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the Aurora

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Museum visitor tips RCAF service years closer to 100

**Malcolm Uhlman,
Greenwood Military
Aviation Museum**

The Greenwood Military Aviation Museum Expeditor restoration team recently had a visit from 90-year-old Chief Warrant Officer (retired) Peter Sayers.

Sayers spent 35 years in the Royal Canadian Air Force as a flight engineer, amassing 14,000 flight hours, starting on the North Star then moving to the Neptune, Argus and the Aurora. Greeting Sayers on the job site were a couple of his old cohorts, 94-year-

old Master Warrant Officer (retired) Bill Flinn and “the youngster,” 78-year-old Captain (retired) Bob Lorencz.

Flinn had 32 years in the RCAF, serving as an aero engine technician and flight engineer working on, among many others, the North Star, Lancaster, Argus and, his favourite, the Cosmopolitan. Lorencz had 31 years in the RCAF as an electrical tech air, instrument and electrical tech and an aerospace engineering officer, qualifying on the Tutor, T33, Expeditor, Argus, Aurora, CF104, and CF5 aircraft. Lorencz is also



Pete Sayers, left, is 90; Bill Flinn, centre, will be 94; and the “youngster,” Bob Lorencz will be 78. All three Greenwood Military Aviation Museum volunteers share a wealth of Royal Canadian Air force history and heritage. M. Uhlman

the museum’s Expeditor team leader.

These three gentlemen

represent 98 years of combined service to the RCAF and Canada! All three are

museum volunteers, sharing their experience and talents, preserving and teaching Base

Greenwood’s aviation history. Thank you, gentlemen, for all you do. ➔

Displaced military families being assisted through fire aftermath

**Sara White,
Managing editor**

14 Wing Greenwood partners went into action January 8, as a fire in the Residential Housing Units neighbourhood displaced residents of both sides of

a Sixth Crescent duplex.

14 Fire and Emergency Services Captain Drew Spinney says one of the residents, a military member placed a call directly to the wing’s fire department dispatch line at 5:30 p.m., concerned about potential

smoke in the unit.

“We have a fire crew on 24/7, so we had the aerial/pumper combo truck, with five personnel, go,” Spinney says. “They arrived and went into the residence to investigate, and all the people in the residence

were evacuated with no injuries.”

14 FES did recall more firefighting personnel to assist, and contacted the Kingston Volunteer fire Department for use of some specialized structure fire equipment. They were able

to extinguish the fire in short order, but remained on scene for five hours to monitor for any potential spread. The department has a chief fire inspector who did initial investigation work and, January 9, the duplex was released as

an emergency scene. The fire report has not been finalized.

Wanda Munro, the manager of 14 Wing’s Canadian Forces Housing Agency, says the fire call also acti-

Continued on page 2...

**There is a Monster at the
end of this newspaper**



Displaced military families ...

...cover vates the base's response plan and the allocation of emergency housing. "We look at family size, but we were able to place both families – one in a fully-furnished RHU, kept ready for emergency use, and the other in one of the base's VIP residences. We contacted the occupants to see how they are and if their needs are being met, and we immediately go into looking for housing. When it comes to any priority consideration for an RHU, there isn't a list: they are homeless."

The CFHA inspector walked through the fire-damaged RHU duplex with the wing fire department and, as of January 16, had permissions to start ar-

anging a clean-up team, focused on removing damaged contents and construction debris, and helping with residents' recovery of salvageable belongings. Munro says one of the affected families will move into a vacant RHU: it's planned summer renovation will now be delayed, and a second RHU recap's funding will be redirected to repairing the duplex. The second family was planning for a military posting later this spring, but has been able to markedly advance the job and family move. RHU tenants are required to have tenant's insurance as they take occupancy. Lieutenant-Colonel Greg Surek at 413 (Transport and Rescue) Squadron says one of the affected families includes a 413

member: co-workers passed a hat as a financial collection in support, and are helping out as needed. The member has been able to get into their home and retrieve some possessions. 404 (Long Range Patrol and Training) Squadron Chief Warrant Officer Jean Plamondon says squadron members have also been assisting their co-worker and family, helping them get into their emergency housing and linking them to base resources, including the wing chaplains, for a hand with immediate needs. They've also acted as a contact point for people looking to donate clothing and toys. Plamondon says any offers of help may continue to be directed his way, and he will liaise with the affected member. →



Play at work

Members of 404 (Long Range Patrol and Training) Squadron were at work with toys in recent weeks – collecting new toys to be able to add to a community drive in time for holiday hampers being prepared for local families. From left are a few of the organizers and volunteers who managed the challenge: Major Pierre-Luc Lafontaine, Captain Rob Albert and Lieutenant-Colonel Lara Jennings.

Corporal W. Pheisel, Courseware Development, 404 Squadron

Cormorant upgrade announcement sets 2026 project start

December 22, Anita Anand, Minister of National Defence, announced a mid-life upgrade project for the Royal Canadian Air Force's fleet of CH149 Cormorant helicopters.

The project will modernize and optimize the Cormorant fleet to ensure it remains a relevant search and rescue

(SAR) asset, and complies with new and emerging flight regulations. Work will include upgrades to navigation, communication, flight management, flight recorder and safety systems; improved sensor capability and in-cabin wireless communications, upgrades to the most advanced version of the he-

licopter, the AW101 612, the addition of three helicopters to the fleet (for a total of 16), to be based in Trenton; and improved training solutions, including a flight simulator. Work is expected to begin in 2026, and the Cormorants should be fully operational in 2029, extending the life of the helicopters to 2042.

Leonardo was awarded a \$1 billion contract for the bulk of the work; CAE will provide training aids. Most of the work will take place in Halifax at IMP Aerospace. The RCAF's Cormorants currently work out of bases in Gander, Greenwood and Comox, covering one of the world's largest areas of

responsibility for SAR operations: a territory covering 18 million square kilometres of land and water, and more than 243,000 kilometres of coastline connecting three oceans. The extensive and unique environment means Canadian SAR assets have robust operational requirements, able to operate in

ocean and Arctic environments, in forested areas, or in the high altitudes of the Rockies or far distances into the North – often times, in challenging weather. The RCAF flies more than 1,000 SAR missions every year, and the Cormorant has been its primary helicopter dedicated to SAR since 2001. →

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14 Wing Imaging unless otherwise indicated.



November 22, Master Corporal James Hope, centre, was presented a squadron coin by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Captain Xander Amoroso, centre, was presented his Sentinel patch December 2 by Major Pierre-Luc Lafontaine, acting 404 (Long Range Patrol and Training) Squadron commanding officer, left; and Padre Captain Paul Fimmere.



Master Warrant Officer Robison, centre, was recently promoted to current rank by 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, right, with Chief Warrant Officer Stephen Bates.



Captain Dustin Korchynski, centre, was presented the Special Service Medal - Expedition December 15 by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Lara Jennings, left, with Master Warrant Officer Colbourne.



January 13, Corporal Ryan O'Neill, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arseneault, left, with Chief Warrant Officer Duane May.



Captain Goddard, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Master Corporal Langlois, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Master Corporal Freundlich, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Second Lieutenant Tremblay, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Corporal Gregorie, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Corporal Walker, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.

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The Aurora News
CFB Greenwood Aurora News

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Site Web de l'Aviation royale canadienne
www.rcmf-arc.forces.gc.ca

CFMWS Site
Site du portail communautaire des Forces canadiennes
www.cfmws.ca • www.sbmfc.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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www.vpiinternational.ca

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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Master Corporal Bertrand, centre, was presented the Canadian Decoration, marking 12 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



Sergeant Marrayatt, centre, was presented the Canadian Decoration 2 (CD2), marking 22 years of service, by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Surek, left, with Chief Warrant Officer Bates at 14 Hangar, 14 Wing Greenwood.



January 11, 14 Mission Support Squadron Replenishment Flight Corporal Fortin, centre, was presented with the Strategic J4 Food Services Coin, in recognition of their hard work, loyalty and selfless dedication to the betterment of the cook occupation and the Canadian Armed Forces; by Major King, Replen Flight commander, right; with Master Warrant Officer Sharpe.

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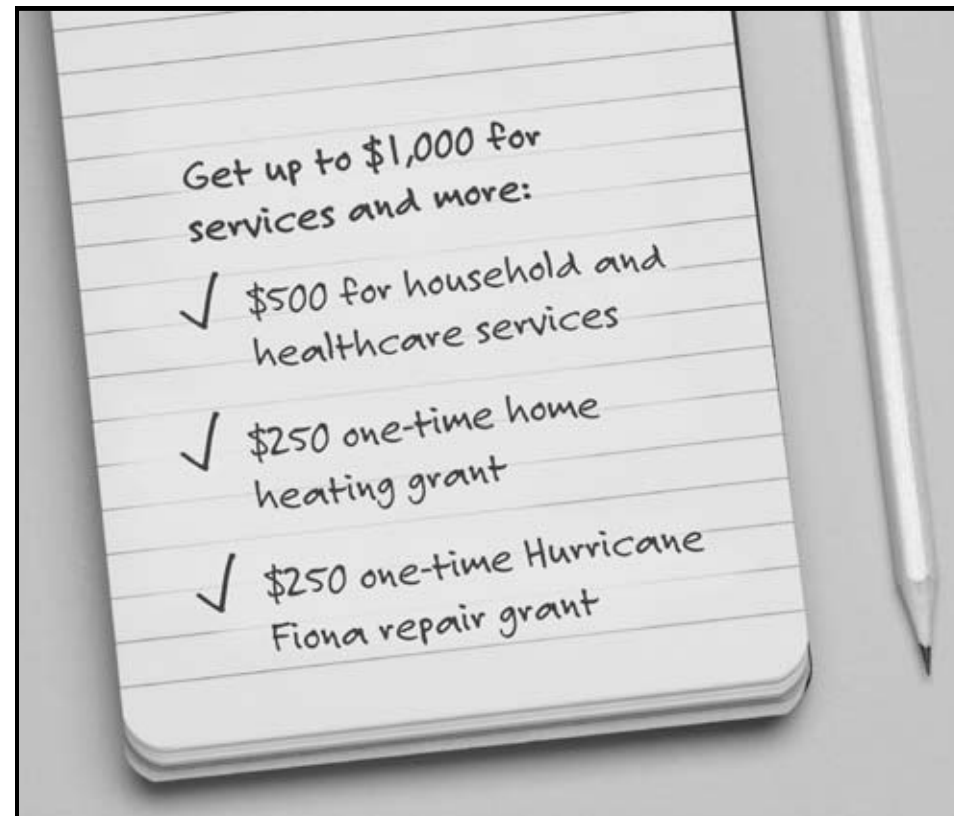
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Chief Warrant Officer Shawn Harrison, second from right, was recently presented a 14 Wing Greenwood Commander's Coin by Colonel Jeff Davis, second from left, with 413 (Transport and Rescue) Squadron Lieutenant-Colonel Greg Surek, left, and Wing Chief Warrant Officer Jonathan Proulx. Harrison's tenure as the squadron chief warrant officer has demonstrated his commitment to service and embodiment of all the principles, values and expectations of the CAF ethos. Harrison not only held the responsibilities of SCWO, he also sustained all currency requirements as a qualified SAR-Tech and maintained his role as a team lead on the CH149 Cormorant for SAR launches. Harrison's actions exemplify the 14 Wing motto, "Operate As One."



December 9, Sergeant Jim Lewis and Master Warrant Officer Marcel Joyal were presented with Wing Commander's Commendations by 14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Aleem Sajan, left, with Wing Chief Warrant Officer Jonathan Proulx, right, at 404 Squadron's Hornell Centre.



December 8, Master Corporal Josh Gray was presented with a certificate of achievement for completion of Maritime Operational Aircrew Training Course at 404 Squadron's Hornell Centre by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Josh Christianson.



December 9, Major Yves Leblanc was presented with the Special Service Medal by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Josh Christianson at 404 Squadron's Hornell Centre.

Looking beyond barriers, divisions 'on all of us'

Sara White, Managing editor

Barriers and biases were the topic of a joint event December 2 at 14 Wing Greenwood, held to highlight the International Day of Persons with Disabilities December 3. Over a shared lunch, the Defence Women's Advisory Group and the Persons with Disabilities Defence Advisory Group invited a quick-talking slate of wing resource personnel to share information on recognizing and removing visible and invisible barriers toward making a safe and inclusive workspace for everyone. While disabilities may have been front of mind, there are a range of differences that often become barriers.

"I'm happy to see two of our equity groups getting together in a joint effort to promote inclusion as a just cause," said Wing Chief Warrant officer Jonathan Proulx. "Invisible disabilities - I look at that and know, if you can't see it, you don't understand it. These are challenges we

do have affect our uniformed community, as much as the visible disabilities we may see more with our families and in the community. It's important to learn."

Included in the speakers were Sharon Seidler and Stephanie Hale from Conflict and Complaint Management Services, Captain Backhouse from the Professional Conduct and Culture Office, Captain Mary Valair and Mike Whitman from the Transition Centre, and Rhonda Gullage, a case manager at 26 Canadian Forces Health Services. All spoke about technological adaptations, asking questions, diversity and differences, perspectives, avoiding assumptions and patience in creating inclusive, respectful, welcoming workspaces.

"Our goal is to create equity, rather than equality," said Seidler. "Equality doesn't

always fit or complete what a person needs; equity really creates opportunities for each of us. Consider the person, rather than the barrier that may be present for that individual."

Valair and Whitman talked about the Transition Centre's role in helping Canadian Armed Forces members return to work, or prepare for a new stage of life outside the military. In the past, that focus may have been more as support for ill and injured soldiers; there will soon come a time - perhaps as soon as 2024 - when all CAF members move through a Transition Centre for education and employment opportunities, financial and

pension guidance, housing security and life skills, social integration and health services.

Backhouse referenced a new defence ethos document, "Trusted to Serve," that will soon influence every aspect of military work and life.

"This is the way forward: every member of the Defence Team should read this," Backhouse said. "The military is not asking people to change. Everyone comes to the Canadian Armed Forces as a volunteer, with their own values and beliefs. We ask them to take up the CAF's values and principles, lean into them and get better at them every day. People are

not to be asked or forced to comply to fit in."

14 Wing Greenwood Commander Colonel Jeff Davis said, while International Persons with Disabilities Day is an opportunity to promote rights, increase awareness of divisions and mobilize support for rights and inclusion;

all of that needs to come into the military workplace.

"Thinking of breaking down barriers - it's our duty every day to help identify those, and eliminate them, to make a more inclusive society. It's on all of us to be working towards the possibilities in that." →



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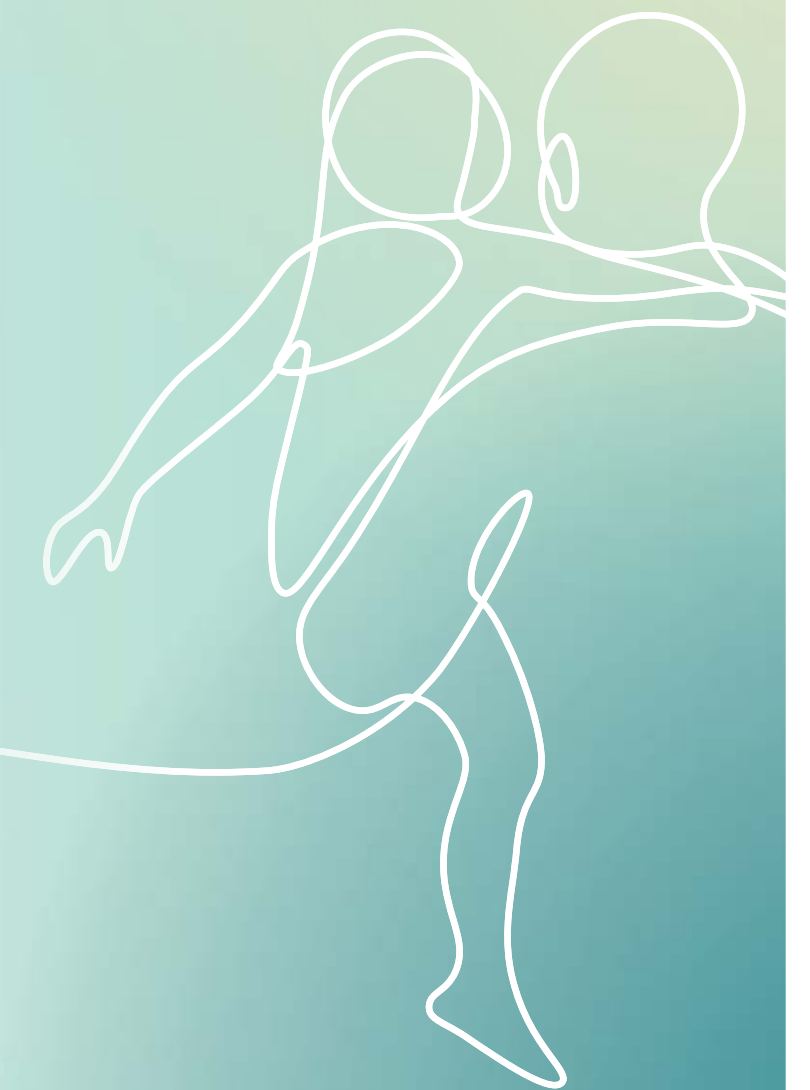
On January 27 and 28, 2023, the Atlas Institute for Veterans and Families is hosting a free, two-part virtual summit, "Empowering Families through knowledge, community and hope," dedicated to sharing information, resources and inspiration about Veteran Family mental health.

This event will feature presentations from service providers, researchers, and people with lived experience who will share their knowledge and insights on issues of critical importance to the Families of those who have served with the Canadian Armed Forces and Royal Canadian Mounted Police.

The summit is a unique opportunity for participants to learn and to share their own experiences with topics including compassion fatigue, resiliency, and the impacts of an operational stress injury on children and on relationships.

Join the conversation:
bit.ly/veteran-family-virtual-summit

ATLAS INSTITUTE FOR VETERANS AND FAMILIES



Lithium ion battery safety

The Office of the Canadian Forces Fire Marshal is seeing an increasing number of incidents implicating lithium ion batteries.

Lithium ion batteries supply power to many kinds of devices, including smartphones, laptops, hoverboards, scooters, e-bikes, e-cigarettes, smoke alarms, and toys. These batteries must be handled carefully. In rare instances, they can cause a fire or explosion.

For your safety

Purchase and use devices listed by a qualified testing

laboratory.

Always follow manufacturer's instructions that come with the device and only use the battery designed for the device. Batteries should be placed in the device the right way, and only use the charging cord that came with the device.

A device should never be charged under your pillow, on your bed or on a couch. Excessive charging should be avoided. Constantly charging a device can reduce the battery's life or cause the battery to stop working. Remove the

battery from its charger after it is charged.

Lithium ion batteries should be kept at room temperature and never in direct sunlight, near open flames or left in hot vehicles.

Lithium ion batteries should always be away from anything that can catch fire. Physical impact such as crushing, bending or dropping should also be avoided.

Stop using the lithium ion battery/ device if you notice odour, leaking fluids, change in colour, excessive heat, change

in shape (puffy), sparking or smoke.

Inspect the batteries prior to usage. If they are damaged, remove them from service and dispose of them safely and in accordance with your local disposal instructions.

Safe storage

Store lithium batteries and devices in dry, cool locations. When storing the item, remove the lithium ion battery and place in fire resistant storage bags, if possible. Inspect batteries when they are first installed and after charging for



any signs of damage, and do not recharge damaged lithium ion batteries.

Charging hoverboards scooters and e-bikes

An adult should be responsible for charging a hoverboard, scooter and e-bike, and the charging should never be left unattended, nor should they be left plugged in overnight. Stop using the hover board, scooter or e-bike if it overheats.

Disposal

Do not put lithium ion batteries in the trash, and do not put discarded lithium ion batteries

in piles. Recycling lithium ion batteries is always the best option. Take lithium ion batteries to a recycling location or contact the wing environmental officer for disposal instructions.

In case of a small fire, call 911. If possible, a class D or ABC dry chemical powder extinguisher can be used to douse the flames.

If you have further questions or queries regarding lithium ion batteries, please contact the Office of the Canadian Forces Fire Marshal at luc.page@forces.gc.ca.

Conseils de sécurité

Achetez et utilisez des appareils qui sont homologués par un laboratoire d'essai reconnu.

Suivez toujours les directives du fabricant qui accompagnent l'appareil et n'utilisez que la pile conçue pour celui-ci. Placez les piles dans l'appareil comme il se doit et n'utilisez que le fil de recharge fourni.

Lorsque vous rechargez un appareil, ne le placez jamais sous votre oreiller, sur votre lit ou sur un canapé. Évitez de recharger excessivement votre appareil. Le fait de recharger constamment un appareil peut réduire la durée de vie de la pile ou l'empêcher de fonctionner. Retirez la pile de son chargeur dès qu'elle est chargée.

Conservez les piles au lithium-ion à température ambiante. Elles ne doivent jamais être exposées à la lumière directe du soleil, se trouver près de flammes nues ou être laissées dans un véhicule où il fait chaud.

Tenez toujours les piles au lithium-ion à l'écart de tout ce qui pourrait prendre feu et évitez de les écraser, de les plier ou de les échapper.

Cessez d'utiliser l'appareil ou la pile au lithium-ion si vous remarquez l'un ou l'autre des signes suivants : une odeur inhabituelle; une fuite de liquide; un changement de couleur; une chaleur excessive; un changement de forme ou un gonflement; des étincelles; de la fumée.

Inspectez les piles avant de les utiliser. Si elles sont endommagées, retirez-les de l'appareil et mettez-les au rebut de façon sécuritaire et conformément aux instructions d'élimination locales.

Rangez les piles et les appareils au lithium dans un endroit

frais et sec. Avant de remettre un article, retirez les piles au lithium-ion qui s'y trouvent et placez-les dans des sacs de rangement résistants au feu, dans la mesure du possible. Inspectez les piles quand vous les installez pour la première fois et après les avoir rechargées pour détecter tout signe de dommages. Ne rechargez pas les piles au lithium-ion endommagées.

Planches gyroscopiques, trottinettes électriques et vélos électriques

La recharge d'une planche gyroscopique, d'une trottinette électrique ou d'un vélo électrique devrait être confiée à un adulte. Il ne faut jamais laisser l'un de ces appareils sans surveillance pendant sa recharge ni le laisser branché toute la nuit. Si l'un de ces appareils surchauffe, cessez de l'utiliser.

Mise au rebut des piles

Ne mettez pas les piles au lithium-ion à la poubelle, et ne regroupez pas les piles au lithium-ion en vue de leur mise au rebut. Le recyclage des piles au lithium-ion est toujours la meilleure option. Apportez les piles au lithium-ion à un centre de recyclage ou contactez l'agent de l'environnement de votre escadre pour qu'il vous indique comment les mettre au rebut.

Si un petit incendie se déclare, appelez le 911. Si vous le pouvez, utilisez un extincteur à poudre chimique de classe D ou ABC pour éteindre les flammes.

Si vous avez d'autres questions ou avez besoin de renseignements supplémentaires concernant les piles au lithium-ion, veuillez communiquer avec le Bureau du Directeur – Service des incendies (Forces canadiennes) à l'adresse suivante : luc.page@forces.gc.ca.

Steel Spirit Artist Spotlight: Paul Seguna

Through a 42-year military career and countless homes across the globe, Paul Seguna has always carried a notebook to draw in.

Seeing Seguna's artwork is nothing short of impressive. Whether it is satirical cartoons, landscapes of impressive places he has been or full historic depictions of military war, his talents are both remarkable and varied - much like his military experiences over the years.

Seguna immigrated to Vancouver from Sydney, Australia, in 1974. He joined the Naval Reserve Division there that year, achieving the rank of petty officer second class. He obtained a Bachelor of Arts in history from Dalhousie University in 1981 and transferred to the Regular Force as a naval operations officer in 1982.

Seguna served at sea and ashore for the next 10 years before becoming a public affairs officer, serving at National Defence Headquarters in Ottawa and overseas with United Nations and NATO missions in Rwanda, Kosovo and Bosnia-Herzegovina. He also deployed in support of several major domestic operations in Canada.

In 2002, he transferred back to the Reserve and was

active as a Reservist until he rejoined the Regular Force in 2012. He served at Canadian Army headquarters in Ottawa

was itself threatened by being in a forest interface area," Seguna said. "During that time, I returned to my home

one evening to find a fire truck on the road leading to my home... luckily there just as a precaution. This spurred me to join the local volunteer fire department after the crisis. For me, being part of the CF response to the crisis was very meaningful, as I had the opportunity to serve under the eyes of Canadians who were also my friends and neighbours during a time of great challenge for us all."

Seguna developed a love of painting the landscapes of British Columbia, particularly of the many lakes and mountains.

Seguna's most memorable overseas deployment was when he was the media escort officer for journalists visiting CF operations in Rwanda, just after the genocide acts occurred there in 1994.

"As part of my escort duties, I accompanied journalists to many sites in the country where the CF was operating as part of the story of what had transpired there. This meant visiting sites where evidence of the horrendous genocidal crimes that were committed was still evident, but also hospitals,

refugee camps and orphanages where the people of Rwanda were engaged in recovery from those terrible events. It left an indelible impression on me - as it no doubt did on many CF members who served there."

Throughout his many experiences, Seguna continued to practice his craft at art. His talent and dedication led to his art being showcased in the National Aviation Museum and National Archives of Canada.

When asked about advice he would give other artists who are starting out, "[it's important to] learn from your own internal criticism and that of others in a positive creative process of improve-



This painting depicts a southern interior BC landscape. This beautiful part, of a beautiful province, is known for its lakes and mountains. It is also Canada's vineyard producing wines of international repute.



Retired Navy man Paul Seguna at work, with his two helpers at home in Victoria, British Columbia.

ment but always as a reflection of your creativity and not to satisfy the tastes of others."

"Paul's artwork is beautiful, comical and moving. His talent hits upon so many emotions. I love that he confronts something new due to the difficulty of becoming a novice again. Paul, however, has just always enjoyed the process. There is a lot to be said for that. It reminds us that we can all develop an exceptional personal style and talent in art... if we are willing to try new things and practice," says Barbara Brown, The Steel Spirit founder.

Despite his variety of

works, he is not done with exploring new types of art. "I'd like to learn portraiture and abstract art," he says.

Seguna was clearly not one to shy away from a challenge in art or in his military career. As Seguna says, "you may always have a niche you are most comfortable in but [you] should still accept the challenge of extending beyond that niche"

To see more of Seguna's art visit paulseguna.ca.

The Steel Spirit is always looking for new and emerging artists with and without art experience, from every background and every age. For more information visit www.thesteelspirit.ca

3 Ways You Can Help Improve Healthcare



SHARE your experiences, concerns, and suggestions with your MLA or directly with the Nova Scotia Health Authority (1-844-884-4177 or wearelistening@nshealth.ca).



VOLUNTEER with the Nova Scotia Health Authority (for more information contact Ruth Dugie at 902-599-3863 or Ruth.Dugie@nshealth.ca) or with health professional recruitment and retention efforts in your community.



SIGN OUR PETITION requesting that the government develop a plan to return the emergency department at Soldiers Memorial Hospital to 24/7 service. Copies are available at our office and at public libraries throughout the Soldiers Memorial Hospital catchment area.



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100-Plus Who Care Giving Group Annapolis Valley co-chairs Steph Sedgwick, left, and Sara White, right, congratulate Stage Prophets Theatre representatives Mary Hanneman, second from left, and Robin Hennigar, on their group's successful presentation for December 8 100-Plus Who Care funding support.

S. White

100 Who Care put December donation on stage

The 100-Plus Who Care Giving Group Annapolis Valley met December 8, inviting all its members and newcomers to its final 2022 quarterly meeting at the Main Street Station ballroom in Kentville. Past presenting groups and member-affiliated businesses were invited to set up awareness displays during the pre- and post-meeting social, with table donations contributing to a \$50 in-meeting "holiday bonus" vote donated to the North Mountain Animal Sanctuary.

Members heard from the Hants Learning Network, the Landmark East Foundation and Stage Prophets Theatre. The vote determined Stage Prophets as the donation recipient, with the Hants Learning Network and Landmark East receiving Rewind 89.3 promotional support to help

them in their work. Karen Fougere is the head of school for Landmark East, an independent school for students from grades 3 to 12 with diagnosed learning disabilities or differences in Wolfville. Fifty-five per cent of students are from the Annapolis Valley, and the school depends on its foundation for bursary support for many. Fougere encouraged the 100 Who Care to consider "the long game" rewards education grants youth, their families and the wider community.

Cathy Caldwell, a 20-year supporter and teacher with the Hants Learning Network, described its classes, tutoring and literacy programs for people ages 18-plus. That includes GED preparation and testing, practicing to write a driving beginner's test, employment upgrading

and senior education. Supporting learners with food, resources and transportation ensures they can focus on their program; the 100 Who Care funding would support extended transportation reach through Hants.

Mary Hanneman and Robin Hennigar co-presented on Stage Prophets Theatre, describing its growth over 20 years from 14 students in a church basement to performances that have now reached 30,000 audience members. The accessibility, engagement and inclusion of all performers, backstage volunteers and theatre supporters is the secret success of Stage Prophets, helping everyone involved build confidence and skills – some of which have even turned into professional arts careers!

The group, currently 62 members strong, meets quarterly to hear from three member-nominated non-profit groups. After five-minute presentations from each organization, members vote on which group will be the recipient of each member's \$100 donation. Since 2017, the group has donated over \$115,000 to local and regional projects. Visit 100valleygiving.ca for information on past non-profit recipients, joining details and upcoming events. The 100-Plus Who Care Giving Group Annapolis Valley will hold its first 2023 quarterly meeting March 9 in the ballroom of Main Street Station, Kentville. New members are welcome. →

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Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week for youth aged six to 12 (five if they have completed one full year in a school program). To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays.

After school camp – Daily games, activities, crafts and fun for youth ages six to 12 (or on completion of one full school year program). Camp runs 2:30 p.m. to 5:30 p.m., and is also available on early dismissal days. Registration is \$10+HST per day for military, Defense Team, DND, PSP Plan holders; or \$15+HST per day for all others (discounts for multiple children). Pre-registration is required by calling the community centre. Interested families must speak with your school about bus change permission and forms.

Monday, January 23, 6 p.m. to 7:30 p.m. – Kids Club – basketball blowout. Free for PSP Plan or one-activity pass youth evening program holders, \$5+HST non-PSP plan membership. Pre-registration required by noon the day of the program

Tuesday, January 24 – open centre night for pre-teens and teens. Come hang out with friends, play games and use the gym facility! Ages 13 to 15 are welcome between 6 p.m. and 7 p.m., and ages

16 to 18 may drop in between 7 p.m. to 8 p.m. Free for PSP Plan holders or one-activity pass youth evening program holders, or \$5 drop-in fee for others.

Friday, January 27, 7:30 a.m. to 5 p.m. – in-service day program. Join in on a fabulous day exploring cool science experiments and being active! \$40+HST non-PSP Plan, \$30+HST PSP Plan (discounts for multiple children).

Saturday, January 28, 5:30 p.m. to 8:30 a.m. Sunday - Community Centre sleepover - Activities include bubble soccer, rock wall, movie, games and more, with supper, snacks and breakfast provided. Ages 12 to 15. \$40+HST non-PSP Plan, \$30+HST PSP Plan.

Monday, January 30, 6 p.m. to 7:30 p.m. – Kids Club – dodgeball tournament. Free for PSP Plan or one-activity pass youth evening program holders, or \$5+HST non-PSP plan membership. Pre-registration is required by noon the day of the program.

Tuesday, January 31 – open centre night for pre-teens and teens. Come hang out with friends, play games and use the gym facility! Ages 13 to 15 are welcome between 6 p.m. and 7 p.m., and ages 16 to 18 may drop in between 7 p.m. to 8 p.m. Free for PSP Plan holders or one-activity pass youth evening program holders, or \$5 drop-in fee for others. →

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Para event puck drop

Members of 14 Construction Engineering Squadron were asked to represent the military at the Canada vs United States game, one of the highlights of the Para Hockey Cup tournament held in Bridgewater November 27 to December 3. The evening honoured members of the military from both countries, with several players on both teams themselves recognized as military veterans. 14 CES Major Paul Morillo, Master Warrant Officer Ed Hebb and Honorary Colonel Dan Hennessey assisted with the opening ceremony.

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

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rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Happy holidays everyone and thank you. (4346-4tpb)

PIANO LESSONS
PIANO LESSONS – Esther Jones a recent graduate of Eastern Connecticut State University with a music degree is offering group piano lessons using a state-of-the-art digital piano learning system at her studio

in Greenwood. Esther can be reached for additional details and bookings at 902-804-5637 or by email at estherpiones@gmail.com (4401-3tpb)

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DRIVING INSTRUCTOR WANTED – Well established valley driving school looking for an instructor for part-time work. Offering competitive wages and flexible hours. If interested in applying contact Discover Driving at 902-665-2831 or via email to discoverdrivingns@gmail.com. (4402-2tpb)

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crossword solution

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

sudoku solution

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

the Aurora

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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.aliantzinc.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 public 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.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

Stories and Somersaults!
January 24, 10:30 a.m. to 11:30 a.m., the Kingston Library invites youth ages three to five to hop, skip, and jump your way to the library for stories and songs with actions in this storytime with a physical literacy twist. Registration not required.

Cozy Read-Aloud
January 24, 7 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library Events invites youth ages nine to 12 to come to the library for a cozy evening of hot chocolate and stories read aloud. Registration required.

Adult Take & Make Kits
January 24 to 28, the Rosa M. Harvey Middleton & Area Library offers b-Weekly take & make craft kits for adults. You never know what you might find inside; all supplies and instructions included. Pick up at the Middleton Library. Sign ups required at 902-825-4835.

Talk, Sing, Read! Storytime
January 25, 9:45 a.m. to 10:15 a.m., the Berwick and District

Library invites children ages zero to five, with caregivers to share the fun and adventure of reading with your child. Enjoy rhymes, songs, and books.

Xbox Club
January 25, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages eight to 14 to drop in after school for gaming fun. All materials supplied. Registration required.

Book Club
January 25, 1 p.m. to 2 p.m., the Kingston Library adult book club meets, with facilitator Lynn. Pick up a copy of this month's book at the Kingston Library during open hours. Registration required.

Nova Scotia Works: free one-on-one employment services
January 25, 1 p.m. to 3 p.m., the Berwick and District Library, with Nova Scotia Works and PeopleWorx, will offer support with resumes, cover letters, job searches, workshops, funding and more! For more information and to sign up, call 1-866-609-WORK (9675).

VPI Greenwood
January 26, the Greenwood VPI association will meet at the VPI

centre. Pre fit brief 1500 Hrs, take off 1600 Hrs, land approx. 1630 Hrs, post fit until 1730 Hrs.

Jigsaw Challenge
January 26, 2 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites anyone 18+ to team up with fellow jigsaw-puzzle enthusiasts for an entertaining group challenge! Try to complete a puzzle together in two hours, and have a ton of fun doing it. Puzzles supplied. Registration required.

Kingston Innovation Lab OR one on one tech help
January 26, sign up for an hour session at the Kingston Library with a digital literacy instructor. Learn how to use Innovation Lab equipment OR get help with technology, Facebook, Zoom, backing up your files, using our eBook and audiobook service or general technology questions. Bring your device. Call the library at 902-765-3631 to book.

Teen Artist Hub
January 27, 3:45 p.m. to 4:45 p.m., the Rosa M. Harvey Middleton & Area Library invites students grades 7 through 12 to explore their passion for art outside of



school. Bring something you are working on, or start something fresh with instructor Elizabeth, who has a diploma in Fine Arts. You may also collaborate with other teens who are interested in art. Registration required.

Lego Club
January 27, 3:30 p.m. to 4:30 p.m., the Kingston Library invites youth ages eight to 12 to build something amazing using our gigantic collection of LEGO. Pre-registration required.

Babies and Books
January 27, 10 a.m. to 10:30 a.m., the Kingston Library invites caregivers and their babies (newborn to 18 months) for quiet stories, rhymes, and songs. Registration not required. Cancelled when AVRCE schools in this area are closed due to inclement winter weather.

Fridays at the Library
January 27, 2:30 p.m. to 4 p.m., the Berwick and District Library hosts after school fun for ages eight to 14. Board games, escape rooms, button-making, video games, and much more! Snacks provided. Registration not required. Cancelled if AVRCE schools in this area are closed due to inclement winter weather.

Check 'Em Out Book Club
January 28, 1 p.m. to 2 p.m., the Rosa M. Harvey Middleton & Area Library ages 18+ book club meets.

Have you tried a book club in the past that just wasn't right for you? Come join the rest of us misfit readers! Registration required. Book club books will be given out to readers one month prior.

Exercise class
Monday, Wednesday & Friday, 11 a.m. to noon: there will be a low impact exercise class at the Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road. Everyone welcome. Call Wendy at 902-765-0135 for information.

Thursday drop-in cafe
Thursdays, 10:30 a.m. to noon, the Kingston United Church invites community members to weekly drop-in social mornings with friends – or make new ones! Enjoy coffee, tea or juice, a cookie (provided). All are welcome!

Games night
Third Saturday of every month, 7 p.m. to 9 p.m.: games night at the Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines. Light lunch included.

Thursday soup luncheon
Thursday (last one of each month), 11:45 a.m. to 1 p.m., the Kingston United Church hosts a free soup luncheon (soup, roll, cookie). Bring your friends for a time to eat and be together in a welcoming setting.

Tech donation drive
Needed: used cell phones or tablets for people who are phoneless or homeless. Cleaned of personal

data with plugs and cords. Drop off at the library in Kingston or Middleton. More info: Red Bear Healing home, 902-448-4744 or ed@myredbear.com.

Makers Space
Every Saturday and Sunday, from 4 to 4 pm, join our co-op students for creativity. All ages

and families welcome. For more info: 7Arts@7Arts.ca, Greenwood. Mindstorms EV3 Robotics Club Tuesdays, 3:30 p.m. to 4:45 p.m., the Kingston Library invites those ages 10+ to join us to build and create with Mindstorm EV3 Robotics. Everything is provided: instruction, the Mindstorms Rob-

otics kits and lots of extra building pieces. Pre-registration required.

Walking group - Kingston
Hike Nova Scotia introduces gentle, easy walking groups through their NS Walks initiative. There is a walking group starting in Kingston. Sign-up at nswalks.ca or 902-932-6902.

Youth art lessons
Wednesdays, 7 p.m. to 8 p.m., 7Arts in Greenwood is offering youth art lessons, \$25 each lesson. Be apart of a creative group and improve your skills in painting, drawing and more.

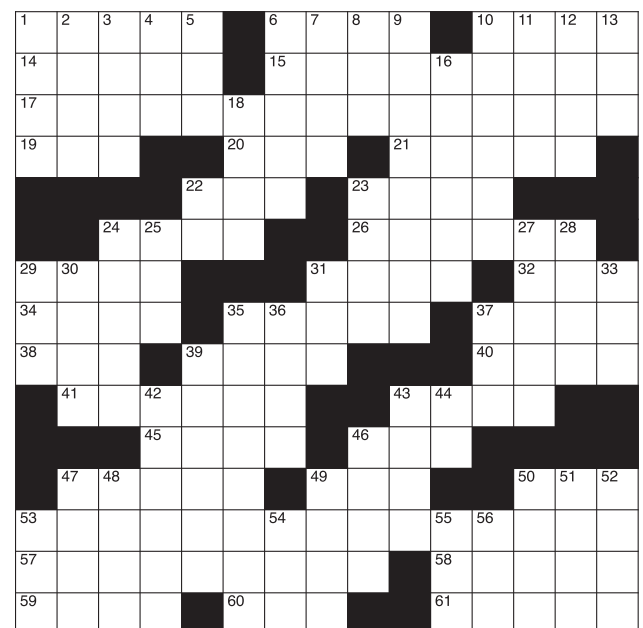
Book/ movie club
The Women's Place Resource

Centre is hosting a book/ movie club, which will meet on the first Tuesday of the month, 1:30 p.m. to 2:30 p.m., via ZOOM. If you would be interested in participating in this book/ movie club to read or watch 'women inspiring women' and engage in some interesting discussions, views and

opinions; contact joywprc@east-link.ca or phone 902-363-2030.

Teens at 7Arts
Thursdays, 7 p.m. to 9 p.m., teens ages 13+ are welcome to open studio evenings at 7Arts in Greenwood. \$25. Work on your own artwork or collaborate in a group project.

crossword solution page 9



- ACROSS**
- Not invited
 - Whale ship captain
 - One point south of southwest
 - Small cavity in a rock
 - Reclivists
 - City of Angels hoopster
 - A way to mark with one's signature
 - OJ trial judge
 - Rice cooked in broth
 - One point east of due south
 - One point east of southeast
 - Complements an entree
 - Grouped by twos
 - Disfigure
 - Woods
 - Political action committee
 - Longer of 2 bones in the forearm
 - Kin groups
 - Philippine Island
 - Contrary to
 - Bluish-gray fur
 - Comprehend the written word
 - Natural depressions
 - Felines
 - Breathe noisily
 - Taxi
 - Pancake made from buckwheat flour
 - Swiss river
 - Food (Latin)
 - Have surgery
 - Formal withdrawal
 - Monetary units of Peru
 - Greek war god
 - 2,000 lbs.
 - High points
 - DOWN**
 - Green and yellow citrus fruit
 - A bright color
 - Thicket
 - Journalist Tarbell
 - A place to work or relax
 - Sharp mountain ridge
 - Helicopter
 - Mimic
 - Suggests
 - More musty
 - Large, flightless rail
 - Make beer
 - Soviet Socialist Republic
 - People who can account for you
 - Taunt
 - South Dakota
 - Cover the entirety of
 - Kids' favorite visitor
 - A way to save for retirement
 - Fencing swords
 - C. China mountain range
 - Type of sandwich
 - Team
 - Paddle
 - Partly digested food
 - Most cagey
 - Shoppers make one
 - Cathode-ray tube
 - Food supplies
 - Backbones
 - Concern
 - Blood group
 - Broadway songwriter
 - Sammy
 - Dutch colonist
 - Full-grown pike fish
 - Deity of a monotheistic cult
 - Type of bread
 - S. Nigerian people
 - Scottish tax
 - Young women's association
 - Brazilian city
 - Hide of a young animal
 - Midway between north and northeast

horoscopes

January 22 to January 28

ARIES - Mar 21/Apr 20
Aries, make a concerted effort to focus your attention on something that interests you. This may require that you find something new to stoke your passion.

TAURUS - Apr 21/May 21
It's a week for love and you have all of the resources available to take advantage and explore your feelings. Taurus. Work things out in your head before taking action.

GEMINI - May 22/Jun 21
Gemini, currently you are playing a much smaller role at work than you would like. It is not that you aren't capable, but it's a matter of paying your dues before taking the next step.

CANCER - Jun 22/Jul 22
Cancer, don't box yourself in with a strict to-do list and schedule. You need a little more wiggle room to explore your creativity and what makes you happy.

LEO - Jul 23/Aug 23
Your open and outgoing nature may lead many people to think they know all about you, Leo. Instead, you can be quite a mysterious person. Show others only what you want.

VIRGO - Aug 24/Sept 22
Believing someone is flawless can set you up for disappointment when you realize no one can live up to that standard, Virgo. Be realistic when assessing partners or other people.

LIBRA - Sept 23/Oct 23
Being available to other people is admirable, Libra. Make sure this is not at the expense of your own well-being. You may need to dial back and prioritize your own needs.

SCORPIO - Oct 24/Nov 22
Living in your comfort zone may lead to missed opportunities, Scorpio. You may need to let your risk-taking side show this week. Enjoy the ride.

SAGITTARIUS - Nov 23/Dec 21
You might start to notice you are losing some traction in your love life, Sagittarius. Figure out a way to talk and spend more time together in the days ahead.

CAPRICORN - Dec 22/Jan 20
You may believe you can think your way out of a situation this week, Capricorn. But sometimes logic just doesn't cut it. You may have to use your heart to get to the root.

AQUARIUS - Jan 21/Feb 18
Take a second look at your talents and your abilities, Aquarius. You may have been selling yourself short for some time. But you can accomplish anything with some effort.

PISCES - Feb 19/Mar 20
Don't make assumptions about how others see you, Pisces. You have a lot to offer. It's time to recognize all your strengths.

sudoku solution page 9

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

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!

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the Aurora

14 Wing Greenwood wing guide 2023

Official publication providing information on all squadrons and sections operating at Canadian Force's largest Air Force base in Eastern Canada, along with community, family and recreational programs. This guide is distributed by the Greenwood Military Family Resource Centre to military families coming into our community, and is used as an awareness tool by the wing's public affairs officer and Greenwood Military Aviation Museum.

- 1,000 copies
- 90-plus pages
- Full colour, glossy
- Bilingual
- Text banner \$ 70
- Eighth page \$ 225 - landscape
- Quarter page \$ 390 - landscape or portrait
- Third page \$ 550 - landscape
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- half page \$ 780 - landscape
- Back cover \$ 1,250

- All prices plus tax
- Deadline noon March 4
- Available April 1

Call 902-765-1494 local 5833 or email auroramarketing@ns.aliantzinc.ca
Visit our website to view last year's guide www.auroranewsaper.com

the Aurora find & win

Three easy ways to enter.

1. Enter online at auroranewspaper.com (Contest button)
2. Fax: 902-765-1717 (for easier faxing, simply send the contact and question portion)
3. Drop into our office located at 61 School Road (Morfee Annex), Greenwood, 8 a.m. to 4 p.m., between Monday and Thursday or Friday 8 a.m. to noon.

Congratulations to last week's winner: **SHANNON O'ROURKE**

Entry deadline:
4 p.m., Monday January 30, 2023



Thank you to our sponsors



Full name _____

Phone number _____

- 1 Who shares space with Shift Orthotics? _____
- 2 Who donates to Pawsitive Property? _____
- 3 What does Dan have for \$300? _____
- 4 What's at the end of the newspaper? _____
- 5 What is the Ombudsman's phone number? _____
- 6 Who will you find in five Valley locations? _____
- 7 Who will offer you custom noise protection? _____
- 8 March 4 is the deadline for what? _____
- 9 Who has no problems when the power is out? _____
- 10 How many "Monsters", are in this newspaper? _____
- 11 Who is accepting applications for a Seniors Care Grant? _____
- 12 Who uses phone number 902-969-5555? _____
- 13 Where can you join the conversation? _____
- 14 How many ways can you help improve healthcare? _____
- 15 What's available for take out or delivery only? _____
- 16 What business is located at 71 Main St., Middleton? _____
- 17 Who is working to #DefendTheDome? _____
- 18 Who is your local used car dealer? _____
- 19 Where is the starting rate \$26.02/ hr? _____
- 20 What does Mark have lots of in Nictaux? _____
- 21 Who will you find at 175 Commercial Street, Berwick? _____
- 22 What is Discover Driving looking for? _____
- 23 Who has something for everyone? _____
- 24 Who will you reach at 902-309-0292? _____
- 25 When is free tuition being offered? _____
- 26 Who offers propane? _____
- 27 What will William Sproul help you protect? _____
- 28 Who is your one-stop safety shop? _____
- 29 Who graduated from Eastern Connecticut State? _____
- 30 Who has great prices and an even greater selection? _____

The winner will be drawn randomly from all correct entries. Winner will be contacted by January 31.

Correctly answer all 30 questions and you could

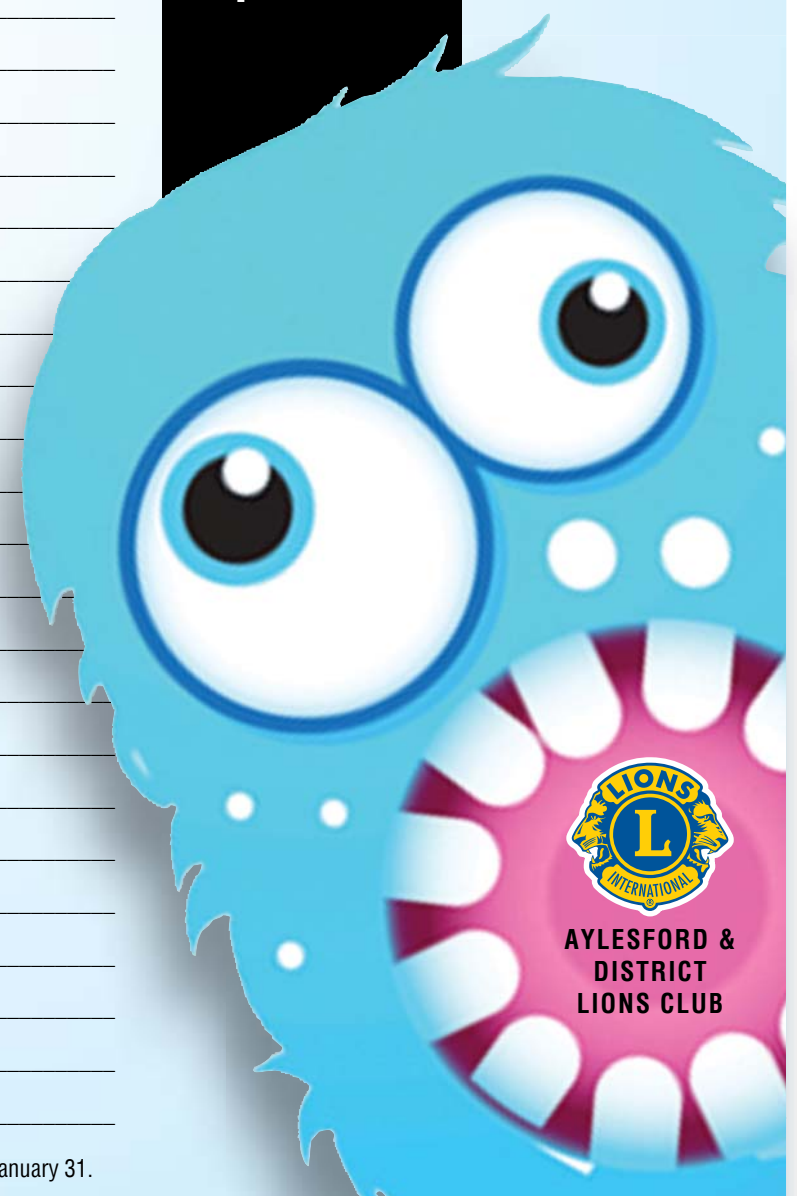
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