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# the Aurora

Vol. 42 No. 32

SEPTEMBER 6, 2021 NO CHARGE

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## 'Choose a job you love and you will never work a day in your life'

**Mackenzie West,  
Greenwood Military  
Aviation Museum**

The motto of dedicated Greenwood Military Aviation Museum (GMAM) volunteer Bob Lorencz, even after retirement, continues to be, "Choose a job you love and you will never work a day in your life."

Bringing an interesting perspective to the museum after his 31 years of service, Lorencz worked with the Royal Canadian Air Force (RCAF) as an aircraft technician, including civilian aircraft experience. Today, he provides the museum with valuable knowledge, and positively impacts the lives of those around him.

Lorencz has an impressive memory, and his vast experience and stories are described with a humor that brings a smile to his audience's face. He enlisted in the RCAF November 22, 1963, completing training in St. Jean in aircraft electronics and being posted for the first time a year later to Moose Jaw. It was here Lorencz had the privilege of being on one of the first crews to work on the new CT114 Tutor (the Snowbirds' aircraft), learning about the amazing aircraft and from knowledge-

able Second World War and Korean War veterans. After eight years, he moved to Greenwood to work on the Argus for nine years, during the Cold War.

As he moved up the ranks and became a master warrant officer and, eventually, captain, Lorencz continued to work on many different aircraft with postings in Cold Lake, Ottawa and Kingston, Ontario, always enjoying hands-on work. After 31 years in the RCAF, he decided to move to the civilian aircraft sector, first working for Bombardier and then working in California for a short time. One of the most interesting experiences of his career was the year he spent with Bristol Air Space in Africa. In the six years post-military he spent working on civilian aircraft, he worked everywhere from Wichita, Kansas to Toronto, eventually ending his career, full circle, working on the CT114 Tutors in Ottawa.

In 2012, now retired for a few years, Lorencz moved to Greenwood and visited the Greenwood Military Aviation Museum. He was interested in the Argus aircraft on display. Initially attending a museum society information night, he became interested in the ongoing museum



**Bob Lorencz is putting 31 years of aviation – and worklife - experience to good use as a valuable member of the Greenwood Military Aviation Museum's volunteer team.**

Submitted

project, "Lancaster Living Legends," finding and collaborating with Living Legend Viola "Lola" Videto on the project and, later, collaborating on a novel with her. Along the way, he decided to volunteer with the museum's society, initially with the Flight Education program. After four years, Lorencz still

works on museum display lighting and various electronics projects, and gives tours to visitors. He re-wired the Piasecki H44 helicopter restoration, assisted with repairs to the museum's air park aircraft and, currently, he has a crucial role providing leadership of the C45 Beechcraft Expeditor resto-

ration, incorporating friendly teamwork and cooperation in the decision-making processes. With a warm smile and a willingness to assist with any request, Lorencz brightens the day of everyone working and volunteering at the Greenwood Military Aviation Museum.

Describing his time at the

museum as a wonderful and enjoyable experience, being surrounded by kind and intelligent individuals, Lorencz loves what he does - and plans to continue well into the future, fostering curiosity in young minds, inspiring the next generation and keeping the history of the RCAF and 14 Wing Greenwood alive. ➔

# 14 Wing to mark the 81st anniversary of Battle of Britain September 19

14 Wing Greenwood will mark the 81st anniversary of the Battle of Britain with a parade Sunday, September 19, at 2 p.m., at the Greenwood Military Aviation Museum Air Park, just before the base's main gate entrance. This parade is open to the public and will feature veterans, military members and a flypast. There will be wreaths laid and music will be provided by the 14 Wing Band. The public is asked to bring their own chairs.

The Battle of Britain, says Canadian historian Hugh Halliday, "represented the first commitment of the Royal Canadian Air Force to combat in (the Second World War), although the Canadian role was small compared to future operations." The summer of 1940 was a dark time for the Allied Forces. A large portion of continental Europe had fallen to the Nazis, and Hitler was preparing to launch a full-scale invasion of Great Britain. First, he needed to dominate the airspace over the English Channel. His Luftwaffe (air force) needed to destroy the Royal Air Force (RAF).

Overseas, the RCAF formed five new day-fighter squadrons in 1941. More than 100 Canadians are deemed to have participated in the Battle of Britain, and 23 lost their lives. The experience the Battle of Britain provided to its RCAF participants built future leaders, who understood what was required of fighter squadrons and their leadership. When the RCAF formed new squadrons in Canada and the United Kingdom, these Battle of Britain veterans provided the experience and knowledge to more than half of the new RCAF fighter squadrons up to the end of 1942. →



## Friend's last flight

Earlier this summer, Canmore resident Michael Waine Oforsagd passed away. A neighbor, 409 (Tactical Fighter) Squadron Honorary Colonel Andrew Abbott at 4 Wing Cold Lake, was surprised to learn Oforsagd was a former navigator radio operator on the Argus aircraft in the 1960s and had once served with 404 Squadron. Abbot reached out to past 14 Wing Greenwood commander, Major-General Derek Joyce, now deputy commander, Continental United States NORAD Region, at the Tyndall Air Force base in Florida; as 404 (Long Range Patrol and Training) Squadron operates from 14 Wing Greenwood. Joyce contacted then-commanding officer, Lieutenant-Colonel Angela Thomas, who arranged for Oforsagd to take one last flight, in spirit, with 404 Squadron aboard CP140101 Aurora on a July 5 training mission. Photos of the occasion were shared with Oforsagd's family, aviation peers' recognition of his Royal Canadian Air Force service.



Master Corporal K. Scott

## St. Mark's 14 Wing Greenwood Battle of Britain service

All 14 Wing military personnel and their families, all 14 Wing Department of National Defence civilian employees and their families, veterans and Legion members and their families, along with local military members and their families are invited to attend a Battle of Britain service at St. Mark's Protestant Chapel, Church Street, Greenwood; Sunday, September 19, at 10 a.m.

A traditional service of remembrance, including standard forms of worship, will commemorate and reflect on the Battle of Britain and those who lost their lives in an historically significant war-effort. Known as the first all-air battle, the Battle of Britain is considered a crucial turning point in the Second World War.

Attendance is limited due to public health guidance around COVID-19: those interested in attending the St. Mark's service are requested to confirm with Helen Fillmore, 902-765-1494 local 5883 or helen.fillmore@forces.gc.ca, in advance. Attendees should have a mask and maintain social distancing.

Dress for military members with be DEU 1A with medals. Dress for civilians will be formal. →

# Switching sports gears a winning pandemic training plan

Sara White, Managing editor

First time on stage as a competitor, with two wins? That's just the way Corporal Sandi McLean likes it.

McLean, a competitive swimmer, decided to set herself a goal in April, at the start of the third-wave of pandemic restrictions in Nova Scotia and after a year of cancelled CISM regional, national and international events. With Elie Maroun, the 14 Wing Greenwood Personnel Support Program fitness coordinator as her trainer in recent years, they looked at options McLean could pursue in or out of a pool, in or out of a gym, with Maroun or without. They found the Canadian Physique Alliance's New Brunswick Natural Championship July 24: just 15 weeks away.

"Elie could see how my swimming success could be related to that: he knows how my body adapts and changes, we did some online research and contacted some coaches who do bodybuilding full-time and we trialed a couple programs in the gym," McLean says.

Maroun finished a nutrition certification program in January and dug into some past experience researching bodybuilding for men – "but I've never dealt with a person going through this, and

there are a lot of differences between men and women, so Sandi became a 'project,'" he says. McLean, 42, last competed



Corporal Sandi McLean competed in – and won two divisions – at the July Canadian Physique Alliance's New Brunswick Natural Championship.

Canadian Physique Alliance

the pool, ranking in the top eight and then helped train the Canadian Armed Forces team's triathletes. Sport of any kind has been a challenge since March 2020, including gym and pool openings and closings as various surges in the pandemic have created facility restrictions. The 14 Wing gym came out of its last closure just six weeks before the bodybuilding competition McLean was targeting.

"We got back into the gym and we just pushed," McLean says.

She went from Maroun's daily 2,000 calorie, protein-heavy, dense diet to under 600 calories a day in the final few weeks to "cut," leaning her physique to showcase every hard-earned muscle and striation. She did everything Maroun wanted – including evening snacks of cut-up cucumbers dipped in mustard, just to mimic the crunch and zing of her favourite potato chips.

"Because she's so competitive and knows what she wants and what it takes to win, it worked," Maroun says. "We had no injuries, she stuck to her meal plan and did the workouts at home whenever the gym was closed."

July 24, McLean was in Moncton, navigating her first competition. She'd worked with a posing coach, and lined up a make-up artist and



14 Wing Greenwood Personnel Support Program fitness coordinator Elie Maroun and Corporal Sandi McLean, a human resources administrator with 14 Wing Greenwood's Deputy Wing Commander Branch, are now balancing McLean's CISM swimming training with a new challenge: bodybuilding

S. White

spray tan sessions to enhance the performance side of her presentation.

"And we got lucky here," Maroun says. "Sandi just fits this sport: her personality? It's this big!"

McLean wasn't nervous, knowing herself to be confident and competitive, but had a brief qualm before her competition slot. Experiencing the pace of activity and the flurry of activity backstage was a whirlwind – and then she was on stage. McLean placed first in two divisions: women's bikini true novice and masters 35-plus.

"We went, we won two golds and qualified for nationals," she says. "The judges' feedback – they said I was

confident, I went up there and they couldn't have picked me out as a novice.

"I loved it – I've now fallen in love with this sport. It's amazing."


Maroun says McLean is now sending him texts and pictures of women in her divisions from around the world: "This is who I can beat!," "This is who I can take!," "Why not?" She laughs, but quickly lists new goals: "I want a CISM world record in the pool, and now I want top-three in the world in masters' bodybuilding."

Nationals in bodybuilding is this fall, but she'll postpone her placement. She wants to add maybe 10 pounds of muscle, keep the lean as best

she can and test a March bodybuilding show, before "I take the best body I can to present on that national stage." The natural aspect of the competition is important to her as a mother of three, a human resources administrator in the Royal Canadian Air Force and an athlete. "I want to know I've done this on my own - that's just who I am."

Sandwiched in there is a return to the pool, as the next world lifesaving and swimming event on the calendar is in the Netherlands in June.

"I'm excited to see how I will perform in the pool with these muscles: I'm stronger, a lot more defined and, when I get in the pool now to practice, I feel like a rocket!" →



the Aurora

The Aurora News

CFB Greenwood Aurora News

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**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

**National Defence and the Canadian Forces**  
Défense nationale et Forces canadiennes  
www.forces.gc.ca

**Combat Camera** | Caméra de combat  
www.combatcamera.forces.gc.ca



**Recruiting** | Recrutement  
www.forces.ca

**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
www.cafconnection.ca

**VPI** | VPI  
www.vpinternational.ca

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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

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# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Corporal Cody Osmond, centre right, January 18 was presented with a flight safety award for professionalism by Wing Flight Safety Officer Major Rich Kinner, centre left; 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, and Master Warrant Officer Bill Ryan.



Captain Robert Bialy, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts.



Aviator Tyler Happeney, centre right, accompanied by his girlfriend was promoted October 29, 2020 to the rank of corporal by 413 (Transport and Rescue) Squadron Major Michel Gosselin, left, with Master Warrant Officer Billy Ryan.



Master Corporal Dan Domonkos, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Robarts.



Corporal Moses Elvy, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Major Michel Gosselin, left, with Master Warrant Officer Bill Ryan.



July 26, Sergeant Cory Gargin, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



July 23, Officer Cadet Sonny Dovick, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Garrett Milne, left, with Chief Warrant Officer Brian Nelson.



Sergeant Rob Vardy, right, recently received the Tusker of the Quarter award from 413 (Transport and Rescue) Squadron Major Michel Gosselin.



August 13, Aviator (Trained) Mitchell Williams, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Tom Goldie, right, with Master Warrant Officer Edmond Delorme.



August 20, Corporal Beau Duckarmie, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Colin Hilchey.



April 27, Lieutenant Andrew Bruce, centre, was promoted to captain by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin.



April 27, Lieutenant Victoria Lanthier, centre, was promoted to captain by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin.



April 27, Second-Lieutenant Jordan Racine, centre, was promoted to lieutenant by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin.



April 27, Second-Lieutenant Shawn Trahan, centre, was promoted to lieutenant by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin.



June 30, 2nd Lieutenant Stephanie Juliusson, centre, was promoted to the rank of lieutenant by 413 (Transport and Rescue) Squadron Major Michel Gosselin, left, with Chief Warrant Officer Kevin Robarts.



Warrant Officer Darren Scott, centre, was promoted to current rank by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, with Master Warrant Officer Bill Ryan January 18.



July 29, Captain Abishek Batra, right, was presented with a Wing Commander's Commendation by 14 Wing Greenwood Commander Colonel Brendan Cook at the Greenwood Military Aviation Museum.



July 29, Corporal Jodie Moase, right, was presented with a Wing Commander's Coin by 14 Wing Greenwood Commander Colonel Brendan Cook at the Greenwood Military Aviation Museum.



August 20, Corporal Scott Arsenault, centre, was promoted by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Tom Goldie, left, with Master Warrant Officer Colin Hilchey.

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### 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](mailto:kingstoncaptain40@gmail.com).



# 80th events chance for 415 to celebrate dedication, perseverance

**Sara White,**  
Managing editor

Inflatable unicorns, reindeer antlers, dinosaurs and ping pong balls all made an appearance August 20, as members of 415 (Long Range Patrol Force Development) Squadron celebrated the squadron's 80th anniversary with a few "games and shenanigans."

Master Warrant Officer Jay Patterson must have raided a dozen toy boxes and searched the internet deeply to source the supplies he needed for an utterly complex relay race of

challenges – made all the more hectic as pouring rain moved the fun inside the hall at the 107 Valley Wing Royal Canadian Air Force Association. With a squadron trivia opener, attendees earned sabotage tokens to cash in against the other team.

"Have fun – this is a day to down tools and socialize," said Commanding Officer Lieutenant-Colonel Patrick LeBlanc. "We know there is a lot to do back at the squadron, but that can wait until Monday."

Wing Commander Colonel Brendan Cook and Wing Chief Warrant Officer Jona-

than Proulx endorsed the fun day, knowing how much 415 Squadron members have to celebrate.

"This is the first morale event I've seen in Greenwood," said Proulx. "You've just set the bar for the rest of the wing, honestly. Happy Birthday, 415 – this is a significant accomplishment, and you should be privileged and proud to be part of this celebration."

Cook professed an affinity for 415 Squadron: while never a member, he spent an early posting with the Maritime Proving and Evaluation

Unit, which merged in 2015 with 14 Software Engineering Squadron to reform 415 Squadron after its decade-long disbandment.

"415, you've had your ups and downs and you keep coming back. Eighty years as a unit is a big thing," Cook said. "I know the struggles you have making our Block 4 Aurora fly and work, but you see the vision and I know this is the unit that can make it happen. You are significantly important to this wing and this fleet. You always deliver; you always are to the mark!" →

From its beginnings August 20, 1941, 415 Squadron has developed a reputation as one of the finest anti-submarine warfare squadrons, demonstrating dedication and perseverance are the most effective weapons.

415 Squadron formed in Thorney Island, Hampshire, England as Canada's fourth Coastal Command and first Torpedo Bombing Squadron. The official crest depicting a swordfish with the motto, "AD METAM" Mark; was sent January 1943.

The squadron transferred in July 1944 from 16 Group Coastal Command to 6 Group Bomber Command in East Moor, Yorkshire. 415 Squadron flew its last wartime mission April 25, 1945, and was disbanded May 15, 1945.

415 Squadron re-formed under Wing Commander "Sid" Mitchell in Summerside June 1, 1961, and saw many changes in its role. Maritime air command missions ranged from search and rescue and fisheries to pollution missions and Northern patrols that demonstrated Canadian sovereignty. The squadron established a Canadian endurance record with the Argus July 26, 1961, flying 30 hours and 20 minutes, non-stop.

In June 1981, 415 Squadron began the move to Greenwood, and the Aurora replaced the Argus. July 23, 1986, the unit became known as 415 (Maritime Patrol) Squadron. 415 Squadron was stood down July 29, 2005 and joined ranks with 405 Squadron

Recognizing the increasing level of software integration inherent in the AIMP Block 3 CP140M Aurora and the expanding scope of the platform's capabilities, the Maritime Proving and Evaluation Unit and 14 Software Engineering Squadron amalgamated: 415 Squadron reformed July 15, 2015, to contribute to the force development and optimization of long range patrol command, control, intelligence, surveillance and reconnaissance capabilities. It is a busy period for 415 Squadron, now accepting the Block 4 CP140M Aurora under the Aurora Incremental Modernization Project.

415 Squadron remains ready to answer the call with dedication and professionalism, focused and ready. Whatever the job, 415 Squadron will carry on its proud tradition and remaining true to its motto, "Ad Metam - To the Mark."



S. White

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Visitez l'un de nos 21 magasins d'Aylesford à Bridgetown et soutenez notre tirage hebdomadaire **Gold Mine 50/50**. Aidez à faire une différence dans votre communauté.

# Greenwood water users encouraged to conserve through Kings water improvements

The Municipality of the County of Kings is encouraging residential and commercial customers of the Greenwood Water Utility to be mindful of the importance of water conservation during a tower refurbishment project beginning September 27.

"The municipality is asking for everyone's help with water conservation as we will be down to one tower," says Lisa Langille, manager of water and compliance for the Municipality of the

County of Kings.

A collective approach to conserving water will ensure the reduced supply continues to be more than enough water required to support the needs of the utility's residential, commercial, and fire services customers while the tower equipment earmarked for restoration is temporarily out of service.

The 10-week Greenwood Water Towers refurbishment project will result in improvements

that will enhance operations at the utility for years to come.

Learn more about how to regularly incorporate water conservation practices into daily routines at [countyofkings.ca/waterconservation](https://www.countyofkings.ca/waterconservation).

The municipality thanks customers for their patience during the Greenwood Water Towers refurbishment project, and apologizes for any inconvenience this temporary shift from routine operations may cause. →

# Base badminton practices starting for new, returning athletes

Any current badminton players - or players interested in trying the sport - are welcome to Tuesday and Thursday, noon to 2 p.m.,

practices at the 14 Wing Fitness & Sports Centre. For information, contact Matt Gillis at [matthew.gillis2@forces.gc.ca](mailto:matthew.gillis2@forces.gc.ca).



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**WATER CONSERVATION: START SAVING TODAY**

The Municipality of the County of Kings encourages residents and businesses to make water conservation a priority this summer. Small changes can make a big difference, especially in the warmer months. The best kind of water is the water we don't use. Learn more at <https://www.countyofkings.ca/waterconservation>.

**Is it necessary?**

Sprinklers, used for fun or function, waste water by the gallons. Similarly, gallons of water are lost by the minute when a standard hose is left running while a car is being washed.

**Turn it off**

Shaving, brushing your teeth or washing dishes? Turn off taps and hoses that aren't in use. The same goes for the shower: no need to leave the water running while you're soaping up.

**Save by the second**

Install low-flow shower heads and set a timer. Roughly 9.5 litres of water goes down the drain each minute with a standard shower head.

**Every little bit counts**

Watch for leaks in toilets, pipes and faucets. Hold off on doing laundry or starting a new dishwasher cycle until there's a full load.

**Time for a cold one**

Chill containers of drinking water in the fridge instead of running the tap until water turns cold.

**Get creative**

Use containers or barrels to collect rainwater for gardens. Water from eavestroughs and dehumidifiers works too.

**MUNICIPALITY of the COUNTY of KINGS**

Greenwood Water Utility customers are reminded of By-law 107, which regulates water consumption in accordance with the Municipality's Source Water Protection Plans. To learn more, please visit [www.countyofkings.ca/bylaw107](http://www.countyofkings.ca/bylaw107)



# 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 will showcase their programs, as 14 Wing welcomes new families and old friends to the Valley.

14 Wing Greenwood Community Centre, Church Street



**Saturday, September 11** | 8:30 a.m. to 10:30 a.m.

**Pancake drive thru breakfast**  
Annapolis Mess parking lot

**Le samedi, 11 septembre** | 08h30 à 10h30  
**Service-au-volant du déjeuner aux crêpes**  
Stationnement du Mess Annapolis



## Schedule | September 9 - 12

Time	Event	Location
<b>September 6</b> <b>September 9</b> 10 a.m. 7 p.m.	* Colouring contest  Golf tournament Trivia night	Aurora Newspaper  Greenwood Golf Club Oaken Barrel
<b>September 10</b> 10 a.m. to 11:30 a.m. 5:30 p.m.	* Maritime Morning Broke with Money entertainment & dance * Bowling	GMFRC Annapolis mess  Greenwood Bowling Centre
7 p.m. to 9 p.m. <b>September 11</b> 7:30 a.m. to 8:30 a.m. 8:30 a.m. to 10:30 a.m. 10 a.m. to 1 p.m. 10 a.m. to 1 p.m. 11 a.m. to 1 p.m. 12 noon 12:45 p.m. to 1:45 p.m. 2:45 p.m. to 3:45 p.m. 2 p.m. to 3 p.m. 2 p.m. to 4 p.m. 3 p.m. to 5 p.m.	* 5 km fun run Pancake drive thru breakfast * Rexpo display booths Childcare fun and games Fundraising BBQ Cool Moves demo Swim Skate Swim Movie matinee * Scavenger hunt	Fitness & Sport Centre Annapolis Mess parking lot Community Centre Community Centre Community Centre St. Mark's Protestant Chapel parking lot Fitness & Sport Centre Arena Fitness & Sport Centre Zedex Theatre Community Centre
<b>September 12</b> 10 a.m. 11 a.m.  2 p.m. to 4 p.m.	Church service Church service (pre-registration via 902-765-1494 local 5883 for all church services) Movie matinee  <i>These in-person events will follow public health COVID-19 precautions.</i>	St. Mark's Protestant Chapel Queen of Heaven Chapel Zedex Theatre

\* Attend and receive an extra ballot for Wing Welcome's three \$500 CANEX gift cards!

## Calendrier | Le 9 à 12 septembre

Heure	Activité	Lieu
<b>6 septembre</b> <b>9 septembre</b> 10 h 19 h	Concours de coloriage  Tournoi de golf Soirée de jeu-questionnaire	Locaux du journal Aurora  Club de golf de Greenwood Oaken Barrel
<b>10 septembre</b> De 10 h à 11 h 30 De 16 h à 19 h De 19 h à 21 h	* Matin maritime spectacle Broke with Money et danse * Quilles	CRFMG Mess Annapolis Salle de quilles de Greenwood
<b>11 septembre</b> De 7 h 30 à 8 h 30 De 8 h 30 à 10 h 30 De 10 h à 13 h De 10 h à 13 h De 11 h à 13 h De 12 h De 12 h 45 à 13 h 45 De 14 h 45 à 15 h 45 De 14 h à 15 h De 14 h à 16 h De 15 h à 17 h	* Diverticourse de 5 km Petit-déjeuner aux crêpes à emporter * Kiosques de la Rexpo Jeux de la halte-garderie Barbecue de collecte de fonds Démon de Cool Moves Nage Patinage Nage Matinée cinéma * Chasse au trésor	Centre de conditionnement physique et des sports Stationnement du mess Annapolis Centre communautaire Centre communautaire Stationnement de la chapelle protestante St. Mark's Centre de conditionnement physique et des sports Arena Centre de conditionnement physique et des sports Zedex Theatre Centre communautaire
<b>12 septembre</b> 10 h 11 h  De 14 h à 16 h	Office religieux Office religieux (préinscription requise au 902-765-1494 poste 5883 pour tous les offices religieux) Matinée cinéma	Chapelle protestante St. Mark's Chapelle Queen of Heaven Zedex Theatre

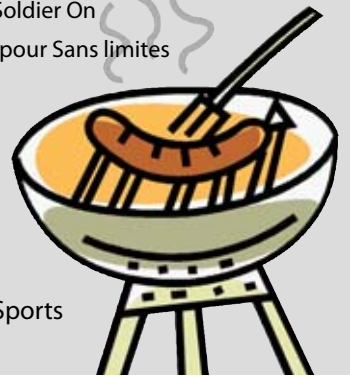
Ces événements en personne suivront les précautions de santé publique COVID-19.

**Saturday, September 11** | 11 a.m. to 1 p.m.

**Fundraising BBQ**  
14 Wing Community Centre

**Le Samedi 11 Septembre** | 11h00 à 13h00  
**BBQ collecte de fonds**  
Centre communautaire de la 14e Escadre

Freewill offering for Soldier On  
Offre de libre arbitre pour Sans limites



OPI/ BPR :  
14 Wing Fitness & Sports

**Saturday, September 11** | 7:30 a.m.

**5 km Fun Run**  
14 Wing Greenwood  
Fitness & Sports Centre

**Free**

**Le Samedi 11 Septembre** | 7h30

**Diverticourse de 5 km**  
Le centre sportif  
de l'Escadre Greenwood

**Gratuit**



## Matinee **Movie**

Limited seating; first come, first served.  
Concession will be open.  
**FREE**  
**September 11 & 12**  
Doors open at 1:30 p.m.  
Zedex Theatre

**Movie:**  
**Space Jam**  
A NEW LEGACY  
2 p.m. | 14 h

## Cinéma matinée

Nombre limité de places; premier arrivé, premier servi.  
La concession sera ouverte.  
**Gratuit**  
**Le 11 et 12 septembre**  
**Les portes ouvrent à 13 h 30**  
Cinéma Zedex

## Scavenger hunt

14 Wing Greenwood Community Centre, Church Street  
**Rain or shine**  
\$1,000-plus in prizes  
Open to Defence Team members and Community Recreation Card holders  
Teams of 2 to 6, all ages  
  
**September 11**  
Registration 2:30 p.m.  
Start 3 p.m.

## course au trésor

Centre communautaire de la 14e Escadre Greenwood, rue Church  
**Qu'il pleuve ou qu'il fasse soleil**  
Plus de 1000\$ en prix  
Ouvert aux membres de l'équipe de la défense et aux détenteurs de cartes de loisirs communautaires  
Équipes de 2 à 6, de tout âge  
  
**Le 11 septembre**  
Inscription à 14 h 30  
Débute à 15 h 00

## Trivia Night

**Thursday, September 9** | 7 p.m.  
**\$500 in prizes**  
Oaken Barrel  
Hosted by:  
Trivial Pursuits  
  
**Soirée Trivia**  
Le jeudi 9 Septembre | 19h00  
**500 \$ en prix**  
Oaken Barrel  
Hôte: Trivial Pursuits

## Plaisir et jeux pour enfants

### Children's fun & games

Centre communautaire de la 14e Escadre Greenwood, rue Church  
**Le 11 septembre**  
10 h à 13 h  
Hosted by/ Hôte:  
GMFRC | CRFMG  
  
14 Wing Greenwood Community Centre, Church Street  
**September 11**  
10 a.m. to 1 p.m.

## Prize Ballot

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Wing section: \_\_\_\_\_  
or Rec card number: \_\_\_\_\_  
or Retired CF ID number: \_\_\_\_\_

Bring this ballot to the 14 Wing Community Centre  
**September 11, between 10 a.m. and 4 p.m.**

Draws open to Defence Team members (DND employees, CF serving and retired members, NPF & DCC staff) and family; and Community Recreation Card holders. Prize will be awarded upon validation of winner as described above.

**Wing Welcome prize | One of three \$500 CANEX gift cards**

sponsored in part by

# Wing Welcome Coloring Contest • Concours de coloriage de bienvenue à l'escadre

## THINGS THAT FLY • LES CHOSES QUI VOLENT

2021 Wing Welcome Bienvenue à l'escadre

Name | Nom : \_\_\_\_\_ Age | Âge : \_\_\_\_\_  
 Number | Nombre : \_\_\_\_\_  
 Address | Adresse : \_\_\_\_\_

• Three \$20 Greenwood Mall gift cards will be awarded, one to the random draw winner from each division: Ages 6 and under, Ages 10 and under, and Ages 14 and under. • Drop off your entry at The Aurora Newspaper, 61 School Road, before noon September 10 (open 8 a.m. to 4 p.m., Monday to Thursday, 8 a.m. to noon Friday, or leave in marked bag in tote beside the front steps). • BONUS drop off: at the Saturday, September 11 Rexpo event, 10 a.m. to 1 p.m., at the 14 Wing Community Centre, Church Street

• Trois cartes-cadeaux de 20\$ du centre commercial Greenwood seront remises, une au gagnant du tirage au sort de chaque division : 6 ans et moins, 10 ans et moins, et 14 ans et moins. • Déposez votre participation au journal Aurora, 61 School Road, avant le 10 septembre à midi (ouvert de 08h00 à 16h00 du lundi au jeudi et de 08h00 à midi le vendredi, ou déposez-la dans un sac marqué dans le fourre-tout à côté de l'escalier d'entrée. • Dépôt BONUS: lors de l'événement Rexpo du samedi 11 septembre, de 10h00 à 13h00, au Centre communautaire de la 14e Escadre, rue Church

# LE TOUR DU MONDE À VÉLO

## CYCLE AROUND THE GLOBE 2021

September 10 and 13 12-1 p.m. Free spin class	10 et 13 septembre De 12 h à 13 h Classe de spin gratuit	September 10 and 17 7 a.m. - 7 p.m. Sign out a bike for free	10 et 17 septembre De 7 h à 19 h Déconnectez un vélo gratuitement
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Contact Fitness and Sports Centre front desk to register, 902-765-1494 local 5997  
 Contactez la réception du Centre de conditionnement physique et sdes sports pour vous inscrire, 902-765-1494 poste 5997

Open to military members, their families, DND and NPF employees.  
 Ouvert aux militaires, leurs familles, MDN et les employés des FNP.

#cycletheglobe

World Suicide Prevention Day #WSPD  
 Journée Mondiale de Prévention du Suicide



## Valley Regional Hospital Foundation's annual Health in Harmony Radiothon September 8

Staff and volunteers are ready to take donations in person and by phone at Valley Regional Hospital and various collection sites throughout the Annapolis Valley September 8, the annual Health in Harmony Radiothon.

The foundation and volunteers will be ready throughout the Valley at 14 various business locations from Annapolis Royal to Wolfville September 8, 8 a.m. to 4 p.m., to collect spare change and donations. Businesses and service clubs who wish to donate may also stop into the foundation office at 150 Exhibition Street, Kentville, where their donation will be announced on air as part of the on-air radiothon. Donations may also be pledged at 902-678-5414.

Jazz, ballet, hip hop, contemporary, modern, lyrical, and musical theatre dance styles

Classes are held in our beautiful studio at the Melvern Square Community Centre.

We offer recreational classes for ages 3 years and over, a parent/ tot class Thursday afternoons and a competitive troupe, Precision Dance Company.

For information or to register please email: [precisiondanceinfo@gmail.com](mailto:precisiondanceinfo@gmail.com) or visit our booth at Wing Welcome.

Class descriptions & more available at [www.precisiondanceassociation.com](http://www.precisiondanceassociation.com)

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 ON-LINE CATALOGUE [www.keystonemonuments.com](http://www.keystonemonuments.com)

### Kingston Pastoral Charge | United Church of Canada

Would like to Welcome You!

Kingston United Church – An Affirming Congregation  
 11:00 am every Sunday, 733 Main St, Kingston, NS

Margaretsville United Church – An Affirming Congregation  
 103 Seaman St, Margaretsville, NS – Please call for timings!

Torbrook Mines United Church – An Affirming & Evolving Congregation  
 2 pm 2nd & 4th Thursdays, 1388 Torbrook Rd, Torbrook Mines, NS

KPC office telephone # 902 765-3621 | Email – [officekpc@eastlink.ca](mailto:officekpc@eastlink.ca) | FB page – Kingston United Church Pastoral Charge  
[www.kingstonpastoralcharge.ca](http://www.kingstonpastoralcharge.ca)

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OPEN: Mon-Fri 10-7 | Sat 10-6 | Sun 12-5 | [www.greenwoodmall.ns.ca](http://www.greenwoodmall.ns.ca)

Proud partner of the  
**Valley Regional Hospital Foundation's annual Health in Harmony Radiothon**  
 Visit and donate in the Greenwood Mall Food Court  
 10 a.m. to 4 p.m. September 8

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

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

**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.**

**Arts volunteers welcome**

September 10, 6 p.m. to 8 p.m., 7Arts hosts a meet and greet for volunteers for the fall program. No art experience is necessary - just a willingness to have fun. Come in to see what we are all about.

**Cemetery service**

September 12, 2 p.m., is the annual fundraising and memorial cemetery service for Torbrook Mines United Church. Plot-holders and members of the public are cordially welcome. Rev. Joy Noble will be the guest speaker. The service will be a meditation on the loss of loved ones, the

coming of peace and hope, and the recovery of meaning and new growth. Appropriate music and readings will be offered. Come share this time of fellowship in our lovely church and join the blessing of the departed in the cemetery which follows. For information, or to make a donation to help us keep our cemetery, contact 902-765-4572.

**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.

**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.

**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 ques-

tions 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](http://girlguides.ca).

**Drive thru turkey supper**

September 23, 4:30 p.m. to 6 p.m., the Three Rivers Community Centre, 41 Messenger Road, 902-760-2471. Quantities are limited. For information, check out our Facebook page.

**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. \$10 drop-in fee. Details on Facebook.

**Lions 50/50 online fundraiser**

The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser.

Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at <https://rafflebox.ca/raffle/lionsclub>. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month.

**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/](mailto:area82aa.org/district3/).

**Hall rental**

The South Berwick Community Hall, 4518 Highway 1, has community rental availability for meetings, social events and programs. For details, contact Sara, [cskeddy@hotmail.ca](mailto:cskeddy@hotmail.ca).

**Donations accepted**

The Opportunity Shop, located in the Greenwood Mall, accepts donations of clean, used clothing, shoes, purses and also linens and small kitchen appliances. No electronics please. All money earned goes to local health care projects.

# 3rd, 4th crescents water lines getting an upgrade

Real Property Operations Detachment Greenwood, in collaboration with Canadian Forces Housing Association, will start a project later this month to replace existing water distribution lines supplying water to 3rd and 4th crescents from the main water feed line along Ward Road. The existing iron piping infrastructure is showing its age and requires replacement prior to failure.

This project is the second of many over the coming years to replace aging underground utilities in the Residential Housing Units neighbourhood. Included in this phase is also the water main replacement that supplies water to the CANEX and Greenwood Military Aviation Museum, as well as the residents on Maple, Cedar and Birch streets. The new PVC water lines will require minimal future maintenance. New lateral lines from the new main line to the housing units will be installed, including new valves, fire hydrants and curbstops. The entire 3rd and 4th crescents' roadway will be replaced with new asphalt, curbing and painted markings. The lines in red/ bold show the water mains to be replaced on 3rd and 4th crescents and the CANEX/ museum area. The

RHU driveway areas affected by construction will also be remediated with new asphalt.

To reduce the inconvenience and impacts to RHU residents within the project area, the project will be completed in four to five phases to minimize road closures and access to driveways and walkways. Parking for tenants when driveways are inaccessible will be at the ball diamond parking area across Ward Road.

This type of project is not easy to accomplish, but is necessary to upgrade our underground utilities. Work is scheduled to begin September 27 and is estimated to be completed by the end of November. Hours of work are normally weekdays, 7 a.m. to 7 p.m. Weekend schedules (if used) are currently unknown, but will be advertised through CFHA ahead of time. Residents can expect increased contractor presence, traffic in the area, dust and noise. Residents can also expect to have portions of their lawns and driveways disturbed during construction.

Residents are also reminded active construction zones can be a dangerous place for young children and non-construction workers without proper protective equipment. Please ensure your child is



aware to avoid these areas for a number of safety reasons.

The Real Property Operations Detachment understands this project will bring with it some inconveniences to those within the project area, and will do its best to minimize disruptions. RHU

residents may contact the manager of the local housing service centre for additional information or to raise any potential concerns or over-sights: Wanda Munro, 902-765-1263 or 902-760-0636 or [wanda.munro@forces.gc.ca](mailto:wanda.munro@forces.gc.ca).

## services & trades

Call 902-765-1494 local 5833 for info

### Business card directory



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Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à [auroraproduction@ns.alianzinc.ca](mailto:auroraproduction@ns.alianzinc.ca) ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou

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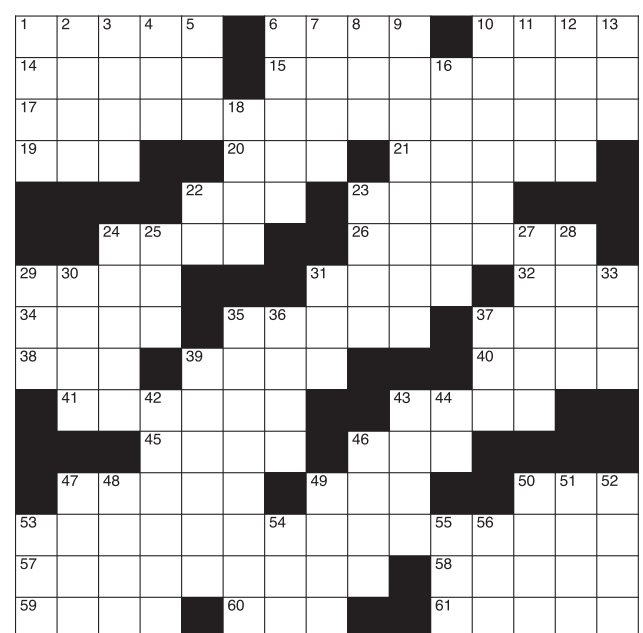
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## crossword

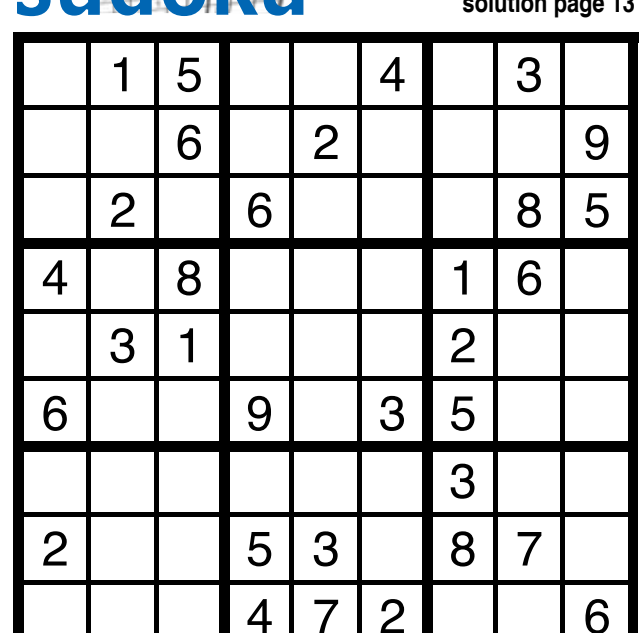
solution page 13



- ACROSS**
1. Secret clique
  6. Earliest in and out
  10. Ancient Egyptian symbol of life
  14. Olfactory property
  15. Kidnapping
  17. Golf prize
  19. Helps little firms
  20. Cast a spell on
  21. Panama is one
  22. Dishonorable man
  23. Sea eagle
  24. Part of the healing process
  26. Vin's last name
  29. Wings
  31. Made older
  32. Political device
  34. Looks like a rabbit
  35. Gurus
  37. Philippine Island
  38. Not or
  39. Hindu model of ideal man
  40. Exam
  41. Making less difficult
  43. Without
  45. Dravidian ethnic group
  46. A baglike structure
  47. Buenos Aires capital
  49. Dab
- DOWN**
1. Harsh cries of a crow
  2. Type of horse
  3. Hide; authentic
  4. Doctors' group
  5. Fugitives are on it
  6. Forged
  7. Wild goat
  8. Influential American president
  9. Calls for help
  10. Repents
  11. Palm tree with creeping roots
  12. Black powder used in makeup
  13. Happy New Year
  16. Stretched out one's neck
  18. Whale ship captain
  22. Atomic #20
  23. Border
  24. River that borders India and Nepal
  25. After B
  27. Fencing swords
  28. Where researchers work
  29. Expression of satisfaction
  30. Broadway actor
  31. Heavy, heat-retaining stove
  33. A way to eliminate
  35. Type of tree resin
  36. Russian river
  37. Children's TV network
  39. Troublemaker
  42. Averts or delays
  43. Self-immolation by fire ritual
  44. It cools your home
  46. Satisfy to the fullest
  47. Stinks!
  48. Popular board game
  49. Attack by hurling
  50. A vale
  51. Type of acid
  52. Tasmania's highest mountain
  53. No seats available
  54. Licensed for Wall Street
  55. Family of genes
  56. Constrictor snake

## sudoku

solution page 13



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

*sudoku brought to you compliments of*

**Kingston Legion BINGO**

Sunday, 1:30 p.m.  
Regular Games - \$100  
Lic.# 115910-08

- 3 Specials - 60/40
- Letter H - 80/20
- Triple Jackpot - R-W-B
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Consolation \$300
- Double Action

## horoscopes

- August 29 to September 4 LIBRA - Sept 23/Oct 23**  
This is a great week to bring your mind into focus and set a firm plan for the next several months, Libra. Now is the time to make an important decision.
- SCORPIO - Oct 24/Nov 22**  
Scorpio, if your emotions suddenly seem more intense, you may need to change your social circle and find one that aligns better with your point of view.
- SAGITTARIUS - Nov 23/Dec 21**  
Strong forces may be working against you, Sagittarius. But you won't let them derail your plans. Stay the course and things will work out just fine.
- CAPRICORN - Dec 22/Jan 20**  
Capricorn, keep conversations light and away from any controversial topics as you meet new people in the days ahead. Let them take the lead in conversation.
- AQUARIUS - Jan 21/Feb 18**  
There is a great deal of opportunity and potential to follow through on some major projects this week, Aquarius. It's up to you whether you're looking for work or fun.
- PISCES - Feb 19/Mar 20**  
Pisces, this may be an eventful week marked by some disruptions to your normal routine. Stay calm in the face of conflict.
- ARIES - Mar 21/Apr 20**  
Aries, this week will challenge your flexibility. It's possible you will have to change plans on the fly to accommodate developments at work or at home.
- TAURUS - Apr 21/May 21**  
Taurus, rather than trying to figure out why everyone is acting as they are, accept things and go with the flow. You will be much happier for it.
- GEMINI - May 22/June 21**  
You are capable of dealing with intense emotional energy most of the time, Gemini. So when someone needs a friend to confide in, you are the right person for the job.
- CANCER - June 22/July 22**  
Cancer, normally you are an easygoing person. But something this week has you rattled and you may be all fired up about it. Redirect that energy to some projects around the house.
- LEO - July 23/Aug 23**  
Leo, try to stay away from conflict this week; otherwise, you may be pulled in one direction or another. It is important to remain neutral, especially at work.
- VIRGO - Aug 24/Sept 22**  
Virgo, don't worry too much about what other people consider to be right and wrong. Stick to your ideals and you won't be guided off course. You will find someone in your corner.

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**the Aurora**

**crossword solution**

C	A	B	A	L	F	I	F	O	A	N	K	H		
A	R	O	M	A	A	B	D	U	C	T	I	O	N	
W	A	N	A	M	A	K	E	R	T	R	O	P	H	Y
S	B	A	H	E	X	E	R	C	A	N	A	L		
S	C	A	D	E	R	N	E	L						
A	L	A	E	A	G	E	R	I	S	E	L			
H	A	R	E	R	A	G	E	R	S	E	R	U		
A	N	D	R	A	M	A								
E	A	S	I	N	G									
T	O	D	A											
P	L	A	T	A										
S	H	I	V	E	R	M	E	T	H					
R	E	F	E	R	A	B	L	E						
O	W	E	S											

**sudoku solution**

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

# Ask the expert: Take your prostate to the gym

Dr. Darrell Menard

*Q: I am 46 and, during a recent medical examination, my physician told me my prostate gland is enlarged. While I am not experiencing any prostate symptoms, I am concerned because my father died of prostatic cancer at the age of 57. I am not as physically active as I should be, and I wonder if exercise has any role to play in the health of my prostate gland - Anonymous*

*A: Dear Anonymous: Great question. The prostate is a walnut sized male reproductive*

gland that sits just below the bladder and produces a fluid that nourishes and protects sperm. Despite its small size, the prostate can be a source of troubling things, such as painful infections, inflammation (prostatitis), benign prostatic hypertrophy (enlargement) and cancer. Prostatic cancer is one of the most common cancers affecting men. All prostatic problems can significantly reduce the quality of a man's life. The good news is, regular exercise is one of the best things you can do for the health of your prostate.

A Harvard University study

found the more physically active men were, the less likely they were to experience prostate gland enlargement. This was true for regular exercisers, and also for men who worked in physically demanding jobs. Even men who did regular low intensity exercise, such as easy walking, also benefitted. So you don't have to train like an Olympian to experience these benefits. Other research has shown men with early stage prostate cancer who walked briskly at least three hours/ week were 57% less likely to have their cancer progress than men who walked

less vigorously and less often. Researchers in Italy also found men with chronic prostatitis who did regular exercise had less pain, had reduced anxiety/ depression, and enjoyed a higher quality of life.

We aren't exactly sure how regular physical activity improves prostatic health, but the following are some possibilities:

1. By producing anti-inflammatory substances that can reduce prostate tissue damage.
2. By influencing the production of hormones that play a role in the development and

progression of prostatic cancer.

3. By activating tumour suppressing genes and genes that help to repair DNA.
4. By helping with weight management - obesity has been linked to more aggressive types of prostate cancer.

Regardless of the mechanism, research has shown being physically active is important for prostate health, and vigorous exercise appears to be the most beneficial. If you have prostate problems, your choice of exercise can be important. For example, cycling is a great form of exercise, but spending several hours on a hard seat may aggravate an already painful prostate. A prostate-friendly bicycle seat or a recumbent bike may help.

Any activity that is heart-healthy will be prostate healthy. Staying physically active offers men numerous health benefits including reducing their risk of having prostate problems. For men who already have prostate problems, regular physical activity, coupled with a healthy diet, can help reduce



Submitted

their symptoms and in the case of prostatic cancer, it may reduce the risk of disease progression. Exercise truly is Medicine! →

*Dr. Menard is the surgeon general's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living. Strengthening the Forces is the Canadian Armed Forces/ 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.*

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Happy 75<sup>th</sup> Birthday  
Major David Richardson (ret'd)  
Love,  
James, Kelley & Shannon

# Kings District RCMP 'caughtcha' program rewards safe-riding youth

Kings District RCMP's "caughtcha" bike helmet program is back, as RCMP, in partnership with local Tim Hortons, reward children for safe and responsible cycling. School safety resource officer, Constable Jeff Wilson, who patrols throughout Kings County on his police bicycle, will have Tim Hortons gift certificates when youth are seen wearing a bicycle helmet and operating their bicycle safely.

The following are some laws that affect motorists and cyclists:  
• Cyclists of all ages must wear a helmet. Parents may be given a *Summary Offense* ticket for know-

ingly allowing their child to ride a bike without a helmet under the age of 16.

- Every bicycle must be equipped with a bell or horn.
- Cyclists must signal their intention to turn and make lane changes. Cyclists are encouraged to learn and practice the use of hand

signals.

- Motor vehicles may only pass a bicycle if it is safe to do so and there is at least one metre of open space between the vehicle and the person cycling. Motor vehicles may cross a line to pass a bicycle safely.
- Cyclists may not ride on the sidewalk or use crosswalks

while riding.

- Children (16 and under) may cycle on a sidewalk in a public square, park, city, or town unless there is local legislation opposing it.

Bicycling is a popular and healthy activity. However, it is also a leading cause of recreational injury in children

and youth. Head injuries are among the most severe injuries that occur while bicycling and account for a leading cause of hospitalization in children and youth.

Kings District RCMP encourage cyclists to wear a helmet at all times, and it must fit properly to be most effective. →

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**Welcome events**  
**Berwick**  
Sparks, Brownies, Guides, and Pathfinders  
September 22, 6:30 p.m. to 7:30 p.m.  
Carol's Place, Cottage St., Berwick  
f Berwick Girl Guides  
**Kentville**  
Sparks, Brownies, Guides, Pathfinders and Rangers  
September 16, 6:30 p.m. to 7:30 p.m.  
Aldershot Church  
f Kentville Guiding  
**Find more units in:**  
Aylesford  
Guides, Pathfinders and Rangers  
Greenwood/ Meadowvale  
Sparks, Brownies and Guides  
Middleton  
Guides and Rangers  
Wilmot  
Sparks and Brownies  
Guides, Pathfinders and Rangers  
(start date September 15)  
**Join us!**  
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[girlguides.ca](http://girlguides.ca)

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FOR 36 MONTHS OR 1.49% FOR 72 MONTHS  
We'd like to thank our community for supporting Valley Regional Hospital Foundation. A portion of every vehicle purchase in August has allowed us to donate \$5500 towards the purchase of a new CT Scan Machine.  
KENTVILLE TOYOTA

Enjoy **FREE Wi-Fi** as you surf the books, DVDs, magazines and more at the **14 Wing Greenwood Library**. No code or password needed to access a world of information: just use the "Library Guest" setting to access your free connection.

## A Maritime Morning!

Will 14 Wing Greenwood be your new home this fall? Or have you been a resident for a while and looking to help welcome new families? Well, this new social connection opportunity September 10, from 10 a.m. to 11:30 a.m. at the Greenwood Military Family Resource Centre; is for both of you! Nova Scotia is known for its lively and welcoming kitchen parties, where all are invited to drop by for a drink and a good laugh! We can offer you the setting and atmosphere to get to know the people in your neighbourhood and find out more about your

## Un matin des maritimes!

La 14e Escadre de Greenwood sera-t-elle votre nouveau lieu de résidence cet automne? Ou êtes-vous résident depuis un certain temps et souhaitez aider à accueillir de nouvelles familles? Eh bien, cette nouvelle opportunité de connexion sociale vous conviendra à tous les deux de 10 septembre de 10 h à 11 h 30 au Centre de ressources pour les familles militaires de Greenwood! La Nouvelle-Écosse est connue pour ses fêtes de cuisine animées et accueillantes où tous sont invités à venir prendre un verre et rire! Nous pouvons vous offrir l'atmosphère pour faire la connaissance des gens de votre quartier et en savoir plus sur les avantages de votre communauté. Cette activité est ouverte à tous les adultes sou-

community's perks. This activity is open to all adults looking to sit back and ease into the morning, East Coast style. A maritime specialty will be available for you to enjoy along with a Nova Scotia-themed gift!

Register by September 8 at [cafconnection.ca/greenwood](http://cafconnection.ca/greenwood). ➔

haitant se détendre le matin au style relaxant de la côte Est. Une spécialité des maritimes vous sera offerte avec un cadeau du thème de la Nouvelle-Écosse!

Inscrivez-vous à [cafconnection.ca/greenwood](http://cafconnection.ca/greenwood) avant le 8 septembre. ➔

## Outdoor adventurers call out SAR support

August 26, the Halifax Joint Rescue Coordination Centre tasked 14 Wing Greenwood-based Cormorant Rescue 907 around 4:30 p.m., to assist an injured hiker on the Fundy Trail in New Brunswick. The individual was transferred to hospital in Saint John, and the helicopter landed in Greenwood at 7:30 p.m.

August 27, JRCC tasked Cormorant Rescue 901 just before 1 p.m. to assist with a shore search for a person in the water near Charlottetown. The helicopter was

stood down and returned to Greenwood just after 2:30 p.m.

August 27, R901 was again tasked just before 11 p.m. to assist in the search for a missing person near Lunenburg. The helicopter returned to Greenwood around 1:30 a.m. August 28, and JRCC anticipated a search resumption with daylight.

August 29, JRCC tasked Rescue 901 just after 1 a.m. to locate an EPIRB transmitting near 47N 060W. Hercules Rescue 333 de-

parted just after 1:30 a.m. The crew of the EPIRB vessel was contacted and confirmed all was well. The Greenwood aircraft were stood down by JRCC, and the Hercules returned home at 2 a.m., followed shortly afterwards by the Cormorant.

August 29, Rescue 901 left just before 10 p.m. to assist a sick hiker in Cape Breton. R901 extracted the individual, in stable condition, and transferred them to ambulance in Sydney just before 2 a.m. August 30. ➔

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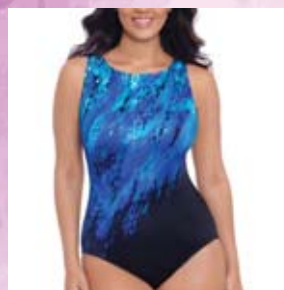
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