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the Aurora

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Repping CAF sports in provincial International Women's Day project

**Sara White,
Managing editor**

"Proud," says Corporal Brandi Weibel.

"I think I know what my word is," said Warrant Officer Amanda Jardine. "Community."

The two recently donned their military sports' uniforms and joined a province-wide photo call for an imagery project highlighting Nova Scotia girls and women in sport.

Photographer Meghan Tansey Whitton set up in New Minas in February and asked

participants, between still and video shooting, what word comes to mind for each of them when they think of being involved in sport.

Jardine, who knew women from her university and provincial rugby teams' experience who'd done the project in 2024, immediately knew she wanted 14 Wing Greenwood's athletes involved.

"I wanted to get some representation for the base," Jardine, a military softball and hockey

Continued on page 2...



Corporal Brandi Weibel, left, is a 14 Wing Greenwood soccer and softball athlete, and the wing's champion for women's sports. Corporal Kelly Watson, centre, plays military softball and Master Corporal Lyn Haustein-De la Cruz is a basketball athlete. The trio were in the first of two photo shoots with photographer Meghan Tansey Whitton, working on a Support4Sport project to highlight women in sport for March 8's International Women's Day.

S. White

Wing women aim for bigger, better sports community

**Sara White,
Managing editor**

14 Wing Greenwood's female military members are looking to leverage time they spend at the gym into a bigger, more connected fitness and sports community.

March 4 and 5, high-performance athletes, recreational sports participants and less confident gym-goers will be back-stopped by health and fitness resources, all aiming to build a women's wellness foundation.

Warrant Officer Amanda

Jardine competes in military hockey and soccer. With several of her 14 Wing peers who cross over a range of sports – but also sometimes scramble to gather enough women to fill rosters, they've realized not everyone is starting from the same place.

"Many women are not making their own health, wellness and fitness a priority," Jardine says. "They're nervous to be in the gym. They don't know other women on the wing that work out. Even some of the most active athletes are hesitant to ask a friend to

work out with them, and they end up working out in a 'silo.'

"It is way easier to focus on your health and wellness when you have a group of people, regardless of experience, body type and mindset; that support you - and that you are accountable to."

Research both within and outside the Canadian Armed Forces highlights differences between men's and women's bodies from the impacts of work, children, sports and physical strain. Women's

Continued on page 2...



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Repping CAF sports...

...cover

player, says. “I’ve worked in military recruiting, and sports was one of the biggest draws I used: girls and women who play sports at the club or university level, and who then join the military, can continue their hobbies or be a pretty elite athlete with military sports.”

And, within the military itself, Jardine says women are always welcome to join in, from newcomers at intersection programs or try-it events to the base teams that go on to Canadian Armed Forces regional and national tournaments. The international CISM program for military athletes provides a worldwide stage for individual and team sports.

There are opportunities for athletes, coaches and officials at all levels.

“I just hope we get more people out in sport. It helps people mentally and physically, and we support each other.”

Weibel missed sport as soon as she wrapped up her college and university basketball and soccer participation.

“I though sport was over for me,” she says. “I was looking for women’s rec league basketball, and it wasn’t there.”

She’s since returned to soccer, and taken up softball – both available through her military career.

“The connections – really good connections, and friendships, are long-lasting,” says Weibel. Even if people you’re



Warrant Officer Amanda Jardine, left, wanted 14 Wing Greenwood’s athletes represented in a provincial photo project highlighting girls and women in sport, set for release March 8 to mark International Women’s Day. She was joined at a February photo call by Captain Lindsay Williams-Vachon and Master Corporal Natasha Philippe..

S. White

playing with are posted out and they are at a different base, you see them at sports – or you see them through work courses or exercises.

“I play team sports; and, there is a team I work with. It’s good to know how to be cohesive with a bunch of different personalities. The sports’ links are strong and on-going.”

Support4Sport, through the sale of

Canadian Armed Forces sports develop core military attributes: team-work, self-discipline, leadership, esprit de corps and resilience. Sports help CAF members stay operationally ready.

The CAF Women in Sport Program aims to increase women’s participation in physical activities, from grassroots to elite levels. Projects could include nutrition education, injury prevention and mental well-being specifically for female athletes; training facility access and sporting events, coaching and resources; leadership opportunities, such as coaching, administration and governance training; and recognition for the accomplishments of female athletes, coaches and leaders.

For information, visit cfmws.ca/sport-fitness-rec/sports/caf-women-in-sport-program-2024-2025 or contact 14 Wing Greenwood sports coordinator Alyssa DeAdder, alyssa.deadder@forces.gc.ca

Bigger, better sports community...

...cover

wellness could include different bodies, fitness training, injuries and mental wellness, menstrual and menopause cycles, nutrition, mobility and sleep.

Teaming up with 14 Wing’s Personnel Sports Program (PSP) Fitness and Health Promotion staff, the March workshop will use a CAF Women in Sport Grant to of-

fer educational and practical sessions. Special guest will be Bryce Tully, a performance psychology and culture lead with Team Canada at the Tokyo Olympics, where he used specific, data-driven insights to drive performance. Targeted programs at the base gym down the road will start to offer women opportunities to develop their interest and skills in new workouts, leading to greater fitness and,

potentially, joining a military sport.

“We think the workshops will benefit the members first, and the sports later in the season,” says Jardine. “Interest has been very positive right from our initial planning meeting. I think women hope to see each other at the gym, and having a program builds a community - whether they want to be at the gym, be a member of a sports team or



Register here

need support in their overall wellness journey.” ➔

March 4		
8:30 to 11:55 a.m.	1 to 2 p.m.	Sport Nutrition (Health Promotion)
2:10 to 3:10 p.m.	3:15 to 4 p.m.	Agility & injury prevention (PSP Fitness)
		Weight training (PSP Fitness)
		Facility walkaround (PSP Fitness)
March 5		
7:30 to 7:55 a.m.	8 to 8:25 a.m.	Spin class/ core (PSP Fitness)
9:30 a.m. to noon	1:30 to 2:30 p.m.	Spin class/ core (PSP Fitness)
2:30 to 3:15 p.m.	3:15 to 3:30 p.m.	Sport psychology (Bryce Tully)
		Weight training (program into practice)
		Mobility
		14 Wing sport ambassador

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The Aurora News

CFB Greenwood Aurora News

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rcacf-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

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combatcamera.forces.gc.ca

Recruiting | Recrutement
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VPI | VPI
vpinternational.ca

Next print Aurora Newspaper:
March 10. Deadline for editorial and advertising content: **March 5**
Prochaine impression du journal d'Aurora :
10 mars. Date limite pour le contenu éditorial et publicitaire : **5 mars**

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) | **MFS Greenwood** resources and programs supporting military members and their families | **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

People put experience, evaluation to work for 434 Squadron

Major Martin Labbé,
Long Range Patrol Test and Evaluation Flight commander,
434 (Operational Test and Evaluation) Squadron

Have you seen ron badge on a That would be 434 and Evaluation) But what does 434 (OT&E) enable of the Air Force airwor- ensuring systems capable of opera- The introduc- tion of new or modified systems or aircraft in the RCAF is rarely without issues. Thanks to the airworthiness program that has evolved since the 1950s, oversight and processes ensure military aviation is maintained to acceptable levels of safety. A parallel can be made with the history of airlines and civilian aviation wanting to make flying as safe as possible, while, some would say, remain profitable. Key Canadian Armed Forces policy and the operational airworthiness program require aeronautical products, life support equipment, aerospace control systems, weather observation equipment, software and synthetic training devices must first be tested and evaluated to ensure airworthiness is established and maintained throughout their operational service life. While safety remains forefront, OT&E's focus is to ensure and inform that equipment or systems are operationally effective (are expected capabilities being met and/ or enhanced?) and operationally suitable (is it trainable, maintainable, deployable, supplied for?).



a Bluenose Squad- uniform lately? (Operational Test Squadron! the squadron do? Squadron is a key Royal Canadian thiness program, are airworthy and tions.



434 (Operational Test and Evaluation) Squadron members with Long Range Patrol Test and Evaluation Flight, based at 14 Wing Greenwood, conduct an airborne test.

Submitted

Using airworthiness-approved, project management -centric methodologies, new systems are scrutinized to ensure they meet operational or wartime needs in the hands of expected users, maintainers and supporting personnel. This is where 434 Squadron kicks in, as the sole RCAF squadron approved and accredited to conduct OT&E flight testing (data gathering) and evaluation (analysis of that data).

While the mission of 434 Squadron is not ordinary, its construct is extraordinary. The unit has merged all operational test and evaluation flights (TEFs) of the RCAF established since the 1950s. While the headquarters is located with the RCAF Air Warfare Centre in Trenton, traditional TEFs have retained their presence at their respective bases, along with their fleets. Additionally, new TEFs have been established to support emerging RCAF capabilities. Today, 434 Squadron consists of 11 flights across seven bases.

In Greenwood, you will find predominantly the Long Range Patrol Test and Evaluation Flight (LRPTEF), specializing for the CP140 Aurora and CP8A Poseidon, while individuals from the Search and Rescue Test and Evaluation Flight (SARTEF), normally from Comox, have been geo-located here to support and execute evaluations on the CC295 Kingfisher, CH149 Cormorant, CC130H Hercules and CH146 Griffon SAR fleets. Pilots, air

combat system officers, aerospace engineering officers, search and rescue technicians, airborne electronic sensor operators, and aerospace controllers of 434 Squadron have currencies on almost every military aircraft type currently in the RCAF inventory. Thanks to remote work technology and the qualifications construct of the squadron, it is common to have specialist project officers and test directors from one fleet assisting evaluators of another fleet.

In the last 20 months, members of 434 Squadron in Greenwood conducted various operational evaluations, such as a new Cellular Airborne Sensor for search and rescue for the CC130, new SAR-Tech helmets and winch hook modification for the CH149 Cormorant, and modified flight simulators, tactical transponders, Datalink and new sonobuoy variant for the CP140.

Ultimately, 434 Squadron has been successful in its important mission to sustain the airworthiness program because of the incredible people that make up this unique squadron, and their hard work, dedication and passion for their fleets. With numerous major upgrades on existing fleets, residual modifications to the Aurora, and introduction into service of the Kingfisher, Poseidon, Husky, Lightning II and SkyGuardian; 434 Squadron is set for a busy decade and beyond, hoping to capture any glitches along the way! ➔



Progress report

Exciting progress to report from January on the Remotely Piloted Aircraft System (RPAS) project, as the first two MQ-9B aircraft are in production in San Diego; a key milestone ahead of testing, to start in 2026. The RPAS project will deliver state-of-the-art, long-range MQ-9B aircraft, designed to provide advanced intelligence, surveillance, reconnaissance and conduct precision strikes; six ground control stations, weapons, infrastructure and sustainment to ensure mission success. The aircraft will be stationed at 14 Wing Greenwood and 19 Wing Comox, with operations based in Ottawa. Construction of the necessary infrastructure kicks off in 2025, with the first deliveries slated for 2028

National Defence



413 (Transport and Rescue) Squadron avionics systems technicians, left, and aviation systems technicians are in the middle of technical training at 418 (Search and Rescue Operational Training) Squadron, 19 Wing Comox; the first visiting students to begin the conversion to the CC295 Kingfisher aircraft.

Technicians conduct CC295 Kingfisher conversion training in Comox

Captain Camille MacKenzie Dolphin, Public affairs officer, 14 Wing Greenwood

Members of 413 (Transport and Rescue) Squadron, 14 Wing Greenwood, are taking part in technical training at 418 (Search and Rescue Operational Training) Squadron, 19 Wing Comox. They

are the first visiting students to begin the avionics systems (AVS) technician and aviation systems (AVN) technician conversion to the CC295 Kingfisher aircraft.

The candidates began with a three-day Defence Resource Management Information System course, an online program where all daily flying and maintenance



Submitted

records are kept.

They moved on to a five-week Servicing and Elementary Work (SEW) course. Once complete, the technicians will proceed with their trade-specific training, currently scheduled to take them late into May.

“All courses are a mix of theory and practical exercises. The goal is to send the students back to their respective units with authorizations that will allow them to complete servicing tasks and first line maintenance on the CC295,” says Sergeant John Fleming, the CC295 Kingfisher course director at 418 Squadron.

The technical training is one of the first steps required to transfer fixed wing

February 25-26, March 25-26 - Positive Space course dates set

Two-day Positive Space ambassador training sessions help Defence Team members interested in becoming an ambassador, or gaining a greater knowledge of 2SLGBTQI+ history, terminology and issues are planned for

at St. Mark’s Chapel annex, beginning at 8:30 a.m. Dress: civilian.

For info and to register, visit mil.ca or contact Major Backhouse, 902-765-1494 local 568-1643/ michelle.backhouse@forces.gc.ca →

Des sessions de formation de deux jours pour les ambassadeurs de l’Espace positif sont prévues pour aider les membres de l’équipe de défense intéressés à devenir ambassadeurs ou à acquérir une meilleure connaissance de l’histoire, de la terminologie et des questions liées au 2SLGBTQI+.

Chris d’Entremont
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March into eating fun and challenge

March is Nutrition Month. 14 Wing Greenwood’s Health Promotion challenges Defence Team members to “Eat the Rainbow” in a fun challenge designed to encourage everyone to get in at least one fruit or vegetable from each of the rainbow’s colours.

Eat the Rainbow according to your own traditions, culture, preferences and nutritional needs. Maybe you’ll see an opportunity to try something new – and tasty! Each colour group – blue, purple, yellow, green, red and orange; promotes various nutrients our bodies need for optimal health. There’s a bonus grey column for daily activities, including “me time,” naps, light exercise, outdoor play, music and more. Fill in Health Promotion’s Eat the Rainbow challenge tracker between March 3 and 30 and win a prize! To get your track-

er, contact edith.tremblay@forces.gc.ca

Also in March, Health Promotion will pick up on the national campaign theme, “Nourish to Flourish.” March 25 and 26, it will offer the Essential Nutrition Course, 8:30 a.m. to 4 p.m. both days, at the Fitness and Sports Centre.

This course offers tips and resources on label reading, meal planning, shopping on a budget, food storage, mindful eating, Canada’s new food guide – and more.

If you’re looking for flexibility, contact Health promotion for a unit-level briefing on stretching food dollars, understanding food labels or fueling yourself for energy.

For information on and registration for Health Promotion programs, resources and upcoming dates, visit cfmws.ca →



Cadets on tour

What better way to start the 2025 Greenwood Military Aviation Museum’s guided tours than to have welcomed 45 members of Greenwood’s 517 F/Lt Graham Royal Canadian Air Cadet Squadron January 8? The group was full of very interested Cadets and training personnel. On their tour with museum volunteers, they learned about the history of 14 Wing Greenwood, search and rescue work, aircraft engines, Cold War submarine hunting aircraft and T-Bird ejection seats. They also found out the wing building where they meet every week is called the Birchall Training Centre, in honor of a 413 Squadron Second World War member: Air Commodore Leonard Birchall warned the island of Ceylon (now Sri Lanka) of an impending attack by the Japanese fleet just before he was shot down in his aircraft. Ceylon was saved, but Birchall became a prisoner-of-war until he was liberated in August 1945.

March 4 - JTF X recruiting brief

Joint Task Force X is home to the CAF’s Human Intelligence (HUMINT) capabilities and employs highly motivated individuals to conduct specialized intelligence activities across the spectrum of conflict. JTF X is seeking members with a high degree of maturity, curiosity, people skills and the desire to work in a specialized and small team environment. Ideal candidates are physically and mentally fit, adaptive, intelligent and display an ability to thrive in ambiguous environments. JTF X will be hosting recruiting activities at The Chamber, Birchall Centre, March 4, 11 a.m. to noon and 3 p.m. to 4 p.m. Come out and engage with unit members to explore the possibilities of a career in HUMINT.

For info, visit <http://intranet.mil.ca/en/organizations/cfint-com/jtf-x.page> or email JTFX_Recruiting@forces.gc.ca →

FREE CENTRE COURT FUN EVENTS

MARCH BREAK March 10-14 1-3 pm

Monday Kids Make & Take Crafts (accompanied by adult)	Tuesday Air Brush Tattoos (temporary) Learn to Henna Workshop (hosted by Halifax Henna pre-registration \$25)	Wednesday Kids Make & Take Crafts (accompanied by adult) Milo “T” Clown at Roo’s Family Adventures 1pm-4pm	Thursday Air Brush Tattoos (temporary) Greenwood Mall Market 11am-4pm	Friday Kids Make & Take Crafts (accompanied by adult) Face Painting (free will offering)
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Sunday, March 16 1pm-3pm

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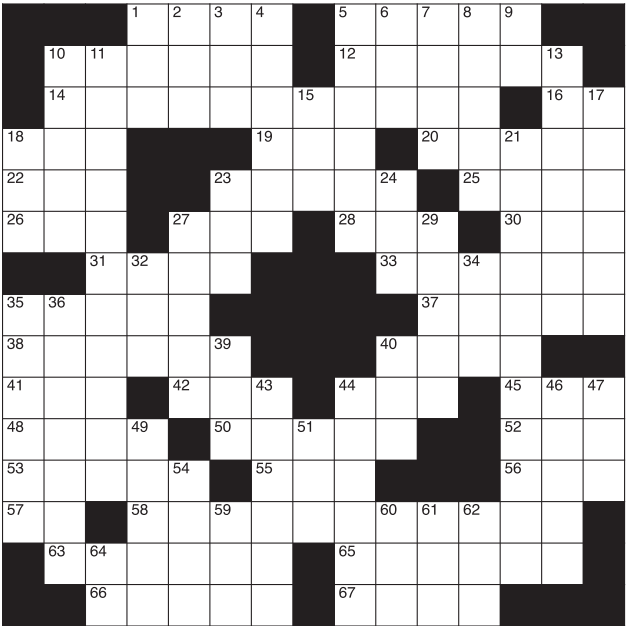


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated 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. 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. Tropical Asian plant
 5. Yankees' slugger
 10. Judge
 14. Helps to preserve food
 12. Plant disease
 14. One who predicts
 16. Equally
 18. Burundian franc
 19. Pouch
 20. Arizona city
 22. Surround
 23. Hard, heavy timber
 25. Witnessed
 26. They
 27. French river
 28. A way to drink
 30. Small constellation
 31. Peruse a written work
 33. Type of hound
 35. Plant of the goosefoot family
 37. Evade or escape
 38. A way to confine
 40. Volcanic crater
 41. Weekday
 42. Women's service organization (abbr.)
 44. Local area network
 45. Sensory receptor
 48. Posted
 50. Tibetan pastry
 52. Licensed for Wall Street
 53. Very willing
 55. Golf score
 56. Consume
 57. Touchdown
 58. Tends to remind
 63. In a way, smoothed
 65. Poke holes in the ground
 66. Herbaceous plants
 67. Taiwanese river
- DOWN**
1. Body art
 2. Boxing's GOAT
 3. Film for posterity (abbr.)
 4. Prayer
 5. Calculating machine
 6. Keyboard key
 7. Outburst
 8. Man-eating giants
 9. New Hampshire
 10. Type of sword
 11. Counting
 13. Pants style
 15. Political action committee
 17. U.S. government legislative branch
 18. Civil Rights Act component
 21. Contractors take one
 23. Spanish soldier
 24. A person's brother or sister
 27. Expressed pleasure
 29. Song of praise
 32. Shock treatment
 34. Patti Hearst's captors
 35. Counteract
 36. Goes over again
 39. Popular Dodge truck
 40. Male adult
 43. A part of a river where the current is very fast
 44. Rope used to lasso
 46. Become less intense
 47. Subway rodent
 49. Lead alloy
 51. Japanese honorific title
 54. Advise someone
 59. Famous NYC museum
 60. Ocean
 61. Cathode-ray tube
 62. Cologne
 64. It starts with these two

crossword brought to you compliments of



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Paint night

February 25, 6:30 p.m. to 8:30 p.m., the Association francophone de la Vallée presents a creative acrylic paint workshop with bilingual artist Sarah S. at 7Arts, 619 Central Avenue, Greenwood. Drop in! \$15 per person for members of AFV; \$35 for non-members.

Youth art sessions

February 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.

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.

Fun with Fibre

February 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.

Freewill offering hot turkey sandwich

February 28, 5 p.m. to 6:30 p.m. Berwick Legion (downstairs lounge) meal includes hot turkey sandwich, fries, gravy, various desserts. No take outs.

Veterans' Buddy Check

February 28, 9 a.m. to noon; 7Arts 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

Kitchen Party featuring Wayne Parker

February 28, 7 p.m. to 9:30 p.m., join Wayne Parker, as he keeps everyone's toes tapping and up on the dance floor at the Berwick Legion's Lounge. Come and join us for a fun evening!

Teen art social

March 1 and 15, 4 p.m. to 6 p.m., 7Arts in Greenwood hosts a free, drop-in ArtBeat Lounge for ages 13 to 18. Whether you're into visual arts, music, dance, or poetry, this is your space to shine.

Music wellness program

March 1 and 22, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Har-

mony in Motion, wellness through music and creative movement, designed for adults and seniors of all abilities. Music, movement, gentle laughter enhances physical, emotional and cognitive health. No experience necessary!

Adult art lessons

March 2, 9, 16, 3 p.m. to 4 p.m.; 7Arts in Greenwood hosts adult art lessons. Try anything and everything art related! \$35 per class or \$100 for all three. Email info@7Arts.ca to register.

Seniors' fraud workshop

March 3, 10 a.m., the Kings County Seniors' Safety Society hosts a free presentation on frauds and scams at the Kingston Legion. Learn the "three Rs" of fraud prevention: recognize, reject and report.

Paint a planet

March 4, 5 p.m. to 6 p.m., 7Arts in Greenwood invites youth ages six to 12 to paint their favourite planet using acrylic paint and painter's tape. \$15 per person. Register by emailing info@7Arts.ca

Supper

March 4, 4 p.m. to 6 p.m., All Saints Church, Kingston, will hold a Shrove Tuesday supper. Menu: scrambled eggs, pancakes and sausage, tea and coffee. This meal will be served in the church hall, but takeout is also available. Cost \$12.

Fibre arts social

March 5, 12, 19, 26, 6:30 p.m. to 8:30 p.m.; 7Arts in Greenwood hosts Fun with Fibre. Are you a fibre craft artist (knitting, crochet, cross stitch, embroidery, felting, or rug hooking)? Drop by for our craft and chat group. Freewill

donation appreciated.

Veterans' coffee

March 7, 14, 21, 28, 9 a.m. to noon; 7Arts 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

Breakfast

March 8, 8 a.m. to 10 a.m., the Kingston Lions hold their monthly breakfast. Scrambled eggs, pancakes, ham, sausages, hash browns, toast, coffee, tea and juice. Take outs no extra charge. Adults \$12, youth (6-12 yrs) \$6, children 5yrs and under - FREE. We also have pay it forward.

Dance

March 8, 8 p.m. to 11 p.m., the Berwick Legion hosts a "Goodbye to Winter Dance," featuring the FisherKings. Ages 19+. Tickets (\$10) available for purchase in advance at the bar, and at the door.

Breakfast

March 8, 8 a.m. to 10 a.m., a community breakfast will be held at Holy Trinity Anglican Church, Middleton. Freewill offering. We buy local and, when you buy the best, you serve the best: "Best eggs east of Tofino" - Anon. Everyone welcome.

Luncheon

March 11, noon to 1 p.m., the Kingston Lions host their monthly community luncheon. Full turkey dinner with all the fixins' and dessert. Delivery and take-out meals must be pre-ordered (call 902-765-2128 March 4 or 5, between 9 a.m. and 11 a.m. to pre-order). No pre-orders needed for eat-in diners.

sudoku

solution page 7

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

Level: Beginner

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!

Be a Kingston Lion

Take pride in making a community difference

Do you have spare time? Would you like to give back to your community, while meeting new people and having fun? The Kingston Lions Club is recruiting new members to join its family.

The Kingston Lions Club was founded in March 1961, and some founding members are still part of the club: members are currently between the ages of 30 and 95! The Lions Club is a non-profit organization that gives back to its community through various programs. Lions raise funds through fun events, including the Greenwood Ribfest and Kingston Steer BBQ, bingo, monthly breakfasts and luncheons, catering and more.

Lions' volunteer work and funds raised turns into support for guide dogs for visu-



ally impaired individuals, Christmas hampers and the food bank, the After the Bell school food program, support for community members with special or emergency needs, and more. The Lions hall provides space to many community events, including concerts, Scouting and more. Everyone is welcome to be a Lion, regardless of age, gender or background. The club is all-inclusive, and members



Submitted

pride themselves on the work they do for their community. There is a role for everyone in Lions, from social media to kitchen help, to administration and finance, to committee members and chairs and social organizers. And – Lions have fun, with member

socials, darts, meetings and committee work, and more.

For information on Kingston Lions' volunteer opportunities, contact membership chair Graham Teanby, 604-815-1283. Follow the Lions on Facebook @ Kingston Nova Scotia Lions Club. ➔

Community Holiday Hamper 2024 program a great success

Community or what!? Once again, an overwhelming community effort through the Fall of 2024 ensured families in our community could experience the spirit of the holiday season. Financial stresses and the current economic conditions left many families, our friends and neighbours, facing a bleak Christmas and holiday season.

The Holiday Hamper program is a community partnership of local groups and businesses, the Kingston Lions, Kingston Fire Department, faith organizations, 14 Wing Greenwood, the villages of Kingston and Greenwood; along with community members working as partners fundraising, canvassing, doing toy drives and bringing the community together - all to ensure families received Christmas food and toy hampers.

December 17 and 18, community groups dropped off their contributions at the Kingston Lions Hall, including toys which had been packed off-site. The hampers were then assembled December 19,

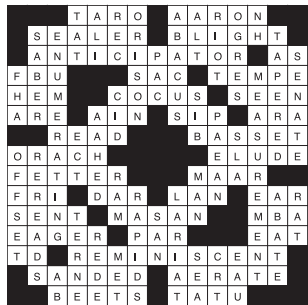


and distributed December 20. This could not have happened without the coming together of our community.

This year, 113 families, including 250 children, received holiday food hampers, including toys. The power of community, united together in a single cause to support families in need, was heartwarming to see.

A heartfelt thank you goes out to all for your generosity of time, effort and kindness. The strength of community and partnerships cannot be overstated! ➔

crossword solution



sudoku solution

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

classifieds

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 or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 568-5833; email auroramarket-ing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 10 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 11 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 9 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 568-5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717. Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 568-5833, ou un courriel à auroramarket-ing@ns.aliantzinc.ca.

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APARTMENT FOR RENT

FOR RENT – Kingston Lincoln Shire Apartments – two bedroom, two appliances starting at \$1100-1175 per month plus utilities. Available Now or March 1st. Please call 902-840-0683 or visit our website at www.bandnproperties.ca and apply online. (4604-1tp)

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Complete the following questions from ads in the current 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. What do you need to scan to win?
2. Who makes a donation to the SPCA with every home sold?
3. Where can you get secure access to healthcare services?
4. Who can supply you with clapboard?
5. Who is part of Canada's #1 consumer brand in collision repair?

Congratulations to this week's winner: **ELISE ETHIER**

Three-peat regional title for Greenwood's senior Bombers

Sara White,
Managing editor

They did it: 14 Wing Greenwood's senior men's hockey team is the Canadian Forces Atlantic region's three-peat hockey champions. With a regional – and national – title in 2023, a second regional title in 2024 and a February 6 win over the hosts 5th Canadian Division Support Base Gagetown Warriors, the Greenwood Bombers were “super happy.”

“The three-peat for Greenwood – that’s pretty big for a smaller base,” says assistant coach and player Warrant Officer Pier-Olivier Poulin. “We stayed in the room after the final, super happy.”

February 4, Greenwood had a big day: a Game 2 8-2 win over 12 Wing Shearwater in the afternoon game, followed by a Game 3 8-1 over CFB Halifax that evening. Halifax had earlier won Game 1 2-1 over Gagetown.

February 5, in Game 4, Gagetown beat Shearwater 3-1. In Game 5, Gagetown took a period one 1-0 lead over Greenwood.



Gagetown Imaging

“This third game, for us, was the turning point,” says Polin. “We were down one at the start. No one panicked, we stuck to the game plan and came back with four goals.”

That 4-1 win put Greenwood straight through to February 7's final, ranked first from round robin play. In Game 6, Halifax beat Shearwater 1-0.

February 6, in the quarter-final, Shearwater lost 7-4 to Gagetown. Gagetown went on to beat Halifax 3-2 in the

evening semi-final – and clinch the final's spot against Greenwood.

The February 7 championship game saw a scoreless first period. Captain Trevor Porteous scored in the second, which proved to be the goal that would hold the game to a 1-0 win for Greenwood.

“We faced a little adversity into that final, but we were playing to win – not to lose,” Poulin says. “Porteous always finds a way to get a big goal – he’s a key factor for us, and

he works so hard. It’s easy for the younger members of the team to follow when you see someone over 50 working that hard.”

Poulin says Gagetown's goalie was really good, but Greenwood “was the best team there.”

“Everyone was pulling in the same direction.”

With some roster churn in the week – and days – before regionals, including the change-out of coach Warrant Officer Dave Jamieson; Poulin

and team captain Sergeant Dave Jenkins – both players, too – leaned on the team's third goalie, Master Corporal John McElroy, to run the bench.

“He was a good sport, in it for the boys – amazing,” Poulin says. “He had been listening to us as coaches all year, and he was on the bench reminding the guys of all of that. Dave Jenkins and I never had to step up with coaching during play– John did it.”

McElroy's father, in nearby

Woodstock, had a health turn February 5, and McElroy was able to leave the tournament. He returned for the 9 a.m. final February 7, just hours after his father's early morning passing; supporting the team, but also benefiting from teammates' support for himself.

Greenwood's Captain Marc Roach, posted at 5th Canadian Division Support Base Detachment Aldershot, was the tournament's MVP. Jenkins, Sergeant Mycael McGraw, Sergeant Andrew Amos, Poulin, Sergeant Luke Verran and Warrant Officer Joel Brooks are members of all three of Greenwood's regional championship teams. Captain Andrew Lavallee and Captain Chris Flaherty are the team's newest 37-year-olds. Poulin credits Greenwood leadership for enabling the team's athletes' participation – and success.

“We leave regionals a little empty, knowing there are no nationals this year –but we knew that going in.”

“Still, we're keeping the winning culture in Greenwood for a few more years.” ➔



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