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# the **Aurora**

Vol. 42 No. 23 JUNE 21, 2021 NO CHARGE [www.auroranewspaper.com](http://www.auroranewspaper.com)

## Snowbirds' season 'worked out for me!' N.S. native gets second opportunity to 'fly the flag across the country'

**Sara White,  
Managing editor**

Captain Steve MacDonald has a few irons in the fire to keep flying, but a second season with the Canadian Armed Forces' Snowbirds, 431 (Air Demonstration) Squadron, is definitely top choice.

MacDonald, originally from New Waterford and a long-time Kentville resident while posted at 14 Wing Greenwood, is Snowbird 11, the squadron's advance and safety pilot, for the 2021 season. This is his second opportunity with the Snowbirds, as he was a member of the team between 2013 and 2014. This season, his timing through pandemic and career challenge couldn't have worked out better.

"I retired from the air force in 2015 and went to fly for West Jet, and then Air Canada," MacDonald

says. "I took a voluntary leave of absence last summer from Air Canada – we hadn't flown in a long time. I was back in Greenwood working at 413 (Transport and Rescue) Squadron, and the opportunity came up to rejoin as a full-time Reservist and fly with the Snowbirds. So, now I'm on a leave from 413 Squadron, too."

Three former Snowbirds, including MacDonald, are included in this year's flying team – "it sometimes happens, but it sure did work out for me!"

As the advance and safety pilot, MacDonald has had a challenging task. Advance responsibilities include scheduling the team into a full season of air shows all over North America, making sure support requirements are in place for when the team travels and is staying away from their home base in Moose



**Captain Steve MacDonald is pretty happy with his 2021 flying job – a second season with the Canadian Armed Forces' Snowbirds.** Submitted

Jaw. Add in COVID-19.

"2021 has been challenging for sure," he says. "Shows have to prove to us they are COVID-compliant – so the entire schedule has been cast in jelly."

The Atlantic International Air Show was excited to host the Snowbirds at its Debert, Nova Scotia, show August 28 and 29, but cancelled the event in May with continuing uncertainty around public health guidance and the ability to stage large-scale events. MacDonald is disappointed the team won't

be performing in his home region, but they were out the door June 12 for their first performance in Michigan and are maintaining as full a schedule as possible.

"And shows will be different this year, not being able to converse with the public. We're in the public eye, and autograph lines may not happen. We're going to do our best to show our support for the public: we're getting creative!"

Watch for the Snowbirds in Atlantic Canada, as there are scheduled dates on their

summer plan. The team is set to visit Gander August 21 and Conception Bay South August 22, both in Newfoundland and Labrador. It will fly over Lunenburg-area communities August 25, part of the 100<sup>th</sup> anniversary celebrations of the sailing ship Bluenose. There may also be flyby visits over Cape Breton, the Halifax region and Prince Edward Island while on the East Coast.

Fittingly, the Snowbirds, with the CF-18 Demonstration team, will continue the 2020 Operation INSPIRA-

TION mission this season as an opportunity to carry on the legacy of Captain Jenn Casey, the Snowbirds' public affairs officer who lost her life in May 2020. Op Inspiration was intended to lift Canadians' spirits through the spring and summer of 2020, as the COVID-19 pandemic set in.

"Op Inspiration continues to be an opportunity for us to fly the flag across the country and be 'together,'" MacDonald says. "We've all learned to adapt from that summer of change last year." →



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**June 3, Basic Military Qualification Hornell Flight Serial 0248E held its graduation parade at 5th Canadian Division Support Base Detachment Aldershot. Aviator Preston Mowbray, left, was the recipient of the top shot award, Aviator Kelsey Wynn was the top student and Aviator Cait Lydyniuk received the Peer Award.**

Corporal J. Fox, 14 Wing Imaging



# BMQ 0248E marks grad parade

**Sara White,**  
Managing editor

Aviator Logan Shea may have chosen the air force, but he still looked pretty good to his dad, Royal Canadian Navy Petty Officer 2nd Class Stephen Shea June 3.

The younger Shea graduated from Basic Military Qualification Training with Hornell Flight Serial 0248E on the 5th Canadian Division Support Base Detachment Aldershot parade square, one of 34 Royal Canadian Air Force BMQ graduates in the latest decentralized

serial. Shea is a 2019 graduate of Central Kings Rural High School. He had plans to attend university, but changed his mind.

"I was 30 when I joined, and here it is 19 years later," said PO2 Shea, a human resources administrator at 14 Wing Greenwood's 14 Mission Support Squadron. "How'd they look on parade? They looked great out there!"

Aviator Shea now heads to 14 Wing for material management technician on-the-job training. His classmates are heading to their first postings

and trades training across Canada.

"You have joined the profession of arms, one of the best institutions in Canada, and you'll be working with some of the finest women and men in the world," said 14 Wing Greenwood Deputy Wing Commander Lieutenant-Colonel Dale King, the parade reviewing officer.

"What is expected of you? You have chosen a career of service, and agreed to put your life on the line – something very few Canadians will do. Canadians will look to you for

leadership. Every member of the Canadian Armed Forces is expected to be a leader. When you start out, it may not look like that, but I have seen aviators notice behaviours in the workplace, someone who needs someone to lean on, a process not being followed: you are expected to be a leader. Start building your leadership skills now, for what we're going to ask of you in the future." The RCAF decentralized BMQ will now pause, as Camp Aldershot moves into its own summer training calendar. BMQ program flight commander



**Aviator Logan Shea, right, was congratulated by his dad, Petty Officer 2nd Class Stephen Shea, June 3, as he graduated from Basic Military Qualification training on the 5th Canadian Division Support Base Detachment Aldershot parade square.**

S. White

Major Russ Payne says temporary training staff through the last three BMQ cycles will now return home, and permanent staff will work over the summer for the start of the next RCAF BMQ, September 13, with an anticipated 60 recruits. →

# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



April 23, Corporal Joshua Summers, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Aviator J. Powless



April 23, Corporal Francois Belley, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Aviator J. Powless



May 13, Master Corporal Dominic Jodoin, centre, was recognized by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Aviator J. Powless



May 13, Sergeant Tyler Whelen, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.

Aviator J. Powless



April 9, Corporal Alvin Manning, center, 14 Operations Support Squadron; was promoted to master corporal by 14 OSS Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Dan Long in the Hornell Center of 14 Wing Greenwood.



Aviator Trained Mitchell Murphy, centre, was promoted to corporal May 27 by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Trevor Porteous in the 14 Wing Greenwood air traffic control tower.

S1 C. Moon, 14 Wing Imaging



Lieutenant Jonathan Saulnier, centre, was promoted to captain May 27 by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Trevor Porteous in the 14 Wing Greenwood air traffic control tower.

S1 C. Moon, 14 Wing Imaging



June 4, 14 Wing Greenwood Wing Chief Warrant Officer Dan Campbell, right, was presented with the Royal Canadian Air Force Association Air Marshal C.R. Slemon Trophy at 14 Wing headquarters by 14 Wing Commander Colonel Brendon Cook. Campbell is completely committed to the RCAF through his tireless efforts to promote the RCAF ethos and values and individual well-being through his active participation at numerous public and virtual gatherings. He is a superlative leader who sets a positive example, with a particularly positive impact on mental and social health at 14 Wing during COVID-19. This award recognizes the outstanding performance of an individual member of the Royal Canadian Air Force, particularly focusing on non-commissioned members. The individual will be designated "(Regular Force) Aviator of the Year."



March 16, 413 (Transport and Rescue) Squadron Major Will Livingston took his last flight with the squadron, returning to the ground to cool off in the traditional ice bath, prepared by his squadron mates.

S1 Cass Moon, Canadian Forces Imagery Technician

# the Aurora

The Aurora News  
CFB Greenwood Aurora News

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**Circulation** | Circulation: **4,500 Mondays** | Lundis  
**Agreement No.** | Numéro de contrat : **462268**  
Fax: 902-765-1717

**Website** | Site Web : **www.auroranewspaper.com**

**The Aurora, PO Box 99, Greenwood NS B0P 1N0**  
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

**Location** | Emplacement : **61 School Road, Morfee Annex**  
61 School Road, Annexe Morfee

**Mail subscriptions: annual \$107 plus tax, weekly \$2.28 plus tax.**  
Abonnements par correspondance: 107\$ par année plus taxes , 2,28\$ par semaine plus taxes.

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**Royal Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
www.rcf-arc.forces.gc.ca

**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
www.cafconnection.ca

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
www.airforce.forces.gc.ca/en/14-wing/index.page

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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 | Annapolis Mess Special events and entertainment | 14 Wing Greenwood Winter Carnival/14e Escadre Carnaval d'hiver Annual winter Defence Team fun and challenge events | 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 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 | 14 Wing Combined Charities Wing activities in support of our community | 14 Wing Spiritual Resilience Page Hosted by the 14 Wing Chaplains, with spiritual support and resources | GMAM.ca Follow news and events at the Greenwood Military Aviation Museum | 14 Wing Welcome Schedule of events details | Lake Pleasant Campground – 14 Wing's family campground

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



Aviator Bryan Leblanc, centre, was promoted May 14 to the rank of aviator trained by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



Aviator Jany Rivard, centre, was promoted May 14 to the rank of corporal by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



Warrant Officer Gerald Smith, centre, was promoted May 14 to the rank of master warrant officer by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



Aviator Andrew Key-sa, centre, was promoted May 14 to the rank of aviator trained by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



Aviator Chyenne Slade, centre, was promoted May 14 to the rank of aviator trained by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



Corporal Serge Duguay, centre, was presented with the Stinger of the Quarter Award and coin by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Cory Marchand, left, and Chief Warrant Officer Kevin Wezenbeek in 10 Hangar, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



April 29, Major Tagg of 415 Squadron was presented with the General Campaign Star by 415 (Long Range Patrol Force Development) Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



April 29, Captain Wootten of 434 Squadron was presented with the Canadian Forces Decoration and the First Clasp by 415 (Long Range Patrol Force Development) Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



April 29, Master Corporal Manning of 415 (Long Range Patrol Force Development) Squadron was presented with the Canadian Forces Decoration by Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



April 29, Master Corporal Manning of 415 (Long Range Patrol Force Development) Squadron was named Swordfish of the Quarter by Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



June 4, Master Warrant Officer Chris Lamothe, a search and rescue technician with 413 (Transport and Rescue) Squadron, right; was presented with the 2020 MWO Browning Senior Non-Commissioned Member Leadership Award at 14 Wing Greenwood headquarters by Wing Chief Warrant Officer Dan Campbell. Lamothe has demonstrated superior leadership, vision and outstanding bravery as the 413 Squadron SAR-Tech team leader. When Lamothe first arrived at 413 Squadron, systemic issues in the training system had led to a shortfall of parachute, diving and medical skills, made worse by numerous training waivers. To overcome this, Lamothe mentored and empowered junior supervisors, and very quickly rebuilt the leadership culture of the SAR section. In a matter of months, training waivers had been reduced from dozens to just three. Constant self-isolation requirements from the pandemic cost the section eight of its 25-person strength at all times. To reduce the travel requirements for training, Lamothe developed innovative local training activities instead. Through superior administrative work, Lamothe also secured added funding for the SAR-Tech section to rebuild with better tools and equipment. Thanks to this superior management, the 413 SAR section will emerge from the pandemic stronger and better prepared for the next challenge. Embodying the principle of leading from the front and the unit motto, "That others may live," Lamothe, just this year, has been directly responsible for saving 13 Canadian lives. In one case, he safely extracted four crew members to the Cormorant helicopter on minimum fuel, at night, as their vessel sank beneath them. On a later rescue, Lamothe saved another five crew members from a fishing boat foundering in exceptionally violent seas.



June 4, Samantha Ford, administrative assistant to the 14 Air Maintenance Squadron commanding officer, right, was presented with the 2020 Civilian of the Year award at 14 Wing Headquarters by 14 Wing Greenwood Commander Colonel Brendon Cook. Despite only being in her current position for a year, Ford has made significant contributions toward the betterment of 14 AMS, the wing, and the local community. Recognizing inefficiencies, she standardized e-staffing procedures for a large squadron, led the implementation of O365, ensuring the squadron could function more efficiently with remote work. Her selfless attitude is exemplified through her numerous volunteering efforts in the local community. In her own time with a deployed spouse, Ford was the choir director for the Queen of Heaven chapel, coordinated all virtual mass services for the community, ensuring faith services continue in a COVID-19 environment; and executed a thorough Sunday school program for children in the community. She is extremely dedicated, innovative and hard-working, and truly deserving to be named civilian of the year.



June 4, Wing Chief Warrant Officer Dan Campbell, left, presented Brian Handley, president and CEO of the Greenwood Military Aviation Museum, with a gift he had created for 14 Wing Greenwood upon his departure. During his travels, Campbell visited the beaches of Normandy and collected sand from each of the Second World War landing points. He commissioned Dave Emmons to create a plaque to commemorate the landings and display the sand collected.

Sergeant S. Howell, 14 Wing Imaging



June 4, Corporal Bryan Bordash, right, of 404 (Long Range Patrol and Training) Squadron; was presented with the 2020 Aviator Jamieson Junior Non-Commissioned Member Award at 14 Wing Greenwood Headquarters by Wing Chief Warrant Officer Dan Campbell. Although new to the 404 team, Bordash has quickly stood out amongst his peers. Bordash's professionalism during the transition from technician to instructor of the next generation of AVS technicians is nothing short of outstanding. He showed great initiative in creating the QLO training plan. Knowing that 404 Squadron's facilities were far better suited to deliver such training, he coordinated with members of MTF and other Aurora squadrons to develop and deliver lessons in house, resulting in a highly effective framework for QLO FG. Bordash has consistently set a shining example of military decorum and leadership that makes him truly deserving of this award.



June 4, Captain Jeffrey McRae, right, of 413 (Transport and Rescue) Squadron, was presented with the 2020 Colonel Herb Smale Officer Leadership award at 14 Wing Headquarters by 14 Wing Greenwood Commander Colonel Brendon Cook. McRae has shown superior leadership, skill and exceptional judgement as a senior search and rescue navigator at 413 Squadron. As the Wing ALSE officer, McRae has engaged several fleet-specific ALSE issues, working with all squadrons to arrive at solutions. He has also applied strong technical skills to create customized programs to manage the unit's operations more effectively. McRae is the deputy Hercules flight commander, directing the various section heads on the flight commander's behalf. In addition to serving on crews as an operational SAR navigator, McRae holds the navigator standards position, upholding critical standards functions for all 413 Squadron ACSOs. As a senior instructor, he guides junior instructor candidates through their training, enabling subsequent generations to carry on operating the CC130 Hercules. Earlier this year, McRae faced a challenging situation on a training mission. Showing superb poise, he embodied the finest ethical values of the Canadian Armed Forces through a calm demeanor and outstanding decision making under pressure. McRae brings leadership and maturity well above that expected of a captain to every situation, and is most deserving of this leadership award.



June 2, Master Corporal Mark Renwick, centre, of 14 Air Maintenance Squadron was presented the 14 Air Maintenance Squadron's Commanding Officer's Commendation from Lieutenant-Colonel Cory Marchand, left, with Master Warrant Officer Craig MacLellan; for demonstrating exceptional dedication in his level of effort to coordinate aircraft parts being transported from IMP Halifax to 19 Wing Comox, in support of an MRP to repair an Aurora.



# #JunelsRecreationMonth

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Lake Pleasant offers two-way rental lots for anyone with an RV, tent trailer or tent; waterfront cabin rentals and tent site rentals. There is a beach and grassy open area for games, campfire pits, picnic tables, a washroom and shower block and more. Campers may choose to stay for a weekend, week, month or

and community guests looking for short getaways,



Lucas Ralston and Abigail Clark, on a bit of an explore around Lake Pleasant Campground. Submitted

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The natural South Mountain lake is stocked with

trout, and the campground has a boat launch on site. Don't have a boat? Lake Pleasant offers canoe and kayak rentals. Neighbouring lakes and a network of mountain ATV trails accessible from the campground will spoil you for choice as you plan your outdoor

sports adventure.

The campground opens for overnight stays July 1. Bookings are now open. Follow Lake Pleasant Campground on Facebook for more information on bookings, campground amenities and special events. →



## #JunelsRecreationMonth

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## I Spy a sea glass CONNECTION

Lindsay McCormack, Community Recreation Coordinator, 14 Wing Greenwood

Is there a difference between sea glass and beach glass? Actually, there is!

Although they are quite similar, each type of glass is formed in different types of water. Sea

glass is found along saltwater beaches, while beach glass is created in fresh water and typically ends up with a different ph balance. Sea glass undergoes physical and chemical weathering changes, giving it a unique texture and frosted look, from anywhere between 20 to 200 years! It originates from broken bottles, Tupperware and other

glass items (some from shipwrecks). With help from the oceans, freshwater movements and underwater life, the broken pieces are tossed around, losing their sharp edges and gaining their frosted look.

Some of the most common places to find sea glass include Bermuda, Hawaii, Mexico, Scotland, Australia and Nova

Scotia. That's right! Right here in our backyard. Sea glass has been found on beaches such as Rissers, Queensland, Crescent and many more. Most sea and beach glass found is used for different hobbies, including art, jewelry or just collecting.

The colour of the glass you find depends on where it originally came from. The most

common colours are green, brown, clear or white, with the least common colour being orange, only being found approximately once for every 10,000 pieces.

Do you think you can find every colour of the rainbow? Only one way to find out! Get out and explore Nova Scotia's beautiful bodies of water. →



## Plan an N.S. vacation with digital Doers and Dreamers Guide

The 2021 Doers and Dreamers Guide is filled with exciting itineraries and business listings from each tourism region in the province, and features a striking cover image of a young girl watching Bluenose II, in celebration of the 100th anniversary of the launching of the Bluenose, in Westville.

"It's a beautiful guide that celebrates who we are and the many amazing experiences that are available in Nova Scotia," says Labi Kousoulis, Minister of Inclusive Economic Growth and minister responsible for Tourism Nova Scotia.

The guide is available in a digital-only format for both English and French editions. The digital format allows operators and organizations to update their listings throughout the year to reflect changes in hours of operation or offerings, while minimizing waste. The new format allows for direct links to videos, stories and business websites, creating an interactive and simple user experience for research and booking. Download the guide to a mobile device or desktop computer, or print specific pages or sections. The guide is available at novascotia.com/travelguide, and in French at novascotia.com/fr/guidetouristique.

People may also wish to stop at a visitor information centre for travel information.

Provincial visitor information centres at Amherst, Halifax Waterfront, Peggy's Cove, Port Hastings and Yarmouth opened June 3 for the season. The visitor information centre at Halifax Stanfield International Airport will open July 1. Travel planning information is also available via the Nova Scotia Contact Centre at 902-742-0511 or 1-800-565-0000.

All travellers are required to follow Nova Scotia's COVID-19 public health measures. →

*virtual*  
**ANNUAL GENERAL MEETING**

Monday, June 28, 2021  
7:30 p.m.

Register online by  
Monday, June 21

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- Board Member Elections
- Financial Overview

*Moments vedettes*

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**MFRFC-CRFM GREENWOOD**

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# National Indigenous Peoples Day

# 21 June

Birchall Parking Lot  
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**Summer Solstice** | Raising of the Mi'kmaq Flag (Front Gate)

**Indigenous Peoples** | Teepee Ceremony

**Residential School Victims** | 14 Wing is encouraged to wear orange t-shirts

**MMIW** | Red Dress Ceremonial Smudge by Sarah Emily

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Attendance subject to Nova Scotia Covid-19 Restrictions

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The Aurora Newspaper will include graduation event photos, graduates' names, awards; AND the grades 9 to 12 honour rolls from **Middleton, West Kings District, Central Kings and École Rose-des-Vents** high schools

Place your grad's picture and a message for **\$35 plus tax**  
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**Mary Smith,**  
 Central Kings Rural High School  
*"Congratulations, Mary, on your Grade 12 achievements! Wishing you all the best as you begin your Bachelor of Business Administration at Saint Mary's University.*  
*Love, Mom and Dad, Grammie and Grampie"*



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**100-Plus Who Care Giving Group lend its hand to learning**

The 100-Plus Who Care Giving Group Annapolis Valley met June 10 in a virtual format for its second 2021 quarterly meeting, sharing pre-recorded videos from three nominated Valley non-profit projects.

Members had the opportunity to hear from the Apple Capital Museum Society, the Valley Community Learning Association and ElderDog – Kings County Pawd.

The museum group took members on a video walk through the Berwick space, highlighting community heritage and business displays, including a model of the Berwick DAR railyard from apple industry heydays. Valley Community Learning introduced several adult students and staff, describing how reading, math, employment, tutoring and beginner's driving license programs make a difference. ElderDog described the deep relationship many vulnerable seniors have with their dogs, and how volunteers help sustain that with walking support, food delivery, help getting to veterinary appointments and fostering while a pet owner may be in hospital.

Online voting determined Valley Community Learning as the 100-Plus group's financial recipient, with the Apple Capital Museum Society and ElderDog both receiving Rewind 89.3 advertising promotional support to help them in their work.

In updates, past recipients CentreStage Theatre is in the process of ordering and will soon be installing sound system improvements, and the Red Door has moved into new space, continuing to offer youth health services.

The 100-Plus Who Care Giving Group Annapolis Valley will return to in-person meetings as soon as it is safe to do so, typically hosted in Mainstreet Station, Kentville, with the next meeting September 16. The group meets quarterly to hear from three member-nominated 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 [100valleygiving.ca](http://100valleygiving.ca) for information on past non-profit recipients, joining details and upcoming events. →

**bravo zulu | promotions & presentations**

14 Wing Imaging unless otherwise indicated.



May 13, Captain Joseph MacKinnon, centre, received the Canadian Forces Decoration First Clasp, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



May 13, Master Corporal Timothy Caninus, centre, was recognized by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



May 13, Master Corporal Kevin Lorin, centre, was recognized with a Commanding Officer's Commendation by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



May 14, Captain Amanda Sinclair, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



April 23, Master Corporal Tony King, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Chief Warrant Officer Brian Nelson.



April 29, Master Corporal Shepherd of 415 (Long Range Patrol Force Development) Squadron was presented with the Canadian Forces Decoration by Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



April 29, Lieutenant Crossman and Corporal Hann of 415 (Long Range Patrol Force Development) Squadron were presented with Commander's Coins for their outstanding efforts during the 14 Wing Winter Carnival, presented by Commanding Officer Lieutenant-Colonel Patrick LeBlanc, with Master Warrant Officer Stu Greenslade.



# Cross Canada volunteering for brain tumour awareness

**Jaclyn Cross**

In 2015, we were posted from Petawawa to Esquimalt. My husband, John, had been posted there several times over his career. As a newlywed, this was my first big military move, I was unemployed and I knew nobody.

One of my friends was the director for programs and services with the Brain Tumour Foundation of Canada, with office in London, ON. She suggested I join the Victoria Brain Tumour Walk Committee. We had worked together on fundraising ventures, and she knew their small but mighty committee needed help. I did not know anyone in my immediate family or circle of friends who had a brain tumour (so I thought).

The annual walk is the Brain Tumour Foundation of Canada's largest volunteer-led fundraising event to support research, compassionate support services, trusted information and advocacy to help patients and survivors live longer, better and



with hope.

To be honest, I didn't feel like I did much that first year. In the months leading up to the event, I listened and gave some creative input but, since I had not been to a walk, I was going in blind. I felt guilty for not approaching sponsors. Who did I know? How could I ask for money or auction items? As we got closer to the walk date, I began to catch my stride! I helped organize tents, chairs, food, people; I designed the "Grand Club" tent for participants who raised more than

\$1,000 - so much fun to do! At the walk, I met brain tumour survivors, friends and family there to support or commemorate loved ones. In the years since, I found more ways to contribute, knowing what the walk entailed and how the funds makes a difference.

In June 2020, with the quick thinking head office staff and the dedication of my fellow coordinators from coast to coast, the walk was a virtual event. Normally, 40-plus walks would happen on weekends throughout May, June and July across Canada. The support we received from more than 3,600 virtual participants across Canada was incredible: we

collectively raised \$1,270,000! Soon after the walk, my husband and I made the decision to make Greenwood our IPR (intended place of retirement) on his impending retirement. It was an easy decision to join the Halifax Brain Tumour Walk - but I discovered there isn't a local committee: it was being run by a coordinator in Ontario. It's like it was meant to be!

I am grateful my friend originally suggested I volunteer. Those committee members became good friends. I met survivors, patients and families that all gave me a "fire" to continue to fight for them. In 2019, I attended a conference and met walk coordinators from

across Canada. We continue to share ideas, uplift each other and celebrate our milestones. Volunteering has given me a purpose, and it has certainly helped during times when I felt isolated - especially through the last year. I encourage anyone who has an inkling to volunteer to search out opportunities. They are out there.

We are hopeful the 2022 walk will be in person but, this year, volunteers and supporters across Canada will be having their second virtual walk June 27. Why June 27? Because, every day in Canada, 27 people will hear the words, "you have a brain tumour."

I am honoured to be cohost-

ing the opening ceremonies at 11 a.m. Sunday, June 27. Afterwards, my husband and I will be walking in our Kingston Ravenwood neighbourhood and along Highway 1. If you see us, give us a wave or honk. We have created a team, "Cross Canada," to represent both our last name and our recent move. Our goal is to raise \$6,800 (about how many kilometres we travelled). If you would like to sponsor our team, visit our Facebook page, "Team Cross Canada - Brain Tumour Walk," or braintumour.ca and search "Cross Canada" in the Brain Tumour Walk tabs. You could join the Halifax Brain Tumour Walk with a team of your own! ➔

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