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Mowing by remote control

Sara White,
Managing editor

With four-wheel drive, four-wheel steering, articulating wheels, a 48-inch cut and a 300-metre range, the sunny yellow Spider ILD02 is on the move at 14 Wing Greenwood. This new remote-controlled, gas-powered mower is designed for safety – but it's pretty darn cute, too.

Glenn Banks, with Real Property Operations Detachment (Greenwood)'s Airfield and Grounds Section, broke out the Spider May 19 on the berm edging the Greenwood Military Aviation Museum's airpark. With the controller hanging around his neck, he stood at the base of the hill and took the mower from "turtle" to five-kilometre-an-hour "rabbit."

"There is definitely a learning curve," says Ernie Hudgins, A&G's second-in-command. "He's better at it than he thinks!"

"It's a lot like playing a video game, or operating a drone."

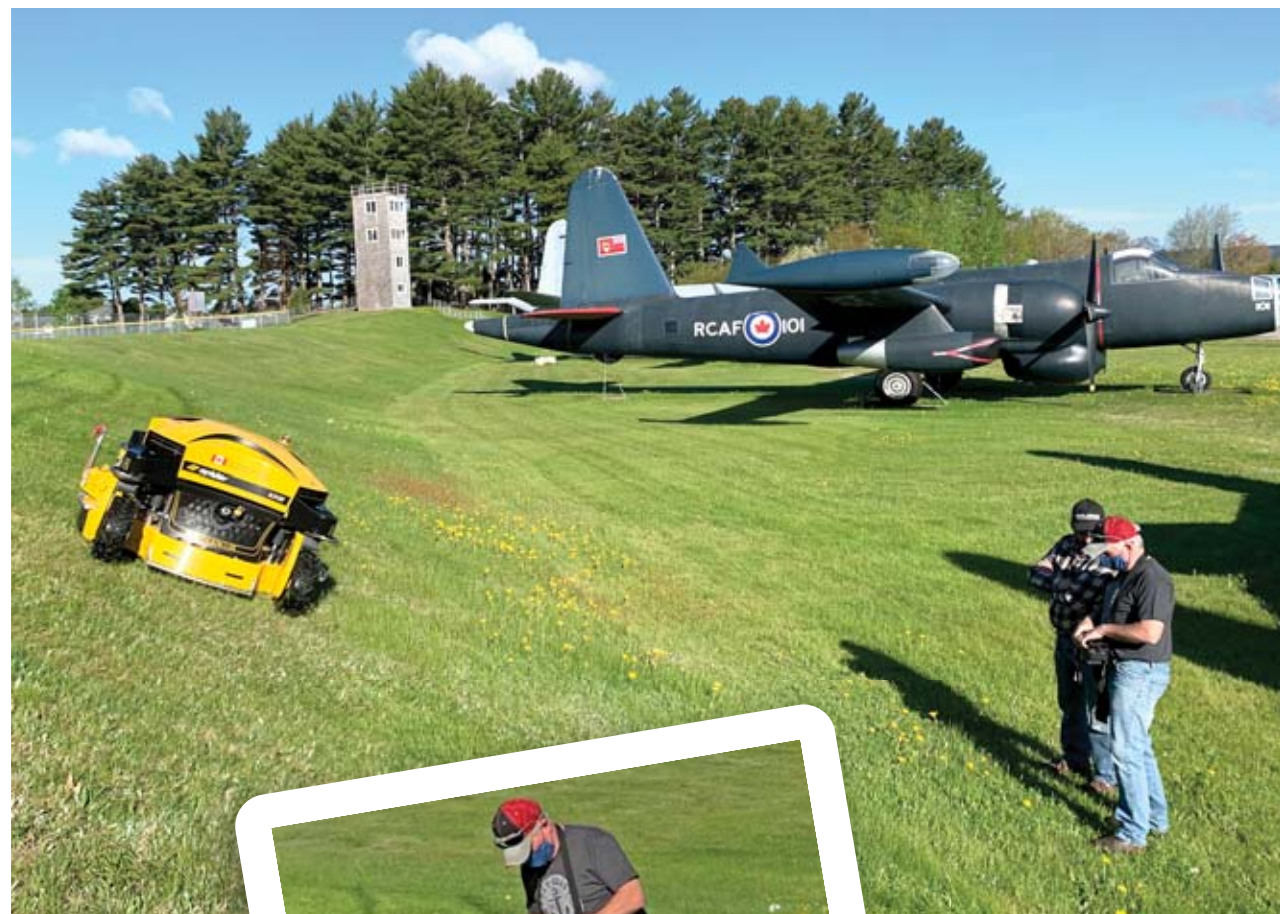
RPOps started looking at

the Czech Republic-made Spider several years ago, and confirmed the \$50,000 purchase last fall. It's not the first remote-controlled mowing unit on base: a residential property model is successfully helping maintain the wing commander's residence.

"We wanted this because we have a lot of difficult areas to mow, all kinds of berms and hills on the base that are beyond a 55-degree angle – we do those all by hand with whipper snippers and it takes forever, it's hard on the workers' backs and legs and it's unsafe moving around on those banks," Hudgins says.

Beyond steeper ditches, banks and the explosives area's buried storage there is uneven terrain where workers walking with whipper snippers strapped to them are working on footing that could be slippery, soft and treacherous underfoot.

Banks says, in particular areas such as the explosives storage bunkers buried under steeply banked ground, A&G will actually



sink some anchors at the tops of the banks. The Spider has a winch on it and, once attached to those anchors, the cable will help hold the 750-pound mower as it maneuvers on the slope.

The Spider operates on a radio frequency specifically set to not interfere with airfield operations or aircraft. ➔

Glenn Banks, foreground, and Barry Ward, with Real Property Operations Detachment (Greenwood)'s Airfield and Grounds Section; test out the new remote-controlled mower in the Greenwood Military Aviation Museum's airpark. The Spider means RPOps' personnel won't be working on and handmowing the steep berms and banks around 14 Wing Greenwood.

S. White

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Nation flag

The Mi'kmaq flag flew at the 14 Wing Greenwood main gate May 21 to 28, marking the week as Indigenous Awareness Week. Lieutenant Roger Augustine and Marla Ward, the military and civilian co-chairs, respectively, of the base's Defence Aboriginal Advisory Group; raised the flag May 21.

Submitted

Range of options, support for sexual misconduct concerns

There is significant work ahead, including how we can all best support people affected by sexual misconduct, as a number of Defence Team members may be suffering on their own, or wish to have a voice. To those who feel that way, your peers support you and your right to speak your truth.

One area where urgent work is underway is building a more unified and seamless Defence Team approach to deliver that support.

In the immediate term, there are a number of ways individuals may already access support if you - or someone who comes to you for assistance - are affected by sexual or other forms of misconduct. How - or if - one chooses to make a disclosure is entirely an individual choice. Whatever that choice, the Defence Team is prepared to act in support of those who have experienced harm in whatever way it can.

Sexual misconduct is a spectrum and you have a wide range of options available if you choose to seek support, whether one is a Canadian Armed Forces member or a Department of National Defence public service employee.

If you need immediate, emergency assistance or you feel unsafe, call 911. Remove yourself from the environment and seek medical care. Your well-being is a priority.

At 14 Wing Greenwood, one of the best places to start if you're looking for support to discuss an incident, or find resources to help others, is with the Conflict & Complaint Management Service. Contact agent supervisor Stephanie Hale at 902-599-3742

or 902-765-1494 local 3082.

If you are a CAF member, or if you are a DND public service employee and the incident of misconduct involves a CAF member, call the Sexual Misconduct Response Centre for confidential advice at 1-844-750-1648. A trained counsellor will take your call, listen to you, discuss the kind of support best-suited to your comfort-level and needs, and help you with any next steps. The SMRC is totally independent from the CAF chain of command. You also have the option to directly contact law enforcement: the Canadian Forces National Investigation Service (CFNIS) is a specialized unit within the Canadian Forces Military Police Group. Members of the CFNIS undergo specialized training in areas such as sexual assault investigations.

If you are a DND public service employee, or if you are a CAF member and the incident of misconduct involves a public service employee, contact the DND Designated Recipient Unit directly at DesignatedRecipientHVP-DestinataireDesignedelaPHV@forces.gc.ca, or call 1-833-451-1604 for a secure voicemail box. A representative will call you back at the number of your choosing. You may also contact the Workplace Harassment and Violence Centre of Expertise at 1-833-747-6363, or email the positional mailbox at P-OTG.WHVPcoE@intern.mil.ca. You also have the option to directly contact law enforcement through your local police service.

Many CAF family members are seeking a first point of contact so they can better support their loved ones. The best first point

of contact for family members is the Family Information Line at 1-800-866-4546. This is a bilingual 24/7 line and offers support, referrals, reassurance and crisis management.

Please educate yourself about how to offer support. If a colleague, subordinate, peer or friend makes a disclosure to you about their experience with sexual misconduct, your first priority is to listen and support them. If you don't know what to say or where to start, begin with compassion.

Additional support options for CAF members include the CAF Integrated Conflict and Complaint Management Services Centre at 1-833-328-3351. This service helps CAF members submit, track and resolve complaints regarding inappropriate behaviour either experienced or witnessed by CAF members. You may also contact the Canadian Forces Member Assistance Program, or speak with your chain of command or supervisor.

Additional options for support for public service employees include Health Canada Employee Assistance Services, at 1-800-268-7708, to access free, confidential, short-term professional counselling services for employees and their family members. Contact the EAP Peer Advisors: 1-833-747-6363 to be connected with a readily available colleague who can provide confidential active-listening skills and resources to employees in need. The LifeSpeak resource is a web-based service that offers free confidential access to hundreds of short videos by experts on a variety of issues, including sexual harassment and violence. Or, speak with your supervisor. →

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14 Wing Imaging unless otherwise indicated.



March 9, Private Cardarelli of 14 Mission Support Squadron is presented the Special Service Medal-Alert by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Master Corporal Rigby of 14 Mission Support Squadron is presented the Special Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Corporal Moore of 14 Mission Support Squadron is presented the Canadian Forces Decoration 2nd clasp for 32 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler (L) and Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Petty Officer 1st Class Patterson of 14 Mission Support Squadron is presented the Canadian Forces Decoration 1st clasp for 22 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



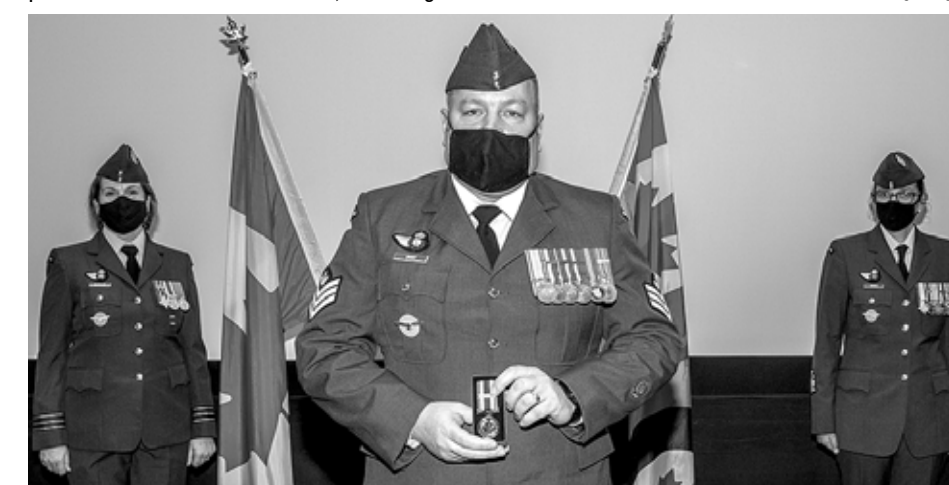
March 9, Master Corporal Webster of 14 Mission Support Squadron is presented the Canadian Forces Decoration for 12 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



March 9, Warrant Officer Morris of 14 Mission Support Squadron is presented the Canadian Forces Decoration 2nd clasp for 32 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging




March 9, Sergeant Drost of 14 Mission Support Squadron is presented the Special Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS Medals parade, at the Zedex Theatre, 14 Wing Greenwood, Nova Scotia on March 9, 2021.

S1 C. Moon, 14 Wing Imaging



March 9, Corporal Smith of 14 Mission Support Squadron is presented the General Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood.

S1 C. Moon, 14 Wing Imaging



The Aurora News
CFB Greenwood Aurora News

Useful links | Liens utiles

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

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

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

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

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

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpiinternational.ca

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14 Wing Health Promotion Tips, program highlights and resources | 14 Wing Fitness Online work-outs, resources and tips | 14 Wing Community Recreation Online activities, resources and fun | Annapolis Mess Special events and entertainment | 14 Wing Greenwood Winter Carnival/14e Escadre Carnaval d'hiver Annual winter Defence Team fun and challenge events | 14 Wing Greenwood PSP A wider resource for PSP entities (recreation, fitness, health promotion, news and events) | Greenwood Military Family Resource Centre Resources, activities and program highlights | 14 Wing Greenwood Bowling Centre updates | 14 Wing Aquatics Pool recreation, competitive, training, news | 14 Wing Library Online story time, resources for learning and fun | 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



#JunelsRecreationMonth

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CAFCONNECTION.CA/JRM

June is Recreation Month: make a rec CONNECTION

Jill Jackson,
Community Recreation Manager,
14 Wing Greenwood

June is Recreation Month is a movement that promotes the benefits of recreation for physical, social, mental and environmental health. Canadian Forces Morale and Welfare Services has embraced JRM as a way to promote our local recreation programs, events, parks and facilities.

This year's JRM theme is CONNECTED. In our world right now, it's so important for us to stay connected to friends, family and co-workers. It is a time to build our social network, reach out to others and connect with purpose. PSP (Personnel Support Programs) offers a wide variety of virtual recreational services so you can stay safe and find fun ways to get out, get active, learn something new, stay connected and live better.

14 Wing Greenwood Community Recreation's first two

local JRM events have something in common: nature and mental health. Spending time in nature has been found to help with mental health problems, including anxiety and depression. Research into ecotherapy (a type of formal treatment which involves doing activities outside in nature) has shown to help with mild to moderate depression. Being in nature, or even viewing scenes of nature, reduces anger, fear and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension and the production of stress hormones. Nature also helps us cope with pain. As we are genetically programmed to find trees, plants and water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort. Studies have shown moods improve in 95 per cent of cases after people spend time outside, changing our feelings from depressed, stressed and anxious to more

calm and balanced.

The experience of CONNECTION in nature is a perfect match to be our JRM theme. We want our friends, families and co-workers to go out and experience nature and think about their health and well-being, and how being outside connects with their own mental health. Take that JRM Kick-off Walk June 4, and head out with our Trail Bingo to many beautiful and peaceful trails in our own backyard. Take time when you participate to really be mindful of all your natural surroundings.

14 Wing Community Recreation will be celebrating JRM with a great range of programs and services: check out our schedule on social media, in The Aurora Newspaper or email Jackson.Jill@cfmws.com. There are also lots of national PSP programs and activities, thanks to Canadian Tire, the national JRM sponsor: their support enhances our military recreation programs and gets participants up, out and active. Plus - watch for details on the JRM contest! →



#JunelsRecreationMonth

JRM KICK OFF | June 4 | Virtual Walk *

Help kick off JRM by getting outside and taking a walk.

Grab your family or pets or both and get active. Record your walk, post it on our Facebook page and be automatically entered to win prizes.

For more info or to enter you can also reach out to jackson.jill@cfmws.com

[PSPGreenwoodrecreationprograms](https://www.facebook.com/PSPGreenwoodrecreationprograms)



* Be sure to adhere to COVID-19 guidelines and stay safe!

CAFCONNECTION.CA/JRM



Enter the 30 Days of Connection Contest for your chance to win one of our daily giveaways of a virtual escape room for up to 4 people and a \$100 SportChek gift card. ¹

CAFCONNECTION.CA/JRM

Reach out and connect with friends. *

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* Be sure to adhere to your province's COVID-19 guidelines and stay safe!
1. Visit [CAFconnection.ca/jrm](https://www.cafconnection.ca/jrm) for full contest rules.



Connection at heart (and name) of former Family Sponsor Program

Holly Bridges,
Planning advisor,
Royal Canadian Air Force
family advocate

Supporting Royal Canadian Air Force families has never been more important, especially in light of the latest retention survey results that showed the impact of the military lifestyle on spouses and partners as a leading factor in many members' decision to release early.

In an effort to encourage greater participation, and more accurately portray the support available to our people and their families, the RCAF Family Sponsor Program has been renamed

the RCAF Family Connection Program (FCP). This will alleviate the confusion with unit (military) sponsors, who are focused on the military member posted in; the Family Connection Program puts the member's family front and centre, and better reflects the purpose of the program, to build community and improve communication and connection at the wing and unit level. It's designed to ease the stress of relocation and service-related separation by connecting families to each other and to local leadership.

RCAF units work with local Military Family Resource Centres (MFRCs)



RCAF FAMILY CONNECTION PROGRAM
PROGRAMME DE CONNEXION FAMILIALE DE L'ARC

to provide the FCP to any family who desires it when posted into an RCAF unit. Together, they engage, build and maintain a team of volunteer connectors at each wing. The volunteer connectors pro-actively reach out to families newly posted in or affected by duty-related separations.

The first-ever RCAF Families website is also under construction with the aim of providing families - by the summer - with a one-stop-shop source of information on programs and services relating to priorities including health care, spousal employment, child care and housing.

Posted RCAF personnel and families are encouraged to participate in the RCAF FCP through their gaining unit or their local MFRFC. Every effort will be made to match a newly posted family with a volunteer connector that shares similar family circumstances (children's ages, special needs, etc.).

For our RCAF families staying put this year - and who would like to welcome another family into their community and share their valuable experience to ease military transitions - please consider volunteering.

Together, through the RCAF Family Connection Program, we can help build stronger families, stronger communities and a stronger fighting force today, tomorrow and into the future.

For information about the RCAF Family Connection Program, go to [rcfarc.forces.gc.ca/en/family-support-team/family-sponsor-program.page](https://www.rcfarc.forces.gc.ca/en/family-support-team/family-sponsor-program.page) or send an email to: RCAFFamily_ARCFamille@forces.gc.ca →

La connexion au cœur (et dans le nom) de l'ancien Programme de parrainage des familles

Holly Bridges,
Conseillère en
planification, Développeur
des familles de l'Aviation
royale canadienne

L'appui offert aux familles de l'Aviation royale canadienne n'a jamais été aussi important qu'aujourd'hui, surtout à la lumière des résultats du dernier sondage sur le maintien en poste du personnel, qui ont montré que les répercussions du mode de vie militaire sur les conjoints et les partenaires étaient un facteur important dans la décision de nombreux militaires de quitter les Forces armées

plus tôt que prévu.

Dans le but d'encourager une plus grande participation et de décrire plus précisément le soutien offert à nos militaires et à leurs familles, le Programme de parrainage des familles de l'ARC a été rebaptisé Programme de connexion familiale (PCF) de l'ARC. Cela permettra d'éviter la confusion avec les parrains des unités (militaires), qui se concentrent sur le militaire en affectation, alors que le Programme de connexion familiale met la famille du militaire au premier plan et reflète mieux l'objectif du programme, qui est de bâtir une

communauté et d'améliorer les communications au niveau de l'escadron et de l'unité. Il est conçu pour réduire le stress lié à la réinstallation et à la séparation attribuable au service militaire, en mettant en contact les familles les unes avec les autres et avec les dirigeants locaux. Les unités de l'ARC travaillent avec les Centres de ressources pour les familles des militaires (CRFM) locaux, afin d'offrir le programme à toute famille affectée à une unité de l'ARC. Ensemble, ils recrutent pour établir et maintenir une équipe d'accompagnateurs bénévoles à chaque escadron.

Les accompagnateurs abordent de façon proactive les familles nouvellement affectées et les familles qui font face à des séparations liées au service.

Le tout premier site Web des familles de l'ARC est également en cours de construction dans le but de fournir aux familles une source d'information à guichet unique sur les programmes et les services relatifs aux priorités, notamment les soins de santé, l'emploi des conjoints, la garde d'enfants et le logement.

Les membres du personnel de l'ARC en affectation et leurs familles sont encouragés à participer au PCF de l'ARC par l'intermédiaire de leur unité d'appartenance ou de leur CRFM local. Tous les efforts seront faits pour jumeler une famille nouvellement affectée à un accompagnateur bénévole qui partage les mêmes circonstances familiales (âge des enfants, besoins spéciaux, etc.). Pour les familles de l'ARC qui restent sur place cette année - et qui aimeraient accueillir une autre famille dans leur communauté et partager leur expérience précieuse pour faciliter les transitions militaires - nous espérons que vous envisagerez de faire du

bénévolat comme accompagnateur.

Ensemble, par l'entremise du Programme de connexion familiale de l'ARC, nous pouvons aider à bâtir des familles plus fortes, des communautés plus fortes et une force de combat plus forte aujourd'hui, demain et dans l'avenir.

Connectez-vous avec votre communauté! Pour de plus amples renseignements, rendez-vous à [rcfarc.forces.gc.ca/fr/equipe-de-soutien-aux-familles/parrainage-familles.page](https://www.rcfarc.forces.gc.ca/fr/equipe-de-soutien-aux-familles/parrainage-familles.page)

ou envoyez un courriel à RCAFFamily_ARCFamille@forces.gc.ca →

RCMP begin seasonal ATV patrols of Valley trails

Seasonal patrolling of shared Valley trails returned over the May 15 weekend, as police were out to ensure shared trails are being used in a safe and lawful manner. Kings District RCMP, Annapolis District RCMP and Nova Scotia Department of Lands and Forestry will continue making patrols of local trails in Kings and Annapolis counties.

May 15 and 16, five RCMP and one conservation officer used ATVs to provide enforcement and education to off road vehicle users. Approximately 10 Summary Offence tickets were issued for insurance, no licences, no registration and other Off-highway Vehicles Act viola-

tions. One ATV was towed. The RCMP would like to remind ATV riders of a few simple tips to help ensure everyone's ride is an enjoyable one:

- Be aware of hazards and mindful of changing weather conditions. Stay on marked trails and watch out for hikers and animals. Obey the rules of the trail and be respectful.
- Wear appropriate safety gear, such as helmets, goggles, boots, eye protection and gloves. Be prepared for adverse weather and wear layers of clothing.
- Do not use alcohol, cannabis, or other drugs while riding. You could be risking the safety of yourself

- and others.
- Have a plan. Tell someone when you are leaving and when you will be back. Avoid riding alone and carry a first aid kit, tow rope, overnight bag in case you need it. Know your route!
- Do not ride beyond your ability. Refrain from "stunting" and take breaks when you need them.
- Ensure you keep your ATV fueled, and that you keep yourself fueled as well.
- Do a pre-ride inspection every time you drive your ATV. Check the tires for wear and rims for damage. Look over your controls and make sure all cables and connections are intact.

- Be prepared for random checks by RCMP officers on ATVs or at checkpoints. Make sure your ATV is registered and properly insured. If the trails you're riding on require a trail pass, ensure you have one.
- When stopping for a break or any time your ATV is left unattended, please ensure your valuables are stored out of sight, properly secured, or kept with you. If you witness an Off-Highway Vehicle Act violation, please contact Nova Scotia Department of Natural Resource reporting line at 1-800-565-2224 or your local RCMP detachment. If the situation requires an emergency response, dial 911. →

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ACCREDITED BUSINESS

Province to protect more land, parks

Nova Scotia intends to designate 61 more wilderness areas, nature reserves and provincial parks to protect Nova Scotia's unique biodiversity and habitats.

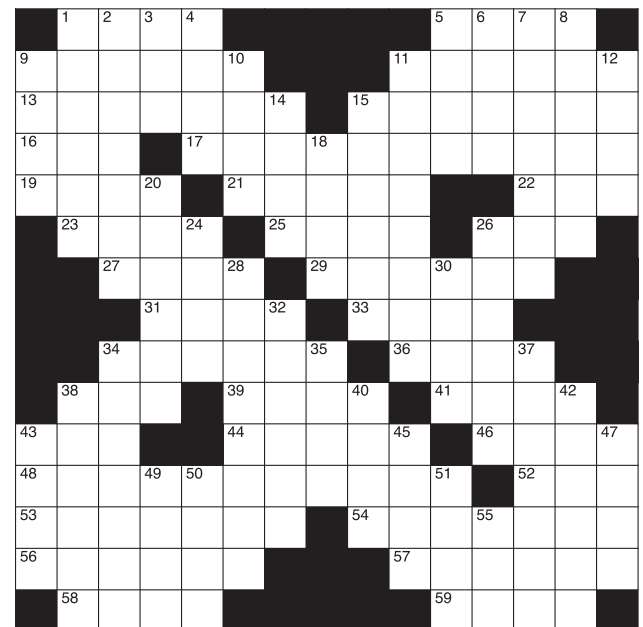
A 60-day, online consultation with Nova Scotians on these proposed sites will launch soon.

Since 2013, more than 150 sites have been protected in the province. These additional 61 sites will support government's new 14 per cent land protection goal. Descriptions and locations of protected areas are available at novascotia.ca/parksandprotectedareas/. Information on provincial parks is available at parks.novascotia.ca/.

The following proposed site in the Annapolis Valley is among those that will go through consultation: Devil's Jaw Wilderness Area (expansion), Hants County. The following sites are also intended for protection: Mickey Hill Provincial Park, Annapolis County; Blomidon Lookoff Provincial Park, Kings County; Cockscomb Lake Provincial Park, Hants County; Fundy Provincial Park, Annapolis County; and North Mountain Provincial Park, Annapolis County.

crossword

solution page 7



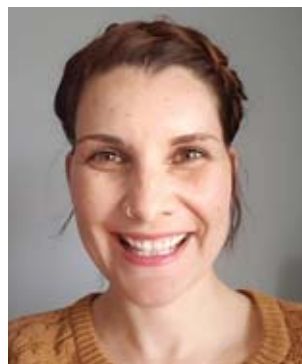
- ACROSS
- Partner to 'flows'
 - French industrial city
 - Diagrams
 - Diplomat
 - Hires
 - Hawaiian island
 - Set aflame
 - Very happy
 - Blue dye
 - Small terrier with short legs
 - One thousand cubic feet (abbr.)
 - Northern pike genus
 - Expression of annoyance
 - Female deer
 - Casella and Kellerman are two
 - Actor's lines to audience
 - Days (Spanish)
 - Close a person's eyes
 - Cloaked
 - Comedic actor
 - Rogen
 - It's all around us
 - Neutralizes alkalis
 - Native people of
 - New Mexico
 - No seats available
 - Famed 'Air Music' composer
 - Fit of irritation
 - Psychic phenomena
 - Knicks' first-rounder
 - Seed used in cooking
 - 'WandaVision' actress Hahn
 - Samples food
 - In a lucid way
 - Stair part
 - Adieus
 - DOWN
 - Type of moth
 - A Christian sacrament
 - It lends books to Bostonians (abbr.)
 - Turn away
 - Impersonal
 - Shortly
 - Indigenous
 - Alaskans
 - Subtle difference of meaning
 - Sicilian city
 - Put in harmony
 - Administrative divisions
 - As happily
 - Horse mackerel
 - Muddy or boggy ground
 - Knicks' first-rounder
 - Italy
 - Construction site machine
 - Tracts at the mouths of rivers
 - Earnings
 - Insect repellent
 - Runner-up
 - Musician
 - Serious or urgent
 - Esteemed one
 - Where rockers play
 - Work furniture
 - Greek prophetesses
 - Quantitative fact
 - Missing soldiers
 - Minute
 - This (Spanish)
 - Maintain possession of
 - Assault with a knife
 - Holiday text message greeting

crossword brought to you compliments of

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Coreen,
9 Wing Gander



Joliane,
14 Wing Greenwood



Melanie,
8 Wing Trenton



Kelly-Ynn,
14 Wing Greenwood

Tune in to 'Real Spouses of SAR' conversation May 31

The Royal Canadian Air Force and the Together We Stand (TWS) Foundation

invite you to a fun, entertaining and very real conversation with the "The Real Spouses of

Search and Rescue," a Facebook Live event at facebook.com/TWSFoundationCA, May 31 at 9 p.m. AST.

Stephanie Shapiro of TWS will host "The Command Post" video podcast and ask four amazing women about their lives as SAR spouses - and how they cope with this highly unpredictable lifestyle:

one minute supper's on the table; the next minute, their spouse is out the door, called out to look for lost souls on the ground or at sea.

Help us pay tribute to these invisible crewmembers and the ways they support the RCAF mission, each and every day. Tune in, and don't forget to wear orange! →

horoscopes

May 30 to June 5

ARIES - Mar 21/Apr 20
You feel most comfortable when things are organized, Aries. However, flexibility is handy as well, and sometimes things may not be in order as much as you like. Adapting is key.

TAURUS - Apr 21/May 21
Taurus, once you get into a groove, you will find that many of your tasks are much easier to manage. Keep plugging and you'll hit your stride soon enough.

GEMINI - May 22/June 21
Gemini, sometimes it may seem like the smallest issue is suddenly a major mountain that you must scale. Change your approach and you'll soon realize you can handle anything.

CANCER - Jun 22/Jul 22
Many things may come to you more easily than usual, Cancer. Ride this wave of ease that has fallen into your lap. Enjoy the break that comes with it as well.

LEO - Jul 23/Aug 23
You can get far with minimal effort this week, Leo. Simply set your sights on an end goal, and before you know it you will reach that destination.

VIRGO - Aug 24/Sept 22
Virgo, check your messages frequently this week, as someone needs to get in touch with you. He or she may have some news that can change your course.

LIBRA - Sept 23/Oct 23
Libra, don't focus too much on emotions this week. Instead, put all of your energy into intellectual musings, which will help you complete a project in the days ahead.

SCORPIO - Oct 24/Nov 22
Scorpio, even with the frenzy of activity around you, try not to be overwhelmed by the situation. Your first reaction may be to fly off the handle. Keep it together.

SAGITTARIUS - Nov 23/Dec 21
Consider calling up an old friend or a former romantic partner who has the potential to stir up some passion inside of you, Sagittarius. More excitement is on the horizon.

CAPRICORN - Dec 22/Jan 20
Capricorn, this is one of those weeks when you get sidetracked at seemingly every turn, Capricorn. Don't be too hard on yourself about the delays.

AQUARIUS - Jan 21/Feb 18
Aquarius, embrace some difficult tasks this week. These projects will make you appreciate the value of hard work and put simpler tasks in perspective.

PISCES - Feb 19/Mar 20
This is your week to make short work of chores, Pisces. You may be lacking patience, but everything will get done, especially if you ask for help.

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sudoku

solution page 7

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

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!

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Mid-Valley partnership pulls healthcare organizations, communities together on physician recruitment campaign

A new working group has formed to address physician recruitment for the mid-Annapolis Valley, encompassing the entire catchment area of Soldiers Memorial Hospital in Middleton, spanning from Aylesford to Bridgetown.

The new Mid Valley Region Physician Recruitment and Retention Committee is chaired by Don Hyslop of the Soldiers Memorial Hospital Foundation, and includes Kelly Hutton, Jim Mosher and Anne Crowell, also of the foundation board. Additional committee members include representatives from the Town of Middleton, CFB Greenwood, the villages of Kingston and Greenwood and the municipalities of both Kings and Annapolis. Although independent, the Physician Recruitment and Retention Committee will work with Nova Scotia Health, physicians and other stakeholders throughout the region.

The most recent numbers in April on the provincial Need a Family Practice Registry show the shortage of physicians in Nova Scotia has increased over the past year. According to this report, 5,564 people in the mid-Valley region – or 27 per cent of the local population – are without a family physician.

According to Hyslop,

some current initiatives include providing welcome baskets for visiting international physicians and their families and providing gifts to visiting Dalhousie Medical School residents.

"We have had a great response thus far from the business community, which is contributing goods and services for these programs," says Hyslop. "It will really take a community approach – across all sectors – to recruit and retain family physicians to our part of the world."

The committee observed National Physicians' Day May 1 and marked National Nursing Week May 10 to 16 at the Middleton, Greenwood and Kingston medical clinics (check Soldier's Memorial Hospital Foundation's Facebook page, @middleton-smhf, for updates). Other initiatives being developed include a bursary fund to benefit local students attend-

ing medical school.

"The past year has highlighted the importance of primary care. We now have a brand new, modern primary health care centre in Middleton. Although we know it will not be a quick fix, Soldiers Memorial Hospital Foundation and our community partners on the committee are committed to filling this facility with family doctors and other healthcare professionals to serve our region."

The Soldiers Memorial Hospital Foundation will administer funding on behalf of the committee and offer tax receipts for cash and in-kind donations of needed items. If interested in making a donation to this committee, please contact the foundation at 902-825-4202 or foundation-smf@nshealth.ca. Online donations may also be made on the foundation's website, middletonsmhf.ca. →

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sudoku solution

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

classifieds

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

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Giving hope to the bereaved

**Yves Bélanger,
Servir Newspaper**

The death of a child or a spouse always creates a shock wave in a family. The HOPE program exists to help those who have lost a loved one who served in the Canadian Armed Forces (CAF). A resident of Montérégie shares his experience as a volunteer for this program.

Created in 2006 by the Canadian Forces Morale and Welfare Services, the HOPE program offers confidential support to bereaved families through peer volunteers who have experienced the same type of ordeal. It allows bereaved people to better understand the grieving process and helps reduce the sense of isolation that often accompanies it.

Since 2009, Robert Beauchamp and his wife, Nicole Robidoux, have been among these volunteers. Two years earlier, their son, Nicolas, died while on a mission in Afghanistan.

For Beauchamp, helping parents going through the same ordeal is a way to cope with his grief.

«Among other things, it allows me to make sense of what happened to my

son.»

Beauchamp explains, as soon as a CAF member dies, the spouse and parents are informed about the ESPOIR program.

«People then decide whether or not they feel the need to use this free service.»

The volunteer goes on to ensure conversations with peers remain strictly confidential.

«We have to report to those in charge of the program on how these people are doing and talk about their progress in the stages of mourning. However, the content of the discussions is never disclosed.»

The accompaniment continues for as long as the bereaved person wishes; the longest Beauchamp has ever done was about 16 months, helping a father whose child had committed suicide.

«This man felt a lot of anger. One day, after several discussions, he told me that he understood that it was better to direct his energy towards the people around him rather than rehash his dark thoughts. I was so happy to see his evolution.»

Difficult mourning

Beauchamp explains the



Robert Beauchamp and his wife, Nicole Robidoux, lost their son, Nicolas, in 2007. He died while on a Canadian Armed Forces mission in Afghanistan. The couple now volunteers with the Canadian Forces Morale and Welfare Services' HOPE program, helping others who have lost a loved one who served in the CAF.

loss of a child creates a wound that never heals.

«It's not in the nature of things to outlive your children. The pain remains present. However, you learn to soften it up and live with it.»

For him, the best way to get through this ordeal was - and still is - to recall good

memories with his late son.

«Instead of emphasizing the loss of this child, I prefer to go about it in a positive way. It helps me move forward.»

Help to find hope

The main role of the HOPE program volunteers is to support the bereaved.

«We are not interveners. We are here to listen to what they have to say and to help them understand the different stages of grief.»

It is by sharing stories and perspectives, as well as offering new options, they are able to give hope to their peers.

«At the moment, the program is aimed at parents and spouses. I would love that one day services could also be offered to brothers and sisters. My second son was very close to Nicolas and would have greatly benefited from such a program,» says Beauchamp.

If you would like to receive peer support, please contact the HOPE program manager at 1-800-883-6094 or HOPE-ESPOIR@forces.gc.ca.

For more details, visit cafconnection.ca/National/Programs-Services/Families-of-the-Fallen/HOPE-Program →

Become a volunteer for the HOPE program

If you have lost a loved one who served in the Canadian Armed Forces and have gone through the grieving process, you may be able to volunteer. You will need to take training on the HOPE program and be emotionally prepared to listen to peers going through the same situation.

By getting involved, you will join a supportive community and make a positive difference in someone's life. This is a great way to give back!

For information, call 1-800-883-6094 or email HOPE-ESPOIR@forces.gc.ca.

May calls take SAR crews over water, snow

May 12, the Halifax Joint Rescue Coordination Centre tasked a CC130 Hercules from 14 Wing Greenwood's 413 (Transport and Rescue) Squadron to provide top cover for a Gander-based CH149 Cormorant, with the potential for a second mission searching for a lost snowmobiler. The Hercules left Greenwood at 10:30 p.m. The top cover mission with the Gander aircraft was successful, and the Hercules returned to Greenwood just after 3 a.m. May 13.

May 21 just after 9:30 a.m., Hercules Rescue 344 was tasked to provide top cover for a search for a person in the water near Sheaves Head. The Hercules

was stood down just before 11 a.m.

May 21, a Cormorant helicopter was tasked to help in the search for a missing boater from a 15-foot Princecraft boat with two engines on board (one at each end) on Molega Lake, approximately 35 nautical miles south of Greenwood, between Bridgewater and Kejimikujik National Park. The helicopter left Greenwood just after 3 p.m. The 82-year old boater was located by the helicopter crew, and transported - cold but alive - to local authorities assisting in the search. The Cormorant returned to Greenwood just before 6 p.m. →



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