







Vol. 45 No. 04

FEBRUARY 12, 2024 NO CHARGE

www.auroranewspaper.com









Black History Month chance to engage, celebrate

Sara White, **Managing editor**

14 Wing Greenwood is marking Black History Month, raising the Pan African flag February 1 to signal the start of a series of special events organized by the Defence Visible Minorities Advisory Group.

"Welcome to the kick-off," said Colonel Jeff Davis, thanking everyone for coming. He

in arts, culture, sports, workplaces and society; but to also recognize the challenges and prejudices many have faced.

"Think of those prejudices, in the future."

Chief Warrant Officer Duane May is the DVMAG's co-champion with Lieutenant-Colonel Eric Travis. He described

encouraged all to celebrate the some of the group's upcoming be an ally. The more ideas we achievements of Black people events, including movies, and excursion to Pier 21 in Halifax, and a February 20 afternoon with Senator Wanda Thomas Bernard.

DVMAG military co-chair and how we can all do better Master Corporal Matt MacKenzie encouraged wider interest in the group's work.

> "We're looking for people to join us, anytime. You don't have to be a visible minority: you can

have at the table, the better." >

14 Wing Greenwood Colonel Jeff Davis, with the wing's Defence Visible Minorities Advisory Group military co-chair Master Corporal Matt MacKenzie, raised the Pan African flag February 1 at the wing's man gate, launching Black History Month.







(902) 844-0987 Kylastanick@gmail.com @kylastanickrealestate



- Over 10 years military relocation experience 🗸
- Top notch marketing exposure \
- · Professional and knowledge of the local market 🗸
- Quality service and experience



Page 2 February 12, 2024 the Aurora | 14 Wing Greenwood, NS

RCAF100 night at the rink



Sara White. Managing editor

It was RCAF100 night at preserve the freedoms of the Kings Mutual Century all Canadians, to contribute Centre in Berwick February 2, to global peace and secuas the Valley Wildcats hosted rity, and to help those in the Mirimichi Timberwolves need in Canada and abroad," in Maritime Junior Hockey said game announcer Rogan League action.

nel Jeff Davis and Chief War- puck drop. rant Officer Jonathan Proulx were led to centre ice by rich history formed by a piper Anne Scott for the for- century of service to Canada. Canadian Air Force in 2024, Royal Canadian Air Force."



"The RCAF was born 100 years ago to protect and Wentzell, as the red carpet to 14 Wing Commander Colo-centre ice was unrolled for the

"Tonight, we honour their

The opening included the puck drop





mal puck drop, recognizing and we celebrate the past, Canadian Military Wives the centennial of the Royal present, and the future of the Choir Greenwood, which provided the anthem after the

Out in the lobby, 14 Wing RCAF100 chairman Captain Adam Gorman hosted an RCAF100-themed display – including three of the wing's own military hockey jerseys, worn by the Bombers and the Raiders. He also passed out nformation pamphlets in the win and RCAF history, roundel stickers - and candy! Military members and veterans were admitted to the game at no charge, courtesy of the Wildcats' organization. >>







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

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

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

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

Editorial Advisor | Conseiller à la rédaction Captain Camille MacKenzie Dolphin 902-765-1494 local/poste 5101 +W14 Public Affairs@WComd PA0@Greenwood Circulation | Circulation: 4,500 Mondays | Lundis Agreement No. | Numéro de contrat : 462268 Fax: 902-765-1717

Website | Site Web: www.auroranewspaper.com The Aurora, PO Box 99, Greenwood NS BOP 1NO L'Aurora, C.P. 99, Greenwood (N.-É.) BOP 1NO

Location | Emplacement : 61 School Road, Morfee Annex 61 School Road, Annexe Morfee

Mail subscriptions: annual \$107 plus tax, weekly \$2.28 plus tax.

Abonnements par correspondance: 107\$ par année plus taxes, 2,28\$ par semaine plus taxes. The editorial board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the editorial board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect those of Staff of the Non Public Funds, the Department of National Defence, the Canadian Armed Forces, the Canadian Forces Morale and Welfare Services or the printers. Published each Monday by 14 Wing under the authority of Colonel Jeff Davis, Wing Commander

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 Recruiting | Recruitement militaire, tel que spécifié dans la politique intérimaire des journaux des Forces canadiennes et/ou par le comité de rédaction. Les opinions et les www.forces.ca 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 VPI | VPI Forces canadiennes ou des imprimeurs. Publié chaque lundi par la 14e Escadre sous l'autorité du Colonel Jeff Davis, commandant de l'Escadre.

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 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 I Caméra de combat www.combatcamera.forces.gc.ca

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

the Aurora | 14 Wing Greenwood, NS February 12, 2024

Parks Canada offers free admission to CAF members, veterans, families

Parks Canada will pro- their immediate families. Vet- tered national historic sites.

of their CF One Platinum honourably released. Family connect with loved ones. card. The card is admin- members may gain admis- Parks Canada protects a vast istered through Canadian sion by presenting their card network of cultural and natu-Forces Morale and Welfare without the CAF member ral heritage places, including Parks Canada experience, first to find out about new app, listen to Parks Canada's or veteran being present 171 national historic sites, 47 visitors are encouraged to and noteworthy events and new podcast, ReCollections; CF One Platinum cards - which matters when our national parks, five national plan their trip in advance. activities, special offers, trip and follow Parks Canada on are exclusively issued to military personnel are so marine conservation areas. Visit the Parks Canada web-planning ideas and much social media for destination currently serving members often in training or deployed. and one national urban park. site and sign up for the e-more. Visitors may also inspiration and to help plan and veterans of the CAF and Parks Canada-adminis- To make the most of their newsletter to be among the download the Parks Canada their perfect visit. +

vide free daily admission erans may also present their national parks and national to Canadian Armed Forces Veteran's Service Card, avail- marine conservation areas (CAF) members. Canadian able to any former member provide excellent opportuveterans, and their immediate of the CAF who completed nities for Canadians to get families, upon presentation basic training and has been outside, relieve stress and



Sharing our Struggles: veteran partners

dedicated to discussing the be provided. discussions, peer engage- local 5675. →

everyday challenges of liv- This is a free program, (SOS) ing with a military or veteran with no registration re-

Partageons nos difficultés : soutien par peer support for military, les pairs pour les partenaires des militaires et des anciens combattants Every second Thursday, ment and self-care activities Tous les deux jeudis, le tien et la compréhension des riences des partenaires, le passez au CRFM de 16 h 30

plus, Sharing our Struggles des thèmes liés aux expégratuit, sans inscription: 765-1494, poste 5675. >>

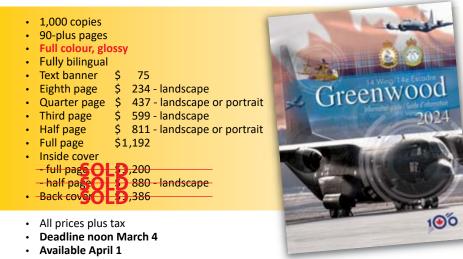
Cet espace confidentiel partner experiencing men- quired: drop by the MFRC est consacré à la discussion tal health issues, such as from 4:30 p.m. to 6:30 des défis quotidiens de la PTSD, OSI, TBI or physical p.m. Please contact Mar- vie avec un partenaire miliinjuries. The focus is on pro- sha Durling for information taire ou ancien combattant viding support and under- at GMFRCfamilyliaison@ souffrant de problèmes de standing for the partners of gmail.com or marsha.durl- santé mentale, tels que le service members. Bi-weekly ing@forces.gc.ca, or by SSPT, les TSO, les TBI ou sessions will include open phone at 902-765-1494 les blessures physiques. L'accent est mis sur le sou-

the Greenwood Military Fam- on themes related to the Centre de ressources pour partenaires des militaires. tout dans un environnement à 18 h 30. Veuillez contacter ily Resource Centre is host- experiences of partners, les familles des militaires Les séances bihebdoma- sécuritaire et une discussion Marsha Durling pour plus ing a new peer support group all in a safe environment de Greenwood accueille un daires comprendront des animée par les travailleurs d'informations à GMFRCfafor participants 18+, Sharing and facilitated discussion nouveau groupe de sou- discussions ouvertes, l'en- sociaux du CRFM. Une lé- milyliaison@gmail.com ou led by the MFRC's social tien par les pairs pour les gagement des pairs et des gère collation sera offerte. marsha.durling@forces.gc. This confidential space is workers. A light snack will participants de 18 ans et activités d'autosoins sur Il s'agit d'un programme ca, ou par téléphone au 902-



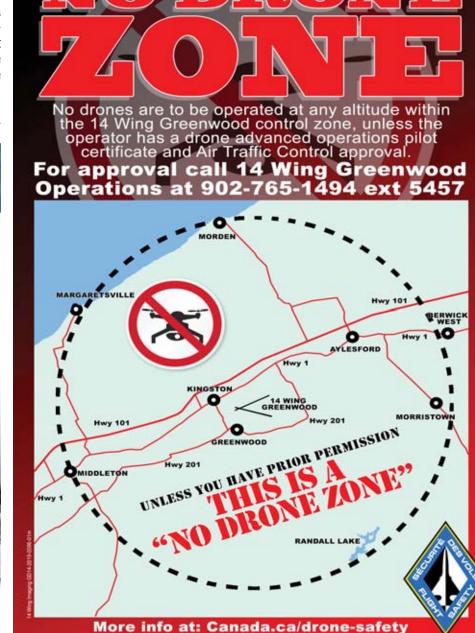
2024 14 Wing Greenwood wing guide

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



Call 902-765-1494 local 5833 or email auroramarketing@ns.aliantzinc.ca

Visit our website to view last year's guide www.auroranewspaper.com



PRENATAL AND

No power, No problem

POSTPARTUM

PROGRAM

PNP3 is a NEW adapted fitness and

wellness program for CAF members

during pregnancy, maternal/parental

leave, and up to 18 months postpartum

Youth Happenings

14 Wing Greenwood Com- offices weekdays. munity Centre offers a range Monday, February 12, 6 Tuesday, February 13—Teen bowling & pizza. \$7+HST for non-PSP Plan members.

of fun options every week for p.m. to 7:30 p.m. – Kids Club: Night: Nerf Night. 6 p.m. to 7 PSP Plan members, \$10+HST Pre-registration required by Night: Nerf Night - 6 p.m. to 7 youth aged six to 12 (five if winter hike scavenger hunt. p.m. for teens 13 to 15, 7 p.m. non-PSP Plan members. Pre- noon the day of the program. p.m. for teens 13 to 15; 7 p.m. they have completed one full Free for PSP Plan members to 8 p.m. for teens 16 to 18. registration required by noon Monday, February 26, 6 to 8 p.m. for teens 16 to 18. year in a school program). To or one-activity pass youth eve- Free for PSP Plan members the day of the program. register, contact the centre at ning program holders, \$5+HST or one-activity pass youth eve-

Youth Happenings at the drop in to the Church Street Pre-registration required by Friday, February 16, 5:30 or one-activity pass youth eve-registration required by noon

noon the day of the program. p.m. to 7:30 p.m. - YTGIF: ning program holders, \$5+HST the day of the program.

Tuesday, February 20 – Teen Nerf Night/ BYOG. Free for one-activity pass youth evening 902-765-1494 local 5341, or for non-PSP Plan members. ning program holders, \$5+HST Night: laser tag. 6 p.m. to 7 PSP Plan members or one- program holders, \$5+HST for for non-PSP Plan members. p.m. for teens 13 to 15, 7 p.m. activity pass youth evening non-PSP Plan members. Pre-Pre-registration required by to 8 p.m. for teens 16 to 18. program holders, \$5+HST for registration required by noon noon the day of the program. Free for PSP Plan members non-PSP Plan members. Pre- the day of the program. +

Tuesday, February 27 – Teen

the Aurora | 14 Wing Greenwood, NS

p.m. to 7:30 p.m. – Kids Club: Free for PSP Plan members or

~ Obituary ~

LANE, John Wallace MWO Retired

Lane, John Wallace MWO Retired - Age 66 of Nictaux, passed away unexpectedly, Wednesday, January 17, 2024, at home. John is survived by wife, Goril; son, Patrick; daughter, Patricia (Devon); grandchildren, Reanna, Nathan and Ayla; siblings, Rosemary Rodgers, George (Jane) Lane (Sheri, Kenneth) Ann Forest

free 30 day trial.

9129 Commercial Street

902.681.2222

1540 Bridge Street

hearinginstitute.ca

New Minas

Kingston



(Celine, Andre) Valerie Bissonnette (Corrine, Matthews Daniel), Robert Lane, Alex Lane (Stephen) Michael Lane; great nieces & nephews, Kyle, Maddi, Nathan, James, Marianne, Courtney, Nicholas, Samuel, Makayla, Sophia, Amelia, Jake. John will be greatly missed by all who knew him. A celebration of John's Life was held from 2-4 p.m. Saturday, January 27, 2024 in Middleton Funeral Home 398 Main St. toll free: 1-855-825-3448. The online guestbook may be signed by visiting: www.middletonfuneralhome.com

Women in sport opportunity to hit the slopes February 26

14 Wing Greenwood per- by the Personnel Support skiing newcomers and others nel Sport Program sports advantage of a February 26 initiative. outing to Ski Martock, out- This is a day-long winter

Route #14 - Robie Route

Brittany, Robie and Tufts Avenues,

Maggie Drive and William Street.

take part.

sonnel are invited to take Program's women in sport with experience welcome to coordinator Alyssa DeAdder,

side Windsor, supported adventure on the slopes, with information, contact Person-com. +

To register, or for more or deadder.alyssa@cfmws.

Paper carriers needed Route #11 - Pine Ridge East

Heather Cresent, Bill, Elm and Laurel Streets. Pine Ridge Avenue (partial), East side of Elizabeth Avenue, Wind Ridge Road, Palmer Drive and Magee Drive. 119 papers approx.

Both routes available February 19

902-765-1494 local 5440

auroranewspaper.com

100 papers approx. When it's **CHOISIR UNE CARRIÈRE EN**

SANTÉ, C'EST T'ASSURER UN





AVENIR!



time to put your ears **in** the best hands.

Call to book your

Home of the 30 day -

- Assistant en réadaptation
- Auxiliaire en soins continus
- Soins infirmiers auxiliaires (LPN)

Parles-en avec Josée!

902-778-1734

recrutement@usainteanne.ca www.etudescollegiales.ca

Fitness pilot focuses on prenatal, postpartum wellness

Managing editor

Pregnancy represents a change in health, and Personnel Support Program reconditioning specialists are set to roll out a national pilot this month, including here at 14 Wing Greenwood, that will help Canadian Armed Forces members through prenatal and postpartum fitness goals.

Kyle Wolfer and Josh Leddicote, familiar faces at the 14 Wing Greenwood Fitness and Sports Centre as reconditioning specialists, are keen women in the CAF.

stage in their pregnancy, tion – that's completely fine. or postpartum, would be Cardio is fine. past work at CFB Petawawa, pregnancy and recovery."

"The big focus will be mak- happen as soon as a member and experiences of existing to launch PNP3 (prenatal ing sure the member is get- is cleared to return to the programs in Kingston and and postpartum program) ting 150 minutes of moderate gym by their doctor. A fitness Petawawa. Wolfer and Leddithis month. PNP3 is part to vigorous activity a week - program now could include cote are looking for feedback of the first key deliverable the same as a regular person considerations for any inci- on everything from the proof targeted programs spe- exercising, but modified," he sions and healing, strain or gram's intake paperwork to cially designed to enhance the says. "We'd be re-evaluating pelvic floor issues, changed the information and exercise overall wellness and fitness of higher risk activities - like weight, We've and being able support PNP3 is gathering. skiing or skating, anything to pass a FORCE test within It's expected a formal national In the past, Wolfer says, with a risk of falls. We'd be three months from the end of rollout of PNP3 will follow in CAF members at a certain looking at weights in modera- pregnancy leave.

Wolfer has seen a program tive – that really reduces risk similar to PNP3 offered in and complications during

and knows how valuable any Regaining safe activity enhanced offerings can be. levels after pregnancy can

BUYING?

SELLING?

DON'T MAKE A

REALTOR®

Registered BGRS service provider

902.804.0656

ROYAL LEPAGE #Atlantic

It could also include baby.

Edmonton and Esquimault;

"We've added playpens about the Greenwood proplaced in a temporary medical "We want to keep a person and mats to the F&S Centre gram, contact Wolfer at kyle. category and referred to the as active as they were before - a parent may bring their wolfer@forces.gc.ca or Ledreconditioning specialist for pregnancy; or, if you weren't infant, if needed, and tend dicote at josh.leddicote@



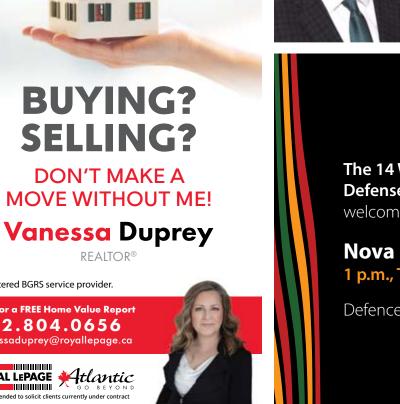
the class. We don't see that a lot now."

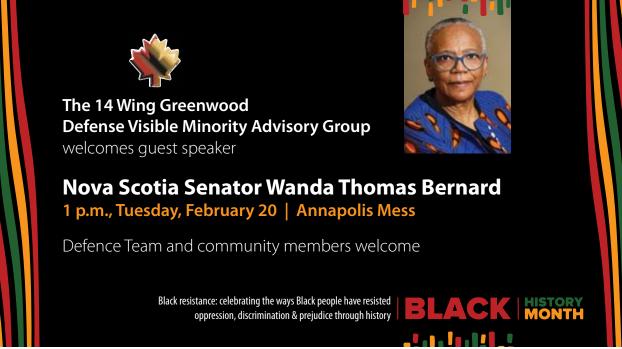
Wolfer says he's seen how "areat the connection is between mothers and parents" in this kind of environment, able to talk, share experiences and ideas, and tackle a return to fitness - with a baby; together.

Greenwood will offer its first PNP3 classes Tuesdays and Thursdays starting in February. The national pilot, at Greenwood, Valcartier. is using some of the tools

To get more information









With a 30 day before you buy trial, you can experience better hearing instantly. Reconnect with loved ones, and engage with all the things you love to do. Why wait, try it for yourself!

> Proudly serving the Valley communities!



before you buy trial



COLLÉGIALES Sainte Anne



interest to the community submitted d'intérêt public soumis par des 7Arts (619 Central Avenue, Green- 17, 6 p.m. to 7 p.m.: teens shape NS for a 3-kilometre adventure Saturdays (February 17, & 24), by not-for-profit organizations organisations à but non lucratif. Ces avis Submissions are limited to doivent se limiter à environ 25 mots. approximately 25 words. Items may Les avis peuvent être soumis à nos be submitted to our office, 61 School bureaux, au 61, School Road, (annexe Greenwood; by fax, 902-765-1717; par fax au 902-765-1717 ou par x 20" canvas, including a black collaborative expertise, join us at https://forms.office.com/r/Y ins welcome and encouraged! or email auroraeditor@ns.aliantzinc. courriel à l'adresse auroraeditor@ light bulb to take home for the for a transformative adventure of OBXNfGWwU ca. Dated announcements are ns.aliantzinc.ca. Les annonces avec published on a first-come, first- date sont publiées selon le principe served basis, and on-going notices du premier arrivé, premier servi, et les will be included as space allows. avis continus seront inclus si l'espace at info@7arts.ca To guarantee your announcement, le permet. Si vous voulez être certain Luncheon you may choose to place a paid que votre avis soit publié, vous voudrez February 13, noon to 1 p.m., join February 14, 21 and 28, 6:30 hosts its monthly freewill offer- guided hike on the Causeway advertisement. The deadline for peut-être acheter de la publicité. La date submissions is Wednesday, 9:30 de tombée des soumissions est à 9 h a.m., previous to publication unless 30 du matin le mercredi précédent la otherwise notified

SMH volunteers needed

unteer programs are looking for consultant - Western Zone, 902- and 11 a.m. Call 902-765-2128 to our craft and chat group. Bring - Greenwood ence for patients, families and at https://bttr.im/f66du. visitors. If you would like to join 3D jellyfish craft class

publication, à moins d'avis contraire.

Unit bus program, contact Ruth and delivery must be pre-ordered rug hooking) over the age of 25? coffee/ juice. Soldiers Memorial Hospital vol- Dugie, NSH volunteer resources February 6 or 7 between 9 a.m. Drop by 7Arts in Greenwood for Winter guided hike

be an in-patient general volun- 6:30 p.m. to 8:30 p.m., create only) teer, or drive with the Veterans' your own glow-in-the-dark 3D Youth art lessons

Lions Hall. Full turkey dinner, artist (knitting, crochet, cross and apple breakfast sausages, details at hikenovascotia.ca. dessert, coffee and tea. Take-outs stitch, embroidery, felting, or fluffy scrambled eggs, and tea/ Dance for dining in diners! Pick-up and a kit from us! dining in meals - \$15. Delivery - Drop-in MakerSpace

February 13, 20 and 27, 7Arts in Space. Bring a project to work on cotia.ca. Greenwood offers youth art les- or purchase one of our kits. Drop- Supper sons. New artists and projects ins welcome and encouraged! each week. Ages seven to 12, 4:30 Snowshoe/ hike event

Le commandant publie des avis jellyfish with artist Jane Beals at \$80 for four lessons. Ages 13 to Village of Kingston and Hike Drop-in MakerSpace first eight participants registered self discovery and visual explora- **Breakfast**

info@7Arts.ca.

Fibre arts drop-in

p.m. to 5:30 p.m., \$25/ lesson or February 17, 1 p.m., join the choice of seafood chowder or **Teens: ArtBeat Lounge**

Community drum circles

February 17, 3:30 p.m. to 4:30 music, dance, or poetry, this is p.m., drop-ins welcome at 7Arts, your space to shine. Suggested subjects, Libra. Visit the library or a bookstore and pick up something donation \$5. Pre-registration not drum girely donation \$5. Pre-registration not drum girely drum girely and the subjects of the subject of the subj drum circle.

the Aurora | 14 Wing Greenwood, NS

wood). This two-class project is their creative journey, bringing on the Greenwood Golf Course. 12:30 p.m. to 3:30 p.m. &arts in \$65. No experience necessary personal projects or exploring Snowshoes are available by con- Greenwood hosts an open Makerfor this mixed media piece, All with 7 Arts' materials, Guided tacting Kingston Recreation, or Space, Bring a project to work on Road (Morfee Annex), 14 Wing Morfee), 14e Escadre Greenwood, materials included for this 10" by one-to-one mentoring and bring your own. Pre-register or purchase one of our kits. Drop-Winter guided hikes

- Falmouth

(paid), Contact 7Arts to register tion, \$10 entry fee, Register at February 17, 8 a.m. to 10:30 a.m., February 18, 10 a.m., Hike Nova the Aylesford United Church, Scotia and the West Hants Re-2414 Highway 1, Aylesford, gional Municipality present a the Kingston Lions for their comp.m. to 8:30 p.m.: are you a ing breakfast: made-from-scratch Trail/Riverview Trail in Falmouth. munity luncheon at the Kingston female-identifying fibre craft pancakes, sliced fried ham, pork Registration required in advance;

February 24, 8 p.m. to midnight (doors open 7:30 p.m.), the Sole **Expressions Parent Association** able. Tickets are \$10 - contact Caroline, 902-824-3688. Funds February 17, the Berwick Legion raised support Sole Expressions' offers a monthly supper: your competitive dance teams.

cake and tea/ coffee. Take-out is 7Arts in Greenwood hosts Artavailable from 4:30 p.m., and eat- Beat Lounge, for ages 13 to 18. in is available 5 p.m. to 6:30 p.m. ArtBeat Lounge is your ultimate Tickets are \$20, and available now playground for artistic expression! Creativity knows no bounds Whether you're into visual arts

horoscopes at the Legion bar. February 11 to February 17 ARIES - Mar 21/Apr 20 LIBRA - Sept 23/Oct 23 You may be in the mood to expand your knowledge on one or more

too soon. TAURUS - Apr 21/May 21

Are you feeling preoccupied, on one thing or another and friends will start to notice when you are in

LEO - Jul 23/Aug 23

Groans American time No seats available
 Stahl, journalis prove the best one to take as your work on a certain task, Leo. Dig in 35. ___ Stani, journa 36. Cleft lip 39. Talk incessantly Expresses atomi

where the current is very fast
44. Curdled milk
46. Running

15. Poke fun at 17. Make certain that

Justify

24. 007's creato

Prague

49. Carthaginian explorer 51. World-renowned city

I. Single-celled animals 5. Rough to the touch 6. Small island (British) 7. Often noted 8. Preparation of 9. Atomic #44

45. Macaws 48. Actress Remini

name 10. Type of protection

14 One who returns

(abbr.) 19. Baby's dining

25. Cavities 26. Relative biological

28. Sweet potato 30. Pharaoh of Lower

40. Authorless 41. Blocking type of

drug (abbr.) 42. Retrospectiv

effectiveness (abbr.) 27. Foot (Latin)

31. Land 33. More inquisitive 35. Dog breed: __ Apso 37. Stood up

Polynesian wrapped

52. City of Angels hoops

53. Fitzgerald and Baker

are two
55. Bowling alley must-

56. A way to cool down

57. Ethnic group in Asia 58. A way to alter

63 Set of five

DOWN

10. Egyptian unit of

67. Set period in office

weights (abbr.) 43. A part of a river

61. City of Angels football team (abbr.) 62. Distinctive practice 64. One quintillion bytes

Creativity may prove elusive this week, Aries. You want to get into a

crafty project but you simply can't find traction just yet. Don't give up

one may not be good company over the next few days. Reach out and offer to be a sounding board to help this person re-center their

GEMINI - May 22/Jun 21

their company

CANCER - Jun 22/Jul 22

Romantic matters are going very well right now, Cancer, even if you may not feel entirely confident. The notice vour insecurities.

The more challenging path may

and start figuring a way out to the

VIRGO - Aug 24/Sept 22

comes a month or two early. Ask

47. A team's best pitcher

Japanese surname 59. The bill in a

KENTVILLE • 1-902-678-8044 BRIDGETOWN • 1-902-665-4449 NNAPOLIS ROYAL • 1-902-532-1500 www.frasers.ca



that piques your interest. SCORPIO - Oct 24/Nov 22

Taurus, a distracted friend or loved Scorpio, you may pick up on some vibes when hanging out with others that just don't fit in with your line of thinking. Give it some time before you cut any ties. You may be

SAGITTARIUS - Nov 23/Dec 21

There has been a lot going on ir ini? You can't seem to focus your life, Sagittarius. You may be experiencing some apprehension about the future. Take every concern individually and give it thought.

CAPRICORN - Dec 22/Jan 20 Information coming to you could have you feeling nervous about your financial security, Capricorn. If this person who cares for you will not is outside your area of expertise, you may want to sit down with a planner

AQUARIUS - Jan 21/Feb 18 Confusing messages from work may find you reconsidering plans that you already put into motion, Aquarius. Get more information

PISCES - Feb 19/Mar 20 Virgo, there is so much to do around Pisces, your mind is all over the the house that you may not know place right now, so it could be where to start. Spring cleaning difficult to focus on mundane things like chores or other activities righ

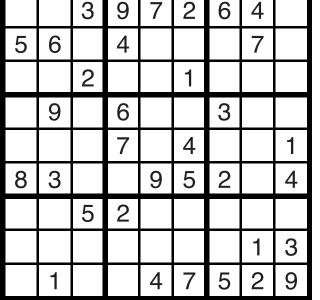
horoscopes brought to you compliments of

Home Centre FRASER'S |

volunteers to add to the experi- 365-1706. Or, apply to volunteer pre-order. Pre-orders not required your own materials or purchase February 17, 1 p.m., Hike Nova hosts a 19+ Dancing through the Scotia and the Village of Kings- Decades (70s, 80s, 90s) dance ton present a guided hike on at the Kingston fire hall, 570 the SMH ambassador program, February 12 and 19 (two parts), \$16 (Kingston/ Greenwood area Fridays (February 16 and 23), the Greenwood Golf Course in Sparky Street. Prizes for the best 12:30 p.m. to 3:30 p.m. &arts in Greenwood Registration required dressed from each decade, BBQ Greenwood hosts an open Maker- in advance: details at hikenovas- on site, ride home program avail-

turkey soup, with a roll, cheese- February 24, 4 p.m. to 6 p.m.,

solution page 7



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. Fach number can appear only once in each row column and hox. 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!

War Amps 2024 key tags en route

rounding area residents can expect to receive their 2024 War Amps key tags in the mail this month.

the Aurora | 14 Wing Greenwood, NS

Each key tag has a confidentially coded number. If you lose your keys, the finder may call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants. With the public's support of the Key Tag Service, the association is making a difference in the lives of amputees, including children, by providing financial assistance for the cost of



Five-year-old Vanessa Parsons is benefitting from The War Amps Child Amputee (CHAMP) Program, thanks to public support of the Key Tag Service.

artificial limbs, peer sup- all aspects of living with not receive their key tags in waramps ca or call toll-free 902-765-1494, poste 1643 ou arne backhouse@forces. port and information on amputation. Those who do the mail may order them at 1-800-250-3030. >

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, Greenwood; February 27 and 28, and 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 enieux du 2SLGBTQI+. Le programme sera proposé à l'annexe de la chapelle St. Mark's, Church Street, Greenwood ; le 27 et 28 février, et 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,



Call 902-765-1494 local 5833 for info

Business card directory





Wanted | Experienced Body Shop Technician

- Full time position at our new body shop location. • starting wage based on experience
- sign up bonus provided
- · medical & dental plan included
- clothing program provided

Submit resumes to: kjtruckcenter@eastlink.ca call 902-825-4345 or drop off at K&J Truck Center, 143 Marshall Street Middleton Industrial Park

or less, are \$9 tax included. Additional moins, sont vendues au prix de 9\$, taxes words are 10 cents each, plus tax. Bold incluses. Chaque mot additionnel coûte text \$10, tax included. Classified advertising must be booked gras 10 \$, taxes incluses.

and prepaid by 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit h, le mercredi précédant la publication. or cash. The Aurora is not responsible for Les modes de paiement acceptés incluproducts and/or services advertised. To ent VISA, MasterCard, AMEX, débit ou place a classified, contact 902-765-1494 comptant. L'Aurora n'est pas responsable local 5699, visit the office, 61 School des produits et/ou services annoncés. Road, Morfee Annex, Greenwood; email Pour faire publier une annonce classée, auroraproduction@ns.aliantzinc.ca or fax vous pouvez nous appeler au 902-765-

902-765-1717 To place a boxed, display ad, contact au 61, School Road, annexe Morfee 902-765-1494 local 5833; email aurora- à Greenwood, nous envoyer un courriel marketing@ns.aliantzinc.ca.

crossword solution

			м	А	F	А		s	А	Р	0	R		
	Α	s	Υ	L	U	м		С	Т	R	R	U	s	
	R	Е	G	Е	N	Е	R	А	т	0	R		Р	E
Α	D	С				В	1	В		s	1	R	Е	N
Р	Е	R			R	Α	В	В	1		s	Α	С	s
R	В	Е		Р	Е	s		Υ	Α	М		т	1	U
		Т	U	R	F				N	0	s	1	Е	R
L	н	Α	s	Α						Α	R	0	s	Е
Е	Α	R	т	н	Υ				Α	N	0	N		
s	R	-		Α	Α	R		R	М	s		Α	R	А
L	Е	Α	н		Р	Α	R	Е	U			L	А	С
Е	L	٦	Α	s		Р	1	N				1	С	Е
Υ	1		N	Α	т	1	0	N	А	L	1	z	Е	
	Р	Е	N	т	Α	D		Е	R	А	s	Е	s	
		В	0	0	B	9		т	F	В	м			

à auroraproduction@ns.aliantzinc.ca ou

réservées et payées à l'avance avant 9

1494 poste 5699, visiter notre bureau

sudoku solution

	_	 _								
		1	8	3	9	7	2	6	4	5
	Ε	5	6	9	4	8	3	1	7	2
	N S	7	4	2	5	6	1	9	3	8
	U R	4	9	1	6	2	8	3	5	7
	E	2	5	6	7	3	4	8	9	1
	А	8	3	7	1	9	5	2	6	4
	С	3	7	5	2	1	9	4	8	6
_	E	9	2	4	8	5	6	7	1	3
		6	1	8	3	4	7	5	2	9

Les annonces classées. 35 mots ou nous transmettre un fax au 902-765-1717. Pour faire paraître une publicité dans un encadré, appelez-nous au 902-10 sous, plus taxes. Texte en caractères 765-1494 poste 5833, ou un courriel à

auroramarketing@ns.aliantzinc.ca. Les annoncées classées doivent être DOG SERVICES

PAWFECT DOGGY WAI KING, DAYCARE AND BOARDING SERVICES - My husband and I recently moved to Kingston with our adorable 4 year old golden retriever. We know how important it is to have someone that you trust to look after your furry best friend so we are offering that peace of mind to others Contact me if you want to explore how we can meet your needs and provide a safe, active, and fun experience for your pup! 1-778-875-5331 or

jen_kain@yahoo.ca (4502-4tp) **FLEA MARKET**

SOMETHING FOR EVERYONE INDOOR FLEA MARKET - 812 King St., Kings-

Ph: 902-825-6424

)AN'S FIREWOOD & LUMBEF Hardwood, \$320 a cord Softwood, \$280 a cord Cut, Split, Delivered

ALSO: plateglass, plexie & lexan, mirrors, vehicle accessories, window & screen repairs eplacement thermo pa windows and more. **Insurance Claims** are our Speciality Mention this ad for \$100 off your

Freemans ESSO. Sundays only 9 a.m.

to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12

free. Everyone welcome. Christmas

crafts, antiques, furniture, fire hy-

drant, 1920's car fenders, records

books, old tools, tea towels, knitted

scarfs, hats, hanging shelves, rock hummingbird carvings, dream catch-ers, trees of life, toys, sport cards,

items. Be kind to each other. Tables

available for rent call 902-847-0324.

FUTURE GLASS

and MIRROR LTD.

Sampson Dr., Greenwood

902-765-2105

VINDSHIELD SPECIALIST

replacements * chip repairs

Thank you. (4504-4tpb)

Three easy ways to enter.

2 Fax: 902-765-1717

3. Drop into our office located at 61 School Road (Morfee Annex) **ONE ENTRY PER PERSON**

Full name 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 has a no interest credit plan?

2. Where can you get more info about the no drone zone?

3. What employer has a clothing program provided?

4. What is Kyla's phone number? 5. Who has a shell as a graphic in their ad?

Monster Find & Win winner: DIANNA KEDDY | Congratulations to this week's winner MICHELLE MacLEOD



Monthly program builds youth empowerment skills

become their best self?

Do you have a youth bethem further develop their coordinator of child and youth

ways to help your pre-teen stressors, and the ongoing challenges of the unique military and veteran lifestyle? tween the ages of 10 and 14 Join the Greenwood Military of a generous grant from the youth in the community. Sesand would you like to see Family Resource Centre's

your youth! This special youth stress, self-care practices and project is possible because True Patriot Love Foundation.

Have you been looking for coping skills for common services for a youth wellness shops, youth will learn to workshops designed to improject that will empower build empathy, manage make connections with fellow sions feature easy-to-follow, During free monthly work- practical and fun evening

prove wellness using mindfulness practices, gratitude, kindness, movement, music, art and nature. Activity areas include February: Crocheting as Self-Care, March: Move woodmfrc.ca >>

into Mindfulness, April: Solace through Sculpture, May: Food for Thought, and June: Peace in Nature.

For information, and to register, contact home@green-

Un programme mensuel permet aux jeunes d'acquérir des compétences en matière d'autonomisation

d'aider votre préadolescent de vie unique des militaires à devenir le meilleur de luimême?

Vous avez un jeune âgé de 10 à 14 ans et vous aimeriez le voir développer davantage

et des anciens combattants ? Joignez-vous à la coordonnatrice des services à l'enfance et à la jeunesse du Centre de ressources pour les familles ses capacités d'adaptation aux des militaires de Greenwood

permettra de se prendre en main! Ce projet spécial pour les jeunes est rendu possible grâce à une généreuse subvention de la True Patriot Love Foundation.

Cherchez-vous des moyens aux défis constants du mode le bien-être des jeunes qui leur apprendront à développer leur empathie, à gérer leur stress, à prendre soin d'euxmêmes et à établir des liens avec d'autres jeunes de la communauté. Les sessions comprennent des ateliers Au cours d'ateliers men- du soir faciles à suivre, pra-

(ages 19+, members & guests, Defence Team)

(ages 19+, members & guests, Defence Team)

TGIT (Subway) | Annapolis Mess

pour améliorer le bien-être à l'aide de pratiques de pleine conscience, de gratitude, de gentillesse, de mouvement, de musique, d'art et de nature. Les domaines d'activité comprennent février : Crocheter pour prendre soin de

pleine conscience, Avril: Le réconfort par la sculpture, Mai : Le bien-être par l'art : Le réconfort par la sculpture, mai : La nourriture pour la réflexion, et juin : La paix dans la nature.

Pour plus d'informations et pour vous inscrire, contactez home@greenwoodmfrc.ca >>



6:30 p.m.