



# the Aurora

Vol. 43 No. 10

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## Eye on training

At a brisk -10 degrees Celsius, Basic Military Qualification (BMQ) recruits were warming up their aim in a February 28 shooting objective at the 5th Canadian Division Support Base Detachment Aldershot range.

Corporal Chris Hilchey, 14 Wing Imaging



## RCAF commendation recognizes work of 14 CES honorary colonel

March 11, during a 14 Construction Engineering Squadron honours and

**14 Construction Engineering Squadron Honorary Colonel Dan Hennessey, right, was presented a Royal Canadian Air Force Commander's Commendation by 14 Wing Greenwood Commander Colonel Brendan Cook.** Submitted

awards ceremony in Bridgewater, squadron Honorary Colonel Dan Hennessey was presented a Royal Canadian Air Force Commander's Commendation, signed by Lieutenant-General Al Meininger. 14 Wing Greenwood Commander Colonel Brendan Cook presented the commendation.

"Hennessey is an enthusi-

astic promoter of the Canadian Armed Forces, who has devoted extraordinary effort to developing the relationship between both 14 CES and 14 Wing Greenwood and local communities," wrote Meininger in the commendation citation. "He led the establishment of four monuments honouring fallen members, preserved WWII

military heritage in video for schools, and organized numerous events including yellow ribbon campaigns and military appreciation sporting events.

"His commitment has brought exceptional honour to the RCAF."

Hennessey was appointed the 14 CES honorary colonel in 2015. ➔

## the front page

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## Block IV goes ‘feet wet’ on first trans-oceanic, international flight

**Captain Ray Lynch, 405 (Long Range Patrol) Squadron**

On a bright Sunday afternoon, high over the northern shores of Newfoundland, Crew 3 from 14 Wing Greenwood’s 405 (Long Range Patrol) Squadron, operating a Block IV Aurora; made radio contact with Gander Radio: the air traffic control agency responsible for the western half of the Atlantic Ocean. This small act February 13 marked the start of two firsts: the first trans-oceanic flight, and first international flight of the newly upgraded Block

IV Aurora fleet.

The tasking was to deliver needed parts and tools to support a Block III Aurora that needed a minor repair. After over five hours in the air, the sparkling lights on land ahead grew visible through the Arctic night. The landing was smooth, with uncharacteristically light winds. Once the aircraft had been shut down, work rapidly began to unload tools and supplies. The aircraft was quickly refueled and, within two hours, was ready for its return flight to Canada that same night.

Once in St. John’s, the crew overnighted to avoid

poor weather in Greenwood. With the help of personnel from the Air Reserve Flight in Torbay, the aircraft was quickly secured and, after checking in with customs and provincial officials, the crew was off for a well-deserved rest after their 16-hour work day.

When the following morning brought strong winds, heavy snow and icing conditions aloft, phone calls and messages to loved ones began in earnest: safety comes first, Valentine’s Day plans would have to wait. February 15 dawned clear, and the aircraft was promptly flown back to 14 Wing Green-



**405 (Long Range Patrol) Squadron members Captain John De Boer, Captain Ray Lynch and Corporal Bruce Ramsay discuss an approach during a “two firsts” flight February 13: the first trans-oceanic flight and first international flight of the newly upgraded Block IV Aurora fleet.**

wood. As the crew parted there was only one stop left to make: the flower shop. ➔

## Chapels open for sacred space, spiritual resiliency as Spring approaches

As we anticipate the arrival of Spring and the beginning of “new life,” it is a great opportunity to make space for the spiritual discipline of personal contemplation. 14 Wing Greenwood’s Wing Chaplains invite you to join a personal reflection, contemplation and meditation “sacred space” through March and April.

Wing chaplains hope to provide a means to support your spiritual resiliency with space to step back from the pressing concerns of daily life. Take this opportunity to reflect thoughtfully on the current state of your relationships with the people and world around you.

Mondays, visit the Queen of Heaven Chapel between noon and 1 p.m. Wednesdays, St. Mark’s Chapel will be open, noon to 1 p.m. Drop in for a few minutes (or longer) to spend some quiet time for yourself in sacred space. All are welcome. ➔

## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Major Keith Tagg, right, December 3 was presented the Canadian Forces Decoration Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Major Michael MacSween, right, December 3 was presented the Canadian Forces Decoration Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Major Michael MacSween, right, December 3 was presented the Special Service Medal Expedition (SSM-EXP) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Captain Tai Feng, right, December 3 was presented his 1000 hours flying certificate and pin by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Master Corporal Geoff Saunders, right, December 3 was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



Aviator Emilie Loustau, right, December 3 was presented the Special Service Medal Expedition (SSM-EXP) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



February 15, 91 Construction Engineering Flight Commander Captain Alex James Hanrahan, centre left, was promoted to current rank by 9 Wing Gander Commander Lieutenant-Colonel Lydia Evequoz Lieschke, centre right, with Wing Chief Barney, right, and Genny Hanrahan.



January 27, Master Warrant Officer Colin Hilchey, centre, was recognized by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left; with Chief Warrant officer Brian Nelson.

Aviator O. Hayward



January 28, Major Fred Stanley, centre, was promoted to current rank at 14 Wing Greenwood by Wing Commander Colonel Brendan Cook, left, with Wing Chief Warrant Officer Jonathan Proulx. This marks Stanley’s eighth career promotion, as he joined the Canadian Armed Forces in 1984 as a private and worked his way to the rank of chief warrant officer before his promotion to captain under the Special Requirements Commissioning Plan. Stanley is employed as the readiness and evaluation officer and force protection officer at 14 Wing Greenwood.



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The Aurora News

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Site Web de l'Aviation royale canadienne  
www.rcmf-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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www.vpiinternational.ca

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# Patterson named to Order of Military Merit

415 (Long Range Patrol Force Development) Squadron Master Warrant Officer Jay Patterson was recently named to the Order of Military Merit, and will formally receive the medal at Rideau Hall from the governor general at a later date. In the meantime, Patterson now has the ribbon to wear in uniform, in recognition of “exceptional service, dedication and devotion beyond the call of duty.

“As a member of the order, you represent the highest standard of professionalism and leadership; your impact upon the Royal Canadian Air Force and the Canadian Armed Forces has been highly commendable,” wrote Royal Canadian Air Force Commander Lieutenant-General Al Meinzingier, with Chief Warrant Officer John Hall, in a letter recently presented by then-Colonel Tom Goldie, acting 14 Wing Greenwood commander.

Patterson enrolled in the CAF in October 1988 – originally a Reserve artilleryman, he has now served in all three core elements through his 32-year career. Patterson transferred to the Regular

Force in 1994 as an infantryman with the Princess Patricia’s Canadian Light Infantry. He deployed to Bosnia-Herzegovina as part of the Stabilization Force on two six-month NATO missions, between 1997 and 2001. He was also selected as part of the CAF contingent marking the 80th anniversary of the armistice during remembrance activities at Vimy, and had the honour of repatriating an unknown First World War soldier to the fields of France. Patterson was promoted and posted to 2 Canadian Division Training Centre until 2004, and then returned to his battalion as a section commander.

As a sergeant, Patterson deployed twice more in support of NATO-led International Security Assistance Force operations. He received the Commander in Chief Unit during Operation Medusa for courageous and professional execution of duty in Afghanistan, which prevented the capture of Kandahar City by insurgents; and was part of ROTO 5, with the 2nd Bn PPCLI Battle Group, in 2008.

In 2009, Patterson joined



**415 (Long Range Patrol Force Development) Squadron Master Warrant Officer Jay Patterson, left, was recently named to the Order of Military Merit, and received the ribbon in advance of the medal, which will be presented at a later date by the governor general; as then-14 Wing Greenwood Colonel Tom Goldie visited the squadron.**

Submitted

the RCAF as an airborne electronics sensor operator corporal, posted to 423 (Maritime Helicopter) Squadron Air Detachment as a crewmember onboard the CH124 Sea King. He served two deployments in support of Operation CARRIBE, in 2010 and 2013, the multinational campaign against illicit trafficking and transnational organized crime; Op MOBILE

on HMCS Charlottetown in 2011, as part of NATO’s mission in the Libya operations; and joined Exercise JOINT WARRIOR. A great attitude and willingness to share knowledge saw Patterson selected as an instructor at 406 (Maritime Operational Training) Squadron.

Being a confident, charismatic and vibrant speaker with impeccable presence in

dress, drill and deportment, Patterson often volunteers his spare time to represent the uniform, regularly attending formal and informal events at veterans’ hospitals and remembrance ceremonies in the community. In 2015, he represented 12 Wing Shearwater at the True Patriot Love Gala fundraising event and was selected as the sentry commander for

Remembrance Day activities in Ottawa.

Patterson was posted to the Canadian Forces School of Survival and Aeromedical Training as the operations warrant officer and, while there, was selected to perform Public Duties for her Majesty Queen Elizabeth II as a detachment commander - the first occasion a non-infantry contingent from Canada deployed to guard the Sovereign and official royal residences in the United Kingdom. Through his outstanding attitude, confident, charismatic and impeccable presence in dress, drill and deportment, he was further selected to lead a guard mount at Windsor Castle.

After a short period in Winnipeg, now Master Warrant Officer Patterson was posted to 405 (Long Range Patrol) Squadron at 14 Wing Greenwood as the AES Op Lead, where he masterfully and tirelessly fought to rebuild trust across the chain of command, improving overall morale, cohesion and discipline. He is now the 415 Squadron master warrant officer. ➔



first governor general to be addressed with a feminine designation. But inclusive

ranks in French have not been implemented in the Canadian military until now,



gouverneure générale canadienne à utiliser la version féminine de ce titre. L’adoption de grades inclusifs en

français dans les forces militaires canadiennes a toutefois été plus lente, et jusqu’à tout récemment, les militaires

and all members have only been addressed by masculine ranks.

The option to feminize your rank in French, as well as apply changes such as modifying the article or adjective, will be available to all CAF members, ensuring each has the opportunity to choose the version that they feel best represents who they are and how they are recognized. ➔

devaient tous être désignés par des grades masculins, quel que soit leur genre.

La possibilité d’utiliser un grade féminin en français et de féminiser l’article et les adjectifs qui l’accompagnent sera offerte à tous les membres des FAC, permettant ainsi à chaque personne de choisir la version du grade qui, à son avis, représente le mieux son identité et la façon dont elle souhaite être reconnue. ➔

# ‘I would like to think that I’ve made a difference’

**Emily Lindahl,  
Director Air Force  
Public Affairs**

Members of the Royal Canadian Air Force are deployed around the globe, often working with foreign militaries to ensure the security of Canada and our allies. They learn best practices, experience the culture and become part of their temporary communities. Finding a way to get involved - to give back - can be an important part of their success.

For Major Bob Mitchell, giving back means serving as a volunteer firefighter with Fire and Emergency New Zealand (FENZ). The air combat systems operator (ACSO) is an RCAF exchange officer currently posted to Headquarters New Zealand Defence Force (HQ NZDF) in Wellington, New Zealand.

“I like to think that I have always had a desire to help those in need, and being a volunteer firefighter does give one the chance to help the community,” he says. “Fire and Emergency is also based on teamwork and you need to work together to accomplish the task at hand and get the job done.”

Mitchell always dreamed of being a firefighter as a child and notes the profession runs in the family, with his grandfather and uncle both being volunteer firefighters in his hometown of Twillingate, Newfoundland and Labrador.

He himself was a volunteer firefighter long before his career took him to New Zealand. Once there, he joined FENZ in late 2018, near the end of his Advanced Command and Staff Course. He is now a station officer with the Porirua Volunteer Fire Brigade, one of four people in the brigade who can drive and operate fire appliances during an emergency.

“Let’s be honest,” Mitchell says. “Who wouldn’t want to drive a big fire engine around town, with lights flashing and sirens screaming? It’s a lot of fun, and makes you feel like a kid again at times.”

Growing up in rural Newfoundland, Mitchell was inspired to join the RCAF at 17, right out of high school. He had heard stories about rescue missions being performed across the province and at sea by 103 Search and



**A rescued young orca required 24/ 7 support in 2021, as New Zealand locals – including Royal Canadian Air Force exchange officer Major Bob Mitchell - volunteered to keep it from hitting the sides of a rescue enclosure.**

Submitted

Rescue Squadron, based in Gander, and he felt drawn to the idea of spending a career helping those in need. Having the opportunity to fly with the “OUTCASTS” from 1999 to 2001 while on a summer OJT is still one of his career highlights, and the most fondest memories of his time in uniform.

Other unique moments in his career? Being struck by lightning in the CP140 Aurora - more than once. He has conducted operations and exercises across the globe, from the geographic North Pole to Australia, and been deployed on three separate occasions as part of OP Impact and Op Saiph, which included a five-month period with the Royal Navy in 2010 to conduct counter piracy operations off Africa.

As an ACSO, Mitchell has helped save lives at home while conducting search and rescue taskings and has provided overwatch support to coalition troops on the ground during Op Impact.

“I would like to think that I’ve made a difference.”

Mitchell remembers one particular mission from May 2006.

“We were tasked to conduct a joint training exercise with one of the Royal Canadian Navy’s submarines off the south coast of Nova Scotia

when we received a call from the Joint Rescue Coordination Centre (JRCC) in Halifax about a boat that was sinking in the Bay of Fundy.”

The team quickly transitioned from an anti-submarine warfare exercise to a real world search and rescue event, flying north across the province while trying to coordinate the details of the emergency with JRCC and fishing vessels in the area. Using the multitude of sensors onboard the CP140 Aurora, they were able to locate the three fishermen from the fishing vessel Never Enough. The crew had jumped into the water and were unable to get into their life raft, as their ship sank too quickly. The Aurora crew dropped marine smoke markers and another fishing vessel came over to pull them out of the water. It only took 45 minutes from the time the call from JRCC was received to the time the fishermen were pulled out of the water. The rescue



**July 11, 2021, a young orca washed up on the sharp rocks in Plimmerton, New Zealand, during a severe storm. The community named the whale Toa, which means “Brave” in the local Maori language.**



**Major Bob Mitchell serves as a volunteer firefighter with Fire and Emergency New Zealand.**

complete, the team proceeded back out to sea and finished its ASW exercise with the Navy. “It was an amazing demonstration of the flexibility of the RCAF, the CP140 Aurora and the crew,” he said. “It’s probably one of my most memorable missions, and I will never forget the boat’s crew waving to us once they were safely out of the sea.”

His next story made national headlines around New Zealand. July 11, 2021, a young orca washed up on the sharp rocks of Plimmerton. News of the stranded whale spread quickly, and Mitchell and his wife went to help. He began to assist the Plimmerton Volunteer Fire Brigade, Department of Conservation (DOC) and the New Zealand Police in getting the stranded whale off the rocks. Although the whale was successfully refloated, it was

too exhausted to swim away. At this point, whale rescue experts shared, via phone, the team should remove the whale from the beach and bring it to the local boating club. A temporary enclosure was hastily constructed to contain the whale while researchers, vets and DOC officials could develop a plan to release it. The young animal required 24/ 7 support, and the community came out in swarms to volunteer to join the orca in the water, helping to keep it from hitting the sides of the enclosure.

“My wife and I conducted a three-hour shift on the evening of July 13 and then I went back again, by myself, for another three-hour shift the following day,” Mitchell says. “Hypothermia was a huge concern, and we discovered the volunteers in the water didn’t want to come out and, at times, had to be instructed to exit the sea.”

The community named the whale Toa, which means “Brave” in the local Maori language. What was expected to be a 24- to 48-hour event took almost two weeks to come to an end. With the whale being so young (between two and four months old), it couldn’t be released until its pod could be found. With massive storms throughout the area, finding the pod became a daunting task. Private pilots took to the air and mariners flooded the ocean in search of Toa’s family. Unfortunately, Toa took a turn for the worse on the evening of July 23, and the young animal passed away.

“It was a devastating loss, as so many of us had put in such an amazing effort over a 13-day period to try and get the whale reunited with its family. The local Maori elders buried the whale on sacred ground during a dawn service attended by more than 60 people. Although a sad ending, it was a great demonstration of the power and spirit of community, and I am glad to have played a role in it.”

Continuing his work with the NZDF, Mitchell is proud to be a member of his community... and the RCAF is proud to have him as a member of its community. ➔

## CAF modernizes military ranks in French

Sergente, majeure, lieutenant: these words will soon become commonplace in the Canadian Armed Forces (CAF) French vocabulary. Beginning in February, members may be addressed by the French version of the rank they feel best represents their gender identity.

The change towards inclusive ranks in French is a long-awaited move that will further demonstrate the

CAF’s commitment to inclusivity and gender diversity.

For example, in April 2021, the CAF announced the creation of the new position of Chief Professional Conduct and Culture but, at that time, in French, the head of the organization, “le lieutenant-général Jennie Carignan,” could only be addressed by the masculine rank.

Now, a new list of in-

clusive military ranks will become available to Canadians, and will be officially recognized for administrative use by the CAF beginning this month.

The beginnings of feminisation for official Franco-phone titles in Canada date back to the 1960s.

At the Canadian political level, the Right Honourable Adrienne Clarkson (1999 to 2005) was the

## Les Forces armées canadiennes modernisent les grades militaires en français

Sergente, majeure, lieutenant : ces mots seront bientôt couramment utilisés en français dans les Forces armées canadiennes (FAC). En effet, à compter de ce mois-ci, les militaires pourront utiliser la version française du grade qui, à leur avis, représente le mieux leur identité de genre.

L’adoption de grades plus inclusifs en français est une mesure attendue depuis longtemps qui démontre-

ra davantage l’engagement pris par les FAC à l’égard de l’inclusivité et de la diversité des genres.

À titre d’exemple, en avril 2021, lorsque les FAC ont annoncé la création du groupe du Chef – Conduite professionnelle et culture, on ne pouvait utiliser qu’un grade masculin pour parler de la personne à la tête de cette organisation, soit « le lieutenant-général Jennie Carignan ».

Désormais, une nouvelle liste de grades militaires inclusifs sera mise à la disposition des Canadiens et des Canadiennes et sera officiellement reconnue par les FAC à des fins administratives dès ce mois-ci.

Les efforts visant à féminiser les titres officiels en français au Canada remontent aux années 1960. Sur la scène politique nationale, la très honorable Adrienne Clarkson (1999-2005) fut la première

gouverneure générale canadienne à utiliser la version féminine de ce titre. L’adoption de grades inclusifs en

français dans les forces militaires canadiennes a toutefois été plus lente, et jusqu’à tout récemment, les militaires

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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](mailto: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 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.**

**Lacrosse skills sessions**

Free/ drop-in – open to intro & experienced youth ages 5 to 18, at the St. Mary's school gym, Aylesford. March 21, 28 & April 4 - 5-6:45 pm; March 16, 23, 30 & April 5 - 6-8 pm; and March 18 & 25 - 6-8 pm. Bring – helmet with cage, gloves, indoor shoes, water bottle, active wear. Spectators allowed. LNS activity waiver required at door (if registered with VLT, not needed). COVID protocols in place. For info – valleythunder.goalline.ca or FB @ValleyThunderLX.

**Supper**

March 23, 5 p.m., is the deadline

## crossword

solution page 7

|    |    |    |    |    |    |   |    |    |    |    |    |    |
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| 27 | 28 | 29 | 30 |    |    |   | 31 |    | 32 | 33 | 34 |    |
| 35 |    |    | 36 |    |    |   | 37 |    | 38 |    |    |    |
| 39 |    |    |    |    | 40 |   |    | 41 |    |    |    |    |
| 42 |    |    |    | 43 |    |   |    | 44 |    |    |    |    |
| 45 |    |    |    | 46 |    |   |    | 47 |    |    | 48 |    |
|    |    |    | 49 |    |    |   | 50 |    | 51 |    |    |    |
| 52 | 53 | 54 |    |    | 55 |   |    | 56 |    | 57 | 58 | 59 |
| 60 |    |    |    | 61 |    |   | 62 |    | 63 |    |    |    |
| 64 |    |    |    | 65 |    |   |    |    | 66 |    |    |    |
| 67 |    |    |    | 68 |    |   |    |    | 69 |    |    |    |

**ACROSS**

- Type of footwear
- Studies a lot all at once
- Adventure story
- Hundred thousand
- Former U.S. Vice President
- Ruler
- Indian city
- Similar
- Ship as cargo
- Volcanic craters
- Boxing's "GOAT"
- Bullfighting maneuvers
- London soccer team
- Score perfectly
- No (Scottish)
- SoCal hoops team (abbr.)
- Woman (French)
- Unwanted attic "decor"
- Peter Griffin's daughter
- Broad, shallow crater
- Large instruments
- Low bank or reef
- and Venzetti
- Oil group
- Father
- Aggressive men
- Pairs well with green
- Travelers need it
- Digital audiotape

- Midway between northeast and east
- Chemistry descriptor
- S. China seaport
- Sound unit
- Heavy cavalry sword
- Thick piece of something
- Spa town in Austria
- Boyfriend
- Norse personification of old age
- Type of box
- Tie together
- Fiber from the coconut
- Chicago mayor
- Old English letters

**DOWN**

- Type of sauce
- Pattern of notes
- Plant with long seedpods
- Map out
- Numbers cruncher
- Make a mental connection
- Italian tenor
- N. America's highest mountain peak
- Witness
- Arabic given name
- Music awards
- "The Immortalist" author

- Area units
- Units of loudness
- Political action committee
- Bar bill
- Witch
- A theatrical performer
- 2-door car
- and flowed
- Papier—, art medium
- City in Georgia
- Irregular
- College sports conference
- Angry
- Partner to cheese
- S. American mammal
- Self-immolation by fire rituals
- Spilt pulses
- Disfigure
- Cow noise
- Erase
- Chadic language
- Reward for doing well
- Paid TV
- Millisecond
- Other
- Colombian city
- Necklace part
- Every one of two or more people
- Regrets
- They come after 'A'
- Horse noise

to place your order for the March 25 Fish n Fries Friday supper, available by take-out only between 4 p.m. and 7 p.m. from St. Monica's Church hall, 41 Connaught Avenue, Middleton. All prepared by the Knights of Columbus Council No. 6297. Dinner is by freewill offering – with all proceeds going to support humanitarian relief for Ukraine. Please place your pre-order before 5 p.m. March 23 by calling 902-840-3093.

**Take-out supper**

March 26, 4 p.m. to 6 p.m., All Saints Anglican Church, Kingston, will hold a take-out spring supper. Menu: ham, scalloped potatoes, baked beans, peas and apple crisp. \$12 adult, \$6 children. Call before March 25 evening to reserve: Lorrie, 902-760-0729. Supper pick up at 521 Pleasant St. Kingston (turn left off Bridge Street).

**Kingston Greenwood Soccer Club AGM**

March 27 is the annual general meeting of the Kingston Greenwood Soccer Club AGM. This meeting is open to all watch the



**March 20 to March 26**

**ARIES - Mar 21/Apr 20**

This week you will have an opportunity to see things how they are and not necessarily as you imagine them to be, Aries. This clarity could require some restructuring.

**TAURUS - Apr 21/May 21**

Long-term goals are nearing completion, Taurus. You have gained so much from your pursuits and you have made plenty of friends along the way. Take time to appreciate that.

**GEMINI - May 22/Jun 21**

Communication difficulties arise this week, Gemini. Someone can coach you into getting your point across with sufficient finesse. Seek a communication mentor.

**CANCER - Jun 22/Jul 22**

Cancer, there may be some passionate discussions coming up this week with family members. Everyone wants his or her point of view to be heard.

**LEO - Jul 23/Aug 23**

Leo, you need to be flexible, especially over the next few days. People may put you to the test with a perceived unwillingness to compromise, but cooperate when possible.

**VIRGO - Aug 24/Sept 22**

Virgo, in order to reach a destination you have in mind, you may have to rethink the route you're taking. A direct course just may not be the way to go in this instance.

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club's Facebook page for a link to the Zoom meeting. We are looking to fill some executive positions, and we welcome coaches and assistant coaches. If interested, please email [kgscc.clubpresident@gmail.com](mailto:kgscc.clubpresident@gmail.com) for information.

**Luncheon**

March 29, 11:30 a.m. to 1 p.m., the Middleton Fireflies are back, hosting a community luncheon at the Middleton fire hall. Menu - choice of turkey burger (\$12), corn chowder (\$10), or split pea/ ham soup (\$10); and either rhubarb crisp or lemon pie for dessert. Local deliveries may be arranged by calling Bonnie at 902-825-3062.

**Turkey dinner**

March 29, 5 p.m. to 6:30 p.m., will be the pick-up time for pre-ordered turkey dinners at the Kingston Lions Hall, a fundraising event for the West Kings District High prom 2022 committee. All meals, \$13, must be pre-ordered and are take-out only. To order (and order early!), call 902-349-7752 March 17, 18 or 19, 10 a.m. to 1 p.m. or 6 p.m. to 8 p.m.; or

email [tanyakinner@me.com](mailto:tanyakinner@me.com).

**Girl Guide cookies**

April 2, 10 a.m. to noon, Berwick Girl Guides will be selling their Spring 2022 cookies – the chocolate and vanilla sandwich classics you can't decide which is your fave. Cookies are \$5 a box. Find us at Bargain Harley's, Berwick Home Hardware and drive-thru at the Berwick town hall. Thank you for supporting Girl Greatness.

**Teen open studio**

Thursdays, 7 p.m. to 9 p.m., 7Arts, Greenwood, welcomes youth ages 13+ to work on their own projects, follow along with guest artists, collaborate on artwork, get tips on working with new media and help create a group of teen artists. \$25 per class/ \$0 for 4 classes (\$10 if you bring your own supplies). Register at [7Arts@7arts.ca](mailto:7Arts@7arts.ca).

**MakersSpace**

Saturdays, noon to 4 p.m., at 7Arts, Greenwood. All ages welcome, with a new project each week. Check 7Arts FB event page for details. A great idea for a family outing.

**Youth art lessons**

Tuesdays and Thursdays, youth are invited to register with 7Arts for online lessons with Amber (drawing) and Sarah (watercolour). Check out 7Arts FB event page for details.

**Lions bingo**

**Berwick walking groups**

Tuesdays (from Spicer Park) and

Fridays (location varies), 10 a.m., Berwick hosts Hike Nova Scotia gentle, easy walking groups through its NS Walks initiative. Sign-up at [nswalks.ca](http://nswalks.ca) or 902-932-6902.

**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 [lions5050.ca](http://lions5050.ca)-Rafflebox. Select the Lions Club you wish to support (including the Kingston Lions Club).

**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/](http://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.



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

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!

## Kings District RCMP warns of credit card scam

Kings District RCMP are warning the public of a recent scam circulating through Kings County. An example of the current scam is when a scammer calls the victim representing themselves as a bank or, often, bank security official. The scammer advises the victim their credit card has been compromised and a sum of money has been debited. The scammer then requests the victim to attend local stores to purchase gift cards to attempt to confirm the location where of the fictitious fraud occurred.

A recent case in Kings County saw a victim purchase \$16,000 worth of gift cards and then provide the gift card codes to the scammer.

Police are reminding the public to protect themselves against frauds in the following ways:

- Do not send money, gift cards, Bitcoin or anything else of value to someone you've never met in-person
- If you have a feeling something is not right, it is best to trust your gut and stop communicating with that person
- A financial institution should never have to ask for banking information within the company

Scammers can be very persistent and convincing. If you have been defrauded, you are not alone. If you or a family member has fallen victim to a scam, report it to your local RCMP office, as well as the Canadian Anti-Fraud Centre by phone at 1-888-495-8501 or online at [antifraudcentre.ca](http://antifraudcentre.ca). ➔



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

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

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902-765-1494 local 5833; email [aurora-marketing@ns.aliantzinc.ca](mailto:aurora-marketing@ns.aliantzinc.ca).

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

nous transmettre un fax au 902-765-1717. Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

### FLEA MARKET

**SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 8 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture,**

### crossword solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | R | O | C |   | C | R | A | M | S |   | S | A | G | A |
| L | A | K | H |   | P | E | N | C | E |   | A | M | I | R |
| A | G | R | A |   | A | L | I | K | E |   | L | A | D | E |
| M | A | A | R | S |   | A | L | I |   | P | A | S | E | S |
|   |   |   |   | T | O | T | T | E | N |   | H | A | L |   |
| A | C | E |   |   |   |   |   |   |   | L | A | C |   |   |
| C | O | B |   |   |   |   |   |   |   |   |   |   |   |   |
| T | U | B | A | S |   | C | A | V |   | S | A | C | C | O |
| O | P | E | C |   |   | D | A | D |   | M | A | C | H | O |
| R | E | D |   |   |   | M | A | P |   | D | A | T | E |   |
|   |   |   |   | P | O | L |   |   | M | E | R | I | C |   |
| M | A | C | A | O |   | B | E | L |   | S | A | B | E | R |
| S | L | A | B |   |   | B | A | D | E | N |   | B | E | A |
| E | L | L | I |   |   | C | R | A | T | E |   | L | A | C |
| C | O | I | R |   |   | D | A | L | E |   | Y |   | E | D |

### sudoku solution

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

**Occasion d'emploi**

**Centre de ressources pour les familles militaires de Greenwood (CRFMG)**

**COORDONNATEUR.TRICE DE LIAISON AUPRÈS DES FAMILLES**

**Poste à temps plein**

Le/la Coordonnateur.trice de liaison auprès des familles du Centre de ressources pour les familles militaires de Greenwood se spécialise dans la prestation de soins, de services et de soutien normalisés et uniformes aux familles des Forces armées canadiennes (FAC) et de vétérans aux prises avec une maladie, une blessure et/ou un besoin spécial. Si vous comprenez le style de vie militaire unique et que votre passion est d'aider les familles, envisagez de vous joindre à notre équipe.

**Qui nous cherchons :**

Nous recherchons un membre d'équipe avec un baccalauréat en travail social. Vous devez être enregistré.e, ou être admissible auprès de l'organisation provinciale appropriée.

**Votre expérience :**

Pour soutenir nos familles de la 14<sup>e</sup> Escadre de Greenwood, vous aurez besoin d'une vaste expérience de travail auprès d'individus, de familles, de petits groupes et de collectivités. Vous devez avoir de l'expérience dans la conception, le développement, la mise en œuvre, l'animation, la coordination et l'évaluation de programmes; éducation et formation des adultes; conseils; intervention de crise; violence domestique et sexiste; et les dynamiques et processus d'attachement et de séparation.

**Votre contribution à l'équipe :**

Vous devez posséder de solides habiletés en communication orale et écrite pour être en mesure de parler en public, d'animer des ateliers et de rédiger des rapports. Le bilinguisme est un atout important. Vous devez avoir d'excellentes compétences interpersonnelles et d'évaluation ainsi que de la sensibilité et du tact pour travailler avec des personnes dans des conditions stressantes, y compris des situations de crise. Vous devez être chaleureux.euse, avoir de l'empathie et de l'humour, avoir une philosophie de soins sans jugement et une bonne compréhension des principes éthiques. Vous devez être un.e bon.ne joueur.euse d'équipe et participer au développement de nouvelles idées et méthodes pour l'amélioration du programme. Votre compréhension claire du processus de développement communautaire est essentielle et une connaissance pratique des ressources communautaires dans la zone desservie est requise spécifiquement pour les personnes blessées, malades et/ou ayant des besoins spéciaux. Une bonne connaissance de la gestion des risques ainsi qu'une forte croyance au principe du bénévolat sont requises.

Notre semaine de travail est de 37,5 heures avec du travail le soir et la fin de semaine à l'occasion.

Veuillez envoyer votre curriculum vitae au plus tard à 16 h, **le jeudi 14 avril 2022**, à :

Margaret Reid, Directrice exécutive du CRFMG  
Courriel : [home@greenwoodmfrcc.ca](mailto:home@greenwoodmfrcc.ca)    Objet : resume - FLC  
Poste : Greenwood MFRC, C.P. 582, Greenwood, N.-É. B0P1N0  
En personne : CRFM de Greenwood, Centre AVM Morfee, 24 School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.  
Pour en apprendre davantage sur le CRFMG : [www.connexionfac.ca](http://www.connexionfac.ca)





## Checking it out

**Members of the Wing Auxiliary Security Force conducted an identification check at 14 Wing Greenwood entrances February 19 as part of their annual training.**

Master Corporal JR Chabot,  
14 Wing Imaging

## Exercise and your brain - the self-care series

**Lucie Laferrière,  
Physiotherapist, M.H.A**

Are you finding it challenging to stay engaged and on top of all your tasks at work or at home? Are you searching for ways to be more engaged in what you do, and how to stay motivated to increase your physical activity level during the winter months? Inspired by the text, "On the Link between Great Thinking and Obsessive Walking," by Mike Zonta, read on to learn what three studies said about the self-care benefits of exercise on brain creativity and productivity that will also encourage your ongoing commitment to starting and/

or maintaining regular physical activity.

Marylyn Oppezzo is a psychologist who noticed a trend where her creativity and ability to brainstorm ideas increased when she was walking around her university campus. This inspired her to conduct some research on the creative impact of walking. In one study, results showed walking participants generated 50 per cent more ideas compared to participants who just sat. In another study, Oppezzo compared walking indoors to walking outdoors. Based on the areas she measured, the results demonstrated that walking outdoors improved creativity by 60 per cent to

## STRENGTHENING THE ENERGISER LES FORCES

200 per cent! Ready to put the winter jacket and boots on yet? No? Keep reading.

Similarly, another study by Lina Zhu examined the effects of exercise on the brain structure and its performance. She conducted a study where she compared a group of young adults participating in moderate aerobic exercise through sports over a nine-week period against a group of individuals who did not engage in fitness activities. The active group scored higher in brain per-

formance and strengthened regions in the brain linked to creativity while those who were inactive had significant reductions in both areas.

When the link between everyday life physical activity and creativity was examined by Christian Rominger, he discovered moderate exercise (like walking) had the strongest association with increasing creativity. Inactivity once more had a negative impact on creativity. Interestingly, in his research, vigorous activity was associated

with feeling energized and enthusiastic but didn't influence creativity significantly.

If you are struggling with a problem at work or at home and you can't figure out what to do, try taking a good walk, alone or with a friend. The odds of finding a solution are much higher when you are moving compared to sitting. In addition to improving creativity and brain performance, don't forget there are many more health benefits from physical activity.

Moving is free and can be

done almost anywhere and at any time. When you consider the results from the above research, adding a walk or an outdoor activity to your winter self-care regime is worth putting on the extra winter gear. Dress to the conditions, be active, safe, and let the ideas flow. Exercise is truly an example of self-care. ➔

*Lucie Laferrière is the injury prevention specialist at the Directorate Forces Health Protection and 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.*

## L'exercice et votre cerveau – Série de prise en charge de soi!

**Lucie Laferrière,  
Physiothérapeute, M.G.S.S**

Avez-vous du mal à rester engagé et à vous acquitter de toutes vos tâches au travail ou à la maison? Cherchez-vous des moyens de vous engager davantage dans vos activités et de rester motivé pour être plus actifs en hiver? Découvrez dans cet article, inspiré d'un essai intitulé « On the Link between Great Thinking and Obsessive Walking » par Mike Zonta, ce que trois études ont révélé sur les bienfaits de l'activité physique sur la créativité et la productivité. Il vous encouragera, vous aussi, à honorer votre engagement d'intégrer ou de maintenir une pratique régulière d'acti-

vités physiques.

Marylyn Oppezzo est psychologue. Elle a constaté une augmentation de sa créativité et son aptitude à trouver des idées lorsqu'elle se promenait sur son campus universitaire. Elle s'est donc mise à mener des recherches sur les effets créatifs de la marche. L'une de ses études a révélé que les participants qui marchaient, génèrent 50 % plus d'idées que les participants qui restaient assis. Dans le cadre d'une autre étude, Oppezzo a comparé la marche à l'intérieur à celle extérieure. Les résultats ont fait ressortir que la marche en plein air améliore la créativité de 60 à 200 % fois plus! Êtes-vous prêt à enfiler votre manteau et vos bottes d'hiver? Toujours

pas convaincu? Poursuivez votre lecture!

Une autre étude, menée par Lina Zhu cette fois, portait sur l'effet de l'exercice sur la structure du cerveau et sur la performance cérébrale. Dans cette étude, M<sup>me</sup> Zhu a comparé un groupe de jeunes adultes qui se sont consacrés pendant neuf semaines à des activités physiques aérobiques modérées dans le cadre d'un sport et un groupe de personnes qui ne faisait aucune activité physique. Le groupe actif a obtenu de meilleurs résultats pour la performance cérébrale et a renforcé des régions du cerveau liées à la créativité, tandis que les personnes sédentaires présentaient des réductions significatives dans

ces deux domaines.

Lorsque Christian Rominger a examiné le lien entre l'activité physique quotidienne et la créativité, il a découvert que l'exercice modéré (comme la marche) était le plus fortement associé à une créativité accrue. L'inactivité avait une fois de plus un effet négatif sur la créativité. Fait intéressant, sa recherche a révélé que l'activité physique vigoureuse est associée au sentiment de se sentir plus énergisé et enthousiasme, mais qu'elle n'a pas d'incidence significative sur la créativité.

Si vous êtes aux prises avec un problème au travail ou à la maison et que vous ne savez pas quoi faire, essayez de faire une marche, seul

ou avec un ami. Vous aurez beaucoup plus de chances de trouver une solution si vous bougez que si vous restez assis. Rappelez-vous qu'en plus d'améliorer votre créativité et votre performance cérébrale, l'activité physique offre bien d'autres bienfaits pour votre santé.

Il n'en coûte rien et l'on peut marcher presque partout et à tout moment. Lorsque l'on considère les résultats des recherches ci-dessus, une promenade ou une activité de plein air hivernale vaut les vêtements d'hiver supplémentaires qu'il faudra enfiler. Habillez-vous en conséquence, soyez actif, soyez prudents, et laissez libre cours à votre créativité. L'exercice est un véritable

exemple de la prise en charge de soi. ➔

*Lucie Laferrière est la spécialiste de la prévention des blessures à la Direction de la protection de la santé des Forces et elle travaille avec les preuves scientifiques pour offrir des conseils. Au sein de l'équipe *Énergiser les Forces*, elle travaille sur la prévention des blessures et la promotion de la vie active.*

*Énergiser les Forces* est le programme de promotion des modes de vie sains des FAC) et du MDN. Il enrichit les activités de promotion et d'amélioration de la santé et du mieux-être des membres des FAC en procurant expertise, compétences et outils.