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the Aurora

Vol. 43 No. 03

JANUARY 31, 2022 NO CHARGE

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Colonel Tom Goldie, right, and Colonel Brendan Cook January 21 marked one of the last few days of Goldie's six months in Cook's shoes as 14 Wing Greenwood commander with cake at the command desk. Goldie covered for Cook's recent deployment and, with the appointment, is happy to say he has now bookended his military career - so far - in Greenwood: he enrolled in the Canadian Armed Forces here, and has now commanded the wing.

S. White

Wing's combined work, success obvious – essential - from command position

Sara White,
Managing editor

In his final few days as commander of 14 Wing Greenwood, the wing's "Operate as One" motto was at the forefront of Colonel Tom Goldie's mind, more than ever.

"You can fail alone, or succeed together," he said, cutting a piece out of a homemade vanilla chocolate chip cake in his office January 21, just a couple days before turning responsibilities of wing commander back to Colonel Brendan Cook. Goldie stepped up from command

at 405 (Long Range Patrol) Squadron six months ago to cover Cook's deployment.

"I couldn't have done this without support – support in this office, this hallway here in headquarters and the entire base – you've made it easy for me. Thank you. Sitting in this chair, you're looking for the support of subject matter experts – from the wing's squadron commanders all the way down. It's been impressive to see everyone contribute, and it's made my job so much easier – we do truly embody that 'Operate as One' motto – across the wing."

Goldie considers 405

Squadron's motto, "Ducimus – We Lead," but now knows more about what that takes.

"As a squadron, we can't lead on any of our operations without the wing's support elements – the force development from 415 Squadron, the work of 404 Squadron providing aircrew, Mission and Operations support squadrons, the Deputy Wing Commander Branch; and 413 Squadron never takes a pause in search and rescue.

"It's important for all of us on the wing to get out from behind our own desks and out in front of people, who share our vision and intent.

As wing commander, I've been really pleased with the progress we've made."

Even through just Goldie's six-month term, he cites the work of search and rescue personnel, preparing for the transition to a new fixed-wing aircraft; long range patrol developers, aircrew and technicians who continued to train, improve and fly; plus, on-going morale and welfare programs and services that add to it all. He even managed to keep flying, requalifying on his instrument rating test – likely the only current Aurora pilot to have been signed off by the

commander of 1 Canadian Air Division, his immediate supervisor while acting as wing commander.

"And, COVID-19 was obviously interjected," he says. "If I feel like I might have been 'robbed' of a command experience of the wing – turn it around: it's a challenge I experienced that has helped me grow as a leader, fighting an enemy you can't see. The operations we've met are a testament to the dedication of the men and women on this wing, who prove service to Canada before self and recognize we all have important work to be done."

While, as of January 21 Goldie didn't have a formal posting message, he was "just going to show up" at 405 Squadron after a few days' leave.

"This has been a unique opportunity and a challenge, but it interrupted my command tour at 405, and I'm looking forward to going back and finishing the job. And, my family is looking forward to having me back."

That slice of cake? Goldie, who gave up sugar January 1 for the month as a personal challenge, gave in.

"I'm going to eat it – I deserve it!" →

Talk, listen, connect – mental health of everyone important as wing ‘Operates as One’

Sara White,
Managing editor

January 26 – “It’s ‘Bell Let’s Talk Day,’ not ‘Bell Let’s Freeze Day,’” said 14 Wing Greenwood Commander Colonel Brendan Cook, ready to raise the mental health campaign’s flag at the main gate. It was also, perhaps, “Bell Let’s Walk Day” at the base, as Defence Team members were encouraged to take the

day’s talk, listen and connect message outside. “We talked early in the pandemic of the ‘social’ isolation and distancing, and we have been working from home at times – but being safe does NOT mean we can’t connect with one another. Reach out through social media, a phone call or put on your mask, knock on someone’s door and step back your 10 feet – let them know you’re there. We have worked to talk about that all along at

14 Wing.” Cook said the pandemic has had a definite effect on people’s mental health, but people had mental health issues before that and, “all put together, we need to do our level best to address all of it at once.”

“Listen, talk and be there for other people. I need you to put mental health first and foremost in everything we do, talk about

where to get help and think about the dignity and respect of everyone, regardless of their mental health status at that time. It’s all about everyone being an integral part of the wing, so we can “Operate as One.” Wing Chief Warrant Officer Jonathan Proulx looked around at those gathered for the flag raising, a small

group of mental health and wellness providers at 14 Wing, from health Promotion and fitness to family support to chaplaincy and mediation and several others. A number of people had picked up pre-messaged signs that appealed to them, with words

about education, stigma, listening, time for yourself and more.

“This is one day a year – but it’s not the only day,” Proulx said. “We’ve got the walk activity happening today, and you should do it for yourself or with a family member. Let’s let people see us from the wing, see us smiling and see us out there for mental health.” →



Corporal C. Hildehey, 14 Wing Imaging

Ski trails open up the outdoors at Greenwood course

Sara White,
Managing editor

In a perfect winter fun partnership, there are now several kilometres of groomed cross country ski trails crisscrossing the snow-covered grounds of the Greenwood Golf Club. As long as conditions allow, the trails are free for everyone to use.

14 Wing Greenwood’s Community Recreation and Scotia XC Ski Club, a member of Cross Country Nova Scotia, opened the first weekend of trails January 22, after making trail in an abundance of January snow.

“This will be a destination,” says Lorenzo Caterini, a volunteer from Kentville who plans to spend several days a week grooming the Greenwood course trails over the next month or two. “People will come from all over Nova Scotia, they’ll spend a couple

days, eat out and ski. “And – the trails are also great for families. Groomed trails are wonderful for getting out with kids or older family members. There are always some people who love breaking snow and heading out onto the back country, but these trails will be very skiable.”

Paragon Golf hosted the Cross Country NS trails last winter, but has course construction in progress. Caterini says cross country enthusiasts in the Valley and Western Nova Scotia loved close-to-home access to groomed, quality Nordic trails normally found in Northern or Highland communities, so this Greenwood opportunity is good news.

“It should be a wonderful venue, with good snow depth – we’re hoping to get four to eight kilometres of trail out of it.”

Jill Jackson, Community Recreation manager, says it’s exciting to watch the trails going in.

“This is another outdoor pursuit, where people can be outside and be together,” she says. “We’re excited – on a Saturday, we could bring our centre’s snowshoes and skis over, and have staff here to pass them out to families to try. Maybe we do hot chocolate, or a moonlight ski – we’ll watch the weather and conditions and post on Facebook if we can plan some special events.”

A few notes for groomed trail users: parking is at the Greenwood Golf Club, and there are no indoor amenities. Only cross country skis should be on the groomed trails: no walking or dogs. Snowshoeing is allowed on the course all winter (just stay off the groomed ski trails). The groomed trail is about



Cross Country Nova Scotia is on course at the Greenwood Golf Club, grooming up to eight kilometres of trail loops for skate and Nordic skiing. The first trails were ready for use January 22, and will be groomed regularly as conditions allow through the winter.

five feet wide, which includes a flat portion for skate skiing and the parallel cut tracks for traditional Nordic skiing. For information on snowshoe loans or sourcing cross country skis, contact Community Rec at 902-765-1494 local

5341. Any outdoor activities should be in line with current COVID-19 public health guidance.

Caterini is also maintaining a two-kilometre trail loop in Kentville, in the sand pit just across the road from

the skate park. For more information on Scotia XC and Cross Country NS-maintained trails, memberships, which help offset grooming expenses for volunteer clubs; and special programs, visit crosscountrysns.ca. →

Reserve opportunities available at 14 Wing

14 Air Reserve Flight provides a professional flight of trained, flexible personnel to support air operations at 14 Wing Greenwood. Members may be former Regular Force members; others are new recruits from all walks of life, looking to challenge themselves with new skills and opportunities.

Master Corporal Cheryl Morris looks after recruiting and attractions for Greenwood’s Air Reserve, matching Regular Force transferees with available Reserve positions at 14 Wing and helping new recruits through the process of joining the military Reserves, including screening, the application, timelines, trade consideration and preparing for enrollment and basic military qualification training.

14 Air Reserve Flight is currently recruiting the newest Royal Canadian Air Force trade, **air operations support technician**. This is an ideal position for new recruits. An AOS Tech provides support in aircraft servicing and handling, search and rescue, airfield and base security, and transport and general duties.

Reserve opportunities available now, advertised on the Reserve Employment Opportunities website (ar-

myapp.forces.gc.ca/reo-oe/en/AIRCOM-1CAD-All.aspx), vary, but include:

AOS technician junior supervisor – 413 (Transport and Rescue) Squadron: The AOS tech junior supervisor’s primary responsibilities include supervision of junior AOS techs and AOS techs under training, providing maintenance support on CAF aircraft, executing aircraft servicing (starts, parks, fueling, towing), supporting other scheduled maintenance and repair

tasks, and supervision and support to AOS techs supporting vital point security, inner/outer security, roving patrol duties, challenge procedures and searches). Positioned at a SAR squadron, this role also includes inspection/ maintenance of SAR medical and operational equipment, setup/teardown of drop zones and support to dive ops during SAR ops.

Quality manager - 14 Air Maintenance Squadron: Du-

ties include serving as the CP140 quality manager; establish, implement and maintain the fleet’s Quality Management System; ensure the fleet’s Manual of Aerospace Procedures remains compliant with the Quality Standard for Aerospace Engineering & Maintenance; 14 AMS building custodian; and D/UGSO.

Shift IC cook - 14 Mission Support Squadron: Duties include preparing and cooking food under NSCM; employed as a shift worker (including

weekends); and conduct duties as IC shift.

For information on opportunities at 14 Wing Greenwood’s 14 Air Reserve Flight, or wider opportunities in the Canadian

Armed Forces, contact Master Corporal Cheryl Morris, recruiting and attractions, 14 Air Reserve Flight, cheryl.morris@forces.gc.ca or 902-765-1494 local 5307. →

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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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VPI | VPI
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Triathlon finish just fine after challenging run segment

Lieutenant-Colonel Eric Travis, Deputy Wing Commander, 14 Wing Greenwood



I will start this post-race summary by describing Ironman Cozumel 2021 as a memorable event.

Travel to Cozumel for the November 21 event was relatively uneventful - but was as logistically complicated as would be expected when travelling with a time-trial bike through a COVID-19-affected landscape.

Ironman Cozumel was a full Ironman distance race: a 3,800-metre swim, a 180-kilometre bike and a 42-kilometre run. The first few days included pre-race activities (activation bike rides and runs, and familiarity swims, athlete registration, bike drop-off, etc), and, while those warm-up activities were good for the nerves and allowed us to become more familiar with the course, it seemed I blinked - and race morning was upon us.

The forecast was for a few showers early in the day but clearing pretty early, low winds and favourable swim currents. I woke up at 3 a.m. and was immediately a little concerned for my stomach

(sorry for the detail, but want to try to keep it as real as possible). I took some Imodium, and hoped for the best as I went for eggs, toast and a cup of tea. I felt slightly lightheaded, but chalked it up to race nerves.

We caught the shuttle to the first transition area (where we would finish the swim and start the bike) and set everything up. I checked my bike's tire pressure, added electrolyte drinks, salt tabs, and gels to my bike; attached my bike shoes to my pedals and carefully placed my helmet and bike bag. The cool rain at 5 a.m. was chilling. Then it was

onto the shuttle to take us to the race start, four kilometres up island.

Upon arrival at the race start, all the athletes were shedding their outer layers of clothing and putting on their swim skins, caps and goggles; seeding themselves into their estimated swim time corrals with everyone wearing a disposable face-mask until just before diving into the water. I was hoping to swim under one hour, so seeded myself accordingly and awaited the race start, shivering in the rain. Thankfully, my stomach had settled slightly.

The race is a rolling start: athletes cross a timing mat, which activates their timing chip, and enter the water a few at a time. As soon as I entered the water, I felt strong. I was passing other athletes and working at a comfortable effort level. After approximately one kilometre of swimming, I noticed another swimmer approximately 10 feet to my right matching my pace exactly for some time. I made the decision to swim across to him and draft off his feet (this is legal for the swim portion and saves a lot of effort - if you can find the right swimmer!). He had a gentle two-beat kick, which meant the water behind him was not overly turbulent and I was able to enjoy the ride for the remainder of the swim as the two of us continued to pass group after group. When I exited the water, I was excited to see 47 minutes on the clock: I had a great swim, with obviously favourable currents!

After a short jog through T1, I placed eight gels in my race suit pockets, put on my helmet and socks, grabbed my bike and ran out of the transition zone. I immediately felt strong on the bike and had to keep telling myself to cool my jets, as I felt I could go faster. I was riding at over 40 km/h for the first hour, only slightly above my desired power numbers. The winds were quite calm and the roads were relatively empty for my first two of three laps, which meant I could focus on holding my power numbers and following my nutrition plan (two gels, two salt tabs and one bottle per hour).

Approximately halfway through the bike, I could feel some stomach gas pressure building. I decided to decrease the power output slightly and try to settle things down. By the third lap, there were many athletes on the road, the puddles were getting quite deep and numerous packs of athletes were drafting (not legal in Ironman racing). I did my best to avoid those packs, the deepest puddles and any sharp rocks. Before I knew it, I was heading into T2 in record time.

My race time upon entering T2 was 5:34:10, setting



14 Wing Greenwood's Lieutenant-Colonel Eric Travis challenged himself to pull through a solid two-out-of-three phases of an Ironman in Cozumel in November.

myself up well for a nine-hour finish time. I allowed myself to hope for the best as I jogged out at an easy-feeling, sub-5 min/km pace - and some disturbing gas pains in my gut. The run was composed of three 14-km loops of a flat, out-and-back course. By three kilometres, I was looking for a porta-potty. I found one at five kilometres (thank heavens), and ended up stopping three times on the first loop, with little success. I was no longer able to take on any race nutrition and only dumped water and ice in my suit and on my head to keep cool.

The second lap saw me paying for that lack of nutrition with a slower pace and two more unsuccessful porta-potty visits. I was concerned, if I continued trying to run for the third lap with no nutrition, I would end up in the medical tent. I was completely depleted of energy and in significant gas cramp pain. I walked for 12 km of the last loop, losing an hour-plus of time and frustrating me to no end, but I was determined to finish what I had started. With two kilometres left, I tested my guts and legs with a few steps of running, and

an ongoing argument in my head to stop. I have never been happier to shuffle to a finish line. I collected my medal, and headed to the porta-potties - again. Takeaways: eating a foreign diet prior to race day is risky (!), find a better solution for salt tablets on both the bike and run (my race belt pocket isn't water proof and all tablets quickly turned to salty goop) and, if racing with gastro, use a two-piece suit! While not happy with the finish time, I was pleased with the swim and bike performance. The race venue was excellent, with a supportive local population, great scenery and good race organization. There was a bit of an error by the race director, in that they ran out of water and a few other things later in the race, but that is likely due to this race normally having 800 to 900 participants but, this year, saw 2,800 starters due to COVID-19 cancelling so many other races.

Thanks to all those who supported me in getting here: firstly, Maggie and Ethan; my coach, Dan Bodden of RFM Endurance; and 14 Wing Greenwood Personnel Support Program. →

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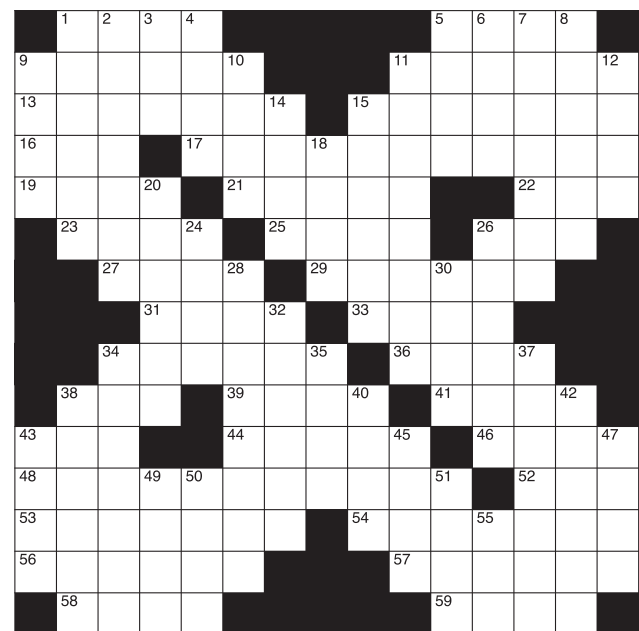


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crossword

solution page 7



- ACROSS**
- 1. Breathe noisily
 - 5. ___ Nui, Easter Island
 - 9. Reddish browns
 - 11. Simple shoes
 - 13. Produce alcohol illegally
 - 15. Home to famed golf tournament
 - 16. Tax collector
 - 17. Famous people
 - 19. Urban area
 - 21. Units of syllable weight
 - 22. Pituitary hormone (abbr.)
 - 23. Dismounted
 - 25. Actor Damon
 - 26. Vietnamese offensive
 - 27. Retail term
 - 29. Netted
 - 31. Partner to carrots
 - 33. Witnesses
 - 34. Caulked
 - 36. Satisfy
 - 38. R&B performer
 - 39. Monetary units of Macao
 - 41. Give advice, explain
 - 43. Possesses
 - 44. Turn back
 - 46. Gentlemen
 - 48. One who fertilizes
 - 52. Italian monk title (prefix)
 - 53. Parties
 - 54. Type of horse
 - 56. Cuts in half
 - 57. Raises
 - 58. Expresses contempt or disgust
 - 59. Ancient Italian-Greek colony
- DOWN**
- 1. Illinois city
 - 2. One of the original disciples chosen by Christ
 - 3. Young form of a louse
 - 4. Type of powder
 - 5. Finger millet
 - 6. Share a common boundary
 - 7. Assumed as a fact
 - 8. Provide clear evidence of
 - 9. Invests in little enterprises
 - 10. A way to be
 - 11. Monies given in support
 - 12. Fashion accessory
 - 14. Steal
 - 15. Becomes less intense
 - 18. Geological times
 - 20. Hoary!
 - 24. Monetary unit
 - 26. Male reproductive organs
 - 28. Earnings
 - 30. Close by
 - 32. Small integers
 - 34. Fixed in place
 - 35. Used to treat Parkinson's disease
 - 37. Large, imposing building
 - 38. A rooftop shelter
 - 40. Shift, hairlike structure
 - 42. Print errors
 - 43. To show disapproval
 - 45. Body of traditions
 - 47. Without
 - 49. Clapton, musician
 - 50. Dangerous illegal drug
 - 51. Infrequent
 - 55. Sound unit

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at the Lions hall (starting at noon February 8) \$12. Pre-order ONLY: call the Lions hall at 902-765-2128 either February 2 or February 3, between 8 a.m. and noon.

Snowshoe hike
February 5, 10 a.m., Hike Nova Scotia and the Fundy Erratics present a guided walk at Mount Shubel and Sandy Cove Beach in Digby. Bring your own snowshoes. Registration required in advance; details at hikenovascotia.ca.

Snowshoe hike
February 6, 1:30 p.m., Hike Nova Scotia and the Municipality of the County of Annapolis present a guided snowshoe at South Shore Annapolis Valley Trail in New Germany. Snowshoes will be provided. Registration required in advance; details at hikenovascotia.ca.

Snowshoe hike
February 12, a0 a.m., Hike Nova Scotia and the Fundy Erratics present a guided snowshoe at Acacia Valley Trails in Hillgrove. Bring your own snowshoes. Registration required in advance; details at hikenovascotia.ca.

Quieter SAR call-outs through January

January 1, the Halifax Joint Rescue Coordination Centre tasked a 14 Wing Greenwood based Cormorant helicopter,



horoscopes

January 30 to February 5

ARIES - Mar 21/Apr 20

Aries, you may be tempted to overspend this week, as you have a mind to remodel or redecorate your home in a major way. Try not to get carried away.

TAURUS - Apr 21/May 21

You are ready to pour a huge investment of time and resources into a creative project that is dear to your heart, Taurus. Let the ideas flow organically instead of pushing too hard.

GEMINI - May 22/June 21

Phone calls and emails keep coming in, to the point where you may want to turn off your devices for the rest of the week. Find opportunities for peace and quiet.

CANCER - Jun 22/July 22

Cancer, you may feel like you have all of the answers. But you can still heed advice from those who came before you - especially in the work setting.

LEO - Jul 23/Aug 23

Leo, you have high hopes for a productive week, but you may not check off everything on your to-do list. It's fine to let one or two things slide.

VIRGO - Aug 24/Sept 22

Virgo, why make things difficult for yourself when others are willing to lend a helping hand? You don't have to chart the course alone, so accept any offers of help that come along.

horoscopes brought to you compliments of

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February challenge all about military members', families' mental health

The PSP Winter Challenge 2022 theme is "Improving Mental Health." For the month of February, stay physically and mentally healthy by taking part in this free event.

Compete against other people across the country. Individuals or teams also have the option to raise charitable funds in support of Soldier On.

Open to Defence Team community, including military members and their families, Department of National Defence, Non Public Funds, military family resource centre, Defence Research and Development Canada and Defence Construction Canada employees and their families; and anyone with the ability to get a CF1 Card.

Just about anything counts: skating activities, such as hockey, ringette, skating; court and racket sports, gym sports, outdoor winter activities, including crosscountry skiing, snowshoeing, downhill skiing, snowboarding; go for a hike, bike (indoors/ outdoors), run or swim; or get in a strength workout or attend a virtual or in-person exercise class (HIIT, cardio, spin, yoga, strength).

Registration is open now, with all proceeds going to Soldier On. Register here: <https://raceroster.com/.../55716/psp-winter-challenge-2022>. Please adhere to all local, provincial and federal public health guidance regarding COVID-19. →

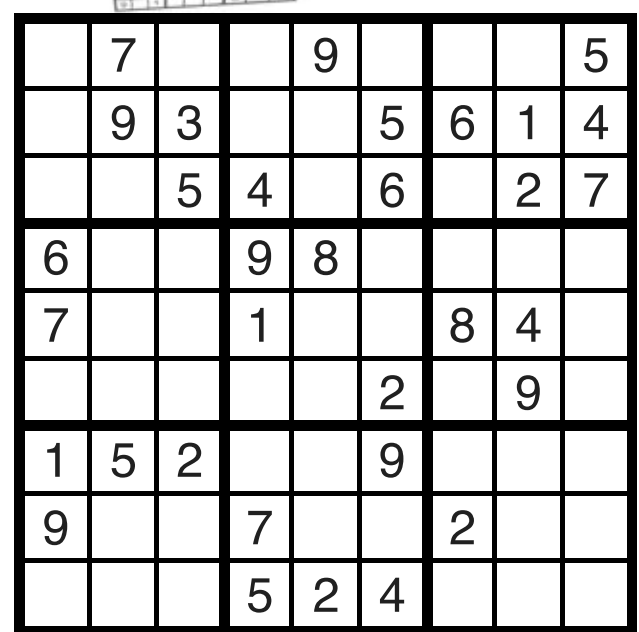
injured crew member needed assistance. A Hercules left shortly after the helicopter to provide top cover. The vessel was approximately 110 nautical miles southeast of Halifax.

The injury had happened around 10 p.m. the night before, but weather precluded an earlier launch. The patient was transferred to the Coast Guard vessel "Bickerton" and was stable. The Hercules returned to base just before 9 a.m., followed by the Cormorant just after 10 a.m.

January 17, just before 9:30 a.m., Cormorant R907 went airborne to look for an EPERB sounding near Liverpool. The crew identified the signal as coming from a vessel at the Port Medway harbor wharf. The vessel owner was contacted, and it was determined there was no distress. R907 stood down by 10:30 a.m. →

sudoku

solution page 7



Level: Beginner

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

classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroramarketing@ns.aliantzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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 annoncées 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 auroramarketing@ns.aliantzinc.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 un courriel à auroramarketing@ns.aliantzinc.ca.

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GREG BANKS AUTO SALVAGE & TOWING
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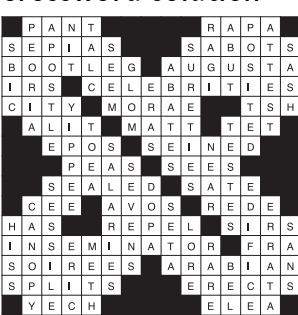
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free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves,

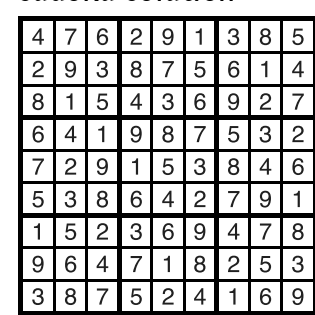
rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Thank you & Happy New Year. (4302-4tpb)

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crossword solution



sudoku solution



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GMFRC **CRFMG** **MFSP** **PSFM**

Employment Opportunity Greenwood Military Family Resource Centre (GMFRC) FAMILY LIAISON COORDINATOR Full Time Position

Our Greenwood Military Family Resource Centre's Family Liaison Coordinator specializes in delivering standardized, consistent care, and support to Canadian Armed Forces (CAF) families coping with illness, injury, and/or a special need. If you understand the unique military lifestyle and your passion lies with helping families, consider joining our team.

Who we are looking for
We are looking for a team member with a Bachelor of Social Work degree. You must be registered, or be eligible to register, with the appropriate provincial licensing body.

Your experience
To support our 14 Wing Greenwood families, you will need extensive experience working with individuals, families, small groups, and communities. You must have experience in program design, development, implementation, facilitation, coordination and evaluation; adult education and training; counselling; crisis intervention; family violence and abuse; and attachment and separation dynamics and processes.

Your contribution to the team will include
You must have advanced verbal and written communication skills to fulfill the need for public speaking, facilitating workshops, and report writing. Bilingualism is a strong asset. You must have excellent interpersonal and assessment skills as well as sensitivity and tact in dealing with people under stressful conditions, including crisis situations. You must be warm, have empathy and humour, and have a non-judgmental philosophy of care and a good understanding of ethical principles. You must be a good team player and participate in the development of new ideas and methods for program enhancements. Your clear understanding of the community development process is essential and a working knowledge of community resources in the catchment area is required specifically for those who are injured, ill, and/or have special needs. A sound knowledge of risk management issues as well as a strong belief in the principle of volunteerism is required.

Our work week is 37.5 hours with the occasional requirement of evening and weekend hours.

Want to learn more? Please submit your resume by 4 p.m. **on Friday, February 18, 2022** to Margaret Reid, Greenwood MFRC Executive Director at:
Email: home@greenwoodmfr.ca Subject line: resume - FLC
Mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0
Drop off in person to: Greenwood MFRC, AVM Morfee Centre, 24 School Road, Greenwood.

The Greenwood MFRC is committed to employment equity. You can learn more about the GMFRC at: cafconnection.ca/greenwood

GMFRC **CRFMG** **MFSP** **PSFM**

Occasion d'emploi Centre de ressources pour les familles militaires de Greenwood (CRFMG) COORDONNATEUR.TRICE DE LIAISON AUPRÈS DES FAMILLES Poste à temps plein

Le/la Coordonnateur.trice de liaison auprès des familles du Centre de ressources pour les familles militaires de Greenwood se spécialise dans la prestation de soins, de services et de soutien normalisés et uniformes aux familles des Forces armées canadiennes (FAC) et de vétérans aux prises avec une maladie, une blessure et/ou un besoin spécial. Si vous comprenez le style de vie militaire unique et que votre passion est d'aider les familles, envisagez de vous joindre à notre équipe.

Qui nous cherchons :
Nous recherchons un membre d'équipe avec un baccalauréat en travail social. Vous devez être enregistré.e, ou être admissible auprès de l'organisation provinciale appropriée.

Votre expérience :
Pour soutenir nos familles de la 14^e Escadre de Greenwood, vous aurez besoin d'une vaste expérience de travail auprès d'individus, de familles, de petits groupes et de collectivités. Vous devez avoir de l'expérience dans la conception, le développement, la mise en œuvre, l'animation, la coordination et l'évaluation de programmes; éducation et formation des adultes; conseils; intervention de crise; violence domestique et sexiste; et les dynamiques et processus d'attachement et de séparation.

Votre contribution à l'équipe :
Vous devez posséder de solides habiletés en communication orale et écrite pour être en mesure de parler en public, d'animer des ateliers et de rédiger des rapports. Le bilinguisme est un atout important. Vous devez avoir d'excellentes compétences interpersonnelles et d'évaluation ainsi que de la sensibilité et du tact pour travailler avec des personnes dans des conditions stressantes, y compris des situations de crise. Vous devez être chaleureux.euse, avoir de l'empathie et de l'humour, avoir une philosophie de soins sans jugement et une bonne compréhension des principes éthiques. Vous devez être un.e bon.ne joueur.euse d'équipe et participer au développement de nouvelles idées et méthodes pour l'amélioration du programme. Votre compréhension claire du processus de développement communautaire est essentielle et une connaissance pratique des ressources communautaires dans la zone desservie est requise spécifiquement pour les personnes blessées, malades et/ou ayant des besoins spéciaux. Une bonne connaissance de la gestion des risques ainsi qu'une forte croyance au principe du bénévolat sont requises.

Notre semaine de travail est de 37,5 heures avec du travail le soir et la fin de semaine à l'occasion. Veuillez envoyer votre curriculum vitae au plus tard à 16 h, **le vendredi 18 février 2022**, à : Margaret Reid, Directrice exécutive du CRFMG
Courriel : home@greenwoodmfr.ca Objet : resume - FLC
Poste : Greenwood MFRC, C.P. 582, Greenwood, N.-É. B0P 1N0
En personne : CRFM de Greenwood, Centre AVM Morfee, 24 School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Pour en apprendre davantage sur le CRFMG : www.connexionfac.ca

RCMP urge motorists to watch winter parking bans

Kings District RCMP are urging motorists to educate themselves on communities which may have winter parking bans, as Kings County works through snow removal season.

In the Town of Wolfville, winter parking regulations are in effect to March 31 on all streets in the town. Parking of vehicles on streets is prohibited from 12:01 a.m. to 6 a.m. and from one hour after the start of a snowstorm

to two hours after the storm has stopped.

In the Town of Berwick, there are winter parking regulations in effect to April 15, between 1 a.m. and 7 a.m.

In Wolfville and Berwick, physicians, fire and police officials are exempt from these Regulations while carrying out their official duties; and, operators of commercial vehicles are exempt while loading and unloading.

The Municipality of Kings has a winter parking ban to March 31, between 1 a.m. and 6 a.m. The affected areas of Kings County are listed at novascotia.ca/tran/winter/winter-parking-ban.asp.

When dealing with snow removal, officials and police may deal with winter parking violators through the Provinces

Motor Vehicle Act. The penalty may be a fine, or the vehicle towed away. Regardless of the status of an overnight winter parking ban, vehicles may be towed any time during the day or night, any day of the year, if they are interfering with snow-clearing operations, as per Section 139 of the Nova Scotia Motor Vehicle Act. →



Chris d'Entremont
Member of Parliament for West Nova/Député - Nova-Ouest

We are now open to the public Tuesdays and Thursdays 9 a.m. - 3 p.m.

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