



Uniforms for everyone

14 Wing adds input at travelling prototype sessions

Officer Cadet
Laura Lascelle

A “show and tell” May 2 introduced 14 Wing Greenwood personnel to proposed new Flying Operational Clothing Ensemble (FOCE) and All Temperate Layered Aircrew System (ATLAS) prototypes.

14 Wing Captain Jess Anders is particularly excited to see the development of a maternity flight suit.

“(The maternity flight suit) is crucial for female crew. Pregnant members are allowed to fly until they reach 24 weeks, and there’s currently no uniform to accommodate them.”

The lack of a maternity uniform limits female aircrew functionality as their size changes: they cannot wear a combat uniform or civilian attire while operating the aircraft, and trying to make an oversized flight suit work is impractical and potentially unsafe. Pregnant female aircrew may be forced to stop working – potentially impacting mission success, simply for lack of something to wear. For Anders, the flight suit is her uniform.

“As soon as I can’t wear my uniform, there’s this feeling that I’m (separated) from the rest of my team.”

Some pregnant CAF members are concerned with



Sergeant Reid Bellamy, left, and Captain Jess Anders are members of the FOCE and ATLAS Initiative team, recently in Greenwood to ask 14 Wing members for their thoughts on new flight suit designs.

Officer Cadet L. Lascelle

potential stigma their pregnancy may prevent them from doing their job. The design of the proposed maternity line is identical to that of the day-to-day uniform, providing pregnant members the freedom to choose when to share the news of their pregnancy with their coworkers.

While the creation of a complete maternity line may seem costly, the CAF will financially benefit in the long-term: right now, supply tech-

nicians alter regular combat uniforms to fit pregnant members, and most altered uniforms don’t get re-used. A dedicated line would enable Wing Supply to reuse clothing and reduce the current amount of damaged equipment. Personal alterations, though discouraged, are also a cause for current uniform waste, as many members perform their own alterations on issued gear, reducing the product’s lifespan and creating costly replacement

requirements.

The FOCE and ATLAS projects, which started eight years ago, aims to provide all CAF members with a uniform that not only meets current operational requirements, but also suits the daily needs of all CAF members. The proposed modifications include considerations for different body sizes and shapes, as well as left-handed individuals.

Continued on page 2...

Action essential part of allyship

Sara White,
Managing editor

Lots of colours on a flag, many heights, weights and hair colours of those gathered; and lots of shade of green in the lawns, leaves and gardens in view of 14 Wing Greenwood’s main gate.

“Look around you – we’re all diverse. Nature is diverse,” said Major Backhouse, 14 Wing’s professional conduct and culture officer.

“Diversity is a fact. Inclusion is an act.”

Backhouse referenced United States Space Force Lieutenant-Colonel Brie Fram, the highest-ranking transgender U.S. military member, to welcome 14 Wing members of the base’s Defence Team Pride Advisory Organization to the May 17 marking of the International Day Against Homophobia, Transphobia and Biphobia.

“Twenty-five per cent of the world’s population believes being a person from the LGBTQ community should be a crime,” Backhouse said, detailing how “irrational fear” results in hate, censorship and violence, and impedes education.

“Irrational fears, real consequences.”

Backhouse shared the Public Service Pride Week theme, “Taking action to create a more inclusive public service,” which makes a point of highlighting “action.”

“Fostering diversity and inclusion is more than ticking a box. Allyship is not once a year, but a commitment every day – and not just for LGBTQ people, but anybody.”

404 (Long Range Patrol and Training) Squadron Lieutenant-



Colonel Jeff Davis, right, and Major Backhouse raised an awareness flag at 14 Wing Greenwood’s main gate to mark May 17 as International Day Against Homophobia, Transphobia and Biphobia.

S. White

Colonel Josh Christianson, the DTPAO champion, thanked everyone for attending the flag-raising.

“May 17 was chosen as the day, in 1990, the World Health Organization decided to remove homosexuality from the list of mental disorders. This was 30 years ago – but also infinitely true in the last couple of years – even close to home – we see the erosion of basic rights and freedoms on a daily basis.

“14 Wing is a supportive, safe space that embraces diversity as a source of strength.”

14 Wing Commander Colonel Jeff Davis was happy to be involved in the flag-raising.

“This is something I’m proud of, with our DTPAO team here in Greenwood and the 2,000 of us that walk on base every day. We are working to see that challenges on base and in our community are addressed.” ➔

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Uniforms for everyone...

...cover

A Vector Check initiative, submitted by Sergeant Reid Bellamy a year ago specifically on the ATLAS design, allowed the wider ATLAS and FOCE project to gain traction. The implementation of new dress regulations in Fall 2022 further bolstered the proposal. Bellamy was happy to find the new policy complimented their initiative.

“That was the approach from the start; the new regs provided more ammo.”

FOCE and ATLAS samples on display in Greenwood included the different proposed cuts of base layers. The new lines, which will be offered in straight, contoured and maternity cuts; will come in four different weights, providing members with a wider range of function in various environments. The head designers, through their experience with high-performance outdoor equipment companies such as Arc'teryx and Under Armour, have incorporated a wealth of knowledge on current technologies in outdoor activewear. Some of the modifications include the use of antimicrobial materials and merino wool, air

pockets that provide insulation, moisture wicking capabilities - even thumb holes. All models are dual-layered and, recently, passed the required military burn tests.

In March, the line completed a three-month-long trial in winter field conditions, performed by the 3rd Battalion of the Royal Canadian Regiment, including a 25 per cent female tester sample. By working closely with the Defence Women's Advisory Group and the Soldier Operational Clothing and Equipment Modernisation project, the trial team was successful in finding testers for their proposed maternity line. Further heat resistance trials are planned for next summer, but current feedback on thermoregulation capabilities has been positive.

Meeting members' needs doesn't stop after work hours: there have even been considerations on washing of the clothing to ensure maintenance doesn't require special laundering. While this may not seem like a big issue, the prototype work recognizes members have responsibilities outside of work, and may not take the time at home to cold wash and hang dry their uniform



Sergeant Reid Bellamy, left, originator for the All Temperate Layered Aircrew System (ATLAS) initiative); shows Sergeant Harvey Shepherd – 415 (Long Range Patrol Force Development) Squadron through some of the prototype display items.

Officer Cadet L. Lascelle

pieces.

Master Warrant Officer Eric Lemieux notes the project's ongoing success is due to the collaborative work of multiple organizations, as well as the input from CAF members themselves.

“Everyone involved wants to be behind this change.”

Support from members has been overwhelmingly positive, and the team has been able to gather real, factual feedback from current

users. Vector Check-facilitated communication between users and developers has continued to address concerns. Lemieux also believes in-person focus groups, such as the ones held in Greenwood, are the project's most significant success.

Synergy was also instrumental in the development of all the prototypes. The Royal Canadian Air Force and the Canadian Army pooled resources, both in design and

testing phases, to divide the workload toward the prompt creation of a new line of clothing that will better meet the entire CAF's current and future needs.

Although the current base-to-base tour focusses on FOCE and ATLAS prototypes, the eventual ideal is to produce a new, complete uniform line that includes better gloves, socks, jackets and a new line of undergarments. The proposed new

line of underwear and bras will not affect members' current purchase entitlements; rather, the intent is to offer a wider range of options for members.

The inclusion of a continuous improvement clause in any eventual clothing contract will also ensure the CAF may make ongoing adjustments as needs evolve, keeping up with future technological advances. The result? The CAF should be able to provide more up-to-date clothing to members in less time, without initiating a new project; at less cost. And, while the new FOCE and ATLAS lines are still undergoing testing, this clause will allow the team to continue trials with the roll out of the clothing on the Combat Online site. CAF members will be able to receive the new items, participate in the testing and give their feedback during continued development.

“The industry improves, and we all benefit,” says Lemieux.

The team hopes to have the new FOCE and ATLAS lines available for order as early as fall 2024. CAF members are invited to join the on-going discussion on the HANGAR app thread. ➔

14 Wing female sports ambassador program

Play, compete, join the team

**Officer Cadet
Laura Lascelle**

Corporal Brandi Weibel has always loved sports.

“I was an avid sports enthusiast growing up and played every sport I could get my hands on.

When asked to play volleyball during her first month posted at 14 Wing Greenwood, she welcomed the invitation: Weibel has been involved in the base's Personnel Support Program sports ever since.

It's not simply her fondness for games that drew her to the PSP programs. Weibel enjoys the energy, positive atmosphere and sense of empowerment that comes from playing with the wing's teams. While the fun of sports is reason enough to get involved, she finds Greenwood's sports programs offer Canadian Armed Forces members opportunities to network, both on the wing and in the wider military community. Programs like the basketball camp present CAF members with opportunities to connect with other players in the military community.

Despite the many benefits PSP sports provide, Weibel is surprised by the lack of participation on the wing.

“There was one day I was sitting in the office, and our volleyball team was having a hard time getting enough people to practice. We would have practices with just three people for weeks on end, and we didn't have a coach. It was really disheartening to see the team that got me back into sports not be able to participate in regionals due to not enough women.”

Second Lieutenant Katherine Bruce echoes Weibel's desire to promote female athlete recruitment in Greenwood. More players would not only increase the wing's talent pool, allowing the teams to be more competitive, but it would help all players improve their skills with more opportunities to

practice.

And, Master Corporal Sandra McLean, a member of the CISM swimming/ lifesaving team, feels it's unfortunate there aren't more members taking advantage of the available PSP programs. With experience competing against



other world military teams, both at the national and international level, for her, sports are an important part of military life.

“(Sports) help keep you healthy, whether you have goals of achieving a sports team, you want to challenge yourself physically, or you just need a break during the day to work on yourself and take a mental break.”

One problem Bruce notes is, when members find out about opportunities, they are often too late to get involved. The speed of distribution of information may be a barrier to increasing recruitment of new players. Weibel, talking with McLean about the existence of a women's sports representative on the wing, who could help spread information to female members; discovered Greenwood didn't have one.

Together, Weibel, Bruce and McLean have now formed a the female sports ambassador program to help get information to members on the different sports programs PSP offers here in Greenwood, and recruit players and coaches.

Alyssa Platt, the 14 Wing PSP sports coordinator, is the PSP lead for the program. Although all teams are always looking for new players to join through their seasons, volleyball, badminton, soccer, slow pitch and basketball all have an on-going practice schedule.

Weibel assures CAF members they do not need to be proficient in any sport to participate. Last year's softball team included mostly novice players, and Weibel herself decided to try hockey for the first time.

“I would say it's not necessary to have experience in the sport, just a willingness to learn and a positive attitude.”

Everyone is welcome, with opportunities to play and practice recreationally, in both intramural and extramural programs. Base team try-outs usually only take place for interested players prior to advancing to regionals. Through the various PSP sports programs, CAF members may compete against other bases both regionally and nationally. Bruce adds coaching positions are also available for seasoned players who no longer play but still want to contribute to sports. Coaching is great for passing on knowledge to



Sports, for Corporal Brandi Weibel, offer energy, positive atmosphere and a sense of empowerment. Weibel is the new 14 Wing Greenwood female sports ambassador, and she's hoping to encourage higher participation in base sports programs.

Submitted

new players and developing leadership skills.

The female sports ambassador program intends to hold wing information sessions before every season to inform members on upcoming sports opportunities, with

the first in June. In the meantime, members looking for more information on current PSP sports activities may visit the 14 Wing Splashpage, both the 14 Wing Fitness and Sports and The Aurora News Facebook pages, email the

female sports ambassador program's positional mailbox at P-GWD.W14_CAF_Sports_Ambassador@intern.mil.ca or +W14 CAF Sports @DWComdPSP@Greenwood, or contact Platt at Alyssa. Platt@forces.gc.ca. ➔

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JUNE is Recreation Month

Share the colours, share the Joy!







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike, kayak, canoe & paddle board rentals <i>Certain conditions apply</i> At Lake Pleasant Campground - 902-547-2882 or info@lakepleasantcampground.ca At 14 Wing Fitness & Sports Centre - 902-765-1494 local 5106 At 14 Wing Community Centre - 902-765-1494 local 5341 PSP Community Recreation at the 14 Wing Community Centre 902-765-1494 local 5341 to register or online at: https://bkk.cfmws.com/greenwoodpub/courses/index.asp Registration by noon day of program. Costs with some programs. Proof of I.D. f @PSPGreenwoodCommunityRecreation	All June By appt: Butt Out self-help , F&S Centre Drop-in badminton Tuesdays & Thursday, F&S Centre noon to 2 p.m. (military, PSP Plan, drop-in) Drop-in volleyball Tuesdays & Thursdays, F&S Centre 3 p.m. to 5 p.m. (military, PSP Plan, drop-in) Strength & conditioning class Mondays, Wednesdays & Fridays, F&S Centre noon (military, PSP Plan, drop-in)	Spin class F&S Centre 12:10 p.m. to 12:50 p.m. (military, PSP Plan, drop-in) Respect in the CAF (registration required) F&S Centre 8:15 a.m. to 4:15 p.m. Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.	Spin class F&S Centre, 4 p.m. (military, PSP Plan, drop-in) Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. Ball hockey – Kingston rink 1:30 p.m. (military members) Outdoor games & chalk art (youth) Community Centre, 6 p.m. (registration required)	Mobility class F&S Centre - noon (military, PSP Plan, drop-in) Pt 1 Inter-Comm: Improve Communication in Personal Relationships (registration required) F&S Centre 8:30 a.m. to 4 p.m. Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.	Kick-off walk Community Centre 11:30 a.m. to 1 p.m. - info displays noon to 12:45 p.m. - walk prizes Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. \$5 Glow bowling Community Centre, 6 p.m. to 9 p.m. JRM Kick-off Info displays – 11:30 a.m. to 1 p.m. Walk - noon to 12:45 p.m. Prizes & snacks Outdoor Art & Science (youth) Community Centre, 5:30 p.m. (registration required)	Fishing Derby & BBQ Lake Pleasant Campground Registration at 7 a.m. 8 a.m. to noon 
Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. Ball hockey – Kingston rink 1:30 p.m. (military members) Outdoor games & chalk art (youth) Community Centre, 6 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m. Yoga Community Centre, noon	Spin class F&S Centre, 4 p.m. (military, PSP Plan, drop-in) Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. Ball hockey – Kingston rink 1:30 p.m. (military members)	Pt 2 Inter-Comm: Improve Communication in Personal Relationships (registration required) F&S Centre 8:30 a.m. to noon Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. \$5 Glow bowling Community Centre, 6 p.m. to 9 p.m. Outdoor scavenger hunt (youth) Community Centre, 5:30 p.m. (registration required)	Outdoor movie Lake Pleasant Campground 9 p.m. 	Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required) 
Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. Ball hockey – Kingston rink 1:30 p.m. (military members) Dodgeball & playground classics (youth) Community Centre, 6 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m. Yoga Community Centre, noon	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	Spin class F&S Centre 12:10 p.m. to 12:50 p.m. (military, PSP Plan, drop-in) Respect in the CAF (registration required) F&S Centre 8:15 a.m. to 4:15 p.m. Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. \$5 Glow bowling Community Centre, 6 p.m. to 9 p.m. JRM hike, 2 p.m. Info: Community Centre Meet at Crystal Falls Duck pond walk & DQ (youth) Community Centre, 5:30 p.m. (registration required)	Cards night (war & euchre) Lake Pleasant Campground 6 p.m. 
Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m. Nature hike & fort building Community Centre, 6 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m. Yoga Community Centre, noon	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	Pt 1 Mental Fitness & Suicide Awareness Training F&S Centre 8:30 a.m. to 4 p.m. (registration required) Mobility class F&S Centre – noon (military, PSP Plan, drop-in) Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.	Pt 2 Mental Fitness & Suicide Awareness Training F&S Centre 8:30 a.m. to noon Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	Yard & craft sale Lake Pleasant Campground 9 a.m. to 2 p.m. RHU yard sale 14 Wing military housing units 8 a.m. to 3 p.m.
Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required)	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m. Stand Up Paddleboard Essentials Course Lake Pleasant Campground 6-8 p.m. - \$40+tax (registration required)	Free BBQ Pickleball, bowling, mocktails Community Centre 11:30 a.m. to 1 p.m. (Open to Defence Team/ PSP Plan members) Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.	Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.	

Camp fun all season long at Lake Pleasant

Fish, eat, play, yard sale, sing and more – Lake Pleasant Campground has a packed June schedule of nothing but fun, designed to enhance your campground day visit or multi-day stay.

Saturday, June 3, it's the annual camp fishing derby. Lake Pleasant is a provincially-stocked lake, so come take advantage of June 3 as the Nova Scotia all-ages, license-free fishing day and cat a line. Registration opens at 7 a.m. on-site in the campground office (pre-register at info@lakepleasantcampground.ca), with fishing from 8 a.m. to noon. Record your catch with tournament volunteers and you could win a prize at the post-derby BBQ. The derby entry fee, including the BBQ, is \$20 per family of four, or \$8 per person.

June 10, bring your camp chair and blankets to the campground beach hut for an outdoor movie night, underway at 9 p.m. If you want a lift, meet at the campground parking lot or be ready at the edge of your site as the hay wagon shuttle will pick you up between 8 p.m. and 9 p.m. This event is open to all campers and day pass holders. The cash canteen will offer popcorn, pop and water. If the weather is

poor, the movie will be shown in the lodge.

June 17 is for card sharks: from 6 p.m. to 7 p.m., there is a free Game of War card tournament in the lodge for those under age 17. From 7 p.m., it's an 18+ euchre tourney (\$1 entry fee). Bring your own snacks and settle in for an evening of fun. The grand prize is a one-day watercraft rental.

June 24, 9 a.m. to 3 p.m., the campground will host a blended yard/ garage/ camp-site/ craft sale. Campers: bring your “stuff,” or be on the look-out for treasures and deals.

While you're at Lake Pleasant through June, make sure you check in with the newest residents, a couple of yet-to-be-named bunnies. If you have camping-related name suggestions, like the LPC Facebook page and email contests@lakepleasantcampground.ca by June 29. The winning names – and the name-the-bunnies – contest winner – will be announced June 30. Up for winning is a two-night RV or tent site stay, including firewood and a two-day watercraft rental.

All season, Lake Pleasant is looking for your at-camp photos: send your best, funniest, wettest, with pets, camp cooking, sunset or other pictures

(one per stay) to contests@lakepleasantcampground.ca by October 30. The winner will be announced October 31, and be set for Season '24, with a full weekend cabin, firewood, boat and bike rental prize package.

If you'd like to pitch in as a volunteer at any Lake Pleasant



Members of 14 Construction Engineering Squadron spent a few days in May at Lake Pleasant Campground - for work, not relaxation. The crew did some maintenance on the site's water and electrical lines, among other tasks - all an opportunity to put their skills into use in a training environment.

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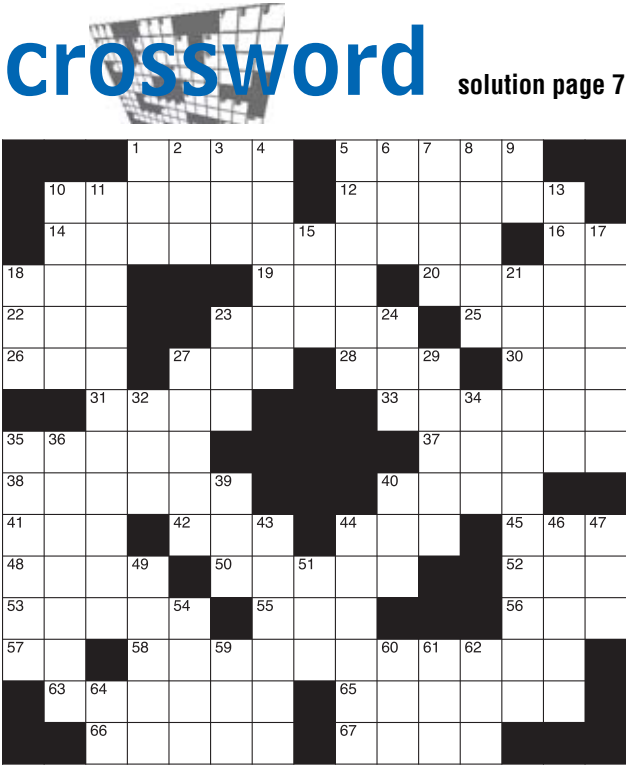


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

Blood donor clinic
May 29, 5 p.m. to 8 p.m. and May 30, 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m., the Kingston District Fire Department host a Canadian Blood Services blood donor clinic at the hall, 570 Sparky Street, Kingston. Returning and new donors may book an appointment at blood.ca.

Cozy read-aloud
May 30, 7 p.m. to 8 p.m., the Middleton Library invites youth ages nine to 15 for an evening of hot chocolate and exciting stories read aloud. Registration required. **Stories and Somersaults**
May 30, 10:30 a.m. to 11:30 p.m., the Kingston Library invites ages



- ACROSS
1. Sloping position
5. Descendant of a notable family
10. Following accepted norms
12. Root vegetable
14. Having a shape that reduces drag from air
16. Integrated circuit
18. Records electric currents of the heart
19. Used to anoint
20. Japanese city
22. After B
23. Muffles
25. Pass over
26. Vase
27. Soft touch
28. A baglike structure in a plant or animal
30. Patti Hearst's captors
31. Israeli politician
33. Degrade
35. Type of wrap
37. Polyurethane fabric
38. Avoids capture
40. Vegetarians avoid it
41. Decay
42. Soviet Socialist Republic
44. Vessel to bathe in
45. Inches per minute (abbr.)
48. Frosts
50. Dipped into
52. Controversial replay system in soccer
53. Comforts
55. Needed for yoga
56. Ands/
57. South Dakota
58. Printing system
63. Dramatic works set to music
65. Highest points
66. Social division
67. Used to treat Parkinson's disease
- DOWN
1. Hill or rocky peak
2. Initial public offering
3. Type of light
4. Test
5. Flaky coverings
6. Former NFLer Newton
7. Part of the eye
8. Roman god of the underworld
9. Negative
10. Indiana pro basketball player
11. Replaces lost tissue
13. Denotes one from whom title is taken
15. Historic college hoops tournament
17. Hut by a swimming pool
18. Defunct European monetary unit
21. Feeds on insects
23. Adult male
24. Melancholic
27. Sheets of glass
29. Slang for famous person
32. Not good
34. 'Ghetto Superstar' singer
35. The 'World' is one
36. Used to make guacamole
39. Midway between south and southwest
40. Wet dirt
43. Ancient Egyptian name
44. Set of four
46. Strips
47. Wife
49. More dried-up
51. Socially inept person
54. Clusters on fern fronds
59. Bar bill
60. Prefix indicating 'away from'
61. Very important person
62. Fiddler crabs
64. Special therapy



Successful season

The Western Valley Spartan U13 team from Kingston had a successful 2022/ 203 season, finishing as Nova Scotia U13 Division A champions. Along the way to their provincial title, they also won the U13 A Southern Conference, the U13 A Southern Division and the 2023 Joe Lamontagne Memorial Tournament U 13 A division.

Submitted

three to five, with caregivers to hop, skip, and jump your way to the library for story time with a physical literacy twist. Registration not required. **Your Library Online: How to borrow movies, ebooks, TV shows, music, and more**
May 31, 10:30 a.m. to 11:30 a.m., the Middleton Library invites teens, adults and seniors in to meet digital literacy instructor Greg Batty. Learn how to borrow and stream digital content online,

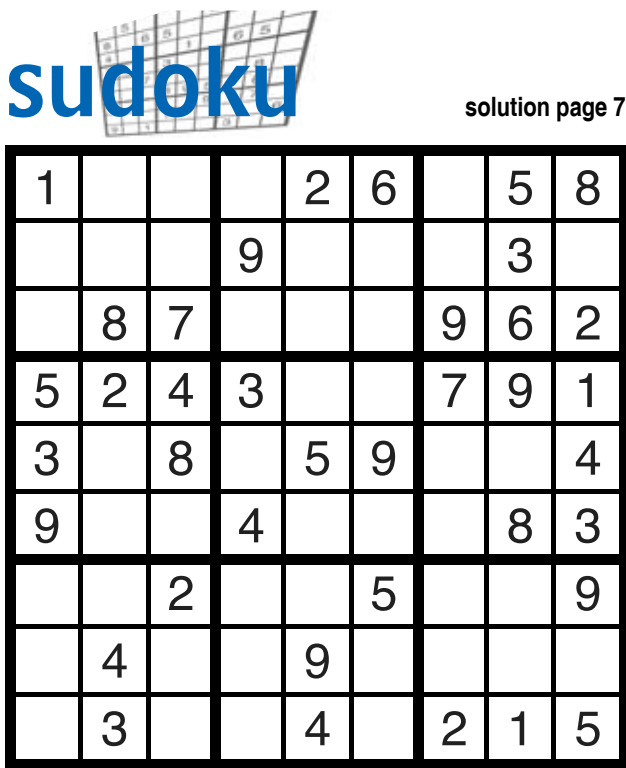
including movies, music, TV shows, ebooks, audiobooks and the latest magazines. Get helpful hints on how to use the Hoopla and Libby apps on phones, tablets, or desktop computers. Registration required. **Talk, Sing, Read! Storytime**
May 31, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.

Painternoorn
May 31, 1 p.m. to 3 p.m., Middleton Library: celebrate spring by attending a paint class with instructor Kathy Williams. All supplies included. Registration required. Open to ages 18+.

One-on-one tech help
May 31, adults may book a one-hour slot at the Middleton Library (or via Zoom) with a digital literacy instructor. Learn basic computer skills, how to use email, word processing, how to use our online library services, how to get started with a tablet or phone – and more.

Concert
May 31, 7:30 p.m., the Middleton Choral Society, directed by Andrew Cranston, accompanied by Beth Cranston; presents Lay Your Heart Down, a spring concert of joyful and uplifting music

in Holy Trinity Anglican Church, Main Street, Middleton. Cost of admission is \$15, with a door prize. An open reception will follow the concert. **PeopleWorx presents: Free One-on-One Employment Services**
May 31, 1 p.m. to 3 p.m., the Berwick Library invites teens, adults and seniors to meet Tanya for support with resumes, cover letters, job searches, workshops, funding and more! For more info call toll-free, 1-866-609-WORK (9675), or email tmccullough@peopleworx.ca. **Blood donor clinic**
May 31, noon to 3 p.m. and 5 p.m.



solution page 7

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!

Returning and new donors may book an appointment at blood.ca.

Intro to the Innovation Lab and one-on-one tech help
June 1, book a one-hour slot at the Kingston Library (teens and adults) and learn how to use equipment in the Innovation Lab (3D scanner and printer, Cricut Maker, sewing machines, and more). Once you are comfortable to go it alone, you'll be able to book the lab whenever the library is open. Or, book one-on-one tech assistance with our digital literacy instructor. Please help us prepare for your visit by letting us know what you would like to cover. Registration required.

Caregiver Support Group
June 1, 2:15 p.m. to 4:15 p.m., the Kingtons Library hosts the NS Caregivers Support Group (meets first 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. Do you give unpaid care to a parent, spouse, child, friend, or relative due to frailty, advanced age, chronic illness, mental illness, or disability? You are not alone! For info and to register, call Jennine Wilson, 1-877-488-7390 (toll-free).

Theatre – Jesus Christ Superstar
June 2 to 4 (varied 7:30 p.m. and 2 p.m. show times) the Valley-based Stage Prophets Theatrical Society presents Jesus Christ Superstar at the Andrew H. McCain Arena, Acadia University, Wolfville. With its 180-member cast and a live rock band – and pyrotechnics! - this amateur live theatre production is anything but. Reserve your seats the Acadia Box

Office at acadiau.universitytickets.com. Follow Stage Prophets on Facebook, TikTok and Instagram @StageProphets, or visit stage-prophets.ca.

Games Day: Board at the Library
June 3, noon to 2 p.m., the Kingston Library invites you to bring your favourite board games or tabletop RPG, or drop in and play one of ours. Invite your friends or make new ones! All ages. No registration required.

Teen Takeover
June 3, 6 p.m. to 7:45 p.m., the Kingston Library is giving teens the run of the place. Hop on our computers, try out tech equipment, discover a surprise activity, or just hang out with friends. This month's theme is Summer Reading Club Kick-off Party Ages 13+. Registration required. **Entertainers wanted**
Summer 2023 – the Margaretsville Community Hall is looking for entertainers to perform on their stage in Willet Park this summer. Spots are available every Saturday and Sunday from 1 p.m. to 4 p.m., June to September. There is no cost to perform and freewill offerings may be given to performers. To book your spot or for information, contact Candice at cdavis224@yahoo.ca or 902-840-1562.

Lions' community luncheon
June 7 and 8 are order days for the June 13 Kingston Lions' community luncheon. This month's menu: roast beef, with mashed potato and vegetables, roll and dessert. Pre-order your dinner(s) June 7 or 8 by calling 902-765-2128, 9 a.m. to 11 a.m. Pick-up and dining in costs: \$15, delivered costs \$16. Pick-up/ dining in timings are June 13, noon to 1 p.m.

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 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses. Les annonces classées doivent être réservées et payées à l'avance avant 9 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau

au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

MOVING YARD SALE

START THE CAR! – Big - Big - Big Moving Day Yard Sale on Saturday, June 3, at 163 Belle Drive off the 201 in Meadowvale. 9 a.m. until everything is gone! Rock bottom prices on kitchen items, home décor, tools, ladders, yard tools, furniture, CD/DVD's, Christmas items, wooden work bench, enclosed garment racks, books and so much more. Make me an offer and start your Christmas shopping early! (4420-11pb)

FLEA MARKET

SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves,

rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Happy holidays everyone and thank you. (4420-41pb)

PIANO SUMMER CAMP

Piano Summer Camp! – July 10-14, July 24-28 and August 7-11. Learning piano with Piano Marvel. Feeling music through movement. Rhythm games. Composing. Performing. Contact Esther Jones at estherjones@gmail.com. \$200 per week. (4420-31pb)

DUPEX FOR RENT

RETIREMENT DUPLEX – Available August 1, 2023. Two bedroom, one bath, open concept duplex with garage. Paved driveway, front and back patio deck. In floor heating, town water, so if power goes out you still have water. Snow removal and

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HELP WANTED

HELP WANTED – Casual maintenance laborer, Village of Greenwood. Duties to include but not limited to cleaning/maintaining sidewalks, gardens, garbage & parks. Experience in landscaping, safe handling and operation of all related equipment, must have valid driver's license with a clean driving record and be available for short notice call ins. This is a casual position only with no guarantee of hours. Please forward your resume to villageoffice@greenwoodns.ca by June 2, 2023. (4420-11pb)

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	<h1>Kingston Legion Br 98 ~ 🍁 ~ June 2023</h1>					
Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479 E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Br.098						Find us on facebook 
Sun	Mon	Tues	Wed	Thu	Fri	Sat
Are you a Veteran? Are you releasing from the Canadian Armed Forces? – Join us at 1000 each Wednesday morning in the lounge at the Kingston Legion. Have a coffee and a snack & meet other Veterans. Hosted by RCL Branch 98 and the Greenwood MFCRC CTA Tickets can be purchased at the Legion Bar, Kingston Needs, Kingston Pharmasave, Brown's Auto Service & Auto Salvage, Wilmut.				Foot Care Clinic Call Heather 902-300-3559 to book an appt. CRIB - 7 p.m. Fun Darts - 7 p.m.	1	2 Breakfast 7:30 - 10 a.m. ³ Free will offering <i>Meat Draw</i> <i>Chase the Ace!</i>
4 BINGO 1:30 p.m.	5	6	7 Veteran Social 10 a.m.	8 Fun Darts - 7 p.m.	9 Open Mic Lounge-7-10 p.m. (Members & Guests) K.A.S.A. 1 p.m.-3 p.m.	10 * Murder Mystery Dinner Theatre <i>Meat Draw</i> <i>Chase the Ace!</i>
11 BINGO 1:30 p.m.	12	13	14 Fun Darts 1 p.m. - \$5 Veteran Social 10 a.m.	15 Foot Care Clinic Call Heather 902-300-3559 to book an appt. Fun Darts - 7 p.m.	16 Karaoke with Denis Lounge 7-10 (Members & Guests)	17 <i>Meat Draw</i> <i>Chase the Ace!</i>
18 BINGO 1:30 p.m.	19 EXECUTIVE MEETING 7 p.m.	20	21 Fun Darts 1 p.m. - \$5 Veteran Social 10 a.m.	22 Fun Darts - 7 p.m.	23 Open Mic Lounge-7-10 p.m. (Members & Guests) K.A.S.A. 1 p.m.-3 p.m.	24 <i>Meat Draw</i> <i>Chase the Ace!</i>
25 BINGO 1:30 p.m.	26 GENERAL MEETING 7 p.m.	27	28 Fun Darts 1 p.m. - \$5 Veteran Social 10 a.m.	29 Foot Care Clinic Call Heather 902-300-3559 to book an appt. Fun Darts - 7 p.m.	30 * Murder Mystery Dinner Theatre Tickets need to be pre-purchased at the Legion Bar \$30.00 per person – Open to the Public	
Support the Kingston Legion by buying 50/50 tickets on-line at: www.rafflebox.ca/raffle1rchs 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 Sponsored by				613 Main St. KINGSTON 902-765-2103		26 Commercial St. MIDDLETON 902-825-4822

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the Aurora

find & win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

ONE ENTRY PER PERSON

Full name _____ Phone number _____

Complete the following questions from ads in this week's issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games.

1. Who has units 10' x 15' and 5' x 10' ? _____
2. What grand opening is happening on June 1? _____
3. Where could you partake in a murder mystery dinner theatre? _____
4. Whose phone number is 902-825-3416? _____
5. Who works with granite products? _____

Congratulations to last week's Find & Win winner: JEANNIE JONES

AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford
Starts 7:00 pm Friday
902-847-9374

7Arts offers vets creative, self-reflective program

NOVA Seven Arts Council (7Arts) is proud present a new session of its Life Through a Mask program for Canadian Armed Forces serving members, veterans and their partner.

Join the 7Arts team at its Greenwood studio and explore “Life Through A Mask: An Introduction to Expressive Arts Therapy.” This program is free for serving members and veterans, through the generous support of Veterans Affairs Canada.

Artist and CAF veteran Jaime Lightle BA, DTATI, RCT-C; will facilitate this four-week program, 1:30 p.m. to 3:30 p.m., June 15, 22, 29 and July 6; geared towards exploring one’s persona, which often refers to the practical and successful personality we most often present in the workplace and social relationships. Each session will include all supplies and groups are limited to five participants. This is a unique experience, as well as an outlet for creativity

and self-reflection.

7Arts’s dedicated volunteers will also be on hand to assist Life Through a Mask participants. 7Arts studio, at 619 Central Ave, Greenwood; is a safe, personal setting run by volunteers as a non-profit community art space open to all members of the community, regardless of abilities. Artists, art therapists and facilitators are invited to the studio to conduct lessons, classes and workshops.

Pre-registration for Life Through a Mask is required at lifethroughamask@gmail.com. ➔



Artist and Canadian Armed Forces veteran Jaime Lightle will lead a free, four-week arts therapy program, “Life Through a mask,” for serving Canadian Armed Forces members and veterans, and their partner, at Greenwood’s 7Arts studio.

Submitted

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 available on early dismissal days. Registration is \$10 plus HST per day for military, Defense Team, DND, PSP Plan holders; or \$15 plus HST per day for public at large (discounts for multiple children). Pre-registration is required. Interested families must speak with your school about bus permission forms.

Monday, May 29, 6 p.m. to 7:30 p.m. – Kids Club - Gaga ball battle and pickleball. Free for PSP Plan or one-activity pass youth evening program holders; \$5 plus HST non-PSP Plan member. Pre-registration required by noon the day of the program.

Friday, May 26, 5:30 p.m. to 7:30 p.m. – YTGIF - ice cream sundaes with a movie. \$10 plus HST non-PSP Plan member; \$7 plus HST PSP Plan member or one-activity pass youth evening program holders. Pre-registration required by noon the day of the program. ➔

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