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the Aurora

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Remembering Flight Lieutenant James McRae, DFC CD A life of courage, service

**Captain R. Albert,
404 (Long Range Patrol
and Training) Squadron**

It was meant to be a joyous occasion, marking the return of the resurrected Canso 11094 to the skies over Yarmouth, and its reunion with one of its Second World War-time pilots. Instead, the community gathered June 21 in solemn remembrance of Flight Lieutenant (retired) James M. McRae, DFC CD, a respected figure whose life epitomized courage, resilience and unwavering dedication to service.

Born November 28, 1917, in Huxley, Alberta, McRae's journey into military service began in 1942, when he earned his wings in Manitoba. His skills as a pilot brought him to the newly-formed 162 (Bomber Reconnaissance) Squadron in Yarmouth, equipped with the versatile Consolidated PBV-5A Canso. Initially tasked with anti-U-boat patrols along Canada's East Coast, McRae followed the squadron from



**Flight Lieutenant (retired)
James M. McRae, DFC CD**

Yarmouth to Wick airfield in Scotland to conduct these same patrols in support of the Allied attack on D-Day.

McRae's wartime experiences were marked by profound sacrifice and heroism. On a fateful patrol over the North Atlantic, his Canso came under fire from a German U-boat they had just damaged after it temporarily righted long enough to man its deck guns. After a successful water landing, the aircraft had taken enough damage it could not stay afloat and, despite their efforts, three crew mem-

bers succumbed to the icy waters before rescue arrived. For his bravery during this ordeal, McRae was awarded the Distinguished Flying Cross, a testament to his indomitable spirit in the face of adversity.

Throughout his illustrious career, McRae's commitment to duty extended far beyond the military. Upon returning to civilian life in Yarmouth with his wife, Margaret Nickerson, whom he had met during his military service there; McRae continued to serve with equal vigor. In partnership with his military comrade, Gerald McKay, McRae established the Yarmouth Flying School, leaving an enduring mark on local aviation education. From driving bus lines between Yarmouth and Halifax to firefighting with the Yarmouth Fire Department, his versatility knew no limits.

The call of duty beckoned once more, as McRae re-enlisted in the Royal Canadian Air Force (RCAF) as an air traffic controller. His subsequent postings across Torbay,



14 Wing Greenwood's 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, second from left; Master Warrant Officer Cam Fletcher, second from right; and Captain Rob Albert, right; with Albert's father, Yarmouth local Francis Albert under the wings of the visiting Second World War-era Canso 11094, in Yarmouth June 21 on a memorial stop for Flight Lieutenant (retired) James M. McRae, DFC CD.

Submitted

Greenwood, Marville, France; and Bagotville underscored his enduring commitment to service, culminating in a pivotal role during the establishment of a control tower in the Congo as part of United Nations' peacekeeping efforts.

Releasing from the RCAF a final time in 1963, McRae continued to contribute actively to Yarmouth's fabric, notably serving as superintendent at Canada Customs until his retirement at age 65. His zest for life and independence remained undiminished, with

hobbies ranging from golfing and curling to mastering emerging technologies like MS DOS and maintaining an active presence on social media - even maintaining a travel blog; all a testament to his adaptability and thirst for knowledge.

Canso comes home

After its wartime service was complete, Canso 11094 was employed as a water bomber in defense of another kind, fighting fires in Newfoundland, where it received

its current color scheme of orange and green. In 2001, on detached firefighting service near Inuvik, a mishap resulted in its loss in 100 feet of water. The aircraft was written off, but subsequently salvaged by the Fairview Aircraft Restoration Society in Alberta. After lovingly restoring Canso 11094, the society decided the 100th anniversary of the RCAF was the perfect time for a cross-country trip to, among other things, re-

Continued on page 2...

14 Wing Greenwood
Wing Welcome

Rexpo

Saturday, September 7
10 a.m. to 1 p.m.

Clubs, sections, organizations, community non-profit organizations are invited to showcase their programs, as 14 Wing welcomes new families and old friends to the Valley.

14 Wing Greenwood Community Centre, Church Street

For information on booking a table for your display, contact Michelle Smith,
14 Wing Greenwood Community Recreation AA,
902-765-1494 local 568-5341 or michelle.smith@forces.gc.ca

Deadline to register August 30 | (book early, as spaces are limited)
www.facebook.com/14WingWelcome



Remembering...

...cover

unite with McRae. One of the crew commented, as they got closer to Yarmouth, the aircraft seemed to know it was returning home, flying faster on each subsequent leg of the trip.

The June 21 memorial service in honour of McRae was an emotional affair, conducted by Reverend Bill Newell and attended by a larger gathering than the airport had seen in years. Dignitaries present included Yarmouth MLA Zack Churchill, Argyle MLA Colton LeBlanc, Town of Yarmouth Deputy Mayor Steve Berry, Municipality of Yarmouth Warden John Cunningham, Municipality of the District of Argyle Warden Danny Muise, Nova Scotia/ Nunavut Command Royal Canadian Legion President Don McCumber and 14 Wing Greenwood's 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac. Also in attendance were numerous veterans and Legion members from the local area. During his remarks, Gignac reflected on McRae's profound impact on both military and civilian spheres, highlighting his integrity, humility and enduring camaraderie.



Surviving crew of a Second World War Canso aircraft, shot down by a U-boat and landed in the North Atlantic – including pilot Flight Lieutenant James M. McRae, after their rescue. McRae was awarded the Distinguished Flying Cross after the ordeal. Submitted

Following the service, attendees gathered in the airport lounge for a light lunch, sharing anecdotes and memories of McRae's exploits. The opportunity to tour the Canso and interact with its crew added a personal touch, reaffirming McRae's legacy among friends, admirers and fellow veterans.

As the day ended, Yarmouth bid farewell to a cherished son whose legacy will endure for generations. Flight Lieutenant James McRae's life serves as a beacon of courage, sacrifice and community spirit – a testament to the indelible impact of one man's unwavering

dedication to duty and service. Whenever anyone commented on James, the word "gentleman" came up every time.

McRae's daughter, Susan Amon, described her 106-year-old father's April passing neatly: "Dad was honorably discharged from life at 11:00 this morning, April 9." His last operational flight was aircraft #11094, which arrived in Yarmouth the previous afternoon. Knowing his meticulous nature, Susan believes he planned this departure, too. He passed away at 11 a.m. on the 9th day of the fourth month: 11-09-4. A curious coincidence? ➔



Master Corporal D. Ouellet, 14 Wing Imaging



Lieutenant M. Lewis



Master Corporal D. Ouellet, 14 Wing Imaging



Lieutenant M. Lewis

Shared space

June 26, 14 Wing Greenwood's CC130 334 Hercules, with 413 (Transport and Rescue) Squadron, visited Summerside for the day, combining a search-and-rescue demonstration, some fun RCAF100 promotion and a shared show-and-tell with a visiting Second World War restoration Canso 702 PBY-5A.

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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.vpinternational.ca

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July 22. Deadline for editorial and advertising content: **July 17**
Prochaine impression du journal d'Aurora : **juillet 22.** Date limite pour le contenu éditorial et publicitaire : **juillet 17**

Predict what your back-to-school 5 September weather will be colouring contest

Presented by 14 Operations Support Squadron, home of your friendly, neighbourhood tactical weather specialists.

Forecaster name: _____

Phone number: _____

<input type="radio"/> Pre-Primary to Grade 3	<input type="checkbox"/> Partly cloudy	<input type="checkbox"/> Sunny
<input type="radio"/> Grade 4 to 8	<input type="checkbox"/> Thunderstorm	<input type="checkbox"/> Rain
<input type="radio"/> Grade 9 to 12	<input type="checkbox"/> Overcast	<input type="checkbox"/> Fog

Back-to-school weather challenge

Student forecasters welcome to add a little colour to Greenwood skies

Corporal Jennifer Winter, Tactical Weather Specialist, 14 Operations Support Squadron

Hello, students! I'm Corporal Winter, with 14 Wing Greenwood's Intelligence and Meteorological Flight. I'd like to invite you to learn more about MET in Greenwood, and task you with entering to become Greenwood's most accurate student forecaster!

The MET section at 14 Wing works around the clock, 365 days a year, to support mili-

tary operations and search and rescue missions. Every millimetre of rain; every centimetre of snow; and every record-setting temperature is observed, measured and recorded by MET technicians here on base. Briefing the units and squadrons is an important part of our work, as we interpret satellite, radar and lightning detection programs to warn of inclement weather (such as thunderstorms), or to share the good news of a sky-clear day.

I, along with the entire MET section, encourage you to

forecast the weather for an upcoming very important date: the first day of school, September 5. Will it rain? Will it be sunny and hot? What about clouds?

Show us your forecast by colouring in what our skies will look like, and you could be hailed as Greenwood's most accurate student forecaster!

To help guide your forecasting, I've included historical weather data from our observations from the last five years' worth of September 5s:

- 2022 21.6°C rain,cloudy
- 2021 18.8°C cloudy
- 2020 22.5°C clear skies
- 2019 21.1°C rain, partly cloudy

Once your forecast has been completed, please drop it off by 3 p.m. August 19, at either The Aurora Newspaper (61 School Road, Greenwood), or at the Greenwood CANEX (1 Ward Road). All submissions will be assessed by the MET section for accuracy, and winners may have their forecasts shared by The Aurora (in print, or Facebook @The Aurora News).

Défi météo de la rentrée

Les élèves prévisionnistes sont invités à ajouter un peu de couleur au ciel de Greenwood

Caporal Jennifer Winter, Spécialiste de la météo tactique, 14e Escadron du soutien opérationnel

Bonjour les élèves ! Je suis le caporal Winter, de l'escadrille de renseignement et de météorologie de la 14e Escadre Greenwood. J'aimerais vous inviter à en apprendre davantage sur la météorologie à Greenwood et vous demander de devenir le prévisionniste étudiant le plus précis de Greenwood !

La section MET de la 14e escadre travaille 24 heures sur 24, 365 jours par an, pour soutenir les opérations militaires et les missions de recherche et de sauvetage.

Chaque millimètre de pluie, chaque centimètre de neige et chaque record de température est observé, mesuré et enregistré par les techniciens MET de la base. Le briefing des unités et des escadrons est une partie importante de notre travail, car nous interprétons les programmes de détection des satellites, des radars et de la foudre pour avertir du mauvais temps (comme les orages), ou pour partager la bonne nouvelle d'une journée

sans nuage.

Avec l'ensemble de la section MET, je vous encourage à prévoir la météo pour une date très importante à venir : le premier jour d'école, le 5 septembre. Va-t-il pleuvoir ? Le temps sera-t-il ensoleillé et chaud ? Et les nuages ?

Montrez-nous vos prévisions en coloriant ce à quoi ressemblera notre ciel, et vous pourriez être salué comme l'élève prévisionniste le plus précis de Greenwood !

Pour vous aider à faire vos prévisions, j'ai inclus des données météorologiques historiques tirées de nos observations des 5 septembre des cinq dernières années :

- 2023 25.4°C partiellement nuageux
- 2022 21.6°C pluie, nuageux
- 2021 18.8°C nuageux
- 2020 22.5°C ciel dégagé
- 2019 21.1°C pluie, partiellement nuageux

Une fois vos prévisions terminées, veuillez les déposer avant 15 h le 19 août au journal The Aurora (61, chemin School, Greenwood) ou au CANEX de Greenwood (1, chemin Ward). Toutes les soumissions seront évaluées par la section MET pour en vérifier l'exactitude, et les gagnants pourront voir leurs prévisions diffusées par The Aurora (en version imprimée ou sur Facebook @The Aurora News).

Three categories:
Pre-Primary to Grade 3, Grade 4 to Grade 8, Grade 9 to 12

Prize packs include

- one free hour of Greenwood Bowling Centre fun
- a CANEX Greenwood treat

Trois catégories :
Pré-primaire à la 3e année, 4e année à la 8e année, 9e année à la 12e année

Les prix comprennent

- une heure gratuite de jeu au Greenwood Bowling Centre
- une gâterie de CANEX Greenwood





Elevate opportunities inspire youth to 'make a difference' in aviation

Officer Cadet
Laura Lascelle

14 Wing Greenwood was honored to host Elevate Aviation's eighth cross-country tour May 31 – it's first visit to Greenwood, one of the 22 stops in an effort to inspire girls and underrepresented youth to follow a career in aviation.

Representatives from CAE, PAL airlines and StandardAero attended the day-long event, with goodies for participants and information on opportunities available through their organizations, including scholarships, mentoring and internships for women.

"I'm the only girl where I work right now, so I would love for other girls to start working there," said CAE engineer Danielle Larson. "When there are more women at a workplace, then it's more inspiring for future generations, for the little kids."

Larson talked about the noticeable underrepresentation of women she witnessed when she brought her then four-year-



old daughter trick-or-treating at her husband's pilot school in Moose Jaw, dressed as a mini-pilot.

"We found the one girl pilot, so we had to get a picture because my daughter really wanted a picture. Their hair matched, and it was just such a cute moment: it was like, 'Look! There are girls here!' If kids can see it's a job that anyone can do, then more girls might say, 'I can do that!'"

The event's host, 14 Wing air combat systems officer and 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Lara Jennings, whose own young daughter wishes to become an "airplane driver," was excited to see the tour make its way to

Greenwood.

"We have a phenomenal team of women here today, with a broad range of experiences who are going to be talking about their careers," said Jennings. "The whole world of aviation is huge, and there are jobs for everybody. That's why I think this program is cool, because it can expose you to everything that the world of aviation has to offer."

Just as there are more options than simply "pilot," there are innumerable reasons why women could consider a career in aviation. Those interested in working with their hands can become engineers or technicians; CAE's simulators are a great option for young girls who love graphics design or



computers. Jennings' career allowed her to pursue her love of travel across a dozen countries. Warrant Officer Amanda Jardine found her dream job, but also a career that provided her with subsidized post-secondary education, a competitive rugby opportunity and the title of 2023 U SPORTS women's rugby All-Canadians and 2023 Atlantic University Sports All-Star. Captain Mary Cameron-Kelly knew she belonged in the aviation world and, though options were limited for women when she enrolled in 1981, she fought for her place in the sky, applying four times after she had completed her private piloting license before she was accepted as the first female CP140 Aurora pilot in the Royal Canadian Air Force.

"For me, that is my happy place. This is what I love to do, and love to be."

Cameron-Kelly encouraged the young participants to chase their own dreams: "go for it,



don't give up."

In contrast, Captain Danielle Beland joined the RCAF without a specific career in mind and has excelled as an aerospace control officer, earning the position of chief controller of a military control unit at just 29 years old.

"I've had incredible opportunities to grow and learn in a field I originally had no interest or knowledge of. That's pretty cool."

After a BBQ lunch and the opportunity to meet face-to-face the event's speakers, Elevate Aviation participants were taken on a tour of the wing, where they met different women from a variety of trades in aviation and toured some of the wing's aircraft. The group ended the day meeting 14 Wing Commander Colonel Jeff Davis and Wing Chief Warrant Officer Jonathan Proulx, who presented each attendant with a wing coin.

"I think you all have a super

opportunity to make a huge difference and, to be frank, society is depending on you as our future, so please embrace the opportunity and the challenges, get involved, find out what interests you, ask questions, seek advice and really seize the occasion here to learn a bit about aviation," Davis said. He also took a moment to thank the women who worked so hard over the last few months to organize the tour.

"Your leadership is an inspiration, and you're all an example, a mentor and a friend to this fine group of young individuals who are our future. It's so important we realise that. The group today is fortunate to have you here and hear your story. The chief and I are lucky to have the opportunity to work with you every single day."

The Elevate Aviation team also wanted to let young aviation enthusiasts know they already have the support of the industry in the pursuit of their aviation dreams.

"We are all behind you; all the women here in the industry are here to support you. Elevate Aviation's a great opportunity to get a mentor so you can feel like you're not alone, and all you need to do is just reach out to us," said Larson. ➔

14 MSS team marks birthday (a chance to eat cake!)

Officer Cadet
Laura Lascelle

It has been seven years since 14 Mission Support Squadron (MSS) first stood up, June 29, 2017.

To commemorate the re-organized squadron's "birthday," 14 MSS' commanding officer, Lieutenant-Colonel Shawn McGeown, invited all past and present members to the Annapolis Mess June 27 to celebrate with a slice of beautifully decorated cake.

The cake, carefully prepared by the squadron's Replenishment Flight's kitchen staff and adorned with smaller versions of 14 MSS team of mascot ants, carrying the squadron's

various trade badges; was served by Transportation Electrical Mechanical Engineering Flight Commander, and acting 14 MSS commanding officer, Major Jordan Phillips; alongside 14 MSS Chief Warrant Officer Jean Plamondon.

Although Phillips playfully announced, "any excuse to eat cake!" during his opening remarks, he sincerely expressed that the gathering is "more than simply an opportunity to eat cake - it is to recognize the personnel of 14 MSS.

"We're gathered here to celebrate both the people and the achievements of the squadron throughout its seven-year history."

14 MSS includes five units:

Replenishment Flight, Construction Engineering Flight, Transport & Electrical & Mechanical Engineering Flight, Personnel Administration Flight and Basic Training List Flight. During the birthday event, a slideshow of photos squadron command team and squadron members and other special events was shared. ➔



14 Mission Support Squadron Chief Warrant Officer Jean Plamondon, left, and Transportation Electrical Mechanical Engineering Flight Commander Major Jordan Phillips had cake-cutting honours June 27, as 14 MSS members marked their squadron's seventh birthday.

Officer Cadet L. Lascelle

Cancer challenge motivates Valley cyclist

Officer Cadet
Laura Lascelle

For Marie Johnstone, cancer has "hit too close to home, too often." She has dedicated the last four years to raising funds for the Hospital for Sick Children (SickKids) through the Great Cycle Challenge Canada.

"I think I started because my daughter, Angela's best friend at school died of cancer and, being so close to the family, it hit home. This year, I just lost my own mom to cancer, so cancer in general has particular meaning. It's touched my life too many times."

After her friend's passing, Angela volunteered at the children's cancer ward at the Children's Hospital of Eastern Ontario (CHEO) to complete her high school volunteer hours. Joining her daughter and spending time with the children was an impactful experience for Johnstone.

"There's a couple times you come out and go to the car and there's a few tears, for sure."

When Johnstone came across the Great Cycle Challenge's slogan, "Because kids should be living life, NOT fighting for it," she was inspired to join the cause.

"I told myself, 'That's it, let's cure this thing!'"

Over the last few years, Johnstone has taken on the challenge to "Kick Cancer's Butt" and make a difference for the over 17,000 Canadian children diagnosed with cancer every year. Since 2021,

she has ridden 810 kilometres and raised \$8,452.11 for the SickKids Foundation. This year, her goal is to raise \$2,500 and ride 500 kilometres in August, a distance she considers to be a personal challenge. Although Johnstone surpassed her goal last year by riding 511 kilometres, she will be attending Angela's wedding in Ajax during the month - leaving just over two weeks to cover the ambitious distance. She's not deterred: she has been diligently training on her indoor trainer throughout the winter to prepare for the task and, once the snow melted, she began riding into work, from Coldbrook to

14 Wing Greenwood, at least twice per week, covering approximately 65 kilometres with every trip, as well as making time on the weekends for a 30-kilometre ride.

When she isn't training, Johnstone is canvassing the Valley for donations. Since she began in February, she has reached \$1,700 of the \$2,500 she plans on raising. Just as she did last year, she has collected items for a Facebook auction in August (and would love to hear from anyone interested in adding to the auction collection). She has also stood up tables at various grocery stores to sell Epicure kits and a variety

of Peace by Chocolate chocolates to raise funds.

"I can't say enough about Peace by Chocolate," says Johnstone; "about how much they've helped me with the fundraising - and their chocolate is delicious!"

Anyone interested in purchasing chocolate or Epicure kits for the cause may contact her at marie.johnstone@forces.gc.ca.

"My hope is that whatever The SickKids Foundation finds through their research, it will help cure cancer in general."

Donations may also be submitted through Johnstone's profile on the Great Cycle Challenge Canada's webpage. ➔



Submitted





Greenwood Military Aviation Museum & Society

Presents | Présente



RCAF CENTENNIAL

2024

WINGS & WHEELS

2024



CAR SHOW

EXPO D'AUTO

10 a.m. - 4 p.m.

Saturday, July 27

CANEX Mall/ Aircraft Park

10 h - 16 h

samedi le 27 juillet

Parc d'Avions au Centre Commercial CANEX

• Aircraft Tours • BBQ • Prizes • CANEX Open • Gift Shop
• \$5 Registration • 1945 Jeep Rides • Live Music

• Visites d'Avions • BBQ • Prix • CANEX Overt • Boutique de Cadeaux
• Enregistrement \$5 • Tours de Jeep 1945 • Musique Live

• Rain date: Sunday, July 28 • For updates visit: www.facebook.com/gmam
• En cas de pluie: Dimanche le 28 Juillet • Mise à jour voir : www.facebook.com/gmam

Always time for special museum visitors...

Sara White,
Managing editor

Two careers' worth of stories were swapped in a morning's tour of the Greenwood Military Aviation Museum July 2, as museum society

chairman Royal Canadian Air Force Major General (retired) Ian Patrick hosted visiting United States Air Force Colonel (retired) Loran Gierhart, from Texas. The former military pilots compared aircraft flown,

bases and airfields they'd worked from, people they knew in common, missions that aligned – whether in their own country, or around the world. While Patrick has over 30 years volunteering with the museum's displays, artefacts and intent; he was happy to start from scratch with Gierhart, taking him through the earliest days of Greenwood as a British Commonwealth Air Training Plan RAF Station during the Second World War, through the Cold War and into more recent search and rescue and long range and maritime patrol work.



Greenwood Military Aviation Museum society chairman and volunteer, Major General (retired) Ian Patrick, right, and visiting United States Air Force Colonel (retired) Loran Gierhart did this – shake hands and chuckle as they reminisced - a lot during their July 2 museum tour and visit.

Submitted



Sergeant Marcotte, left; Sergeant Sebo, Sergeant Roy and Master Corporal Parker, right; load equipment.



Captain Dodman keeps a watchful eye in the back of the Hercules.



Greenwood Military Aviation Museum society chairman and volunteer, Major General (retired) Ian Patrick, left, hosted visiting United States Air Force Colonel (retired) Loran Gierhart for a morning visit July 2. Patrick presented Gierhart a GMAM pin as they were touring the GMAM's restoration Lancaster.

S. White

included three United States Armed Forces Distinguished Flying Cross awards. At the start of his career, Gierhart was designated a weapon systems officer on B-52s in North Dakota. He gained a master's degree in mathematics from the University of Michigan and taught math at the United States Air Force Academy. When Vietnam broke out, his friend asked if he would be interested in joining the 609th Air Commando Squadron. This was an elite unit flying A-26s, specializing in night dive-bombing missions over the Ho Chi Minh Trail, dis-

rupting truck supplies from North Vietnam and China to the fighting in the south. It was extremely dangerous, flying essentially a Second World War bomber at low level, at night, with basic navigation. If you completed 100 missions in the 609th, you were designated a "Nimrod." Gierhart completed 196 missions: his unit had the highest per sortie shoot down rate in Vietnam (you were likely not going to survive), and was awarded the Presidential Unit Citation, the highest unit award in the American military. He was awarded three DFCs and multiple air medals.

After Vietnam, Gierhart transitioned to the F-111 in England, spent time at a number of American bases, including Air War College in Montgomery, Alabama; Randolph Air Force Base in Texas and the Pentagon. He finished his career in San Antonio, Texas, with USAF Personnel Command; having accumulated 2,000 flying hours in the B-52 alone. After retirement he worked as a real estate agent, taught math at the University of Texas San Antonio, and was later the head of mathematics at Palo Alto College in San Antonio. ➔

Off the back of a Herc

14 Wing Greenwood's 413 (Transport and Rescue) Squadron crews got in a nice day's training June 6 over the ZX airfield and nearby lakes: flying, jumping, putting skills and gear to work. Practice means professional, when SAR personnel are called out to bring search, medical and evacuation resources into an emergency scene.

Corporal F. Roy & Corporal L. Brolly, 14 Wing Imaging



There was a wet practice landing ahead, but Sergeant Marcotte was game. This is not a bad day "in the office."

Community Council represents RHU residents

The 14 Wing Greenwood Community Council's main functions are to conduct activities of interest to the community, provide a voice concerning matters of the Residential Housing Units residents, provide a channel of communication between the wing and RHU residents, and to make recommendations to improve welfare, safety and comfort of the RHU area.

The Community Council helps run events, such as Christmas lighting competitions, an RHU yard sale and spring cleanup. The Community Council may also assist with any problems in regards to garbage buildup, snow removal or park maintenance. The Community Council is composed of a president, vice-president, primary and secondary councilors/ ward

representatives for each ward, and other appointments as deemed necessary to fill the offices of the council. The primary duty of all councilors is to represent the residents of their ward in those matters falling within Community Council jurisdiction. Councilors shall be appointed by the president to perform various tasks, serve on committees, and liaise with organizations sponsored by

the Community Council. It is important to understand ward representatives are not responsible for resolving interpersonal disputes, but are a point of contact for steering people in the right direction and gathering information for the resolution process.

Ward reps (including vacant positions)
President – Warrant Officer

Terry Wadman
Vice-president – Master Corporal John McElroy
Ward 1 – Captain James Beaulne, Master Corporal Tyler Leslie (Ivy, Rose, Lilac)
Ward 2 – Corporal Dominic Pelletier, Sergeant Jerome MacMullin (Lodge, Mayflower)
Ward 3 – Captain Sophia King, Corporal Chris Arsenault (Eighth, Ninth, Tenth, Eleventh, Twelfth, Thirteenth,

Kingswood)
Ward 4 – Corporal Matthew Voisey, VACANT (Fifth, Sixth)
Ward 5 – Vacant (First, Second, Third, Fourth)
Ward 6 – Chantal Gagnon, Warrant Officer Charles (Maple, Cedar, Birch, Elm)
If you wish to volunteer to be part of the Community Council, please email Warrant Officer Terry Wadman, terry.wadman@forces.gc.ca. ➔

Le conseil communautaire représente les résidents des UHR

Les principales fonctions du conseil communautaire de la 14e aile Greenwood sont d'organiser des activités d'intérêt pour la communauté, de s'exprimer sur les questions concernant les résidents des unités de logement résidentiel, de servir de canal de communication entre l'aile et les résidents des unités de logement résidentiel et de formuler des recommandations pour améliorer le bien-être, la sécurité et le confort de la zone des unités de logement

résidentiel. Le conseil communautaire participe à l'organisation d'événements tels que les concours d'illuminations de Noël, le vide-grenier de l'unité d'habitation résidentielle et le nettoyage de printemps. Le conseil communautaire peut également apporter son aide en cas de problèmes liés à l'accumulation d'ordures, au déneigement ou à l'entretien des parcs. Le conseil communautaire est composé d'un pré-

sident, d'un vice-président, d'un conseiller principal et d'un conseiller secondaire/ représentant de quartier pour chaque quartier, et d'autres personnes désignées comme nécessaires pour remplir les fonctions du conseil. Le premier devoir de tous les conseillers est de représenter les résidents de leur quartier dans les affaires relevant de la compétence du conseil communautaire. Les conseillers sont nommés par le président pour accomplir

diverses tâches, siéger dans des commissions et assurer la liaison avec les organisations parrainées par le conseil communautaire. Il est important de comprendre que les représentants de quartier ne sont pas chargés de résoudre les conflits interpersonnels, mais qu'ils constituent un point de contact pour orienter les gens dans la bonne direction et recueillir des informations en vue du processus de résolution.

Représentants de quartier (y compris les postes vacants) :
Président - Adjudant Terry Wadman
Vice-président - Caporal-chef John McElroy
Quartier 1 - Capitaine James Beaulne, Caporal-chef Tyler Leslie (Ivy, Rose, Lilas)
Quartier 2 - Caporal Dominic Pelletier, Sergent Jerome MacMullin (Lodge, Mayflower)
Quartier 3 - Capitaine Sophia King, Caporal Chris Arsenault (Huitième, Neuvième, Dixième, Onzième, Douzième, Treizième,

Kingswood)
Quartier 4 - Caporal Matthew Voisey, VACANT (Cinquième, Sixième)
Quartier 5 - VACANT (Premier, Deuxième, Troisième, Quatrième)
Quartier 6 - Chantal Gagnon, Adjudant Charles (Érable, Cèdre, Bouleau, Orme)
Si vous souhaitez vous porter volontaire pour faire partie du conseil communautaire, veuillez envoyer un courriel à l'adjudant Terry Wadman, Terry.Wadman@forces.gc.ca. ➔

Unmasking a 'hidden threat' to CAF morale

Padre Paul Finnemore,
14 Wing Greenwood unit chaplain

There is a hidden threat that can - and has - subtly infiltrated 14 Wing Greenwood and, indeed, the Canadian Armed Forces, wreaking havoc, damaging the organization and individual lives. This destructive phenomenon has largely gone unnoticed, with other important issues including mental health awareness, sexual misconduct, addictions and racism overshadowing it. The corrosive problem that needs a light shone on it? Gossip.

Throughout their careers, many members have experienced gossip in breakrooms, on course and at social functions. It can happen on operations, as well as at home. They may have been the perpetrator, the victim - or both. Surprisingly, despite running counter to several key aspects of CAF values and ethics, gossip has largely avoided a significant educational and communications effort to combat it. As a new chaplain, during my first posting to Greenwood, I have come across this issue and its destructive results more times than I would like to say. As my posting away from

Greenwood nears, I wanted to leave this article, hoping to provide some insight on the issue of gossip and open our eyes to its destructive power. I would also like to challenge us to stop gossiping, and replace it with encouraging. Gossip is communication among two or more individuals about a third party without their knowledge. This communication can be verbal or digital. *Negative* gossip specifically involves discussion about the absent third party that is typically unkind, disapproving, destructive, vindictive or even not true. If communication with others seems to take pleasure related to the misfortune, mistakes or weakness of another member has a negative tone or you would be uncomfortable telling what you've heard to the person being discussed, then negative gossip is occurring.

To some, gossip seems somewhat harmless, just curious and informative conversation. However, studies have shown gossip can be extremely destructive to organizations. One example found, for some, pervasive negative gossip led to "emotional exhaustion, decreased job performance, damaged relationships within teams and

even burnout." Another project learned gossip, especially when discovered by the third party, leads to an erosion of trust – and further negative gossip. Unsurprisingly, the overall effect was a decrease in general morale. Given the nature of our service, we in the CAF constantly contend with stress, fear, change and work-life balance. Why would we want to practice gossip on top of all this?

Negative gossip is certainly something the CAF should avoid. I was able to have a conversation with 14 Wing Chief Warrant Officer Jonathan Proulx about this.

"I have, unfortunately, on numerous occasions and at all rank levels, observed negative gossip that undermines the operational effectiveness of our force," says Proulx. "I have seen gossip spiral to a point it creates multiple divides within an organization, which ultimately decreases the overall morale for everyone - even those not involved. For example, the chain of command must exert a significant effort to rectify the situation, taking valuable time away from focusing on other matters, such as mentoring and developing future leaders."

Aside from the organizational damage, participating in negative gossip runs counter to several ethical values of the CAF. First, the principle of respecting the dignity of all persons is clearly violated for the third party being discussed. Second, negative gossip violates the principle of serving Canada before self. Gossip is a selfish act: people take pleasure in it at the expense of the third party. We have seen the destruction it can cause within the organization.

Gossip truly is a poison lurking within the CAF, with the potential to harm the institution and its valued members AND their dependents. Morale, teamwork, operational effectiveness, mental health and professional satisfaction are all at risk. Again, considering CAF ethics, *Trusted to Serve* says, "The moral courage required to do the right thing can be as equally if not more demanding than the physical courage to continue fighting in the face of adversity."

14 Wing Greenwood Padre Paul Finnemore encourages "courageous action" around a challenging problem: gossip.

S. White



With my chaplain hat on, if you are reading this, I want to issue a call to courageous action. First, I challenge you to make a decision today and discipline yourself to not gossip. Second, when encountering gossip, do not participate. Kindly, yet firmly, encourage others to stop. Aside from not gossiping and calling it out

when you see it, take it a step further and replace gossip with encouragement. Make it a habit to encourage and commend your colleagues. If you hear something *positive* said about someone who is not present, make it a practice of sharing it with that individual the next time you see them.

These changes, like breaking any habit, take time, practice, discipline and effort. If enough of us take these challenging, yet simple, steps, I feel very confident, over time, the overall morale at 14 Wing will be noticeably better. ➔

Wings & Wheels car show returns to Greenwood July 27

David Saulnier,
Greenwood Military
Aviation Museum Society

It's a bird! It's a plane! No, wait, it's a flock of planes... surrounded by some of the Maritime's coolest rides.

If you haven't heard yet, Wings & Wheels is back in the Valley Saturday, July 27; celebrating the 100th anniversary of the RCAF.

The show features over 250 classic, antique and special interest cars parked in the shade of the Greenwood Military Aviation Museum's vintage aircraft. There will be guided tours inside a Hercules, Challenger, Aurora, Anson, Labrador and H44 twin rotor helicopter. You'll get to stand inside the Lancaster, and peer into a T-Bird and a Second World War Bristol Bolingbroke, too. A Neptune



and an Argus join the flock to provide extra shade, and there's an Expeditor under restoration to check out.

You'll be able to buy your Air Show Atlantic tickets (coming up August 24 and 25), have a BBQ or fish & chips lunch, shop in the air conditioned CANEX and museum gift shop, and take a guided tour inside the museum. Or, just sit back and enjoy free live music from our very own six-piece jazz combo! Rumour has it

the show may even be buzzed by a low-flying aircraft or two!

Young, old, somewhere in between: you're guaranteed to find something of interest at Wings & Wheels RCAF 100th Anniversary Edition.

Gates open at 10 a.m. It will be \$5 to enter a vehicle in the show, for trophies and prizes; and free admission for spectators. The rain date is July 28.

Look for regular updates at facebook.com/GMAM.CA or gmam.ca. ➔



The Greenwood Military Aviation Museum's Wings & Wheels, happening July 27, is a photographer's dream come true: Two hundred fifty cars are expected to show, all parked under the museum's airpark aircraft wings; and, most of the aircraft will be open for everyone to check out. You never know what you'll see at Wings & Wheels!

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July 22, 2024

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Semi loss ends Greenwood ball hockey regional run

Sara White,
Managing editor

14 Wing Greenwood's men's ball hockey team started off strong at the Canadian Armed Forces Atlantic regional tournament in Shearwater: two wins on Day 1; but a semi-final loss ended the title run.

The team opened against CFB Gagetown July 10, taking a 5-2 win. Corporal Tyler Williams scored the first goal, followed by the first of two from Sailor Second Class Ryan Hoskins. Corporal Dylan Ventresca had the third goal, followed by Hoskins' second, coming on a power play. Corporal Steve Best sealed the deal for Greenwood with the team's fifth and final goal. Best also added two assists; Hoskins was named Greenwood's MVP. Shout-out, too, to Sergeant Matt Pittman, who had a solid game in nets: not many shots, but many key saves. Hoskins was named game MVP.

In the evening game, Greenwood met the 12 Wing Shearwater hosts. With a 5-3 win, Greenwood goals in the first period came from Corporal Tyler Currie, getting the opener on a great corner pass from Ventresca: Williams off the face-off, and Hoskins. Shear-

water made a great push back in the second m, getting to 3-2, but Greenwood showed great resilience and got its fourth goal from Corporal Simon Landry. Shearwater made it 4-3 in the third, but Williams, with his second goal of the game, put the ball in an empty to lock Greenwood's second win of the day. He was named Greenwood's game MVP.

Greenwood went into Day 2 July 11 in good shape, on the floor against CFB Halifax in the last of its round-robin games. Halifax was out with the 1-0 lead first, but Greenwood answered back with goals from Corporal Dylan Thrussell (his first in military regionals), Corporal Dave Brent and linemate Hoskins. Halifax then went on a four-goal run. Resilient and pushing back, Greenwood scored its fourth goal – from Williams – with just four minutes left in the game, and then tied it with 20 seconds left. Five minutes of three-on-three overtime didn't solve anything; Halifax won in a shoot-out. Game MVP for Greenwood was Thrussell.

The evening semis shaped up, with Greenwood going in in first place against fourth-place Shearwater. The start was rough: what could have been a 3-0 lead for Greenwood were

Submitted

missed shots on goal - with Shearwater capitalizing on every one of the turnovers to race it to an 8-1 win. Greenwood's single came from Corporal Simon Landry, MVP for the team. Halifax won the second semi-final 3-2 over Gagetown.

The gold-medal game be-

tween local rivals provided an exciting finish to the championship July 12, as Halifax took a 4-3 overtime win over Shearwater after two 20-minute periods of regulation time: the first period saw Halifax come away with a 3-1 lead after two quick goals in the final minutes

broke an early 1-1 tie. The Shearwater squad answered in the second, quickly making it 3-2 and then tying it up with 12 minutes remaining. The tie held long enough to force the game to overtime but, with plenty of scoring chances on both sides, it was only a matter

of time. Halifax's championship victory also avenged their only loss of the week, when they fell 6-4 against the Flyers in their opening game.

There are no Canadian Armed Forces nationals this season. ➔

With files from The Trident

RHU Summer Beautification Contest

29 July 2024 at 14h00

\$50

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Scoring criteria:

Creativity

Variety

Use of colour

Overall lawn maintenance

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14 Wing, RCAF bands make Tattoo music

Warrant Officer Eric Sproul, Bandmaster, 14 Wing Greenwood

In a rare opportunity this year at the Royal Nova Scotia International Tattoo, the 14 Wing Greenwood volunteer Brass and Reed Band showcased its musical prowess, as well as their commitment to the 14 Wing community, by joining hands with the esteemed Regular Force bands of the Royal Canadian Air Force: the RCAF Band from Winnipeg, the Central Band of the CAF from Ottawa; and the 438 (Tactical Helicopter) Squadron Reserve band from Montreal.

The Tattoo, June 28 to July 1, with rehearsals that spanned the full week before; mesmerizes and delights audiences with its spectacular displays of music, dance and military pageantry. This year's show honoured the Royal Canadian Air Force's centenary; the perfect platform for bands across the RCAF to collaborate.

Also in attendance from 14 Wing were the Pipes and Drums, under the supervision of Sergeant Marc Maloney; and the Tattoo colour guard, made up of airmen and women under the supervision of Warrant Officer Michael Thomas. The event served as a testament to the dedication and skill of the volunteer musicians involved, leaving a lasting impression on all those in

uniform - and all those who witnessed the show.

The 14 Wing Band brought its own distinctive flair and professionalism to the show, harmonizing seamlessly with the other bands. Some members even volunteered to dance on the floor during "The Music Man Project," a very special scene in the show that showcased what wonderful work is being done with children and adults with learning disabilities. This show of support and collaboration was a testament to the values of inclusion and camaraderie that exists within the Canadian Armed Forces, and the wide musical community.

Under the batons of an international team of conductors, as well as the professional guidance offered by the musicians themselves, the 14 Wing Band got more than just the joy of performing from this experience.

"Everyday, my team seems to be learning something new from the musicians and CAF members around them," said Warrant Officer Eric Sproul, 14 Wing's bandmaster. "They are creating new connections and reconnecting with old friends. The professional development opportunities are endless, and I am extremely proud our members were able to have been a part of it."

The combined forces' band delivered a stellar performance that resonated with audience members from all walks of life. The repertoire ranged from classic military marches to contemporary and pop tunes, showcasing each band member's remarkable talents.

14 Wing Band members added some fun to a highlight performance in this year's Royal Nova Scotia International Tattoo, volunteering to dance during "The Music Man Project." This scene showcased the wonderful work being done through music with children and adults with learning disabilities.



Submitted

formance that resonated with audience members from all walks of life. The repertoire ranged from classic military marches to contemporary and pop tunes, showcasing each band member's remarkable talents.

As the curtains closed on this year's Tattoo, the collaboration between the 14 Wing Band and the RCAF stood out as the highlight of the event, earning accolades and applause from both spectators, fellow performers and production staff alike. It was a momentous occasion that showcased the power of music to bring people together and celebrate the rich traditions of the Canadian Armed Forces.

14 Wing Band and wider wing members have set a new standard for excellence in collaboration, leaving a lasting legacy at the Tattoo.



The Royal Nova Scotia International Tattoo indoor show is one thing, but annual on-the-road or on-the-Halifax-waterfront pop-up performances are always a treat. Members of the 14 Wing Band were happy to join in on the Halifax Harbour boardwalk.

Submitted

Their performance will be remembered for years to

come, a shining example of the talent and dedication that

defines the military musical community in Canada. ➔

Handful of medevacs keep SAR crews busy

July 3, the Halifax Joint Rescue Coordination Centre tasked 14 Wing Greenwood-based aircraft with 413 (Transport and Rescue) Squadron to a medevac from the fishing vessel 3 Knotty Buoys, located approximately

300 nautical miles southeast of Halifax. Cormorant Rescue 908 left Greenwood at 5:12 p.m., and Hercules R333 left Greenwood at 5:39 p.m. to provide top cover for the medevac. En route, R908 returned to base and R905 was

dispatched to the scene, completing the medevac. Both R905 and R333 returned to Greenwood by 3 a.m. July 4, July 8, Cormorant R908 left Greenwood at 8:56 p.m. for a medevac from the Island Princess, 25 nautical miles west of Port-aux-Basques. Hercules R333 departed at 9:38 p.m. to follow on and provide top cover. R908 went on to the Halifax airport for patient transfer to EHS.

July 13, Cormorant R908 left Greenwood at 11 p.m. to conduct a medevac near Havre-St-Pierre. July 14, at 8:39 a.m., while returning to base from the

previous tasking, R908 was re-tasked while airborne to conduct a search in the vicinity of Deer Island, in Southern New Brunswick. By 8:30 a.m., R908 was stood down from this second tasking and landed back in Greenwood at 9:08 a.m.

July 15, Cormorant R908 left 14 Wing at 4:54 a.m. to conduct a medevac out of Grand Manan.

July 15, Hercules R334 left Greenwood at 8:55 p.m. for a medevac top cover north of Nain. They returned to Greenwood at 2:17 a.m. July 16, after completing the tasking. ➔

beatification contest. Points will be considered in creativity, variety, use of colour and overall lawn maintenance.

With prizes! Win a \$50 gift card, up for grabs in each ward! ➔

Best summer-styled home on the RHU block?

July 29, at 2 p.m., representatives of the 14 Wing Greenwood Community Council and the wing will judge the annual Residential Housing Units (RHU) neighbourhood in the summer

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Route #10 | Pine Ridge East Subdivision

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the Aurora

'Something they're going to remember' Museum summer tours all about making memories

Officer Cadet Laura Lascelle

After a successful pilot project last fall, the Greenwood Military Aviation Museum (GMAM) is excited to welcome three new tour guides, offering free guided tours of the museum and grounds all summer, from 10 a.m. to 4 p.m., Tuesday to Saturday.

Officer Cadet Chris Wall first enrolled in the Canadian Armed Forces Reserves in Aldershot in 2013. In 2020, he transferred to the air combat systems officer (ACSO) trade in the air force, under the University Training Plan for Non-Commissioned Members program. After completing his degree at Acadia University last May, Wall was assigned the position of head tour guide at the GMAM - a position which has helped him gain useful junior officer work experience while he awaits the next ACSO qualification course.

"I've had a blast so far" says Wall, who has been busy learning about Greenwood's history and its aircraft. While his favourite exhibit is the museum's engine room, with its spinning Wright 981TC engine once belonging to a retired Argus aircraft, Wall loves being able to give children the opportunity to climb into a plane or manipulate controls on one of the displays.

"I just remember myself as



The Greenwood Military Aviation Museum's summer tour guides - Officer Cadet Chris Wall, standing; Kaiden Crowell and Taylor McAlear, right; are often learning just as much from visitors with every tour of the museum's airpark displays they lead.

Officer Cadet L. Lascelle

a kid, you know? I would love to go to the museums and just touch and interact with the exhibits - that was very memorable for me. I try to provide that same energy to the kids that come here," he says. "That's my favourite part of the tour: bringing them inside the Hercules plane cockpit, and letting them sit in the seats and touch stuff, because I know that's something they're going to remember. They love, I love it, the parents love it - it's great for everybody!"

Taylor McAlear has already given over 20 tours since she started work at the end of June. With no previous experience in aviation, McAlear was interested in the position because she loves talking to people in her community. Already, she has learned lots from the museum's volunteers, and says every day she learns new, interesting information as she goes on tours. Although she appreciates the calm and friendly atmosphere of the museum, McAlear admits the GMAM's Annex display space is one of her favourite stops on a tour because she enjoys watching how happy children are when they get to run around the exhibits. The planes in the outdoor air park are also always

an interesting stop. "People are so impressed by how big the Hercules is," says McAlear. Kaiden Crowell has loved learning about aviation since he joined Air Cadets, already earning both his glider and single engine licenses through the program. "I like talking to people, and I like talking about aviation, so the two combine in a really nice way here," says Crowell. The most exciting part of Crowell's job as a guide is meeting interesting people from around the world and hearing about their summer plans.

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"I like talking to people, and I like talking about aviation, so the two combine in a really nice way here," says Crowell. The most exciting part of Crowell's job as a guide is meeting interesting people from around the world and hearing about their summer plans.

When he first began giving tours, Crowell found a wealth of information in the GMAM's volunteers, who enjoy talking about their own hands-on

"Back in May, I gave a tour to a grandmother and grandson from Australia, and that grandmother brought even more people over to the museum for a tour last week, so it was nice to see them back. It's kind of funny - we both looked at each other and were like, 'Hey, I remember you!' It's nice to see people coming back in groups. And it's a great experience, trying to make it the highlight of someone's summer."

When he first began giving tours, Crowell found a wealth of information in the GMAM's volunteers, who enjoy talking about their own hands-on

experience with the museum's artefacts. He has also given tours where some of the visitors have taught him a few fun facts about the museum's displays.

"I had this guy visit[who used to work at Bombardier, and it was probably the longest tour I did - but it was more like he was touring me around," says Crowell. "He knew so much about some of the displays, especially of our Challenger jet outside. It's really nice learning all sorts of stuff. You know, you get these different people with a lot of knowledge in aviation and they can impart that on you and, as a tour guide, you can then impart that on others."

While each guide has their favourite artefact, museum exhibit or story, they all agree being able to vary their tours to cater to the interests of the different visiting groups has been a perk of the job.

"That's one of the nice things about the experience here, where everybody's tours are kind of fluid," says Wall. "We all change our tours all the time, because sometimes some expert will come with some really cool, specific knowledge we can incorporate into our tours. We're always learning, it's always interesting. And the people that come in, they all want to see different stuff, so we try to tailor the tours to the audience, too. It keeps it fresh." ➔

Ask the expert: practice sun safety

Dr. Darrell Menard

Q: I've spent most of my life working and playing outside. Numerous sunburns have left me with multiple spots on my skin my dermatologist calls "sun damage." My children inherited my fair complexion, and I worry they are at increased risk of sun-related skin problems. Do you have any advice for people who want to enjoy the outdoors more safely? - Sun Damaged Sam

A: Dear Sun Damaged: Did you know, regardless of your skin colour, too much sun exposure can lead to problems such as sunburn, premature skin ageing, cataracts and skin cancers? Here

STRENGTHENING THE FORCES

are some helpful strategies to enjoy your time in the sun more safely:

- Use a broad-spectrum sunscreen (protects against both ultraviolet A and B) that is also water resistant and has a sun protective factor (SPF) of 30 or higher. Generously apply your sunscreen, and reapply every two hours, after a swim or more frequently if you sweat a lot.
- Water, snow, sand and concrete reflect light -this increases your sun exposure.
- Wearing a wide-brimmed

hat will protect your eyes and the skin on your head, face and neck.

- Wear clothing that covers as much of your skin as possible, even on cloudy days. The sun's ultraviolet rays can penetrate through clouds.
- When it comes to tanning - fake it, don't bake it! Sunless tanning creams will give you that bronzed look without the skin damage.
- Avoid getting sunburned - a history of five or more sunburns doubles your risk of malignant melanoma, a type of skin cancer.

- Protect your eyes by wearing sunglasses or eye-glasses with ultraviolet protective lenses.
- Reduce time spent in the sun, especially between 10 a.m. and 4 p.m., when the sun is most intense.
- Look at the Canadian Daily UV Index Forecast. It tells you how intense the sun will be on a given day. In Canada, the UV index goes from 0-11+. The higher the number, the higher the risk: 0-2 - low risk, 3-5 - moderate risk, 6-7 - high risk, 8-10 - very high risk and 11+ - extremely high risk. While we all enjoy being outside on a warm summer day, too much sun exposure can be a bad thing. The good



news is that using the above strategies will help you to have safer fun in the sun. ➔

Menard is the surgeon general's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening

the Forces team, he works on injury prevention and promoting active living. Strengthening the Forces is CAF/ DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

bravo zulu | promotions & presentations



July 9, Master Corporal Mathew Brown, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



June 26, Wing Comptroller Sergeant Rachel Lejeune, centre, with her son; was promoted to the rank of warrant officer by Deputy Wing Commander Lieutenant-Colonel Devlin Paquette, left, with Chief Warrant Officer Chuck Rice; at 14 Wing Greenwood headquarters.



July 4, Corporal Edward Simmons, centre, was appointed to the rank of master corporal by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 11, Captain Montgomery, center, was presented the Canadian Forces Decoration by Deputy Wing Commander Branch Major Allan Baillie, left; with Chief Warrant Officer Chuck Rice.



July 16, Sergeant Thomas Furman, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Joe Mackinnon, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



June 26, Wing Comptroller Second Lieutenant Ramy Nader, centre, was promoted to the rank of lieutenant by Deputy Wing Commander Lieutenant-Colonel Devlin Paquette, left, with Chief Warrant Officer Chuck Rice; at 14 Wing Greenwood headquarters.



June 17, 14 Fire Emergency Services Sergeant Corie Syganiec, second from right, was promoted after 23 years of service to warrant officer by 14 Mission Support Squadron Major Jordan Phillips, left, with Chief Warrant Officer Jean Plamondon, right; and Corporal Zachery Syganiec.



June 17, 14 Fire Emergency Services Corporal Derek Brant, second from right, was appointed to master corporal by 14 Mission Support Squadron Major Jordan Phillips, left, with Chief Warrant Officer Jean Plamondon.



July 4, Marius Robichaud-Gallant, centre, was appointed to the rank of master corporal by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 12, Aviator Emma Hogenbom, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Joe Mackinnon, right, with Chief Warrant Officer Duane May.

Sergeant R. Beers

14 Wing Imaging unless otherwise indicated.



June 25, Captain Maya Bevan, centre, was presented a Commanding Officer's Coin by 405 (Long Range Patrol) Squadron Major High MacKinnon, left, with Master Warrant Officer Johnny Hunter. The coin recognizes dedication and service to 405 Squadron, in the absence of the squadron's padre, for the past several months.

Sergeant R. Beers



June 25, Master Corporal Anthony Erksine, centre, was presented the Special Service medal – Expedition by 405 (Long Range Patrol) Squadron Major High MacKinnon, left, with Master Warrant Officer Johnny Hunter.

Sergeant R. Beers



June 25, Corporal Dmitry Pastukhov, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major High MacKinnon, left, with Master Warrant Officer Johnny Hunter.

Sergeant R. Beers



July 16, Second Lieutenant Garrett Grosvenor, centre, was commissioned to current rank by 405 (Long Range Patrol) Squadron Major Joe Mackinnon, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



July 12, Aviator Kassandra Saxler, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Joe Mackinnon, right, with Chief Warrant Officer Duane May.

Sergeant R. Beers



May 31, Captain Mary Cameron-Kelly, third from left, was recognized for a milestone one year of flying time, achieved May 30. From left are 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alex Gignac, 14 Wing Greenwood Commander Colonel Jeff Davis, Cameron-Kelly and her son, Cameron; 14 Wing Chief Warrant Officer Jonathan Proulx, 404 Squadron Honorary Colonel Judy Rafuse, and Squadron Chief Warrant Officer Jean Plamondon.



June 7, Master Corporal Justin Hawboldt, second from left, was appointed to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Sergeant Luke Verran, second from left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Master Warrant Officer Jerry Reid, second from left, was presented the Canadian Forces Decoration 1st Clasp by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Master Corporal Christian Robson, second from left, was presented the Special Service Medal by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Sergeant Cory Lefort, second from left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Captain David Coughlin, second from left, was presented the Air and Space Commendation Medal by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, 2nd Lieutenant Andrew Gallant, second from left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Armand Gallant, centre; Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Major Yves Leblanc, second from left, was presented the Canadian Forces Decoration 2nd Clasp by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Master Corporal Bruce Ramsay, second from left, was recognized with a 1,000-hours pin from Lockheed Martin by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Sergeant Christopher Chittick, second from left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Major Mary Cameron Kelly, second from left, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Master Corporal Stuart Knox, second from left, was presented the Special Service Medal by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.



June 7, Major Yves Leblanc, second from left, was presented the Joint Service Commendation Medal by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left; with Chief Warrant Officer Jean Plamondon, right; and Squadron Honorary Colonel Judy Rafuse.

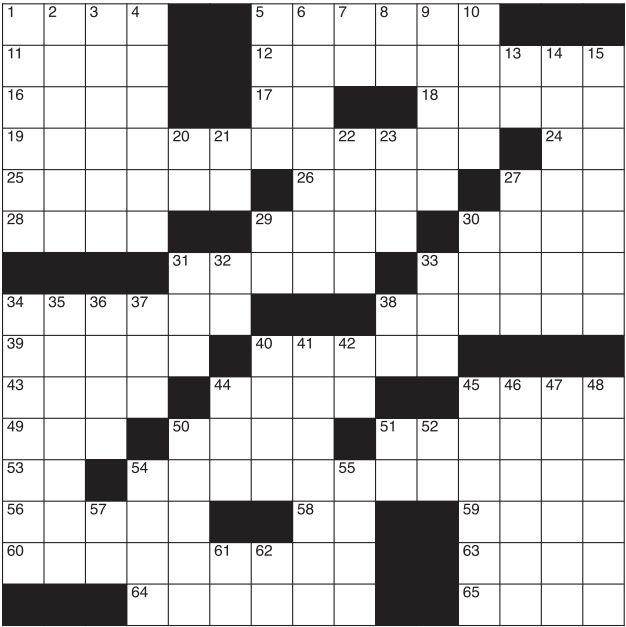


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated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

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

crossword

solution page 15



- ACROSS**
1. Average damage per system (abbr.)
 5. Lushful woodland gods (Greek mythology)
 11. Colombian Town
 12. Sour
 16. A way to stuff
 17. Former AL MVP
 18. Carried or transported
 19. Cannot even fathom
 24. Hammer is one
 25. A way to separate
 26. Not moving
 27. Women's service organization (abbr.)
 28. German river
 29. Quantitative fact
 30. A person's head
 31. Process that produces ammonia
 33. French modernist painter
 34. Too much noise
 38. Agree to a demand
 39. One a line at right angles to a ship's length
 40. Employees
 43. Ribosomal
 44. Component of ribonucleic acid
 45. Quick and skillful in movement
 49. Passing trend
 50. Part of the eye
 51. One who acclaims
 53. Deadly amount
 54. Taste property
 56. Genus of mosquitoes
 58. Blood type
 59. A group of countries in special alliance
 60. Institute legal proceedings against
 63. Shade of a color
 64. Spoke
 65. Work units
- DOWN**
1. Charge with a crime
 2. Mended with yarn
 3. North Atlantic flatfish
 4. Boil at low temperature
 5. Lapps of northern Scandinavia
 6. Poisonous plant
 7. Atomic #22
 8. 36 inches
 9. Monetary unit of Russia
 10. Type of gin
 13. An alternative
 14. Alone
 15. A way to ooze
 20. Publicity
 21. American firm
 22. Jewish calendar month
 61. "The Golden State"
 27. Comedian Cook
 29. The NFL's big game
 30. Political action committee
 31. Make a low, steady sound
 32. Legendary sportscaster
 33. One thousand cubic feet (abbr.)
 34. Designed to keep ears warm
 35. One who scrapes
 36. Tear into two or more pieces
 37. Supervises flying
 38. Flying arm of the U.S. military (abbr.)
 40. Dried in Peru
 41. One died leaving a will
 42. Morning
 44. The world of the dead
 45. Widen
 46. Drink containing medicine
 47. Celebrating
 48. Secret encounters
 50. A type of tag
 51. Halfback
 52. Modern tech
 55. Resigned to one's sleeping chamber
 57. Execute or perform
 62. "The Beehive State" (abbr.)

crossword brought to you compliments of

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

Terrarium workshop
July 22, 6 p.m. to 8 p.m., 7Arts in Greenwood hosts an enchanted mushroom mini terrarium workshop. Using tiny mushrooms, moss, flowers and all kinds of natural materials, create a mini terrarium encased in glass. Add glow-in-the-dark UV resin to give it an extra magical feel. Ages 16+. Cost is \$35 per person.

Blood donor clinic – Kingston
July 22, 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m., Canadian Blood Services holds a donor clinic at the Kingston Fire Department, 570 Sparky Street. New and returning donors welcome: book at blood.ca or via the app, Giveblood.

DIY market bag
July 23, 6 p.m. to 7 p.m., Kingston Library. We supply the stencils and paint for you to create your own market bag. Ages 16+. Registration required.

Blood donor clinic – Berwick
July 24, noon to 3 p.m. and 5 p.m. to 8 p.m., Canadian Blood Services holds a donor clinic at the Berwick & District Lions Hall, 250 Veterans Drive. New and returning donors welcome: book at blood.ca or via the app, Giveblood.

Fibre arts group
July 24 & 31, 6:30 p.m. to 8:30

p.m. Are you a female-identifying fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) over the age of 25? Drop by 7Arts in Greenwood for our craft and chat group. Bring your own materials or purchase a kit from us! Suggested donation \$5.

Discovery Centre at the library
July 25, 3 p.m. to 4 p.m., the Berwick library hosts the Discovery Centre: Ecosystem Expedition Summer Library Tour. This is a drop-in session for children ages 5 and up. Learn about ecosystems, species that live in them, and how it all connects to climate action.

Friday night BBQ
July 26, and summer Fridays, 5 p.m. to 6:30 p.m., the Berwick Legion hosts BBQs, including hamburgers, cheese burgers, sausages and hotdogs; as well as salads and desserts. Individually priced, or a meal price is \$13; with cheesecake (when available) \$14. Open to the community.

MakerSpace
July 27, 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood hosts 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

horoscopes

July 21 to July 27

ARIES - Mar 21/Apr 20
Aries, show off your true colors and let others see who you are and what makes you tick. You are given the spotlight right now to shine and get noticed even more.

TAURUS - Apr 21/May 21
The full equation may not be revealed this week until you start to unravel some of the pieces, Taurus. You will need to remain patient as the process plays out.

GEMINI - May 22/Jun 21
Gemini, you are discovering more people you can trust and who have your best interests at heart. Continue to surround yourself with these winning individuals.

CANCER - Jun 22/Jul 22
Right now you have to take a leap of faith if you really want to grow, Cancer. Take a trip somewhere you've never visited, learn a new language, or make an effort to meet new people.

LEO - Jul 23/Aug 23
Leo, although you might want to keep your aspirations to yourself, it is helpful if you run your ideas past a few trusted people to see if their enthusiasm mirrors your own.

VIRGO - Aug 24/Sept 22
Virgo, you can certainly proceed according to logic, but you might be better off trusting your gut for the time being. It rarely steers you wrong with the bigger things in life.

LIBRA - Sept 23/Oct 23
Libra, people from all corners will come together to help you out, just when you need it most. Now you will get to realize those people who truly support you.

SCORPIO - Oct 24/Nov 22
Scorpio, you may have been sitting on certain information for a while and are not sure when you will reveal it. You'll know the right time when it comes around.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, even if your love life has been a little lackluster, you can rest assured that things will be flowing anew very soon. It's time to rekindle those feelings of love and affection.

CAPRICORN - Dec 22/Jan 20
Now isn't a good time to think you can fake your emotions, Capricorn. Others will see right through you and read your mind quite easily. It's better to be honest and open.

AQUARIUS - Jan 21/Feb 18
Someone you haven't spoken to in a while might be on your mind. Aquarius. This might be the right time to bridge the gap and open lines of communication.

PISCES - Feb 19/Mar 20
Pisces, it can be difficult to delegate to others and not handle everything yourself. But you have to trust in others and support them if you want them to learn and grow.

horoscopes brought to you compliments of

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www.frasers.ca

and encouraged! Cost is \$5. Caregivers free.

Paint night
July 29, 6 p.m. to 8 p.m., 7Arts in Greenwood hosts a fun paint night. Bring a friend for a night out and meet other creative enthusiasts in your neighbourhood! All supplies included and light refreshments will be served. Find a treasure in our little handmade gift shoppe and receive a 10% discount on select items. Includes an entry into our draw to win a special art gift pack! Ages 16+ welcome! Cost is \$35 per person.

Youth art lessons
July 30, 4:30 p.m. to 5:30 p.m.; 7Arts in Greenwood offers youth art lessons. Ages seven to 12, 4:30 p.m. to 5:30 p.m. \$25/lesson or \$80 for four lessons. Register at info@7Arts.ca.

White spruce sapling giveaway
July 30 to August 3, Rosa M. Harvey Middleton & Area Library. Visit the Middleton library to pick up a free white spruce tree sapling, while supplies last. This program is sponsored by treetime.ca.

MakerSpace
August 3, 10, 17, 24 and 31 (Saturdays), from 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood opens for MakerSpace: bring a project to work on, purchase one of our kits or participate in the project of the week. Drop-ins welcome and encouraged! Cost is \$5. Caregivers are free.

Youth art lessons
August 6, 13, 20 and 27 (Tuesdays), from 4:30 p.m. to 5:30 p.m.; 7Arts in Greenwood offers youth art lessons. Ages seven

to 12, 4:30 p.m. to 5:30 p.m. \$25/lesson or \$80 for four lessons. Register at info@7Arts.ca.

Fibre arts group
August 7, 14, 21 and 28 (Wednesdays), from 6:30 p.m. to 8:30 p.m.; 7Arts in Greenwood hosts a craft and 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 from us! Suggested donation \$5.

Drum circle
August 8, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve by emailing mindfullymore@gmail.com.

ArtBeat Lounge
August 10 and 24, 4 p.m. to 6 p.m., 7Arts in Greenwood hosts the ArtBeat Lounge for ages 13 to 17. Whether you're into visual arts, music, dance, or poetry, this is your space to shine. FREE. Sponsored by the Kingston Lions Club. Pre-registration not required.

Paint night
August 12, 6 p.m. to 8 p.m., 7Arts in Greenwood hosts a fun paint night. Bring a friend and meet other creative enthusiasts in your neighbourhood! All supplies are included and light refreshments will be served. Find a treasure in our little handmade gift shoppe and receive a 10 per cent discount on select items. Includes an entry into our draw to win a special art gift pack! Ages 16+ welcome, cost is \$35 per person.

sudoku

solution page 15

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

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!

Residual waste: what to do – and not do – with it

Wing Environmnet



WING ENVIRONMENT

Residual waste includes materials such as chip bags and candy wrappers, empty toothpaste/ old toothbrushes and used floss; disposable cups, incandescent light bulbs, empty spray cans, feminine hygiene products, dog feces, broken glass (which should be in a box and marked), and appliances not considered part of the provincial electronics program.

Cat litter, which at one time belonged in the garbage, can be put in a paper bag or approved compostable bags and go in your green bin.

Here at 14 Wing Greenwood, including both the mission support and operations support sides of the base, all of our residual waste must be in clear bags: there are no opaque bags

allowed at all. Because the base has its own dumpsters, we are not limited to how many bags we are allotted (like we are at home). However - you are not allowed to bring garbage from home to put in wing dumpsters. This is considered illegal dumping.

At home, you can put a maximum of eight bags out on collection day. Only four may be garbage, in clear bags (one opaque bag of garbage is accepted, but the rest must be clear). The remaining bags can be recycling. So, if you have three bags of garbage, five can be recycling. One bag of garbage means seven bags of

recycling. Very easy to follow.

Doing some renovations at home? Find a list of haulers and dumpsters at vwrm.com/services/haulers-list-and-cd-sites. Some of what you may remove during renos might be of use to someone, so ask around before you create more waste. Facebook Marketplace

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 568-5699, 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 568-5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance

crossword solution

A	D	P	S		S	A	T	I	R	S							
C	A	L	L		A	C	I	D	O		S	O	U	S			
C	R	A	M		M	O		B	O	R	N	E					
U	N	I	M	A	G	I	N	A	B	L	E		M	C			
S	E	C	E	D	E		I	D	L	E		D	A	R			
E	D	E	R		S	T	A	T		P	A	T	E				
				H	A	B	E	R		M	A	N	E	T			
E	A	R	F	U	L					A	C	C	E	D	E		
A	B	E	A	M		S	T	A	F	F							
R	R	N	A		H	A	E	M		D	E	F	T				
F	A	C		L	E	N	S		H	A	L	L	E	R			
L	I	B	E	R	A	T	A		P	A	R	I	T	E			
A	E	D	E	S		A	B			A	X	I	S				
P	R	O	S	E	C	U	T	E		T	I	N	T				
				O	R	A	T	E	D		E	R	G				

sudoku solution

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

the Aurora find & win

Three easy ways to enter.

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

ONE ENTRY PER PERSON

Full name _____ Phone number _____

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

1. Who uses phone number 1-866-280-5302?
2. What time of day is the Wings and Wheels event?
3. What is happening at the CANEX parking lot July 31?
4. Who can help you with a lock out or a boost?
5. What is the deadline to enter the weather challenge?

Congratulations to this week's winner: **CORRINE DISLEY**

is a great resource for that. Then, there is HHW: household hazardous waste is any product that bears a dangerous goods symbol, or if words such as "Danger," "Poisonous," "Caution" or "Warning" appear on the labels. Those items cannot be disposed of in your regular garbage. Take them to either of the waste management centres in Lawrencetown, 343 Elliott Road, or Kentville, 90 Donald E. Hiltz Road; for free. Here at 14 Wing, you would contact

our hazmat waste coordinator, Master Corporal Kel Salisbury, Building 200, or 902-765-1494 local 568-5274; for a date and time to drop off any hazardous waste. Never put hazardous waste in a dumpster.

We also have two bulky waste clean-ups in the Valley: one in the spring and one in the fall (dates are put out by Valley Waste). Bagged items must be in clear bags, but some items are not accepted - mostly things that already have their own program. Tires,

for example, are not accepted: you can take four rimless tires to any tire dealership per day. Yard waste would go in your green bin on regular pick-up days. Any cooling device, such as freezers, air conditioners, fridges, etc; are not accepted. And, of course, electronics are taken for free at provincial recycling depots. Check out recyclemyelectronics.ca/ns. All of the information you may need about residual waste can be found at vwrm.com or www.divertns.ca. ➔

available for rent call 902-847-0324. Thank you. (4524-4tpb)

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Starts 7:00 pm Friday
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Slo pitch



Officer Cadet L. Lascelle

- Coaches
- Warrant Officer Amanda Jardine
Master Corporal Matt Martin
- Players
- Captain Jacky Swain
Aviator Megan Desmarais
Corporal Brandi Weibel
Aviator Sarah Bradfield
Corporal Carrie Laycock
Captain Claudia Lizin
Aviator Sydney Kata
Master Corporal Ronalyn Haustein-De La Cruz
Corporal Kelly Watson
Master Corporal Lesley Peddle
Officer Cadet Bailey Levangie
Second Lieutenant Kate Bruce

Excited to get back on the field

Officer Cadet
Laura Lascelle

14 Wing Greenwood's women's slo pitch team coach, Warrant Officer Amanda Jardine, is happy to see the women's regional championship take place alongside the men's team once again for this year's Atlantic slo pitch regionals at 12 Wing Shearwater, July 22 to 26.

"I'm pretty excited - I'm just excited for the regionals in general. It's just such a positive vibe to get out with other people that like sports culture and, this year, we get to play at the same time as



the men's team, which we haven't been able to do in a year-and-a-



half. I'm looking forward to it." For Jardine, the opportunity to



spectate and cheer on her fellow 14 Wing athletes is an important

part of the tournament; why she is looking forward to both teams competing at the same event. Jardine is joined on the team this summer by four other returning players, as well as eight new team members - some playing softball for the very first time.

"I think softball is one of the most inclusive sports we have on base," says Jardine, who is happy to see new, interested players join the sport. "It's not expensive, it doesn't take a lot of equipment, and also we can work with all levels of athleticism. If you're new to sports, or if you play other sports, the transition is easy, and teaching some things to new players is relatively easy."

Since returning to the coaching role, Jardine has been helping the new players prepare for this year's championship and is hopeful the team will continue to build their skills together, beyond this year's regionals.

"I think everyone's really excited, and almost everyone's relatively new to the sport," she says. "We're hoping we can get some retention going through this year and then, next year, going all the way to nationals for sure." ➔

Bonds bigger than the game

Officer Cadet
Laura Lascelle

14 Wing Greenwood's men's slo-pitch team has been training hard through this summer's heat to prepare for the 2024 Atlantic regional championship, taking place in Halifax July 22 to 26.

"This year, the other teams are going to have to work for it," says team coach Warrant Officer Alain Chalifoux.

While this has been a rebuilding year for the Greenwood team, the players have been motivated on the diamond, improving on their speed and reflexes, in preparation for the upcoming competition, calling out in practice to coaches from their position to "give them a fast one."

"We have a nice mix from the younger and older generation this year, which gives us a little bit of a chance to surprise people," says Chalifoux.

It is this meshing of mem-



bers Chalifoux appreciates so deeply. After 34 years of playing ball, he says it's the opportunity to build new connections he values most in the game now.

"It creates bonds between members of the Canadian Armed Forces, which is the main thing we're trying to do."

And, while Chalifoux admits the thrill of competing may come second for him, "it's really about bonding with people that you wouldn't otherwise bond with, because



everybody's from different squadrons."

The 2024 team is currently comprised of members from eight different departments on the wing, of all age groups and ranks - but the camaraderie they have formed despite these differences is already evident on the playing field. While teamwork is an important CAF value, the connections made on the team last far beyond the workplace and the dugout.

"That bonding, the web that you create: when you struggle



at work, you can find somebody you know because you played together on a team," Chalifoux says. "It makes a big difference, those connections make a big difference."

This year's roster includes coaches Chalifoux and Sergeant Thomas Bertrand, and players Sergeant Trevor Parkes, Warrant Officer Christopher Green, Master Corporal Matthew Martin, Sergeant John Veitch, Sergeant Matthew Mackenzie, Corporal Matthew Gervais, Aviator Thomas Ralston, Avi-



ator Michael Vance, Sergeant Cory Lefort, Corporal Thomas





Beausoleil and Master Corporal Shannon Green. ➔

Officer Cadet L. Lascelle

Chris d'Entremont

Member of Parliament for
West Nova/Député - Nova-Ouest


Honourable Chris d'Entremont
Member of Parliament
West Nova/Député - Nova-Ouest



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