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the Aurora

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Quiltwork connects volunteers with CAF members

Sara White,
Managing editor

Experienced quilting hands, newcomers entrusted with an iron to “warm up,” and a pretty pleased 20-year Navy retiree all gathered at the Alvin H. Foster Branch 98 Kingston Royal Canadian Legion February 14.

The monthly Kingston-area Quilts of Valour sewing day was a chance to work together on new quilt projects, and put a completed blanket in the hands of a Canadian Armed Forces veteran.

“Up to now, 20,500 quilts have been given so far across Canada for a good cause,” said volunteer Sergeant (retired) Bruno Losier, speaking before the group and addressing Master Sailor (retired) Charles Marcelli.

“This quilt is for you, to recognize your service and sacrifice, and to honour and comfort you. We thank you.

Quilts of Valour, since 2009, has organized the creation and presentation of quilts to thousands of recipients coping with injuries, both visible and invisible.

Quilts are made by volunteers across the country, who sew their appreciation of CAF members, past and present, into each piece. Quilt recipients are often nominated by peers, family or community members.

“I’m speechless – I don’t even know what to say,” Marcelli said, holding the quilt bundled in his arms. “This is quite a prestigious honour. For everyone here, and for especially Shannon Coombs, who nominated me, thank you. Shannon and I sailed together, we were both Military Police together, and she has been a considerable support and friend to me for years.”

Marcelli, who lives in Wilmot, retired from the military from 24 Military Police Flight, at 14 Wing Greenwood, after travelling across the country and around the world. Initially, he joined the Navy as a naval communicator; he did that for 10 years, and then spent another 10 years as an MP. His quilt is labelled with his name, and the names of several women who helped make it: Cheryl Duernichuk in New Brunswick, and Mary Ewing and



Master Sailor (retired) Charles Marcelli, left, was speechless during the presentation of a Quilt of Valour February 14, as the 20-year Navy man was recognized for “service and sacrifice” by Kingston-area program volunteer Sergeant (retired) Bruno Losier.

S. White

Donna More, from the Valley area Quilts of Valour group.

Ewing is a past national president of the Quilts of Valour – Canada Society and now helps as leader of “Team 5, made up of quilting groups across the Atlantic Provinces and Quebec. She coordinates the monthly Kingston quilting gathering. She carried in bundles of batting and fabric,

quilt tops, two finished quilts to be picked up for later presentation, a sewing machine, cutting tools and boards. She quickly gave Losier an armload: a quilt op, ready to be bound. He and volunteer Helen Frechette spread it out to make the colour call.

“I quilt, I present, I’m a Quilts of Valour representative for Northwestern New

Brunswick, where my dad lives,” Losier said. When he retired in 2015 from 14 Wing Greenwood’s Transport and Electrical and Mechanical Engineering Flight, he joined the quilters regularly.

“My mother was a seamstress, so I did all of this growing up. I do leather-

Continued on page 3...



A new quilt top is ready for binding, and volunteers Sergeant (retired) Bruno Losier and Helen Frechette are deciding: a dark burnt orange? Green? A deep yellow gold?

S. White



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March 8 morning: #EmbraceEquity at wing International Women’s Day event

Wednesday, March 8, for a morning marking International Women’s Day. This year’s theme is #EmbraceEquity, and 14 Wing Greenwood’s Defence Women’s Advisory group, with the Greenwood Military Family Resource Centre, is presenting three guest speakers and a meet-and-greet display of local various women-operated businesses.

Join us as we celebrate this year's International Women's Day theme: Embrace Equity. Featuring guest speakers, and booths featuring women's owned and run businesses from our local area.

Joignez vous à nous alors que nous célébrons le thème de la Journée internationale de la femme de cette année : embrassez l'équité (#EmbraceEquity). Avec des conférenciers invités et des kiosques mettant en vedette des entreprises appartenant à des femmes et dirigées par des femmes de notre région.

INTERNATIONAL WOMEN'S DAY

8 MARCH

Wednesday, March 8, 2023

9 a.m. - 12 p.m.

Annapolis Mess

JOURNÉE INTERNATIONALE DE LA FEMME

8 MARS

Mercredi 8 mars 2023

9 h à 12 h

Mess d'Annapolis

Making healthier choices when eating in CAF dining facilities

Eating well at work can give you the energy you need to stay alert and productive, boost your overall health and decrease your risk of chronic disease.

Did you know Canadian Armed Forces Food Services has standards that ensure all units offer choices that contribute to a well-balanced diet?

CAF Food Services standards require six to eight varieties of fruit at every meal, two cooked vegetables at lunch and supper, and a variety of fresh vegetables on the salad bar.

Whole grain foods (i.e. bread, pasta, wild rice, quinoa, brown rice) are good sources of fibre, a nutrient that can help lower risk of heart disease, stroke, diabetes and colorectal cancers. CAF Food Services standards require all dining facilities provide at least 50 per cent of the bread products as whole grain products, whole grain starch choices available at each meal with entrées, four varieties of cold cereals offered at breakfast with a minimum of 3 g of fibre and whole grain bread choices at the sandwich bar.

Canada’s Food Guide (2019) also encourages Canadians to choose plant-based protein foods more often to increase fibre and reduce saturated intake. You don’t need to eat large amounts

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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Jeff Davis, commandant de l'Escadre.

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www.rcacf-arc.forces.gc.ca

CFMWS Site
Site du portail communautaire des Forces canadiennes
www.cfmws.ca • www.sbmfc.ca

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

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www.vpinternational.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 | **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



Corporal Stephanie Hill, right, and Corporal Jonas Cramm are new volunteers to the Kingston Quilts of Valour working group. Experienced hand Helen Frechette gets them started with simple strip sewing. Newcomers are welcome, with opportunities to piece, cut, press and stitch a part in a quilt, destined to be given to a Canadian Armed Forces member or veteran.

S. White

March 'spiels green-themed, game show challenge

St. Patrick’s Day fun and a Family Feud-inspired event are taking to the ice at the 14 Wing Greenwood Curling Club this month. Both events are open to club and community members.

Coming up March 11, 8 a.m. to 8 p.m., is the club’s Family Feud Fun-spiel. Teams are guaranteed four games, with a max 16 teams in the draw. Registration is \$80 per family with a PSP Plan membership; or \$100 per family for non-PSP Plan members.

March 17 (4 p.m. to 9 p.m.) and 18 (9 a.m. to 9 p.m.), it’s a St. Paddy’s Fun-spiel. Open to a max 16 teams, with any combination of team membership, entrants are guaranteed four games. Registration is \$160 per team with tickets to the Annapolis Mess’ St. Patrick’s Day party March 17, 8 p.m. to 1 a.m., featuring the band, Signal Hill; or \$100 per team without Mess tickets.

To register for either bonspiel, visit online <https://bkk.cfmws.com/greenwoodpub/courses/index.asp>; or visit either front desk at the 14 Wing Fitness and Sports Centre or the Community Centre.

For information on either event, follow @14 Wing Greenwood Curling on Facebook, or email 14wingcurling@gmail.com.

~ *Card of thanks* ~

Clarence H. Austin
July 9, 1940 – February 5, 2023

Diane wishes to express thanks and gratitude to everyone who showed much love and kindness during Clarence's recent passing. It comforted and helped me cope. Last but certainly not least, I need to mention my dear friend, Marg Goldie who lives across the street. She brought me holiday meals, invited me into her home with family and was here with me in the middle of the night more than once. I am forever grateful, Marg.

Sincerely, Diane Austin

Quiltwork...

...cover

work.... I took my first quilt up to New Brunswick to give to a buddy, and no one knew about Quilts of Valour. Then I went up and did another eight presentations. They know about it now!”

That’s how Corporal Stephanie Hill, who works with 14 Wing’s Wing Controller, and Corporal Jonas Cramm, an aviation systems technician with 413 (Transport and Rescue) Squadron, heard about Quilts of Valour: a friend of theirs was presented a quilt in October.

“We do metalwork, stained glass, welding, macramé, crochet...” says Hill. “We came to our friend’s pre-

sentation and thought it was pretty cool, and we thought it would be good to be involved with making something someone I know might get.”

The pair aren’t sewers – yet! - but they’re being taught how to press fabric, measure and cut, and sew simple strips together. They have permission from their military chain of command to spend volunteer time with the monthly quilt days.

For more information, visit quiltsforallour.ca or follow @QuiltsOfValour on Facebook. If you are in the Valley and interested in joining local quilt-making projects and presentations, donating fabric and supplies, or nominating a CAF member or veteran, contact Mary Ewing at 902-825-6119. Valley quilters meet at the Kingston Legion the second Tuesday of each month, 10 a.m. to 3 p.m. →

JOIN OUR TEAM!

BILINGUAL PROGRAMMER

Do you have a passion for supporting and celebrating military families? If you are interested in social media, programming activities and are bilingual, this is the job for you! The variety of tasks will keep this position engaged, interesting and fun! The bilingual programmer will assist with GMFRC Social Media and create, facilitate and evaluate activities and programs for all members of the military family. You will work in partnership with the entire GMFRC staff team, including volunteers, to offer a wide variety of fun, interesting and helpful programs, all while assisting our Virtual Programmer with GMFRC social media and translation.

Who we are looking for

We are looking for someone with a Post-secondary diploma/certificate in the Social Services field/Marketing or equivalent combination of education and experience.

Experience you should have

- Experience with Social Media and translation
- Experience in program planning for children, youth, adults and families/groups
- Knowledge of military family lifestyle issues

Your contributions to the team will include

- Excellent verbal and written communication skills in English and French. **The candidate is bilingual.**
- Excellent translation skills
- Excellent organizational skills
- Knowledge of community resources, community development processes
- A friendly, outgoing, cooperative personality
- Ability to facilitate activities, and be comfortable public speaking
- An awareness of the principles of Risk Management and Volunteer Involvement

New team members must complete a Child Abuse Registry Check, Criminal Record Check, Vulnerable Sector screening, and Enhanced Reliability Check. The work week for this position is 37.5 hours with evening and weekend hours being required. Flexibility is a must.

If you are interested in joining our team, please submit your resume **on or before 4:00 p.m. on Friday, March 24, 2023 to:**

Margaret Reid, Executive Director
Greenwood Military Family Resource Centre
email: home@greenwoodmfr.ca (MS Word or PDF format)
Subject line: resume – Bilingual Programmer
mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0
fax: 902-765-1747

Drop off in person: The GMFRC is located in the AVM Morfee Centre, 24 School Road, in Greenwood.

*The Greenwood MFRC is committed to employment equity.
You can read more about the GMFRC at: cfmws.ca*

JOIGNEZ NOTRE ÉQUIPE!

RESPONSABLE BILINGUE DE LA PROGRAMMATION

Est-ce que vous avez une passion pour supporter et célébrer les familles militaires? Si vous êtes intéressé par les médias sociaux, la programmation d'activités et que vous êtes bilingue, ce poste est fait pour vous! La variété des tâches gardera ce poste engageant, intéressant et amusant! Le Responsable Bilingue de la programmation aidera avec les médias sociaux du CRFMG et créera, animera et évaluera des activités et des programmes pour tous les membres de la famille militaire. Vous travaillerez en partenariat avec toute l'équipe du personnel du CRFMG, y compris les bénévoles, pour offrir une grande variété de programmes amusants, intéressants et utiles, tout en aidant notre Responsable de la programmation virtuelle avec les médias sociaux et les traductions du CRFMG.

Nous sommes à la recherche

Nous recherchons une personne possédant un diplôme/certificat d'études postsecondaires dans le domaine des services sociaux, en marketing ou une combinaison équivalente d'études et d'expérience.

Expérience que vous devriez avoir

- Expérience avec les médias sociaux et la traduction
- Expérience en planification des programmes pour enfants, jeunes, adultes et les familles/groupes
- Connaissance des particularités du style de vie des familles militaires

Votre contribution à l'équipe inclura

- Excellentes compétences en communication orale et écrite (anglais et français). **Le/la candidat.e est bilingue.**
- Excellentes compétences en traduction
- Excellentes compétences organisationnelles
- Connaissances des ressources communautaires et des processus de développement communautaire
- Possède une personnalité amicale, extravertie et coopérative
- Capacité à animer des activités et être à l'aise pour parler en public
- Possède une connaissance des principes de la gestion des risques et de la participation des bénévoles

Les nouveaux membres de l'équipe doivent effectuer une vérification du registre des enfants maltraités, une vérification du casier judiciaire, une vérification des secteurs vulnérables et une vérification de fiabilité approfondie. La semaine de travail pour ce poste est de 37,5 heures, des heures de soir et de fin de semaine étant requises. La flexibilité est une exigence.

Si vous souhaitez vous joindre à notre équipe, veuillez soumettre votre curriculum vitae au plus tard à **16 h le vendredi 24 mars 2023**, à :

Margaret Reid, Directrice exécutive
Centre de ressources pour les familles militaires de Greenwood
Courriel : home@greenwoodmfr.ca
Objet : CV - Responsable bilingue de la programmation
Poste : Greenwood MFRC, C.P. 582, Greenwood, N.-É., B0P 1N0
Télécopieur : 902-765-1747
En personne : Le CRFMG est situé dans le Centre AVM Morfee, 24 School Road, à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visitez le site sbmfc.ca pour en apprendre davantage sur le CRFMG.



Lead Defence Team transformation as Restorative Engagement rep

Every Defence Team member contributes to the cultural evolution of the Canadian Armed Forces (CAF)/ Department of National Defence (DND) in their daily work. Take part in transforming the defence community's response to sexual misconduct by becoming a representative in the Sexual Misconduct Support and Resources Centre (SMSRC)'s Restorative Engagement program.

The SMSRC's Restorative Engagement program provides an opportunity for Defence Team members and members of the CAF/ DND Sexual Misconduct Class Action Settlement to address sexual misconduct and become leaders of culture change within the institution. This program focuses on a restorative approach inviting those impacted by sexual misconduct, as well as other Defence Team members, to contribute to a more respectful and inclusive culture.

By participating in the SMSRC's Restorative Engagement program, you will have the opportunity to develop professional and personal skills, such as leading through relationship building, listening and respecting diverse perspectives, learning about complex issues and how to deal with them, working as a team, holding difficult conversations, etc. Overall, you will contribute to the CAF/ DND workplace transformation now, and throughout your career. You will have the opportunity to acknowledge, understand and learn from class members' experiences of sexual misconduct during a three-month full-time or a six-month part-time work assignment.

Since the program launched in November 2021, over 50 defence representatives have participated and indicated how important and rewarding their experience has been. If you volunteer, you will be assigned to a small group of representa-

tives called a cohort, guided by restorative practitioners. In your cohort, you will learn about restorative approaches and discuss aspects of sexual misconduct. Your cohort will meet regularly to discuss issues, impacts and ideas raised by class members and to identify solutions and create action plans. Finally, your cohort will present and implement these plans to lead positive change in your units or teams.

Discuss this program with your chain of command or supervisor, fill out a nomination form (d4792, accessible on the National Defence network) and submit it to DR-D@forces.gc.ca before

February 28 to start participating in April/ May. If you are not available at this time, submit your form for a future opportunity. The program is looking for more than 600 representatives over the next

few years, so there is room for you!

If you have questions, contact the SMSRC's RE program team at RE-DR@forces.gc.ca or 1-833-998-2048. →

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2023-2024
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New deadline May 1st



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Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week for youth aged six to 12 (five if they have completed one full year in a school program). To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays.

After school camp – Daily games, activities, crafts and fun for youth ages six to 12 (or on completion of one full school year program). Camp runs 2:30 p.m. to 5:30 p.m., and is also available on early dismissal days. Registration is \$10+HST per day for military, Defense Team, DND, PSP Plan holders; or \$15+HST per day for all others (discounts for multiple children). Pre-registration is required by calling the community centre. Interested families must speak with your school about bus change permission and forms.

Monday, March 6, 6 p.m. to 7:30 p.m. – Kids Club: Minute to Win it games. Free for PSP Plan or one activity pass youth evening program holders, \$50+HST non-PSP Plan membership

Pre-registration required by noon the day of the program.

Tuesday, March 7 – open centre night for pre-teens and teens. Come hang out with friends, play games and use the gym facility! Ages 13 to 15 are welcome between 6 p.m. and 7 p.m., and ages 16 to 18

may drop in between 7 p.m. to 8 p.m. Free for PSP Plan holders or one-activity pass youth evening program holders, or \$5 drop-in fee for others.

Friday March 10, 7:30 a.m. to 5 p.m. – PJ Day in-service day program: a fun-filled day full of sports, activities, optional crafts, outdoor time and more! \$40+HST non-PSP Plan, \$30+HST PSP Plan (discounts

for multiple children). Pre-registration required by noon the day prior to the program.

Monday, March 13 to March 17, 7:30 a.m. to 5 p.m. daily – Game On March Break camp: includes a special event, gaming activities, swimming, active games, artistic activities and more! Junior Camp ages six to eight (five if one full year completed in a school

program). Senior Camp ages nine to 14. Cost: \$150+HST PSP Plan holders; \$200+HST for non-PSP Plan holders (discounts for multiple children). →

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Community sales, community care

Amazing! The Greenwood Health Auxiliary is pleased to share that, thanks to generous donations, dedicated customers and devoted volunteers, a number of local community health-supporting programs and services have benefited from funds raised through the auxiliary's Opportunity Shop at the Greenwood Mall.

In 2022, the Opportunity Shop raised enough funds to donate a grand total of

\$26,500! The following organizations received donations from the Op Shop: Soldiers Memorial Hospital \$10,000, Valley Regional Hospital \$5,000, Fidelis House \$2,000, IWK Hospital \$1,000, Western Kings Memorial Clinic \$1,000, Valley Hospice \$1,000, VON Annapolis County Branch \$1,000, Cancer Navigator Program \$1,000, Beehive Adult Centre \$1,000 and Christmas

Hamper Program \$500; plus, three \$1,000 bursaries were presented to high school graduating students enrolled in a health-related, postsecondary program.

Sincere thanks to all. The Greenwood Health Auxiliary welcomes visitors and donations to the Opportunity Shop during open hours to meet volunteers, and find out more about how you can help support local healthcare. ➔



The Greenwood Health Auxiliary recently disbursed funds earned through 2022 in its Opportunity Shop, located in the Greenwood Mall. Auxiliary volunteer Mary Osmond, left, presented a cheque for \$10,000 to Michelle MacLaren, site manager at Soldiers Memorial Hospital in Middleton.

Submitted

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Monday Paint Spring flowers & creatures	Tuesday Craft Personalize your own snowman	Wednesday Book Write, draw, decorate your own book	Thursday Frame Decorate your own custom frame	Friday Music Make music with your very own rainstick
-----------------------------------------------------	--------------------------------------------------------	----------------------------------------------------------------	-----------------------------------------------------------	------------------------------------------------------------------



March 15 • 11am sharp
The Amazing Mr. J magic show



All week Selfie Station
WIN \$500 MALL Shopping Spree

- Here's How To Enter: Snap a pic at the March Break Selfie Station in Centre Court
- Post your selfie and tag us #greenwoodmallcontest
- Follow Greenwood Mall on Facebook and/or Instagram
- Contest closes midnight March 19



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