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# the Aurora

Vol. 41 No. 28

JULY 20, 2020 NO CHARGE

[www.auroranewspaper.com](http://www.auroranewspaper.com)



**As a 413 (Transport and Rescue) Squadron Cormorant rises over the bluff of the Annapolis Valley's Look Off earlier this spring, 14 Wing Greenwood Honorary Colonel Terry Kelly is filmed for the "No Sky Too High" video. Kelly, with 14 Wing Bandmaster Warrant Officer Jeff Campbell, wrote the song to celebrate the Royal Canadian Air Force.**

*From the video, 'No Sky Too High'*

**14 Wing Greenwood Honorary Colonel Terry Kelly is filmed by imagery technicians Able Seaman Jeremy Morris and Leading Seaman Louis-Phillippe Dubé for the "No Sky Too High" video.**

*Sergeant S. Howell, 14 Wing Imaging*

## Song, imagery celebrates all things RCAF

**Sara White,  
Managing editor**

A new song and music video, officially launched July 14 at 14 Wing Greenwood, celebrates the Royal Canadian Air Force's heritage, current roles and – most importantly – its people.

"No Sky Too High" was written this spring by 14 Wing Honorary Colonel Terry Kelly

and Bandmaster Warrant Officer Jeff Campbell, in response to their musical plans for the base's RCAF Mess Dinner. As COVID-19 cancelled the dinner, the men turned their talents into an online project.

"You've given us a long-lasting legacy, something that will become part of the RCAF for a long time to come," Wing Chief Warrant Officer Dan Campbell said.

14 Wing Commander Colonel Brendan Cook agreed.

"You're going to see a project that represents an incredible amount of work by some incredible folks," Cook said, opening two small-group screenings at the Birchall Theatre. "It gives me chills as I see it. The RCAF commander and the generals have seen it, with solid reviews: 'This is great!' We wanted to have

a local celebration, and why not?"

Kelly became the wing's honorary colonel in 2015, coming to the role with a lifetime of song-writing, singing, entertaining and motivational speaking as a blind man. He is award-winning, recognized by academia and government, and well-known in military communities for his earlier "A Pittance in Time." But, he

said July 14, working with Campbell and the wing band over the past five years has been exceptional.

"I've worked with a lot of musicians and singers and bands over the years, but never for a long period like this," Kelly said. "Jeff is a wonderful musician, a wonderful leader who brings a whole bunch of volunteer people together and they work hard to practice ex-

ceptional music. I've learned a lot about how the big band works, the etiquette – and when not to talk!"

WO Campbell thanked Kelly for his "vision, support and unwavering commitment" to the "No Sky Too High" project.

"It's been an honour to work with such a master

Continued on page 2...

# Song...

...cover

songwriter as you.”

The men started the song in the early days of the pandemic, exchanging melody and harmony ideas over Facebook Audio and then working on the lyrics. As public health gathering restrictions in Nova Scotia eased, the men reached out to drummer Tim Fisk and guitarist Kevin Perkins. Fisk donated space and time in his Wolfville studio, and the song “came to life,” Kelly said.

“There was a synergy, a shared background speaking the language of music – we just locked in. You know all about that in the military: working and thinking the same way.”

Kelly soon suggested a music video, and WO Campbell approached 14 Wing Imaging, responsible for archival, operational and creative work in photos, video and graph-



**14 Wing Bandmaster Warrant Officer Jeff Campbell, centre, received the Command Team Coin July 14 from 14 Wing Commander Colonel Brendan Cook, left, and Wing Chief Warrant Officer Dan Campbell for his contribution to the “No Sky Too High” project.**



**14 Wing Imaging Sergeant Sue Howell, centre, received the Command Team Coin July 14 from 14 Wing Commander Colonel Brendan Cook, left, and Wing Chief Warrant Officer Dan Campbell for her contribution to the “No Sky Too High” video project.**



**14 Wing Imaging Able Seaman Jeremy Morris, centre, received the Command Team Coin July 14 from 14 Wing Commander Colonel Brendan Cook, left, and Wing Chief Warrant Officer Dan Campbell for his contribution to the “No Sky Too High” video project.**

ics. Sergeant Sue Howell appointed Able Seaman Jeremy Morris as the project lead and, with the help of the technician team and input from Kelly and WO Campbell, the video includes past and present RCAF aircraft of all types and airmen and women doing their jobs – even into space, as Canadian Space Agency astronaut Colonel (retired) Chris Hadfield contributed footage.

“There was nothing we asked for they couldn’t make happen,” Kelly said of the Imaging section’s effort to pair imagery with lyrics, the song’s pacing and overall vision. “And, they made it better!”

Indeed, as the first screening of the song and video came to a close, voices in the darkened theatre were calling out, “Play it again! Again!” →



**Musician Tim Fisk, centre, received the Command Team Coin July 14 from 14 Wing Commander Colonel Brendan Cook, left, and Wing Chief Warrant Officer Dan Campbell for his contribution to the “No Sky Too High” project.**



**Musician Kevin Perkins, centre, received the Command Team Coin July 14 from 14 Wing Commander Colonel Brendan Cook, left, and Wing Chief Warrant Officer Dan Campbell for his contribution to the “No Sky Too High” project.**

14 Wing Imaging



**405 (Long Range Patrol) Squadron personnel greeted both the outgoing Commanding Officer Lieutenant-Colonel Luc Vachon, pictured as he takes a round of applause on the hangar floor, and the incoming Lieutenant-Colonel Tom Goldie June 30. The men visited the squadron following a COVID-19 limited change of command ceremony.**

Leading Seaman LP Dubé, 14 Wing Imaging

# Pathfinders credited for command experience

Sara White, Managing editor

The Pathfinders broke new ground June 30, hosting the first of 14 Wing Greenwood’s change of command ceremonies in a COVID-19 affected environment: crowd gathering limits and physical distancing requirements prevented the traditional parade of 405 (Long Range Patrol) Squadron’s members in front of dozens of family and guests.

Instead, the outgoing 405 commander, Lieutenant-Colonel Luc Vachon; 14 Wing Commander Colonel Brendan Cook and the incoming 405 commander, Lieutenant-Colonel Tom Goldie, took turns signing the command certificates with designated pens, and addressed members of the squadron in a Facebook livestream from a small event held in the 14 Wing Greenwood headquarters lobby.

Cook highlighted the Pathfinders’ known ability to always lead the way as he oversaw the squadron exchange. “Changes of command are a challenging time... and, this year, all the more so because we can’t follow normal protocols, be in person with the squadron, or have family from



**Lieutenant-Colonel Tom Goldie, right, presented his friend, Lieutenant-Colonel Luc Vachon, with a photographic find from an Ottawa office hallway: Vachon, in his younger days. The men exchanged command of 405 (Long Range Patrol) Squadron June 30.**

both the outgoing and incoming COs on hand to witness this important moment. But, as with everything in the age of COVID, we innovate and we move on.

“It is fitting that the first squadron at 14 Wing to have to lead the way on this is the Pathfinder Squadron. Ducimus.” Vachon said the past two years have been “unbelievable,” and he’s thankful for the leadership and latitude granted by Cook to both himself and the squadron “to do what we did.”

“I did not do any take off and landings, instrument ap-

proaches at minimums, spend 10 hours airborne in the middle of the Northern Atlantic track-

## EMPLOYMENT OPPORTUNITIES Greenwood Military Family Resource Centre (GMFRC)



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For information on qualifications and skills sets sought for each position, please visit our website at [www.cafconnection.ca/greenwood](http://www.cafconnection.ca/greenwood) OR at [facebook.com/gmfr](https://www.facebook.com/gmfr).

Deadline July 31, 2020 at midn.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: [cafconnection.ca](http://cafconnection.ca)

## Correction

In the July 13 Aurora Newspaper, included in the West Kings District High School Grade 11 student honour roll was Danaka Mayhew. Her name was spelled incorrectly in the listing, and we apologize and offer congratulations for a successful end to her 2020 school year.

## 14 Wing entities with Facebook pages



- The Aurora News**  
14 Wing Greenwood news and events
- 14 Wing Health Promotion**  
Tips, program highlights and resources
- 14 Wing Fitness**  
Online work-outs, resources and tips
- 14 Wing Community Recreation**  
Online activities, resources and fun

- 14 Wing Greenwood PSP**  
A wider resource for PSP entities (recreation, fitness, health promotion, news and events)
- Greenwood Military Family Resource Centre**  
Resources, activities and program highlights
- 14 Wing Greenwood Bowling Centre**  
Centre updates
- 14 Wing Aquatics**  
Pool recreation, competitive, training, news

- 14 Wing Spiritual Resilience Page**  
Hosted by the 14 Wing Chaplains, with spiritual support and resources
- 14 Wing Library**  
Online story time, resources for learning and fun
- Greenwood Military Police – Police militaire de Greenwood**  
Safety, security and public information from 24 Military Police Flight

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Le CRFMG de Greenwood souscrit au principe d’équité en matière d’emploi. Visitez le site [cafconnection.ca](http://cafconnection.ca) pour en apprendre davantage sur le CRFMG de Greenwood.

Summer closure July 21 to August 3  
Fermeture d’été du 27 juillet au 3 août



There will be no Aurora Newspaper on July 27 or August 3  
Il n’y aura pas de journal Aurora du 27 juillet au 3 août

## Notice to readers:

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization says potential transmission of the virus is extremely low via commercial goods. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our neighbourhood carriers. Be reassured, all of us involved in getting The Aurora to you are taking the recommended handling and distancing precautions.

If you are staying close to home and do not have delivery, read The Aurora in full online at [auroranewspaper.com](http://auroranewspaper.com).



the Aurora

The Aurora News

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Site Web de l’Aviation royale canadienne  
[www.rcfa-arc.forces.gc.ca](http://www.rcfa-arc.forces.gc.ca)

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

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

**National Defence and the Canadian Forces**  
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**Managing Editor** | Directrice de rédaction  
Sara White • 902-765-1494 local/poste 5441  
[auroraeditor@ns.alliantzinc.ca](mailto:auroraeditor@ns.alliantzinc.ca)

**Business & Advertising** | Affaires commerciales et publicité  
902-765-1494 local/poste 5833  
[auroramarketing@ns.alliantzinc.ca](mailto:auroramarketing@ns.alliantzinc.ca)

**Graphic Designer** | Graphiste  
Brian Graves • 902-765-1494 local/poste 5699  
[auroraproduction@ns.alliantzinc.ca](mailto:auroraproduction@ns.alliantzinc.ca)

**Administrative Clerk** | Commis à l’administration  
Diane Mestekemper • 902-765-1494 local/poste 5440  
[auroranews@ns.alliantzinc.ca](mailto:auroranews@ns.alliantzinc.ca)

**Editorial Advisor** | Conseiller à la rédaction  
Captain Matt Zalot • 902-765-1494 local/poste 5101  
[matt.zalot@forces.gc.ca](mailto:matt.zalot@forces.gc.ca)

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# bravo zulu | promotions & presentations 14 Wing Imaging unless otherwise indicated.



June 26, Master Corporal Cashen, centre, was presented the Special Service Medal - Expedition by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Corporal Slaunwhite, centre, was presented the Special Service Medal - NATO by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Warrant Officer Robinson, centre, was promoted to master warrant officer by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Sergeant Duguay, centre, was promoted to warrant officer by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Sergeant Osborne, centre, was promoted to warrant officer by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Corporal Hewitt, centre, was promoted to master corporal by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Corporal MacKinnon, centre, was promoted to master corporal by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



June 26, Aviator Gale, centre, was promoted to aviator trained by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, right, with Chief Warrant Officer Brian Nelson.



May 7, TEME Flight Private (Basic) Marc-Andre St-Pierre, centre, MSE-Op; was promoted to corporal by Officer Commanding TEME Major M.S.A. Henneberry, left, with TEME Flight Master Warrant Officer F.C. MacDonald.



April 21, TEME Flight Corporal Colten Pittman, centre, MSE-Op; was promoted by Officer Commanding TEME Major M.S.A. Henneberry, left, with TEME Flight Master Warrant Officer F.C. MacDonald.



June 16, TEME Flight Master Corporal Francois Auret, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Corporal Cranney, centre, MSE-Op, was promoted to master corporal by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Master Corporal Raymond MacLean, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Master Corporal Wade Mitchelmore, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Master Corporal Neisha Richardson, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Master Corporal Stephen Robarts, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



June 16, TEME Flight Master Corporal Derrick Sheppard, centre, MSE-Op, was promoted by Officer Commanding TEME Major M.S.A Henneberry, left, with TEME Tn Con Master Warrant Officer T.P. Adams.



May 7, TEME Flight Corporal Brennan Bungay, centre, MAT Tech; was promoted by Officer Commanding TEME Major M.S.A. Henneberry, left, with TEME Flight Master Warrant Officer MWO F.C. MacDonald.



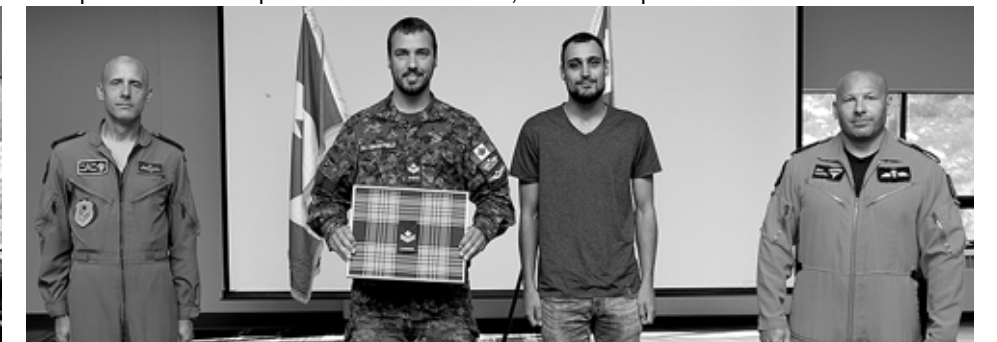
June 17, Sergeant Timothy Fowler, centre, was promoted to the rank of warrant officer in the foyer of wing headquarters by 14 Wing Greenwood Commander Colonel Brendan Cook, right, with Wing Chief Warrant Officer Daniel Campbell. Fowler leaves his position as the 14 Wing chief warrant officer's assistant, which he has held for the past two years, for new work with Wing Telecommunications Flight.



June 26, Master Corporal Patrick Allen, centre, was promoted to sergeant by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Master Warrant Officer Chris Lamothe during the squadron's honors and awards ceremony in the Annapolis Mess. Also present was Allen's wife, Master Corporal Joannie Corrireaux.



June 26, Master Corporal Sean Ross, centre, was promoted to sergeant by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Master Warrant Officer Chris Lamothe during the squadron's honors and awards ceremony in the Annapolis Mess.



June 26, Corporal Phil Freundlich, centre, was promoted to master corporal by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Master Warrant Officer Chris Lamothe during the squadron's honors and awards ceremony in the Annapolis Mess. Also attending was Freundlich's brother, Andrew.



### Summer sounds

The 14 Wing Greenwood Band held a concert July 3, with 14 Wing Honorary Colonel Terry Kelly, part of several days' celebrations of Canada Day. Families were invited to pick-up a packed meal as part of the Annapolis Mess' TGIF, then head over to the Greenwood Military Aviation Museum to either park or set out lawn chairs – all physically distanced – and take in the performance.

Aviator B. Bragg, 14 Wing Imaging



### 100-Plus Women host virtual meeting to continue outreach

100-Plus Women Who Care Annapolis Valley didn't let COVID-19 gathering restrictions stop them; in fact, members know just how much their financial donation means to community groups – and, right now – so much more.

Undaunted, the group invited members to, as normal, nominate deserving charities before the meeting. Three were randomly chosen to prepare a five-minute video presentation in place of an in-person talk, which the 100-Plus Women committee compiled into a virtual meeting. Members were encouraged to watch June 18 and, rather than vote for one winner, make a donation to one, two or all three charities as they liked.

"This is our first – and hopefully only – pandemic meeting," co-chair Steph Sedgwick said, welcoming members to the online meeting. "COVID-19 has affected us, but also local charities with their fundraising abilities. We wanted to continue our gift-giving, in a way that's safe for everyone.

"We're all in a different situation right now, so we invite members to support our chosen charities to a level that's comfortable for them."

Presenting June 18 were the Truro Lions Club, the 9-Lives Cat Rescue Society and the

Fundy Interchurch Food Bank. The Lions will use its 100-Plus Women support to help sponsor an autism support guide dog for a local youth. The New Minas and Kentville communities' food bank has seen food demand in just the first six months of 2020 match the entirety of 2019, and expects the next six months to continue to be a challenge. The 9-Lives animal care group is entirely dependant on fundraising and donations, and would use support to continue providing veterinary care, medicine and food for cat and dog programs in Hants County, and with partner projects in Kings County and beyond.

The 100-Plus Women Who Care Annapolis Valley Chapter typically meets at Mainstreet Station in Kentville, with the next in-person meeting planned for September 17. The group meets quarterly to hear from three member-nominated community non-profit groups. After five-minute presentations, members vote on which group will be the recipient of each member's \$100 donation. New members are welcome. Visit 100womensvalley.ca for organization information on past non-profit recipients, joining details and upcoming events. →

## Commonwealth War Graves Commission marks 20th anniversary of Tomb of the Unknown Soldier

May 20, on the 20th anniversary of the Tomb of the Unknown Soldier, the Commonwealth War Graves Commission (CWGC) paid tribute to Canada's First World War dead buried around the world. As the steward of the memorial since its inception, CWGC maintains this prominent war grave in perpetuity as it honours Canadian heroes.

In 1998, at the request of the Government of Canada, CWGC was asked to exhume and repatriate the

remains of an unknown First World War Canadian soldier from Vimy Ridge in the Nord-Pas-de-Calais region of France. May 28, 2000, the remains were laid in state at the Hall of Honour in Canada's Parliament before being moved to a permanent location in front of Canada's War Memorial, where the remains are to lay in anonymity forever.

May 20, veteran and CWGC area director, David Loveridge marked the anniversary of Tomb of the

of the Ottawa War Memorial with the laying of a wreath and flowers from CWGC's Cabaret-Rouge British Cemetery in France, the original resting place of the unknown soldier.

Designed by Canadian artist Mary-Ann Liu, the sarcophagus in the tomb features soil from the soldier's original grave in France, each province

and territory and a feather to represent Indigenous Peoples. The memorial's bronze sculptures include key elements of the stone carving on the Vimy Memorial altar: a medieval sword, a helmet and branches of maple leaves symbolizing victory and death. Four bronze corner pieces complement the structure - three replicas

of the Canadian Memorial Cross and a poppy - as a symbol of remembrance.

CWGC also maintains the Canadian National Vimy Memorial under an agreement with the Government of Canada, which lists the names of roughly 11,160 Canadian servicemen who died in France and have no known grave. More than 650,000 men and women

from Canada and Newfoundland served during the First World War, with more than 66,000 giving their lives.

To learn more about the Commonwealth War Graves Commission and its memorials from across Canada, visit [cwgc.org/history-and-archives/first-world-war/forces/canada-and-newfoundland](http://cwgc.org/history-and-archives/first-world-war/forces/canada-and-newfoundland). →



Commonwealth War Graves Commission area director David Loveridge marked the anniversary of Tomb of the Unknown Soldier May 20 as part of the Ottawa War Memorial with the laying of a wreath and flowers.

Submitted

### SAR crews respond to calls

July 10, just after 8 a.m., the Halifax Joint Rescue Coordination Centre tasked both a 413 (Transport and Rescue) Squadron Hercules, R344, and Cormorant, R905, to assist with a search for an EPIRB in the vicinity of Sable Island. Both were stood down within a half-hour.

July 10, just before 4 p.m., R344 was tasked to provide top cover for a Gander-based Cormorant

crew responding near Anticosti Island to a 62-year-old man with symptoms of a heart attack. The Hercules was airborne just before 5:30 p.m., but was stood down within the hour and returned to Greenwood just before 8 p.m.

July 13, a Hercules and a Cormorant were tasked around noon for a medevac of a 35-year-old man in the vicinity of Anticosti Island. →

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*Tom Franklin*  
With Love from  
Diane and Lou, Gail and Wally

# Keeping each other safe keeps us moving forward.



### SAFELY FORWARD

With more places open and more people out, keeping each other safe is more important than ever. Respecting the rules will keep us moving forward.

[novascotia.ca/coronavirus](http://novascotia.ca/coronavirus)



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# Roof work a combined 14 CES flights' effort

**Warrant Officer  
Ryan Stacey,  
143 Construction  
Engineering Flight**

Upon resuming regular work hours in June after the COVID 19 outbreak, the members of 14 Construction Engineering Squadron were in discussion with Real Property Operations Detachment Greenwood to determine projects that could be beneficial to 14 Wing Greenwood, as well as provide training value to 14 Construction Engineering Squadron members. It was determined that replacement of the aging and failing roof on the 14 Wing headquarters building would be a suitable project.

After members from 143 Construction Engineering Flight rec'd the project, it was decided the roof was too large for just one flight to handle. 14 CES put out a call for volunteers from its three flights in the Atlantic region. Due to the ongoing travel risks and provincial restrictions surrounding COVID-19, it was decided volunteers from Aldergrove, British Columbia (the fourth 14 CES flight), would not be brought in for the project.

Within one week of the request, all logistics were



squared away and, the following week, the project began with members from all three of the Atlantic units onsite. In order to keep costs down, a request was made through Wing Operations to 404 Squadron to transport the troops from Gander via a routinely scheduled service flight. We were excited to hear the request would be a go! The service flight afforded our members from Gander a unique opportunity to arrive in style via CP140 Aurora.

With the impressive contracting abilities of Real Property Operations Detachment Greenwood, all materials and equipment required for the

project arrived on time and the 14 CES composite flight was able to begin work immediately. After the first two days, a quarter of the roof shingles and underlay was removed and mostly re-shingled. By the second week, the entire front of the building had been completed and 14 CES members began work on the rear of the building. When the heat of the Valley summer was reaching into the 30s and the shingles were becoming too warm to walk on without damaging them, the roofing crew adjusted working hours to start early in the mornings before the sun hit its peak.



**June 18, as most of us were thinking about shade and a cold drink, members of three Construction Engineering flights from Bridgewater (143 CEF, Pictou (144 CEF) and Gander(91 CEF) took to the heights on a joint repair operation of the 14 Wing Greenwood headquarters building. They crew was on site for over a week tackling the structure work.**

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

At the end of the third week, the project was wrapping up, and members of the roofing crew began making their way back to their respective units. This time, 405 Squadron assisted with a service flight back to Gander on the CP140 Aurora!

This is a project that had many moving parts, and would not have been possible without

the support of the 14 Wing commander and wing chief warrant officer, 14 Wing Accommodations, Wing Foods staff, Wing Operations, 404 Squadron, 405 Squadron, 14 CES headquarters, Real Property Operations Detachment Greenwood and, especially, the dedicated members from the 14 CES flights who conducted the work: 91 CEF Gander –

Warrant Officer Sheppard, Master Corporal Penney, Aviator Walbourne, Aviator Arnburg; 144 CEF Pictou – Aviator Hayes, Aviator Falcitelli, Aviator Porter; and 143 CEF Lunenburg County – Sergeant Young, Corporal Parnell and Corporal Badcock. →

Operate as One.  
CHIMO!

## Needs, wants, dreams add up to results as MFRC evaluates past year

**Sara White,  
Managing editor**

Mandy Park was one of 45 attendees for the Greenwood Military Family Resource Centre's annual meeting June 29, but her circumstances dialing in from an Air B&B sum up two things: life in a military family, as she was with her partner on a house-hunting trip; and the challenging times of COVID-19, as this was the GMFRC's first-ever virtual AGM via ZOOM.

Park is the out-going GMFRC board chairperson, preparing to end her four years as a volunteer on the board and "pass on the proverbial mic." She highlighted some of the board's work in the past year, including continuing developments at the national level defining the MFRC governance model, the GMFRC's own strategic planning to determine a new mission statement and

priorities, and the effort to build stronger partnerships with the military, program partners and the community.

"All of these we put forward to the centre staff, and they'll work to make all our dreams come true as they're able," King said, particularly highlighting childcare.

"There are new programs, and we need you to keep them in place until community corporate organizations or home-based businesses can get back up and running and give us the capacity we need to get our military back to work."

He also emphasized the Family Sponsor Program, as new families coming to Greenwood this posting season will be challenged by potential isolation upon arrival, a lack of immediate community exploration and engagement, and limited recreational and social opportunities.

"There are worried families, not sure what they are walking into, and I know

"A big thank you for taking the curve balls I have thrown at you in the past few months: you've been able to hit almost all of them," King said, particularly highlighting childcare.

"That is not hard for the GMFRC team, executive director Margaret Reid said, expressing pride in her staff and the board for their continued work from home: "above and beyond."

"All of us have a personal connection to the community. We certainly didn't love not being around people, but I believe everyone rose to the occasion, and we continued to 'do the business' as necessary and served our community."

Two bylaw changes were approved, both addressing "exceptional and extraordinary circumstances" that would allow the board to delay meetings, and adding in some flexibility on getting the word out about meetings – and any changes – to the community. Both were

approved.

GMFRC board treasurer Sergeant Justin Kubis reported the fiscal year ending March 31, 2020 left the centre "in a good financial position." The centre operated with \$1,356,210 in revenue, including \$910,446 in Director Military Family Services funding, \$253,567 in program income and \$6,507 in fundraising. Expenses totaled \$1,287,018, including \$761,567 in salaries and benefits.

The 2020/ 2021 slate of volunteer board members includes Kubis and Laura Fox (re-elected), Stephanie Osmond, Jamie Arnott, Anabelle Lamontagne, Stefanie Arduini, Stephanie Vatcher and Jessica Matche, (re-offering); and Heidi Foley (elected).

Three centre staff members were recognized for five years of service: Diana Montgomery, Deborah Hunt-Billingham

and Lorraine Beers.

14 Wing Greenwood Commander Colonel Cook and Wing Chief Warrant Officer Dan Campbell briefly joined the online meeting, congratulating and thanking to GMFRC for its work as a "cornerstone" of the community.

"The board takes in ideas from a wide variety of people to guide outstanding centre staff, and it's a big challenge to bring all those ideas to the table and then dovetail them with other things in the community," Cook said. "Good directions means command knows our people are take care of at home, and we can focus on work."

Campbell went on to acknowledge the GMFRC's network of volunteers for their contributions "behind the scenes – all the hours, the dedication and thought processes people may not see. Look at what you do. Thank you for doing it." →

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## How to write a cookbook in under 30 days

**Hillary Webb**

*"A goal is a dream with a deadline" - Napoleon Hill*

It was December 31, 2018. I had just closed my cafe in Kentville, Hill's Grills. It was a difficult decision, but I was breathing easy. However, I did feel a bit... lost. That dream took me half a decade to build before the doors even opened. What next?

I had many customers ask me, "am I able to get that recipe from you? I'm going to miss it!" At first, I was very guarded - they were MY recipes, cultivated over many years of research. I wanted to share them, but not casually. I decided, by publishing a cookbook of all of the delicious dishes we served, I could get the closure I needed to move on to new goals and dreams.

I recognize many people would never choose to write a cookbook, let alone in 30 days, but should you ever find yourself in this position,



**Hillary Webb of the former Kentville café, Hill's Grills, on how to write a cookbook from scratch.**

Submitted

I've put together a small set of steps to help you, steps I took to achieve this goal.

Step 1: As it is with Toastmasters, you need to approach an experienced mentor who has already accomplished the task. Jenny Osburn, of Union Street Café in Berwick fame, was the natural choice. We met to discuss the fundamentals of cookbook creation: quality content, an appealing

design and the proper price point.

Step 2: Find a designer. I met with Laura McDonald of Deep Hollow Prints, the woman who had designed two of Osburn's cookbooks. We discussed the book's theme, the number of recipes, photos, layout and the timeline. I was to provide all of the content for her, and she would organize it on the pages.

Step 3: Find a printer. I had a relationship with Gaspereau Press in Kentville, who printed all of my marketing material and were frequent customers of my former cafe. I sat down with Gary and we discussed price points, paper, ink, covers and bindings, order minimums and timelines. My book would have a very different look and feel, but Osburn's local book was an excellent reference point. I would not be able to compete with Company's Coming or Best of Bridge. I would be lucky to sell a few hundred books, so I needed to compare apples to

apples for products - although I couldn't hold a candle to Osburn's Valley fame!

Step 4: Develop your content. My recipes were typed for the shop to keep us organized, but they were designed to serve many people: the average cook does not want a pot of soup that serves 40. I adjusted all of the measurements for each recipe. I had to write introductions to each recipe, and an introduction to the cookbook itself. This was the most fun part in the process. In re-writing each recipe, I rediscovered it. It brought to mind the many times I had made that dish in my home kitchen, and the many times my team and I were in my cafe kitchen, baking and cooking, content in each other's company. Writing the recipes for print was cathartic, nostalgic and beautifully bittersweet. Once all of the content was finalized, I sent it off to McDonald for final edits. Once complete, we printed 600 cookbooks, at the

same price point as Osburn's to remain competitive in the local market.

Step 5: Promote the book. I promoted the launch of the cookbook on my social media channels. I set up a website and online store so people could pre-order their copy from anywhere in Canada. I worked with the local art gallery to host a launch party and book signing. I approached local businesses to sell the books and promoted those businesses online. By the time the books were printed, I had already sold 100!

It's been over a year since the book was first published; to date, I have sold 305 copies. In truth, this project was never about selling cookbooks: it was to encapsulate a brief period of my life that meant so much to me. If you have a goal or a dream that's been lingering, I encourage you to pursue it. As Karen Lamb once said, "A year from now, you may wish you had started today." →

## Back to work – with advice

*Dear CCMS,*

*During my change in work structure due to COVID-19, I have had some time to think about my workplace, and I have some questions. What services are you now able to provide to me as a member of the Defence Team?*

*Sincerely,  
Back to our Building*

Thank you for your question, BTOB. During the changes brought on by COVID-19, every CCMS in the Atlantic

Region (Greenwood, Halifax and Gagetown) has been providing remote service delivery via telephone and email. Now that more personnel are moving back to working in their buildings, each CCMS is adapting its services to meet the need, as our offices will likely experience an increase in demand. Each CCMS is assessing their return to office protocols with base safety personnel, and exploring how best to provide face-to-face service delivery

while respecting safe distance protocols. However, in the interim, your CCMS continues to respond to request for services by telephone and email, with regular DWAN access. Requests for unit briefings are being considered on a case-by-case basis, and in accordance with safe distancing protocols. The region is also developing the capability to provide virtual face-to-face services, which will enhance the experience for all members of the Defence Team.

## Retour au travail – avec conseils

*Cher personnel du Service de gestion des conflits et des plaintes (SGCP),*

*Les changements entraînés à ma structure de travail en raison de la COVID-19 m'ont donné l'occasion de réfléchir à mon milieu de travail et j'ai des questions. Quels services êtes-vous maintenant en mesure de m'offrir, à titre de membre de l'Équipe de la Défense?*

*Merci d'avance,  
Back to our Building*

Merci de poser la question, BTOB. Pendant la période de changements qu'a

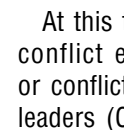
entraînée la COVID-19, tous les centres de SGCP de la région de l'Atlantique (Greenwood, Halifax et Gagetown) ont offert des services à distance par téléphone et par courriel. Maintenant que de plus en plus de membres du personnel retournent en milieu de travail, chaque centre de SGCP adapte ses services afin de répondre aux besoins, étant donné que les services de nos bureaux connaîtront probablement une augmentation de la demande. Chaque centre de SGCP évalue ses protocoles de retour au bureau avec le personnel de sécurité de

la base desservie et évalue la meilleure façon d'offrir des services en personne, tout en respectant les protocoles de distanciation sociale. Cependant, votre centre SGCP continue, dans l'attente, de répondre aux demandes de service par téléphone et par courriel, grâce à un accès régulier au Réseau étendu de la Défense (RED). Les demandes de séances d'information de l'unité sont évaluées au cas par cas et conformément aux protocoles de distanciation sécuritaire. De plus, la région élabore la capacité d'offrir des services en per-



**Integrated Conflict and Complaint Management**  
**La gestion intégrée des conflits et des plaintes**

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At this time, no resolving conflict effectively (RCE), or conflict management for leaders (CML) courses can be scheduled until public health officials allow for small group training sessions to occur, and each base allows for the resumption of these activities. Once training resumes, each CCMS

will disseminate information through a variety of channels on each base.

The staff of Atlantic Region CCMS offices recognize this has been a difficult period for most members of the Defence Team, and we look forward to having you connect with us so we can support you, and your team,

sonne virtuels qui amélioreront l'expérience de tous les membres de l'Équipe de la Défense.

À l'heure actuelle, aucun cours de Résolution efficace des conflits (REC) ou de Gestion des conflits à l'intention des leaders (GCLL) ne peut être mis à l'horaire jusqu'à ce que les responsables de la santé publique permettent l'organisation de séances de formation en petits groupes et que chaque base autorise

toward addressing conflicts early at the local level; and in an informal manner wherever possible to enhance the operational effectiveness of the Defence Team. The CCMS team is here to help in reaching that goal. →

La reprise de ces activités. Une fois que l'instruction reprendra, chaque centre de SGCP transmettra les renseignements à leurs bases respectives par divers moyens.

Les membres du personnel des centres de SGCP de la région de l'Atlantique sont conscients que la plupart des membres de l'Équipe de la Défense ont traversé une période difficile et ils ont hâte de connecter avec vous

afin de vous appuyer, ainsi que votre équipe, dans la résolution rapide et informelle, dans la mesure du possible, des conflits au niveau local. Le tout s'effectue dans une démarche d'amélioration de l'efficacité opérationnelle de l'Équipe de la Défense et l'équipe du SGCP est là pour vous aider à atteindre cet objectif. →

Bien à vous,  
Le personnel du SGCP

Adapted and condensed from "How to Write a Cookbook in Under 30 Days," a speech written for the research speech requirement of the Dynamic Leadership Pathway in Toastmasters. Toastmasters is an international organization, dedicated to improving both leadership and communication skills. As a Toastmaster, you will learn how to formulate and express your ideas effectively, be more persuasive and confident when giving presentations and improve your one-on-one dealings with others. Annapolis Valley Toastmasters Club #8104 meets 6:30 p.m. to 8 p.m. every Tuesday using Zoom. Guests are always welcome. For information, contact Edie Murray at edie.cmurray@gmail.com.



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](mailto:auroraeditor@ns.aliantzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

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

**NOTICE: Many community events are being cancelled in coming weeks to avoid public gathering. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.**

**Op Shop now open**

The Op-Shop, located in the Greenwood Mall, is open Monday to Friday, 1 p.m. to 3 p.m. Donations are welcome. All proceeds support health care programs and services in our community.

**Church services**

Sundays, 11 a.m., open air church services (weather permitting) at Wilmot Baptist Christian Fellowship Centre. Bring a lawn chair, sit

in one of our chairs in the shade or stay in your car. Government regulations still require social distancing and forbid bulletins, collection, hymnals or the use of our washrooms. Call 902-765-2386 for information on our open air services or our live on-line Bible study or recorded Sunday and mid-week messages.

**Opportunity to volunteer**

The Op Shop is a local non-profit run by the ladies of the Greenwood Health Auxiliary, located in the Greenwood Mall. They are planning to open the shop mid-July and are in need of volunteers. Hours are afternoons, Monday to Friday. The funds they raise through sales are donated to various health initiatives and hospitals in the area. Even one shift every week or two would be greatly appreciated. For information, call Mary 902-765-3063.

**Yard sale donations**

The Kingston Lions are now accepting items for their fall yard sale. Please call Cecil at 902-765-2128 to arrange a delivery time. We hope to see you at the yard sale!

**Ticket raffle fundraiser**

July - During the month of July,

tickets will be sold (\$2 each OR three for \$5) on a handcrafted, solar lighthouse. All proceeds will go to supporting cancer patient, Berwick resident Janice McNeil. Contact: Pam Beattie, 902-389-2399, or Charlotte Dorey, 902-847-3312.

**Virtual fibre arts exhibit**

July 5 to August 29, "Common Threads," presented by the Kings Hants Heritage Connection, showcases historical, creative and original fibre arts from Kings and Hants counties. Join our collective of museums and artisans as we weave through eight weeks of fibre art virtual experiences, from sheep shearing to needlework. Through photographs, live videos and project tutorials, we invite you to explore the many threads that express creative vision in the world of fibre arts. Find the virtual exhibit on the Kings Hants Heritage Connection Facebook page. Participating contributors include Haliburton House, the Kings County Museum, Prescott House Museum, North Mountain United Tapestry, members of the Kings Hants Heritage Connection



**\$10,000-plus in Cookie Jar win**

Kingston Lions' bingo chair Dave Richardson recently presented \$10,100 to Janet Bezanson of Greenwood, as she won the Cookie Jar playing Valley Lions Radio Bingo July 6. She shared the win with one other player in the area, and bought her cards at Greenwood's Ultramar. The Cookie Jar number is drawn each week prior to the games beginning and, if you get a bingo with that number that evening, you have the win. For information on the Valley Lions Radio Bingo each Monday, 7 p.m. to 8 p.m., visit [coldbrooklions.com/valley-lions-radio-bingo](http://coldbrooklions.com/valley-lions-radio-bingo).

and fibre arts artisans from our counties' communities.

**Motorcycle poker run**

July 25, local motorcyclists are invited to support Bikers Against Child Abuse with a poker run. Presented by Kustom Creations and the Capitol Pub. \$20 per bike (one hand), \$10 for each additional hand. Start at Kustom Creations, Cambridge, with registration between 10 a.m. and 11 a.m. Kickstands up at 11 a.m., with the finish at the Capitol Pub in Middleton at 2:30 p.m. Stay

for prizes, food and beverages. Public health guidelines regarding COVID-19 will be followed at all locations during the event.

**Chase the Ace**

July 25, 1 p.m. to 3:30 p.m., the Kingston Legion hosts its Chase the Ace. Tickets are available at Browns Auto, Kingston Pharmacy, Kingston Pharmasave, Kingston Needs and the Legion during bar hours. \$1 each, and the draw takes place at 3:30 p.m. You must be over 19 years old to purchase tickets. You do not have to be present to win.



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

Level: Beginner

**Fun By The Numbers**

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

**The 19th Hole**

**Wendy Richardson**

The weekend of July 11 and 12, three teams from the Greenwood Gold Club competed in the Eden Founders Mixed Tournament. The weather cooperated (except for 20 minutes), as 28 teams competed. Everyone seemed

quite happy to finally be able to have a mixed tournament, and reconnect with some old and new friends. They followed COVID-19 rules and everything went quite well. Our Greenwood team of Betty Saltzman and Scotty Cooper captured the trophy as the field low gross win-

ners. They shot 75 and 81 for the two days. Hats off to the organizing committee – a great tournament.

Every Wednesday evening, from 4 p.m. to 8 p.m., Eagle Crest is hosting a two-person scramble (nine holes). Several teams from Greenwood went up to the second one, and we had a great time. The two players per team can be men, women or mixed. Give the Pro Shop at Eagle Crest a call if you are interested in a fun nine holes, and the course is in great shape.

The Greenwood club's organizing committee is busy working on the Fall Ball Mixed Tournament, September 12 to 13. The poster has only been up for three days and we already have 50 teams confirmed. Cost is \$130 per team. It is a popular event so, if you plan to attend, we are capping the field at 72 teams. There will be a lot of changes



July 12, the Greenwood Golf Club's Betty Saltzman and Scotty Cooper captured the Eden Founders Mixed Tournament trophy as the field low gross winners.

Submitted

**Wounded Warriors plan Valley ride August 29**

A number of cyclists looking forward to biking a route through Holland earlier this spring as the "Bluenose Crew," in recognition of the liberation of Holland during the Second World War, have reset their plans as COVID-19 changed events on the international stage.

Dean Peach and seven other Bluenose Crew members are now planning an August 29 ride from Greenwood to Wolfville, looking ahead to June 2021 for their rescheduled Holland ride. You're invited to join them in the meantime in their efforts to raise awareness and funds for the ride's overall mission, Wounded Warriors.

Register for the August 29, 9 a.m. to noon ride, for just \$20 – all of which will support the Bluenose Crew's Wounded Warrior fundraising, and get riders on-route support, refreshments and prize draws. Cyclists of all skill level are invited.

"Younger, less experienced, senior – this ride is open to anyone who'd like to come," Peach says. "It's just to get out there, get people together outdoors and raise awareness."

For information and to register, contact Dean Peach, 902-840-0325 or [peachdf@hotmail.com](mailto:peachdf@hotmail.com).

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**HIRING**

**HIRING ADMINISTRATIVE ASSISTANT** – Middleton Baptist Church is looking to hire an administrative assistant. The position would begin on September 1, 2020. Position is for 17.5 hours per week. Full details can be found at [middletonbaptist.com](http://middletonbaptist.com). Resumes can be sent to [pastor.dannysmith@gmail.com](mailto:pastor.dannysmith@gmail.com). (4127-2tpb)

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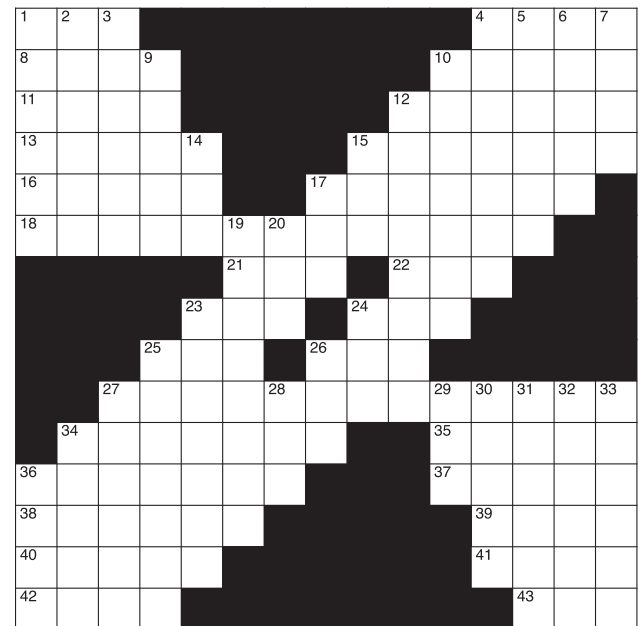
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**metro crossword**

solution page 11



- ACROSS**
1. Sound unit
  4. Trim by cutting
  8. Small buffalo
  10. Ancient manuscript
  11. Look angry or sullen
  12. Glum
  13. Northern Zambia peoples
  15. Central
  16. Collector of birds' eggs
  17. Misbehavior
  18. Top of the line
  21. Political action committee
  22. Have already done
  23. Al Bundy's wife
  24. Entertainment channel
  25. Holiday (informal)
  26. The common gibbon
  27. Legendary actress
  34. Seasoned sausages
  35. Bluish greens
  36. Ridiculed
  37. Three-dimensional arrangement
  38. Emerged
  39. Type of protein
  40. Denmark natives
  41. Leak slowly through
  42. Expression of sorrow or pity
  43. Midway between south and southeast
- DOWN**
1. Artistic dancing
  2. Plenty
  3. Act leisurely
  4. Serve as a warning
  5. Admired lovingly
  6. Leftover oil from distillation process
  7. Company officer
  9. Egyptian unit of capacity
  10. One transmits information
  12. Middle layer of an embryo
  14. Form of 'to be'
  15. Cairo Regional Airport
  17. Partner to cheese
  19. Sample
  20. A shirt may have none
  23. Public gatherings
  24. Disallow
  25. Overnight suitcases
  26. French river
  27. Where boats dock
  28. Top of a pot
  29. Type of drug
  30. City along the Rhine
  31. Animal disease
  32. They go in martinis
  33. A way to break away
  34. Intermediate ecological stage
  36. Baby term for father

**horoscopes**

July 19 to July 25

**ARIES - Mar 21/Apr 20**

Aries, there is a lot you want to say to someone special, but for some reason the words get stuck on your tongue. You may need a little more time to formulate your thoughts.

**TAURUS - Apr 21/May 21**

The adage "look before you leap" is never more pertinent for you, Taurus. Weigh all of your decisions carefully before you start any new projects this week.

**GEMINI - May 22/June 21**

Try to keep the peace with other people this week, Gemini. Lead by example rather than telling others what to do. This approach will be more warmly received by others.

**CANCER - Jun 22/July 22**

You may want to look up old friends who you haven't seen for a while, Cancer. You may be feeling sentimental or sociable and a simple text or phone call can be effective.

**LEO - Jul 23/Aug 23**

You like to have the final say in all matters, Leo. But there is a fine line between taking charge and being a control freak. Let others' reactions help you fine tune your delivery.

**VIRGO - Aug 24/Sept 22**

You will be able to get to the root of problem this week if you put in some serious effort. Virgo. It may involve receiving and analyzing feedback from many different people.

**LIBRA - Sept 23/Oct 23**

This week's overall outlook is positive for you, Libra. However, you may have to rethink certain principles that you have adhered to for years, Sagittarius. After some reflection, you may realize life has changed and you must adjust.

**SCORPIO - Oct 24/Nov 22**

Scorpio, embrace your creative side rather than your analytical side. Employ your creativity this week and you may be surprised at the results.

**SAGITTARIUS - Nov 23/Dec 21**

You may have to rethink certain principles that you have adhered to for years, Sagittarius. After some reflection, you may realize life has changed and you must adjust.

**CAPRICORN - Dec 22/Jan 20**

It may not be easy to get things done this week, Capricorn. You might find it challenging to muster up the energy to be effective. If so, look to others for motivation.

**AQUARIUS - Jan 21/Feb 18**

Aquarius, lately you have been challenged to assert yourself in many different ways. You tend to thrive in a leadership role, but don't let the stress get the best of you.

**PISCES - Feb 19/Mar 20**

Many things come to you naturally. Examine your strengths and figure out how to be as productive as possible in the days ahead.

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## Rotary sewing ensures continued service

Like other charitable organizations, the Rotary Club of Middleton was broadsided when the full consequences of COVID-19 were realized in mid-March. The club had to cancel its weekly meetings and temporarily shut down the Gold Mine 50/ 50 Toonie Draw, the main source of revenue for the club.

In late March, the club agreed to support the making of potentially lifesaving face masks, which would be provided to the communities it serves. Rotarian Dianne McDonald volunteered to recruit volunteer sewers and procure supplies for the masks. Over a dozen sewers volunteered their time and sewing abilities. In the first month, over 600 masks were donated to Soldiers Memorial Hospital, three long-term care facilities, two farms that employ foreign workers and eight local businesses to be given out to customers.

In April, the decision was made to purchase Nova Scotia



tia tartan material and, with the continued support of volunteer sewers, the club started taking orders for Nova Scotia tartan masks, for \$5 each. Rotarian Sharon Hutton assumed the responsibility of fulfilling orders and maintaining financial accountability.

This mini-fundraiser has, to date, realized \$6,066 for the club. Our fundraising efforts support various community projects and initiatives, including financial awards to graduating Valley high school students, the new community centre / fire hall project in Middleton, Rotary



Riverside Park and the new primary health care centre at Soldiers Memorial Hospital.

The "tartan mask" project has also expanded. Volunteers donated Newfoundland, Cape Breton, and Royal Canadian Air Force tartan material. For Canada Day, the club purchased maple leaf fabric. These patriotic masks were sent to people across Canada and in several U.S. states.

Over a dozen volunteer sewers have created 1,176 masks so far, and the project continues to grow! People of all ages can help with this project. If you would like to be part of this interesting and very worthwhile project, please call Dianne (902-825-8034). To order masks, please call Sharon (902-765-2884). →

## Lions say thanks to health care providers

**Diane Mestekemper,  
Kingston Lions Club**

The Kingston Lions Club always wants to help the community and, in this instance, our local health care workers. As we all know, the COVID-19 pandemic has created many levels of stress for our health

care providers.

The Kingston Lions know how to feed large groups of people, and that is what they did June 17. The Lions prepared and delivered 168 complete cold plate meals, including desserts, to Soldiers Memorial Hospital to cover all staff and all shifts at the

hospital. As well, 10 meals were delivered to Middleton's EHS team.

Kingston Lions president Alice Neiley personally thanked and awarded certificates of appreciation to Donnie Shepherd, co-site lead at Soldiers Memorial Hospital, and Craig and Samantha of EHS. →



Kingston Lions president Alice Neiley, centre, presented Donnie Shepherd, Soldiers Memorial Hospital co-site lead, right; with a certificate of appreciation for the facility staff's efforts to continue care through COVID-19 restrictions.



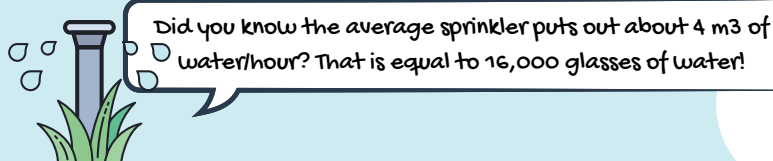
Kingston Lions volunteers prepared and delivered 168 salad plate meals to local health care staff as a thank-you for their dedication and care over recent months. Submitted

# WATER CONSERVATION

## SMART WATER USE BEGINS WITH YOU!

The Municipality of the County of Kings asks residents and businesses to practice responsible water consumption - our planet will thank you! Customers of the Greenwood Water Utility are reminded of **By-law 107** which regulates the consumption of water in accordance with the Municipality's Source Water Protection Plans.

Municipal staff got together to share their tips and tricks for reducing consumption and increasing conservation!



### JUST A DROP WILL DO!

If a little is good, a lot must be better, right?

#### WRONG!

Overwatering isn't just wasteful it can actually do more harm than good and has the potential to cause things like root rot and increase the likelihood of other bacterial disease that can kill the very plants you're trying to nourish.



### DO YOU REALLY NEED TO?

New lawn? We get it, you want your grass to grow. If you're going to use a sprinkler hook it up to a timer and make sure it is spraying over the grass not the sidewalk, driveway or roadways.

Thinking about washing your car? Again, we really wish you wouldn't! Conserving water is good for everyone. Besides, who really wants to spend a Saturday washing their car?



### WHEN TO WATER?

Did you know your lawn and garden will get the most benefit from watering during the coolest part of the day?

We'd rather you didn't water at all (besides your veggies of course!) but if you're going to, please refrain from watering during the hottest parts of the day!



### FOREST FIRES

Conserving water is always important but especially during the warm summer months because of an increased risk of forest fires.

Help support our fire fighters by reducing your water usage and making sure there is enough water for them should the need arise!



### REDUCE YOUR NEED FOR FRESH WATER

Consider options that help soil retain moisture! Mulches can be a major help at keeping water in soil and weeds under control.

Mowing your lawn less frequently also helps it stay healthy. Plus, it gives you more time for... basically anything other than mowing!



### CONSIDER ALTERNATIVES

Get creative collecting water around your home and property. Water from your dehumidifier to water your garden!

Rain barrels are another great way to collect and store water for garden use! Don't want to invest in a rain barrel? No problem! Any container that holds liquid is perfect for collecting rain water!



For more information on By-law 107 please visit [www.countyofkings.ca/bylaw107](http://www.countyofkings.ca/bylaw107) or call: 1-888-337-2999

