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# the Aurora

Vol. 40 No. 18

MAY 13, 2019 NO CHARGE

www.auroranewspaper.com

Participants in the Canadian Forces Aboriginal Entry Program visited 14 Wing Greenwood April 30 for a look at life in the Royal Canadian Air Force. The three-week program takes potential recruits into the field with the Army, onto the sea with the Navy and into the air, hoping to recruit new Canadian Armed Forces members.

Leading Seaman LP Dube,  
14 Wing Imaging



## CF squash nationals on Greenwood courts this week

14 Wing Greenwood hosts the Canadian Armed Forces national squash championship May 11 to 16.

Competition will take place at the base's Fitness & Sports Centre's squash courts, with approximately 50 visiting athletes from bases and wings across the country.

14 Wing has four athletes in the competition as part of the Atlantic Regional team: Warrant Officer Alain Chalifoux in the master's division, Corporal Jonathan Provost in the junior division, and both Major Annika Roussel and Master Corporal Dominique Poulin in the female division.

The event gets underway May 12, with a pre-tournament briefing at 4 p.m. at the F&S Centre, followed by a meet and greet at 6:30 p.m. at the Annapolis Mess' Tow Bar.

May 13, the opening ceremonies are at 8 a.m. at the F&S Centre, with competition underway at 8:30 a.m. Draws continue from 8 a.m. May 14, 15 and 16; with the awards presentation and closing ceremonies May 16 at 11:30 a.m. at the F&S Centre.

Spectators are welcome to take in the action, and cheer athletes on. ✈

## Life, challenge, leadership Potential aboriginal recruits experience military opportunities

Sara White, Managing editor

A group of 14 Wing Greenwood visitors April 30 experienced a day in the life of a potential Royal Canadian Air Force career. The day before, it was the Army, at 5th Canadian Division Support Base Detachment Aldershot; with further visits to Navy facilities in Halifax and Army sites in Gagetown.

"I've never regretted a minute of my career," 14 Wing's 415 (Long Range Patrol Force Development) Squadron Lieutenant-Colonel Bernie Thorne told participants in the Canadian Forces

Aboriginal Entry Program (CFAEP) group.

"I've been challenged every day, I've been educated and had a job with a pension, I've learned to be a leader. Look at everything you see, and see what interest you."

The CFAEP is a three-week course for indigenous peoples considering a career in the Canadian Armed Forces. The program includes food, uniform, fitness, quarters, inspection, drill, navigation and weapons training, and life in the field – a taste of everything a new recruit could expect if they sign on for more formal basic training. Built into the program are supports,

including civilian indigenous counsellors to assist with the transition to military life, and an introduction to the rich history of indigenous peoples in Canada's military. In the end, participants may opt not to join the military, but will receive \$1,200 and a certificate of military achievement.

"I'm from a small town, a small school, with not a lot of opportunity and all my siblings had to leave to get work," Thorne said. "I knew I would, too. I miss home every day, and my family, but – one thing – when you join the military, you know there is a job, a trade, cool places and

Continued on page 3...

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# New job, new challenges for CAF personnel

Are you a member of the Canadian Armed Forces (CAF) looking for a new job and a new challenge?

The Royal Canadian Air Force is looking for motivated, currently-serving members interested in a career as a flight engineer, airborne electronic sensor operator or search and rescue technician.

Briefing teams will be visiting locations across the country throughout May 2019 to meet with military personnel and discuss the possibilities. They will be in Greenwood May 30 and 31. If you are interested in attending a briefing session, contact your personnel selection office for more information, including exact times and locations of the briefings.

Occupations are now accepting Regular and Reserve Force applicants from within the CAF through. If this opportunity sounds exciting to you, contact your base or wing personnel selection officer.

## Airborne electronic sensor operator (AES Op)

The term "AES Op" may sound cryptic, but it's an occupation that has an essential and expanding role in 21st century military operations of

all kinds. Within the RCAF, airborne electronic sensor operators detect, identify and analyze threats in the air, on land, at sea and underwater. These highly-skilled specialists employ leading-edge technologies to detect and track submarines, keep ground troops safe, assist other government departments and agencies in surveillance and the collection of evidence, and support search and rescue efforts throughout Canada and on missions overseas.

AES Ops work in a complex and dynamic environment. They are the eyes and the ears of military commanders, employing advanced airborne sensor equipment such as radar, sonar and forward-looking infra-red cameras. The information they detect and collect is crucial to mission success, and can make the difference between life and death for both military personnel and civilians in danger or distress.

As part of the aircrew team, AES Ops serve on three types of aircraft: the CP140 Aurora long range patrol aircraft, the CH148 Cyclone maritime helicopter and the soon-to-be-delivered CC295 fixed wing



**Corporal Ulrich Reiner, an RCAF AES Op, drops a marine smoke marker on board a CP140 Aurora during an exercise over the Bay of Fundy, Nova Scotia.**

Master Corporal D. Neuman



**Search and rescue technician Sergeant Jeff Connors (left) serves as anchor for SAR-Tech Master Corporal Ashley Barker as she prepares to climb down the rocky shoreline to Comox Lake, British Columbia, as part of a mountain rescue scenario during an exercise.**

Sergeant H. Follas

search and rescue aircraft. They load and analyze mission data as part of a wide range of operations, from domestic to international.

## Flight engineer (Flt Engr)

For eligible candidates from the aviation (AVN) and avionics (AVS) technician trades, a career as a flight engineer is an excellent opportunity to expand your role and responsibilities into air operations.

As a Flt Engr, you will have an active role in air operations as an essential member of the flight crew and as a respected advisor to the aircraft com-

mander regarding aircraft technical and maintenance issues. This occupation is ideal for candidates interested in both the operational and technical domains of military aviation.

Operational environments for Flt Engrs cover a wide range of roles, aircraft types and locations. These include the Chinook and Griffon tactical helicopter fleets (including those conducting special ops), long range patrol in the Aurora, the Twin Otter in the transport role and search and rescue in the H-model Hercu-

les, the Cormorant, the Buffalo and the new fixed-wing search and rescue aircraft when it enters service.

Once selected, candidates attend a basic occupation rank qualification course of about 60 training days, after which you will be posted to a squadron. This is followed by operational training specific to the role and the aircraft to be flown. The sequence of technician experience followed by additional flight and technical training in the Flt Engr occupation is a natural evolution that makes maximum use of skills

and knowledge, progressively acquired through your career. This helps ensure qualified personnel are ready to operate within the broad range of responsibilities and the greater independence associated with Flt Engr duties.

## Search and rescue technician (SAR Tech)

As members of the highly trained and world-renowned RCAF SAR aircrew team, search and rescue technicians help save hundreds of Canadian lives every year, from coast to coast to coast. It is the SAR-Tech's calling to push beyond limits by being mentally tough, physically strong and totally committed to helping those in distress. In doing so, SAR-Techs proudly embody their motto, "That Others May Live."

SAR-Techs are prepared 24/7 to do what others can't. Operating from fixed-wing aircraft and helicopters, these highly-trained specialists access austere locations by parachuting, hoisting, scuba diving, rock climbing and using Arctic survival skills to deliver life-saving emergency medicine. They literally turn chaos into hope: not a job for the faint of heart. →



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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Mike Adamson, commandant de l'Escadre.



The Aurora News

## Useful links | Liens utiles

**Royal Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
[www.rcaf-arc.forces.gc.ca](http://www.rcaf-arc.forces.gc.ca)

**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
[www.cafconnection.ca](http://www.cafconnection.ca)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/en/14-wing/index.page](http://www.airforce.forces.gc.ca/en/14-wing/index.page)

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**Recruiting** | Recrutement  
[www.forces.ca](http://www.forces.ca)

**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
[www.cafconnection.ca](http://www.cafconnection.ca)

**VPI** | VPI  
[www.vpiinternational.ca](http://www.vpiinternational.ca)

## CWO role, responsibilities at 14 AMS change hands

**Sara White,  
Managing editor**

“You know when it’s time.”

Chief Warrant Officer Rick Cote made the decision this spring to close his military career after 36 years in uniform, turning his appointment as chief warrant officer for 14 Air Maintenance Squadron over to Chief Warrant Officer Kevin Wezenbeek in a ceremony April 26 at 14 Wing Greenwood.

“My initial plan was to do three years and retire at 60: my pension was paid up, I liked what I was doing and I’m grateful to have been given a

second appointment as a chief warrant officer,” Cote said. “Carry on.”

With further thought, though, Cote said knowing Greenwood is where his wife wants to be, that the paycheque wasn’t a motivator and that he could “make room for a newer, younger chief warrant officer who will go on to do great things;” he had a change of heart.

Cote thanked 14 AMS personnel for continuing to have the “drive and dedication to professionalism” that makes 14 AMS “second to none.”

“Well done to all of you, and I wish you all the rewarding

career I have had.”

Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux thanked Cote for his service, which started at 14 AMS in 1985 when he was posted to 14 Wing responsible for aero engine maintenance with the CP140 Aurora fleet.

“He’s gone full circle: thank you for being a part of 14 AMS. Your experience and role has no doubt played a part in the success of the squadron.”

Wezenbeek expressed his pride and excitement at returning to a maintenance squadron, and that he and his family are very happy to take up life in Greenwood.

## Aboriginal recruits...

...cover

people. With a good leader, you are also always part of a big family.”

Thorne welcomed the CFAEP participants to 14 Wing more particularly in his role as wing champion for the Defence Aboriginal Advisory Group, which encourages equality and fairness “wherever we can.”

“We’re a support group is if you need someone who knows where’re you’re coming from, we’re an education group for the wider wing. There is lots of culture, and people with a lot to share and learn about each other. Having respect for everyone around you is part of that, and we try very hard to do that within the DAAG, and the Canadian Armed Forces.”

Thorne encouraged the group members to think about their own leadership potential.

“No organization does anything valuable without leaders, and I would hope everyone here wants to be one so, when you see something wrong or there is someone who needs a leader to help go the right way, you are there. Join the military, learn that and help people with jobs and resources so they can achieve more. Being a leader helps the community you’re in.” →



**Participants in the Canadian Forces Aboriginal Entry Program visited 5th Canadian Division Support Base Detachment Aldershot April 29, testing their mettle on some of the camp’s obstacle facilities.**

Leading Seaman LP Dube, 14 Wing Imaging



**April 26, Lieutenant-Colonel Amy Tsai-Lamoureux, 14 Air Maintenance Squadron commanding officer, centre; presided over the squadron chief warrant officer change of appointment from Chief Warrant Officer Rick Cote, right, to Chief Warrant Officer Kevin Wezenbeek.**

Leading Seaman C. Moon, 14 Wing Imaging

I take the role and responsibilities of chief very seriously, and I promise to guide and

advise my command team partner and be fair, honest and transparent with 14 AMS

members. My role is to be the voice for you, your needs and expectations.” →

## Weather makes an impact on SAR calls

April 25, around 9 p.m. the Halifax Joint rescue Coordination Centre tasked a 14 Wing Greenwood-based Cormorant helicopter with 413 (Transport and Rescue) Squadron on a medevac of an individual experiencing a suspected cardiac event 20 nautical miles offshore of Pubnico, Nova Scotia. Upon arrival at the vessel just after 10 p.m., R911 was unable to complete the hoist or the patient, partially due to the amount of rigging on board. The vessel instead transferred the individual ashore under its own speed, expected to take another 20 minutes. The helicopter returned to Greenwood just before midnight.

April 27, a Cormorant was tasked overnight to search in the Grand Lake region, after red flares were sighted. The Cormorant was pulled from the call shortly afterwards due to inclement weather and replaced with a Hercules. The aircraft and a local fire department conducted a search of the area with nothing found. All resources were stood down, with the Hercules back in Greenwood just before 7 a.m.

May 1, around 10:30 a.m., a Greenwood-based Hercules was tasked in flight to investigate an ELT sounding 108

nautical miles northeast of Goose Bay. Within an hour, the Herc was heading back to Greenwood with a prop malfunction; a Greenwood Cormorant helicopter took on the call. Further details determined the ELT was from a Piper aircraft that had crashed with two people on board. Texts from the site indicated both were alive, with unknown injuries. The Cormorant was in the air just after noon, with a second Hercules tasked just before 1 p.m. Ground search and rescue was also making its way to the crash site through poor weather conditions and a mountain climb to make. Weather continued to deteriorate, limiting access by the helicopter and Hercules, although radio contact with the downed aircraft was made. The helicopter headed to Gander to exchange its crew for continued overnight coverage, while the Hercules crew headed to Gander to overnight. By 7:30 p.m., ground search and rescue had arrived with nine personnel and made initial extraction plans, expected to be challenging with the weather and steep terrain. By 0 p.m., the ground crews were able to extract the two passengers and were heading to Makkovik by snowmobile, travelling at a

slower pace due to the victims’ injuries. Once in Makkovik, they were taken to the nursing station for transfer by Cormorant from the Makkovik airport.

May 2, just after 9 a.m., a Cormorant was tasked to medevac an unconscious 50-year-old man off of a commercial carrier 20 nautical miles south of Port Cartier, Quebec. The helicopter was stood down shortly afterwards.

May 2, a Greenwood Hercules was tasked while airborne, around 10:30 p.m., to investigate a flare sighting north of Moncton. After searching the area with nothing seen, the plane was tasked to provide top cover to a Cormorant for a medevac from a marine vessel north of PEI and south of the Magdalen Islands. An individual was experiencing anaphylactic shock. The Hercules provided flare lighting during the extraction, and the individual was transferred to ambulance in Iles de Madeleine. Both aircraft returned to Greenwood around 4:30 a.m.

May 6, before noon, a 14 Wing-based Hercules was tasked to provide top cover for a 103 Squadron Cormorant responding to a call aboard a vessel approximately 30 nautical miles east of St. John’s. →

## Positive Space ambassador training held at 14 Wing

The objective of a positive space is to foster the creation of an inclusive work environment for everyone, regardless of sexual orientation, gender identity or gender expression. Positive spaces are volunteer- and peer-based support groups for lesbian, gay, bi-sexual, transgender, queer and questioning (LGBTQ2) and non-LGBTQ2 community members, where all can create networks and seek information and assistance from Positive Space



ambassadors.

The scope of the Canadian Armed Forces/ Department of National Defence Positive Space training program focuses on supporting CAF/DND members in the workplace, and supports work-related matters and issues. This

training has been designed to reflect the reality of the defence team as a whole, including personnel in uniform, civilian employees and contractors; and is supported by our unique organization ethics, policies and regulations.

The first 14 Wing Greenwood ambassador training was recently completed May 1, qualifying 10 local defence team members from various units and locations as Positive Space ambassadors.

Additional sessions will be scheduled later in the year. If you are interested in becoming an ambassador or are a supervisor who would like to learn more, contact Captain

Arne Backhouse at 14 Operations Support Squadron, 902-765-1494 local 3373, for details on upcoming training opportunities.

More importantly, if you are a defence team member who wishes to talk to an ambassador, you may email +14 Wg Positive Space Greenwood@14 OSS@Greenwood or, if you wish to use an alias, positivespacegreenwood@gmail.com. Look for the Positive Space logo within your work spaces.

For more information on the Positive Space Initiative, see CANFORGEN 116/18 CMP 056/18 141614Z Jun 18, "Announcement of defence team Positive Space ambassador training;" and the Positive Space fact sheet at [cmp-cpm.mil.ca/assets/CMP\\_Intranet/docs/en/support/positive-space-initiative-fact-sheet.pdf](http://cmp-cpm.mil.ca/assets/CMP_Intranet/docs/en/support/positive-space-initiative-fact-sheet.pdf) →



## Charter night guest

14 Wing Greenwood Wing Commander Colonel Mike Adamson, left, was the guest speaker at the Kingston Lions Club's 58th charter night April 13. He spoke on the mandate of 14 Wing military operations and the base's involvement with the wider Annapolis Valley community. King Lion Richard Acker presented Adamson with a certificate of appreciation, and a cheque for \$500 in support of programs and services offered by the Military Family Resource Centre. Approximately 135 Lions and guests were in attendance for the celebration.

Submitted



Village of Kingston

### NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. The Nomination Period is May 2, 2019 to May 15, 2019. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 15, 2019.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, June 1, 2019 with an advance poll on Tuesday, May 28, 2019. Poll location is Kingston Village Office, 671 Main St, Kingston.

Mike McCleave, Village Clerk  
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## Road Safety Week targets distracted driving

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**14 Mission Support**  
**Squadron**

May 14 to 20, the Canadian

Armed Forces conducts its annual National Road Safety Week campaign. This year's theme is "Distracted Driving."

May is always a tricky month for weather, because no one ever really knows what

to expect. Add in the bad driving habits we all have - using your mobile device, eating, changing the radio station, drinking your coffee - shows how easy it is for people to become distracted. These

things all put yourself and everyone around you at risk.

With better weather and summer just around the corner, children will be out playing and taking advantage of their vacation from the busy school year. This is also the time of year when drivers must pay extra attention. Safe driving must always be a priority.

Prevention is the key to safety and, if we remain aware and alert to the possibilities that could happen, we are already one step ahead towards ensuring everyone - including kids at play - will have a safe and fun start to the summer months. Always drive with safety in mind! →

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# SPRING FLING

## Garden must-haves Your guide to dressing for the garden

(NC) New season, new garden. Whether it's your first seed or you're an accomplished vet, here are the must-have pieces you'll need to be equipped for a successful gardening season.

**Utility belt.** A handy addition to keep your gardening essentials within reach and accessible. Should be com-

fortable and be able to hold all the things you'll need. Beats putting things in your pockets.

**Mosquito-repellent clothing.** Instead of using a sticky mosquito spray, try Canada's first mosquito repellent clothing WindRiver No Fly Zone is a clothing line exclusive to Mark's that is proven to repel mosquitoes.

**Gloves.** Don't let the dirt get under your nails. Look for waterproof gloves with grips that are true to size, helping to keep your hands safe from scrapes or cuts.

**Eyewear.** Sunglasses or protective eyewear will keep the dirt (and sweat dripping off your forehead) out of sight and out of mind.

They'll also increase your coolness factor by at least 20 per cent.

**Boots.** Waterproof and comfortable boots will take you from one pot to the next. From low top to high top, rubber to leather, choose a style and fit that suits your needs and will keep you moving and grooving.



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# SPRING FLING

## 5 raisons pour lesquelles avoir un chien améliore votre santé

(EN) Revenir à la maison après une longue journée stressante et se faire accueillir par un museau frétilant rend instantanément plus heureux. Votre expérience et des recherches en témoignent. Des preuves scientifiques montrent qu'avoir un chien dans la famille améliore votre santé et votre bien-être.

Voici quelques raisons pour lesquelles votre compagnon canin améliore votre bien-être :

1. Plus d'exercice : des recherches démontrent que les personnes qui vivent avec un chien marchent plus que les autres (environ 20 minutes de plus par jour), ce qui contribue à réduire leur tension artérielle et leur taux de cholestérol.

2. Relaxation : passer du temps avec votre animal et le flatter sont des « déstressants » instantanés. Vous sécrétiez durant ces moments des hormones de bien-être, comme la sérotonine et l'ocytocine, tout en abaissant votre taux de cortisol, l'hormone du stress.

3. Interaction sociale : les animaux peuvent vous aider à communiquer avec d'autres personnes. Un nouveau voisin peut engager une conversation avec vous au sujet de votre chien, ou encore, votre compagnon peut vous amener à faire la connaissance des habitués du parc à chiens.

4. Sentiment d'être utile : votre chien qui monte sur votre lit parce qu'il veut



aller dehors est une source de motivation, et ce, même quand vous ne voulez pas vous lever le matin. Grâce à ce

sentiment d'appartenance et de valorisation, les gens qui ont des chiens sont généralement plus heureux, plus confiants et se sentent moins seuls.

5. Plus longue durée de vie : diverses études ont démontré que les personnes qui ont des compagnons poilus vivent plus longtemps

que celles qui n'en ont pas, probablement en raison de l'exercice qu'elles font et du lien étroit qu'elles tissent avec leur animal.

Votre chien améliore votre santé; il est donc important de protéger la sienne. Les parasites comme les puces, les tiques et les vers sont des dangers potentiels pour la santé des humains et des chiens.

Informez-vous auprès de votre équipe vétérinaire des produits tout-en-un offerts pour protéger votre chien, et votre famille, contre les parasites internes et externes.

Vous trouverez de plus amples renseignements pour protéger la santé de votre compagnon poilu sur le site [policedesparasites.ca](http://policedesparasites.ca).



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# SPRING FLING



## Superpower your morning with a delicious smoothie

(NC) There's no better way to kick-start your morning than with a tasty smoothie that's loaded with nutrients. Lucky for chocolate lovers, this easy-to-make smoothie is a great alternative for busy, on-the-go professionals who

prioritize a healthy diet, but don't always have the time to accommodate one. For this recipe, swap out regular milk for hemp milk and add in a plant protein blend, which contains over 20 grams of protein to power

you through your day.

### Chocolate Peanut Butter Smoothie

Prep time: 5 minutes  
Serves: 1

#### Ingredients:

- 1 frozen banana
- 2 tbsp peanut butter
- 4 tbsp Hemp Yeah! Plant Protein Blend, chocolate flavour (optional)
- 2 tbsp unsweetened cocoa powder
- 2 tbsp. agave nectar (optional)
- ¼ cup hemp milk (increase volume if you don't want it as thick)

#### Directions:

1. Place frozen banana, peanut butter, protein blend, cocoa powder, hemp beverage, and agave nectar in a blender.
2. Blend everything together until completely combined and smooth.
3. Transfer to a cup and top with cacao nibs, nuts and chopped dark chocolate.

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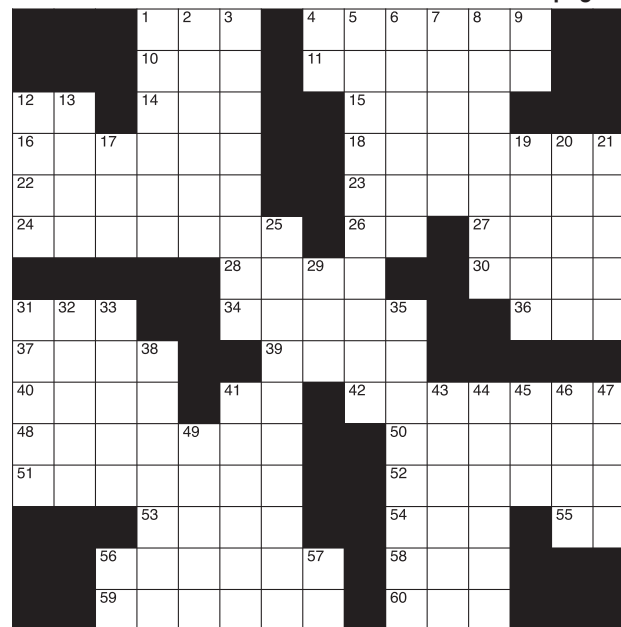
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717;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

## metro crossword

solution page 10



### ACROSS

1. Maintains possession of
4. Other side
10. Comedienne Gasteyer
11. Lawn buildup
12. Southeast
14. Negative
15. Greek temple pillar
16. Blue
18. Pointless
22. Complete
23. Supervisor
24. Where kids bathe
26. Radio frequency
27. Cruel Roman emperor
28. Young woman (French)
30. Within
31. Civil Service Commission
34. Sarongs
36. Father
37. It grows on heads
39. A Spanish river
40. Boundary
41. Contains music
42. Causes to feel sorrow
48. Used to restrain
50. Fictional kids character
51. South American country
52. Devote resources to
53. Beginner
54. Everyone has one
55. University worker (abbr.)
56. Resist an attack
58. Unifying Chinese dynasty
59. Blood-sucking African fly
60. CNN's founder

### DOWN

1. \_\_\_ and her sisters
2. Smear or rub with oil
3. Holy places
4. Indicates position
5. Drives around
6. Price
7. Semiaquatic mammal
8. With three uneven sides
9. Sacrifice hit
12. Covers a wound
13. Jaguarundi
17. Works produced by skill and imagination
19. A way to improve
20. River along India and Nepal border
21. Hairnet
25. DePaul University athletes
29. Bachelor of Laws
31. Game of skill
32. Holy man
33. Cylinder of tobacco
35. Most ingratiating
38. Repeats aloud
41. Red wine
43. Debilitating tropical disease
44. Entirely lacking
45. Female sheep
46. Where a bird lives
47. Stalk that supports the capsule
49. Cutlery
56. Symptom of withdrawal (abbr.)
57. Delaware

crossword brought to you compliments of

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### Donations wanted

7Arts, a non-profit society in Greenwood, is accepting donations of craft, art and office supplies. We are opening our doors this summer. Donations may be arranged by emailing 7arts@7arts.ca or calling 902-804-0817. For more details, visit 7arts.ca/2019/04/16/donate-your-art-and-craft-supplies/.

### 3D printer demonstration

May 13, 10:30 a.m. to 11:30 a.m., the Annapolis Royal Library Innovation Lab hosts a demonstration of our wonderful 3D printer. We'll show you how to load a file and print a finished product.

### Social and potluck

May 13, from 1 p.m., there will be a pot luck and social time at Wilmot Baptist Christian Fellowship Centre, put on by Rays of Sunshine. Everyone welcome. Call Nancy at 902-765-4124 for info.

### Lacrosse game

May 14, 7:30 p.m., Valley Thunder Lacrosse hosts the East Coast Junior Lacrosse League at Kingston's Credit Union Centre, as the Sackville Wolves and the St. Margaret's Bay Rebels showcase the highest level of amateur box lacrosse played on the East Coast. Featuring Valley Thunder Lacrosse's own Cameron Jackman on the Rebels' roster. Doors open at 6:45 p.m., warm-up at 7 p.m., game time 7:30 p.m. Adult admission is \$5, students are \$2 and youth under 12 are free. There will be a 50/ 50 draw and bake table fundraiser for Valley Thunder programs.

### Gaelic Nova Scotia Month

May 14, 3:30 p.m. to 4:30 p.m., the Berwick and District Library hosts "Brigh na Bàrdachd - The Power of Our Songs." A delightful, free afternoon presentation of Nova Scotia Gaelic song during Gaelic Nova Scotia Month. Tea and cookies served.

### PeopleWorx Outreach services

May 14, 10 a.m. to noon, the Berwick and District Library hosts Nova Scotia Works - PeopleWorx, offering ongoing 1:1 assistance to residents requiring employment support (resumes, cover letters, job search, explore funding, workshops and career practitioner). To set up an appointment contact PeopleWorx at 1-866-609-9675 or jbibby-macnabb@peopleworx.ca.

### Luncheon

May 14, noon to 1 p.m., the Kingstons Lions host their monthly community luncheon at the hall. The menu is roast beef,

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mashed potatoes, Yorkshire pudding, blueberry buckle dessert, tea and coffee. Cost \$9 (\$9.50 delivered, deliveries to Kingston/ Greenwood area only. Please call 902-765-2128 before 10:30 a.m.) All proceeds from this event will support Lions' work in the community.

**T-shirts with the Cricut Maker**

May 16, 6 p.m. to 7:30 p.m., the Annapolis Royal Library Innovation Lab invites you in to make your own T-shirt with the Cricut Maker: design, cut and apply your very own vinyl to a T-shirt. Bring in a shirt (cotton or cotton blend) and we'll supply the rest. Pre-registration at 902-532-2226.

**Harry Potter Escape Room**

May 16, 6 p.m. to 6:45 p.m. and 7 p.m. to 7:45 p.m., the Berwick and District Library hosts a Harry Potter-themed escape room for Potterheads, aspiring muggle sleuths... and undercover wizards! Sign up your family, grab some friends (maximum eight). Registration required. Ages seven to 107. Please call 902-538-8060.

**Tremont Board Game Café**

May 17, 7 p.m. to 9:30 p.m., (every first and third Friday) at the Tremont Hall, 738 Tremont Mountain Road. Many of the newest and coolest games, and some good oldies in a friendly and relaxed environment. Free. 902-765-4326.

**Berwick La Leche Breastfeeding Group**

May 17, 10 a.m. to 11:30 a.m., the Berwick and District Library hosts the Berwick La Leche League group (third Friday of each month). Up-to-date breastfeeding information, encouragement and support, telephone and internet support and a resource

library. If you have questions, please contact Carrie at 902-538-1808 or Laura at 902-678-9155.

**Kidz Book Club**

May 17, 7 p.m. to 8 p.m., the Berwick and District Library kids' book club (ages nine to 14) is reading "Ghost Boys," by Jewell Parker Rhodes. Pick up a copy at the library or read your copy from home. Come for snacks, fun discussion, and suggestions of what we should read next.

**Plant sale**

May 18, 8 a.m. to 12:30 p.m., is the annual plant sale at St Mary's Anglican Church (on the corner of Morden Road and Highway 1 in Auburn). Many perennials, including hostas, irises, peonies; also small trees and shrubs.

**Breakfast**

May 18, 8 a.m. to 11 a.m., come for breakfast at the Aylesford United Church. Freewill offering. Sponsored by the Committee of Stewards for church expenses.

**Supper**

May 18, 4:30 p.m. to 6:30 p.m., the Berwick Legion, 232 Main Street, hosts the 2nd Berwick Scouts' spaghetti supper. Spaghetti, cheese roll and dessert. \$12/ adult, \$7 small, \$4 child, \$36 family.

**Kids' gardening adventure**

May 18, 3 p.m. to 4 p.m., the Kings County Museum in Kentville hosts a children-of-all-ages gardening adventure. This week: "The World under Your Feet," with Carol Goodwin. How soil is made, creatures of the underworld, how creatures help plants grow. Registration required: info@kingscountymuseum.ca or 902-676-6237.

**Yard sale**

May 18, 8 a.m. to 1 p.m., annual giant indoor yard sale at the Kingston Baptist Church, 695

Main Street. Many, many items!

**Chase the Ace**

May 18, 1 p.m. to 3 p.m., Chase the Ace at the Kingston Legion (Saturdays). Tickets also available during bar hours. Tickets are four for \$5. The draw takes place Saturday at 3:30 p.m. You must be over 19 years to purchase tickets. You do not have to be present to win. Half the take is split between Valley Autism and the new Valley palliative care centre.

**Ticket auction**

May 19, 10 a.m. to 3 p.m., the Fallen Angels Rescue and Sanctuary Society will be hosting a ticket auction and bake sale with other things going on as well at the Aylesford fire hall. Freewill admittance. For info: 902-321-0159.

**Cape Split walk**

May 20, the Valley Trekkers Volkssport Club hosts a Cape Split walk. Meet at the Cape Split parking lot (end Hwy 358, Scot's

Bay). Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 16km, 4C walk. Bring a lunch. More info: 902-847-1772.

**Library Book Club**

May 21, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets to share views and ideas about selected books, usually fiction. For information: 902-665-2758.

**Grandparents' group**

May 21, 10 a.m. to noon, GrandLove meets at the Berwick town hall. Not all families look the same and many grandparents play a significant role raising their grandchildren. If you are a grandparent raising or helping to raise grandkids, join us for coffee/ tea and discussion. If you need childcare or have questions, call SchoolsPlus, 902-538-4726.

**Meeting**

May 22, 7 p.m., the Wilmot Community Centre holds its annual meeting at the hall. For info:

**horoscopes**

May 12 to May 18

**ARIES - Mar 21/Apr 20**

The more you take on, the more support you need, Aries. You can benefit from a mentor or consultant who has the expertise to help you get where you need to go.

**TAURUS - Apr 21/May 21**

Others understand that you're the go-to when things need fixing, Taurus. You have the ability to help in any situation. Embrace this talent and help others as much as you can.

**GEMINI - May 22/June 21**

Listen to your gut, Gemini. If you do so, others will follow your lead. It is time to step up and take charge. Don't worry, you will not need to justify all the decisions you make.

**CANCER - Jun 22/Jul 22**

You must be very honest in your relationships this week, Cancer. Don't confuse opinions with the truth. Maintain an open dialogue with others around you.

**LEO - Jul 23/Aug 23**

Guessing will only get you so far, Leo. Instead, you must base decisions off fact and forethought; otherwise, you may end up having to do everything all over.

**VIRGO - Aug 24/Sept 22**

Take a break from alone time and make reservations for dinner for two or more, Virgo. Socializing is invaluable and can have a positive, long-lasting effect on your relationships.

**LIBRA - Sept 23/Oct 23**

It's alright to cede a little control this week, Libra. Delegating and sharing responsibilities can open your eyes to the talented people around you. Don't feel guilty about taking on less work.

**SCORPIO - Oct 24/Nov 22**

You are a creative force who inspires others to take up their own projects or follow their hearts, Scorpio. Expect others to recognize your influence and express their appreciation.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, take a step back and slow down the pace if you find you have been spreading yourself too thin. This is not giving up, but taking a break.

**CAPRICORN - Dec 22/Jan 20**

Some pretty big ideas may inspire you to do some impressive things, Capricorn. You just need to find an investor and put some firm plans on paper.

**AQUARIUS - Jan 21/Feb 18**

It can be challenging to be productive if your house isn't in order, Aquarius. Give your personal life some attention and tend to affairs that may have been on the back burner for awhile.

**PISCES - Feb 19/Mar 20**

Pisces, take charge of a mission by encouraging others to stay focused on the task at hand. You need to be the ringleader and set an example for others to follow.

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902-765-4788. All welcome.

**Book club**

May 22, 1 p.m., the Kingston Library's What Does it Say to You? Book Club explores community, life, meaning and so much more through popular fiction. Facilitated by Lynn Uzans. Stop by the Kingston library during open hours and reserve a copy

of the book.

**Supper**

May 23, 4:30 p.m. to 6 p.m., Three Rivers Community Centre, 41 Messenger Rd., Torbrook Mines; hosts a turkey supper. \$12 adult, \$6 children under 12. Take out available. For information: 902-765-3049 or message us on Facebook.

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*~Thank you~*

We would like to thank everyone that came to our retirement supper on April 16, 2019 at the Kingston Lions Club. It was amazing and much appreciated. A special thanks to Brian Milligan and everyone that helped him put this together, it was a lot of work. As well to the Lions for putting on a delicious supper. Tim, Bonnie and Connie for the lovely music and everyone that gave us such wonderful gifts.

*Our home is always open so drop in for a tea.*  
**Lorrie and Alec Penny**

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

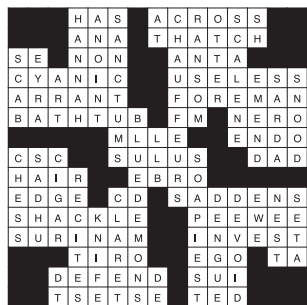
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.alianzinc.ca.

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

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à aurora-production@ns.alianzinc.ca ou nous transmettre un fax au 902-765-1717.

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

## crossword solution



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The current 7 Arts board includes, in the back row, from left, Marc Britney, Ian Hughes (youth representative), Thomas Juby; and front row Amber Juby and Tanya Cheeke. Submitted

## Art for all

NOVA Seven Arts Council is a newly-established, local non-profit organization with a volunteer board of directors founded by military spouses and a retired RCMP member. Its mission is to teach, support and promote the arts and art education in the Greenwood/ Kingston area, working with other creative groups in the Annapolis Valley.

We registered and incorporated in October 2018 and made our first public appearance in the community with the support of the Greenwood Mall. The group joined the mall's annual Witches Brew and, with help from Nicole Marie Photography, created a Hocus Pocus photo booth event and display.

Since then, the group has hosted art workshops, youth lessons (at the 14 Wing Greenwood Community Centre) and free community

events, like the recent Easter egg rock painting at RCAFA 107 Valley Wing.

The seven areas of art we plan to focus on are paint, draw, photograph, write, music, design and craft. Every activity you can imagine will be explored: it is important to encourage and support the next generation of young artists, and special programs will encourage seniors, students, veterans and various social groups to join in. Everyone can enjoy the Makers Space, gallery, studio and more. Volunteers believe in creating an artistic environment that will be therapeutic, cooperative and non-competitive.

7 Arts will provide a safe, creative environment for all ages and abilities at its soon-to-open space in Greenwood. Find out more at 7arts.ca, or follow us on Facebook, Instagram and Twitter @7Arts2. ➔

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2. Fax: 902-765-1717
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Entry deadline:  
Noon, May 16, 2019

Full name \_\_\_\_\_ Phone number \_\_\_\_\_

Complete the following questions from ads in this week's issue and win a \$20.00 coupon to play Friday Night BINGO from Aylesford & District Lions. Coupons valid for 1 year. Age 17+ on regular games.

1. Who has more than 25 years of experience? \_\_\_\_\_
2. Where will you get 20 times your eCTM? \_\_\_\_\_
3. What does Eagle Ridge Green present? \_\_\_\_\_
4. Who are your retirement planning specialists? \_\_\_\_\_
5. Where will you find North Mountain coffee and tea? \_\_\_\_\_

Congratulations to last week's winner: PATTI JAMIESON



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14 Mission Support Squadron won the A Division.



14 Air Maintenance Squadron were the winners of B Division.



413 (Search and Rescue) Squadron was the winner of the C Division.   
 Leading Seaman LP Dube, 14 Wing Imaging

# Wing hockey season wraps up

**Master Corporal Christian Dufresne, Vice-president, 14 Wing intersection hockey**

The 14 Wing Greenwood

intersection hockey season ended April 26, and organizers wish to thank all teams and players who participated in the 2018/ 2019 season. The Old Timers team joined the

intersection hockey this year and, hopefully, will carry on their participant into the next season.

Justin Roberts from 14 Mission Support Squadron

had the most points over the season, with 81; Tyler Williams from 14 MSS was the top scorer with 44 goals and Justin Roberts led the assists with 45. Have a great summer! ✈️



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# Junior A lacrosse showcases game in Kingston May 14

For the first time in its history, the East Coast's best lacrosse is heading to the Valley.

May 14, in partnership with Valley Thunder Lacrosse, the East Coast Junior Lacrosse League will play at Kingston's Credit Union Centre. On the floor are the Sackville Wolves and the St. Margaret's Bay Rebels. This is the highest level of amateur box lacrosse played on the East Coast; the National Lacrosse League brings its pro game to Halifax in December, with the launch of the Halifax Thunderbirds.

Valley Thunder Lacrosse's own Cameron Jackman is on the Rebels' roster. This Greenwood-raised athlete played and coached with Valley Thunder for a decade and was drafted in 2018

to the Junior A league. He played with the Sackville Wolves before heading to the Rebels to start the current season. He played his first season of field lacrosse in 2018 with Mount Allison in the Maritime University Field Lacrosse League, and was named rookie-of-the-year at Mount A at the year-end athletics closing in April.

Seven of-age Valley Thunder players were drafted in January by the ECJL, working their way through try-outs and camps in March and April. Rosters are still being finalized.

Valley Thunder is in its 11th season of programming for youth ages five to 17. Teams play in the Scotia Minor Lacrosse League and compete at Lacrosse Nova Scotia provincials. The club will host the 6th Apple Cup

in the Berwick and Kingston rinks June 7 to 9, with an expected 25 teams from Nova Scotia and New Brunswick. The ECJLL returns June 8

at 4 p.m. for an Apple Cup marquee game, featuring its 2018 league winners, the Dartmouth Bandits, and the St. Margaret's Bay Rebels.

Doors at the Kingston rink open May 14 at 6:45 p.m., with the warm-up underway at 7 p.m. Game time is 7:30 p.m. Adult admission is \$5,

students are \$2 and youth under 12 are free. There will be a 50/50 draw and bake table fundraiser for Valley Thunder programs. →



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