



# the Aurora

Vol. 43 No. 36

OCTOBER 3, 2022 NO CHARGE

www.auroranewspaper.com

## The Queen, remembered

Sara White,  
Managing editor

Canada's head of state and sovereign, Queen Elizabeth II, died September 8 in Scotland, bringing to a close a 70-year reign. While official services were held in the United Kingdom, her passing was marked around the world.

Canada announced a 10-day period of mourning and national ceremony for the day of her funeral, September 19, and hosted a parade and ceremony at Christ Church Cathedral in Ottawa attended by two former prime ministers and past governors-general. The memorial parade included 120 members of the Canadian Armed Forces' three branches and special operations units, the Royal Canadian Mounted Police and the CAF's Central Band. A gun salute of one round per year of life – 96 in total – was conducted during the parade.

14 Wing Greenwood sent a number of personnel to participate in the Ottawa events. The delegation left Greenwood September 13 for four days of weapons drill and slow marching practice in Kingston, with days starting at 8:30 a.m. and ending at 3:30 p.m. and including full dress inspection.

"CFB Kingston tailors worked a miracle to help support the tasking, having many uniforms adjusted as required in two days," says Warrant Officer Noël Martin, 404 (Long Range Patrol and Training) Squadron.

To practice for the two-kilometre parade in Ottawa, from the Cartier Square Drill Hall near National Defence Headquarters to the ceremony at Christ Church, the soldiers did three two-kilometre run-throughs in one day: six kilometres of total slow marching while in the reverse arms position.

"Slow marching with one arm behind the back for the distance, about 45 minutes, was definitely not comfortable, but we all pushed through and got it done for Her Majesty."

In Ottawa itself, September 18 to 20, two more practices were held to ensure readiness and route familiarity.

"Thousands of spectators along the parade route were all very happy to see the parade, along with lots of media. We were all extremely honoured and proud to represent the CAF and Air Force in such a huge, spectacular memorial event - once in a lifetime. Warrant Officer Gaetan Roy especially, being the only Air Force member among the honorary pall-



**14 Wing Greenwood personnel were part of the 120-member Canadian Armed Forces parade September 19 in Ottawa, held as a national remembrance of Her Late Majesty Queen Elizabeth II. Back row, from left, are pallbearer Warrant Officer Gaetan Roy, Wing Commander branch, Air Force Guard warrant officer; and Warrant Officer Noël Martin, 404 (Long Range Patrol and Training) Squadron. In the front row, from left, are Air Force Guard members Master Corporal Trevor Fry, 404 Squadron; Corporal Nicholas Sharp (14 Air Maintenance Squadron; Corporal Laurie Dunbar, 14 AMS; Corporal Donovan McNeil, 14 AMS; Master Corporal Taylor Hartnell, 14 AMS, Aviator David Menton, 14 Mission Support Squadron; and Corporal Cody Berquist, 405 (Long Range Patrol) Squadron.**

Submitted

bearers, was very proud of that, and was also a part of the ceremony held in the church."

Martin was impressed with the ability of all 120 CAF members from different military elements to come

together in such a formal fashion, learn new skills and do them as one in a very short period of time.

"We were all proud and happy to be representing our unit or base, and the drill instructors provided were able

to quickly get everyone up to speed on the drill movements and slow marching. Reverse arms was a first for everyone on parade - no one has ever done this weapons drill before, as it is only used in such an event."

Nova Scotian dignitaries also gathered September 19 at a service at All Saints Cathedral in Halifax, including Premier Tim Houston and Nova Scotia Lieutenant

Continued on page 2...



## Soup & Socks

To October 13, 14 Wing is challenged to collect soup and non-perishables for the Upper Room Food Bank and new wool socks for Valley outreach programs.

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

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Let's Give  
#JeDonne  
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C'est important





Royal Canadian Legion Branch 98 President Al Peterson and Vice-president Weldon Rideout lay a wreath during a service of remembrance for Queen Elizabeth II at the Kingston cenotaph.

J. Hildebrand



Elder Marlene Companion led a smudging ceremony and Mi'kmaq prayer September 19, during the provincial commemorative ceremony in celebration of the life of Her Majesty Queen Elizabeth II at All Saints Cathedral in Halifax.

Government House



A state funeral was held September 19 for Queen Elizabeth II in Westminster Abbey.

Royal.uk

## The Queen remembered...

...cover

Governor Arthur LeBlanc  
“Nova Scotians have shared personal memories of meeting The Queen,” said LeBlanc in a Government House release. “Despite the variety of circumstances, there is one commonality: each memory centers on her warmth, ability to listen, and a presence that made each individual feel like the only person in the room.

“These are remarkable gifts, and perhaps are the greatest evidence of her

legacy: a Sovereign who selflessly gave of herself in the service of others.”

In Kingston, Royal Ca-

nadian Legion Branch 98 members joined Legions across Canada in hosting a service for a fellow veteran:

Queen Elizabeth II served during the Second World War as an army driver and mechanic. ➔



A 21-gun salute from atop Halifax's Citadel Hill September 19 marked the life of Her Majesty Queen Elizabeth II.

Government House



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The Aurora News

CFB Greenwood Aurora News

**Useful links | Liens utiles**

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

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

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

**National Defence and the Canadian Forces**  
Défense nationale et Forces canadiennes  
www.forces.gc.ca

**Combat Camera** | Caméra de combat  
www.combatcamera.forces.gc.ca

**Recruiting** | Recrutement  
www.forces.ca

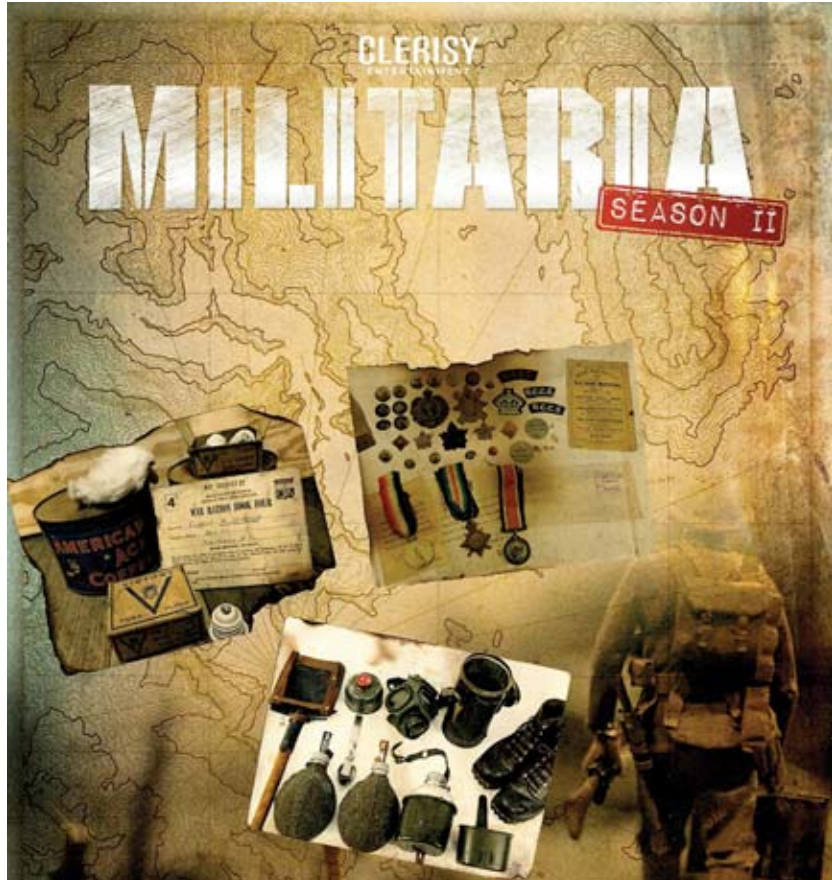
**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
www.caconnection.ca

**VPI** | VPI  
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

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## Militaria TV show seeking military artifacts

Do you have an old, army helmet that has been passed down as a family heirloom? Love letters from the Second World War? Old uniforms or medals? If it is related to military history, you might be able to share your items on television.

Clerisy Entertainment, a television production company located in Dartmouth, is seeking military artifacts to feature in an upcoming season of *Militaria*, a series for East-Link Community TV. The series highlights a selection of war stories, as told through various artifacts. Season 2 is currently in development and the production crews are looking for military items to feature on the show. These artifacts can be from any era or battle, and artifact-owners would either know the item's backstory or want to find out more. Some items shared so far include First World War gas masks, helmets and goggles, a Second World War Zeitbahn, weapons, a

chronometer from sinking ship, a pocket watch from the Spanish War, and a brass bugle from the American Civil War.

*Militaria* shares stories from soldiers and families throughout Nova Scotia. Anyone with an interesting artifact who would like to participate may send a brief description of

their item and photos to Nick Highmore, production coordinator at Clerisy Entertainment, nickhighmore@gmail.com; or call 902-220-1011 for information. Selected participants must be comfortable appearing on camera and artifacts must be brought to the studio in Dartmouth. ➔

### Enter to WIN two tickets

Name: \_\_\_\_\_  
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**Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, October 12, 2022.**



**Kings Mutual Century Centre, Berwick**

**Regular season games**

**October 9 vs Miramichi | 3 pm**

**October 15 vs Truro | 7 pm**

**October 23 vs Yarmouth | 3 pm**

**October 28 vs Campbellton | 7 pm**

**or any of the 2022-23 home games**

**#DefendTheDome | #VCATS**



Nova Scotia is creating a

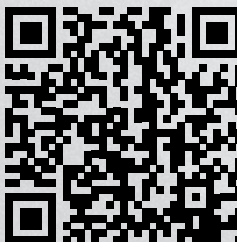
## CHILD AND YOUTH COMMISSION



The new commission will promote and protect the rights of children and youth in our province.

Your input can help shape the Child and Youth Commission.

We want to hear from you! To learn more about opportunities to voice your feedback visit: **NovaScotia.ca/Child-and-Youth-Commission-Engagement**





## SAR crews respond to storm-related calls

September 23, just before 1 a.m., the Halifax Joint Rescue Coordination Centre tasked a CC130 Hercules from 413 (Transport and Rescue) Squadron, 14 Wing Greenwood, to provide top cover of a CH149 Cormorant out of Gander performing a medevac from a vessel east of St. John's.

September 24, just after 8 p.m., Cormorant rescue 905 was tasked by HRCC to assist with a missing child case in Pictou, along with RCMP, ground search and rescue and local fire service members. The initial search was completed with now success just after 10 p.m., and RCMP stood R905 down until first light to provide a low noise environment for ground searchers as they continued through the night. The helicopter returned to Greenwood

just before midnight. Early September 25, JRCC used a Department of Natural Resources helicopter to resume the aerial support at 8 a.m., until approximately 1 p.m., when the 413 Squadron Cormorant could be recalled. Just after 9 a.m. the child was safely located in a field about two kilometres from their home, and all search assets stood down.

September 27, around 4 p.m., Cormorant Rescue 905 was tasked to search for a possible missing person near Queensland, New Brunswick. By 10 p.m., with searchers recovering a shoe, oar and other debris; the day crew was out of crew day, and stood down in Fredericton to rest. The slash crew, R901, readied to head to Fredericton and continue the search with R905's aircraft, but it

became unserviceable. By September 28, 3:45 a.m., R901 was stood down and returned to Greenwood.

September 27, also around 4 p.m., Hercules Rescue 332 was tasked to provide top cover for a medevac roughly 300 miles east of Goose Bay. They were delayed in Goose Bay while awaiting the Gander-based Cormorant, R912, as weather on scene was delaying the helicopter's ability to conduct a boat hoist operation. By 10 p.m., both the Hercules and Cormorant were able to leave for the scene, and the medevac was successfully concluded. R332 stayed in Goose Bay to rest, after putting in an 18-hour crew day. The patient was transferred to the Hercules and left Goose Bay September 28, just after 5 a.m., for St. John's. ➔



## Wing Welcome winners

It was a lucky weekend September 8 to 11 for two 14 Wing Greenwood families, as they were the winners of the Wing Welcome grand prize draws - \$500 gift cards from Greenwood Home Hardware. Home Hardware's Rhonda Porteous and 14 Wing Greenwood Community Recreation manager Jill Jackson, right, were happy to meet winners Master Corporal Stephen van Bommel, left, and Rebecca Kosyk, with spouse Aviator Peter Kosyk and Eli.

S. White

## Greenwood aviation museum society plans for October 25 AGM

October 25, 2 p.m., the Greenwood Military Aviation Museum Society will host its annual general meeting in the museum conference room, or virtually by ZOOM (TBD).

All paid-up society members may attend; any current member, as of October 15 may vote and may be nominated for membership to the board of directors. Nominations must

be sent to the AGM chairman,  
Ian Patrick, c/o the Greenwood  
Military Aviation Museum, PO  
Box 786, Greenwood, NS, B0P  
1N0; or [ijpatrick@eastlink.ca](mailto:ijpatrick@eastlink.ca)  
before October 15. ✈



# Kingston Legion Br 98 ~ ♀ ~ October 2022

Find us on facebook 

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479  
 E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Br.98

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>OTA Tickets can be purchased at the Legion Bar, Kingston Needs, Kingston Pharmasave, Brown's Auto Service &amp; Auto Salvage, Wilmot &amp; RCAF Association in Greenwood.</p>						<p><b>Breakfast 7:30 - 10 a.m.</b>                      Free will offering  <i>Meat Drive</i>  <i>Chase the Ace!</i></p>
2	3	4	<b>Veteran 5</b> Social 10 a.m. Crib - 1 p.m. Cost \$5	6	7	<b>Friday Night Mixed Darts</b> <i>Meat Drive</i> <i>Chase the Ace!</i>
<b>BINGO</b> 1:30 p.m.				<b>CRIB - 7 p.m.</b>		
9	<b>Happy Thanksgiving</b> We are open	10	<b>Veteran 12</b> Social 10 a.m. Fun darts - 1 p.m. Cost \$5	13	14	<i>Meat Drive</i> <i>Chase the Ace!</i>
<b>BINGO</b> 1:30 p.m.				<b>CRIB - 7 p.m.</b>	<b>Friday Night Mixed Darts</b>	
16	<b>EXECUTIVE MEETING</b> 7 p.m.	17	<b>Veteran 19</b> Social 10 a.m. Crib - 1 p.m. Cost \$5	<b>Foot Clinic</b> Call Heather at (902) 300-3559 to book an appt. <b>CRIB - 7 p.m.</b>	20	21
<b>BINGO</b> 1:30 p.m.					<b>Friday Night Mixed Darts</b>	<i>Meat Drive</i> <i>Chase the Ace!</i> * Halloween Dance
23	<b>GENERAL MEETING</b>	24	<b>Veteran 26</b> Social 10 a.m. Fun darts - 1 p.m. Cost \$5	27	28	<i>Meat Drive</i> <i>Chase the Ace!</i>
<b>BINGO</b> 1:30 p.m.				<b>CRIB - 7 p.m.</b>	<b>Friday Night Mixed Darts</b>	
30	31					

★ Wear a costume for a chance to win tickets to our New Year's Eve Dance. Open to the public. Dance starts at 8 p.m. – Cost \$10 per person  
 Support the Kingston Legion by buying 50/50 tickets on-line at: [www.raffiebox.ca/raffie/crns](http://www.raffiebox.ca/raffie/crns) Remember to select in support of: Kingston Br.98

**Sunday:** Open at noon | **Monday - Saturday:** Open at 10 a.m. | \* **Except Wednesday:** Open at 11 a.m.

Legion Calendar  
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902-765-2103

26 Commercial St.  
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902-825-4822



## Go for bold with the return of maximalism

(NC) This season, it's time to embrace a "more is more" design philosophy with the return of maximalism. To help you bring this season's hottest interior trend home, Sharon Grech, Benjamin Moore colour and design expert, shares her top three tips to go all out with maximal style.

**Be bold** - Saturated colour, vibrant prints and a mixture of furniture from different eras and styles help define a maximalist esthetic. Looking for colour inspiration? Look to the exuberant colours of the '70s and opt for jewel tones and striking hues of mustard yellow or a bright turquoise.

**Show off your style -** Maximalism gives you permission to show off and celebrate your prized possessions throughout your space. If you enjoy collecting items, and tend towards a more eclectic, glamorous look; this trend will help bring out the best in your space. However, don't give into the temptation to clutter every surface. Allow your favourite pieces to shine by creating styled vignettes throughout your space following the designer trick of grouping objects in threes.

**High drama in small spaces** - Not ready for a full house of dramatic colour? Choose a small room to

make a maximalist splash. Powder rooms are the ideal space to experiment with bold hues and dramatic accents. Create a mirror-selfie-worthy powder room by selecting a bold hue in a matte finish, using humidity-resistant paint, and pairing it with an extravagant mirror for instant drama in the smallest of spaces. ➔



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## Délicieux muffins faciles à préparer

(EN) Contrairement à la plupart des muffins vendus en magasin, ceux-ci regorgent de nutriments.

Réalisés avec du yogourt grec et des graines de chia, ces muffins sont riches en protéines et en fibres, ce qui en font un excellent choix de collation ou de déjeuner. Ils sont aussi

pleins d'avoine, cette céréale étant associée à une baisse des niveaux de protéine C-réactives, un marqueur de l'inflammation qui se trouve dans le sang et qui est souvent associé à des maladies comme la polyarthrite rhumatoïde.

Dégustez cette recette sante présentée par la

Société de l'arthrite.

### Muffins protéinés aux bananes et aux dattes

Temps de préparation : 10 minutes

Temps de cuisson : 18 à 20 minutes

Temps total : 30 à 40 minutes

\*Portions : 12

### Ingrédients

- 625 ml (2 ½ tasses) d'avoine à l'ancienne
- 250 ml (1 tasse) de yogourt grec nature 1 %
- 2 œufs
- 125 ml (½ tasse) de sucre
- 2 bananes mûres
- 10 ml (2 c. à thé) de poudre à pâte
- 5 ml (1 c. à thé) de vanille
- 2 ml (½ c. à thé) de bicarbonate de soude
- 5 ml (1 c. à thé) de cannelle
- 45 ml (3 c. à soupe) de graines de chia
- 6 dattes, variété Medjool (dénoyautées et coupées en deux)

### Instructions

1. Préchauffez le four à 200 °C (400 °F). Graissez légèrement

d'huile un moule à 12 muffins ou couvrir les cavités avec des moules en papier.

2. Dans un robot culinaire ou un mélangeur puissant, mettez les flocons d'avoine et réduisez-les en farine.

3. Ajoutez le reste des ingrédients, à l'exception des graines de chia et des dattes, et réduire jusqu'à obtenir un mélange homogène. Versez ensuite les graines de chia dans le mélange.

4. Répartissez le mélange également dans chaque moule à muffins. Ajoutez ½ datte Medjool sur le dessus de chaque muffin et mettez au four de 18 à 20 minutes.

Astuce : Utilisez des bleuets ou des raisins à la place des dattes pour ajouter un goût sucré.

*Valeur nutritive (par portion) : Calories : 188; lipides totaux (3 g); lipides saturés (1 g); lipides mono-insaturés (0 g); glucides (37 g); protéines (5 g); fibres (4 g); sodium (148 mg) →*

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October 3, 2022

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## Faut-il rénover ou déménager?

(EN) Quand vient le temps d'améliorer votre domicile, certains projets faciles et abordables – comme changer la finition de vos armoires ou les repeindre – peuvent rafraîchir une pièce démodée. Si toutefois vous envisagez des changements plus ambitieux qu'un simple couche de peinture, déménager n'est pas le seul moyen d'embellir votre espace de vie.

Peu importe votre situation, certains facteurs à prendre en considération peuvent vous aider à évaluer s'il est préférable de rénover ou de déménager. En voici quelques-uns :

**Votre maison compte-t-elle des espaces inutilisés?** Si le manque d'espace est le principal problème

de votre maison, un peu d'ingéniosité (par exemple, déplacer un mur ou rénover le grenier) peut vous aider à exploiter des pieds carrés inutilisés, vous permettre d'ajouter une chambre ou d'agrandir une petite pièce. Si vous modifiez votre demeure, n'oubliez pas d'aviser votre compagnie d'assurance pour l'informer de vos projets.

**Le quartier vous convient-il toujours?** Voilà la question primordiale! Un changement de carrière ou une nouvelle étape de la vie peuvent vous inciter à privilégier la proximité des transports en commun ou d'une école de bonne réputation. À mesure que votre situation et vos objectifs personnels évoluent, il est important que votre maison

réponde à vos besoins, et que votre quartier offre les commodités qui conviennent le mieux à votre style de vie.

**Le coût des rénovations vous inquiète-t-il?** Les propriétaires s'inquiètent

souvent du coût des rénovations, en particulier lorsqu'ils tiennent compte des imprévus. Alors que rénover représente en soi un engagement financier considérable, les gens

oublient souvent les coûts associés à l'achat et à la vente d'une propriété, ce qui peut rapidement occasionner des dépenses importantes. Une ligne de crédit sur valeur domiciliaire telle vous permet

d'utiliser la valeur nette de votre maison pour accéder au crédit. Généralement assortie d'un taux d'intérêt inférieur à celui des prêts non garantis, elle peut vous aider à gérer vos liquidités. →



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# Three childhood health habits we should carry into adulthood

(NC) There is an old saying: old habits die hard. It may not apply to our childhood health routines, when life felt simple and our family looked after our well-being, but maybe it should. Here are three childhood-inspired health habits that could serve us well in adulthood.

**Baby soft skincare** - Not all of us are blessed with baby-smooth skin, but we can certainly try to preserve our precious glow by taking a few notes from the kid's playbook. Always wash your face before bed, be sure to apply sunscreen before you go out, keep hydrated and remember simple, unscented soap is sometimes all you need for cleansing.

**Regular vaccinations** - Thanks to our parents, most of us were immunized at a young age against vaccine-

preventable diseases like the measles or chicken pox. But, vaccination isn't just for kids. Immunity from childhood vaccinations may wear off over time and as we age, so getting a booster dose can increase our immunity to provide the best protection. There are also diseases that are more common in adults, even healthy ones. This is why additional vaccines are needed as we get older.

Remember, staying up to date on your shots helps protect you and those around you.

**Time for sleep** - We all cherish the nights when we slept like a baby. In fact, children require (and

get) on average 10 to 13 hours of sleep in a 24-hour period. While adults don't require the same quota as children, many may forget just how important sleep is for the maintenance of good health. Canadian adults

aged 18 to 64 require seven to nine hours of sleep per night. In today's always-on world, insufficient sleep is common, but if our kid selves can teach us anything, it's the importance of getting in a good night's rest. ➔



**Interested in becoming a seasonal camper?**

If you are a 14 Wing CAF member, veteran or DND/NPF staff, you can put your name into our seasonal lottery (deadline October 4) (draw October 6 at the Community Rec Centre) for a 2023 campsite!

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# Food for Thought from the Upper Room Food Bank

During the month of August 2022, the Upper Room Food Bank in Kingston served 184 families, consisting of 341 adults and 225 children, with 20,810 pounds of product going out and 19,005 pounds coming in. The incoming total includes 8,600 pounds provided by the Feed Nova Scotia network. The rest is from local food bank sharing and donations, including regular arrangements with area businesses.

We have had a lot of requests through our Facebook page for service (booking appointments, registering for programs, what is most needed, etc.). We cannot answer these questions through our Facebook page. We post regular updates and answer simple questions, including hours of operation or where to drop off food. For more detailed inquiries, please call the office (902- 765-0303). If no one answers, leave a detailed message and someone will get back to you.

Clients needing service must call ahead to the food

bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you to arrange a time. When ready, volunteers will place the order in the designated area for client pickup. No one other than approved volunteers is allowed in the building. This process limits personal contact, while also reducing waiting time for clients. When requesting service, your best option is to call the office directly, and leave a message if no one is there.

Please make every effort to call early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early and be prepared to wait. Our volunteers will fit you in where they can. We understand that is not always possible to call ahead, but clients will find the process easier with a scheduled appointment.

Donations may be dropped off at the food bank behind the library at 669 Main Street,

Kingston, during open hours, or at the Kingston village offices at 655 Main Street. Processing of donated food continues following directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted.

Our regular hours are in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Appointments continue to be a requirement. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook! ➔

## classifieds

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 auro-

# 14 Wing old timers hockey invites members

The 14 Wing Old Timers Hockey Team is inviting personnel interested in playing with the team to come out for hockey practice/ shinny, starting October 13. The Old Timers will have ice time every Thursday, 12:45 p.m.

to 2 p.m.  
The age requirements to play Old Timer hockey is now 37 and above, as directed within the CAF Sports Policy.

Points of contact for the OT team are WO Jeff Hull,

902-765-1494 local 3012, and WO Dave Jamieson, 902-765-1494 local 3617.

For those who have yet to contact the above POCs by email, please ensure you do to have your name added to the roster. ➔

# L'équipe de hockey des vétérans de la 14e Escadre invite le personnel

L'équipe de hockey des vétérans de la 14e Escadre invite le personnel qui souhaite jouer au hockey avec elle à venir à la pratique ou à la partie improvisée à compter du 13 octobre, l'équipe aura accès à la glace tous les lundis, à 12 h 45

– 14h 00.

L'âge minimal pour jouer dans l'équipe de hockey des vétérans est à présent de 37 ans, conformément à la politique sur les sports des FAC.

Points de contact de l'équipe : WO Jeff Hull, 902-765-1494 lo-

cal 3012, et WO Dave Jamieson, 902-765-1494 local 3617.

Pour les personnes n'ont pas encore communiqué avec les responsables par courriel, ne manquez pas de le faire pour que votre nom puisse être ajouté à la liste des joueurs. ➔

## services & trades

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### crossword solution

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

### sudoku solution

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

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2. Fax: 902-765-1717  
3. Drop into our office located at 61 School Road (Morfee Annex)


**Entry deadline:**  
**Noon, October 5, 2022**

**Full name** \_\_\_\_\_ **Phone number** \_\_\_\_\_

Complete the following questions from ads in this week's issue and win a **\$20.00 coupon to play Friday Night BINGO** from **Aylesford & District Lions Club**. Coupons valid for 1 year. Age 17+ on regular games.


1. Come in and order "what" today? \_\_\_\_\_
2. When does the farmers market end on Friday, October 7? \_\_\_\_\_
3. What can your input help shape? \_\_\_\_\_
4. Whose team is welcoming you to the Annapolis Valley? \_\_\_\_\_
5. Where can you fill out a ballot for some great prizes? \_\_\_\_\_

**Congratulations to last week's winner: ELIZABETH KENNY**



**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
Starts 7:00 pm Friday  
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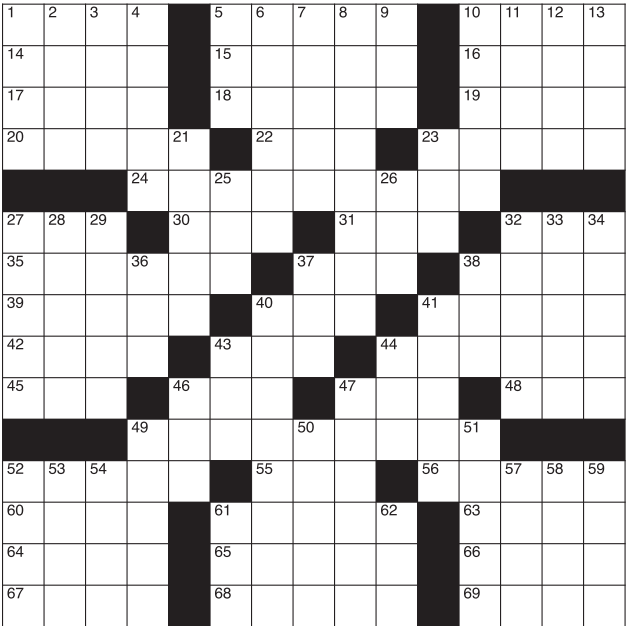


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca).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

Le commandant 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.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.

## crossword

solution page 9



- ACROSS**
- Bay Area humorist
  - Hurt
  - Icelandic poems
  - A taro corm
  - Metaphorical use of a word
  - It fears the hammer
  - Excessively quaint (British)
  - Laid-back California county
  - Cook in a microwave oven
  - Not late
  - Go from one place to another
  - Peoples living in the Congo
  - Popular pasta
  - Available engine power (abbr.)
  - Popular musician Charles
  - Angry
  - Spelling is one type
  - One who makes a living
  - Indicates location
  - Imperial Chinese dynasty
  - Small water buffaloes
  - Hungarian city
  - Fabric
  - Ancient kingdom near Dead Sea
  - Precursor to the EU
  - Philly footballers
  - Female sibling
- DOWN**
- When Harry Met Sally' actress
  - Magnetic tape of high quality
  - Insecticide
  - Apparatus to record and transmit
  - Some is considered 'dog'
  - Israeli city \_\_\_ Aviv
  - Fencing sword
  - Ottoman military title
  - Wise people
  - Cold wind
  - Popular type of shoe
  - Administrative district
  - A way to reveal
  - Cooked meat cut into small pieces
  - Actress Zellweger
  - Romanian city
  - Small town in Portugal
  - Site of famed Ethiopian battle
  - German river
  - Christmas carols
  - Cash machine
  - Rough and uneven
  - Rumanian round dance
  - Widespread occurrence of disease
  - A place to relax
  - Feeling of listlessness
  - Coat or smear a substance
- Wild mango**  
13. Brews  
21. Belgian city  
23. Confined condition (abbr.)  
25. Swiss river  
26. Small amount  
27. Part of buildings  
28. Vietnamese capital  
29. Sailboats  
32. Shelter  
33. Terminated  
34. Discharge  
36. Snag  
37. Partner to cheese  
38. A container for coffee  
40. Spend time dully  
41. Satisfies  
43. Snake-like fish  
44. Consume  
46. Type of student  
47. Erase  
49. Instruct  
50. Girl's given name  
51. Jewish spiritual leader  
52. To \_\_\_ his own'  
53. North-central Indian city  
54. Greek alphabet characters  
57. Weapon  
58. Amounts of time  
59. American Nobel physicist vital to MRIs  
61. Soviet Socialist Republic  
62. Witness

### Thursday drop-in cafe

Thursdays, 10:30 a.m. to noon, the Kingston United Church invites community members to weekly drop-in social mornings with friends – or make new ones! Enjoy coffee, tea or juice, a cookie (provided). All are welcome!

### Donations sought for yard sale

The Kingston Lions are now accepting donations of furniture, appliances and household item, all in good condition; in support of their semi-annual yard sales to support the community. Please call 902-765-2128 and leave a message with your name and phone number to arrange for pickup.

### Pet blessing

October 2, 2 p.m., the Kingston United Church and local

community are invited to bring their pets (leashed or caged as appropriate) for a pet blessing on the church lawn (weather permitting - Plan B is the church hall), in recognition of how much animals bless our lives. You are also welcome to bring a photo of a beloved pet no longer with you. Refreshments for humans and animals will be provided.

### LEGO to the Library

October 4, 3 p.m. to 4 p.m. Kingston Library: join us to build, create, and explore! LEGO provided. Open to ages five to 12. Registration is required.

**Ultimate Frisbee - Greenwood**  
October 4, 7 p.m. to 8:30 p.m., try ultimate frisbee at the 14 Wing Fitness and Sports Centre (base gym). \$5 drop-in, teens and adults of all skill levels welcome! FB/IG: @annapolisvalleyfrisbee.

### Middleton Innovation Lab OR One on One Tech Help

October 5, the Rosa M. Harvey Middleton & Area Library invites you to book a one-hour session with a digital literacy instructor in the Mobile Innovation Lab and

learn how to use the equipment now available (and be green-lit to use it!); or, bring your device with you and we'll do what we can to help with answers to your tech questions (technology, Facebook, Zoom, backing up your files, using our ebook and audiobook service or general technology questions). Registration required.

### Dungeons and Dragons

October 5, 3 p.m. to 5 p.m.: curious about Dungeons & Dragons but not sure where to start? Join the Rosa M. Harvey Middleton & Area Library for an introduction to D&D. Learn the basics and play a game or two. Already a D&D player? You're welcome to join too! Ages 15+. Adults are encouraged to attend as well.

### NS Heritage Rug Registry

October 5, 10 a.m. to 4 p.m. - Do you have an antique or vintage rug hooked in Nova Scotia before 1997? The Rug Registry committee will be at the Kingston Legion to look at your rug. Everyone is welcome. For more information, please contact Joan Macfarlane, 902-765-2373.

### The Knit-Wits

October 6, 3 p.m. to 4 p.m. the Rosa M. Harvey Middleton & Area Library with leader Cheryl invites those who've been knitting for decades, or just started yesterday in to join the knit wits! We have the yarn and needles; we just need someone to use them! Have something you have been working on at home? Bring it in! Open to ages 18+. Registration required.

### Caregiver support group

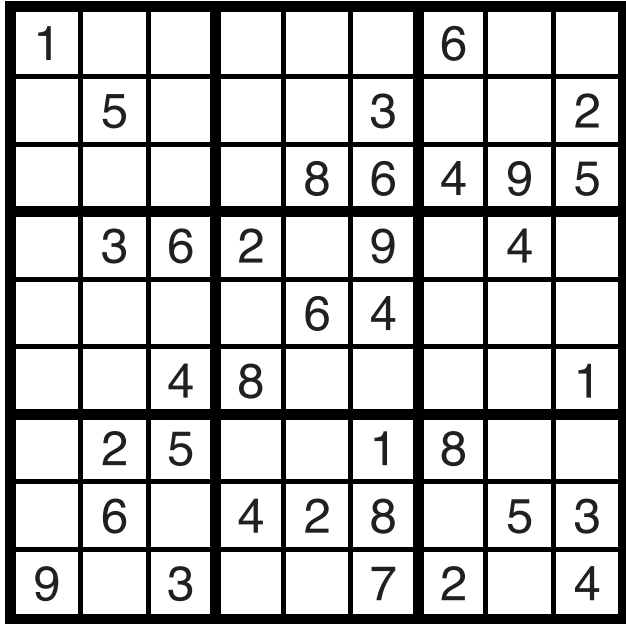
October 6, 2:15 p.m. to 4:15 p.m., the Kingston Library hosts the NS Caregivers Support Group the 1st Thursday of each month, facilitated by trained staff members who offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. For those who give unpaid care to a parent, spouse, child, friend, or relative due to frailty, advanced age, chronic illness, mental illness, or disability. Registration required.

### Adult colouring crew

October 7, 4 p.m. to 5 p.m., the Rosa M. Harvey Middleton & Area Library and Shania host an afternoon of relaxation and fun. Did you know that research shows colouring de-stresses and lessens anxiety in adults, and can be especially beneficial to people with brain damage or dementia?

## sudoku

solution page 9



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!

# National Standardized Cycle Menu: your guide to making healthier choices



The key to a healthy diet is balance. How much and how often you eat is just as important as what you eat. Canadian Armed Forces (CAF) Food Services operations provide food standards that enable diners to meet nutritional requirements, as expressed in Health Canada's Canadian Food Guide, and provides healthier choice menu options that can help diners maintain a balanced diet.

At every meal, CAF dining facilities offer food choices that align with Canada's Food Guide recommendations to eat plenty of vegetables and fruits, whole grains and protein foods. Options are available to meet other healthy eating recommendations, such as choosing healthy fats instead of saturated fat, increasing plant-based protein consumption, and making water your beverage of choice. NSCM menu options based on these recommendations include

healthier soups, entrées, sandwiches, salads, breakfast items and high fibre bread and starch options. Choosing fruit or yogurt instead of cakes and cookies is the best choice for desserts.

The main characteristics of the NSCM are:

- At least 1 entrée choice is to be a healthier choice
- At least 1 entrée is to be a healthier vegetarian choice
- The third entrée is a local unit choice and may or may not meet the healthier choice criteria

The healthier choice, lacto-ovo vegetarian and vegan entrées meet the fol-

lowing criteria:

- Maximum 15 g of fat (saturated < 5 grams and unsaturated < 10 grams)
- Maximum of 600 mg sodium (Na)
- No more than 400 kilocalories (kcal)

To promote health and assist diners in identifying healthier choices, units post their menu at every meal to identify the healthier choice and the vegetarian and/ or vegan entrée choice. The symbols to the left identify healthier entrée options. The blue symbol identifies a healthier choice. The green and orange symbols identify healthier lacto-ovo vegetarian and healthier vegan choices.

In addition to selecting healthier choice entrees, here are some ideas to help you choose wisely:

- Choose water instead of sugary drinks
- Limit cream sauces, gravy and deep fried or

 Vegan Healthier Choice: identifies the option on the National Standardized Cycle Menu as not having any animal products (meat; poultry; fish; egg; or dairy) and meets the healthier choice criteria.	 Lacto-ovo Vegetarian Healthier Choice: identifies the option on the National Standardized Cycle Menu as not having meat, poultry or fish however it may contain egg or milk products. This option also meets the healthier choice criteria.	 Healthier Choice: identifies the option on the National Standardized Cycle Menu, which contains animal products and meets the healthier choice criteria.
---	---	--

- battered food
- Choose lower fat milk, such as skim 1% or 2%
- Eat until you are full. Do not feel the need to finish your plate.

Send questions or feedback to Strat J4 Food Svcs on our Facebook page at CAF Food Svcs NSCM // MCNN des Svc Alim des FAC. →

## Thanksgiving Farmers Market

Centre Court

Thursday	Oct. 6	12-7
Friday	Oct. 7	10-7
Saturday	Oct. 8	10-4

October 12. For information, contact [marina.comeau@forces.gc.ca](mailto:marina.comeau@forces.gc.ca). →

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Corporal Wes Aucoin, a 14 Wing Greenwood firefighter, in orange; has been a member of the CISM-level Canadian Armed Forces soccer team for the past three years.

Submitted

# Firefighter earns platinum on FORCE test

**Second Lieutenant  
Meagan Duncan**

A firefighter with 14 Mission Support Squadron's Construction Engineering Flight recently achieved the platinum level during his annual FORCE (Fitness for Operational Requirements of CAF Employment) Test.

Corporal Wes Aucoin had the honour of receiving the platinum pin at a ceremony August 19 at the 14 Wing fire hall. The FORCE Test is a mandatory annual fitness evaluation that grades Canadian Armed Forces members on their physical capabilities and fitness for service; the platinum level is only achieved by 0.1 per cent of CAF members.

"To reach that level of physical fitness is an example to all of us," 14 MSS Chief Warrant Officer Trevor Porteous said. "I know I see you in the gym a lot."

Aucoin trains at the gym every day, but he is also a member of the men's base volleyball and soccer teams, he plays in Nova Scotia's AAA senior men's premier soccer league and, for the past three years, he has been

part of the national CISM soccer team.

"To be part of the CISM program, we have to meet a minimum of gold on the FORCE test," Aucoin explained. "Fitness has always been a part of my life, and it correlates to my job, so I take it seriously."

During his FORCE test in 2021, Aucoin was seconds away from achieving platinum. He had platinum level scores in the 20-metre rushes, sandbag lift and sandbag drag, but missed out on the intermittent loaded shuttles (ILS).

"The hardest task for me is definitely the sandbag ILS: that's where you can make a big difference in your scores."

His favourite task is the sandbag drag, because it is an especially important skill for firefighters.

Firefighters also complete another fitness assessment specific to their trade. For members applying to the trade, there is the Firefighter Pre-Entry Fitness Evaluation (FPFE) and then there is an annual maintenance standard called the Firefighter Physical Fitness Maintenance Program (FF PFMP).

The evaluation consists of 10 job-related tasks that simulate the physical demands required in the trade, such as climbing a ladder, forcible entry into a building and carrying equipment. The tasks are completed without breaks, only separated by

walking 50 to 100 feet between stations. Firefighters aim to complete all of the tasks in approximately eight minutes.

Next up for Aucoin is completing his qualification level five (QL5) in Borden this fall.

"It's the next stage of my firefighting career."

He also hopes to participate in the CISM Military Football World Cup but, due to COVID-19, the dates have been pushed back.

Other members of 14 MSS CE honoured at the fire hall parade were Master Warrant Officer Edward Fairhurst, promoted to current rank, and Aviator Bilal Siddiqui, named 14 MSS's Service Person of the Quarter.

## Fitness for Operational Requirements of CAF employment

All CAF personnel must successfully complete the annual FORCE evaluation, a reflection of the CAF minimal physical employment standard related to common defence and security duties, known as the universality of service principle.

The FORCE evaluation has four components:

1. 20 m rushes - Starting from the prone position, complete, within 51 seconds, two shuttle sprints (1 shuttle = 20 m there, 20 m back), dropping to the prone position every 10 m.
2. Sandbag lift - 30 consecutive lifts of a 20 kg sand-



**Firefighter Corporal Wes Aucoin received the platinum FORCE evaluation award during a recent 14 Mission Support Squadron honours and awards parade at the CFB Greenwood fire hall.**  
Corporal D. Ouellet

bag above a height of 1.0 m, within 3 minutes and 30 seconds. The member alternates between left and right sandbags, separated by 1.25 m.

3. Intermittent loaded shuttles - 10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles, totaling 400 m. To be completed in 5 minutes and 21 seconds.
4. Sandbag drag - Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping.

## Firefighter Physical Fitness Maintenance Program

This evaluation is the maintenance standard fire-

fighters must complete annually.

1. One-arm hose carry
2. 3.6 m ladder raise
3. Charged hose advance: at the scene of a fire, the firefighter must drag sections of a charged hose from the fire hydrant to the scene of the fire.
4. First ladder climb: the firefighter is required to climb 10 rungs up and 10 rungs down on a 7.3 m ladder. The firefighter must repeat this process three times.
5. Weighted sled pull, using a hand-over-hand technique for 30.48 m.
6. Forcible entry with a 4.5 kg steel sledge hammer.
7. Victim rescue: the firefighter is required to drag an 80 kg mannequin 25.9 m.
8. Second ladder climb
9. 3.6 m ladder lower: the firefighter is required to safely lower the 3.6 m ladder, carry it 15.24 m, and then lower it into its starting position.
10. Equipment carry (36.4 kg): the firefighter is required to lift the weighted triceps curl bar from its position on the "starting mat" and carry it to another mat 15.24 m away, using both hands or a cradle hold. Once both feet are placed on the mat, the firefighter may turn around and carry the triceps bar back to the starting mat. →



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from the team at Sobeys