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 **the Aurora**

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Sharp eyes catch fleet-wide flight safety issue

March 8, 2021, while checking on an unrelated flight safety occurrence, Corporal Edward Shaw, a flight engineer at 413 (Transport and Rescue) Squadron, was conducting maintenance of a fouled hoist cable on aircraft CH149 Cormorant 907.

He discovered the manual cable cutter would not reset, even though it is designed to do so automatically under spring pressure for continued operation. The cutter was found to bind, requiring it to be manually reset, which, in turn, could have produced a potentially dangerous situation in the event of required use during a rescue. The component was removed, cleaned and lubricated; then reinstalled and checked serviceable. Shaw then went above and beyond by inspecting manual hoist cable cutters on other aircraft in the squadron - and found the same issue.

Shaw notified squadron Flight Safety, which contacted other Cormorant units across the Canadian Armed Forces. It was discovered 75 per cent of the fleet had unserviceable manual hoist cable cutters, and no inspection or maintenance cycle existed for the item.

Despite being a new flight engineer on the Cormorant, Shaw demonstrated exceptional insight in recognizing a critical fault and immediately taking corrective action. For his initiative, thoroughness and dedication, Shaw is most deserving of the Flight Safety for Professionalism Award. →



Corporal Ted Shaw, in front of a CH149 Cormorant: Shaw discovered a significant flight safety issue with the helicopter's hoist cable, resulting in a fleet-wide fix.

Sailor 1st Class J. Morris, 14 Wing Imaging

Connecting to community care

Wing backs Valley health practitioner recruitment, retention efforts - for all

Sara White,
Managing editor

14 Wing Greenwood's military families without a doctor or access to reliable care are not alone: 81,000 people are on the Nova Scotia need-a-doctor registry. In the Western Valley, there are 6,000 people - close to 30 per cent of the population - without regular care, the highest in the province.

"My family has spent two-and-a-half years on the wait-list," 14 Wing Commander Colonel Brendan Cook said in

a base-wide virtual town hall February 23, in response to a question about dependents' access to local health care. "We just heard we're soon to be enrolled with a doctor, but we leave Greenwood in July. I understand."

Fifteen years ago, the wing partnered with the Nova Scotia Health Authority to open the Greenwood Family Health Clinic in the Morfee Centre. The base provided the space, and NSHA provided the staff, programs and equipment.

"The thinking was that clinic

would predominantly serve military families, with some access by the wider community, and we do have that today - but military families move, and may not have taken themselves off the patient list, and other military members have retired here, and remain on the list as part of our veteran community."

In 2020, Cook tasked then-Deputy Wing Commander Lieutenant-Colonel Dale King to engage with NSHA with support for the Greenwood clinic, and the wider community on

healthcare worker recruitment. A thorough check of the clinic's patient list - with personal phone calls made to many - found some military families were no longer in the area.

"The priority for us is clear: if a space opens up, a military family be considered first - but it won't be everyone, and it won't be soon," Cook said.

'Anyone we can attract helps us all'

Current Deputy Wing Commander Lieutenant-Colonel Eric Travis, King's successor,

says "anyone we can attract to Nova Scotia, helps us all," using words that sound remarkably close to 14 Wing's motto, "Operate as One."

"Working on doctor and health care worker recruitment is a very different task than my typical military work," he says, "but medical care is a big deal for our military families. If families can't get a doctor while they are here in Greenwood, it affects families' posting decisions - and that means the military member we need for their skill, and the member's

potential career advancement - doesn't happen. Everyone loses.

"I'm enjoying working with the community and seeing the work going in to this and the progress being made."

Travis is working mostly closely, recently, with the Mid Valley Region Recruitment and Retention Committee, established by the Soldier's Memorial Hospital Foundation to retain and recruit health care personnel to the SMH's

Continued on page 2...

Connecting to community care...

...cover

catchment area, from Aylesford west to Bridgetown. This is the region where many of those 6,000 Western Valley residents without primary care live.

Don Hyslop is the volunteer community navigator for the Mid Valley committee. He says 14 Wing has already made a difference, providing meeting space, photo and video services, adding recreation and fitness centre information and access to welcome packages for residents and visiting healthcare workers, attending meet and greet events for health workers and community members, and adding "people power" to targeted initiatives.

"We've seen one-and-a-half physicians added to our catch-

ment area since last summer," Hyslop says. "We're doing it. Everyone who can has to be involved in this. I'd just say, 'thank you.'"

Valley effort all about collaboration, connection

At the eastern end of the Valley, Breanna Hall is the community physician navigator for the Annapolis Valley Collaborative Committee for Doctor Retention and Recruitment. She initially worked with King, tying 14 Wing to some of the committee's projects, and adding in extras only the base could bring to the table.

"We had a flyover in July of Valley Regional Hospital, just to show appreciation for our physicians and healthcare workers," Hall says, "and we'd

added the wing to an incentive program for nurse practitioners and doctors visiting or new to the area.

"In 2021, we had a 100 per cent retention rate with residents who were working in the Valley, which is phenomenal."

Hull says the Eastern Valley committee is certainly "not in competition with" the Mid Valley group: "we're all figuring out plans that work specific areas. We'll collaborate, divide and not duplicate, and we have that built connection that we're here for each other. We both have a great connection with the wing, and we're happy to partner and support the entire Valley area."

Wing will be at the table

All of these efforts and



14 Wing Greenwood is a partner in a Valley-wide initiative to attract health care practitioners to the community, working with both the Mid Valley and the Annapolis Valley Collaborative committees for recruitment and retention. While military members have access to health care on base, their families often go an entire posting cycle living here without a doctor or access to reliable care. Don Hyslop, centre, is the volunteer community navigator for the Mid Valley committee. He recently visited Deputy Wing Commander Lieutenant-Colonel Eric Travis, right, and Chief Warrant Officer Jamie Rideout to catch up on the latest developments in an on-going campaign.

partnership are no different than what many communities across Nova Scotia – and Canada – are doing to increase health care accessibility, but Cook is committed to 14 Wing

being involved – and being a "catalyst" wherever possible - in Valley initiatives.

"We've helped bring the community together, and this is truly the solution we need to

embrace. We're working with the province and the municipalities and the community to make that happen," he said. "A doctor for one community in the Valley is a doctor for all." →

Nothing slow in snow plow fire reaction

A quick-thinking heavy equipment operator put out a fire at 14 Wing Greenwood February 2, spotted as he turned the key to start up his snow plow at 3:08 p.m.

Mark Hankinson immediately called in the fire to the Air Traffic Control Tower, which dispatched 14 Fire and Emergency Services. He then grabbed a portable, multi-

purpose dry chemical fire extinguisher to tackle what he could.

14 FES' five-member Blue Crew pulled in almost immediately – arriving at the scene just behind the Air Movements Unit three minutes later, at 3:11 p.m. Fire was still visible; once extinguished, firefighters disconnected the snow plow's battery and used their thermal

imaging camera to hunt for any further heat signatures.

Deputy Fire Chief Master Warrant Officer Colin Farmer says the probable cause of the fire was electrical, perhaps an electrical short circuit near the vehicle's heaters under the cab, activated upon ignition and igniting the insulation near the vehicle passenger area. There was no damage

to any other equipment or structures nearby. 14 Mission Support Squadron maintainers checked similar equipment for any issues, and will be looking at the cost to repair or write-off the damaged snow plow.

"Age of the fleet most likely contributed to the situation," says 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler. "Portable fire extin-

guisher training (PFET) proved beneficial, and continuation of such is highly encouraged."

14 Wing Commander Colonel Brendan Cook, signing off on his second fire report in the past few weeks in which a wing member handled a fire quickly with a portable extinguisher, called this "another example of people using the training they have to take

decisive action and prevent further loss of equipment in the face of a fire.

"The response by the individual to fight and contain the fire immediately was commendable. The FES response was to the same high standard 14 Wing has come to expect from our excellent personnel, and ensured minimal damage. BZ to all." →

Army, air force members lend RCMP a highway hand

Sara White, Managing editor

January 28, a stormy Saturday afternoon, Corporal Dylan Ventresca was heading to Kentville on Highway 101. The roads were not in great condition, but it turns out he – and two other Canadian Armed Forces members – were in the right place at the right time.

A serious, two-car crash happened on the highway, just west of Exit 14 (Coldbrook). "I honestly didn't really see the accident: I saw a car swerve and lose control, so I pulled over to give them room and saw that there had been a big accident," says Ventresca, an avionics system technician with 14 Air Maintenance Squadron at 14 Wing Greenwood for the past two years.

"Then I got out of the car and went over to see if I could make contact, just to see if I could help the people in the cars. I've never seen anything

like that." Ventresca couldn't contact the car occupants, and asked another bystander who'd arrived to call 911. AT that point, too, an unmarked RCMP car pulled over. "I asked the RCMP officer what I could do to help, figuring he would take care of the car and the people. SO, I helped with the assistance of victims in the other car."

By this point, another two military members had arrived: West Nova Scotia Regiment Officer Cadet Elie-Joseph Maroun, and 36 Service Battalion Private Ethan Fleming, both based at 5th Canadian Division Support Base Detachment Aldershot. The RCMP officer tasked them to help with highway traffic movement. As other RCMP members and emergency responders arrived on the scene, and the highway was closed at the Berwick and Coldbrook exits, Ventresca

figured he'd done all he could and departed.

That first RCMP officer on scene was Kings District RCMP Constable Christopher Jones.

"The CAF members present were vital in helping me not only secure the scene and control traffic, but also assisted me in extricating two injured individuals from one of the vehicles," Jones said in a post-incident email to various 14 Wing and Camp Aldershot command team members.

"Thanks to the quick actions and assistance from your members, further injury and loss of life was prevented. I would like to express my sincerest thanks, on behalf of myself and the Kings County RCMP, for the actions and assistance rendered by the above. If you could pass along my thanks to these individuals, it would be greatly appreciated."



South Shore resident Justin Buckmaster, right, is starting a new phase of his life as a Reserve Force recruit, heading off to Basic Military Training and trades training to become a mobile support equipment operator. He was sworn in January 31 at 143 Construction Engineering Flight.

New recruit getting ready to 'roll'

When Justin Buckmaster graduated from New Germany Rural High School, he knew he wanted to do whatever he could to work with people and help out in his local area. Buckmaster said, as a young boy, he was always impressed with the military and felt maybe, someday, he might be able to become a part of this elite group.

After working part-time for a while in a local restaurant, the 18-year-old made the decision it was now or never to talk to a Royal Canadian Air Force Reserve Unit recruiter in Bridgewater. Once he discovered how many tremendous opportunities there are for young people who want to serve both their country and

their communities, he jumped at the chance to submit his application. He was presented with amazing options – trades training, including plumbing, electrical and carpentry – but, after looking at his choices, he decided on mobile support equipment operator. He will be trained to operate military vehicles of all sizes.

Since taking his oath January 31, Buckmaster has been overwhelmed with the support and guidance received from members of 143 Construction Engineering Flight, where he will be working when his training concludes. Training will consist of a 10-week Basic Military Qualification Course at 5th Canadian Division Support Base De-

tachment Aldershot, where he will be immersed in the military lifestyle and learn the importance of working as a team. After his BMQ, he will then receive training specific to his chosen trade at CFB Borden for approximately 11 weeks. After that, he will be ready to "roll."

To say Buckmaster is excited is an understatement. Once fitted for his uniform, he will spend time at the 143 CEF to prepare himself physically and mentally for his BMQ. He knows his dream as a young boy is becoming a reality. He also thinks, if more young people in the area knew about Reserve opportunities, they would follow his footsteps. →

Medevac work highlight SAR work

February 22, just before 10 p.m., the Halifax Joint Rescue Coordination Centre tasked a 14 Wing Greenwood-based CC130 Hercules with 413 (Transport and Rescue) Squadron to conduct a medevac from St. John's. The aircraft successfully transported

the patient and returned to Greenwood at 3:30 a.m. February 23.

February 27, just before 1 a.m., Cormorant Rescue 915 left Greenwood en route to the Magdalen Islands for a medevac, returning at 5:20 a.m. after a successful mission.

March 2, at 11 a.m., both the Hercules and the Cormorant were tasked for a medevac from a vessel 130 nautical miles south southwest of Yarmouth. The Hercules returned to Greenwood just after 2 p.m., to be followed later by the Cormorant. →

Positive Space workshops coming up March 16, 23, April 5

The Positive Space program fosters the creation of a safe and inclusive work environment for members of LG-BTQ2+ communities – and beyond. A series of workshops is

now accepting registration for March 16, 8:30 a.m. to noon; and March 23 or April 5, 8:30 a.m. to noon and 12:30 p.m. to 4 p.m.; all in Classroom 1 of the Birchall Training Centre.

Positive Space workshops are open to all members of the Defence Team. To register, contact Captain Backhouse, 902-765-1494 local 1643. →

Family Pharmacare Enrolment

Time to Renew

The program year begins April 1st. Look for the renewal package in your mailbox soon.

To learn more about the Seniors' Pharmacare program, or to update your information: Call: 1-800-544-6191 Visit: nspharmacare.ca



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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 | **14 Wing Greenwood Curling Club** Open to military, community members | **14 Wing Health Promotion** Tips, program highlights and resources

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Photos: S. White, 14 Wing Imaging, Colonel B. Cook

sudoku

solution page 7

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

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!

crossword

solution page 7

1	2	3	4	5	6	7	8	9	10	11	12	
13						14					15	
16			17			18					19	
20		21			22			23		24		
25				26			27		28			
29			30				31		32		33	
34	35						36		37			
38	39								40			
41				42			43					
44			45		46		47			48	49	50
51		52		53		54			55			
56			57		58			59				
60		61		62			63			64		
65		66					67			68		
69										70		

- ACROSS**
- Neckwear
 - Fish parts
 - Cooking
 - Quality
 - Rural delivery
 - Popular superhero
 - Partner to Pa
 - Shivering fits
 - Wrath
 - Linguistics pioneer
 - Large integers
 - A way to prepare food
 - Group of badgers
 - Peyton's little brother
 - Rock out
 - Danish krone
 - Take from with force
 - Baroque musical instrument
 - Zodiac sign
 - Hebrew alphabet letter
 - Independent member of a clone
 - Type of garment
 - Selishly
 - One point south of due east
 - A way to wipe out
 - Moved quickly on foot
 - Bar bill
 - An idiot
 - Performed with the voice silent
 - Body fluids
 - Rhythmic patterns
 - '... my i's'
 - Type of wrap
 - It shows who you are
 - Carousel
 - Type of college degree
 - Molding
 - Closes again
 - Verbs
 - Surface
 - DOWN
 - Short, thick stick
 - Rhode Island
 - Animals of the horse family
 - Very important persons
 - Folk singer Di Franco
 - Boredom
 - Long speech
 - Footballer Newton
 - Expression of sorrow or pity
 - Linear accelerator
 - One quintillion bytes
 - Smallest interval in Western music
 - Box
 - Cheese dish
 - Make a mistake
 - Done by all people or things
 - Circumference
 - Chum
 - Electrocardiogram
 - Sandwich chain
 - Jimmy
 - Showed old movie
 - Important event on Wall St.
 - Where wrestlers work
 - Free from contamination
 - Musical groups
 - Yellowish-brown
 - Lowest point of a ridge
 - Beloved late sportscaster Craig
 - Up
 - Cardinal number that's the sum of 5 and 1
 - Frost
 - Jewel
 - Atomic #45
 - Top lawyer

Cours de français du printemps à l'école de langues de la 14e Escadre

Un certain nombre de niveaux de formation en français seront proposés pour des cours de français ou d'anglais langue seconde, à partir du mois d'avril, par l'intermédiaire de l'école de langues de la 14e Escadre Greenwood.

Tous les cours seront donnés en mode virtuel par le biais de MS Teams (ou le choix

Spring French courses at 14 Wing language school

A number of French language training levels will be offered for either French or English second language courses, beginning in April, through the 14 Wing Greenwood language school.

All courses will be given in virtual mode through MS Teams (or the teacher's



The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

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ARIES - Mar 21/Apr 20

Aries, an exciting relationship may soon develop after you socialize with friends. If you already are involved romantically, someone you meet could be an important ally.

TAURUS - Apr 21/May 21

Unexpected changes are the name of the game this week, Taurus. This could mean anything from learning a new skill to having to train a new coworker.

GEMINI - May 22/Jun 21

Gemini, there's potential to meet someone interesting on a trip you will be taking shortly. Strike up conversations with those around you, as you never know what will happen.

CANCER - Jun 22/Jul 22

Cancer, do not be discouraged when something seems like an insurmountable task. You just have to find the right help and then you'll

de l'enseignant) jusqu'à ce que les restrictions de santé publique s'atténuent.

Le programme proposé comprend les cours suivants : NP1 - français (152 heures réparties sur 38 cours du matin), NP2 - français (144 heures réparties sur 36 cours - deux jours par semaine), NP3 - français (150 heures réparties sur 25 cours - deux jours par

choice) until public health restrictions ease.

The proposed schedule includes NP1 - French (152 hours over 38 morning classes), NP2 - French (144 hours over 36 classes - two days per week), NP3 - French (150 hours over 25 classes - two days per

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 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.

Book/ movie club

March 8, 1:30 p.m. to 2:30 p.m., the Women's Place Resource Centre in Middleton will launch a biweekly book/ movie club, to begin on International Women's Day. The club will meet virtually

LEO - Jul 23/Aug 23

An unexpected phone call or text from someone in your past could come your way soon, Leo. Whatever the news, don't let it scare you. You'll do fine.

SCORPIO - Oct 24/Nov 22

Exciting prospects and fortunate events seem to be in your orbit, Scorpio. Enjoy this bit of good luck that garners much of your attention and could have further benefits.

SAGITTARIUS - Nov 23/Dec 21

Gemini, there's potential to meet someone interesting on a trip you will be taking shortly. Strike up conversations with those around you, as you never know what will happen.

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semaine), NP4 - français (132 heures réparties sur 44 cours de l'après-midi), Préparation à l'ELS, maintien de la langue et compétences spécifiques (144 heures réparties sur 24 cours - deux jours par semaine); et le cours français d'un an à temps plein. Pour être testé à la fin de l'horaire, vous devez avoir suivi 75 pour cent du cours.

week), NP4 - French (132 hours over 44 afternoon classes), Preparation for SLE, Language Retention and Specific Skill (144 hours over 24 classes - two days per week); and Yearlong French. To be tested at the end of the schedule, you need to have completed 75

the second and fourth Tuesday of each month via ZOOM. If you would be interested in participating, to read or watch "Women inspiring women" and share discussion, views and opinions, contact The Women's Place Resource Centre at joywprc@eastlink.ca or 902-363-2030.

Blood donor clinic

March 14, 5 p.m. to 8 p.m., and March 15, noon to 3 p.m. and 5 p.m. to 8 p.m., Canadian Blood Services will hold a blood collection clinic at the Berwick Lions Hall. Appointments in advance only at blood.ca or via the GiveBlood app.

Kingston Greenwood Soccer Club AGM

March 27 is the annual general meeting of the Kingston Greenwood Soccer Club AGM. This meeting is open to all. Watch the club's Facebook for a link to the Zoom meeting. We are looking to fill some executive positions, and we welcome coaches and assistant coaches. For info, email kgsc.clubpresident@gmail.com.

LIBRA - Sept 23/Oct 23

Libra, an exciting group activity involving a number of your friends is on the horizon. You may be wondering whether to go. Don't pass up the opportunity.

VIRGO - Aug 24/Sept 22

A significant sum of money could be coming your way shortly, Virgo. It may be a bonus or some sort of repayment. Be pleased at the windfall and utilize it wisely.

SCORPIO - Oct 24/Nov 22

Exciting prospects and fortunate events seem to be in your orbit, Scorpio. Enjoy this bit of good luck that garners much of your attention and could have further benefits.

SAGITTARIUS - Nov 23/Dec 21

Gemini, there's potential to meet someone interesting on a trip you will be taking shortly. Strike up conversations with those around you, as you never know what will happen.

conditions préalables. Pour obtenir de plus amples renseignements et des liens vers les formulaires de demande, veuillez consulter la page d'accueil de la 14e Escadre Greenwood ou communiquer avec Manon Dubé, coordonnatrice des langues officielles de l'Escadre, au 568-5671 ou à manon.dube@forces.gc.ca. →

per cent of the course.

Some courses have prerequisites. For more information and application links, please visit the 14 Wing Greenwood Splashpage; or, contact Manon Dubé, Wing Coordinator Official Languages, at 568-5671 or manon.dube@forces.gc.ca. →

snacks provided, \$40 daily or \$150 for the week. Register at email 7Arts@7arts.ca.

Blood donor clinic
March 16, noon to 3 p.m. and 5 p.m. to 7 p.m., Canadian Blood Services will hold a blood collection clinic at the Berwick Lions Hall. Appointments in advance only at blood.ca or via the GiveBlood app.

Kingston Greenwood Soccer Club AGM

March 27 is the annual general meeting of the Kingston Greenwood Soccer Club AGM. This meeting is open to all. Watch the club's Facebook for a link to the Zoom meeting. We are looking to fill some executive positions, and we welcome coaches and assistant coaches. For info, email kgsc.clubpresident@gmail.com.

Nutrition month: More than food!

Julie Riopel-Meunier, MBA, M.Sc., RD

STRENGTHENING THE FORCES ENERGISES LES FORCES

Strengthening the Forces (STF) and the Health Promotion delivery team provide advice to the military community on more than just food. We love food, and we believe in its potential to enhance lives and improve health, but we take a broad view of the factors that impact healthy eating - including how we eat.

Like most of us, you've probably eaten something in the past few hours and, like many of us, you may not be able to recall everything you ate, let alone enjoy the sensation of eating your food. Although mindful-eating ideally includes foods in the Mediterranean diet (such as fruits, vegetables, whole grains, seeds, nuts and vegetable oils), the technique of taking time to enjoy your meal can be applied to other foods, even a cheeseburger and fries.

By truly paying attention to the food you eat, you can indulge in these types of foods less often but without feeling deprived. In essence, mindful eating means being fully attentive to your food - as you buy, prepare, serve, and consume it. With mindful eating, you will gradually learn

to put deprivation aside, to give food its rightful place in your life, whether it is more or less nutritious. Without guilt, pleasurable foods become less attractive and it is then easier to eat them on a more occasional basis.

Listening to your body

When you feel yourself running out of steam or your stomach is growling, it is time to eat. Allow yourself a nutritious snack or meal such as granola and yogurt, fruits and nuts, or cut up vegetables with a hummus dip.

When your hunger eases, you'll sense your energy level rising and you will feel satisfied, but not too full. This means you've eaten just the right amount of food. Take your time when eating. The brain doesn't register fullness automatically and needs about 20 minutes to understand you are not hungry anymore. Savour every bite and relax.

Simple ways to eat more mindfully

Whether you are at home, at work, or even on the go, trying putting mindful eating strategies into practice to gradually

reconnect with the signals your body is sending you.

- Before grabbing a snack or sitting down to eat, ask yourself if you are truly hungry. If you are not sure, wait to see if you feel that sensation of emptiness or gurgling in your stomach.
- Make every meal a time to relax. Sit at the table and just enjoy your meal.
- Eliminate distractions. Keep the TV off, don't sit in front of your computer and put your smartphone down while eating.
- Eat slowly, take time to enjoy every bite and appreciate each different taste and texture.
- Set your utensils down between bites.
- Ask yourself if you're still hungry throughout a meal. Stop when you feel satisfied, and not overly full.
- Use smaller plates and bowls. Sometimes our eyes are bigger than our stomachs. If you are still hungry afterwards, it is OK to take a second helping. Some days, we just need more food.
- Don't force yourself to fin-

ish what's on your plate if you start to feel full. Keep the rest for later. If you are at a restaurant, take the leftovers home.

- Cook more often, rather than eating out or buying processed foods.
- Plan what you eat and enjoy your food.
- Involve others in planning and preparing meals and eat meals with others.
- Don't forget culture and food traditions can be a part of healthy eating.

Snack the smart way

Snacking is a great way to keep your appetite in check. However, keep in mind reaching for nutrient-poor snacks can leave you famished an hour later or ready to snooze at your desk.

If you are on the go, try planning ahead and pack a healthy snack to put in your purse or backpack such as nuts, dried fruits or a homemade granola bar. That way, if you find yourself getting hungry while running errands, you have something healthy on hand which will be better for you than buying a donut to go with your coffee or tea.

For ideas on healthy snacks, here's what some of our

Strengthening the Forces team members like to munch on:

- Additions cell: Veggies and hummus / hummus and pears
- Communications and Training Coordinator: Handful of walnuts and piece of fruit, homemade energy balls
- STF Epidemiologist: Cheese with crackers high in fibre
- Nutrition wellness cell: Apples and nut butter / cottage cheese and pieces of fruit

If you want to have more information about cooking and

healthy eating, contact your local Health Promotion office. →

Julie Riopel-Meunier is a registered dietitian. As part of the Strengthening the Forces team, she is the Acting Nutrition Wellness Educator, and focuses on nutrition programming for the CAF. Strengthening the Forces is the Canadian Armed Forces (CAF) healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

classifieds

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

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1	4	9	6	3	5	8	2	7
8	7	3	9	2	1	5	4	6
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THE MUNICIPALITY OF THE COUNTY OF KINGS

NOTICE TO RESIDENTS

PERSONAL TAX EXEMPTION 2022/2023
 The Council of the Municipality of the County of Kings directs, by policy, that an exemption be granted for the taxation year 2022/2023 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$376.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Whose total gross income from all sources for the year 2021, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but including the income of all members of the same family residing in the same household, is less than \$38,000 gross income, and;

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

Applications for such tax exemption will be received at the Municipality prior to December 31, 2022.

Paula Delorey, Tax Clerk
 pdelorey@countyofofkingns.ca
 Tel: (902) 690-614

RCAF Virtual Job Fair March 7 to 9

The RCAF is inviting non-commissioned members - from either the Regular or Reserve Forces - to the flight engineer, search & rescue technician, aviation systems and avionics systems technicians, aerospace telecommunications & information systems technician and aerospace control operator occupations.

The RCN is also offering opportunities for its clearance diver occupation, and CAN-SOFCOM has opportunities available at 427 Special Operations Aviation Squadron, located at CFB Petawawa.

If an occupational transfer isn't what you seek, you still might be interested in the RCAF-managed Flight Attendant Employment Program that offers qualified CAF NCMs the opportunity to broaden their career experience outside of their occupation to work as a flight attendant for a minimum of one posting cycle, after which they return to their home unit/ regular

duties. FAs receive a specialty qualification while keeping their existing occupation and environmental uniform.

The Job Fair will provide information sessions over a three-day period from March 7 to 9 via MS Teams. The intention is to keep these sessions relaxed and informative, while giving members a realistic job preview and highlighting important details such as career progression, deployment opportunities and specialized training. There will also be the opportunity to ask questions, as well as a chance to speak to a personnel selection officer about suitability, eligibility and occupation transfer timelines.

To obtain the Job Fair schedule with all of the links you'll need to attend the presentation sessions, as well as occupation-specific resources, contact your local PSO or send an email to

RCAFPersonnelResearch. Recherchesurlepersonnel-IARC@forces.gc.ca →

Salon de l'emploi virtuel de l'ARC le 7 au 9 mars

L'ARC invite les militaires du rang - de la Force régulière ou de la Réserve - à regarder les groupes professionnels de mécanicien de bord, de technicien de recherche et sauvetage, de techniciens en systèmes aéronautiques et en systèmes avioniques, de techniciens de systèmes d'information et de télécommunications aérospatiales et d'opérateur - Contrôle aérospatial.

La MRC offre également des occasions d'emploi pour le métier de plongeur-démineur, et le COMFOCAN offre des occasions d'emploi au 427^e Escadron d'opérations spéciales d'aviation à la BFC Petawawa.

Si vous ne cherchez pas de reclassement, le Programme d'instruction d'agent de bord de l'ARC pourrait vous intéresser. Ce programme offre aux MR qualifiés des FAC la possibilité d'élargir leur expérience professionnelle en dehors de leur groupe professionnel militaire en devenant agent de bord durant au moins un cycle d'affectation, après quoi ils retournent à leur unité d'appartenance et

à leurs tâches régulières. Les AB reçoivent une qualification de spécialiste et conservent leur GPM et l'uniforme de leur élément.

Le salon de l'emploi offrira des séances d'information pendant 3 jours, du 7 au 9 mars et il utilisera MS Teams. On souhaite que ces séances soient détendues et informatives, tout en présentant aux militaires un aperçu réaliste des emplois et en soulignant les détails importants comme l'avancement professionnel, les possibilités de déploiement et la formation spécialisée. Ce sera également l'occasion de poser des questions ainsi que de discuter avec un officier de sélection du personnel de la pertinence, de l'admissibilité et les calendriers de reclassement.

Pour obtenir le calendrier du salon de l'emploi avec tous les liens nécessaires pour participer aux présentations, ainsi que les ressources propres à un groupe professionnel, communiquez avec votre OSP local ou envoyez un courriel à : RCAFPersonnelResearch. Recherchesurlepersonnel-IARC@forces.gc.ca →



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