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# the Aurora

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## 'I believed in myself'

### Strongman national title result of training, focus, mindset

Acting Sub Lieutenant  
Taylor Rhuland

Some individuals go above and beyond the Canadian Armed Forces' emphasis and expectations for member's fitness and fitness.

14 Wing Greenwood's Sergeant Travis Kennedy, an aviation systems technician and course director at 404 (Long Range Patrol and Training) Squadron, is currently Canada's strongest man. After competing in his first competition in 2022, just two years later, Kennedy achieved his goal in October - at the age of 38, winning the U105kg men's division at the 2024 Strongman Corp Canada national competition in Moncton.

Kennedy's first strong man competition was quite last-minute: in 2022, he entered the Nova Scotia Strongest Man competition on just nine days' notice and managed to secure a win. This victory earned him a spot in the Canada's Strongest Man competition in Thunder Bay, where he went on to place ninth out of 32 competitors. This rush of competing at such a high level

- and excelling - quickly fueled dreams of bigger victories on larger stages.

Strongman competitions are particularly challenging, due to unconventional aspects of the sport: sled dragging, car deadlifts, stone lifts. Kennedy began his strongman journey with limited equipment, but relied on self-belief.

"It didn't matter - I believed in myself," he says. Early in his training, he worked with New Scotland Strength to design a program and invested his own money into training equipment specific to the sport to improve his performance.

"The weights are very, very heavy," he says, adding the sport carries a very high risk of injury: proper training is crucial to performance and safety.

He attributes his success to proper programming, using the right weights to minimize injury risk and maintaining a strict focus on recovery, diet, sleep and, most importantly, a winner's mindset. Strongman competitions are grueling, often lasting up to eight hours, so long training sessions are essential to mentally and



**Strongman competitions aren't for the faint of heart: Sergeant Travis Kennedy spent 2024 training a "champion's mindset," with the work resulting in a national division win at the October 2024 Strongman Corp Canada nationals.**  
Coaches Creations, Strongman Corp Canada

physically prepare.

In 2024, Kennedy decided to change his approach, opting for "intelligent, strict programming, obsessive focus and a strong, positive, champion's mindset." Reflecting on the results - the national title win, he attributes it all to overcoming early adversity and fighting his way back to secure the win.

"I never gave up; I maintained focus and got the job done."

Kennedy is now preparing to compete at the pro level at the international Arnold Amateur Competition in Columbus,

Ohio, in March.

Along with his competitive achievements, Kennedy also dedicates time to coaching others. His future goals include hosting SCC-sanctioned competitions at 14 Wing Greenwood and helping grow the sport in Canada. He encourages young athletes interested in strongman to reach out to him, or Strongman Corp Canada on social media, for advice on how to get involved.

The challenges of strongman competitions have pushed Kennedy to his physi-



cal limits, while providing valuable lessons that apply to his work in the Royal Canadian Air Force. His dedication to training and recovery supports his operational readiness, and his coaching experience has honed his leadership skills. As a military course

director, he brings the same focus and determination to his role, influencing others both in the gym and on base. Kennedy's achievements highlight the importance of fitness, mindset, and success in both athletic competitions and military life. ➔



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## Military Family Services Greenwood: what the transition means to members

**Captain Camille MacKenzie Dolphin,**  
**14 Wing Greenwood public affairs officer**

The Greenwood Military Family Resource Centre (GMFRC) is restructuring, as announced during the annual general meeting last October by the GMFRC chair of the board of directors, Natasha Appolloni, and 14 Wing Greenwood commander, Colonel Luc Vachon. But, what does this transition mean exactly to 14 Wing community members?

Put simply, the GMFRC is shifting its governance model from the current not-for-profit to a Non-Public Funds (NPF) model. The board of directors will transfer the governance of and relinquish all responsibility for the Military Family Services (MFS) program, including all funding, staffing and delivery of related programming and services; to a new entity and Staff of Non-Public Funds. MFS will assume the governance and operations, as is the case currently for the Yellowknife MFRC and the MFRC in the National Capital Region.

MFS will stand up an advisory council, made up of volunteers who are military, veteran, community and family members (51 per cent

of the council will still need to be military family members) in 2025.

### Benefits of the transition

- Adjusting the governance of the GMFRC to a NPF model will assure consistency in service delivery and accountability in resource management and reduce risk to volunteers, while still maintaining the grip on the family voice in the oversight of the centre.
- Putting an advisory council in place will maintain the principle of “by families for families,” and ensure the services delivered continue to reflect the voice of families and respond to their needs.
- This transition will enhance staff retention as well as standardize salary and job/ functional practices, including access to benefits and pension for employees.

### Governance transition

The board of directors will continue to operate as a governance board for the GMFRC childcare centre and will require involvement from parents and community members. The childcare centre is currently operating with some full-time spaces (which are all filled) and

some casual spaces (which are filled monthly). Once the transition to MFS Greenwood is complete, the board will focus on governing the childcare centre, addressing the ongoing need for childcare in the community and how best to support the families and their childcare needs.

All MFS-funded programs will be offered by MFS Greenwood. These are programs and services related to military lifestyle, such as relocations, absences (courses and deployments), and transitions (releasing from the Canadian Armed Forces). They will continue to offer the programming to support the military and veteran families. Essentially, all the programs the GMFRC offers now or has offered in the past that are not childcare, will continue to be offered.

Families shouldn't see any major changes for the centre. The funding still mandates the same programs and services be offered to families. Programs and services will certainly improve with a full staff complement.

If you are interested in receiving more information about the military family advisory committee, please reach out to mfsgreenwood@cfmws.com →

## Services aux familles des militaires de Greenwood – Ce que la transition signifie pour les membres

**Capitaine Camille MacKenzie Dolphin,**  
**Officier des affaires publiques de la 14<sup>e</sup> Escadre**

Le Centre de ressources pour les familles des militaires de Greenwood (CRFMG) est en restructuration, comme l'ont annoncé la présidente du conseil d'administration du CRFMG, Natasha Appolloni, et le Commandant de la 14e Escadre de Greenwood, le colonel Luc Vachon lors de l'assemblée générale annuelle d'octobre dernier. Mais que signifie exactement cette transition pour les membres de la communauté de la 14e Escadre?

En termes simples, le CRFMG modifie son modèle de gouvernance, passant d'un modèle à but non lucratif à un modèle de fonds non publics (FNP). Le conseil d'administration transférera la gouvernance et abandonnera toute responsabilité du Programme des services aux familles des militaires (SFM), ce qui comprend tout le financement, la dotation en personnel et la prestation des programmes et services connexes, à une nouvelle entité et au personnel des fonds non publics. Les Services aux familles militaires (SFM) assumeront la gouvernance et les opérations, comme c'est le cas actuellement pour le CRFM de Yellowknife et le CRFM de la région de la capitale nationale.

Le SFM mettra sur pied un conseil consultatif composé de bénévoles qui seront des militaires, des vétérans, des membres de la communau-

té et des familles (51 % du conseil devra toujours être composé de membres familles militaires).

### Avantages de la transition

- Le changement de gouvernance du CRFMG à un modèle de FNP assurera une stabilité dans la prestation des services et la responsabilisation dans la gestion des ressources et réduira les risques pour les bénévoles tout en conservant la voix des familles dans la gestion du centre.
- La mise en place d'un comité consultatif permettra de maintenir le principe « par les familles pour les familles » et de garantir que les services fournis continuent de refléter la voix des familles et de répondre à leurs besoins.
- Cette transition améliorera la rétention du personnel ainsi que la normalisation des salaires et des pratiques professionnelles/fonctionnelles, y compris l'accès aux avantages sociaux et à la pension pour les employés.

### Transition de gouvernance

Le conseil d'administration continuera de fonctionner comme un conseil de gouvernance pour la garderie du CRFMG et nécessitera la participation des parents et des membres de la communauté. La garderie

fonctionne actuellement avec des places à temps plein (qui sont toutes remplies) et des places occasionnelles (qui sont remplies mensuellement). Une fois la transition vers les SFM Greenwood terminée, le conseil se concentrera sur la gestion de la garderie, sur les besoins continus en matière de garde d'enfants dans la communauté et sur la meilleure façon de soutenir les familles et leurs besoins en matière de garde d'enfants.

Tous les programmes financés par le SFM seront offerts par les SFM Greenwood. Il s'agit de programmes et de services liés au mode de vie militaire, comme les déménagements, les absences (cours et déploiements) et les transitions (libération des forces armées canadiennes). Ils continueront d'offrir des programmes visant à soutenir les familles des militaires et les vétérans. Essentiellement, tous les programmes que le GMFRC offre actuellement ou a offert dans le passé et qui ne sont pas liés à la garde d'enfants continueront à être offerts.

Les familles ne devraient pas voir de changements majeurs pour le centre. Les conditions du financement exigent toujours que les mêmes programmes et services soient offerts aux familles. Les programmes et services s'amélioreront certainement avec un effectif de personnel complet.

Si vous souhaitez recevoir plus d'informations sur le comité consultatif des familles militaires, veuillez contacter mfsgreenwood@cfmws.com →



S. White

## Senior men game-ready for Atlantic regionals

**Sara White,**  
**Managing editor**

With back-to-back Atlantic region titles in 2023 and 2024 under their belt, Warrant Officer Pier-Olivier Poulin doesn't want to say anything as the 14 Wing Greenwood senior men's hockey team gets set for the 2025 regional tournament.

“We're going to try and win, is all,” Poulin says. He is a player/ coach this year, along with coach Warrant Officer Dave Jamieson.

5 Canadian Division Support Base Gagetown hosts Atlantic senior men's regionals February 3 to 7 at Soldiers Arena, with teams from Gagetown, Greenwood, CFB Halifax and 12 Wing Shearwater. Senior men's is the new name for the former old timers' division and, with no national tournament this year; the regional title will be the 2025 bragging rights.

Greenwood has several team members into their 50s, and was working through last practices in January to pare down the number of 37-year-olds allowed on an old timers' roster.

## Women's hockey preps with two ex games

The 14 Wing Greenwood women's hockey team is preparing for Canadian Armed Forces Atlantic regionals, and will host two prep exhibition games at the Greenwood Gardens.

January 29, they will host Kentville; February 5, they're up against the Lady Bomber All Stars. Both games start at 7 p.m. All are welcome, free admission. →

“We're getting 16 or 17 players out at every practice all winter, but it's old timers – many are often higher ranked and it's tougher to leave work. We're getting in good skates, we can see what we've got. The cuts – it's better to have that, than not think we can ice

a team. We'll look at the most deserving and the best players and put a team together.” Roster potential included several new personnel, posted into 14 Wing from last season, along with a few new to the 37-year-old age requirement for senior

hockey. With team veterans, and the cap on 37-year-olds, “it makes it complicated.”

Poulin adds fitness will be one of the biggest factors –for any team.

“That makes a difference.” This 2025 tournament will be Jamieson's last – marking



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17 years coaching Greenwood's senior team (with a few breaks for away postings). As he gets set to retire, the “high hopes from two years ago (the 2023 national win) are the hopes for this year.

“We won in Esquimalt, and we never win at nationals. That happened.” Jamieson says team members' commitment will tell the tale this year, from “following up on a pass to making goals. “These guys are great.” →

**February 4**  
8 a.m. opening ceremony  
8:30 a.m. Game 1 Halifax vs Gagetown  
2 p.m. Game 2 Shearwater vs Greenwood  
7 p.m. Game 3 Greenwood vs Halifax  
**February 5**  
8 a.m. Game 4 Gagetown vs

Shearwater  
2 p.m. Greenwood vs Gagetown  
7 p.m. Halifax vs Shearwater  
**February 6**  
9 a.m. quarterfinal 4th vs 3rd  
7 p.m. semifinal Winner QF vs 2nd  
**February 7**  
9 a.m. final Winner SF vs 1st

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**Royal Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
rcfa-arc.forces.gc.ca

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

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
airforce.forces.gc.ca/en/14-wing/index.page

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

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

**Recruiting |** Recrutement  
forces.ca

**VPI |** VPI  
vpinternational.ca

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Prochaine impression du journal d'Aurora :  
**10 février.** Date limite pour le contenu éditorial et publicitaire : **5 février**

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 Health Promotion** Tips, program highlights and resources |

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

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**Managing Editor |** Directrice de rédaction  
Sara White • 902-765-1494 local/poste 568-5441  
auroraeditor@ns.aliantzinc.ca

**Business & Advertising |** Affaires commerciales et publicité  
902-765-1494 local/poste 568-5833  
auroramarketing@ns.aliantzinc.ca

**Graphic Designer |** Graphiste  
Brian Graves • 902-765-1494 local/poste 568-5699  
auroraproduction@ns.aliantzinc.ca

**Administrative Clerk |** Commis à l'administration  
Trudy Simmonds • 902-765-1494 local/poste 568-5440  
auroranews@ns.aliantzinc.ca

**Editorial Advisor |** Conseiller à la rédaction  
Captain Camille MacKenzie Dolphin  
902-765-1494 local/poste 568-5101  
+W14 Public Affairs@WCcmdr PAO@Greenwood

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# February events opportunity to mark Black History Month

14 Wing Greenwood's Defence Visible Minority Advisory Group will mark February as Black History Month with a number of activities. This year's theme is "Celebrating Black excellence in arts and culture." 14 Wing Defence Team members are welcome to take part in planned events.

**January 31** - Pan African flag-raising at the 14 Wing main gate, 8:15 a.m.

**February 14** - 14 Wing Greenwood Defence Team

members are welcome to join the Defence Visible Minority Advisory Group on one of its Black History Month events: a tour of the Africville grounds and museum in Halifax, followed by lunch at Xaymaca (Jamaican food). Transportation will leave 14 Wing at 9 a.m.

Africville museum entrance (11:30 a.m.) and tour fees are covered. The bus will then stop for lunch (12:45 p.m.) at Xaymaca, and then return to 14 Wing. To register and for information, email Master Corporal Denzel Johnson, denzel.johnson@forces.gc.ca →

# Learning resources share Invictus, Black Canadian service members' stories

Veterans Affairs Canada provides a range of resources aimed at helping young people learn about remembrance and military history.

**Invictus Games**

Beginning in 2014; the Invictus Games is now a biennial, international sporting competition for wounded, injured and sick service members and veterans. Invictus, meaning "unconquered," embodies the fighting spirit of the participating men and women, as well as their motivation to move on with their lives, gain a new place in life and not let themselves be defined by trauma they have suffered.

February 8 to February 16, Vancouver will play host to over 550 competitors from 25 countries. These athletes will compete in 11 different adaptive sports.

To get involved and embrace the Invictus spirit, VAC has assembled a one-stop-shop aimed at providing youth with additional learning resources and opportunities. These include opportunities to meet Team Canada athletes, lessons and activities about adaptive sports, live coverage of events and even free athlete support cards!



Members of the Canadian Forestry Corps at work in France during the First World War.

Department of National Defence/ Library and Archives Canada/PA-22980

To find out more or learn how to get involved, visit [InvictusGames2025.ca](http://InvictusGames2025.ca).

## Black Canadians in uniform

February marks Black History Month. It's a month dedicated to honouring, observing, interacting and commemorating important people, events, achievements and stories of Black people and their communities in Canada. This year, VAC highlights Black Canadian service in our country and throughout the Americas, serving in peacekeeping and security operations at home and abroad, conducting search and rescue operations, standing up for solidarity for Canadian sovereignty in the North, and along the coasts, assisting in natural disasters around the globe and much more.

For additional lesson plans, information and resources, visit [veterans.gc.ca/en/remembrance/classroom](http://veterans.gc.ca/en/remembrance/classroom). For more information about Black History Month and how to participate with the Veterans Affairs Canada Learning Team, visit [veterans.gc.ca/educators](http://veterans.gc.ca/educators) and [canada.ca/en/canadian-heritage/campaigns/black-history-month](http://canada.ca/en/canadian-heritage/campaigns/black-history-month) →



# Medspiel ready for 57th throwing of the rocks

The 57th Atlantic Curling Medspiel will take place at the Berwick Curling Club February 21 to 23. This 'spiel is a three-day fun curling event for both skilled and beginner curlers, from medical and emergency services backgrounds, with a guaranteed three games.

The Medspiel welcomes teams with at least one member representing current or retired members of the Royal Canadian medical service, current or retired members of the Royal Canadian Dental Corps, public servants and contractors in either the Royal Canadian Dental Corps and medical service; Canadian Armed Forces and civilian health care providers, Canadian Armed Forces, civilian and volunteer firefighters; RCMP, military and municipal police; search and res-

cue and Coast Guard personnel, family and friends.

The team entry fee is \$220, payable no later than February 7 (e-transfers to [medspielatlantic@gmail.com](mailto:medspielatlantic@gmail.com), with special arrangements upon request). That email address will also get you in contact with Medspiel organizers, Captain Jeff MacRae and Sergeant Neal Benvie. Register here: <https://forms.gle/uY6EPH93TdBygdN7>

Adding to the fun, plan for Friday night's meal and live music February 21, the potluck and trivia night February 22, and the awards ceremony at noon February 23. →



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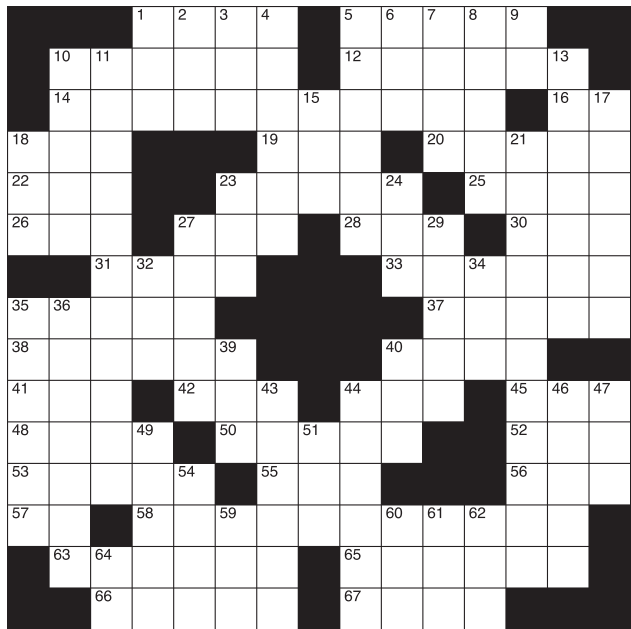


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca).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

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

## crossword

solution page 7



- ACROSS
1. Hand (Spanish)

5. Siskel and \_\_, critics

10. Seaman

12. Chemical weapon

14. One who eliminates

16. They precede C

18. Baseball stat

19. Americans' Uncle'

20. Cassia tree

22. Surround

23. Crisp and Pebbles are two

25. A sudden very loud sound

26. Affirmative

27. Disadvantage

28. Corpuscle count (abbr.)

30. Old trial judge

31. New York art district

33. Become more bleak

35. Upstate NY city

37. Clarified butters

38. One who witnesses

40. Condemn

41. \_\_ juris

42. Natural

44. Prohibit

45. Swiss river

48. Greek war god

50. 5 iron

52. New Zealand mountain parrot

53. Scandinavian surname

55. Follows sigma

56. Doctor of Education

57. Spanish be

58. One that feeds on bugs

63. Tooth issue

65. Get into

66. Lumps of clay

67. Overly studious student

DOWN

1. Variety of Chinese

2. Boxing's GOAT

3. Japanese classical theater

4. Prayer

5. Inspire with love

6. Ballplayers' accessory

7. Retailer payment system

8. More raw

9. Atomic #81

10. Fencing sword

11. Hostilities

13. Sea dweller

15. Resinlike substance secreted by certain insects

17. Businessmen

18. Rest here please (abbr.)

21. Loud devices

23. Make a soft murmuring sound

24. One point west of due south

27. Trout

29. Type of grass

32. South American plant

34. Letter of the Greek alphabet

35. Not secure

36. Traveler

39. Sweet potato

40. Period after sunrise and before sunset

43. Some are choppy

44. Asian country

46. Genus of mosquitoes

47. Coolit

49. Shrill, wailing sound

51. A baglike structure in a plant or animal

54. Within

59. Unhappy

60. Decorate a cake with frosting

61. Videocassette recorder

62. Largest English dictionary (abbr.)

64. It cools a home

crossword brought to you compliments of

954 Central Avenue  
Greenwood  
902-765-6381

**Youth art sessions**  
January 28, 2 p.m. to 5 p.m., 7Arts in Greenwood hosts youth artful afternoons (ages 6 to 12). Get creative with a variety of art media and tools. All supplies included, just bring your imagination! \$15 per child per class. Registration required by emailing [info@7Arts.ca](mailto:info@7Arts.ca).

**Veterans' social**  
January 28, 10 a.m. to noon, 7Arts in Greenwood hosts a Veteran's Lodge Veteran's Corner. This event is open to all Annapolis Valley veterans and serving members. This is a FREE event for veterans. Register by emailing [theveteranslodge@gmail.com](mailto:theveteranslodge@gmail.com).

**Fun with Fibre**  
January 29, 6:30 p.m. to 8:30 p.m. Are you a fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) who would like to meet like-minded individuals? Drop by 7Arts in Greenwood Wednesday evenings for our craft & chat group. Everyone welcome! Free-will donation appreciated.

**Veteran's Lodge Buddy Check**  
January 31, 9 a.m. to noon, 7Arts in Greenwood hosts a Veteran's Lodge Buddy Check coffee. This free event is open to all Annapolis Valley veterans and serving members. Register by emailing [theveteranslodge@gmail.com](mailto:theveteranslodge@gmail.com).

**MakerSpace**  
February 1, 8, 22, 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood hosts MakerSpace. Bring a project to work on, start something new, or purchase one of our kits. Drop-ins welcome and encouraged! Cost starts at \$10. Caregivers free.

**ArtBeat Lounge for teens**  
February 1 and 15, 4 p.m. to 6 p.m., 7Arts in Greenwood hosts ArtBeat Lounge, free for ages 13 to 18. Whether you're into visual arts, music, dance, or poetry, this is your space to shine. Pre-registration not required.

**Adult art lessons**  
February 2, 9, 16, 4 p.m. to 5 p.m.; 7Arts in Greenwood hosts adult art lessons. A fun adult series where you get to try anything and everything art related! \$35

per class or \$100 for all three. Email [info@7Arts.ca](mailto:info@7Arts.ca) for more information and to register.

**Youth art sessions**  
February 4, 11, 18, 25, 2 p.m. to 5 p.m.; 7Arts in Greenwood hosts youth artful afternoons (ages 6 to 12). Get creative with a variety of art media and tools. All supplies included, just bring your imagination! \$15 per child per class. Registration required by emailing [info@7Arts.ca](mailto:info@7Arts.ca).

**Fun with Fibre**  
February 5, 12, 19, 26, 6:30 p.m. to 8:30 p.m. Are you a fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) who would like to meet like-minded individuals? Drop by 7Arts in Greenwood Wednesday evenings for our craft & chat group. Everyone welcome! Free-will donation appreciated.

**Veterans' Buddy Check**  
February 7, 14, 21, 28, 9 a.m. to noon; 7 Arts in Greenwood hosts a free Veteran's Lodge Buddy Check coffee, open to all Annapolis Valley veterans and serving members. Register by emailing [theveteranslodge@gmail.com](mailto:theveteranslodge@gmail.com)

**Seniors' drum circle**  
February 13, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts HealthRHYTHMS, a community drum circle, free to seniors! Reserve your seat by emailing [mindfullymore@gmail.com](mailto:mindfullymore@gmail.com).

**Kitchen party**  
February 14, 8 p.m. to 11 p.m.,

the Kingston Lions host a performance by The Last 2, at the Lions Club (1482 Veterans Lane). Tickets are \$20, available at the Kingston village office, Kingston Pharmasave or call Tracey at 902-389-3867. 19+ event, cash bar.

**Breakfast**  
February 15, 8 a.m. to 10:30 a.m., the Aylesford United Church, 2414 Hwy 1, Aylesford; will hold a community breakfast. Freewill offering. Made-from-scratch pancakes, sliced fried ham, pork and apple breakfast sausages, fluffy scrambled eggs, coffee/ tea/ juice.

**Veteran's Lodge music jam**  
February 16, 1:30 p.m. to 3:30 p.m., 7Arts in Greenwood hosts a free Veteran's Lodge music jam, open to all Annapolis Valley veterans and serving members. Bring your musical instrument, your singing voice, or just yourself and come and enjoy and afternoon of singing and jamming. Register by emailing [theveteranslodge@gmail.com](mailto:theveteranslodge@gmail.com).

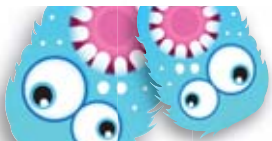
Life Through a Mask workshop  
Starting February 24, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts Life Through a Mask, a free workshop for CAF members and veterans. A hands-on, peer-led mask-sculpting workshop. Explore strengths and resiliency in a confidential, non-clinical setting. Funded by Veterans Affairs. Email to register: [lifethroughamask@gmail.com](mailto:lifethroughamask@gmail.com). No art experience necessary.

**Veterans' social**  
February 25, 10 a.m. to noon, 7Arts in Greenwood hosts a Veteran's Lodge Veteran's Corner. This event is open to all Annapolis Valley veterans and serving members. This is a FREE event for veterans. Register by emailing [theveteranslodge@gmail.com](mailto:theveteranslodge@gmail.com).

AYLESFORD & DISTRICT LIONS CLUB

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Classified advertisements, 35 words or less, are \$10 tax included. Additional words are 10 cents each, plus tax. Bold text \$11, 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 568-5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email [auroraproduction@ns.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca) or fax 902-765-1717.

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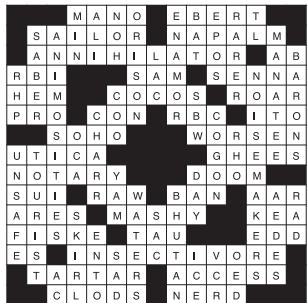
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### crossword solution



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RETIREMENT DUPLEX – Available now. Two bedroom, one bath, open concept duplex with garage. Paved driveway, front and back patio deck. In floor heating, new heat pump, town water, so if power goes out you still have water. Snow removal and lawn care included. Transit available at end of street. Centrally located between Greenwood and Kingston. Phone 902-765-0339. (4601-4tpb)

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SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Open Saturday and Sunday, 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car

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Casual bowling  
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Saturdays - 9 a.m.-12 p.m.  
  
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**WING ENVIRONMENT**  
  
Valley Waste enforces proper waste sorting at 14 Wing by **charging tipping fees** when there are infractions.  
  
Refer to WSO 4.1.12 & [www.wvrm.com](http://www.wvrm.com)

**Valley Waste fait respecter le tri des déchets à la 14e Escadre en imposant des frais de déversement en cas d'infraction.**



the

Aurora

find & win

Three easy ways to enter.

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

Congratulations to our last winner: JACQUIE OLEXA



Entry deadline:  
4 p.m., Wednesday February 5, 2025  
ONE ENTRY PER PERSON



Thank you to  
our sponsors



Full name \_\_\_\_\_

Phone number \_\_\_\_\_

1 What's on sale now at The Lawrie Group? \_\_\_\_\_

2 211 offers resources for what? \_\_\_\_\_

3 What does CFNA stand for? \_\_\_\_\_

4 Pick casual or glow -- here: \_\_\_\_\_

5 What starts at 7 p.m. Fridays? \_\_\_\_\_

6 What will you find at 812 King Street? \_\_\_\_\_

7 How many Valley TIM-BR Mart locations are there? \_\_\_\_\_

8 Where may you book a Spring '25 tee time? \_\_\_\_\_

9 Fix Auto offers what: \_\_\_\_\_

10 Whose toll-free number is 1-866-280-5302? \_\_\_\_\_

11 When is the next print Aurora Newspaper? \_\_\_\_\_

12 Who's offering to help you celebrate? \_\_\_\_\_

13 Who now offers propane delivery? \_\_\_\_\_

14 How many sponsors do we have for the Monster Find 'n Win? \_\_\_\_\_

15 What are the volume and issue numbers for this Aurora Newspaper? \_\_\_\_\_

16 Who is offering a free 30-day trial? \_\_\_\_\_

17 Who will you find at 811 Central Avenue? \_\_\_\_\_

18 What does Dan sell? \_\_\_\_\_

19 Who offers heavy haulage? \_\_\_\_\_

20 What does Greg buy? \_\_\_\_\_

21 What is The Aurora Newspaper's street location? \_\_\_\_\_

22 Two streets from Route #14: \_\_\_\_\_

23 Who enforces tipping fees at 14 Wing? \_\_\_\_\_

24 If you text 85377, who will you reach? \_\_\_\_\_

25 Who operates at 71 Main Street? \_\_\_\_\_

26 How many monsters are in this paper? \_\_\_\_\_

27 Whose toll-free number is 1-855-538-1321? \_\_\_\_\_

28 Whose toll-free number is 1-888-701-2554? \_\_\_\_\_

29 Who will you find at 954 Central Avenue? \_\_\_\_\_

30 What closes March 31, 2025? \_\_\_\_\_

The winner will be drawn randomly from all correct entries. Winner will be contacted by February 6.

Correctly  
answer all 30  
questions and  
you could

win

OVER  
\$800  
in prizes  
from our  
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