F-22 Raptor team checks out Cold Lake Air Show site

JEFF GAYE

Three members of the United States Air Force F-22 Raptor demonstration team were in Cold Lake last week to do a site survey before their performance at this summer’s Cold Lake Air Show. They checked in with air show organizers, and inspected 4 Wing’s security and service infrastructure.

Maj Paul “Loco” Lopez, Tech Sgt Yamil Reyes Sanchez and Master Sgt Jamie Fleming were pleased with what they saw in Cold Lake.

Maj Lopez, the F-22 pilot, said air show audiences can expect an exciting experience from the Raptor demonstration. “I think the audience experience is very exhilarating,” he said.

“There’s just a sense of pride and joy at seeing how far technology has come and how the F-22 Raptor essentially defies the laws of gravity and aerodynamics for some of the manoeuvres we perform. I mean, we can do this now. Imagine what we can do in 10, 15, 20 years from now.”

Maj Lopez caught the aviation bug early in his life. “It was growing up as a little kid,” he said.

“I grew up near a military base similar to the local Cold Lake community. I mean you look up right now you see airplanes flying around participating in Maple Flag. And as a young kid that just caught my attention. I was like, well I want to do that. What would that be like?”

“And I just kind of let people know what my goals were, to help me get on the path to becoming a fighter pilot. And here I am showcasing American airpower,” he said.

Tech Sgt Reyes Sanchez is one of two Team Chiefs on the 11-member ground crew. He said he is still amazed by the Raptor demonstration.

“Whether you live right down the road or a couple hours away, I hope you can take time out for that weekend,” he said. “Just come out here, support your local veterans who served in the Royal Canadian Air Force as well as some of the civilian performers who are legends of the aviation community.”

Master Sgt Jamie Fleming, Maj “Loco” Lopez and Tech Sgt Yamil Reyes Sanchez came for a look at 4 Wing in advance of July’s Cold Lake Air Show.

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Welcome friends and allies once again to Cold Lake and Exercise MAPLE FLAG. Now into its second week of operations, the exercise has lived up to all our expectations, providing us all with an opportunity to grow and learn from one another.

To the members of the 4 Wing and CFB Cold Lake Defence Team, I wish to once again thank you all for your hard work and dedication toward this exercise, and commend you on being the good hosts and ambassadors you all know how to be.

In speaking with the unit representatives and command teams from participating nations, the feedback has been tremendous. Not only have they been remarking on the high level of support they have received since being here, but also on the outstanding training value this exercise has provided.

As the month of June continues, and the summer months set in, a number of annual changes will start to emerge. Of course I mean the annual posting season, a time when we bid farewell to those who have served our community and Team for various lengths of time, and welcome new and returning faces and families.

Recognize the contributions those who are leaving us have made toward your various organizations and this Wing. A simple thank you goes a long way to making someone leave this remarkable establishment with a sense of accomplishment, purpose and pride, versus feeling as though their work was not appreciated or in vain.

Recently, our partners at PSP held their annual sports, fitness and recreation awards, recognizing the contributions the members of our Cold Lake Defence Team make to sports, fitness and wellness.

Of note, Capt Sarah Graves was awarded Female Athlete of the Year, and Capt Matthew Setlack Male Athlete of the Year. The Women’s and Men’s Slo-Pitch Teams were awarded collective Sports Team of the Year, and the 4 Wing Squash Team Individual Sports Team of the Year. Official of the year was awarded to Sgt Giancarlo Pavone, and Coach of the Year to Sgt Jamie Campbell. Congratulations once again to these teams and individuals, and congratulations to all those who received recreation awards, or recognition for their Platinum level FORCE Test results; 30 individuals in all.

Your commitment to our mission is inspiring. You make the hard work look easy and accomplish it with amazing spirit. You do us all proud.

Auf Wacht

Richer family celebrates CFR, new enrolment

Sgt Tania Richer of 417 Combat Support Squadron was commissioned and promoted to Lieutenant on the same day that her daughter Lily-Anne was sworn into the military as an Officer Cadet by LCol Eric Grandmont, CO of AETF.

From left: MWO Bernard Vidito, Sgt Patrick Richer, OCdt Lily-Anne Richer, Lt Tania Richer, Maj Alexia Hannam.
Maj Eric Matte hands command of 10 FTTS to Maj Greg Owens

JEFF GAYE

Maj Greg Owens is the new Commanding Officer of 10 Field Technical Training Squadron (10 FTTS). He takes over from Maj Eric Matte, who is retiring from the military after 20 years of service.

The Change of Command parade was held last Thursday.

At the parade, Maj Matte said his career, which culminated in his command of 10 FTTS, was “a really fun ride.” He thanked the squadron’s personnel for “always going that extra mile and showing how proud and professional you are at every opportunity.”

4 Wing Commander Col Paul Doyle thanked Maj Matte, and congratulated him on his achievements with 10 FTTS. “It comes as no surprise that during your tenure, 10 FTTS has continued to set the standard at Wing events,” he said.

Col Doyle welcomed Maj Owens, saying he has “the wherewithal, both at the tactical and on the operational level, to make sure that 10 FTTS stays on the trajectory that has been accomplished by Maj Matte.”

“I know you’re up to the task,” he told Maj Owens.

Maj Owens said he is “honoured and humbled” to take command of the squadron, and he said the Canadian Armed Forces is losing an outstanding leader and officer in Maj Matte.

He told 10 FTTS members that in his previous role as Squadron Air Maintenance and Engineering Officer at 423 Squadron, “I have seen the results of your efforts at both the Cold Lake and Bagotville campuses.

“I look forward to working with all of you in continuing to develop proficient technicians to meet the needs of the fighter force,” he said.

Spot a Typo? Coffee’s On Us.

Spelling mistakes and typographical errors happen to the best of us. At The Courier, though, we take pride in striving for an error-free paper.

If you find a typo or a spelling error in The Courier, report it to thecourier@telus.net. We’ll buy a coffee (or equivalent) at the CANEX Tim Hortons kiosk for the first person to report the error. If you’re the first to find a mistake in a headline, we’ll buy you a Tim Hortons Take 12 for you and your crew.

Error reports (if any) from each Tuesday edition will be accepted until Friday of that week. Happy hunting!

4 Wing helps flight buff’s wish come true

Bench dedicated to the memory of MWO (Ret) John Smith

William Lazaruk, centre, is an 11-year-old aviation enthusiast from Sarnia, Ontario. Thanks to the Make-A-Wish Foundation, William visited 4 Wing with his mother Jerrine, left, and his father Alvin last week. They flew a refuelling mission on a 435 Squadron Hercules Friday morning, and took a tour on a 417 Squadron Griffon helicopter in the afternoon.

Family and friends gathered on Friday to dedicate a park bench to the memory of John Smith, former SWO of 42 Radar Squadron and an active member of the Cold Lake community. The bench is located in the shade of an old 42 Radar antenna across from Building 1.
419 Squadron visits their “home away from home”

LT CALEB ROBERT

Six members of 419 Squadron travelled across the Atlantic to 419 Squadron’s “home away from home,” former RAF Bomber Command station Middleton St. George. In 1943, the base was entrusted to No. 6 Group RAF, which accommodated 419, 420 and 428 Squadrons flying Wellington, Halifax and Lancaster bombers.

The 419 Squadron members were there to participate in a remembrance service on June 2. Several veterans attended the service, including bomber pilot Arthur Barrett, now 94 years old, and flight engineer Stan Instone, 93. 419 Squadron’s current members listened in awe as these heroes shared their experiences of bravery in a world fraught with peril and uncertainty. Current RAF command was represented by Group Captain David Arthurton, who joined LCol Colin “Moose” Marks and the small Canadian contingent in remembrance. Other participants included the local Air Cadet squadron and members of the Middleton St. George Memorial Association, who faithfully preserve the rich history and memory of the airmen and women of World War II.

Following the ceremony, participants gathered around the Andrew Mynarski Bar in the officers’ mess (now St. George Hotel) for story-telling and fellowship. The event concluded with a mess dinner, including a guest appearance by “RAF100,” the travelling silver baton commemorating the RAF’s 100th Anniversary.

Moosemen visit founding CO’s hometown

CAPT BRANDYN WEIDNER

In late May, 419 “City of Kamloops” Squadron visited the squadron’s home city for the Royal Canadian Air Force Association 886 (Overlander) Wing’s 32nd Annual Mess Dinner. The 419 Squadron contingent was led by their Commanding Officer, LCol Colin “Moose” Marks. 419 Squadron’s founding Commanding Officer, W/C Fulton garnered the callsign “Moose,” and from then on, every Commanding Officer after him has received the callsign “Moose” in his memory.

Members from 419 Squadron made their way to Kamloops in a 4-ship formation flown by four students via road move. The mess dinner celebrated 419’s commitment and eagerness to make it to Kamloops and continue the strong bond between the Squadron and city. With many veterans in attendance, the dinner reminded students and instructors of the rich history of 419 Squadron.

“As 419 engages in new challenges and adapts to new threats, we carry with us the experience, the knowledge, and the sacrifice of those before us,” LCol Marks said.

“The Moosemen would like to thank the 886 (Overlander) Wing and the City of Kamloops for making this opportunity possible, and for their continued support of the Squadron.”

Juliet is a five year old female shepherd mix. She is very picky about the dogs she likes. Juliet is OK with cats and ideally would be the only dog in a house. She will need regular exercise with a potential adopter (walking or jogging) and not just yard time. Meet Juliet at the LHS.

Submitted

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Paw of the Week at the Lakeland Humane Society

Juliet is a five year old female shepherd mix. She is very picky about the dogs she likes. Juliet is OK with cats and ideally would be the only dog in a house. She will need regular exercise with a potential adopter (walking or jogging) and not just yard time. Meet Juliet at the LHS.

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RAAF is right at home halfway around the world

JEFF GAYE

You can't travel much farther than the Royal Australian Air Force's No. 75 Squadron has come to participate in Exercise Maple Flag.

Wing Commander (Wg Cdr) Mick Grant says the extreme distance is a big part of the training value. "Literally if we get to Canada on the opposite side of the globe, on the opposite hemisphere, then we can pretty much go anywhere," he said. "It's been a really good challenge for our logistics team."

The RAAF is here with six F/A-18 Hornets, 20 pilots and approximately 100 maintainers and support personnel. Wg Cdr Grant says that because of the unusual opportunity to travel so great a distance, they have brought along other people, including meteorological and medical personnel, for the learning opportunity.

Besides the logistical training, Wg Cdr Grant says training in the northern hemisphere with NATO air forces is important. "I think it's a privilege and a pleasure to be able to actually train our foreign allies," he said. "We've got a NATO AWACS here and there's probably three or four different accents coming out of that aircraft at any one time, so that's a bit different."

No. 75 Squadron typically flies out of RAAF Base Tindal, near Katherine in Australia's Northern Territory. As such, Wg Cdr Grant says, it's not too much different from Cold Lake — an air base supported by a small community, about three hours' drive from the nearest city (Darwin).

In addition to the military operational and training support, Wg Cdr Grant says the hospitality from 4 Wing and the people of Cold Lake has been "second to none." He is impressed with the support infrastructure provided by the Wing, the MFRC and PSP as well as with the cooperation from military colleagues and even the people downtown.

"We're being well looked after here on the ops side, there's no doubt about that. Not only from the RCAF but also from the city," he said.

Certainiy a shout out to the 409 who've just embraced our whole squadron over there, and just let us pretty much take over their facility and get involved without any impact at all. And also the civies in town, the accommodation places that we're in, and having a beer every now and then—the local folks are so warm and welcoming."

Techs tend to RAAF Hornet fighters on the flight line.

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This is the first year Canada has taken part. Team Canada comprised seven serving members of the Canadian Armed Forces and 11 veterans. The athletes represented Canada in all 11 sports at the Warrior Games, including archery, cycling, track, field, indoor rowing, powerlifting, shooting, sitting volleyball, swimming, time trial cycling, and wheelchair basketball.

Canada plans to field teams of up to 40 athletes in future Warrior Games, starting with the 2019 games in Tampa, Florida.

Some noteworthy Canadian achievements from this year’s Warrior Games:

• MCpl (retired) Charlene Kendell won gold in women’s powerlifting, two silver medals in rowing, and bronze in both women’s shot put and discus.
• MCpl (retired) Jason Israel won two gold medals on the track, in the men’s 800 metre and 1500 metre races.
• Sgt (retired) Kevin Nanson won gold medals in men’s seated shot put and men’s seated discus.
• MCpl Gordon Cresswell won bronze in men’s shot put.
• Signals Officer (retired) Breton Carroll won three silver medals in swimming.
• MCpl (retired) Chris Morand represented Canada in the Ultimate Champion category, competing in seven different sports. “Participating in these Games has meant the world to me,” Kendell said. “A few short months ago I couldn’t have dreamt about taking part in competitive powerlifting, track and field, indoor rowing and sitting volleyball, let alone coming back to Canada with five medals. “But more important has been the camaraderie with my teammates and all those here at the Warrior Games.”

“The goal of the Warrior Games is to enhance the recovery of ill and injured armed service members and veterans through sport. Over nine days, Team Canada competed against more than 300 ill and injured armed forces members and veterans from the United States, the United Kingdom, and Australia. Canada’s participation was made possible through the Canadian Armed Forces’ Soldier On Program.

Soldier On has supported more than 4,000 members since its inception more than 10 years ago. The program helps veterans and serving members who have a permanent mental health or physical injury adapt to their new normal, overcome their challenges, and Soldier On in life.

“Beyond the medals, I’m taking back to Canada new friendships and a renewed enthusiasm for life,” Kendell said. “Thank you to everyone involved with the Games, to the Soldier On Program, and of course to my family and friends for making this all possible.”

If you wish to help Soldier On support our serving members and veterans, please visit www.soldieron.ca and click on Give Support.
Baseball hockey team wins silver again (again)

JEFF GAYE

For the third year in a row, Cold Lake is bringing home silver medals from the CAF Canada West ball hockey championships. The tournament was held in Wainwright last week.

Cold Lake won their Monday opener against Shilo, 3-2 in a shootout. They then shut down their opposition in both of their remaining round robin games, shutting out Moose Jaw 5-0 on Monday and Esquimalt 2-0 on Tuesday.

Their undefeated record in the round robin earned Cold Lake first seed in the playoffs. They beat fourth-place Shilo 6-2 in the semifinal, and advanced to lay Esquimalt for the championship. The final game was close, with Esquimalt pulling off a 3-2 victory.

Un pique nique dans le parc réussi, en toute simplicité

JEFF GAYE

Le 7 juin dernier, l’équipe des Services des loisirs communautaires des PSP a organisé un pique nique dans le parc mettant l’accent sur les activités familiales afin d’inspirer les gens à intégrer les loisirs à un mode de vie sain et heureux.

L’activité offrait une tente bulle, des jeux Connect 4 et KerPlunk grand format, des courses en sac à patates et des courses à l’œuf, ainsi que des hamburgers et des hotdogs.

“Des activités amusantes toutes simples semblables à ce qu’on peut pratiquer dans sa cour », a expliqué la coordonnatrice des Services des loisirs, Dinah Coles. Les organisateurs ont remis aux familles des sachets de graines à jardin, le tout dans le but de promouvoir les loisirs à un mode de vie sain et heureux.

« Même si la majorité des gens associent souvent les loisirs avec les sports organisés ou les grands événements publics, Mme Coles souligne qu’il ne faut pas sous estimer l’importance des activités de plus petite envergure. »

« C’est bien de participer à des activités organisées, mais ne négligeons pas les petites activités qui peuvent vraiment encourager la cohésion familiale, dit-elle. »

Picnic in the Park was good backyard fun

JEFF GAYE

The PSP Community Recreation “Picnic in the Park” on June 7 put the focus on family activities as a way to make recreation part of a happy, healthy lifestyle.

The event offered a bubble tent, oversize Connect 4 and KerPlunk games, balloons, potato sack and egg-drop races, as well as hamburgers and hot dogs.

“It was just backyard fun,” said Recreation Services Coordinator Dinah Coles.

Organizers gave families buckets to take home, which held bug nets, bubbles, skipping ropes and packets of garden seeds as part of the effort to promote outdoor activities and family engagement.

“People had a really good time,” Coles said. “The idea is to promote family fun, to bring kids and families closer to nature and give them some things to do together.”

While people often think of recreation as organized sports or big public events, Coles says there is value in thinking small.

“Participating in organized activities is good, but the little things can really promote family cohesion,” she said. “Instead of big events with big crowds, it can be good to focus on small things like a trip to the park or outdoor fun in your back yard.”
Fuel for the summer!

LISA FISHER, HEALTH PROMOTION SPECIALIST

Summer officially begins on June 21, but summer activities have already started. Now that warmer weather has descended on Cold Lake, it’s likely that you’ve already enjoyed barbecuing, camping, or hiking.

It can be a struggle to maintain a healthy balanced diet when vacation time rolls around and routines fly out the window, but it’s important to provide healthy fuel for your body so you can thoroughly enjoy your summer activities. Here are some great tips to keep in mind during your summer fun!

**Hydrate, Hydrate, Hydrate!**

Adults need approximately six to eight, 8-ounce glasses of fluid per day to protect against dehydration. To accurately determine how much fluid you personally need, divide your body weight in pounds by 2. For example, if you weigh 150 pounds, then you will need 75 ounces of fluid per day, which is equal to a little over nine 8-ounce glasses.

Although water is recommended for hydration, alternatives include: lower fat milk, limited quantities of fruit juices, tea, and coffee, as well as low-calorie soft drinks. It’s important to minimize caffeine intake and avoid alcohol and sugary drinks as much as possible.

A quick way to gauge if you’re dehydrated is to check the color of your urine. The more yellow it is, the more dehydrated you are. Symptoms of dehydration include thirst, dizziness, confusion, fatigue, dry skin or mouth, less frequent urination and increased heart rate. Make sure that even if you’re not thirsty you drink water before, during, and after exercise.

**Barbecue & Campfire Cookouts**

Does your mouth water at the smell of food on the barbecue? The good news is that what you cook doesn’t need to just be your run-of-the-mill, store-bought processed hamburgers and hotdogs. There are other options! If you have a burger craving, consider making your own patties with lean or extra lean beef, draining the excess fat after cooking to reduce your intake of saturated fat. Remember that a serving of meat is the size of a deck of cards, so your goal should not be to make Texas-sized burgers.

For other meat options, choose fish for the benefits of Omega-3 fatty acids, or create kabobs with pork or chicken.

Remember that a barbecue or campfire cookout is not just about the meat—we want to include our vegetables. Add some great vegetable toppings such as tomatoes, lettuce, or onion to your burgers, and add a variety of vegetables to your kabobs. You can even make dessert by grilling some fruit kabobs!

**Keep Up (or Start!) Your Meal Planning**

Meal planning is integral to sticking with healthy meals and snacks. Many summer activities, such as camping, road trips, hiking, or fishing require you to be away from your home kitchen. Remember to pack the four food groups for meals and snacks, and use the meal plan to create your grocery list. Planning your meals in advance also allows you more time to enjoy your activity, rather than worrying about what to eat or feeling sick because you haven’t eaten enough good quality food.

To learn more about nutritional wellness, contact the Health Promotion office at (780)840-8000 extension 6958.

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EÉCOLE VOYAGEUR

C’est dans le cadre du projet éducatif du cirque que les élèves de l’école Voyageur ont présenté leur spectacle le 12 juin dans le gymnase de l’école. Les familles et amis ont assisté à des performances vraiment impressionnantes de la part de leurs enfants grâce aux compétences d’une spécialiste mondiale du cirque, Mme Johanne Martin qui a enseigné les rudiments de cet art à l’école pendant l’année scolaire et à son mari, M. Michel Renaud. L’école Voyageur aura d’ailleurs encore plus chance pour la prochaine année scolaire puisque le cirque revient à temps plein. Quelle belle fête et chapeau à tous les élèves pour leur persévérance et leur engagement!

**Circus at Voyageur**

As part of the educational circus project, the students of École Voyageur presented their show on June 12th, in the school’s gymnasium. Families and friends were part of the crowd who witnessed impressing performances from their children, thanks to the expertise of a world-renown circus specialist who taught the students the rudiments of this art during the school year, Mrs. Johanne Martin, as well as her husband, Mr. Michel Renaud. École Voyageur can consider itself very lucky, as the circus project will be coming back full time next school year. What a wonderful party and congratulations to all the students for their perseverance and their engagement!
Belgians taking full advantage of Maple Flag training opportunities

JEFF GAYE

The distinctive roar of the Belgian Air Force’s F-16 fighters has been heard around Cold Lake since their arrival on May 29, ten days before Exercise Maple Flag began.

Detachment Commander Maj Sébastien Mesmaeker said the 10 aircraft and 114 personnel are on block training in North America. They had been at Mountain Home Air Force Base in the United States before coming to Cold Lake.

The detachment is one of two F-16 squadrons in Belgium. It is based in the southern city of Florennes. Maj Mesmaeker says Maple Flag and the Cold Lake Air Weapons Range offer great training opportunities.

“For us it’s a really big advantage to deploy here, because in Belgium the training areas are really congested,” he said. “Many small areas with a lot of restrictions.

“Here, it’s huge. To give a scale to compare both areas: here, the area given by Maple Flag is more than ten times bigger than what we have in Belgium. And we can fly supersonic, which we cannot do in Belgium. We can use chaff and flares which you cannot do, as well as the low level limitations.”

In Belgium, he said, aircraft cannot fly below 1000 feet except certain times of year, over a very small range.

Maj Mesmaeker said Maple Flag offers pilots, ground crew and support personnel an opportunity to work together and learn from each other in a Large Force Employment training situation.

“It’s really an eye-opener for the operational support to see what works in an international setting,” he said.

A member of the Belgian Air Component removes the intake cover of an F-16 Fighting Falcon.

Fuelling the fire: 435 Squadron delivers air-to-air refuelling for a quarter century

CAPT MIKE WOLTER, 435 TRANSPORT AND RESCUE SQUADRON

This year 435 Transport and Rescue Squadron celebrates 25 years of operational air-to-air refuelling (AAR) with the CC-130HT Hercules tanker aircraft.

435 “Chinthe” Squadron is located in Winnipeg, but reports to 19 Wing Comox. For a quarter of a century, 435 AAR crews have seen the world through myriad exercises and operations, delivering an important capability for Canadian and allied fighter jets.

By the end of 1992, the RCAF had taken delivery of five new CC-130H Hercules aircraft. At Northwest Industries Limited in Edmonton, they were converted to the CC-130HT tanker configuration. With a fuselage tank capable of carrying 24,000 pounds of jet fuel, new fuel lines and drogue-style air refuelling pods, CC-130HTs provide the RCAF with a flexible AAR asset for its probe-equipped fighters.

The initial crew course was completed in 1995. Shortly thereafter, the squadron carried out its first operational AAR mission. On February 11, 1995, 435 Squadron helped the United States Air Force intercept a hijacked Lufthansa Airbus A310 off the east coast of North America.

435 Squadron participated in numerous AAR operations and exercises as aircrew and technicians quickly became educated on their new equipment and role.

In these early years, AAR operations were conducted in Europe and northern Canada, and exercises took place in the Netherlands and the United States. In 1998, 435 Squadron deployed to Kuwait as part of Operation Southern Watch. There, the squadron’s tankers helped allied fighters enforce Iraq compliance with the United Nations Security Council Resolution following the Gulf War.

In 1999, 435 Squadron participated in a 79-day NATO operation named Operation Allied Force, an air campaign conducted over the former republic of Yugoslavia. CC-130HT aircraft provided fuel to CF-18 Hornet fighters flying out of Aviano, Italy.

Since the terrorist attacks on September 11, 2001, the squadron has been continuously engaged in Operation Noble Eagle, providing AAR support in the defence of North American airspace, often from forward operating locations in Canada’s far north.

Crews also deployed to Italy in 2011 as part of Operation Mobile, helping fighter jets enforce the no-fly zone over Libya.

435’s AAR crews and technicians support yearly exercises with Canadian Hornets and fighter jets from allied countries around the world. In recent years, the squadron has played a role at Maple Flag in Cold Lake; Red Flag in Alaska and Nevada; Cougar South in California; and Alouette Mobile in Louisiana. The squadron has also supported Exercise Pitch Black in Australia and Arctic Challenge in Finland.

As Canada’s only tactical aerial refuelling aircraft, the CC-130HT provides the RCAF with a flexible and global AAR capacity that has been used extensively since its introduction in 1993.

With the CC-130HT AAR capability slated for retirement in 2020, this anniversary year provides an opportunity to reflect on a proud history earned during more than 25 years “fuelling the fire.”

435 Squadron’s AAR crews will continue to accomplish their missions, striving to uphold the squadron’s motto of Certi Provehendi “Determined on Delivery” — until the last AAR “poke” is complete.

A 435 Squadron Hercules refuels two Hornets en route to Inuvik.

A 435 Squadron Hercules refuels two Hornets en route to Inuvik.
HOROSCOPES

CAPRICORN - December 22 - January 19
Capricorn, if life has been rushing by at a harried pace, you need to find a place of solace where you can sit and exhale. It’s important to have this time to rest.

AQUARIUS - January 20 - February 18
Be conscious of how your actions and words affect others, Aquarius. Communication issues can affect relationships when misconstrued words are taken to heart.

PISCES - February 19 - March 20
Pisces, procrastination is often a sign that a person is not interested in what he or she is doing. Find activities that truly motivate you.

ARIES - March 21 - April 19
Aries, thinking about the future is exciting, and it may motivate you to make some changes. Picturing the future helps you try different scenarios on for size.

TAURUS - April 20 - May 20
Taurus, take some alone time to focus on what is important to you. This will help you to feel the joy and fulfillment that keeps you going even when times are tough.

GEMINI - May 21 - June 21
Gemini, this week you are in the mood to rise above petty conflicts and mend fences. Set aside time to speak one-on-one with those who need forgiveness.

CANCER - June 22 - July 22
Cancer, fun and physical activity attract you this week, especially as you approach your birthday. Surround yourself with loved ones and enjoy some fun nights.

LEO - July 23 - August 22
It is alright to want to escape your daily routine sometimes, Leo. If you are feeling restless this week, plan a getaway so you can take in new sights and sounds.

VIRGO - August 23 - September 22
Virgo, there is no need to worry about whether or not you have been handling affairs deftly. Others will be quick to vouch for your work if called on.

LIBRA - September 23 - October 22
Your competitive nature might be needed this week, Libra. Your confidence will be an asset as you propel through tasks in record speed. Slow down to catch your breath.

SCORPIO - October 23 - November 21
It is alright to want to escape your daily routine sometimes, Scorpio. Expressing gratitude and helping those who do not have enough will make you feel happier and more fortunate.

SAGITTARIUS - November 22 - December 21
Infuse your social circle with some fresh energy, Sagittarius. Get together with friends and find ways to include new people into your social circle.

SUDOKU

To solve a Sudoku puzzle, every number from 1 to 9 must appear in:
- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3x3 boxes
Remember no number can occur more than once in any column, row, or box.
Answers can be found at www.couriernews.ca.

Crossword

ACROSS
1. __ fi (slang) 55. More gray
4. Anecdotes about a person 56. Football term
7. Central Standard Time 57. Swiss river
10. Beverage receptacle 59. Ninth day before the ides
11. Football’s Newton 60. Grow old
12. Be in debt 61. Don’t know when yet
13. Tatters 62. College hoops tournament
15. Musician __ Lo 63. Japanese monetary unit
16. Arrange again 64. Medical device
19. A binary compound of carbon with a metal 65. Antidiuretic hormone
23. Fears
24. Annoy
25. Unit of heredity
26. Small freshwater fish
27. Muscular weaknesses
30. Fined
31. Ninth day before the ides
34. One-time EU currency
35. Egyptian unit of weight
36. Winged horse
41. Increments
45. Abnormal rattling sound
46. Middle Eastern country
47. A type of greeter
50. __ inning stretch
54. Reaches
55. More gray
56. Football term
57. Swiss river
59. Ninth day before the ides
60. Grow old
61. Don’t know when yet
62. College hoops tournament
63. Japanese monetary unit
64. Medical device
65. Antidiuretic hormone

DOWN
1. Put fear into
2. Partner to corned beef
3. Interiors
4. Agrees to a demand
5. No (Scottish)
6. __ Hess Corp.
7. Ornamental molding
8. Garment
9. Electric car company
13. Decimal digits in binary (abbr.)
14. Gibbon
15. Sun up in New York
16. __ the line
18. __ the line
20. A vale
22. Old Irish alphabet
27. A type of band
28. A team’s best pitcher
29. Floor covering
31. A __ in the machine
32. Supplement with difficulty
33. Prosecutors
37. Place in order
38. Japanese lute
39. Mongolian city __ Bator
40. Perceived
41. A cloth for washing
42. Chocolate cookie with white cream filling
43. Grassy plain
44. Barometer
47. Father
48. Of the ear
49. Thomas __, British dramatist 1652-85
51. After aghast
52. Where golfers begin
53. Time units (abbr.)
54. A __ in the machine
56. Football term
57. Swiss river
59. Ninth day before the ides
60. Grow old
61. Don’t know when yet
62. College hoops tournament
63. Japanese monetary unit
64. Medical device
65. Antidiuretic hormone

Not In My Backyard! by Dale Taylor

It looks like the rules of fetch have changed for the worse.

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4 Wing Image Tech heads south for Ex Tradewinds

OS Justin Spinello of 4 Wing Imaging is in St Kitts, Eastern Caribbean Islands, to cover Exercise Tradewinds. This picture was taken in the Bahamas.

United States Army members mentor Caribbean Task Force personnel in shooting drills during phase one of Exercise Tradewinds 2018.

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OS Justin Spinello, Wing Imaging

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