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# the **Aurora**

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Private Damon Johnston carved his roast pork loin to plate for dinner guests October 31, the main course for his QL5 confirmation meal.  
S. White

## Tasting, testing details on dinner plate

Sara White,  
Managing editor

With finely tuned senses, a sharpened pencil and a knife and fork, eight guests surrounded the table, prepared to test the skills of Private Damon Johnston.

The 14 Wing Greenwood cook was in the Annapolis Café's kitchen by 5:30 a.m. October 31, preparing a four-course meal as his QL5 confirmation dinner. Please the diners – including several of his immediate bosses AND Wing Commander Colonel Brendan Cook AND Wing Chief Warrant Officer Dan Campbell – and he'd be one step closer to chef certification.

The menu? Potato and leek soup with focaccia, a roasted beet salad, a traditional pork roast dinner with vegetables and crème Brulee for dessert.

"I found my way to the bottom of everything, so it was very good," Cook said in a round table review of Johnston's efforts.

"Excellent," said Campbell.

Johnston, though, was most likely waiting for the judgment of chef and Warrant Officer Chiu Tsang. Gulp.

"I'm the most picky chef around," Tsang said over dinner. "The more feedback, the better. We're also looking for food safety, and the completion of the product from preparation to finish.

"For me, you met their expectations – all good for the practicing you did. You passed. So, breathe a sigh of relief. Now..."



A roast pork dinner with trimmings was Private Johnston's main course for dinner guests October 31.

Tsang went into specifics of Johnston's meal, including fine points on the pairing of salt in the soup and bread recipes, the colour of the soup, how to soak the salad's onions to reduce heat and plating presentation details.

Lieutenant Victoria Lanthier, the 14 Wing food services officer, thanked guests at the meal for their participation, and their time.

"Thank you very much for coming – it makes a big difference for our younger members that they take pride in this experience, and that what they're doing is significant," she said. "Private Johnston is four months early in the process of journeyman training, so he's doing very well, and he was well-prepared for today." →

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# Festival of Trees a win-win for charity, Christmas spirit

**Sara White, Managing editor**

The season of giving is underway at 14 Wing Greenwood, with lots of fun, challenge and community spirit being planned by 14 Wing Combined Charities volunteers.

The wing's Combined Charities program is a part of the annual Government of Canada Workplace Charitable Campaign, running from September through December. 14 Wing personnel will eat, play and give for four months as they raise funds for approximately 60 local and regional non-profit groups, including schools and youth programs, veterans, sports and recreation clubs, animal welfare, health campaigns and more. Military and civilian employees are encouraged to take part and add to what is generally a \$40,000 annual charitable contribution.

The wing's Festival of Trees is Combined Charities' marquee event: squadrons and community business and organizations decorate tabletop trees with gift certificates, themed toys, tools, house-

hold items, crafts, electronics, sports equipment and more. Close to 50 trees will then be up for either silent auction bidding or raffle ticket draws. November 22, there is an evening, adult-only show, with a 50/50, cash bar and Mary Brown's prize wheel. November 23, and there are extras, including 14 Wing Band performances, family photos, 50/50, treats and more. These events are open to the public, and there are over \$1,500 in door prizes spread for giveaways on the Friday evening and Saturday from a pick-a-prize decorated Christmas tree as names are drawn.

On-going initiatives include dress-down Fridays and pay roll allotment. The wing maintains a year-long dress down Friday initiative but, through the Combined Charities period, participants' \$2 donations support the wing's workplace program. By far one of the most successful parts of Combined Charities is the pay allotment program. If every employee at 14 Wing donated \$1 per pay for a calendar year, it would raise the annual goal on its own. Participants may select any one time or per-

pay contribution and have it recorded on their T4 as a charitable donation. They may also direct their donation to a non-profit program close to their heart, or see it added to the overall Combined Charities fund. →



**14 Wing Greenwood squadrons and sections put their best pie forward during the Combined Charities' pie contest, held October 25 with the Megapotluck event. Up for grabs? Bragging rights and valuable pre-Winter Carnival points!**  
S. White




**Megapotluck guests October 25 took advantage of a latte-making station.**

Corporal Y. Kang, 14 Wing Imaging




**404 (Long Range Patrol and Training Squadron Commanding Officer Lieutenant-Colonel Angela Thomas, left, and Chief Warrant Officer Kevin Wezenbeek were in the sumo wrestling ring during October 25 Megapotluck events.**

Corporal Y. Kang, 14 Wing Imaging



# the Aurora



The Aurora News

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# Stick sign of heritage, experience, role within RCAF ranks

**Sara White, Managing editor**

There is a welcome weight of history in a set of new drill canes now carried by 14 Wing Greenwood's unit chief warrant officers.

Wing Chief Warrant Officer Dan Campbell recently presented his network of chiefs with their sticks, specially chosen for colour and style, and engraved with both the 14 Wing logo and each chief's unit logo.

There is a stick for the 14 Wing chief: it has its own story, one familiar to Campbell. He was the chief at the Canadian Forces School

of Aerospace Technology and Engineering in Borden between 2016 and 2018. While in Borden, a 1917-built, heritage aircraft hangar – the first built in Canada for the then-Royal Flying Corps – was deteriorating. Instead of seeing the building's materials head to a scrapheap, the wood was salvaged, and one of the school's master corporals started making drill canes: one for every Royal Canadian Air Force wing chiefs, and a few other highly positioned chiefs. One was made for Campbell as chief of the school at the time, but he wasn't going to be given it until he received a wing chief



**14 Wing Greenwood Wing Chief Warrant Officer Dan Campbell, centre, with his network of wing chief warrant officers and their new unit drill canes.**  
Submitted

posting of his own. Then, he arrived in Greenwood in 2018.

"So there was one of the drill canes here, hanging on the wall in my new office, that was made by my students. Mine is now a personal gift, at home," Campbell says.

Campbell felt the wing's unit chiefs also deserved the mark of rank and experience and heritage a drill cane

represents. "I wanted to showcase to the chiefs, and everyone, their position is important. The chief warrant officer is responsible for advising the commanding officer, and has a lot of influence. But, 90 per cent of units are non-commissioned members. They say one per cent of the Canadian Armed Forces will become a chief in their career.

If those younger members see a chief with that cane, they know that person is someone, and they can aspire to that rank and role, too."

Campbell envisions the 14 Wing unit drill canes being used at special events, including the change of appointment between chief warrant officers. There is wider discussion within the air force of bringing back more of the

traditional role of the sticks, as army chiefs and sergeant majors use them: "it's a sign they've earned them."

"Everyone here is pleased with their new unit sticks," Campbell says. "The discussion will be, 'why don't we use it, and not just have them hanging on a wall?' It carries on a sense of history and heritage for our younger people." →

## History of the drill cane

Originally a functional implement used to direct military drill and maneuvers, today the drill cane is more often a traditional, visual attribute. Swagger sticks and drill canes are most familiarly carried by military officers or more senior non-commissioned officers. Historically, drill canes have

been a symbol of authority in Commonwealth armies, and the Royal Canadian Air Force finds its origins in the Royal Flying Corps, originally an Army Corps and from where it inherited the tradition.

Perhaps the best explanation is derived from a British Regimental Sergeant Major instructing new officers on the cane/ swagger stick: "Now gentlemen, the swagger stick is not for rattling along railings, cleaning out drains at home,

or swiping the heads of poor innocent little flowers. Nor is it for poking into stomachs or for fencing duels in the mess line. No, gentlemen, it is to make you walk like officers and above all to keep your hands out of your pockets."

The new drill canes at 14 Wing Greenwood's units will be displayed in unit chief warrant officer's offices as a symbol of the importance of their leadership, and exchanged during chief warrant officer change of appointment ceremonies.

## Range of mental health services available at 14 Wing

The Mental Health Department at 14 Wing Greenwood is an interdisciplinary team including professionals from psychiatry, psychology, nursing and social work. All clinical staff are professionally educated, experienced personnel who ascribe to the Codes of Ethics of their respective professional associations and the Canadian Forces Health Services. We work together to ensure the provision of a comprehensive treatment program. The sooner someone gets help, the easier it is to solve the problem.

Assessment and counselling services are offered within a confidential, compassionate and supportive environment. We believe that responsible health care during times of personal and/or family difficulty may involve the development of a trusting and therapeutic relationship between client and therapist.

**General Mental Health** provides professional, high-quality mental health assessment and care to Canadian Armed Forces members, using an interdisciplinary approach to

manage the psychological, emotional, and spiritual needs of our clients. Our clients receive counselling around a variety of issues, including

- Mood disorders, including depression
- Anxiety and panic disorders
- Adjustment issues
- Phobias, obsessive/ compulsive disorders
- Traumatic experiences
- Substance use, gambling and internet misuse

**Psychosocial Services** staff provide counselling

services around a wide variety of life issues, including

- Parenting
- Relationship conflict
- Family difficulties
- Separation/ divorce
- Grief and loss
- Stress management
- Sexuality
- Family violence
- Sexual assault/ abuse
- Anger management
- Workplace stress
- Support and referral

Military members may access services in a number of ways, including

- Self-referral: Military

members may access counselling services for psychosocial services without a referral. Other health professionals may also refer members to psychosocial services.

- Referrals to General Mental Health are accepted from medical officers and other health care providers. Referrals are triaged to determine urgency and expertise required.
- Crisis hours: If you are experiencing a crisis, access a mental health nurse without an appointment during crisis hours, Mon-

day to Friday, 8 a.m. to 10 a.m.

- Emergencies: A medical practitioner from the CDU will assess members presenting with a mental health emergency during regular hours of operation. A referral will then be made to the appropriate mental health service.

For information regarding mental health and psychosocial services available at 14 Wing Greenwood, including counselling, therapy, reports and advocacy; please call 902-765-1494 local 5215. →

# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Captain Jeff McRae, centre, was named Tusker of the Quarter October 16, with a certificate presented by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left; with Chief Warrant Officer Kevin Roberts.

Master Corporal D. Salisbury, 14 Wing Imaging



Aviator (Trained) Tracy Smith, centre, 14 Mission Support Squadron; was promoted to corporal October 23 by Personal Administration Flight Captain Nicole Rigby, left, and Personal Administration Flight Master Warrant Officer Krista Semenchuk at the Birchall Centre, 14 Wing Greenwood.

Corporal Y. Kang, 14 Wing Imaging



Aviator (Trained) Katelyn Walker, centre, 14 Mission Support Squadron; was promoted to corporal October 23 by Personal Administration Flight Captain Nicole Rigby, left, and Personal Administration Flight Master Warrant Officer Krista Semenchuk at the Birchall Centre, 14 Wing Greenwood.

Corporal Y. Kang, 14 Wing Imaging



November 1, Corporal Brock Leistra, centre, was named Stinger of the Quarter for his proven leadership skills, hard work ethic, dedication and professionalism by 14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand, left; with Chief Warrant Officer Kevin Wezenbeek.

Corporal Y. Kang, 14 Wing Imaging



November 1, Master Corporal Marc St-Laurent, centre, was promoted to sergeant by 14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand, left; with Chief Warrant Officer Kevin Wezenbeek.

Corporal Y. Kang, 14 Wing Imaging



Corporal Cody Osmond receiving his new rank August 14 from 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Master Warrant Officer Chris Dempsey.

Leading Seaman LP Dubé, 14 Wing Imaging



October 31, Corporal Ryan Mugridge, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.

Sergeant M. Carreira



October 31, Corporal Francis Poiras, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.

Sergeant M. Carreira



Corporal Kevin Cowie, centre, was October 24 presented the Canadian Forces Decoration for 12 years of loyal and dedicated service to the Canadian Armed Forces by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.

Leading Seaman LP Dubé, 14 Wing Imaging



Corporal Peter McMullen, centre, received his new rank August 14 from 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Master Warrant Officer Chris Dempsey.

Leading Seaman LP Dubé, 14 Wing Imaging



Corporal Marc Belanger, centre, was presented October 24 his flight engineer wings by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.

Leading Seaman LP Dubé, 14 Wing Imaging



October 16, Captain Jeff McRae, centre, was presented the 413 (Transport and Rescue) Squadron Tusker of the Quarter Award by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.

Master Corporal D. Salisbury, 14 Wing Imaging

# Mentorship on deployed operations: the LRP perspective

**Lieutenant-Colonel Luc Vachon, Commanding officer, 405 (Long Range Patrol) Squadron**

Deployed operations are complex and require proper leadership and personnel to manage all of the moving parts. Whether it's drafting an order for the op or the ex, a statement of work for hotels, overflight clearances, visit clearance requests, air-lift support, vehicle rentals or generating claims for aircrew and ground crew within the parameters of a business plan, it takes a great deal of coordination.

Last June, for example, 405 Squadron deployed a CP140 Aurora aircraft and 40 personnel to participate

in Operation NEON, Canada's contribution to support the implementation of United Nations Security Council sanctions imposed against North Korea. The crew was tasked to conduct surveillance operations to identify suspected maritime sanctions evasion activities, in particular ship-to-ship transfers of fuel and other commodities banned by the United Nations Security Council resolutions. Building a plan to conduct operations literally on the other side of the world is, needless to say, complex.

405 Squadron also participated in multiple domestic operations throughout the last year. Op LIMPID provides for presence and awareness in the maritime, land, air, space and cyber

domains. Op LEVIATHAN is the surveillance and presence operation led by Joint Task Force (Atlantic) of Canada's Maritime provinces and important waterways, such as the Gulf of St. Lawrence. Op QIMMIQ is the surveillance and presence operation led by Joint Task Force (North) of all important bodies of water, such as Hudson Bay and the Arctic Ocean, and all Canadian territory north of the 60th parallel.

While we can learn much from the lessons of the past, every deployment is unique and personnel must always remain flexible. Formal learning in deployed operations will only take our people so far; actual experience and mentorship before, during and after deployments is

critical to individual and collective development. The Merriam-Webster dictionary defines mentor as a trusted counselor or guide. We need to provide our subordinates with exposure to different tasks and environments in order to gain experience. There is always a chance mistakes will occur, but it is often in making mistakes we learn the most. As an organization, we can minimize the risk of making mistakes by providing mentors and oversight to our newly appointed leaders.

While on a recent deployment, the air task force commander was faced with a decision to send home a crewmember undergoing a family emergency. Sending this crewmember home

would significantly impact the ability to complete the mission. By understanding the senior leadership's priorities and by being properly mentored on ways to react during different situation while considering operational impact, the correct call was made and the affected individual was promptly sent home.

If the mentor's duties are to train and teach less experienced individuals, the protégé's job is to learn and further develop their skill sets. These individuals need to be provided with the proper tools and job exposure to exercise their judgement and make decisions: either they make the right call or they learn from their mistakes. They need honest feedback

and constructive criticism from their mentor to hopefully retain good habits... and to not repeat errors.

While it appears to be less risky to send experienced people on operations, the RCAF cannot build the force of the future by relying on the faulty belief we can always "send the A-Team." Rather, the only way forward is to embrace "the team." We can do this developing subordinates on the basis of trust and mentorship, on both domestic and international operations. If we do not accept risk when we mentor our personnel, we will not provide them with the opportunity to grow and to gain the vital experience upon which the future RCAF will be build. →

# Mentorat dans les opérations de déploiement : La perspective de PLP

**Le lieutenant-colonel Luc Vachon, Commandant du 405 Esc PLP**

Les opérations de déploiement sont complexes et nécessitent un leadership et des membres du personnel appropriés pour gérer tous les éléments mobiles. Qu'il s'agisse d'une ordonnance à rédiger pour l'opération ou l'exercice, d'un énoncé de travail pour les hôtels, des autorisations de survol, des demandes de permis de visite, du transport aérien, des locations de véhicules ou bien de la production de réclamations pour le personnel navigant ou l'équipe au sol en respectant les critères d'un plan d'activités, cela nécessite beaucoup de coordination.

En juin dernier, par exemple, le 405 Esc a affecté un avion CP140 Aurora et 40 militaires pour participer à l'opération NEON, qui est

la contribution du Canada à appuyer la mise en œuvre des sanctions du Conseil de sécurité des Nations Unies imposées contre la Corée du Nord. L'équipage a été chargé de mener des opérations de surveillance afin de déceler les cas apparents de contournement des sanctions maritimes, en particulier le recours au transbordement entre navires de carburants et d'autres marchandises interdits par les résolutions du Conseil de sécurité des Nations Unies. Il va s'en dire qu'élaborer un plan pour mener des opérations à l'autre bout du monde, au sens propre, est bien complexe.

Le 405 Esc a aussi participé à plusieurs opérations nationales au cours de l'année dernière. L'opération LIMPID assure une présence et une surveillance en mer, sur terre, dans les airs, dans l'espace et dans le cyberspace. L'opération LEVIATHAN est l'opé-

ration de surveillance et de présence dirigée par la Force opérationnelle interarmées (Atlantique) des provinces maritimes du Canada et des voies navigables importantes, notamment le golfe du Saint-Laurent. L'opération QIMMIQ est l'opération de surveillance et de présence dirigée par la Force opérationnelle interarmées (Nord) de tous les cours d'eau importants, notamment la baie d'Hudson et l'océan Arctique, et de tout le territoire canadien au nord du 60<sup>e</sup> parallèle.

Bien que nous puissions apprendre beaucoup des leçons du passé, chaque déploiement est unique et les membres du personnel doivent toujours faire preuve de souplesse. L'apprentissage officiel dans les opérations de déploiement n'amènera les militaires qu'à un certain point, tandis que l'expérience réelle et le mentorat avant, pendant et après les déploie-

ments sont essentiels au perfectionnement individuel et collectif. Selon le dictionnaire Le Petit Robert, le terme mentor est défini comme étant un guide, conseiller sage et expérimenté. Nous devons exposer nos subalternes à diverses tâches et à divers environnements pour qu'ils acquièrent de l'expérience. Il y a toujours le risque que des erreurs se produisent, mais c'est souvent en commettant des erreurs que nous apprenons le plus. En tant qu'organisation, nous pouvons réduire le risque de faire des erreurs en fournissant des mentors et une supervision à nos dirigeants nouvellement nommés.

Dans le cadre d'un déploiement récent, le commandant de la Force opérationnelle aérienne devait prendre la décision d'envoyer ou non un membre d'équipage à la maison en raison d'une urgence familiale. L'envoi de

ce membre d'équipage à la maison aurait une incidence importante sur la capacité de mener à bien la mission. En comprenant les priorités des hauts dirigeants et en étant bien informé sur les façons de réagir à différentes situations tout en tenant compte des répercussions sur l'opération, la bonne décision a été prise et le militaire a été envoyé immédiatement à la maison.

Puisque la responsabilité du mentor consiste à offrir de l'instruction et de l'enseignement aux militaires moins expérimentés, la responsabilité du protégé consiste à apprendre et à perfectionner ses compétences. Ces militaires doivent disposer des outils appropriés et bénéficier d'une exposition au travail qui leur permet d'exercer leur jugement et de prendre des décisions, soit qu'ils prennent la bonne décision ou qu'ils tirent des leçons de leurs erreurs. Ils doivent obtenir

de la rétroaction honnête et des critiques constructives de la part de leur mentor afin de conserver, espérons-le, de bonnes habitudes... et de ne pas répéter les erreurs.

Bien qu'il semble moins risqué d'affecter des militaires expérimentés dans le cadre des opérations, l'ARC ne peut bâtir la force de l'avenir en s'appuyant sur la croyance erronée que nous pouvons toujours « envoyer l'équipe des meilleurs ». Au contraire, le seul moyen d'aller vers l'avant est d'accepter « l'équipe ». Cela est possible en perfectionnant les subalternes dans un climat de confiance et de mentorat dans le cadre d'opérations nationales et internationales. Si nous n'acceptons pas les risques lorsque nous encadrons nos militaires, nous ne leur offrirons pas la possibilité de se perfectionner et d'acquérir l'expérience essentielle à partir de laquelle sera bâtie l'ARC de l'avenir. →



## Bake gingerbread cookies for a smart seasonal treat



(NC) Impress your guests with this delicious, budget-friendly recipe for gingerbread people. Get the kids involved in the prep and decorating process for a fun time together as a family.

### Oatmeal Gingerbread Cookies

#### Ingredients:

- 1 cup butter softened, or margarine
- 0.75 cup brown sugar, firmly packed
- 0.5 cup molasses
- 1 egg
- 3.33 cups all-purpose flour

- 1.5 cups large flake oats (uncooked)
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 0.5 tsp ground nutmeg
- 0.5 tsp baking soda
- 0.25 tsp salt (optional)
- Ready-to-spread frosting
- Candies, assorted

#### Directions:

- Beat margarine and sugar until creamy. Add molasses and egg; beat well. Add combined flour, oats, spices, baking soda and salt; mix well. Cover; chill about 2 hours.

- Heat oven to 350°F.
- On floured surface, roll dough out about ¼-inch-thick for a chewy cookie or 1/8 inch thick for a crisp cookie. Cut with 5-inch gingerbread man or woman cookie cutter. Transfer to ungreased cookie sheets.
- Bake 8 to 10 minutes or until set.
- Cool 1 minute on cookie sheets; remove to wire rack. Cool completely.
- Frost and decorate cookies with candies. Store loosely covered at room temperature.

## 3 ways to save on entertaining this season

(NC) Along with holiday joy come holiday bills, as cooking, baking and hosting can add up by the end of the festivities. To avoid a sleigh-size tab, plan ahead to save money and maximize the payoff.

Think ahead: Start thinking about your ingredients early

and keep an eye out for sales on non-perishable goods. By beating the holiday rush, you can afford more goodies for less.

Be resourceful: Hosting a large gathering? Ask each of your guests to bring a dish. This cost-effective tip will act as conversation starter too.

Choose wisely: Your time matters, so spend more of it with your guests and less of it in the kitchen. Pick a short and easy recipe that won't cost a lot to make. Prepare as much as you can the morning or day before for a smoother hosting experience.

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**Santa Comes To Kingston**  
Friday, December 6, 2019 • 6:00pm to 8:00pm  
1490 Westwood St. Kingston

**SANTA PARADE 5:30-6PM**  
Along Pine Ridge Ave. From Sparky St. to Westwood St.  
At the Rink Enjoy... A Visit from Santa

- FREE Skating • Lion's Hot Chili
- Face Painting with Michelynn
- Tim Beanie – Balloon Creations
- Jimmie Dogs • Cookie Decorating

Remember to bring a non-perishable donation for the Kingston Food Bank! visit [www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca) for more information!



## 35th Christmas Mommies and Daddies Telethon takes the stage, screen November 24

November 24, noon to 8 p.m., the Friendly Neighbours Christmas Mommies and Daddies 35th annual telethon will be staged at the Aylesford fire hall.

"This is our 35th year on Eastlink Television -before that it was Mid-Valley Cable and Bragg Communications," says volunteer Kingston Lion Bob Lyle.

The campaign is 51 years old altogether, having started as Friendly Neighbours in 1968 as a 14 Wing Greenwood base welfare program for local families. It's expanded over the years, serving families from Coldbrook to Kingston.

Friendly Neighbours co-ordinates the Christmas hamper program, which assembles several hundred boxes of food, toys, clothing and other necessities. Lions Clubs in Coldbrook, Berwick,

Aylesford and Kingston help run the fundraising telethon, and then help pack and deliver the hampers just before the holiday.

The telethon kicks off at noon, with the 14 Wing Jazz Combo opening the entertainment stage. Various entertainers volunteer their time to help support and encourage the viewers to donate and bid on the auction items, including Connie Munroe, Paul Marshall, James Frank, Bob Lyle, Darrin Beaton, David Graves, Allan Butler, Chris Palmer, Harold Hunt, Sole Expressions, Bruce Dewar, Cord Levy, Theresa Porter, Cyé Brown and Roxeen Roberts.

"We have approximately \$10,000 in donated merchandise and certificates for the on-air auction - all from local businesses," Lyle says. To make it easier for bidders

at home to take in close to 200 items, lists of the auction blocks will be available in advance at the Kingston village office and at the Aylesford fire hall - the home of the telethon - on broadcast day.

"People are welcome to drop in and sit for a while. They can bid from the floor, watch the entertainment and

just take in the telethon. I enjoy it - all the Lions and volunteers do, and more people have asked us this year if they can be a part of it. It's a lot of work - but a lot of fun, and it all comes together for the community."

Pledges may be made during the telethon by calling local 902-341-3200, or long

distance toll free 833-923-2019.

Pledges may be honoured at the Berwick and Middleton Royal Bank branches, the Greenwood CIBC, Scotiabank in Middleton and Greenwood, and the Credit Union in either Greenwood or Cambridge.

Last year's telethon raised

close to \$25,000.

"That's enough to do what we need to do, and it goes right back into our community," Lyle says. "We expect there will be more demand for help this year."

Friendly Neighbours' hamper applications will be available in local stores right after the telethon.

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*Dear Santa...*  
Hand deliver your letter to the newspaper's office (61 School Road, Morfee Annex, Greenwood) until 4 p.m. December 11, 2019. You may also bring in a photo of yourself, and your signature (all will be scanned and added to your letter in print). Letters should be maximum 50 words and include the child's full name, age and home community. A parent's name and phone number must also be included. All letters will be published in the December 16 edition.

**the Aurora**



# Visit Santa

**Santa Letter Workshop**  
**November 23**  
**1-4 in Centre Court**  
 Create and design a colourful and sparkling Santa letter to mail to the North Pole  
 Free for kids of all ages

**Santa Hours**  
 Thursday & Friday  
 1 - 4 & 6 - 8 pm  
 Saturday  
 10 am - 12 noon & 1-4 pm  
 Sunday  
 1 - 4 pm

**GREENWOOD MALL**



## Conseils du temps des Fêtes pour les familles qui prendront l'avion

(EN) Vous envolerez-vous avec tout votre monde pendant les Fêtes? Voici quelques conseils pour faciliter le processus.

Au Canada, rien qu'en décembre, près de six millions de personnes devraient prendre l'avion. Le premier moyen d'éviter la cohue est de vérifier le temps d'attente au contrôle de sûreté. L'Administration canadienne de la sûreté du transport aérien (ACSTA) publie sur son site Web (acsta-catsa.gc.ca) et son appli mobile gratuite le temps d'attente à la minute près dans la plupart de ses principaux aéroports.

**Mieux encore :** renseignez-vous avant de vous rendre à l'aéroport. Consultez le site et l'appli de l'Administration pour vous familiariser avec les règles relatives à la

préparation des bagages. Par exemple, dans les bagages de cabine, les liquides transportés doivent se trouver dans des contenants de 100 millilitres ou moins, alors que la quantité de certaines poudres est limitée à 350 millilitres. Bébé voyage avec vous? Il existe des exceptions à la limite relative aux liquides qui s'applique aux aliments et boissons pour bébés requis pour les enfants âgés de 0 à 24 mois.

**Un dernier conseil :** si vous transportez des cadeaux, ne les emballez pas au cas où les agents de contrôle auraient besoin d'y jeter un coup d'œil. Certains aéroports offrent un service d'emballage de cadeaux après le point de contrôle, dont les recettes sont remises à un organisme caritatif.

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<p><b>\$240</b> Mossberg 500 12GA Field Reg \$479.99   75-2038</p>	<p><b>\$341</b> Mossberg 500 12G 3 Barrel Reg \$681.99   75-2061</p>	<p><b>\$257.50</b> Savage Axis XP 243 Reg \$514.99   175-0109</p>
<p><b>\$370</b> T-Bolt Comp Sport 22 Reg \$739.99   175-3851</p>	<p>See In-Store for more details.  <b>Must have a valid PAL.</b>        Selected firearms with specific serial numbers.</p>	
<p><b>\$350</b> Mossberg 835 Flyaway 12GA Reg \$699.99   175-5194</p>	<p><b>\$280.90</b> Ruger 10/22 Sporter Reg \$561.79   175-6001</p>	<p><b>\$152.50</b> TC Hotshot 22LR Pink Reg \$304.99   275-5397</p>
<p><b>\$254</b> Savage Axis SR 223 Reg \$507.99   275-1312</p>	<p><b>\$416</b> Ruger SR-22 Auto 22L Reg \$831.99   275-1710</p>	<p><b>\$132.50</b> Savage Rascal 22LR Reg \$264.99   275-1756</p>
<p><b>\$170</b> Savage Mark II 22LR Reg \$339.99   275-2930</p>	<p><b>\$445</b> Mossberg SG-BA 410G 26 WD Reg \$889.99   175-6561</p>	<p><b>\$469.75</b> Remington 700 SPS LH 270 Reg \$939.49   175-5130</p>

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# Shop locally this Holiday Season

## Dream of sugarplums this holiday season

(NC) From festive parties and baking sessions, this time of year can be extremely busy. While your to-do list may seem daunting and may even be keeping you up at night, a good night's

sleep is the answer to many of the issues that plague us during the holidays.

• **Unplug earlier.** While that holiday movie marathon might be calling your name, try to keep your TV off for

60 to 90 minutes before bedtime. Light exposure in the evening can trick your brain into thinking it's still daytime, which doesn't help when you're trying to get a good night's rest. The same

goes for your smart devices and computers, which emit blue light.

• **Weigh yourself down.** You've likely heard of a weighted blanket and it might seem like a strange concept, but

don't knock it until you try it. Gravid weighted blankets have been helping people feel more secure and reduce anxiety for a better, deeper sleep. It's a worth a try to help reduce holiday stress.

• **Create a zen space.** Try creating a space that's conducive to sleep. To start, your bedroom

should be dark, quiet and cool. Try using a diffuser with lavender essential oil that is calming, soothing and relaxing, making it great to use before bedtime. A sound machine such as one that produces white noise or spa sounds can also be extremely effective in helping you relax into a restorative sleep.

## 14 Wing Greenwood Festival of trees

November 22 | 6 to 8 p.m. Adult viewing  
November 23 | 10 a.m. to 3 p.m. Public viewing

**Annapolis Mess**  
14 Wing Band afternoon performance.  
14 Wing Imaging presents family photos in a Christmas setting, \$5 (digital print will be emailed).  
50/50  
Businesses are invited to present a decorated tree for public bidding in this silent auction.  
OPI/ BPR | Captain Sarah Fralick | sarah.fralick@forces.gc.ca

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## Advertise in the Aurora Newspaper

**Nov 25, Dec 2, 9, 16 issues**  
Nov 21, 28 & Dec 5, 12 ad content deadlines

Multi-page spread with photos and features on all things seasonal: outdoor living, recipes, consumer trends.  
Captures Black Friday sale dates and four full weeks of the busiest retail season of the year.

**Any ad, any size** **Save 10% per week.** **or** **Save 20% if you commit to all four weeks!**

# Shop locally this Holiday Season



S. White & Leading Seaman C. Moon, 14 Wing Imaging

# Open door showcases military trades

**Sara White, Managing editor**

Opening doors to opportunities within the Canadian Armed Forces was the focus of a day-long tour at 14 Wing Greenwood, as base personnel showcased their work to 20 high school students thinking about their own futures.

Central Kings Rural High School's Options and Opportunities Grade 10 class was the first of several Annapolis Valley programs signed up for a visit over the next few months.

"We do the same thing everyone else does, but we train to do it around the world," said 405 (Long Range Patrol) Squadron Lieutenant-Colonel

Luc Vachon, welcoming the group at wing headquarters. "You're going to see today some of what people in the military can do, and that those jobs exist outside the province."

"Everyone's looking forward to having you visit: ask them questions about their work or their life. We all had questions and hesitations in what we wanted to do in work and life at your age."

The tour put together visits with many of the wing's support trades, from driving to cooking to managing supplies to repairing aircraft. The O2 program is a hands-on learning experience for students considering a career in the trades, with a practical focus on personal develop-

ment and planning, resume and interview preparation, certifications in WHIMIS and first aid and class visits to diverse workplaces around the province.

At 8 Hangar, the Technical and Electrical and Mechanical Engineer section bypassed the daily drives to show off heavy equipment trucks, mules, graders and excavators.

"Everything you see, I can drive," said Master Corporal Chris Anderson, who introduced the mobile support equipment operator trade. "From a staff car to a grader to a crane. We dig the dirt, push the snow and travel the world."

At 5 Hangar, personnel set up a nine-station round

robin, showcasing a range of trades under the Construction Engineers. Students had the chance to talk and check out some of the equipment used by water, fuel and environment technicians; firefighters, electricians, plumbers, carpenters, power plant and electrical generator staff, refrigeration technicians and more.

The group visited 2 Hangar to look at supply chain and materials management trades, then walked across the street to the Annapolis Mess for a tour – and lunch.

"Welcome to my kitchen," said Warrant Officer Chiu "Chewy" Tsang. "For those of you who want to be a cook, there is potential in the military."

Lieutenant-Colonel Cory Marchand welcomed the group to 14 Air Maintenance Squadron for an afternoon "seeing the exciting part" of the base's extensive aircraft maintenance trades pool.

"We do the big inspections, we take planes apart, we have folks who work on engines and do the deeper maintenance. We have lots of excited, proud folks who would love to tell you what they do for a living and, hopefully, it will inspire some of you to take up some of these trades here or in a civilian workplace."

The students explored sections from the hangar floor, where crews were opening a CP140 Aurora's myriad parts and systems in a periodic,

eight-week long inspection, to stockrooms of personal equipment and lifesaving supplies. An imagery technician following the group was also pointed out as a potential career opportunity. "There are so many interesting things out there and, the nice thing about the military is, you can start in one and almost seamlessly change to something else that interests you," said 14 AMS Deputy Commanding Officer Tom Gorman, describing his career path through three trades and occupations.

"You're young, and you can figure things out as you go – you don't have to make life choices at a young age. Just keep the doors open." →

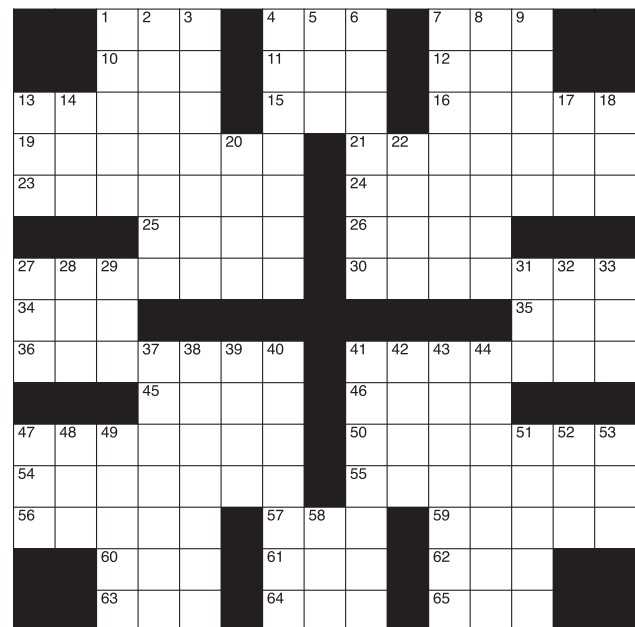


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). 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.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.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 14



- ACROSS**
- Small viper
  - Some are covert
  - A waiver of liability (abbr.)
  - Speak out
  - Retirement plan
  - Small dog
  - City in Iraq
  - Car mechanics group
  - Shrimp-like creature
  - Majestic
  - TV detective
  - Central Canadian province
  - Causing to wind around
  - Wise man
  - Knicks legend Willis
  - Muscular weaknesses
  - John Stockton compiled them
  - South American plant
  - To some extent
  - Where manners are displayed
  - Showy
  - Fall down
  - Shoelaces are often this
  - Disease-causing bacterium
  - Egg-shaped wind crossword brought to you compliments of
- DOWN**
- Instrument
  - Sufferings
  - One who noisily enjoys
  - About blood
  - Transaction verification system (abbr.)
  - Related through female family members
  - Low velocity grenade
  - 'In Living Color' comedian
  - Veterans battleground
  - Expression of creative skill
  - Midway between northeast and east
  - Patti Hearst's captors
  - Something useful
  - It goes great with peppers and onions
  - Orifice
  - Turned into bone
  - The Princess could detect it
  - Bands of colors
  - Makes use of
  - Central African country
  - Lake in the Kalahari Desert
  - He was a 'Chairman'
  - Legally possess
  - One point north of due west
  - Small peg of wood
  - Stretch of swampy ground
  - Is indebted to
  - Where you were born (abbr.)
  - A team's best pitcher
  - Cool!
  - Female sibling
  - This stimulates the thyroid (abbr.)
  - Reserved
  - More prickled
  - Forbidden by law
  - One-time presidential candidate
  - A TV show has more than one
  - A place to stash things
  - Defunct currency in India
  - Causes to ferment
  - A type of gland
  - Humbug!
  - Everyone has one
  - Punctuation
  - Central American fruit
  - Brooklyn hoopster
  - 100 square meters
  - Local area network

## Christmas hamper applications

By December 6: applications for the Friendly Neighbours Christmas Hamper Program are now available at Foodland, Coldbrook; Independent and Foodland, Berwick; Sobeyes, Greenwood; Needs, Aylesford; Pharmasave, Kingston; Bert's, Auburn. All applications must be completed and returned to the store where picked up not later than December 6. Applications will not be accepted after that date.

**Cancer support group meeting**  
November 18, 7 p.m. to 9 p.m., the Canadian Cancer Society Kingston/ Greenwood Living with its monthly gathering. Kings/ Annapolis County VRH cancer patient navigator Dianna Hutt is welcomed back again to discuss Braco therapy, new breast cancer treatments and the N.S. Cancer Care Program. Cancer

patients, family and friends or anyone seeking information and support are encouraged to call Lloyd (902-375-2138) or Lynda (902-765-3055) for information.

**Itty Bitty Christmas art show**  
November 18 to December 21, 7Arts hosts the Itty Bitty Christmas Art Show of miniature art work in a variety of mediums at Pascalie's Bistro, Greenwood. If you would like to enter your work for the show, contact Alice, [pascalicesbistro@gmail.com](mailto:pascalicesbistro@gmail.com), or Penny Hughes, [penny@7arts.ca](mailto:penny@7arts.ca). Deadline for submissions is November 16. The show launches with a special evening viewing at Pascalie's November 18, 6 p.m. to 8 p.m. Tea and coffee provided, with additional beverages and desserts for purchase at the bistro. Artwork purchases must be via cash payment or EMT.

**Lucerne**  
November 19, noon to 1 p.m., the Kingston Lions host their monthly

community luncheon, 1482 Veterans Lane. \$10 at the door, \$11 delivery to Kingston/ Greenwood (for delivery, call 902-765-2128 by 10:30 a.m.).

**Tea & sale**  
November 20, 3:30 p.m. to 6 p.m., St. Mary's Anglican Church hosts its annual pre-Christmas tea and sale at the Aylesford fire hall. Turkey salad plate and sweets included in the admission price of \$7. Gifts and Christmas baking for sale. All welcome.

**Coffee party & bake sale**  
November 20, 10 a.m. to noon, St. John's United Church, 202 Main Street, Middleton; hosts a Christmas coffee party and giant bake sale. Coffee party is by freewill donation at the door. Purchase your Christmas baking from a large display of goodies bake sale table.

**Thinking about retirement?**  
November 21, 1 p.m. to 2:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts an informative talk about government services for seniors with Bill Gregory. Ask questions about the Canada Pension, Old Age Security, Guaranteed Income Supplement and Canada Pension Disability.

**LIBRA - Sept 23/Oct 23**  
People may be apt to judge you by the company you keep, Libra. However, once others get to know you, they will discover how you march to the beat of your own drummer.  
**SCORPIO - Oct 24/Nov 22**  
Scorpio, you may have an opportunity to enjoy some time to yourself this week. The alone time can be a great way to work through new ideas.  
**SAGITTARIUS - Nov 23/Dec 21**  
Don't let someone whose maturity level is beneath your own bother you, Sagittarius. Take the high road and others will notice and respect you for it.  
**CAPRICORN - Dec 22/Jan 20**  
You may have plenty of free time on your hands this week, Capricorn. If you do not want to fill it by being productive, then bask in your ability to kick back and relax.

**Floor curling**  
November 21, 7 p.m. to 9 p.m., come try and play floor curling at the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines. For information, call Donna at 902-760-2471 or follow us on Facebook.  
**Kidz Book Club**  
November 21, 7 p.m. to 8 p.m., the Berwick and District Library youth book club is reading "The Giver," by Lois Lowry. Pick up a copy of the book or read your copy from home. Come for snacks, fun discussion and suggestions of what we should read next. For ages nine to 14.  
**Indoor lacrosse**  
November 22, Valley Thunder Lacrosse winter program at Pine Ridge gym, Kingston. New/ experienced athletes welcome. Head coach Lisa Holloway, with VTL's older athletes as assistants. 6 p.m. to 7 p.m.: ages seven to

10 (younger athletes with experience), 7 p.m. to 8 p.m.: ages 11-plus. \$5 drop-in. Registration, waiver at [valleylacrosse.ca](http://valleylacrosse.ca), VTL Facebook or at gym. Bring: hockey helmet with cage, hockey gloves (optional), sneakers and a water bottle. The club has loaner sticks.  
**Pokemon escape room**  
November 22, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library is calling all trainers! Detective Pikachu needs your help! Follow the clues, break the codes. Will you escape in time? Ages 10 to 14. Registration required.

**At the Evergreen Theatre**  
November 22, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; presents road poet, multi-instrumentalist and master storyteller Gordie Tentrees with Jaxon Haldane. Tickets \$30 (military \$25, students \$15) at TIXHUB, [evergreentheatre.ca](http://evergreentheatre.ca).  
**Coffee & conversation**  
November 22, 10 a.m. to 11:30 a.m., the Berwick and District Library invites friends to join us for coffee, tea and conversation with your community neighbours. Each month a guest will help us get the conversation started.  
**Knitting by the Book**  
November 22, 6 p.m. to 7:30 p.m., the Berwick and District Library invites friends in to knit, crochet, rug hook, spin, weave: bring your own project and meet new friends!  
**Chase the Ace**  
November 23, 1 p.m. to 3 p.m., the Kingston Legion holds its Chase the Ace draw. Tickets are available at Brown's Auto, Pharmasave Kingston, Needs, JOY-EL Investments, Aylesford, and at the Legion during bar hours. Tickets are \$1 each (ages 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.  
**'80s dance party**  
November 23, 8 p.m. to 12:30 a.m., there will be an '80s dance party at the Louis Millett Centre, New Minas. Advance tickets \$5 (come dressed in '80s fashion \$5 (\$7 without costume). DJ Chris Young is spinning the tunes. Hosted by Advocates for Angels in Motion Fundraising Society to help Sharon McInnis with her

vehicle's needs for wheelchair access.  
**Pizza, movie night**  
November 23, take in a pizza and movie night, showing Disney's "Christopher Robin," at Wilmot Baptist Christian Fellowship Centre. An adult Christopher Robin returns with Winnie the Pooh to the 100 Acre Woods to find Pooh's lost friends. Pizza at 5:30 p.m. and the movie begins at 6 p.m. Call 902-765-2386 for more info.  
**Crafters' sale**  
November 23, 10 a.m. to 4 p.m., fill your winter project needs from an abundance of fabrics, knitting necessities, craft supplies, books and more, as 107 Valley Wing RCFA, Greenwood, hosts a sale ideal for crafters. If you wish to book a table to sell some of your own "extra" supplies, contact Shirley Peebles, 902-824-2749. A light lunch, coffee and snacks will be available.  
**Book sale**  
November 23, 10 a.m. to 1 p.m., the Berwick and District Library hosts a book sale. Pick up some incredible deals on previously enjoyed, new-to-you books at our most anticipated sale of the year.  
**Prelude to Christmas**  
November 24, 7 p.m., the Greenwood Branch of the Church of Jesus Christ of Latter Day Saints, 10588 Highway 201, invites you to a join members for a prelude to Christmas service, including live musical performances to start the Christmas season. Refreshments provided.  
**Celtic spirituality workshop**  
November 24, starts at 2:30 p.m. at the Kingston United Church, 733 Main Street; with workshop, potluck supper and worship. Celtic Spirituality Workshop: "How to be a Celtic Christian Today," led by Rev. Ivan Gregan. Sponsored by Torbrook Mines United Church Workers. For more details, call Homer Noble, 902 765-4572.  
**Christmas Mommies and Daddies Telethon**  
November 24, noon to 8 p.m., the Friendly Neighbours Christmas Mommies and Daddies annual telethon will be staged at the Aylesford fire hall. Live entertainment and auction items all day. Drop in or watch live on Eastlink-TV Channel 10. Call with your bids and pledges: 1-902-341-3200, or toll-free 1-833-923-2019 (tax

receipts issued). All funds support Christmas hampers and toys for families between Coldbrook and Kingston, in partnership with the Lions Clubs of Kingston, Aylesford, Berwick and Coldbrook and the Aylesford & District Volunteer Fire Department.  
**Historical meeting**  
November 26, 7:30 p.m., join the Kings Histoical Society for its monthly meeting, plus a presentation "The History of Dolls and Dollhouses, with collector Deborah Parrott; at the Kings County Museum, 37 Cornwallis Street, Kentville.  
**Luncheon**  
November 26, 11 a.m. to 1 p.m., the Middleton and Area Fireflies host a soup luncheon at the fire hall on Church Street. Featured will be hamburger soup (\$10), chicken vegetable soup (\$9), and corn chowder (\$9), followed by your choice of chocolate or carrot cake. Everything is homemade! Free local delivery may be arranged by calling Bonnie at 902-825-3062 by November 25.  
**Book sale**  
November 26 to 29, during open hours, there will be a book sale at the 14 Wing Greenwood Library, Morfee Centre, 83 School Road. Deeply discounted discarded and donated books, with all proceeds towards library programs and new books for the collection.  
**Mental wellness for all**  
November 28, 2 p.m. to 3:30 p.m., the Rosa M. Harvey Middleton & Area Library presents Daisy Dwyer and a conversation about building wellness within a community through the engagement of all. A close-knit neighbourhood can provide a sense of belonging. Join us to discuss what you feel needs to be focused on to help make the Valley a more caring community and to help avoid social isolation. Registration required.  
**Christmas sale**  
November 28, 10 a.m. to 4 p.m. and 6 p.m. to 8 p.m.; and November 29, 10 a.m. to 4 p.m., the Carousel Gift Shop, located in the lobby of Soldiers Memorial Hospital, Middleton; is holding its annual 15% off Christmas sale. We have a wide selection of gift and Christmas items, plus year round tax-free savings. Please come and support the efforts of the SMH Auxiliary.

before Remembrance Day." As people noticed the new inscription at this year's ceremony, Bond said, "everyone was pleased to see it done. And now that people know it's there, maybe they'll come down and take a look at it and think about what it means." →

war we've ever been in. And there are people from 14 Wing Greenwood today taking part in peacekeeping in Mali, just in recent months. There was nothing on the memorial specifically for the modern military members.  
But – and unfortunately – "we didn't have room to add Afghanistan to the stone there, or all the so many others. They cover everything, over years and years. And, you're just going to keep adding to it."  
Bond says he looked at the wording on the new memorial Berwick erected to include more modern military actions, and the Kingston Legion worked with the Middleton Funeral Home for help devising the most suitable inscription The result: "& ALL MILITARY OPERATIONS 1947 – PRESENT" was added just days before this year's Remembrance Day service.  
"Afghanistan – that was 10 years, really the longest

Memorial now marks modern military service, sacrifice

the Aurora | 14 Wing Greenwood, NS

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# Memorial now marks modern military service, sacrifice

Sara White, Managing editor

Carving stone is a slow and precise process, and the newest engraving on the cenotaph outside the Kingston Royal Canadian Legion reflect that same march of time and effort.

Members of the Alvin H. Foster MM Branch 098 have long talked about the memorial's inscriptions, which account for Canadian sacrifices through the First and Second world wars, the Korean Conflict and United Nations Peacekeeping work.

"The peacekeeping it talks about was really from the 1950s and 1960s," says branch property coordinator Corporal (retired) Mike Bond, a member of the branch since the mid-1970s and the fellow assigned to manage the memorial's update.

"Afghanistan – that was 10 years, really the longest

war we've ever been in. And there are people from 14 Wing Greenwood today taking part in peacekeeping in Mali, just in recent months. There was nothing on the memorial specifically for the modern military members.  
But – and unfortunately – "we didn't have room to add Afghanistan to the stone there, or all the so many others. They cover everything, over years and years. And, you're just going to keep adding to it."  
Bond says he looked at the wording on the new memorial Berwick erected to include more modern military actions, and the Kingston Legion worked with the Middleton Funeral Home for help devising the most suitable inscription The result: "& ALL MILITARY OPERATIONS 1947 – PRESENT" was added just days before this year's Remembrance Day service.  
"Afghanistan – that was 10 years, really the longest

Memorials in Windsor, and

before Remembrance Day." As people noticed the new inscription at this year's ceremony, Bond said, "everyone was pleased to see it done. And now that people know it's there, maybe they'll come down and take a look at it and think about what it means." →



The Kingston memorial cenotaph at Royal Canadian Legion Alvin H. Foster MM Branch 98, with its newly-engraved inscription acknowledging the more recent and continuing sacrifices made by Canadian military members.

they bent over backwards to help us – just so easy to work with," Bond says. "I talked to Robert Harvey and he came down and looked at what we have and said, 'I suppose you want this done before November 1.' We said yes, ideally, and he got it done a week

before Remembrance Day." As people noticed the new inscription at this year's ceremony, Bond said, "everyone was pleased to see it done. And now that people know it's there, maybe they'll come down and take a look at it and think about what it means." →

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## ~ Obituary ~

**GEBHARDT, Ronald Arthur "Ron",**  
 Berwick, NS



Captain Ronald Arthur Gebhardt, CD, 80, passed away peacefully at the Valley Regional Hospital in Kentville on November 12, 2019. In addition to being a loving husband and father, and a loyal friend, Ron was a proud veteran with 32 years of service in the Canadian Armed Forces. Ron joined the Army in 1958 and his first posting was with the 1st Battalion, Princess Patricia's Canadian Light Infantry (PPCLI) in Victoria, BC (1959-61). After taking officer training, he was stationed at Camp Gagetown, NB (1963-65) as an ordnance officer. During this time, he met and fell in love with Annie Morrow Lindsay; they married on April 15, 1965. After completing Staff School in 1967, Ron and Annie were posted to Hemer, West Germany where Ron served as Quartermaster for the 2nd Battalion, PPCLI. Their son Andrew was born during this posting in 1968. The family moved to CFS St. John's, St. John's, NFLD, in 1970 and Ron served as the Station Logistics Officer. Here they welcomed their daughter, Jennifer. In 1973, the family moved to CFB Summerside, PEI where Ron served as Base Supply Officer until 1975, and their son Peter was born. In July 1975, Ron volunteered for the United Nations Defence Observation Force (UNDOF) in the Golan Heights, Israel. On his return from the Middle East, Ron and his family were posted to National Defence Headquarters, Ottawa, ON (1976-79), where he worked as the Director, Supply Resources and Operations. The family's final posting in 1979 was to CFB Greenwood, NS, where Ron was the Base Exchange Officer. He retired from the Regular Forces in 1988 and re-joined the Reserves from 1992-94 as the Adjutant and a Company Commander of the West Nova Scotia Regiment (WNSR), Military Training Centre, Aldershot. Ron was born on January 6, 1939 in Hanover, ON to Charles "Carl" and Dortha (Young) Gebhardt. He leaves behind his beloved wife, Annie, who lives in Berwick, and their three children Andrew (Tracey Lyall), Jennifer Poulin (Grant), and Peter (Karen). Ron adored his grandchildren, Madeline, Ava, Evelyn and Emmett, and loved his older brother, James (Yvonne) and younger sister, Nancy Johnson (Robert). He is preceded in death by his precious little grandson, William Poulin. Ron was kind and generous. He was a member of Christ Church Berwick, where he served as a Warden and on the Council, sang in the choir, and played in the band. Throughout his life he tried many new hobbies and activities with enthusiasm. Some of his favourites were golf, ham radio (VE1VE), and bass guitar. He loved his friends dearly, and he will be deeply missed by many. Special thanks to Dr. Julia Merryweather and Dr. Robin Bustin, who looked after him so well, and the staff at the Valley Regional Hospital who gave him such good care. A funeral service for Ron was held at Christ Church Anglican in Berwick on November 16, 2019 at 2:30 p.m., followed by a reception in the church hall. Donations in his memory may be made to Christ Church Anglican, Berwick or Wounded Warriors Canada. Funeral arrangements have been entrusted to the White Family Funeral Home and Cremation Services, Kentville. On-line condolences and inquiries may be directed to www.whitefamilyfuneralhome.com.



## Service together

Members of 14 Wing Greenwood's 405 (Long Range Patrol) Squadron - from left Captain Richard Harding, Lieutenant Vince Lausontornisri, Aviator Shane Lenton, Master Warrant Officer Glenn Priddle, Lieutenant Jonathon Emmett, Aviator Jimmy Pineault and Warrant Officer Patrick Robinson - attended a pre-Remembrance Day service at Grand View Manor, which holds so much significance to residents.

## Halifax International Security Forum releases 2019 topical agenda

Halifax International Security Forum, North America's leading foreign affairs and defense convener, has set the topical agenda for its annual conference in Halifax, November 22 to 24. Internationally, 75 countries are ministers, experts, chiefs of defense staff and top media personalities. Halifax International Security Forum is an independent, non-profit, non-partisan organization based in Washington, DC. →

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Warrant Officer (retired) Wallace Maddison, a 35-year veteran of the Canadian Armed Forces who served in Korea, laid a wreath during the Grand View Manor ceremony, assisted by Aviator Shane Lenton.

Jennifer Chiasson, CD



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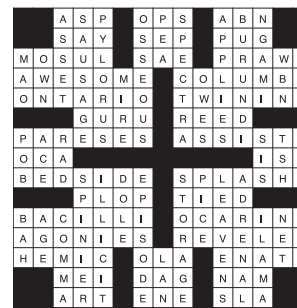
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**14 Wing Greenwood personnel marched, stood sentry, performed music and attended multiple community Remembrance Day services throughout Western Nova Scotia.**

Photos by 14 Wing Imaging, M. Rolph



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