



Arena art highlights wing's work, play together attitude

Master Corporal Daniel Salisbury, 14 Air Maintenance Squadron

The search for a 14 Wing Greenwood artist to design this season's centre-ice logo for the Greenwood Gardens Arena didn't take long. Sergeant Kerry Gidge from 14 Air Maintenance Squadron saw an opportunity he couldn't resist, and his design was quickly in the running. With a few artistic adjustments from Wing Chief Warrant Officer Dan Campbell, his logo was chosen – without a moment to spare.

As he contacted rink manager Bill Cox to plan for the ice painting, he learned the ice was going in: that day was the last opportunity to layer in the logo.

Gidge quickly recruited volunteers to help him with this job: corporals Hillier and Budz and aviators Summers, Zmud, Goodwin, Godfrey, Rumble, McDonald and Sheldrick. By 10 a.m., work was underway. As layers of paint froze to the ice and the logo took shape, unexpected requests came in from both the 14 Wing Greenwood Recreational Hockey Club and the Greenwood Lady Bombers:



Sergeant Kerry Gidge from 14 Air Maintenance Squadron designed the Greenwood Garden's centre-ice art for the upcoming season, painted into the ice by a team of volunteers as the ice went in. Sergeant S. Howell, 14 Wing Imaging

would Gidge and team also paint their logos into the ice? Additional volunteers included Cindy Howard from 14 Wing Greenwood Recreational Hockey and aviators Julien-Foster and

Annie-Pierre Gagné, both from the Greenwood Lady Bombers.

After the final stroke of paint mid-afternoon, the artists stood back and gazed upon their work. The top

layers of water had already begun to freeze over their artwork, guaranteeing it will be visible for the months to come.

"I felt a sense of pride, being part of something

bigger than one unit or section," said Gidge of the project. "We were used to a display that featured the wing's squadrons separately, but this was a true team effort." →

Wing walk September 10 brings together people, partners in suicide prevention

Sara White, Managing editor

"Working Together to Prevent Suicide" is the aim of the International Association for Suicide Prevention, and 14 Wing Greenwood and commu-

nity partners are putting some walking into their effort to help.

September 10 is World Suicide Prevention Day, and the Greenwood military and wider community is invited to join in an awareness walk.

"It's important as a military

community to talk about suicide, but also with our families and our neighbours – we're all affected by suicide, or the stigma – but there is help and resources," says Lisa White, Health Promotion manager with 14 Wing's Personnel

Support Program.

"We want to walk together in honour of people lost or impacted by suicide."

Participants from the base's fire department, Military Police, chaplains, health and mental health services, and fit-

ness and recreation partners, along with command team leaders; have been invited. Base personnel, families and anyone in the community are welcome.

"People may want to bring a photo of a loved one, or

carry a poem or sign, maybe a teddy bear or a memento of a person," White says.

The walk will begin at 10 a.m. and end at the 14 Wing Fitness and Sports Centre, following a roughly 30-minute, three-kilometre loop to

Continued on page 2...

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La marche de l'Escadre, le 10 septembre, réunit les gens et les partenaires autour de la prévention du suicide

**Sara White,
rédactrice en chef**

Travailler ensemble pour prévenir le suicide est le but de l'Association internationale pour la prévention du suicide, et la 14e Escadre Greenwood et les partenaires du milieu se mettent en marche pour appuyer les efforts en ce sens.

Le 10 septembre, Journée mondiale de prévention du suicide, les militaires de Greenwood et la communauté tout entière sont invités à participer à une marche de sensibilisation.

« Il est important, en tant que collectivité militaire, de parler du suicide, et ce conseil vaut aussi pour nos familles et nos voisins – car nous sommes tous touchés par le suicide ou la stigmatisation – mais n'oublions pas qu'il y a de l'aide et des ressources », a déclaré Lisa White, ges-

Wing walk...

...cover

the Greenwood Military Family Resource Centre along Church Street and Kingswood Road. Military personnel are welcome

tionnaire de la Promotion de la santé au Programme de soutien du personnel de la 14e Escadre.

« Nous souhaitons marcher ensemble en hommage aux personnes emportées par le suicide ou qui vivent avec ses séquelles. »

Sont invités les membres des services d'incendie de la base, la police militaire, les aumôniers, les représentants des services de santé et de santé mentale, et les partenaires dans le domaine du conditionnement physique et des loisirs, de même que les dirigeants de l'équipe de commandement. Le personnel de la base, les familles et la communauté élargie sont aussi les bienvenus.

« Les gens qui le souhaitent peuvent apporter une photo de l'être cher, un poème ou une affiche, ou bien une peluche ou un souvenir », a ajouté Mme White.

La marche se mettra en branle à 10 h et se terminera au Centre de conditionnement physique et de sports de la 14e Escadre, après une boucle d'environ 30 minutes (trois kilomètres) vers le Centre de ressources pour les familles des militaires (CRFM) de Greenwood, le long de la rue Church et du chemin Kingswood. Les militaires pourront porter la tenue du jour ou des vêtements d'entraînement physique. Une fois au centre sportif, les dirigeants de l'Escadre et les organisateurs prendront la parole. Grâce entre autres à des présents, Mme White et la coorganisatrice, Kaitlin Wolfe, coordonnatrice des volets prévention, soutien et intervention au CRFM, fourniront des renseignements. Suivront des rafraîchissements et une occasion informelle d'échanger avec d'autres participants. ➔

of prevention, support and intervention; will have some displays and information available. Light refreshments and an informal opportunity to talk and share with other participants will follow. ➔

The CAF has suicide prevention programs in place, including education and awareness programs, screening, pharmacotherapy and psychotherapy, resilience training and systematic efforts to overcome barriers to mental health care. Since 2009, over 56,000 CAF members have received mental health training and education, including the *Road to Mental Readiness* program and Mental Fitness and Suicide Awareness courses.

CAF Forces members with mental health concerns, and their families, have access to a range of CAF and Veterans Affairs Canada services and programs, including:

- counselling under the Member Assistance Program at 1-800-268-7708
- the 24/7 Family Information Line at 1-800-866-4546
- base chaplains (14 Wing Greenwood, 902-765-1494 local 5457)
- Lisa White, manager, Health Promotion, 14 Wing Greenwood (Lisa.White2@forces.gc.ca or 902-765-1494 local 5389)
- Kaitlin Wolfe, coordinator of prevention, support and intervention, Greenwood Military Family Resource Centre (Kaitlin.Wolfe@forces.gc.ca or 902-765-1494 local 1811)

Les FAC ont mis en place des programmes de prévention du suicide, y compris des programmes d'éducation et de sensibilisation, des services de dépistage, de pharmacothérapie et de psychothérapie, des formations sur la résilience et des mesures générales afin de faciliter l'accès aux soins de santé mentale. Depuis 2009, plus de 56 000 membres des FAC ont suivi des formations sur la santé mentale, notamment le programme En route vers la préparation mentale et les cours sur la sensibilisation à la santé mentale et au suicide.

Les membres des FAC aux prises avec des problèmes de santé mentale, ainsi que leur famille, ont accès à une gamme de services et de programmes offerts par les FAC et Anciens Combattants Canada, dont :

- du counselling dans le cadre du Programme d'aide aux membres, au 1-800-268-7708
- le numéro de la ligne d'information pour les familles est le 1-800-866-4546, et cette ligne est accessible en tout temps
- les aumôniers de la base (14e Escadre Greenwood, 902-765-1494, poste 5457)
- Lisa White, gestionnaire, Promotion de la santé, 14e Escadre Greenwood (Lisa.White2@forces.gc.ca ou 902-765-1494, poste 5389)
- Kaitlin Wolfe, coordonnatrice des volets prévention, soutien et intervention du Centre de ressources pour les familles des militaires de Greenwood (Kaitlin.Wolfe@forces.gc.ca ou 902-765-1494, poste 1811)

Command Team Corner

**Colonel Brendan Cook &
Wing Chief Warrant Officer
Dan Campbell**

In our last column, we wrote to you about the importance of recommitting to the wing's "Operate as One" principle. This time, we'll draw your attention to the importance of individual health and physical fitness within that goal, and also highlight some recent events that drive home the importance of this theme.

14 Wing Greenwood remained active in August. 405 Squadron participated in England's Royal International Air Tattoo, the largest event of its kind in the world; Cadets had their final parade and closed the book on another successful summer at the Greenwood Cadet Training Centre; the 14 Wing Combined Bands participated in the annual Gold Cup Parade in Prince Edward island and won Best Band; they also performed locally at a concert in the Kingston park; and 14 Wing members visited the Camp Hill Veteran's hospital. Last but not least, we worked in partnership with Air Show Atlantic to host the Atlantic Canada International Air Show.

With regard to health and



14 Wing Greenwood welcomed the United States Navy's Blue Angels as the marquee act during the recent Atlantic International Air Show. Wing Commander Colonel Brendan Cook, right, and Wing Chief Warrant Officer Dan Campbell, left, are shown with members of the team.

S. White

physical fitness, the wing's soccer teams hosted and participated in the Atlantic Regional soccer championships. 14 Wing fielded a women's team for the first time in many years, and they played very well. The men's team fought back brilliantly in the final to force a decision on penalty kicks, and won the

regional title. They will now represent the wing and region at nationals in September. Several members, including myself, participated in the 200-kilometre Wounded Warriors Highway of Heroes charity bike ride that saw them bike to Halifax over a two-day period. Both of these events demonstrate the ben-

efits of being physically fit in a non-operational sense, but there is also an operational reason for striving to be as fit as you can be at all times.


If you're called on to deploy on a challenging mission, particularly a short-notice one, you cannot do "just-in-time fitness." For example, 413 Squadron participated

in a rescue in August that required an extensive hike to the victim's location. The SAR-Techs involved did a great job, in large part because they are dedicated to their physical fitness to meet their primary role. You must invest the necessary time and effort in dedicated fitness training, as well as diet and


lifestyle choices, to perform your best, no matter when you are called upon.

Soccer or a charity bike ride are fun and excellent ways to challenge yourself, and help you set shorter term goals for your health and fitness so you stay motivated to maintain it. Health and physical fitness is an essential element in operational readiness and will improve your quality of life now; it will also ensure you have a greater quality – and quantity – of life long after you retire from the Canadian Armed Forces.

Welcome to our newest 14 Wing members. You'll have an opportunity at this weekend's Wing Welcome events to see all the many programs available for you and your family to stay active and meet your personal health and fitness goals. We encourage you to take full advantage of what 14 Wing has to offer. The pace of events will continue into September with Exercise Cutlass Fury '19 and other important operations and exercises. Despite the pace, take time to invest in the health and fitness of you and your family. Until then, "Operate as One." ➔



the Aurora



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Chronique de l'Équipe de commandement

**Colonel Brendan Cook et
adjudant-chef de l'escadre
Dan Campbell**

Dans notre dernier article, nous avons réitéré l'importance d'adhérer au principe de l'escadre « Unis dans l'action ». Cette fois-ci, nous souhaitons attirer votre attention sur le rôle sous-jacent, mais prépondérant, que jouent la santé et la condition physique, et présenter certaines activités tenues récemment et qui font prendre conscience de la valeur de ce principe.

La 14e Escadre Greenwood est restée bien active en août. Le 405e Escadron a participé au Royal International Air Tattoo, en Angleterre, qui n'a pas d'égal dans le monde entier; les cadets ont présenté leur dernier défilé

et clôturé une autre saison estivale fructueuse au Centre d'entraînement des cadets de Greenwood; les corps combinés de la 14e Escadre ont pris part au défilé annuel Gold Cup à l'Île-du-Prince-Édouard et remporté le titre de meilleur groupe, ils ont aussi offert une prestation lors d'un concert local, dans le parc Kingston; des membres de la 14e Escadre ont visité l'hôpital des anciens combattants Camp Hill. Dernier point, mais non le moindre, nous avons œuvré en partenariat avec l'Air Show Atlantic afin d'accueillir le Spectacle aérien international du Canada atlantique.

Du côté de la santé et de la condition physique, les équipes de soccer de l'escadre ont accueilli le championnat

régional de soccer de l'Atlantique et y ont participé. La 14e Escadre avait formé une équipe féminine pour la première fois depuis bien des années, et elles ont remarquablement bien joué. L'équipe masculine a lutté avec brio en finale, forçant la décision d'imposer des coups de pied de pénalité pour finalement remporter le titre régional. Ils représenteront donc l'escadre et la région au championnat national, en septembre. Plusieurs militaires, moi y compris, ont amassé des fonds en parcourant à vélo 200 kilomètres, en deux jours, sur l'Autoroute des héros (sous la gouverne de l'organisme Wounded Warriors), jusqu'à Halifax. Ces deux activités illustrent bien les avantages d'être en forme physiquement

dans un contexte non opérationnel, bien qu'il importe, pour des raisons opérationnelles, de rester en aussi bonne santé que possible et en tout temps.

Si vous êtes appelé à participer à une mission exigeante, à court préavis de surcroît, vous ne pourrez pas vous en tenir à une mise en forme « juste à temps ». Par exemple, le 413e Escadron a pris part en août à un sauvetage nécessairement, pour atteindre la victime, une longue randonnée. Les techniciens en recherche et sauvetage (Tech SAR) ont fait un excellent travail, en grande partie parce qu'ils se maintiennent en forme pour assumer leurs responsabilités. Pour être prêts à relever avec brio les défis qu'on vous lance, vous devez investir le temps et

les efforts qu'il faut en vous entraînant et en choisissant un régime et un mode de vie sains.

Le soccer et les randonnées à vélo pour une bonne cause sont, en plus d'être agréables, des occasions parfaites de vous lancer des défis personnels et de vous fixer des buts à court terme, tant pour votre santé que pour votre condition physique. Ainsi, vous entretenez votre motivation. La santé et la bonne forme physique sont essentielles pour maintenir l'état de préparation opérationnelle. De plus, cela améliore votre qualité de vie actuelle et future. Par ailleurs, vous pourrez jouir de la vie plus longtemps, une fois que vous aurez pris votre retraite des Forces armées canadiennes.

Bienvenue aux nouveaux

membres de la 14e Escadre. Au cours des activités d'accueil de la fin de semaine, vous pourrez découvrir les nombreux programmes qui s'offrent à vous et à votre famille pour vous aider à rester actifs et à atteindre vos objectifs personnels en matière de santé et de forme physique. Nous vous encourageons à profiter pleinement de tout ce que la 14e Escadre a à offrir. La cadence des activités se maintiendra en septembre avec l'exercice CUTLASS FURY 2019 et d'autres opérations et exercices d'importance. Malgré cette cadence, prenez le temps d'investir dans votre santé et votre forme physique, de même que dans celles de votre famille. Entretenez, soyez « Unis dans l'action ». ➔

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14 Wing Imaging unless otherwise indicated.



Master Corporal Sebastion Wilkolaski, centre, July 3 was presented the General Service Medal for OP IMPACT, June 8 to August 2018; by Major Rodney Chongva, acting commanding officer 14 Mission Support Squadron, second from left; with Chief Warrant Officer John Martin, second from right; Captain Rick Costain, left; and Master Warrant Officer Morgan MacDonald, right.



Private Jeff Harrison, centre, was July 3 presented the General Service Medal for OP IMPACT, June 19 to August 27, 2018; by Major Rodney Chongva, second from left, acting commanding officer 14 Mission Support Squadron, second from left; with Chief Warrant Officer John Martin, second from right; Captain Rick Costain, left; and Master Warrant Officer Morgan MacDonald.



Warrant Officer Melanie Dionne, centre, was promoted July 22 to master warrant officer by Lieutenant-Colonel Dale King, left, deputy wing commander; Colonel Mike Adamson, second from left, 14 Wing Greenwood Commander; with Chief Warrant Officer John Martin, Deputy Wing Commander Branch, right; and Dionne's children, Sean and Carlie.

Leading Seaman C. Moon, 14 Wing Imaging



Sergeant Bill Pineau, centre, was July 3 presented the General Service Medal – Rotation Bar for OP IMPACT, May 14 to November 22, 2016, and June 10 to August 16, 2018; by Major Rodney Chongva, second from left, acting commanding officer 14 Mission Support Squadron; with Chief Warrant Officer John Martin, second from right; Captain Rick Costain, left; and Master Warrant Officer Morgan MacDonald, right.



Captain Lisa White, second from right, Wing Comptroller; was presented July 22 with the CJOJ Commander's Commendation by Lieutenant-Colonel Dale King, left, deputy wing commander; Colonel Mike Adamson, 14 Wing Greenwood commander, second from left; with Chief Warrant Officer John Martin, Deputy Wing Commander Branch.

Leading Seaman C. Moon, 14 Wing Imaging



Corporal Andrew Siguenza, centre, was July 3 presented the General Service Medal for OP IMPACT, August 8 to October 18, 2018; by Major Rodney Chongva, second from left, acting commanding officer 14 Mission Support Squadron; with Chief Warrant Officer John Martin, second from right; Captain Rick Costain, left; and Master Warrant Officer Morgan MacDonald.



Master Warrant Officer Poole, 404 (Long Range Patrol and Training) Squadron, centre; was recently promoted to current rank by 404 Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Freeman.

Master Corporal K. Scott



Corporal Joey Gobeil, centre, was recently promoted to his new rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; and Chief Warrant Officer Dean Parsons.

Aviator J. Powless



Corporal Jesse Donahue, centre, was recently promoted to his new rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; and Chief Warrant Officer Dean Parsons.

Aviator J. Powless



On show

August 24 and 25, a 14 Wing Greenwood CP140 Aurora was a show highlight during the Riviere-du-loup air show, with a long line of visitors waiting for the opportunity to check out Canada's sub-hunter and long-range patrol aircraft.

Major K. Mick

Cutlass Fury combines allies, elements off East Coast

Sara White, Managing editor

The pace of flying from 14 Wing Greenwood airfields will pick up September 9 to 20, as an international anti-submarine warfare exercise stages off the east coast of Canada.

Exercise Cutlass Fury 19 is a biennial joint, combined, medium scale maritime exercise hosted by Commander Maritime Forces Atlantic, and executed by Commander Canadian Fleet Atlantic. Seventeen ships from eight NATO nations, with 2,500 sailors and their on-board aircraft, will base out of Halifax Harbour for a NATO warship visit September 6 to 9, and the exercise.

The exercise also involves Standing NATO Maritime Group One, represented with units from the Royal Netherlands Navy, Portuguese Navy, Norwegian Navy, and Belgian Navy. The Royal Canadian Air Force's CP140 Aurora maritime patrol fleet out of three squadrons at 14 Wing Greenwood and another from 19 Wing Comox, and F188 aircraft and 12 Radar Squadron, from 3 Wing Bagotville; and the United States Air Force is sending a P8, operating out of 14 Wing. 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien is the air task force commander.

"The exercise is 24/7, weekends and nights as well," says Major Dave Hanes, long range patrol operations flight commander at 14 Wing.

"Our Greenwood crews and people living around the base are used to the Hercules and Cormorants going out all hours on search and rescue calls, but the Auroras will be flying through the night with this exercise."

Ground and support crews at 14 Wing will be fully involved in keeping air operations on schedule, including pre-planning September 3 to set up the wing's deployable mission support centre, with all its equipment and personnel, at Osborne Head, September 3.

"The DMSC will link the exercise aircraft and ships to the command networks, exactly as it should in a deployed setting," Hanes says. Cutlass Fury will test anti-submarine warfare practices, but will also exercise a range of disciplines aimed at developing interoperability between partners in a multi-threat, joint environment. This year's plans emphasize air elements, including air-maritime integration and support, anti-air defense, air coordination and air-on-air warfare.

Residents in the area of Northwest Cove, Lunenburg County will see military personnel from 12 Radar Squadron based there throughout the exercise.

The public was invited to visit participating warships September 6 and 7 in Halifax, including the Canadian Naval Reserve unit HMCS Scotian. A soccer match September 7 matched up a North American allied team against a corresponding European team at Stadacona, in the inaugural Cutlass Fury Cup. September 9 at 1 p.m., the public is invited to watch the fleet review of warships as they sail past HMCS Sackville, en route to the exercise grounds. Participating aircraft will fly over the ships as they depart Halifax Harbour.

In Greenwood, a smaller, casual set of socials will be offered for aircrews in non-flying time, with some centered around the base's VP International centre, as 14 Wing is the home of the international maritime patrol aircrew organization.

Participating aircraft will fly

over the ships as they depart Halifax Harbour.

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Battle of Britain in service, sound September 15

September 15 marks the anniversary of the Second World War's Battle of Britain, and Greenwood veterans and serving personnel will mark the date with a parade, service and public concert.

The 107th Royal Canadian Air Force Association cenotaph on Central Avenue will host the Battle of Britain service. 14 Wing Greenwood will stand two 18-member flights on parade for the service, with a short march on to the grounds at 1:45 p.m. Wing Commander Colonel Brendan Cook will arrive at 1:50 p.m., with an RCAF fly past at 2 p.m. as the service gets underway. The service will end about 1:45 p.m.

At 3:30 p.m., the 14 Wing Greenwood Band presents a Battle of Britain concert, open to the public by freewill

offering to the Greenwood Military Aviation Museum. The band will be joined at the Annapolis Mess by the Canadian Military Wives' Choir Greenwood.

The Battle of Britain was the first major battle fought almost entirely between opposing air forces. Waged from July to October 1940, it pitted a small group of Allied fighter pilots against the far larger German Luftwaffe. August 20, British Prime Minister Winston Churchill delivered his famous speech, praising the airmen fighting the battle: "Never in the field of human conflict was so much owed by so many to so few." More than 100 Canadian pilots took part in the Battle of Britain, most flying with the RAF and the Royal Navy Fleet Air Arm; 23 lost their lives. →



Members of the 143 Construction Engineering Flight build crew, from left, are Corporal Carson Buckler, Corporal Josh MacKay, Warrant Officer Ryan Stacey, Sergeant David Young and Aviator Corey Lucas.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

Operation Gazebo Build

Honorary Colonel Dan Hennessey, 14 Construction Engineering Squadron

When OJT (On the Job Training) meets local community outreach, all involved see the benefits.

This was the case as Fish-

eries Museum of the Atlantic staff in Lunenburg were looking at a gazebo package purchased two years ago, realizing they did not have the expertise to put this large structure together on the waterfront. They reached out to 14 Construction Engineering Squadron with for assistance

with the project. The 12-foot by 14-foot wood-framed gazebo with an aluminum roof may have been a daunting vision for the museum staff, but not for members of 14 CES's 143 Construction Engineering Flight, which arrived August 20, emptied the many

gazebo parts from their box and formulated their plan of action. The project took two days to complete, with many questions from the hundreds of hourly visitors to the scenic waterfront and through very warm weather. Consideration also had to be made as to how best to secure the structure through the not-so-scenic-and warm - in fact, often severe! - weather along the harbour throughout the year.

Laura Smith, operations supervisor and marine facility security officer for the museum, was very appreciative of the effort by the members involved.

"We greatly appreciate 143 Construction Engineering Flight taking on this project," she said. "Their efforts will provide a lovely shade on the wharf for our visitors, an excellent venue for special events - it was used four hours after construction was complete! - and as a great shelter for security staff and passengers when we welcome cruise ship port visits each spring and fall. A huge thank you from the Fisheries Museum of the Atlantic!" →

Medical, water calls continue SAR demands

August 31, just after 7 p.m., the Halifax Joint Rescue Co-ordination Centre tasked a 14 Wing Greenwood-based Hercules aircraft at 413 (Transport and Rescue) Squadron to respond to an electronic locator transmitter going off from a Beaver aircraft on floats north of Sept Iles, on Airborne Lake. Local police found the aircraft with no damage, and the Herc crew stood down at 8:30 p.m.

September 1, two 413 Squadron aircraft - a Hercules and a Cormorant - were tasked mid-afternoon to the Noble Regina Allen oil rig to provide a medivac for an individual aboard. Hercules R343 was airborne at 2:30 p.m., and Cormorant R911 was airborne just after 7 p.m.

Overlapping the call, just after 7 p.m., both aircraft responded to a search and rescue near Cape Rage, along the Bay of Fundy, to locate and rescue a couple trapped while walking their two dogs near

the water. As they arrived on scene, the Alma fire rescue crew arrived and was able to recover the party.

Both aircraft were again directed to the initial Noble Regina Allen oil rig medivac. By 8:15 p.m., R911 was able to transfer the individual to Windsor Park, Halifax, and R343 returned to Greenwood.

September 2, a Cormorant launched just after 2 a.m. to look for a missing swimmer near Grand Manan. The crew spotted the missing person at the top of a cliff just before 6 a.m. and hoisted the individual to safety, delivering them to nearby RCMP and Emergency Health Services crews for a check.

September 2, the Cormorant was again in the air, just after 6 p.m., for a search near Five Islands involving and overturned small craft and two individuals reported in the water. The aircraft was stood down, but then re-tasked

for a successful ELT search, returning to Greenwood just after 8 p.m.

September 3, just before 10 p.m., Cormorant R907 went airborne to assist in the search for two people in an

open boat on the St. Lawrence River, near Trois-Pistoles. The boat was reportedly taking on water and there was only one life jacket on board. The search expanded overnight with the addition of Hercules

R336, along with the Canadian Coast Guard's Cap de Rabast, and a new crew swapped in on the Cormorant at 7:30 a.m. September 4. By 11 a.m., R907 was stood down, with both the aircraft re-tasked

for a day search of an expanded area along the river's north shore. R336 returned to Greenwood just after 2 p.m. after being stood down, and R907 returned to Greenwood at 5:30 p.m. →

WORLD SUICIDE PREVENTION DAY: WALK OF REMEMBRANCE

Tuesday, September 10, 2019
10-11 a.m.

Meet at the Fitness & Sports Centre (Gym)
Informal reception with refreshments

No registration necessary.
For more information, please contact Lisa White at 902-765-1494 local 5389.

Join us as we walk from the Fitness & Sports Centre to commemorate World Suicide Prevention Day.
Each small moment and every step can add up to make a big difference.

CAFconnection.ca/Greenwood

Enter to WIN four tickets

Name: _____
Address: _____
Phone: _____

Drop ballot off at The Aurora Newspaper 61 School Rd., fax to 902-765-1717, or enter online at auroranewspaper.com by noon, September 12, 2019.

Kings Mutual Century Centre, Berwick
Regular season games

September 15 vs South Shore | 4 pm
September 20 vs Amherst | 7 pm
September 27 vs Edmundston | 7 pm
October 10 vs Yarmouth | 7 pm
October 11 vs Grand Falls | 7 pm
or any of the 2019-20 home games

#DefendTheDome | #VCATS

SEPTEMBER/SEPTEMBRE 2019

http://greenwood.mil.ca/en/communities-of-interest/annapolis-mess/index.aspx

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2 LABOUR DAY MESS CLOSED	3	4	5	6 TGIF • SUBWAY TOW BAR ENTERTAINMENT KARAOKE	7
8 INFO Internet/wireless available in TV Lounge/Mess	9	10	11 CWO MARTIN CHANGE OF APPOINTMENT	12 WING WELCOME BINGO	13 TGIF • PEROGIES TOW BAR ENTERTAINMENT TBA	14 FALL DANCE
15 BATTLE OF BRITAIN CONCERT	16	17	18 TRIVIA NIGHT	19	20 TGIF • WINGS TOW BAR ENTERTAINMENT KARAOKE	21
22 INFO TOW BAR Non-alcoholic beverages available	23	24	25 FE GRAD PARADE	26 FE GRAD PARADE	27 TGIF • DONAIRS TOW BAR ENTERTAINMENT CAS McCREA	28
29	30	f LIKE US ON FACEBOOK				

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VETERAN FAMILY PROGRAM

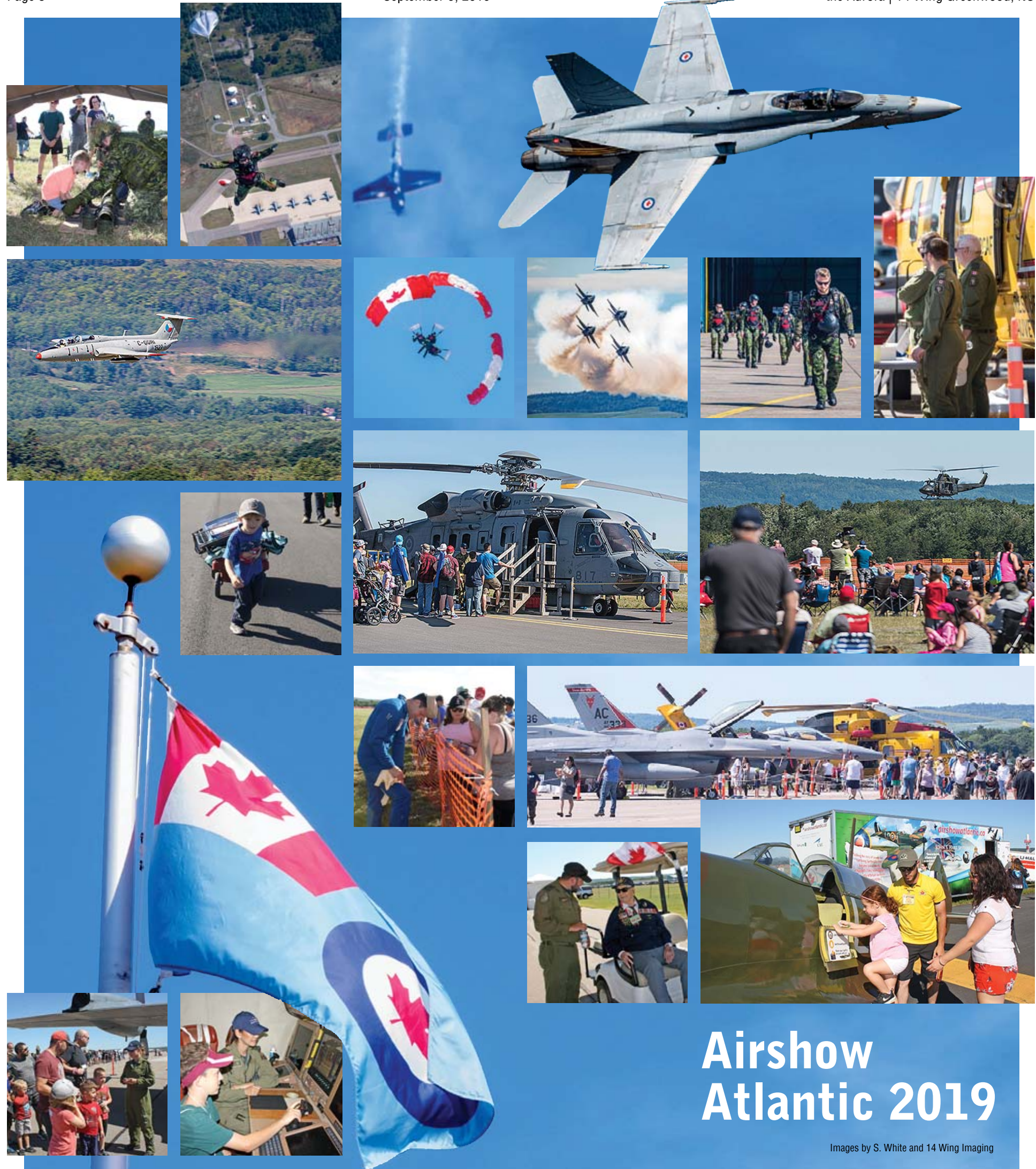
For Medically Releasing CAF Members, Medically Released Veterans and their Families

LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546



Airshow Atlantic 2019

Images by S. White and 14 Wing Imaging

Duke Award encourages youth potential

**Rob Albert,
Senior Award Advisor,
West Kings Award Unit**

It's time to think about starting the Duke of Edinburgh International Award Program.

What is it? The global Duke award program is for youth ages 14 to 25, encouraging them to explore their potential, and determine what they are passionate about - regardless of their background, culture or access to resources.

The award is completed at three levels: Bronze, Silver and Gold. There are four areas of activities at each award level (Skill, Physical Recreation, Service and Adventurous Journey), plus a Gold project. In our experience at West Kings, many participants are taking part in these activities on their own already. By joining the program and recording time spent on these activities, they may also earn an award and a

personal development credit. Not to mention it looks great on a CV!

Participants may choose to improve on an existing skill or try something completely new as they develop personal interests and enhance their practical and social skills. The Physical Recreation section aims to impact the health, team skills, self-esteem and confidence of participants. The award also requires young people to spend time volunteering in their community, which both benefits others and contributes to their own growth and well-being.

The Adventurous Journey sparks exploration and drives a sense of adventure, as small teams plan, train and undertake a journey through an unfamiliar environment. At West Kings, we have an active program run by the leaders for the Bronze level. With support from the provincial body, we have become a lending depot for participants

to borrow camping gear for their journey, whatever form that may take.

The Bronze award is presented locally, Silver by the lieutenant-governor and Gold by the governor-general or a member of the Royal family. In Nova Scotia, the awards are also high school personal development credits, and employers look favorably on a resume that includes a Duke of Edinburgh award, realizing the dedication and effort that goes into it.

We have an active program at West Kings, with 16 Bronze, 10 Silver and 6 Gold awards earned in the past six years. Most participants are already doing most of what they need for the award. Some of the activities our participants have undertaken include school band, piano, after-school reading programs, Scouting/ Guiding, teaching swimming, organized sports, knitting, C.A.P.S., Me to We and student council. Past

Gold projects have included counsellors in training, Encounters with Canada and Acadia music camps.

Come see us at our table at Wing Welcome, held at the base gym at 14 Wing Greenwood, September 14, 10 a.m. to 1 p.m. If you are not a West Kings student, come talk to us: we may be able to direct you to a local group.

For information on the program or to register, check out dukeofed.org/ns →



Some of our members on a qualifying hike for the Adventurous Journey portion of the Award at Kejimikujik National Park this summer. Submitted

FLYING

Each time I see a butterfly
Flying freely in the sky
I remember all your kisses
And struggle not to cry

You're flying free and painless now
I know this to be true
And when my time has finally come
I know I'll be with you

Missing you every day
Love Mummy

Jessica Lauren LeBlanc
20 August 1991 – 14 September 2016



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Visit bmo.com/cdcbcontest for full details.

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Visit bmo.com/cdcbcontest to enter the contest.

BMO  Official bank of the Canadian Defence Community

³No purchase necessary. The 2019 CDCB Customer Appreciation Contest (the "Contest") begins on May 22, 2019, at 12:00:01 a.m. Eastern Time and ends on September 25, 2019, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at bmo.com/cdcbcontest. The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. *Proof of CDCB eligibility is required.

Service adds up for CANEX duo

Sara White, Managing editor

Ken Keddy and Denise Tucker have over 50 years of retail experience between them, all at the Greenwood CANEX.

Both were recently recognized by CANEX officials visiting Greenwood with service awards: store manager Keddy for 30 years, and store supervisor Tucker for 20 years.

"I hired her," Keddy says. "She's now my store supervisor – but she's far more than that!"

The two are a team, Keddy says, and have worked together long enough to know

"there are good days and bad days – we're like every relationship, but it always comes back to working well together, and for our customers."

CANEX is a dedicated retail service for Canadian Armed Forces' members, their families and an extended network of service personnel and veterans. Services and goods vary from base to base across Canada, around the world and in deployed locations, with revenue going back into morale and welfare projects in local and regional communities.

Keddy is very happy with his Greenwood staff's role in that: "we do not have a high turnover in our staff, and that's a product of



Denise Tucker, Greenwood CANEX store supervisor, recently received her 20-year service award from manager Ken Keddy.



Ken Keddy, centre, recently received his 30-year service award; presented by Eric Gosselin, right, CANEX district manager; and Martin Boudrias, vice-president of CANEX retail operations.

the CANEX working environment, but also people who start here and stay. They'll do

anything for customers – 'their people,' and we look after things for them in a heartbeat." →

Special Olympics bowling ready for season start

Pat Nixon, Coach, Kings Special Olympics Bowling

September marks the start of a new season of Kings Special Olympics Bowling at the Greenwood Bowling Centre at 14 Wing Greenwood. Bowling starts Thursday evening, September 26, at 6:30 p.m.; and finishes up at 8 p.m., after bowling two games with a break in between to have a snack and socialize. We bowl every second Thursday thereafter.

Bowling is a great way to get some exercise, have friendly competition and make new friends. In order to be eligible to participate in Special Olympics programming, the person must have an intellectual disability. Each night, the two games of bowling, including bowling shoe rental (if required) will

cost \$4, taxes included, and the athlete or caregiver is responsible for paying the fee to the bowling alley attendant on arrival. Athletes are encouraged to bring some money along, as there is a snack bar available.

The program registration fee is \$30 and covers multiple sports if the athlete wishes to participate in other sports as well. Registration forms will be available the first night of bowling September 26, or visit specialolympicsns.ca, click on "Resources," then "Forms" and bring the completed forms with you. You may also visit us at the Greenwood Bowling Centre display table at the 14 Wing Greenwood Wing Welcome Expo September 14 to register or get more information.

Our goal is to ensure every athlete has fun bowling while increasing their activity level



Bowling out of the Greenwood Bowling Centre, Genna Coleman will represent Nova Scotia at the Special Olympics Canada Winter Games in Thunder Bay in February 2020.

and making new friends. Should you have any questions or need information, contact Coach Pat Nixon (902-765-8011). →

WNSR hosts annual weekend reunion

The West Nova Scotia Regiment Association is set for its 70th regimental association, this weekend, September 13 to 15, at locations in Kentville and 5th Canadian Division Support Base Detachment Aldershot. 2019 also marks the 150th anniversary of the WNSR.

The reunion opens Friday evening with a 7 p.m. barbecue and social at Aldershot's Borden Hall.

Saturday, the MacDonald Museum in Middleton will open especially for WNSR members, guests and the public, as three special additions are placed in the regimental exhibit. On loan from the Canadian War Museum for the next year are items once owned by a WNSR Second World War padre, awarded the Military Cross. As the regiment was ordered during battle to cross the Foglia River in Italy, they came across a minefield. With no artillery or tanks of their own, soldiers were trapped

in a killing field. Padre Major Laurence Wilmot, born in Manitoba and assigned to the WNSR with the chaplains' corps, asked two ranks of commanding officers for permission to go and help the injured soldiers. Finally, he and stretcher-bearers were given permission – but everyone going forward had to fully volunteer. While the stretcher-bearers had red cross-marked armbands, Wilmot raised a similarly decorated small flag on a willow stitch in his hand – and the enemy fire stopped. They worked for two hours to bring back wounded men; when they were done,

fighting resumed. The WNSR exhibit will now include Wilmot's armband, the flag and his helmet, with several large holes in it a testament to the dangers he faced.

Later Saturday, the Kentville Royal Canadian Legion Branch 006 will cater a roast beef dinner, with guest speaker Major Doctor Trevor Jain, OMM, MSM, CD, MD. The association's annual meeting will be held at Borden Hall Sunday, 9:30 a.m.; followed by a memorial service at 11 a.m. in honour of regimental members who died during and since the Second World War. →

Wing Welcome **GOLF** de bienvenue à l'Escadre
Four person scramble Meilleure balle par équipe de 4 personnes

\$25 registration Many prizes
Meal included

Monday, 16 September
Shotgun start 10 a.m.
Greenwood Golf Club

25 \$ enregistrement
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Lundi le 16 septembre
Départ simultané à 10 h 00
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To register call/ Pour vous inscrire appel
Greenwood Golf Club, 902-765-1494 local/ poste 5821
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Brand Our Energy Project!

We're doing work across 14 Wing to save energy and reduce GHG emissions by over 7,500 tonnes eCO₂ per year, and we want YOU to help us "brand" the project!

We're holding a branding competition and invite any/all Wing personnel to submit name and logo ideas to 14wing@mcw.com.

Winning entry receives a **\$200 VISA Gift Card!**
2nd and 3rd place receive \$50 Gift Cards, too!

Contest closes on **September 21st**!
Contact 14wing@mcw.com for full contest rules and more information

14 Wing Health Promotion schedule

- September 12 – Respect in the CAF (all ranks): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- September 19 (day 1), September 20 (day 2) - Top Fuel for Top Performance, 8:30 a.m. to 4 p.m., Fitness & Sports Centre
- September 25 - Mental Fitness & Suicide Awareness: General, 8:30 a.m. to 4 p.m., Fitness & Sports Centre
- October 2, October 3 – Stress Take Charge, 8:30 a.m. to 3:30 p.m., Fitness & Sports Centre
- October 10 – Respect in the CAF (private/corporal): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- October 11 - Alcohol, Other Drugs, Gambling, Gaming and Cannabis Awareness: General: 8:30 a.m. to 2 p.m., Fitness & Sports Centre
- October 23 to December 11 (every Wednesday) - Weight Wellness Lifestyle Program: noon to 3 p.m., Fitness & Sports Centre
- October 24, October 25 - Mental Fitness & Suicide Awareness: Supervisor Training: 8:30 a.m. to 3:30 p.m. (day 1), 8:30 a.m. to noon (day 2), Fitness & Sports Centre
- October 29 to November 19 (every Tuesday) - Managing Angry Moments: 8:30 a.m. to 11:30 a.m., Fitness & Sports Centre
- October 31 - Respect in the CAF (master corporal/sergeant): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- November 7 – Respect in the CAF (warrant officer/ officers): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- November 14 – Respect in the CAF (all ranks): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- November 21, November 22 - Inter-Comm: Improve Communication in Personal Relationship: 8:30 a.m. to 3:30 p.m. (day 1), 8:30 a.m. to noon (day 2), MFRC conference room
- November 28, November 29 - Alcohol, Other Drugs, Gambling, Gaming and Cannabis Awareness: Supervisor Training: 8:30 a.m. to 4 p.m. (day 1), 8:30 a.m. to noon (day 2), Fitness & Sports Centre
- December 5 – Respect in the CAF (private/corporal): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- December 12 - Respect in the CAF (master corporal/sergeant): 8:15 a.m. to 4 p.m., Fitness & Sports Centre
- By appointment: Butt Out – Self-Help Program, Fitness & Sports Centre

14e Escadre de promotion de la santé programme

- 12 septembre - Le respect au sein des FAC (tous les rangs) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 19 septembre (jour un), 26 septembre 19 (jour deux) - Bouffe-santé pour un rendement assuré : 8 h 30 – 16 h, Centre de conditionnement physique et de sports
- 25 septembre - Force mentale et sensibilisation au suicide : générale : 8 h 30 – 16 h, Centre de conditionnement physique et de sports
- 2 octobre – 3 octobre - Le stress, ça se combat : 8 h 30 – 15 h 30, Centre de conditionnement physique et de sports
- 10 octobre - Le respect au sein des FAC (Sdt/ Cpl) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 11 octobre - Sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique : générale : 8 h 30 – 15 h, Centre de conditionnement physique et de sports
- 23 octobre – 11 décembre (tous les mercredi) - Programme style de vie poids-santé : Centre de conditionnement physique et de sports
- 24 octobre – 25 octobre - Force mentale et sensibilisation au suicide : formation du superviseur : 8 h 30 – 15 h 30 (jour un) 8 h 30 – 12h (jour deux), Centre de conditionnement physique et de sports
- 29 octobre – 19 novembre (tous les mardi) - Gérer les moments de colère : 8 h 30 – 11 h 30, Centre de conditionnement physique et de sports
- 31 octobre - Le respect au sein des FAC (Cpl/ Sgt) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 7 novembre - Le respect au sein des FAC (Adj/ Officiers) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 14 novembre - Le respect au sein des FAC (tous les rangs) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 21 novembre – 22 novembre - Inter-Comm : Améliorer les communications dans nos relations personnelles : 8 h 30 – 15 h 30 (jour un), 8 h 30 – 12 h (jour deux), Centre de ressources pour les familles des militaires
- 28 novembre – 29 novembre - Sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique : Formation des superviseurs : 8 h 30 – 16 h (jour un), 8 h 30 – 12 h (jour deux), Centre de conditionnement physique et de sports
- 5 décembre – Le respect au sein des FAC (Sdt/ Cpl) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- 12 décembre - Le respect au sein des FAC (Cpl/ Sgt) : 8 h 15 – 16 h, Centre de conditionnement physique et de sports
- Sur rendez-vous seulement contactez : Écraze-la (S'aider soi-même), Centre de conditionnement physique et de sports

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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.

What Does it Say to You?

Book Club
September 11, 1 p.m., the Kingston Library's What Does it Say to You? Book Club is a monthly book club that explores community, life, meaning and so much more through popular fiction. Facilitated by Lynn Uzans. Stop by the Kingston library and reserve a copy of the book.

Ticket auction
September 12, the Soldiers Memorial Health Auxiliary holds its annual ticket auction at the Nictaux fire hall. Doors open noon to 7 p.m., with draws beginning at 7 p.m. \$1 for 20 tickets. There will also be a 50/50 draw and a bake table. Many gift cards, certificates and new items generously donated by local businesses. All proceeds to Soldiers Memorial Hospital, Middleton. More info: 902-825-3177.

Silent auction, yard sale
September 13, 2 p.m. to 8 p.m., and September 14, 9 a.m. to 4 p.m.; the Bridgetown & Area Friends of the Library host a silent auction and yard sale at the library. Come into the DeVenney Room to view and bid on great items. A yard sale outside the library Saturday from 9 a.m. to 4 p.m. Donations are gratefully accepted and may be dropped off at the library. Money raised will go toward accessibility improvements.



Birthday BBQ

August 3, an unusual fundraiser took place as part of Suzanne Sanford's, right, birthday. The Auburn woman set up for her celebration in the Kingston United Church parking lot, with a BBQ for anyone to attend with all proceeds in support of the Upper Room Food Bank. She had some help from friends and several local businesses, who helped her put on the BBQ party, making it a great community day for everyone who stopped by. Harley Hazelwood, left, from the food bank dropped in.

Annapolis Royal & bird sanctuary walk
September 13, 2 p.m., Hike Nova Scotia and the Valley Trekkers present an Annapolis Royal and bird sanctuary guided walk. Register at the event. Qualify to win a trail prize. See hikenovascotia.ca for details.

Supper
September 13, 5 p.m. to 7 p.m., the Royal Canadian Legion Ortona 69 – Berwick hosts a

Friday night BBQ supper (eat-in or take-out): sausage, burgers, hot dogs, salads and desserts. The public is welcome. Prices range from \$4 to \$8.25.

Volkssport walk
September 13, the Valley Trekkers Volkssport Club hosts a walk in Annapolis Royal. Meet at the Annapolis Royal Power Plant, 204 Prince Albert Road. Take Exit 22 off Hwy 101. Registration begins at 1:30 p.m.

for walking at 2 p.m. This is a 5/10 km, 1B walk. More info: 902-847-1772.

Chase the Ace
September 14, 1p.m. to 3 p.m., the Kingston Legion holds its Chase the Ace draw. Tickets are available at Brown's Auto, Pharmasave Kingston, Needs; and at the Legion during bar hours. Tickets are \$1 each (age 19-plus). The draw takes place at 3:30 p.m. (you do not have to be present to win). We are supporting Kingston Scouts Canada programs.

Theatre games workshop
September 14, 10 a.m. to noon, the Annapolis Royal Library hosts Young Company Productions, with a theatre games workshop for ages nine to 16. George Clairmont is the animator. No experience necessary. Recommend active clothing.

Bottle drive
September 14, 10 a.m. to 3 p.m., the Middleton Regional High School band will hold a bottle drive fundraiser through the Town of Middleton (and nearby); or, drop your refundables off at 247 Commercial Street, Middleton. For information, call Tave at 902-825-3937.

Breakfast
September 14, 8 a.m. to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, 695 Main Street. Freewill. Traditional and healthy food choices. All are welcome. Proceeds donated to our partners in mission.

Church service
September 15, 7:30 p.m., a service of song will close out Bridgetown Ciderfest celebrations in St. Alphonsus Catholic Church, Bridgetown. This service of thanksgiving will feature scripture readings, congregational hymns and music selections (organ, vocal). An open reception in the church basement will follow the service.

At the Evergreen
September 15, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents master craftsman Dave Gunning. Over the course of 23 years and 12 albums, the Nova Scotian folk singer/songwriter has diligently sharpened his skills, developing into a poetic storyteller and emotionally convincing singer with few equals. Tickets: \$30 (military \$25, students \$15), reservations through TIXHUB at evergreentheatre.ca.

Cemetery service, tour
September 15, 7 p.m., join the Tremont Cemetery service and graveyard tour. Results of the ground penetrating radar survey done on the Pauper's Lot will be revealed an, music by The Messengers. Followed by a graveyard tour of the Old Tremont Cemetery and family history displays and refreshments. Freewill offering. 738 Tremont Mountain Road. Info: 902-765-2642.

Library book club
September 17, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets (monthly). For information, call 902-665-2758.

Mad Science: The five senses
September 18, 3:15 p.m. to 4:15 p.m., the Berwick and District Library celebrates Science Week. Make your voice just like Darth Vader's using our amplified frequency modulator, uncover the hidden colours in everyday light and take our CO2 taste test. This class will stimulate students to think about the basic concepts behind seeing, hearing, smelling, touching and tasting. Ages five to nine. Registration required.

Harry Potter escape room
September 19, 6 p.m. to 6:45 p.m. and 7 p.m. to 7:45 p.m., the Berwick and District Library hosts two sessions of its Harry Potter-themed escape room for Potterheads, aspiring muggle sleuths and undercover wizards! Ages seven to 107. Registration required at 902-538-8060.

Kindermusik
September 20, 10:30 a.m. to 11:30 a.m., the Bridgetown & Area Library hosts Kindermusik. Join Mindy Ogilvie for a fun hour of music and movement for preschoolers and their caregivers. Registration required.

Berwick La Leche Breastfeeding Group
September 20, 10 a.m. to 11:30 a.m., the Berwick and District Library hosts Carrie and Laura, trained volunteer leaders of the Berwick La Leche League group (monthly). La Leche is a community of breastfeeding mothers that wish to share their experiences, joys and challenges of breastfeeding. If you have questions, contact Carrie at 902-538-1808.

Skywatch: Autumn equinox
September 20, 7:30 p.m. to 9:30 p.m., join Melody and Bruce Hamilton at Fort Anne National Historic Site as they train their telescopes on the night sky and reveal some of the marvels above us. Open to all ages. Rain date September 21.

Supper
September 20, 5 p.m. to 7 p.m., the Royal Canadian Legion Ortona 69 – Berwick hosts a Friday night BBQ supper (eat-in or take-out): sausage, burgers, hot dogs, salads and desserts. The public is welcome. Prices range from \$4 to \$8.25.

Virgo
September 20, 5 p.m. to 7 p.m., the Royal Canadian Legion Ortona 69 – Berwick hosts a Friday night BBQ supper (eat-in or take-out): sausage, burgers, hot dogs, salads and desserts. The public is welcome. Prices range from \$4 to \$8.25.

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September 20, 5 p.m. to 7 p.m., the Royal Canadian Legion Ortona 69 – Berwick hosts a Friday night BBQ supper (eat-in or take-out): sausage, burgers, hot dogs, salads and desserts. The public is welcome. Prices range from \$4 to \$8.25.

Alcoholics Anonymous
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.

Members invited
Rosemary Chapter IODE is part of a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community service and citizenship programs. Visit a meeting the first Tuesday of the month at the Macdonald Museum, Middleton, 2 p.m. For info, contact chapter president Shelley at 902-825-4270 or shelleyreycraft93@gmail.com, or communications officer Valerie at pvdavies@ns.sympatico.ca.

Military Christian Fellowship
Tuesdays, 11:30 a.m. to 1 p.m., the Military Christian Fellowship (MCF) meets in the annex at St. Mark's Chapel, Greenwood. All welcome, bring your lunch. Coffee/tea served.

Kniterati
Wednesdays, 6:30 p.m. to 8 p.m., the Annapolis Royal Library, invites you to talk, knit, crochet, spin - or whatever, with friends and newbies. Bring your project and work along with like-minded people while chatting and enjoying a cup of tea.

Men's basketball
Men's community basketball, age 16 and up. Mondays at 6:30 p.m. at West Kings High School gym. Please use back entrance and parking lot. Fun, friendly, competitive. If interested, email recreation@kingstonnovascotia.ca.

Board volunteers needed
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.

Quilting group
The Greenwood Quilters meet at the Queen of Heaven Church Annex on Church Street, Greenwood, the third Tuesday of each month at 6:30 p.m., as well as the following Saturday, September to May. All levels of quilters and fibre artists are welcome. For info, please contact Laura Hobin, 902-242-2980, or Jan Weedon, 902-765-0648. Bring your sewing machine.

horoscopes
September 8 to September 14

ARIES - Mar 21/Apr 20
Aries, it is time to take charge. Do not allow obstacles to get in the way of your grand goals. Don't hold back at all, and attack every project with full force.

TAURUS - Apr 21/May 21
Taurus, concentrate on what you already have instead of trying to attain more. When you analyze the things around you, you'll discover you already have what you need.

GEMINI - May 22/Jun 21
The more you let your emotions show this week, the more prosperous you can become, Gemini. Try new things, even if they scare you a little.

CANCER - Jun 22/Jul 22
Cancer, if it seems as though people aren't taking you as seriously as you'd like, you may have to adjust your tactics a little bit. Perhaps the delivery is just wrong.

LEO - Jul 23/Aug 23
Do not turn down any opportunities that come your way, Leo. Even if they seem like they may not amount to anything, they can get you the kind of exposure that you need right now.

VIRGO - Aug 24/Sept 22
Virgo, put your plans in motion and get as many helping hands as you can muster while you're at it. This will only make the work go that much more quickly.

LIBRA - Sept 23/Oct 23
Always aim for the gold, Libra. You are in a position right now where you do not have to settle for anything less than the best. Use every tool at your disposal to get what you desire.

SCORPIO - Oct 24/Nov 22
Scorpio, take a decisive stance on a problem that has been lingering and be confident about the choices you make; otherwise, things will just stall out indefinitely.

SAGITTARIUS - Nov 23/Dec 21
Arguments can turn into bigger battles if someone doesn't concede their position, Sagittarius. Communication is a key thing for you right now.

CAPRICORN - Dec 22/Jan 20
Everything in your life seems to be going in different directions, Capricorn. Seek Pisces's help as you figure out a way to get everything pointed in the same direction.

AQUARIUS - Jan 21/Feb 18
An idea can grow into something much bigger if you just give it a chance, Aquarius. With a little nurturing, you may see your idea grow into something much bigger.

PISCES - Feb 19/Mar 20
Take a step back from a problem that has been tough to solve, Pisces. There's nothing you can do right now, so a break makes sense.

horoscopes
September 8 to September 14

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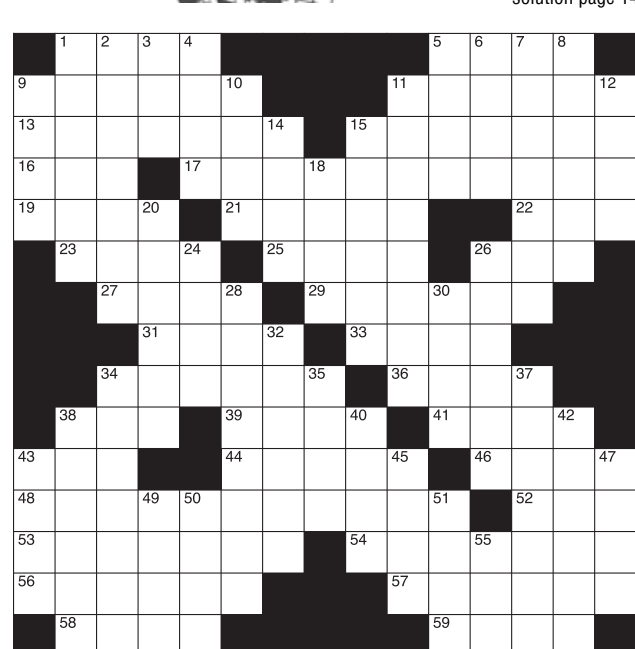
horoscopes
September 8 to September 14

horoscopes
September 8 to September 14

horoscopes
September 8 to September 14

horoscopes
September 8 to September 14

metro crossword



- ACROSS**
- 1. Babies' eating accessories
 - 5. Charge on a coat of arms
 - 9. Set of five
 - 11. California town
 - 13. One who cites
 - 15. Elected official
 - 16. Japanese delicacy
 - 17. Couldn't be happier
 - 19. Enormous
 - 21. Hunter's tool
 - 22. Georgia rockers
 - 23. Cold wind
 - 25. Beginner
 - 26. Where you sleep
 - 27. Without
 - 29. We all have them
 - 31. Spoiled
 - 33. Platform
 - 34. Drama and horror are two
 - 36. In abundance
 - 38. Turf
 - 39. Inventor Musk
 - 41. Negative answers
 - 43. French river
 - 44. Saps of energy
 - 46. Type of sandwich
 - 48. Sets apart again
 - 52. Engage in a contest
 - 53. Sufferings
 - 54. Freestanding sculpture
 - 56. Digs into
 - 57. Fish have them
 - 58. Speaks
 - 59. Storage unit
 - DOWN**
 - 1. Spread over
 - 2. Dyes
 - 3. British thermal unit
 - 4. Small city in Maine
 - 5. Having an affection for
 - 6. Welsh for John
 - 7. Plays that ridicule
 - 8. Not of your right mind
 - 9. A way to get there
 - 10. Hideaways
 - 11. Relating to neurons
 - 12. 'Family City USA'
 - 14. Proof of payment (abbr.)
 - 15. Flew high
 - 18. Wreaths
 - 20. Got rid of
 - 24. Shortly
 - 26. Conter
 - 28. Monies given as support
 - 30. German electric car
 - 32. Objects of an earlier time
 - 34. Flat-bottomed boats
 - 35. Small waterbird
 - 37. Willingness to please others
 - 38. Military actions
 - 40. Brooklyn hoopsters
 - 42. Took to the seas
 - 43. Romanian city
 - 45. What the sun eventually does
 - 47. Titans' DC Dean
 - 49. Resentful longing
 - 50. Ceases to live
 - 51. Pouches
 - 55. Humbug

crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

KINGSTON RECREATION
OLDER ADULT FITNESS
With HELEN MALO!!

WHO? : Any Older Adult 55 +.
WHAT? : Fun & social low impact aerobic activity program.
WHERE?: Kingston FIRE HALL — SPARKY ST.
WHEN? : Tues/Thurs 10am - 11am
Beginning TUESDAY Sept 3rd @ 10AM
Cost: \$4 per class or \$30 for a 10 class Punch Card
— Sign up at the Village Office or give us a call at 902-765-2800.
Email : recreation@kingstonnovascotia.ca

INCORPORATED VILLAGE of KINGSTON

WHO? : Any Older Adult 55 +.
WHAT? : Fun & social low impact aerobic activity program.
WHERE?: Kingston FIRE HALL — SPARKY ST.
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Email : recreation@kingstonnovascotia.ca

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Driveway Sealing and Repair

Everything in your life seems to be going in different directions, Capricorn. Seek Pisces's help as you figure out a way to get everything pointed in the same direction.

AQUARIUS - Jan 21/Feb 18
An idea can grow into something much bigger if you just give it a chance, Aquarius. With a little nurturing, you may see your idea grow into something much bigger.

PISCES - Feb 19/Mar 20
Take a step back from a problem that has been tough to solve, Pisces. There's nothing you can do right now, so a break makes sense.

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Counsel: **Clare H. Durland, Q.C.** (Non-Practising)
Phone (902) 825-3415 • Fax (902) 825-2522

74 Commercial Street
P.O. Box 700, Middleton, NS
B0S 1P0

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 auroraproduction@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 auroraproduction@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

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

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Clear Dry or Green Hardwood Cut, Split and Delivered. Quality Guaranteed please phone
T: 902-825-3361

APARTMENT FOR RENT

FOR RENT - Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

FOR RENT - One-bedroom adult apartment, central Kingston, close to everything. Quiet neighbourhood. Non-smoking. Ideal for people on IR. Fridge, stove, microwave. Heat & lights extra. 902-765-3664. Available October 15. (4033-4tp)

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 Cut, Split, Delivered
 Ph: 902-825-6424

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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)

Entry deadline:
Noon, September 12, 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. What business have their five phones numbers in twice this week? _____
2. Who is serving the Annapolis Valley? _____
3. What's beginning Tuesday September 3rd? _____
4. Who works with plexie and lexen? _____
5. Who offers a free introductory lesson? _____

Congratulations to last week's winner: NORMA BRYSON

FOR RENT - Middleton - Two bedroom apartment, with small deck, close to downtown amenities and hospital. quite building, \$710 including heating. Phone 902-825-2338. (4032-4tp)

FOR SALE

FOR SALE - 33 acres - Newer home (2014) in quiet location near Fundy Shore. Walkout basement and garage, excellent drilled well, gardens, fruit trees, woodlot with hard and soft woods. Available next Spring. \$187,000. Call 902-665-3030. (4033-2tpb)

FOR SALE - 2012 Silver Hyundai Veloster, standard transmission, Bluetooth, A/C, in good shape and inspected to 2020. Asking \$4,800 or best offer. Call 902-824-2753. (4033-2tpb)



A Venturer and a Scout from 1st Kingston Scouting Group work together as they pick up debris on the beach in Margaretsville over the summer. Submitted

Scouting potential, for youth and volunteers

Sylvain Rousseau,
1st Kingston Venturer
adviser

Another successful Scouting summer, filled with adventures, comes to an end as youth and adult volunteers prepare for the next great Scouting year.

This summer was particularly busy, with a beach cleanup in Margaretsville, followed by a Canada Day parade, a week-long camp around Annapolis Royal, Kingston Steer BBQ activities, and hosting a group of Scouts visiting from Germany.

Every year during the summer months and 14 Wing Greenwood's military posting season, local Scouting says goodbye to some of its volunteers. The demand from young people keen to participate in Scouting programs far exceeds the number of adult volunteers we have available to help. We need your help to allow more young people to experience the challenge and adventure of Scouting. At the same time, we'll help you challenge yourself. You don't need previous experience in Scouting; just energy and enthusiasm. Whatever your age, abilities and skills, there are many ways you can give your time to help Scouting. Simply let us know your availability and how much you would like to be involved.

Come see us at the annual 14 Wing Greenwood Wing Welcome Expo September 14 at the Fitness & Sports Centre for information and an introduction. Join us, and help unlock a kid's potential - and realize your own! Contact registrar@1stkingston.ca or visit 1stkingston.ca. →

Kingston Legion

BINGO

Sunday, 1:30 p.m.
 Tuesday, 7:00 p.m.
 Regular Games - \$100

- 3 Specials - 60/40
- Letter H - 80/20
- Triple Jackpot - R-W-B
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances

Consolation \$300
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For Fast, Economical, Convenient Service
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 902-844-2299

LIONS INTERNATIONAL

AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford
 Starts 7:15pm Friday's
 902-847-9374

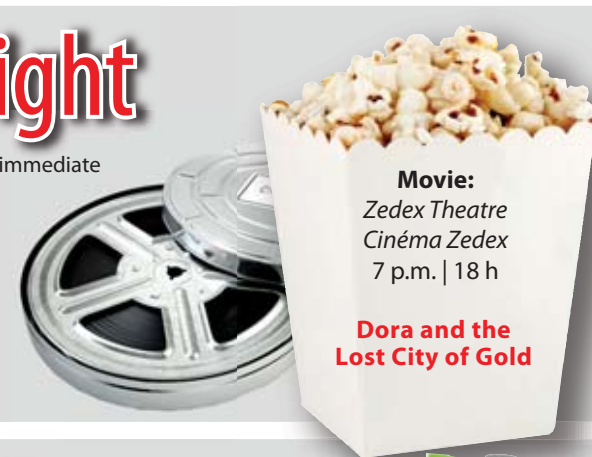
Family movie night

Free tickets available to defence team members and their immediate families and Community Recreation Card holders.

Tickets at the door, first come, first served.

September 13
Doors open at 6 p.m.

OPI/ BPR : Lindsay McCormack | 902-765-1494, local/ poste 5341



Movie:
Zedex Theatre
Cinéma Zedex
7 p.m. | 18 h

Dora and the
Lost City of Gold

Soirée de film en famille

Billets gratuits disponibles pour les membres de l'équipe de la défense et leurs familles immédiates ainsi qu'aux détenteurs de la carte des loisirs communautaires.

Billets à la porte, premier arrivé, premier servi.

septembre 13 | Les portes ouvrent à 18 h

Scavenger hunt

Rain or shine

14 Wing Greenwood Community Centre, Church Street
\$1,000-plus in prizes
Open to Defence Team members and Community Recreation Card holders
Teams of 2 to 6, all ages

September 14
Registration 1:30 p.m.
Start 2 p.m.

chasse au trésor

Centre communautaire de la 14e Escadre Greenwood, rue Church
Qu'il pleuve ou qu'il fasse soleil
Plus de 1000\$ en prix
Ouvert aux membres de l'équipe de la défense et aux détenteurs de cartes de loisirs communautaires
Équipes de 2 à 6, de tout âge

Le 14 septembre
Inscription à 13 h 30
Débute à 14 h 00

BINGO

Lots of prizes to be won
\$10 per booklet
Annapolis Mess

Doors open at 6 p.m.
September 12
7 p.m. - 10 p.m.

BINGO

Il y a beaucoup de prix à gagner
10 \$ par carnet
Au mess Annapolis

Les portes ouvriront à 18 h 00
septembre 12
19 h 00 - 22 h 00

OPI/ BPR : Cpl Denzel Johnson 902-765-1494, local/ poste 3237
License/ licence | #AGD-104154-19

Museum tours

Guided tours

All ages welcome
Greenwood Military Aviation Museum

Two start times: 10 a.m. & 11:30 a.m.

September 14

Free

Hosted by volunteers with the
Greenwood Military Aviation Museum Society

Prize Ballot

Name: _____

Phone: _____

Wing section: _____

or Rec card number: _____

or Retired CF ID number: _____

Bring this ballot to the Expo at the 14 Wing Greenwood Fitness & Sports Centre **September 14, between 10 a.m. and 1 p.m.**
Draws open to Defence Team members (DND employees, CF serving and retired members, NPF & DCC staff) and family; and Community Recreation Card holders.

One ballot per family.

Prize will be awarded upon validation of winner as described above.

Wing Welcome prize

- 1st prize \$1,000 CANEX Gift Card
- 2nd prize \$500 CANEX Gift Card

sponsored in part by



visites de musée

Visites guidées

Les personnes de tout âge sont les bienvenus
Musée de l'aviation militaire de Greenwood

Deux choix d'heure de départ: à 10 h 00 et à 11 h 30 du matin

Le 14 septembre

Entrée gratuite

Présentées par des bénévoles de la
Société du musée de l'aviation militaire de Greenwood





September 12 - 16

Schedule

Time	Event	Location
Thursday, September 12		
7 p.m.	Official opening	Annapolis Mess
7 p.m.	Wing Welcome bingo	Annapolis Mess
Friday, September 13		
7 p.m. to 8:30 pm	Family movie	Zedex Theatre
6 p.m. to 8 pm	Family bowling	Community Centre
Saturday, September 14		
8:30 a.m. to 10:30 a.m.	Pancake breakfast	Annapolis Mess
10 a.m. to 1 p.m.	Rexpo display booths	F&S Centre
10 a.m. to 1 p.m.	Museum tours	Greenwood Military Aviation Museum
10 a.m. to 1 p.m.	Child care, bouncers and activities	F&S Centre
2 p.m. to 4 p.m.	Family scavenger hunt	14 Wing Greenwood
4 p.m. to 5 p.m.	Family skate with the Valley Wildcats	Greenwood Gardens
Sunday, September 15		
10 a.m.	Chapel service	St. Marks Chapel
11 a.m.	Chapel service	Queen of Heaven Chapel
1 p.m. to 2:30 p.m.	Public swim	F&S Centre
1 p.m. to 3 p.m.	Terry Fox Run	Village of Kingston
3:30 p.m.	Battle of Britain concert	Annapolis Mess
Monday, September 16		
9 a.m.	Wing Welcome golf tournament	Greenwood Golf Club



septembre 12 à 16

Calendrier

Heure	Activité	Lieu
Jeudi 12 septembre		
19 h	Ouverture officielle	Mess Annapolis
19 h	Bingo de bienvenue à l'escadre	Mess Annapolis
Vendredi 13 septembre		
19 h – 20 h 30	Film en famille	Théâtre Zedex
18 h – 20 h	Quilles en famille	Centre communautaire
Samedi 14 septembre		
8 h 30 – 10 h 30	Petit déjeuner aux crêpes	Mess Annapolis
10 h – 13 h	Kiosques Rexpo	Centre sportif
10 h – 13 h	Visites du musée	Musée de l'aviation militaire de Greenwood
10 h – 13 h	Garderie, jeux et activités	Centre sportif
14 h – 16 h	Chasse au trésor en famille	14e Escadre Greenwood
16 h – 17 h	Patinage en famille avec les Valley Wildcats	Greenwood Gardens
Dimanche 15 septembre		
10 h	Messe à la chapelle	Chapelle St-Marc
11 h	Messe à la chapelle	Queen of Heaven Chapel
13 h – 14 h 30	Baignade publique	Centre sportif
13 h – 15 h	Course Terry Fox	Village de Kingston
15 h 30	Concert de la bataille de l'Angleterre	Mess Annapolis
Lundi 16 septembre		
9 h	Tournoi de golf d'accueil à l'Escadre	Club de golf de Greenwood