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the Aurora

Vol. 47 No. 07

APRIL 13, 2026 NO CHARGE

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14 Wing sends off 'esteemed' 46-year-plus peer

April 9, Captain Fred Jones, CD3, retired from the Canadian Armed Forces after 46-plus years of “innovative, transformational, loyal and dedicated service” (he may have had a hand in crafting the CAN-FORGEN announcement...). A depart with dignity celebration with family, friends and workmates was held March 20 in the Annapolis Mess, 14 Wing Greenwood.

Born in Sudbury and raised in Copper Cliff, Ontario, Jones joined the CAF in 1979. After basic training, he served with the Royal Regiment of Canada, in Toronto. In 1992, he joined the Air Reserves and was part of 400 Squadron in Downsview, Ontario, as a pilot awaiting training. In 1993, he joined the Regular Force. In 1999, Jones acquired his wings and was posted to 405 Squadron, at 14 Wing Greenwood. In 2002, he deployed on Op APOLLO, flying CP140 missions over the Persian Gulf. In 2004, Jones moved to Wing Operations’ operations centre, and deployed to Kandahar, Afghanistan, as part of the Canadian Heron

UAV detachment. In 2011, he deployed on Op MOBILE, in Sigonella, Italy; in 2015, he deployed on Op IMPACT, in Al Jaber, Kuwait.

“I commend you for your career of service to our country,” wrote The Right Honourable Mark Carney, P.C., O.C., M.P., Prime Minister of Canada; on a certificate of appreciation.

“You may take great pride in your commitment to defend our nation and the values for which it is known and respected throughout the world. As Prime Minister, I express to you my sincere thanks and appreciation for your efforts as an esteemed member of our nation’s Forces. I join with your family and friends in wishing you the very best as you celebrate your many accomplishments.”

Tim Houston, premier of Nova Scotia, sent congratulations on behalf of the Province of Nova Scotia.

“It is my great pleasure to present this Certificate in recognition and appreciation of your 45 years of outstanding service with His Majesty’s



Captain Fred Jones, CD3, took remarks and reminiscences in stride March 20, as 14 Wing Greenwood friends, work peers and family gathered for a depart with dignity event in his honour. Jones formally retires April 9, after 46-plus years’ Canadian Armed Forces service.

National Defence. Your commitment to our country and your professionalism in the conduct of your duties have earned you our gratitude and respect,” read the provincial certificate. “Best wishes for good health, happiness and prosperity in your retirement.”

Fred and Michelle will retire in the “sprawling megalopolis

of Kingston, Nova Scotia. The couple have a daughter, Sara, and a son, David.

“Remember when” with this September 2022 Aurora Newspaper feature, as Jones had just been presented the Canadian Forces Decoration Third Bar: auroranewspaper.com/wp-content/uploads/pdf/Archive/2022/4334news.pdf →



Captain Fred Jones, spouse Michelle and their children, Sara, left, and David, right: Jones’ 46-plus Canadian Armed Forces career, and his family’s support, was recognized at a March 20 depart with dignity event at 14 Wing Greenwood, as Jones prepares for his April 9 retirement.
 Corporal B. Webb Brown



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Greenwood, community invited to celebrate strength of military children through April

April is recognized as the Month of the Military Child - a time to honour the resilience, adaptability and strength of those who grow up in military families. Military children experience unique challenges, including frequent moves and time apart from loved ones, yet continue to show incredible courage and flexibility. Often symbolized by the dandelion, they truly bloom wherever they are planted. Military Family Services (MFS) Greenwood invites

the community to join in this year's celebrations: **April 24 at 8 a.m. – Teal Up flag raising ceremony** Join MFS, 14 Wing Greenwood personnel and the community at the 14 Wing main gate, as we raise the teal "Month of the Military Child" flag in recognition of military children and their contributions to our community. **April 25 from 10 a.m. to 2 p.m. – Month of the Military Child main event** MFS hosts a fun-filled

community celebration at the Morfee Centre, 24 School Road, Greenwood; featuring short speeches from dignitaries, performances by the Greenwood Military Wives Choir and Dwight Ross Elementary School Choir, an awareness walk and DJ-hosted dance, a collaborative Military Child Story Canvas, glitter tattoos, pizza and refreshments. A sensory-friendly hour will be available from 10 a.m. to 11 a.m. for the dance, story canvas and



glitter tattoos.

MFS will also be hosting additional activities throughout April to celebrate and support military children and

their families. For information and a full schedule of events, please visit Facebook @ MFS . SFM Greenwood or cfmws.ca

Let's come together this April to celebrate military children - strong, brave, and growing wherever life takes them. →

Greenwood et la communauté sont invités à célébrer la force des enfants de militaires tout au long du mois d'avril

Le mois d'avril est reconnu comme le Mois de l'enfant de militaire – une occasion de rendre hommage à la résilience, à la capacité d'adaptation et à la force de ceux qui grandissent au sein de familles de militaires. Les enfants de militaires sont confrontés à des défis particuliers, notamment des déménagements fréquents et des périodes de séparation d'avec leurs proches, mais ils continuent de faire preuve d'un courage et d'une flexibilité incroyables. Souvent symbolisés par le pissenlit, ils s'épanouissent véritablement où qu'ils soient plantés.

Les Services aux familles des militaires (SFM) de Greenwood invitent la communauté à se joindre aux célébrations de cette année :

24 avril à 8 h – Cérémonie de lever du drapeau bleu sarcelle Rejoignez les SFM, le personnel de la 14e Escadre de Greenwood et la communauté à l'entrée principale de la 14e Escadre, alors que nous hisserons le drapeau bleu sarcelle du « Mois de l'enfant de militaire » en hommage aux enfants de militaires et à leur contribution à notre communauté.

25 avril de 10 h à 14 h – Événement principal du Mois de l'enfant des militaires

Le SFM organise une fête communautaire pleine de divertissements au Centre Morfee, 24 School Road, Greenwood ; au programme : de brefs discours de dignitaires, des prestations de la chorale des épouses des militaires de Greenwood et de la chorale de l'école primaire Dwight Ross, une marche de sensibilisation et

une soirée dansante animée par un DJ, une toile collaborative sur les histoires des enfants de militaires, des tatouages pailletés, des pizzas et des rafraîchissements. Une heure adaptée aux besoins sensoriels sera proposée de 10 h à 11 h pour la soirée dansante, la toile collective et les tatouages pailletés.

SFM organisera également d'autres activités tout au long du mois d'avril pour célébrer et soutenir les enfants de militaires et leurs familles. Pour plus d'informations et le programme complet des événements, rendez-vous sur Facebook @ MFS . SFM Greenwood ou sur cfmws.ca

Réunissons-nous en avril pour célébrer les enfants de militaires – forts, courageux et grandissant où que la vie les mène. →

CAF national bronze for senior Bombers

Sara White, Managing editor

The 14 Wing Greenwood senior men's hockey Bombers are Canadian Armed Forces bronze medal winners, following the national championship tournament at CFB Borden March 22 to 26.

The Bombers, as the Atlantic Region reps, had to play the Canada West reps, 19 Wing Comox three times in a row to make that happen; their two-out-of-three wins were their only wins in the tournament.

March 22 started out with a schedule rearrangement, as Comox's travel time was delayed: Greenwood met the Ontario Region reps from 8 Wing Trenton in the opening game. Trenton won 2-1, with Greenwood's goal coming from CFB Halifax pick-up Lieutenant Commander Jeffrey Brooker, assisted by Captain Trevor Porteous.

March 23's match against the Quebec Region reps, Ottawa, went into a full overtime period, before Ottawa scored to take a 4-3 win with



just under a minute left in the OT. The bulk of the scoring happened in the third period, with Ottawa adding two and Greenwood adding three - from Petty Officer First Class Curtis Chambers, assisted by Captain Marc Roach and Warrant Officer Pier-Olivier Poulin; Roach, assisted by Poulin and Sergeant David Jenkins; and Brooker, assisted by Warrant Officer Evan Burchell. Ottawa scored with under a minute left in the OT to take the win.

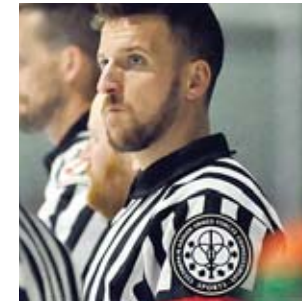
March 24, 25 and 26,

Greenwood met Comox three times in a row. In the round robin, Greenwood won 5-2. Period 1 saw two back-to-back goals, the first at 5:09, from Sergeant Luke Verran, assisted by Captain Chris Flaherty; and the second from Burchell, assisted by Brooker and Major John Dickens. In the second period, Colonel Luc Vachon added an unassisted goal, followed in the third with goals from Halifax pick-up Petty Officer Second Class Brad Northrup, assisted

by Brooker and Burchell; and Vachon, assisted by Brooker.

In the March 25 quarterfinal, Greenwood was third seed over Comox, but lost 4-1 - also losing the semifinal opportunity later that day. Greenwood's goal came from Roach in the first; Comox got three in the second period, and scored their fourth with just 26 seconds left in the third on an empty netter, assisted by Northrup. Unfortunately, Dickens was hurt within the

game's first five minutes and had to leave the game. That evening, Porteous and Vachon were fortunate to join the CFB Borden all-star team in a friendly against the visiting Maple Leafs Alumni team. Events included an afternoon autograph session with the Leafs' alumni, and then the game, with a full house of military families in the stands - and a \$20,000 Leafs Alumni donation to local sports programs. Porteous managed a goal against the Leafs! →



A shout out to 14 Wing's Master Corporal Yannick Gagnon, on ice at the CAF nationals as a member of the officiating team.

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AJFC Association des journaux des Forces canadiennes

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CFMWS Site
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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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PSP Greenwood Community Recreation online activities, resources and fun | **Annapolis Mess Committee** 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 Health Promotion** - CAF community wellness resources | **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 Welcome** schedule of events details | **GMAM.ca** follow news and events at the Greenwood Military Aviation Museum | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Aquatics** pool recreation, competitive, training, news

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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November 19, 2025, Corporal Jesse Nagel, centre, detected significant wear on a 5100-psi primary hydraulic line contacting the driveshaft of a Canadian Armed Forces de-ice truck during inspection. With no fault indications present, his technical vigilance averted imminent hydraulic failure, personnel injury, environmental spill and loss of essential winter equipment. Recognizing identical fleet configuration, he initiated LCMM awareness, prompting CAF-wide inspection action. His actions preserved operational de-icing capability and sustained RCAF winter flying operations. February 20, he was recognized with a 1 Canadian Air Division Commander's Commendation, presented by 14 Wing Greenwood Colonel Luc Vachon, left, with Wing Chief warrant Officer Justin Harper.



Master Warrant Officer Scott Simmons, third from right, February 26 was presented the Canadian Forces Decoration Third Bar by 14 Wing Greenwood Colonel Luc Vachon, second from left, with 415 (Long Range Patrol Force Development) Squadron Lieutenant-Colonel Pierre-Luc Lafontaine, left, Simmons' son, Jeff; Wing Chief Warrant Officer Justin Harper and 415 Squadron Master Warrant Officer Ian MacNeil, right. Simmons began his career with the Canadian Armed Forces in 1983 and has served for more than 40 years in finance and senior administrative leadership roles across Canada and on deployment. His service included tours in the Golan Heights, the High Arctic on Operation Hurricane and Southwest Asia on Operation Apollo. Following his retirement from the Regular Force in 2011, he returned as a Reservist in 2012 and continued serving, including with 415 Squadron. The CD3 marks over four decades of dedicated and distinguished service.

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.



August 23, 2025, Master Corporal Sandi McLean, centre, demonstrated exceptional dedication and teamwork as a key member of the support crew during a successful English Channel swim crossing. Drawing on her professional swim coaching expertise, she provided critical technical guidance and unwavering encouragement throughout the demanding 14-hour swim. In the final stage, she entered the water to offer direct support, strengthening both morale and resolve. Her professionalism and commitment exemplify the highest ideals of the Canadian Armed Forces. February 20, she was recognized with a Royal Canadian Air Force Chief Warrant Officer's coin, presented by 14 Wing Greenwood Colonel Luc Vachon, left, and Wing Chief warrant Officer Justin Harper.



14 Mission Support Squadron Captain Katherine Bruce, left, recently received the Operational Service Medal – Expedition from Brigadier-General Jason Guiney, chief forward liaison officer. Bruce was deployed on Op UNIFIER from September 2025 to February 2026 as Guiney's executive assistant.

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.



14 MSS adds wolf-size strength to making mission happen

Sara White, Managing editor

Between the ever-present chants of "MSS! MSS!", the background soundtrack of Sam Tinnesz' "Wolves" and random howls from the floor, 14 Mission Support Squadron became the Eastern Wolf Pack April 1, adding a new unit crest to the sleeves of several hundred 14 MSS members' sleeves.

14 MSS joins its counterpart at 19 Mission Support Squadron in Comox – the Western Wolf Pack, "making two halves of a single, united force," said 14 MSS Lieutenant-Colonel Shawn McGeown.

"Positioned at opposite ends of the country, the Eastern and Western Wolf Packs help safeguard Canada's flanks, mutually supporting one another across vast distances. Where one pack stands watch, the other echoes its presence, ensuring nothing goes unsupported.

"This patch symbolizes not only who we are, but how we serve. It represents the vigilance of those who keep watch while others sleep, the skills of those who solve problems long before they become crises, and the resilience of a team that endures challenges together, never alone."



14 Mission Support Squadron Lieutenant-Colonel Shawn McGeown prepares to release new Eastern Wolf Pack mascots April 1 to each of MSS' sections, as the squadron re-patched. Each 14 Mission Support Squadron section - all now members of the Eastern Wolf Pack - got its own stuffed wolf mascot during the April 1 patching parade, already named by section members: MSS unit headquarters is "Harou," Construction Engineering is "Apex," Wing Environment is "Envy," Replenishment is "Radar" and Transportation and Electrical and Mechanical Engineering is "Diesel."

S. White

14 MSS, stood up at 14 Wing Greenwood in 2017 to combine the ground support, supply, transport, technical trades and logistics essentials that enable almost everything that happens on the base; adopted the ant in its inaugural patch, in 2021. With many types of ants with specific

traits that match the skills of MSS members, along with its ability work as a collective and show discipline, consistent effort and persistence; the ant has been worn with pride for a number of years.

"The ant can pull its weight and more – but the wolf is a lot more aggressive," said 14 Wing

Colonel Luc Vachon. "The fact that both wolf packs now exist makes that connection between 14 Wing and 19 Wing – both fly long-range patrol CP140 Aurora, and the new P8 aircraft – all that much closer.

"You enable what needs to be done. We talk about enablers? Mission support? You get stuff done."

Vachon commended 14 MSS' new motto, "Protectors of the Shadows" – "and a new patch for you? This is for the positive, for the best."

14 Wing Chief Warrant Officer Justin Harper also endorsed 14 MSS' move to a more aggressive posture with the wolf patching.

"We tend to call you the support trades – but we can't do it without you – any lethality and capability of the Royal Canadian Air Forces depends on the shoulders of you folks standing right here: the enablers."

Vachon and Harper patched McGeown and 14 MSS Chief Warrant Officer Mario Legnaro with the first of the unit's new patches, respectively; McGeown and Legnaro then patched the leads of 14 MSS' five sections: headquarters, Construction Engineering, En-



14 Mission Support Squadron headquarters administrative assistant Marie Corbett, second from left, and Transportation and Electrical and Mechanical Engineering Flight Warrant Officer John Keefe cut and serve the April 1 Eastern Wolf Pack patching ceremony cake.

vironment, Replenishment and Transportation and Electrical and Mechanical Engineering. Patches proceeded through the ranks on parade, including the unit's civilian members.

Each section also got its own stuffed wolf mascot, already named by section members: HQ is "Harou," CE is "Apex," Environment is "Envy," Replen is "Radar" and TEME is "Diesel." The mascots are intended to travel with section members on trainings, operations or deployments, representing MSS – and photo-bombing

activities at any opportunity for a unit Sharepoint.

"And maybe one section is over in another section and steals 'em," suggested Legnaro. "... the fun stuff!"

Cake, coffee, a floor hockey game and a noon hour BBQ added to the patching celebration.

"Two packs, one purpose," said McGeown. "The Eastern and Western Wolf Packs now form a shield. Fellow 'Growlers' of the Eastern Wolf Pack: congratulations on this milestone." →



NATIONAL VOLUNTEER WEEK APRIL 23 to APRIL 29, 2026



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Volunteers' passion, grit highlight May 13 symposium

It's been said if you follow your passion, doors will open. While that's sometimes true, cultivating an agile skillset and gritty resili-

For Wildlife, as the keynote speaker for its annual Volunteer Symposium, happening Wednesday, May 13, in Kentville.

More than 30 years ago, there was no such thing as a wildlife rehabilitation centre in Nova Scotia. Hope Swinimer began helping injured wildlife using a room in her house and a few cages in the backyard. Fast forward to today, wildlife from across Nova Scotia is triaged and treated at the Hope For Wildlife Centre. Swinimer's tenacity and dedication enabled her to overcome longstanding barriers and change the way we think and care about wild animals.

Hearing her story may inspire the passion and grit in your mission. Volunteer NS



is finalizing full symposium details. Workshops, training and resource displays will all be detailed at volunteerns.ca in coming weeks, so save the date!

Volunteer Nova Scotia is based in New Minas and supports efforts to weave volunteerism into the fabric of our communities across the province, connecting passionate people with meaningful opportunities that create lasting impact. If you looking to volunteer, or you are with an organization that would like support and training in the volunteer sector, find out more at volunteerns.ca, and follow on Facebook @ Volunteer Nova Scotia. →

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Celebrating community and connection

Join us for a day of workshops, and networking.

May 13, 2026 9 am - 3:30 pm at NSCC, Kingstec Kentville, NS

www.volunteerns.ca

Tickets \$20 lunch included



Volunteer opportunities open with GMFRC Child Care Centre

The non-profit Greenwood Military Family Resource Centre (GMFRC) Child Care Centre is looking for volunteers for its board of directors.

The centre supports the developmental needs of children, ages three months to 12 years; while providing parents with peace of mind, knowing their children are in a safe, nurturing and inclusive early learning environment. The centre offers particular attention to children from military families, who often face unique challenges because of the military lifestyle.

For information, email gmfrcrecruitment@gmail.com →

SEMAINE DE L'ACTION BÉNÉVOLE DU 23 AVRIL au 29 AVRIL 2026



Celebrating the volunteers who shape the Annapolis Valley

Volunteers are the quiet heroes of our communities. National Volunteer Week, April 19 to 25, is a time to celebrate them. But it's also a reminder to notice the everyday ways they make our lives brighter, safer and more connected.

We often think of volunteers during emergencies, yet their impact reaches far beyond moments of crisis. Here in the Annapolis Valley, our quality of life is deeply rooted in the work of thousands of volunteers. Whether indoors or outdoors, faith-based or secular, artistic or athletic, volunteer-led programs create spaces where people of all ages can belong, grow and thrive.

Caring for the land we love
Much of the natural beauty around us is protected and



Richard Hobbis of New Minas is a dedicated volunteer with Valley After The Bell, an after school meal program that supports 200 families in Kings and Hants counties.

preserved by volunteers. These stewards walk our coastlines collecting debris and plastics left by the tides. Others adopt stretches of highway, keeping our landscapes clean. Groups like Save Our Old Forests, the Blomidon Naturalists and local trail associations main-

tain trails, organize hikes, raise awareness and promote outdoor wellness across the region.

Community hubs that bring us together

In rural Nova Scotia, churches serve as more than places of worship. They are

gathering places and engines of community service. Suppers, choir practices, craft circles and youth nights foster belonging and intergenerational connection.

Beyond church walls, creativity thrives. Writers' circles, card parties, jam sessions and rug-hooking groups fill community halls, libraries and municipal spaces. Across the Valley, an estimated 450 to 650 volunteer groups and societies reflect our shared creativity and commitment to one another.

Supporting youth through sport and play

Youth sports are another cornerstone of rural life. Minor hockey, soccer, dance, martial arts and school-linked teams all rely on volunteer coaches and parent sup-

port. Between 200 to 300 volunteer-led groups, such as the Girl Guides and Annapolis Valley minor hockey programs, help young people build skills, confidence and community.

Answering the call when it matters most

Volunteers in 33 fire departments and three ground search and rescue teams, from West Hants to Digby, are the ones we call when a child goes missing; when there's a car accident; or when a fire threatens a home. Their readiness to respond is a lifeline for us all.

Nourishing families through challenging times

As housing costs rise and food insecurity grows, volunteers continue to step up. The most recent HungerCount

data shows 19 per cent of Nova Scotians visiting food banks are employed, and 8.3 per cent are seniors.

Here in the Valley, volunteers support 13 food banks, many created decades ago as temporary, volunteer-led responses to a global recession. Today, new meal programs - Valley After the Bell, Food For Shore, the SOUP program, Annapolis Frugal Moms and local family resource centres - have been created to nourish families and strengthen community resilience.

Volunteers' dedication is woven into every shoreline cleanup, every practice night, every food hamper and every gathering that brings neighbours together.

This week - and every week - we celebrate them. →



Bénévole chez SFM

Postes à pourvoir:

- Accueil et soutien administratif
- Soutien aux programmes (avec ou sans enfants)
- Soutien aux événements : "Wing Welcome", "Mois de l'enfant des militaires"
- Activités de renforcement de la communauté et axées sur la famille

Vous souhaitez devenir bénévole chez SFM?

Envoyez un courriel à Gracie McCulley : McCulley.Gracie@cfmws.com

Nous recherchons des bénévoles de tous âges et de tous niveaux. Des horaires flexibles sont proposés, en journée ou en soirée.

Les candidats doivent accepter de se soumettre à une vérification des antécédents judiciaires et à une vérification des antécédents en matière de travail auprès de personnes vulnérables.

Pour en savoir plus: <https://sbmfc.ca/greenwood/dans-votre-communauté/benevolat>



Volunteer with MFS

Current Opportunities:

- Front desk & admin support
- Program support (with or without children)
- Event support: Wing Welcome, Month of the Military Child
- Community-building & family-focused activities

Interested in volunteering with MFS?

Email Gracie McCulley: McCulley.Gracie@cfmws.com

We are seeking volunteers of all ages and skill levels. Flexible participation options are available during the day or evening.

Applicants must be willing to complete a Vulnerable Sector Check and Criminal Record Check.

Learn more: <https://cfmws.ca/greenwood/in-your-community/volunteering>



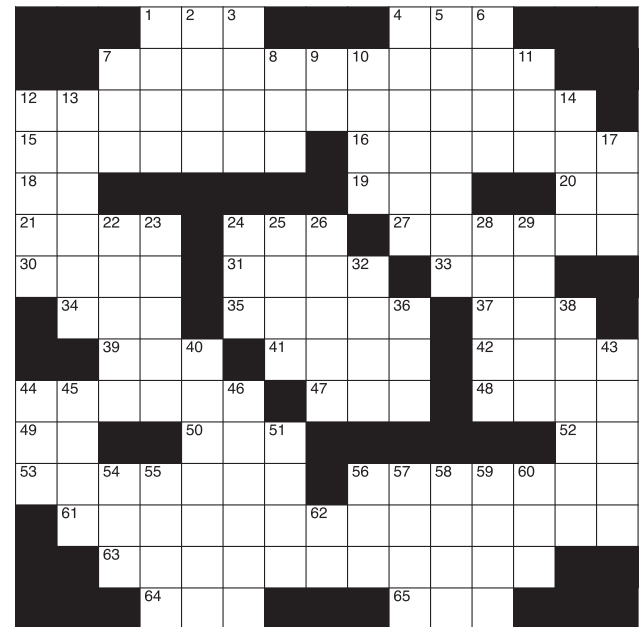
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated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

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.alianzinc.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. Blockchain-based entity
 4. A woolen cap of Scottish origin
 7. Painted with glue
 12. Legendary crooner
 15. Structure made with strips of wood
 16. Tropical fruits
 18. Commercial
 19. Comedienne Gastereyer
 20. The Ocean State
 21. Ancient Scot
 24. Basics
 27. Stated propositions
 30. Scottish island group
 31. Expression of annoyance
 33. Large tree
 34. Engine additive
 35. Conspiracy
 37. Drunkard
 39. Someone who is morally reprehensible
 41. Ancient Syrian city
 42. Mild yellow Dutch cheese made in balls
 44. Carry (slang)
 47. Sweet potato
 48. European river
 49. The Golden State
 50. Windy City ballplayer
 52. New Testament
 53. Possess spiritually
 56. A treeless grassy plain
 61. Popular historical novel
 63. In a law-abiding way
 64. A place to sleep
 65. Criticize
 17. Female sibling
 22. Receive
 23. Relating to a type
 24. General's assistant (abbr.)
 25. Steep bank
 26. Taxi driver
 28. Moves into without difficulty
 29. Bicycle manufacturer
 32. Traditional rhythmic pattern
 36. Fugitives are on it
 38. Bitter-tasting organic substance
 40. Die
 43. Matched
 44. Literary genre —fi
 45. Cannon
 46. Pounded
 51. British rock group
 54. Debt relief order
 55. 2006 NL Cy Young winner
 56. Green vegetable
 57. Tough outer skin of fruit
 58. Spumante (Italian wine)
 59. Ailments
 60. Famed singer Charles
 62. Camper

crossword brought to you compliments of

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Youth art lessons

April 13, 20 and 27, 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 (\$0 for all three April classes). Registration at info@7Arts.ca.

Seniors' safety – NS Guard
April 15, 2 p.m., Kings Seniors' Safety presents a free afternoon of education at the Berwick fire hall. Come find out more about the role of and volunteer opportunities with the Nova Scotia Guard.

Coffee & Colouring
April 15, 22 and & 29, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts a drop-in, all ages Coffee & Colouring. Let the stress of the day melt away with a warm beverage, colouring and conversation. Pay what you can.

Veterans' coffee
April 17 and 24, 9:30 a.m. to 11:30 a.m., 7Arts in Greenwood hosts a free veteran's coffee morning. This event is open to all Annapolis Valley veterans and serving members. For information, email info@7Arts.ca



ARIES - Mar 21/Apr 20
Aries, you are catching a second wind this week that could rival a hurricane. No one can slow you down right now. Channel this energy into a passion project.

TAURUS - Apr 21/May 21
Taurus, your eye for recognizing the beauty in things or items that are fashionable is unmatched. This week is the perfect time to curate your space or your wardrobe.

GEMINI - May 22/June 21
Gemini, the connections in your brain are firing at a rapid pace this week. It is only a matter of time before you solve a problem that has been plaguing you and everyone for weeks.

CANCER - Jun 22/July 22
You are feeling more secure in your skin this week, Cancer. People are flocking to you for comfort and advice because you give off a warm energy.

LEO - Jul 23/Aug 23
Leo, accept recognition for your hard work when it comes your way in the coming days. Don't be humble; take the bow that you have earned over these last few months.

VIRGO - Aug 24/Sept 22
Everything is falling into place for you now, Virgo. Your routine feels like something you can do with your eyes closed. Find the perfect shortcut this week.

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www.frasers.ca

Breakfast
April 18, 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.

Ham supper
April 18, 4:30 p.m. to 6 p.m., All Saints Church will hold a Spring ham supper at the All Saints Church Hall, 521 Pleasant Street, Kingston. Cost: \$15. Menu: ham, scalloped potatoes, baked beans, tea & coffee, gingerbread for dessert! Dine in or take out.

Embroidery workshop
April 19 and 26, 3 p.m. to 4:30 p.m., 7Arts in Greenwood hosts a three-part beginner embroidery series where you'll learn the essential techniques, foundational stitches and simple design while completing small guided projects. \$80 per participant. Register by emailing info@7Arts.ca

West Kings Theatre – Sister Act
April 22 to 24, 7 p.m., and April 25 and 26, 2 p.m.; take in Sister Act, on stage at West Kings District High School. Tickets may be reserved anytime from the link on the school website (https://sites.google.com/gnspes.ca/wkdh) and paid for at the door: adults 20\$, youth \$15.

Bookend miniature workshop
April 22, May 13 and June 3, 6:30 p.m. to 8:30 p.m., 7Arts in Greenwood hosts a bookend miniature workshop. Join Shelley from Freedom Miniatures and Season 3 of Best in Miniature for this three-part workshop. \$150 per person, all supplies included. For ages 16+.

Breakfast
April 25, 8 a.m. to 10 a.m., Holy Trinity Anglican Church, 45 Main Street, Middleton; welcomes you to a community breakfast. Menu

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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!

Put the shortest up front

Q: I'm six feet four inches tall and I do regular rucksack marches to stay fighting fit. I believe in leadership by example, and so I try to lead all our unit marches. At a recent injury prevention briefing, we were told it was safer to have the shortest personnel lead unit marches/runs. Could you explain why having taller personnel lead marches/runs puts shorter personnel at increased risk of injury? - Marching Mackenzie

A: Dear Marching Mackenzie,
Thank you for your commitment to remaining operationally ready. Many leaders use rucksack marching and running as part of their unit fitness programs. While these activities are very effective, they need to be done carefully to protect your personnel from injury. Thanks to injury prevention research, scientists know recruits who are shorter than their peers and tend to run or march at the back of the group are at higher risk of injury. Why? When taller recruits

STRENGTHENING THE FORCES ENERGISER LES FORCES

set the march or run pace, the shorter personnel are forced to over-stride to keep up. Over-striding significantly alters a person's marching and running biomechanics and this puts them at higher risk of injury. When you over-stride, your lead foot lands too far in front of your centre of gravity. As a result, you land harder on your heel, with a straighter knee. Both these biomechanical changes reduce your body's ability to absorb the impact forces generated with each stride - and the more impact force the body has to absorb, the greater the risk of injury.

One of the most serious injuries seen in personnel who over-stride is stress fractures most commonly in the pelvis, femurs, lower legs and feet. These injuries can significantly disrupt training and render personnel non-deployable. Some of these fractures take several months to heal and, in some cases, may result in permanent disability.

Reducing the risk of these injuries may be achieved with two simple strategies. First: have the shortest personnel lead all marches/ runs. This will shorten everyone's stride and will not increase the risk of injury to taller personnel. Second: allow your personnel not to march in step. This allows everyone to set their own stride length. Both strategies are very effective, cost nothing to implement and have no negative impact on unit fitness. It is amazing how doing something so small can have such a positive impact. Smart exercise is good medicine! ➔

Dr. Darrell Menard, OMM MD, Dip Sport Med; is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team



Canadian troops march in uniforms carrying Canadian and air force roundel flags at the Nijmegen March in 2015, with the shortest Canadian Armed Forces' member leading the group.

he works on injury prevention and promoting active living. Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

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- Route #1 - Airways Subdivision**
Spinney Street, Dakota and Pickering Lanes, Glasgow and Howe Avenues. 90 papers
- Route #2 - Bowlby Park Subdivision**
Bowlby Park Drive and Mayhew Drive. 65 papers
- Route #3 - East Bridge Street**
East side of Bridge Street from Main Street to Stronach Park (duck pond), Elm & Veterans Lane, Hillcrest Avenue, Lions Club, Frasers, Park Road & Victoria Street. 110 papers
- Route #4 - West Bridge Street**
Belmont, Bishop, George, Mosher, Pleasant, Prince, Varner & Windsor Streets plus the West Side of Bridge Street, Markland & Spring Garden Road & Sampson Drive. 150 papers

Routes 1 to 4 available now

Route #22 - Fales River Subdivision
Catalina Lane (South side), Dalmation & Fales River Drive, Carol & Beaver Street, Oak Avenue and Argus Drive to Catalina Lane. 135 papers

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Seven Greenwood Dolphins Swim Club athletes travelled with a Swim N.S. Developmental Provincial Tour Team contingent to a Maine meet over March break; they returned with confidence, new friendships and swimming success. Submitted

N.S. youth find confidence, success at Maine swim meet

Seven young swimmers from the Greenwood Dolphins Swim Club returned home at the end of March break with more than just race results: they brought back confidence, friendships and memories that will last far beyond the pool deck.

Swim N.S. offers a Developmental Provincial Tour Team to all 11-14-year-old registered swimmers that meet the qualifying standards. The intent is to help build athlete independence, a cohesive team unit as Team Nova Scotia, and to allow development swimmers the opportunity to travel outside of Nova Scotia. Summer Nadeau, Dana Larson, Hunter Valkenier., Garnet Maxwell, Petra Spicer, Elise Kelly and Carl Sokolov, representing the Greenwood Dolphins; all traveled to Maine - an experience that pushed them outside their comfort zones and gave them a taste of competition on a larger stage.

"I was nervous at the start of the trip, not knowing what to expect," said Nadeau. "But, as the days went by, I grew more confident and, by the time I was coming home, I was really excited about everything I had achieved."

Valkenier was looking forward to independence: "When leaving for Maine, I was excited to go to a new country and to have no parents around. I was looking forward to being with my friends, and excited to swim in a new pool."

Second-year participant Larson described the anticipation differently.

"I was really excited to go! I was looking forward to getting

to experience Maine again." Still, the return home came with mixed feelings. "It was bittersweet going home, as I made so many friends and had great experiences there."

In the pool, personal bests and strong finishes highlighted the week, with athletes returning with multiple podium medals, top-eight finisher ribbons and a shared sense of growth among the team.

Coming from a smaller club environment, the chance to be part of a larger provincial team left a lasting impression.

"It was nice to be able to have lots of friends cheering me on, and vice versa," said Larson. From Valkenier: "The

best was winning bronze, and the whole team cheering me on during the whole thing."

That sense of connection and support is something these swimmers hope future participants will embrace. Their advice to next year's team is simple: don't let nerves take over. As athletes settle back into their routines in Nova Scotia, they carry with them not only improved times and race experience, but also a deeper sense of independence and belonging within the sport. For a group that started the trip unsure of what to expect, they returned home as more confident competitors - and teammates. →

Recreation programs offer something for all ages, interests

New programs for Spring fun are making their way onto the PSP Greenwood Community Recreation calendar. Fun, fitness and special event programs are all on offer. For PSP Community Recreation information, program registration (bkk.cfmws.com/greenwoodpub/account/index.asp) and PSP Plan membership, contact the Community Centre at 902-765-1494 local 568-5341. Most programs take place in the Community Centre, Building 110, Church Street, Greenwood.



Common Grounds Coffee House - 8 p.m. to 10 p.m., for youth ages 14 to 18 - come for open gym, arts and crafts, movies, karaoke. Admission: \$5 plus HST non-PSP Plan, free with PSP plan • April 17

Give It A Go - \$8 plus HST non-PSP Plan, \$5 plus HST with PSP plan

- April 15 - Archery and terrariums: 4:30 p.m. to 6:30 p.m. ages six to 12; 7 p.m. to 9 p.m. ages 13 to 15
- April 22 - Bubble soccer and scrapbooking/ journaling: 4:30 p.m. to 6:30 p.m. ages six to 12; 7 p.m.

- to 9 p.m. ages 13 to 15
- April 29 - Pool and Lego Robotics: 4:30 p.m. to 6:30 p.m. ages six to 12; 7 p.m. to 9 p.m. ages 13 to 15

Aquatics programming

The 14 Wing Greenwood Aquatics Program offers a range of lane swims, open casual swims, aquacise, lessons, private bookings, special events, and youth recreational and competitive club swimming with the Greenwood Dolphins. Programs take place in the indoor pool at the 14 Wing Greenwood Fitness and Sports Centre. For information, contact 902-765-1494 local 568-3124. Book and register online at <https://bkk.cfmws.com/greenwoodpub/index.asp>. Monitor Facebook @ 14 Wing Greenwood Aquatics PSP. →

YTGIF - Fridays, 5:30 p.m. to 7:30 p.m., for youth ages six to 12. Cost: \$8 plus HST for non-PSP Plan members, \$5 plus HST for PSP Plan members

- April 17 - Laser Tag, Capture the Flag and ice cream
- April 24 - Homefree and Mantracker, with Oreos

Kids Club - Mondays, 6 p.m. to 7:30 p.m., for youth ages six to 12. Cost: \$5 plus HST for non-PSP Plan members, free with a PSP Plan.

- April 13 - Pearler bead crafts
- April 20 - Outdoor adventure/ Earthwalk activities
- April 27 - Pickleball

~ Obituary ~

HALBOT, Edward Bernard "Bernie"

Wilmot, Nova Scotia

HALBOT, Edward Bernard "Bernie" - 90, of Wilmot, passed away peacefully on Monday, March 30, 2026, at home with his loving wife of more than 50 years holding his hand. Born in Halifax, he was the son of the late Edward and Florence (LeBlanc) Halbot. Bernie retired after 32 years of service with the Canadian



Armed Forces and later became a full-time avid golfer. He enjoyed golfing until his failing eyesight and dementia would no longer allow him to play. Playing bridge, square dancing, and clock making and repairs were pastimes that brought great joy to Bernie. He was a master of puns. Surviving is his wife, Sharon (Carroll); his daughter, Trina (Darrell), Winnipeg; granddaughter, Dominique (Ethan); great-granddaughter, Aspy; sister, Joyce (Jack) Crane, Dartmouth; several nieces and nephews and great nieces and nephews. Along with his parents, he was predeceased by his sister, Joan Hogg and her husband, John; sister-in-law, Wendy Kelley; brother-in-law, Ralph Carroll. Sharon wishes to extend an extra special thank you to Dr. Michelle Saxon, Barb G., Angela P., Angie S., Sharon S., Ruth S., Sue H., Hellen P., and the Victorian Order of Nurses for all their kindness and compassion for Bernie during this time. Funeral mass will be celebrated at 11:00 am on Monday, April 6, 2026, in St. Monica's Catholic Church, 41 Connaught Ave., Middleton. Rev. Fr. Tim Devine officiating. A reception by the CWL will follow the mass. Interment in St. Lawrence Cemetery, Kingston, at a later date. Donations in memory of Bernie may be made to the Victorian Order of Nurses ~ Annapolis Valley Branch or the Eye Research Centre at VG site of the QEII Health Sciences, Halifax. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street, toll free 1-855-825-3448. Online guest book may be signed by visiting: www.middletonfuneralhome.com

Experienced paralegal

Employment opportunity

The law firm of Waterbury Newton is looking for an experienced paralegal to work fulltime who has strong communication skills, strong organizational skills, and a strong knowledge of Microsoft Office Suite. The applicant should be able to work under pressure in a fast-paced environment with tight deadlines. Attention to detail and accuracy is essential.

Salary will be based on skill set and experience.

Some of the benefits we offer are: company pension, health and dental plans, disability insurance and life insurance.

The successful applicant will be required to work Monday - Friday in person at our Kentville Office.

Please send your resumé and cover letter to: segan@wnns.ca.

