

## Kingston Steer BBQ

Celebrate summer, and the longest running steer barbecue in North America, July 12 - 14 in Kingston.

- Schedule and promotion will run July 1 issue



- Full colour
- Sample size 2 columns by 28 agate lines/ 3.25 inches by 2 inches (business card) \$77.84 plus tax OR
- Any ad, any size at \$1.39 per agate line per column
- Deadline June 25 noon



YOUR AIR FORCE  
VOTRE FORCE AÉRIENNE



# the Aurora

Vol. 45 No. 20

JUNE 3, 2024 NO CHARGE

www.auroranewspaper.com

## Indigenous Week events opportunity to have 'own experience'

Sara White,  
Managing editor

With a sunny bright sky as a backdrop, 14 Wing Greenwood raised the Grand Council flag May 21, launching its week of activities to mark Indigenous Awareness Week May 19 to 25.

The wing's Defence Indigenous Advisory Group hosted the flag-raising, with the playing of the Honour Song and followed by a smudge at the DIAG's teepee, set up near the main gate entrance for the week. Events continued through the week, with a showing of the Gord Downie, animated "Secret Path," and a reading of the seven sacred teachings, smudge and hand-print craft with children in the Greenwood Military Family Resource Centre's programs.

"This is a very important week for the wing, and Canada, as we continue on our path of reconciliation with our Indigenous peoples," said Lieutenant-Colonel Dan Arsenault at the flag-raising. "It's only one week, but we have activities throughout the year we carry out as a wing, with our community and across Canada. It's one week: take stock, and have fun with your family."

DIAG military co-chair Master Corporal Nicolas Whaley thanked those gathered for the flag-raising for their May 16 participation in the Moose Hide Campaign, where men and boys are encouraged to wear a piece of moose hide and pledge to help end violence against women and girls. He also said the DIAG was very pleased with support received during the May 3 walk to mark May 5 as Red Dress Day, honouring missing and murdered Indigenous women and girls.

"Thank you all for coming," he said. "We are all gathering here, on the long-standing territory of the Mi'kmaq."

As attendees waited their turn for a smudge, offered by DIAG civilian co-chair Marla Ward, Whaley described the inclusion of cedar, for protection; sage, for helping get rid of negativity; tobacco, as an offering for Mother Earth; and sweet grass, to encourage positivity; in the smudge's four sacred medicines.

"These help us clear our eyes to see, our mouths to speak well, our ears to listen; and we smudge our heart and the top of our head. It's your own experience, what you want to take out of it." →



Master Corporal Crystal Cox holds a handmade Indigenous drum for a child to try, as the Defence Indigenous Advisory Group visited the Greenwood Military Family Resource Centre May 23.

Officer Cadet L. Lascelle



Marla Ward, left, and Chief Warrant Officer Jean Plamondon raise the Grand Council flag at 14 Wing Greenwood's main gate May 21, as the wing's Defence Indigenous Advisory Group marked the start of the wing's Indigenous Awareness Week activities.

S. White



May 23, children at the Greenwood Military Family Resource Centre added coloured hand prints to a banner, destined to hang in the Defence Indigenous Advisory Group's teepee as it is on display.

Officer Cadet L. Lascelle



Military Defence Indigenous Advisory Group co-chair Master Corporal Nick Whaley reads about the seven sacred teachings with children at the Greenwood Military Family Resource Centre May 23

Officer Cadet L. Lascelle



# CF18 ready to rep RCAF100 through '24 air show season

The only Atlantic Canadian 2024 tour date for the Royal Canadian Air Force (RCAF) CF18 Demonstration Team will be August 24 and 25, part of Air Show Atlantic at 14 Wing Greenwood. Check out this newly-unveiled RCAF100-themed paint scheme!

April 1, 2024, marked 100 years of service for the RCAF as a distinct military element. The CF18 Demo Team will represent Canada and the RCAF throughout the 2024 season as part of Operation INSPIRATION 2024, touring Canada, the United States and the United Kingdom. The CF18 team will highlight the RCAF's distinct heritage, recognize its people and look forward to the RCAF's bright future.

Every year, the RCAF selects a special group of people to make up the CF18 Demo Team, with members selected from RCAF units across the country for their superior performance, dedication to excellence and the desire to represent Canada's operational air force.

"Being selected as the CF18 Demonstration Team pilot for the Royal Canadian Air Force Centennial season is a great honour," says Captain Caleb Robert, 2024's pilot. "I am looking forward to sharing my love of aviation with the audiences at show sites throughout the season."

Robert is a combat-qualified element lead on the CF18 for 425 (Alouettes) Tactical Fighter Squadron at 3 Wing Bagotville. Born in Sault Ste. Marie, Robert was captivated by flight from his earliest memories. He joined the 155 Borden Gray Squadron Royal Canadian Air Cadets, and then spent many summers working with Cadets Canada as a glider instructor before enrolling at the Royal Military College of Canada. In 2022, Robert deployed to Romania as part of Operation Reassurance, and has served on NORAD missions across North America as well as large-force exercises around the world.

A 2024 CF18 winning paint design, selected by the RCAF



Captain Caleb Robert is the CF18 Demo Team's 2024 season pilot.



May 3 was the official reveal for the 2024 RCAF100-themed CF18 Demonstration Team paint scheme, at 4 Wing Cold Lake.



Master Corporal Kevin Kelly, 10 Field Technical Training Squadron, 3 Wing Bagotville; was the creative talent behind the 2024 CF18 Demonstration Team's RCAF100-themed paint scheme.

100th Planning Team, was submitted by Master Corporal Kevin Kelly from 10 Field Technical Training Squadron at 3 Wing Bagotville.

The design itself, painted by a skilled team of aviation structures technicians at 1 Air Maintenance Squadron, 4 Wing Cold Lake; features a full-colour, full-body paint job, focusing on four key themes: Innovation and Technology, Air Power, Our People and the RCAF's distinguished heritage and history.

*Innovation and Technology*

is represented by a futuristic and modern motif of the RCAF logo on each wing, along with gears, electronic circuits and a binary pattern painted along the back and between the tails; all representing technology RCAF aircraft depends on. The binary numbers on the back of the aircraft, when decoded, read "RCAF 2024" and "ARC 2024."

*Air Power* is represented on the port vertical stabilizer using silhouettes of aircraft from the RCAF's fleet to represent the fighter force (CF18

Hornet), maritime aviation (CH148 Cyclone), search and rescue (CC130 Hercules and CH146 Griffon), tactical airlift and transportation (CC177 Globemaster and CC130 Hercules) and community outreach (CT144 Tutor).

*Our People* are represented on the outside of the starboard vertical stabilizer, using silhouettes of a non-commissioned member, an officer and a pilot.

Also included on the starboard vertical stabilizer is a reference to the RCAF's

## the Aurora

**Managing Editor** | Directrice de rédaction  
Sara White • 902-765-1494 local/poste 568-5441  
auroraeditor@ns.aliantzinc.ca

**Business & Advertising** | Affaires commerciales et publicité  
902-765-1494 local/poste 568-5833  
auroramarketing@ns.aliantzinc.ca

**Graphic Designer** | Graphiste  
Brian Graves • 902-765-1494 local/poste 568-5699  
auroraproduction@ns.aliantzinc.ca

**Administrative Clerk** | Commis à l'administration  
Trudy Simmonds • 902-765-1494 local/poste 568-5440  
auroranews@ns.aliantzinc.ca

**Editorial Advisor** | Conseiller à la rédaction  
Captain Camille MacKenzie Dolphin  
902-765-1494 local/poste 568-5101  
+W14 Public Affairs@WCComd PAO@Greenwood

**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.

The editorial board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the editorial board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect those of Staff of the Non Public Funds, the Department of National Defence, the Canadian Armed Forces, the Canadian Forces Morale and Welfare Services or the printers. Published each Monday by 14 Wing under the authority of Colonel Jeff Davis, Wing Commander.

Le comité de rédaction se réserve le droit d'éditer, de condenser ou de rejeter des textes ou des publicités pour répondre aux objectifs d'un journal militaire, tel que spécifié dans la politique intérimaire des journaux des Forces canadiennes et/ou par le comité de rédaction. Les opinions et les publicités publiées dans le journal Aurora sont celles de l'auteur ou de l'annonceur et ne reflètent pas nécessairement celles du personnel des fonds non publics, du ministère de la Défense nationale, des Forces armées canadiennes, des Services de bien-être et de maintien du moral des Forces canadiennes ou des imprimeurs. Publié chaque lundi par la 14e Escadre sous l'autorité du Colonel Jeff Davis, commandant de l'Escadre.



The Aurora News

CFB Greenwood Aurora News

Useful links | Liens utiles

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

**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

**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** 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 | **GMM.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

## June 7 change of command, change of appointment at 14 MSS

June 7, at 10 a.m., 14 Mission Support Squadron will hold both a change of command and a chief warrant officer change of appointment at the Annapolis Mess, 14 Wing Greenwood.

The outgoing commanding officer is Lieutenant-Colonel Sonya Scanlon Simms; the incoming is Lieutenant-Colonel Shawn McGeown. The outgoing chief is Chief Warrant Officer Trevor Porteous; the incoming is Chief Warrant Officer Jean Plamondon. The event will be followed by a bar service reception.

Dress is 3B for military spectators and business for civilians. The event will be livestreamed via an internal MS Teams link, or on Facebook @The Aurora News. →



## 26/27 CFHS marks June 10 change of command

June 10, at 2 p.m., there will be a change of command ceremony for 26/27 Canadian Forces Health Services, based at 14 Wing Greenwood.

The outgoing commanding officer, Major Haley Pye, will retire to Sydney, Cape Breton, following a 23-plus year career in the Canadian Armed Forces. Pye will be replaced by Major Leslie Fillmore, coming to Greenwood from Halifax. Colonel Franz Kirk, commander of 4 Health Services Group, will be the reviewing officer. →



## 14 OSS change of command set for June 6

14 Operations Support Squadron will mark a change of command June 6, at 10 a.m. AST, in the Annapolis Mess at 14 Wing Greenwood. Lieutenant-Colonel Lara Jennings is posted to Ottawa, and will be succeeded by the current 14 OSS deputy commanding officer, Lieutenant-Colonel Garrett Milne.

The in-person ceremony is invitation only, but available to view via a Facebook Event @The Aurora News, or a 14 Wing internal MS Teams link. →



## services & trades

Call 902-765-1494 local 5833 for info

Low minimum delivery

Now offering propane

Fuel for Less, 1-888-338-0331  
Waterville, N.S. 902-538-0677  
Bridgetown, N.S. 902-665-5293

## bravo zulu | promotions & presentations



Lieutenant-Colonel Pierre-Luc Lafontaine, centre, was presented the Canadian Forces Decoration April 8 by 14 Wing Greenwood Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx; in the headquarters foyer. The event was a delayed presentation of Lafontaine's CD: he joined the Royal Canadian Air Force in 2007, and the service medal is generally awarded after 12 years of service.

S. White



April 12, Lieutenant Pier-Andre Labrie was named 405 (Long Range Patrol) Squadron's Eagle of the Quarter. Labrie's performance since arriving at 405 Squadron has been exceptional, as his unwavering dedication and outstanding leadership quickly elevated morale and productivity within the SAMEO section. As ASO, he effectively disseminates crucial information from the chain of command and ensures continued operations amidst challenging circumstances. His support extends beyond professional realms, as he helps foster a culture of camaraderie through his tireless efforts and genuine approach. Labrie not only meets the operational demands of 405 Squadron, but facilitates his team's career development.

Sergeant R. Beers



April 5, Aviator Jacob Parrish, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Christopher Parent, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



May 2, Captain Tony Raymond, centre, was promoted to major by 14 Operations Support Squadron Lieutenant-Colonel Lara Jennings, left, with Chief Warrant Officer Craig MacLellan. Raymond is 14 OSS's new Readiness Training Flight commander.



May 14, Master Corporal Anthony Erskine, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



May 2, Intelligence and Meteorological Flight Master Corporal Jeff Baker, centre, was promoted to sergeant by 14 Operations Support Squadron Lieutenant-Colonel Lara Jennings, left, with Chief Warrant Officer Craig MacLellan.



April 8, Aviator Xiao Shan, centre, was promoted to the rank of corporal by Deputy Wing Commander Lieutenant-Colonel Dev Paquette, left; with Chief Warrant Officer Jamie Rideout.



May 7, Aviator Jeremie Chouinard, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



# Make your summer a cycling summer

Cycling NS is ready for a summer season on the roads and trails of the province, with experienced cyclists, new cyclists and cyclists of all ages and abilities.

Women on Wheels (WoW) is a vibrant community of like-minded women who share a love for cycling. WoW aims

to increase female ridership by providing group rides to various communities, accompanied by a trained and knowledgeable ride leader. There are already several WoW groups riding around the province, looking to expand to other areas. Registration information and ride details may be found at [cyclingns.ca/resources/women-on-wheels-wow/](https://cyclingns.ca/resources/women-on-wheels-wow/).

Ride and Shine is WoW's first annual bike-love weekend, June 21 to 23 at the Dalhousie

Agricultural Campus in Truro. The weekend will include thrilling bike rides, inspiring workshops, mouth-watering food, and sharing laughter and stories with like-minded women. This weekend is offered to marginalized genders, including women, women-identifying individuals, and non-binary and gender non-conforming people comfortable in a space that centres the experiences of women in cycling, recreation and sport. For details and to register, visit

[cyclingns.ca/ride-shine-2024/](https://cyclingns.ca/ride-shine-2024/). Cycling NS is always looking for additional WoW leaders to grow our community across the province. Those who are interested in leading groups may email our programs and outreach manager, Jess Spooner, at [jspooner@sportnovascotia.ca](mailto:jspooner@sportnovascotia.ca).

HopOn is a games-based cycling program that teaches school-aged kids across Canada the joys of cycling safely. Cycling NS has three summer

staff ready to travelling around Nova Scotia delivering HopOn programs to children with various levels of bike skills. Check out [cyclingns.ca/resources/hopon-in-nova-scotia/](https://cyclingns.ca/resources/hopon-in-nova-scotia/) to learn how to bring the program to your community. Details about other events, including the XCO/XCC Canadian Championship in Kentville, Short track series around the province and more may be found at [cyclingns.ca/events/](https://cyclingns.ca/events/) ➔

## Wing golf play-downs set for June 24-26

Interested picking up a club and vying for a spot on the 14 Wing Greenwood golf team?

The wing hosts its military sports play-down June 24 to 26 at the Paragon course in Kingston. Top male and female athletes will be selected to represent the wing

at the Canadian Armed Forces Atlantic region championships July 15 to 18 at CFB Gagetown.

To register for the Greenwood play-downs, contact Personnel Support Programs coordinator Alyssa DeAdder, [alyssa.deadder@forces.gc.ca](mailto:alyssa.deadder@forces.gc.ca). ➔



YOUR AIR FORCE

Voyageur Aviation  
commémore fièrement  
le centenaire de l'ARC

Voyageur Aviation  
proudly commemorates  
the RCAF Centennial

Proposer des solutions innovantes.

 **voyageur** AVIATION

Delivering innovative solutions. [voyav.com](https://voyav.com)

# JUNE is Recreation Month







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bike, kayak, canoe &amp; paddle board rentals</b> <i>Certain conditions apply</i> <b>At Lake Pleasant Campground</b> - 902-547-2882 or <a href="mailto:info@lakepleasantcampground.ca">info@lakepleasantcampground.ca</a> <b>At 14 Wing Fitness &amp; Sports Centre</b> - 902-765-1494 local 568-5106 <b>At 14 Wing Community Centre</b> - 902-765-1494 local 568-5341				<b>All June</b> By appt: <b>Built Out self-help</b> , F&S Centre <b>Strength &amp; conditioning class</b> Mondays, Wednesdays & Fridays, F&S Centre noon (military, PSP Plan, drop-in)		 <b>Family Fishing Derby &amp; BBQ</b> Lake Pleasant Campground \$20/ family or \$8 per person 8 a.m. to noon - BBQ at 2 p.m. <b>Swimming – F&amp;S Centre</b> Public swim, 11:30 a.m.-1 p.m.
<b>PSP Community Recreation at the 14 Wing Community Centre</b> 902-765-1494 local 568-5341 to register or online at: <a href="https://bkk.cfmws.com/greenwoodpub/courses/index.asp">https://bkk.cfmws.com/greenwoodpub/courses/index.asp</a> Registration by noon day of program. <b>Costs with some programs.</b> Proof of I.D. <a href="https://www.facebook.com/PSPGreenwoodCommunityRecreation">f @PSPGreenwoodCommunityRecreation</a>						
<b>Swimming – F&amp;S Centre</b> Parent and Tot, 2:45 p.m. Public swim, 1 p.m. <b>Causal Bowling – 1-5 p.m.</b>	<b>Swimming – F&amp;S Centre</b> (military, PSP Plan, drop-in) Half lane swim, 1:15 p.m. <b>Kids Club</b> Community Centre, 6:30-7:30 p.m. (registration required) <b>Women's Slo-pitch</b> (military) Base ballfield - 1-3 p.m.	<b>Swimming – F&amp;S Centre</b> (military, PSP Plan, drop-in) Half lane swim, 6:30 p.m. <b>Teen Tuesday – 6-8 p.m.</b> Greenwood Bowling Centre <b>14 Wing Sports Awards</b> 8 a.m., Annapolis Mess <b>Essential Nutrition</b> Health Promotion course F&S Centre <b>Men's Slo-pitch</b> (military) Base ballfield - 2 p.m. <b>Men's &amp; Women's Soccer</b> (military) Apple Bowl - 3-5 p.m. <b>Yoga – noon-1 p.m.</b> Community Centre	<b>Essential Nutrition</b> Health Promotion course <b>Swimming – F&amp;S Centre</b> (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. Adult lane swim, 1:15 p.m.	<b>Mental Fitness &amp; Suicide Training</b> Health Promotion course F&S Centre <b>Swimming – F&amp;S Centre</b> (military, PSP Plan, drop-in) Half lane swim, 6:30 a.m. <b>Men's Slo-pitch</b> (military) Base ballfield - 2 p.m. <b>Men's &amp; Women's Soccer</b> (military) Apple Bowl - 3-5 p.m. <b>Drop-in Pickleball – 6-8 p.m.</b> Community Centre	<b>Swimming – F&amp;S Centre</b> (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. Adult lane swim, 1:15 p.m. <b>Get set for June is Recreation Month!</b> <b>Kick-off Walk – 10:30 a.m.</b> Apple Bowl Gazebo - Fitness Trail Presented by 14 Wing Greenwood Community Recreation Prizes to be won & snacks available Open to everyone <b>YTGIF – 5:30-7:30 p.m.</b> Community Centre <b>Glow bowling – 5-9 p.m.</b> Greenwood Bowling Centre	<b>Swimming – F&amp;S Centre</b> Public swim, 11:30 a.m.-1 p.m. <b>Causal Bowling – 1-5 p.m.</b>



## 'Taking over the street' Wing RCAF Run a beauty way to mark centennial

Sara White, Managing editor

It was a beauty of a day May 17, as 14 Wing Greenwood laced up for its in-person version of the 2024 RCAF Run.

Between runners, walkers and volunteers, 400 Defence Team members, and family, took off from the Annapolis Mess starting line of both the five- and 10-kilometre running and walking routes through nearby residential neighborhood crescent and wing roadways.

"Thank you all for coming!" said co-organizer Captain Jacklyn Swain, who, with the wing's Personnel Support Program fitness coordinator Kyle Wolfer, spent several months planning for the tie-in event to the Ottawa-based in-person annual run and the opportunity for participants to participate virtually.

"This is a great turn-out – we're taking over the street! It's going to be a fun day!"

Lieutenant-Colonel Eric Travis provided opening remarks. With his experience as the Canadian Armed Forces' CISM triathlon team manager, he was first over the 10K finish line later in the morning, but he encouraged everyone to enjoy the event. "We talk about fitness in the military, but I can't emphasize enough the benefits of fitness to your mental health," he said. "We can do fitness with friends, we can do it and get out from sitting behind our desks: it's good for mind and body. Four hundred people signed up here – give yourselves a round of applause!"

"See you on the course!" Participants headed out to walk or run their chosen distance, many sporting RCAF Run race kit, a couple with ruck sacks on their back and some pushing youngsters in strollers. Everyone met back up at the Annapolis Mess for a BBQ lunch and raffle prizes. This year's RCAF Run encouraged participants and organizers to highlight 100 years of history, in the RCAF's centennial year. ➔







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, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.alianztinc.ca](mailto:auroraeditor@ns.alianztinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédent la publication, à moins d'avis contraire.

Le commandant publie des avis

### Volunteer call – The Op Shop, Greenwood

The Greenwood Health Auxiliary, which operates the Opportunity Shop in the Greenwood Mall, needs volunteers to work in the thrift shop part-time. If you have a couple of hours a month to spare, please call Kay Amos at 902-765-3809. Thank you.

**Life Through a Mask workshop**  
June 3, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts Life Through

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.alianztinc.ca](mailto:auroraeditor@ns.alianztinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédent la publication, à moins d'avis contraire.

a Mask, a hands-on, peer-led mask sculpting workshop. Free for CAF members and veterans. Explore strengths and resiliency in a confidential, non-clinical setting. Funded by Veterans Affairs Canada. Email to register: [lifethroughmask@mail.com](mailto:lifethroughmask@mail.com). No art experience necessary.

**Military community drum circle**  
June 4, 1:30 p.m. to 2:30 p.m., 7Arts in Greenwood hosts Health RHYTHMS, a community drum

circle, free for veterans, military members and their families. Sponsored by True Patriot Love. Register at [mindfullymore@gmail.com](mailto:mindfullymore@gmail.com).

### Margaretsville Community Hall AGM

June 4, 7 p.m., the Margaretsville Community Hall will hold its annual general meeting at the hall. Come one and all to find out all the great things happening in our community.

### Youth art lessons

June 4, 11, 18 & 25 (Tuesdays), from 4:30 p.m. to 5:30 p.m. 7Arts in Greenwood offers youth art lessons. New projects each week. Ages seven to 12. \$25/ lesson or \$80 for four lessons. Register at [info@7Arts.ca](mailto:info@7Arts.ca).

### Fibre arts group

June 5, 12, 19 and 26 (Wednesdays), 6:30 p.m. to 8:30 p.m., 7Arts in Greenwood hosts a craft & chat group. Are you a female-identifying fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) over the age of 25? Bring your own materials or purchase a kit. Suggested donation \$5.

**Yard sale**  
June 8, 8 a.m. to 11 a.m., Aylesford

United Church hosts a yard sale, 2414 Hwy 1, Aylesford. A little something for everyone!

### Breakfast

June 8, 8 a.m. to 10 a.m., come for breakfast at the Kingston Lions Hall. Scrambled eggs, pancakes, ham, sausages, baked beans, hash browns, toast, coffee, tea, juice. Adults \$12, youth \$6 (six to 12), children (five and under) FREE. Kids' storytime included, at 9 a.m.; and, ask about paying it forward. Proceeds to Lions' community projects.

### Indoor yard sale

June 8, 9 a.m. to 2 p.m., there will be an indoor yard sale at the Margaretsville Community Hall, 1 Seaman Street, Margaretsville. Proceeds to the hall.

### MakerSpace

June 8, 15, 22 and 29 (Saturdays), 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood holds an open MakerSpace. Bring a project to work on, purchase one of our kits, or participate in the project of the week. Drop-ins welcome! Cost is \$5. Caregivers are free.

**Virtual KAIROS blanket exercise**  
June 9 1:30 p.m. to 4 p.m., the

Annapolis Valley Regional Library hosts a virtual KAIROS blanket exercise. This is a free, experiential, online workshop exploring the historic and contemporary relationship between Indigenous and non-Indigenous peoples on Turtle Island. Ages 18+. Registration required: [annapolisvalley.librarycalendar.com/event/virtual-kairos-blanket-exercise-10280](http://annapolisvalley.librarycalendar.com/event/virtual-kairos-blanket-exercise-10280)

### Luncheon

June 11, 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. June 4 and 5 to pre order. No pre-orders required if dining in: just show up and come on in! Proceeds to Lions' community projects.

### Felting workshop

June 13, 6 p.m. to 8 p.m., 7Arts in Greenwood hosts a summer-themed 2D felting workshop. Cost is \$30 per person, with the option to add a take-home felting tool kit for an additional \$20. Pre-registration at [info@7arts.ca](mailto:info@7arts.ca).

### Seniors drum circle

June 13, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve your seat by emailing [mindfullymore@gmail.com](mailto:mindfullymore@gmail.com).

### Library craft

June 14, 1:30 p.m. to 3 p.m., the Bridgetown and Area Library hosts Crafty Connections: Victorian Puzzle Purse. Using paper and watercolour markers, you will create a folded paper "puzzle purse", also known as tatogami. Often made as Valentines, they can be used as gifts, letters or containers for small items. Free. All materials supplied. For ages 18+. Register at [annapolisvalley.librarycalendar.com/event/crafty-connections-victorian-puzzle-purse-11182](http://annapolisvalley.librarycalendar.com/event/crafty-connections-victorian-puzzle-purse-11182)

### Choral concert

June 15, 2 p.m., the Canadian Military Wives Choir Greenwood presents its Spring concert at St. Mark's Chapel, Church Street, Greenwood. Doors open at 1:30 p.m. Entrance by donation. Tea and coffee provided during the intermission, with bake sale items available for purchase.

## Multi-talented athletes included in '24 Berwick Sports Hall of Fame induction

The Berwick Sports Hall of Fame has announced inductees for its 26th induction and recognition ceremony June 8. "It is going to be another great event," says chairman Mike Trinacty. "We had excellent nominations this year and, combined with those already on the docket, it was difficult to select the six inductees. The ones we did select are incredibly accomplished at the local, provincial, national and international level.

"Nominations are received throughout the year and remain on the list for an extended period of time. Nominations not inducted this year may be inducted in the years to come."

There are six inductees this year: two teams, three athletes and one builder.

Jackie Allen was an accomplished athlete. She was on four provincial ringette teams, representing Nova Scotia at the Canada Games, two national competitions and one Atlantic championship. She was also a member of three provincial championship ringette teams. She played hockey at Acadia University. Her biggest achievement occurred as an equestrian. She was the captain of the Canadian Inter-Pacific Team in Melbourne, Australia. She achieved the highest national test level in Canadian Pony Club in 2007, the last Nova Scotian to reach the National A Achievement. She was the recipient of only two Canadian Pony Club Governor General Awards presented in 2004, which included a university scholarship. She has many other provincial and local riding awards.

Mike Francis was an all-round athlete, known for his speed. He helped Central Kings win three provincial cross country championships and a provincial soccer championship. He was known to run home to the Annapolis First Nation community for lunch, and back to Central Kings. After high school, he was a member of a number of Cambridge softball teams, which won provincial and Maritime titles.

There wasn't a sport Artie Hopkins couldn't play - and play well. She was on the provincial volleyball team and attended the 1971 Canada Games. She played in the Nova Scotia ladies' golf championships and won Paragon's Sam Hayden Award. She was an all-star ball hockey player in the Berwick ladies' ball hockey league. She attended the national broomball championships with the N.S. Selects and was a member of a team that played in the Eastern Canadian softball championships. She has coached locally in both ringette and hockey. She is a familiar face at the Berwick Apple Dome, running the score clock for many teams.

Businessman Harley Moody is well-known, but he was also the chair of the Berwick and District Community Association, which operates the Berwick Arena, for many years in the '70s and '80s. His generosity as a sponsor is renowned. Moody Bros and Bargain Harley's have sponsored many teams, athletes and sporting events over the years. Moody was a co-owner of Berwick Heights Golf Course and a major contributor to the construction of the Kings Mutual Century Centre.

The 1957-58 Central Kings cross country team won its third of three provincial championships in a row. The five-member team hosted on the familiar C.K. loop through orchards, woods and fields in the early days of regional schools and rural students participating in what was known as the headmasters' sport competition.

The 2008 to 2011 Central Kings girls' soccer team was a dynasty, capturing regional titles in 2008, 2009 and 2010; and four straight provincial titles. Many players went on to play higher-level soccer.

The public event will be held at the Kings Mutual Century Centre in Berwick. The doors open at 6 p.m., and the event begins at 7 p.m. (also on Facebook Live). There is a reception to follow. For information, contact Trinacty, [mike.trinacty@gmail.com](mailto:mike.trinacty@gmail.com) or 902-994-1958. ➔



## 14 MSS recognizes 'positive results' of fitness commitment

**Sara White,  
Managing editor**

"They make PT fun – if I can say that," said 14 Mission Support Squadron Chief Warrant Officer Trevor Porteous May 24, as he and 14 MSS Lieutenant-Colonel Sonya Scanlon-Simms presented MSS Command Team coins to two 14 Wing Greenwood Personnel Support Program staff.

"We have a lot of folks from the unit coming to the Fitness and Sports Centre, looking for help to improve their fitness, others are in the reconditioning program, some are struggling to get past the FORCE test," Porteous said. "Two people here have been instrumental in helping people get past those hurdles, and be successful in Greenwood."

Scanlon-Simms and Porteous presented Command

Team coins to reconditioning specialist Josh Leddicote and fitness coordinator Kyle Wolfer.

"People come back and sing the praises of Josh and Kyle, two people that go above and beyond. Military fitness is a hard program, it's difficult, it's strenuous; but we do appreciate everything you do for people. And, after they pass, they want to stay with you. You're building the right

attitudes."

14 Wing senior manager PSP Nicole Peppard said the coin presentation and recognition of the fitness staff duo is "fantastic.

"Thank you for recognizing the team," she said. "They feed off the positive results people attain from meeting their fitness goals, but this little extra recognition certainly will be rewarding to them." ➔

## horoscopes

June 2 to June 8

### ARIES - Mar 21/Apr 20

Family obligations are swimming through your mind, Aries. It is time to sit down and hammer out a resolution that will appeal to everyone and lighten your load.

### TAURUS - Apr 21/May 21

A special person in your life is getting closer and closer to you every day, Taurus. This may be the companion that you have been hoping for. Continue to take things slowly.

### GEMINI - May 22/June 21

Gemini, sometimes you have a tendency to make things more difficult than they need to be. Stop obsessing over every little detail this week. Things have a way of working out.

### CANCER - Jun 22/Jul 22

Cancer, if someone accuses you of being too emotional this week, do not take it personally. This person may be projecting his or her experiences on you. Continue what you're doing.

### LEO - Jul 23/Aug 23

Leo, could you be holding yourself to unreasonably high standards? If you're getting frustrated by not meeting your goals, ease up on yourself for the time being.

### VIRGO - Aug 24/Sept 22

Virgo, it is your mission to change the minds of some people at work this week, as it will bode well for you down the road. Just don't make too many extravagant requests.

### LIBRA - Sept 23/Oct 23

Recently people have been directing accolades in your direction, Libra. This is the boost you have needed to propel yourself to do more of the things that have been your goals.

### SCORPIO - Oct 24/Nov 22

Scorpio, someone simply isn't bringing his or her A-game to a work project, and it shows. It's frustrating and you want to take over, but this is supposed to be a team effort.

### SAGITTARIUS - Nov 23/Dec 21

Simple things used to bring you pleasure and now it seems a bit of a gray cloud has descended. Don't start to fret you're getting jaded, Sagittarius. This is just a little rough patch.

### CAPRICORN - Dec 22/Jan 20

Capricorn, as a finish line approaches, it can be tempting to get very excited. Hold off on that elation until everything is done. You never know what can crop up in between.

### AQUARIUS - Jan 21/Feb 18

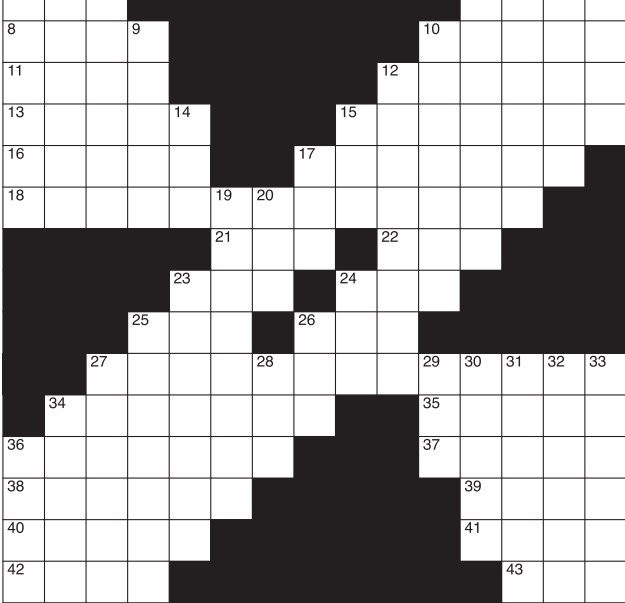
It doesn't need to be New Year's to make a resolution, Aquarius. You can aspire to change an aspect of your life anytime you want. Perhaps this is the week to embrace change?

### PISCES - Feb 19/Mar 20

Have you been putting all of your focus on only one part of your life, Pisces? Take a more balanced approach; otherwise, burnout may soon set in.

## crossword

solution page 7



### ACROSS

1. Baby's dining accessory
4. Something free
8. Ancient Egyptian deity
10. Set-like mathematical categories
11. Top-quality
12. Expansive
13. Seizure
15. People with congenital absence of pigment
16. Gains
17. Mocked online
18. Clint's son
21. Body part
22. Humor
23. Code number
24. Your physique
25. Family of regulator genes
26. LA football player (abbr.)

### DOWN

1. Nestlings
2. Induces vomiting
3. A place to eat
4. Partner in the air
5. Offered one's take
6. Nobel-winning French biologist
7. Farm animals
9. Prevent from growing
10. Sensationalist periodical
12. Soft-bodied beetle
14. Very fast airplane
15. Imaginative creation
17. Recipe measurement (abbr.)
19. Evoked a response
20. French river
23. Shiny yellow minerals
24. Make illegal
25. U.S. military branch
26. River in France and Belgium
27. A woman of refinement
28. Male child
29. Type of medication
30. German city
31. Animal disease
32. Mediterranean dietary staple
33. Sneak out
34. Radioactivity unit
36. Performs on stage

## sudoku

solution page 7



Level: Beginner

### Fun By The Numbers

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

sudoku brought to you compliments of



### Kingston Lions

- breakfast Saturday June 8
- community luncheon Tuesday, June 11

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. Who has a low minimum delivery?

2. Who is the contact for the Canadian Women for Wellness Initiative?

3. What is the West Nova MLA's street address?

4. When is the draw date for the \$500 gift card?

5. Where is the Indoor Flea Market located?

Congratulations to this week's winner SHELLEY COLEMAN

AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford

Starts 7:00 pm Friday

902-847-9374

BINGO

un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à [auroramarketing@ns.alianztinc.ca](mailto:auroramarketing@ns.alianztinc.ca).

### FLEA MARKET

SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 a.m. to 3 p.m., weather permit-

### crossword solution

### sudoku solution





Visit the first Kingston Farmers Market of the 2024 season and get to know some of the local producers in your community, talk to them and see what they are about. June 6, there will be over 50 vendors, live music, a fun photo booth, a kids' area with a free craft, food trucks, a community puzzle and other experiences. Submitted

## Follow the sun, farmers, fun at Kingston market

Follow the sun to the Kingston Farmers Market! Summer is just around the corner, and farmers are seeing the fruits of their labour starting to grow in the rich soil of the Annapolis Valley.

There is also a buzz in Kingston, as the Kingston Farmers Market is excited to be starting its second season June 6, from 3 p.m. to 7 p.m., on the Aurora Inn grounds in Kingston. The vision of the market is to assist in the battle against food

insecurity, support our local growers and artisans - all while bringing our community together cooperatively.

One of the market's new passions is to begin a "community pledge" program. This is an initiative to support local farmers and artisans: you can make a personal pledge to "support local," committing some of your weekly food budget to support local producers. Interested? Learn more at the first market of the season. ➔

## June 9 marks Commonwealth airmen's service at Middleton cemetery

The annual decoration of the graves of 27 Commonwealth Second World War service members, buried at Old Holy Trinity Cemetery in Middleton, will be held Sunday, June 9 at 7 p.m.

The public is welcome to join Royal Canadian Legion Middleton Branch 1, with 14 Wing Greenwood personnel, and the community, as a single rose is placed on each grave, followed by a wreath-laying memorial service.


Commonwealth service personnel who trained and served at Greenwood during the Second World War were from the British Isles, Australia and New Zealand. During these years, there were 28 airplane crashes out of Greenwood (including two mid-air collisions), resulting in 70 deaths. Of the 70 who died, 27 are buried at Old Holy Trinity Cemetery.

In 1943, members of I.O.D.E. Rosemary Chapter Middleton took on the honour of tending the graves, and remembering the service members with the annual decoration of the graves service. To 2022, chapter members planted hostas, flowers and maintained the graves.

The Middleton Legion and



14 Wing Greenwood are active partners and now lead the service, traditionally held the second Sunday in June. This year marks 81 years since the inaugural ceremony. ➔



### Canadian Women for Wellness Initiative

Improving the Health and Well-being of Canadians

**Take advantage of a free, private program to support current and former members of CAF/DND who are survivors of sexual misconduct.**

The Canadian Women for Wellness Initiative offers the Transcendental Meditation program to help significantly reduce stress and build resilience. This program, funded by the DND's Sexual Misconduct Support and Resource Centre, is now available to all current and former members of CAF/DND who have survived sexual misconduct.

For more information contact Peter Cameron [phcameron@fm.org](mailto:phcameron@fm.org)

## ENTER TO WIN ❤️ June 5-15

# \$500

Gift Card





## FATHER'S DAY CONTEST

Outfit Dad in his favourite sport!

Recieve a ballot at all mall shops



Draw: June 15 at 3 p.m.

HOURS: Mon-Fri 10-7 Sat 10-6 Sun 12-5 | [greenwoodmall.ns.ca](http://greenwoodmall.ns.ca)

## When it's time to put your ears in the best hands.



With a 30 day before you buy trial, you can experience better hearing instantly. Reconnect with loved ones, and engage with all the things you love to do. Why wait, try it for yourself!

**Call to book your free 30 day trial.**

**902.681.2222**

New Minas  
9129 Commercial Street

Kingston  
1540 Bridge Street

[hearinginstitute.ca](http://hearinginstitute.ca)

**Proudly serving the Valley communities!**

# Hearing

INSTITUTE ATLANTIC

Home of the 30 day before you buy trial