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the Aurora

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MWO making a name for himself with woodshop creations

Sara White,
Managing editor

Known as 14 Wing Greenwood's "Department of Woodworking," Master Warrant Officer Ed Delorme is the talent behind the wood-crafted wings, crests, plaques and other memorabilia that adds the finishing touch to many special military occasions.

Just don't ask to see his own display for a 28-year collection of commemorative and challenge coins: they're currently layered in a jar, pretty much in the order they were collected, set on a shelf in his woodshop.

"I'll build my own," he says. "The guys have said they'd build me one out of cereal boxes and crayons!"

Delorme expects to release from the Canadian Armed Forces in 2026, but the hobby he's developed over more recent years will stay just that.

"I'll take an electrical course, then manage my own hours. I want the woodworking to stay as a hobby."

The electrical course will take him back to his roots, a vocational program he took from Grade 9 on that covered the basics in a number of hands-on skills, including plumbing, electrical and carpentry.

At 16, having graduated from his Cadet squadron early, he initially joined the Canadian Armed Forces' Winnipeg Rifles as an army infantry Reservist, before transferring to the Regular Force. At 18, he was in Bosnia on a peace-keeping tour. At 24, during a four-year posting with the 2 Princess Patricia Canadian Light Infantry, he was in Afghanistan with Task Force 306.

"We were there eight months. We did not live on base; I'll keep it vague. You learn lots. You learn your character."

In 2007, back in Shilo, Delorme thought, "that's enough of that," and put in the paperwork to change elements and trades: he became a Royal Canadian Air Force airborne electronic sensor operator, managing electronics systems in flight.

"It was a steep learning curve – one day shoveling dirt out of a hole to learning radar theory," he says. He was on the last course for the CP140 Aurora Block I, and has since advanced through to today's Block IV qualifications: "from full analog to full digital."

Arriving in Greenwood in 2018, Delorme has served in various roles with 405 (Long Range Patrol) Squadron and, more recently, at 415 (Long Range Patrol Force Development) Squadron – including as 415's squadron master warrant officer. He's still at 415 Squadron while he works through his pre-release plan.

Four years ago, a friend retiring from the military wanted a shadow box, a common way to display a career's worth of medals, coins, pennants, flags and other memorabilia.

"I borrowed a table saw and got some glass – everyone loved it," Delorme says. Detail-oriented and a self-described "busy body," Delorme thought, perhaps, a wood-working hobby could be "pocket change.

"And – my name got out there."

His backyard wood shop is now well equipped, and he's in it every day in all of his free time. Delorme acknowledges he often takes on too many wood-working projects at one time, but he's aiming to keep the hobby at the enjoyment level for his own peace of mind.

"I'll get phone calls – 'You

Master Warrant Officer Ed Delorme spends free time in his backyard shop, turning his hand to the work that's earned him a name in the past few years as 14 Wing Greenwood's "Department of Woodworking." S, White

Continued on page 2...

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Future ACSOs get eye on day-to-day trade roles

Captain Ihor Babiak

February 23 to 27, 2 Canadian Air Division conducted an air combat systems officer (ACSO) trial and information week at 12 Wing Shearwater and 14 Wing Greenwood. Eight prospective ACSO students from across Canada participated in the initiative, designed to provide a deeper understanding of the ACSO occupation, and the aircraft and communities associated with the trade. The activity aimed to strengthen participant motivation, enhance career awareness, and foster a clearer understanding of the diverse employment opportunities available within the trade.

Throughout the week, participants engaged in community briefs, squadron visits and hands-on exposure to operational environments. Representatives from the long range patrol, search and rescue maritime helicopter and electronic warfare communities presented their respective roles, capabilities, aircraft characteristics and work considerations. These sessions offered participants valuable insight into the expectations and realities of each operational pathway.

The future ACSOs observed day-to-day operations, interacted with experienced ACSOs and aircrew, and asked questions related to training, readiness and career progression during visits to 406 (Operational Training Flight) Squadron, 404 (Long Range Patrol and Training) Squadron, 405 (Long Range Patrol) Squadron and 413 (Transport and Rescue) Squadron.

413 (Transport and Rescue) Squadron search and rescue technician Corporal Joshua Mann leads visiting air combat systems officer students Lieutenant Alexander Wilson, left, Second Lieutenant Liam Bronsema and Second Lieutenant Dante Bell through 413's 14 Hangar during an ACSO trial week tour February 27.

413 (Transport and Rescue) Squadron Warrant Officer Harvey Shepherd, left, directs visiting air combat systems officer students Second Lieutenant Arnav Joshi and Second Lieutenant Peterson following a familiarization flight on the squadron's new Kingfisher CC295 February 27. Corporal F. Roy 14 Wing Imaging

"Participants received an orientation on the ACSO training pipeline and had dedicated time in the CP140 Aurora Procedural Crew Trainer, where they were able to gain familiarity with mission systems, crew coordination and platform-specific procedures," said organizer Captain Ihor Babiak. "In addition, familiarization flights with 405 Squadron and 413 Squadron provided an operational context that reinforced the value and impact of the ACSO role within the Royal Canadian Air Force.

"These visits are an important part of welcoming our newest members and those awaiting training, providing them meaningful and positive experiences that motivates and inspires future ACSOs." ✈

MWO making woodshop creations...

...cover

come highly recommended,' or someone will bring me a family photo, medals and they 'have an idea.'"

Delorme prefers it if people do come with an idea: he'd prefer not to gamble on, particularly, the significant message a shadow box, military gift or depart with dignity creation carries. While he treats every project – and their eventual recipient as equal, he's been asked to make high-profile gifts for a retiring Royal Canadian Air Force chief warrant officer and commander.

"My objective is to provide cost-effective items for Canadian Armed Forces members – this is not about making money, but that everyone gets the opportunity to have something memorable." ✈

Facebook @ Delorme Woodworking (https://www.facebook.com/profile.php?id=100089703636603)

This 14 Wing Greenwood carved board with coin inlays is a specific gift, but a typical example of some of the military gifts Master Warrant Officer Ed Delorme is often asked to create. Submitted

the Aurora

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Activités, ressources et divertissements en ligne de la **PSP Greenwood Community Recreation** | Événements spéciaux et divertissements du **comité Annapolis Mess** | **Carnaval d'hiver de la 14e Escadre Greenwood / 14e Escadre Carnaval d'hiver** : événements annuels hivernaux amusants et stimulants organisés par l'équipe de la Défense | **14e Escadre Greenwood PSP** : une ressource plus large pour les entités PSP (loisirs, condition physique, promotion de la santé, actualités et événements) | Ressources et programmes du **MFS Greenwood** pour soutenir les militaires et leurs familles | **Centre de quilles de la 14e Escadre Greenwood** - mises à jour | **Promotion de la santé de la 14e Escadre** - ressources communautaires des FAC pour le bien-être | **Greenwood Military Police – Police militaire de Greenwood** sécurité, sûreté et information publique de la 24e Escadre de police militaire | **14 Wing Combined Charities** activités de l'escadre en soutien à notre communauté | **14 Wing Welcome** détails du calendrier des événements | **GMAM.ca** suivez l'actualité et les événements du Musée de l'aviation militaire de Greenwood | **Lake Pleasant Campground** terrain de camping familial de la 14e Escadre | **14 Wing Aquatics** piscine récréative, compétitive, entraînement, actualités

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

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Wing members recognized for leadership that 'allows us to do what we do every day'

February 20, as 14 Wing Greenwood personnel gathered to end a week of morale-building fun and competition during the annual Winter Carnival, 14 Wing Colonel Luc Vachon and Wing Chief Warrant Officer Justin Harper took the opportunity to recognize four wing members for their contributions in the past year. The wing leadership awards recognize the civilian, senior and junior non-commissioned members, and officer of the year.

"These awards are super outstanding for everyone: they mean people are paying attention, saving lives; that the leadership on the base allows us to do what we do every day," said Vachon. "Congratulations to the recipients - we really appreciate all the work you put in."

Captain PA Labrie, centre, Aircraft Production Support Officer at 405 (Long Range Patrol) Squadron; was recognized February 20 as 14 Wing Greenwood's Colonel Herb E. Smale Officer of the year, during a presentation of 14 Wing Leadership Awards.

Craig Fanning, centre, was recognized February 20 as 14 Wing Greenwood's Civilian of the Year, during a presentation of 14 Wing Leadership Awards.

Chief Petty Officer 2nd Class Philippe Anderson, centre, was recognized February 20 as 14 Wing Greenwood's senior NCM of the year, during a presentation of 14 Wing Leadership Awards, receiving the MWO Orval Browning Senior Non-Commissioned Member Leadership Award. S. White

Civilian of the Year

Craig Fanning is recognized for exceptional technical leadership, innovation and mentorship across 14 Wing Greenwood.

Through expert problem-solving, he resolved complex engine repair discrepancies, restored critical test equipment and advanced fleet-wide integrations under tight timelines. His innovative solutions sustained CP140 and CH148 capabilities, while optimizing resource stewardship.

The commendation citation includes recognition for Fanning's efforts to correct erroneous part orders for engine repairs by verifying data and supplying accurate references, diagnosing and resolving a major test stand failure by identifying misphased electrical wiring, coordinating with CE electricians and restoring operational capability; providing solutions for stalled projects, such as the Iridium 9575A integration, by repurposing cable sets and enabling fleet-wide implementation; designing and manufacturing custom cable sets for CH148 Cyclone Link 16 integration and ARC234M radio testing under tight timelines; and initiating SRQ 3522.02 to identify alternate diodes for CP140 dimmers, ensuring continued WRA support until airframe sunset; working with IMP to streamline component transfer during PER inspections, preventing destruction of critical spares and converting overheat switches to A-class with repair capability.

Fanning also delivered exceptional training to CAF members and 404 (Long Range Patrol and Training) Squadron students during avionics systems technician lab rotations, used real-world troubleshooting scenarios, fostering innovation and hands-on learning.

The Aviator Matthew Jamieson Junior Non-Commissioned Member Leadership Award

Master Corporal Caylen Dorrington is recognized for exceptional leadership, professionalism and community engagement across 405 (Long Range Patrol) Squadron and 14 Wing Greenwood.

While concluding sick leave and working from home, Dorrington was reassigned from ETO to assist QM in preparing for the AMSET audit. Their efforts were instrumental, ensuring compliance and safeguarding the squadron's operational integrity.

As wing lead for Aviation Career Exploration and AME competition coordinator with Elevate Aviation, they champion outreach to underrepresented groups and inspire future aviators. Dorrington secured funding, coordinated with schools, arranged transportation, prepared presentations, organized guest speakers, directed volunteers and delivered interactive tours. Additionally, Dorrington represent Elevate Aviation at various events to promote aircraft maintenance engineers and advance the organization's mission of supporting women in aviation.

At work, Dorrington assisted with squadron planning and execution of the chief warrant officer change of appointment event and honorary colonel investiture, the squadron Christmas party, assisted with the squadron's festive food drive and is the HPMA coordinator, performing sessions to maintain the squadron's overall compliance.

Dorrington is enrolled in the Business Administration Program at Acadia University and volunteers as a coach for U5 Kingston/ Greenwood Soccer Club.

The Colonel Herb E. Smale Officer Leadership Award

Captain PA Labrie is commended for exceptional leadership and operational excellence as Aircraft Production Support Officer at 405 (Long Range Patrol) Squadron. Through proactive maintenance planning, deployed coalition coordination during Op NEON and AnnualEx, and decisive resolution of critical sustainment challenges, they directly enhanced fleet readiness and mission success.

Labrie planned and supported a highly effective maintenance week that directly reduced deferred defects on operational aircraft at 14 Wing, improving fleet availability and mission readiness. They further enhanced operational capability by organizing and executing two crew ground training days for their section. Labrie's proactive leadership is further evident in their early planning and coordination of A List installations and removals, ensuring aircraft were fully prepared for contractor-led periodic inspections, preventing avoidable delays during aircraft departure and enabling rapid reintegration into the flying program upon completion.

During deployments in support of Op NEON and AnnualEx, a critical test kit was identified as missing from the Pack Up Kit (PUK) - a situation that posed a significant risk to maintenance continuity and operational effectiveness. Labrie coordinated the receipt of the required kit and arranged support through a foreign military organization with which Canadian forces do not typically operate. This initiative directly enabled the successful execution of deployed maintenance activities and led to the development of a comprehensive PUK checklist, significantly improving clarity for future deployments.

Labrie volunteered as the honour guard commander during the RCAF commander's visit, ensuring exemplary standards of drill, dress and deportment. Despite deploying, Labrie planned the annual wing FOD walk and, prior to departure, ensured a comprehensive handover to a junior officer. Labrie has also achieved a FORCE Test Platinum rating.

The MWO Orval Browning Senior Non-Commissioned Member Leadership Award

Chief Petty Officer 2nd Class Philippe Anderson is recognized for exceptional senior leadership, operational excellence and selfless service as Acting Food Services Officer at 14 Wing Greenwood.

During summer 2025, while serving as Deputy Food Services Officer at 14 Wing Greenwood, Anderson played a pivotal role in the delivery of uninterrupted food services in support of both the Royal Canadian Air Cadet Program and domestic emergency wildfire response operations, ensuring continuous sustainment for over 100 deployed and supporting personnel.

He proactively organized morale-building initiatives for kitchen staff, fostering cohesion, pride and resilience within the team. Recognizing broader community needs, he developed and implemented innovative support initiatives, such as the wing's community pantry, providing tangible assistance to military members and their families beyond the workplace. In support of future force generation and recruitment, he coordinated visits by Nova Scotia Community College culinary students to the wing kitchen, showcasing CAF opportunities and strengthening community engagement. ✈

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.

The 14 Wing Greenwood Accommodation and Cleaning Sections were recognized February 17 by Colonel Luc Vachon, right, with Wing Chief Warrant Officer Justin Harper, left; with a Wing Commander's Commendation for collective, outstanding support to Op LENTUS 25-07, during the Long Lake and Lake George wildfires. Section members provided exceptional service to more than 260 firefighting personnel from multiple provinces and agencies, enabling 360 aviation sorties and round-the-clock operations for both ground and air crews. Through unwavering professionalism, adaptability and dedication, members significantly contributed to the success of the provincial wildfire response, bringing great credit to 14 Wing Greenwood and the Canadian Armed Forces.

Corporal Travis Taylor, centre, was promoted to current rank February 5 by Major Jake Lawrence, 14 Mission Support Squadron Construction Engineering Flight officer commanding, left; with Master Warrant Officer Blake Roach.

Corporal Travis Curtis, right, with spouse Audrey Smith and their puppy, Nova; was promoted to current rank December 19 at 14 Wing Greenwood headquarters. Submitted

Sergeant Victoria Cross, centre, February 17 was presented a 14 Wing Greenwood command team coin by Colonel Luc Vachon, left, with Wing Chief Warrant Officer Justin Harper. Cross is commended for dedication and professionalism in direct support of 413 (Transport and Rescue) Squadron operations. During a nationwide airline strike and Air Canada blackout, she secured critical last-minute travel, enabling a 413 Squadron member to attend CC295 run-up training. Her persistent efforts ensured the qualification of five additional run-up members, maintaining Fleet Employment Training Plan compliance and enabling the success of ASAREX in the Azores.

14 Air Maintenance Squadron Aviator Jose Ascencio Medina, left, received their Certificate of Canadian Citizenship January 29, during an oath ceremony held in Halifax.

Aviator (Trained) Nico Vissor, centre, was promoted to current rank February 5 by Major Jake Lawrence, 14 Mission Support Squadron Construction Engineering Flight officer commanding, left; with Master Warrant Officer Blake Roach.

Kista Best, centre, February 17 was presented a 14 Wing Greenwood command team coin by Colonel Luc Vachon, left, with Wing Chief Warrant Officer Justin Harper. Her exceptional leadership and dedication in support of Op LENTUS 25-07 played a critical role in preparing and sustaining transient accommodations for hundreds of incoming firefighters. She coordinated cleaning priorities, personally inspected and readied 14 Wing's 10 Cadet trailers and the H-Hut, ensured supplies and linens were in place, and organized four staff teams to meet continuous operational demands. Despite significant staffing pressures, her professionalism and initiative were instrumental to 14 Wing's successful wildfire response, bringing great credit to herself and the Canadian Armed Forces.

~ Obituary ~

PATRICK, Robert Wayne (Bob)

Lieutenant-Colonel (retired) Robert Wayne (Bob) Patrick served with 2402, 402, 404, 405, 410 and 414 squadrons; 1 CFFTS, CEPE/ AAED and the Cadet Instructor Cadre (1952-2001). Bob served many years as president of 402 Squadron Association, which kept him in touch with his air force heritage. He was an active member of 500 Wing RCAF Association, the Canadian Legion and a member and volunteer at the Royal Aviation Museum. Bob passed away peacefully Saturday, February 21, 2026, aged 90.

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@14WingGreenwoodBowlingCentre
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14

public swim, 11:30 a.m. to 2:30 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.
Annapolis Mess St. Paddy's Day kitchen party (19+), 7 p.m.

Baignade publique, de 11 h 30 à 14 h 30.
Baignade publique, nage en couloir, de 18 h à 20 h.
Annapolis Mess St. Paddy's Day kitchen party (19+), 19 h.

15

lane swim, Parent & Tot swim, 10 a.m. to noon
public swim, 12:15 p.m. to 2:15 p.m.

Natation en couloirs, natation parents-enfants, de 10 h à midi.
Natation publique, de 12 h 15 à 14 h 15.

16

$5+HST glow bowl special, 1 p.m. to 5 p.m.
aquasize, 9 a.m. to 10 a.m.
Parent & Tot swim, 10:15 a.m. to 11:15 a.m.
military lane swim, 11:45 a.m. to 1 p.m.
adult lane swim, 1:15 p.m. to 2:45 p.m.
public swim, 3 p.m. to 5 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.

Spécial bowling lumineux à 5 $ + TVH, de 13 h à 17 h.
Aquagym, de 9 h à 10 h.
Natation parents et tout-petits, de 10 h 15 à 11 h 15.
Natation militaire, de 11 h 45 à 13 h.
Natation adulte, de 13 h 15 à 14 h 45.
Natation publique, de 15 h à 17 h.
Natation publique, natation en couloir, de 18 h à 20 h.

17

adult lane swim, 10 a.m. to 11:30 a.m.
military lane swim, 11:45 a.m. to 1 p.m.
public swim, 3:30 p.m. to 5:30 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.
$5+HST glow bowl special, 1 p.m. to 5 p.m.

Natation en couloir pour adultes, de 10 h à 11 h 30.
Natation en couloir pour militaires, de 11 h 45 à 13 h.
Natation publique, de 15 h 30 à 17 h 30.
Baignade publique, nage en couloir, de 18 h à 20 h.
Spécial bowling lumineux à 5 $ + TVH, de 13 h à 17 h.

18

aquasize, 9 a.m. to 10 a.m.
Parent & Tot swim, 10:15 a.m. to 11:15 a.m.
military lane swim, 11:45 a.m. to 1 p.m.
14 Wing Senior Bombers vs men's hockey, 11:30 a.m. (exhibition)
free public skate, 1 p.m. to 3 p.m. (sponsored by Canex)
$5+HST glow bowl special, 1 p.m. to 5 p.m.
adult lane swim, 1:15 p.m. to 2:45 p.m.
public swim, 3 p.m. to 5 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.
Annapolis Mess games night (19+), 6 p.m.

Aquagym, de 9 h à 10 h.
Natation parents-enfants, de 10 h 15 à 11 h 15
Natation dans les couloirs réservés aux militaires, de 11 h 45 à 13 h
Match de hockey masculin entre les Senior Bombers de la 14e Escadre et les Men's Hockey, à 11 h 30 (match amical)
Patinage public gratuit, de 13 h à 15 h (commandité par Canex)
Spécial bowling lumineux à 5 $ + TVH, de 13 h à 17 h.
Natation pour adultes, de 13 h 15 à 14 h 45.
Natation publique, de 15 h à 17 h.
Natation publique, de 18 h à 20 h.
Soirée jeux à l'Annapolis Mess (19 ans et plus), 18 h.

19

$5+HST glow bowl special, 1 p.m. to 5 p.m.
public swim, 3:30 p.m. to 6 p.m.
public swim/ lane swim, 6 p.m. to 8 p.m.

Spécial bowling lumineux à 5 $ + TVH, de 13 h à 17 h.
Baignade publique, de 15 h 30 à 18 h.
Baignade publique/baignade en couloirs, de 18 h à 20 h.

20

aquasize, 9 a.m. to 10 a.m.
Parent & Tot swim, 10:15 a.m. to 11:15 a.m.
military lane swim, 11:45 a.m. to 1 p.m.
adult lane swim, 1:15 p.m. to 2:45 p.m.
public swim, 3 p.m. to 5 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.
Glow Bowl Beach Party, $5+HST per person, 1 p.m. to 9 p.m.

Aquagym, de 9 h à 10 h.
Natation parents-enfants, de 10 h 15 à 11 h 15.
Natation militaire, de 11 h 45 à 13 h.
Natation adulte, de 13 h 15 à 14 h 45.
Natation publique, de 15 h à 17 h.
Natation publique, natation en couloir, de 18 h à 20 h.
Glow Bowl Beach Party, 5 $ + TVH par personne, de 13 h à 21 h.

21

public swim, 11:30 a.m. to 2:30 p.m.
public swim, lane swim, 6 p.m. to 8 p.m.
lane swim, Parent & Tot swim, 10 a.m. to noon
public swim, 12:15 p.m. to 2:15 p.m.

Natation publique, de 11 h 30 à 14 h 30
Natation publique, natation en couloirs, de 18 h à 20 h
Natation en couloirs, natation parents-enfants, de 10 h à midi
Natation publique, de 12 h 15 à 14 h 15

22

lane swim, Parent & Tot swim, 10 a.m. to noon
public swim, 12:15 p.m. to 2:15 p.m.

Natation en couloirs, natation parents-enfants, de 10 h à midi.
Natation publique, de 12 h 15 à 14 h 15.

Ski Martock passes – get in the last ski of the season!

Military and Annapolis Mess members may purchase up to two Ski Martock passes for the 25/ 26 season at the 14 Wing Greenwood Fitness and Sports Centre – 50% off, through the Personnel Support Program. For info, contact 902-765-1494 local 568-5997.

If you head direct to Ski Martock, be sure to ask for your 10% military discount on full-price passes bought at the hill.

Forfaits Ski Martock – profitez des dernières journées de ski de la saison !

Les militaires et les membres du mess d'Annapolis peuvent acheter jusqu'à deux forfaits Ski Martock pour la saison 2025-2026 au centre de conditionnement physique et de sports de la 14e Escadre Greenwood – 50 % de rabais, dans le cadre du Programme de soutien au personnel. Pour plus d'informations, composez le 902-765-1494, poste 568-5997.

Si vous vous rendez directement à Ski Martock, n'oubliez pas de demander votre réduction militaire de 10 % sur les forfaits à plein tarif achetés à la station.

PSP Community Recreation at the 14 Wing Community Centre 902-765-1494 local 568-5341 to register or online at: https://bkk.cfmws.com/greenwood-pub/courses/index.asp . Costs with some programs. Proof of identification. Register for Community Centre activities by scanning the QR Code.

Loisirs communautaires PSP au centre communautaire de la 14e Escadre 902-765-1494, poste 568-5341 pour vous inscrire ou en ligne à l'adresse https://bkk.cfmws.com/greenwoodpub/courses/index.asp. Certains programmes sont payants. Pièce d'identité requise. Inscrivez-vous aux activités du centre communautaire en scannant le code QR.

CDS, CAF CWO visit 14 Wing Greenwood

Members of 14 Wing Greenwood welcomed Chief of the Defence Staff (CDS) General Jennie Carignan and the Canadian Armed Forces Chief Warrant Officer (CAF CWO) Bob McCann February 24 for a full afternoon of engagement, discussion, and first-hand insight into operations at Canada's largest air force base on the East Coast.

Carignan and McCann began their visit with an office call over lunch at the Annapolis Cafe, meeting with wing leadership to discuss current operations, modernization initiatives and the future growth of 14 Wing.

An afternoon town hall, with strong attendance of wing members, began with the CDS and CAF CWO presenting recognition coins to five deserving 14 Wing members. They then offered remarks, emphasizing the importance of supporting CAF members and their families, while ensuring the force remains ready, relevant and resilient. The discussion reflected both the challenges and opportunities facing the CAF, and reinforced senior leadership's commitment to listening directly to members at all levels, including an opportunity for personnel to ask Carignan and McCann questions on topics including retention, housing and readiness.

Carignan and McCann had the opportunity to tour several flying squadrons. At 413 (Transport and Rescue) Squadron, they had a static tour of the CC295 Kingfisher and met with search and rescue aircrew and maintenance personnel. The visit highlighted the critical role 413 Squadron plays in saving lives in the Atlantic region.

At 405 (Long Range Patrol) Squadron, Carignan and McCann toured the CP140 Aurora and met with aircrew, along with gathered members of 14 Air Maintenance Squadron and 14 Mission Support Squadron. Discussions focused on maritime patrol operations, anti-submarine warfare and the teamwork required to generate combat-capable aircraft.

At 404 (Long Range Patrol and Training) Squadron, the delegation toured the Distributed Mission Training facility and simulators, demonstrating the advanced training environment used to prepare CP140 crews. Squadron personnel outlined how synthetic training enhances readiness and interoperability. Members of 415 (Long Range Patrol Force Development) Squadron also delivered a brief update on the Canadian Multi-Mission Aircraft transition to the P8 Poseidon, a significant modernization effort, and what it means for 14 Wing and maritime air operations.

Throughout the visit, Carignan and McCann heard directly from Defence Team members who generate and sustain operations at 14 Wing. The visit was an opportunity to showcase the professionalism and dedication of Greenwood's personnel, and reinforce the wing's central role in delivering maritime patrol, anti-submarine warfare, search and rescue, and advanced training capabilities. ✈

14 Operations Support Squadron Master Warrant Officer Rod Colbourne February 24 was presented a Chief of the Defence Staff Coin by Chief of the Defence Staff General Jennie Carignan and the Canadian Armed Forces Chief Warrant Officer Bob McCann. Colbourne was recognized for exceptional senior NCM leadership and professionalism, which strengthens operational readiness and member commitment at 14 Wing Greenwood. Through sound judgment and earned moral authority, he leads complex responsibilities, showcases expertise in drill, discipline and deportment and unified dispersed teams; mentors NCMs and officers alike, reinforcing a disciplined, inclusive and values-based culture. Through sustained volunteer service and leadership of the CIS Flight annual food drive, he directly supports local families and enhances the credibility of the CAF with Canadians, exemplifying service before self in the profession of arms.

Deputy Wing Command Branch Major Melissa Irvine February 24 was presented a Chief of the Defence Staff Coin by Chief of the Defence Staff General Jennie Carignan and the Canadian Armed Forces Chief Warrant Officer Bob McCann. Irvine was recognized for exceptional leadership and making an enduring impact as 14 Wing's Culture Evolution Coordinator, helping to advance equity and inclusion by empowering Defence Advisory Groups and translating institutional intent into sustained, measurable action. By forging partnerships with the Nova Scotia para-hockey community, she strengthened community engagement and inclusion. Through leading wing-wide discussions with the author of Trusted to Serve and Fighting Spirit, she reinforced that character, professionalism and inclusivity are foundational to the Royal Canadian Air Force.

405 (Long Range Patrol) Squadron Captain Dillon Burgess February 24 was presented a Canadian Armed Forces Chief Warrant Officer's Coin by Chief of the Defence Staff General Jennie Carignan and the CAF Chief Warrant Officer Bob McCann. Burgess was recognized for exceptional contributions to the tactical excellence and operational readiness of 14 Wing Greenwood. As one of only two Canadians to graduate the Maritime ISR Weapons and Tactics Instructor Course at NAS Fallon, Burgess reinforced CAF credibility within an elite coalition community. Through disciplined leadership, visible championship of fitness and wellness, and deliberate efforts to strengthen cohesion and resilience; Burgess elevated standards, built stronger teams and directly enhanced operational effectiveness across the wing.

14 Wing chief warrant officer executive assistant Sergeant Thomas Bertrand February 24 was presented a Canadian Armed Forces Chief Warrant Officer's Coin by Chief of the Defence Staff General Jennie Carignan and the CAF Chief Warrant Officer Bob McCann. Bertrand has been instrumental to the operational and institutional success of 14 Wing over the past three years as a trusted advisor, whose analysis and recommendations have directly informed command decision, ensured equitable application of policy across the wing and strengthened support to subordinate command teams. Through disciplined coordination with all 14 Wing units and RCAF wings, Bertrand has ensured 14 Wing command team direction is clearly understood and effectively executed at all levels of the wing. His leadership, professionalism and tireless commitment - often beyond normal hours, have enabled critical events, reinforced morale and measurably enhanced command effectiveness.

Deputy Wing Command Branch Petty Officer First Class John Anderson February 24 was presented a Canadian Armed Forces Chief Warrant Officer's Coin by Chief of the Defence Staff General Jennie Carignan and the CAF Chief Warrant Officer Bob McCann. Anderson was recognized for exceptional senior NCM leadership and professionalism while performing multiple warrant officer-level roles, including as the acting master warrant officer within Personnel Administration. Through calm authority, ethical leadership and relentless commitment to excellence, he resolved complex personnel challenges, restored clarity to critical processes and strengthened trust across the wing. His actions, grounded in the DND/ CAF Code of Values and Ethics, directly enhanced operational effectiveness and set the benchmark for senior non-commissioned leadership in the profession of arms.

Master Corporal S. Arcand, 14 Wing Imaging

14 Wing Greenwood Commander Colonel Luc Vachon greets Chief of the Defence Staff General Jennie Carignan for her February 24.

Corporal F. Roy, 14 Wing Imaging

Corporal F. Roy, 14 Wing Imaging

S. White

Corporal F. Roy, 14 Wing Imaging

CAF firefighters check skills in tactical challenge

Sara White,
Managing editor

A three-day challenge put 14 Wing Greenwood's Fire Emergency Services firefighters through their paces in February, as three shift crews tested themselves against the 2026 edition of the Tactical Firefighter Games.

"No, no, there's no in-house wager," said Corporal Wyatt Magarvey from the sidelines of the Fitness and Sports Centre gym floor, nursing an ankle injury following regional military hockey play and watching as members of his Gold Crew took on the games' challenges.

"It'd be more so bragging rights, after. If the test became our standard, it could definitely bring on some 'friendly' wagers."

The games were first held on a small scale in March 2025, organized by Personnel Support Program for select National Defence Fire Service firefighters across the country. This year, the games have expanded, with double the number of base fire halls and many more firefighters participating in a national rollout. In Greenwood, almost three dozen available firefighters from 14 FES' three shift crews challenged the games.

"The specs of this cover all the basics of firefighting skills," Magarvey said. "The tire and the sledgehammer – forcible entry. The sandbag – picking up hose. Not running between tasks – that's what we do on the fire ground.

"We have a saying: 'slow is smooth, smooth is fast.'"

Testing that slow, smooth, non-rushed tempo is the Tactical Firefighter Games' very first challenge: 30 seconds to memorize the details of a picture of a fire scene. Sandbags, carries, tire slams, drags, box steps, carabiner attachments – all wearing a 20-pound weighted vest and work gloves; and then, correctly answer questions about that fire scene picture's details. Each wrong answer adds a five-second penalty to the entire challenge's timing.

14 Wing PSP fitness coordinator Tommy Daniels said the PSP team set the complex challenge course up in advance to be sure they'd match the games' standard, and then set it up and tore it down for each of the three day's 14 FES crews coming through.

"The firefighters seemed to really enjoy it," Daniels said. "They have the military Force test, but this is just a fitness challenge – everyone was caught off guard by how difficult it was. The sandbag drag is 20 metres, like the Force test – but then they had to turn around, re-hook the drag with their gloves on – shaking, to drag it back. That was a real struggle – but it could be real conditions at a fire."

PSP centres across the country will submit their participants' stats and timings for national compilation, looking for top performers and fire hall versus fire hall Tactical Firefighter Games' rankings. ✈

Eggstravaganza
at the 14 Wing Greenwood Community Centre
Friday, March 27 | 6 p.m. to 7:30 p.m.
Egg hunt and family gym fun

Free Range Easter Fun
Sunday, March 29
12:15 p.m. to 2:15 p.m. | Family Swim | Fitness and Sports Centre
3 p.m. to 6 p.m. | Bowling | Greenwood Bowling Centre
Reservations required: email 14winggbc@gmail.com
4:15 p.m. to 5:15 p.m. | Skate | Greenwood Gardens Arena

Free!

Eggstravaganza
au centre communautaire de la 14e Escadre Greenwood
Vendredi 27 mars | De 18 h à 19 h 30
Chasse aux œufs et activités ludiques en famille à la salle de sport

Plaisirs de Pâques en plein air
Dimanche 29 mars
De 12 h 15 à 14 h 15 | baignade en famille
piscine intérieure du Centre de conditionnement physique et de sports
De 15 h à 18 h | bowling | Greenwood Bowling Centre
Réservation obligatoire : courriel 14winggbc@gmail.com
De 16 h 15 à 17 h 15 | patinage | Greenwood Gardens Arena

Gratuit !

For info | Pour les renseigments 902-765-1494 local/ poste 568-5341

classifieds

Classified advertisements, 35 words or less, are $11 tax included. Additional words are 10 cents each, plus tax. Bold text $12, 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 auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 11 $, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 12 $, taxes incluses.

Les annoncées 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 auroramarketing@ns.aliantzinc.ca.

FLEA MARKET

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. Free admission. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, books, tea towels, knitted scarfs, hats, hanging shelves, rock hummingbird carvings, toys, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Thank you. (4705-4tpb)

DUPLEX FOR RENT

FOR RENT – One side of duplex in Whittington Heights, Greenwood. Just minutes from 14 Wing Greenwood, Canadian Tire, Sobeys etc. $2,000 per month. Senior friendly retirement living or working professional couples. A spacious approx. 1,050 sqft., two-bedroom unit with 1.5 baths, 5 appliances included. Attached 12'x22' single vehicle garage, 6'x10' storage building, shared gazebo and privacy fencing. Snow removal and lawn mowing also included. All other utilities to be paid by tenant. Available February 1. For more information call 902-765-6371 or email: surecutconcrete@hotmail.com. (4705-1tpb)

horoscopes

ARIES - Mar 21/Apr 20
Sometime this week you may discover a hidden talent you didn't know you have, Aries. Embrace this new aspect of your identity and put it to good use.

TAURUS - Apr 21/May 21
This is a time when you might feel grounded and secure, Taurus. Your inner strength will allow you to take a calculated risk that will pay off, either with your finances or relationships.

GEMINI - May 22/Jun 21
You might find that this week a mental fog will lift, leaving you with a crystal-clear vision for the future, Gemini. Start moving toward your goals as soon as possible.

CANCER - Jun 22/Jul 22
Your emotional intelligence is your greatest asset right now, Cancer. You help a friend navigate a tricky situation with ease midweek, and by the weekend you're still going strong.

LEO - Jul 23/Aug 23
Right now your confidence is unshakable, Leo. Use all of your energy to advocate for something you fully believe in. Chances are you will evoke some change as a result.

VIRGO - Aug 24/Sept 22
Virgo, order brings you joy, which means you may want to tackle transforming your work space into a more detailed operation. This will boost your mood and your performance.

LIBRA - Sept 23/Oct 23
Romance is a priority right now, Libra. Whether you are single or in a relationship, expect a moment this week when the spark is ignited once more.

SCORPIO - Oct 24/Nov 22
A small change in your routine may lead to a big increase in energy, Scorpio. Try rearranging your schedule to see what works best for you, and then make it a habit.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, a dream you had is more attainable than you might think. Take the first step and quickly the path will open up for you. Enlist friends to push you even further along.

CAPRICORN - Dec 22/Jan 20
Leadership comes naturally to you now, Capricorn. People will be looking to you for guidance this week. Try to deliver it with kindness and no sense of ego.

AQUARIUS - Jan 21/Feb 18
Your "Eureka!" moment might come sooner than you would imagine, Aquarius. Pay attention to the details this week and tune your way of thinking toward innovation.

PISCES - Feb 19/Mar 20
Nature walks or creative hobbies may nourish your soul this week, Pisces. You might find yourself deeply attuned to the world around you and the beauty you discover.

horoscopes brought to you compliments of

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TIM-BR Mart

crossword solution

		A	P	T		D	R	A
			C	H	R		C	E
R	A		R	O	E			V
U	N	I	O	N	S			O
T	I	P	T	O	P			C
A	L	M	A	N	A	C		A
					S	H	P	T
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S	A	T	I	R	I	C		
			C	O	D	A		
		R	E	M	A	K	E	
		B	R	A	Y	E	D	

sudoku solution

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

Public notice

As the Royal Canadian Air Force continues to modernize and adapt to Canada's evolving security and defence requirements, 14 Wing Greenwood is assessing future capability needs, including potential enhancements to base security and supporting infrastructure. As part of this forward-looking work, the Wing is undertaking a feasibility study that will examine a range of possibilities, one of which includes exploring whether relocation of the Union Church Cemetery may become necessary in the future.

No decisions have been made. This study is preliminary, non-invasive, and intended solely to help us better understand what considerations, requirements, and implications would exist if changes were ever required. This review highlights our commitment to thoughtful and transparent planning as 14 Wing prepares to meet Canada's evolving operational needs, while continuing to respect and protect the local heritage, history, and strong community relationships that define this region.

To support this effort, the Department of National Defence has engaged WSP Canada Inc. to conduct the feasibility study. Their work includes genealogical and historical research, stakeholder consultation, permitting, mapping, geophysical surveys, and identifying potential options should they ever be needed.

WSP Canada Inc. has already begun reaching out to families, churches, and historical societies as part of their consultation process to gather information from those who have connections to the cemetery. **If you have ancestors interred at the Union Church Cemetery, please contact WSP Canada Inc., Dona Daugherty, dona.daugherty@wsp.com**

We understand that this subject may raise questions or concerns. Please know that 14 Wing is approaching this work with great respect, sensitivity, and care. The Union Church Cemetery will continue to be treated as a place of dignity and remembrance throughout this process.

Please note, there will be an opportunity for public engagement in the spring; more details to follow.

Avis au public

Alors que l'Aviation royale canadienne poursuit sa modernisation et son adaptation aux besoins changeants du Canada en matière de sécurité et de défense, la 14e Escadre Greenwood évalue ses besoins futurs en matière de capacités, notamment les améliorations potentielles à apporter à la sécurité de la base et aux infrastructures de soutien. Dans le cadre de ce travail prospectif, l'Escadre entreprend une étude de faisabilité qui examinera diverses possibilités, dont celle d'explorer la possibilité d'un éventuel déplacement du cimetière de l'église Union.

Aucune décision n'a été prise. Cette étude est préliminaire, non invasive et vise uniquement à nous aider à mieux comprendre les considérations, les exigences et les répercussions qui existeraient si des changements devaient être nécessaires. Cet examen souligne notre engagement envers une planification réfléchie et transparente, alors que la 14e Escadre se prépare à répondre aux besoins opérationnels changeants du Canada, tout en continuant de respecter et de protéger le patrimoine local, l'histoire et les liens étroits avec la communauté qui caractérisent cette région.

Pour appuyer cet effort, le ministère de la Défense nationale a retenu les services de WSP Canada Inc. pour réaliser l'étude de faisabilité. Leurs travaux comprennent des recherches généalogiques et historiques, des consultations auprès des intervenants, l'obtention des permis, la cartographie, des levés géophysiques et l'identification des options possibles, au cas où elles s'avéreraient nécessaires.

WSP Canada Inc. a déjà entrepris des démarches auprès des familles, des églises et des sociétés historiques dans le cadre de son processus de consultation visant à recueillir des renseignements auprès des personnes ayant des liens avec le cimetière. **Si vous avez des ancêtres inhumés au cimetière de l'église Union, veuillez communiquer avec WSP Canada Inc., Dona Daugherty, à l'adresse courriel suivante : dona.daugherty@wsp.com**

Nous comprenons que ce sujet puisse susciter des questions ou des inquiétudes. Sachez que la 14e Escadre aborde ce travail avec beaucoup de respect, de délicatesse et d'attention. Le cimetière de l'église Union continuera d'être traité comme un lieu de dignité et de recueillement tout au long de ce processus.

Veuillez noter qu'une consultation publique aura lieu au printemps; plus de détails suivront.

the Aurora find & win

Three easy ways to enter.
1. Through our website: auroranewspaper.com
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline: Noon, March 25, 2026

ONE ENTRY PER PERSON

Full name _____ **Phone number** _____

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 kind of a hunt is the Greenwood Mall having? _____
2. When are the CanSkate spring sessions? _____
3. How long is the online survey for the women-caf-transition-study? _____
4. Where is the eggstravaganza happening? _____
5. Who can provide automatic delivery? _____

Congratulations to this week's winner: MARGO CARRIER

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

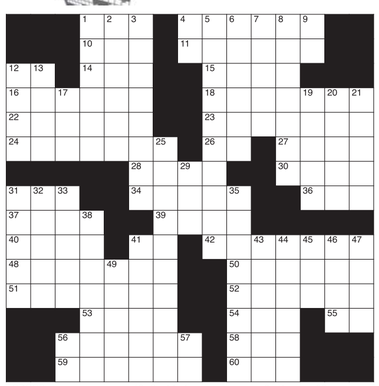
fyi

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 précédent la publication, à moins d'avis contraire.

crossword

solution page 9



ACROSS
1. Inclined to do
4. Sketches
10. Book of Chronicles (abbr.)
11. Atomic #58
12. Dorm official
14. Small Eurasian deer
15. Southern constellation
16. Workers' groups
18. Former
22. Excellent
23. Romance language related to Spanish
24. Reference
26. Equally
27. Dirty towels
28. A cargo (abbr.)
30. Ammunition
31. You get one in summer
34. Slang for trucks with trailers
36. Swiss river
37. Exchange rate
39. British School
40. College teacher
41. Foreign Service
42. Horse gear
48. Cost to fly
50. A salt or ester of boric acid
51. Mocking
52. One who bird-watches
53. Concluding passage
54. A major division of geological time
55. Sodium
56. A way to produce
58. Soak
59. Laughed loudly and harshly
60. Affirmative

DOWN
1. Moth species phalonidia __
2. Quantum of energy
3. Break the law
4. Location of White House
5. Official cancellation of a decision
6. Where rockers work
7. Cut of beef: __ mignon
8. Nocturnal burrowing reptile
9. Atomic #62
12. Genus of evergreen subshrubs
13. Flowering plant of the legume family
17. Inches per minute (abbr.)
19. Tropical fruit
20. Hot fluid beneath the earth's crust
21. James __, painter
25. Popular dessert
29. Payment (abbr.)
31. Cuisine style
32. Genus of true flies
33. City in western France
35. Arrogance
38. One holding a position of command
41. Weekday
43. An evening party
44. Print errors
45. Not good
46. Egyptian Sun god
47. East German town
49. Olfactory property
56. Atomic #37
57. 'Pollock' actor Harris

crossword brought to you compliments of

Veterans' Club - Kentville
March 16, 6:30 p.m. (and continuing monthly), the Kentville Legion, 37 River Street, hosts a free Veterans' Club for any and all current and retired members of the Canadian Armed Forces and RCMP to gather, socialize and have fun with PS5 gaming stations, board games, model building or just chatting over snacks and coffee (dry event). No Legion membership required. For info: kentvillelegion@eastlink.ca

Art workshop: paint pour
March 16 and 20 (two-part class), 10 a.m. to noon, 7Arts in Greenwood offers an art workshop, paint pour gilded tree, with Jane. $45 per person for 8 x 8, $80 for 11 x 14 or two 8 x 8s. Register at info@7arts.ca

Art workshop: watercolour and mixed media
March 17, 4 p.m. to 6 p.m., 7Arts in Greenwood offers a watercolour and mixed media workshop with Jenna. No experience necessary. $35 per person. Registration at info@7Arts.ca

Art workshop: gouache for beginners
March 17, 1 p.m. to 3 p.m., 7Arts in Greenwood offers an art workshop, gouache for beginners, with Jenna. Gouache is an opaque, water-based medium that shares characteristics of both watercolour and acrylic paints. No experience necessary. Cost is $35. All supplies included. Registration at info@7Arts.ca

Watercolour classes
March 17 and 24, 7Arts in Greenwood hosts a weekly watercolour class with Jenna: a fun, low-pressure introduction to watercolour painting. Learn basic techniques, try new ideas, build confidence at your own pace. No experience necessary! Cost is $35 per class. Register at info@7Arts.ca

Veterans' coffee morning
March 20 and 27, 9:30 a.m. to 11:30 a.m., 7Arts in Greenwood hosts a free veterans' coffee morning, open to all Annapolis Valley veterans and serving members. For info, email info@7Arts.ca

Easter bonnet tea
March 21, 1 p.m. to 3 p.m., All Saints Church will be holding its annual Easter bonnet tea at the All Saints Church, 521 Pleasant Street, Kingston (turn west off Bridge Street). Admission $7. Prizes, refreshments and fun!

Local authors' literary event, book sale
March 21, 10 a.m. to 2 p.m., there will be a local author literary event and book sale at the Waterville and District Fire Department hall. Featuring more than 30 local authors, representing a wide variety of genres, this is a wonderful opportunity for readers to meet and support local writers, discover new books and enjoy engaging conversations about storytelling and the creative process. Think of it as a classic school book fair - reimagined with local authors at its heart! For info, contact the host Cambridge Women's Institute organizing team at cambridgeWINS@gmail.com or phone/text: 902-691-0660.

sudoku

solution page 9

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

Fun By The Numbers Level: Beginner

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Breakfast
March 21, 8 a.m. to 10:30 a.m., the Aylesford United Church, 2414 Highway 1, Aylesford; hosts a community breakfast: made from scratch pancakes, baked sliced ham, pork and apple breakfast sausages and fluffy scrambled eggs, tea, coffee or juice. Freewill offering.

Dance
March 21, 9 p.m. to midnight, the Kingston Lions Club hosts a 19-plus dance, featuring Joker's Right. Tickets are $15, and may be purchased in advance at the Kingston Lions Club Monday to Friday, 8:30 a.m. to 10:30 a.m.; or Tuesdays, 6 p.m. to 7 p.m., or at the Kingston Pharmasave; or call 902-389-3867. Limited tickets at the door (cash and debit).

Makers space
March 21 and 28, 12:30 p.m. to 3:30 p.m., 7Arts in Greenwood hosts a makers space. 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.

Youth art lessons
March 23 and 30; 5:30- p.m. to 7 p.m., 7Arts in Greenwood invites youth ages 8+ to experiment with various art media: sketching, texture art, painting with acrylics and watercolours, and clay. All supplies included. $25 per class. Registration at info@7Arts.ca.

Coffee & colouring
March 25, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts a drop-in coffee and colouring activity. Come enjoy a relaxed atmosphere with a warm beverage, colouring, and conversation. All ages welcome! Pay what you can.

Seniors' safety – driver refresher
March 26, 10 a.m. to 2:30 p.m., Kings Seniors' Safety presents a free educational opportunity at the Cambridge Baptist Church, 5981 Hwy 1. Event includes a light lunch. There are no written tests and no driving test involved - just helpful information to support safe, confident driving. Register in advance with Trishe: 902-670-0725 or trishecolman@kingsseniorsafety.org

Spiritual expo
March 28, 10 a.m. to 3 p.m., the Kingston Lions Hall, 1482 Veterans Lane, will welcome a Spring Spiritual Expo, hosted by Kimberly's Sguidance; featuring tarot and oracle readings, psychics and mediums, Indigenous drumming, candle work and earhy crafts, aura readings. Admission $2 (kids 12 and under free).

Breakfast
March 28, 8 a.m. to 10 a.m., Holy Trinity Anglican Church, 45 Main Street, Middleton; hosts a freewill offering community breakfast. All are welcome.

Ticket auction
March 28, 9 a.m. to 2 p.m. (draws at 2 p.m.), the Macdonald Museum, 21 School Street, Middleton; presents a ticket auction, featuring all new items and prizes (donations of new items or cash welcome). 50/ 50 tickets $1 each, grand prize tickets $5 each, canteen available and wheelchair accessible For info: 902-825-6116. Storm date: April 11.

Open darts
Wednesdays, 7 p.m., the Berwick Legion welcomes you for open darts. Cost is $2 per person. If you want, you can pay to an extra $1 for "Ton and Over" (drawn monthly with the winner getting 50%, and the remainder going to general funds for the Legion).

Open pool
Sundays, 1:30 p.m., come for open pool, downstairs at the Berwick Legion. Entry is $3 per person.

Open cribbage
Saturdays, 2 p.m., come for open cribbage downstairs at the Berwick Legion. Entry is $5 per person. Come on your own or bring a friend.

Be a Kingston Lion
Do you have spare time? Want to give back to your community? Meet new people? The Kingston Lions Club is recruiting! Lions raise funds through fun events, including the Greenwood Ribfest and Kingston Steer BBQ, bingo, breakfasts and luncheons, catering and more. Everyone is welcome, regardless of age, gender or background. For info on Lions' volunteer opportunities, contact membership chair Lorraine Teanby, 604-849-0265, or Facebook @ Kingston Nova Scotia Lions Club.

Volunteer call – The Op Shop, Greenwood
The Greenwood Health Auxiliary, which operates the Opportunity Shop in the Greenwood Mall, needs volunteers to work in the thrift shop part-time. If you have a couple of hours a month to spare, please call Kay Amos at 902-765-3809. Thank you.

Games afternoon
Fridays (second and fourth), 1 p.m.; the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion. Cost: $4 non-members, $2 members. Enjoy an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 55+. Questions: 902-765-4228.

Goals-based fitness challenge drives Stingers

Personnel Support Program fitness and sports instructor Tanya Brooks, right, leads 14 Air Maintenance Squadron members through a warm-up February 2, as they kick off their 5K running program training.

Corporal Jeff Comeau, seated, has his blood pressure checked by Personnel Support Program fitness and sports instructor Ian McLellan February 2, Day 1 of a "couch-to-5K" running program. S. White

Sara White,
Managing editor

The buzz of personal goals, exercise incentives – and a little bit of competition – is in the air at 14 Air Maintenance Squadron, as the Stingers are tackling a 12-week fitness challenge.

Master Corporal Donovan McNeil has walked the squadron's works spaces, offices and lunchrooms to encourage wider participation – and that's the end goal.

"I've always liked fitness and exercising but, other people? It's not an interest, it's hard, there's an injury…," McNeil says. "In day to day life, you just feel better. We did a competition last summer – weight loss, a five-kilometre run, powerlifting…. You could do all of them or pick one, but someone already in shape would win. This is more goal-based, to incentivize people to join in."

Canadian Armed Forces members must meet the annual FORCE fitness evaluation: 14 AMS sets twice-a-week fitness timings for members they can join either as the group or individually, and everyone has another three hours allocated they can use to schedule in more exercise.

Tommy Daniels is the 14 Wing Personnel Support Program's fitness coordinator. He says, while that FORCE test is the military fitness benchmark, there are people who will sail through the tasks, others who will struggle, and a much larger group in the middle. McNeil and Daniels, with the fitness and sports instructors, took a whole list of potential goals and whittled this iteration of the challenge down to a handful: pull-ups – getting one, or maxing out; running – putting in a 5K personal best, or getting from couch-to-5K by May; vertical jumps, bench press and squat weights.

"Fit people could pick one and make it a challenge, and others could pick ones to get back in to something, or get started – and it's not intimidating," Daniels says.

The PSP team has tied 14 AMS's challenge into the 14 Wing's Health Promotion staff to provide additional resources, including briefings on mental health, the benefits of exercise and more. Word has spread, and there are also personnel following along from 26 Canadian Forces Health Services and Deputy Wing Command Branch. Daniels is hoping PSP can both show wing personnel how accessible fitness staff and supporting resources are, and potentially take the challenge's best components and make it a regular, wing-wide offering.

McNeil, aiming to regain a 20-count pull-up run after a back injury, is hoping squadron peers will take what they want from the challenge: the competition, shared unit morale, exercise with a friend - and fun. ✈

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Lions After the Bell helps students facing food insecurity

Lions After the Bell is a program operated by Kingston Lions Club to address food insecurity amongst students in our local schools. This program is now in its fourth year of operation and is serving 50 children at four local schools: Dwight Ross, École Rose-Des-Vents, Pine Ridge and West Kings.

Lions After the Bell depends on a team of Lions and community members, who gather to pack bags every Wednesday morning. Brown paper bags are filled with non-perishable foods, such as KD, Ramen noodles, granola bar, apple sauce, pudding, oatmeal, soup, tuna, baked beans, juice boxes and crackers. Schools Plus collects the bags and distributes them to the schools, which then deliver them to the children. This part is confidential: Lions are unaware of who receives the bags. Schools Plus has been operating in Nova Scotia for 17 years, with a collaborative, inter-agency approach; to support children and their families.

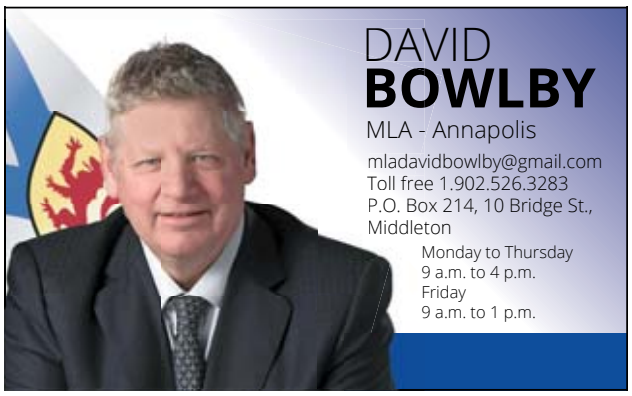
Food insecurity is prevalent - and on the rise, with the ever-rising cost of food and living expenses. The Kingston Lions Club budgeted $12,000 for the Lions After the Bell program for the 2025/ 2026 school year. The Kingston Lions Club would like to thank the many businesses, councillors and individuals who have supported the children through this program with donations of food and money. The program is a success because of this strong community involvement. The Kingston Lions Club could not fund this program on its own.

How to help: contact the Kingston Lions Club at 902-765-2128, or email klionsclub@eastlink.ca . Etransfers may be sent to klctreasurer@eastlink.ca (be sure to add LATB in the message to ensure the funds go to the programs account). We also accept non-perishable food donations, such as juice boxes, granola bars, applesauce or pudding, canned beans, tuna, Beef Ravioli, crackers, KD or Ramen noodles. Please ensure food best before dates are not exceeded.

Thank you for partnering with us to make a difference in our community. ✈

Kingston Lions and community volunteers pack food bags as part of their Lions After the Bell program, supporting 50 students in four local schools every week.

Submitted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Share your experience in an important research study exploring key factors related to women's transition to post-military life. Participation involves completing a 45-minute online survey that asks about your experiences during the transition period, life in and out of the military, and your well-being.

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