RCAF shows the flag in the North

CLIFF KENYON

Inuvik isn’t a place you think of visiting. Or think about at all.
It’s cold and distant, about 3,700 driving kilometres northwest of Cold Lake on the edge of the chilly Beaufort Sea. With a population of only about 3,500 there’s not much going on. It’s not a tourist hot spot.
Although it seems quite insignificant, it isn’t and enjoys a solid link with Cold Lake, its distant southern cousin.
Inuvik, with Cold Lake, holds a key role in North American defence and that’s where 4 Wing Cold Lake Wing Commander Colonel Paul Doyle met recently with U.S. officials in NORAD (North American Aerospace Defense Command).
He was accompanied by four star General Terrence O’Shaughnessy of the U.S. Air Force, commander of U.S. Northern Command and NORAD Commander.
“They were making a swing through the Arctic touring,” said Col. Doyle. Earlier, U.S. commanders had stopped in Alaska.
NORAD, established in 1957 with the U.S., has been the backbone of an early warning radar system that has been called our “first line of defence” for North America. NORAD says its role is to detect aircraft and space vehicles deemed to be a threat to North America.
Col. Doyle, with the U.S. officials, visited Inuvik facilities and held informal discussions about the future of the facility and its role as well as its vital link with 4 Wing.
“I believe we have a key role and an active role in 4 Wing and experience in operating in the Arctic,” he said in an interview after his return to Cold Lake. “We have a job to do there.”
He said a skeleton crew of Canadian Armed Forces (CAF) personnel is deployed at Inuvik, at all times, with many of the service personnel from their permanent base in Cold Lake.
“We are looking into the 21st century and beyond,” Col. Doyle told The Courier. “There is more and more interest in maintaining a strategic presence in the Arctic and Cold Lake is key to that future. We want to see what opportunities there are for using Inuvik well into the future.”
He said although Inuvik is not a high population, area accommodations for CAF members deployed in the northern post are “well appointed” with regular updating. Canadian air defences assigned to NORAD include 409 Tactical Fighter Squadron at Cold Lake.
“We must make sure we can ensure a strong and secure presence for the RCAF in the Arctic,” he said.
“We use our air power to show the flag.”
Col. Doyle said they toured the area with flights over Tuktoyaktuk, about 140 km north of Inuvik, which included air-to-air refuelling with a tanker aircraft from 437 Transport Squadron from 8 Wing Trenton.
Using satellites, NORAD can track North American air space and detect missile launches almost anywhere in the world. It can also track all man-made objects in space. Information is cross-referenced with civilian and military air traffic control to detect unauthorized flights, such as drug smugglers. The Canadian NORAD region monitors all air traffic approaching Canada.
Last week in a one-day exercise, NORAD conducted an air defense exercise over the Prairies and near the east and Pacific coasts.
F-15 and CF-18 fighter jets and a Royal Canadian Air Force CP-140 took part in the exercise, all conducted above 14,000 feet.
To test responses, systems and equipment, NORAD routinely conducts exercises using a variety of scenarios, including airspace restriction violations, hijackings and responding to unknown aircraft.
Operation NOBLE EAGLE is the name given to the military response following the terrorist attacks of September 11, 2001, and applies to all air sovereignty and air defense missions in North America.
May marks victorious Battle of the Atlantic for RCAF

JOANNA CALDER

The Battle of the Atlantic, which continued throughout the Second World War, was the longest and largest campaign of the war. Canadian men and women, serving in the Royal Canadian Navy, Royal Canadian Air Force and the Merchant Navy, bore a heavy burden in this struggle for control of the shipping lanes on the North Atlantic Ocean. Britain desperately needed supplies, particularly U-Boats had prowled unmolested because they were out of range of aerial attack. Technological advances such as sonar helped Allied ships and aircraft target U-Boats that had previously operated safely under cover of darkness. Losses to German U-Boats continued, however, right up until the end of the war.

The Royal Air Force's Coastal Command, which included seven Royal Canadian Air Force squadrons, fought against the enemy's U-Boats, merchant ships and warships. Coastal Command aircraft escorted convoys sailing from North America to Britain, and searched the seas from Iceland to Gibraltar. Coastal Command crews destroyed more than one-quarter of all German U-Boats "killed" during the war: 212 out of 800. RCAF squadrons in Coastal Command and in Canada accounted for 19 U-Boats, while RCAF crews serving in Royal Air Force squadrons involved in many more "kills" in the North Atlantic.

A heavy burden in this struggle for control of the shipping lanes on the North Atlantic Ocean.

The tide began to turn against the German submarine "wolf packs" in 1943, in part due to the introduction of American-made Consolidated B-24 Liberator bombers. The aircraft, used by Coastal Command as a long-range patrol aircraft, helped close the "Atlantic Gap", the part of the ocean where U-Boats had prowled unmolested because they were out of range of aerial attack. Technological advances such as sonar helped Allied ships and aircraft target U-Boats that had previously operated safely under cover of darkness. Losses to German U-Boats continued, however, right up until the end of the war.

The cost of winning the Battle of the Atlantic was high. Most of the 2,000 members of the Royal Canadian Navy who died during the war lost their lives in the Battle of the Atlantic. More than 750 members of the RCAF died in maritime operations as a result of enemy action and flying accidents in the unforgiving environment. And the Book of Remembrance for the Merchant Navy lists the names of nearly 1,600 Canadians and Newfoundlanders – or those who served on ships of Canadian or Newfoundland registry.

The Battle of the Atlantic is commemorated annually on the first Sunday in May.

Cold Lake warms to newcomers

I'm impressed. I'm a newbie. Been here just over a month.

But yes, very impressed by it all. Impressed enough to write about it. And my first positive impressions have not faded as they often do.

I had never been to Cold Lake. It's a bit out of the way for someone who has lived in Southern Alberta most recently and Ontario for many years before that. When you come over that last hill as you arrive in Cold Lake on the highway and see the welcoming entrance of the sites, you realize this city is not like anywhere you've ever been before. It's a thrilling awakening after an uneventful seven-hour drive to get here. It's like a warm and inviting homecoming. And welcoming and telling you to be alert because this is different so pay attention.

The people of Cold Lake are genuinely eager to warmly welcome a newcomer. Perhaps it's because many of them were newcomers to the city at some time. The people behind the counter in any store and the busy waiter or waitress in every restaurant are all keen to share a moment of their hospitality. They don't do it because they are paid to and encouraged to. It seems to be their nature. I'm warned it gets cold here. You'd never guess their warm attitudes. The congeniality. By any measure the big city, let's say Calgary or Edmonton or even Vancouver, are much colder places. But let's talk about the base, too. Where most of us live or work or both.

Wow. That sums it up in one short word.

I experienced the same reality years ago when, as a news reporter, I covered Canadian Forces Base Trenton. I met and worked with many wonderful people. At 4 Wing I have met able, efficient, willing and kind civilians doing their jobs well. But they still have a moment to extend a warm welcome. They chat about their day and offer their help in any way.

The acronyms are no longer quite as daunting. I'm sure you will understand all this. As a civilian working for PSP I am allowed on RHH which used to be called a PWQ. It's neat, tidy, spotless. Thanks Yolanda and the incredible staff at Canadian Forces Housing Agency.

Cliff Kenyon
FROM THE EDITOR'S DESK

If you aren't reminded of that every day when you hear the CF18s or hear the CF18s, I'm told me this is a "scary thought."

Thanks Yolanda and the incredible staff at Canadian Forces Housing Agency.

I would expect you would remind me there is a reason for all this which is to meet Canada's goal of helping to maintain global stability whenever and whenever needed. If you aren't reminded of that every day when you hear the CF18s overhead, think of Gen. Vance who told me this is a "scary thought."

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Families celebrate 4 Wing mothers

The chocolate fountain was popular at the annual Mother’s Day Brunch held at the Military Family Resource Centre.

Wednesday, May 15, 2019 @ 19:00; The Mule (2018)
A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.
Rated: R
Friday, May 17, 2019 @ 19:00; Welcome to Marwen (2018)
A victim of a brutal attack finds a unique and beautiful therapeutic outlet to help him through his recovery process.

Rating: PG-13
Sunday, May 19, 2019 Eng @ 13:00 & Fr @ 15:00; The Kid Who Would Be King (2019)
A band of kids embark on an epic quest to thwart a medieval menace.
Rated: PG
4 Wing Movie Club presentations are shown at the 4 Wing Theatre. Admission is free to Defence Team members, your CF One card is the preferred form of identification.

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This week’s movies/
À l’affiche cette semaine

THE COURIER

City compost ready to go home

The city’s compost program is about to kick off the gardening season.

Starting earlier than last year, residents will once again have the opportunity to pick up free compost material. This year, the compost product is again rated “Category A” and can be used in agricultural lands, residential gardens, and horticultural operations.

“This compost is created from the yard waste that gets picked up every summer,” said Mayor Craig Copeland. “Not only are residents getting a chance to clean up their yards, but after some time, we can return the clippings in the form of a rich compost.”

This year’s Compost Days pick-up started May 1, and runs for the full month of May. Residents may take the lesser of five bags or 100 kg of compost per visit, and are encouraged to bring their own containers or bags.

To read the full policy, or check out the hours of operation for the transfer station, visit www.coldlake.com.
PENSION FOR LIFE
FOR VETERANS WITH
SERVICE-RELATED INJURY
OR ILLNESS

The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: veterans.gc.ca/pensionforlife
1-866-522-2122

PENSION À VIE POUR LES VÉTÉRANS ATTEINTS D’UNE BLESSURE OU D’UNE MALADIE LIÉE AU SERVICE

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : veterans.gc.ca/pensionavie
1-866-522-2022
Put down the phone for better sleep, better health

LISA FISHER,
HEALTH PROMOTION SPECIALIST

In today’s world, the use of technology is constant and ever-evolving. It’s come to a point where people have been found to engage in addictive behaviours with their smartphones, leading to the term “nomophobia” to be coined. Essentially it means “no mobile phone phobia” and it’s a recent term to describe the fear of not being able to use your cell phone or other smart device. It’s not just smartphones, however. We increasingly depend on our other electronics (e.g. computers, tablets, televisions, etc.) for entertainment, news and to provide us with an escape.

These electronic devices all have something in common: they emit blue light. This blue light has been shown to decrease the production of the hormone melatonin, which is vitally important to the proper functioning of your circadian rhythm, otherwise known as your 24-hour biological clock which regulates many internal functions, including sleep. When melatonin is decreased, it can be more difficult to fall and stay asleep. The light is also to blame for stimulating the sensors in your eyes, sending your brain signals that you should be awake and engaged.

To function properly, your circadian rhythm requires natural environmental signals such as daylight and darkness to ensure you’re able to have an effective sleep.

One of the top tips provided to improve sleep quality and duration is to remove electronics from the bedroom. Many people use their smartphone for an alarm or like to have it close by in case there’s an emergency. If this is the case for you, switch your phone to the “blue light filter” setting. There are also programs that you can install on your computer and/ or tablet which can reduce how much blue light is being emitted from the screen.

It’s important to keep in mind that electronics aren’t the only sources of blue light; it also comes from sunlight and white light. You want to ensure you get an adequate amount of blue light naturally from the sun during the day, as it does improve your performance and mood. When it’s time to wind down and get ready for bed, we want to be reducing that blue light to allow our body’s natural processes to adjust for sleep. Turning off all lights in your home 1-2 hours before bedtime is recommended, however, you can also change the light bulbs in your lamp to red or orange, as they don’t emit blue light. When you have settled in to bed, keep your room completely dark or use a sleeping mask.

The Health Promotion Department is focusing on “Better Sleep for Better Health” for the month of May and are offering a briefing on sleep for interested personnel. If you’re interested in learning more, request your briefing today by contacting the Health Promotion team at 4WGHealthPromotion@forces.gc.ca or local 9598.

References

Forgiveness can be better than a cleansing quarrel

I do not know about you, but forgiveness is not easy for me. It is much easier to sulk, shout in anger or not talk to the other person for a few hours (although for some it is not true, their limit is probably 20 minutes, because somehow they cannot remain silent – then the phase of a cleansing quarrel follows).

Anyway, it’s much easier to get mad straight away, shout out all the faults and shortcomings of the other person than just ... forgive. We have many opportunities to forgive others, starting in our own households, with friends and neighbors. Anyway, it’s much easier to get mad straight away, shout out all the faults and shortcomings of the other person than just ... forgive. We have many opportunities to forgive others, starting in our own households, with friends and neighbors.

But to be honest ... usually the person toward whom we hold our grudge does not know about it at all or does not care about it at all. The truth is that by holding a grudge, we condemn ourselves to suffering. Because we deny ourselves the freedom that forgiveness gives.

One lady once said: “I know something about it, because one day I had to make a decision to forgive someone who hurt me very much. Everything in me screamed ‘but how, why, I have to forgive, for what reason?’ But I came to a point in my life when I realized that I did not make that decision, my wounds would keep blocking me.”

And it is not that when I decided to forgive this person and completely give away my hurt to God, I forgot everything that this person did. Unfortunately, I still remember. It still hurts sometimes. But I feel so horrible when I do something that will hurt others, perhaps a co-worker, or the one who hurt me very much. Everything in me screamed ‘but how, why, I have to forgive, for what reason?’ But I came to a point in my life when I realized that I did not make that decision, my wounds would keep blocking me.

That’s all that my good God has just forgiven me so far ... and that he forgives me every day when I turn to him; that I can start anew with a clean sheet every day because He loves me unconditionally. When I think about it, I wonder - what right do I have to not forgive?

When my husband annoys me, my first reaction is anger. Often a storm. Even more often, I punish him with my silence, because I know that it will affect him, hurt him most. How cruel.

I feel so horrible when I do something that will sadden him, which silences him. And I would like so badly that he would stop, that he would forget about what I just said, that he would smile, hug me and say “everything is OK, baby, it happens.” Pshw ... what a relief. I’m so grateful to him when that moment comes ...

I wish all that exactly. That they feel that they can be forgiven. That they do not deserve forgiveness. ‘Or what she did cannot be forgiven’. And we still hold this resentment. But to be honest ... usually the person toward whom we hold our grudge does not know about it at all or does not care about it at all. The truth is that by holding a grudge, we condemn ourselves to suffering. Because we deny ourselves the freedom that forgiveness gives.

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Delivery to start for Canada’s 16 new CC-295s

**THE MAPLE LEAF**

The first Canada’s 16 new CC-295 fixed-wing search and rescue aircraft rolled off the assembly line in Spain, bringing us one step closer to first delivery. This aircraft is the first of 16 to be built following a contract award in December 2016 to Airbus Defence and Space. The CC-295, as it has been designated by the Royal Canadian Air Force (RCAF), will replace the Buffalo and H-model Hercules fleets in the fixed-wing search and rescue role.

The RCAF will operate the new fleet from 19 Wing Comox, 17 Wing Winnipeg, 8 Wing Trenton, and 14 Wing Greenwood. A training centre for CC-295 aircrew and maintainers is also being built at 19 Wing Comox.

The first aircraft is on track to be accepted by Canada in Spain late this year, and to be flying in Canadian skies in the spring of 2020.

Canada’s new fixed-wing search and rescue aircraft will be in service by 2020.