



the Aurora

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SEPTEMBER 20, 2021 NO CHARGE

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September 11, Colonel Tom Goldie, left, and Wing Chief Warrant Officer Jonathan Proulx, right, with 2021 Combined Charities chair 2nd Lieutenant Heyang Gao; made a symbolic cheque presentation of \$21,000 to 29 recipient charities to wrap the 2020 campaign and launch the 2021 campaign. Combined Charities is 14 Wing Greenwood's localized National Workplace Giving Program, and goes by the theme, "Locally, we make a difference." S. White

Wing's workplace giving campaign underway

Sara White,
Managing editor

The season of giving is underway at 14 Wing Greenwood, with lots of fun, challenge and community spirit events being planned by 14 Wing Combined Charities volunteers.

The wing's Combined Charities program is a part of the annual Government of Canada Workplace Charitable Campaign, running from September through December. 14 Wing personnel will eat, play and give for the next four months as they raise funds for local and regional non-profit groups, including youth programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more.

With a committee of representatives from every squadron and unit on the wing

coordinating a range of campaign events, Defence Team members are encouraged to take part.

September 11, Colonel Tom Goldie and Wing Chief Warrant Officer Jonathan Proulx, with 2021 Combined Charities chair 2nd Lieutenant Heyang Gao; acknowledged 2020 campaign results with a symbolic cheque presentation of \$21,000 to 29 recipient charities, including the Victorian Order of Nurses, Special Olympics, the Upper Room Food Bank, the Soldiers Memorial Hospital Foundation, Chrysalis House and six school breakfast programs. The presentation also marks the launch of the 2021 campaign.

"In spite of the challenges we faced with the ongoing public health emergency, members of 14 Wing were still active participants in the 2020 campaign events

and very generous with individual charitable donations," said Goldie. "I'm hopeful there will be opportunities for increased participation and fundraising during the 2021 campaign in aid of local families and organizations that support them."

Proulx, new to the wing this summer and the Combined Charities program, was impressed with 2020 efforts, which proved "the 14 Wing community is committed to helping improve the quality of life for those members in our local area in need of a helping hand."

"My family and I look forward to helping make a difference this year, and I'm confident 14 Wing's efforts will continue to demonstrate a legacy of commitment to our community."

Continued on page 2...

Truth and Reconciliation Day September 30

September 30 is Canada's first Truth and Reconciliation Day. The National Day for Truth and Reconciliation seeks to honour First Nations, Inuit and Metis survivors, their families and communities, to ensure the public commemoration of the rich history and to acknowledge the impact of residential schools which remains a vital part of the reconciliation process.

14 Wing Greenwood's Defence Aboriginal Advisory Group invites all interested to commemorate this day, beginning at 9:15 a.m. with a 5,296+ step walk (approximately one mile) from the Greenwood CANEX to the RCAFA Monument civic field in Greenwood to honour residential school victims.

Participants are welcome to wear orange: if you are interested in ordering an orange T-shirt, visit nctr.ca/shop/.

At the civic field, vendors and artisans are invited to share Indigenous arts, crafts and accessories (contact Marla Ward to reserve a table, marla.ward@forces.gc.ca).

Attendance is subject to Nova Scotia COVID-19 public health guidance. ➔

Journée de vérité et de réconciliation le 30 septembre

Le 30 septembre est la première Journée de la vérité et de la réconciliation au Canada. La Journée nationale de la vérité et de la réconciliation vise à honorer les survivants des Premières nations, des Inuits et des Métis, leurs familles et leurs communautés, à assurer la commémoration publique de la riche histoire et à reconnaître l'impact des pensionnats, qui demeure un élément essentiel du processus de réconciliation.

Le Groupe consultatif autochtone de la Défense de la 14e Escadre Greenwood invite toutes les personnes intéressées à commémorer cette journée, en commençant à 9 h 15 par une marche de plus de 5 296 pas (environ un mille) du CANEX de Greenwood au terrain civique du monument RCAFA à Greenwood pour rendre hommage aux victimes des pensionnats.

Les participants sont invités à porter des vêtements de couleur orange: si vous souhaitez commander un T-shirt orange, visitez le site nctr.ca/shop/.

Sur le terrain civique, les vendeurs et les artisans sont invités à présenter des objets d'art, de l'artisanat et des accessoires autochtones (contactez Marla Ward pour réserver une table, marla.ward@forces.gc.ca).

La participation est soumise aux directives de santé publique de Nova Scotia COVID-19. ➔



Soup & Socks

To October 15, 14 Wing is challenged to collect soup and non-perishables for the Upper Room Food Bank and new wool socks for #SnookieSocks.

Contact your unit Combined Charities representative to participate
Contactez votre représentant des organismes de bienfaisance de votre unité pour y participer

Presented by
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Combined Charities
programme de Charité combiné
I care
#Give
It matters
J'y crois
#JeDonne
C'est important



Workplace giving...

...COVER

Gao leads a committee of organizers, but also a network of squadron and unit representatives, all volunteering to make Combined Charities events happen.

“This is a completely new experience to me. I know that last year was a difficult time for many – each in their own unique circumstances, due to COVID-19. These charity events present an opportunity for those who are fortunate to give back to the local community and strengthen the bond we have with them at CFB Greenwood.”

How to help

Underway now is the wing’s **Soup & Socks** campaign: squadrons are challenged to gather non-perishable food donations for the Upper Room Food Bank, and new wool socks for Open Arms in Kentville. The deadline to fill up donation boxes is October 15.

The wing maintains a year-long **dress down Friday** initiative but, through the Combined Charities period, participants’\$2 donations support the wing’s workplace program. An up-front \$20 donation gets members a hassle-free chit for all Fridays at once.

Firefighters with 14 Fire

and Emergency Services, CFB Greenwood, will be conducting a door to door campaign during **Fire Prevention Week**, October 3 to 9. 14 FES members will visit homes in the residential Housing Units neighbourhood to share information on the importance of working smoke and carbon dioxide alarms, and offer to test these alarms. Firefighters will also gratefully accept donations to the Nova Scotia Fire Fighters Burn Treatment Society. At 5 p.m. October 6, canvassing will begin on 1st Crescent and continue through the RHUs until 7:30 p.m.; another canvassing evening will continue October 7.

A **Gift Card Survivor** gets underway October 8, with elimination draws continuing Fridays at the Annapolis Mess’ TGIF until winners are picked October 29. Half of the \$20 entry fee will be returned in gift card prizes from Valley small businesses to three winners in descending values, while the other half adds to the Combined Charities’ fund. The deadline to get in on the draw

is noon October 6, though your unit representative or visit Sara White at The Aurora Newspaper, 61 School Road.

October 29 is a Spooktacular event at the Annapolis Mess, with a challenge to squadrons and units to create their best pumpkin display, with Winter Carnival points at stake.

Register your **unit hockey** team through your unit representative for a fun day in the rink November 5, with a day of mini-games and pizza.

November 26 is the deadline for donations through the **online pay allotment** or one-time donation program. By far one of the most successful Combined Charities’ efforts, if every employee at 14 Wing donated \$1 per pay for a calendar year, it would raise the annual goal on its own. Donors may direct their donation to a non-profit program close to their heart, or see it added to the overall Combined Charities fund. Visit uwco.ca/GCWCC/donate (English) or uwco.ca/CCMTGC/don (French): you will see the Na-

tional Workplace Giving Campaign homepage, but you are able to search for Combined Charities to donate as part of the 14 Wing campaign.

The wing’s **Festival of Trees** is Combined Charities’ marquee event, this year again hosted by the Greenwood Mall December 4. Squadrons and community business and organizations decorate tabletop trees with gift certificates, themed toys, tools, household items, crafts, electronics, sports equipment and more. Close to 40 trees will be up for the ticket auction-style raffle.

From December 1 to 10, the section that collects the most small toiletries for donation to Central Kings, West Kings and Middleton high schools’ guidance office student “closets;” wins the right to **beautify the wing commander’s beard** during the annual December Sticky Floor social.

All events with in-person components are subject to public health conditions at the time, and may be modified. ➔

Kings citizens invited to work with committees on policies, programs

The Municipality of the County of Kings has a range of opportunities for citizens interested in appointments to boards and committees.

Diversity Kings County, the Kings Regional Rehabilitation Centre Board, the Planning Advisory Committee and the Police Services Advisory Committee all have available positions to be filled through an application process, slated to close October 31. Citizens ages 16 and over are encouraged to apply for all but the Kings Regional Rehabilitation Centre Board. If you are a member of an equity-seeking group, you are encouraged to self-identify. To request an application form and learn about committee eligibility, email nominatingcommittee@countyofkings.ca or call 902-690-6191.

Council-appointed citizen members receive an honorarium, paid quarterly based on attendance rates outlined in the Council and Committee Remuneration Policy. These committees share insights and provide recommendations that help council make decisions that directly impact citizens and communities in the Municipality of the

County of Kings.

The Police Services Advisory Committee meets quarterly and advises council on all policing matters affecting the Municipality of the County of Kings.

The Planning Advisory Committee reviews and provides recommendations to council concerning all land use planning matters in the county.

The Kings Regional Rehabilitation Centre in Waterville serves about 200 Nova Scotians with intellectual disabilities, cognitive challenges, chronic mental illness, acquired brain injury and physical disabilities. The KRRC board provides stewardship and strategic leadership to ensure KRRC’s affairs are conducted in a way that achieves its mission and vision, and reflects its values.

Members of the Diversity Kings County Committee help determine where and how racism, discrimination and exclusion occur in Kings County. They recommend policies, programs and practices to eliminate racism, discrimination and exclusion; monitor the effects of recommendations; and report on changes. ➔

SAR crews respond to beacon calls

September 9, the Halifax Joint Rescue Coordination Centre tasked both a Cormorant and a Hercules from 14 Wing Greenwood’s 413 (Transport and Rescue) Squadron just after 3 p.m. to help with an ELT search approximately eight nautical miles west of the Sept-Iles airport. The ELT activation turned out to be a false alarm, and both aircraft were stood down. The Hercules arrived back in Greenwood just after 7 p.m., with the Cormorant arriving closer to 11 p.m. after a refueling stop.

September 10, a 14 Wing Greenwood Hercules was tasked just after noon to help locate a personal locator beacon sounding approximately 30 nautical miles south of Halifax, near the north edge of Hurricane Larry. The beacon is associated with a 35-foot sailing vessel, *Secret Plans*. By 1:30 p.m., Aurora Rescue 01 was also tasked, had arrived on scene and located an ELT. It was in the process of localizing it, but was unable to see the vessel due to weather conditions through multiple attempts.

Both the Aurora and the Hercules deemed the area unworkable around 4:45 p.m. and returned to 14 Wing, as the Boston rescue centre began the call out of a C130 from Elizabeth City to replace the Canadian assets. By 10:30 p.m., the American Hercules had left the scene. Flares and an oil slick had been spotted. A Greenwood Hercules was back in the air at this time. September 11, just before 6 a.m., the Greenwood Hercules was replaced on scene by the Elizabeth City C130. The Canadian Coast Guard

Ship George R. Pearkes was added to the tasking. Hercules Rescue 333 left Greenwood at 1:30 p.m. to searched the area to 10 p.m., and returned to Greenwood just after 12 a.m. September 12. Rescue 344 left Greenwood on the same call at 5:05 a.m., and returned to Greenwood just after 11 a.m. En route home, at 10:15 a.m., the Boston search centre suspended the search and all assets were stood down.

September 14, a Hercules was tasked around 10:30 a.m. to provide top cover

for a Gander-based rescue Cormorant, conducting a medevac from a vessel 240 nautical miles southeast of St. John’s. The Hercules prepared, with a hold on actual take-off for approximately four hours. As time progressed, it appeared the patient’s condition was improving and JRCC cancelled the request for both the medevac and top cover at 2:30 p.m.

September 14, at 4 p.m.,

a Cormorant was tasked by JRCC to provide assistance to two people stranded off shore, in the Minas Basin. The helicopter returned to Greenwood at 6:30 p.m.

September 15, JRCC tasked both a Cormorant and a Hercules to the Magdalen Islands to help in the search for an overdue kayaker. The Hercules returned to Greenwood just before 5 a.m., followed by the Cormorant at 6:35 a.m. ➔



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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

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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



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Food for Thought from the Upper Room Food Bank

During August, the Upper Room Food Bank in Kingston served 103 families, consisting of 172 adults and 123 children, with 12,470 pounds of product going out and 12,093 pounds coming in. The incoming total includes 3,242 pounds provided by the Feed Nova Scotia network and 713 pounds purchased with local cash donations. The remainder is from local food bank sharing and local donations, including regular arrangements with several local businesses.

Those who have been following the numbers from the food bank will notice the sharp increase in the amount from Feed Nova Scotia this month. This is due to the donation of 2,000 pounds of potatoes to N.S. food banks. Unfortunately, despite advertising in many different media prior to the event, both Kingston and Berwick food banks had little response to the giveaway. Our manager worked the phone lines and was able to give away most of our potatoes after a few hours, saving us from having to store the potatoes. Middleton had a much better response, managing to dispose of most of their product successfully.

Clients requiring service must call ahead to the food bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers are 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. Appreciate 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.

Our latest project, installation of a walk-in freezer, has been completed. This will allow us to take advantage of sales of frozen product, as well as helping us conserve energy. Some of our chest freezers were wearing out so, after a donation specifically for technology and with the sale of the old chest freezers, the upgrade cost was minimal while the return will be significant. The daily product required will be placed in the remaining chest

freezers from the walk-in, allowing us to limit entry to the walk-in freezer, improve efficiency and reduce utility costs. Donations continue to be accepted by dropping off at the food bank located behind the library at 669 Main Street, Kingston (during open hours), or at the Kingston village offices (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. Regular hours are now in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Appointments are required. Our office number is 902-765-0303 or email us at upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook. ➔



Georgia Lloyd of the Annapolis Valley Speed Skating Club races to the finish.

Annapolis Valley Speed Skating Club launches 10th season

The Annapolis Valley Speed Skating Club will hit the ice in October for the start of its 10th season at the Credit Union Centre in Kingston.

The club offers learn to speed skate, skills development, recreational and competitive programs. Registration/ skate fitting nights are scheduled for September 20 and 27, 6 p.m. to 7 p.m., at the Recreation Hut, beside the Credit Union Centre.

For more information, email valleyspeedskating@gmail.com or check out Annapolis Valley Speed Skating on Facebook. ➔

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JOIN US IN COMMEMORATING

Truth and Reconciliation Day

30 September 21

RCAFA Monument Civic Field, Greenwood N.S. | 1000hrs

Wellness Walk
5296+ steps to honour residential school victims.
Gather at Canex parking lot | 0915hrs
Walk approx. one mile to Civic Field

Encouraged to Wear Orange T-shirts
T-shirt order being placed 27 September
Contact Lt Roger Augustine | roger.augustine@forces.gc.ca

Vendors and Booths
Showcase Indigenous art/crafts and accessories
Contact Marla Ward | marla.ward@forces.gc.ca

EVERYONE WELCOME

#TRDayCanada
Attendance subject to Nova Scotia Covid-19 restrictions

Argus agenda at reunion luncheon

It's been 40 years since Greenwood BAMEO Argus Test Flight stood down, and these three former members enjoyed their 10th annual reunion luncheon at Kellock's in Berwick August 6. From left are Captain (retired) Jack Mann, VPCC and first officer; Major (retired) Bill Naylor, VPCC and officer in charge of the unit; and Master Warrant Officer (retired) Robert Campbell, lead observer. The final air tests were flown on Argus 10736 in January 1981.

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MUNICIPALITY of the COUNTY of KINGS

The Municipality of the County of Kings is encouraging **residential and commercial customers of the Greenwood Water Utility** to be mindful of the importance of water conservation during a tower refurbishment project beginning in September.

The **10-week Greenwood Water Towers refurbishment project starting on September 27** will result in improvements that will enhance operations at the Utility for years to come.

A collective approach to conserving water will ensure the reduced supply continues to be more than enough water required to support the needs of the Utility's residential, commercial, and fire services customers while the tower equipment earmarked for restoration is temporarily out of service.

Water conservation can be as simple as turning off taps while brushing your teeth, taking shorter showers, checking for leaks in faucets, cooling drinking water in the fridge instead of running the tap and collecting rainwater for use on lawns and gardens.

Learn more about how to regularly incorporate water conservation practices into daily routines at www.countyofkings.ca/waterconservation.

The Municipality thanks customers for their patience during the Greenwood Water Towers refurbishment project, and apologizes for any inconvenience this temporary shift from routine operations may cause.

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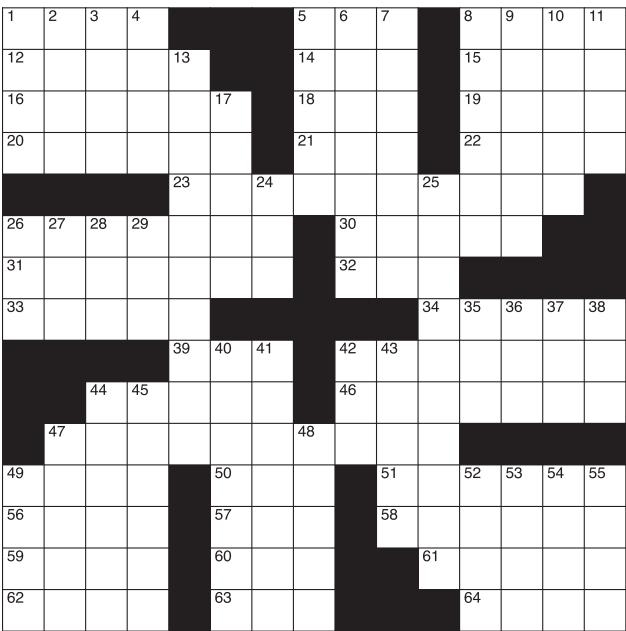
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 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 précédant la publication, à moins d'avis contraire.

crossword



- ACROSS**
- One of the four Vedas
 - Part of (abbr.)
 - At the peak
 - African antelope
 - Expression of satisfaction
 - Yankees' ace
 - Belittled
 - A baglike structure
 - Utah Jazz coach
 - Snyder
 - Actress Tomei
 - Explosive
 - Formal for 'on'
 - Cruelties
 - Country singer Brad
 - Make very happy
 - Binary compound of hydrogen with a metal
 - Albanian currency
 - Subatomic particle
 - Type of salt
 - 007's creator
 - Emerging
 - Railroad flare
 - Observed
 - Capable of reproduction
 - Indicates adjacent to
 - Legendary Notre
- Dame coach**
- Not wide
 - An embarrassing mistake
 - Pearl Jam's debut album
 - Denotes passerine birds
 - Stumble
 - Midway between east and southeast
 - W. Indian trees
 - You
 - Pippen
 - Be aware of
- DOWN**
- Crease
 - 'Honey' actress
 - Jessica
 - Broad volcanic crater
 - Product safety watchdog
 - Southern Colombian city
 - Part of a church
 - Perceptible by touch
 - Pronounce not guilty of criminal charges
 - Hairpiece
 - Variety acts
 - 'Mystic River' actor
- Sean**
- Remove salt
 - Went out with
 - Type of bread
 - Popular Eagles song
 - Philosophy degree
 - Yes vote
 - Passports and licenses are two
 - No seats available
 - Pounds per square inch
 - A way to launch an attack on
 - The lowest cardinal number
 - Popular Miller beer
 - Pokes holes in
 - Closest to
 - Folk singer DiFranco
 - Rivne's former name
 - Flat ruler
 - Lacking the means to do something
 - Cockatoo
 - Dred Scott decision deliverer
 - Explosion
 - exclamation
 - Canadian flyers
 - Houston university
 - At some prior time
 - Red, swollen mark

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.

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. This is a combined event; units will move into their own meeting evenings/timings the week of September 27. 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.

BBQ for Ride for Refuge
September 23, 11 a.m. to 1 p.m., staff of the Greenwood Family Health Clinic will be hosting a fundraising BBQ outside their clinic (School Road, in the Morfee Centre). Hot dog and water for \$2. Plus - \$1 raffle tickets on a gift basket draw (draw is September 29), including local business donations and goodies. All proceeds from the basket, BBQ and ride support The Portal in helping house youth at risk in the Valley.

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 desert. \$12 per dinner: pre-order yours now by calling Donna, 902-760-2471. Quantities are limited. For information, check out our Facebook page.

Art show event
September 25, Shades of Nature, an art exhibit, is currently showing at Paragon Golf Course until September 25. Join 7Arts at the club house to meet the artists and a closing reception from 3 p.m. to 5 p.m.

Fall hike
September 26, 1 p.m., Hike Nova Scotia and the County of Annapolis host a free, guided hike on the Delaps Cove Wilderness Trail (Bohaker Trail). The trail distance is three kilometres return, moderate difficulty. Participants may win a trail prize. This hike requires pre-registration - no drop-ins permitted. Register at hikenovascotia.ca.

Action planning for non-profit groups, organizations September 28

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

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

Seats are limited so register now at eventbrite.ca/



September 23 BBQ at Greenwood health clinic for Ride for Refuge

September 23, 11 a.m. to 1 p.m., staff of the Greenwood Family Health Clinic will be hosting a fundraising BBQ outside their clinic (School Road, in the Morfee Centre), serving up a hot dog and water for \$2.

While you have lunch, pick up a few \$1 raffle tickets on a gift basket draw (September 29), including local business donations and goodies.

All proceeds from the basket, BBQ and ride support The Portal in helping house youth at risk in the Valley. ➔

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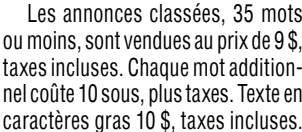
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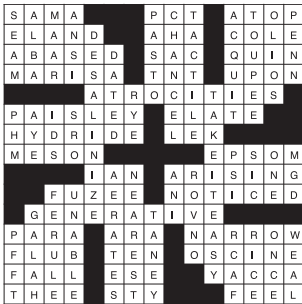
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8	5	4	3	6	2	1	9	7
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Applications are available at Public Works bases.

Closing Date: **September 27, 2021**

Public Internet access is available at C@P sites and public libraries. Our goal is to be a diverse workforce that is representative, at all job levels, of the citizens we serve.

For more information on our diversity policy see novascotia.ca/diverse.



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14 Wing setting grappling as new sports program

14 Wing Greenwood personnel interested in the sport of grappling are invited to sport training sessions at the Fitness & Sports Centre, as new programming is being set now.

The goal of submission grappling is to submit your opponent or win the match by points. Matches are usually start-standing, followed by trying to take down your opponent using a variety of joint locks and chokes (punches, slaps and kicks are illegal). Different martial arts' influence may be seen in submission grappling. Competitions are similar to Brazilian jiu-jitsu competitions. Military grappling also uses combat pants and a rash guard.

Anyone interested in the sport of grappling may contact Matt Gillis, matthew.gillis2@forces.gc.ca, at the 14 Wing Fitness & Sports Centre, or Corporal Cedric duchesne, cedric.duchesne@forces.gc.ca or 902-765-1494 local 3444. ➔

Ask the expert: Make your whole day matter!

**Lucie Laferrière,
Physiotherapist**

Q: As a Canadian Armed Forces (CAF) member, I maintain a routine where I do one hour of physical activity every morning before starting my work day sitting at my desk in front of my computer. A friend told me that there are Canadian standards for physical activity aimed at maximizing your health. Could you tell me what these standards are, and provide some important take-home messages? - Capt. Deskwork

A: Dear Capt. Deskwork: Your friend is right. There are guidelines. These guidelines are the result of significant scientific research and are aimed at helping Canadians, including CAF members, use physical activity to maximize their health. So, congratulations on your commitment to daily physical activity! It goes a long way to helping you meet these Canadian 24-Hour Movement Guidelines.

These guidelines promote incorporating movement and activity into daily habits. Distributing light physical activity

consistently throughout the day and having a good sleep routine are two new additions to the guidelines you should consider to optimize your health. The guidelines are as follows:

- Maintain a minimum of 150 minutes (2 hours and 30 minutes) per week of moderate-to-vigorous physical activity and do more if you can (e.g. brisk walking, jogging, cycling, swimming, cross-country skiing).
- Complete at least two sessions of muscle strengthening per week aimed at larger muscles.
- Add balance exercises that challenge you.
- Limit your sedentary time to eight hours or less per day.
- Aim for less than three hours of recreational screen time.
- Replace sedentary activities by introducing frequent light physical activities that are spread out over the day.
- Break up sitting periods by standing more, as often as possible.
- Adopt better sleep habits.

- Aim for seven to nine hours of sleep every night.
- Maintain consistent bed-times and wake-up times.

Researchers have found Canadians do quite well at maintaining their moderate-to-vigorous physical activity levels, but have significantly reduced the amount of low-intensity physical activity they were doing prior to the pandemic. This loss of low-intensity activity adds up over time and can have a negative impact on health.

Want to optimize your well-being? Examine if there are any gaps between your current lifestyle and these guidelines. If there are, get moving! Even small activity changes will

Make your whole day matter.



Move More. Reduce Sedentary Time. Sleep Well.

pay dividends to your health. If there are no gaps, keep up the good work and continue to make small activity changes to reap even more benefits. Moving more, sitting less and sleeping better will help to Make Your Whole Day Matter! ➔

Laferrière is the injury prevention specialist at the Directorate Forces Health Protec-

tion. She works with scientific evidence to provide advice. As part of the Strengthening the Forces team, she works on injury prevention and promoting active living. Strengthening the Forces is CAF/ DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

Interested in becoming a seasonal camper?

If you are a 14 Wing CAF member, veteran or DND/NPF staff, you can put your name into our seasonal lottery (deadline September 30) for a 2022 campsite at Lake Pleasant!

Want more information or enter the lottery?

Contact | lakepleasantcampground@gmail.com.

Priority will be given to 14 Wing active serving members.



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