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the Aurora

Vol. 43 No. 16MAY 2, 2022 NO CHARGEwww.auroranewspaper.com



HMCS Montréal and its embarked CH148 helicopter were joined April 13 by a Royal Canadian Air Force CP140 Aurora as part of NATO's Maritime Command on Operation REASSURANCE, operating together to build maritime situational awareness in the Mediterranean Sea as part of Standing NATO Maritime Group Two.  
DND images

Op REASSURANCE partners



April 19, a Royal Canadian Air Force CP140 Aurora was operating with the Royal Canadian Navy and Standing NATO Maritime Group 2 to build maritime situational awareness in the Mediterranean, as part of Operation REASSURANCE to deter Russian aggression in the region.  
DND images

The Canadian Armed Forces (CAF) has members serving on Operation REASSURANCE in Central and Eastern Europe, part of assurance and deterrence measures to reinforce NATO's collective defence and solidarity. During this operation, CAF assets are conducting training, exercises and some NATO-specific tasks. Approximately 1,475 Canadian Armed Forces members are deployed in support of Op REASSURANCE, making it Canada's largest current international military operation. There are approximately 500 sailors onboard two frigates, 695 soldiers leading a NATO-enhanced Forward Presence Battle Group in Latvia, 140 Royal Canadian Air Force members, with six CF188 Hornets participating in NATO-enhanced air policing and a CP140 Aurora long range patrol aircraft, operating since February 22 under NATO command; and 100 soldiers in Poland to support and care for Ukrainians fleeing violence.

The CAF's Maritime Task Force is continuing rotational deployments, since 2014, of a frigate involved with exercises and operational tasks in the NATO Maritime Command's areas of responsibility. January 19, HMCS Montreal departed Halifax for Europe to join with Standing NATO Maritime Group 2. February 5, HMCS Montreal joined Standing NATO Maritime Group 2, followed April 9 by the arrival of HMCS Halifax to join Standing NATO Maritime Group 1. ➔

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## Complexity of modern military operations in the information environment

**Lieutenant Christophe Côté, 34th Canadian Services Battalion, & Lieutenant (Navy) Iain Brooks, Joint Task Force North headquarters**

Army and Navy Reservists and Regulars recently met for a two-week information operations training course highly relevant in this era of hybrid conflict, focussed on the art of turning intent into command.

“It’s denaturalizing to see the multitudes of possibilities included within the same conflict!” said Captain Alexandre Boffin during the final departure greetings from the Peace Support Training Centre (PSTC), which aims to train military personnel on the methods and procedures specific to the contemporary information environment.

Boffin, along with his brother, Captain Rémi Boffin, and Warrant Officer Nicolas R. Harispe, participated in this “mid-level” course, but the strength of this learning environment lies in its diverse membership. The cohort is rich in the expertise, experience and cumulative knowledge of all its members, from sergeant to

lieutenant-colonel. The three Sherbrooke Fusiliers infantrymen enjoyed meeting other experts from all provinces, trades, ranks and environments.

Indeed, the members of the cohort are drawn from almost every division, as well as several command elements from across the country. The advantage of a group composed of a wide variety of trades and elements allows for the sharing of valuable institutional knowledge.

The introduction to the concept of information operations provides an overview of the function itself, which is to coordinate the various elements of the military apparatus and transform desired intentions and effects into tactical commands and orders. This is more of an art than a science, but technique will always be the foundation of skill and success.

“In this environment, it is essential to be aware. The information operations course opens a door to the thought process that helps to better understand the complexity of the environment, and teaches how to apply that knowledge to explain, modify or anticipate



**Army and Navy Reservists and Regulars recently met for a two-week information operations training course at the Peace Support Training Centre, a learning opportunity held as Russia was staging to invade Ukraine.**

effects in the information environment,” said Harispe.

The course introduces students to the different techniques and means that influence the battle in the modern information environment, including civil-military cooperation, the electro-magnetic spectrum, physical, psychological or cognitive effects; and posture, force or various means in the virtual domain.

This function is critical to the success of modern operations, and helps commanders better understand their area of operations, the actors in place, the dynamics, and suggests

different ways to achieve the end state.

Although this is a military-oriented course, the value of understanding the information environment cannot be underestimated. Information operations is also very interesting from a naval perspective.

“When the focus shifted to the joint environment during training periods, it provided an excellent introduction to current CAF capabilities. I can only recommend it more to personnel, naval or otherwise, who are looking to broaden their understanding of the modern battle space,” said

Lieutenant (V) Iain Brooks, a maritime combat systems engineering officer stationed in the Northwest Territories. “This training teaches us how to think holistically about effects, rather than focusing solely on the kinetic aspect of warfare.”

It would be pointless to gloss over the coincidence of events that took place during the course dates, namely the Russian invasion of Ukraine. This 2022 cohort witnessed the learning scenario unfold simultaneously with the horror scenario Russia was staging to invade Ukraine, in real time.

The three young members

of the Sherbrooke Fusiliers are enthusiastic and full of enthusiasm following this new qualification added to their curriculum.

“It’s definitely an interesting perspective on modern conflicts that are becoming more and more complex,” said Captain Rémi Boffin.

The commanding officer of the Kingston Peace Support Training Centre, Lieutenant-Colonel Véronique Gervais, invites all members to learn more about the courses offered in the field of peace and information activities on the Peace Support Training Centre website. ➔

## Mess presents plans to deliver for members

**Sara White,  
Managing editor**

14 Wing Greenwood Mess members voted on the middle road April 19 at their annual meeting, approving a dues increase that will maintain Annapolis Mess activity as is for the next year.

Incoming Mess president Captain Thomas Bowdery reviewed three membership dues options: remain the same, at \$11 per month per member, and potentially reduce events to account for inflationary pressures; increase to \$15, to remain as is; or increase to \$18, and “do more – with that money coming directly back to you.

“The Mess is a wonderful thing the military does offer, offering events for members on the scale we do,” Bowdery said. “I know we can be doing a lot better and, that people don’t want to come – that’s our fault: we’re not giving you the bang for your buck. I believe, at \$18 a month,

we can do that, that you will want to come – you, and your family.”

Increased membership dues votes have failed in two votes held over the past year-and-a-half, but a check with seven other military Messes found average dues at \$19.42.

“The increase is not so much ‘give us more money so we can do more’ as it is ‘we need the money to run the Mess,’” said Bowdery. “Mess dues are mandatory, but the Mess is trying really hard to get you the bang for your dollar, without tying our hands.”

Wage costs limit bar hours, the cost of food and entertainment has increased, pandemic challenges, and the variety and range of perhaps more popular events – including more not revolving around a bar environment; are all factors in the Mess’s approximately \$480,000 budgeted for 2022/2023 entertainment and bar expenses.

The Mess committee is launching two email accounts – one for general Mess information, and another direct to the Mess president and vice-president for questions and suggestions, as ways to engage membership in activities.

“We want to create a rotation of events, unit-focused TGIFs, increase prizes and activities, keep up with inflation, fully use this entire building – and we know we can’t ‘do more with less.’ If anyone has new ideas, we’d love it – but we have to pay for it.”

One member asked about a scaled dues increase, as junior ranks have a lower income. The Mess amalgamated three separate Messes in 2018 and set one dues rate, and Bowdery replied all Mess members are entitled to the same experiences, opportunities and service: how does the Mess justify different dues, but treat all members the same?

Another suggestion was to eliminate Mess “individual” programs, such as borrowable golf and ski passes, or the “bar card” used by Mess committee members to treat wing guests or Mess attendees on occasion. Two late votes in the meeting maintained keeping the bar cards, and amended the Mess constitution to define who can use the cards, and add a user agreement.

A vote on a Mess membership increase to \$18/ month failed; a second vote on \$15/ month passed.

Bowdery thanked outgoing Mess president Corporal Elena Barter for her leadership role, “working very, very hard in challenging times” over the past year, by presenting her with the PMC gavel.

“Nothing is impossible if enough people are interested – we thank everyone for their time,” he said. “A lot of effort went into this meeting, and we’ll try very hard to deliver.” ➔

- The Mess dress code was also updated to be more in line with the “dress with a difference” standards followed on other casual days and include more gender appropriate considerations.

- Guest rule changes were made, including a four-guest limit for Mess members, plus a spouse; and a two-guest allowance for spouses. No guests are allowed at bingo or trivia events with prizing funded by Mess membership revenue.

- From last year’s approved spending, the Mess expects \$10,000 of new patio furniture to arrive by the end of June.

- A vote to swap the current holders of the entertainment chair and co-chair volunteers was approved, and volunteers from the floor were accepted into both the housing and sports committee chair roles. Volunteers for entertainment and sports committees, and for specific Mess events, from all units would be welcome.

- Endorsement to investigate the purchase of ping pong tables and a multi-sport gaming simulator (one presented was priced at approximately \$54,000 for two years), and Bowdery confirmed, as far as snacks at the Tow Bar go: “We’re going to be upping our game.” He also agreed old signage distinguishing divided, pre-amalgamation Mess spaces need to be replaced.

- The Mess will look into holding an e-sports tournament, paintball events and more events in conjunction with the Military Family Resource Centre to encourage family attendance and ease childcare issues; Bowdery said there will not be a move to deliver TGIF food to unit workspaces where shift workers can’t get away to attend.

## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Sergeant Janine Boone, right, was presented with the 1 Canadian Air Division Chief Warrant Officer’s coin April 5 by Chief Warrant Officer Dan Campbell, at 14 Wing Greenwood.



Corporal Benoit, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Major Michel Gosselin, left, with Master Warrant Officer Bill Ryan.



Bradley Ryckman, a 26-year civilian volunteer member of the 14 Wing Pipes and Drums, received a Sovereign’s Medal for Volunteers from Her Excellency the Right Honourable Mary Simon, Governor General of Canada, during an April 21 presentation ceremony to 23 deserving individuals at Rideau Hall. The medal is the highest honour for volunteer service an individual may receive within the Canadian Honours System.

Sergeant M. St-Amour, Rideau Hall, OSGG-BSGG



Sergeant Jared Taylor, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Major Richard Cote, with Master Warrant Officer Bill Ryan.

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**Circulation** | Circulation: **4,500 Mondays** | **Lundis Agreement No.** | Numéro de contrat : **462268**  
Fax: 902-765-1717

**Website** | Site Web : **www.auroranewspaper.com**  
**The Aurora, PO Box 99, Greenwood NS B0P 1N0**  
L’Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

**Location** | Emplacement : **61 School Road, Morfee Annex**  
61 School Road, Annexe Morfee

**Mail subscriptions: annual \$107 plus tax, weekly \$2.28 plus tax.**  
Abonnements par correspondance: 107\$ par année plus taxes , 2,28\$ par semaine plus taxes.

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www.rcacf-arc.forces.gc.ca

**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
www.cafconnection.ca

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
www.airforce.forces.gc.ca/en/14-wing/index.page

**National Defence and the Canadian Forces**  
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www.vpiinternational.ca

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 | 14 Wing Greenwood Curling Club Open to military, community members | 14 Wing Health Promotion Tips, program highlights and resources

Aurora Newspaper articles are available in either official language, by request, to auroraeditor@ns.alianztinc.ca. Les articles du journal Aurora sont disponibles dans l’une ou l’autre des langues officielles, sur demande, à auroraeditor@ns.alianztinc.ca. Veuillez prévoir jusqu’à 10 jours ouvrables pour une réponse.

## NAOSH Week partnerships focus on safe, health workspaces

North American Safety and Health Week May 1 to 7 is an ideal time for employers, employees, partners and the public to focus on the importance of preventing injury and illness in the workplace, at home and in the community. NAOSH Week is a continent-wide event spanning the countries of Canada, USA and Mexico.

NAOSH Week strives to increase understanding of the benefits of investment in occupational health and safety, raise awareness of the role and contribution of safety and health professionals, and reduce workplace injuries and illness by encouraging new health and safety activities and interest in NAOSH Week.

The NAOSH Week logo - three hands forming an equilateral triangle - portrays the three participating nations and symbolizes joint venture,

cooperation and the commitment to the common goals shared by all occupational health and safety partners. The three sides stand for the three countries' partnership, as well as all tripartite partnerships between business, labour and governments. The connected hands illustrate assistance and cooperation on many levels, from interpersonal relationships in the workplace to international exchange. Much like the tripartite partners, the connected hands of our 14 Wing Workplace Health & Safety Committee members, our 14 Wing leadership team, Canadian Armed Forces members and Department of National Defence civilian employees must work together to create a safe and healthy workplace free from harassment, violence and all other workplace hazards.

As our Wing Commanders General Safety Policy statement reflects, *"Military operations are by their very nature a prudent risk activity that must be duly managed. We must balance operational demands with due diligence to safeguard our people and our resources. This principle must be an integral part of everything we do."*

Safety is the responsibility of each individual at our wing. Those appointed to positions in the safety organization have a vital role to play in promoting health and safety and addressing any such concerns. Those in leadership and supervisory roles also have a vital role to play in ensuring proper workplace orientation and training is conducted and current. Supervision of staff to ensure Wing Standing Orders and local Health & Safety stan-



dard operating procedures are adhered to, and weekly and monthly workplace inspections are conducted to identify and rectify any potential workplace hazards.

We must work together to minimize personnel injuries and equipment and material losses, ensure safety is engineered into all materials

and operations, encourage instruction and training for all personnel in safe work practices, performance and operations; foster an environment of trust, where safety observations can be constructively identified and remedied; and co-operate fully with all other activities initiated by any agency in support of safety

matters.

Your 14 Wing General Safety office encourages everyone to promote and foster a safe and healthy workplace, not only during NAOSH Week, but each and every day as we "Operate as One."

For more information on this year's activities, visit ccohs.ca. ➔

## Les partenariats de la SNASST mettent l'accent sur la sécurité et la santé des lieux de travail

La Semaine nord-américaine de la sécurité et de la santé qui se tiendra du 1er au 7 mai est le moment idéal pour les employeurs, les employés, les partenaires et le public de se concentrer sur l'importance de la prévention des blessures et des maladies au travail, à la maison et dans la collectivité. La SNASST est un événement se déroulant à l'échelle du continent et auquel participe le Canada, les États-Unis et le Mexique.

La SNASST s'efforce d'améliorer la compréhension des avantages de

l'investissement dans la santé et la sécurité au travail, d'effectuer de la sensibilisation quant au rôle et à la contribution des professionnels de la sécurité et de la santé, d'encourager de nouvelles activités afin de réduire les blessures et les maladies en milieu de travail, ainsi que de susciter de l'intérêt pour la SNASST.

Le logo de la SNASST, qui se compose de trois mains formant un triangle équilatéral, représente les trois pays participants et symbolise l'action concertée, la coopération et

l'engagement envers les objectifs communs de tous les partenaires de la santé et de la sécurité au travail. Les trois côtés correspondent au partenariat des trois pays, ainsi que tous les partenariats tripartites entre les entreprises, la main-d'œuvre et les gouvernements. Les mains liées illustrent l'aide et la coopération à de nombreux niveaux, des relations interpersonnelles en milieu de travail aux échanges internationaux. À l'instar des partenaires tripartites, les membres du Comité de santé et de sécurité au travail de

la 14e Escadre, l'équipe de direction de la 14e Escadre, les membres des Forces armées canadiennes et les employés civils du ministère de la Défense nationale doivent se tendre la main pour créer un milieu de travail sécuritaire et sain, exempt de harcèlement, de violence et de tout autre risque en milieu de travail.

Comme le reflète l'énoncé de la politique du commandant de l'Escadre sur la sécurité générale, « les opérations militaires posent intrinsèquement des risques prudents devant être dûment gérés. Nous devons concilier les demandes opérationnelles et la diligence raisonnable afin de protéger notre personnel et nos ressources. Un tel principe doit

faire partie intégrante de tout ce que nous entreprenons.

La sécurité est la responsabilité de chaque personne au sein de notre escadre. Les personnes nommées à des postes dans l'organisation de la sécurité ont un rôle essentiel à jouer dans la promotion de la santé et de la sécurité et dans la prise de mesures à l'égard de ce type de préoccupations. Les personnes qui occupent des postes de direction et de supervision ont également un rôle essentiel à jouer pour veiller à ce que l'orientation et la formation en milieu de travail soient adéquates et à jour. Une supervision du personnel est assurée pour veiller au respect des instructions permanentes d'opération locales en matière

de santé et de sécurité ainsi que des ordres permanents de l'Escadre, et des inspections hebdomadaires et mensuelles du lieu de travail sont effectuées pour cerner et éliminer tout risque potentiel sur le lieu de travail.

Nous devons travailler ensemble pour réduire les blessures et les pertes d'équipement et de matériel, veiller à ce que la sécurité soit prise en compte pour tous les matériaux et opérations, encourager l'instruction et la formation de tout le personnel en matière de pratiques de travail, de performances et d'opérations sécuritaires, favoriser un environnement de confiance où les observations de sécurité peuvent être identifiées et corrigées de manière constructive; et coopérer pleinement avec toutes les autres activités lancées par tout organisme à l'appui des questions de sécurité.

Le Bureau de la sécurité générale de la 14e Escadre encourage tout le monde à promouvoir et à favoriser un milieu de travail sécuritaire et sain, non seulement pendant la SNASST, mais aussi chaque jour en restant « unis dans l'action ».

Pour de plus amples renseignements sur les activités de cette année, consultez le site Web du cchst.ca. ➔

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## How well do you know your own home town?

(NC) You might think you know your town like the back of your hand. But if you go for a walk or a drive in your neighbourhood, you might be stunned by a new shop or a landmark that you didn't notice before. Whether you're planning a staycation or just need a new family activity, there's no better time to learn more about where you live.

Here are some fun ways to explore your home town on a new level:

### Create a photo scavenger hunt

Perfect for a family get together. Write out a list of things to photograph around town and then hit the streets and get snapping. Items can be as specific as local landmarks and as general as squirrels or colours. The first to find everything on the list wins a prize. Try printing the best photos or creating your own social media hashtag to share your discoveries and have an easy way to look back on the day.

### Visit local shops

Another great way to play a tourist in your own backyard is to discover new finds while supporting local businesses. Try every local restaurant in your town or in a specific neighbourhood over a period



of several months. Or, decide to only buy from local stores during a specific time frame. Cross off local shops from 'best of' lists to make your own definitive list and share with family and friends. When you support local, it's a great way to discover character, hidden gems and the people of your home town.

### Explore local history

From haunted alleyways to sacred monuments, every town has its own unique story to tell. You can reach out to your local library or search online to gain some historical insights. To get the most out of what you learn, discuss it

with family, friends or online. Free resources like census data can also give a unique portrait of your community's population, and how it has evolved over time. Check out the latest data visualization tools for this information, including easy to understand maps, graphs and trends for your area. What do your family and friends think about it? If your town began full of young families but is now primarily retirees, what drove the change? You might be surprised by what you uncover.

Find more information and start your search at statcan.gc.ca/census. ➔

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Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 BINGO 1:30 p.m.	2	3 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	4 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	5 CRIB Foot Clinic Call Heather at (902) 300-3559	6	7 Chase the Ace! Meat Draw
8 BINGO 1:30 p.m.	9	10 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	11 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	12 CRIB	13 Fun Darts 7 pm For members & guests only \$5	14 Chase the Ace! Meat Draw
15 BINGO 1:30 p.m.	16 EXECUTIVE MEETING 7 p.m.	17 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	18 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	19 CRIB	20 Fun Darts 7 pm For members & guests only \$5	21 Chase the Ace! Meat Draw
22 BINGO 1:30 p.m.	23 GENERAL MEETING 7 p.m.	24 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	25 Veteran Social 10 a.m. Fun Darts 1:30 Cost \$5	26 CRIB	27 Fun Darts 7 pm For members & guests only \$5	28 Chase the Ace! Meat Draw
29 BINGO 1:30 p.m.	30	<b>ROYAL CANADIAN LEGION BR.98 KINGSTON PRESENTS: A DOC MCCOY, MURDER MYSTERY DINNER THEATRE - OPEN TO THE PUBLIC - SATURDAY, JUNE 4TH 6PM-9PM. COST: \$30 PER PERSON  </b> Ticket includes Meal: Chicken Supreme, Mashed Potatoes, California Style Vegetables, Coleslaw, Rolls, Cheese Cake, Tea & Coffee, Cash Bar   Tickets for sale at the Kingston Legion Bar.				

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## Should you be worried about wood smoke?

(NC) There's nothing like a warm fire to nurture your soul. But despite its cozy scent, wood smoke contains pollutants that can be harmful, including chemicals and fine particles. Fine particles can penetrate deep into your lungs and bloodstream, sometimes leading to serious health effects or even death. If you use a wood stove or fireplace in your home, here are some steps you can take to reduce your health risks:

- Maintain your stove**
  - Make sure that your wood stove is well-maintained, vented correctly and working properly.
  - Have it inspected by a qualified professional at least once a year.
- Clean your chimney**
  - Clean your chimney and flues regularly, following the manufacturer's instructions.
- Use your dampers**
  - Allow more airflow (venti-

lation) when starting a fire and close the dampers when the wood is well charred. This technique produces more heat, so you use less wood.

**Burn wisely**

- Avoid burning wood on days when outdoor air pollution levels are high.
- Only burn dry, seasoned wood. Cut, split and stack wood in a dry area for at least six months before burning it.

- Never burn wood that has been painted or chemically treated; household garbage or cardboard; ocean driftwood, plywood, particle board or any wood with glue on or in it; or wet, rotted, diseased or mouldy wood.
- **If you are looking to upgrade or install a wood stove or fireplace:**
  - Choose a low-emission stove! Install an "advanced combustion" wood stove

or fireplace insert to reduce toxic emissions.

- Look for appliances that have a sticker from the United States Environmental Protection Agency. This sticker certifies that the appliance emits up to 95 per cent fewer particulates and is up to 20 per cent more fuel-efficient than regular models.

Find more information on keeping a healthy home at [canada.ca/healthy-home](http://canada.ca/healthy-home). ➔



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## 3 things you need to do this year for a better lawn

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Yards can come under threat from insects, weeds and diseases. A small number of weeds or bugs is nothing to worry about. Catch a problem before it gets out of hand, you will have an easier time dealing with it.

Urban pesticides can help manage these threats. They come in consumer formulations that are specifically made for use by homeowners. Approved by Health Canada before they are made

available to consumers to ensure they're safe for people, pets and the environment.

### Water early and deeply

The best time to water your lawn is in the early morning. Watering in the evening can leave your grass susceptible to disease.

Try watering deeply 1-3 times per week instead of everyday. That will encourage deep root growth and help your grass survive in drought conditions. ➔

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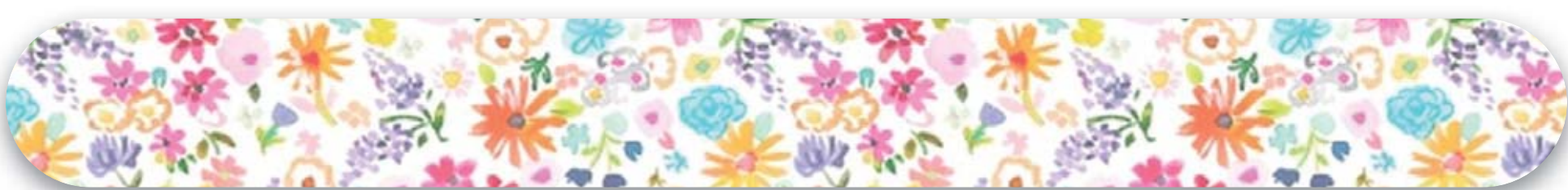
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## Un toast aux avocats revisité

(EN) Ajoutez une petite touche canadienne à ce grand classique qu'est le toast à l'avocat du Mexique en remplaçant le pain pour un bagel : un nouveau monde de saveurs s'ouvrira à vous! Faites-nous confiance, vous en redemanderez.

### Bagel petit-déjeuner à l'avocat

Temps de préparation: De 20 à 30 min Temps de cuisson: De 8 à 10 min Portions: 2

### Ingrédients

- 2 bagels
- 45 ml (3 c. à soupe) de beurre
- 2 œufs
- 4 tranches de bacon cuites
- 2 tranches de fromage suisse
- 1 avocat du Mexique de taille moyenne, tranché en quartiers
- 250 ml (1 tasse) de roquette
- Sauce piquante et/ou mayonnaise, au goût
- Sel et poivre fraîchement moulus, au goût

### Méthode

- Couper les bagels en deux et étaler le beurre sur les côtés coupés.
- Préchauffer une grande poêle (ou une plaque de cuisson) à feu moyen et, une fois qu'elle est chaude, griller les bagels côté coupé vers le bas jusqu'à ce qu'ils soient dorés. Mettre la moitié supérieure de côté, retourner la moitié inférieure et ajouter du beurre dans la poêle avant de casser un œuf dans le trou. Cuire jusqu'à ce que l'œuf soit pris, puis retourner le tout et cuire encore une minute ou jusqu'à la cuisson désirée. Assaisonner de sel et de poivre.
- Retourner et garnir chaque moitié de deux tranches de bacon et de fromage suisse.
- Retirer du feu. Ajouter les tranches d'avocats du Mexique, la roquette et un filet de sauce piquante et/ou de mayonnaise au goût.
- Recouvrir de l'autre moitié du bagel grillé, servir. ➔

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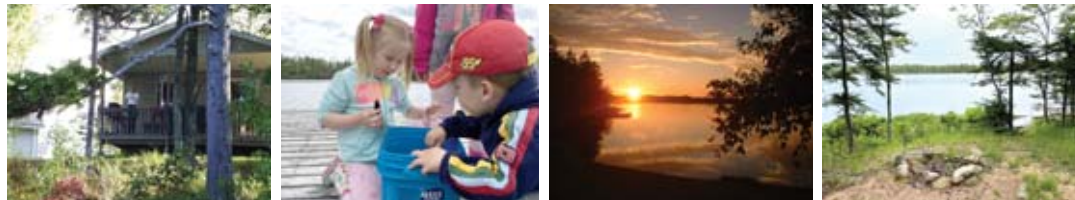
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## Pre-season bookings start:

**CAF members** | May 1

**NPF/ DND/ Veterans** | May 11

**Members of the public** | May 20

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# 14 Wing wins Atlantic curling invitational

**Joanie Veitch, Trident staff**

Following a tight final game, the team from 14 Wing Greenwood won 7-6 over CFB Halifax's #2 team in the Atlantic curling invitational championship, winning both bragging rights and a special trophy to take back to the squadron.

The curling tournament was played in a double round-robin format from April 11 to 14 at the CFB

Halifax Curling Club, with two teams from CFB Halifax and a team from 14 Wing Greenwood competing.

While the event didn't fit the bill as a true regional tournament, participants had nothing but praise - especially given the ever-changing situation regarding restrictions on events due to COVID-19.

"It was a pleasure for us to come up from Greenwood for the event. It's been really enjoyable for all



From left are 14 Wing Greenwood's Captain Sarah Fralick, Captain Joseph Ryan, Captain Paul Bailey, Captain Jeffrey McRae and Captain James Duncan - winners of the Atlantic curling tournament at the CFB Halifax Curling Club April 14.

Corporal S. Arcand, Canadian Armed Forces photo



**1. Hungry?**  
**2. Download.**  
**3. Eat!**





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Deadline: May 20, 2022

Captain Joseph Ryan.

On the opposing team in the final game, CFB Halifax's team #2 included Commander Nick Buxton as skip, along with Lieutenant (Navy) James Adams, Lieutenant (Navy) Aaron Bradley and Petty Officer Second Class Greg Moffat.

Organizing sports events during the COVID-19 pandemic has been difficult, but curling has proven one of the more resilient sports, said Isaac Habib, Fitness and Sports coordinator at PSP Halifax.

"We've had to take some pauses but, for the most part, we've been able to run the full curling schedule," said Habib. "Curling is a very social sport and, as a region, we wanted to see some kind of competition happen so we organized this as an invitational tournament."

Following the championship match, Habib presented the Greenwood team

and Sports coordinator at PSP Halifax.

"This was our first invitational curling challenge and a great competition," he said. "It's exciting to be doing things again." →



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— **Janine Johnson,**  
Security Guard with our Nova Scotia Division

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## Kids in the kitchen

### Picking up skills, passion for cooking!

**Sara White, Managing editor**

It may be a tad early to be "spreading the word about the cooking trade," but Corporal Justin Murphy says it's never too early to pick up some skills – and maybe a passion – in the kitchen.

Murphy, who typically looks after flight feeding for 14 Mission Support Squadron Replenishment Flight here at 14 Wing Greenwood, has been volunteering with a Community Recreation "Mini Chefs" program this spring, as pre-teens learn how to cook, bake and work their way around food.

"If they build a passion for cooking, and maybe take it up later in life – great," Murphy says. "If they don't, at least they've built skills and can cook something."

Not one kid turned up their nose at stuffed bell peppers in a recent session – "they all loved it, and they were proud of what they'd accomplished," Murphy says. After an April 26 tour of Murphy's kitchen space at the Annapolis Café, he took them back to the community centre to make lava cakes.

Community Recreation rec leader Tara Scott says cooking is always one of the community centre's most popular activities, whether it's as a snack in a program, part of the weekly YTGIF and, most recently, with these Mini Chef sessions, which filled to overflowing.

"I think the kids like the kitchen – they like the math and the science of the cooking, and the independence of learning a new skill."

Community Recreation is busy now registering (CAF-Connection.ca) for a new, late spring additional Mini Chefs four-week program, one Wednesdays from 4 p.m. to 6 p.m. for kids ages nine to 12, and one Thursdays for ages six to eight (or five, if they have completed one year in a school program). Topics will include themed food, proper



Replenishment Flight Corporal Justin Murphy typically looks after preparing flight feeding meals, but has been busy in recent weeks sharing his kitchen skills with kids at the Community Centre. April 26, he hosted the Mini Chefs program participants on a behind-the-scenes tour of the Annapolis Café.

S. White

knife skills, the Canada food guide, healthy nutrition and more. The older group will have more responsibility in the class, while the younger group will create simpler meals and enjoy some gym activity, too.

Jenna Speichts, recreation youth worker, says this spring round of Mini Chefs was one of the community centre's most in-demand programs, and credits the willingness of Murphy to add in the extra time, knowledge and love of cooking.

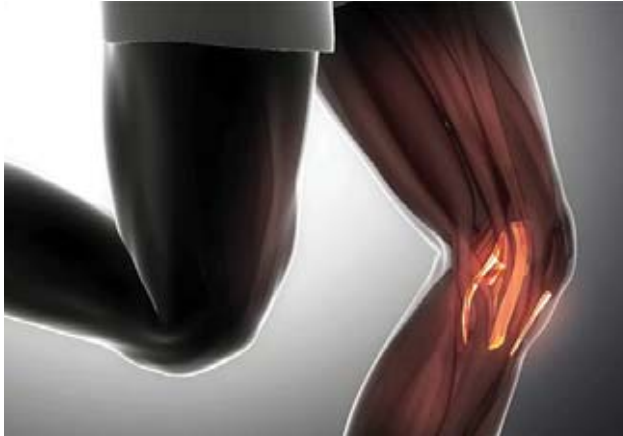
"We are always over the moon when we can collaborate with the wing to provide youth such fantastic opportunities," she says. "We've had a wonderful partnership between PSP Rec and the 14 Wing Annapolis Mess, and Corporal Murphy has been graciously volunteering his time to teach the kids what it truly means to have a passion to cook." →

## Ask the expert: Tendons and ligaments – are they different?

**Dr. Darrell Menard OMM MD, Dip Sport Med**

*Q: Throughout my military career, I have participated in a wide variety of sports and experienced my fair share of injuries. Some of these injuries were the result of overuse and others were caused by trauma. Most of my injuries have involved tendons or ligaments, and I must admit I really don't understand the difference between the two. Can you explain? - Active Adam*

A: Dear Active Adam, Great question. The body has approximately 900 ligaments and 4,000 tendons. Both of these structures are made of tough fibrous tissues and are essential to the proper functioning of our musculoskeletal system. Unfortunately, they both can be injured when we use



them at work and at play. They are also more vulnerable to injury when they are not toughened up by living an active lifestyle, particularly as one ages. When ligaments and tendons are injured, people can experience pain, inflammation, weakness, reduced range of motion and, in some cases, instability.

Ligaments attach bones to bones. Their primary role is help make joints more stable and, when they are badly damaged, people may feel the affected joint is loose or unstable. Ligament injuries are referred to as "sprains." A grade one sprain is a minor injury, where some ligament fibres have been damaged but there is no obvious ligament tear. A grade two sprain is a moderate injury, where the ligament is partially torn. A grade three sprain is a severe injury, where the ligament is completely torn. All ligament sprains can be

## STRENGTHENING THE ENERGISER LES FORCES

very painful and disabling. Tendons attach muscles to bones. They function to transmit the forces generated by muscles to make bones move. They also play an important role in joint stability and helping to absorb the impact loads generated by activities such as running and jumping. Tendons can experience a number of different injuries including strains, partial tears, complete tears, tendonitis and tendinosis. These injuries often occur as the result of overuse. They can also result from trauma, such as snapping your Achilles tendon while jumping up to do a layup in basketball.

Unfortunately, ligaments

and tendons both have very limited blood supplies so, when they are injured, it can take a long time to recover. The appropriate treatment for these injuries will depend on their severity. Complete tears of ligaments and tendons often require surgical repair to restore normal function and stability. Less severe injuries usually respond to rest, ice, compression, elevation, anti-inflammatories, physiotherapy, casting/ bracing, shock wave therapy, corticosteroid injections and time.

Bottom line: The body has a huge number of tendons and ligaments that play a critical role in helping us function well on our journey

through life. It is important to know these tissues have a poor blood supply and, when they are injured, they will heal quite slowly. Seeking the help of a health care professional can speed up your recovery, prevent complications and help you get back to doing what you love – being active! Exercise is medicine! →

*Menard is the surgeon general's specialist advisor in sports medicine. Strengthening the Forces is the Canadian Armed Forces/ DND's healthy lifestyle promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*

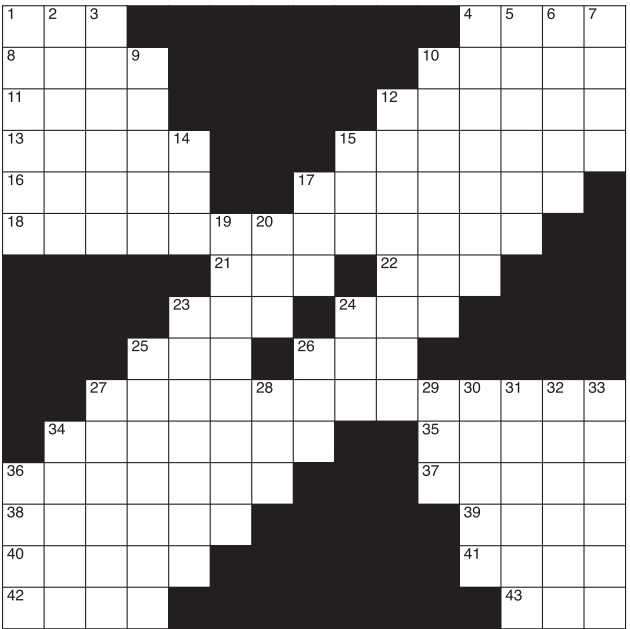


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca).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

solution page 7



- ACROSS**
1. A power of perception
  4. Slotted hinged metal plate
  8. Popular crop
  10. Siamese fighting fish
  11. Larval crabs
  12. South American mammal
  13. Occur as a result of
  15. Slavic language
  16. An electric underground railway
  17. Transporting
  18. A direction
  20. Opposite of start
  22. Mock
  23. People love and hate it (abbr.)
  24. A people of Myanmar
  25. A Queens ballplayer
  26. Southern Thailand indigenous person
  27. Famed actress
  34. Thin strips
  35. Bluish greens
  36. Ridiculed
  37. Having the shape of a cube
  38. Came down
  39. Indian religious god
  40. 'Bewitched' actress
  41. Moorehead
  42. Leak through slowly
  43. Buzzing insects
  44. Midway between south and southeast
  - DOWN**
  1. Skin condition
  2. Earlier
  3. Right away
  4. Vomiting
  5. Go to
  6. 'The Police' frontman
  7. Bullfighting maneuver
  9. Pacific island
  10. A system of algebraic notation
  12. A room used for the activities of a group
  14. The longest division of geological time
  15. Car mechanics group
  17. A barrel of liquid (abbr.)
  19. Bound to do
  20. Explosive
  23. Ridicules
  24. Adult male
  25. Military personnel
  26. French and Belgian river
  27. Found in the sea
  28. A share lost in default (abbr.)
  29. Type of medication (abbr.)
  30. City on the Rhine
  31. Animal disease
  32. They're in martinis
  33. Get away
  34. Wampum
  36. Lacking brightness

provincials. New and returning athletes, coaches and organization volunteers welcome. We hire lacrosse officials (cert course dates at [lacrosse.ns.ca](http://lacrosse.ns.ca), rates at [nsloa.ca](http://nsloa.ca)). For info on age divisions, gear and schedules: [valleythunder.goalline.ca](mailto:valleythunder.goalline.ca) or FB @ValleyThunderLX.

**Life Through a Mask**  
May 3, 10, 17 and 24, 6:30 p.m. to 8 p.m., 7Arts, 619 Central Avenue, Greenwood, and registered counselling therapist Sarah Osborne-LePage present Life Through a Mask, a free expressive arts therapy program through May for military personnel and veterans. Register by April 26 at [artstherapyandwellness@gmail.com](mailto:artstherapyandwellness@gmail.com). Supported by Veterans Affairs Canada and 7Arts.

**West Kings theatre – Willy Wonka**  
May 4 to 6, 7 p.m.; May 7 and 8, 2 p.m.; West Kings District High School presents Roald Dahl's Willy Wonka. Follow the enigmatic candy manufacturer as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy.

**Lacrosse season underway**  
Valley Thunder Lacrosse offers box lacrosse to youth ages five to 18 out of the Kingston rink (6U/ 8U \$150, 10U/ 12U/ 14U/ 18U \$200). Season April to end June, Tuesday and Thursday evening practices. Includes games, tournaments and Lacrosse NS



## horoscopes

May 1 to May 7

**ARIES - Mar 21/Apr 20**  
A strong urge to be alone arises this week, Aries. If this happens, turn off your phone and put a message that you're not to be disturbed until you're ready for some company.

**TAURUS - Apr 21/May 21**  
Yours may turn into the party house this week when a lot of uninvited visitors show up and expect to socialize. It's a good thing you have energy to spare right now, Taurus.

**GEMINI - May 22/June 21**  
Errands are not going to complete themselves, Gemini. Schedule time this week to get all of your ducks in a row. You have obligations to your family and friends.

**CANCER - Jun 22/Jul 22**  
You intend to use the extra energy that seems to have been building in you for some time, Cancer. An impromptu sports match or a trip to the gym can burn off energy.

**LEO - Jul 23/Aug 23**  
This week you could receive word of an exciting challenge at work, Leo. If you have been putting in for a promotion or job change, this could be what you've waited for.

**VIRGO - Aug 24/Sept 22**  
Keep in mind that you shouldn't mix money and friendship, Virgo. If a close friend wants you to work for him or her, remember the importance of this separation.

**LIBRA - Sept 23/Oct 2**  
Spring cleaning is in the air, and this week you are ready to tackle your home top to bottom. Why not ask for some help from the kids or your spouse to work more quickly?

**SCORPIO - Oct 24/Nov 22**  
Frustrations may be high this week, Scorpio. Despite your desire to socialize, you can't seem to get out of the house. Responsibilities at home won't change for some time.

**SAGITTARIUS - Nov 23/Dec 21**  
Keep in mind it can take a few days for you to recover from a night of revelry, Sagittarius. Avoid overdoing it on weeknights or you may pay the price at work in the morning.

**CAPRICORN - Dec 22/Jan 20**  
There is a lot of work to get done around the house, Capricorn. A lack of funding has you in a holding pattern. Examine your budget to see if there's a wiggle room.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, if you find yourself in a poor mood this week, try not to take it out on others. Simply ask for some alone time until you can work out your feelings for the better.

**PISCES - Feb 19/Mar 20**  
Exercise tact and diplomacy when someone asks for your honest opinion about their performance at work, Pisces. You'll get your point across.

**Raising trout – CORAH**  
May 10, 10:30 a.m. to 11:30 a.m., join Wes Hearn from Hamilton's Fish Farm and learn how fish are raised without antibiotics or hormones, where trout are available/ may be shipped, and the value of adding trout to your diet. Presented by CORAH: where people come together, at the NSCC Middleton campus. Register/ info at [heather.mccormick@nssc.ca](mailto:heather.mccormick@nssc.ca) or 902-526-0220.

**NS Walks Day**  
May 11, 2 p.m., there is a free NS Walks Day event at the Stronach Park trail (gentle -suitable for strollers/ not wheelchairs, 20-30 minutes). Register at [athlenovascotia.ca](http://athlenovascotia.ca) by May 6.

**Workshop – caregiver stress management**  
May 13 is the deadline to register for a Caregivers Nova Scotia free workshop May 17, 9:30 a.m. to 12:30 p.m., on caregiver stress management at the at Centreville Baptist Church, 870 Murray Drive. Do you give unpaid care to a family member or friend? Our goal is to help you identify common stressors and address them before they become harmful to your health. Seating is limited: register and info at [Jennine.Wilson@caregiversns.org](mailto:Jennine.Wilson@caregiversns.org) or [Valley@CaregiversNS.org](mailto:Valley@CaregiversNS.org). CaregiversNS.org.

**Yard sale**  
May 14, 8:30 a.m. to 1 p.m., there will be a giant indoor/ outdoor yard sale at the Kingston Baptist Church, 695 Main Street. Many items available - something for everyone! All welcome.

**14 Wing sports program ready for spring**  
The 14 Wing Greenwood spring sports season is upon us. Athletes, coaches and officials are invited to contact Matt Gillis, sports coordinator, 902-765-1494 local 5753 or [matthew.gillis2@forces.gc.ca](mailto:matthew.gillis2@forces.gc.ca); or their unit sports representative for information on any of the below:

**Intersection golf - Start date: May 18**  
**Base team slo-pitch (men's) - Practices Thursdays, 3 p.m., at the Fitness & Sports Centre**  
**Base team slo-pitch (women's) - Seeking players and a head coach**  
**Base team soccer (men's and women's) - Seeking officials for slo-pitch and soccer**  
**Men's and Women's Badminton - Thursdays, noon, Fitness & Sports Centre**

**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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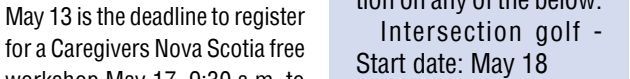
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**Village of Kingston NOMINATION DAY**  
The Clerk of the Village of Kingston will receive nominations for the office of one (1) Commissioner. The Nomination Period is April 28, 2022 to May 11, 2022. Nominations must be accepted at the Village Office no later than 4:00 p.m. on Wednesday, May 11, 2022.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, May 28, 2022 with an advance poll on Tuesday, May 24, 2022. Poll location is Kingston Village Office, 655 Main St, Kingston.

Mike McCleave, Village Clerk  
[clerk@kingstonnovascotia.ca](mailto:clerk@kingstonnovascotia.ca)

Village of Kingston  
655 Main St, PO Box 254, Kingston, NS B0P 1R0  
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**Entry deadline: Noon, May 4, 2022**

**Full name \_\_\_\_\_ Phone number \_\_\_\_\_**  
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1. Who loves you for loving local? \_\_\_\_\_  
2. Who donated the compost? \_\_\_\_\_  
3. What ends May 7? \_\_\_\_\_  
4. What business has been around since 1835? \_\_\_\_\_  
5. Where can you nominate your community? \_\_\_\_\_

**Congratulations to last week's winner: AMELIA VEINOTTE**

**AYLESFORD & DISTRICT LIONS CLUB**  
2160 Hwy 1, Aylesford  
Starts 7:00 pm Friday  
**902-847-9374**

**BINGO**

## Greenwood SAR team involved in 10-day search for missing aircraft

April 15, just before 9 p.m., the Halifax Joint Rescue Centre activated a 14 Wing Greenwood-based Cormorant helicopter to join a Trenton JRCC search for a missing airplane underway near Sault Ste. Marie. Rescue 905 was airborne at 8:45 p.m. The 413 (Transport and Rescue) Squadron back-up crew was also activated for April 16, 7:30 a.m. By 6:30 a.m., Rescue 905 was on scene, with an anticipated search time remaining in flight of three hours. The crew expended its crew day and rested, prepared to be re-tasked by Trenton JRCC first thing April 17. Rescue 905 was re-tasked again April 18, resuming the search closer to Wawa. 413 Squadron was also preparing a crew swap for April 19. Trenton JRCC issued a Twitter

post later that day, looking for anyone who may have noticed a small aircraft following the highway line between Wawa and Sault Ste. Marie. April 24, after 10 days, the search was called off. 1 Canadian Air Division Commander Major-General Eric Kenny April 25 thanked all search partners for approximately 360 hours flown, using cell-tower tracing, satellite imagery, CP140 radar imagery, ADS-B tracking, FLIR and NVG.

"I want to emphasize our pride in the entire team as

you pulled out all the stops in this search – your efforts have shown to Canadians that we will go that extra mile to try to bring everyone home, while your close coordination with family members has demonstrated the professionalism and compassion at the core of the SAR community."

April 18, just after noon, Halifax JRCC tasked a Cormorant to search for a possible person in the water in Sept-les Bay. The helicopter left 14 Wing just before 2 p.m. By 4 p.m., the person had been

located and Rescue 901 was returning to 14 Wing, landing just after 5 p.m.

April 22, around 11:30 a.m., Cormorant Rescue 907 was tasked to conduct a shoreline search near Barrington Bay, Nova Scotia, for a small open vessel reportedly taking on water. The helicopter crew located the vessel ashore, and its one occupant was safe, and picked up by RCMP to investigate a false alarm.

April 25, just after 7 p.m., Hercules Rescue 343 was airborne, heading to assist

a Gander-based Cormorant in a medevac from a fishing vessel, the Newfoundland Victor, approximately 65 nautical miles north of Makkovik. R343 provided top cover as needed and then left the scene, returning to 14 Wing just after 2 a.m. April 26,

April 26, Hercules Rescue 343 was tasked while airborne to assist a vessel taking on water near Bathurst, New Brunswick, but was stood down shortly afterwards and returned to base just after 6 p.m. →

**dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Thank you & Happy New Year. (4316-4tpb)**

**FARMERS MARKET**  
**GREENWOOD MALL FARMERS MARKET – Thursdays Year Round, 12 p.m. - 4 p.m., 963 Central Avenue, Greenwood. (4316-4tpb)**

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# Silver Award recipients recognized in W.K. event – all about them

Sara White,  
Managing editor

Makayla Gerroir and James Reinhart had their day in the limelight April 14 – a small spotlight, though, as ongoing public health considerations were included in their Duke of Edinburgh International Award Program Silver Award presentation ceremony.

“As a result of a series of factors, this day has been a long time coming,” said Rob Albert, the senior advisor for West Kings District High School’s Duke of Ed Award unit. “Makayla and James’ awards were approved last summer, and there is normally a ceremony with the lieutenant-governor at Government House. That hasn’t happened now in a couple years, but this is a significant achievement and we wanted to do something special. After a letter to our member of Parliament and working with the school staff – here we are.”

Both Gerroir and Reinhart, with their parents, a school representative and Albert, were recognized by West



**Makayla Gerroir, front left, and James Reinhart, front right, were recognized April 14 at West Kings District High School for their Silver Duke of Edinburgh International Awards, presented by West Nova Member of Parliament Chris d’Entremont, back left, with West Kings program senior advisor Rob Albert.**

S. White

Nova MP Chris d’Entremont, who presented them with their Silver Award certificates, and Canadian and Queen Elizabeth II Jubilee lapel pins.

“I know where you’re at as parents,” d’Entremont said, opening his remarks with congratulations to both Gerroir and Reinhart’s parents for “having done such a great job with your youth.

“I am a Duke of Ed dad myself. There is long, hard work in this award – some of it is fun and easy, but some of it is perseverance. Congratulations to both recipients, good luck and we all look forward to seeing your next adventure.”

D’Entremont also shared a message from Kings West MLA Chris Palmer, who couldn’t make it as the House

was in session. Palmer congratulated Gerroir and Reinhart for their “huge accomplishment.

“I’m sure the work ethic you used to achieve this will serve you well for years to come,” Palmer said via d’Entremont, adding he would be reading a congratulatory message in Province House that same day.

Gerroir put in hours of community service at the Free Spirit Therapeutic Program in Aylesford, worked on her clarinet performance and pursued equestrian hunter jumper training. Reinhart volunteered at the Safe Haven Cat Rescue, developed his photography skills and trained as a long-distance runner as his physical recreation component. Both

tackled a three-day, two-night adventurous journey by kayak at Kejimikujik National Park and Historic Site.

Albert said the past few years of program work have been “a little different, but we got through it. We worked through a lot to make this happen.

“This day is the end of this phase of their hard work.” ➔

## Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week. To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices. Programs are for youth aged six to 12 (or five, with one full year in a school program). Participants must have a mask, and use if social distancing can not be maintained.

**Monday, May 2, 6 p.m. to 7:30 p.m.** - Kids Club – free parachute games. Pre-registration required. Please dress for outdoor activity.

**Tuesday, May 3, 6 p.m. to 7:30 p.m.** – Crazy Creators - no sew pillows - Pre-registration required: \$10+HST non-Community Recreation Card holders, \$7+HST rec card holders.

**Wednesday, May 4, 4 p.m.**

**to 6 p.m.** – Mini Chefs (ages six to eight). A four-week program with something new each week, for those with an interest in cooking. Pre-registration required: \$55+HST non-rec card holders, \$50+HST rec card holders.

**Thursday, May 5, 4 p.m. to 6 p.m.** – Mini Chefs (ages nine to 12). A four-week cooking program with something new each week, for those with the basics down. Pre-registration required: \$55+HST non-rec card holders, \$50+HST rec card holders.

**Friday, April 29, 5:30 p.m. to 7:30 p.m.** – YTGIF - Rock wall and team games at the Apple Bowl, plus a tasty snack! \$10+HST non-rec card holders, \$7+HST rec card holders. Bring indoor gym shoes, outside wear and a water bottle. ➔

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