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Vol. 45 No. 16 MAY 6, 2024 NO CHARGE www.auroranewspaper.com



Taking a modern shot 14 Wing starts training on CAF's new sidearm

14 Operations Support Squadron's Readiness Training Flight recently put a thumb on the first training class and conducted the first serial of the Sig Sauer C22 pistol.

The C22 replaces the Browning Hi-Power pistol, first adopted for use in the Canadian Armed Forces in January 1944. The Browning has served in the Second World War, Korea, Cyprus, Bosnia, the Gulf War,

Afghanistan and on many other peacekeeping operations

The new C22 is proving to be a significant improvement over the Browning. A modular-framed pistol with three available sizes that may be configured to the shooter's hand size, the C22 is offered for left- and right-handed shooters, and has a new, modern Blackhawk Holster, which enables the use of the

weapon as effectively in one hand as the other, without having to compromise safety or ergonomics. Shooters are also able to swap the magazine release to match their preferred dominant hand.

An experienced operator may employ this weapon and obtain a grouping. Surprising members on the range with its accuracy in March 22 sessions, instructor Petty Officer Second Class Marc Feetham said, "You can cover that group with your thumb!" while looking at the grouping Master Corporal Damian Smith shot with the C22.

14 OSS RTF looks forward to continuing training of 14 Wing Greenwood members on the C22, after the well-earned retirement of the Browning Hi-Power. ➔



Master Corporal D. Ouellet, 14 Wing Imaging

RCAF100 collectible coins a centennial keepsake



2024 marks 100 years since a professional air force was created for the defence of Canadian freedom and sovereignty. Since 1924, the Royal Canadian Air Force (RCAF) has evolved into a storied national institution, one that has played a pivotal role in our nation's history.

Building on the foundations laid by Canadian pilots in the First World War, the fledgling RCAF first distinguished itself through its civil air operations, pioneering the use of aircraft for fighting forest fires and contributing to the mapping of Canada.

When Canada's air force stepped onto the world's stage during the Second World War, the RCAF quickly made a name for itself at home and abroad, propelled forward by the war and peacetime contributions of its members. Today, whether participating in air defence, Arctic patrols, NATO training, humanitarian flights, natural disaster relief, peacekeeping operations or search-and-rescue efforts - or even providing space power support to

the Canadian Armed Forces, Canada's air force continues to defend Canada's air space, saving lives, helping people at home and abroad, and serving Canada.

To honour the RCAF, the Royal Canadian Mint has launched a number of numismatic tributes to the RCAF Centennial, which include the 2024 Proof Silver Dollar, the 2024 Fine Silver Proof Set and the 2024 \$100 Pure Gold Coin.

The 2024 \$20 Fine Silver Coin's reverse design, by Edmonton artist David Moore, features three iconic aircraft that open windows on the celebrated past and promising future of the RCAF. Moore chose the Lockheed Martin F-35 Lighting II, the next generation of fighter jet to enter service as the symbol of the future RCAF. Depicting its illustrious past are a Supermarine-designed Spitfire fighter, the Allied forces' master of skies throughout the Second World War; as well as a Sopwith Camel, an agile combat biplane that



Royal Canadian Air Force Commander Lieutenant-General Eric Kenny, striking the \$20 Fine Silver RCAF commemorative coin at the Mint.

helped Canada and its allies win the First World War and remained in active service when the RCAF was founded. This 99.99 per cent pure silver keepsake is limited to a mintage of 12,000 and retails for \$109.95.

The Fine Silver Proof Dollar is the mint's flagship collector coin, and one of the year's most anticipated collectibles.

The collage on the coin's reverse is the product of a close collaboration between the mint, the RCAF and the artist, Jason Bouwman, who also designed the 2009 Anniversary of Flight in Canada proof dollar. Only 35,000 coins are available to collectors worldwide.

The Fine Silver Proof Set gathers every denomination

of Canadian seven circulation coins: one of each two dollars, one dollar, 50 cents, 25 cents, 10 cents and five cents. The set includes an exclusive version of the collector dollar coin: instead of traditional (yellow) gold plating, an application of rose gold adds colour to the RCAF roundel's maple leaf and the rim on the coin's reverse. Only 25,000 sets are available, at \$234.95.

Finally, the Pure Gold Coin tells the story of the RCAF's formative years and the vital role it played in the British Commonwealth Air Training Plan during the Second World War, in a design represented by the De Havilland DH-82C Tiger Moth. On the coin's reverse, the early trainer's take-off represents the ascent of Canada's air force, while the current motto, *Sic Itur ad Astra* ("Such is the pathway to the stars") visually connects the RCAF of today with both its future and its storied past.

This 99.99% pure gold coin coin's design was the product of a close collaboration between the mint, the RCAF and artist Neil Hamelin. Only 1,500 coins are available, at \$1,099.95.



Submitted

The Royal Canadian Mint certifies all of its collector coins. These products may be ordered by directly contacting the Royal Canadian Mint at 1-800-267-1871 in Canada, or at mint.ca. They are also available at the Royal Canadian Mint's boutiques in Ottawa and Winnipeg, at participating Canada Post outlets and through the mint's global network of dealers and distributors. →

'Time flies' 415 Squadron change of command marks unit, leadership, career milestones

Sara White, Managing editor

The change of command for 415 (Long Range Patrol Force Development) Squadron April 18 may have marked the more formal traditions of the Royal Canadian Air Force, but the April 15 last flight of the outgoing commanding officer may have been more fun.

Maybe. Both Captain Paul Finnemore and Lieutenant-Colonel Keith Fugger laughed about that CP140 Aurora flight in their remarks.

"All the cranking and banking in flight they had to do...!" said Finnemore, 415 Squadron's chaplain, as he

prepared to formally open the change of command.

Even Fugger, ending his command and his RCAF carrier of 24 years with this change of command, admitted, "on the last approach left, I almost had to pull my own bag out, and almost use it!

"Time flies," Fugger said, settling into his command - and career - closing comments at the Annapolis Mess ceremony. "There are a lot of emotions you just have to let go through you. I'm grateful for my family every day - without them, I would have been lost."

Fugger also thanked the members of 415 Squadron for their strength as an or-



14 Wing Greenwood Commander Colonel Jeff Davis, seated centre, was the presiding officer for the April 18 415 (Long Range Patrol Force Development) Squadron change of command ceremony at the Annapolis Mess, as outgoing Lieutenant-Colonel Keith Fugger, seated left, signed responsibility for the unit over to Lieutenant-Colonel Pierre-Luc Lafontaine, seated right. With them are squadron Master Warrant Officer Ed Delorme, standing left, and Wing Chief Warrant Officer Jonathan Proulx.

ganization, their creativity and professionalism, and for "always finding a way.

"I bore witness to that, and this day is as much about you: it is because of you the CP140 Block IV has even made it this far; you've solved problems contractors couldn't - evident in the letters of praise and the appreciation we've received. I've always appreciated working with you."

He wished the squadron well, with new tasks to complete, new challenges to achieve as the Aurora goes through Project Sunset and a new long range patrol aircraft comes in to service.

"You can develop expertise found nowhere else in the fleet."

Squadron Master Warrant Officer Ed Delorme presented Fugger with a live-edged wooden plaque, complete

with a mounted swordfish spear and various squadron insignia: a gift from the squadron. Fugger, in turn, presented the squadron with the Canadian Mint's RCAF centennial coin set. He also had Military Family Coins for his wife and each of their seven children and one grandchild: "they deserve more than this," he said, with emotion in his voice.

Davis thanked Fugger for his efforts leading 415 Squadron through multiple complex projects - "some new, some old - almost all under resourced.

"415 Squadron has managed to keep us mission-relevant, and your squadron members are the continuity that hold the pieces together, commit to support the leadership team and flex with change and requirements."

Davis welcomed Lafon-

taine, coming into 415 Squadron from a year's work planning with the RCAF team preparing for the arrival in 2026 of the P8 replacement for the Aurora.

"Long range patrol and intelligence, surveillance and reconnaissance - these are the most important roles provided to the Canadian government by the RCAF, and you're an incredible team, contributing to the wing and the Canadian

Armed Forces. "PL will work well for you," he told 415 Squadron members.

Lafontaine is pleased and honoured to join 415 Squadron: "a team of professionals.

"The future is bright for 415, as we transition to the P8. 415 will be at the forefront. Our focus on innovation and teamwork is key, and I'm really looking forward to the years ahead." →

the Aurora

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Useful links | Liens utiles

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

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

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

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

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

Recruiting | Recrutement
www.forces.ca

VPI | VPI
www.vpiinternational.ca

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** 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



14 Wing Greenwood Commander Colonel Jeff Davis, left, entrusts the 415 (Long Range Patrol Force Development) Squadron colours to incoming squadron commander, Lieutenant-Colonel Pierre-Luc Lafontaine, at the change of command ceremony April 18.

Aviator L. Brolly, 14 Wing Imaging

Call to be kind: compassion connections in Mental Health Week

We all have the capacity to be compassionate, and we know expressing compassion can make an enormous difference. This year's Mental Health Week, May 6 to 12, is centered on the healing power of compassion. In a world plagued by suffering, the Canadian Mental Health

Association would like to emphasize kindness.

Join the CMHA to explore how compassion connects us all. Visit cmha.ca/mental-health-week/ for easy-to-use resources for spreading the message about how #CompassionConnects us all, at work, at school or in our

day-to-day lives. Find information defining compassion, the mental health impacts of compassion, the practice of self-compassion, how to create compassionate classrooms and workplace cultures, and a week-long compassion journaling activity.

For more information on 14 Wing Greenwood resources, including classes and community-based connections, contact the 14 Wing Personnel Support Program's Health Promotion office in to the Fitness and Sports Centre, or email edith.tremblay@forces.gc.ca →

Traffic change to May 20 near 14 Hangar

14 Wing Greenwood travelers along Schooner Drive, in the controlled AOZ, should note a road closure from 6 a.m. Monday, May 6

to 6 p.m. May 20. This is section of roadway between 14 Hangar (413 Squadron), from its main parking lot, northeast to the

Y-intersection with Buffalo Drive. Traffic control measures will be in place, and you may access that parking lot by making the full loop

around the AOZ. This is in support of a construction project to replace the AFFF lagoon near 14 Hangar. →

MUNICIPALITY of the COUNTY of KINGS

181 Coldbrook Village Park Drive, Coldbrook, NS B4R 1B9

NOTICE TO RESIDENTS

PERSONAL PROPERTY TAX REDUCTION 2024/2025

The Council of the Municipality of the County of Kings directs, by policy, that a reduction be granted for the taxation year 2024/2025 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$560.00; upon property owned and occupied by a person who is a resident of the Municipality of Kings, and;

Whose total gross income from all sources for the year 2023, excluding any allowance paid pursuant to the War Veterans Allowance Act (Canada) or pension paid pursuant to the Pension Act (Canada), but including the income of all members of the same family residing in the same household, is less than **\$46,000** gross income, and;

Where property is jointly owned, only one tax reduction shall be allowed and the sharing in such reduction shall be on the basis of ownership in such joint property.

Applications for such tax reduction shall be received at the Municipality prior to December 31, 2024.

Paula Delorey, Tax Clerk
pdelorey@countyofkings.ca

Tel: (902) 690-6144 Fax: (902) 679-2820
Toll Free 1-888-337-2999
www.countyofkings.ca



14 Air Maintenance Squadron's deputy unit general safety officer Corporal Janet Leblanc displays the range of signage developed to highlight the squadron's personal protective equipment standards for 60 different machines.

Sign safety a full-squadron effort

Personal protective equipment (PPE) is a part of the uniform members at 14 Wing Greenwood use every day.

During a 2023 safety walk around sections within 14 Air Maintenance Squadron, Corporal Janet Leblanc (deputy unit general safety officer) identified a lack of signage needed to identify PPE required for specific machinery. Leblanc proactively took it upon herself to work with the squadron's general safety team to appropriately fix this issue.

The general safety representatives from each section gathered the PPE requirements for every machine in their workplace. Based off this information, the appropriate signage was ordered, and 14 AMS' aircraft structures shop was tasked to print the required health and safety symbols. The new 14 AMS PPE signs were then organized and assembled



Corporal James Crewe works in 14 Air Maintenance Squadron's Engine Bay, the first 14 AMS section to fully update and place personal protective equipment signage in its workspace in a recent safety overhaul.

by Leblanc, and placed on all 60 machines within the affected shops by their section's general safety representatives. Engine Bay was the first section to put up all its signage, with the rest following soon after.

From the start of this project in the summer

of 2023, the goal was to always ensure that all who entered the workspace were informed of the equipment required to keep them safe while doing their work. The project was completed in April 2024, thanks to the hard work of the 14 AMS general safety

team.

Having completed this project, the 14 AMS general safety team would like to take this opportunity to challenge all general safety sections at 14 Wing Greenwood to follow its lead and complete similar projects in their workspaces. →

Safety & Health Week: Be safe, not sorry!

North American Occupational Safety & Health Week is an annual celebration that happens during the first full week of May, this year May 5 to 11. The aim of the event is to raise awareness about occupational safety, health and the environment to avoid workplace injuries and illnesses.

Everyone has a role to play when it comes to safety, health and well-being in the workplace, at home and in the community. Safety & Health Week focuses on the role we can all play to create workplaces and communities

where everyone can feel safe, healthy and thrive. Together, let's celebrate the role everyone plays in moving health and safety forward.

Safety & Health Week is an annual opportunity to focus employers, workers, partners and the public on the importance of preventing injury and illness. This national event recognizes the prevention of injuries and illnesses is essential to our physical safety, mental health, and overall well-being.

14 Wing Greenwood units are encouraged to promote Safety & Health Week lo-

cally by

- launching a recognition program for safety suggestions that are put into use or enhance ongoing health and safety practices
- hosting a local safety trivia contest during the week
- promoting a different health & safety topic or program each day

The 14 Wing General Safety office encourages the promotion of health and safety in the workplace and at home, not only during Occupational Safety & Health Week, but every day of the year.

Be safe, not sorry! →

For more information on NAOSH Week activities, see: cchohs.ca/events/safety-and-health-week

Pour obtenir de plus amples renseignements sur les activités de la SNSST, voir: cchst.ca/events/safety-and-health-week

La Semaine de la sécurité et de la santé : Soyez en sécurité pas désolé!

La Semaine nord-américaine de la sécurité et de la santé au travail est une célébration annuelle qui a lieu au cours de la première semaine complète de mai, cette année le 5 au 11 mai. L'objectif de l'événement est de sensibiliser à la sécurité, à la santé et à l'environnement au travail afin d'éviter les blessures et les maladies professionnelles.

Tout le monde a un rôle à jouer en matière de sécurité, de santé et de bien-être au travail, à la maison et dans la communauté. La Semaine de la sécurité et de la santé met l'accent sur le rôle que nous pouvons tous jouer pour créer des milieux de travail et des collectivités où tout le monde peut se sentir en sécurité, en santé et s'épanouir. Célébrons

ensemble le rôle que tout le monde joue pour faire progresser la santé et la sécurité.

La Semaine de la sécurité et de la santé est une occasion annuelle de concentrer les employeurs, les travailleurs, les partenaires et le public sur l'importance de prévenir les blessures et les maladies. Cet événement national reconnaît que la prévention

des blessures et des maladies est essentielle à notre sécurité physique, à notre santé mentale et à notre bien-être général.

- Les unités de la 14e Escadre Greenwood sont encouragées à promouvoir la Semaine de la sécurité et de la santé à l'échelle locale en
- lançant un programme de reconnaissance des sug-

gestions de sécurité qui sont mises en service ou qui améliorent les pratiques continues en matière de santé et de sécurité

jour

Le bureau de la Sécurité générale de la 14e Escadre encourage la promotion de la santé et de la sécurité au travail et à la maison non seulement pendant la Semaine de la sécurité et de la santé au travail, mais tous les jours de l'année.

Soyez en sécurité pas désolé! →

Story of a séance, a ghost, a novelist: Greenwood Players present 'Blithe Spirit' May 14 to 18

The Greenwood Players Theatre Group is busy rehearsing its spring production of Noel Coward's "Blithe Spirit," which Coward describes as "an improbable farce."

The play concerns the novelist Charles Condomine, who invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next book.

The scheme backfires when he is haunted by the ghost of his first wife, Elvira, after the séance. Elvira makes continuous attempts to disrupt Charles' marriage to his second wife, Ruth, who cannot see or hear the ghost.

The play runs on the Players' Morfee Centre stage, School Road, Greenwood; Tuesday, May 14 through Saturday, May 18, with curtains up



From left, Karen Soria as Madame Arcati, Gwen Firth as Ruth, Rene Doucet Cottreau as Charles Condomine and Amelie Paulin as Edith. The Greenwood Players are ready to stage "Blithe Spirit" May 14 through 18, in all its farcical comedy.

at 7:30 p.m. Tickets are \$5 per person. To book, contact Rene Cottreau, 902-824-2435 or rendou-cot@gmail.com, or Jeff Pocock, 902-824-5715 or jeeveseyjeff@gmail.com. →

Fairy lights, a couples' hammock and Lake Pleasant sunsets await...

Introducing the newest addition to Lake Pleasant Campground - a magnifi-

cent cabin almost ready to open! With privacy and water



access, this cabin offers sunset views from a couples' hammock, a patio with furniture and a BBQ, and solar fairy lights. Inside, sleep on a brand-new memory foam mattress, as you and your cabin mates (there is room for up to four people, plus tent space outside) take advantage of a small kitchenette equipped with a mini fridge, convection oven and microwave, and a place setting for four.

The campground's Personnel Support Program staff are excited to welcome new and returning mili-

tary, veteran and community visitors. Camping starts May 17, and the season runs to October 31. Book a seasonal or short-term tent site, a cabin or an RV site. Amenities include a playground, floating docks, a kiddie beach, a large swim beach, horseshoe pits, dartboards, a community fire pit, basketball court, volleyball, fishing, access to trails, watercraft rentals; and more.

For information and to make a booking, visit lakepleasantsantcampground.ca. →

Panel discussion on housing crisis considers Valley perspective May 7

In response to the housing crisis in Nova Scotia, a panel discussion will be held at the Royal Canadian Legion in Kentville May 7, 7 p.m. Admission is free.

The panel, moderated by Kentville town councillor Gillian Yorke, will delve into the reasons for the crisis and

explore how the province might find a way out. Panelists include Claudia Chender, leader of the Nova Scotia NDP; Alisha Christie, member, Homeless No More Initiative; Matt Jennings, former chair, Board of Directors, Open Arms. Active supporter of the organization's mission to

acquire and operate affordable housing; and John MacKay, owner, MacKay Real Estate, Wolfville. The event is hosted by the Kings North NDP.

Opening remarks will address three questions: What got us into the housing crisis? What needs to be done to get us out of it? How can we

get there quickly, given the urgency of the situation?

Audience members will be able to speak or submit written questions. Panelists will engage with the audience until 8:45 p.m., at which time panelists will make their closing comments and the discussion will conclude. →

Positive Space Ambassador – May and June course dates

The Positive Space program will offer the two-day Positive Space Ambassador program to 14 Wing Greenwood Defence Team members interested in becoming an ambassador, or learning more about 2SLGBTQI+ history, terminology and issues. The program will be offered at St. Mark's Cha-

pel annex, Church Street, Greenwood; May 21 and 22, and June 25 and 26.

To learn more about the program and to register, visit mil.ca (Positive Space); or, contact Major Michelle Backhouse, 902-765-1494 local 1643 or michelle.backhouse@forces.gc.ca →



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 public 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.

Drum circle – military community

May 7, 1:30 p.m. to 2:30 p.m., 7Arts in Greenwood hosts Health RHYTHMS, a community drum circle. Free for veterans, military members and their families. Sponsored by True Patriot Love. Register: mindfullymore@gmail.com. N.S. Walks Day May 8 is Nova Scotia Walking Day, a chance to celebrate walking

and how it connects us to our communities and each other. Valley walk events welcome you: 10 a.m. walks from the Annapolis Royal Farmers' Market, 178 Saint George Street; 61 Collins Road, Port Williams; Wolfville Waterfront Park, Bridgetown Public Library, 10:30 a.m. walks from 6637 Hwy #1, Coldbrook (behind Coldbrook Centre), Middleton Wetland Trail, 36 Brooklynn Road; and Van Tassel Lake Trail,

859 Culloden Road, Digby. Noon walk from Kings municipal office, Coldbrook Village Park Drive. 6 p.m. walk from 6637 Hwy #1, Coldbrook (behind Coldbrook Centre). 6:30 p.m. walk from Bridgetown Public Library. Find out more at hikenovascotia.ca/ns-walks-walk-day/.

Fibre arts May 8, 15, 22 and 29. 6:30 p.m. to 8:30 p.m.; 7Arts in Greenwood hosts a drop-in craft & chat group. Are you a female-identifying fibre craft artist (knitting, crochet, cross stitch, embroidery, felting, or rug hooking) over the age of 25? Bring your own materials or purchase a kit from us! Suggested donation \$5.

Choral concert May 9, 7 p.m., the North Mountain Chorus presents its Spring Concert at the Berwick United Church. Freewill offering admission.

Seniors' drum circle May 9, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve your seat by emailing mindfullymore@gmail.com.

On stage at Kings Theatre May 10, 11 and 12, King's Theatre, Annapolis Royal, presents Neil Si-

mon's revision of The Odd Couple. Olive and their group of girlfriends are enjoying their weekly Trivial Pursuit night in Olive's messy and ill-equipped apartment. As the game continues, Florence arrives, fresh from being dumped by her husband. Fearful the neurotic Florence might do something drastic, Olive invites her to move in as her roommate. However, Olive and Florence have VERY different personalities. When Olive organizes a double-date with the Costazuela brothers, their differences come to a head. Enjoy this wacky cast of characters, directed by Miles Leahy.

MakerSpace May 11, 18 and 25. 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood opens its MakerSpace: bring a project to work on or purchase one of our kits. Drop-ins welcome and encouraged! Cost is \$5. Caregivers are free.

Plant sale May 11, 8 a.m. to noon, it's SPRING again - time for the Black Rock plant sale at the Black Rock Hall, 4404 Black Rock Road, Kings County; a fundraiser for the Black Rock Trails. There will be lots of perennials, herbs, native plants, and small trees, house plants and

some annuals. Contact: Irmgard, irmlipp@gmail.com Cemetery clean-up – Aylesford May 11, from 9 a.m., volunteers are welcome to join the Aylesford United Church Cemetery clean-up (weather permitting). Any help would be greatly appreciated. Bring a rake, remember your gloves, maybe a tarp or wheel barrow and water. This usually takes about three hours to complete.

Breakfast May 11, 8 a.m. to 10 a.m., come for breakfast at the Kingston Lions Hall. Scrambled eggs, pancakes, ham, sausages, baked beans, hash browns, toast, coffee, tea, juice. Adults \$12, youth \$6 (six to 12), children (five and under) FREE. Kids' storytime included, at 9 a.m.; and, ask about paying it forward. Proceeds to Lions' community projects.

Mother's Day MakerSpace May 11, 7Arts in Greenwood hosts a Mother's Day MakerSpace. Join us for tea and crafts. Cost will be \$5, with craft kits available to purchase.

Newfie Nite May 11, 7 p.m., the Aylesford Lions host a Newfie Nite of fun, featuring NFLD music, a silent auction, stories and skits. Come join us for laughs and lunch! Tickets \$10, pre-sold only at 902-847-3507 or 902-341-2185.

the Aurora | 14 Wing Greenwood, NS

Doors open at 6 p.m. Yard sale May 11, 8 a.m. to noon, there will be a giant indoor/ outdoor yard sale at the Kingston Baptist Church, 695 Main Street, Kingston. We will have many, many items, large and small - something for everyone! All are welcome!

Mother's Day drive-thru dinner May 12, pick-up 4:30 p.m. to 6 p.m.: the Aylesford & District Lions will prepare and have ready a drive-thru pick-up Mother's Day dinner from the hall, 2160 Hwy 1, Auburn. Honey glazed ham, with vegetables, coleslaw and a roll; with homemade carrot cake for dessert. \$15 per person. This is take-out only: tickets will be pre-sold. Call Lion Joy at 902-765-3323 or 902-847-9374 and leave a message to order. All profits go toward Lions Foundation of Canada Dog Guides.

Luncheon May 14, noon to 1 p.m., the Kingston Lions host their monthly community luncheon. Full turkey dinner with all the fixings, including dessert. Take-out and dining-in meals \$15, delivered \$16. Pre-orders needed for delivery and take out meals: call 902-765-2128 between 9 a.m. and 11 a.m. May 7 and 8 to pre-order. No pre-orders required if dining in. Proceeds to Lions' community projects.

crossword solution page 7

- ACROSS 1. Lions do it 5. In favor of 8. Rest here please (abbr.) 11. Pulpits 13. Leisure activity 14. Fertility god 15. Financial obligations 16. When you anticipate getting somewhere 17. Spanish river 18. Sporting events 20. Type of tree 21. Ceased to be 22. Persons 25. Synthetic resin 30. Relates to photochemical reactions 31. Father 32. Former Cowboys coach 33. City in Finland 38. Run batted in 41. Got through 43. They darken skin 45. In a harmful way 48. Form of weaving 49. City of Angels hoopster 50. Caucasian language 55. Syngman __, Korean president 56. Sun up in New York 57. Paddled 59. Fishes 60. Affirmative 61. Nimble 62. Doctor of Education 63. Soviet Socialist Republic 64. A small island DOWN 1. Cool! 2. Hebrew unit of measure 3. Swedish rock group 4. College army 5. Favor over another 6. Called it a career 7. Egg-shaped wind instrument 8. Israeli statesman 9. Hurries 10. Stog 12. Midway between south and southeast 14. Benedictine monk 19. Self-immolation by fire ritual 23. Family of regulator genes 24. Surrendering 25. Political action committee 26. S. American plant 27. Long-term memory 28. Bark 29. Breathes in 34. Take hold of 35. Everyone has one 36. Valentine's Day color 37. Drivers' licenses and passports 39. Outer walls of castles 40. Enters with force 41. One thousandth of an inch 42. Deceased Chinese politician 44. Sugary secretion of plants 45. Expressed pleasure 46. Shelter 47. Utilizes 48. Forest resident 51. Fashion accessory 52. A sharply directional antenna 53. __ Kristofferson, actor 54. A bad place to end up 58. MLBer Gordon

horoscopes

May 5 to May 11

ARIES - Mar 21/Apr 20 Aries, your friends have stepped up to support you, and it is time to get together and enjoy one another's company. Think about an activity that everyone can get behind.

TAURUS - Apr 21/May 21 Taurus, the people around you may work more slowly than you, so you will likely need to be patient this week while working on a particular project. Eventually things will work out.

GEMINI - May 22/Jun 21 Gemini, exercise caution when dealing with people who promise big returns on your investments right now. Avoid financial dealings with anyone you have not fully vetted.

CANCER - Jun 22/Jul 22 Cancer, some people around you would like to use flattery to get you to do what they want. However, you are too savvy to fall for people who may be guiding you in the wrong direction.

LEO - Jul 23/Aug 23 Loved ones and friends in your life deserve your time and energy right now, Leo. Figure out a way to cut down on hours spent on the job this week.

VIRGO - Aug 24/Sept 22 Virgo, things going on in your life right now may be a bit more confusing than you anticipated. It can be stressful, but with some assistance from others you will get through the situation.

LIBRA - Sept 23/Oct 23 Someone in your life who has not always been on your side has been changing his or her ways lately, Libra. You may want to reevaluate the relationship soon.

SCORPIO - Oct 24/Nov 22 Scorpio, you have been working hard to avoid conflict with someone close to you, but it could start to feel like more effort than you can care to keep up.

SAGITTARIUS - Nov 23/Dec 21 An interesting travel opportunity is coming your way, Sagittarius. When the news arrives, take advantage of it and start planning your itinerary.

CAPRICORN - Dec 22/Jan 20 Capricorn, is your schedule flexible right now? Try to rearrange things to take advantage of some last-minute recreational opportunities. You deserve to have more fun.

AQUARIUS - Jan 21/Feb 18 Aquarius, you may be feeling moody and introspective right now. Take time to evaluate your dreams and the thoughts going through your head. There may be common threads.

PISCES - Feb 19/Mar 20 Don't let some ambiguous feedback adversely affect your mood, Pisces. You will never be able to please everyone, so focus on those people who are on your side.

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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!

Kingston Lions • breakfast Saturday May 11 • community luncheon Tuesday, May 14

the Aurora | 14 Wing Greenwood, NS

Stage Prophets present The Music Man on two May weekends

Following last year's unprecedented success with Jesus Christ Superstar, the Stage Prophets Theatrical Society is pleased to announce its 2024 production of Meredith Wilson's Tony, Oscar, Grammy AND Emmy Award-winning show, The Music Man.

Presented over two weekends, May 10 to 12 and 17 to 19, at the beautiful Festival Theatre in Wolfville, Stage Prophets will transport audiences straight into the small town of River City, Iowa. Rehearsals are well underway, with over 150 cast, crew and pit band members taking part.

The Music Man is a classic family favourite, a transformational story of a fast-talking salesman, a skeptical small town librarian, and the citizens

of River City, whose lives are forever changed through the power of music and love. Since 2002, Stage Prophets has created and shared family-friendly, high-quality musical theatre for children, youth, adults and seniors in our community. Stage Prophets' productions are a chance to participate in theatre and experience the thrill of bringing a story to life. Stage Prophets is a Nova Scotia-based registered charity and is supported by a board of directors and an army of volunteers.

ALL ABOARD! Tickets are on sale now at stageprophets.ca, or by contacting the Acadia Box office. Descriptive audio for the visually impaired and assisted listening for the hearing impaired will be available. ➔



Lions & literacy

The family of the late Kingston Lion Tom Bondy recently donated a huge collection of his books to the Kingston Lions Club. Lion Butch Fleury had the idea to organize a "book give away" for the community, with an option to voluntarily make a donation that would go to the Kingston Library. The response was overwhelming: at the end of the giveaway day April 6, donations totaled \$603! The Lions topped this up to an even \$1,000 and, April 18, Kingston Lion President Rick Acker, right, and Fleury, left, presented a cheque to Berkeley Hall of the Kingston Library, in support of the library's programs and initiatives. Thanks to everyone who supported the Lions in this new initiative.

Community conversation May 16 considers mental wellness

The Kingston Greenwood Mental Health Association has organized a community conversation on the topic, "Building Bridges for Mental Wellness," and welcomes wide participation and perspectives. This gathering is scheduled

classifieds

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 auroraproduction@ns.alianzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 5833; email aurora-marketing@ns.alianzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9\$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

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crossword solution

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

the Aurora find & win Three easy ways to enter. 1. Through our website: www.auroranewspaper.com 2. Fax: 902-765-1717 3. Drop into our office located at 61 School Road (Morfee Annex) ONE ENTRY PER PERSON

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. 1. Who has your choice of 12-24-36? 2. Who is looking for entrepreneurs? 3. Where is every day seniors' day? 4. What is December 31, 2024, the deadline for? 5. Where can you go for lunch May 14? Congratulations to this week's winner MIKE DISLEY

Functional training does it all F&S Centre's dedicated space 'can be for anything'

**Sara White,
Managing editor**

A "one-stop fitness spot" within the 14 Wing Greenwood Fitness and Sports Centre is tailored for the tactical athlete.

The new functional training area combines space and equipment for power lifting, free weights, machines, cross training, pull-ups, full-body squats – "the intention is, this can be for anything," says Sergeant Jonathan Boucher Kovacs.

"This is a functional area to build fitness. There's multiple machines together – a rower, a squat rack, weights. You couldn't do all of that before in one area. There are more possibilities – use your creativity. Instead of getting on a single modality machine, figure it out - what do you want to do?"

"Functional exercise is using the full range of mobility of the body, while increasing full

mobility. Using one machine to isolate a muscle can grow it but you may not be able to use that muscle to do a pull-up: that's functional training. That's a tactical athlete."

Boucher Kovacs is a search and rescue technician, and functional training is core to much of his own physical work. He worked with the 14 Wing Personnel Support Program staff at the Fitness & Sports Centre to plan for the re-created workout space, knowing a number of in-unit gyms around the wing already have functional training spaces and equipment. Functional training space hasn't been available at the base's main gym for military members, or their family or community members.

"We started planning for this in January," says Fitness and Sports manager Matt Gillis. "It was tough to shop for all the new equipment, it



14 Wing Greenwood's Fitness and Sports Centre has put its energy in recent weeks into the creation of a new workout space on the main floor: a functional training area, with a slate of specialized equipment, designed for the tactical athlete – or those looking to create their own workout. From left are F&S Centre staff Jonah Feil, Kyle Wolfer, Tanya Brooks, Matt Gillis, Mackenzie Beattie; and volunteer Sergeant Jonathan Boucher Kovacs.

S. White

all moved in here on six or seven pallets, and then we spent three days figuring it out. We had planned a rough layout, we modified it a bit, and it's now turned out how we envisioned it."

The F&S Centre closed for several days to make the move, shifting cardio equipment from the main floor to

more open spaces along the upper walking/ running track, and even sending three of five old single squat racks out to unit-level gyms. The new equipment includes a six-station rig, adding an extra squat rack capability, and a number of attachments and supporting

gear to enable more integrated workouts within metres.

"We could start posting a workout-of-the-day, and we're working with Wing imaging to do a video walk-through of the functional space, and the other gym spaces, including the powerlifting room, available

cardio equipment and more," says Gillis. "We can show people what we have here for each type of person's personal workout preferences.

"We've already been busy in the space – you can spread out, bring your equipment over and have your own space." →

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Qualifications: You're an entrepreneur or you work with business owners. You're involved in the business community. You live in Kings County. You want to help our communities thrive by supporting small businesses.

To Apply: Email jennifer.nicholls@cbdc.ca for the position description and application form. Applications are due by May 10.

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