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the Aurora

Vol. 42 No. 31

AUGUST 30, 2021 NO CHARGE

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'Remembering Otis is a good thing'

Sara White,
Managing editor

Catherine De Vaal's "Novaronto" tour was a 20-day, 1,800-kilometre bicycle adventure from Greenwood to Toronto: a personal challenge, and a personal memorial for a lost friend.

De Vaal, 28, is a second lieutenant with 14 Wing's 14 Mission Support Squadron orderly room. She kicked off the ride July 31 from 14 Wing Greenwood with two goals: could she do it? And, could she raise awareness and \$5,000 for mental health in honour of her friend, Corporal Alexandra Otis, a mobile support equipment operator who died at 38 by suicide October 3, 2019?

She did both.

De Vaal and Otis met in 2016. Both were working at the Cadet Summer Training Camp in Victoria. De Vaal was the assistant sports officer running

programs for the base, and Otis was a bus driver on the days Cadets left camp. They were on staff together again in 2017.

"We became friends, and she helped me see I should join the forces – she only said really positive stuff," De Vaal says.

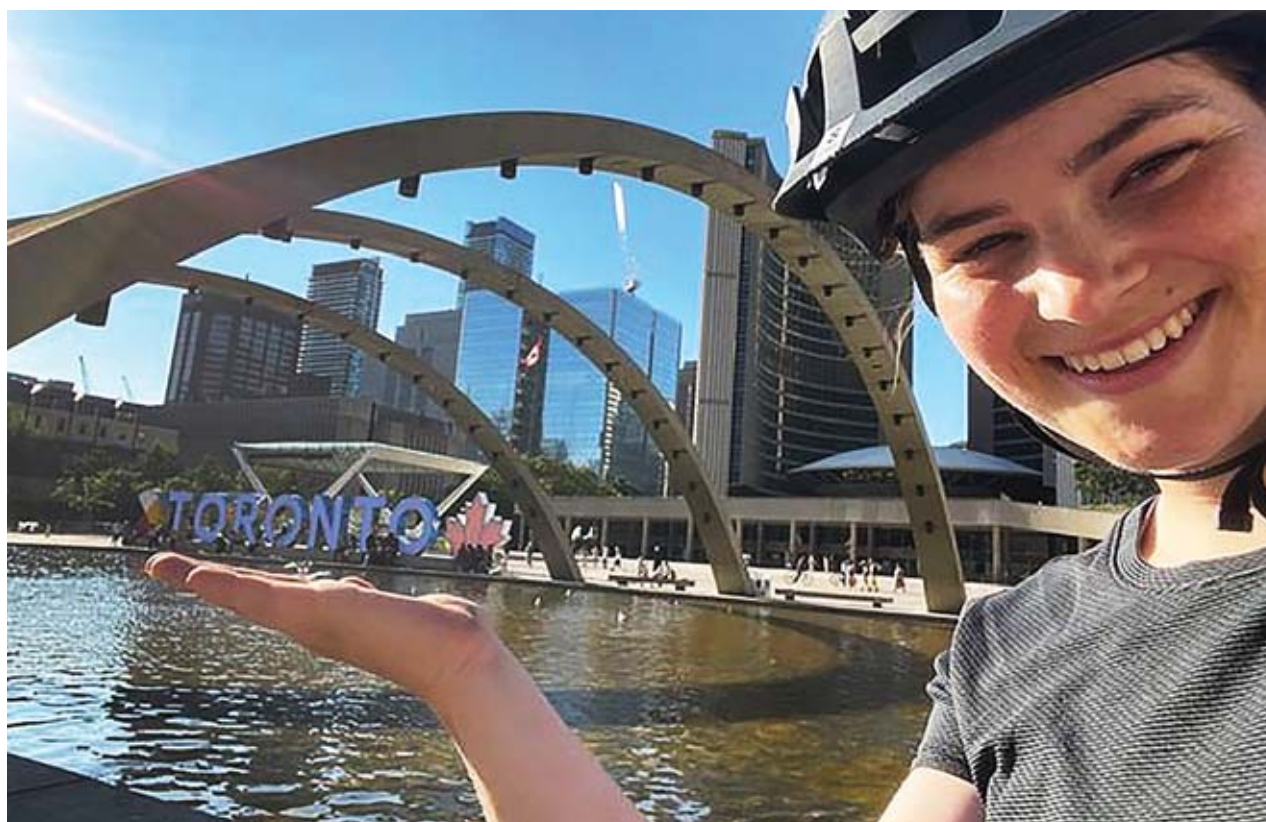
In 2017, De Vaal was borrowing a bike from the Cadet camp on weekends, and "I'd see how far I

could get – just go for distance. I was joking with a friend in Winnipeg a year or so later that I'd come visit – and that I'd bike there! I started looking at packing and bikes and how many kilometres people could go in a day....

"There was no reason I couldn't do this!

As Cadet camp ended in August 2017, De Vaal left Vancouver, heading through the Rockies on a day-to-day plan: every evening at a campsite, she'd look at her map and aim for anywhere between 90 and 110 kilometres away.

Novaronto ride an 1,800 km, four-province cycling challenge



August 15, Second Lieutenant Catherine De Vaal had the City of Toronto in her hand, arriving at the end of her 1,800-kilometre bicycle ride from Greenwood to the Big Smoke.

Submitted

Her first targeted destination was Shilo, where Otis was posted and De Vaal knew she could rest for four days, then tackle the ride to Winnipeg. She finished the trip, 2,600 kilometres later, at the end of September.

In 2019, De Vaal joined the Regular Force, went through basic training and was posted to 14 Wing – where Otis was now working. She was her first phone call to share the news, and Otis loaned De Vaal a bike to use until she got a vehicle.

"I'd train a bit, I did a triathlon with the base sports team – I'd bike from here to Windsor and back, or Annapolis Royal and back in a day, or do lots of quicker rides to Berwick and back."

Otis died that fall, and her family decided De Vaal "was the best person for her bike."

"Hindsight is 20/20, and people do have bad places in their lives – and they recover," De Vaal says. "This ride to Toronto is for Otis, and it's the first time I'll do a ride for a

cause – mental health."

She planned this ride in more detail than her earlier adventure, mapping out a route from Greenwood to Digby and then Saint John, across New Brunswick, then south through Quebec to Ontario; along with campsites and Warm Showers homestays. Family, friends, co-workers and strangers all added road support along the way, through rain, mechanical issues, emergency tent sites and more. Her destination in Toronto was a visit with Otis'

cousin, Tanya.

"I think remembering Otis is a good thing."

De Vaal's Go Fund Me page will collect donations for the Canadian Mental Health Association - Nova Scotia Division (<https://gofund.me/d40da6c8>). As of August 25, she'd surpassed her goal and collected \$5,100. Her Facebook Group, Cat's Ride for Mental Health, is a great place to check out her Novaronto ride daily mile-

Continued on page 2...

14 Wing Greenwood
Wing Welcome

Rexpo

Saturday, September 11
10 a.m. to 1 p.m.

14 Wing clubs, sections, organizations, community non-profit organizations are invited to showcase their programs, as 14 Wing welcomes new families and old friends to the Valley.

14 Wing Greenwood Community Centre, Church Street

For information on booking a table for your display, contact Michelle Smith,

14 Wing Greenwood Community Recreation AA,
902-765-1494 local 5341 or michelle.smith@forces.gc.ca

Deadline to register September 3 | (book early, as spaces are limited)

www.facebook.com/14WingWelcome





Second Lieutenant Catherine De Vaal August 16, taking in the end of her 1,800-kilometre Novaronto ride at the Cpl Alexandra Otis Memorial Bench in Guelph. In an unexpected honour, she was asked to spread some of Otis' ashes on site.

Novaronto ride...

...cover

stones and news. "I would like to thank everyone who supported me on this journey, whether by donating to the Canadian Mental Health Association, or by liking, commenting or sharing my Facebook posts. You all made me feel very loved and supported. And, to all the people who helped me out or hosted me on the road, I am so incredibly grateful! Thank you so very much!"



Alexandra Otis and Catherine De Vaal took in the Alexander Keith's Brewery Tour in Halifax in the summer of 2019, as De Vaal was newly-posted to 14 Wing Greenwood.

is reduced," wrote DeVaal in her August 17 ride summary. "Highest max speed was 56.56 km/h."

CAF Harassment Centre of Expertise sets course for policy modernization

A modern force requires policies that reflect the realities of our ever-diversifying work environment. With an impetus on providing increased accountability and the guarantee of a safe workplace for all members, modernizing a harassment policy that has remained largely unchanged since the 1990s is a priority for Canadian Armed Forces leadership. Tasked by the vice chief of defence staff to oversee this important policy rethink, the CAF Harassment Resolution and Prevention Centre of Expertise (CoE) has already begun the process.

To ensure project milestones are clearly articulated and transparent, the CoE has created a modernization placemat, implementation plan, and engagement plan. With an approach that puts the needs of the user at the forefront, the CoE will ensure that planning addresses the recently created two-streamed defence approach:

CAF Harassment Prevention & Resolution (DAOD 5012-0) and Public Servant Employee Workplace Harassment & Violence Prevention (Canada Labour Code, Part II, (Bill C-65)).

In order to address the current culture and climate within the CAF, modernization will begin with immediate updates to the Harassment Prevention and Resolution Instruction Guide (HPR), the Responsible Officers Guide (RO), and all harassment prevention tools and templates. This will ensure synergy with like-minded Government of Canada regulations, the Canada Labour Code and its applicability to a CAF member when a situation arises with a public servant.

Related improvements are being made to harassment advisor (HA) training that will increase the CAF's capacity to assist members. In order to adapt learning options to meet the high demand for HA training, as

well as cope with current restrictions, course delivery options are being expanded from a one week, in-class session to a virtual classroom setting. Candidates will be given two weeks to complete self-directed modules, followed by virtual classroom scenarios that will expand and illustrate the policy, followed by a final exam. A successful training pilot was launched in May with a group of 16 students.

Modernization of the CAF Harassment Prevention and Resolution Policy ensures users, our members, leaders and Defence Team colleagues alike will benefit from regulations that put people and workplace wellness at the forefront. This is a member policy, one that fuels the desire for change and cultivates the need to create a program - not just a policy that enables CAF members to trust the system will work for them when they need it most.

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



July 14, Corporal Edrian Vlaar, centre right, was promoted to master corporal by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts, right, and his spouse, Jacinda Vlaar.



July 14, Master Corporal Justin McQuinn, centre right, was promoted by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts.



July 14, Corporal (previous rank) Aaron Baird, centre right, was promoted to officer cadet by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts.



July 14, Warrant Officer (previous rank) Calvin Elliot, centre right, was promoted to his commissioned rank of lieutenant by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts.



June 30, Master Corporal Stuart Knox, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Sergeant Stephane Fiola, centre, was recognized by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Warrant Officer Serge Fiola, centre, was recognized by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Thomas Goldie, left; with Chief Warrant Officer Brian Nelson.



June 30, Master Corporal Steph Desrosiers, centre left, was promoted to the rank of sergeant by 413 (Transport and Rescue) Squadron Major Michel Gosselin, left, with Chief Warrant Officer Kevin Robarts.

the Aurora

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Facebook | 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 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

Useful links | Liens utiles
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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Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca
VPI | VPI
www.vpinternational.ca

ANNUAL MEETING NOTICE

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday September 14, 2021 at 7:00 p.m. in the Kingston Fire Hall.

- Presentation of Financial Statements for April 1, 2020 – March 31, 2021.
- Presentation of Budget for April 1, 2021 – March 31, 2022.
- Set the area rate at 6 cents per \$100 of assessment.
- Election of Commissioners for Districts of Melvern Square and Harmony.

All interested persons are invited to attend.

Kingston Fire Hall Rental
All inquiries for hall rental and use should be directed to Tom Ruggles at 902-765-2358 or email kingstoncaptain40@gmail.com.

Kingston Legion Br 98 ~ September 2021

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479
E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Br.098

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|-----------------------|-----------------------------------|------|------------------------------|---|--|-----------------------------------|
| | | | 1 Veteran Social 10 a.m. | 2 *VON Foot Clinic | 3 Darts (Last night of fun darts) | 4 Meat Draw Chase the Ace! |
| 5 BINGO 1:30 p.m. | 6 LABOUR DAY Legion is open | 7 | 8 Veteran Social 10 a.m. | 9 *VON Foot Clinic | 10 Darts (Mixed League Meeting) | 11 Meat Draw Chase the Ace! |
| 12 BINGO 1:30 p.m. | 13 | 14 | 15 Veteran Social 10 a.m. | 16 *VON Foot Clinic | 17 Darts Mixed League | 18 Meat Draw Chase the Ace! |
| 19 BINGO 1:30 p.m. | 20 EXECUTIVE MEETING 7 p.m. | 21 | 22 Veteran Social 10 a.m. | 23 *VON Foot Clinic | 24 Darts Mixed League | 25 Meat Draw Chase the Ace! |
| 26 BINGO 1:30 p.m. | 27 GENERAL MEETING 7 p.m. | 28 | 29 Veteran Social 10 a.m. | 30 *VON Foot Clinic National Day for Truth & Reconciliation | Are you a Veteran? Are you releasing from the Canadian Armed Forces? Join us at 1000 each Wednesday morning in the lounge at the Kingston Legion. Have a coffee and a snack & meet other Veterans. Hosted by RCL Branch 98 and the Greenwood MFRC. | |

*To book an appt. with the VON foot clinic, you must call 1-800-411-9646

Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART**

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Show off your stuff at Wing Welcome Rexpo

The annual 14 Wing Greenwood Wing Welcome Rexpo is set for Saturday, September 11, 10 a.m. to 1 p.m., at the 14 Wing Community Centre on Church Street.

Rexpo showcases the wing's recreational programs, and give individuals and families from the military and wider community the opportunity to register for fall and winter season activities offered by participating exhibitors.

The Rexpo is open to the public. Attendees should keep in mind public health guidance, including mandatory masks indoors and physical distancing, to keep everyone safe.

The main Wing Welcome grand prize raffle drop-off is also set up at this event, so make sure you enter to win.

There is limited display space at Rexpo 2021. To register, contact Jill Jackson, community recreation manager, 902-765-1494 local 5331 or jill.jackson@forces.gc.ca; or Michelle Smith, community recreation administrative assistant, 902-765-1494 local 5341 or michelle.smith@forces.gc.ca. →

Venez montrer ce que vous avez à offrir lors de la Rexpo de l'accueil à l'Escadre

La Rexpo de l'accueil à l'Escadre annuel de la 14e Escadre Greenwood se tiendra le samedi 11 septembre, de 10 h à 13 h, au centre communautaire de la 14e Escadre, qui se trouve sur la rue Church.

La Rexpo vise à faire connaître les programmes récréatifs de l'Escadre ainsi qu'à offrir aux militaires et aux membres de leur famille, de même qu'aux membres de la collectivité en général, l'occasion de s'inscrire aux activités automnales et hivernales offertes par les exposants.

La Rexpo est ouverte au public. Pour assurer la sécurité de tous, il importe que les participants respectent les directives de santé publique, notamment en ce qui concerne le port obligatoire du masque à l'intérieur et l'éloignement physique.

Il y aura également un endroit désigné où vous pourrez donner votre nom pour le tirage du grand prix de l'accueil à l'Escadre. Tâchez donc de vous inscrire pour courir la chance de gagner!

L'espace d'exposition est limité. Pour vous inscrire, veuillez communiquer avec Jill Jackson, gestionnaire des loisirs communautaires (902-765-1494, poste 5331, ou jill.jackson@forces.gc.ca), ou avec Michelle Smith, adjointe administrative des loisirs communautaires (902-765-1494, poste 5341, ou michelle.smith@forces.gc.ca). →



What do you see in RCAF 2024 centennial logo?

With the RCAF centennial anniversary only a thousand days away, Lieutenant-General Al Meininger, commander of the Royal Canadian Air Force, and Chief Warrant Officer John Hall, the RCAF command chief warrant officer July 6 unveiled the RCAF 2024 logo and motto. The logo features the RCAF roundel as the centrepiece of a stylized "100."

"We are quickly approaching the dawn of our next century," says Meininger. "This logo represents our tremendous past, our dynamic present and our bright future."

"The motto for the centennial is 'Your Air Force,'" says Hall. "We want RCAF members, their families and Canadians across the country to feel proud of their air force."

The logo has a distinct design that features two lines intersecting the roundel, symbolizing a modern, uplifting forward energy carrying the RCAF into its next century of service. The lines point to the sky and beyond, representing the upward momentum of flight and the RCAF's capabilities in space.

Matthew Allen, the creative director at Revolve Branding & Marketing, in Bedford, produced the logo. "This logo pays homage to the past and generates excitement for the future," says Phil Otto, chief executive of Revolve and honorary colonel of 12 Wing Shearwater.

The question is what Air Force image do you see in the RCAF 2024 centennial logo? "For me, I see the two rotors of a banking Chinook helicopter," says Captain (retired) Brigitte Marley, a former member of the Centennial Planning Committee.

"To me they look like contrails from a CF18," says Major Brian Briere, lead planner of the committee. So, what do you see in the logo? The RCAF 2024 Centennial Planning Committee would like to know. Write the committee at RCAF2024-2024ARC@forces.gc.ca. →

Greenwood water system testing volunteers sought

The Municipality of the County of Kings is inviting residents of the Greenwood Water Utility and residents of the Sandy Court Water Utility to participate in its annual corrosion-monitoring program.

Monitoring of the Greenwood Water Utility is mandated by Health Canada's Guidance on Controlling Corrosion in Drinking Water Distribution Systems and Nova Scotia Environment.

The corrosion-monitoring program identifies potential corrosion causing parameters and address them if necessary. Volunteers would provide one water sample during the late summer/ early fall. Municipal staff will drop off and collect the sample bottles from your home at a pre-determined time. All sampling results will be provided to the homeowner.

Once this baseline sampling is done, a monitoring schedule will be established. Data from this examination will enable the county to identify potential corrosion problems and prevent as required.

Corrosion problems may lead to customer dissatisfaction due to water color, staining and taste problems; and increased replacement frequency of water heaters, radiators, valves, pipes and meters because of corrosion damage, water wasting because of pipes breaking down prematurely and decreased pumping capacity caused by narrowed pipe diameter resulting from corrosion deposit.

Greenwood and Sandy Court water systems do not contain lead and are tested annually to ensure this but, in homes with galvanized iron, copper or brass plumbing systems, lead corrosion may occur. If you would like to volunteer, contact Lisa Langille, 902-690-2215 or llangille@countyofkings.ca. →



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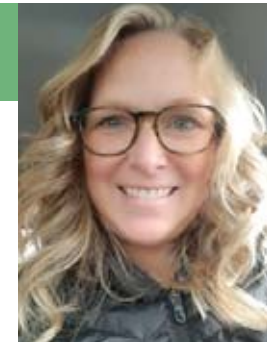
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to our team starting September 7, 2021



Tannis has over 20 years experience working as a licensed physiotherapist in private practice, community, and hospital-based settings. Since receiving her Bachelor of Medical Rehabilitation in Physical Therapy at the University of Manitoba in 1993, she has continued to pursue education and training to upgrade her skills including but not limited to specialized training in foot and ankle bio-mechanics and treatment, vestibular issues, level 3 musculoskeletal training with the Canadian Physiotherapy Association as well as extensive acupuncture training which she uses in conjunction with soft tissue release techniques to reduce pain, improve joint bio-mechanics and increase muscle strength.

Tannis has recently moved to the Annapolis Valley from Comox BC, where her commitment to client care was recognized with a 2019 Comox Valley Physiotherapist of the Year award.

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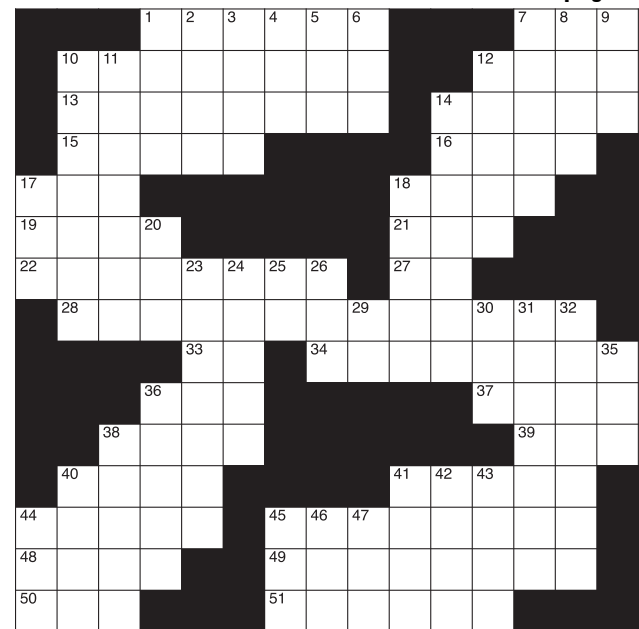


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated 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), 14 Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

crossword

solution page 7



- ACROSS**
- 1. Nature expedition
 - 7. Take the energy from
 - 10. Bungled
 - 12. Young salmon
 - 13. Botanical gardens
 - 14. Source of chocolate
 - 15. Country singer LeAnn
 - 16. Yokel
 - 17. Unit of energy
 - 18. Plant of the lily family
 - 19. Tusked wild pig
 - 21. Form of 'to be'
 - 22. Formerly
 - 27. Letter of the Greek alphabet
 - 28. Former First Lady
 - 33. News organization
 - 34. Shining brightly and intermittently
 - 36. Brew
 - 37. Teams' best pitchers
 - 38. Edible fruit
 - 39. Pitching stat
 - 40. or bust
 - 41. Baby product manufacturer
 - 44. Monetary unit of Finland
 - 45. Small spherical structures in cells
 - 48. Pouches
 - 49. Reached
 - 50. Investment account
 - 51. Oft-repeated slogan
- DOWN**
- 1. Nuclear undersea weapon
 - 2. Helps the skin
 - 3. Evergreen coniferous trees
 - 4. Relieve of employment
 - 5. A way to drench
 - 6. Journalist Tarbell
 - 7. and Venzetti
 - 8. Alcoholic liquor
 - 9. An athlete who plays for pay
 - 10. Where to get drinks
 - 11. Japanese art form
 - 12. Baseball great
 - 14. Winged angelic beings
 - 17. One point south of due east
 - 18. Group of islands in Polynesia
 - 20. A place to lay: ___ center
 - 23. Masses of gray matter in the brain
 - 24. Belgian city (alt. sp.)
 - 25. Millilitre
 - 26. Beloved Will Ferrell film
 - 29. Railway above ground
 - 30. Satisfaction
 - 31. Aggregate of molecules
 - 32. Type of barometer
 - 35. Type of college teacher (abbr.)
 - 36. Long periods of time
 - 38. Native people of Nebraska and S. Dakota
 - 40. Deliver
 - 41. Thin, narrow piece of wood
 - 42. Modern Israel founder
 - 43. Small NY college
 - 44. Pounds per square inch
 - 45. Veterans battleground
 - 46. Hollywood talent agency (abbr.)
 - 47. Popular kids' channel

crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

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.

BBQ chicken dinner – take-out September 18 (order by September 4), the Burlington Community Club will prepare and serve as take-out a BBQ chicken dinner (half-chicken prepared by Meadowbrook Meats, baked potato, cole slaw, dinner roll with butte and blueberry cake). Cost \$20, with proceeds to club initiatives. Pre-order and pre-payment by September 4 with Sheila (902-538-7177) or Susan (902-321-3441). Dinner

pick-up at the hall, 2122 Long Point Road, between 4:30 p.m. and 6 p.m.
Battle of Britain service September 19, 10 a.m., St. Mark's Protestant Chapel, Church Street, Greenwood. Open to all military personnel, civilian employees, veterans and Legion members; and families. Traditional service of remembrance, including standard forms of worship, will reflect on the Battle of Britain and those who lost their lives in an historically significant Second World War effort. Confirm attendance in advance with Helen Fillmore, 902-765-1494 local 5883 or helen.fillmore@forces.gc.ca. Public safety COVID-19 protocols will be observed. Please have a mask and maintain social distancing. Dress for military members with be DEU 1A with medals. Dress for civilians will be formal.
Berwick Girl Guide welcome event September 22, 6:30 p.m. to 7:30 p.m., Berwick Guiding will host an open welcome event at Carol's Place (Cottage Street, Berwick – by tennis courts parking). Families: gather unit information for Sparks, Brownies, Guides and Pathfinders; fill out the health

and COVID-19 forms, pay the \$50 unit dues and ask questions about unit activities. Girls: bring a friend for an hour of wide games. Dress for the weather: if we can't play in the park, we'll have some craft stations under cover. Potential volunteers: find out how you can get involved as a Guider or resource person. For info on registration and unit timings in your community, visit the unit finder map at girlguides.ca.
Bottle drive September 22, 11 a.m. to 1 p.m., 14 Wing Greenwood Military Police National Motorcycle Relay volunteers will host a bottle drive in support of the Military Police Fund for Blind Children in the VP International parking lot on Pathfinder Drive, just before the 14 Wing main gate. Please remove all caps from bottles prior to donation.
Drive thru turkey supper September 23, 4:30 p.m. to 6 p.m., the Three Rivers Community Centre, 41 Messenger Road, hosts a drive thru turkey dinner with all the trimmings, plus dessert. \$12 per dinner: pre-order yours now by calling Donna, 902-760-2471. Quantities are limited. For information, check out our Facebook page.



horoscopes

August 29 to September 4

- ARIES - Mar 21/Apr 20**
Aries, emotional awakenings may change your goals for the time being. Expect opportunities for more travel or even new educational endeavors. Involve Pisces in your decisions.
- TAURUS - Apr 21/May 21**
Taurus, keep a light schedule this week because you may have to fit something in at the last minute. This is an easy week to connect with others as well.
- GEMINI - May 22/Jun 21**
Powerful revelations can stir up many emotions, Gemini. You may need to take time out to process some new developments. Look to others for support.
- CANCER - Jun 22/Jul 22**
Elements of your health and well-being may need to be addressed sometime soon, Cancer. Other things have been taking priority and you need to focus on improving health.
- LEO - Jul 23/Aug 23**
Leo, stay alert this week because bold and potent feelings may be drummed up and will need to be addressed promptly. Now isn't the time to deflect or procrastinate.
- VIRGO - Aug 24/Sept 22**
You're the wildcard in various situations, Virgo. People may expect one thing from you, but then you deliver something else. Keep people on their toes.
- LIBRA - Sept 23/Oct 23**
Step back and examine the big picture, Libra. If you don't, you may get lost in the small details. Take some time away for yourself if the need arises.
- SCORPIO - Oct 24/Nov 22**
Explore some hidden talents, Scorpio. Something you do as a hobby or just for fun could provide an opportunity for an entrepreneurial endeavor.
- SAGITTARIUS - Nov 23/Dec 21**
Sagittarius, you may need to step into the spotlight more often, even if doing so takes you out of your comfort zone. You can do it with the support of a few friends.
- CAPRICORN - Dec 22/Jan 20**
Capricorn, if you are seeking a clear mind, it is best to get away from home for a few days to be free from distraction. Too much going on in your life can limit possibilities.
- AQUARIUS - Jan 21/Feb 18**
Now is an ideal time to clear out social media accounts and do some digital housekeeping, Aquarius. Keep the online friends whom you interact with in person.
- PISCES - Feb 19/Mar 20**
Emotions are bound to be intense for a little while, Pisces. You may be inspired to make some major changes in your life.

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Berwick Gala Days' traditions ready for Labour Day weekend return

Berwick and area community members – and welcome visitors - are excited to join together to celebrate the last popular classic car show runs throughout the day. Events on the grounds also include the ox pull, a livestock show, three-horse pull and more. The day closes with a concert featuring Ruth Manning and the Prospectors, followed with one of two community breakfasts at the Berwick Lions Hall. Saturday will be filled with the children's parade, followed by treats for everyone, prizes and activities for youth on the grounds. Touch-a-truck displays and modified lawn tractor pulls show off all things mechanical. The day ends with an exciting addition of an outdoor Matt Mingle wood concert: watch for public health gathering limit changes that may release more tickets for this sold-out event!

Sunday, September 5, the 69th annual 5-mile road race



Sunday, September 5, the 69th annual 5-mile road race

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Warrant Officer Yannick Massé in his new conducting role with the 14 Wing Band. Sailor 1st Class J. Morris, 14 Wing Imaging

14 Wing welcomes new bandmaster

Lieutenant Jeff Campbell Kingston, remarked it may have been the village's best-attended concert ever, just under the capacity allowed under provincial regulations. The weather was ideal, as the band welcomed new bandmaster Warrant Officer Yannick Massé, formerly of the Stadacona Band, and said goodbye to former bandmaster, Lieutenant Jeff Campbell. The two shared conducting duties, along with guest conductors Staff Sergeant (retired) Maggie Helms (U.S. National Guard) and Gene Hay, two gifted musicians and directors from within the band. The band was very excited and honoured to see 14 Wing's longest serving bandmaster (1962-1972), Chief Warrant Officer (retired) Erle Dolsen, age 98, in attendance. Over the past several



Lieutenant Jeff Campbell conducts the 14 Wing Band for the last time.

crossword solution

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|---|---|---|---|---|---|---|---|---|
| S | A | F | A | R | I | S | A | P |
| B | O | L | L | T | X | E | D | P |
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| R | I | M | E | S | | H | I | C |
| E | R | E | | S | E | G | O | |
| B | O | A | R | | A | R | E | |
| S | O | M | E | T | I | M | E | |
| M | I | C | H | E | L | L | E | O |
| A | P | | F | L | A | S | H | I |
| P | E | A | R | | A | C | E | S |
| B | O | O | M | | S | M | I | L |
| P | E | N | N | | N | U | C | L |
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sudoku solution

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



Karen Bower on Benny Goodman Memories.



Kris Seely singing Moon River.

Master Warrant Officer Lisa Paquette, who passed away in March from cancer.

Another highlight on the program was Kris Seely's vocal performance of Moon River. Seely demonstrated her musical versatility as she came to the front of the stage from her usual position, playing oboe and bassoon. The concert also featured a brand new march composed by Mark Cuming, father of 14 Wing trumpet player Sergeant Jordan Cuming from 405 (Long Range Patrol) Squadron. Mark composed his We Want it All March during the pandemic, which captures elements from the top marches of all time. The concert included an emotional performance of Philip Sparke's The Sun Will Rise Again, an expression

of the sense of hope and recovery we are now feeling as we near the end of the pandemic. Though composed in response to the devastating earthquake that struck Japan in 2011, the feelings expressed certainly apply to our situation today. To conclude the concert, Massé led the 14 Wing Band in a powerful rendition of the Royal Canadian Air Force march past. Massé comes to the 14 Wing with a wealth of experience and he is enthusiastic to work with his new band. The 14 Wing Band is a military support band composed entirely of volunteers, both military and civilian. If you are a musician interested in joining the band, please contact Warrant Officer Yannick Massé at 902-765-1494 local 5295. →

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From left are Dr. Michele Saxon, Adam McNeil, Meghan Breckon, Allyson Evans, Evan Banks, Rachel Holland and Kelly Hutton, chair of the Soldiers Memorial Hospital Foundation.

Submitted

SMH Foundation awards \$1,000 scholarships to Valley med students

The Soldiers Memorial Hospital Foundation recently awarded \$1,000 physician scholarships to five local students from the mid-Valley region. The scholarships are designed to recognize the medical students from the catchment area of the Soldiers Memorial Hospital, which includes Aylesford to Bridgetown and all the communities in between.

The SMH Foundation is committed to the growth and development of our communities' youth. In addition to mentoring and engaging in education in the field of health and wellness programs, the foundation believes it is important to assist in the advancement of talented young students in their pursuit of

higher education in the field of medicine.

The Mid Valley Region Physician Recruitment & Retention Committee will now follow their progress, and offer support when needed throughout their time in medical school. It is

the hope of the Recruitment & Retention Committee these five exceptional young adults return here to the mid-Valley region, and that we help create a positive community environment for them to live, work and build their lives here as physicians. →

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