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# the Aurora

Vol. 42 No. 09

MARCH 15, 2021 NO CHARGE

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## Golden ticket takes veteran air traffic controller high above airfield

**Sara White,**  
Managing editor

The magnetic North pole has shifted 10 degrees, changing the numbered names of CFB Greenwood's two runways, in the decades since Sergeant (retired) Allen Lathem worked air traffic control.

March 4, he stood in the window of the cab, nine stories above the airfield, and waved as a swooshing, loud grey Aurora tipped its wings in a salute to the 95-year-old guest of 14 Operations Support Squadron.

On Lathem's first Greenwood posting in 1949, he used radar and a range station to guide aircraft in, working from a little metal shack out on the airfield. The range station was to the west of the base, and there was a tower in 1 Hangar.

"Is he doing an approach on 31 or 27?" Lathem asked, as the Aurora came in from the east. "Oh, yes - I see him now! Too many times, I've seen them do that!"

Today, of course, Green-

wood's runways are numbered 30 and 26, the directional change caused by magnetic declination over time. 1 Hangar, home of the original tower, under which the base's transport department was housed, is gone. There is no range station any more, and the Cansos have been replaced by the CC130 Hercules and the CH149 Cormorants for search and rescue. There are no C47s or jet aircraft, and nothing flies in from Summerside. The new tower Lathem saw open in 1954 is now the old tower, replaced by the multi-million complex that went into service last fall.

"I was here just after the war, and there was nothing like this - it's built up since I've been here," Lathem said. "There as no such thing as an operational side of the base. Computers? What kind of animal is that? It's sure changed over the years."

Lathem was posted to Greenwood four or five times, he figures, from 1949 to his retirement in 1977. He joined



**Sergeant (retired) Allen Lathem had a golden ticket from his 1977 retirement to return to the CFB Greenwood air traffic control tower at some point in the future. At 95, March 4 was the day he cashed it in, visiting the brand new tower nine stories above the ZX airfield.**

S1 J. Morris

the air force at just 17 in 1943 in New Glasgow: his two older brothers were in the army, and "I wanted to join up, too. I had to have my father's permission."

Lathem grew up in Seal Harbour, Guysborough County, where his dad was a fisherman.

"He had me out on the boat, and I went as seldom as possible! Sick - it was not for me," he says.

When he joined the air service, there weren't too many

particular trades, so he did general duties for a couple of years in operations in Charlottetown, helping do maps up for searches.

"If they saw any promise in you, that you might advance in a trade, they'd help you."

Lathem volunteered for the war in the Pacific and was tapped to go, but it ended before he could get there.

Destined for Fort Nelson, the military sent him "overseas" to Newfoundland to finish

out the war. Neither brother, one severely injured in Italy, continued in the military, but Lathem did, ending up in air traffic control as an aerospace control operator and spending time in Goose Bay, Churchill, France and, of course, Greenwood. He and his wife, now both living in Riverside Court in Kentville, settled in Greenwood Square.

"Oh, it was my preferred station. I always asked for Greenwood, and never dreamed

I'd have it so often. It was an interesting career. At times, like anywhere else, you wished you were anywhere else!"

"I was on one day when there was a T-bird, out on Runway 31. The flying club was in by the hangar, and there was a light aircraft lined up for take-off. The controller said, 'cleared for take-off.' Well, that T-bird thought it was him, so he took off. By golly, that light

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# Allen Lathem...

...cover

plane pilot was scared! Oh, those things happen....

"The surveillance approach - that was the most dangerous. You'd bring him in on the search scope and, if you moved him a fraction of an inch, he'd be off miles. It was not a good approach at all. One fellow, he was coming in lined up on the Kingston highway!"

"One time I was on, and there was a trans-Canada coming in from Halifax and

I told the tower to turn him over to me, I'd bring him in. I contacted the aircraft and he said, 'Well, I don't know.' I said 'We'll try an approach on 31.' The weather wasn't really that bad.

"By gosh, every time the trans-Canada came in after that, it was 'Is GC (ground control) available?' I guess I did a pretty good job!"

14 OSS Chief Warrant Officer Dan Long helped facilitate Lathem's visit, after Lathem's family contacted the base to

inquire if their father could cash in on a "golden ticket" presented to him as he retired, inviting him back to the tower at any time in his life.

"That golden ticket - it may have been something that was done as people retired back then, a way to keep them connected to the trade. 14 OSS - we're just a few years old as a squadron, and we have no collective history yet - but all the trades technicians like Mr. Lathem did, we do. He's our history." →

**Right: Sergeant (retired) Allen Lathem earned a modern 14 Operations Support Squadron patch March 4 from Lieutenant-Colonel Serge Parisien by helping 2nd Lieutenant Alexandre MacHardy, seated at terminal control, decipher a mysterious acronym that had just happened to come up in conversation earlier that day: "GCA." Lathem said, of course, that referred to the work of the now non-existent base range station, "ground controlled approach."**  
S. White




Major Chris Bridges tries to have Sergeant (retired) Allen Lathem identify any of the officials involved in the 1954 opening of the "old" CFB Greenwood air traffic control tower. The picture was found as ATC personnel packed up last fall for the move to the new tower.  
S. White

Allen and Marion Lathem, on their wedding day July 9, 1955.  
Submitted



Sergeant (retired) Allen Lathem's medals from his time spent in the Canadian Armed Forces.  
S. White



# the Aurora

The Aurora News

CFB Greenwood Aurora News

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**14 Wing Greenwood Site**  
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# CAF members to receive pay increase

Most Canadian Armed Forces (CAF) members can expect to see something extra in their pay this month. Beginning March 31, eligible CAF members will receive a general pay increase, effective retroactively to April 1, 2018.

Those who may be eligible for a lump sum back-payment include Regular or Reserve Force non-commissioned members, general service officers and pilots at the rank of lieutenant-colonel and commander and below, as well as medical and dental officers. This increase does not apply to senior officers at the rank of colonels and captains (Navy) and above. Their rates are managed separately and no decision

has been made regarding an increase for them.

The back payment is calculated as follows: effective April 1, 2018, an economic increase of 2.8 per cent; effective April 1, 2019, an economic increase of 2.2 per cent; effective April 1, 2020, an economic increase of 1.0 per cent.

CAF members may view their new pay rate or statement electronically via Employee Member Access Application, as individual payments will depend on rank, pay increment, and time worked in each category.

CAF members who released after March 31, 2018 will be eligible for a back payment and adjustments to their retirement benefits

based on the new rates effective at release. Former members should contact the Release Personnel Pay Office at 1-800-773-7705 to inquire about their case, or email [MDN.RPPOREG-LRDTSA](mailto:MDN.RPPOREG-LRDTSA). [MDN@forces.gc.ca](mailto:MDN@forces.gc.ca) for Regular files or [RPPOReserve@forces.gc.ca](mailto:RPPOReserve@forces.gc.ca) for Reserve files.

This updates the rates of pay for the majority of CAF members with an economic increase aligned to the salary improvements reached through the collective bargaining process for employees of the Core Public Administration of the Public Service of Canada. The Department of National Defence and the CAF recognize the need to ensure military compensation remains


fair and relevant to ensure of the highest standard of challenges of service in the the attraction and retention personnel required for the profession of arms. →


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# RCAF Plan Qulliq detachment arrives at 14 Wing

**Major Dan MacGregor, 14 Air Maintenance Squadron**

In July 2020, the commander of the Royal Canadian Air Force established a diverse team to drive innovation through the identification of gaps and deficiencies across the RCAF. This team, called Plan Qulliq, consists of a centralized team led by Lieutenant-Colonel Diane Baldasaro based out of Trenton and Ottawa.

While it may appear to be an overly broad mission, Plan Qulliq has a direct line of communication to senior leadership within the RCAF: when a problem is identified

with a recommended solution, priorities and resources can be assigned to tackle that problem at the proper level, with Plan Qulliq tracking the solution until it is fully implemented.

Plan Qulliq has already developed a modern app, rcafé, where all members of the RCAF may access, from anywhere, share ideas and collaborate in an open forum. As Director General Air Force Development Brigadier General Keiver says, "the chain of command can stifle innovation and creativity." Having a central app for all members to voice their opinions on challenges in their own workplace is



**Major Dan MacGregor, deputy commanding officer of 14 Air Maintenance Squadron, left; and Master Corporal Jason McNeil, 14 Air Maintenance Squadron, are OPIs for Plan Qulliq action at 14 Wing Greenwood.** 14 Wing Imaging



critical to fostering creativity. Plan Qulliq has also digitized the Vector Check process: members may now login to see ideas pitched to the RCAF commander quarterly, then track if they were approved and where they are in the execution stage.

In the past two months, Major Dan MacGregor and Master Corporal Jason McNeil interviewed and were selected to become the first members of the 14 Wing Greenwood's Plan Qulliq detachment. For anyone interested in pitching an idea to the commander, submissions

Plan Qulliq is a new team formed by the Comd RCAF in APS 2020 to help keep our Air Force modern, relevant, agile, and efficient. The Qulliq team is mandated to identify gaps, deficiencies, and opportunities in connectivity, interoperability, and processes. We will champion solutions that allow the RCAF to optimize its weapon systems, exploit emerging and disruptive technologies, and empower Air Force personnel to thrive in the modern battle space.

must be in by March 17. You may contact MacGregor and McNeil directly to answer any questions you may have.

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Historically, 14 Wing Greenwood is no stranger to leading change: if you have a great idea to make the RCAF better for you and your family, log in to [app.rcafdispatch.ca](https://app.rcafdispatch.ca) and join in the conversation! →

**Chris d'Entremont**  
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# March is Nutrition Month: Women's nutrition needs

**Pamela Hatton, Dt.P., M.Sc., Strengthening the Forces**

So what makes women's nutrition different? Women's nutrient needs change during each stage of her life. As part of a woman's healthy diet, understanding age-related nutrient needs are important in improving health, preventing chronic disease and even influencing the rest of your household to eat healthy.

Healthy eating means choosing plenty of vegetables and fruits, whole grains, protein foods and healthy fats. Developing an overall healthy eating pattern is important rather than focusing on one special ingredient, "super food," vitamin or supplement. It means getting your nutrients from food rather than from vitamins pills or other supplements.

A woman's overall healthy eating pattern needs sources of foods rich in key nutrients throughout their lifecycle such as folic acid, iron, calcium and vitamin D. Being mindful of added sugar, salt and saturated fat and balancing energy intake (calories) with physical activity is also important. There are times during a woman's lifecycle, such as during pregnancy, breastfeeding and after menopause, when extra food servings alone may not meet needs. In some cases, this may require adding specific supplements to get the extra vitamins and minerals.

**Folic acid during the reproductive years**  
Folic acid helps your body make blood cells and DNA for new cells. Folic acid also helps prevent certain birth defects called neural tube defects (NTD), which can happen in the first three months of pregnancy. NTDs are highest early in the pregnancy, when many women don't even know they are pregnant. For this reason, taking folic acid before you become pregnant and in the early weeks of pregnancy is very important. Women who are pregnant or could become pregnant, should take 0.4 mg of folic acid every day in addition to eating food high in folate.

**Iron**  
Iron is a mineral that helps build healthy blood cells that carry oxygen throughout your body. It also helps make certain hormones and connective tissue. Until menopause, women lose iron every month through menstruation. During pregnancy, women need more iron to supply enough blood for their growing fetus. In these cases, you may not get enough iron from food alone. This can put you at risk for iron deficiency anemia that commonly makes you feel extremely tired. Before taking any iron supplements, you should consult with your primary care physician.

**Calcium**  
Calcium is a mineral that helps muscles work, protects and builds strong bones and reduces the risk of osteoporosis. Your body stores calcium in your bones so, if you don't get enough calcium from food, your body will take calcium from your bones. Girls and young women aged nine to 18 need 1300 mg/day of calcium to build strong bones for adulthood. Adult women need 1000 mg/day, and post-menopausal women need 1200 mg/day to slow the bone loss that comes with the loss of estrogen production.

**Vitamin D**  
Called the sunshine vitamin, vitamin D helps the body use calcium and phosphorus to build and maintain strong bones and teeth. It is unique in that the body can make it after exposing skin to sunlight. The season, time of day, cloud cover, smog, skin pigmentation and sunscreen use can affect the making of vitamin D.

whole grains, and cereals with added folic acid.

Children and adults alike need 600 International Units (IU) per day. Health Canada recommends a vitamin D supplement of 400 IU for people over the age of 50.

In Canada, major sources of vitamin D are fortified foods. Fluid cow's milk and margarine must be fortified with vitamin D. Goat's milk and fortified plant based beverages (like soy beverages) may or may not be fortified. Other dairy products, such as cheese and yogurt, are often made with unfortified milk. Check the labels to see if vitamin D has been added. You may also find natural sources of vitamin D in fatty fish and egg yolks.

**Highly processed foods and physical activity**

Most foods are processed – milk is pasteurized and fermented, tomatoes and fish are canned, herbs are dried, vegetables are cut and frozen, etc. Yet, highly processed food usually has lots of added sugar, salt (sodium) and saturated fat, all adding up to extra empty calories without being filling. Check the nutrition facts labels for added ingredients. Making homemade food and meals allows you to choose ingredients with lower sodium, sugars and saturated fat. Physical activity is an important part of a woman's health.

Regular physical activity helps with weight management, muscle strength, balance, flexibility and stress management. When you are active, you are more likely to make better food choices and feel better, too.

Being aware of age-related nutritional needs throughout a woman's lifecycle will help build a healthy eating pattern. Choosing healthy, whole foods, rich in sources of key nutrients; while reducing highly processed food and adding daily physical activity, can help a woman maintain a healthy body and mind.

For more information on eating healthy, check out Canada's Food Guide at [food-guide.canada.ca](http://food-guide.canada.ca).

*Pamela Hatton is the nutrition wellness specialist in the Directorate of Force Health Protection and provides science-based advice. As a member of the Strengthening the Forces team, she is involved in the promotion of healthy eating and nutritional wellness.*

*Strengthening the Forces is the Canadian Armed Forces and the Department of National Defence's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*

# March 17 water outage for RHUs, CANEX, post office

Due to an upcoming engineering consultant visit, there is a planned water outage within the 14 Wing Greenwood Residential Housing Units neighbourhood March 17, between 10 a.m. and 4 p.m.

Buildings affected will include all RHUs on 3rd and 4th crescents, all RHUs on Maple Street, CANEX and the Greenwood Canada Post office. There is a

possibility of RHUs #20, #25 and #27 on 1st Crescent and all RHUs on 2nd Crescent being affected.

Fire hydrants affected will include 312, 315, 316, 314, 309, 309A and, possibly, 316 on 2nd Crescent.

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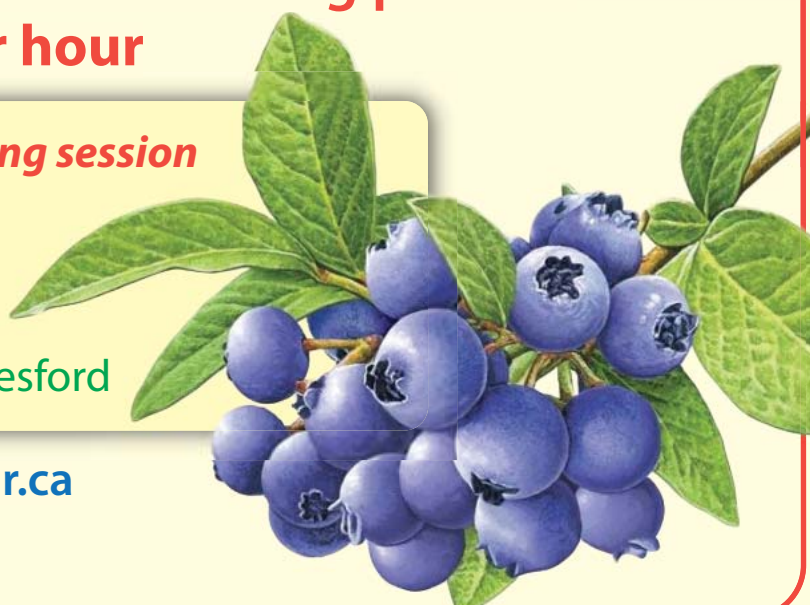


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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717;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

NOTICE: Many community events may change details as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

March break arts camps March 15 to 19, be creative this March break with 7Arts. Join local artists noon to 4 p.m. each day for awesome projects in painting, drawing and much more.

Intro to hiking webinar March 23, 7 p.m., Hike Nova Scotia and Popeye's Supplements will offer an intro to hiking webinar for new and novice

hikers. Details and registration at hikenovascotia.ca. Art therapy workshop Starts April 6, and continues April 13, 20 and 27, from 10:30 a.m. to 1 p.m. at Nova 7 Arts, 619 Central Avenue, Greenwood.

facilitated by veteran spouse and art therapy graduate student (Toronto Art Therapy Institute) Jaimee Lee Lightle, and Sarah Osborne, registered counselling therapist and certified expressive arts therapist.

Blood donation clinic March 31, 12 p.m. to 3 p.m. & 5 p.m. to 7 p.m., Canadian Blood Services will host a blood donor clinic at the Berwick & District Lions Club, 250 Veterans Drive, Berwick.

Ultimate frisbee Wednesdays, 9 p.m., the Annapolis Valley Ultimate Frisbee League invites new and experienced players to weekly indoor games at the Credit Union Rec Complex in Kentville.

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

The Aurora | 14 Wing Greenwood, NS

Art therapy workshop planned for military veteran spouses

"Behind the Olive Drab: Visual Stories About Overcoming Adversity" is a free art therapy workshop for military veteran spouses of transitioned (retired) or transitioning Canadian Armed Forces members who want to explore fictional, visual art storytelling.

This workshop will be facilitated by veteran spouse and art therapy graduate student (Toronto Art Therapy Institute) Jaimee Lee Lightle, and Sarah Osborne, registered counselling therapist and certified expressive arts therapist.

classifieds

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THE MUNICIPALITY OF THE COUNTY OF KINGS 181 Coldbrook Village Park Drive Coldbrook, NS B4R 1B9

NOTICE TO RESIDENTS

PERSONAL TAX EXEMPTION 2021/2022 The Council of the Municipality of the County of Kings directs, by policy, that an exemption be granted for the taxation year 2021/2022 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$316.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Who's total gross income from all sources for the year 2020, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but including the income of all members of the same family residing in the same household, is less than \$36,000 gross income, and;

Where property is jointly owned, only one tax exemption shall be allowed and the sharing in such exemption shall be on the basis of ownership in such joint property.

Applications for such tax exemption will be received at the Municipality prior to December 31, 2021.

Paula Delorey, Tax Clerk pdelorey@countyofkings.ca Tel: (902) 690-6144 Fax: (902) 679-2820 Toll Free 1-888-337-2999 www.countyofkings.ca

services & trades

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CREDIT UNION FREE SKATING AT THE KINGSTON CREDIT UNION CENTRE COVID-19 PROTOCOLS IN EFFECT WHEN MAXIMUM 50 SKATERS ARE ON THE ICE, THE FRONT DOOR WILL BE LOCKED. ADULT SKATING • Mondays - Cost \$4/ person, 10:30 to noon FREE SKATING OVER MARCH BREAK • Tuesday March 16, 12:15 to 1:15 p.m. • Wednesday March 17, 12:45 to 1:45 p.m. • Thursday March 18, 3:30 to 4:30 p.m. • Friday March 19, 3:15 to 4:15 p.m. • Saturday March 20, noon to 1 p.m. We strongly encourage everyone to bring their helmets. We have some helmets available, so please ask if you need one. NOVA SCOTIA NOUVELLE-ÉCOSSE ALL TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE. Please call prior to arriving at the rink 902-765-2516 or visit www.wkaa.ca

metro crossword

solution page 7 crossword grid with numbers 1-65

- ACROSS 1. Popular genre 2. Defunct airline 3. Beverage receptacle 4. Corporate bigwig 5. Belong to he 6. They cover cuts 7. Cost per mille 8. Walk into 9. Power-producing machine 10. Part of one's character perceived by others 11. Emotionally appealed to 12. Protected 13. Wrestling icon 14. Thailand's former name 15. Muscle weaknesses 16. Chooses 17. American film studio 18. Expression of satisfaction 19. Mythical winged horse 20. Ballplayers 21. Edible seaweed 22. Chinese politician

- DOWN 1. Frighen 2. Partner to corned beef 3. Parts 4. Agrees to a demand 5. Elected official 6. Navigator's tool 7. Relating to heat 8. Attractive 9. Wealthy US merchant 10. Engine additive 11. A passage with access only at one end 12. Midway between 13. Cool! 14. Brazilian NBAer 15. NW Pennsylvania city 16. Young dog 27. Mimic 28. Large truck 29. The NFL's Newton 30. One and only 31. Diego, Francisco, Anselmo 32. Julie, actress 33. More nourishing 34. Compound 35. A small carrier attached to the side of a motorcycle 36. Object of fear or alarm 37. Ladd, actor 38. Sacred place 39. A way to express enjoyment 40. Trigonometric function 41. A team's best pitcher 42. Intersecting points 43. Roundly shaped 44. Adam's partner 45. Cool of battle (Scandinavian) 46. Human hormone

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March 14 to March 20 ARIES - Mar 21/Apr 20 Concern about the plight of the less fortunate could be on your mind, Aries. You may have many questions about humanitarian issues and be wondering how to get involved.

horoscopes

TAURUS - Apr 21/May 21 You normally are a very active person, Taurus. Figure out ways to channel that activity into something for the greater good - as well as something that can benefit you.

sudoku

sudoku grid with numbers 1-9

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.

Level: Beginner

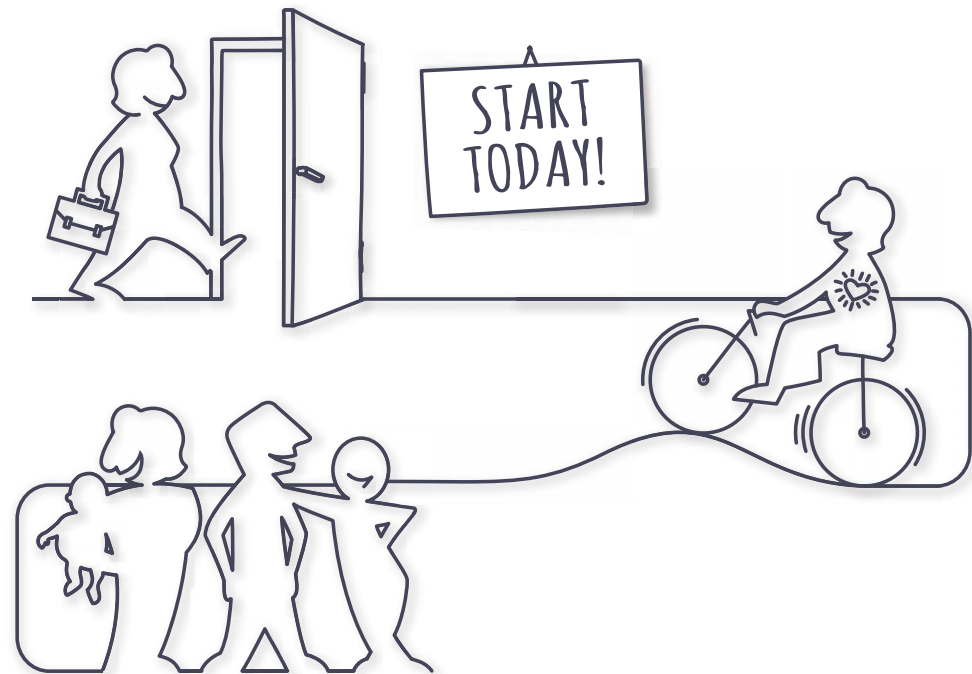


# Support to move you forward.

## Have you served in the Canadian Armed Forces or RCMP?

If so, there are services for finances, career development, education, well-being, mental health and PTSD to support you and your family.

TRAINING



Get the support you need to move forward today.  
[veterans.gc.ca/services](http://veterans.gc.ca/services) 1-866-522-2122



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