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the Aurora

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Atlantic court champs headed for nationals

**Sara White,
Managing editor**

14 Wing Greenwood's men's basketball team was "very committed to putting in the time" – and it paid off February 29, as the won the Canadian Armed Forces Atlantic region tournament and now head to nationals.

"We'd been doing really well, practicing since August," said team coach Alyssa DeAdder, 14 Wing's Personnel Support Programs sports coordinator. "We went in to regionals feeling like, if we really focused, we might be able to do it."

Greenwood just missed the 2023 regional final, as injuries took their toll. This year, at the tournament hosted by 5th Canadian Division Support Base Gagetown, DeAdder says the team was in "really good" shape.

"We knew we'd do well against (12 Wing) Shearwater" – and Greenwood won 63-49 February 27; and "(CFB) Halifax – we started well, then it came down to nail-biters at the end" in a 62-59 February 28 round robin win.

"We got our motivation for the finals from that win, and it meant we didn't have to

play a second game that day," DeAdder said, "and Shearwater 'gave it' to Halifax in the semi-final."

The February 29 final was a worry: DeAdder said Greenwood ran behind the whole game by two or three points.

"Not enough it got out of hand – but then we tied it up and we went into overtime."

Much of that recovery came from Master Corporal Edrian Vlaar, the tournament's eventual MVP, who sunk three three-pointers in a row in the final. Final score was Greenwood 85, Halifax 71

"Greenwood has never been to men's basketball finals – we're super pumped, super excited! Going to nationals is boosting how well we've been doing, and makes the sport and the opportunities appealing to other potential basketball players here at 14 Wing."

In preparation for nationals, Greenwood is considering picking up a couple players to build their bench, but it would mean cuts to the local roster. As it gets closer to departure, and any potential openings arise as team members' operational commitments take precedence, the final decision will be made. ➔



The 2024 Canadian Armed Forces Atlantic region basketball champs are 14 Wing Greenwood's Lieutenant Jonathon Wilson, Master Corporal Edrian Vlaar, Corporal Evan Trites, Corporal Wesle Aucoin, Corporal Warren Regier, Corporal Jordon Mayo, Corporal Richard Ronbeck, Aviator Dave Lubin, Lieutenant Isaiah Chua, Sailor Second Class Nicholas Chater and Aviator Tevon Wilson; coach is PSP sports coordinator Alyssa DeAdder. Greenwood has never sent a men's team to CAF nationals.

Submitted



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Old timers return to CAF nationals, looking to repeat title

Sara White,
Managing editor

Ready, excited, three goals deep, some important pick-ups: 14 Wing Greenwood's old timers' hockey team is ready for Canadian Armed Forces nationals, March 23 to 28 at CFB Borden.

"We're missing nine or 10 this year from last year's team, but we're fine," says team captain Warrant Officer Jeff Hull. "We lost three defencemen going in last year, but we have them this year. We've got Master Warrant Officer Mike Pastuck with us – he couldn't make regionals. We're shuffling to take two pickups.

"We're by far a stronger team this year – younger! –

which is nice to know."

14 Wing goes into nationals as back-to-back Atlantic region winners, having won the tournament on home ice in February. They look to defend their 2023 CAF nationals title in a 2024 tournament full of familiar faces: all four regional teams are returnees, with Greenwood, CFB Esquimalt, Ottawa and Kingston back in the mix.

"Looking at the team pictures from the other regions, I see some familiar faces but, in military hockey, it's a slim opportunity to roster many of the same names year to year," Hull says. "You sometimes get to play with the same guys every four or five years.

"And it doesn't really matter: there are no underdogs,

the best-of-the-best won and the top players in the military are coming."

14 Wing travels to Borden March 23, and gets in some practice time at the Andy Anderson Arena. Opening ceremonies are first thing March 24, and Ottawa (Quebec region champs) takes on Kingston (Ontario region champs) at 9:30 a.m. AST. 14 Wing takes on Esquimalt (Canada West champs) at 11:30 a.m. AST. In the evening games, Esquimalt plays Ottawa at 7 p.m. AST, followed by 14 Wing vs Kingston at 9 p.m. AST.

March 25, Esquimalt plays Kingston at 12:30 p.m. AST, followed by Greenwood and Ottawa at 3 p.m. AST.

"The schedule looks decent, but there's a real advantage to finish first out of the round robin: you don't play March 26," says Hull. "If you finish third or fourth, you'll have to win six games to make the final. Even if you finish second in the round robin, it's an advantage, as you'd only play once on the Tuesday."

On that March 26, fourth meets third in the 10:30 a.m. AST quarterfinal; the winner will advance to the 8 p.m. AST semi-final against the round robin's second-place finisher.

March 27 is finals day. The bronze medal game at 3 p.m. AST will put the quarterfinal loser against the semifinal loser; the gold medal game gets underway at 8 p.m. AST. ➔

The 14 Wing Greenwood Bombers old timers are ready for Canadian Armed Forces Nationals March 23 to 28 at CFB Borden: successfully defending their Atlantic Region title win in February, they now have their sights set on a repeat of the national championship.

Sailor First Class J. Morris, 14 Wing Imaging

Send-off game

14 Wing Greenwood's men's hockey teams take on each other March 18 in a nationals' send-off exhibition scrimmage, as the old timers meet up with the "young ones," old timers' captain Warrant Officer Jeff Hull says. "It's a chance to play hard – but not injure anyone! And, it's a chance for our pickups to join the team in a game setting."

The game gets underway at 1 p.m. at the Credit Union Centre Arena in Kingston.

14 Wing Greenwood old timers' roster

- Warrant Officer Chris Green
- Warrant Officer Andrew Seward
- Master Corporal Adam Foley
- Captain Marc Roach
- Warrant Officer Joel Brooks
- Master Warrant Officer Mike Pastuck
- Master Corporal Jeff Bond
- Master Corporal Chris Maxim
- Chief Warrant Officer Trevor Porteous
- Colonel Jeff Davis, Major Garrett Milne
- Warrant Officer Andrew Amos
- Warrant Officer Jeff Hull (captain)
- Sergeant Dave Jenkins (assistant captain)
- Warrant Officer Pier-Olivier Poulin (assistant captain)
- Master Corporal Luke Verran (assistant captain)
- 5 Wing Goose Bay pickup Sergeant Adam Sommerfeld (played with 14 Wing through the regionals)
- 12 Wing Shearwater pickups Master Warrant Officer Andrew Glessing & Master Warrant Officer Brian McIntosh
- Coach Chief Warrant Officer Dave McDowell
- Assistant coach Warrant Officer Dave Jamieson

Money tips for the military lifestyle

Check out SISIP offerings at March 20 open house

Looking for budgeting tips? Long-term savings advice? Balancing a posting and promotion with your financial well-being?

14 Wing Greenwood's SISIP Financial is ready to help, and local counsellors hope to meet personnel and their families at an open house 9 a.m. to 11 a.m., Wednesday, March 20; in their Greenwood CANEX mall location.

"More and more members may be experiencing challenges, or want to know about our services," says financial counsellor Alison Reid. "Come in and meet us; if you haven't yet been in to our renovated office, come see; and, we'll have some light refreshments and an information table."

SISIP Financial (originally the Service Income Security Insurance Plan) has served the military community for over 50 years, with advice and solutions specifically with the military lifestyle in mind. Ask counsellors about mortgage and tax tips as you move province to province – or even country to country; pensions, investing, insurance, spending, borrowing and more. Visit sisip.com for a series of online financial education webinars. Plus, SISIP Financial annually supports base and wing funds with grants for morale and welfare programs and activities.

Reid says CAF members and their families don't have to have financial issues to get in touch; in fact, a proactive approach, even as military members begin their careers, can make a big difference throughout a military career and into retirement.

For information on Greenwood SISIP Financial resources, contact Reid at reid.alison@cfmws.com. ➔

Get set for base summer soccer at March 19 clinic

Getting the itch to get on the pitch? 14 Wing Greenwood's men's and women's soccer programs are looking for you!

The Bombers will hold a co-ed spring skills clinic at the Fitness & Sports Centre Tuesday, March 19, between 3 p.m. and 5 p.m. All skill levels are welcome to attend this initial event, as organizers are looking to gauge interest for this season's teams.

14 Wing did not field a team for men's soccer regionals in 2023; the push is on now to find enough players to form and practice a team this year. The women's side is aiming to get as many of the 2023 regional championship team back together, and bring on new players, and be ready for summer Valley league play and a defence of their CAF Atlantic regional title.

For information on either program, or the clinic, contact Master Corporal Tracy Smith, tracy.smith@forces.gc.ca or PSP sports coordinator Alyssa DeAdder, alyssa.deadder@forces.gc.ca ➔

Support to help seniors stay in their homes

Seniors in Kings County have access to a new pilot program to help them continue to live independently at home. VON Nova Scotia is delivering the program.

The Community Aging in Place, Advancing Better Living for Elders program (CAPABLE) pairs eligible seniors with a nurse, occupational therapist and handyperson to identify simple changes to their activities and homes that will help them live more independently.

To qualify, seniors must be 65 or older, have physical or mobility challenges, have a net income of \$85,000 or less or receive income assistance, the province's heating assistance rebate or the guaranteed income supplement from Service Canada.

Seniors may get more information and apply online at von.ca/von-care/capable or by calling 1-888-925-6101. ➔

bravo zulu | promotions & presentations



January 22, Aviator Dylan Robar, centre, was promoted to aviator (trained) by 14 Mission Support Squadron Major Mandy Landolt, left, with Master Warrant Officer Blake Roach.



January 22, Aviator Liam Bradley, centre, was promoted to aviator (trained) by 14 Mission Support Squadron Major Mandy Landolt, left, with Master Warrant Officer Blake Roach.



February 15, 434 Operational Test and Evaluation (OT&E) Squadron's Long Range Patrol Test and Evaluation Flight (LRPTEF) Captain John De Boer, centre, was presented with both the Special Service Medal - Expedition and the Canadian Forces Decoration by 434 Squadron Commanding Officer Lieutenant-Colonel Matthew Parsons, left, with Master Warrant Officer Bruno Caouette.



March 1, Aviator Liam Bradley, centre, was promoted to corporal by 14 Mission Support Squadron Lieutenant-Colonel Sonya Scanlon-Simms, left, with Chief Warrant Officer Trevor Porteous.



January 30, Master Corporal Aaron Marks, centre, was recognized with a 1,000 flying hours certificate by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenault, left, with Master Warrant Officer Fred Couturier.



February 13, Aviator Zander Hiltz, left, was presented a Canadian Armed Forces Certificate of Enrolment by 14 Air Reserve Flight Major Fred Stanley at 14 Wing Headquarters, Greenwood.



January 30, Captain Jonathan Sisk, centre, was recognized with both 1,000 and 2,000 flying hours certificates by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Dan Arsenault, left, with Master Warrant Officer Fred Couturier.



January 22, Warrant Officer Philip Drost, centre, was promoted to master warrant officer by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Sonya Scanlon-Simms, left, with Chief Warrant Officer Trevor Porteous.



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Site Web de l'Aviation royale canadienne
www.rcacf-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
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Combat Camera | Caméra de combat
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Recruiting | Recrutement
www.forces.ca

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

Ghost rope takes on new life as environmental art

Sandra Smirle is a Montreal artist whose practice focuses on our fraying relationship with nature. Using conservation as a lens through which to survey the landscape, Smirle creates work that reflects and advances ideas of stewardship and balance, themes at the centre of “Wrought,” at ARTSPACE Gallery in Annapolis Royal to March 30.

“I was motivated to explore working with reclaimed rope after participating in a beach-cleaning expedition along the coast of Vancouver Island,” says Smirle.

In 2022, Smirle started to explore rope making to



With retrieved marine rope, linen thread and basket coiling, visit Sandra Smirle’s “The Girls” at ARTSPACE Gallery in Annapolis Royal to the end of March: Beryl (Magdalen Island); Marin, (Salish Sea and Magdalen Island); Dory (Salish Sea and Magdalen Island); Gale (Salish Sea and Magdalen Island).

Document Image

understand its practices, processes and materials. She constructed a rope-twisting machine and set about re-working salvaged materials.

Smirle connected with Ghost Gear Fund, a program led by Fisheries and Oceans

Canada intended to support Canada’s broader commitment to reducing plastics in our oceans, particularly as it applies to abandoned, lost or discarded fishing gear.

For information, visit arcac.ca →

Travis renews CAF triathlon leadership role

Canadian Armed Forces Sports has announced the four-year re-appointment of Lieutenant-Colonel Eric Travis as the CAF CISM triathlon team manager.

Travis, a Royal Canadian Air Force aerospace engineer with 33 years of service, is the commanding officer of 14 Air Maintenance Squadron at 14 Wing Greenwood.

As a child of a military member, Travis has been a nomad his entire life, never having lived in any location for more than four or five years. This meant changing sports with each new location (depending on what was available and popular), and becoming somewhat adaptable.

As a young man, he was involved in gymnastics, skydiving, wakeboarding, snowboarding, rock climbing and white-water kayaking but, after a few injuries in his late 20s, and with the birth of his son in his mid-30s; Travis shifted directions. He took up swimming (as part of rehabilitation from injuries) and, eventually, triathlon. His

love for this new sport grew quickly, jumping into a few local races and immediately focusing his sites on qualifying for the CISM triathlon team.

In 2007, Travis first qualified for the CISM triathlon team, representing Canada as an athlete from 2007 to 2015. He became the team/ program manager in 2016, and has continued in that role. He has enjoyed racing and managing the team around the world, including at events in Estonia, the United States, Germany, Switzerland, South Korea, Sweden, China, Spain and France. He has been a competitive Ironman 70.3 and full-distance athlete since 2017, participating in the 2018 Ironman World Championships in Hawaii and the Ironman 70.3 World Championships in 2019, 2021, 2022 and 2023.

Travis has always found sports to be an excellent way to relieve stress, maintain both physical and mental health, and build lasting relationships with likeminded



14 Wing Greenwood’s Lieutenant-Colonel Eric Travis has been re-appointed as the Canadian Armed Forces CISM triathlon team manager.

Submitted

people across the country and around the world. He is excited to continue as the CISM triathlon team manager and looks forward to continuing to grow the program and prepare the team for the 2027 Military World Games.

For more information on the CAF Triathlon program, visit the Facebook group @ CF Triathlon, Instagram @ CISMTriCanada or contact eric.travis@forces.gc.ca →

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Inclusion, passion, strength International Women’s Day event has messages to carry forward

Sara White,
Managing editor

Guest speakers and displays did their part to “Inspire Inclusion,” the theme of this year’s International Women’s Day celebration March 8 at 14 Wing Greenwood, but Colonel Jeff Davis encouraged everyone to take the day’s message further.

“Thanks to everyone for your participation today, International Women’s Day. Inclusion is an everyday thing: today, tomorrow, this spring, into the summer.... Every second of every day.”

Davis, acknowledging the event organizers, vendor and information display booth presenters, and guest speakers; recognized a common passion for inspiration in all of them – and in the Defence Team audience who attended. “Passion is what we do every day.”

Guest speakers included Helen Luedee, executive director at Ledgehill Treatment Centre & Atlantic Centre for Trauma in Nictaux, partners

with EHN Canada.

“Let’s really think for a moment about what inclusion means to us, and why it matters,” she said. “It’s more than a concept: it’s how we treat each other.”

Leudee describe the extent and depth of addictions, mood and behavioral programs, trauma recovery, PTSD and occupational stress injury treatment, and wider supports through the EHH network, including here in the Annapolis Valley, with its specific offerings for the military, veteran and first responder community.

“It’s important to recognize the achievements of women who serve in the Canadian Armed Forces, and this day serves as a poignant reminder of how far we’ve come – but trauma and challenge is not unknown for women who serve.

“Healing goes beyond the physical realm: it nurtures, provides comprehensive care and inspires inclusion. We have women in the ranks, but



Corporal F. Roy, 14 Wing Imaging

also a diversity of women’s experiences – and that represents a strength within itself.

“My passion is supporting first responders and addictions recovery, and my goal is to make this program one of the good places – the best place – to go get help.”

Stephanie Townsend of Clannad Counseling and Con-

sulting, also spoke, updating the audience from her 2023 presentation about the SPIRIT equine therapy program for military and veteran women offered at Rohan Wood Stables in Aylesford. Then, the eight-week program of specialized wellness sessions and horse care was just getting underway; now, with Veter-

ans Affairs Canada support, the program has widened its intake. Participant Isabelle Jean, a veteran who retired after a 25-year military career in 2001, described her experience through yoga, nutrition classes, art therapy, walks and peer support.

“These are safe, supported workshops and, from the be-

ginning and as it has progressed, you’ve seen how some of the women have blossomed. You see people’s journeys; and that everyone’s journey is different.”

The March 8 event was co-hosted by the Defence Women’s Advisory Organization and the Greenwood Military Family Resource Centre. →

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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.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.

Games afternoon
Fridays (second and fourth), the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion, beginning at 1 p.m. Cost \$2. Enjoy an afternoon of cards,

games, easy conversation and light refreshments. Open to seniors 50+. Questions: 902-765-4228.
Youth art lessons
March 19 and 26; 4:30 p.m. to 5:30 p.m., 7Arts in Greenwood

offers youth art lessons. New artists and projects each week. Ages seven to 12, \$25/ lesson or \$80 for four lessons. Register at info@7Arts.ca.
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 gym, in Aylesford. Bring a helmet with cage, gloves, indoor shoes, water, active wear. Non-VTL registered participants will complete an activity waiver at the door. For more info, valleythunderlax.com.
Fibre arts sessions
March 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. Bring your own materials or purchase a kit from us.
Teens' ArtBeat Lounge
March 23, 4 p.m. to 6 p.m. Teens ages 13 to 18 are welcome to

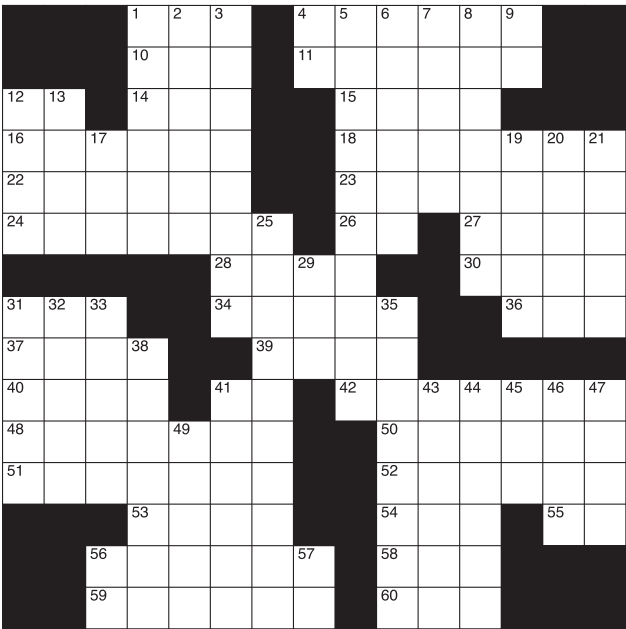
7Arts' ArtBeat Lounge in Greenwood, your ultimate playground for artistic expression! Whether you're into visual arts, music, dance, or poetry, this is your space to shine. Suggested donation \$5. Pre-registration not required.
Easter social
March 23 at 1:30 pm. The Good Samaritan Circle at the Christian Fellowship Centre, 208 Dodge Road, Wilmot; will host an Easter-themed time of fellowship and fun. There will be games, puzzles, refreshments and lots of fellowship. Bring a friend, make some new ones. Everyone is welcome. You may call 902-698-9467 for more information.
La fête des Neiges : Sortie à Hatfield Farm
Le Samedi, 23 mars de 11h30 à 14h00. Trajet en traîneau, enclos des animaux, rodoé en caoutchouc, terrains de jeux Hillbily Adventure. Hot-dogs et burgers à volonté (options végétaliennes, végétariennes et sans gluten disponibles. 20\$ par familles membres, 10\$ pour un membre individuel. Achetez vos

billets sur Facebook, Association francophone de la Vallée.
MakerSpace
March 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.
Hymn sing
March 24, 6:30 p.m., everyone is welcome to join an Easter hymn sing at Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road, Wilmot. Call 782-492-0265 for more information.
Drawing gnomes
March 25, 7 p.m. to 9 p.m. celebrate Spring at 7Arts in Greenwood by drawing Spring gnomes in gardens! You do not need any previous drawing experience. Laughs, learning - and chips! Materials provided, or bring your own sketchbook/ supplies. Cost is \$25 per person. Email info@7arts.ca to register.
Introduction to watercolour painting
March 27, April 3, 10 and 17 (four-week program). Learn how to paint with watercolours and create several paintings at 7Arts in Greenwood: all you need is an open mind and a desire to learn! Cost \$140 with all supplies included. Register at info@7Arts.ca.
Berwick Girl Guide cookies sale
April 13, 10 a.m. to noon, Berwick Girl Guides will be out and about with the classic chocolate and vanilla sandwich cookies. Find us at

Bargain Harley's, Wilson's Pharmacy, Berwick Home Hardware, the Berwick town hall front lawn; and at Friendly Neighbours Convenience on Hwy 1 in Cambridge. If you miss us, call/text Sara, 902-599-1833. \$6 a box supports girl greatness!
Mental health first aid course
May 2 and 3, 8:30 a.m. to 4 p.m., the Kingston/ Greenwood Mental Health Association will coordinate a mental health first aid training course at the Kingston fire hall, with facilitator Pamela Hansen. This course is designed for adults who interact with youth. Learn to help a person developing a mental health problem or experiencing a mental health crisis, and how to provide assistance until professional help is found or the crisis is resolved. The course aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, friend or colleague. Registration is \$50. Contact the KGMHA at 902-765-3902 or dwyerdj@ns.sympatico.ca.
Volunteers needed – Kingston Scouting
1st Kingston Scouts is looking for adult volunteers to help keep this wonderful youth program active. Please visit scouts.ca for more information or email comissioner@1stkingston.ca if you have any questions about local opportunities.

crossword

solution page 7



- ACROSS
- Small Eurasian deer
 - Irish county
 - A major division of geological time
 - Broadway actor Lane
 - Canadian province (abbr.)
 - Human gene
 - Two
 - A famous one is blue
 - Utter repeatedly
 - Ring-shaped objects
 - Spoils
 - Occurs
 - Commercial
 - Near
 - Products you may need
 - Pledge thrown down as a challenge
 - TV network
 - Silk or cotton garments
 - Soviet Socialist Republics
 - Retired American football coach Dean
 - Hot dish
 - A type of gin
- DOWN
- Make up for
 - Baltimore ballplayer
 - Salary
 - Influential world body
 - Engravers
 - Declared as fact
 - One who steals
 - Jewelry
 - Hospital employee (abbr.)
 - Nonsense (slang)
 - Town in Galilee
 - Value
- A take name
 - Sheep in their second year
 - Town in Surrey, England
 - Appropriate for a particular time of year
 - Creative works
 - Recesses
 - W. Pacific island group
 - Tolkien character
 - Ancient symbol co-opted by the Nazi party
 - Pioneer
 - Scribe
 - Painted a bright color
 - Lowest members of British nobility
 - Actress Thurman
 - Type of sugar
 - Crest of a hill
 - N. American people of British Columbia
 - Device
 - The Mount Rushmore State

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horoscopes

March 17 to March 23

ARIES - Mar 21/Apr 20

Aries, this week you need to get back to business, especially if hobbies or other interests have been taking up much of your time lately. Avoid distractions at all costs.

TAURUS - Apr 21/May 21

You may be excited about new prospects that are on the horizon, Taurus. With so much change coming, it can be exciting to see what lies in wait.

GEMINI - May 22/Jun 21

Gemini, you may discover that you are devoting a lot of attention to others of late, sometimes cutting into your own needs. Be attentive and caring, but pay attention to your own needs as well.

CANCER - Jun 22/Jul 22

Cancer, if you check the calendar lately you are bound to find a number of dates are filled. You may want to consider slowing down; otherwise, you may prematurely burnout.

LEO - Jul 23/Aug 23

Leo, if expenses and finances have been troubling you of late, you can breathe a sigh of relief when things lighten up this week. Right now you are in a good spot financially.

VIRGO - Aug 24/Sept 22

Virgo, you will need to uphold your end of the bargain for the time being as others are counting on you delivering. You cannot dodge any responsibilities right now.

LIBRA - Sept 23/Oct 23

Libra, over the next few days you may receive some offers from employers or entrepreneurs that seem very appealing. Before you jump into something new, do your homework.

SCORPIO - Oct 24/Nov 22

Scorpio, it will become obvious how others rely on you for advice and to get jobs done correctly. All of that responsibility can put extra pressure on you, so take it all in stride.

SAGITTARIUS - Nov 23/Dec 21

This week you may discover that people are flocking to you left and right, Sagittarius. You will not have trouble making new friends if you so desire.

CAPRICORN - Dec 22/Jan 20

Capricorn, take ownership of any actions that may have put you into a strained relationship with those close to you. Admitting mistakes is the first step in mending fences.

AQUARIUS - Jan 21/Feb 18

Aquarius, you may only now be getting to those resolutions you made a few months ago, but better late than never. Focus on projects around the home that will revitalize your spaces.

PISCES - Feb 19/Mar 20

Physical activity can do wonders for you, Pisces. If you are feeling stressed, overwhelmed or even tired, take a walk or hit the gym for some exercise that can alleviate many symptoms.



sudoku

solution page 7

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

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!

Level: Beginner

Health, wellness series launches March 27

Tips to help you navigate, embrace menopause, perimenopause change

The Greenwood Military Family Resource Centre is thrilled to invite members of the community to its inaugural Quarterly Health Series event.

Wednesday, March 27, 5 p.m. to 7 p.m.; dive into the world of health and wellness with an enlightening session on menopause and perimenopause. Gain insights and support as you navigate through this natural phase of life. Hear from medical professionals about the intricacies of menopause and perimenopause. Your questions, our answers! Discover dietary strategies to ease symptoms and promote overall well-being, presented by a top dietician. This free, 18+, collaborative event, partnering with the Greenwood

Family Health Clinic; promises an evening of valuable learning and community connection.

This and future Quarterly Health Series events aim to enhance your life by increasing awareness, understanding and stability through regular communication and targeted navigational support. Whether you're facing the challenges of absence, transition or relocation, the GMFRC may be able to help facilitate seamless service referral and foster an engaged community network.

Embrace change and take charge of your health journey. Attend the March 27 event in person at the GMFRC, or via Zoom. Register by March 25, at v2.gmfrcapp.ca/events/173/ event_registrations/new →

Lancement d'une série sur la santé et le bien-être le 27 mars

Des conseils pour vous aider à naviguer et à accepter les changements de la ménopause et de la périménopause

Le Centre de ressources pour les familles des militaires de Greenwood est ravi d'inviter les membres de la communauté à sa première série trimes-trielle sur la santé.

Le mercredi 27 mars, de 17 h à 19 h, plongez dans le monde de la santé et du bien-être avec une séance éclairante sur la ménopause et la périménopause. Obtenez des informations et du soutien pour traverser cette phase naturelle de la vie. Des professionnels de la santé vous parleront des subtilités de la ménopause et de la périménopause. Vos questions, nos réponses ! Découvrez des stratégies diététiques pour soulager les symptômes et promouvoir le bien-être général, présentées par une diététicienne de haut niveau. Cet événement gratuit, destiné aux 18 ans et plus, organisé en partenariat avec

la Greenwood Family Health Clinic, promet une soirée riche en enseignements et en liens avec la communauté.

Cet événement et les suivants visent à améliorer votre vie en augmentant la prise de conscience, la compréhension et la stabilité grâce à une communication régulière et un soutien ciblé à la navigation. Que vous soyez confronté aux défis d'une absence, d'une transition ou d'une réinstallation, le CR-FMG pourrait être en mesure de vous aider à faciliter l'aiguillage vers des services sans faille et à favoriser l'établissement d'un réseau communautaire engagé.

Acceptez le changement et prenez votre santé en main. Assistez à l'événement du 27 mars en personne au CRFMG ou par Zoom. Inscrivez-vous d'ici le 25 mars à v2.gmfrcapp.ca/events/173/event_registrations/new. →

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.

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Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.alianzinc.ca.

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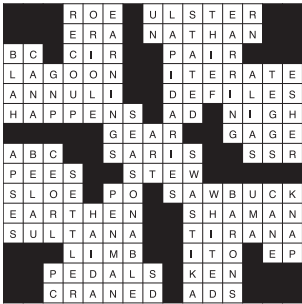
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crossword solution



sudoku solution

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

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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.

- When is the Queen of Heaven Chapel's Easter Vigil?
- What are the reduced hours on Easter Monday at the mall?
- How much are tickets to the ice show?
- Who is located on Sampson Dr., Greenwood?
- What is "Your Air Force" in French?

Congratulations to this week's winner LINDA GREEN

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BINGO



The Greenwood Dolhpins sent 14 athletes to the Winter Champs meet – bringing home a 17-medal haul and multiple personal best swims.

Submitted

Greenwood Dolphins: instant champions, just add water

The Greenwood Dolphins Swim team members are making themselves known as athletes to beat in recent provincial championship meets.

The Dolphins, based out of 14 Wing Greenwood, are mid-way through their competitive season with head coach Amanda Bond and age group coach Luke Larson.

In February, 14 AA athletes took part in the Winter Champs meet in Wolfville, where they brought home 17 medals over the three-day meet. Many athletes achieved new personal best times, and advanced to finals; Madie MacSween and Ashlynn Clarke both achieved their AAA times, allowing them to advance to the next level of competition. Medal winners included Jacob Roscoe - bronze, Tom Button - bronze, Colbie LeBlanc - bronze, Dana Larson – bronze, Madie MacSween – gold and silver, Petra Spicer – one gold, one silver; Evelynne Roscoe – one each of gold, silver and bronze. Of special note was

Ashlynn Clarke’s achievement of six gold medals in each of her individual events, which earned her a first place high point award for the meet!

In March, six AAA athletes participated in the 2024 David Fry East Coast Championships, hosted by Swim Nova Scotia in Halifax. This long course event took place over four days at Dalplex, where Greenwood athletes com-

peted against 27 other Atlantic teams. The competition was fierce, but our athletes prevailed and came away with 29 personal bests in their events. Owen Bond, Nathan Bond, Ezri Button, Abby Bond and Ethan Travis all made finals in at least one event. Nathan Bond won silver in the 200 fly and Owen Bond won silver in the 50 breast.

To finish off a busy month,



Six Greenwood Dolphins members competed at the AAA level of the recent David Fry East Coast Championships, swimming to 29 personal bests between them – and two medals.

Submitted

Chris d’Entremont

Member of Parliament for West Nova/Député - Nova-Ouest

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14 Wing Chapel Easter services

Queen of Heaven Chapel (Roman Catholic)

24 March Palm Sunday Mass – 1100 hrs (11 am)

28 March Holy Thursday Mass – 1900 hrs (7 pm)

29 March Good Friday Service – 1500 hrs (3 pm)

30 March Easter Vigil – 2000 hrs (8 pm)

31 March Easter Sunday Mass – 1100 hrs (11 am)

St. Mark’s Chapel (Protestant)

29 March Good Friday Service – 1500 hrs (3 pm)

31 March Easter Sunday Service – 1000 hrs (10 am)

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