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# the Aurora

Vol. 44 No. 35

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## Cutlass Fury '23 combines international air, navy training

**Sara White,**  
Managing editor

While “weather, weather, weather” may have had its effects on Exercise Cutlass Fury, international air force partners made the most of a 15-day maritime flying and sub-hunting opportunity.

14 Wing Greenwood hosted the long range patrol air component of Cutlass Fury September 7 to 22, as German, French and British aircraft joined Maritime Forces Atlantic and international naval participants in a series of joint exercise and simulated missions off Canada's east coast. 14 Operations Support Squadron long range patrol operations flight commander Major Don McLellan coordinated logistics of, “effectively, a wing effort to get this done.

“This is a fleet effort – 404, 405, 415 and 407 squadrons,

with about 60 of our flying personnel and far more than that in technical and logistics support.” McLellan said. “Cutlass fury for us represents about two months' work and, as the serials ramp up, more.”

Cutlass Fury included 1,400 participating sailors, soldiers and aviators from the Royal Canadian Navy, the Royal Canadian Air Force, Canadian Army, United States Navy, United States Air Force, Royal Air Force (British Air Force), Deutsche Marine (German Navy), and Marine Nationale (French Navy); operating from eight ships and multiple classes and types of aircraft. The bi-annual exercise is an opportunity for allied forces to train in a joint maritime environment, covering naval, sub-surface and air defence; air-to-air combat and amphibious landings.



**Technicians from the Royal Air Force and the Royal Canadian Air Force prepare the RAF's Boeing Poseidon MRA1-05 for airfield towing. The British were at ZX as part of the international air contingent involved with Cutlass Fury 2023.**

Corporal D. Ouellet

Week one of the exercise included basic flying mission scenarios, with week two incorporating more complex situations and tie-ins with naval response.

“By the end, the idea is the Navy will be sailing, they'll get ‘attacked’ or be looking to attack, and we'll be there to help hunt and prosecute targets,” McLellan said.

Over two days, navy members from Halifax travelled

to Greenwood for an airfield and hangar tour and familiarization flights as air assets conducted exercise missions.

“This is an opportunity for them to see a mission from our perspective. They'd typically be guiding us from the surface.”

Alongside all of it, 14 Wing's flight simulators ran missions for participating aircrews, tying in their virtual scenarios with Halifax naval

simulators, assets at sea and in the air.

The exercise did shift on several occasions: the German aircraft was struck by lightning on its travel to Greenwood and had to return home. The French arrived September 7, but, due to unforeseen circumstances, were only able to fly September 19. The British were watching the incoming Hurricane Lee for their scheduled arrival

September 14, concerned about scheduled missions as Lee edged closer to Atlantic Canada. They were able to sneak in prior to the storm making landfall, and were able to attend the wing's September 17 83rd Battle of Britain ceremony. The French departed Greenwood September 19, followed by the British September 20, officially ending 14 Wing's participation in Cutlass Fury '23. ✈



**405 (Long Range Patrol) Squadron hosted Navy personnel for a familiarization flight September 15 during EX Cutlass Fury, an opportunity for surface partners to gain some perspective on air capabilities during an anti-submarine warfare exercise.**

Sailor 1st Class J. Morris, 14 Wing Imaging



**405 (Long Range Patrol) Squadron technicians were on top of CP140 Aurora maintenance, keeping the fleet going through the September 7 to 22 demands of Exercise Cutlass Fury.**

Corporal D. Ouellet



# Modern air force rooted in Battle of Britain legacy

Sara White,  
Managing editor

From the first all-air battle of the Second World War comes a “legacy of peace, freedom and democracy.”

14 Wing Greenwood Commander Colonel Jeff Davis spoke at the base’s September 17 83<sup>rd</sup> anniversary commemoration of the Battle of Britain, a ceremony held at the Annapolis Mess with guests from the Royal Air Force, the wing and the community. His Honour The Honourable Arthur J. LeBlanc, ONS, KC, lieutenant governor of Nova Scotia, was also in



**Judd Poulett of Cape Breton, representing the Glooscap First Nation, opened the afternoon with a smudge.**

attendance.

“To the veterans with us this afternoon,” Davis said, those legacies “you sought to protect are a remarkable gift.”

In 1940, the air force was the last line of defence over Britain, as enemy forces were attacking overhead. Canada joined Britain and international allies in a “pivotal role defending British skies.” Of the 112 Canadians and one Newfoundlander involved, 23 died: acknowledged by then British prime minister, Winston Churchill, August 20, 1940: “Never in the field of human conflict was so much owed by so many to so few.”

Davis also paid tribute to the leaders and aircrews of the British Commonwealth Air Training Plan, which ran from bases around the world,



**Royal Air Force members Squadron Leader David Moran and Flight Lieutenant Rich King-Manara represented the United Kingdom in a 14 Wing Greenwood September 17 83<sup>rd</sup> commemoration of the Battle of Britain. The RAF is participating in Exercise Cutlass Fury, hosted by the Royal Canadian Air Force, with French and German allies, off the east coast of Canada September 10 to 22.**

including here in Greenwood, and saw the stand-up of the Royal Canadian Air Force’s 400-series squadrons that continue operations today.

“The modern RCAF was born from the terms of the BCATP: day after day, air crews took to the skies and ground crew worked tirelessly. Today is our day to celebrate and reflect on the legacy of aviation heritage these individuals created for us. Thank you.”

Judd Poulett of Cape Breton, representing the Glooscap First Nation, opened the afternoon with a smudge. 517 Flight Lieutenant McLean

Air Cadet Warrant Officer Second Class Aiyana Barrieau recited “High Flight,” by Pilot Officer John Gillespie Magee, Jr. Royal Canadian Legion Branch 98 representative Brad Ryckman read the names of the lost Canadian air crew. Representatives from the Kingston and Middleton Legions, the federal government, RCAF and 14 Wing; the Village of Greenwood laid commemorative wreaths. LeBlanc laid the wreath on behalf of King Charles III, while the Royal Air Force was represented by members operating out of Greenwood for Exercise Cutlass Fury. ➔



**14 Wing Greenwood Commander Colonel Jeff Davis, left, welcomed Brigadier-General Ron Walker, 1 Canadian Air Division Deputy Commander Force Generation, to the wing’s September 17 service commemorating the 83<sup>rd</sup> anniversary of the Battle of Britain.**



**His Honour The Honourable Arthur J. LeBlanc, ONS, KC, lieutenant governor of Nova Scotia, laid the wreath on behalf of King Charles III during the 14 Wing Greenwood Battle of Britain commemorative service September 17.**

Sailor First Class J. Morris, 14 Wing Imaging

## Book gift shares a cultural story

Sara White,  
Managing editor

It was easy to settle in to a cozy chair and share new books with the children at the Greenwood Military Family Resource Centre. It was also easy to discover a few facts and special teachings about Indigenous culture.

The stack of books is a gift coordinated by the 14 Wing Greenwood Defence Indigenous Advisory Group, and includes the “Grandmother Grandfather” board book series by Sandra Samatte and Susan Lam and “Jujikj,” by Gerald Gloade. While Samatte and Lam use elders’ story-telling to describe a talking stick, dream catcher, sweat lodge, pow wow and the seven teachings; Gloade’s bilingual guide shows how the Mi’kmaq language

perfectly describes the bugs of Atlantic Canada: “the one that looks like a little owl” (moth) and “the one that sings before she bites you” (mosquito).

August 31, Lieutenant-Colonel Lara Jennings, the 14 Wing DIAG champion, and Helen Shields brought the books to the GMFRC’s coordinator of child and youth services Jenny Clifford.

“We didn’t have anything Indigenous,” Clifford said, describing how she had spent time this summer sorting the centre’s books into sections. The DIAG’s gift comes at a perfect opportunity to expand the collection as fall routines mean more children and families return to regular GMFRC programs.

“It will be nice to have more culturally-aware material – and that could be from all

cultures, for all families to see themselves represented, and be exposed to other cultures. These books come along at the right time.”

The books were themselves a fortuitous gift to Shields’ daughter. She had a book-themed baby shower over the summer, and a teacher friend brought a whole bin of new books that were too young for her middle school-aged class. Shields gathered a set and brought them into work.

“These books are perfect,” Jennings said. “The board books will last, and can be incorporated into the children’s learning program. One of them is about the seven teachings – I’ve ben trying to learn more about them myself and, with an animal associated with each one in the book, it appeals to me, too.” ➔



**Helen Shields, left, and Lieutenant-Colonel Lara Jennings had a captive audience at the Greenwood Military Family Resource Centre August 31, as they delivered a stack of new reading material for the children’s library. The books are an Indigenous resource, all about culture, art and customs; and, in the book Shields’ shared, bugs!**

S. White

## Warm Line call training October 16

Do you like interacting with new people? Looking to volunteer within your local community?

The Greenwood Military Family Resource Centre’s Warm Line Call Program

keeps our military families who have a member deployed connected and informed. Volunteer today to be the voice that reaches out to our deployed military community. Improve your

active listening skills and keep families up to date by sharing all the events and programs the GMFRC has to offer.

Training will be Monday, October 16, from 6 to 8 p.m.

at the GMFRC. Register by October 12. Free, and light refreshments will be served! To become a registered GMFRC volunteer, email at GMFRCvolunteerservices@gmail.com. ➔

## Formation sur la ligne de réconfort le 16 octobre

Aimez-vous interagir avec de nouvelles personnes? Vous cherchez à faire du bénévolat au sein de votre communauté locale?

Le Centre de Ressources pour les Familles Militaires de Greenwood programme de ligne de réconfort, nous gardons nos familles militaires avec un membre en

déploiement connectées et informées. Devenez bénévole dès aujourd’hui pour être la voix qui rejoint notre communauté militaire déployée. Améliorez vos compétences d’écoute active et tenez les familles au courant en partageant tous les événements et programmes que le CRFMG a à offrir.

La formation sera le Lundi 16 octobre de 18 h à 20 h au CRFMG. Inscription avant le 12 octobre. Gratuit, et des rafraîchissements légers

seront servis! Pour devenir un bénévole inscrit au CRFMG, contactez-nous à GMFRCvolunteerservices@gmail.com. ➔

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**Managing Editor** | Directrice de rédaction  
Sara White • 902-765-1494 local/poste 5441  
auroraeditor@ns.aliantzinc.ca

**Business & Advertising** | Affaires commerciales et publicité  
902-765-1494 local/poste 5833  
auroramarketing@ns.aliantzinc.ca

**Graphic Designer** | Graphiste  
Brian Graves • 902-765-1494 local/poste 5699  
auroraproduction@ns.aliantzinc.ca

**Administrative Clerk** | Commis à l’administration  
Diane Mestekemper • 902-765-1494 local/poste 5440  
auroranews@ns.aliantzinc.ca

**Editorial Advisor** | Conseiller à la rédaction  
Captain Camille MacKenzie Dolphin  
902-765-1494 local/poste 5101  
+W14 Public Affairs@WCComd PAO@Greenwood

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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

**National Defence and the Canadian Forces**  
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**14 Wing Fitness** Online work-outs, resources and tips | **PSP Greenwood 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

## ~ Obituary ~

**McWILLIAMS, Andrew John,**  
Berwick/ Wilmot, NS

McWilliams, Andrew John - age 85 of Berwick formerly of Wilmot passed away Monday, September 18, 2023 at Valley Regional Hospital. Born in London, England, he was the son of the late John and Dorothy (Golding) McWilliams. Besides his parents, he was predeceased by his loving wife of 56 years,



Annette “Lorraine” (Spencer) and his twin brothers Michael and John. Andrew will be sadly missed by his son Shawn (Shelley), Hammonds Plains; daughter Lisa Connell (Mark Findlay), Wilmot; grandchildren Aaron, Lauren, Trent and Wesley; and several nieces and nephews. After 31 years serving throughout Canada and Germany in the Royal Canadian Air Force, Andrew retired to Wilmot, Nova Scotia where he continued to enjoy an active and social lifestyle. While he packed up his soccer cleats upon retirement, he renewed his passion and frustration with golf at Paragon Golf and Country Club and he learned how to curl at the Middleton Curling Club. Andrew was a life member of the Royal Canadian Legion, Kingston Branch No. 98 and recipient of the Meritorious Service Medal. As a legion member, he spent many hours volunteering his time in multiple positions. His service included delivering Meals on Wheels and chairing the Kingston branch war veterans committee, both of which he was very proud of. Most of all, Andrew enjoyed being at home with his family and friends and loved to be outside. Cremation has taken place. A memorial service will be held 3:00pm Friday October 6th at the Middleton Funeral Home, 398 Main St., toll free 1-855-825-3448 with Rev. Deborah Loneragan-Freake officiating. A reception for family and friends will follow the service. Interment will be in the North Kingston Cemetery. The family wishes to thank all the wonderful staff at Annapolis Valley Home Care, Homecare by Angels, and Valley Regional Hospital for the care they provided our Dad over the past few years. Donations in memory may be made to the Alzheimer Society of Canada. Online condolences or memories you may wish to share with the family may be made by visiting: [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)



# Ironman ‘Finnish’ line feels good

Lieutenant-Colonel  
Eric Travis

I recently visited Lahti, Finland, for the 2023 Ironman 70.3 World Championship – and felt very much at home in an environment and among people who felt very much like Canada. The level of competition at this year’s event was higher than ever, and I am thrilled to have finished in the top 10 per cent of my age group.

Travel with a race bike and luggage is always a challenge, and I used a booking company, with hotel and a race venue shuttle included. Still, after 24 hours’ travel, I was ready to crawl into bed on night one in Finland!

On the Thursday morning, I assembled my bike, caught the shuttle for athlete registration and walked through the event expo. I also managed a swim in the Lahti 50-metre pool at the base of the Nordic ski jumps. I met up with fellow Canadian Armed Force triathlete Dominik Rudecki for the parade of nations, and I was honoured to carry the Canadian flag for our delegation.

Friday, I planned “an hour-long easy spin” bike route,



Lieutenant-Colonel Eric Travis placed in the top 10 per cent of his age group in the recent 2023 Ironman 70.3 World Championship in Finland.: happy with the swim, trying to stay warm through a rainy, windy bike and then running to get warm again – here, on the “only flat portion of the run course.”

Submitted

with reasonable pavement and very little traffic, but it turned out to have an exceptional amount of climbing. Overall, a solid morning of work, allowing me a late lunch and some time to catch up on some work emails.

I enjoyed watching the pro women’s race Saturday, under ideal weather conditions, but then had to catch the shuttle to rack my bike and drop off my two transition

zone bags. By the time I was done, it was time to catch the shuttle back to the hotel, eat dinner and try to go to bed at a reasonable hour.

My sleep in Finland was poor (on average three to five hours per night), and the eve of race day was no exception: I went to bed early, but mentally ran through my race, transition zone routes, equipment.... Four a.m. came early, and I got up to “Finnish” preparations.

The temperature was cool, so I bundled up and spent minimal time finalizing my T1 zone before finding an indoor spot to wait until my 9:10 a.m. start.

The swim was almost as I expected it to be: I “risked” the running dive from the diving pontoon 1.5m above the water. The water was murky, so sighting other athletes to draft underwater was almost impossible. As I exited the water, a quick

check of my watch showed 30 minutes, so I was on track.

While not in the forecast, a cold rain almost immediately started to fall as the bike ride got underway. I was able to generate some heat initially but, around 30k, my teeth were chattering. By 45k, the rest of my body started to shiver. My left hand became useless for opening gels. By 50k, I was not sure if my mental energy and my body would let me finish. I managed to hold it together for the final 40k and rolled into T2 with a respectable bike time on a hilly course of 2:20.

T2 proved a challenge: my feet were numb and the fine motor skills of both hands were gone. I spent a painful amount of time trying to take off my wet bike socks and put on dry socks and running shoes. With a few choice words and 7.5 minutes later (ouch!), I was off.

The run course, according to Ironman, was mostly flat. The reality was anything but: the 21.1km, two-lap course included ascents and descents; pavement and crushed gravel. I set a goal to finish in approximately 1:35. There were many mood

swings across the course but, if I could just keep pushing, maybe to an aid station and consume a gel or some Gatorade, I knew my mood was likely to change faster than the inclines. I felt a sense of accomplishment as I crossed the “Finnish” line in a total time of 4:36:24 (with a run time of 1:34:21 - goal achieved)!

Huge thanks to those who have supported me on this journey. First and foremost, to my wife, Maggie, and son Ethan for their unwavering support through long training hours and adjustments to family plans. Thank you to RFM Endurance for keeping me on target this past year. I cannot overstate the importance of having someone in your corner to provide perspective, hold you accountable and ensure you are doing enough “self-care” to avoid injury. Thanks to the Canadian military for supporting me under the out-service sports program and with time off from my duties. The support from my chain of command and the Personnel Support Program has been exceptional, and I am excited to see the direction the CAF Sports Program is headed. ➔

celebration of RCAF 2024.

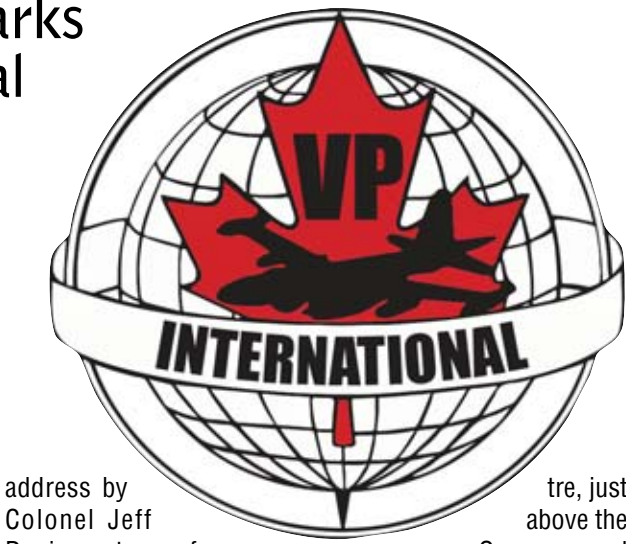
Anyone interested in joining the ZX multi-sport community may contact Lieutenant-Colonel Eric Travis, eric.travis@forces.gc.ca, to be added to their Signal chat group.

Kingston Legion Br 98 ~ 🍁 ~ October 2023						
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## October 5 marks VPI memorial service

VP International will hold its annual memorial service at 14 Wing Greenwood Thursday, October 5, in remembrance of sacrifices made by long range patrol and reconnaissance aviators from 23 countries included in VPI's 6,000-person membership.

Members of VPI and guests are welcome to attend the brief service, with guests to be seated at the VPI memorial, just inside the main gates of 14 Wing Greenwood, by 12:45 p.m. The service will begin at 1 p.m., including an



address by Colonel Jeff Davis, patron of VPI in his role as 14 Wing Greenwood commander. A reception will follow the service, approximately 1:40 p.m. to 3 p.m., at the VPI Cen-

tre, just above the Greenwood Military Aviation Museum airpark.

In case of inclement weather, the service will take place at the Annapolis Mess. ➔

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Royal Canadian Air Force members from 14 Construction Engineering Squadron and 3 Mission Support Squadron, Bagotville, with members of the United States Air National Guard's 911th CES from Pittsburgh, joined efforts his summer on a Cherokee Veterans Housing Initiative project in Tahlequah, Oklahoma. Submitted



116th Civil Engineering Squadron members from Robins Air Force Base, Georgia, completed this summer's Construction Engineer Project Exchange Program working at 14 Wing Greenwood, constructing a large sheltered lean-to on an airfields and grounds building and adding a new washroom to Wing Environment space. Officer Cadet L. Lascelle



14 Construction Engineering Squadron with early morning shingling, Tahlequah, Oklahoma. Submitted



< A4 National Guard Bureau Brigadier-General Bobby Buls, centre, and 14 Wing Greenwood Commander Colonel Jeff Davis, left, are toured August 24 through the storage lean-to build site by Major Jonathan McKnight, second from right; constructed by visiting 116th Civil Engineering Squadron in Greenwood as part of the 2023 Construction Engineer Project Exchange Program. Sailor 1st Class J. Morris, 14 Wing Imaging



Sara White, Managing editor



14 Construction Engineering Squadron members take a break from shingling under the summer sun of Tahlequah, Oklahoma. The crew worked with the United States Air National Guard's 911th CES from Pittsburgh on a Cherokee Veterans Housing Initiative project. Submitted

## Summer work combines skills, effort of U.S., Canadian Construction Engineers

A summer's worth of work crossed international borders, built partnerships and reinforced common practices between Canadian and American military construction engineers.

Joining forces in the annual Construction Engineer Project Exchange Program (CEPEP), American and Canadian CE organizations hosted a counterpart for close to two weeks, tackling local projects meant to train personnel and accomplish identified projects that leave a legacy.

Nineteen members of the Royal Canadian Air Force's 14 Construction Engineering Squadron, Bridgewater, and five members from 3 Mission Support Squadron, Bagotville; deployed to Tahlequah, Oklahoma, July 24 to August 4; meeting up with the United States Air National Guard's (USANG) 911th CES from Pittsburgh, Pennsylvania, to add two weeks' effort to a Cherokee Veterans

Housing Initiative project. An additional two weeks was contributed by an earlier roto of personnel from 4 Mission Support Squadron from Cold Lake. During this first half of the exchange, three homes were built from the foundation up, and four additional homes received various corrective fixes and installation of HVAC, plumbing and electrical systems.

Then, August 13 to 26, 29 116th Civil Engineering Squadron (116 CES), based at Robins Air Force Base, Georgia; travelled to 14 Wing Greenwood to construct a storage lean-to, integrating it into an existing airfield and grounds building; complete concrete work and install a new staff washroom in the Wing Environment office building.

At an August 14 briefing in Greenwood, Captain Drew Spinney welcomed the American contingent, providing them everything from mess meal hours to local sights to see to expectations for the actual build.

"The footings for the lean-to are ready

to go; the rest now is up to you, from the ground up. It's roofed, open to the front, closed at the sides and we're adding some lights. If it goes well, we've got a few other small things...", he said.

14 Mission Support Squadron acting commanding officer, Lieutenant-Colonel James Gannon, encouraged the 116 CES members to enjoy their time in Nova Scotia, with the full support of the wing to make it happen.

"Thanks for coming to Greenwood – we'll be seeing you throughout the week," he said.

Once underway, 116 CES Captain Chris Dryja said the opportunity for DFT (deployment for training) means tackling a smaller scale version of what the unit is meant to do: construction as needed, where needed, from the ground up.

"We can get a lot of cross-talent learning in this," he said August 16. "Plans are never perfect, and a huge part of an exercise is giving people exposure to change and adapting. We bring different trades – HVAC, plumbers, electricians,

carpenters: a good cross-section of everyone we have, which gives everyone the opportunity to cross train.

"Plus, it's a lot more beneficial to build something that's going to last. This is fun, and the partnerships we're able to forge across the borders helps us build confidence for a real-world deployment."

August 24, A4 National Guard Bureau Brigadier-General Bobby Buls visited the Greenwood DFT and toured the projects with 14 Wing Commander Colonel Jeff Davis. Buls was impressed with the work done, and thanked her personnel for their contributions.

"The completion of this project is a huge success; really, what the CEPAC is: to join engineers together so we can work, go places and work on skills and cross-training together," she said. "We integrate everyone here. It's important to hone our war-fighting craft with willing partners.

"Are you happy, sir?" she asked Davis. "Yes," he replied.

"To the team, the collective – thank

you for this great work. We like to take advantage of having you, getting a couple projects knocked off our list; but it means you all are working in different environments, with different rules and management. We're preparing ourselves together for –not if – but when we have to do this together in more austere circumstances.

"It's also about camaraderie, and the chance to socialize together," he said, hyping up the next day's closing softball match-up.

CEPEP (formerly known as Civil/Construction Engineer Deployment for Training) is a long-standing agreement between Canada and the U.S. aimed at enhancing the readiness of military engineers for both Canada and the U.S. This reciprocal exchange sees the host-nation provide construction project opportunities for the deployed nation, which deploys a formed construction engineer flight and contributes on the project for a duration of about two weeks. ➔



Twenty-four members of 14 Construction Engineering Squadron deployed to Tahlequah, Oklahoma, July 24 to August 4, meeting up with the United States Air National Guard's 911th Civil Engineering Squadron to add two weeks' effort to a Cherokee Veterans Housing Initiative project. Three homes were built from the foundation up, and four additional homes received various corrective fixes and installation of HVAC, plumbing and electrical systems. Submitted



14 Mission Support Squadron and 116th Civil Engineering Squadron Construction Engineers, with leadership from 14 Wing Greenwood and the United States National Guard Bureau, with the final Greenwood project to close a summer's worth of cross-border Construction Engineer Project Exchange Program work. Sailor 1st Class J. Morris, 14 Wing Imaging



116th Civil Engineering Squadron Staff Sergeant Bryan Filyaw, left, was recognized for his contributions by A4 National Guard Bureau Brigadier-General Bobby Buls August 24, as she visited the final work site of the summer's Construction Engineer Project Exchange Program between Oklahoma and Greenwood. Sailor 1st Class J. Morris, 14 Wing Imaging



116th Civil Engineering Squadron Master Sergeant Blake Robinson, left, was presented a 14 Wing Greenwood command team coin by 14 Wing Greenwood Commander Colonel Jeff Davis August 24, recognizing his work setting the plans and priorities during the summer 2023 Construction Engineer Project Exchange Program. Sailor 1st Class J. Morris, 14 Wing Imaging



116th Civil Engineering Squadron Master Sergeant Owen Bock, right, was presented a 14 Wing Greenwood command team coin by 14 Wing Greenwood Wing Chief Warrant Officer Jonathan Proulx August 24, for his contributions to teamwork, bringing together 116th CES and 14 Mission Support Squadron Construction Engineering. Sailor 1st Class J. Morris, 14 Wing Imaging



116th Civil Engineering Squadron members from Robins Air Force Base, Georgia, completed this summer's Construction Engineer Project Exchange Program working at 14 Wing Greenwood, constructing a large sheltered lean-to on an airfields and grounds building and adding a new washroom to Wing Environment space. S. White





# Food for Thought from the Upper Room Food Bank

Summer statistics from the Upper Room Food Bank in Kingston show some increase in usage and some

pressure on donations.

During July, food bank served 143 families, consisting of 273 adults and 177

children, with 11,700 pounds of product going out and 18,613 pounds coming in. The incoming total includes

10,050 pounds provided by the Feed Nova Scotia network and 800 pounds bought with local cash donations. In August, the food bank served 193 families, consisting of 329 adults and 221 children, with 19,540 pounds of product going out and 14,712 pounds coming in. The incoming total includes 6,130 pounds provided by Feed Nova Scotia and 770 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with local businesses.

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. When ready, the order is placed 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. We can answer quick questions through the Facebook page, but we cannot plan for pick-up or new clients; that must be done

through the office. Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait and they will fit you in where they can. Volunteers may also leave early when there are no more appointments or clients waiting - but they don't want to miss anyone in need, either. We understand it 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, found behind the library at 669 Main Street, Kingston (during open hours); or, at the Kingston village office (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.

Regular hours are now in effect, with the food bank open for clients 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 upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook. ➔



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# Littératie financière : Le CRFMG propose une série en quatre parties

Les temps sont difficiles avec la hausse des prix, les courses coûtent plus cher et les vacances approchent.

Le Centre de Ressources pour les Familles Militaires de Greenwood entendu parler des défis auxquels sont

confrontés de nombreuses personnes dans notre communauté. C'est pourquoi nous nous sommes associés à Alison Reid de SISIP pour un cours de littératie financière en quatre parties. Rejoignez-nous toutes les

deux semaines pour des discussions simples sur l'argent. Dans les deux premières parties, nous déchiffrons le code de la budgétisation. Nous vous montrerons étape par étape comment gérer votre argent, vérifier votre plan de

dépenses et même comprendre les cartes de crédit. La troisième partie concerne la planification de gros achats comme des voitures et des maisons. La partie 4 expliquera comment économiser votre argent et le faire fructifier. Nous nous appuierons sur chaque session pour développer progressivement vos compétences financières. Cette activité est ouverte aux familles et aux membres des FAC et est une excellente occasion pour les couples de

relever ensemble les défis financiers. Les mardis 17 et 31 octobre, 14 et 28 novembre de 10 h à 12 h au Centre de Ressources pour les Familles Militaires de Greenwood. Inscription avant le 12 octobre. Gratuit. ➔

## Financial Literacy: GMFRC offers four-part series

Times are tough, with prices going up, groceries costing more and the holidays are coming.

The Greenwood Military Family Resource Centre has heard about the challenges for so many in the community, which is why we've partnered with Alison Reid from SISIP for a four-part financial literacy course.

Join us every two weeks for simple money talks. In the first two parts, we're cracking the code of budgeting. We'll show you, step-by-step, how to handle your money, check out your spending plan, and

even understand credit cards. Part three is all about planning big purchases, like cars and homes. Part four will cover how to save your money and grow it. We'll build on each session, growing your money skills steadily.

This activity is open to families and CAF members and would be a great opportunity for couples to tackle financial challenges together. Tuesdays, October 17 and 31, November 14 and 28, from 10 a.m. to 12 p.m., at the Greenwood Military Family Resource Centre. Register by October 12. Free. ➔

## Pickleball into Fall!

No experience necessary – come out to learn all about pickleball, meet new players and be active.

14 Wing Greenwood's Fitness and Sports Centre hosts a new intersection pickleball program Mondays and Fridays, 11:30 a.m. to 1 p.m., in the F&S Centre gym. No

registration or commitment is required: just show up to play as the program builds into a potential schedule, teams and more. All equipment provided – just have your sneakers and athletic wear.

Questions? Contact Aviator Wyatt Magarvey, wyatt.magarvey@forces.gc.ca. ➔

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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.

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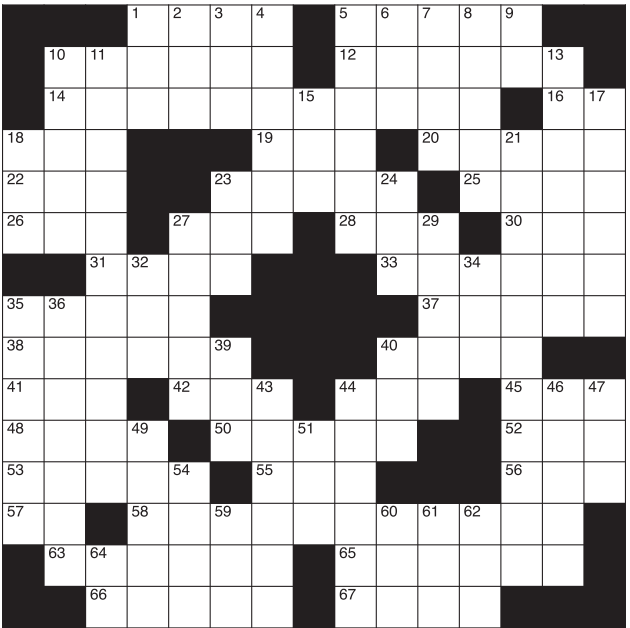


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.alliantzinc.ca](mailto:auroraeditor@ns.alliantzinc.ca). 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.alliantzinc.ca](mailto:auroraeditor@ns.alliantzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

## crossword

solution page 9



- ACROSS
1. Flat tableland with steep edges

5. Byproduct of fire

10. Talked

12. Unique skill

14. Unembarrassed

16. Where teenagers go

18. Boxing's GOAT

19. Used to anoint

20. Reproductive structure found in rust fungi

22. Auburn great Newton

23. Some are for Christmas

25. Dried, split pulses

26. Self

27. Where to get your mail

28. High schoolers' test

30. Flightless bird

31. Expectorated

33. Practice of misrepresenting the truth

35. Type of patch

37. French river

38. Told on

40. Hillside

41. Peyton's little brother

42. Soviet Socialist Republic

44. Progressive country musician
45. Witness

48. Brews

50. Yellowish-brown

52. Arctic explorers (abbr.)

53. Mexican agave

55. Type of 'cast'

56. Popular breakfast food

57. Atomic #52

58. Position north or south of the equator

63. Gadget

65. Another recording

66. Irregular bulges in cell membranes

67. Dark brown
- DOWN

1. Licensed for Wall Street

2. Partner to flow

3. A very large body of water

4. Accumulate on the surface of

5. Central cores of stems

6. Angry

7. Spanish stew: \_\_\_ podrida

8. Fastened with a pin

9. On your way: \_\_\_ route

10. Soviet labor camp
11. system

13. B complex vitamin

15. Go quickly

17. Toast

18. A team's best pitcher

21. Philly culinary specialty

23. Small child

24. Unhappy

27. Trims away

29. Full of tears

32. Touch softly

34. Former OSS

35. A person's chest

36. Came from behind

39. Fall back

40. Nellie \_\_, journalist

43. A part of a river where the current is very fast

44. Weather

46. Sports broadcaster lan

47. Electroencephalograph

49. Phenyl salicylate

51. Web of Things

54. Ship goods as cargo

59. The bill in a restaurant

60. Young female

61. OJ trial judge

62. One's grandmother

64. West Siberian river

crossword brought to you compliments of

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**Fall auction donations wanted**  
Moving? Downsizing? Decluttering? The Kingston Lions are accepting gently used donations of furniture, appliances, household items and tools in support of our annual Fall yard sale. Call 902-765-2128 and we will arrange to pick up items you may wish to donate. All proceeds from our sale go toward community projects. Thank you for your support!

**Craft sale bookings**  
November 4 and 5, the Kingston Lions will host their annual Christmas craft fair. Vendor tables are going fast! Call Janice at 902-765-3570 to reserve your table(s) and avoid disappointment, and for more information.

**Drum circle sessions**  
October 3 (first Tuesday of every month): book your group in for a free drum circle session. Available to veterans, military members and their spouses at 7Arts in Greenwood. Supported by True Patriot Love. Register at [minfullymore@gmail.com](mailto:minfullymore@gmail.com).

**Learn to sew at the library**  
October 3, 10, 17 & 31, 2 p.m. to 4:30 p.m., the Kingston Library hosts a progressive introductory sewing program for beginners,

with Karen. Learn about needles, threads, fabrics, sewing tools and the skills to use them. Each week's lesson will build on the last and you will complete your own practical sewing project. Participants are able to bring along a project from home or work with the supplies made available. Ages 18+. Registration required.

**PeopleWorx Presents: free one-on-one employment services**  
October 4, 1:30 p.m. to 3:30 p.m., the Berwick and District Library hosts Tanya at the library. Come visit for support with resumes, cover letters, job searches, workshops, funding and more! For more info call toll-free 1-866-609-WORK (9675).

**Caregiver Support Group**  
October 5, 2:15 p.m. to 4:15 p.m., the Kingston 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



## horoscopes

**ARIES - Mar 21/Apr 20**

Aries, a project you thought would be done quickly is taking more time than expected to be completed. Don't fret over it too much, as things will work out in the end.

**TAURUS - Apr 21/May 21**

There are just a few obstacles that you need to get past before it is smooth sailing for a bit, Taurus. Use these roadblocks as learning opportunities as you go along.

**GEMINI - May 22/Jun 21**

Gemini, when someone approaches you saying they have a good deal for you, there are certain questions you should ask before moving ahead. It's important to get all the facts.

**CANCER - Jun 22/Jul 22**

Others might start asking questions about your whereabouts if you take too many days off from your job, Cancer. While you don't necessarily have to explain yourself, it's helpful if you do.

**LEO - Jul 23/Aug 23**

Leo, if someone already has made up their mind about something, it's unlikely that you will be able to change their way of thinking in one day. Keep at it if it means that much to you.

**VIRGO - Aug 24/Sept 22**

Virgo, if you really ponder how you have been interacting with others, have you been completely honest? You might think you're getting away with something, but others see the truth.

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due to frailty, advanced age, chronic illness, mental illness, or disability? You are not alone! For info and to register, call Jen-nine Wilson, 1-877-488-7390 (toll-free).

**Explore with STEM Kits**  
October 6, 3 p.m. to 5 p.m., come to the Berwick and District Library as a family and explore the STEM kits available, designed for ages eight and up (children must be accompanied by an adult). With this self-led program, you may use one or all of these kits. We have four different kits, each of which can be used by four to eight people. Visit often to explore all of the possibilities. Registration not required.

**Games day: Board at the Library**

October 7, noon to 2 p.m., the Kingston Library invites all ages to bring your favourite board games or tabletop RPG - or drop in and play one of ours. No registration required.

**Upper Clements Trail System Hike**

October 7, 10 a.m., Hike Nova Scotia and Fundy Erratics Hiking Group present a guided hike on the Upper Clements Trail System Hike in Upper Clements. Registration required in advance; details at [hikenovascotia.ca](http://hikenovascotia.ca).

**Girl Guide cookies**

October 7, 10 a.m. to noon, Berwick Girl Guides will have the chocolate mint cookies available at community sale tables around Berwick. Find us at Berwick Home Hardware, Bargain Harley's, the Berwick Town hall (drive-thru!) and Wilson's Pharmasave. Also –

come find us in Cambridge at the Friendly Neighbours Convenience Store (Hwy 1/ County Home Road). Cookies are \$6 a box. If you miss us, contact Sara at [cskedyd@hotmail.ca](mailto:cskedyd@hotmail.ca). Thank you for your support!

**Painternoon - pumpkin**

October 10, 1 p.m. to 3 p.m. the Middleton library invites people 18+ to attend a paint class with instructor Kathy Williams. All supplies included. Call the branch for information.

**Kingston Farmers Market - grand finale**  
October 12, 3 p.m. to 7 p.m., on the grounds of the Aurora Inn in Kingston. Join us for amazing vendors, great food, special entertainment and "Stone Soup" (Google it!) - a beautiful soup made by our amazing vendors shared with our community at the end of the night along with a surprise send off to end the year in celebration. Come join us!

**Thriller dance fundraiser**  
October 14, 1 p.m. to 3 p.m., the Kings Historical Society welcomes dance instructor Michele LaPointe to the Kings County Museum (37 Cornwallis Street, Kentville). Learn how to perform the iconic "Thriller Dance," featured in Michael Jackson's 1983 music video. All ages, all skill levels. Come out and learn a new party trick for the Halloween season and support the Kings County Museum. Space is limited to 60 participants. Tickets at [www.kingscountymuseum.ca](http://www.kingscountymuseum.ca), in person, or by phone (902-678-6237). For information, email [info@kingscountymuseum.ca](mailto:info@kingscountymuseum.ca).

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, you might be the topic of conversation this week, as others are all figuring out what they can do to be in your good graces. Try not to play favorites in this instance.

**CAPRICORN - Dec 22/Jan 20**

No one knows which side of you they will get during an interaction, Capricorn. That can make business or family interactions challenging. Try to be more open.

**AQUARIUS - Jan 21/Feb 18**

Aquarius, you have been managing a lot of extra tasks and could be feeling the added stress from the work. Tune out for a few days to rest yourself and restore your mind to calm.

**PISCES - Feb 19/Mar 20**

Pisces, you want to be everyone's friend and go along with any plan that comes your way, but you might have to be a little bit more firm in your choices moving forward.

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!

Level: Beginner

## sudoku

solution page 9

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



## Go green for back-to-school

(NC) The start of a new school year is the perfect time to talk to your kids about the importance of stepping up for sustainability and protecting the planet. Here are some tips for a happier, healthier and more eco-friendly year.

Reduce, reuse, recycle - Start the school year off right by reducing your household waste. Before shopping for new supplies, take stock of what you have and reuse what you can.

Partially filled notebooks, gently used school supplies, textbooks and old lunchboxes



or backpacks might need to be cleaned but can be reused.

If purchasing products is a must, look for second-hand

school supplies or clothing. If buying new, find products in minimal packaging and made from recycled materials that

are durable enough to last for years. The longer you keep a product, the less impact it will have on the environment.

Pack a waste-free lunch - While single-serve snacks are convenient, the plastic packaging often can't be recycled and is made from non-renewable fossil fuels – it goes from the garbage to a landfill and pollutes our environment. Instead, buy snacks in bulk quantities, store them at home in large containers and use reusable snack pouches or small containers when packing lunches.

At the grocery store, shop for lunch meats and other products from companies prioritizing eco-friendly initiatives. Look for protein options from carbon-neutral food companies like Maple Leaf Foods – the carbon zero logo can make it easier to identify food choices made by sustainable companies.

If your child or children purchase their lunch at school, minimize waste by sending them with reusable utensils, napkins and a water bottle. You can wash and use them again to avoid relying on single-use,

disposable options.

Walk or bike to school - If your family lives close enough to your child's school, consider walking or biking. It's an active option that also relieves traffic congestion for students who live further away. Not to mention, it's a great way to get outside and enjoy the fresh air.

In the winter, try carpooling or opt for the school bus to reduce fuel emissions. If driving, don't idle – do your part for the planet and make sure to turn off the engine while waiting in the pickup or drop-off lineup.

## Conseils futés pour reprendre la routine d'automne

(EN) Que vous ayez ou non des enfants qui retournent à l'école ou sur le campus, tout le monde a du mal à reprendre la bonne vieille routine. Voici quelques conseils pour vous

aider à y parvenir et la suivre.

*Centralisez vos achats :* On peut vite se sentir dépassé lorsque l'on fait plusieurs voyages dans différents magasins pour vos courses, des

vêtements, des articles ménagers comme de nouveaux contenants alimentaires en plastique, des bouteilles d'eau et isothermes, etc. Rendez-vous dans un magasin près de chez

vous comme un Maxi & Cie où vous pourrez acheter des fruits et des légumes frais, de la viande, des articles essentiels pour la maison, des vêtements mode et plus encore, le tout

au même endroit et sans vous ruiner.

*Faites une liste:* Bien que cette tâche semble demander plus de temps qu'elle ne permet d'en gagner, elle s'avère utile à long terme. Dresser rapidement une liste de choses à faire peut vous éviter des courses de dernière minute et vous aider à mieux gérer vos déplacements et votre budget. Vous pourrez ainsi regrouper vos achats et éviter les grosses dépenses.

*Préparez vos repas le dimanche :* Réservez un peu de temps le dimanche après-midi pour préparer les repas de la semaine. Qu'il s'agisse de vous avancer pour préparer

des repas pour l'école, le travail ou le souper, vous gagnerez du temps pendant la semaine. Vous pouvez consacrer un plat ou une journée en particulier à chaque membre de la famille afin de soulager un peu son fardeau, et vous permettre de passer de plus de temps libre ensemble.

*Créez un calendrier familial :* Compte tenu des emplois du temps chargés et des nombreuses activités parascolaires, il est important d'avoir un calendrier familial regroupant les engagements de chacun au même endroit. Vous éviterez ainsi d'oublier un entraînement de hockey ou un cours particulier.



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## Winterizing your cottage saves insurance costs

(NC) Do you feel that? There's that recognizable chill in the air. Fall's back, with its shorter days and changing leaves. It's time again to shut down the cottage for the winter.

You spend so much time and money on your family cottage, that it only makes sense to do all you can to protect it. By being as thorough as possible, you'll not only keep out the weather and little critters but, according to Desjardins General Insurance, you'll also keep your property insurance costs down by reducing the chance of damage over the winter and any resulting claims.

Keep in mind that closing your cottage can take up to four weekends. Aim to be finished by the Thanksgiving weekend because the cold and frost tends to arrive earlier in cottage country.

Here's a brief checklist to help you stay organized:

**Take a good look around your entire property.** Identify anything that may need an emergency repair before you close for the season and make sure there's time to get it done. A good example

is roof repairs because snow and ice over the winter could make the problem much worse.

**Animal and weatherproof your place.** Clean out the gutters and the chimney. Before you leave for the season, be sure to cover the chimney to keep out the weather and animals. Check for and seal any small openings. Secure and seal all the windows and doors.

**Make your cottage burglar-proof.** Ultimately, you want your place to look as uninteresting as possible. If you have a gate at the entrance of your driveway, chain it up. Tidy up outside, packing up all outdoor furniture and removing any fire hazards. Inside, close your blinds, curtains and/or shutters.

**Clean out your kitchen and fridge.** Canned food can expand and possibly explode over the winter and other food items can attract mice. Leave your cupboards spotless so that you won't come back to any surprises in the spring. If you'd rather not bring it all the way back to the city, consider throwing an end-of-season party for your neighbours or

donate it to a local food bank.

**Turn off the water, electricity and in some cases the natural gas or propane.**

Be sure to drain the pipes to prevent freezing and cracking. Pouring environmentally friendly non-toxic antifreeze (used in RVs) into your toilets is a good idea if you're unable to drain them completely.






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