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# Five kids under five: how this SAR spouse handles the unpredictable

Holly Bridges

There are supermoms. And then there are military supermoms.

On any given day, Kelly-Lynn Nicole, mom of five kids under five, including triplets; never quite knows what to expect. One day her husband might be at home with the family or at work; another day, he's off flying potentially dangerous search and rescue missions with little more than 30 minutes' notice.

"A lot of people are amazed at how my spouse has to drop everything the minute he gets a call to go to a rescue. They are amazed at the missions he does," says Kelly-Lynn, whose husband is a flight engineer with 413 (Transport and Rescue) Squadron in 14 Wing Greenwood. "They can't get over the fact that he could be gone for days for a mission with such short notice. At the drop of a hat, I'm left



**Kelly-Lynn Nicole holds the fort at home as a Royal Canadian Air Force search and rescue member's spouse, an "Invisible Crew Member" with a role to play in every mission.**

to hold down the fort."

Such is life in search and rescue, one of the most unpredictable and inherently dangerous battle rhythms in the Canadian Armed Forces and the Royal Canadian Air Force.

"Missions can happen at any given time. They hap-

pen in the middle of dinner, grocery shopping, family get-togethers, the middle of the night and most happen in bad weather and dangerous conditions. As a super woman as some may see me, I am only human and, of course, I can get extremely worried."

Kelly-Lynn, a "base brat" whose father served in the RCAF, says worrying is probably her biggest challenge. She and her husband lost friends in the 2006 crash of a CH149 Cormorant in Nova Scotia, which often weighs heavily.

"SAR isn't exactly a walk in the park," says Kelly-Lynn. "In better (weather) conditions, it could be a longer search mission with no telling when they will return. It's hard to not have my other half home with me. We love our time together as a family. So,

Continued on page 2...



**Kelly-Lynn Nicole and Corporal Dan Domonkos make family life a priority, despite the unpredictable blend of his work as a search and rescue crew member, their five children and life in a military environment of moves and change.** Submitted



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# Five kids under five...

...cover when the schedule changes and we have to change or reshuffle plans, it's hard."

Kelly-Lynn credits a consistent, yet flexible, family routine with predictable nap times, "me time" with girlfriends (pre-pandemic) and "seize the moment" type of outings with her family during days off as ways of coping. Kelly-Lynn also has family in nearby PEI and New Brunswick to fall back on.

"Down time can also be a nice van ride in an afternoon when all the kids fall asleep. My husband and I will have a hot coffee or pit stop to local breweries or wineries to pick up a few treats for the evening.

"I do enjoy a hot shower, Netflix, snacks and a drink at home just fine. It won't always be this way, so we see this as a blessing and an adventure - with plenty of time down the road with more time for us. For now, I'm happy to be needed."

The RCAF recognizes the immense sacrifices and contributions made by spouses like Kelly-Lynn, referring to them as "Invisible Crew Members," without whose support the RCAF simply could not operate. Kelly-

Lynn is proud to contribute in her own way to the RCAF mission.

"I don't do an actual RCAF job, but I am my husband's biggest fan, study buddy, his rock and stability. Being a stay-at-home mom at the moment means he doesn't need to worry when he gets a call. He can just go."

Kelly-Lynn's husband, Corporal Dan Domonkos, says a lot of people would be amazed at the sacrifices made by military spouses, and adds "she makes it so I don't need to worry and I can focus on missions and my job."

"I would like to thank my beautiful wife for always being by my side and supporting me with everything! I couldn't do this alone and appreciate everything (she) has done for me and our little family!"

Although Kelly-Lynn finds it hard to ask for help, she says it would be nice if others in the military community could know somehow when SAR spouses are alone, unlike Army and Navy spouses whose community support systems are fairly established during predictable and longer deployments.

"SAR spouses deal with instant, mini, local deployments. We don't know when



Corporal Dan Domonkos is a flight engineer with 413 (Transport and Rescue) Squadron at 14 Wing Greenwood. He credits his wife, Kelly-Lynn Nicole, for her support of his work responsibilities: "I couldn't do this alone!"

the call will come in; and when they leave, we don't know when they might return - and if they will. It would be nice for others to have a better understanding of our lifestyle.

"We need a community, a village, something to reassure SAR spouses there

are people they can count on when they need help the most. Kindness, company and conversation. When our husbands are away or during the most stressful times, a simple tea and treats dropped off for the kids, a friend that pops by with a ready-made meal to drop in and break up

the day or help with bedtime routine would be great."

Still, Kelly-Lynn wouldn't change things for the world. "It's an adventure and we like to travel. I've grown up with this lifestyle, and I think it's really what you make of it. It's really the only life I've known, and it's been a

rewarding one thus far. I can pass down what I know of to my children. They will have each other through moves, learn to adapt to new surroundings and keep an open mind to new possibilities. Plus, you make friends everywhere you go. It can really be a positive lifestyle." →



# 14 AMS lends helping hands on Earth Day 2021

Corporal E.A. Simmons, 14 Air Maintenance Squadron

April 22, Earth Day, a local group of volunteers under the title "The Clean-up Project" enlisted the help of 14 Air Maintenance Squadron personnel to help clean the garbage off the Bay of Fundy shores in Port George.

The Clean Up Project is not affiliated with Department of National Defence, but led by community volunteer Corporal Edward (Eddie) Simmons. Its mission is to recruit volunteers to execute large clean-up projects focused on the Bay of Fundy shoreline. Two other group projects - the Crystal Falls Bus Project and

the McMaster Mill Project - are currently on hold due to the more dire situation along the coastline. If you follow The Clean Up Project's social media, you will see volunteers are currently working on a coastal waterfall in Port George, removing 54 bags of waste thus far, in addition to a plethora of fishing containers and buckets. You will also see this coastal waterfall is not the only waterfall polluted to this extent.

Recognizing an opportunity to enlist the help of 14 AMS, the group lead turned to Commanding Officer Lieutenant-Colonel Cory Marchand and Chief Warrant Officer Kevin Wezenbeek for help and were not disappointed when they

responded with a large group of squadron volunteers.

"I am grateful to be part of a squadron that is willing to go out and put their community first on such an important day, and I am looking forward to further clean-up efforts," said Simmons.

The volunteers took to the shores April 22 with enthusiasm, collecting rope after rope, lobster band after lobster band, and even collecting a few smashed fishing industry containers. The total count was 41 bags of waste (totaling in 573lbs or 260kg) collected in just the one hour the volunteers worked.

"It is great to see the leadership and dedication demonstrated by Corporal Simmons



toward improving our environment and local community," said Marchand. "His passion to make the world a better place is infectious, and we were happy to participate as a squadron on this year's Earth Day."

This puts The Clean Up Project at over 100 bags of waste

collected in 2021 - so far, which they will weigh and contribute to collective statistics with Scotian Shores and other clean up groups such as Tidy Beaches and The Friends of the Scot's Bay Salt Marshes. These groups have collected nearly 25,000 lbs of waste in the past eight months, and

are only gaining momentum. While The Clean Up Project volunteers have been participating at the events held by the other groups, they have yet to add their statistics in. The clean-up with 14 AMS will no doubt be a valuable addition to the ongoing effort to clean our coast lines. →

The Aurora News

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Site Web de l'Aviation royale canadienne  
[www.rcf-arc.forces.gc.ca](http://www.rcf-arc.forces.gc.ca)

**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
[www.cafconnection.ca](http://www.cafconnection.ca)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/en/14-wing/index.page](http://www.airforce.forces.gc.ca/en/14-wing/index.page)

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### Trois trucs pour profiter à fond de votre barbecue

(EN) Comme la température se réchauffe et que le soleil nous promet l'éclat de ses rayons, il est temps de ressortir votre tablier et de penser à ces petits plats savoureux, sucrés et fumés pour le barbecue.

Alors qu'il est important de profiter de chaque jour de la belle saison avec son barbecue, il est tout aussi essentiel de savoir comment tirer parti de tous ses avantages. Si vous planifiez une saison de barbecue pleine de plats délicieux et de ventres pleins, suivez ces trucs avisés :

**Nettoyage printanier** - Que votre barbecue soit neuf ou qu'il s'agisse de

celui que vous possédez déjà, pour la sécurité et la saveur des aliments, il est essentiel de bien nettoyer la grille. Il n'y a rien de pire qu'un incendie attribuable à l'accumulation de graisse et de débris, et vous ne voulez certainement pas ruiner vos recettes à cause de cela.

Nettoyez la grille de votre barbecue avant la première utilisation pour assurer la saveur de vos aliments et éviter un arrière-goût. De plus, n'hésitez pas à troquer votre vieille brosse à poils métalliques pour une spatule afin que vos convives n'avalent pas de débris.

**Choisissez le barbecue qui vous convient** - On



ne devient pas maître du barbecue seulement grâce à son équipement. Entre

les barbecues au gaz, au propane, au charbon et aux granules, les options

réaliser des chefs-d'oeuvre culinaires, vous ne pouvez pas vous tromper en optant pour le barbecue à granules Ironwood Series 885 Pellet de Traeger. Non seulement il a été conçu pour que vous cuisiniez des plats savoureux avec un minimum d'efforts, mais son application intelligente intégrée vous permet de surveiller vos aliments pendant que vous effectuez d'autres tâches autour de la maison.

**Sachez tout sur votre barbecue** - Un maître du grill sait combien il est essentiel de bien connaître son appareil. Parce que que chacun est différent, vous devrez explorer la cuisson au barbecue en essayant différents aliments pour savoir quelle température leur convient le mieux. →

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### Six ways to design your dream backyard

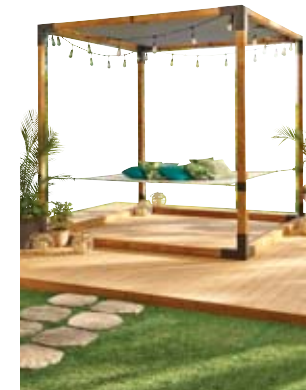
(NC) With more time spent at home, designing a space that feels like a mini getaway is increasingly important. Whether you're looking to move your dining experience outside or wanting to create a calming retreat, here are six ways to achieve your dream backyard.

**Splurge on patio furniture** - If your patio furniture is looking worn and tired, it might be time to consider investing in quality items that will last for seasons to come. Select pieces that are both functional and timeless. When styling the sitting area, try a large sectional. Not only will it create a more intimate atmosphere, but it will also provide ample space for lounging. Use throw blankets and decorative pillows for colour and texture.

**Extend the season** - Patio season can be enjoyed all year long if you play your cards right. For the ultimate makeover, add a firepit or outdoor heater, so you can keep spending time outdoors when the nights begin to cool. It's even better if you can stay cozy while you stargaze.

**Consider shade and privacy** - A custom-made gazebo or pergola helps keep an outdoor space shady and cool and makes for a stunning feature. Whether you want to tackle a DIY project or are looking for help with installation, Home Hardware's backyard project packages can provide you with blueprints, quality materials, expert advice and everything you need to get the job done.

**Enhance your outdoor dining** - Elevate your dining experience with a trendy new pellet grill that allows you to sear, bake, roast and smoke. This will give the chef in your house the perfect excuse to whip up some classic burgers or a wood-fired pizza. Wood pellets are available in a variety of flavours, like apple, hickory, maple, oak and more, so you can experience



gourmet food from the comfort of your backyard.

**Amp up the ambiance** - Don't forget to add some atmosphere with lighting and the right finishing touches. String lights are a must-

have for making a space feel bright and warm as the sun goes down. Adding greenery and florals to your patio or deck space will also infuse charm and privacy. Consider going with tropical plants to bring a touch of the Caribbean to your home.

**Let the games begin** - Enhance that getaway feeling by adding entertainment to your backyard. Take games night outdoors with Bolaball — a family-friendly game that's perfect for people of all ages. If you're in the DIY mood, you can also make a bean bag or



washer-toss game. These simple additions will keep the whole family having fun all season long. →

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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 Escadron Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.auroraonline.ca](mailto:auroraeditor@ns.auroraonline.ca). Les annonces avec dates 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.

**NOTICE: Many community events may change details as public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.**

**Yard sale**

May 22, starting at 8 a.m.: Soldiers Memorial Health Auxiliary is having a yard sale on Jones Avenue, Middleton (opposite the Orchard Queen Motel). Lots of great items! Donations welcome. Contact Ingrid 902-825-3177. Help support our hospital.

**Lions 50/50 online fundraiser**  
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at <https://rafflebox.ca/raffle/lionsclub>. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month.

**Alcoholics Anonymous**  
If you want to drink, that's your business. If you want to stop,

that's ours. Contact us at 902-691-2825 or [area82aa.org/district3/](mailto:area82aa.org/district3/).

**Stamp drive**

The Middleton & District Lions Club, and clubs all over Canada, saves used stamps to help fund many projects. Turn in used stamps to a Lion in your local area, or mail to Stuart Crawford, 157 Vault Road, Kingston, NS, B0P 1R0. Please leave at least 1/4" of paper around the stamp; or, just tear them off the envelopes and Lions will trim to size.

**SPCA foster program**

Volunteer foster care homes are needed to support the rescue, care and adoption of Kings County

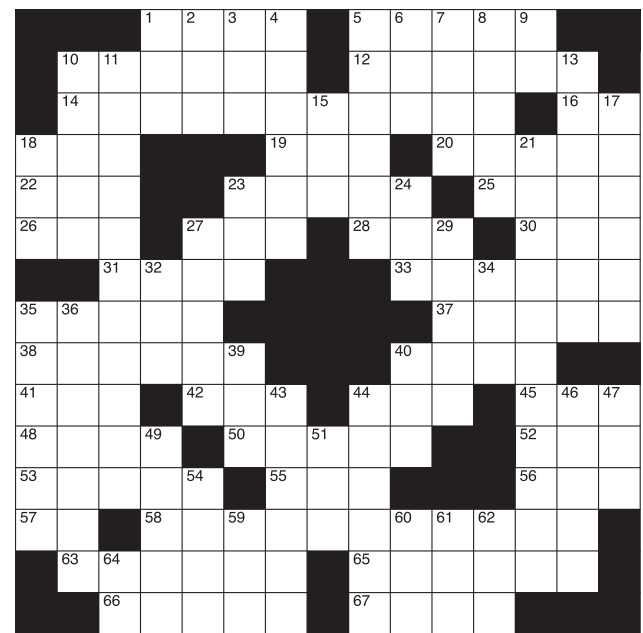
SPCA cats and dogs. If you can provide a safe, happy temporary home for an animal and meet SPCA volunteer training and screening requirements, there are many animals who would appreciate your involvement. All costs (food, litter, medical care) are covered by the SPCA. For info, contact foster care coordinator Cynthia Gallagher, [cmgalls1@gmail.com](mailto:cmgalls1@gmail.com); or the shelter at 1285 County Home Road, Waterville.

**Diabetes donations**  
Diabetes Canada accepts gently used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations.

Or, call 1-800-505-5525 to arrange a free household pickup or visit [declutter.diabetes.ca](http://declutter.diabetes.ca) for information. Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.

**911 civic signs**  
Purchase your 911 Civic Sign(s) by contacting any Lions Club member or by calling your local Lions Club and leave a message. Aylesford: 902-847-9374, Kingston: 902-765-2128. Please call for pricing and remember if emergency responders can't find you, they can't help you. Thank you for your support.

**metro crossword**  
solution page 7



- ACROSS**
- 1. Large, flightless birds
  - 5. Lifts and moves heavy objects
  - 10. Hyundai sedan
  - 12. Wear away by erosion
  - 14. Arranged alphabetically
  - 16. Top prosecutor
  - 18. \_\_\_-de-sac: Short dead-end street
  - 19. Digital audiotape
  - 20. Linguistics pioneer
  - 22. Singer D'Inferno
  - 23. Arms of the sea
  - 25. Near-reach weapon (abbr.)
  - 26. Ballplayer's accessory
  - 27. You get one at the beach
  - 28. U.S. founding father
  - 30. W. Australia indigenous people
  - 31. Amounts of time
  - 33. Put on the shelf
  - 35. Russian dynasty member
  - 37. City along the Elbe River
  - 38. A peninsula between the Red Sea and the Persian Gulf
  - 40. Actor Damon
  - 41. \_\_\_ King Cole.
- DOWN**
- 1. Midway between northeast and east
  - 2. Partner to cheese
  - 3. One from Utah
  - 4. A way to move
  - 5. Playing cards
  - 6. Baseball stat
  - 7. Long river in western Asia
  - 8. Grandmothers
  - 9. Entertainment legend
  - 10. Steam bath room
  - 11. One who kills
  - 13. Food
  - 15. Swiss river
  - 17. Fleet
  - 18. Taxi
  - 21. Working class
  - 23. More (Spanish)
  - 24. High schoolers' test
  - 27. Large heavily built goat antelope
  - 29. Murdered in his bathtub
  - 32. Tease good-naturedly
  - 34. Morsel
  - 35. Cause persistent resentment
  - 36. A radioactive element
  - 39. Perform in a play
  - 40. Witty remark: Bon
  - 43. A great place to kayak
  - 44. Conclude by reasoning
  - 46. In an unfavorable way
  - 47. Complex of nerve tissues (abbr.)
  - 49. Machine for making paper
  - 51. Feline
  - 54. Yugo's hatchback
  - 59. Check
  - 61. Wind-pollinated plants
  - 62. \_\_\_ compoop
  - 64. Commercial

**Apply to join an N.S. agency, board or commission in 2021**

Applications are open for groups that provide advice and services in a variety of areas, including health care, education, environment, culture and professional self-regulating bodies. "Our volunteers are essential to our communities," says

Minister of the Voluntary Sector Suzanne Lohnes-Croft. "Joining an agency, board or commission is one way Nova Scotians can help others, improve their skills and have their voices heard on issues that are important to them."

In order to increase the diversity of the agencies, boards and commissions, applications are encouraged from youth, women, Mi'kmaq and other Indigenous people, African Nova Scotians and other racially visible people, persons with disabilities, Acadian Nova Scotians, immigrants and newcomers, and persons from the 2SLG-BTQ+ community.

Applicants are assessed based on their skills and qualifications, taking into account the needs of the individual agency, board or commission; and will be considered for both current and upcoming vacancies. Typically, appointees are reimbursed for expenses, and in some cases, paid a modest amount for their services.

Nova Scotians may apply and track the progress of their applications by creating a profile in the online application system. To find out more and to apply, visit [novascotia.ca/abc](http://novascotia.ca/abc), or call 1-866-206-6844 (toll free). →

**horoscopes**

May 9 to May 15

**ARIES - Mar 21/Apr 20**

It could be that you are very aware of things going on around you this week. Aries. Unfortunately, many of them will be out of your control. Still, keep an open mind.

**TAURUS - Apr 21/May 21**

Relax and settle down for a few days, Taurus. Take some time to enjoy the people around you and try to travel to some new locales along the way. A little vacation can be helpful.

**GEMINI - May 22/Jun 21**

Don't be surprised if some relatively minor details cause a setback in the days ahead, Gemini. Some heightened focus might be in order. Try to zone in.

**CANCER - Jun 22/Jul 22**

Cancer, if you need to confront someone this week, do so tactfully. Remember the adage about catching more flies with honey. You'll find that tactic is handy.

**LEO - Jul 23/Aug 23**

Leo, this week could become a tad challenging as strong astrological energies are affecting people's emotions. Maintain your composure at all costs.

**VIRGO - Aug 24/Sept 22**

Your organizational skills are about to increase productivity ten-fold this week, Virgo. Don't be afraid to take big chances and even grab the helm on a large project.

**LIBRA - Sept 23/Oct 23**

Libra, write down new goals, as it seems your emotions have changed over the past several days. This way you can channel your ambitions accordingly.

**SCORPIO - Oct 24/Nov 22**

Scorpio, this week you dare to go against the grain and make your voice heard. Embrace your self-confidence and don't hesitate to take on a leadership role.

**SAGITTARIUS - Nov 23/Dec 21**

Your presence will be remarkable this week, Sagittarius. You radiate confidence and energy for all to see, and the people around you could be counting on you for leadership.

**CAPRICORN - Dec 22/Jan 20**

It's not possible to transform the people you know with a magic wand or a twinkle of your nose, Capricorn. Let others be who they are and appreciate their individuality.

**AQUARIUS - Jan 21/Feb 18**

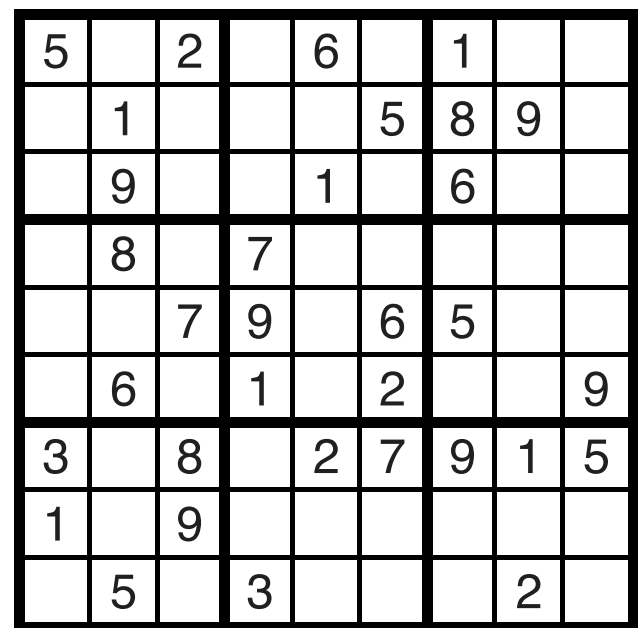
Aquarius, if you are feeling a bit neglected and unloved this week, ask your partner for some support. He or she will take the cue and the spark will reignite.

**PISCES - Feb 19/Mar 20**

Some conflicts within the family have you serving as peacemaker, Pisces. Negotiate with others to resolve their differences.

**sudoku**

solution page 7



Level: Beginner

**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!

**Kings RCMP warn public about scam impersonating police**

A common scam that involves a caller asking for a social insurance number (SIN) and banking information now has a local focus.

Kings District RCMP are warning Kings County residents about a scam involving callers impersonating police over the phone. Callers are threatening to arrest and attempting to convince the potential victim to provide their social insurance number and/ or personal banking information.

**Applications for Cape Breton moose hunt open**

The annual Cape Breton moose hunt licence lottery will open May 3 at noon. This year, 345 licences will be available in five moose-management zones within Victoria and Inverness counties, the only counties where moose hunting is permitted.

Hunters have until April 30 to check their eligibility and update their PIN and contact information through the Wildlife Resources System website, [wrs.novascotia.ca/MooseDraw/](http://wrs.novascotia.ca/MooseDraw/). Applications may be made online with

Recently, a complainant contacted police after receiving two calls from a private number. The caller stated it was police, provided a name of a New Minas RCMP officer and told the complainant there was a warrant out for their arrest. The complainant was confident the call was a scam and reported the incident to Kings District RCMP. The fraudster called a second

debit or credit card. The application fee is \$9.25 (including HST). Applications may also be made by phone and require a credit card. The deadline for applications is May 31 at noon.

The licence draw will take place June 15 and winners will be notified by mail. Hunters may also go online to check if they were successful. An average of 10,000 people apply for a moose licence each year. Eligible hunters must be Nova Scotia residents, hold a valid Wildlife

time to request banking information, security codes and a SIN number, or a warrant would be issued for the complainant's arrest.

Citizens are reminded fraudsters are creative and use current technology, including apps that imitate phone numbers on a call display. Police are encouraging the public to be aware the RCMP does not advise individuals of warrants for their arrest by phone, and

Resources Card and be at least 18 years old by September 20, 2021. Hunters who held a moose hunting licence in the last five years cannot

call display numbers may not be representative of the agency shown. They may come from private or unknown numbers.

Members of the public are encouraged to contact their nearest detachment to report potential fraud by calling 800-803-RCMP (7267). Fraud may also be reported to the Canadian Anti-Fraud Centre at 888-495-8501 or [antifraudcentre-centreantifraude.ca/index-eng.htm](http://antifraudcentre-centreantifraude.ca/index-eng.htm). →

apply this year. Season dates vary by moose-management zone, with hunts taking place from late September to early December. →



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**crossword solution**



**sudoku solution**



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# Scenic N.S. gift highlights positives of new collaborative care home

The Middleton Collaborative Family Practice has special significance for doctors Jane Brooks and Eric Balsler, recent donors to the primary health care centre building campaign. These two Valley doctors were integral to the development of the community's first collaborative family practice, opened in 2007.

Brooks, originally from Middleton, and Balsler, a Digby native, arrived back in the Annapolis Valley in 1999 as new graduates of Dalhousie University's medical school and Memorial University's family medicine program. During their residencies, the two doctors were focused on collaborative care: a relatively new concept at the time, but now growing in popularity among family physicians and other healthcare professionals.

The first collaborative family practice in the area was started with a group of professionals in Middleton. Brooks and Balsler expanded the collaborative practice to Greenwood to provide service to military families. As the team began to grow, the Middleton space soon became inadequate.

Balsler describes the collaborative practice as a "health home" for primary care. At its core, medical and other primary healthcare professionals work together to achieve the best health outcomes for patients. All staff are important members of the team. The team in this Middleton-based collaborative practice includes administrative staff, nurses, nurse practitioners, doctors and other primary healthcare providers. This holistic approach to care enhances the entire experience, for both patients and the staff team members.

In addition to a recent cash donation to the primary health care centre, Balsler and Brooks have donated a watercolour painting by popular Valley artist Poppy Balsler. Her works have been a fixture over the years at the Middleton Collaborative Family Practice, hanging in the waiting room of the original clinic. This new donated painting depicts a beautiful and tranquil Nova Scotia ocean scene. Drs. Brooks and Balsler hope the depiction gives patients of the Middleton Collaborative Practice comfort as they spend some



**Dr. Eric Balsler, centre, recently presents Jim Mosher and Kelly Hutton of the Soldiers Memorial Hospital Foundation with the donation of a Poppy Balsler watercolour, from both himself and Dr. Jane Brooks. The painting will hang in the waiting room in the new space of the Middleton Collaborative Family Practice.** Submitted

time in the new clinic's waiting room.

Dr. Balsler expressed optimism for a renewed and focussed recruitment and retention effort for physicians and healthcare professionals now underway in the mid-Valley, particularly with the new primary health care centre in place, and has received positive feedback from peers outside of the local area.

"Above and beyond the quality of life we enjoy here, we can now attract doctors and other healthcare professionals with an opportunity to work with a collegial team at a brand-new facility – and with room to expand for the future." ➔



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# BMQ who's who contest

## Congratulations Captain James Gannon

- Answers
- 1 - CWO Dan Campbell
  - 2 - CWO Nathalie Fortin
  - 3 - CWO Jonathan Freeman
  - 4 - CWO Kevin Robarts
  - 5 - Col Brendan Cook
  - 6 - LCol Tom Goldie
  - 7 - LCol Sherri Buckler
  - 8 - LCol Serge Parisien
  - 9 - LCol Angie Thomas
  - 10 - LCol Dale King
  - 11 - CWO Kevin Wezenbeek
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