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the Aurora

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Best place to step into a fitness challenge? ‘Tower vs Terminal’ April activity puts exercise – and prize breakfast – on the line

Sara White,
 Managing editor

It’s a “Tower vs Terminal” fitness challenge: stay out of Air Traffic Control Flight members’ way through April, as they step their way to a free breakfast, courtesy of the loser.

“It’s a team building and general fitness building exercise to help people get in the spirit of Spring and get excited about things like the RCAF Run May 17,” says challenge organizer Captain Jaclyn Swain. “It will just help the unit become stronger overall, both physically and socially.

The friendly challenge is using an online tracker, with members adding their weekly step count on an honour system, using personal phone or wrist step-counting trackers. They may track work and home activity, and members may join in at any time through the month. The unit has also partnered with Personnel Support Program’s Health Promotion to have a few wrist trackers available.

Health Promotion is also offering a couple bonus point info sessions through April: as flight members attend to learn about injury prevention or nutrition;

whether they are tracking physical steps or not, they may take attendance points and turn them into steps in a weekly total.

“This is a great opportunity to learn some new things, and it could positively impact other areas of your life, too,” Swain says.

There are prizes beyond the absolutely delicious May 10 breakfast the Tower vs Terminal team winners will enjoy: individuals are in line for a first-place short day, plus Greenwood Bowling Centre passes; a second-place Greenwood Bowling Centre package – plus a stress ball to work through the stress of missing out on first place (!); and a third place mystery prize and PSP water bottle to rehydrate after doing such a great job steppin’.

“I just kind of thought it would be a nice idea, so I started it up,” Swain says. “I have set up motivational quotes in the air traffic control tower stairwell, and I’m sending out email updates and tips every Monday.

“Everyone is absolutely crushing this step challenge, and we love to see the friendly competition starting to develop. Every little bit counts, and it all adds up.

“See you on the stairs!” →



Someone’s going to be cooking breakfast and someone’s going to be chowing down, as members of 14 Operations Support Squadron’s Air Traffic Control Flight tackle an all-April “Tower vs Terminal” fitness challenge. Reppin’ Tower, left, is Aviator Colin Carroll; while Captain Jacklyn Swain is the face of Terminal. There’s no better place at 14 Wing Greenwood to make your daily steps count than the nine-storey air traffic control tower.

S. White

the front page

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Wing cooks pulled out all the stops for RCAF100 gala event



14 Wing Greenwood hosted over 400 guests March 20 at the Annapolis Mess for an elaborate gala event marking the 100th anniversary of the Royal Canadian Air Force in 2024.

The 14 Mission Support Squadron's Replenishment Flight members worked behind the scenes of the event for several months, despite their unit's short-staffing.

With a menu including sushi, chocolate fountains, a selection of canapés, beef and chicken stations, an oyster bar, a three-tiered RCAF100-decorated cake, charcuterie, assorted sorbets and hot dishes; highlighting seafood, cheeses, meats and spices, and considering vegan and vegetarian options; AND the stand-up, mingling atmosphere of the event; months of extra work went into preparing the elevated menu. Every military cook in Greenwood was required to work all day and all night to support hosting the gala. All the food, except for the sushi, was crafted by hand in the days leading up to the gala.



14 Wing Greenwood's Replenishment Flight team used every skill and resource in their cooks' training and experience repertoire to cater the elevated menu and food presentation of the wing's RCAF100 gala event, March 20 at the Annapolis Mess

The major event, with all its budget, planning, scheduling, kitchen space, and cooks' skill and availability; was all outside

Replenishment Flight's daily operations running the Annapolis Café for base personnel, and flight feeding.

"I'm super proud of the entire team for going above and beyond for our part of the RCAF100 celebration," says

Lieutenant Katherine Bruce, Replenishment Flight. "The gala pushed our members to create a menu that was elevated far

beyond our daily feeding menu, and inspired our members to get creative with food that truly was culinary art." →

Submitted

Four-week financial course packed with money, life tips

Navigating your finances doesn't have to be scary - nor does it have to be the dull part of adulthood.

We get it: managing money and budgeting can feel overwhelming. That's precisely why we're excited to bring back our four-week Financial Literacy Course, in collaboration with the expert, Alison Reid from SISIP. Together, we'll tackle the financial challenges head-on! Join us Thursdays, May 9, 16, 23 and 30, from 6 to 8 p.m.; for straightforward money discussions tailored to the current climate.

In the first session, we'll demystify budgeting. It's simpler than you think! We'll guide you through managing your finances, creating a spending plan, and deciphering credit cards. Say goodbye to confusion in the world of finances! Subsequent sessions will focus on strategically planning significant purchases like cars and homes, as well as saving and investing. Each week will build upon the last, steadily growing your financial knowledge.

This free course is open to families and CAF members alike, ages 18-plus. Take charge of your finances now for a brighter tomorrow. Enroll today to set yourself on the path to financial success! Register by May 3 with the Greenwood Military Family Resource Centre at https://v2.gmfrccapp.ca/events/216/event_registrations/new, or call 902-765-5611 for information. →

Cours de finance de quatre semaines d'argent et de conseils pour la vie

La gestion de vos finances ne doit pas être effrayante, ni être la partie la plus ennuyeuse de l'âge adulte.

Nous le comprenons : la gestion de l'argent et l'établissement d'un budget peuvent sembler insurmontables. C'est précisément la raison pour laquelle nous sommes ravis de proposer à nouveau notre programme d'éducation financière de quatre semaines. Notre cours d'éducation financière de quatre semaines, en collaboration avec l'experte Alison Reid de SISIP, Alison Reid du RARM. Ensemble, nous nous attaquerons aux défis financiers de front ! Rejoignez-nous les jeudis 9, 16, 23 et 30 mai, de 18 h à 20 h, pour des discussions franches sur l'argent, adaptées au climat actuel.

Lors de la première séance, nous démystifier le budget. C'est plus simple que vous ne le pensez ! Nous vous guiderons pour la gestion de vos finances, l'élaboration d'un plan de dépenses et le décryptage des cartes de crédit. Dites adieu à la confusion dans le monde des finances ! Les séances suivantes se concentreront sur la planification stratégique d'achats importants tels que les voitures et les maisons, ainsi que sur l'épargne et l'investissement. Chaque semaine s'appuiera sur la précédente, ce qui vous permettra d'accroître vos connaissances financières.

Ce cours gratuit est ouvert aux familles et aux membres de la CAF, âgés de 18 ans et plus. Prenez vos finances en main dès maintenant pour un avenir meilleur. Inscrivez-vous dès aujourd'hui pour vous mettre sur la voie de la financière ! Inscrivez-vous d'ici le 3 mai auprès du Centre de ressources pour les familles des militaires de Greenwood à l'adresse https://v2.gmfrccapp.ca/events/216/event_registrations/new, ou appelez le 902-765-5611 pour obtenir des renseignements. Si un participant a besoin de services en français, il est encouragé à contacter l'animateur du programme après l'inscription. Nous ferons tout notre possible pour répondre à cette demande en fournissant du personnel ou des bénévoles bilingues, mais cela ne sera pas toujours possible. →



14 Wing Greenwood's SISIP Financial team held an open house March 20, formally introducing their renovated and re-staffed offices in the CANEX Mall to military members, including Commander Colonel Jeff Davis. From left are SISIP team members Madison Jenkins, Alison Reid, Davis, Kierstie Gates and Godson George.

S. White

SISIP refresh: ready to serve 14 Wing members' money matters

Sara White, Managing editor

New staff, a new location and a new energy: Greenwood's SISIP Financial Services offices, and the staff team, are building on a national renewal of the military members' financial services organization. March 20, they hosted an open house to do a little showing off.

"We're really excited to have a full staff, and a fresh new space in Greenwood," says financial counsellor Alison Reid. "We had COVID and nothing in person for so long, then we had renovations - I was working in a lawn chair! We did whatever worked - and it's worked! We have the base and partner support, we're really open to new ideas: briefings in units? Financial literacy series with the Military Family Resource Centre? Virtual contact with national level SISIP staff? Something for shift workers?"

"We have lots of helping professionals on base now

to bring good things to 14 Wing."

Reid and her team were joined for the March 20 open house by SISIP Atlantic district manager Shane Robar, inviting wing personnel in for coffee and cake, and a chance to become reacquainted with SISIP.

"I'm a big believer in in-person when it comes to money," says Reid. "You want to talk with the person you're going to be working with for a year or two - or over your career."

SISIP offers financial investment and planning services, loans, pension and mortgage advice; budget planning and more - all designed to match military members' career and lifestyle through the military-specific lens of relocations, spousal employment, salary changes, deployments, growing families, cross-country and international tax changes, emergency supports.

"We are really about a holistic view of financial health and wellness - which impacts

your physical and mental health, and your operational capability," Reid says.

It's that operational capability 14 Wing - and the wider Canadian Armed Forces - depends on to meet its mission, said Commander Colonel Jeff Davis, who dropped in to visit with the local and regional SISIP team.

"SISIP does have great initiatives, and we have members going to all different places," he said. "SISIP speaks the same language across the CAF. Everyone's financial situation is different, and financial advice is something people should have."

"In the air force, you go flying an airplane on operations, even domestically, or not even going anywhere - it's risky. I'm a big proponent that financial security is im-

portant. The best we can do is provide information to our members - then it's up to them. The better we promote financial supports, the better off we'll be."

Reid said the SISIP staff are "ready to go," and know, if they just have the opportunity to meet more 14 Wing members - even for an initial conversation to find out what they may be looking for or how SISIP can help, "then they come back with more comfort, and wanting to do other things."

"We are seeing an uptick after every unit briefing, or when we're presented at a wing wellness meeting - people see our faces and hear our offerings."

For more information on SISIP, drop into the Greenwood office, or visit sisip.com. →

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

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14 Wing Fitness Online work-outs, resources and tips | **PSP Greenwood Community Recreation** Online activities, resources and fun | **Annapolis Mess** Special events and entertainment | **14 Wing Greenwood Winter Carnival/14e Escadre Carnaval d'hiver** Annual winter Defence Team fun and challenge events | **14 Wing Greenwood PSP** A wider resource for PSP entities (recreation, fitness, health promotion, news and events) | **Greenwood Military Family Resource Centre** Resources, activities and program highlights | **14 Wing Greenwood Bowling Centre** Centre updates | **14 Wing Aquatics** Pool recreation, competitive, training, news | **Greenwood Military Police - Police militaire de Greenwood** Safety, security and public information from 24 Military Police Flight | **14 Wing Combined Charities** Wing activities in support of our community | **14 Wing Spiritual Resilience Page** Hosted by the 14 Wing Chaplains, with spiritual support and resources | **GMM.ca** Follow news and events at the Greenwood Military Aviation Museum | **14 Wing Welcome** Schedule of events details | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Greenwood Curling Club** Open to military, community members | **14 Wing Health Promotion** Tips, program highlights and resources | **14 Wing Greenwood Rec Hockey Club** - youth hockey programs open to military families and community members

JTF X recruiting at April 23 briefing

Joint Task Force X will hold a HUMINT operator recruiting briefing at 14 Wing Greenwood Tuesday, April 23, at 10:30 a.m. in the Birchall Theatre.

JTF X employs cunning, creative and security aware personnel around the globe to collect human intelligence (HUMINT), on behalf of the Canadian Armed Forces to support operations. HUMINT operators work in small teams, but produce large results. JTF X is also looking for talented supporters, with creative and outside-the-box thinking, to enable these capabilities. The work requires a high level of flexibility and work ethic.

For information, contact JTFX_Recruiting@forces.gc.ca →



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Space SAR skills

A multinational team of rescue specialists, including two search and rescue technicians from 14 Wing Greenwood's 413 (Transport and Rescue) Squadron, recently underwent rigorous training at the Rescue Force Qualification Course, run by the United States Air Force, at Patrick Space Force Base in Florida. The course prepares rescue forces through comprehensive academics, ground and water operations. Trainees are immersed in space medicine basics and trained on a practice spacecraft analogue for crew capsule functionalities, astronaut extrication techniques and spacecraft hazard identification; culminating in capsule up-righting drills. This collaboration, requested by NASA, aims to broaden rescue capabilities for Commercial Crew Program launches and foster a closer bond between the USAF and Joint Rescue Coordination Centre Halifax, streamlining communication for global rescue missions. Submitted



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Lake Pleasant set for Season'24 camping

14 Wing Greenwood's Lake Pleasant Campground, 240 Air Force Road, Springfield; is a favourite destination for military families, and the general public. It's the place to be to disconnect from the everyday and enjoy the outdoors with family and friends. Camping is making memories that will last a lifetime. The campground's Personnel Support Program staff are excited to welcome new and returning visitors. Camping starts May 17, and the season doesn't close until October 31. Book a seasonal or short-term tent site, a cabin or an RV site. Lake Pleasant offers a special discount (\$2,156.25, includes power, water, taxes) on full season, two-way RV sites to military personnel and their families. Spacious and private sites are designed to accommodate you comfortably, with some offering stunning water views. New this year: RV septic tank pumping at your site, for a small fee.

Lake Pleasant's amenities include a playground, brand new floating docks, a kiddie beach, a large swim beach, horseshoe pits, dart boards, a community fire pit, basketball court, volleyball, fishing, access to trails, canoe, kayak and stand-up paddleboard rentals; and more.

For information and to make a booking, visit lakepleasant-campground.ca. Or, contact the campground manager, Faith Churchill, at 902-547-2882, info@lakepleasantcampground.ca or send a Facebook message. →

Youth Happenings

Youth Happenings at the 14 Wing Greenwood Community Centre offers a range of fun options every week for youth aged six to 12 (five if they have completed one full year in a school program). To register, contact the centre at 902-765-1494 local 5341, or drop in to the Church Street offices weekdays.

Monday, April 22, 6 p.m. to 7:30 p.m. – Kids Club: floor hockey showdown. Free for PSP Plan or one-activity pass youth evening program holders, \$8 plus HST for non-PSP Plan members. Pre-registration required by noon the day of the program.

Wednesday, April 24, 6 p.m. to 7:30 p.m. – Duck pond & DQ. \$8 plus HST for PSP Plan members, \$12 plus HST for non-PSP Plan members. Pre-registration required by noon the day of the program.

Friday, April 26, 8 a.m. to 4 p.m. – In-service day camp: Spring Fever. \$45 plus HST for PSP Plan members, \$50 plus HST for non-PSP Plan members. Pre-registration required. →

Program offers youth access to F&S Centre's cardio, weights spaces

Looking for physical activity, and interested in using all the equipment and training spaces the 14 Wing Greenwood Fitness and Sports Centre has to offer? Youth ages 13 to 15 are encouraged to register for Youth on Weights, coming up Saturday, May 11, 4 p.m. to 8 p.m.; at the F&S Centre. When successfully completed, youth will have independent access to the F&S Centre's cardio and weight rooms.

Participants must have a valid PSP Plan membership, and the Youth on Weights program fee is \$25 plus tax. For more info, contact 902-765-1494 local 568-5341. To register, visit bkk.cfmws.com/greenwoodpub/index.asp. →

COVID-19 Vaccine Spring Dose Eligibility

Nova Scotia is following recommendations from the National Advisory Committee on Immunization (NACI) to provide people at highest risk a spring dose. This includes:



- people 65 years of age or older
- people aged 18 and older living in long-term care, nursing homes, senior congregate living settings or residential care facilities
- people six months and older who meet the criteria for being moderately to severely immunocompromised due to an underlying condition or treatment
- people aged 50 years and older who identify as Black, African Nova Scotian or First Nations

The COVID-19 Spring Dose is available through your primary care provider, Nova Scotia Primary Care Pharmacy Clinics and Public Health Mobile Units. It is recommended that people wait six months after their last COVID-19 vaccine or infection to get a vaccine dose but a shorter interval of at least three months is allowed for the spring dose.

Those eligible can receive the spring dose until May 31, 2024.

People who did not receive a dose in the fall or winter can continue to get the vaccine, even if they are not eligible for this specific spring campaign.

To book your appointment:
Visit NovaScotia.ca/Vaccination | Phone **1-833-797-7772**, seven days a week.

Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. The Nomination Period is April 25, 2024 to May 8, 2024. Nominations must be accepted at the Village Office no later than 4:00 p.m. on Wednesday, May 8, 2024.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, May 25, 2024 with an advance poll on Tuesday, May 21, 2024. The Poll location is at the Kingston Village Office, 655 Main St, Kingston.

Mike McCleave, Village Clerk
clerk@kingstonnovascotia.ca

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

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.

Games afternoon
Fridays (second and fourth), the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion, beginning at 1 p.m. Cost \$2. Enjoy an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 50+. Questions: 902-765-4228.

Youth art lessons
April 23, 7Arts in Greenwood offers youth art lessons. New projects each week. Ages seven to 12, 4:30 p.m. to 5:30 p.m. \$25/lesson or \$80 for four lessons. Register at info@7Arts.ca.
Harmony in Motion
April 24, 3:30 p.m. to 5 p.m. Discover well being through 7Arts' (Greenwood) therapeutic music-

making and creative movement program. Designed specifically for older adults, including those with neurodegenerative conditions such as dementia and Parkinson's, our program combines the power of music and movement to enhance physical, emotional and cognitive health. FREE for participants. Register, at info@7Arts.ca.
Fibre arts program
April 24, 6:30 p.m. to 8:30 p.m., 7Arts in Greenwood invites female-identifying fibre craft artists (knitting, crochet, cross stitch, embroidery, felting or rug hooking) over the age of 25; to drop in for our craft & chat group. Bring your own materials or purchase a kit from us! Suggested donation \$5. Info: info@7arts.ca.
Concert
April 26, 7:30 p.m., the Annapolis Valley Centre Royal Canadian College of Organists presents "Sacred, Secular and Silly XVII," its annual scholarship fundraising concert featuring local vocalists, organists and pianists; in Bridgetown Baptist Church, Bridgetown. Admission will be by freewill offering.

National Association of Federal Retirees upcoming meeting
April 27 is the deadline to RSVP for the May 7 meeting of the Western NS Branch Members Meeting, May 7, 11:30 a.m. sharp at the Kingston Legion, 1472 Veterans Lane, Kingston. Guest speaker is Claire Jimmison from the Alzheimer Society, at 11:30 a.m. Business is the presentation of the 2024 budget, reserves and elections for directors. Roast beef dinner at a cost of \$12. Bring along a potential member and have your name entered for a bonus draw. If you wish to attend please email naf75@gmail.com (emails preferred) or call Carolyn/ Bill at 902-765-8590 after 1 p.m. no later than April 27.
Arts & crafts show
April 27, 1:30 p.m., there will be an arts and crafts show at the Wilmot Christian Fellowship Centre, 208 Dodge Road. Book a free table no later than April 19 to display your crafts. The public is invited to view the crafts, meet the crafters and enjoy a fun afternoon of fellowship and refreshments. Call 902-698-9467 to book a table or for more information.

Supper
April 27, the Berwick Legion hosts a supper: lasagna, salad, dessert and coffee/ tea. Takeout at 4:30 p.m., and eat-in dinner 5 p.m. to 6:30 p.m. Tickets are \$20.
Plant sale
April 27, 8 a.m. to noon, there will be a plant sale at the Kingston Baptist Church, 695 Main Street, Kingston; outside in the church parking lot. Many varieties of plants will be available; come and stock up for your garden!
AGM – North Kingston Public Cemetery
April 30, 7 p.m., the North Kingston Public Cemetery will hold its annual meeting in the Kingston fire hall. We encourage anyone who has lots, or family in the cemetery, to attend.
Kingston Farmers Market meeting
May 2, 7:30 p.m., the Kingston Farmers Market needs your help! Come to our volunteer info night in the Aurora Inn conference room. Are you kind and friendly, good with some physical labour, skilled at handling cash, wanting to help but not sure how, or just curious about the market? We would love to meet you!
Mental health first aid course
May 2 and 3, 8:30 a.m. to 4 p.m., the Kingston/ Greenwood Mental Health Association will coordinate a mental health first aid training course at the Kingston fire hall, with facilitator Pamela Hansen. This course is designed for adults

who interact with youth. Learn to help a person developing a mental health problem or experiencing a mental health crisis, and how to provide assistance until professional help is found or the crisis is resolved. The course aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, friend or colleague. Registration is \$50. Contact the KGMHA at 902-765-3902 or dwyerdj@ns.sympatico.ca.
Community cemetery work day
May 4, from 9 a.m., join us for a Spring clean-up day at the New and Old Tremont Cemeteries (740 & 756 Tremont Mountain Road). All hands are welcome - a great family activity. Rain date: May 11. More info 902-765-2642.
Yard sale
May 4, 8 a.m. to noon, All Saints Anglican Church, 521 Pleasant Street, Kingston; is holding a yard sale. Come find tools, electrical, plumbing and carpentry supplies, antiques, lawn furniture, a lawn mower, books, household items - and much more!
North Kingston Public Cemetery spring clean up
May 4, from 9 a.m., the North Kingston Public Cemetery will hold its annual spring clean-up day at the cemetery. Please bring gloves and rakes, and all your friends. The rain date for the clean up is May 11.

yourself working remotely, from home or simply in need of an extra fitness boost, CAF Fitness has you covered!
One of the key highlights of CAF Fitness is the opportunity to join Coach Saul for exciting live workouts. These invigorating sessions take place weekly in both English and French, ensuring accessibility for all. Additionally, by subscribing to the YouTube

channel, you gain access to amazing workout playlists and weekly releases of new content to keep your fitness journey fresh and exciting.
The training programs are thoughtfully crafted to incorporate modifications and progressions, catering to all fitness levels. Whether you're a beginner or an advanced athlete, you'll find suitable exercises and routines to help

you reach your goals.
To learn more about CAF Fitness, to view the workout schedule and stay up to date with all of our initiatives and programs, visit cfmws.ca/sport.../fitness-training/

en direct et amusantes. Ces séances revigorantes ont lieu chaque semaine en anglais et en français, assurant l'accessibilité pour tous. De plus, en vous abonnant à la chaîne YouTube, vous avez accès à des listes d'entraînement motivantes et à dû nouveaux contenus lancé de façon hebdomadaire pour garder votre parcours de bonne mise en forme à jour et excitant.
Pour en savoir plus sur Les

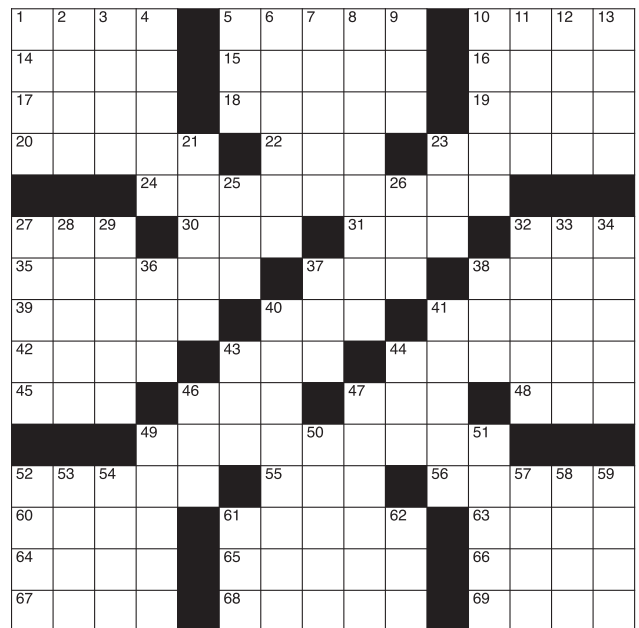
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crossword

solution page 7



- ACROSS**
1. Excessively theatrical actors
5. Footwear
10. A way to disfigure
14. Exchange rate
15. Hawaiian wreaths
16. North-central Indian city
17. Bungle
18. Extremely angry
19. A short note of what's owed
20. Criminal organization
22. Mimic
23. Try to grab
24. U.S.-born individuals
27. Some are covert
30. Order of the British Empire
31. Don't know when yet
32. Payment (abbr.)
35. Winged angelic being
37. Variety of Chinese
38. A way to be anxious
39. Famed wrestler Hulk
40. Partner to cheese
41. Stang for sergeant
42. Canadian flyers
43. Actress Ryan
44. Highly unpleasant vapor
45. Body part
46. Halfway
47. Cool!
48. Consume
49. Salts
52. Upper bract of a floret of grass
55. House pet
56. Cavalry sword
60. Symbol of a nation
61. Frocks
63. Used to carry food
64. Portuguese folk song
65. Sharp mountain ridge
66. Ireland
67. Where golfers begin
68. Greek mythological sorceress
69. Fluid suspensions
- DOWN**
1. 'Mad Men' leading man
2. Water (Spanish)
3. Annoy
4. Bulgarian capital
5. Japanese title
6. Capital of Zimbabwe
7. Giraffe
8. A mixture of substances
9. Midway between south and southeast
10. Staffs
11. Turkish title
12. Type of acid
13. Thin, flat strip of wood
21. Russian river
23. Ribonucleic acid
25. Partner to flow
26. Airborne (abbr.)
27. Earthy pigment
28. Genus of earless seals
29. Key to the Highway bluesman
32. By or in itself
33. Hot fluid below the earth's surface
34. Partner to trick
36. British Air Aces
37. Ammunition
38. Supervises flying
40. Health care for the aged
41. Flanks
43. Millimeters
44. Where wrestlers perform
46. Not around
47. Flightless bird
49. Bell-shaped flowers of the lily family
50. Expressed concern for
51. Satisfies
52. Flew off!
53. Wings
54. Load a ship
57. Vigor
58. British title
59. Whiskies
61. Adams: founding father
62. Body of water

horoscopes

April 21 to April 27

ARIES - Mar 21/Apr 20
You can get your spark back with some help from friends. Aries. You may have been struggling in one form or another, but others can provide the perspective needed.
TAURUS - Apr 21/May 21
Taurus, you are a dependable rock and that comes with a lot of responsibility. Sometimes you may feel overwhelmed, and in those instances feel free to delegate some tasks.
GEMINI - May 22/June 21
Too much joking around may strike a nerve of someone close to you, Gemini. Feel out every situation before you start communicating in such a laid back and jovial way.
CANCER - Jun 22/Jul 22
Cancer, like it or not, you have to stand by a promise or a commitment you made to someone, even if you no longer feel like doing so. Once it is finished, you can go your separate ways.
LEO - Jul 23/Aug 23
Leo, if others have underestimated you or written you off in the past, you will have an opportunity to prove them wrong this week, even if you already know the truth.
VIRGO - Aug 24/Sept 22
Your keen eye for detail has you pointing out a mistake that may have cost someone a lot of money, Virgo. Your reward could be a promotion or another commendation.

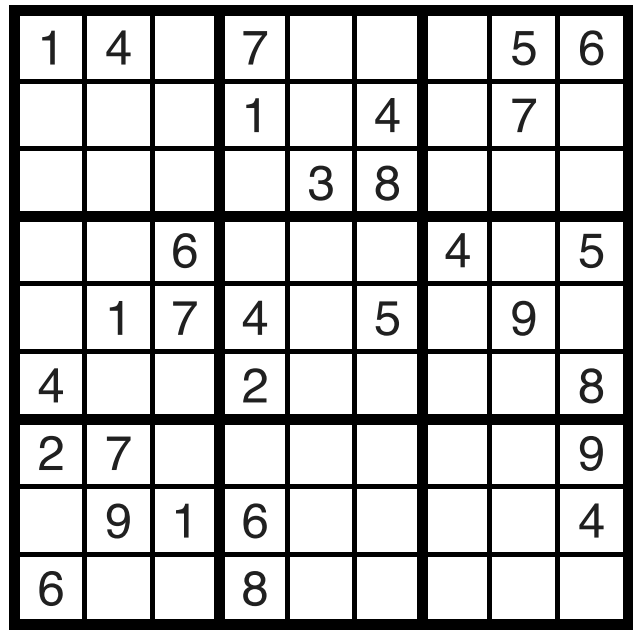
LIBRA - Sept 23/Oct 23
Making room for your needs right now is challenging as others seem to require all of the attention, Libra. You will have a chance to balance the scales soon enough.
SCORPIO - Oct 24/Nov 22
Right now you may be reluctant to commit or comment on an issue that is affecting some in your circle, Scorpio. You can get involved once you dig further and do your own research.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, when you hang out with friends, you may be tempted to spend more than is in your budget at the moment. Set a limit, and perhaps leave your credit cards at home.
CAPRICORN - Dec 22/Jan 20
Capricorn, you are ready to move forward, but others in your orbit may be holding you back. Know when to cut loose and do things according to your bigger vision.
AQUARIUS - Jan 21/Feb 18
Thinking about all of the things in your life that may not be going to plan could have you feeling down, Aquarius. Flip the perspective and start focusing on the right things.
PISCES - Feb 19/Mar 20
Pisces, you are known for being a dreamer, but right now you have to come down from the clouds and develop a solid plan of action. There will be time for fanciful ideas later.

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sudoku

solution page 7



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

Level: Beginner

CAF Fitness has you covered

PSP is proud to announce the launch of its new national virtual fitness program, Canadian Armed Forces Fitness (CAF Fitness, for short).
CAF Fitness is specifically designed to meet the fitness needs of members in the Canadian Armed Forces and beyond by offering engaging, effective and safe fitness programs that are tailored for the community. Whether you find

Les FAC en forme ont ce qu'il vous faut

PSP est fier d'annoncer le lancement de son nouveau programme national de conditionnement physique virtuel, Les Forces armées canadiennes en forme (aussi connu sous les FAC en forme).
Les FAC en forme sont spécialement conçu pour répondre aux besoins en matière de conditionnement physique des membres des Forces armées canadiennes et d'ailleurs en offrant des

programmes de conditionnement physique attrayants, efficaces et sécuritaires qui sont adaptés à la communauté. Que vous travailliez à distance, à domicile ou que vous ayez simplement besoin d'un coup de pouce supplémentaire, Les FAC en forme ont ce qu'il vous faut !
L'un des avantages des FAC en forme est la possibilité de se joindre à l'entraîneur Saul « Coach Saul » pour des séances d'entraînement

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Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included.
Classified advertising must be booked and prepaid by 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email aurora@ns.alianzinc.ca or fax 902-765-1717.
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.alianzinc.ca.
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EARMID RADE EAT
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PALEO CAT RABER
FLAG SARI STRAY
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TEES MEDEA SOLS

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

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Complete the following questions from ads in this week's issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games.
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BINGO



Sports awards categories open for nominations

Know a 14 Wing Greenwood sports star who should be recognized at the annual sports awards celebration later this spring?
Personnel Support Program sports coordinator Alyssa DeAdder is collecting nominations for 2023 top-performances: athlete of the year, team of the year, coach of the year, volunteer of the year and official of the year. There are also categories recognizing outstanding leadership and sportsmanship contributions.
The nomination form is downloadable on the internal wing Splashpage, or contact DeAdder at alyssa.deadder@forces.gc.ca. →

caf-fitness. Don't forget to follow on social media platforms such as Facebook @CAF fitness and Instagram, where valuable tips, inspiring stories, and updates are shared. →

Heavy lifting brings home silver, gold results

Members of 14 Wing Greenwood's Bar Benders attended the April 6 Bridgewater Novice Open powerlifting meet at 902 Athletics, putting in a collective winning performance.

This annual meet is held for people who have not yet competed in an International Powerlifting Federation (IPF) sanctioned event. Greenwood athletes have competed before, but in alternative federations, such as 100% Raw sanctioned and Canadian Armed Forces' regional events.

14 Mission Support Squadron's Corporal Mathew Villeneuve competed at 96.68kg bodyweight and completed a 132.5kg squat, a 117.5kg bench press, with an attempt at 122.5kg; and a 182.5kg deadlift, resulting in a total of 432.5kg to win silver in his weight and age category.

404 (Long Range Patrol and Training) Squadron Chief Warrant Officer Jean Plamondon competed at 79.11kg bodyweight and completed a 152.5kg squat, 85kg bench Press, and 155kg Deadlift with an attempt at 160kg, resulting in a total of 392.5kg, winning gold in his weight and age category)

Master Corporal Sarah Landry, also with 404 Squadron, competed at 64.11kg bodyweight and completed a 115kg squat, with an attempt at 117.5kg; a 57.5kg bench press and a 150kg deadlift; resulting in a total of 322.5kg to win gold in her weight and age category.

Last but not least, Corporal Logan Cardarelli, 14 MSS, competed at 76.7kg bodyweight and completed a 162.5kg squat, a 110kg bench



14 Wing Greenwood powerlifting competitors – the Bar Benders - at the recent Bridgewater Novice Open included, from left, standing, Corporal Mathew Villeneuve, Chief Warrant Officer Jean Plamondon, Master Corporal Sarah Landry and Corporal Logan Cardarelli. Across the front are team coaches/ handlers Sergeant Brian George, Corporal David Szasz and Mackenzie Beattie.

Submitted

press and a 210kg deadlift, resulting in a 482.5kg total – and notably hitting 9/9 of his competition lifts to win silver in his weight and age category.

This meet was a success, as everyone from the CAF Bar Benders Powerlifting Team came home with medals, personal bests - and fuel to do better in their next meet.

"I could not be more proud

of my athletes and the success and determination that they have found within themselves," says Personnel Support Program staff member and team coach Mackenzie Beattie. "They've earned their spot on the podium without a doubt."

The Bar Benders are constantly taking in new members: the team meets Tuesdays,

Thursdays and Sundays at 10 a.m. at the 14 Wing Greenwood Fitness and Sports Centre if anyone wants to try their hand at being their strongest self. Committed team members, including the April 6 Bridgewater Novice Open competitors, can take advantage of a team sponsorship with AVANCUS, which includes powerlifting shoes, and a wider military/

CFOne card holder discount.

For more information on learning or returning to the sport, and how to join in the Bar Benders' training, contact Beattie (mackenzie.beattie@forces.gc.ca).

"This sport is inclusive for all bodyweights, ages and athletic ability – and not to mention, who doesn't want to be strong?" Beattie asks. ➔

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