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the Aurora

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Creative, personal, reflective opportunity for military community wellness

Sara White,
Managing editor

The foundation of plaster bandage layers knits the groundwork for an important piece of representative art.

"It's all about building a good foundation – just like anything," said James Lightle, a Canadian Armed Forces veteran, as he shared the potential of Life Through A Mask at a February 27 session. He and his wife, registered art therapist Jaime Lee Lightle, lead the hands-on, expressive arts project.

The Greenwood Military Family Resource Centre hosted the activity, introducing the project to a number of health- and wellness-focused partners who support military members and veterans. The non-profit 7Arts hosts the Life With A Mask workshops.

"Reaching the audience for the program is often the challenge," said Jaime. "We invite you to be in participants' shoes and try this – but also have your own experience."

The Lightles provided moulds, plaster bandages and instruction on mask-making, from laying the first strips of bandage to smoothing out roughness to building up areas for strength and shape. Typically done in four weekly sessions, the mask-making incorporates

sketching, talk about colour, texture and design elements; and elements of memory, self-awareness, mood and more.

"This is a program to keep you in the moment," said James, who made his first mask after release due to injury in an IED incident while serving as a combat engineer.

"When I was injured, they'd send along craft kits. One of them was carving a cane, and I figured I was going to need one for my injuries and all my surgeries. Then, there was an art program at the institution, and I just took to it: I could stay in the moment, and not fade away into a part of you just don't want to anymore. Painting, carving with soapstone... right before release, I knew I wanted to do something art-related to keep me grounded.

"Mask-making at art school was very good for me. While you're working through the mask, you don't realize the breakthrough you may have, and some of the symbolism you add in."

James has since made a series of masks: one has antlers, depicting his hypervigilance; another has a clear insert in the forehead, with an embedded picture of the place he was injured; another appears to be a self-portrait.



Participants in a special lunch and learn intro session to Life With A Mask watch as facilitator James Lightle starts laying the foundation of plaster bandages over a facial mould. The February 27 activity brought a number of health- and wellness-focused partners who support military members and veterans, and their families; together.

S. White

When James moved to Nova Scotia, Jaime was in her art therapy internship. He thought mask-making might be a good project to incorporate.

"That was the seed that started growing Life With A Mask," James said, "and we've now done sessions for military members, veterans, spouses and military family children."

Jaime encourages participants to brainstorm, share conversations or consider for

themselves the mask they may wear, "your external identity – at work, or who you are at home." Reflection may help people think about self-care, what they do to relax, or what makes them curious.

"We are working together to get into the room and centered with clay forming, breathing exercises and, at the end, we always have time to 'dialogue' with your mask and ask it what it represents." →

7Arts (7Arts.ca): art programs for all ages and interest, with offerings specific to the military and veteran community:

Drum circle – first Tuesday of each month, 1:30 p.m. to 2:30 p.m., military members, veterans and their families are invited to HealthRHYTHMS. No musical experience required; drums provided. Register: mindfullymore@gmail.com. Supported by True Patriot Love.

Life Through a Mask – offered regularly, the next session begins April 1, 4 p.m. to 6 p.m. (continuing April 8, 15, 22). This program is free for Canadian Armed Forces members and veterans. Register: lifethroughamask@gmail.com. Supported by Veterans Affairs Canada.



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'Earn your wings' at RCAF Run '24 centennial events



Earn your wings! The RCAF Run is an opportunity to experience both the camaraderie and aircraft that make the Royal Canadian Air Force unique. Participants of all abilities and fitness levels are welcome to achieve your fitness goals at your own pace.

RCAF Run '24 is a centennial activity that will connect current and former military and their families with Canadians, at home or abroad, through sport and fitness. We invite you to "Earn Your Wings" with us! The run shirt design will be released in February to coincide the announcement of the event theme.



Submitted

April 1, 2024 marks 100 years of service for the RCAF as a distinct military element. The centennial milestone places the RCAF in a unique position to honour its distinct heritage, recognize its tremendous people today and generate excitement for its bright future.

Virtual events will be held May 31 to June 16, with three-, five- and 10-kilometre distances, plus a half-marathon option. There are two registration options: Package A, \$50, includes the RCAF Run shirt and a

finisher's medal; Package B, \$30, includes the run buff and a finisher's medal.

In-person events will happen between March and August across the country – and around the world, wherever RCAF personnel

are working. Featured distances may include any or all of the three-, five- and 10-kilometre distances, plus the half-marathon option. There are three registration options: Package A, \$50, includes the RCAF Run shirt,

buff and finisher's medal; Package B, \$30, includes the buff and finisher's medal; Package C, \$15, includes your run entry fee.

14 Wing Greenwood will hold its RCAF Run in-person May 17, with a 10 a.m.

start for both the 5K and 10K distances (no chip timings). This event is open to Defence Team members and their families (no pets). A noon BBQ will follow the run.

12 Wing Shearwater will hold its RCAF Run in-person on the morning of May 10, with five- and 10-kilometre distances. This event is open to military members and the general public.

Proceeds from the RCAF Run support the RCAF Centennial Fund. Find out more about run events and registration at rcaf2024arc.ca/events/rcaf-run.

Astra the eagle ready to rep RCAF

Introducing Astra! The Royal Canadian Air Force's proud eagle mascot now has a name, announced as part of RCAF Centennial celebrations included at Winterlude February 2 to 19 in Ottawa.

carving effort, as sculptors Scott Harrison and Andrew Zoller created an air traffic control tower and a search and rescue helicopter on the grounds of the National War Memorial.

Astra is a symbol of 100 years of RCAF heritage and commitment to excellence, embodying the strength and

grace of the force. The eagle is prominently featured on the air force cap badge, symbolizing strength, majesty and keen vision.

A naming contest through January gathered submissions from around the world, which had to be inclusive and useable in Canada's two official languages.

Looking ahead, watch for Astra to appear at various RCAF 2024 events across the country, including the RCAF Run, air shows, the Ottawa Tulip Festival and more. The mascot is not just a symbol but a dynamic presence set to create memorable experiences at events throughout the year. →



Submitted

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



January 23, Captain Philip Geburt, centre, was promoted to current rank by 14 Operations Support Squadron Lieutenant-Colonel Lara Jennings, left, with Chief Warrant Officer Craig MacLellan.



Corporal Jillian Finck, centre, was recently promoted (effective January 3) to current rank, by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Lara Jennings, left, with Chief Warrant Officer Craig MacLellan.



February 16, Corporal Ethan Kaizer, centre, was advance promoted to current rank by 405 (Long Range Patrol) Squadron Major David Bernatchez, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers



January 23, Aviator Jacob Shearer, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaault, left, with Master Warrant Officer Gary Norris.



January 23, Aviator Tyler Gerard, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Christopher Parent, left, with Master Warrant Officer Gary Norris.



January 23, Aviator Ethan Kaizer, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenaault, left, with Master Warrant Officer Gary Norris.

Sergeant R. Beers



January 26, Sergeant Dale Perry, centre, was presented with a Letter of Appreciation for organizing a 14 Wing Greenwood tour for 250 Vimy Royal Canadian Air Cadets Squadron in October 2023 by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left, with Honorary Colonel Judy Rafuse.



January 26, Captain Donald Amoroso, centre, was presented with a Letter of Appreciation for fulfilling duties of military OPI for CAF Sports Day in October 2023 by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left, with Honorary Colonel Judy Rafuse.



January 26, Captain Gillian Rideout, centre, was presented with a Letter of Appreciation for outstanding work as the 2023 Wing Welcome military OPI by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left, with Honorary Colonel Judy Rafuse.




January 26, Captain Mary Cameron-Kelly, centre, was presented with a Letter of Appreciation from Colonel (retired) Chris Hadfield in recognition of her upcoming induction into the Canadian Aviation Hall of Fame by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, left, with Honorary Colonel Judy Rafuse.



February 27, Captain Alec Harlow, centre, was presented with an Acting While So Employed promotion to major by 415 (Long Range Patrol and Force Development) Squadron Commander Lieutenant-Colonel Keith Fugger, left, with Master Warrant Officer Edmond Delorme. Harlow has been acting major in charge of 415 Technical Support Section, System Network Support Labs, and 415 Cyber Security Section since February 2023. His hard work, dedication and professionalism as an acting major, while managing multiple sections and carrying out the full scope of duties of the higher-ranked position, has earned him the recognition of his subordinates and chain of command.



February 6, Warrant Officer Adrian LeBlanc, centre, was presented a Wing Commander's Commendation by Colonel Jeff Davis, left, with Chief Warrant Officer Jonathan Proulx at a 14 Operations Support Squadron honours and awards event. On his own initiative, Leblanc developed a comprehensive operational security education program, and took it upon himself to ensure OPSEC becomes routine amongst 14 Wing personnel. His efforts have led to a reinvigorated OPSEC awareness, making 14 Wing more operationally focused and effective.



the Aurora

The Aurora News
CFB Greenwood Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcaf-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

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

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

Recruiting | Recrutement
www.forces.ca

VPI | VPI
www.vpinternational.ca

Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 5441
auroraeditor@ns.alliantzinc.ca

Business & Advertising | Affaires commerciales et publicité
902-765-1494 local/poste 5833
auroramarketing@ns.alliantzinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproducton@ns.alliantzinc.ca

Administrative Clerk | Commis à l'administration
Trudy Simmones • 902-765-1494 local/poste 5440
auroranews@ns.alliantzinc.ca

Editorial Advisor | Conseiller à la rédaction
Captain Camille MacKenzie Dolphin
902-765-1494 local/poste 5101
+W14PublicAffairs@WCComdPAO@Greenwood

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Le comité de rédaction se réserve le droit d'éditer, de condenser ou de rejeter des textes ou des publicités pour répondre aux objectifs d'un journal militaire, tel que spécifié dans la politique intermédiaire des journaux des Forces canadiennes et/ou par le comité de rédaction. Les opinions et les publicités publiées dans le journal Aurora sont celles de l'auteur ou de l'annonceur et ne reflètent pas nécessairement celles du personnel des fonds non publics, du ministère de la Défense nationale, des Forces armées canadiennes, des Services de bien-être et de maintien du moral des Forces canadiennes ou des imprimeurs. Publié chaque lundi par la 14e Escadre sous l'autorité du Colonel Jeff Davis, commandant de l'Escadre.

CFNA AJFC
Canadian Forces Newspaper Association
Association des journaux des Forces canadiennes

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** 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 | **GMM.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 | **14 Wing Greenwood Rec Hockey Club** – youth hockey programs open to military families and community members

SAR crews keep up with steady demand for help

February 14, the Halifax Joint Rescue Coordination Centre tasked 413 (Transport and Rescue) Squadron at 14 Wing Greenwood to assist in the search for a missing 64-year-old person near Shediac Bay, New Brunswick. Cormorant Rescue was airborne at 6:11 p.m., but was released from the tasking just before 11 p.m. as localized weather had deteriorated and impeded search conditions. The Cormorant returned to Greenwood, and JRCC monitored the weather for a potential re-tasking call.

March 2, at 7:51 a.m. Cormorant R905 was tasked to conduct a medvac off the coast of Liverpool. One man under cardiac arrest was

successfully transported to Yarmouth around noon, and the helicopter returned to Greenwood just before 1:30 p.m.

March 4, just around 8:30 a.m., a crew from 413 Squadron was tasked to assist the vessel MSC SAO PAULO V, near Escoumins, Quebec. Cormorant R905 left Greenwood at 9:16 a.m.

March 4, around 10 p.m., Hercules R333 was tasked to investigate an ELT approximately two nautical miles south of Halifax Stanfield International Airport; however, the aircraft was stood down during engine start as the ELT was confirmed to belong to an aircraft safely on the ground. →



405 pride patch

Watch for signs of 405 (Long Range Patrol) Squadron pride and personality, as unit members are sporting a new patch on their sleeves. Corporal Gregory Rose, centre, was the winning designer of the patch contest, initiated through the squadron kit shop in August. Six submissions were reviewed and voted on by squadron members, with Rose's design winning by a landslide. Official approval to wear the patch on the right arm of operational dress was granted in December, and the patch is now available in the 405 Squadron kit shop. Rose was recently presented with the first patch of the batch by 405 Squadron Commanding Officer Lieutenant-Colonel Dan Arsenault, left, with Chief Warrant Officer Duane May.

Sergeant R. Beers

Military spouses: shape your next career move today

Military moves, deployments or life changes disrupt your employment? Designed for military spouses/ part-

ners, a new partnership between Canadian Forces Morale and Welfare Services and CareerCOACH+ offers

personalized career coaching, exclusively for spouses/partners of Canadian Armed Forces members (Regular

Force and Reserves).

CareerCOACH+ provides free virtual and confidential career coaching, with professional career coaches for tailored support with career transition, development and employment pursuits. You pick your priorities and the pace, receive up to five individual, hour-long virtual sessions with a dedicated career coach; and gain access to a digital learning lab:

a wealth of resources and tools. Focus on what's most important to you.

CareerCOACH+ gives you the power, autonomy, and flexibility to shape your career development, regardless of your career history, your career goals or geographical location. Take advantage of personalized, individual career coaching along with digital resources and tools focused on the

most significant areas of transitioning and developing your career in a new market or location.

To get started, visit cfmws.ca and search "CareerCOACH+." Fill out the registration form, and a CareerCOACH+ client coordinator will connect you with your career coach and access to the digital learning lab's self-directed resources and tools. →



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Positive Space Ambassador – winter course dates

The Positive Space program will offer the two-day Positive Space Ambassador program to 14 Wing Greenwood Defence Team members interested in becoming an ambassador, or learning more about 2SLGBTQI+ history, terminology and issues. The program will be offered at St. Mark's Chapel annex, Church Street, Green-



wood; March 26 and 27. To learn more about the program and to register, visit mil.ca (Positive Space); or,

contact Major Backhouse, 902-765-1494 local 1643 or arne.backhouse@forces.gc.ca. →

Ambassadeur de l'espace positif – dates du cours d'hiver

Le programme Positive Space offrira le programme d'ambassadeur Positive Space de deux jours aux membres de l'Équipe de défense de la 14e Escadre Greenwood intéressés à devenir ambassadeur

ou à en apprendre davantage sur l'histoire, la terminologie et les enjeux du 2SLGBTQI+. Le programme sera proposé à l'annexe de la chapelle St. Mark's, Church Street, Greenwood; le 26 et 27 mars.

Pour en savoir plus sur le programme et s'inscrire, visitez mil.ca (Positive Space); ou contactez le Major Backhouse, 902-765-1494, poste 1643 ou arne.backhouse@forces.gc.ca. →



The 14 Wing Greenwood women's volleyball team takes on the CFB Gagetown Warriors during round robin action at the February 26 to March 1 Canadian Armed Forces Atlantic region volleyball championships in Halifax.

Halifax teams dominate volleyball Regional silver for Greenwood women

Ryan Melanson, Trident staff

After hard-fought championship games, teams from CFB Halifax won gold medals at both the men's and women's Canadian Armed Forces Atlantic region volleyball championships March 1, hosted at the Atlantic Fleet's Dockyard gym in Halifax.

The tournaments began February 26, with the 14 Wing Greenwood Bombers represented on the women's side, playing against teams from Halifax and CFB Gagetown. The Bombers made it to the finals against the Halifax Mariners after the round-robin portion through the week, but fell three sets to none in the best-of-five gold-medal match, with scores of 25-17, 25-21 and 25-16 in favour of Halifax.

Captain Danielle Vortisch, Game MVP for Halifax following the finals, had praise for her teammates and respect for their opponents from 14 Wing, who put up a fight despite going down in three sets.

"They're a good team: we played them earlier in the week and it was a really close game and they actually took a set from us. We had a team chat and did our best to adjust our game and capitalize on what we saw as their weaknesses. It worked out for us today."

Greenwood team captain Corporal Brandi Weibel and

coach Corporal Leo Gautier both agree the final score did not represent the battle that happened on the court.

"Our presence and pressure at the block forced Halifax to find a way around it," said Gautier. "They made some mistakes because of it and it kept us in the game. Halifax

had to fight for every of their points that led them to victory. "It was not an easy game."

They credit Corporal Carrie Laycock and Lieutenant Emilie Labbe with phenomenal and well-placed serves, Corporal Kristine Ouellet's blocks, which stopped many points from being scored; and team

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The 14 Wing Greenwood women's volleyball team, competing at the February 26 to March 1 Canadian Armed Forces Atlantic regional tournament, included Corporal Brandi Weibe, Major Jacinda Vlaar, Master Corporal Cindy German, Corporal Carrie Laycock, Corporal Cassidy Durling, Lieutenant Mollie Davidson, Lieutenant Emilie Labbe, Private Anais Messier, Corporal Kristine Ouellet and Warrant Officer Amanda Jardine; coached by Coach Corporal Leo Gautier.

Aviator G. Cole, CFB Halifax Imaging

cheerleader five-year-old Ryan Durling, who kept them motivated and focused through the round robin.

The men's side of the tournament was another three-way

competition between Halifax, 12 Wing Shearwater and Gagetown. Like their counterparts on the women's team, the Halifax men were undefeated

through the week, and won

three sets straight in both their semifinal against Shearwater and the gold-medal game against Gagetown.

CAF nationals are in April at CFB Borden. →

Seniors' Pharmacare Enrolment

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

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

NOVA SCOTIA





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.

March break at 7Arts

March 11 to 15, 7Arts in Greenwood offers a range of workshops. March 11 (10 a.m. to noon) - Spring felt embroidery - \$15 per person, ages 6+.

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.aliantzinc.ca.

son, ages 7+. To register for any of our March break workshops, email info@7Arts.ca. Luncheon March 12, noon to 1 p.m., the Kingston Lions host their monthly community luncheon at the Kingston Lions Hall.

Fibre arts sessions

March 13, 20, and 27; 6:30 p.m. to 8:30 p.m.: are you a female-identifying fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) over the age of 25? Drop by 7Arts, Greenwood, for our craft and chat group.

Seniors' drum circle

March 14, 1 p.m. to 2 p.m., join HealthRHYTHMS for a community drum circle, at 7Arts in Greenwood. Free to seniors!

L'Association francophone de la Vallée présente : Soirée Brico-Franco

Plongez dans la créativité printanière avec notre atelier de création de plaques décoratives. Le jeudi 28 mars de 18h30 à 20h30 au Centre Communautaire, 6 Chemin Bedford, Greenwood.

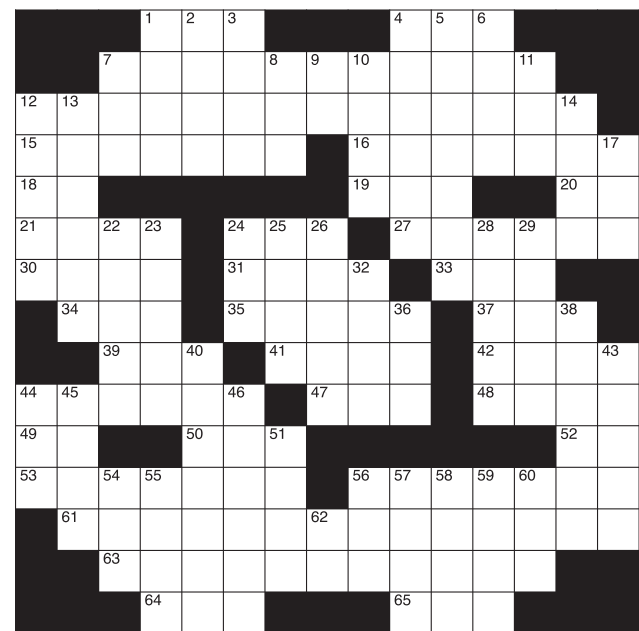
Jiggs dinner

March 15, 4:30 p.m. to 6 p.m., enjoy a traditional jiggs dinner at the hall at 738 Tremont Mountain Road, with corned beef and cabbage, Irish soda bread, gingerbread, coffee, tea.

Needle-felted gnome craft

March 14, 6 p.m. to 8 p.m., create your very own Easter gnome at 7Arts in Greenwood. Learn needle felting in a comfortable and fun atmosphere.

crossword solution page 7



- ACROSS 1. Helps little firms 48. District in Peru 23. Teletypewriter 2. Political action committee 49. It's becoming more prevalent 24. General's assistant (abbr.) 7. Allowed 50. State in India 25. Hillside 26. Taxi driver 12. Olivia Colman played one 52. Measure of illumination 28. Semitic Sun god 15. Open 53. Raised platform 29. Town in India 16. He had a notable lamp 56. Japanese warrior 32. Traditional rhythmic pattern 18. Promotional material 61. R.L. Stevenson novel 36. Fuggites are on the 19. Domesticated animal 63. Transitory 45. Mayhem 37. Partner to cheese 64. Advanced degree 46. Drenched 30. Dry or withered 65. Fiddler crabs 44. Established practice 47. Thankgiving side 41. City in ancient Syria 42. Gasteyer and de Armas are two 43. Takes apart 44. Established practice 47. Thankgiving side

horoscopes

March 10 to March 16 ARIES - Mar 21/Apr 20 Aries, if you notice you have been running into obstacles as you work to achieve your goals, you may want to step back and try to figure out another course of action. TAURUS - Apr 21/May 21 Taurus, an offer that notes your efforts and achievements comes your way. Do not let this immediately go to your head, but enjoy the fruits of your labors. GEMINI - May 22/Jun 21 Lately your willpower has been week. Gemini. If diet plans are getting sidelined by your inability to stay on track, you may want to enlist a buddy to keep you motivated. CANCER - Jun 22/Jul 22 Cancer, take a break when you can because there is soon to be a whirlwind of activity coming in your direction. Enjoy down time while it is still available to you. LEO - Jul 23/Aug 23 Leo, exercise caution so that your actions are not misinterpreted. You do not want others thinking you are doing things for the wrong reasons. Try to lighten up and be positive this week. VIRGO - Aug 24/Sept 22 This week you could find yourself being the center of attention at a gathering with friends or family, Virgo. Use the opportunity to get your thoughts out there and heard. horoscopes brought to you compliments of FRASER'S PRO Home Centre

Jamboree. Dinner will be ham, potatoes, veggies, tea/ coffee and dessert. Tickets will be \$20.

Winter guided hikes

March 16, 10 a.m., Hike Nova Scotia and the Fundy Erratics Hiking Group present a guided hike on the Gulliver's Cove Trail in Digby. Registration required in advance; details at hikenovascotia.ca.

St. Paddy's Day dance

March 16, 8 p.m. to 11 p.m., the Berwick Legion hosts a 19+ St. Patrick's Day dance with a live band, The Upbeats, at the hall, Main Street, Berwick. Tickets are \$15 / personne. Réservez avant le 15 mars.

Breakfast

March 16, 8 a.m. to 10:30 a.m., come for breakfast at the Aylesford United Church, 2414 Highway 1, Aylesford. Menu: made from scratch pancakes, sliced fried ham, pork & apple breakfast sausages and fluffy scrambled eggs. Tea, coffee or juice. Freewill offering.

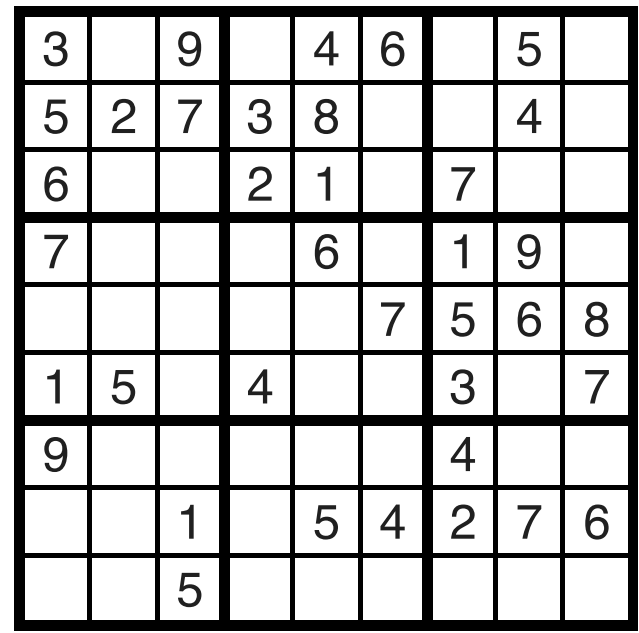
MakerSpace

March 16, 23 and 30, 12:30 p.m. to 3:30 p.m.; at 7Arts, Greenwood. Bring a project to work on or purchase one of our kits. Drop-ins welcome and encouraged! Cost is \$5. Caregivers are free.

Youth try lacrosse

Tuesdays, March 19, 26 and April 2, 9; 5 p.m. to 6:30 p.m., Valley Thunder Lacrosse invites new and experienced box lacrosse players to free, co-ed, ages five to 20 drop-in try lacrosse sessions at the St. Mary's Elementary School

sudoku solution page 7



Fun By The Numbers Level: Beginner 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!

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. Monday, March 18 - Kids

non-PSP Plan members. Pre-registration required by noon the day of the program. Monday, March 25 - Kids Club - Nerf night BYOG, 6 p.m. to 7:30 p.m. Free for PSP Plan members or one-activity pass youth evening program holders; \$5+HST non-PSP plan members. Pre-registration required by noon the day of the program.

N.S. minimum wage increasing April 1

Nova Scotia's minimum wage will increase to \$15.20 per hour April 1. The increase follows the formula previously recommended by the Minimum Wage Review Committee and accepted by government. Starting this year, the rate is to be adjusted by the national consumer price index plus one percentage point from the minimum wage rate set the preceding April.

mandated to conduct an annual review of the minimum wage in Nova Scotia. The minimum wage last increased to \$15 per hour October 1. More information on Nova Scotia's minimum wage is available at novascotia.ca/lae/employmentrights/minimum-wage.asp.

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.aliantzinc.ca or fax 902-765-1717.

CORDS, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock hummingbird 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. Thank you. (4508-4tpb)

ROUGH & PLANED LUMBER 902-825-6424 DAN'S FIREWOOD & LUMBER

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Food funding

February 12, the Kingston Lions Club made a \$500 donation to the Helping Paws Community Fridge & Pantry in support of efforts to battle local food insecurity. Shown is Kingston Lions president Rick Acker, accompanied by Lion Kim Pollard, the club's health and welfare chairperson, presented the cheque to April Whyte of the community pantry. The Helping Paws Community Fridge and Pantry is a mutual aid project aimed at facilitating access to safe and nutritious food for the community.

services & trades

Call 902-765-1494 local 5833 for info

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the Aurora find & win Three easy ways to enter. 1. Through our website: www.auroranewspaper.com 2. Fax: 902-765-1717 3. Drop into our office located at 61 School Road (Morfee Annex) ONE ENTRY PER PERSON Full name _____ Phone number _____ Entry deadline: Noon, March 13, 2024 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. 1. Who delivers innovative solutions? 2. Who is offering a complimentary market evaluation? 3. What location does this 1-902-665-4449 number represent? 4. Who uses the toll free number 1-888-701-2554? 5. What route still needs a paper carrier? Congratulations to this week's winner ELISE ETHER

Paper carrier needed Route #22 - Fales River Subdivision All streets East of Catelina and the East Side of Catelina. 127 papers approx. Available now 902-765-1494 local 5440 auroranewspaper.com

AYLESFORD & DISTRICT LIONS CLUB 2160 Hwy 1, Aylesford Starts 7:00 pm Friday 902-847-9374

West Kings D2 provincial basketball champions - X 2

A historic basketball provincials weekend March 1 to 3 for the West Kings senior girls' and boys' teams wrapped March 3, as both teams won School Sport NS Division II titles. This is the first time in school history a girls' provincial basketball banner comes home to hang in the gymnasium; and only the second time in school history (the first being in 2000, when the current girls' team assistant coach, Justin Veinot, played for the team) the boys' have won the title.

First N.S. win for girls

The provincial girls' tournament was hosted by the Amherst Vikings. West Kings was seeded #2 going in, just behind the hometown team; and started the tournament on the Friday evening with a forfeit win over the Strait Area Education and Recreation Centre (SAERC) due to weather. They moved into the Saturday evening semi-final against the Cole Harbour Cavaliers, which was an exciting 71-55 win: West Kings secured a spot in the Sunday championship versus the #1 seed and hometown hosts, the Amherst Vikings.

The final was electrifying,

start to finish. West Kings athletes, parents and fans cheered loud and proud - matching the energy of the hometown crowd. Going for the gold, the West Kings girls were focused, determined and composed; running the floor, making excellent defence and finishing timely shots. The game was intense until the very last second, with a 64-56 win for West Kings to bring home the Division 2 provincial banner.

"It's amazing to bring both the regional and provincial banners home, and I am truly proud of the team this season," said coach Jenna Ramsey. "It is sad to see our Grade 12s go, but they have left it all on the court and this is a great way to end their basketball career as a Wolverine."

Coach Tammy Ramsey said the girls really set the tone for the end-of-the-season drive at regionals.

"They believed in themselves, their skill and stuck together as a team. They kept the tempo going during the provincial tournament by playing 'West Kings' basketball and bringing home the

gold medal. I am very proud of their hard work and dedication throughout the season. It's a pleasure coaching such a wonderful group of girls."

Three points make the win for boys

The boys' team, lead by coach Wayne Jones and having placed second to the top-seeded Forest Heights Falcons at Division II regionals, travelled to Saint Mary's University in Halifax for provincials. West Kings had another weather-related bye-win against SAERC in the qualifying round, moving them into the Saturday semifinal.

In a strange turn of events, the boys also found themselves facing the same school as the girls in the semi, the hard-hitting Cole Harbour Cavaliers. West Kings won 79-63 and secured their place in the championship against Forest Heights Falcons. They went into the final with one thing in mind: finally showing they could beat this year's regional champions. In a nail-biter of a game, playing right down to the last three seconds, the West Kings boys came out victorious, 72-69. →



West Kings' senior girls brought home the school's first-ever School Sport NS Division II basketball title March 3. From left, back row, are coach Tom Litsas, Gill Laxamana, Bridget Ward, Anna Ross, Abby Veinot (assistant captain), Faith Langille, Ayla Tagg, Annabelle Arenburg, coach Jenna Ramsey and coach Tammy Ramsey. Across the front are graduating players Amelia Blatch (assistant captain), Marissa Smith (assistant captain), Chloe Palmer (captain), Gab Laxamana and Hallie Blatch. Not pictured is coach Justin Veinot.



The West Kings senior boys' basketball team won the School Sport NS Division II title March 3. From left (back row) are assistant coach Rob Smith, Cohen McKenzie, Cohen Skinner, Issac Morris (co-captain), Aiden Sheppard (co-captain), Ben Winters, Mathew Jones, coach Wayne Jones, manager Tanya Jones. Across the front are assistant coach Shawn Skinner, Jesse Moarse, Brennan Buckler, Xhian Nunez, Jake O'Handley, Colin Drew and Lucas Makepeace. Submitted

Annapolis athletes bring home national Special Olympics medals, memories

What a great week February 27 to March 2 in Calgary at the Special Olympics National Winter Games, with over 1250 participants from all across Canada.

Nova Scotia had a team of 45 athletes at the games, with three individuals representing Annapolis County, along with two volunteer coaches.

We were pleased to be there and enjoyed some wonderful Western hospitality. The weather was brisk and ready for winter games and our athletes were ready, too: Team Nova Scotia came home with 27 medals, with six of those awarded to our local athletes!

Jess Cranton rocked the rink with a gold medal in Level

3 Freeskate and a bronze in Level 2 dance. Tim Prosser skied away with two silver medals in the 500m and 1k classic, and a bronze in the 100m sprint. Chloe Stoddart won division gold medals in both the 500m and the 1k.

Now home with medals, our athletes look forward to upcoming events, such as

Unified basketball happening in our local high schools. Special Olympics in this region is active year round, giving athletes opportunities to take part in activities such as bowling at 14 Wing Greenwood and PAL (Physically Active Living) nights in Bridgetown and Middleton. Winter sports will be winding down as we head into spring, and then it will be time to get ready for the Nova Scotia Summer Games at Acadia University July 12 to 14. Kings and Annapolis counties will be training athletes for track and field, basketball, soccer, bocce and other sports. We encourage everyone to come check out the summer games and join the fun in cheering on our athletes.

Special Olympics is a wonderfully inclusive way for friends with intellectual disabilities to engage in sport and be diverse in ability. All are welcome and encouraged to participate. We are always looking to recruit new

athletes, as well as volunteers and coaches to help run our programs.

To find out more, please go to the Special Olympics Nova Scotia website or visit

our Facebook pages at SONS, Kings Special Olympics and Annapolis County Special Olympics. As the motto for the recent national Winter Games said, "Together, We Can!" →



Annapolis County Special Olympians Jess Cranton, left; Chloe Stoddart and Tim Prosser show off their hardware from the recent Special Olympics National Winter Games in Calgary. Athletes and volunteers are now looking ahead at Unified and summer sports – join them! Submitted



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