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the Aurora

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Style (and CANFORGEN-approved) guide to wearing your new RCAF ball cap

There's a formal CANFORGEN out detailing how to wear your new Royal Canadian Air Force ball cap head dress: while it's an optional uniform addition, it does come with guidance. As of June 1, all RCAF members (except those on posting strength with the Canadian Army) may wear the RCAF ball cap with all versions of operational dress. The RCAF ball cap

- shall not be worn with DEU 1, 2 or 3.
- is an optional item to be procured at members' expense. The only authorized RCAF ball cap is the one sold through CANEX.
- is authorized for wear at all times where headdress is appropriate. When uniformity is required, or when safety or operational effectiveness dictate, a member may be ordered to replace the ball cap with an authorized issued headdress.
- must remain in good condition, with nothing attached or modified. All sales tags and stickers shall be removed.
- shall have a subtle curve, and no hair shall be visible from under the brim or obstruct the wearer's vision.
- may be secured on the pants on either side when inside buildings, unless this poses a safety risk.

Unit ball caps remain authorized, but shall not be worn outside the flight line, in accordance with wing standing orders. ➔



14 Wing Commander Colonel Jeff Davis, left, and Wing Chief Warrant Officer Jonathan Proulx, right, met up May 31 with 404 (Long Range Patrol and Training) Squadron Second Lieutenant Ian McKellar, centre left, and 14 Air Maintenance Squadron Corporal Donovan McNeil with prized new Royal Canadian Air Force uniform-approved ball caps, ready to wear June 1. Corporal C. Hichey, 14 Wing Imaging

Function, comfort, fit RCAF's new ball cap headdress has it all!

Sara White,
Managing editor

"I like them," says Wing Chief Warrant Officer Jonathan Proulx, as the newly-authorized Royal Canadian Air Force ball caps make their way into 14 Wing Greenwood.

May 31, in preparation for the June 1 official debut of the headdress, Proulx and Wing Commander Colonel Jeff Davis presented two of the in-

demand lids to lucky – and deserving – Corporal Donovan McNeil, 14 Air Maintenance Squadron; and Second Lieutenant Ian McKellar, 404 (Long Range Patrol and Training) Squadron.

"I think these are a win for the air force," Proulx says. "If you're working on the runway in the sun of the rain, the brim is now helpful – and a beret is a piece of wool on your head. It's a comfort thing."

The ball cap modernization is also

"getting in line with the times," Proulx says, as the RCAF and the Canadian Armed Forces continue to review and update military dress regulations around tattoos, piercings, beards, hair and more.

McNeil and McKellar are lucky: if they weren't among the 330 14 Wing members at the Greenwood CANEX in the day-and-a-half of the caps' first arrival on the shelf, they'd be waiting for their cap – perhaps as even as

long as October!

Greenwood CANEX manager Terry Stuart says his store's first shipment of the RCAF ball caps was gone by 10 a.m. the second day he had them.

"There's an order of 400 being placed now, and I don't know what we'll be getting of those, and there's another 4,000 coming in early October. We'll be getting some, and you'll see them on CANEX.ca. They underestimated the demand!" ➔

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Wing welcome to share in Indigenous awareness initiatives

Sara White, Managing editor

organization and bring all of that to our work.”

“Welcome to the traditional, unceded land of the Mi’kmaq people,” said 14 Wing Greenwood Colonel Jeff Davis, welcoming Defence Team and community friends to a May 15 flag-raising to mark the start of the wing’s celebration of National Indigenous Week.



Annapolis Valley First Nation dancer Hanna MacEachern demonstrates a dance for a 14 Wing Greenwood audience May 18.

Corporal J. Fox, 14 Wing Imaging

“This week gives us the opportunity to learn from the history of our Indigenous people, understand their traditions and recognize all the people who work in our

organization and bring all of that to our work.” The wing’s Defence Indigenous Advisory Group organized the week’s events, including the Grand Council flag-raising and opening smudge at the DIAG’s teepee; a screening of the documentary, “You Can Call Me Roger,” about the life of Chief Roger Augustine; a dancing display and lesson with Indigenous dancers and an Annapolis River canoe for DIAG members (rescheduled due to weather).



The Mi’kmaq Grand Council flag flew at the 14 Wing Greenwood main gate from May 15, as the 14 Wing Defence Indigenous Advisory Group hosted a series of events to mark National Indigenous Awareness Week. DIAG civilian co-chair Marla Ward and Colonel Jeff Davis raised the flag, which was followed by a smudge in the wing’s teepee with Annapolis Valley First Nation Elder Sarah MacDonald.

S. White

Special guest at many of these activities was Annapolis Valley First Nation Elder Sarah MacDonald.

“We’ve had a few significant activities already this month, organized by the DIAG,” said Corporal Nicholas Whaley, the DIAG’s military co-chair. He detailed the wing’s May 5 support of Red Shirt Day, in honour of missing and murdered Indigenous women; and the May 11 Moosehide Day, with military members encouraged to wear the moosehide patch as they would a poppy, showing their commitment to preventing violence against women and girls. The wing’s May 12 TGIF at the

Annapolis Mess was themed around “Every Child Matters,” with a dreamcatcher craft, led by MacDonald.

“Having the flag up on the wing is a big part of the week, and we’re looking forward to celebrating National Indigenous People’s Day June 21.”

Following the flag-raising, MacDonald led a smudge inside the teepee, and those in attendance could participate in the sage-, cedar-, sweetgrass- and tobacco-infused smoke cleanse.

“The whole point of this week is learning,” said Lieutenant-Colonel Lara Jennings, who acts as the DIAG’s champion.



Annapolis Valley First Nation member Ken MacEachern lead a smudge May 18 outside 14 Wing Greenwood’s Birchall Centre, here with Aviator Lyndsay Broly; before an Indigenous dancing demonstration and lesson got underway.

Corporal J. Fox, 14 Wing Imaging

“If you choose to come to any of our activities, you’re welcome. And then, spread the word to people in your units.” →

CAF hoping for ‘sparks’ with return of Indigenous recruitment initiative

Sara White, Managing editor

Petty Officer Second Class Michael Quesnelle was intent on highlighting the team, support and family feel of a potential career in the military for participants in the latest offering of the Canadian Armed Forces Indigenous Entry Program.

Visiting military workspaces and meeting personnel by day over the three-week program, Quesnelle considered evening activities in Nova Scotia that may be familiar to CAFIEP participants: fishing for striped bass on the Shubenacadie River, canoeing, a campfire and downtime that encouraged conversations.

“We build the CAFIEP as a ‘small family,’ and, really, the military can be like that,” Quesnelle said May 12, as the group spent the afternoon at 14 Wing Greenwood before heading to an overnight in mod tents with MREs at 5th Canadian Division Support Base Detachment Aldershot.

Quesnelle typically works as staff for the Naval Fleet School (Atlantic) Primary Leadership Qualification course. When he heard the CAF was re-starting the CAFIEP for the first offering in four years (blame COVID-19), “my hand went up.

“I have Metis and Ojibwe background, but it was never much for me – my father joined the military in the 1908s, and he always said it was better to just downplay culture and any differences,” Quesnelle said. “I have been learning so much.”

At 14 Wing, the CAFIEP group, about a dozen, including participants and staff; were welcomed at 404 (Long Range Patrol and Training) Squadron by 404 Squadron Deputy Commanding Officer Keith Tagg and 14 Operations Support Squadron Corporal Nicholas Whaley, the military co-chair of the wing’s Defence Indigenous Advisory Group.

“We are in the traditional territory of the Mi’kmaq,” Whaley said, “and the DIAG is pretty involved here at 14 Wing – we bridge the gap between the defence community and our local First Nations communities in Bear River, Glooscap and Annapolis Valley.”

The DIAG may offer guidance to military peers plan-



Aviator L. Broly

Participants in the Canadian Armed Forces Indigenous Entry Program had the opportunity to check out the interior of a 14 Wing Greenwood-based CP140 Aurora aircraft, parked in the 405 (Long Range Patrol) hangar.

ning an exercise in the wider community, suggesting ways to consider or include First Nations communities or individuals in search-and-rescue trainings, or the use of land. The DIAG organizes wing events recognizing significant Indigenous dates, including flag-raising, awareness campaigns and guest speakers. May 11, the DIAG held its first Moose Hide Campaign, with members invited to wear a piece of moose hide wear they would wear the traditional poppy, but this in awareness of the Indigenous effort to engage men and boys to help end violence against women and girls.

“And you would have driven right by our teepee at the main gate – there was no wind this morning, so it went up really well!” Whaley said. “Next week is Indigenous Awareness Week here.”

Day-to-day, military workers personnel challenging opportunities. Captain Rob Albert, 404 Squadron’s Standards Training Flight training enhancement officer, described to CAFIEP participants how 404 Squadron provides new and on-going training to air crews and technicians from across the Canadian Armed Forces, ensuring they are “Ready to Fight.”

“More and more units are finding out what we can do,” Alberts said, from teaching technical skills to peer CAF members to augmenting or making up their own operational crew to fly the Aurora. “We run over max capacity – we’re running courses all the time, we supplement operational squadrons to maintain our proficiencies and we go do our own missions.”

Tom Gorman, a retired CAF

immersive, teaching real-life skills beyond a book or a PowerPoint. These are low-risk environments to train technicians and crew to then go out and work and fly with confidence.”

Across the parking lot at 11 Hangar, several technicians were on hand to tour CAFIEP participants through one of 405 (Long Range Patrol) Squadron’s CP140 Aurora aircraft, and describe their own roles in making missions happen.

Quesnelle watched his group interacting with 14 Wing Greenwood visit guides – just the environment the CAFIEP should be offering participants through navy, army and air force environments.


“We have a recruiter embedded with this group, and they can watch for any of the ‘sparks’ and feed participants the information they want and need to consider the military for themselves.



404 (Long Range Patrol and Training) Squadron Deputy Commanding Officer Major Keith Tagg answers questions from Canadian Armed Forces Indigenous Entry Program members as they tour a CP140 Aurora at 11 Hangar, 14 Wing Greenwood.

S. White

“When they are done, they’ll see a bunch of opportunities have done a FORCE test, a first – maybe they’ll be interested in aid course, the aptitude test; in joining.” →



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Site Web de l'Aviation royale canadienne
www.rcfaf-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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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Jeff Davis, commandant de l'Escadre.

14 Wing Fitness Online work-outs, resources and tips | **PSP Greenwood 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 | **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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JOIN OUR TEAM!

Summer Day Camp Leaders (3 positions)
Summer ECE Assistant (1 position)


Would you like to make a difference in a child's summer? Do we have a job for you! The Greenwood MFRC has proudly served military and defence team families for over 37 years with enthusiasm and dedication. We offer services and support to Canadian Armed Forces families through times of celebration, crises, emergencies, and during operational duty requirements. We are currently hiring three Summer Day Camp Leaders and one Summer ECE Assistant.

Hours
Summer Day Camp Leaders
• 35 hours per week (8 weeks starting June 29th, 2023 – August 25th, 2023)
Summer ECE Assistant
• 35 hours per week (8 weeks starting July 4th, 2023 – August 25th, 2023)

We are seeking four enthusiastic people who enjoy working with preschool children in a fun, outside environment. You will be primarily responsible for leading a fun and educational experience for young children in our summer camp and/or our casual childcare centre. Bilingualism is an asset. Successful candidates must be between the ages of 15 – 30 years. The successful candidates must be prepared to complete a Child Abuse Registry Check & Criminal Record Check including Vulnerable Sector Screening. Eligible candidates should submit a cover letter and resumé clearly outlining their ability to meet requirements, on or before **4:00 p.m. on Friday, June 9th, 2023** to:

Jenny Clifford, Coordinator of Child and Youth Services
Email: home@greenwoodmfr.ca
Subject line: resumé day camp leaders or subject line: resumé summer ECE Assistant (MS Word or PDF format)
Mail: Greenwood Military Family Resource Centre, PO Box 582, Greenwood, NS, B0P 1N0
Fax: 902-765-1747
Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: cfmws.ca



JOIGNEZ NOTRE ÉQUIPE!

Animateurs.trices de camp de jour d'été (3 postes)
Assistent.e d'ÉPE d'été (1 poste)

Aimeriez-vous faire une différence dans l'été d'un enfant ? Alors nous avons un travail passionnant pour vous! Le CRFM de Greenwood sert fièrement les familles militaires et de l'équipe de défense depuis plus de 37 ans avec enthousiasme et dévouement. Nous offrons des services et du soutien aux familles des Forces armées canadiennes pendant les périodes de célébration, de crise, d'urgences et pendant les besoins opérationnels de l'Escadre. Nous recrutons actuellement trois Animateurs.trices de camp de jour d'été pour enfants et un.e Assistent.e d'ÉPE d'été.

Les heures
Animateurs.trices de camp de jour d'été
• 35 heures par semaine (8 semaines du 29 juin 2023 au 25 août 2023)
Assistent.e d'ÉPE d'été
• 35 heures par semaine (8 semaines du 4 juillet 2023 au 25 août 2023)

Nous recherchons quatre personnes enthousiastes qui aiment travailler avec des enfants d'âge préscolaire dans un environnement extérieur amusant. Vous serez principalement responsable de diriger une expérience amusante et éducative pour les jeunes enfants dans notre camp d'été et/ou notre centre de halte-garderie occasionnelle. Le bilinguisme est un atout. Les candidats retenus doivent être âgés de 15 à 30 ans. Les candidats retenus doivent être prêts à effectuer une vérification du registre des cas d'enfants maltraités et une vérification du casier judiciaire, y compris une vérification du secteur vulnérable. Les candidats éligibles doivent soumettre une lettre de motivation et un curriculum vitae décrivant clairement leur capacité à répondre aux exigences, au plus tard à **16 h le vendredi 9 juin 2023** à :

Jenny Clifford, Coordinatrice des services pour enfants, jeunes et adolescents
Courriel : home@greenwoodmfr.ca
Objet: CV – animateurs de camp de jour ou CV - assistant d'ÉPE d'été (format MS Word ou PDF)
Courriel : Centre de ressources pour les familles militaires de Greenwood P.O. Box 582, Greenwood, NS, B0P 1N0
Télécopieur: 902-765-1747
Remarque: Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visiter le site sbmfc.ca pour en apprendre davantage sur le CRFMG.

bravo zulu | promotions & presentations 14 Wing Imaging unless otherwise indicated.



March 24, Master Corporal Evan Booth, right, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



March 24, Captain Sharlene Gillis, right, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



March 24 Sergeant Bryan Forrester, right, was presented the Canadian Forces Decoration 2nd Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



91 Construction Engineering Flight in Gander recently presented a number of honours and awards. Congratulations to Master Warrant Officer Rob Dyke, left, who received the Canadian Forces Decoration Second Clasp; and to Master Corporal Adam Stamp who received the Canadian Forces Decoration.



March 24, Captain Adam Pearson, right, was presented the Queen Elizabeth II's Platinum Jubilee Medal (Nova Scotia) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



March 24, David MacLeod, right, was presented the Queen Elizabeth II's Platinum Jubilee Medal (Nova Scotia) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.



May 13, Corporal Kevin Pinard, centre, was presented a Flight Safety Award For Professionalism, by 14 Wing Greenwood Commander Colonel Jeff Davis, second from left; with Wing Chief Warrant Officer Jonathan Proulx, second from right; 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaault, left; and Chief Warrant Officer Duane May, right. Sergeant R. Beers



May 23, Lieutenant-Colonel Pierre-Luc Lafontaine, second from left, was promoted to current rank by 14 Wing Greenwood Commander Colonel Jeff Davis, left, at 404 (Long Range Patrol and Training) Squadron; in the presence of his wife, Genevieve, and their two children, Naomie and Liam.



May 13, Sergeant Luke Landry, centre, was promoted to current rank, with his family in attendance, by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Dan Arsenaault, left; with Chief Warrant Officer Duane May, right.



May 13, 405 (Long Range Patrol) Squadron, represented by Commanding Officer Lieutenant-Colonel Dan Arsenault, second from right, with Chief Warrant Officer Duane May, right; was presented a CJOC Unit Commendation for OP Impact by 14 Wing Greenwood Commander Colonel Jeff Davis, second from left, with Wing Chief Warrant Officer Jonathan Proulx, left.



March 24, Captain Mary Cameron-Kelly, right, was presented the Queen Elizabeth II's Platinum Jubilee Medal (Nova Scotia) by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Joshua Christianson.

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Looking for a rewarding role? Join the GMFRC board!

Officer Cadet Laura Lascelle

Are you passionate about supporting military families? The Greenwood Military Family Resource Centre (GMFRC) is currently looking for individuals to join its volunteer board of directors.

Although experience in fundraising, marketing, communications, finance, accounting or human resources are all valuable assets to the board, there are no formal pre-requirements to membership. What the board is most interested in is finding military family members who wish to make a difference in their community by volunteering their time and expertise. The board requires a minimum of 51 per cent military family membership to maintain its mandate, and board chair Sergeant Justin Kubis would like to see more family members get involved.

"Our board is governed by families for families. [This] ensures that the GMFRC's programs and services are truly reflective of the needs of our community."

The GMFRC board is by non-profit governance. Board directors play an essential role in guiding the organization and ensuring the centre and its staff fulfills its mission to support military families. Members work collaboratively with the executive director and other centre staff members to develop and implement strategic plans, oversee financial management and ensure the organization operates in accordance with its bylaws and policies.

Executive director Margret Reid believes a strong board of directors is essential to the GMFRC's ability to support military families in the Greenwood area.

"The board serves as the voice of 14 Wing families, the voice of our community. Without a board of directors, the GMFRC will not be able to operate, as it is a requirement to maintain our charitable status."

The work members do is important, but it is also



Submitted

GMFRC to hold AGM June 27

The Greenwood Military Family Resource Centre board of directors will host its virtual annual general meeting June 27 at 7:30 p.m. The board is inviting you, the members and families of 14 Wing, to join board members and GMFRC staff to go over highlights from the past year, hear a financial overview and ask any questions you may have for the board or staff.

Registration for the AGM may be done online by June 20 at <http://gmfrccapp.ca/events/1159/register>

rewarding. The board's current treasurer, Natasha Appolloni, has been volunteering with the GMFRC since the spring of 2022.

"I like working with and meeting other people in the community. It is an important role to hold, and I like

supporting the MFRC and its staff who support all of us military families. I feel like a lot of people don't realize all of the services that the MFRC provides to all families and members: single members, members with a spouse, members with kids, retired members and their various families.

"These services can't be provided without a governing board of directors."

During her membership, Appolloni has gained valuable experience in governance, strategic planning and policy work. In addition to formal training sessions, the board also provides volunteers the opportunity to build relationships in the community and strengthen their interpersonal skills.

Individuals who wish to apply for a position on the GMFRC board of directors, or who are interested in receiving more information, are encouraged to send an email to the vice-chair, Angie Publicover, at gmfrccvicechair@gmail.com. →

Êtes-vous à la recherche d'un rôle gratifiant? Joignez-vous au conseil d'administration du CRFMG!

Élève-officière Laura Lascelle

Êtes-vous motivé à l'idée de soutenir les familles de militaires? Le Centre de ressources pour les familles de militaires de Greenwood (CRFMG) est actuellement à la recherche de personnes qui souhaitent siéger à son conseil d'administration bénévole.

Bien que l'expérience en matière de collecte de fonds, de marketing, de communication, de finances, de comptabilité ou de ressources humaines soit un atout précieux pour le conseil d'administration, il n'y a pas de conditions préalables officielles pour en faire partie. Le conseil d'administration souhaite plus que tout trouver des membres des familles de militaires qui veulent faire une différence dans leur collectivité en offrant bénévolement leur temps et leur expertise. Le conseil d'administration doit être composé d'au moins 51 % de membres des familles de militaires pour maintenir son mandat. Le sergent Justin Kubis, président du conseil, aimerait qu'un plus grand nombre de membres des familles participent.

« Notre conseil d'administration est dirigé par les familles pour les familles. Ainsi, nous nous assurons que les programmes et les services du CRFMG reflètent vraiment les besoins de notre collectivité. »

Le conseil d'administration du CRFMG est un organisme à but non lucratif. Les membres du conseil jouent un rôle essentiel en guidant l'organisation et en veillant à ce que le CRFMG et son personnel s'acquittent de leur mission

AGA du CRFMG - 27 juin

Le conseil d'administration du Centre de ressources pour les familles de militaires de Greenwood tiendra son assemblée générale annuelle (AGA) virtuelle le 27 juin à 19 h 30. Le conseil vous invite, ainsi que les militaires et les familles de la 14e Escadre, à vous joindre à leurs membres et au personnel du CRFMG pour passer en revue les faits saillants de la dernière année, examiner l'aperçu financier et poser toutes les questions que vous souhaitez aux membres du conseil ou au personnel.

L'inscription à l'AGA peut se faire en ligne d'ici le 20 juin à l'adresse : <http://gmfrccapp.ca/events/1159/register>

qui est de soutenir les familles de militaires. Les membres collaborent avec la directrice générale et d'autres membres du personnel du CRFMG pour élaborer et mettre en œuvre des plans stratégiques, superviser la gestion financière et veiller à ce que l'organisme fonctionne conformément à ses règlements administratifs et à ses politiques.

Margret Reid, directrice générale, estime qu'un conseil d'administration solide est essentiel à la capacité du CRFMG de soutenir les familles de militaires dans la région de Greenwood.

« Le conseil d'administration est la voix des familles de la 14^e Escadre, la voix de notre collectivité. Sans lui, le CRFMG

ne pourra pas fonctionner, car il s'agit d'une exigence pour conserver son statut d'organisme de bienfaisance. »

Le travail des membres du conseil d'administration est important et gratifiant. La trésorière actuelle du conseil, Natasha Appolloni, fait du bénévolat au CRFMG depuis le printemps 2022.

« J'aime travailler avec les gens de la collectivité et aller à leur rencontre. C'est un rôle important à jouer, et j'aime appuyer le CRFM et son personnel qui nous soutiennent tous, les familles de militaires. J'ai l'impression que beaucoup de gens ne se rendent pas compte de tous les services que le CRFM offre à toutes les familles et à tous les militaires, qu'ils soient militaires célibataires, militaires avec un conjoint ou une conjointe, militaires avec des enfants, militaires à la retraite et leurs diverses familles. Ces services ne peuvent être fournis sans un conseil d'administration. »

Au cours de son mandat, M^{me} Appolloni a acquis une expérience précieuse en gouvernance, en planification stratégique et en travail stratégique. En plus des séances de formation officielles, le conseil d'administration offre également aux bénévoles l'occasion d'établir des relations dans la collectivité et de renforcer leurs compétences interpersonnelles.

Les personnes qui souhaitent poser leur candidature à un poste au conseil d'administration du CRFMG ou qui souhaitent obtenir de plus amples renseignements peuvent envoyer un courriel à la vice-présidente, Angie Publicover, à l'adresse : gmfrccvicechair@gmail.com. →

Fitness challenge a level-by-level, life change

Swimming, jogging, cycling, cross-country skiing, walking, aerobic classes, rowing, stair climbers, rope skipping, martial arts – put in the time and effort, and you could be working your way through the levels of the Canadian Armed Forces Physical Fitness Awards of Aerobic Excellence. 404 (Long Range Patrol and Training Squadron) Chief Warrant Officer Jean Plamondon is one of the most recent recipients of a fitness award level. “It was the first seal and the first certificate, which is 2,000 points. For cycling, each point is three kilometres ridden,” Plamondon says. The fitness program is divided into seven levels of achievement (I to VII) and six sub-levels (red to gold seals). To obtain a seal certificate and move to the next seal, participants must complete 2,000 units of aerobic exercise. To obtain a level, members must complete 12,000 units of aerobic exercise (six seals). Completion of all seven levels signifies the accumulation of 84,000 aerobic units. Plamondon has some work to do to advance to that level, but Fitness & Sports Centre manager Matt Gillis says he’s on the right track. “Anyone can do this fitness program – it’s just being dedicated,” Gillis says. “Some people may push on their annual military FORCE fitness test, but this fitness awards program is really more about building healthy habits – you have to be accountable for almost two years.” Get your logbook from Personnel Support Program staff at the Fitness & Sports Centre or download at cfmws.ca, and report in as you meet activity milestones. →



404 (Long Range Patrol and Training) Squadron Chief Warrant Officer Jean Plamondon, right, has put in the work over the past two years to earn the first level of the Canadian Armed Forces Physical Fitness Award for Aerobic Excellence, presented April 28 by Lieutenant-Colonel Joshua Christianson. Submitted

Camp fun all season long at Lake Pleasant

Fish, eat, play, yard sale, sing and more – Lake Pleasant Campground has a packed June schedule of nothing but fun, designed to enhance your campground day visit or multi-day stay. June 17 is for card sharks: from 6 p.m. to 7 p.m., there is a free Game of War card tournament in the lodge for those under age 17. From 7 p.m., it’s an 18+ euchre tournament (\$1 entry fee). Bring your own snacks and settle in for an evening of fun. The grand prize is a one-day watercraft rental. June 24, 9 a.m. to 3 p.m., the campground will host a blended yard/ garage/ campsite/ craft sale. Campers: bring your “stuff,” or be on the lookout for treasures and deals. While you’re at Lake Pleasant through June, make sure you check in with the newest residents, a couple of yet-to-be-named bunnies. If you have camping-related name suggestions, like the LPC Facebook page and email contests@lakepleasantcampground.ca by June 29. The winning names – and the name-the-bunnies – contest winner – will be announced June 30. Up for winning is a two-night RV or tent site stay, including firewood and a two-day watercraft rental. All season, Lake Pleasant is looking for your at-camp photos: send your best, funniest, wettest, with pets, camp cooking, sunset or other pictures (one per stay) to contests@lakepleasantcampground.ca by October 30. The winner will be announced October 31, and be set for Season '24, with a full weekend cabin, firewood, boat and bike rental prize package. If you’d like to pitch in as a volunteer at any Lake Pleasant special events, the campground team would love your help. For information on

all things Lake Pleasant, follow the campground on Facebook, visit lakepleasantcampground.ca or drop in to 240 Air Force Road, Springfield. Lake Pleasant Campground is a 14 Wing Greenwood Personnel Support Program-operated morale and welfare facility, open to Defence Team members, veterans and the public. →

children between the ages of eight and 17 over the last 30 years. The association also offers a similar introductory flight experience programs for adults interested in flying. Remarkably, all this is achieved solely through the dedication of EAA member volunteers. “It’s all done by volunteers. They paid out of their own pockets - their aircraft, the fuel, and the maintenance,” Simms says. “It’s entirely volunteers.” Though the EAA offers a wide range of programs in the community, it started as a home-built aircraft association. “The theme of EAA is the ‘Spirit of Aviation,’ just the broad brush of aviation, whatever you’re enthused about - building them, operating them. It’s really a big umbrella, but there’s always that focus on, ‘we’ll help you build your own airplane.” Since the Young Eagles program started, the Scotia Eagles have provided free flights to 847 Valley youth, and this year’s event filled its registration list with 35 participants. The annual event, run entirely by the EAA’s Nova Scotia chapter’s dedicated team of volunteers, gives youth the opportunity to experience the magic of aviation for the first time. The EAA’s Young Eagles program, founded in 1992, has provided free introductory flights to more than 2.3 million

Positive Space two-day training June 14, 15

The new two-day Positive Space ambassador training program is now available at 14 Wing Greenwood. This program is for all Defence Team members who wish to become ambassadors or gain a greater knowledge of 2SLGBTQI+ history, terminology and issues. The program will be offered June 14 and 15, 8:30 a.m. to 4 p.m. both days; at St. Mark’s Chapel annex, Church Street, Greenwood. Dress for military members is civilians. To learn more about the program, contact Major Backhouse, 14 Wing Greenwood’s RCAF Professional Conduct and Culture Officer, at 902-765-1494 local 1643 or arne.backhouse@forces.gc.ca. To register, contact Backhouse, or see the link on the 14 Wing internal Splashpage. →



In September 2019, Experimental Aircraft Association Chapter 1051 held a Young Eagles rally at the Kings-Hillaton Aerodrome to provide flights for young people ages eight to 17. Pilot Christoph Both, here, was preparing to take one youth for a flight in his home-built Europa. The Scotia Eagles next Young Eagles rally is June 10 in Greenwood. Submitted

‘Broad brush of aviation’ keeps builders, aviators, volunteers enthused

Officer Cadet Laura Lascelle

aviation and aviation safety in the community. “We’re not just focused on building aircraft, though that is part of our DNA, if you will. We’re just aircraft enthusiasts, and we’re always looking for likeminded people to get together and have some fun and talk about aviation.” The EAA’s Scotia Eagles membership is open to all Maritime aviation enthusiasts, with members from Yarmouth to Port Hawkesbury. The wide geographic area posed a challenge for the association during the pandemic, but the chapter has rebuilt its get-togethers to better accommodate member needs. During winter months, the Scotia Eagles provide monthly online presentations on a variety of aviation subjects, with summer in-person events. In the coming weeks, the association will begin discussing its fall programs. The meetings are online and, although they require an invitation to attend, anyone interested may contact the association via president@eaa1051.org or treasurer@eaa1051.org. →

JUNE is Recreation Month

Share the colours, share the Joy!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Bike, kayak, canoe & paddle board rentals Certain conditions apply</p> <p>At Lake Pleasant Campground - 902-547-2882 or info@lakepleasantcampground.ca</p> <p>At 14 Wing Fitness & Sports Centre - 902-765-1494 local 5106</p> <p>At 14 Wing Community Centre - 902-765-1494 local 5341</p>	<p>PSP Community Recreation at the 14 Wing Community Centre 902-765-1494 local 5341 to register or online at: https://bkk.cfmws.com/greenwoodpub/courses/index.asp Registration by noon day of program. Costs with some programs. Proof of I.D. f @PSPGreenwoodCommunityRecreation</p>	<p>All June By appt: Butt Out self-help, F&S Centre</p> <p>Drop-in badminton Tuesdays & Thursday, F&S Centre, noon to 2 p.m. (military, PSP Plan, drop-in)</p> <p>Drop-in volleyball Tuesdays & Thursdays, F&S Centre, 3 p.m. to 5 p.m. (military, PSP Plan, drop-in)</p> <p>Strength & conditioning class Mondays, Wednesdays & Fridays, F&S Centre, noon (military, PSP Plan, drop-in)</p>	<p>Swimming – F&S Centre (military, PSP Plan, drop-in) Public swim, 1 p.m. Lane swim, 2:45 p.m. Parent & Tot, 2:45 p.m. (registration required)</p> <p>Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.</p> <p>Ball hockey Kingston rink 1:30 p.m. (military members)</p> <p>Outdoor games & chalk art (youth) Community Centre, 6 p.m. (registration required)</p>	<p>Swimming – F&S Centre (military, PSP Plan, drop-in) Lane swim, 6:15 a.m. Adult lane swim, 1:15 p.m. Lane swim, 6:30 p.m.</p> <p>Yoga Community Centre, noon</p>	<p>Spin class F&S Centre, 4 p.m. (military, PSP Plan, drop-in)</p> <p>Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.</p> <p>Ball hockey Kingston rink 1:30 p.m. (military members)</p>	<p>Mobility class F&S Centre - noon (military, PSP Plan, drop-in)</p> <p>Pt 1 Inter-Comm: Improve Communication in Personal Relationships (registration required) F&S Centre 8:30 a.m. to noon</p> <p>Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.</p> <p>\$5 Glow bowling Community Centre, 6 p.m. to 9 p.m.</p> <p>Outdoor scavenger hunt (youth) Community Centre, 5:30 p.m. (registration required)</p>	<p>Pt 2 Inter-Comm: Improve Communication in Personal Relationships (registration required) F&S Centre 8:30 a.m. to noon</p> <p>Swimming – F&S Centre (military, PSP Plan, drop-in) Parent & Tot, 10 a.m. (registration required) Adult lane swim, 1:15 p.m. Public & lane swim, 6:45 p.m.</p> <p>Outdoor movie Lake Pleasant Campground 9 p.m.</p>

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Tight fit fire training

14 Fire and Emergency Services firefighters recently took on an extensive confined spaces exercise in their 14 Wing Greenwood specially-designed training compound, practicing their ability to respond and rescue an incapacitated individual trapped in a simulated propane explosion during typical welding work. The response included safety considerations, identifying needed equipment, ropes and cutting tools, negotiating tight quarters and evacuating any victims.

Corporal C. Hilchey, 14 Wing Imaging



Donna's bench a wing tribute to great baker, adventurer, gamer, friend

Officer Cadet Laura Lascelle

While attending the unveiling of her memorial bench May 23, it wasn't hard to see the lasting impact Donna Lee Giesbrecht had on the 14 Wing Greenwood community during her time working for 413 (Transport and Rescue) Squadron, Real Properties Operations and the Canadian Forces Housing Agency.

Her bench, dedicated by friends and coworkers on the wing, was formally unveiled by Captain Mary Valair in the common corridor of the CANEX mall.

"Every day at work with Donna was filled with laughter and tears - and the tears were from laughing too

much," Valair said.

During the ceremony, Giesbrecht's memory once again brought tears and laughter to the wing, as her friends reminisced on the unifying force she was. An avid baker, Giesbrecht brought others together with her many sweets and jams, lovingly created from her mother's recipe book. When she wasn't baking, she was treating her friends to Dairy Queen using one of the seemingly infinite coupons she saved to share with others. More than a baker, Giesbrecht was also an adventurer, both in this world and the digital one. Affectionately dubbed a "World of Warcraft" pioneer, her friends recalled how they

would visit Giesbrecht at her home in Kingston with their computers and monitors in hand, to join her for a game. Though she was born in Germany, and lived several years in Wimbledon, England, Nova Scotia was her home, which she shared with her friends and her three loves, her dogs Emma, Lilly, and Daisy. Giesbrecht's sister, Gale, believes she would have been moved by today's dedication.

"She often spoke of the small kindnesses offered to her by those around her. Help with her house, a kind word, encouragement at the gym when she went. She treasured those small, everyday gestures, and I know she misses them."



Friends of the late Donna Lee Giesbrecht, from her work time with 413 (Transport and Rescue) Squadron, Real Properties Operations and the Canadian Forces Housing Agency; gathered May 23 to dedicate a bench in her honour, recognizing her impact on the 14 Wing Greenwood community.

Officer Cadet L. Lascelle

The memorial bench, created by Real Property Operations, is a beautiful symbol of Donna's contribution to the

wing, and her lasting care for the people of 14 Wing.

"[It] will stand here as a place for those to seek

solace, comfort and to remember precious memories that were shared together," Valair said. →

Water-based calls keep SAR crews busy

May 21, the Halifax Joint Rescue Coordination Centre requested a Cormorant helicopter from 14 Wing Greenwood's 413 (Transport and Rescue) Squadron assist with a search for a missing kayaker in the vicinity of Rivière-du-Loup. Rescue 904 launched from 14 Wing at 8:50 p.m., refueled in Rivière-du-Loup

around 2:30 a.m. May 22, and continued to the search area for an approximate 1.5 hour search. R904 returned to Greenwood around 6 a.m. May 22. Hercules R343 launched from 14 Wing at 9:34 a.m. to search the south shore of the Saint Lawrence River from Rivière-au-Renard to Rivière-du-Loup, including all islands.

The Hercules searched to sunset, returning to Greenwood around 11 p.m. Just before 8 p.m., R904 was re-tasked to continue with the search, returning to Greenwood at 3:39 a.m. May 23. At 1 p.m., Hercules R343 launched again to return to the search, stood down at sunset and back in Greenwood at 10: 45 p.m.

May 26, Hercules R343 launched at 4:18 p.m. to investigate a marine EPIRB broadcasting 280 nautical miles south of Greenwood. The EPIRB was deemed to have been activated accidentally, so the Hercules was stood down, returning to Greenwood around 5 p.m.

May 29, at 12:33 a.m., a

Greenwood-based Cormorant helicopter took off to aid three individuals on a boat which had broken down and was taking on water on Bras D'Or Lake, Cape Breton Island. R904 completed its task and returned to Greenwood at 5:37 a.m.

May 29, Hercules R343 left Greenwood at 6:24 a.m.

to provide top cover for a Gander-based Cormorant conducting a medevac of a 73-year-old individual who struck their head and fell overboard from the fishing vessel Midnight Challenger, 90 nautical miles east of St. Anthony, Newfoundland and Labrador. The patient was recovered but is in serious condition. →



Runners-up of the Greenwood Golf Course's first Monday Morning ladies' scramble were, with organizer Wendy Richardson, left; from left, Bekki McGillivray, Deb Muise, Ellen Ferguson and missing Kathy Siddall.

Submitted



Winners of the Greenwood Golf Course's first Monday Morning ladies' scramble were, with organizer Wendy Richardson, left; from left, Hazel McEwan, Sheila Johnson, Nancy Allison and missing Elaine Drew.

Submitted

Fun, competitive, Canada Day golf all on the go

Wendy Richardson

The Greenwood Golf Club has lots of activities in full swing, now that the season is underway.

The Friday night 9 & Dine has been active for three weeks now, and the turnout has been great - it's so much fun, in a scramble format. This is a great way to meet new people, and you don't have to be a star golfer (everyone starts somewhere!). Everyone meets after the golf and shares a drink, a few funny stories and you may even order supper. Be at the club by 4:30 p.m. for the 5 p.m. shotgun start.

Monday morning ladies' golf started May 29 and, even though it was cool (actually, it was COLD!), 20 ladies showed up for week one and played the nine holes. The ladies were treated to some Cape Breton oatcakes and cheese while the organizers made up the teams. Thanks to Sandra, Betty and Wendy for getting this morning golf started. Now, let's keep it going! After the golf, some of the gals had lunch and there were prizes presented to the winners and the runners-up. If you are interested in playing, please call the pro shop or send a message to Betty or Wendy so we can make up the

teams. We need the info by 3 p.m. Sundays; that way, we can let you know your tee time for Monday morning. Bring a friend out - it is just nine holes and it is all about FUN!

Greenwood is hosting the NSGA Men's 4 Ball June 10 and 11, with many of the best golfers in the province playing in this event. Feel free to come out and watch.

The Doug McEwan Mixed 4-person scramble is the weekend of July 8 and 9. Call the clubhouse for more info and to register, 902-765-5800.

The annual Canada Day tournament is full, with 36 registered teams of four golf-

ers. Everyone playing should be getting their red and white ready, and some things to decorate the carts. Let's show that Canadian pride! Leave your entry fee at the pro shop.

Hats off to Fred Tappan and David (Terry) Peters for sprucing up the course with flags, flower boxes and some paint. You two are magic!

If you haven't tried this great sport, you should. It is a lot of fun. Remember to keep up the pace of play - keep up to the group ahead of you, not just ahead of the group behind. Replace any divots and repair your ball marks on the greens, too, to keep things looking great! →

Battlefy celebrates RCAF centennial with launch of RCAF Game Force Esports tournaments

Battlefy, the leading esports audience engagement platform, is proud to partner with Canadian Forces Morale and Welfare (CFMWS) to celebrate the centennial of the Royal Canadian Air Force with the launch of RCAF Game Force, a series of esports tournaments which seeks to connect young Canadians with their air force.

April 1, 2024 marks 100 years of service for the RCAF as a distinct military element. CFMWS will honour the RCAF centennial by organizing a series of programs, one of which includes RCAF Game Force. The RCAF Game Force is one of the many specially curated, youth inspired centennial programs that provides an

inclusive, open, safe space for youth to develop tech proficiency, meaningful social connections and fun based gaming to encourage more youth to pursue higher education STEM careers.

RCAF Game Force will run most weekends from May to July 2023 and include community tournaments for FIFA23,

NHL23, League of Legends, VALORANT and Marvel Snap. The tournaments are open to players of all skill levels and will feature cash prizes, furnished by Battlefy, ranging from \$150 to \$350. Participation is free.

To register for the tournaments or to learn more about RCAF Game Force, visit the Battlefy website. →

Battlefy célèbre l'ARC avec le lancement des tournois de sports électroniques Mission Jeux de l'ARC

Battlefy, la principale plateforme de mobilisation de l'auditoire de sports électroniques, est fière de s'associer aux Services de bien-être et moral des Forces canadiennes (SBMFC) pour souligner le centenaire de l'ARC avec le lancement de Mission Jeux de l'ARC, une série de tournois de sports électroniques visant à connecter les jeunes Canadiens et Canadiennes avec leur Force aérienne.

Le 1er avril 2024 marque les 100 ans de service de l'ARC en tant qu'élément militaire distinct. Les SBMFC souligneront le centenaire de l'ARC en organisant une série de programmes, dont l'un comprend Mission Jeux de l'ARC. La Mission Jeux de l'ARC est l'un des nombreux programmes du centenaire spécialement conçus pour les jeunes qui leur offre un espace inclusif, ouvert et sécuritaire

et qui vise l'acquisition de compétences technologiques, le développement de liens sociaux enrichissants et une expérience de jeux stimulante afin d'encourager le plus grand nombre de jeunes à poursuivre des études supérieures dans des carrières en sciences, technologie, informatique et mathématiques (STEM).

La Mission Jeux de l'ARC se déroulera la plupart des fins de semaine de mai à juillet 2023

et comprendra des tournois communautaires pour FIFA23, NHL23, League of Legends, VALORANT et Marvel Snap. Les tournois sont ouverts aux joueurs de tous les niveaux et proposeront des prix en espèces fournis par Battlefy d'une valeur de 150 \$ à 350 \$. La participation est gratuite.

Pour vous inscrire aux tournois ou pour en savoir plus sur la Mission Jeux de l'ARC, visitez le site Web de Battlefy. →

Food for Thought from the Upper Room Food Bank

During April, the Upper Room Food Bank served 165 families, consisting of 366 adults and 192 children, with 19,700 pounds of product going out and 16,480 pounds coming in. The incoming total includes 3,260 pounds provided by the Feed Nova Scotia network and 1,502 pounds bought with local cash donations. The rest is from local food bank sharing and local donations, including regular arrangements with local businesses.

the office.

Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait, and they will fit you in where they can. Volunteers may also leave early when there are no more appointments or clients waiting, but they don't want to miss anyone in need, either. We understand it is not always possible to call ahead, but clients will find the process easier with a scheduled appointment.

Clients needing service must call ahead to the food bank to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers is allowed in the building. This process limits personal contact, while also reducing waiting time for clients. When requesting service, your best option is to call the office directly, and leave a message if no one is there. We can answer quick questions through the Facebook page, but we cannot plan for pick-up or new clients; that must be done through

Our regular hours are in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Appointments continue to be a requirement. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. Be sure to follow us on Facebook. →

that must be done through



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 Bridgetown, N.S. 902-665-5293



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

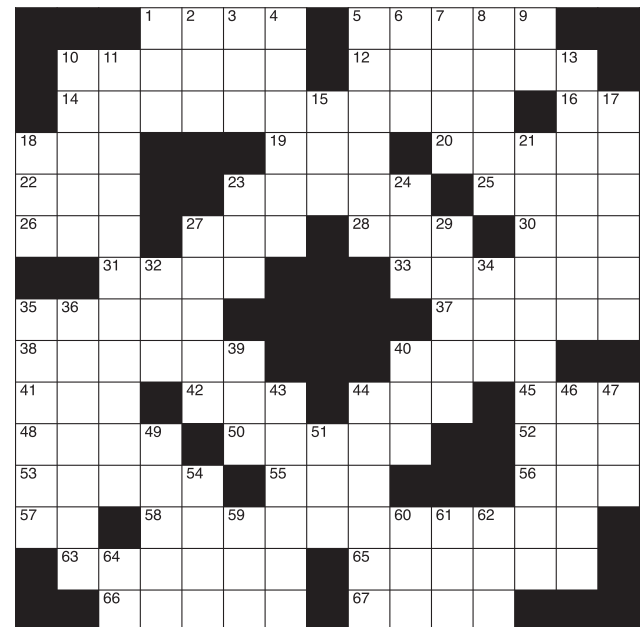
Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca.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

Friday night BBQ
Fridays, 5 p.m. to 6:30 p.m., the Berwick Legion hosts casual summer BBQs, including hamburgers, cheese burgers, sausages and hotdogs; as well as salads and desserts. Open to the community – let us cook for you!
Weekend makers space
Saturdays, noon to 4 p.m. (and some Sundays). Join artists and crafters at 7Arts, 619 Central Ave, Greenwood; for a fun afternoon of creativity. The studio and gallery is open to explore. To register: info@7arts.ca.
Cute cactus rock garden
June 6, 7 p.m. to 8 p.m., the Kingston Library invites ages 16+ to make your own cute painted cactus garden. All materials supplied. Registration required.

Stories and Somersaults
June 6, 10:30 a.m. to 11:30 p.m., the Kingston Library invites ages three to five, with caregivers to hop, skip, and jump your way to the library for story time with a physical literacy twist. Registration not required.

crossword

solution page 11



- ACROSS**
- Flat tableland with steep edges
 - Where there's ____, there's fire
 - Talked incessantly
 - Skill
 - Without shame
 - Where teens spend their days (abbr.)
 - Boxing's GOAT
 - Used to anoint
 - Cluster cups
 - Footballer Newton
 - They make up a forest
 - Split pulses
 - Self
 - Post-office box
 - Test for high schoolers
 - Large, flightless bird
 - Expectorated
 - Falsehood
 - Prickly, scrambling shrub
 - French river
 - Told on
 - Hillside
 - Peyton's little brother
 - Soviet Socialist Republic
 - Cathedral city in Cambridgeshire
 - Witness
 - Brews
 - Yellowish-brown
 - Arctic explorers, abbr.
 - Mexican agave
 - A type of "cast"
 - Encourage
 - Atomic #52
 - Relating to position north of south of equator
 - Gadget whose name you forget
 - Another recording
 - Small blisters
 - Dark brown or black
- DOWN**
- Licensed for Wall Street
 - "and flow"
 - A very large body of water
 - Accumulate on the surface of
 - Central cores of the stem
 - Angry
 - Ceramic jar
 - Scrapped a car
 - Upper-class young woman (abbr.)
 - Soviet labor camp system
 - Strong hostilities
 - Vitamin of the B complex
 - Go quickly
 - Toast
 - A team's best pitcher
 - A Philly culinary specialty
 - Small child
 - Unhappy
 - Trims away
 - Characterized by crying eyes
 - Soft touch
 - American spy organization
 - A person's chest
 - Came from behind to win
 - Fall back
 - Nellie ____, journalist
 - Great places to kayak
 - Suffer patiently
 - Majestic bird
 - Electroencephalograph
 - Organic compound used as an antiseptic
 - Objects connected to the web (abbr.)
 - Ship as cargo
 - The bill in a restaurant
 - Upper-class young woman (abbr.)
 - Judge in DJ Simpson trial
 - One's grandmother
 - Siberian river

crossword brought to you compliments of

horoscopes brought to you compliments of

horoscopes

June 4 to June 10

ARIES - Mar 21/Apr 20
Aries, things may not progress the way you want them to unless you become a little more persistent. Figure out how to walk the line to achieve your goals.
TAURUS - Apr 21/May 21
Taurus, many things are going right with your life. But now it's time to get a handle on your love life. You may have to put in some extra effort, especially this week.
GEMINI - May 22/June 21
Gemini, keep things on the lighter side when conversing with coworkers this week. Now is not the time to delve into controversial discussions in the workplace.
CANCER - Jun 22/Jul 22
Cancer, as you try to become more organized, try not to get too overwhelmed by the scope of the task at hand. Tackle one thing at a time and keep making progress.
LEO - Jul 23/Aug 23
Leo, situations may seem like they are a matter of life or death this week, but there's a good chance you're just being overly dramatic. Try to go with the flow.
VIRGO - Aug 24/Sept 22
Emotions are running wild and you're worried about what others think of you. Virgo, Embrace a point of view that relies more on the rational than the emotional.

LIBRA - Sept 23/Oct 23
Libra, after a few stops and starts, you and your romantic partner are on quite a roll. Enjoy that you both are in tune and aspiring toward shared goals.
SCORPIO - Oct 24/Nov 22
Scorpio, it's possible you feel blocked on all sides regarding your employment. While you can't get ahead right now, there are some opportunities coming.
SAGITTARIUS - Nov 23/Dec 21
Be careful about speaking before thinking through your words, Sagittarius. Knee-jerk responses can have unexpected consequences. Take time to form your opinion.
CAPRICORN - Dec 22/Jan 20
This week is bound to be pretty intense, Capricorn. But you'll find a way to skirt through it relatively unscathed. Rely on a few friends as sounding boards.
AQUARIUS - Jan 21/Feb 18
Aquarius, try not to cut off channels of communication with loved ones as you deal with a few difficult issues. Others are willing to step up and help as needed.
PISCES - Feb 19/Mar 20
Pisces, others will not always see the world the way you do. Interactions this week can be a little stilted or even frustrating.

sudoku

solution page 11

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

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!

2128, 9 a.m. to 11 a.m. Pick-up and dining in costs: \$15, delivered costs \$16. Pick-up/dining in timings are June 13, noon to 1 p.m.
Talk, Sing, Read! Storytime
June 7, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites youth ages zero to five, with caregivers, to share the fun and adventure of reading, rhymes and songs.
HealthRHYTHMS drum circle for veterans
June 6 (first Tuesday of every month). We explore creativity through rhythms and wellness exercises. Free for veterans and their spouses. No experience required. Supplies and refreshments provided. Book a private session for your group at 7Arts Studio, 619 Central Ave., Greenwood. Register at mindfullymore@gmail.com.
Lions' community luncheon
June 7 and 8 are order days for the June 13 Kingston Lions' community luncheon. This month's menu: roast beef, with mashed potato and vegetables, roll and dessert. Pre-order your dinner(s) June 7 or 8 by calling 902-765-2128.

Berwick Library Book Club is hosted by Barbara and is open to adults. Print books or ebooks available. Join the discussion via Zoom or in person. This month, we'll be discussing The Chancellor by Kati Marton. Registration required.
One-on-one tech help
June 9, adults may book a one-hour slot at the Berwick Library (in person or via Zoom). Ask about basic computer skills, how to use email, word processing, how to use our online library services, how to get started with a tablet or phone – and more.
Intro to the Innovation Lab and one-on-one tech help
June 8, book a one-hour slot at the Kingston Library (teens and adults) and learn how to use equipment in the Innovation Lab (3D scanner and printer, Cricut Maker, sewing machines, and more). Once you are comfortable to go it alone, you'll be able to book the lab whenever the library is open. Or, book one-on-one tech assistance with our digital literacy instructor. Please help us prepare for your visit by letting us know what you would like to cover. Registration required.
HealthRHYTHMS seniors drum circle
June 8 (second Thursday of every month). Free for seniors. We explore creativity through rhythms and wellness exercises. No experience necessary. Supplies and refreshments provided. 7Arts Studio, 619 Central Ave., Greenwood. Please register at mindfullymore@gmail.com.
Berwick Book Club
June 9, 10 a.m. to 11 a.m., the

Home Road. Tickets 10 per envelope/ \$2 per envelope. Draws will start at 2 p.m.: you do not have to be present to win, and we will be at the hall for prize pick-up until 4 p.m. (we will call you when you win).
Life Through A Mask: An Introduction to Expressive Arts Therapy
June 15 to July 6, 1:30 p.m. to 3:30 p.m., join us at 7Arts Studio, 619 Central Ave, Greenwood; for "Life Through A Mask: An Introduction to Expressive Arts Therapy." Free to veterans. All supplies included. Register lifethroughamask@gmail.com.
Berwick walking groups
Tuesdays (from Spicer Park) and Fridays (location varies), 10 a.m., Berwick hosts Hike Nova Scotia gentle, easy walking groups through its NS Walks initiative. Sign-up at nswalks.ca or 902-932-6902.
Lions 50/ 50 online fundraiser
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at lions5050.ca.
Rafflebox. Select the Lions Club you wish to support (including the Kingston Lions Club).
Alcoholics Anonymous
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.
Volunteer tutors needed
Do you have an hour or so a week you would like to use to help someone upgrade their reading, writing or math skills? The Valley Community Learning Association would like to hear from you! We have volunteer opportunities available to assist our learners with upgrading their skills, helping with apprenticeship exams or individual course materials (NSCC and adult high school). Math tutors are especially welcome. For information, contact our tutor coordinator, Kathie Sheffield, 902-679-5252.

Knit/ crochet club
Wednesdays, 1 p.m. to 3 p.m.: knit or crochet with 7Arts. Join the Yarn 'n Yabbers Club. \$5 drop in with your project, or \$10 all supplies provided. Pre-register at FB page [arts2 @yarnnyabbersclub](https://www.facebook.com/yarnnyabbersclub).
Board volunteers needed
The Kingston Greenwood Mental Health Association is seeking volunteer members for its board. Meetings are held monthly. For additional information, phone 902-765-3902.
Hall rental
The South Berwick Community Hall, 4518 Highway 1, has community rental availability for meetings, social events and programs. For details, contact Sara, cskeddy@hotmail.ca.
Diabetes donations
Diabetes Canada accepts gently used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations. Or, call 1-800-505-5525 to arrange a free household pickup or visit declutter.diabetes.ca for information. Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.
Support group
Fridays, 10 a.m. to noon, there is a mental health peer support group which meets in the Greenwood Sobey's community room at Sobey's: a non-judgmental place for anyone working towards mental health recovery and in need of a supportive and empathetic mentor and listener. Facilitator can help identify community resources (housing, community, food, employment, social etc). Free, snacks provided. Program provided by CMHA Kings. For information, contact club@cmhakingns.ns.ca or 902-670-4103.
Hall rental
The Brickton Community Hall is available for rentals (birthday parties, weddings, meetings and more). Contact James or Cathy, 902-584-3047 for details.
Caregiver support group
Thursdays (first of each month, 1:30 p.m. to 3:30 p.m., a care-

giver support group meets at the Kingston United Church, 733 Main Street (ramp access). Are you caring for a parent, spouse, child or friend due to a physical or mental health condition, frailty or chronic illness? Our support group offers a confidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment. For information, contact Jennine Wilson, 902-680-8706 or 1-877-488-7390. caregiversNS.org.

classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included.
Classified advertising must be booked and prepaid by 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.alianzinc.ca or fax 902-765-1717.
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.alianzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.
Les annonces classées doivent être réservées et payées à l'avance

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2. Fax: 902-765-1717
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Full name _____ Phone number _____

Complete the following questions from ads in this week's issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games.

- Who is offering \$\$\$ for scrap metals?
- What number do you call for premium advertising space?
- Who's in your neighbourhood?
- How many job positions are being offered by the GMFRC?
- What are Chris d'Entremont's office hours?

Congratulations to last week's Find & Win winner: SHANNON O'ROURKE



Spring cleaning

Members of 14 Air Maintenance Squadron gathered May 3 for a "foreign object debris" (FOD) walk around their home in 14 Wing Greenwood's 10 Hangar 10, part of a squadron-wide "spring cleaning" effort.

Corporal D. 14 Wing Imaging

Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Happy holidays everyone and thank you. (4420-4tpb)

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14 Wing ready to recognize sports success, support

**Sara White,
Managing editor**

14 Wing Greenwood will hold its annual awards sports recognition event June 22, 2 p.m. to 4 p.m., at the Annapolis Mess.

The event will be an opportunity to highlight the last year's sports achievements, by individual athletes, base teams, officials, coaches and volunteers; hear more about the new initiative to develop women in military sport, from recreational involvement to competitive opportunities; and to showcase some of special sports-themed events' successes.

The guest speaker is Ann Dodge, a professor in Acadia University's School of Kinesiology with a depth of knowledge in gender equity, coaching, sport ethics and wellness. In addition, Dodge was the first female paddler from Nova Scotia to make the Canadian Olympic team, competing in the 1976 Montreal Olympics and making the K-2 final with Sue Holloway – the first Canadian women to ever make an Olympic paddling final. Dodge won her first Canadian championship at the age of 13, in 1971, as a member of the Cheema Aquatic Club's Ladies War canoe team. By age 15, she was the top junior ladies paddler in Nova Scotia in K-1, K-2, and K-4. In 1977, she was a member of Nova Scotia's



Acadia University professor and 1976 Olympian paddler Ann Dodge will be the June 22 14 Wing Greenwood sports recognition awards event guest speaker, sharing how her experience in sport has changed from high-level competition to remaining active years later as a sports leader, advisor and mentor.

Acadia University

Summer Canada Games team, competing in the only kayak events then open to women: the K-1, K-2 and K-4; and winning all three. To 1984, Dodge won 26 medals from Canadian championships, placed fifth in K-1 at the 1975 Junior World Championships.

"We talked a bit about a theme for her presentation, and it will likely include her talking about her love of sport and experiences, and about still being involved and what sport means to her as she has aged from being an Olympian

to today," says 14 Wing sports coordinator Alyssa Platt.

If you would like to nominate a wing athlete, coach, official, volunteer or team of the year; or an individual for the leadership, sportsmanship or most improved awards; see the nomination form on the 14 Wing Splashpage, or contact Platt, alyssa.platt@forces.gc.ca. The nomination period will consider activity, achievement and contributions between April 2022 and end-March 2023.

"The more inboxes we can get it into, the more nominations we will have, which will make for a great award ceremony," Platt says. "We've broadened the awards to include recognition for leadership, sportsmanship and most improved; which really lets us encourage nominations of people who put in the time and effort to support a program – from weekly intersection sports and clubs to a base team competing at Atlantic or national championships.

"And the event is open to anyone on the base – we want others to be able to come and support their workmates and sports peers, and see for themselves what sports opportunities there may be for them to become active as an athlete or sports leader."

The deadline for nominations is June 16. →

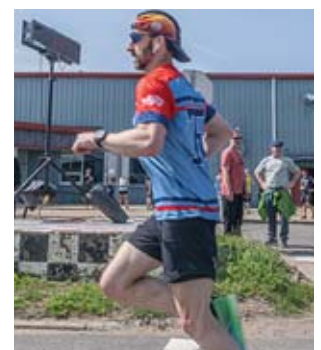


Run, RCAF!



14 Wing Greenwood laced up its sneakers May 19, holding an in-person, local version of the annual RCAF Run for wing personnel. Colonel Jeff Davis got everyone on course, either on the five- or 10-kilometre distances, and reminded them of the post-run BBQ at the Annapolis Mess. Some participants took it casual, running or walking the distance of their choice, while others had registered for the national run and put in their time from this distanced event.

Corporal C. Hilchey, 14 Wing Imaging



Taking the field: women's softball underway

14 Wing Greenwood's women's softball team is on the field, and looking for new and returning players.

If you would like to practice and play this season, with op-

portunities in a Valley women's league and at Canadian Armed Forces Atlantic regionals late this summer, join the team Mondays, 3 p.m. to 5 p.m., on the base ballfield (by

Building 33/ the Residential Housing Units' gate). All skill levels are welcome.

For more information, contact Corporal Kelly Watson, kelly.watson@forces.gc.ca. →

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