



All-CAF refs 'third team out there' in 86th Challenge Cup

Sara White,
Managing editor

The four-man line-up of on-ice officials at the February 1 match between the Royal Military College Paladins and the West Point Black Knights marked their own hockey milestone in the game.

While West Point defeated RMC 3-2 in Kingston, Ontario, in their first game since pre-pandemic 2020, the 86th Challenge Cup; Major Kevin Mitchell, Corporal Andrew Fairweather, Master Corporal Yannick Gagnon and Aviator Aidan Cavanagh were the first ever all-Canadian Armed Forces slate of officials to call the game.

Gagnon, a military cook by trade and production supervisor at 14 Wing Greenwood's Annapolis Café; is the CAF's acting officiating manager. With over 20 years of officiating, he's also in the middle of a four-year term as the CAF Atlantic region's referee-in-chief.

"It was my job to pick the officials for the Challenge Cup," Gagnon says. "I'm always looking at how I can retain and bring people into the officiating world, and I looked at this game. In the past, it's been officiated by retired CAF members, or a

mix of military and Ontario Hockey refs. I went to the RMC coach and told him I wanted all CAF officials. He thought it was great. And, the Ontario officials assignor was fully supportive of what we were trying to do."

Gagnon selected Mitchell, the CAF's referee-in-chief and an air combat systems officer at 17 Wing Winnipeg. Together, they found 20-year-old Cavanagh, an aerospace control operator with 21 Squadron at 22 Wing North Bay, while watching the online CAF Ontario region men's hockey tournament. Fairweather, a material management technician, was picked for what he gives back to the game in Galetown, officiating for everything from U10 to military hockey.

"We were really impressed – Andrew puts in the work; he gives back to the CAF. We really wanted to recognize him and get him to this game."

When a fourth official broke his foot just days before the game, and with Gagnon attending to supervise the officials, "I skated." Gagnon and Cavanagh served as the linespeople, while Mitchell and Fairweather were the game refs.

"We're the third team out



An all-Canadian Armed Forces' officials line-up skated for the 86th Challenge Cup between the RMC Paladins and the West Point Black Knights February 1, including, from left, 22 Wing North Bay's Aviator Aidan Cavanagh, 14 Wing Greenwood's Master Corporal Yannick Gagnon, 5th Canadian Division Support Base Galetown's Corporal Andrew Fairweather and 17 Wing Winnipeg's Major Kevin Mitchell.

Submitted

there so, remember the goal: we wanted our officiating to be solid, second-to-none."

Gagnon says the first period was "intense," including a fight.

"We expected that – it's Canada versus the United States, and it's hockey. The arena had maybe 3,000 people in it, and we saw soldiers from both countries in uniform – and that's nice to see: we may face-off on the ice and this may only be one

game, but we're going to be working together, NATO-focused. Building camaraderie and relationships can grow out of this.

"Our goal was to show the level of officiating you can get from a CAF officiating opportunity. We had great comments, the coaches were coming in to say we were very professional, ethical and we allowed their players to play in a respectful way.

"Mission accomplished." →



14 Wing Greenwood's Master Corporal Yannick Gagnon, the Canadian Armed Forces' acting officiating manager, was a last-minute skater in the all-CAF officials' roster in the February 1 Challenge Cup, between the Royal Military College and West Point military teams.

Submitted



TEXT LISTWITHEXIT TO 85377
to view EXIT's Expert Marketing Suite

HEAVY TOWING
STEVE MORSE
LIGHT ROADSIDE
CAA

- Light Roadside • Heavy Towing • Wheel Lift & Flatbed •

24 HOUR TOWING

SPECIALISTS IN:

- Accidents • Lock Outs • Boosts • Breakdowns •
- Cars • Heavy Haulage • Tractors • Trucks •
- Buses • Baby Barns • RV's • Motor Homes •

www.morsetowing.com
Middleton Cell (902): 825-7026

T M C
TAYLOR
MACLELLAN
COCHRANE
LAWYERS

MAKING SERVICE A MATTER OF PRACTICE SINCE 1835
902.678.6156 KENTVILLE | 902.472.6156 WINDSOR
lawfirm@tmclaw.com | www.tmclaw.com

Easy meal planning: Annapolis Café now takes tap

Sara White, Managing editor

Tap and go your way to a great meal: the Annapolis Café is now able to accept meal payments by credit or debit card.

Through several years of logistics, accounting problem-solving, fluctuations between cash and ration card acceptance and modern technology work – finally, “come one, come all,” says Replenishment Flight Commander Major Matt King.

“You no longer have to pre-plan your meal ahead of time,” he says. “This is a big modernization: a small, convenience for wing personnel – but big for us.”

The café serves three meals a day, seven days a week in its public dining

room. In the most recent couple of years, people had to use a paid-in-advance rations card. This entailed a visit through the café’s back door during work hours to see the rations clerk, making payment, having the rations card with you at every meal, and then re-loading it for further use. Ration cards are still available, but the ability to take Interac, Visa and Mastercard payments is a straightforward way for anyone who’d like to drop in.

“We have a full sandwich bar, three options at every meal, including a vegan/vegetarian meal; Thursday nights are traditionally steak night, and we have fish and chips for Friday lunch,” King says. “We have Red Seal cooks in the

The Annapolis Café follows the Canadian Armed Forces’ national cyclical menu, offering vegetarian, vegan and local options, as well as a full salad bar, sandwich bar, freshly prepared soups, desserts and a variety of beverages.

The café is open three meals a day, seven days a week for military, civilian and public dining. The menu features Thursday supper steak nights, a traditional fish and chips lunch every Friday, and a daily classic breakfast. Payment is accepted via ration cards, Interac, Visa and Mastercard.

Groups of more than 10 wishing to visit the café for lunch or dinner are asked to contact the kitchen (902-765-1494 local 568-5047) in advance to ensure a full complement of hot meals is available.

café, and we have bakers who are making cookies and pastries every day. The quality is there: I go a couple times a week, and not because it’s my work.

“Half the base is right beside the café, and there’s no food service on the operations side – it’ll save you

20 minutes from leaving the base to pick up a meal. Anytime you gather people together over a meal, you can talk shop and it’s casual. The kitchen is the best: they’re proud of their skills, and people should come in and give their food a go.” →



Annapolis Café kitchen assistant Brandon MacPherson accepts lunch payment with the dining hall’s new tap machine: the small addition of Interac, credit and debit card transactions is a big convenience for café guests.

S. White

CP140 Aurora MFATMA upgrades achieve Initial Operational Capability

The CP140 Aurora Multi-Fleet Air Traffic Management Avionics (MFATMA) upgrades have achieved Initial Operational Capability (IOC). The IOC certificate was signed January 9 by the MFATMA project manager, the project director and

the CP140 weapon system manager, marking the first fleet within the MFATMA project to achieve IOC.

This milestone represents the implementation of the Traffic Collision Avoidance System II v7.1 and Low Frequency Un-

derwater Acoustic Beacon capabilities to the CP140 aircraft. The achievement was possible due to years of hard work and dedication from the project team and weapon system manager staff.

The MFATMA project

is upgrading avionics capabilities on eight aircraft fleets: the CC177 Globemaster III, CC144(604) Challenger, CC150 Polarix, CT142 Dash-8, CF188 Hornet, CH147F Chinook, CC138 Twin Otter and the Aurora. The MFATMA project ensures Royal Canadian Air Force aircraft avionics systems remain compliant with new air traffic regulations all over the world. With these upgrades, RCAF fleets may continue to operate safely alongside our allies.

The Multi-Fleet Air Traffic Management Avionics Project is upgrading avionics capabilities on several RCAF fleets, including the CP140 Aurora which upgrades recently achieved Initial Operational Capability in January 2025. →

through shows in 2017 and 2019.



Air Show Atlantic executive director Colin Stephenson, centre, presented appreciation plaques for multi-year support of the air show, including in August 2024, to 14 Wing Greenwood personnel and sections. Wing Commander Colonel Luc Vachon, right, and Wing Chief Warrant Officer Jonathan Proulx, left, welcomed Stephenson to wing headquarters February 20.

S. White

Greenwood ‘stepped up’ for air show

Sara White, Managing editor

Sunday is “pretty laid back,” as Air Show Atlantic’s two-day annual flying weekend hits in stride, says executive director Colin Stephenson.

“The Wednesday, Thursday before a show? Tensions are pretty high and, on an air force wing, you have operations, standards and rules for everything. We recognize what we ask for – and the wing says, ‘Yes, we’ll do it.’”

Stephenson visited 14 Wing Greenwood headquarters February 20 to thank base units and personnel for their support of 2024’s August show, but also the relationship that’s developed

through shows in 2017 and 2019.

“In our shows, we really try and highlight four things: honour, educate, inspire and entertain. Honour, educate and inspire – that resonates with you, the air force; and the veterans and the Greenwood Military Aviation Museum – all people steeped in what’s happened here in Greenwood since the 1940s, and you help us celebrate that.

“Entertain – that’s us: we burn fuel for entertainment. There is a lot of work that goes into that, and it fell on your shoulders.”

Air Show Atlantic has a small army of volunteers that come into the show’s rotating locations year after year to help with site set up, vendors,

communications, ticketing, performers, traffic, special events and more. Stephenson says the team is “amazing,” but, in Greenwood, in particular; the military expertise offered by fire services, air traffic control, security units, meals and accommodations all adds up.

“The public responded. The air show is extremely grateful.”

Stephenson had a stack of plaques as thanks, including one presented to 14 Wing Colonel Luc Vachon, for the entire Defence Team’s support. Other recipients included

-base/ air show liaison Major Dan Conway
-413 (Transport and Rescue) Squadron, which adjusted its search and rescue posture during the show’s presence on base

-14 Operations Support Squadron, involved from early planning days and “tolerant” of the many differences involved in an air show presentation versus military operations

-air traffic control tower personnel, for support for “all our non-standard operations”
-the Greenwood Golf Course, which sits under the air show’s performance space and closes during the event

-14 Mission Support Squadron, Wing Accommodations and the Annapolis Mess for myriad logistics,

food, accommodations and ground supports

-14 Fire Emergency Services

-Commissionaires, for staffing all the temporary access airfield gates

-the Greenwood Military

Aviation Museum, “who are fantastic to us, and we try and bring as much attention to them as we can with our show fans

Vachon thanked Stephenson and the Atlantic Air Show team for its appreciation of

14 Wing’s hospitality, and for “making the wing shine.

“The show went extremely well, it was an outstanding air show and it reflected well on the wing. A lot of good work was done. Greenwood stepped up.” →

Family Pharmacare Enrolment

Time to Renew

The program year begins April 1st. Look for the renewal package in your mailbox soon.

To learn more about the Family Pharmacare program, or to update your information: Call: 1-877-330-0323 Visit: nspharmacare.ca



The Aurora News
CFB Greenwood Aurora News

Useful links | Liens utiles

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

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

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

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

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

Recruiting | Recrutement
forces.ca

VPI | VPI
vpinternational.ca

Managing Editor | Directrice de rédaction
Sara White • 902-765-1494 local/poste 568-5441
auroraeditor@ns.aliantzinc.ca

Business & Advertising | Affaires commerciales et publicité
902-765-1494 local/poste 568-5833
auroramarketing@ns.aliantzinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 568-5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Trudy Simmonds • 902-765-1494 local/poste 568-5440
auroranews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction
Captain Camille MacKenzie Dolphin
902-765-1494 local/poste 568-5101
+W14 Public Affairs@WCcmd PAO@Greenwood

Circulation | Circulation: **4,500 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**
Fax: 902-765-1717

Website | Site Web : **www.auroranewspaper.com**
The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **61 School Road, Morfee Annex**
61 School Road, Annexe Morfee

Mail subscriptions: annual \$65 plus tax, biweekly \$2.71 plus tax.
Abonnements par correspondance: 65 \$ par année plus taxes, aux deux semaines 2,71 \$ plus taxes.

The editorial board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/ or by the editorial board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect those of Staff of the Non Public Funds, the Department of National Defence, the Canadian Armed Forces, the Canadian Forces Morale and Welfare Services or the printers. Published by 14 Wing under the authority of Colonel Luc Vachon, Wing Commander.

Le comité de rédaction se réserve le droit d'éditer, de condenser ou de rejeter des textes ou des publicités pour répondre aux objectifs d'un journal militaire, tel que spécifié dans la politique intérieure des journaux des Forces canadiennes et/ou par le comité de rédaction. Les opinions et les publicités publiées dans le journal Aurora sont celles de l'auteur ou de l'annonceur et ne reflètent pas nécessairement celles du personnel des fonds non publics, du ministère de la Défense nationale, des Forces armées canadiennes, des Services de bien-être et de maintien du moral des Forces canadiennes ou des imprimeurs. Publié par la 14e Escadre sous l'autorité du Colonel Luc Vachon, commandant de l'Escadre.

14 Wing Fitness online work-outs, resources and tips | **PSP Greenwood Community Recreation** online activities, resources and fun | **Annapolis Mess** special events and entertainment | **14 Wing Greenwood Winter Carnival/ 14e Escadre Carnaval d'hiver** annual winter Defence Team fun and challenge events | **14 Wing Greenwood PSP** a wider resource for PSP entities (recreation, fitness, health promotion, news and events) | **MFS Greenwood** resources and programs supporting military members and their families | **14 Wing Greenwood Bowling Centre** centre updates | **14 Wing Aquatics** pool recreation, competitive, training, news | **Greenwood Military Police – Police militaire de Greenwood** safety, security and public information from 24 Military Police Flight | **14 Wing Combined Charities** wing activities in support of our community | **14 Wing Spiritual Resilience Page** hosted by the 14 Wing Chaplains, with spiritual support and resources | **GMAM.ca** follow news and events at the Greenwood Military Aviation Museum | **14 Wing Welcome** schedule of events details | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Health Promotion** tips, program highlights and resources | **14 Wing Greenwood Rec Hockey Club** – youth hockey programs open to military families and community members

Next print Aurora Newspaper:
March 24. Deadline for editorial and advertising content: **March 19**
Prochaine impression du journal d'Aurora :
24 mars. Date limite pour le contenu éditorial et publicitaire : **19 mars**

Still want to serve?

Team Rubicon a military-centric organization that helps people on their 'worst days'

Officer Cadet
Laura Lascelle

"Disaster work starts with friends, family and neighbours," says Team Rubicon Canada's Nova Scotia administrator, Tim McDermott.

"In any large-scale disaster, the first people to respond are always family members, your neighbours, or your friends: your local community. But, it reaches a point where the people who are responding need to have specific skills and training to things safely, and safety is at the heart of what we do. It's one thing to have the desire to run into a burning building, but it's another thing entirely to make sure you have the skills and the equipment to do it - so you get to run back out of that building."

Team Rubicon hopes to establish a "strike team" in the Annapolis Valley, enabling quicker response times.

"It just helps us when something happens to have boots on the ground in the area; it allows us to conduct a rapid damage assessment quicker."

First established in the United States in 2010, Team Rubicon added a Canadian team during the 2016 Fort McMurray wildfires. It has since grown from a team of roughly 100 Canadian members to over 3,000 today, 450 of which reside in Atlantic Canada.

"When the pandemic started, people realized we were going to be going through a significant period where mobility across the country was probably going to be impacted. We really needed to be spread out and establish



Team Rubicon volunteers have stepped in with a career's worth of military skills to help in a number of Nova Scotia – and further afield – emergency response calls, including flood and wildfire clean-up.

a presence across Canada."

The charity has since served in over 100 missions across Canada.

"We harness the potential of military veterans and first responders, and the skills and experience they bring to the disaster sphere, and we bring these people together to help Canadians on their worse days, all while helping veterans to continue their service to Canada. Often times, people transitioning out of the forces, it is a cultural shock to them: you're left with a void in your life. We help people fill that void," says McDermott.

"We provide the mission, we provide that social network around them of likeminded people, and we give them that renewed sense of duty and service to their country and their community."

One of those volunteers, Royal Canadian Air Force veteran Major (retired) Marc Beaulac, has been working with Team Rubicon Canada

out of Kingston since he retired in March 2021, using his experience leading crews as an airframe technician and air navigator.

"Marc is my powerhouse and first responders," says McDermott. "Anything happens in the Valley, he's the first one out the door."

Since joining the team, Beaulac has assisted in over 20 Team Rubicon missions, including working at COVID-19 vaccination sites, participating in sifting operations in wildfire-ravaged Tantallon, and tree clearances in Nova Scotia and Prince Edward Island after Hurricane Fiona. He is also a volunteer mobility leader for the medical team, Team Rubicon International, and has deployed to the United State responding to flooding in Arizona and providing expedient home repairs in Florida after Hurricane Ida.

"I joined to give back to the community, experience new challenges, and use my

skills to teach others," says Beaulac. "Team Rubicon can provide you with a purpose and the opportunity to learn new skills. There is also the camaraderie that comes in working with small teams."

The real motivator for Beaulac, though, is "the good we do in communities and for people on some of their worst days."

While Team Rubicon currently has volunteers like Beaulac serving in the Valley, McDermott says building local numbers would ensure the organization is better established to serve Valley communities.

"A hub in the Valley will allow us to respond faster. If we want to help out a non-profit, or we want to do something to assist the community, logistically having a team located there makes it a lot easier for us."

Not only do Atlantic Canada's Team Rubicon members participate in disaster re-

sponse operations across the Maritimes, including recent responses to the floods in the Halifax Regional Municipality and the blizzard in Cape Breton, they also take part in various local "blue sky" service projects. In June, volunteers helped Windsor's Veteran Farm Project clear winter storm debris: damaged greenhouses, trees on buildings and safety concerns."

Team Rubicon provides diverse training to its volunteers, whether in person, virtually or online. Courses include first aid, incident command systems, chainsaw operation, disaster safety, reconnaissance, mapping and more; ensuring members don't need to be experts to be able to volunteer.

"We started as a veteran-centric organization and we are still a veteran-lead organization, but Team Rubicon is open to everybody," says McDermott. "If somebody has the will, the interest, the desire

to serve their community that way; there's a place for them on Team Rubicon."

While there is always room for "grey shirt" troop members working on scene during disasters, McDermott says there are always opportunities from logistics and planning to marketing and communications - and everything in between.

"For every one person in the field with a chainsaw, picture five people in the background to support them. So, for people who might have mobility issues or other challenges, we're happy to have them on the team because there's a place for them to help us in our organization."

Joining Team Rubicon is easy, with no pressure to commit to a mission once enrolled. Calls for volunteers are sent via email for every mission, and members decide which missions they are capable of supporting. Find out more at team-rubicon.ca. →



Submitted

Veterans: could your cancer be service-related?

If you served in a technical trade that involved regular use of chemicals, or were deployed in Afghanistan and exposed to burn pits, your cancer could be linked to your military service. Veterans with Cancer Inc. encourages veterans who may have been affected by such exposures to consider filing a claim with Veterans Affairs Canada (VAC).

Veterans with Cancer Inc. is a not-for-profit organiza-

tion dedicated to advocating for veterans affected by cancer. The organization's mission is twofold: to raise awareness about the connection between cancer and exposure to toxic chemicals while in military service, and to advocate on behalf of all veterans with cancer to ensure they receive the support and benefits they deserve.

Unlike physical injuries sustained during deployment, a veteran exposed

to toxic substances while in uniform might not experience the effects of that exposure for many years. In some cases, the link between cancer and military service is not immediately obvious, especially when the onset of cancer occurs long after the exposure.

Veterans who sustained a physical injury from a fall, can usually trace the cause of their injury directly to a

specific event. However, with chemical exposure, the long delay between exposure and the appearance of cancer often obscures the connection to military service. Because chemical-related injuries have many equivalents in the civilian population, it can be harder for veterans to recognize their cancer may have been caused by the same chemicals they were exposed to while in the military.

Under Veterans Well-Being

Regulation para 50(g), veterans exposed to environmental hazards during their service are entitled to have their cancer presumed to be service-related, unless there is clear evidence to the contrary. This regulation makes it easier for veterans with cancer to file claims with VAC, but many veterans fail to make a claim because they mistakenly believe the long gap between exposure and diagnosis disqualifies them.

Veterans and their families should take a closer look at whether they might have been exposed to hazardous chemicals during their military careers. If cancer has been diagnosed, consider whether the exposure occurred while in service, as this could entitle you to benefits from Veterans Affairs Canada.

For information, visit veteranswithcancer.com or leave a message at 226-664-1672. →

Museum's Flight Ed Program attendance soars above 10,000

Sophie Saulnier,
Greenwood Military
Aviation Museum Society

What started as a grocery store conversation about flight and Grade 6 school curriculum back in 2002, between a retired 14 Wing Greenwood navigator and a middle school teacher, has now blossomed into something way beyond their imagination.

The results of Lloyd Graham and Connie Weinberg's early collaboration lives on in the 23-year-old Greenwood

Military Aviation Museum's flagship Flight Education Program. Flight Ed now welcomes nearly 500 Grade 6 students each year to teach them about flight, with a hands-on approach.

The museum's Flight Ed volunteers are the backbone of the program, and most have been instructing for more than five years. Take Flight Ed volunteer instructor Bob McElman, a retired CP107 Argus pilot who has been teaching students about ejection seats, torpedoes and flight control

surfaces since 2003. January 16, McElman - and most of this year's cadre of 15 regular and five backup instructors - met to study the changes inside the museum since the previous Flight Ed season ended in May 2024. Most notable are the changes volunteers Bob Johnson and Ian Patrick (director of displays) made in the British Commonwealth Air Training Plan area.

The instructors also took the time to look back on past accomplishments, and to celebrate a big milestone reached after the last regularly scheduled school visit of 2024. June 25, the Flight Education Program total attendance numbers reached over 10,000 students, teachers and escorts. The milestone was achieved with the new addition of the Grade 6 class of Mme Maya Landesman from École Rose-des-Vents in Greenwood. The school, part of the Conseil Scolaire Acadien Provincial, is the first in recent memory to have attended a completely French Flight Education tour. Bilingual instructors Sophie Saulnier and 404 Squadron Master Corporal Jonathan Frederick carried out the tour, which ended, to the delight of the students, with a surprise visit to the airpark's display



Maya Landesman, centre, a Grade 6 teacher at Greenwood's École Rose-des-Vents, with Flight Education Program bilingual instructors Sophie Saulnier, left, and Master Corporal Jonathan Frederick, after her class had a bonus tour of the museum's airpark display Hercules.

Submitted

'Pretty certain' signal find makes for five-minute SAR

Sara White,
Managing editor

"Game-changer" is how Captain Don Foster describes a technological tool now available to 413 (Transport and Rescue) Squadron crews as they leave 14 Wing Greenwood for East Coast search and rescue missions.

The CASSAR (Cellular Airborne Sensor for Search and Rescue) equipment has been in operational use for almost 10 months. February 15, it proved its value in moments.

Re-tasked from a top-cover call west of Corner Brook, where CH149 Cormorant Rescue 901, from 103 (Search and Rescue) Squadron in 9 Wing Gander, had just hoisted 20 crew from the foundering MSC Baltic III; Foster, the

crew commander for CC130 Hercules Rescue 334, had instructions from the Joint Rescue Coordination Centre in Halifax to fly for Cape Breton.

"JRCC gave us the lat and long to head to," Foster says, as the Hercules turned from the Deer Lake coastline for Cape Breton. A ground search was underway in Victoria County for two missing snowmobilers, unaccounted for since February 14 in extreme winter conditions.

CASSAR scans for the specific number and identifier signal for a missing individual's cellphone, turning overhead aircraft into, basically, a cell tower. The CASSAR only works with specific information, and only if a cellphone is on.

"We were at about 20,000

feet, in descent to about 10,000 - looking to fly into the best 'cone' of signal potentially coming from any cellphone below," Foster said. "We wanted, in the early part of the search, to be in as much of that cone beaming upward as possible.

"We started picking up a signal almost immediately."

The Hercules crew immediately started refining its search area around the signal CASSAR was picking up. They were able to send a text to the cellphone, and then try and call the number.

"No response," Foster said. JRCC passed on the coordinates the Hercules had picked up to local searchers.

"The question was asked, 'how certain are you of this?'" Foster says.



Greenwood Military Aviation Museum Society Flight Education Program coordinator Gordon Morse takes a stab at a celebratory cake January 16, at the start of the 2025 Flight Ed visits season, as a group of Flight Ed volunteer instructors – from left, Garry Brown, Bob Johnson, Bob McElman, Rick Lindsay, Marc Allain, Walt Crocker, Bob Amos; mark the June 2024 milestone of having taught more than 10,000 students, teachers and escorts about flight.

Submitted

Hercules aircraft cockpit and cargo area.

The program instructors and current coordinator, Gordon Morse, have recently adapted the program for new Flight Ed visitors, such as an Options & Opportunities (O2) high school class, a home school group and a school for students with learning differences. For 2025, 10 schools are expected to visit the museum spread over 15 individual visits.

To continue offering this very popular program, the GMAM is looking for new instructors to replace the seasoned veteran instructors who are starting to "retire." For those who are passionate about aviation, the Royal Ca-



Bob McElman, a long serving Greenwood Military Aviation Museum Society volunteer Flight Education Program instructor, has been teaching Grade 6 students about the T-Bird Ejection seat since 2003.

Submitted

nadian Air Force and teaching youth, now is the perfect time to join the GMAM as volunteer instructors-in-training. For more info, email dndwing-

museum@bellaliant.com or call 902-765-1494 local 568-5955, Wednesday to Friday. You may also visit www.gmam.ca/fit-ed-1.html →

picked up, still with no response.

"If we'd have had clear weather, I'd have jumped the SAR-Techs down: it would have been perfect if we'd had that signal and gotten those guys down. But - we were above the Highlands, with plenty of rocks and good hills, and we're already hitting 70 knots of turbulence."

A CH149 Cormorant helicopter also returning from the Newfoundland call saw what the Hercules was flying through and didn't approach; Foster abandoned further search efforts shortly afterwards. Ground searchers worked to the coordinates the Hercules had pinpointed: they successfully reached the remaining missing snowmobiler by early afternoon.

The crew kept texting and calling the cellphoning it had

All of the Hercules' efforts on scene took less than half-an-hour: tasked just after 11 a.m.; signal found within five minutes; heading for home by 11:30 a.m.

"The lat and long of what we found was about 11 kilometres away from what the searchers had given us. Asking for any known cellphone number becomes our question number one for JRCC. This is the first time I've seen CASSAR at work on an actual mission, and work out. Before CASSAR, we would basically have been searching lines up and down the whole area, hoping to spot something, maybe, nothing...."

"This was one of the quickest missions I've been on. This capability shrank the search area so decisively - it might have saved a life." →

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



January 30, during a 14 Operation Support Squadron medal ceremony, Chief Warrant Officer Greg Huizinga, right, was presented his chief warrant officer's commissioning scroll by Commanding Officer Lieutenant-Colonel Garrett Milne.



January 30, during a 14 Operation Support Squadron medal ceremony, Aviator Brett Fisher, centre, was promoted to current rank by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 10, Captain Nadine Landry-Hiltz, centre, was recognized as 404 (Long Range Patrol and Training) Squadron Buffalo of the Quarter, presented by Commanding Officer Lieutenant-Colonel Alex Gignac, left, with Master Warrant Officer James Arsenault.



January 28, Lieutenant-Colonel Damon Murray, centre, Deputy Wing Commander Branch; was promoted to current rank by 14 Wing Greenwood Commander Colonel Luc Vachon, left, with Wing Chief Warrant Officer Proulx.



January 30, during a 14 Operation Support Squadron medal ceremony, Master Corporal Doiron, centre, was presented one of 14 Wing Greenwood's RCAF100 commemorative toonies by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, during a 14 Operation Support Squadron medal ceremony, Captain Trevor Porteous, centre, was presented the Canadian Forces Decoration Second Bar by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, during a 14 Operation Support Squadron medal ceremony, Chief Petty Officer Second Class Graham Gosse, centre, was presented the Special Services Medal - Expedition by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, during a 14 Operation Support Squadron medal ceremony, Sergeant Leigh Miller, centre, was presented the Canadian Forces Decoration Second Bar by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, Lieutenant Tarak Mistry, centre, was promoted to current rank by Deputy Wing Commander Branch Lieutenant-Colonel Damon Murray, left, with Chief Warrant Officer Jamie Vallis.



January 30, during a 14 Operation Support Squadron medal ceremony, Corporal Nathan Bezanson, centre, was presented the Special Services Medal - Expedition by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, during a 14 Operation Support Squadron medal ceremony, Master Corporal Lawrence Levangie, centre, was presented the Special Services Medal - Expedition by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



January 30, during a 14 Operation Support Squadron medal ceremony, Master Corporal Chase Thomas, centre, was presented the Special Services Medal - Alert by Commanding Officer Lieutenant-Colonel Garrett Milne, left, with Chief Warrant Officer Greg Huizinga.



December 20, Aviator Thageshan Nirmalachandran, centre, was promoted to the rank of aviator trained by 14 Operations Support Squadron Lieutenant-Colonel Garrett Milne, left, with 14 OSS Chief Warrant Officer Greg Huizinga.



January 30, Captain Gi Kim, centre, was promoted to current rank by Deputy Wing Commander Branch Lieutenant-Colonel Damon Murray, left, with Chief Warrant Officer Jamie Vallis.

Electronics - where do they go?

In Nova Scotia, each person throws away 400 kilograms of garbage every year. Proper waste management at home and here at 14 Wing Greenwood isn't just something you should do, it is an absolute must! Every one of us should be doing everything we can to reduce, reuse, recycle.

Kings County By-Law 109 states electronic products specified by the Province of Nova Scotia are banned from landfill disposal sites. Even our members here at 14 Wing must follow this By-Law. There are many parts of electronics that are recyclable, and that's why the ban is in place. "Recycle my Electronics" is your national, not-for-profit



organization providing trusted, proven program management for electronics recycling across Canada.

If our broken televisions, computers, monitors, stereos, printers, telephones and microwaves don't go in the garbage, where do they go? Have you noticed, when you

buy any of these items, there is a fee listed as EHF? Most things under the umbrella of electronics have what's called an Environmental Handling Fee. This fee is not a tax or a refundable deposit; it is reflective of the cost to recycle the materials contained in each product. It also covers

collection, transportation and responsible recycling of end-of-life products. When you pay the EHF, those funds go to a not-for-profit called the Electronic Products Recycling Association (EPRA), created to encourage responsible recycling.

If you have an iPhone or Android that still works but you no longer need, there are charities that will take them, including CNIB's Phone it Forward Program. If your phone is not modern enough to be accessible to users who are blind, the CNIB sells the phone and the earnings will go to a newer phone that has the capability to help a user who is blind. The CBC posted an



article about donating phones to the unhoused, or those escaping violence. Recycle hair cutting and drying appliances, shavers and alarm clocks. The list goes on and on!

A little research goes a long way: check out recyclemy-electronics.ca/ns/what-can-i-recycle for the full list of items.

Now, where can you take electronics for recycling? There are a few options, and they are all FREE:

Greenwood Recycling Centre, 1070 Central Avenue Beehive, 1119 Station Street, Aylesford

Carleton Bottle Exchange, 11 Prince Street, Lawrencetown Western Management Centre, 343 Elliott Road, Lawrencetown

It could not be any easier. There is no reason we should ever see electronics in a garbage bin at 14 Wing, or in our household waste. We all must be diligent and do our part to make sure that doesn't happen. Remember: it is your responsibility to clear any sensitive or personal data from electronic devices. Consult the manufacturer's website or owner's manual or ask an expert. →

Not all abuse leaves bruises, but all abuse is harmful.

Know the signs and how you can help.

Call 211 to connect or visit [NSDomesticViolence.ca](https://www.nsdv.ca)

NOVA SCOTIA

Atlantic silver for Bombers volleyball

The 2025 Canadian Armed Forces Atlantic region women's volleyball championship wrapped up February 27, with hosts 14 Wing Greenwood finishing in second place, equaling the team's 2024 standing. The Formation Halifax Mariners won the 2025 Atlantic title.

With a 2-2 record through the February 22 to 26 round robin, Greenwood played a strong Halifax team in the final: the Mariners had finished first through the round robin, with a 4-0 record. The 5 Canadian Division Support Base Gagetown Warriors finished in third place, losing 3-1 in the

playoff game that advanced Greenwood into the final. The 14 Wing Greenwood team and athletes showed a lot of improvement in their play throughout the tournament. Through great teamwork and long rallies in the finals, Greenwood pushed Halifax to have to earn each point during the best-of-five sets, making for an entertaining match.

Canadian Armed Forces women's nationals will be held at CFB Borden May 1 to 4. →

Corporal B. Webb-Brown, 14 Wing Imaging
Corporal M. Vandenbroek, 14 Wing Imaging



Ombudsman
National Defence and Canadian Armed Forces / Défense nationale et Forces armées canadiennes

The nomination period for the Liz Hoffman Memorial Commendation is now open.

Nominate a person or group for their efforts to improve the Defence community.

OMBUDS.CA

La période de nomination pour la Mention d'honneur commémorative Liz Hoffman est maintenant ouverte.

Nommez une personne ou un groupe pour leurs efforts en vue d'améliorer la communauté de la Défense.



Physical performance supplements – what you need to know for health, safety

Many Canadian Armed Forces members use supplements, like creatine and proteins, hoping to enhance physical performance or recovery from training. While some promise muscle gain, weight loss, or slower aging; the efficacy and safety of these products is not guaranteed. Even when used correctly, certain supplements may have negative effects on your health.

What you see is not always what you get when buying these products. Misinformation related to products claiming health benefits can be confusing and dangerous. Limited regulation and monitoring of the supplements industry leaves gaps in ensuring safety and truthfulness of claims. Consumers may buy these products online from countries where even fewer regulations exist. Ask yourself a few ques-

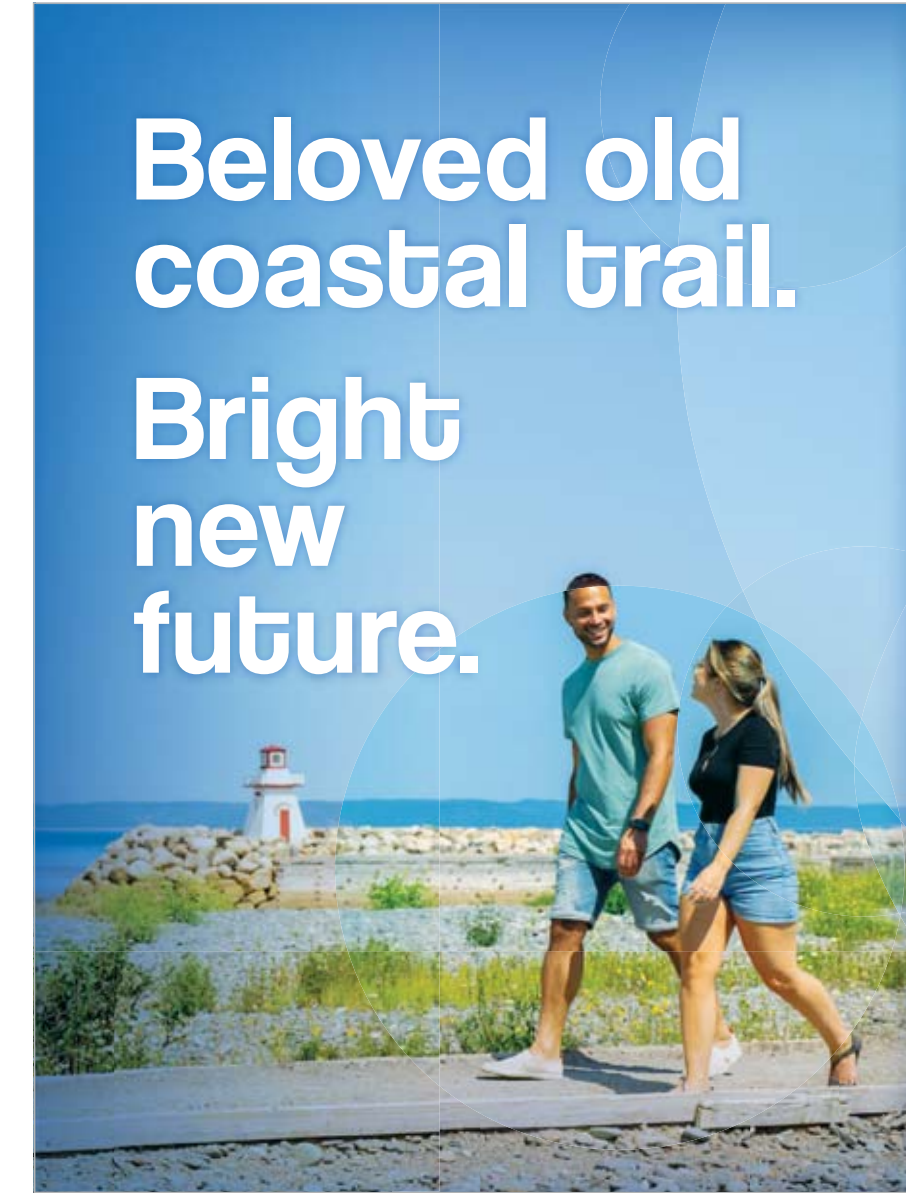
tions about performance enhancers or other supplements:

- is the information from a credible source with professional expertise? Are there good quality/ repeated scientific studies to support the claims?
- is the information or website recent? Does it have a date? Health evidence changes quickly. Generally, information from the last five years is considered recent. Older evidence might still be valid, but might not be fully updated.
- is it promoting a one-size-fits-all solution? Are the claims balanced, or do they seem too good to be true?
- is the source trying to sell a product or service? If so, it is more likely to be biased. Supplements labeled as "natural" may still cause unwanted side effects. Your body may react negatively to

them - especially if you have existing medical conditions. The risk of negative reactions increases when you combine supplements with other supplements, medications, alcohol or other substances. If you take supplements, or have questions about them, don't hesitate to speak with your healthcare provider - especially if you are on medications or have a medical condition. It is important to be careful about what you put into your body.

Remember - athletic performance hinges on three key areas: smart training, good nutrition and adequate rest/recovery. →

Strengthening the Forces is the CAF/ DND's health promotion program, offering expert information, guidance, training, tools, and leadership support to enhance CAF members' health and well-being.



Beloved old coastal trail. Bright new future.

When high winds and storm surge destroyed their local walking trail, the community of Belliveau Cove vowed to restore and protect their beloved community icon from rising tides and other climate change impacts. Nova Scotia's **Sustainable Communities Challenge Fund** provided funding to protect the trail from coastal flooding, erosion and storm surge. Now this coastal community trail is protected so it can be enjoyed by locals for generations to come.

Got an idea to protect the coastline or your coastal community?
Bring it to us. We can help bring it to life.



Sustainable Communities Challenge Fund



Apply for funding today.
nschallengefund.ca

Attention all you beautiful Newfoundlanders & Labradorians living in Nova Scotia and anyone else that would like to support these wonderful children!

Bay St. George Sick Children's Foundation TELETHON - 2025

**Sunday, March 23
Noon until 9:00 p.m., NL**

**Tune into: EASTLINK TV Ch. 10
or youtube.com/@cnafilms2896**
eastlinkcommunityTV



**These down home children need your help.
To make a PLEDGE, call toll free: 1-877-937-3116**

Musicians wanted!

Join the 14 Wing Greenwood volunteer Brass & Reed Band

Are you a trombone or trumpet player looking for an exciting musical opportunity? The 14 Wing Greenwood Brass & Reed Band is seeking students and adults with a working knowledge of the trombone or trumpet to join our volunteer ensemble. Canadian Armed Forces members and community members are welcome, with no audition required and no fees to join. Musicians should have a Grade 3 or 4 (advanced high school) level. Rehearsals are Wednesdays, 7 p.m. to 9 p.m., at the Morfee Centre, School Road, Greenwood. Performances include special events in support of 14 Wing activities, plus community concerts and street parades. Uniforms are provided, and an instrument may be available. This is a fantastic chance to develop your musicianship, perform with a great group of dedicated musicians, and contribute to both military and community events. Interested? For details, contact 14 Wing Bandmaster Warrant Officer Eric Sproul, eric.sproul@forces.gc.ca →

West Nova residents recognized with King Charles III Coronation Medal

Chris d'Entremont, Member of Parliament for West Nova, hosted a February 22 ceremony at the Digby Pines Resort, presenting the King Charles III Coronation Medal members of the constituency.

The Coronation Medal commemorates the May 6, 2023, coronation of His Majesty King Charles III. This distinction recognizes outstanding individuals of all ages and from all walks of life who have made a difference in their communities. Recipients were nominated by people who noticed and have benefited from their dedication to volunteer work, social services and community development; raising the profile of this region and bringing honour to Canada.

Recipients included: Clinton Saulnier, Denise Anne Babin, Cassie Amirault, Curtis Doucet, André Boudreau, Noël Després, Carl Deveau, Crystal Dawn McDormand, Benjamin Cleveland, Angela Rose Cromwell, Joseph Calvin Kent, Wanda Doucette, Robert Baker, George Moody, Donald Hyslop, Watson Armstrong, Eric Meisner, Nancy Price and Alex Morrison. →

March 25-26 Positive Space course dates set

Two-day Positive Space ambassador training sessions help Defence Team members interested in becoming an ambassador, or gaining a greater knowledge of 2SLGBTQI+ history, terminology and issues. The next session will be March 25 and 26 at St. Mark's Chapel annex, beginning at 8:30 a.m. Dress: civilian.

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



12 Wing Imaging/ Submitted

Team effort at '25 women's regionals

The 2025 Canadian Armed Forces Atlantic region women's hockey tournament turned into a true team effort February 11 and 12.

Hosted by 12 Wing Shearwater, the Formation Halifax Mariners, with players from both 12 Wing and CFB

Halifax; and the 14 Wing Greenwood Raiders, with players from both Greenwood and 5th Canadian Division Support Base Gagetown; met for a best-of-three event.

Game one February 11 saw Halifax take a 2-0 lead

in the first period, hold for a 3-2 lead through the second period and take the win with a 4-3 score over Greenwood. Game two February 12, a fluky goal in the first period put Halifax up over Greenwood 1-0. Greenwood worked through the second

period, getting 20 shots on goal to Halifax's 17; the period ended 2-1 for Halifax. The Mariners went up to 3-1 in the third period. Greenwood couldn't take advantage of the first of two four-minute power plays, but did score on the second to get to 3-2,

with 39 seconds left in the game. Halifax scored on an empty Greenwood net in the very last seconds, making it 4-2 and taking the CAF Atlantic title. Greenwood managed 32 shots on goal to Halifax's 22.

Halifax will now represent

the Atlantic region at Canadian Armed Forces women's hockey nationals March 21 to 27 at CFB Trenton. Two 14 Wing athletes have been added to the representative roster: Master Corporal Natasha Philippe and Aviator Brianna Cyr. →

Bombers' basketball ready to host regionals

Sara White, Managing editor

After two weeks of Atlantic region volleyball action, 14 Wing Greenwood now turns its attention to basketball, hosting the 2025 men's hoops championship March 17 to 21.

On the court are the 2024 defending regional – and national – Canadian Armed Forces champions, the 14 Wing Bombers. Joining them are the CFB Halifax Mariners, the 12 Wing Shearwater Flyers and the 5 Canadian Division Support Base Gagetown Warriors. "From the team at nationals last year, two members

were pick-ups and four or five members have since been posted out," says Captain Jon Wilson. Despite a competitive perspective as a CISM-level basketball athlete himself, he's looking at this year's practice and regional process as an opportunity.

"We're re-building, and there's no nationals this year. Our ambition is to re-build, keeping it for nationals next year," Wilson says. "We've had small numbers for our practices through the winter, from a high school player coming out to join us to CISM, but this is all part of Canadian Armed Forces life: there are always changes.

"We'll be going to regionals, and we'll be competing."

Team coach Alyssa DeAdler, 14 Wing's Personnel Support Program sports coordinator, is back with the team: she coached the 2024 national championship team, the first woman to lead a men's team to a CAF title.

With regionals on their home court and with an all-evenings

schedule due to officials' availability, the Bombers are looking forward to seeing fans – including family – come out to cheer them on.

"This is going to be enjoyable – basketball is fun! It's a unique sport, everyone is so different and there's so many ways to play. And, sports in the CAF are meant to be for fun, too." →



S. White

TRUST IS EARNED.

VOTED THE #1 MOST TRUSTED AGENTS IN REAL ESTATE*

2024 RE/MAX® vs. THE INDUSTRY

Choose the brand with outstanding agents, leading brand awareness and an unmatched global presence.

	Canadian Total Transaction Sides ¹	Total Brand Awareness ²	Countries & Territories ³	Offices in Canada ³	Offices Worldwide ³	Agents in Canada ³	Agents Worldwide ³
RE/MAX	280,766	95.3%	110+	956	9,022	25,168	144,835
ROYAL LEPAGE	148,297	85.3%	1	650+	650+	20,000+	20,000+
exp REALTY	40,134	9.1%	24	N/A	N/A	6,795±	90,000
kw KELLER WILLIAMS	28,661	21.3%	59	125±	1,100±	4,600+	189,000+
EXIT	10,133	16.7%	2	45±	N/A	970±	24,000±

N/A = Data not publicly available. This advertisement is not intended to solicit a property already listed or a buyer under contract. *Voted most trusted Real Estate Agency brand by the BrandSpark American Trust Study, years 2022-2024. ¹Canadian Total Transaction Sides for 2023 obtained from third party data and is +/- 1% in major markets. Includes residential transactions only, and does not include commercial, new homes, private, exclusive, pocket, rentals, farms, vacant land, and co-listings. Does not include Yukon and Nunavut due to low reported transactions. ²MMR Strategy Group study of total awareness of real estate brands among buyers, sellers, and those planning to buy or sell. ³Office, agent, and countries and territories data collected March 2024, based on latest available statistics from various sources. Coldwell Banker and Century 21 data is either as reported by Anywhere Real Estate Corporation on SECIO-K, Annual Report for 2023 or from company websites, the Canadian Real Estate Association (CREA) or other industry sources; data for all other competitors is from company websites, CREA and other industry sources. Actual transaction sides, office count, and agent count may differ. RE/MAX office, agent, and countries and territories is internal data as of 12/31/2023. *Data not publicly available. ©2024 RE/MAX, LLC. Each Office Independently Owned and Operated. 24_315



Unstoppable Starts Here

MUNICIPALITY of the COUNTY of KINGS

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

NOTICE TO RESIDENTS

PERSONAL PROPERTY TAX REDUCTION 2025/2026

The Council of the Municipality of the County of Kings directs, by policy, that a reduction be granted for the taxation year 2025/2026 pursuant to Section 69 of the Municipal Government Act, in an amount not exceeding \$580.00; 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 2024, 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 **\$47,000** 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, 2025.

Paula Delorey, Tax Clerk
pdelorey@countyofkings.ca

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

Kingston Legion Br 98 EVENTS

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479
E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Br.98

WEEKLY EVENTS

Saturdays – Meat Draw and Chase the Ace
Sundays – Bingo – 1pm (Doors open at 11am). Everyone is welcome.
Mondays – Monday Night Darts at 7pm
Tuesdays – Tuesday night Darts at 7pm | **Crokinole** – 6:30pm – every 2nd Tuesday
Wednesdays – Veteran's Social – 10am – All Veterans are Welcome. Have a coffee and a snack & meet other Veterans | **Euchre** – 7pm
Thursdays – Thursday Night Darts – 7pm | **Thursday Night Crib** – 7pm
Fridays – Friday Night Darts – 7pm
Foot Clinic Care – Call Heather at 902-300-3559 to book an appt.
OP Vet Build – takes place on the 2nd and 3rd Fridays of the Month – 9am. If you have any questions or you are interested in participating, please send a message or an RSVP to: rcf98.opvetbuild@gmail.com
KASA (Kingston Area Seniors Association) **Fun Days** – Every 2nd and 4th Friday afternoon of the month in the Lounge – Come out and enjoy games, cards, friendly talk and light refreshments – Guests – \$2 drop-in fee.

UPCOMING EVENTS

Kings Co. Seniors' Safety Society Presents Living Alone Academy – A four-week program that will provide skills and information to assist the older adult who is faced with living on his or her own. Mondays, March 17th, 24th, 31st & April 7th – 9:30am to Noon at the Kingston Legion. This program is free, but you must register by calling Trishe Colman at 902-670-0725 by March 13th
Karaoke with Denis – March 21st at 7:30pm in the Lounge – Open to Members and Guests
Spiritual Expo – March 22nd – 10am-3pm – Open to the Public. \$2 (children under 12 free)
Dance – Saturday, March 29th with band, Fisher Kings – 8pm-Midnight – Cost: \$10 per person – All Welcome Find us on facebook

Support the Kingston Legion by buying 50/50 tickets on-line at: www.rafflebox.ca/raffle/crins Remember to select in support of: Kingston Br.98

Legion Calendar Sponsored by

PHARMASAVE 613 Main St. 26 Commercial St. KINGSTON MIDDLETON 902-765-2103 902-825-4822



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 précédant la publication, à moins d'avis contraire.

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

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

Seniors' drum circle
March 13, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve by emailing mindfullymore@gmail.com

Berwick Legion general meeting
March 13, the Berwick Legion executive committee meeting begins at 7 p.m., followed by the general membership meeting at 8 p.m. All Berwick Legion members are encouraged to attend.

Veterans' coffee
March 14, 21, 28, 9 a.m. to

noon; 7Arts in Greenwood hosts a free Veteran's Lodge Buddy Check coffee, open to all Annapolis Valley veterans and serving members. Register by emailing theveteranslodge@gmail.com

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

Breakfast
March 15, 8 a.m. to 10:30 a.m., the Aylesford United Church, 2414 Hwy 1, Aylesford. Freewill offering. Made-from-scratch pancakes, sliced fried ham, breakfast sausages, fluffy scrambled eggs, coffee/tea/juice.

Jam session
March 15, 2 p.m. to 5 p.m., the Berwick Legion (downstairs lounge) hosts a jam session. Bring an instrument, your voice, or just come and listen.

MakerSpace
March 15 and 29, 12:30 p.m. to 3:30 p.m., 7Arts in Greenwood hosts a drop-in MakerSpace. Bring a project to work on, start something new, or purchase one of our kits. Cost starts at \$10. Caregivers free.

Adult art lessons
March 16, 3 p.m. to 4 p.m.; 7Arts in Greenwood hosts adult art lessons. \$35 per class or \$100 for all three. Email info@7Arts.ca to register.

Seniors: living alone workshop series
March 17, 24, 31 and April 7, 9:30 a.m. to noon; the Kings County Seniors' Safety Society presents a four-week program of info for the older adult living on their own, either through divorce, separation or death of a loved one. AT the Kingston Legion. Free, but pre-register with Trishe, 902-670-0725.

Emergency prep meeting
March 18, 2 p.m. to 3 p.m., the Berwick Legion hosts a public meeting with Dan Stovel, the regional emergency management coordinator for Kings County. Come learn about emergency preparedness. You do not need to be a Legion member to attend.

Music jam
March 21, 1 p.m. to 3 p.m., 7Arts in Greenwood hosts a music jam with Maura Edmunds. Bring your own instrument or borrow small drums, shakers and a digital piano! No need to register. By donation (recommended \$10 per person).

Supper
March 22, the Berwick Legion hosts a turkey pot pie supper (includes potato and stuffing topping, roll, coffee, tea, juice, and a chocolatey dessert) in the upstairs Legion hall. Take-out begins at 4:30 p.m. Dine-in is 5 p.m. to 6:30 p.m. Family pricing for eat-in dining only: children

five years and under are free, children 12 years and under will be \$10, adults are \$20. (No take outs for family-friendly pricing.)

Music wellness program
March 22, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Harmony in Motion, wellness through music and creative movement, designed for adults of all abilities. Music, movement, gentle laughter enhances physical, emotional and cognitive health.

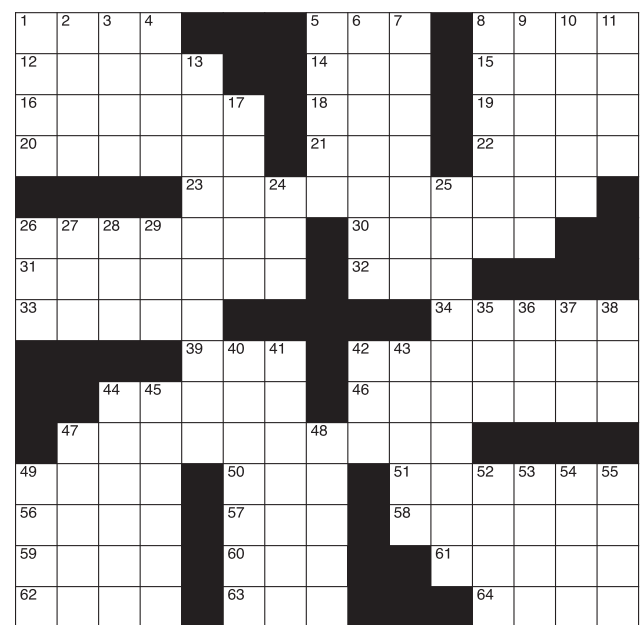
Paint fun
March 23, 1 p.m. to 3:30 p.m., 7Arts in Greenwood hosts paint pouring with Jane Beals. Paint pouring uses paint mixed with a flow medium to create a one-of-a-kind piece using unorthodox tools and 20 colours! No art experience necessary. \$45 for an 11" x 14" canvas. All ages and abilities (children 12 and under must be accompanied by an adult).

Blood donor clinic
March 24, 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m.; and March 25, noon to 3 p.m. and 5 p.m. to 8 p.m.: Canadian Blood Services will hold a blood donor clinic at the Kingston fire hall, 570 Sparky Street, Kingston. New donors and regulars may book an appointment at blood.ca or via the Giveblood app.

Blood donor clinic
March 26, noon to 3 p.m. and 5 p.m. to 8 p.m.: Canadian Blood Services will hold a blood donor clinic at the Berwick Lions hall, 250 Veterans Lane, Berwick (Kings Mutual Century Centre). New donors and regulars may book an appointment at blood.ca or via the Giveblood app.

crossword

solution page 13



- ACROSS**
1. Unsheared sheep
 5. Rock TV channel
 8. Streetcar
 12. Concerning
 14. Expression of recognition
 15. Greek goddess of youth
 16. An iPad is one
 18. Adult beverage
 19. Manning and Wallach are two
 20. Makes a petty verbal attack
 21. Tyrion Lannister's nickname
 22. Pointed ends of pens
 23. Wristwatches
 26. Body part
 30. Made a mistake
 31. Adjusted
 32. Turkish honorific title
 33. Yell
 34. Historic Alabama city
 39. Cub
 42. Type of sea bass dish
 44. To call (archaic)
 46. Unfortunate
 47. Separate oneself from others
 49. Hero sandwiches
 50. Former OSS
 51. Open spaces in a forest
 56. Innermost brain membranes
 57. Fortune
 58. Hunting expedition
 59. Doomed queen Boleyn
 60. Peyton's little brother
 61. Type of wrap
 62. Scottish tax
 63. Soviet Socialist Republic
 64. An increase in price or value
- DOWN**
1. Works of body art
 2. Abba, Israeli politician
 3. A desert in Asia
 4. Eat greedily
 5. Doomed French queen
 6. Beat
 7. One who survives on blood
 8. As a consequence
 9. Counted on
 10. Acquired Brain Injury Behavior Science
 11. Unclean
 13. One who does not drink
 17. Wild ox of the Malay Archipelago
 24. ___ student, learns healing
 25. Bacterial skin infection
 26. Expresses surprise
 27. What one says on a wedding day
 28. Crows
 29. Where you entered the world (abbr.)
 35. Unit of length
 36. Side that is sheltered from the wind
 37. More (Spanish)
 38. Autonomic nervous system
 40. Violent troublemakers, originally in Paris
 41. Statements that something is untrue
 42. Greek alphabet letter
 43. Suspends from above
 44. Popular types of cigars
 45. Girls
 47. U.S. philosopher and logician
 48. Nocturnal hoofed animal
 49. Relaxing spaces
 52. From a distance
 53. Form of Persian
 54. Amounts of time
 55. Trigonometric function

crossword brought to you compliments of

McDonald's
954 Central Avenue
Greenwood
902-765-6381

horoscopes

ARIES - Mar 21/Apr 20

Aries, you are in a leadership position this week, whether you realize it or not. Your confidence may inspire others to follow your lead. Just be sure not to micromanage.

TAURUS - Apr 21/May 21
Taurus, stability is important to you. This week you may find yourself craving a deeper connection. Explore the different types of relationships in your life and make a plan.

GEMINI - May 22/June 21
This is an excellent week for networking and making new friends, Gemini. Just be careful of overcommitting, as it's easy to fill up your plate with too much to handle.

CANCER - June 22/July 22
Cancer, you might be craving an emotional connection this week. You may feel drawn to someone who shares your values and outlook. Pay attention to signs that may guide you.

LEO - Jul 23/Aug 23
Now is the perfect time to push forward with creative projects or ideas at work, Leo. You might receive recognition for your efforts, so don't worry about the spotlight if it happens.

VIRGO - Aug 24/Sept 22
Don't lose sight of the bigger picture, Virgo. For too much time you have focused on the small details that are getting in the way of the bigger plan. A mentor might offer guidance.

LIBRA - Sept 23/Oct 23

Libra, you and your partner might come up with plans to improve your living situation or finances this week. Collaboration is really the best way to tackle this.

SCORPIO - Oct 24/Nov 22
Scorpio, a transformation could take place this week. You might feel like stepping into a new version of yourself and figuring out the best path to personal growth.

SAGITTARIUS - Nov 23/Dec 21
Stay focused on what matters most, Sagittarius. You will find that most things will fall into place. Prioritize your health and finances this week.

CAPRICORN - Dec 22/Jan 20
Capricorn, with so much creativity flowing, you might want to express yourself through hobbies or an art project. Approach challenges in new ways and the solutions will come.

AQUARIUS - Jan 21/Feb 18
Aquarius, you might find yourself taking a step back at work to focus on personal matters. This doesn't mean you are slacking off. It just means you need to shift priorities for a bit.

PISCES - Feb 19/Mar 20
Avoid any miscommunications by expressing yourself clearly and concisely, Pisces. Focus on strengthening your communication and connection with others in the days to come.

sudoku

solution page 13

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

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!

Food for Thought from the Upper Room Food Bank

We are back. We have been absent for a bit from this column due to several issues, but we are back and will follow the new publishing cycle more closely.

During January, the Upper Room Food Bank in Kingston served 181 families, consisting of 323 adults and 223 children, with 11,403 pounds of product going out and 13,438 pounds coming in. The incoming total includes 2,900 pounds from the Feed Nova Scotia network, and 3,402 pounds bought with local cash donations. The rest is from local food bank sharing and donations, including regular arrangements with local businesses.

Clients needing service must call ahead to arrange an appointment during normal operating hours. If calling outside of food bank office hours, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers is allowed in the building. This process limits personal contact, while also reducing waiting time for clients.

Please make every effort to call our office early to arrange your appointment. Volunteers will do their best to help last-minute drop-ins during open hours, but you should come early, be prepared to wait, and they will fit you in where they can. Understand that volunteers may also leave early when there are no more appointments or clients waiting, but they don't want to miss anyone in need either. If you can't make your scheduled appointment, call the office.

The Facebook page is a spot for notices, statistics and to be able to answer quick questions, keeping the

crossword solution

T	E	G	O		M	T	V		T	R	A	M	
A	B	O	U	T	A	H	A		H	E	B	E	
T	A	B	L	E	T	R	U	M	E	L	I	S	
S	N	I	P	E	S	T	M	P	I	N	I	B	S
H	I	P	O	N	E	R	E	V	E	D			
A	D	A	P	T	E	D							
H	O	L	L	A					S	E	L	M	A
			L	A	D		S	H	I	L	E	A	N
			C	L	E	P	H	A	P	L	E	S	S
Q	U	A	R	A	N	T	I	N	E				
S	U	B	S		C	I	A		O	L	A	D	E
P	I	A	S		H	A	P		L	A	F	A	R
A	N	N	E		E	L	I		S	A	R	A	N
S	E	S	S		S	S	A		R	I	S	E	

GREG BANKS AUTO SALVAGE & TOWING

We buy scrap metal
We have scales to buy: Scrap metal, derelict vehicles, copper, brass, aluminum & batteries
Turn your old washers & dryers etc...into cash money \$\$\$
841 Vault Road, Melvern Square
902-765-0974 or 902-760-1525 cell
Weekdays 8 a.m. to 5 p.m. Saturdays 8 a.m. to 12

sudoku solution

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

classifieds

Classified advertisements, 35 words or less, are \$10 tax included. Additional words are 10 cents each, plus tax. Bold text \$11, tax included.

Classified advertising must be booked and prepaid by 9 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 568-5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.alianzinc.ca or fax 902-765-1717.

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

inluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 568-5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.alianzinc.ca ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 568-5833, ou un courriel à auroramarketing@ns.alianzinc.ca.

DUPLEX FOR RENT

RETIREMENT DUPLEX - Available now. Two bedroom, one bath, open concept duplex with garage. Paved driveway, front and back patio deck. In floor heating, new heat pump, town water, so if power

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

Les annonces classées doivent être réservées et payées à l'avance avant 9 h, le mercredi précédant la publication. Les modes de paiement acceptés

Hardwood, \$330 a cord
Softwood, \$310 a cord
Cut, Split, Delivered
Ph: 902-825-6424

Orders over the phone, by email or directly on our website

- Low minimum delivery
- Interest free budget plans
- Automatic delivery available
- Many payment options to choose from
- Cash, credit card, debit
- Pre-authorized payments
- Interac email money transfers
- Online banking

Windsor 902 798-0004
Waterville 902 538-0677
Bridgetown 902 665-5293
sales@sullivanfuels.ca | www.sullivanfuels.ca

the Aurora find & win

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

ONE ENTRY PER PERSON

Full name _____ Phone number _____

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

1. What does Valley Podiatric want?
2. Who will you reach if you text 85377?
3. When is the Kingston spiritual expo?
4. Who will you find at 1878 Torbrook Road?
5. Call 1-877-937-3116 and make a _____

Congratulations to this week's winner: TARA LASSETER

goes out you still have water. Snow removal and lawn care included. Transit available at end of street. Centrally located between Greenwood and Kingston. Phone 902-765-0339. (4605-2tpb)

COMMERCIAL SPACE - Great location directly across from the Greenwood Mall, 1,500 sq. ft., 976 Central Avenue, Greenwood. Available immediately. Snow removal included, call 902-765-0339. (4605-2tpb)

FLEA MARKET

SOMETHING FOR EVERYONE INDOOR FLEA MARKET - 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Open Saturday and Sunday, 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children

under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock hummingbird carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Thank you. (4605-4tpb)

APARTMENT FOR RENT

FOR RENT - Kingston Lincoln Shire Apartments - two bedroom, two appliances starting at \$1100-1175 per month plus utilities. Available Now or March 1st. Please call 902-840-0683 or visit our website at www.bandnproperties.ca and apply online. (4605-1tp)

Paper carriers needed

Route #10 - East Bridge Street

Elm, Foster & Lincoln Streets, Elizabeth Avenue, Pine Road, Westwood Drive and McMaster Crescent.

156 papers • Available now

Route #14 - Robie Route

Brittany, Robie and Tufts Avenues, Maggie Drive and William Street,

100 papers approx. • Available now

Route #22 - Fales River Subdivision

All streets East of Catalina Lane and the East side of Catalina Lane. Pine, Carol & Beaver Streets, Oak Avenue, Dalmatian, Fales River & Argus Drives to Catalina Lane.

135 papers approx. • Available now

Route #15 - Ravenwood Park East

Douglas and Katelyn Streets, Matthews Lane, Phillips Avenue, Julie and Acadia Drives from Julie Drive to Old French Road, Old Brook Road, Balsar Drive from baseball field to Old Brook Road

135 papers • Available now

902-765-1494 local 5440
auroranewspaper.com



the Aurora



AYLESFORD & DISTRICT LIONS CLUB

2160 Hwy 1, Aylesford
Starts 7:00 pm Friday

902-847-9374



Bombers return to men's volleyball regionals

Sara White, Managing editor

The 14 Wing Greenwood Fitness and Sports Centre saw the return of the base's own men's volleyball team February 19 to 21, hosting the Atlantic region championship.

The Bombers entered their first men's team since 2020, joined on the court by the 12 Wing Shearwater Flyers, the CFB Halifax Mariners and the 5th Canadian Division Support Base Gagetown Warriors.

"We 100 per cent learned a lot," says Aviator Dave Lubin, who lead the effort to rejuvenate the team and acted as team coach through the winter building process.

"With the notice we had for the tournament, I'm pretty happy with how we proactively played and came together as a unit at regionals. We improved a lot, from even the start to the end of regionals: what to do, where to be, positions. I thought we were close to Gagetown, and Halifax winning – the best team

did win the tournament." Canadian Armed Forces men's volleyball nationals will be held April 26 to 29 in Borden. Halifax has picked up Lubin for its roster.

"I'm excited to go to nationals – a good friend of mine from Halifax is on the team, and I haven't played with him in a while."

"Thank you very much for taking part in this tournament," said Lieutenant-Colonel Shawn McGeown, congratulating everyone at the regional final awards presentation. "Sports is a great opportunity to come together as a team, but remember to encourage other people into your sports as well. This week it's folks you play with on a regular basis, but get people out with you all year."

Halifax won the title in a best-of-five match (25-24, 21-25, 28-26, 25-13) against Gagetown. Lieutenant-Commander Blake McClelland from CFB Halifax was named tournament MVP.

Through the round robin,



Gagetown beat Greenwood in game one (21-25, 25-18, 15-9), Halifax beat Shearwater in game two (25-13, 25-9), Halifax beat Gagetown in game three (25-21, 25-23), Greenwood beat Shearwater in game four (25-12, 25-16), Halifax beat Greenwood in game five (25-17, 25-12) and Gagetown beat Shearwater in game six (25-18, 25-13).

Halifax, first through the round robin, won the first best-of-five semi-final over Shearwater, fourth through the round robin (25-15, 25-16, 25-14). In the evening's second semi, Gagetown defeated Greenwood (25-12, 25-18, 25-16) to earn the second spot in the final. →



The 14 Wing Greenwood Bombers were back at the 2025 Atlantic men's volleyball championship, the first team to play since 2020. Greenwood hosted the tournament February 19 to 21. Corporal B. Webb-Brown, 14 Wing Imaging

Kingston/ Greenwood hall of fame looking to capture community sports heritage

Sara White, Managing editor

Name one, and you may soon be rattling off a list of people, teams and athletic achievements from the Kingston and Greenwood area over the last 100-plus years.

The new Kingston Greenwood Sports Hall of Fame is getting set to capture that sports history, accepting nominations now for its inaugural induction event in October.

"We played a lot of sports; we had success at all levels; and we competed," says hall of fame committee volunteer Don Rawding, himself a past hockey, baseball, track and football athlete from the area. "We've had a lot of people do a lot of great things – they may be recognized elsewhere, but they played here."

Former athletes and coach-

es, and now hall of fame volunteers Don Hyslop, known for his in-depth knowledge of the Boston Red Sox; and Leo Glavine, with a string of 13 four-season years' coaching; are no slouches listing athletes with Kingston and Greenwood roots: NHLers who skated with Greenwood Minor Hockey, baseball players who helped win the NATO Cup; provincial championship-winning football, lawn bowling and hockey teams; track and field athletes; repeat men's and women's provincial golf title holders....

"Kingston and Greenwood have a pretty rich sports history," says Glavine. "There are lots of well-recognized and well-known names – but there's also a past and a history before us."

Hyslop says, as CFB Greenwood established itself in the 1940s, military sports

achievements also start adding up – and, the community benefited, too, as military members and spouses played, coached and organized programs; and military children rounded out rosters.

"Except for baseball," says Rawding. "The block leave in the summer, when entire squadrons' members would be gone with their families to places not in Nova Scotia. The coaches and kids would often be gone at big season times!"

Word of mouth, newspaper archive digging, rooting through shared scrapbooks and tracking down former teammates is already turning up a wealth of heritage, Hyslop says.

"I'm certainly enjoying my time with the hall of fame so far, and having some really good conversations with people near and far.

Nominations for athletes, teams, coaches, builders and special category recognition are now being accepted, and the hall of fame committee is hoping nominations include as much information as possible, including any photographs and other memorabilia that may help them select the first inductees. If a nomination is selected, induction will take place at an October 25 awards event. Nominations not chosen will remain on file for later development and potential consideration.

The nomination form is online (kingstonnovascotia.ca) or available from the Kingston and Greenwood village offices. The nomination deadline is March 31. Follow Kingston Greenwood Hall of fame happenings on Facebook @ Kingston Greenwood Hall of Fame. →



Leo Glavine, left, and Don Hyslop root through The Aurora Newspaper's archives, looking for sports news to round out some early Kingston Greenwood Sports Hall of Fame nominations. The hall of fame's inaugural induction will be October 25, with nominations for athletes, teams, coaches, builders and any special recognitions due by March 31. S. White

Quick QR link to a great workout

Sara White, Managing editor

Row upon row of equipment set out in 14 Wing Greenwood's Fitness and Sports Centre ensures a great work-out – if you know how to use it all.

Personnel Support Program staff at the F&S Centre have recently launched a "how-to" set of videos, easily accessible from QR codes on an initial 20 selectorized pieces of equipment in the cardio room. The videos, detailing rear delt flies, seated divergent row, incline chest press machines and more; are catalogued at cfmws.ca/greenwood/facilities/14-wing-fitness-sports-centre/cardio-room.

"Each video would be one of our fitness instructors



Kyle Wolfer, the Personnel Support Program military fitness coordinator at 14 Wing Greenwood's Fitness and Sports Centre, uses his phone to get a handy video lesson on available gym equipment. Staff have developed video demos on several dozen pieces of equipment, meant to help gym users make them work for their workout. S. White

showing how to approach a machine, adjust the seat or weights, or anything

else that needs adjusting," says Kyle Wolfer, the PSP military fitness coordinator.

"Then, they'll sit on the machine and do a couple reps to show you how it's done.

"It makes it easier – and safer – for people to use the equipment."

Some of the equipment comes with manufacturers' QR codes and videos, but the Greenwood PSP staff want to personalize F&S Centre visitors' experience, highlight the equipment available here, and be sure to identify the PSP logo on staff clothing, so people could approach them with any other questions.

"The longer term goal is to develop something like a 30-minute circuit, using the QR codes, videos and equipment; so people can follow a full-body workout."

Wolfer reminds F&S Centre visitors the centre itself is a no photo or video

space, respecting other visitors' privacy. When using the QR codes, put the code in your phone's view and little to nothing else; a photo is not required to make use of the system: only the camera app needs to be open. →

Online video library: <https://cfmws.ca/greenwood/facilities/14-wing-fitness-sports-centre/cardio-room>

Meadowvale Self Storage+

Units 10'x15' & 10'x5'
Security monitored
Owners on site
902-825-9369

CHRIS PALMER
MLA, Kings West

902-375-2554
Toll free 1-888-701-2554

195 Cottage Street
Berwick, NS B0P 1E0
Hours 9 a.m. to noon and 1 p.m. to 4 p.m., Monday to Friday
chrispalmermla@gmail.com

Let's Sell with Success & Buy with Confidence

MANDY COYLE
902.321.1495
mrsmandycoyle@hotmail.com
View our Expert Marketing Suite now
Text LISTWITHEXIT to 85377

EXIT
EXIT REALTY TOWN & COUNTRY callexit.ca

771 CENTRAL AVENUE, GREENWOOD, NS B0P 1N0 | 902.765.3505

fix AUTO COLLISION

Fix Auto Middleton
Autobody collision work

902-242-2119
1878 Torbrook Road

Now part of Canada's #1 CONSUMER BRAND in collision repair!

fixauto.com @Fix Auto Middleton

VENDOR PARTNERS

Simply show your CF1 card at time of purchase. Some conditions do apply. Visit canex Greenwood for details.

Monday to Friday 9 a.m. - 6 p.m.
Saturday 10 a.m. - 5 p.m.
Sunday - Closed

14 Wing Greenwood 902-765-6994 canex.ca

Brown's Auto Service - Kingston
Family First Medical - New Minas
Andy's Tire - Kingston
Invisible Fence Brand - Hantsport
Nova Doors and Windows - Coldbrook
OK Tire - Greenwood
Valley River Heat Pumps - Middleton

Chris d'Entremont
Member of Parliament for West Nova/Député - Nova-Ouest

Open Mondays, Tuesdays, Wednesdays and Thursdays 10 a.m. - 4 p.m.

Kingston Office
778 Main Street, Kingston, NS B0P 1R0
902-242-3605

1-866-280-5302 (Toll free/ Sans frais); chris.dentremont@parl.gc.ca

Valley Podiatric Medical Centre

Foot Care Nurse Wanted
Well qualified foot care nurse wanted to join our team.

Long established Podiatric Medical Centre has an opportunity available for suitable candidate. Please contact footcare@ns.aliantzinc.ca or telephone 902-765-3668 to discuss.

NSW LAW FIRM **NATHANSON SEAMAN WATT'S**
ADVICE • ANSWERS • RESULTS

We look forward to serving your legal needs, wherever you need us

811 Central Avenue, Greenwood, NS B0P 1N0
902.765.4992
nswgreenwood@24webster.com

We are registered as a Third Party Service Provider through BGRS for Military and RCMP relocations.

No Interest Credit Plan **NO MONEY DOWN**

Your choice of 12 • 24 • 36 month terms

NOT EVEN THE TAXES!
O.A.C. **CANEX**



Donations add up

The Greenwood Health Auxiliary recently made a donation of \$500 to the Kingston Lions Club's health and welfare program, from funds raised through community support of the auxiliary's Opportunity Shop in the Greenwood Mall. Pictured are Mary Osmond, president of the Greenwood Health Auxiliary, and Lion Kim Pollard, chairperson of the health and welfare program.

Submitted

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 568-5341, or drop in to the Church Street offices weekdays.

Tuesdays, 6 p.m. to 8 p.m. - Family Drop in Night (open facility). \$5+HST without PSP Plan/ free with PSP Plan.

March 17, 6 p.m. to 7:30 p.m. - Kids Club: Shamrock shakes and friendship bracelets \$8+HST without PSP Plan/ \$5+HST with PSP Plan.

March 21, 5:30 p.m. to 7:30 p.m. - YTGIF: movie night and chocolate fondue. \$8+HST without PSP Plan/ \$5+HST with PSP Plan.

March 24, 6 p.m. to 7:30 p.m. - Kids Club: NERF Night BYOG (bring your own gun). \$5+HST without PSP Plan/ free with PSP Plan.

March 26, 4:30 p.m. to 6:30 p.m. - Feed your Mind youth cooking class -Tacos. \$20+HST without PSP Plan/ \$15+HST with PSP Plan.

March 28, 5:30 p.m. to 7:30 p.m. - YTGIF: laser tag and pizza. \$8+HST without PSP Plan/ \$5+HST with PSP Plan.

March 31, 6 p.m. to 7:30 p.m. - Kids Club: fort making night and Gagaball. \$5+HST without PSP Plan/ free with PSP Plan. →

When it's time to put your ears in the best hands.

With a 30-day before you buy trial, you can experience better hearing instantly. Reconnect with loved ones, and engage with all the things you love to do. Why wait, try it for yourself!

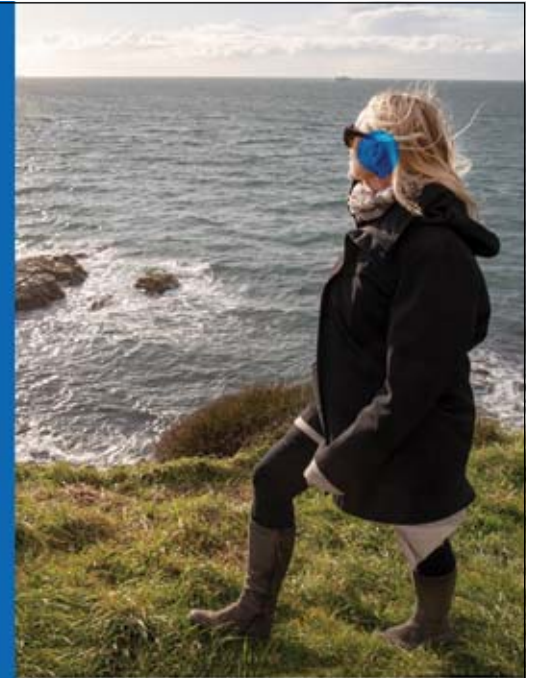
Call to book your free 30 day trial.

1-888-425-5494

New Minas
9129 Commercial Street

Kingston
1540 Bridge Street

hearinginstitute.ca



Proudly serving the Valley communities!



part of **HearingLife**

Keep being you Love your ears



When you need healthcare in Nova Scotia, you have options at your fingertips and right here in your community.

Get secure access to healthcare services and more with **YourHealthNS**.

- Access to your Nova Scotia health record
- Community Pharmacy Primary Care clinics
- Mobile Primary Care clinics
- Urgent Treatment Centres
- VirtualCareNS

Let us help you get the care you need. Download the app or visit YourHealthNS.ca.

