on a search in the

Northumberland Strait to search in the vicinity of an abandoned boat. The owner was contacted and reported the boat had accidentally drifted away. R344 landed in Greenwood at 7:51 p.m.

August 14, between 5 p.m. and 5:30 p.m., both Cormorant Rescue 907 and Hercules

Rescue 333 departed 14 Wing on a medevac response 100 nautical miles southwest of Yarmouth, as a patient on a vessel was experiencing cardiac symptoms. The individual was retrieved, and transported to Shearwater in the helicopter just after 9 p.m., then by ambulance to

Dartmouth General Hospital. Rescue 907 landed at 14 Wing around 10:30 p.m.

In the meantime, Rescue 333 continued on to provide medical assistance to a casualty on board a boat 100 miles south of Yarmouth, returning to Greenwood just after 8 p.m.

August 17, both a Cormorant and Hercules were tasked to investigate an EPIRB signal emitting near Egmont Bay, Prince Edward Island, approximately 30 nautical miles west of Summerside. Both aircraft arrived on scene, the beacon successfully located, with no sign of distress. →

bravo zulu | promotions & presentations



June 30, Aviator (Trained) Dusty Lewis, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Justin Tompkins, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Mathieu Leblanc, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Justin Hayes, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Daniel Arseneault, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Aviator (Trained) Eric Fraser, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Corporal Yannick Tardiff, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Corporal Aaron Marks, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Stuart Knox, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Kyle Morris, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Sergeant Matthew Pittman, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Corporal Ryan Nason, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Corporal Yves Gravel, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Sergeant Jason Hume, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Warrant Officer Edmond Delorme, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



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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.



The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcaf-arc.forces.gc.ca

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 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

Stick by stick ACS tech’s pandemic project an exercise in patience, precision

Sara White,
Managing editor

As far as a pandemic project goes, Corporal Francis Ross’ creation demonstrates the patience and time for detail all that 2020 time at home allowed. He always wanted to build a model of an A10 Warthog, his favourite aircraft, but he knew it would take a massive amount of time.

“And it was,” he admits. “Right at the start of the pandemic in March 2020, I dragged my piece of plastic up on the kitchen table, with all the little squares marked on it for scale, and started. It was on the kitchen table for months – boys oh boys, time.... It sat on the table, then on a stand. I’d work on it for 15 minutes and then have to leave it to let the glue dry.” Ross used hundreds of wooden popsicle craft sticks, white glue, bits of wood and toothpicks, and even the springs from inside ballpoint pens to act as wheel shocks. There are moving parts – the wheels, the engine compression blade, a chute pack compartment at the plane’s tail end; and openable hatches where you can peek in and see the engine parts he crafted. He may have spent \$100.

“I have it all in proportion – except, if you really look at it, the wing span is a bit too wide. I had to add the wing tips, and it would have been too much to get that length back and the wood all tapered.”

There should likely also be a three degree cant on the wings – but we’ll forgive him!

“These are just some of the



Corporal Francis Ross, an aircraft structures technician, spent his off hours during a pandemic 2020 keeping his hands busy. He thought out how to scale and build this A10 Warthog from scratch, using hundreds of popsicle sticks, white glue, bits of wood and toothpicks - even the springs from inside ballpoint pens to act as wheel shocks.

S. White

things I’ve noticed – it’s as accurate as I could make it with wood. And, really, it’s still not done – I’m thinking of weapons systems, making bombs and missiles for it so it’s fully loaded. And then, maybe I’ll hang it from the garage ceiling when it’s done.”

Ross, who’s spent the last 13 years at 14 Wing Greenwood,

is an aircraft structures technician. As the pandemic took hold in 2020, he was working at 14 Air Maintenance Squadron. He only spent a few initial days of the first lockdown at home, and then worked all the way through 2020’s upheaval. He was even a member of the wing’s Operation LASER team, several dozen personnel tasked

to train and be on call in case of need anywhere across Canada. He’s most recently transferred to 405 (Long Range Patrol) Squadron.

“I grew up loving this plane – the Warthog. It was specifically designed for air support for ground troops. It’s not a multi-purpose aircraft: it just had one job.”

Ross grew up in West Gore, Nova Scotia, and spent time as a kid attending every air show possible, at the small Stanley airport or Greenwood. He’s got all kinds of aviation books and aircraft spec guides, but that’s not a surprise.

“I grew up doing artist things, and then I was a machinist and welder before I got into the

military and became an ACS tech. I like sewing (you should see the upholstered seat on the homemade soapbox derby car in his living room, outfitted with a gaming console). I love working with my hands, and always have lots of little projects on the go. This Warthog was one just to keep my mind occupied, and it was fun.” ➔

La famille fait partie intégrante du succès des FAC

Gregory A. Lick,
L’ombudsman de la
Défense nationale et
des Forces armées
canadiennes

Il est facile de constater le rôle vital que jouent les Forces armées canadiennes (FAC) pour assurer la sûreté du Canada. Les familles sont une importante source de soutien et de force pour les militaires des FAC et font partie intégrante de notre réussite militaire. Elles doivent aussi faire face à des difficultés et faire des sacrifices, comme les militaires qui s’enrôlent et servent leur pays.

Les familles servent de système de soutien aux militaires qui vivent les difficultés propres à la vie militaire. Mon bureau est le seul mécanisme de recours officiel offert aux familles pour les questions liées au ministère

de la Défense nationale (MDN) et aux FAC – et nous prenons ce rôle très au sérieux. Nous écoutons les préoccupations des familles militaires par une panoplie de moyens, y compris en administrant notre ligne téléphonique sans frais et en menant des enquêtes sur des enjeux complexes. Nous pouvons aider les personnes à remettre un processus sur les rails et veiller à ce que les membres des familles soient traités équitablement par le MDN et les FAC.

Nous aiguillons les familles militaires vers les ressources offertes et nous mettons régulièrement à jour le contenu de notre site web et de nos médias sociaux, afin d’aider les familles à naviguer dans le système complexe du MDN et des FAC. Nous espérons ainsi les aider à comprendre leur admissibilité aux prestations et services.

Lorsque nous constatons qu’un problème semble être de nature systémique, nous étudions la possibilité de mener une enquête approfondie sur la question. Nous produisons des rapports publics avec, au besoin, des recommandations à l’intention du ministre de la Défense nationale, et publions ensuite dans notre site web des rapports de suivi de la mise en œuvre de ces recommandations. Les recommandations contenues dans nos rapports visent à apporter des changements positifs durables au profit de la communauté de la défense.

En 2013, nous avons publié notre premier rapport sur les familles, intitulé « Sur le front intérieur : Évaluation du bien-être des familles des militaires canadiens en ce nouveau millénaire ». Ce rapport portait sur le rôle vital joué par les familles militaires. Nous

avons fait 18 recommandations sur des enjeux comme l’emploi continu des conjoints des militaires, l’accès au logement et aux soins de santé et le bien-être financier à court et long terme. Au fil des ans, nous avons travaillé étroitement avec le MDN et les FAC pour mettre en œuvre ces recommandations. Le suivi de la mise en œuvre des recommandations se trouve dans notre site web.

L’an dernier, nous nous sommes penchés sur les problèmes qui concernent les membres de l’équipe de la défense et leurs familles qui sont affectés à l’extérieur du Canada (OUTCAN). Toute mutation, au Canada comme à l’étranger, peut perturber et peser sur les familles militaires, donnant lieu à de nombreuses difficultés liées à la réinstallation. Une affectation OUTCAN permet

aux participants d’acquérir des compétences et une expertise uniques. Elle permet aussi au personnel et aux familles de vivre une expérience dans un pays étranger. Cependant, l’expérience OUTCAN est parfois assortie de problèmes uniques auxquels les participants ne sont pas préparés. Nous avons hâte de recevoir une réponse officielle du MDN/ des FAC à nos 13 recommandations.

Au cours de la prochaine année, nous entamerons notre prochaine enquête systémique qui portera sur les affectations pour motifs personnels. Les militaires et les familles des FAC vivent des difficultés uniques résultant des réinstallations fréquentes, qui font partie du mode de vie militaire. Ils doivent maintenir leur mobilité et pouvoir partir en déploiement en tout temps. Des circonstances exception-

nelles peuvent toutefois limiter temporairement la capacité d’une famille de déménager. Dans ces situations personnelles souvent éprouvantes, on accorde une considération spéciale aux militaires, au terme d’un processus d’approbation administratif précis. Il est important que la politique et le processus en vigueur pour soutenir les militaires en ces périodes difficiles soient le plus efficaces possible.

Nous avons tous intérêt à ce que la communauté de la défense soit heureuse et en bonne santé – et un soutien adéquat aux familles y contribue. Si vous croyez avoir reçu un traitement inéquitable ou si vous avez des questions sur un de nos rapports, vous trouverez de l’information sur notre bureau au ombuds.ca.

Nous sommes prêts à vous aider. ➔

Families integral to CAF success

Gregory A. Lick,
National Defence and
Canadian Armed Forces
Ombudsman

We hope this helps them better understand their eligibility for services and benefits.

When issues arise that appear to be more systemic in nature, we consider an investigation to dive deeper into the issues. We produce public reports with recommendations to the Minister of National Defence, as necessary, and follow up with progress reports on our website. The recommendations made in our reports are intended to bring long-lasting positive change to the defence community.

In 2013, we released our first report on families, “On the Homefront: Assessing the Well-being of Canada’s Military Families in the New Millennium.” This report focused on the vital role played by military families. We made 18 recommendations to address issues such as continuous employment for military spouses, access to housing and healthcare as well as long- and short-term financial well-being. Over the years, we have worked closely with the DND and the CAF to implement these recommendations. Our progress report is available on our website.

Last year, we looked at issues affecting defence team personnel and their families posted outside Canada (OUTCAN). All postings, whether

within Canada or international, can disrupt and put strains on military families, triggering many challenges when they must relocate. An OUTCAN posting allows participants to develop unique skills, knowledge and expertise. It also provides personnel and their families with the opportunity to live in a foreign country. However, there can be some issues unique to the OUTCAN experience for which they were not prepared. We look forward to a formal response from the DND/ CAF to our 13 recommendations.

In the coming year, we will begin our next systemic investigation, which will look into compassionate postings. CAF members and their families experience unique challenges resulting from frequent relocations, part of the military lifestyle. They must remain mobile and able to deploy at all times. Exceptions may arise that temporarily limit a family’s ability to move. In these often challenging personal circumstances, special consideration may be granted following a specific administrative approval process. It is important the policy and process in place to support members during these challenging times does so, to the fullest extent possible.

We all have an interest in

a happy and healthy defence community - and part of that is a well-supported family. If

you feel you have been unfairly treated or have questions on any of our reports, more infor-

mation on our office is available at ombuds.ca.

We are ready to help. ➔

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flyer delivery

Notice to 14 Wing Greenwood Residential Housing Unit occupants

Weekly delivery of flyer packages is coordinated by Valley Flyer Services. If you have comments about delivery or need to hold or stop delivery, please contact 902-678-9217.

the Aurora



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), 14e Escadre 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.

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.

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, bal-

loons and more! This event helps the Knights of Columbus continue its support of veterans, long term care and local community charities. COVID-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.

Bottle drive

September 22, 11 a.m. to 1 p.m., 14 Wing Greenwood Military Police National Motorcycle Relay volunteers will host a bottle drive in support of the Military Police Fund for Blind Children in the VP International parking lot on Pathfinder Drive, just before the 14 Wing main gate. Please remove all caps from bottles prior to donation.

Berwick Girl Guide welcome event
September 22, 6:30 p.m. to 7:30 p.m., Berwick Guiding will host an open welcome event at Carol's Place (Cottage Street, Berwick – by tennis courts parking). Families: gather unit

information for Sparks, Brownies, Guides and Pathfinders; fill out the health and COVID-19 forms, pay the \$50 unit dues and ask questions about unit activities. Girls: bring a friend for an hour of wide games. Dress for the weather: if we can't play in the park, we'll have some craft stations under cover. Potential volunteers: find out how you can get involved as a Guider or resource person. For info on registration and unit timings in your community, visit the unit finder map at girlguides.ca.

Drive thru turkey supper

September 23, 4:30 p.m. to 6 p.m., the Three Rivers Community Centre, 41 Messenger Road, hosts a drive thru turkey dinner with all the trimmings, plus dessert. \$12 per dinner: pre-order yours now by calling Donna, 902-760-2471. Quantities are limited. For information, check out our Facebook page.

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 fund-raiser

The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/ 50 fund-raiser. 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.

RCAF Association events

The 107 Royal Canadian Air Force Association hosts many social activities, including darts, washer toss, dances, dinners, bingo, TGIFs and friendly conversation. Many of these events are open to the public. Drop by and see us: 904 Central Ave, Greenwood.

Alcoholics Anonymous
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.

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 apprenticeship 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.

Hall rental

The South Berwick Community Hall, 4518 Highway 1, has community rental availability for meetings, social events and programs. For details, contact Sara, cskreddy@hotmail.ca.

Knit/ crochet club

Wednesdays, 1 p.m. to 3 p.m.: knit or crochet with 7Arts. Join the Yarn 'n Yabbers Club. \$5 drop in with your project, or \$10 all supplies provided. Pre-register at FB page arts2 @yarnnyabbersclub.

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.

Ask the expert: safer fun in the sun

Dr. Darrell Menard

Q: My job requires me to be outside a lot, and I also enjoy fishing, golfing, cross-country skiing and walking. Several months ago, my partner discovered a spot on my back. The spot was removed and, fortunately, showed no evidence of cancer. This incident gave me quite a scare and my physician has strongly encouraged me to be more careful in the sun. Would you provide me and others with some advice on how to enjoy the sun more safely? - Outdoor Alex

A: Dear Alex: glad to hear you did not have skin cancer. Most people enjoy spending time in the sun but, like many things in life, too much of a good thing can be harmful to one's health. Being exposed to too much sun can lead to problems, such as sunburns, cataracts, premature skin ageing and skin cancers. This doesn't mean you need to become nocturnal and only venture out at night; however, you should try some strategies to reduce your risk of sun-

STRENGTHENING THE ENERGISER LES FORCES

related damage.

When you go out into the sun, make a habit or routine out of the following, to help you enjoy your time in the sun more safely:

- Reduce the amount of time you spend in the sun, especially between 10 a.m. and 4 p.m., when the sun is the most intense.
- Be aware water, snow, sand and concrete all reflect light and increase your risk of sun damage.
- Use a water-resistant, broad-spectrum sunscreen, which protects against both ultraviolet A and B, with a sun protective factor (SPF) of at least 30. Generously apply your sunscreen and reapply every two hours, after a swim or more frequently if you sweat a lot.
- Wearing a wide brimmed hat will protect your eyes, as well as the skin on your head, neck and face. Wearing sunglasses or eyeglasses with ultraviolet

protective lenses reduces the risk of sun damage to your eyes.

Wear clothing that covers as much of your skin as possible; ultraviolet rays from the sun can even penetrate through clouds. This is particularly important from April through September.

When it comes to tanning, fake it, don't bake it! Sunless tanning creams will give you that bronzed look without the skin damage.

Avoid getting sunburnt. A history of five or more sunburns doubles your risk of malignant melanoma.

Pay attention to the Canadian Daily UV Index Forecast. It tells you how intense the sun will be on any given day. In Canada, the UV index goes from 0 to 11+. The higher the number, the higher the risk:

- * 0-2 – low risk
- * 3-5 – moderate risk

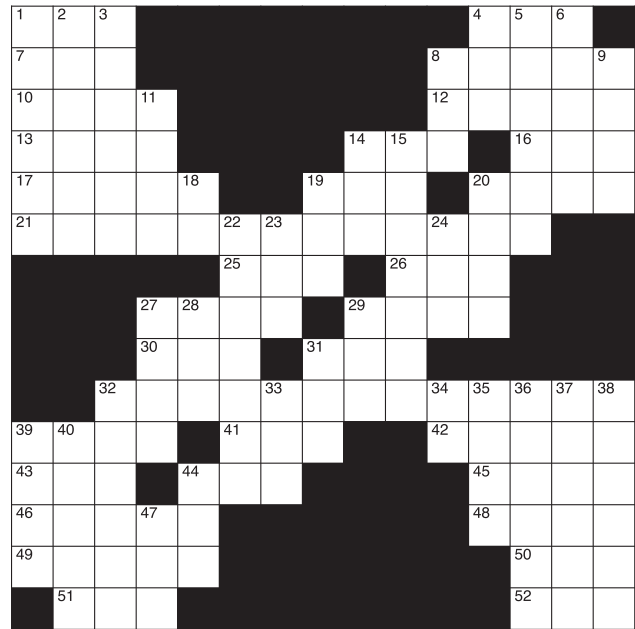
- * 6-7 – high risk
- * 8-10 – very high risk
- * 11+ - extremely high risk

The bottom line: while sunshine is essential to the functioning of our planet, too much sun exposure can harm you and your loved ones. The good news is, using the above strategies will allow you to be safer while you have fun in the sun. Exercise is medicine! →

Menard is the surgeon general's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living. Strengthening the Forces is the CAF/DND's healthy lifestyles promotion program, providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

crossword

solution page 7



ACROSS

- Midway between east and southeast
- Sun up in New York
- Japanese honorific
- Czech name for Prague
- Ochochino's first name
- Steep cliffs (Hawaiian)
- Scots word for 'home'
- Upper class young woman (abbr.)
- Monetary unit of Albania
- Raise
- Drain of resources
- Uncultured, clumsy persons
- Hikers use them
- Retrospective analysis (military)
- Tibetan form of chanting
- Influential European statesman
- Soluble ribonucleic acid
- Monetary unit of Romania
- Round green vegetable
- Well acquainted with
- Ribosomal ribonucleic acid
- Basics
- 'The Godfather' actress Keaton
- Snakelike fish
- Tall deciduous tree
- Russian river
- Long Balkans river
- Ancient Greek coin
- Senegal's capital
- Snout
- Low bank or reef of coral

DOWN

- Abstain from
- Vast desert in North Africa
- Cover the crown of a tooth
- A major division of geological time
- Urban center
- Crook
- Parts per billion (abbr.)
- Questions
- A pack of 52 playing cards
- Recording of sound
- Pithy saying
- Atomic #22
- Soviet Socialist Republic
- Plant with ridged seedpods
- Innate
- Investigative body for Congress (abbr.)
- Soda receptacle
- Spanish stew: ___ podrida
- Viet Cong offensive
- Large body of water
- Beginning military rank
- Dissimilar
- Counteroffensive system (abbr.)
- Shows who you are
- Chinese dynasty
- Type of verse
- African nation
- Quite
- Former Bucks star Michael
- Showed again
- Body part
- Steal

horoscopes

August 22 to August 28

ARIES - Mar 21/Apr 20

Attempt to break down any barriers you have built up around yourself, Aries. It's time for a fresh perspective and you can dive head first into new opportunities.

TAURUS - Apr 21/May 21

There is something magical in you that needs to come to life, Taurus. In the next few weeks you will develop a plan to put major changes into action with the help of a few others.

GEMINI - May 22/Jun 21

Gemini, you may feel on top of the world at the beginning of the week and then out of sorts by the weekend. It is okay to go through a range of emotions.

CANCER - Jun 22/Jul 22

Cancer, the stars are offering an opportunity to make some major changes in the days to come. Hop on board with ideas that come your way.

LEO - Jul 23/Aug 23

You are rarely one to sit back and avoid the limelight, Leo. This week presents yet another opportunity to step up and make your voice heard. Take a leap of faith.

VIRGO - Aug 24/Sept 22

While life may have been difficult in the past weeks and months, a breath of fresh air is blowing in new opportunities for you, Virgo. See which direction you are headed in.

LIBRA - Sept 23/Oct 23

There could be some important news coming your way this week, Libra. However, it may not be as obvious as opening up a newspaper or reading a letter. Keep your eyes open.

SCORPIO - Oct 24/Nov 22

An influx of money could bring about a lot of changes in your life, Scorpio. Speak with a financial planner regarding how to utilize these funds in positive ways.

SAGITTARIUS - Nov 23/Dec 21

Renew your dedication to the path in front of you as it pertains to selfless endeavors, Sagittarius. Perhaps you can increase your volunteerism efforts.

CAPRICORN - Dec 22/Jan 20

Capricorn, you are inspired to change, but you may not know which path to take. Get some advice from others and you will find a suitable path.

AQUARIUS - Jan 21/Feb 18

Cast a wide net into a pool of potential friends and you're bound to grab a great catch, Aquarius. It is time to widen your social circles and learn a few things along the way.

PISCES - Feb 19/Mar 20

Pisces, set your sights high this week and you may be surprised at what you can accomplish. Projects may be completed quickly.

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sudoku

solution page 7

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

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!

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crossword solution

E	S	E				E	D	T
S	A	N				P	R	A
C	H	A	O			P	A	L
H	A	M	E			D	E	B
E	R	E	C	T		S	A	P
W	A	L	K			N	O	T
						A	A	R
						G	A	R
						S	R	N
						L	E	U
						P	E	A
						U	L	T
R	R	N	A		A	B	C	
E	E	L				I	L	M
D	R	I	N	A				
D	A	K	A					

sudoku solution

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

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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.

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Museum volunteers recognized for creative, committed contributions

July 29, 14 Wing Greenwood Commander Colonel Brendan Cook visited the Greenwood Military Aviation Museum to recognize the contributions of two museum volunteers to the programs, displays and heritage of aviation, missions and personnel at CFB Greenwood.

Cook presented a Commander's Commendation to Dan Daigle for diverse and challenging contributions to the Greenwood Military Aviation Museum.

For the past 10 years, Daigle has served as the team leader for the Bolingbroke restoration project. Throughout, he has provided strong leadership to his team, ensuring the quality of the final product. His work on the nose section was particularly outstanding: for the cockpit, he fabricated from scratch the control column and many unavailable, missing parts. The result is a cockpit, complete in every way, as per

the original. He built a metal stand to hold the Bolingbroke's nose section, used to transport the nose to various events in the Valley to advertise the GMAM and which will be used in the future to transport the second Bolingbroke nose once it has been restored.

Daigle built the large Beau-fighter model visitors see upon entering the GMAM, from scratch and without the benefit of plans. He researched the aircraft to accomplish this feat. He also designed, scrounged parts and built the "oven" the GMAM uses to form plexiglass bubbles to great effect for the museum's Lancaster and Bolingbroke projects, which has since generated interest worldwide. The GMAM has obtained numerous items in trade for bubbles produced on site.

Daigle is the museum's technical adviser, instrumental in maintaining the aircraft



Dan Daigle, right, was presented with a Wing Commander's Commendation July 29 by 14 Wing Greenwood Commander Colonel Brendan Cook for his volunteer work at the Greenwood Military Aviation Museum.

Sailor 1st Class J. Morris, 14 Wing Imaging

in the air park. For example, he repaired cowlings on the Challenger and Hercules, fixed the rudder on the Arcturus and the port aileron on the Argus, researched the best paint and process to use for the Lancaster and painted the tail portions during the aircraft's conversion to its Second World War configuration: Daigle is one of the few volunteers who has worked outside in hot

summer conditions painting the GMAM's aircraft. He has worked on the Dakota, H44 and Lancaster.

Daigle also designed and built the stand for the museum's T56, and is currently helping with the engine's gearbox display.

Cook presented a Wing Commander's Coin to Bert Campbell, another long-standing volunteer with the GMAM



Bert Campbell, right, was presented with a Wing Commander's Coin July 29 by 14 Wing Greenwood Commander Colonel Brendan Cook for his volunteer work at the Greenwood Military Aviation Museum.

Sailor 1st Class J. Morris, 14 Wing Imaging

who joined upon retiring as the museum's general manager in 2008.

Campbell has volunteered for a number of the tedious, "non-glamorous" jobs that have to be done around the museum. He has been the museum society's secretary for years, was instrumental in setting up and administering the museum's website and Facebook page, digitized

thousands of the station/ base/ wing's historic old photographs, provided inputs into several of the interior displays; designed the museum's brochures and took on the job of society administrator after the incumbent suffered a stroke.

Campbell is a volunteer with a most positive attitude when it comes to supporting everything involved with the GMAM. ➔

AVRL fundraising challenge continues anti-racism action

In October 2019, the Annapolis Valley Regional Library (AVRL) received a two-year grant from the Anti-Racism Action Program for a twofold project: relationship building and education. Using the principles of the Truth and Reconciliation Calls to Action and the guiding themes of the Nova Scotia Culture Action Plan, "Moving Through" incorporates Indigenous ways of knowing and doing to the development of programs, library spaces and collections; and to foster better relationships with the three First

Nations communities in our service area – Annapolis Valley, Bear River and Glooscap. This grant ends March 31.

Janet Ness, AVRL board chair, has proposed AVRL continue the work by starting a fundraising campaign.

"This campaign raises funds to allow AVRL to continue this work, thereby honouring the families and survivors of residential schools in our area. This campaign is our contribution, as settlers, to make amends, and to build relationships with our Mi'kmaq neighbours."

The campaign challenges board members and library partner municipal units to donate \$215, or any amount

they are comfortable with, to honour the children found in Kamloops and to support the library's efforts to continue

this important work. Members of the public are invited to contribute as well.

Your donation may be made

via Canada Helps and is tax deductible. A link to the online donation site is on the AVRL website, valleylibrary.ca. ➔

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~ A Celebration of Life ~

A Celebration of Life is planned for **Olga Backman** on Sunday, August 29, 2021 from 1-4 p.m.. Drop-in when it suits at the family's home under a tent at 898 Beaver Street, Greenwood.

The family warmly welcomes all who would like to come and celebrate the beautiful life of our dear mom with lots of story telling, laughter and coffee - just the way she would have wanted it.

Respectfully only fully vaccinated friends welcome.



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