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**YOUR AIR FORCE  
VOTRE FORCE AÉRIENNE**

the **Aurora**

Vol. 45 No. 17

MAY 13, 2024 NO CHARGE

[www.auroranewspaper.com](http://www.auroranewspaper.com)

# Self-belief ‘I will lift this’

**Master Corporal Jeff Baker,  
Meteorological office,  
14 Operations Support  
Squadron**

How does one reach the next level of performance? Once you have accumulated the reps over years of training, your skill set should be ready to reach new heights. The first step to take in the in pursuit of elite skills is to simply have unwavering belief in the skills you have practiced.

The timeline of when you are ready to take the next step is different for everyone; for me, it was eight years until I was ready to have that unwavering belief in my skill set. Like many things, it was like an epiphany: one day, I woke up and it was all there. I could see it so clearly. I knew I would be the best some day.

Visualization is one of the most underutilized skills, with one of the biggest up-sides. It is a free place to train anytime and anywhere. For example, I use this skill to practice a squat workout. When my mind is not pre-occupied, I literally perform my squat workout over and over for multiple days in my head. I feel the bar in my hands, the knurling ripping into my back, my feet getting set before my brace, bracing and un-racking the bar, stepping back, bracing again and squatting. Do this, over and over, until it's time to do it for real. By that time, the squat workout is already a foregone conclusion.

Right behind visualization

must be affirmations. Both can go hand in hand; both can be practiced before the event. When affirmations will take the wheel is when you are about to perform. You must be willing to tell yourself, “I will lift this.” At no point can the thought, “I might not lift this,” enter your head. Many different words or phrases can be used to get your mind pointed in the direction. For me, I repeat the phrase, “Control, speed, power.” Once I say these to myself, I’m ready to go. My body knows what’s about to happen.

Being disciplined in all things is what will make or break you. For some it comes naturally and, for others, it must be obtained. How long that takes is different for everyone. Being disciplined can be a two-way street, too: an example being not wanting to take a rest day, and knowing when to take a rest day. It may feel foreign to take a rest day but, when you reach the level of knowing your body completely, taking that day is the highest level of being disciplined. This does not mean taking a day off because you don’t feel like training that day (being disciplined would be the opposite of that), but knowing a rest day will lead to increased performance on a day when you truly need that performance to be there.

We all have some form of commitment issues, and sticking to a plan is often not in our nature. Before you can stick to a plan, what you or your coach must discover is what best works for you.



**Master Corporal Jeff Baker is a big believer in self-belief: he’s turned an interest in powerlifting into a next-level commitment. This is him, deadlifting 700 pounds for the first time at the May 2023 Nova Scotia provincials. Find out how he does it May 24, 8 a.m. to 11:30 a.m., at an open house powerlifting session at the 14 Wing Greenwood Fitness & Sports Centre.**

*Submitted*

Harder than determining what works for you is knowing when things are leaning towards a change. There are many ways to train - max effort, dynamic and repetition method, high volume,

low volume, high intensity, low intensity; but the biggest deciding factors on finding a method that works for you is being real with yourself and your coach, not taking short cuts and believing in

the process. “Hoping” may be fun, but it takes a lot of data, and time, to make the most informed decision with your training program to get to that next level.

When you obtain the skill

set and believe in it, have done the visualization, affirmed it, have been disciplined and stuck to the plan laid out, you now have self-belief. It’s now time to execute. ➔





# Bridgewater artist's mural commemorates RCAF100



YOUR AIR FORCE  
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1924-2024

**Martin Zeilig, The Voxair**

A new oil painting celebrating the 100th anniversary of the Royal Canadian Air Force; now hangs proudly on the upper wall near the entrance of the Combined Dining Hall, above the All Ranks Wobbly Prop Pub at 17 Wing Winnipeg.

The mural, painted by Wesley Lowe, a resident of Bridgewater, Nova Scotia; features aircraft used from 1924 to the present, portraits of personnel, both past and present; along with various RCAF insignia.

“This is outstanding,” Colonel Aaron Spott, 17 Wing commander, said at the informal unveiling.

“I love the way it incorporates our past elements of 402 and 435 squadrons, along with a ton of airframes from bases across the country.”

He called the mural a great representation of the wing, the RCAF and the Canadian Armed Forces. He then presented Lowe with a military coin.

Lowe said this was the first mural he’s done of that size.

“I did a mural for CFB Co-mox a couple of years ago, but it was less than half the size,” he said, noting he painted it for the search and rescue technicians there.

Lowe saw the advertisement for the commission on the website of the Canadian Aviation Artists Society.

“I thought, ‘I’m going to submit for this because it sounds interesting.’ I had to fill out the paper work, which is necessary - all the details, costs, references and my website.”

Based on that information, he was the artist of choice.

“They told me what they wanted on the mural,” he said. “The team would look over my preliminary sketches and make comments, changes, remove something, add something. That’s how the painting developed into something to represent the centenary of the RCAF.”

Many figures in the painting represent real people in the RCAF, Lowe said.

“I took some references that were available to me. I changed the faces on some of them. I was supplied with information



on most of it, and I also did some research, myself, about the airplanes and comments were made about the markings for the aircraft and squadrons.”

He termed the entire process a learning experience.

“I came to this with not a lot of knowledge of things (in the RCAF). I was totally on-board with going through the changes. You really have to understand what’s going on. Being outside of it, as I was, you have to rely on the professionals there to guide you.

“Everyone seems happy with it, and I’m happy, too. I had positive remarks from people. For me, it was a bonus to do this. It was a highlight of my career, as I’m retired.”

Being a guest at 17 Wing was a “stellar” experience.

“They showed me around far more than ever expected. They made me feel welcome.”

For information on Lowe’s art, see wesleylowearist.com. To purchase a print, visit 17wingvoxair.com or scan the QR code. ➔



**17 Wing Winnipeg unveiled a painting, commissioned from Bridgewater artist Wesley Lowe, to mark the Royal Canadian Air Force's 100th anniversary April 5.**  
Master Corporal D. Hepner, 17 Wing Public Affairs

## bravo zulu | promotions & presentations



The Greenwood Military Family Resource Centre proudly recognized Karen Doiron for her remarkable 25 years of service to Greenwood and the families of 14 Wing. Joining a recent celebration was 14 Wing Commander Colonel Jeff Davis, left, and Wing Chief Warrant Officer Jonathan Proulx, right; members of the Deputy Wing Commander Branch team, members of the GMFRC board of directors, the GMFRC team, and Doiron’s immediate family. Doiron was celebrated for her unwavering dedication and numerous contributions throughout her tenure. Despite her milestone achievement, she emphasizes she is not retiring, and eagerly anticipates continuing her journey at her second “home away from home.”



April 10, 2 Royal Canadian Regiment presented an award of appreciation to members of 14 Construction Engineering Squadron in Bridgewater for their support and work during the summer 2023 wildfire season. Accepting the award from 14 Wing Greenwood Colonel Jeff Davis, left, with 14 Wing Chief Warrant Officer Jonathan Proulx, right, were Captain David Hymers, second from left, and Master Warrant Officer Ed Hebb.



March 19, during an honours and awards event, Sergeant John Veitch, centre, was presented the Canadian Forces Decoration First Clasp by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



April 10, Master Warrant Officer Noel Martin, centre, 14 Construction Engineering Squadron; was promoted to current rank by 14 Wing Commander Colonel Jeff Davis, left, with 14 Wing Chief Warrant Officer Jonathan Proulx.



April 12, Master Corporal Dominic Ouellet, centre, was presented his new rank by Deputy Wing Commander Lieutenant-Colonel Dev Paquette, left, with Chief Warrant Officer Jamie Rideout.



April 10, Warrant Officer Noel Martin, centre, 14 Construction Engineering Squadron, Bridgewater; was presented a Commander’s Commendation by 14 Wing Greenwood Colonel Jeff Davis, left, with 14 Wing Chief Warrant Officer Jonathan Proulx. On the morning of January 25, Martin, while traveling to work, came upon a vehicle accident. Hunched over in a field was a 17–year-old woman wearing only shorts and a T-shirt. Martin provided assistance for her minor injuries, and kept her warm and safe in his vehicle until emergency services arrived.



April 10, Master Corporal Peddle, centre, 14 Construction Engineering Squadron, Bridgewater; was presented a Commander’s Commendation by 14 Wing Greenwood Colonel Jeff Davis, left, with 14 Wing Chief Warrant Officer Jonathan Proulx. November 25, 2023, Peddle displayed exceptional courage as they quickly responded to an elderly man in distress by providing first aid, contacting emergency health services and remaining with the injured individual until paramedics arrived on scene in Bridgewater.



April 10, Warrant Officer Brad Steadman, centre, 143 Construction Engineering Flight, Bridgewater; was presented a Canadian Joint Operations Command Commander’s Commendation by 14 Wing Greenwood Colonel Jeff Davis, left, with 14 Wing Chief Warrant Officer Jonathan Proulx. Then Sergeant Steadman, while on deployment in 2022, offered exceptional leadership and technical acumen as the Joint Task Force Support Component - Mission Closure Senior Engineer in Constanta, Romania. Coordinating with allied and Canadian senior officials, Steadman enabled mission completion and his work reflected extremely well on the Canadian Joint Operational Support Group.



April 5, Master Corporal Simon Arcand, centre, was presented with a Letter of Appreciation from the Annapolis Mess for dedicated support as a committee member by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Honorary Colonel Judy Rafuse.




Captain Frederic Bernier, centre, was promoted to current rank March 22 by 14 Operational Support Squadron Commanding Officer Lieutenant-Colonel Lara Jennings, left; with Chief Warrant Officer Craig MacLellan, at 14 Wing Greenwood’s air traffic control tower, 14 Wing Greenwood.



April 19, Captain Daniel Gibson, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major David Bernatchez, left, with Chief Warrant Officer Duane May.

R. Kirkey



**the Aurora**

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


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


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

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

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 The Aurora News

 CFB Greenwood Aurora News

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**Royal Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
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**  
Défense nationale et Forces canadiennes  
www.forces.gc.ca

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

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

**VPI** | VPI  
www.vpiinternational.ca

 **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 | **14 Wing Greenwood Rec Hockey Club** – youth hockey programs open to military families and community members



## Wing road safety team highlights Safe Driving Week May 13 to 17

Hello from 14 Wing Greenwood's Road and Vehicle Safety team! This year's Safe Driving Week, May 13 to 17, theme is "Avoid Aggressive Driving."

The National Highway Traffic and Safety Administration says aggressive driving is "when individuals commit a combination of moving traffic offenses so as to endanger other persons or property." Aggressive driving may range from risky behaviour to that which escalates, with the potential for serious violence. Common aggressive driving behaviours include tailgating, weaving in and out of traffic, passing on the shoulder, speeding, cutting off traffic, honking, yelling, flashing headlights and using inappropriate gestures.

The following simple tips will help you avoid aggressive driving.

*Stay calm behind the wheel:* plan ahead, obey the speed limit, and try and find



14 Wing Greenwood's Road and Vehicle Safety team spends its days teaching, training and testing military drivers, and urges everyone to take on this year's Safe Driving Week message, "Avoid Aggressive Driving." From left are Master Warrant Officer Steve Penney, Captain Andre Doiron, Master Corporal Jeff Cranney, Master Corporal Stephen Robarts, Major Jordan Phillips and Master Warrant Officer Greg Arsenault.

S. White

route that will enable you to avoid traffic congestion. If you get held up, just be late: it is better than endangering your life, or the life of someone else.

*Drive sober:* never drink and drive.

*If you have kids with you:* make regular stops, and bring items to keep them occupied.

*Do not let traffic congestion get to you.* Keep in mind traffic congestion is often a regular part of driving, and is best managed with a calm attitude.

14 Wing's RVSS team kindly encourages you to double check your own personnel habits while behind the wheel, and make sure you are taking the effort to

avoid aggressive actions. While you're at it, ensure your vehicle maintenance is being done.

A safer you means a safer road for everyone. ➔

## Medal haul doesn't weigh down swimming duo

Sara White,  
Managing editor

Two 14 Wing Greenwood swimmers doubled up their

performance results at the combined Canadian Armed Forces nationals and the Masters Swim Ontario provincial championship

The CAF nationals and the Swim Ontario event took place March 22 to 25 in the Markham PAN AM Centre, a good opportunity to bring military athletes from across the country together for CAF competition, and open meet races. They were eligible to compete in a minimum of four individual events plus a relay, to a maximum of six individual events plus four relays.

Master Corporal Sandi McLean went 10-out-of-10 in her individual events, winning CAF gold in four races and six gold in meet races; plus putting in two Canadian records, PLUS winning gold in three relays. The meet wins came in the 50- and 100-metre breaststroke races (Canadian record), the 50m freestyle, the 100m backstroke, the 100m free and 100m fly events. The 100m breast, 100m freestyle, 100m fly and 100m backstroke all counted as CAF gold as well.

Major Jacinda Vlaar competed in her first competition since the 2019 CISM games in Wuhan, and the intervening COVID-19 pandemic and the



14 Wing Greenwood's Major Jacinda Vlaar, in the foreground; and Master Corporal Sandi McLean together racked up a double-digit medal count at the March Canadian Armed Forces' swimming nationals, combined with the Masters Swim Ontario championship.

Submitted

birth of her two children. She won silver medal age-group medals in the 50m, 100m and 200m freestyle events; golds in her age-group 100m and 200m backstroke events (she was second overall in the 200m backstroke), and won several gold medals in age-group relays – including two with McLean on the team. All of this followed her participation in the immediately prior CISM training camp in Fort Lauderdale, Florida, where CAF athletes competed in a lifesaving pool time trial, and ocean event competition against the American lifesaving team.

"It was an amazing experience (in Florida) and I was

happy with my results in the time trials," Vlaar says, describing how swimmers flew direct to the Ontario event for more pool time. There, "overall, I was very happy with my results - and even happier to come back and see some of my closest friends again. Sports are so important for my morale!

McLean agrees the camaraderie in the CAF swimming community is a huge inspiration.

"CAF nationals is a wonderful event as it allows us to liaise with the other swimmers across the CAF, and we get to interact with the different elements as well," she says.

"We also get to see our CISM teammates. Being in the CAF makes it hard to create team cohesion, as we are spread across the country. Events like this allow us to bond and share different drills, workouts and more. Every single year, it renews my love for the sport."

McLean and Vlaar are both keen to see swimming grow, and would be happy to help 14 Wing athletes build their pool technique. If anyone is interested in a potential two-day drills and skills camp, regardless of skill level, in support of their swimming for racing, lifesaving or triathlon; contact McLean, Sandra.mclean@forces.gc.ca ➔

## FE wings mean 'new perspective' on aviation

Sara White,  
Managing editor

Complex, challenging and frustrating as the past months may have been, 14 Wing Greenwood Commander Colonel Jeff Davis welcomed two of the newest flight engineers to the CP140 Aurora fleet to "the Government of Canada's premier international force."

Corporal Mitchell Kaehler and Corporal Kyle VanTol were both presented their wings in a graduation ceremony April 12 at the Annapolis Mess for FE MOAT 2302 (Maritime Operational Aircrew Training). Both joined the Royal Canadian Air Force as aviation systems technicians, but have been at 404 (Long Range Patrol and Training) Squadron in recent months taking their flight engineer trade course.

"The Aurora CP140 is a complex aircraft system to

learn, and you've likely found some of the past months frustrating – but very rewarding," Davis said. "Welcome to the long range patrol force, the Government of Canada's premier international force, due to the hard work of your new colleagues at 405 and 407 squadrons. You'll now get to be a part of that."

Davis cautioned both men their new role comes with new responsibilities "to keep learning, that you are aware of the transitions coming, and that you are critically important."

"You've earned the trust of your comrades and the air force – maintain that. Continue working hard, get settled into your new units' environments and get to know your crew as team mates."

Kaehler now follows in his father, Mike's, footsteps, as a flight engineer. Kaehler joined the RCAF in 2016 as



Corporal Mitchell Kaehler, right, was presented his flight engineer wings by 14 Wing Greenwood Commander Colonel Jeff Davis April 12, upon completion of training at 404 (Long Range Patrol and Training) Squadron.

an AVN Tech on the Aurora, posted to 14 Air Maintenance Squadron, working with 415 (Long Rnge Patrol and Force Development) Squadron on the Block IV project, and

deploying with Op Caribe to El Salvador.

VanTol joined the RCAF in 2006 to become an AVN Tech, with his first posting at 410 Squadron in Cold Lake



Corporal Kyle VanTol, right, was presented his flight engineer wings by 14 Wing Greenwood Commander Colonel Jeff Davis April 12, upon completion of training at 404 (Long Range Patrol and Training) Squadron.

Corporal W. Pfineis

on the CF188. He then taught servicing at 10 (Field Technical Training) Squadron for a year, then posted to 431 Squadron to work on the Snowbirds for seven years.

He pursued FE training for a "new perspective" and, as a trained flight engineer, he now joins 405 (Long Range Patrol) Squadron at 14 Wing Greenwood. ➔

## Month's worth of SAR calls keep crews busy

April 14, the Halifax Joint Rescue Coordination Centre tasked Cormorant Rescue 911, based at 14 Wing Greenwood's 413 (Transport and Rescue) Squadron, to assist the Sûreté du Québec in a search for a missing 34-year-old woman near Baie Comeau.

R911 was airborne 1:49 a.m. On scene around 7 a.m., R911 located the missing person on some rocks, in good condition but hypothermic. The individual was transferred to SQ officers near Godbout, QC, and R911 landed in Greenwood at 10:59 a.m.

April 18, Hercules CC130334 was tasked to conduct top cover in support of 103 Squadron, as it conducted a medevac 220 nautical miles south southeast of St. John's, Newfoundland and Labrador. It left 14 Wing at 3:53 p.m. The patient was successfully medevaced and transferred to

an ambulance in St. John's; the Hercules continued with planned night training and returned to Greenwood at 11:11 p.m.

May 2, Cormorant Rescue 905 was tasked by JRCC at 9:54 a.m. to assist a crew member in medical distress aboard a fishing vessel, approximately 26 nautical miles off Yarmouth. After hoisting the patient from the boat, R905 transported them to Yarmouth around 3:30 p.m., and returned to Greenwood at 6:53 p.m.

May 2, Hercules R333 was tasked while airborne, at 1:32 p.m., to conduct an ELT search due to a reported air distress in the Northern area of 14 Wing's SAR responsibility. The Hercules returned to Greenwood from the Goose Bay area at 6:34 p.m.

May 6, Hercules Rescue 333 was tasked at 8:52 a.m. to

conduct top cover in support of a 103 Squadron Cormorant conducting a medevac, approximately 70 nautical miles east of Nain, Newfoundland and Labrador. While awaiting departure from Greenwood, the 103 Cormorant recovered the individual and transferred them to Goose Bay; Hercules 333 did not take off.

May 6, just before 5:30 p.m., JRCC Halifax tasked a 14 Wing Cormorant and Hercules to assist in a search of the Annapolis River in the vicinity of Granville Centre, for a capsized boat with five people aboard. Two individu-

als made it to shore, and two people remained missing. Cormorant Rescue 911 was airborne at 6:35 p.m., followed by Hercules Rescue 333 at 6:54 p.m. By 9:50 p.m., one person had been found and flown to hospital; one person remained missing. R911 returned to the wing at 9:34 to refuel, then returned to the search area. Hercules R333 remained on scene, returning to base at 11:22 p.m.; it was subsequently stood down due to weather and night deconffliction in the search area. Cormorant R911 returned to Greenwood due

to weather at 12:04 a.m. May 7. Ground search and rescue crews, in the meantime,

located the fourth missing individual. All assets were stood down. ➔

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2024 PROPERTY TAX SALE

2024 PROPERTY TAX SALE

The Municipality of the County of Kings will conduct its 2024 property tax sale at 10:00 am on June 13, 2024 at the Municipal Complex, 181 Coldbrook Village Park Dr, Coldbrook, NS. All details regarding the 2024 property tax sale are available at the Municipal offices or online at:

<https://www.countyofkings.ca/business/sales.aspx>

Details available will include:

- Properties to be sold.
- Amount of outstanding taxes and charges (starting bids).
- Registration information for prospective bidders.
- Terms of sale.
- Rights of purchasers and owners.

The Municipality of the County of Kings makes no representations or warranties to any purchaser regarding the fitness, geophysical or environmental suitability of the property(ies) offered for sale for any particular use and are being sold on an "as is" basis only. All interested bidders are strongly urged to obtain independent legal advice prior to bidding.

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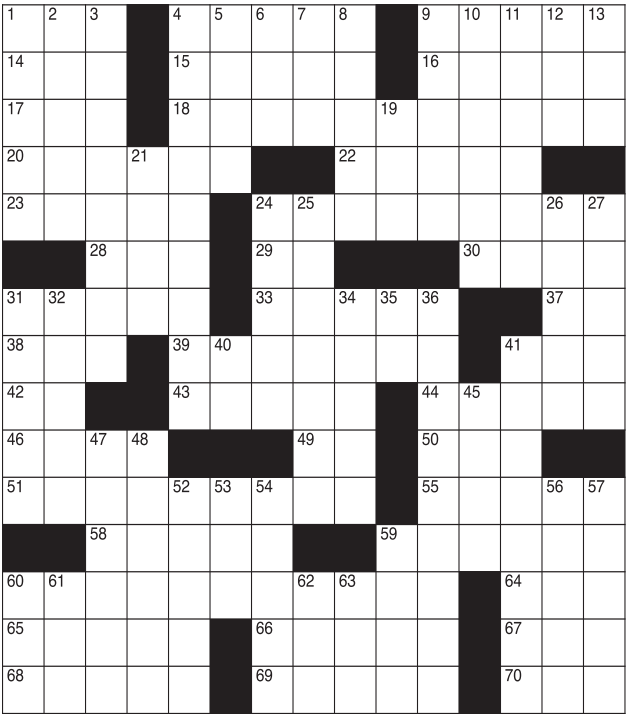


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Le commandant publie des avis

## crossword

solution page 7



- ACROSS**  
1. Geological time  
4. Ooze  
9. A set of eight  
14. Obstruction  
15. Swiss mathematician  
16. Philosophy  
17. The night before  
18. A timid person  
20. Unifies  
22. Gangs  
23. Alternative name  
24. Acumen  
28. Cathode-ray tube  
29. Tantalum  
30. Soluble ribonucleic acid  
31. Humiliate  
33. Earthy pigment  
37. Air Force  
38. Adult males  
39. Stiff untanned leather  
41. Before  
42. Atomic #18  
43. Beer mug  
44. Nostrils  
46. Type of chef  
49. Midway between north and east  
50. They —  
51. Spills  
55. Walk in a timid manner  
58. Preserved animal
- skin with hair  
25. Man-made shop item  
60. You smear it on bagels  
64. Don't know when yet  
65. Equal to 10 amperes  
66. Synthetic acrylic fiber  
67. One point south of due east  
68. Of mixed ancestry  
69. Home of the Pyramids  
70. A way to change color  
**DOWN**  
1. Excessive fluid accumulation in tissues  
2. Untangle  
3. One from the U.S.  
4. Academic terms  
5. San — Obispo, in California  
6. Not healthy  
7. Self-assessment questionnaire (abbr.)  
8. Arugula genus  
9. VIII  
10. Makes a monarch  
11. Tormentor  
12. Commercial  
13. Sprinkle  
19. Make a mistake  
21. Freshwater fishes
24. Vermont town  
25. Man-made device  
26. Entrap  
27. Places to store important things  
31. Accumulate  
32. Greek mythological nymph  
34. Gregory \_\_, American dancer  
35. Denotes past  
36. Becoming popular again  
40. Indicates position  
41. Came before  
45. An extra seed-covering  
47. Cheerful  
48. Deli sandwich staple  
52. Skateboarders love them  
53. Mandela's party  
54. Sierra lake  
56. Nickname for Elizabeth  
57. Remove from record  
59. Employee stock ownership plan  
60. Former NFLer Newton  
61. Relative biological effectiveness (abbr.)  
62. Work unit  
63. Town in Cambridgeshire

crossword brought to you compliments of

**McDonald's**  
954 Central Avenue  
Greenwood  
902-765-6381

### Crafters' and vendors' sale – table bookings

June 9, 10 a.m. to 2 p.m., there will be a “Happy Campers” crafters’ and vendors’ sale at the Waterville & District fire hall, 1415 County Home Road, hosted by Hardwood Lake Girl Guide Camp. To book a table (8', \$25), contact Sara, [cskeddy@hotmail.ca](mailto:cskeddy@hotmail.ca). Full details in the Hardwood Lake Camp Facebook Event.

### Games afternoon

Fridays (second and fourth), the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion, beginning at 1 p.m. Cost \$2. Enjoy an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 50+. Questions: 902-765-4228.

### Luncheon

May 14, noon to 1 p.m., the Kingston Lions host their monthly community luncheon. Full turkey dinner with all the fixins', including dessert. Take-out and dining-in meals \$15, delivered \$16. Pre-orders needed for delivery and take out meals: call 902-765-2128 between 9 a.m. and 11 a.m. May 7 and 8 to pre order. No pre-orders required



**ARIES - Mar 21/Apr 20**  
Aries, a friend of has made steady progress and exhibited significant personal growth. Continue to support this person's pursuits and act as a source of encouragement.

**TAURUS - Apr 21/May 21**  
Your happiness can bring joy to many other people this week, Taurus. Spread all of your positivity among those people who can use it the most. You will reap rewards as well.

**GEMINI - May 22/Jun 21**  
The people around you may be behaving in interesting and unexpected ways, Gemini. You don't know what to make of this just yet, so sit back and watch the show.

**CANCER - Jun 22/Jul 22**  
Cancer, it is challenging to keep up with all of the comings and goings of the people in your social circle. It may take a little while for you to reconnect.

**LEO - Jul 23/Aug 23**  
Let others see a side of you that you don't often share, Leo. It is alright to be vulnerable at times, and this vulnerability actually may appeal to some new people in your life.

**VIRGO - Aug 24/Sept 22**  
Virgo, you have a tremendous amount of power at your disposal this week. You should use all of it wisely and not waste a drop. Others will be affected by your presence.

horoscopes brought to you compliments of

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**www.frasers.ca**

Mental Wellness” at the Kingston fire hall. The event is free, and refreshments and a light lunch will be provided. Pre-registration is required at 902-765-3902 or [dwyerdj@ns.sympatico.ca](mailto:dwyerdj@ns.sympatico.ca)

### Breakfast

May 18, 8 a.m. to 10:30 a.m., Aylesford United Church hosts a community breakfast at the church, 2414 Hwy 1, Aylesford. Freewill offering: made-from-scratch pancakes, sliced fried ham, pork and apple breakfast sausages, fluffy scrambled eggs, tea/ coffee/ juice.

### Concert

La Camaraderie chrétienne de la mi-vallée présente : L'Académie mouvement jeunesse (Qc) en tournée atlantique. Soirée musicale et témoignages : Une raison de chanter. Le dimanche 19 mai à 7h à New Beginnings (Rue 1151 Bridge, Greenwood). Gratuit.

### Food bank golf scramble

May 20 is the deadline to register for a May 25 4-person scramble golf tournament at Paragon Golf & Country Club, with all proceeds presented to local food banks. Team entry is \$300, and includes on-course BBQ, snacks, green fee and prizes: 9 a.m. (shotgun start). Call the pro shop to rent a cart. For info, and to register your team, contact [jasonphinnney21@gmail.com](mailto:jasonphinnney21@gmail.com), or call/ text 902-321-0030.

**ArtBeat Lounge**  
May 25, 4 p.m. to 6 p.m., 7Arts in Greenwood hosts the ArtBeat Lounge, free for ages 13 to 17: your ultimate playground for

artistic expression! Whether you're into visual arts, music, dance, or poetry, this is your space to shine. Sponsored by the Kingston Lions Club. Pre-registration not required.

### Yard sale

May 25, 8 a.m. to 1 p.m., St. Monica's Catholic Women's League welcomes you to our CWL annual indoor charity yard sale at St. Monica's church hall, 41 Connaught Ave., Middleton. Bountiful items for men, women, and children: jewelry, tools and hardware, household items and home décor, linens, puzzles, books, CDs, DVDs, garden and plants, craft and hobby supplies, toys, frames and pictures, clothing, purses, shoes, small kitchen appliances and furniture, collectibles, vintage and antiques - and more! Free items, too! Barbecue hot dogs! Proceeds help charities.

### Yard sale

May 25, 8 a.m. to 1 p.m., the Kingston Lions host their annual Spring yard sale. Gently used furniture, tools, appliances and housewares available. Find that hidden treasure! Canteen on site with refreshments. Proceeds to Lions' community projects.

### Blood donor clinic

May 27, 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m., and May 28, noon to 3 p.m. and 5 p.m. to 8 p.m.; give blood at the Kingston District Fire Department, 570 Sparky Street; as Canadian Blood Services hosts a collection clinic. Make an appointment at [blood.ca](http://blood.ca).

## sudoku

solution page 7

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

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!

## Scholarships support military family members

Due to the unique circumstances of military life, funds for pursuing post-secondary education are a significant barrier for many Canadian Armed Forces (CAF) families. The National Scholarship Program works to remove

some of those barriers.

A minimum of 75 scholarships is available, ranging between \$500 and \$5000 in value. Eligible applicants include dependents (includes spouse) of a serving or former member of the CAF, in-

cluding bereaved dependents of CAF members, who are Canadian citizens or permanent residents of Canada and enrolled in an undergraduate, graduate or vocational program at an accredited Canadian college or university,

leading to a degree, diploma or certificate.

The application portal for the Support Our Troops 2024 National Scholarship Program will close July 18, at 6 p.m. AST. Find out more at [supportourtroops.ca](http://supportourtroops.ca) ➔

## 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](mailto: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](mailto: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](mailto:auroraproduction@ns.aliantzinc.ca) ou nous transmettre un fax au 902-765-1717.

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## MUNICIPALITY of the COUNTY of KINGS

181 Coldbrook Village Park Drive, Coldbrook, NS B4R 1B9

### NOTICE TO RESIDENTS

#### PERSONAL PROPERTY TAX REDUCTION 2024/2025

The Council of the Municipality of the County of Kings directs, by policy, that a reduction be granted for the taxation year 2024/2025 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$560.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Whose total gross income from all sources for the year 2023, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but **including** the income of all members of the same family residing in the same household, is less than **\$46,000** gross income, and;

Where property is jointly owned, only one tax reduction shall be allowed and the sharing in such reduction shall be on the basis of ownership in such joint property.

Applications for such tax reduction shall be received at the Municipality prior to December 31, 2024.

**Paula Delorey, Tax Clerk**  
[pdelorey@countyofofkingns.ca](mailto:pdelorey@countyofofkingns.ca)

Tel: (902) 690-6144 Fax: (902) 679-2820  
Toll Free 1-888-337-2999  
[www.countyofofkingns.ca](http://www.countyofofkingns.ca)

## ANNUAL MEETING NOTICE

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday May 21, 2024 at 7:00 p.m. in the Kingston Fire Hall.

- Presentation of Financial Statements for April 1, 2023 – March 31, 2024.
- Presentation of Budget for April 1, 2024 – March 31, 2025.
- Set the area rate at 5.5 cents per \$100 of assessment.
- Election of Commissioners for Districts of Melvern Square and Harmony.

All interested persons are invited to attend.

### Kingston Fire Hall Rental

All inquiries for hall rental and use should be directed to Elizabeth Wright at 902-765-2263, option 4 or email [hallbooking.kdffc@gmail.com](mailto:hallbooking.kdffc@gmail.com)

## the Aurora find & win

### Three easy ways to enter.

1. Through our website: [www.auroranewspaper.com](http://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. What will Elizabeth Wright help you with? \_\_\_\_\_
2. Where will 85377 take you? \_\_\_\_\_
3. What is for sale June 13? \_\_\_\_\_
4. Who will you find at 641 Main Street, Kingston? \_\_\_\_\_
5. Who offers the best care for your ears? \_\_\_\_\_

Congratulations to this week's winner JANICE DAKIN



**AYLESFORD & DISTRICT LIONS CLUB**

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





# 'Please come and walk with me' 14 Wing turns out for Red Dress Day awareness walk

**Sara White,**  
Managing editor

May 3, 14 Wing Greenwood Defence Team and community members joined in a walk to remember "sisters, mothers, daughters."

14 Wing Defence Indigenous Advisory Group military co-chair Master Corporal Nick Whaley thanked everyone for attending the DIAG's awareness walk, ahead of the May 5 Red Dress Day.

Red Dress Day is an opportunity for Canadians to honour and bring awareness to the thousands of missing or murdered Indigenous women and girls in Canada.

"We get together to do these things, but this is an opportunity to recognize a long-standing injustice and

inaction against missing and murdered Indigenous women and girls," Whaley said, pausing to catch himself in an emotional moment. "Today is bringing community together, and healing together. We're here to remind ourselves we must continue to call on government, law enforcement, education - and each other - to change."

He referred to the 231 calls to action from the 2019 final report of the National Inquiry into Missing and Murdered Indigenous Women and Girls: "Only two have been done since then - in over four years," he said.

"Please come and walk with me and reflect on how we can make a difference."

Many military members wore red T-shirts under their uniform, while other

participants wore red clothing. Along the base's fitness trail a number of red dresses were hanging, eye-catching visual reminders amid still-colourless spring tree branches and winter-brown ground cover.

The 14 Wing DIAG is preparing to mark Indigenous Awareness Week, celebrated across the Department of National Defence and the Canadian Armed Forces during the third week of May. First celebrated in 1992, IAW is an opportunity to honour, learn from and share knowledge of and First Nations, Inuit, and Métis peoples. IAW also highlights the significant contributions Indigenous members make to the defence of Canada. Then, June 21, with the summer solstice, comes National Indigenous Peoples Day. ➔



S. White



**14 Wing Defence Indigenous Advisory Group military co-chair Master Corporal Nick Whaley said the May 3 awareness walk was an opportunity for wing members to remind themselves of how they each can continue to call for change.**

S. White



Major M. Backhouse

# No one left behind 14 Wing stands against homophobia, transphobia, biphobia May 17

May 17, 14 Wing Greenwood joins the global movement against homophobia, transphobia and biphobia, reaffirming its commitment to equality, diversity and inclusion. As part of the international initiative, some members of the wing's Defence Team Pride Advisory Organization and allies will show their support by donning rainbow-themed shirts or hats during the day's RCAF Run, symbolizing solidarity with the 2SLGBTQI+ community.

This annual observance, known as the International Day Against Homophobia, Transphobia and Biphobia (IDAHTB), serves as a reminder of the ongoing struggle for 2SLGBTQI+ rights and the importance of combating discrimination in all its forms. It is a day to raise awareness, promote understanding and advocate for a world where everyone can

**International Day Against Homophobia, Transphobia and Biphobia MAY 17**

**No one left behind: equality, freedom and justice for all**  
Presented by the 14 Wing Defence Team Pride Advisory Organization

live freely and authentically, regardless of their sexual orientation, gender identity or expression.

At 14 Wing, Defence Team members have shown unwavering support for their 2SLGBTQI+ colleagues and community members, fostering an environment of dignity, respect and shared purpose in a reflection of the values espoused by the Canadian Armed Forces.

By participating in activities, such as wearing rainbow-themed attire, individuals not only show their support outwardly, but also contribute to a culture of

inclusivity and belonging. Every gesture, no matter how small, sends a powerful message of solidarity.

As we mark the May 17 Day against Homophobia, Transphobia and Biphobia, let us reaffirm our commitment to equality and continue working towards a world where everyone can live without fear of discrimination or prejudice. Together, we can build a future where love, respect and acceptance prevail. Thank you to the members of 14 Wing Greenwood for their ongoing support and dedication to creating a more inclusive society. ➔

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